

MARCH 2023, ISSUE 5

 **Eden
Futures**

EDEN TOGETHER

Our monthly health and wellbeing newsletter



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Welcome to our 5th 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.

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

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.

WE ARE IN!

Here are some of our Eden Futures staff striking the IWD #EmbraceEquity pose to show solidarity today!



**ANDREA, GABY, LAURA, LIZ, YOLANDA AND LEAH
SPECIALIST SUPPORT TEAM**



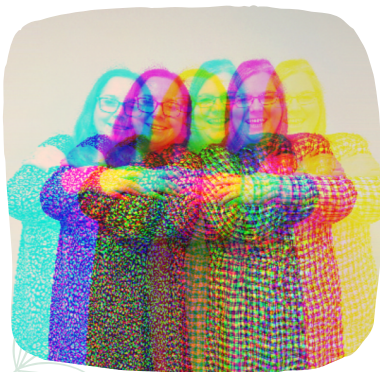
**HELEN STOKES
CEO**



**EMILY AND LISA
L+D**



**KASSIE, SJ AND RACHEL
SERVICE DEVELOPMENT**



**LOU AND DAWN
HR**



**ANDY DEAN
CFO**

**CHECK OUT OUR
EDEN FUTURES
SOCIAL MEDIA FOR
MORE IWD
#EMBRACEEQUITY
PHOTOS!**

TRANSGENDER DAY OF VISIBILITY

31 MARCH 2023



The LGBT Foundation bring a number of ways that you can get involved in TDoV, whether you are trans, non-binary, questioning, gender non-conforming, or an ally!

Trans and non-binary people are often under pressure to be 'more' than they are. Let's be proud of who the trans community are, just as they are!

What is Trans Day of Visibility?

TDOV takes place on March 31st each year to celebrate trans and non-binary people and raise awareness of discrimination faced by trans people worldwide.

"Here at LGBT Foundation, we are aware that there is a lot of pressure on trans and non-binary people to conform, change and prove their gender to others. We believe that all trans people, regardless of identity, expression, or orientation, are enough just as they are. Therefore, we would like to help empower trans people to celebrate who they are, and encourage allies to voice solidarity with the trans community."

The aim of the campaign is to provide a message that ties together the following themes:

- Acceptance of individuals in their chosen gender, just the way they are without the need for change/treatment/qualifying factors.
- Promotion of self-declaration of gender identity.
- Visibility of non-binary identities.
- Awareness Raising & Allyship- For non-trans/cis people to be able to stand up and show solidarity and support for their trans family, friends and colleagues.

Through our #EdenInfluencer programme at Eden Futures, we are proud to work with our #Influencer team to develop LGBTQ+ awareness and visibility and continue to be an ally in the workplace.

#YouAreEnough

ACTION FOR HAPPINESS

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens 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



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

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.

