

FEBRUARY 2023, ISSUE 4

 **Eden  
Futures**

# EDEN TOGETHER

*Our monthly health and wellbeing newsletter*



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## Welcome to our 4th 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.



**Time to Talk Day is run by Mind and Rethink Mental Illness in England, in partnership with Co-op. This year it takes place on 02/02/2022, which is why we're launching this issue of Eden Together to coincide with it.**

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health, by talking about it we can support ourselves and others.

The aim is to support communities up and down the country to have more mental health conversations than ever before.

We know that conversations about mental health have the power to change lives and recent research shows how important open conversations in communities are to support everyone's mental wellbeing.

## **WHY IS TALKING IMPORTANT?**

One in 4 of us will experience a mental health problem in any given year.

We want everyone to feel comfortable talking about mental health – whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

That's why opening up the conversation about mental health problems is so important – by talking about it we can support ourselves and others.

**However you do it, have a conversation about mental health...**

**Continued...**

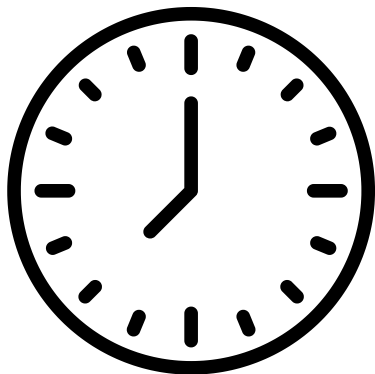


# TALKING TIPS



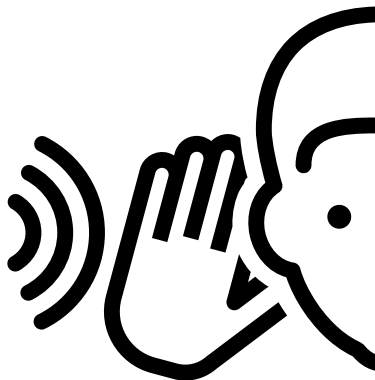
## Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through, and it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"



## Think about the time and place

Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic. However, don't let the search for the perfect place put you off!



## Don't try and fix it

It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they're going through. Learning to manage or recover from a mental health problem can be a long journey, and they've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

**Continued...**

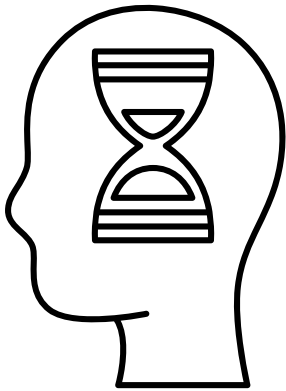


# TALKING TIPS...



## Treat them the same

When someone has a mental health problem, they're still the same person as they were before. And that means when a friend or loved one opens up about mental health, they don't want to be treated any differently. If you want to support them, keep it simple. Do the things you'd normally do.



## Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.

We hope that these tips and ideas help get people talking.

Sometimes this can mean that people currently experiencing mental health problems will need some support, as sensitive conversations may bring up difficult things. There are lots of places to which you can go or direct people for help:

**Mind:** [www.mind.org.uk](http://www.mind.org.uk) / 0300 123 3393

**Rethink:** [www.rethink.org/help-in-your-area/](http://www.rethink.org/help-in-your-area/)



**Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.**

**To start a conversation, text the word 'SHOUT' to 85258. Shout's trained volunteers are there to listen at any time of day or night, and messages won't appear on your phone bill.**

**If your life is at imminent risk, call the emergency services on 999.**

**[WWW.GIVEUSASHOUT.ORG](http://WWW.GIVEUSASHOUT.ORG)**

**1** To start a conversation, text the word 'Shout' to 85258. If you're feeling low, anxious, worried, lonely, overwhelmed, suicidal or not quite yourself, we are here for you.

**2** Once you text us you'll receive four automated messages before you are connected to one of our empathetic Shout Volunteers. This will usually be within 5 minutes, but if we are busy it can take longer.

**3** The volunteer will introduce themselves and ask you to share a bit more about what's bothering you. This might include feeling anxious, having relationship problems, addiction, depression, bullying, self-harm and suicide. You will text back and forth and share what you feel comfortable with.

**4** The goal of the conversation is to help you reach a calm and safe place, with a plan of how to support yourself going forwards. As well as listening without judgement, our volunteers may provide you with further resources or tools to help you get more expert support.

**5** As the conversation comes to a close we encourage you to reflect on the thoughts, feelings and experiences you've explored, how you want things to be and how you may be able to get there. You'll be safe in the knowledge that if you're in distress again and struggling to cope that we're here 24/7. Conversations tend to last around 45-60 minutes.

