

NOVEMBER 2022, ISSUE 2



# EDEN TOGETHER

*Our monthly health and wellbeing newsletter*



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Action for Happiness

Looking after your mental and physical health

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The Menopause at Work

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Coping with loneliness at Christmas

## Welcome to our 2nd edition of Eden Futures monthly health and wellbeing newsletter!

Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. In our new newsletter, we talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

The cost of living crisis is impacting everyone so we aim to bring you information about where you can find support. You don't need to struggle alone - reach out if you need help or support.

# DO GOOD DECEMBER ACTION FOR HAPPINESS

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2023	



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Actionforhappiness.org

**Action for Happiness** is a movement of people taking action to create a happier and kinder world, together.

The mission of Action for Happiness is to promote a happier world, through a culture that prioritises happiness and kindness. They do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others.

They have no religious, political or commercial affiliations and welcome people of all faiths (or none) and all parts of society. Members of the movement make a simple pledge: to try to create more happiness in the world. You can download their FREE app - it gives you friendly nudges with an action idea each day and sends you inspiring messages to give you a boost! It also helps you connect and share ideas with like-minded people

# ACTION FOR HAPPINESS PODCASTS!

Action for Happiness have an amazing series of podcasts, which you can find by visiting:  
<https://actionforhappiness.org/podcasts>.

## **DON'T TELL ME THE SCORE**

In this episode, Gui is joined by BBC radio sports presenter and Podcaster, Simon Mundie. Simon talks about the common themes and learning lessons following his many interviews, especially those around psychology, wellbeing and resilience in sport. In the episode, Simon talks about Mindfulness and the significant impact this has had not only in his life but for many high performing athletes.

Do check out Simon's podcast 'Don't tell me the score' here:

<https://www.bbc.co.uk/programmes/p06qbt0y/episodes/downloads>



## **BEYOND FRAZZLED**

Ruby is very well known for her successful TV career, but what is less well known is her long term struggle with depression. Ruby then stumbled across Mindfulness and the work of Mark Williams that sent her on a journey of self healing. Ruby went on to get a degree in Mindfulness at Oxford University and was able to transition what she had learned about the brain and incorporate it in her work. In part two, they talk about Ruby's new book, and and if you stick around to the end end, Ruby guides you through a brief mindful exercise.

You can listen to this podcast here: <https://actionforhappiness.org/beyond-frazzled-0>





# BEING AROUND BIRDS IMPROVES MENTAL HEALTH, RESEARCH FINDS

**RESEARCHERS AT KING'S COLLEGE LONDON USED A SMARTPHONE APP TO ASSESS WHETHER CONTACT WITH BIRDS IMPROVED PEOPLE'S MENTAL WELLBEING.**

In our last issue, Annette Frost in our HR team talked about exercising outdoors and being amongst nature and how this has a positive impact to her own mental health and wellbeing.

This month, we're sharing research from King's College London about how seeing or hearing birds is associated with an improvement in mental wellbeing that can last up to eight hours.

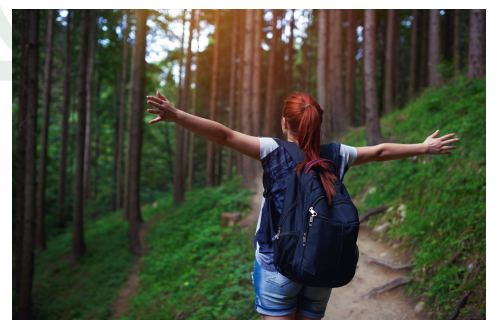
The study, which has been published in Scientific Reports, used a smartphone application called **Urban Mind** to collect participants' real-time reports of seeing birds, or hearing birdsong, followed by their report of their own mental wellbeing.

Three times a day, participants answered a question about whether they could see or hear birds, then a series of questions about their mental wellbeing, to see if it was possible to find a link between the two.

They found that hearing or seeing birdlife was associated with improvements in mental wellbeing in both healthy people and those with depression.