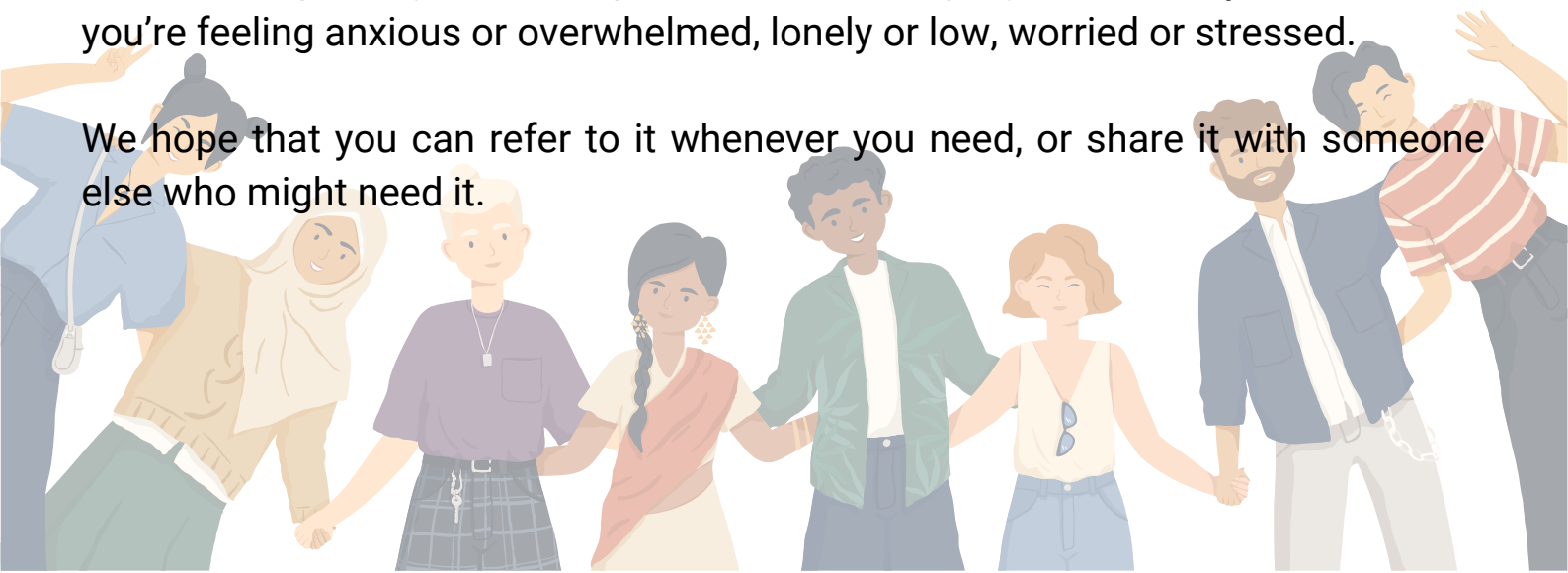


We're updating the Wellbeing section of our Eden Futures website all the time with information and resources.

We've recently added Shout's Little Book of Coping Skills. To read it, go to our website www.edenfutures.org and click the 'Wellbeing' button at the top of the page.

Shout have put together this pocket book of coping skills that you can use if you're feeling anxious or overwhelmed, lonely or low, worried or stressed.

We hope that you can refer to it whenever you need, or share it with someone else who might need it.



THE BENEFITS OF LEARNING

Written by Lisa Duff - L&D Manager at Eden Futures (lisa.duff@edenfutures.org)

We know that starting a new job or a new class can be daunting and anxiety provoking but developing new knowledge and skills is a forward step to gain confidence in what you are doing. It helps to reduce the nerves and anxiety you are feeling when everything is unfamiliar and scary.

Creating a learning culture has a positive impact on mental health and wellbeing and knowledge boosts self-confidence because once you know what you're doing, you feel reassured. Taking ownership of your learning, whether that is e-learning as part of your job, or a qualification you want to gain or a new skill you want to master, will give you confidence and a sense of pride.

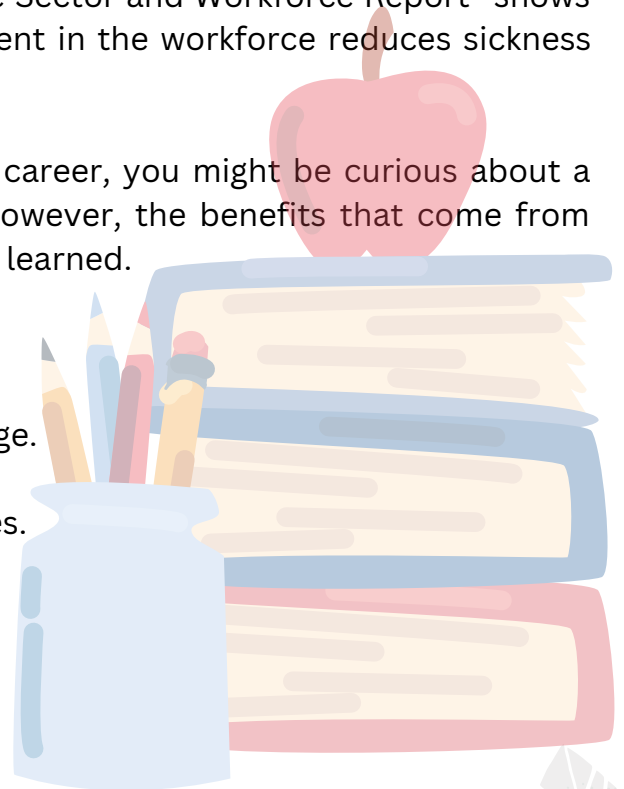
Learning in the workplace can improve motivation, open doors to new opportunities and experiences. It gives you a chance to grow professional knowledge, job skills and be more effective in the workplace.

Latest figures from the "State of the Adult Social Care Sector and Workforce Report" shows that continued investment in learning and development in the workforce reduces sickness rates and lowers turnover.

You might want to learn a new skill to advance your career, you might be curious about a topic or perhaps you just want to have some fun! However, the benefits that come from learning new things extend way beyond the actual skill learned.

Top 7 benefits of training in the workplace

- An opportunity to improve your skills and knowledge.
- Training can boost your performance at work.
- You are more likely to take on higher responsibilities.
- Improves your productivity and time management.
- Reduces staff turnover.
- Training can improve job satisfaction and morale.
- Motivates staff to embrace learning opportunities.