# ACTION FOR HAPPINESS

Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

1 Send a message to let someone know you're thinking of them

THURSDAY

2 Ask a friend how they have been feeling recently

FRIDAY

3 Do an act of kindness to make life easier for someone

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

SUNDAY

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



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

# RANDOM ACTS OF KINDNESS DAY

## 17 FEBRUARY 2023

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

### WHAT IS A RANDOM ACT OF KINDNESS?

A random act of kindness is a non-premeditated action designed to offer kindness towards the outside world. Examples of random acts of kindness can be small things, like helping someone with their shopping bags, reaching out to a friend just to say hi, or complimenting someone for no reason other than it will make them feel good!

Random acts of kindness can brighten someone's day, and in turn they are more likely to pay it forward and brighten someone else's day – making kindness the norm. The Random Acts of Kindness organisation (<https://www.randomactsofkindness.org/kindness-ideas>) has some great ideas and a 7 day random acts of kindness calendar - why not give some of these a go in February and let us know how they went? Just email [hr@edenfutures.org](mailto:hr@edenfutures.org), to be featured in our March newsletter!



Kindness  
MATTERS!



# EMOTIONAL HEALTH DAY

## 24 FEBRUARY 2023

Our emotional health is our ability to look after ourselves, to manage ourselves in times of challenge and to sustain our healthy relationships with those around us. This ability provides the foundations for good mental health and wellbeing, resilience, and motivation.

**Emotional health is not about being happy all the time.... it's our ability to look after ourselves, to manage ourselves in times of challenge and to sustain healthy relationships.**

In a Resilience and Wellbeing blog by Dr Fiona Meechan, "Looking after, and being compassionate towards ourselves first helps us to better deal with the ups and downs of life, and means that we are also in a better place to help and support those around us, so self-compassion really is a win:win scenario."

# WHAT DOES IT MEAN TO BE SELF-COMPASSIONATE?

[WWW.OSCARKILO.ORG.UK/NEWS/BLOG-RESILIENCE-AND-WELLBEING](http://WWW.OSCARKILO.ORG.UK/NEWS/BLOG-RESILIENCE-AND-WELLBEING)

Written by Dr Fiona Meechan (@FiMeechan)

The starting point is to understand the importance of putting yourself first. Sound selfish? Think of the airline safety briefing, and the instructions you are given to follow if the oxygen masks are deployed – put on your own oxygen mask before helping others. Why do we need to do that? Because if we can't breathe, we can't help others. And it's a good metaphor for life.

So what does it mean to be self-compassionate? Well, the three main components help us to get there...

- Firstly, be kind to yourself. Take care of your body and mind through things like good nutrition, exercise, and practices such as mindfulness and yoga; talk about the things that are bothering you and take regular breaks to disconnect and recharge.
- Secondly, consciously notice your thoughts and feelings and don't try to suppress the uncomfortable ones – recognise that they're all equally part of being human, alongside the good ones! Aim to keep things in perspective and cultivate a habit of seeing positives and learning from your experiences.
- Finally, social support is critical for resilience so stay connected to friends, family, and colleagues and know that you are never on your own.







Hope

**HUB OF HOPE**

**HUBOFHOPE.CO.UK**

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, **Chasing the Stigma**, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed.

### **Who is the Hub of Hope for?**

We all cope in different ways with experiences that feel unbearable and overwhelming. We may feel low, despairing, helpless, and withdraw from contact with others. We may feel so desperate that we consider taking, or attempt to take our own lives. Alternatively, we may experience the sensation that things are speeding up, with an increased desire to communicate with others. There may be a sense of inner and outer experiences starting to blur, and we may feel as if we're losing contact with what most people consider to be reality.

We also all make sense of our experiences of mental and emotional distress in different ways.

For some of us it is helpful to have a name – often called a diagnosis - for what we are experiencing. Sometimes we may understand our experiences as an illness. For others our mental and emotional distress is an understandable response to difficult life events, relationships and circumstances, including things that happened when we were younger. And for some of us our mental and emotional distress may be seen as a necessary but painful process of growth, sometimes called a spiritual crisis.

Hub of Hope want to ensure that all of us - no matter what we are experiencing, or how we see and understand our experiences - feel welcome on the Hub of Hope.