Ryan Hammond, the lead author of the study and a research assistant at the Institute of Psychiatry, Psychology & Neuroscience at King's College London, said: "There is growing evidence on the mental health benefits of being around nature and we intuitively think that the presence of birdsong and birds would help lift our mood..."

Jo Gibbons, a landscape architect and J&L Gibbons and a partner in the research, said: "This exciting research underpins just how much the sight and sound of birdsong lifts the spirits. That the sensual stimulation of birdsong, part of those daily 'doses' of nature, is precious and time-lasting."





# FINANCIAL WELLBEING HELP AND SUPPORT

In our last issue, we gave you lots of information around support with cost of living, especially the Government's Help for Households scheme. In all of our issues of Eden Together, we will be focusing on different tips, resources and websites that we hope helps you with the cost of living.



**Which?**

Consumer advice website **Which?** provides free advice on a variety of topics, not only product reviews. Their website is **free** to access, and you don't need to register if you don't want to (there are some extra perks which require registration). [which.co.uk](https://www.which.co.uk)

Here are some things that you can find on the Which? website!

- Free subscription to a money newsletter
- Scam warnings
- How to save money on school uniforms
- Cost of living news
- Money saving tips
- Free advice on spending less – covering the energy cap and savings on household bills.

**AND MUCH MORE....**

## MY MONEY HEALTH CHECK

Are you worried about the cost of living? My Money Health Check is a free tool available on **Which?** to anybody looking to take control of their finances.

It takes less than 5 minutes to complete and your answers will be anonymous. It's as easy as three steps:



1  
Answer six questions on your financial situation and spending



2  
Receive your personalised topic-based cost-saving tips page



3  
Start making changes to save money now and in the future

[Get started](#)

## CHOOSING A CHRISTMAS TREE



With money on the tight side for many of us this year, not spending too much on a Christmas tree is more important than ever.

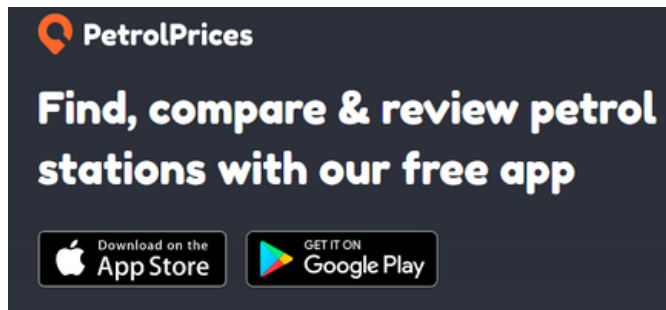
You can help the environment by buying a British-grown tree so **Which?** has rounded up the source and price of trees this Christmas at supermarkets and DIY shops.

# FINANCIAL WELLBEING HELP AND SUPPORT

[HTTPS://WWW.PETROLPRICES.COM/](https://www.petrolprices.com/)



Compare cheap petrol, diesel and fuel today!  
Join over 2.1 million UK drivers who already compare petrol and diesel prices and you could save over £220 a year.  
Find cheaper fuel nearby



You can sign up to a newsletter alert to search for the cheapest petrol and diesel prices in your area. It will automatically alert you when there are changes so you're able to get the cheapest fuel. You can add search areas, so if you're having a trip out of town, you can see the prices in other areas.

## TOO GOOD TO GO



**Too Good To Go** is a free app that allows you to purchase 'Mystery Bags' of food from a number of retailers, including supermarkets, local businesses and restaurants in your area at discounted prices. Its aim is to reduce the amount of food waste in the UK by selling food at discounted prices. This website link explains the rules of the app and how it works: [toogoodtogo.co.uk](https://toogoodtogo.co.uk)



SCAN ME!

# FINANCIAL WELLBEING HELP AND SUPPORT

**[HTTPS://WWW.MONEYSUPERMARKET.COM](https://www.moneysupermarket.com)**

This website allows you to compare prices across different insurance deals, broadband, mortgage and loan deals, and mobile phone deals.



**[HTTPS://WWW.MONEYSAVINGEXPERT.COM](https://www.moneysavingexpert.com)**

Martin Lewis is known for his TV shows on where to get the best deals, and how to avoid scams. He has this website and you can sign up for a weekly email notifications. With Christmas coming up, he has all the latest information on Black Friday savings!



**[HTTPS://WWW.TOPCASHBACK.CO.UK/](https://www.topcashback.co.uk/)**

This is a free site to join where you can receive back a percentage of the money spent when shopping online! Great news for Christmas shopping and savings!





# FINANCIAL WELLBEING HELP AND SUPPORT

**[WWW.TURN2US.ORG.UK](http://WWW.TURN2US.ORG.UK)**

Turn2us is a national charity that provides practical help to people that are struggling financially. Their website offers a range of information and resources, including a Grants Search that could help people on low incomes, or those that are struggling with finances due to an illness or disability. They also have a helpline available for those that do not have access to, or do not feel comfortable using a computer. They are able to complete forms on your behalf, by talking with you through each of the stages, and they have a translation service available for those that struggle with English as a second language.



**Telephone: 0808 802 2000**

**[HTTPS://REUSE-NETWORK.ORG.UK](https://REUSE-NETWORK.ORG.UK)**

Reuse Network allows people to find and access high-quality, affordable household items, such as furniture, electrical appliances, IT equipment and more.

If you are fortunate enough to have surplus items that can be re-used, you are able to donate these to the shops so they can be available to those in need. There is a quick and easy enquiry form that will get your unused and unwanted items to the closest store to you. Some stores offer a free collection service.



**[MENTALHEALTHANDMONEYADVICE.ORG](http://MENTALHEALTHANDMONEYADVICE.ORG)**

This site can offer free, independent and confidential advice and support for money and mental health issues. They understand that money problems can lead to, or exacerbate existing mental health issues, and they can offer techniques to help you to learn to manage your mental health and money worries. There is a Helpful Tools section, with interactive tools to help with budget planning, savings calculator, and debt health check.



# FINANCIAL WELLBEING HELP AND SUPPORT

[HTTPS://WWW.FREECYCLE.ORG](https://www.freecycle.org)

**Freecycle** are a grassroots & entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free. And now you can also set up your own, smaller personal Friends Circle for gifting and lending of items with just your friends!



## QUIT SMOKING AND SAVE MONEY!

Are you thinking of quitting smoking? Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good. In our last issue, we gave you more information about Stoptober - did you give it a go? Let us know your stories!

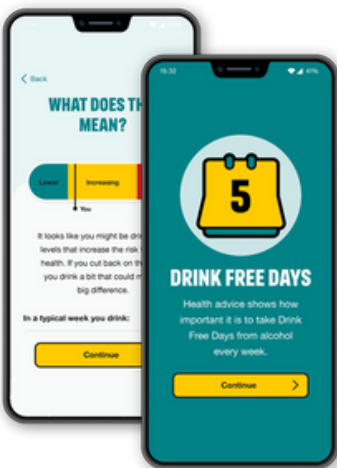


Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit!

You'll start seeing the benefits immediately, not just for your health but also your finances.

You can use our quit calculator tool and see how much you've spent on cigarettes. Then come up with some thoughts on how to better spend that money!

**GOOGLE: STOPPING-SMOKING/CALCULATE-MY-SAVINGS**



## REDUCE YOUR ALCOHOL INTAKE AND SAVE MONEY!

Cutting back on the alcohol can be a really effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial - and with the right help, it's easier than you think.

Use this NHS app for some simple tips and tools to help you start cutting down today. Let's do this!

# ENERGY PRICE GUARANTEE

**We placed this in the last issue but as a reminder!** From 1 October 2022, the Energy Price Guarantee will reduce the unit cost of electricity and gas so that a typical household in Great Britain pays, on average, around £2,500 a year on their energy bill, for the next 2 years. This is automatic and applies to all households.

This will save the average household at least £1,000 a year based on current energy prices from October and is in addition to the £400 energy bills discount for all households.