**Continued...**

# HUB OF HOPE

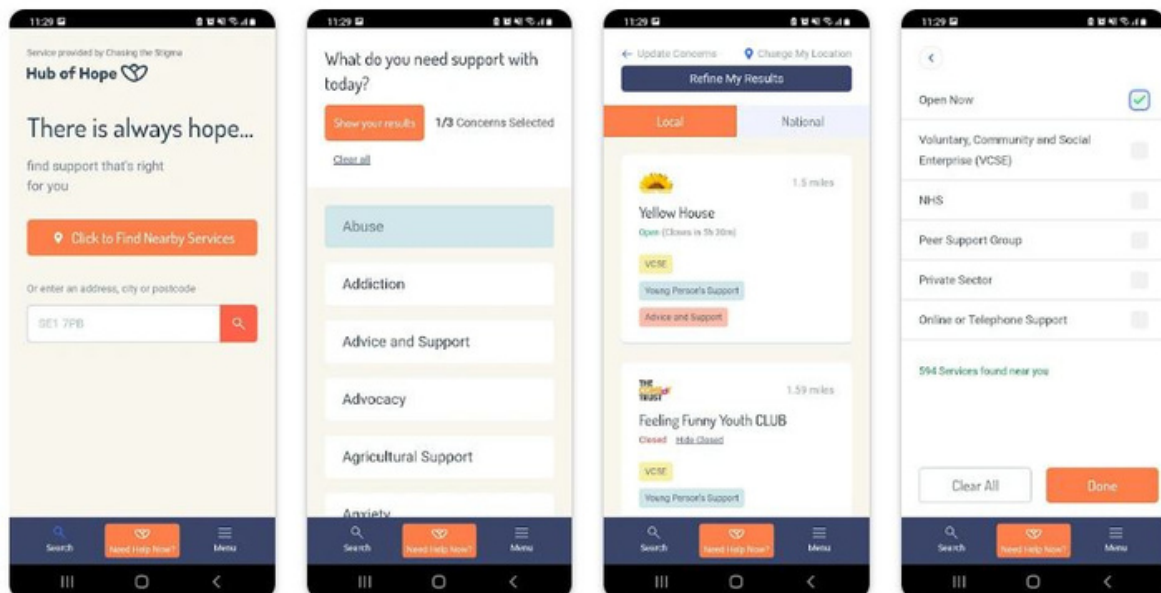
Since we all experience some kind of mental or emotional distress at some point in our lives, the Hub of Hope is really for everyone.

The services and support listed on the Hub of Hope are not only for when things become unbearable – a crisis point. They are also for those times when we notice we are starting to struggle, or when we need extra support as we start to emerge from a particularly difficult time.

The Hub of Hope also lists support and services for family members and friends to enable them to find help for themselves, as well as for the person they are supporting. We recognise that the wellbeing of each member of an interconnected family or community is dependent on the wellbeing of all of its members.

## Get the app

## Search 'hub of hope' in the app store



**If you or someone you know feels suicidal, or may be a danger to themselves or others, call 999, your local crisis service or contact Samaritans or Crisis Text Line directly through the Hub of Hope app, via the Need Help Now? Button.**



# Hollie Guard

Hollie Guard is a next generation smartphone app that provides enhanced levels of protection.

Help protect yourself, a friend or a family member with Hollie Guard. Every 5 seconds the platform will update your precise location based on your speed and movement activity to identify where you are once an alert has been raised. HollieGuard is a personal alarm, deterrent, evidence catcher and more. Providing a lot more functionality than a regular keyring alarm for absolutely anyone who has safety in mind.

**VISIT: [HOLLIEGUARD.COM](https://hollieguard.com)**



# NATIONAL LOVE YOUR PET DAY

 20 FEBRUARY 2023

## How can a pet help mental health?

Caring for a pet can help our mental health in many ways, including:

- **increasing your physical activity.** Dog owners are likely to take their pets for a walk or run every day. This can be a fun way to fit exercise into your routine
- **providing companionship.** Pets can give you a sense of security and someone to share the day with. Caring for them can help you feel wanted and needed. This can be especially valuable for older people or those who live alone
- **reducing anxiety.** The companionship of a pet can help to ease your anxiety
- **boosting self-confidence.** Pets can be great listeners, offer unconditional love and won't criticise you. This can help your self-confidence, especially if you feel isolated or misunderstood
- **helping you meet new people.** Dog owners often stop and chat with each other on walks. But other pets can be a way to meet people too: in pet shops, training classes or online groups, for example
- **adding structure to your day.** Feeding, exercising and caring for a pet can help you keep to a daily routine, which can help you feel more grounded and focused. It can give your day purpose and a sense of achievement.

Autistic people can benefit from having a pet. Pets provide the kind of unconditional relationship that can help someone build social skills and confidence. They can provide a sense of calm and reassurance if their owner feels overwhelmed.

Having a pet is a serious commitment and not something to do on a whim. You'll need to have the time, money and energy for a pet, as well as a calm home environment with routine and consistency. If you're considering having a pet, visit these websites before you do :[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) and [www.pdsa.org.uk](http://www.pdsa.org.uk)

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# NATIONAL LOVE YOUR PET DAY

🐾❤️ 20 FEBRUARY 2023

## THE CATS OF WEAVERS COURT!

Meet Bruce and Wonder! These are Laura's cats, although they are now known as 'The Cats of Weavers Court'. Laura loves her cats, and they always bring a smile to her face. Thanks Laura for sharing these gorgeous photos with us!

Bruce (grey) and Wonder (black and white) are completely adored by Laura! She tells us that she enjoys looking after them and buying them treats! All the other residents in the building have taken to the cats and love spoiling and making a fuss of them, too. Our staff will often spend 5 minutes giving them a pet for a boost and a time out. Everyone always comes away feeling a bit better!

All those in favour of Bruce and Wonder coming back for a feature in Eden Together, raise your hand!



# NATIONAL LOVE YOUR PET DAY



## 20 FEBRUARY 2023

The idea that living with an animal can improve human health, psychological well-being, and longevity has been called the “Pet Effect” (Allen, 2003). Here are some more pet pics and reasons why they make our staff smile!

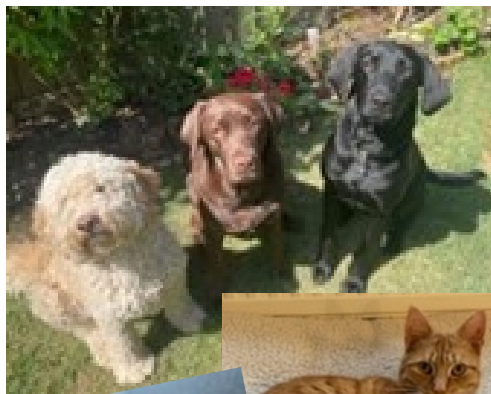


### Meet Fitzwilliam! Alex Pugh in our HR team tells us about her housemate and best friend!

I adopted Fitzwilliam (he used to be called 'Kody') during lockdown in 2020 when his owner was struggling to look after him. At the time, I was living in Bristol, hours away from my family and friends and I found lockdown really tough.

Although he hid up the chimney for **2 whole days** when he first arrived, giving Fitzwilliam a home gave me the companionship that I needed. Lockdown and COVID didn't seem so scary with my new friend!

Fitzwilliam is 4 years old now and as you can see, he's enormous and the same size as a sausage dog! I'm so grateful to have Fitzwilliam, even though he eats me out of house and home!



### Our CEO, Helen Stokes tells us about her full house!

I love my pets because they are always there to welcome me when I get home with a waggy tail, or

loud “Meow”! I like to relax and unwind by walking with the dogs across the fields and having a cuddle on the sofa.....which they're not allowed on!!!



# NATIONAL LOVE YOUR PET DAY



## 20 FEBRUARY 2023



# hello

## FRANK AND BERTIE!

Our Group Operations Director, Clare Cott is a proud pet-parent to Frankie Pankie Poo Poo (what a distinguished gent he looks!) and Bertie Bumbelina, who is hiding near the bush! Clare says, "We love Frank because he loves us unconditionally, bringing us so much joy and always making us laugh.... with lots of kisses!"

I can take him anywhere and he just knows how to fit in and adapt. In fact, I'm sure that he's a little human boy in a dog's body! Bertie the cat is so special to us and like many cats, loves us on her terms! We think Bertie believes she's a dog, as she loves to copy her brother Frank!"

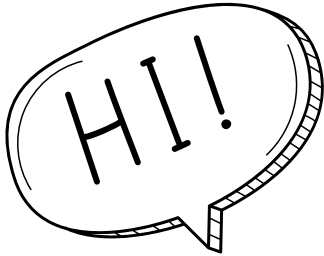
## WHAT THE EXPERTS SAY ABOUT THAT SPECIAL BOND....

According to [www.psychologytoday.com](http://www.psychologytoday.com):

- Our interpersonal relationships are the quality of our lives; after a global pandemic forcing isolation, pets count now more than ever.
- Pets provide the non-complex, simple love, availability, and presence we live for.
- Pets aren't cognitively complex; they have their own minds but mainly live to connect and be present with us.
- Our obsession with pets reveals what we want most from human relationships: **connection, attunement, and presence.**

# NATIONAL LOVE YOUR PET DAY

🐾❤️ 20 FEBRUARY 2023



## BRODIE AND DRIZZLE!

Lorna Durrant, our Head of Specialist Strategies and Outcomes has shared with us her much-loved twosome, Brodie and Drizzle!



Brods, as we call him, is a rescue cat and despite being left in a bag on the A46, his mischievous personality and capacity to trust has grown as time passes.

Drizzle is a Basset Hound and as stubborn as a mule. Even though she's still a puppy, she knows what she wants...and what she doesn't!!