## ENERGY BILLS SUPPORT SCHEME

The Energy Bills Support Scheme provides a £400 non-repayable discount to eligible households to help with their energy bills over winter 2022 to 2023.

## GETTING THE ENERGY BILLS SUPPORT SCHEME DISCOUNT

You do not need to apply for the discount, and there's no need to contact your energy supplier.

The discount will be applied to your monthly household electricity bill for 6 months starting in October 2022. You'll get:

- £66 in October and November
- £67 in December, January, February and March

\*You'll get the discount monthly, even if you pay for your energy quarterly or use a payment card.

**People on means-tested benefits, including Universal Credit, tax credits and Pension Credit should also qualify for the Warm Home Discount of £150. It's worth getting a benefits check to make sure you're claiming everything you're entitled to. You do do this by visiting: <https://www.gov.uk/benefits-calculators>**

**Help for  
Households**

**<https://helpforhouseholds.campaign.gov.uk>**

***\*If you didn't receive your first instalment by the end of October 2022, you need to contact your supplier.***



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## ENERGY PRICE GUARANTEE

These announcements will be welcomed by many, but for others, their bills are already too high to cope with. If you're struggling to manage your money in these uncertain times, check out the [money worries hub](#) which will help you get on top of things. You can find the money worries hub on [moneyhelper.org](http://moneyhelper.org)



The pandemic and the rising cost of living have left lots of people with new money worries. Whether you've been caught off guard by higher bills and payments, uncertain income or the loss of a job, Money Helper can help you find your way forward and take the first step towards getting on top of things.

If you're someone who has recently fixed their energy bills, you might be worrying that you don't benefit from this announcement. Martin Lewis has a new blog which covers this: <https://blog.moneysavingexpert.com/>

**If you've fixed your energy bills in the past 14 days you can cancel your contract without charge.**



### BEWARE OF FRAUDSTERS

Fraudsters are pretending to be energy providers. If you receive a call or email telling you to apply for your energy bill rebate, ignore it. Your energy provider will apply your rebate automatically as soon as you're entitled to it.

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# WHERE TO GET FREE DEBT ADVICE

If you're worried about debt, you don't need to struggle alone. Speaking to a trained and experienced debt adviser about your situation can help you see what the best decision for you might be.

A debt adviser can:

- give you advice on better ways of managing your money
- check to see if there are any benefits or entitlements you might be able to claim
- tell you about the ways of dealing with debts that are open to you
- get you out of debt faster
- keep everything you tell them confidential.

**For more information, visit: <https://www.moneyhelper.org/en>**

On their website, you can find:

- Online debt advice services
- Telephone debt advice services
- Face-to-face debt advice services

**They will never judge you or make you feel bad about your situation and always be happy to talk to you, however big or small your problem might be. They will find ways to help you manage your debts even if you think you have no spare money and suggest ways to deal with debts that you might not know about.**

**Money**  
 **Helper**

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# WORKING OUT ON A BUDGET

Exercising, getting fit and working-out can be off putting for so many reasons. Last month we talked about working out during the colder months and this month, we discuss how to work out on a budget!

## WALKING

Walking is free and you don't need any expensive equipment to do it! Walking with your dog if you have one or with family or friends can be a great way to exercise. Gentle walking is great but if you want to make the workout harder try picking up the pace or walking up some hills to get your heart rate up. Hill walking is a great way of burning extra calories so next time you head out for a walk, don't avoid the hills!

## RUNNING

Running is free, except for a pair of trainers and some appropriate clothing. Don't be put off by not having any trainers or anything to wear. Charity shops are a good place to look for bargains. If you choose running, then please have a read through last month's article about staying safe & warm whilst exercising outdoors. Ideally take a friend or if you have one, a dog or join a running club, which are free and suitable for all abilities.

**GOOGLE 'RUN TOGETHER'  
TO FIND A RUNNING CLUB  
NEAR YOU!**



## YOUTUBE



If you would rather stay in the warm or you can't go out, Youtube workouts are free and there's some great ones out there. Try a workout with Joe Wicks or find free yoga and meditation if you want something that is more relaxing.