What they both have in common is the ability to lift your spirits. To make you smile when your energy is sapped and open your heart to possibilities.

There's a quote by Elizabeth Eiler that describes pets beautifully:

**[Pets] don't make judgments about physical appearance or abilities, and they don't care how big your house is or what you do for a living. They care about the quality of your character and your capacity to love.**

## NICE TO MEET YOU, FLEUR!

13 year old Fleur is our Operations Manager, Sonya Shelton-Heath's fur baby! She says, "I love Fleur because, quite simply, she loves me! She brightens my day and makes me smile, she never judges, she's always happy to see me and follow me everywhere! She's my shadow when I'm at home - wherever I am, she is!"





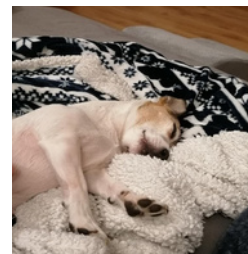
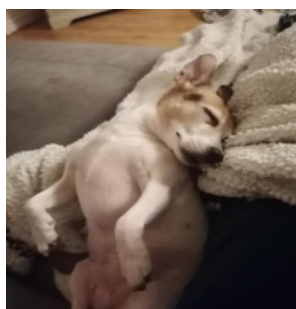
# NATIONAL LOVE YOUR PET DAY

20 FEBRUARY 2023

## HI MABEL!

Jess in our HR team tells us about tiny Mabel!

Mabel is my 10-year-old Jack Russell cross Chihuahua rescue pooch who I couldn't be without. Her favourite thing ever is food, closely followed by cuddles and walks. No matter how your day's been, Mabel is always happy to see you, and will greet you in the morning like she hasn't seen you for years and missed you the whole time. She's an instant mood lifter, stress remover and provides a constant source of entertainment – from not being able to see the ball that's right behind her to jumping on your head to say hello. I can't imagine life without my little pooch!



Is your pet a mood-booster? Tell us all about your pet pal (with a photo!) in 50 words max and we'll feature them in our new 'Pet Friendly' section of Eden Together!

Email: [hr@edenfutures.org](mailto:hr@edenfutures.org)



COMING NEXT MONTH!



# NATIONAL PIZZA DAY!

## 9 FEBRUARY 2023



**HURRAY!!** 9 February is National Pizza Day, so to celebrate - as if we need an excuse to eat pizza! - why not have a go at making your own, healthier (and cheaper!) version of this classic takeaway favourite? You can customise the toppings to your own preference (ham and pineapple anyone?) and if you want to make this even simpler, you could even buy the flatbreads ready made and just have fun creating the sauce and toppings!

Check out healthy easy recipes for all taste buds here: [www.bbcgoodfood.com/recipes/collection](http://www.bbcgoodfood.com/recipes/collection) Why not give these Flatbread Pizzas a go and tell us what you think!

### Fakeaway Flatbread Pizza recipe!



**Serves:** 4

**Preparation Time:** 15 mins, **Cooking Time:** 30 mins

**Difficulty:** Easy

#### Ingredients

- 350g (12oz) plain flour, plus extra for dusting
- Salt and freshly ground black pepper
- 3 tbsp olive oil, plus extra for greasing
- 150ml (5fl oz) warm water
- 2 garlic cloves, crushed
- 400g can cherry tomatoes
- large handful of grated mozzarella
- ½ red onion, finely sliced
- toppings of your choice, such as sliced red onion, sliced mushrooms, tinned sweetcorn, sliced courgettes, sliced peppers, black olives or even pineapple, if that's your thing!
- 2 baking trays, lined with baking parchment

#### Method

1. For the flatbreads, sift the flour into a large mixing bowl and season with salt and pepper. Create a little well in the middle of the flour and add 2 tbsp of the olive oil, then start to add the water and mix well until you have a thick, but not too sticky, dough.
2. Knead the dough on a floured work surface for 1 minute or until smooth, then put the dough in a lightly oiled bowl, cover and rest for 10 minutes.

Continued...



# NATIONAL PIZZA DAY!

## 9 FEBRUARY 2023



3. For the pizza sauce, heat the remaining 1 tbsp olive oil and gently heat the garlic for a minute, taking care not to burn it. Add the can of cherry tomatoes and heat for 3–4 minutes. Using a potato masher, squash the tomatoes –you don't want to make it totally smooth, just start breaking the tomatoes a bit. Leave on a gentle heat for 10 minutes until it reduces down a sauce that is thick enough to spread on your flatbread.

4. Preheat the oven to 220°C (200°C fan/425°F/Gas 7).

5. Divide the dough into four balls and roll each one out to a thin pizza base. Put them on the lined baking trays and cook in the hot oven for 2 minutes. Remove the trays from the oven and turn the flatbreads over.