## CREATE A HOME GYM



Water bottles can be used as weights or even a tin of beans! Resistance bands can be found cheaply to do exercises but in all honesty, most exercises can be done well with your own body weight. Push ups, squats, planks, crunches - there are lots of options. Choose three exercises to do 12 reps of three times and away you go! Please consult your doctor first, if you have any health concerns.



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# THE MENOPAUSE AT WORK

**Menopausal people are the fastest growing demographic in the workplace, yet many struggle to manage the psychological and physiological changes their bodies are going through.**

According to Occupational Health & Wellbeing (Personnel Today) a quarter of menopausal people will experience debilitating symptoms; from hot flushes and night sweats to increased anxiety, and for some it forces them out of the workplace completely.

These people are likely to be at the top of their game but without the right support, at the right time, they can stop reaching their full potential.

It's important for us to address the taboo, to attract and retain strong talent.

Research has found that more than 70% of people experiencing the menopause have no idea what support is available to them at work and feel isolated.

We are developing a Menopause Policy at Eden Futures, which we will launch in April 2023. We'd love to hear from you on what you feel is important to include and support materials you want to see. Get in touch with us at: **HR@edenfutures.org**

Here is some further information for you:

**Menopause Matters: <https://www.menopausematters.co.uk/> which provides information about the menopause, menopausal symptoms and treatment options;**

**The Daisy Network charity: <https://www.daisynetwork.org/> which provides support for women experiencing premature menopause or premature ovarian insufficiency; and**

**The Menopause Café: <https://www.menopausecafe.net/> which provides information about events where strangers gather to eat cake, drink tea and discuss the menopause.**



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# TIPS FOR COPING WITH LONELINESS AT CHRISTMAS

**verywell**mind

You might be alone on Christmas for different reasons, such as the death of a loved one, living far from relatives, or because of social isolation. If you have social anxiety disorder (SAD) and don't have close relationships with family or friends, loneliness at Christmas could be particularly hard. [www.verywellmind.com](http://www.verywellmind.com) have put together some advice and guidance to help you over the festive season:

One way to cope with being alone on Christmas is to actually go out and do something productive. Rather than spend the day at home alone, find something that you can do that fits with your mindset and mental state for the day.

For example, if you feel full of energy, and the weather is decent, go for a walk or a run. If you feel social, consider attending a church service to be in the presence of others. Below are some other ideas to keep you from focusing on the fact that you are alone this holiday.