6. Spread the tomato sauce over the cooked sides of the pizzas, sprinkle over the grated mozzarella and then top with your veggies. Pop them back in the oven for 7–8 minutes or until the cheese is all melted.

# Enjoy



# SHROVE TUESDAY! PANCAKE DAY! 21 FEBRUARY 2023



Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

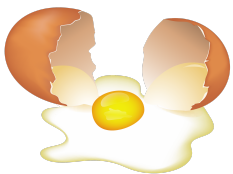
Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients!

**You can find easy pancake recipes here:  
[www.bbcgoodfood.com/recipes/easy-pancakes](http://www.bbcgoodfood.com/recipes/easy-pancakes)**

**SHOW US YOUR PANCAKE SUCCESSES AND FLIPPING FAILS!**

**EMAIL: [HR@EDENFUTURES.ORG](mailto:HR@EDENFUTURES.ORG)**





The LGBT+ History Month 2023 **#BehindTheLens** celebrates LGBT+ peoples' contribution to cinema and film from behind the lens. Directors, cinematographers, screen writers, producers, animators, costume designers, special effects, make up artists, lighting directors, musicians, choreographers and beyond.

At a time when LGBT+ lives are in the media we also encourage you to look 'Behind the Lens' and listen to LGBT+ peoples' lived experiences.

**VISIT: [LGBTPLUSHISTORYMONTH.CO.UK](https://lgbtplushistorymonth.co.uk)**



# EATING DISORDERS AWARENESS WEEK

## 27 FEBRUARY-5 MARCH 2023

Eating Disorders Awareness Week (EDAW) will be back 27 February-5 March 2023. This year, BEAT will be focusing on eating disorders in men.

### WHY THIS THEME?

Around 1 in 4 people affected by eating disorders are men.

Yet many struggle to ask for help (and are often met with disbelief when they do).

Beat want to bust the toxic stereotypes that prevent men from speaking up. Beat are here to **#HelpMenGetHelp**. BEAT will be using EDAW '23 to shine a light on the different experiences men face and to create a safe space for men to turn to for support towards recovery.



### ABOUT EATING DISORDERS

Around 1.25 million people in the UK suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly. While this is the worst-case scenario, there are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them. They steal childhoods, devastate relationships and pull families apart. But, with the right treatment and support, recovery is possible.

BEAT's national Helpline exists to encourage and empower people to get help quickly, because the sooner someone starts treatment, the greater their chance of recovery. People can contact BEAT online or by phone 365 days a year.

**Helpline:** 0808 801 0677

**Website:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

# MoneySavingExpert

Cutting your costs, fighting your corner

**[WWW.MONEYSAVINGEXPERT.COM](http://WWW.MONEYSAVINGEXPERT.COM)**

Check out Money Saving Expert for help and advice on all things financial. This month they have updated their supermarket coupons and there are some great savings to be had! Head over to see what goodies you can add to your weekly shop for a huge discount or even free!

You can also sign up for the Cheap Energy Club – with energy prices a concern, especially at this time of year, this could help you navigate the best deals from energy providers, making your money go further: [clubs.moneysavingexpert.com/cheapenergyclub](http://clubs.moneysavingexpert.com/cheapenergyclub)

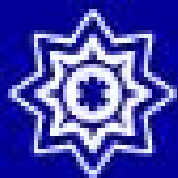
The logo consists of the text "Help for Households" in a bold, teal, sans-serif font, centered within a white rectangular box with a thin teal border. This box is set against a solid teal background.

**Help for  
Households**

We've given information on Help for Households, a Government Scheme, in our previous Eden Together newsletters and this is being updated all the time.

To keep up-to-date with the cost of living support available, what you are entitled to and how to save money with energy saving tips, be sure to visit:

**[HELPFORHOUSEHOLDS.CAMPAIGN.GOV.UK](http://HELPFORHOUSEHOLDS.CAMPAIGN.GOV.UK)**



# BLUE LIGHT CARD™

## WWW.BLUELIGHTCARD.CO.UK

All Eden Futures employees are eligible for a blue light card. For just £4.99, members of the Blue Light community can register for 2-years and get access to discounts with more than 15,000 local and national retailers and businesses in the UK!

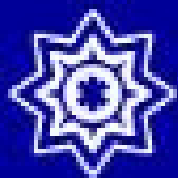
We've selected a few discounts to take a look at this month....