## **SAY 'YES'**

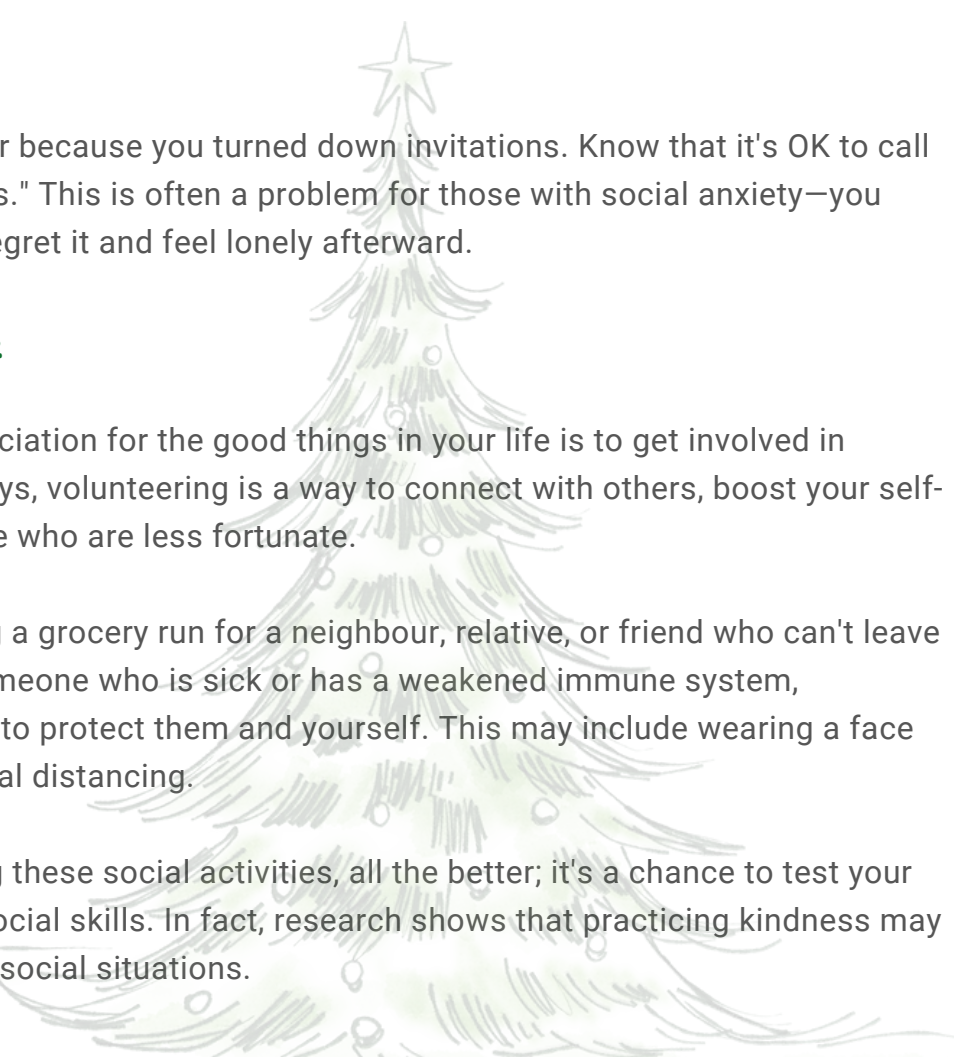
Perhaps you are alone this year because you turned down invitations. Know that it's OK to call those people back and say "yes." This is often a problem for those with social anxiety—you turn down invitations only to regret it and feel lonely afterward.

## **TAKE TIME TO VOLUNTEER**

One way to gain a better appreciation for the good things in your life is to get involved in volunteering. During the holidays, volunteering is a way to connect with others, boost your self-esteem, and bring joy to people who are less fortunate.

You might even consider doing a grocery run for a neighbour, relative, or friend who can't leave the house. If you're helping someone who is sick or has a weakened immune system, remember to take precautions to protect them and yourself. This may include wearing a face covering and practicing physical distancing.

If you feel nervous about doing these social activities, all the better; it's a chance to test your boundaries and expand your social skills. In fact, research shows that practicing kindness may reduce your tendency to avoid social situations.



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# TIPS FOR COPING WITH LONELINESS AT CHRISTMAS

**verywell**mind

## CELEBRATE ONLINE

Do you have online friends? Do you have long-distance relatives? Host an online Christmas by setting up an online chatroom or Facebook group. People can drop in and out as they please, and you don't have to cook, clean, or even get off the sofa.

As an added bonus, you'll have a chance to practice your social skills as you welcome new people to the group and catch up with old friends. You'll also be keeping your vulnerable loved ones safe as you socialise virtually.

Please remember to be safe online and speak to someone if you need help on how to do that.

## ENJOY SOLITUDE

If being alone on Christmas is unavoidable, plan a day for yourself. Buy something online to treat yourself, cook your favourite foods, or plan a movie marathon. Or do something offbeat like learning a new language or starting work on the novel that's always been in your head.

Christmas is a day to indulge in whatever makes you happy.