Do you have a car insurance policy due for renewal? Go.compare are free to use, completely independent and there to help you get the right policy at the right price for you. You can compare a range of products with them, from car and home insurance, to travel and life insurance, saving you time and money, which means you'll have more to spend on the fun things. Get the most out of your insurance and finance products. **Bluelight card holders who purchase a brand-new quote for car insurance through Go.Compare will receive a £30 Amazon.co.uk Gift Card!**







# BLUE LIGHT CARD™

## [WWW.BLUELIGHTCARD.CO.UK](http://WWW.BLUELIGHTCARD.CO.UK) Blue Light Member Days

Since 2015, Blue Light card members have had the opportunity to book reduced priced tickets to exclusive days out at Merlin attractions, and 2023 is no different! On these days, top attractions across the UK close their gates to the general public and open them exclusively for you to enjoy a fun day out with smaller crowds and faster services. Plus, you'll receive a fantastic saving on the standard ticket price! Ticket prices start from just £19 per person, including complimentary parking, and 20% off selected food and drinks vendors.

### **Alton Towers Resort**

- Saturday 11th March – 10am-5pm – £19pp
- Sunday 12th March – 10am-5pm – £19pp

### **Chessington World of Adventures Resort**

- Saturday 18th March – 10am to 5pm – £20pp

### **LEGOLAND Windsor Resort**

- Saturday 11th March – 10am-5pm – £20pp
- Saturday 11th November – 10am-5pm – £20pp
- Sunday 26th November – 10am-4pm – £22pp. This is a Christmas-themed event with bookings available to see Santa.

### **THORPE PARK Resort**

- Sunday 19th March – 10am-5pm – £21pp
- Saturday 4th November – 10am-8pm, including FRIGHT NIGHT and mazes – £23pp
- Sunday 5th November - 10am-8pm, including FRIGHT NIGHT and mazes – £23pp





Remember! All Eden Futures employees are eligible for a Costco card, so if you don't have one already, sign up by visiting: [www.costco.co.uk/membership](http://www.costco.co.uk/membership)

## **DEAL OF THE MONTH**

Costco have a great deal on the most British of things – a good cup of tea! 960 PG Tips tea bags for £11.89 (and they can be delivered if you don't live near a Costco) which works out at 0.01 pence for a cup of tea – absolute bargain!





# GET HELP FROM YOUR SUPPLIER PRIORITY SERVICES REGISTER

The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations.

**ofgem** [www.ofgem.gov.uk](http://www.ofgem.gov.uk)

## You are eligible if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children
- have extra communication needs (such as if you don't speak or read English well)
- need to use medical equipment that requires a power supply
- have poor or no sense of smell
- would struggle to answer the door or get help in an emergency.

You might still be able to register for other reasons if your situation isn't listed. For example, if you need short-term support after a stay in hospital.

## How to register

Energy suppliers and Network operators will both keep a Priority Services Register. If you think you should be added to either you need to contact your energy supplier or network operator.

Give them your contact details and as much information as you can about your needs. Your supplier can pass your details to your network operator to add you to their register too. It's a good idea to ask them to do this if you rely on your energy supply for medical reasons.

If you have a different supplier for your gas and electricity, you need to contact them both.

You'll need to register again with any new supplier if you switch supplier.

**Continued...**





# GET HELP FROM YOUR SUPPLIER PRIORITY SERVICES REGISTER

**The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations.**

## **Help you can get**

- Wherever possible, advanced notice of scheduled power cuts. If you rely on your energy supply for medical reasons your network operator can tell you about planned power cuts. For example, when they plan engineering work.
- Priority support in an emergency.
- Priority support when calling your network operator.
- Identification and password scheme. This could include arranging a password or agreed on picture cards if callers need to visit or contact you. This way you can feel confident they are genuine.
- Nominee scheme. You can nominate someone to receive communications and bills from your supplier. For example, a family member, carer or someone you trust.
- Help with prepayment meter access. For example, moving a meter if you can't safely get to it to top up.
- Regular meter reading services. For example, if nobody can read your meter.
- Accessible information. For example, account info and bills in large print or braille.
- Help reconnecting your gas supply, if you need it.

**Suppliers and Network operators could offer other support services. Ask them how they can help you.**

## **Similar support services**

Suppliers can offer free gas safety checks every 12 months. You can request a safety check if you get a means-tested benefit and either:

- live with a child under five years old
- live alone or with others and have reached state pension age
- live alone or with others and are disabled or chronically ill
- live with others who have reached state pension age or are disabled, chronically ill or under 18 years old.

**Free similar services to the Priority Services Register are available in the water, telecoms and public transport sectors. Ask your providers about them.**



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# FINANCIAL WELLBEING HELP AND SUPPORT

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](https://moneyhelper.org)

## Money Helper

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.

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### 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.**

The logo for Money Helper features the word "Money" in a large, bold, blue sans-serif font. Below it, the word "Helper" is also in a large, bold, blue sans-serif font. A pink arrow icon points from the left towards the "H" in "Helper".

**Money  
Helper**

# INTERNATIONAL WOMEN'S DAY 2023

## CAMPAIGN THEME: #EMBRACEEQUITY

### WEDNESDAY 8 MARCH 2023

For International Women's Day and beyond, let's all fully **#EmbraceEquity**.

Equity isn't just a nice-to-have, it's a must-have.

A focus on gender equity needs to be part of every society's DNA.

And it's critical to understand the difference between equity and equality.

Equality means each individual or group of people is given the same resources or opportunities.

**Equity** recognises that each person has different circumstances, and allocates the exact resources and opportunities needed to reach an equal outcome.

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all **#EmbraceEquity**.

Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity.

[WWW.INTERNATIONALWOMENSDAY.COM](http://WWW.INTERNATIONALWOMENSDAY.COM)

**Being included, and belonging, feels good.**

When we embrace equity, we embrace diversity, and we embrace inclusion. We embrace equity to forge harmony and unity, and to help drive success for all.

Equality is the goal, and equity is the means to get there. Through the process of equity, we can reach equality.

# INTERNATIONAL WOMEN'S DAY 2023

## CAMPAIGN THEME: #EMBRACEEQUITY

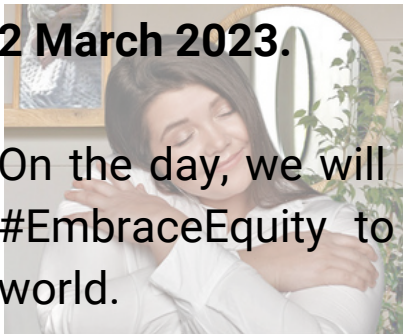
### WEDNESDAY 8 MARCH 2023

**Are you in? Will you embrace equity?**

Show the world your huge embrace. Strike the IWD #EmbraceEquity pose to show solidarity.

If you would like to send your #EmbraceEquity image to Alex Pugh (alex.pugh@edenfutures.org - Head of HR) with your name, job title and where you work, we would love to feature you on our social media and next issue of Eden Together. **Please send your images by 2 March 2023.**

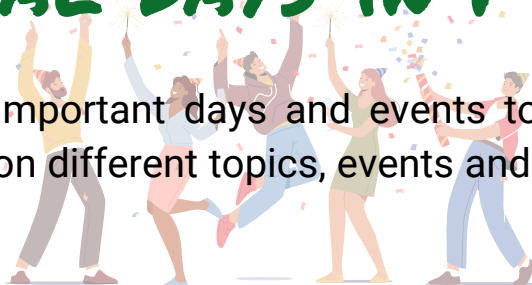
On the day, we will share your photos with the hashtags #IWD2023 #EmbraceEquity to encourage others to help forge an inclusive world.





# SPECIAL DAYS IN MARCH

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.



## **Neurodiversity Celebration Week - 13 - 19 March**

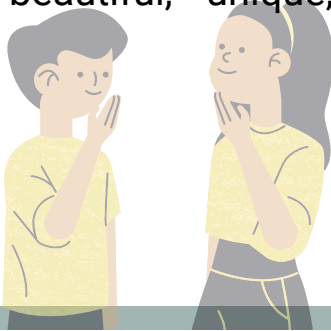
Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

## **Sign Language Week - 13 - 19 March**

Sign Language Week is an initiative of the British Deaf Association (BDA). Sign Language Week is celebrated each year in March to commemorate the first time British Sign Language (BSL) was acknowledged as a language in its own right by the UK Parliament on 18 March 2003.

This year, the BDA are marking the 20th anniversary of that historic moment! The BDA are also celebrating an even bigger milestone. On 28 April 2022, British Sign Language was finally recognised in law as an indigenous language of Great Britain in the BSL Act (2022). This followed legislation in Scotland - the BSL Act (Scotland) 2015.

This year's Sign Language Week runs from 13 – 19 March 2023. The theme of this year's campaign will be "Protecting BSL". It is the BDA's mission to protect, preserve and promote the beautiful, unique, visual language for future generations to come.



# SPECIAL DAYS IN MARCH

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.

## Red Nose Day - Friday 17 March 2023

Red Nose Day is back! Join thousands of people up and down the country getting involved. We'd love to see photos of your Red Nose Day fun! Send your pics to [HR@edenfutures.org](mailto:HR@edenfutures.org)

[www.comicrelief.com/getinvolved](http://www.comicrelief.com/getinvolved)

## International Day of Happiness - Monday 20 March 2023



The International Day of Happiness represents a shift in global attitudes towards wellbeing and the recognition of happiness as a human right. It was established by the United Nations in 2011, and the first-ever International Day of Happiness took place in 2012. How will you celebrate the day? We'd love to know so get in touch!



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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 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)