## IF YOU'RE HAVING DIFFICULTY COPING

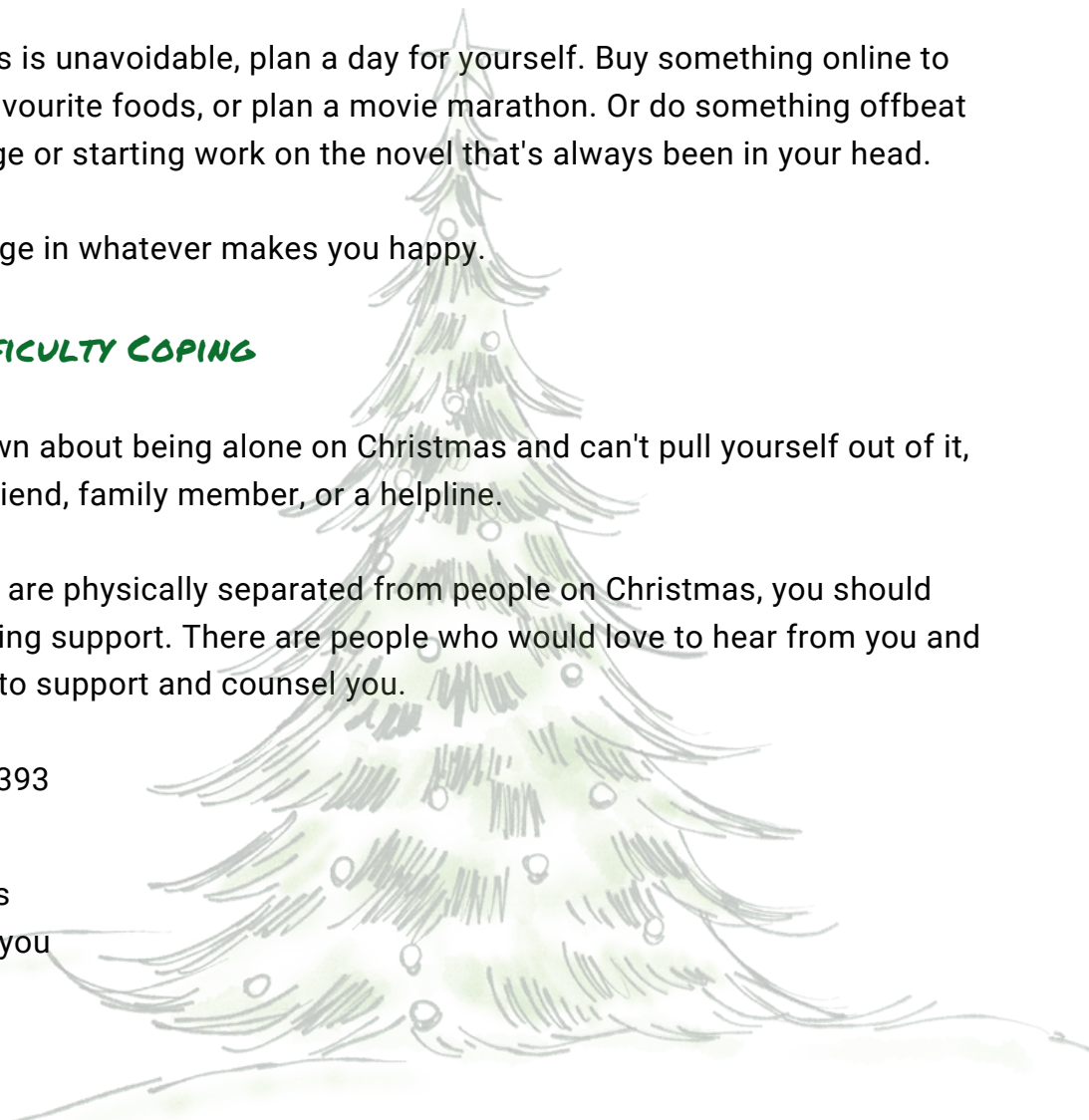
If you are feeling really down about being alone on Christmas and can't pull yourself out of it, reach out for help. Call a friend, family member, or a helpline.

Regardless of whether you are physically separated from people on Christmas, you should never feel like you are lacking support. There are people who would love to hear from you and trained volunteers waiting to support and counsel you.

**Talk to MIND:** 0300 123 3393

Ask Mind about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services.



# SPECIAL DAYS IN DECEMBER

Every month has some important days and events to celebrate and honour a cause / raise awareness on different topics, events and remember sacrifices that were made in the past.



The estimated one billion people living with disabilities worldwide face many barriers to inclusion in many key aspects of society. As a result, people with disabilities do not enjoy access to society on an equal basis with others, which includes areas of transportation, employment, and education as well as social and political participation.

**The right to participate in public life is essential to create stable democracies, active citizenship and reduce inequalities in society.**

International Day of Persons with Disabilities falls on the 3rd of December each year, with the aim of promoting empowerment, and helping to create real opportunities for people with disabilities. This enhances their own capacities and supports them in setting their own priorities. Empowerment involves investing in people in jobs, health, nutrition, education, and social protection. When people are empowered they are better prepared to take advantage of opportunities, they become agents of change and can more readily embrace their civic responsibilities.

## GRIEF AWARENESS WEEK

[HTTPS://WWW.THEGOODGRIEFTRUST.ORG](https://www.thegoodgrieftrust.org)

A National Grief Awareness Week (December 2 - December 8) is to raise awareness of all aspects of grief and loss on a national scale.

All of the team at The Good Grief Trust have lost someone they love, so they want to help you find the support you need as quickly as possible. You will find stories from others who have had a similar loss, practical and emotional support and signposting to a choice of immediate tailored local and national support. Visit their website to find useful information, helplines, advice and encouraging stories from others to help you in this most difficult of times and to find a way forward with your life.

# SPECIAL DAYS IN DECEMBER



The annual sponsored beard grow is back! All across the country men will be putting away the razors and growing beards for December to raise awareness and money to support vital research and lifesaving work to stop bowel cancer.

Whether you're new to facial fuzz or an experienced beard grower it's easy to join in; just clean shave on 30th November and watch your beard blossom. Already bearded? Ditch or dye your beard for December and get sponsored to sport a new look for the month.

Bowel cancer is the second biggest cancer killer in the UK. However it shouldn't be. It's treatable and curable especially if diagnosed early.

Dads, brothers, sons, uncles, nephews, grandads you can give hope and help stop bowel cancer this December.

Register or email [community@bowelcanceruk.org.uk](mailto:community@bowelcanceruk.org.uk) for more information.

If growing a beard isn't for you, but still want to raise awareness, you can still download a purple beard and spread the word!

We want to learn more about special days that are important to you.  
Let us know so that we can share.  
[HR@edenfutures.org](mailto:HR@edenfutures.org)

[WWW.BOWELCANCERUK.ORG.UK](http://WWW.BOWELCANCERUK.ORG.UK)





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# REPORT INTERNET SCAMS AND PHISHING

We have given you a lot of information about websites and support, so we want to remind you to please be careful and DO NOT give out your private information (such as bank details or passwords). Please reach out for help if you're not sure if giving information is the right thing.

Report misleading websites, emails, phone numbers, phone calls or text messages you think may be suspicious.

You shouldn't reply to text messages, download attachments or click on any links in emails if you're not sure they're genuine. If you think that you may have received a suspicious email, you can forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and the National Cyber Security Centre (NCSC) will investigate it.

If you think a text message is suspicious, you can forward it to 7726 - it's **free**. This will report the message to your mobile phone provider.

## **If you think you've been a victim of an online scam or fraud**

Contact Action Fraud if you think you've lost money or been hacked because of an online scam or fraud. You can:

- report online - either sign up for an account or continue as a 'guest'
- call 0300 123 2040

## **Avoid misleading government websites, emails and phone numbers**

Some websites, emails or phone numbers look like they're part of an official government service when they're not, or claim to help more than they actually do. Some make you pay for things that would be free or cheaper if you use the official government service.

Search on GOV.UK to find official government services and phone numbers, for example if you want to apply to the DVLA for a driving licence.

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## THAT'S ALL FROM US THIS MONTH!

What do you think of our new magazine? All feedback is welcome!

Until next month, our best wishes to you all.

## CONTACT US

If you would like to contribute to the next issue, please get in touch with your stories (and photos, if possible!) to [HR@edenfutures.org](mailto:HR@edenfutures.org)