"THE MORE YOU READ THE MORE THINGS YOU WILL KNOW, THE MORE THAT YOU LEARN THE MORE PLACES YOU CAN GO"

- DR SEUSS



Continued...

THE BENEFITS OF LEARNING

So, what are the benefits of learning a new skill?

Have you ever wanted to learn to play the guitar or to learn Spanish? Research suggests there are many benefits to learning something new and many of us experienced this during lockdown. We might have started exercising at home, being creative in the kitchen, or perfected our skill at finishing jigsaws!

Here are some gains:

- It improves your brain health and memory. It often improves cognitive skills and concentration.
- It increases your mental wellbeing and happiness. Learning can release feel good hormones such as endorphins and dopamine, which raises your energy levels and mood. If it makes you feel good, you will want to do it again!
- It can foster connections with others. Learning together with colleagues or friends or even a family member develops a sense of togetherness with shared experiences.
- It keeps you busy, prevents boredom and loneliness. Once you start something new, you are focused and become immersed in it.

Remember... **"Practice makes perfect!"** The more you do things, the better you will get at it. Achievement gives you a sense of pride and satisfaction. How good will that make you feel?!

Here are some ideas to get you started!

- **Learn to cook a new dish in the kitchen or try out a new recipe**
- **Research your local area and sign up for a class such as yoga, knit and natter, or join a walking group**
- **Read a book**
- **Ask for new responsibilities at work, or to shadow a colleague to find out what they do in their role**
- **Try a DIY project- learn how to wallpaper, fix a leaking tap or grow some vegetables.**
- **Visit Skills for Care #keep learning <https://www.skillsforcare.org.uk/news-and-events/Spotlight-on/Keep-learning-for-success.aspx>**

Here are some websites that you can visit to understand the mental health benefits of learning and trying something new:

- www.upskilled.edu.au/skillstalk/mental-health-benefits-learning-new-skill
- www.psychreg.org/mental-health-benefits-when-you-learn-something-new/
- www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/



Clare Cott's Cakes



"I CAN REALLY LOSE MYSELF IN FONDANT!"

Having a hobby is a great way to spend your spare time and unwind from your daily routine - whether it's learning a new skill, doing something outdoors, reading, or doing something musical or artistic.

As we've just read in "The Benefits of Learning", spending time on an activity that you enjoy can improve your mental health and wellbeing. Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression. Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports can improve your communication skills and relationships with others.

Your interests may be creative, athletic, academic, or something distinctly personal. You may choose a hobby that you can do alone or as part of a group. Whatever your interests are, there is sure to be a hobby out there for you. What matters is that it is something you find enjoyable.

Clare (our Group Operations Director) tells us, **"I enjoy baking because it's relaxing and it lets me be creative and have fun! I enjoy seeing someone's surprise when I create a cake that's meaningful to them and shows their personality. Each one of my cakes is unique and made for a special occasion: a birthday, baby shower, retirement, new job, new home, good luck or a thank you.**

Here are just some of the cakes that I've made. I can really lose myself in fondant and the hours that I can spend making something is always so worth it when I know that it will make people smile. Making children's birthday cakes takes a lot of concentration to make sure that I get their favourite character just right!"





ONLINE MENTAL HEALTH AND WELLBEING CLASSES AND COURSES

Laura Bannister is in our Specialist Support Team and an #EdenInfluencer. Laura has shared with us some free courses through www.eventbrite.co.uk that are coming up that you might want to join!

MINDFULNESS FOR MENTAL HEALTH AND WELLBEING BY MARTSANG KAGYU LONDON BUDDHIST CENTRE

About this event

Regular mindfulness practice can help with problems including insomnia, stress, depression, anxiety and worry. Meditation and mindfulness skills and knowledge are highly beneficial for both emotional healing and mental wellbeing. Mindfulness also helps us focus our mind on the present moment making us more productive in our daily lives. There are also many studies that have highlighted how mindfulness makes us more caring, patient and compassionate which results in improvements in our relationships both at work and at home.

Classes are run every week, open to everyone from a diverse range of backgrounds, religion, non-religion, ethnicity and culture, all of whom will benefit from meditation. They provide meditation classes in English, Mandarin, and Polish, so there are a few languages to choose from!

Whether you're new to meditation or familiar with the practice, you are most welcome to join the free meditation classes every week. Their highly qualified teachers will be teaching four times a week so why not book a slot that's convenient for you now.



MENTAL HEALTH ONLINE: FINANCIAL WELLBEING

Join on Zoom from 10am - 12pm to learn more about financial wellbeing and how to effectively manage your budget.

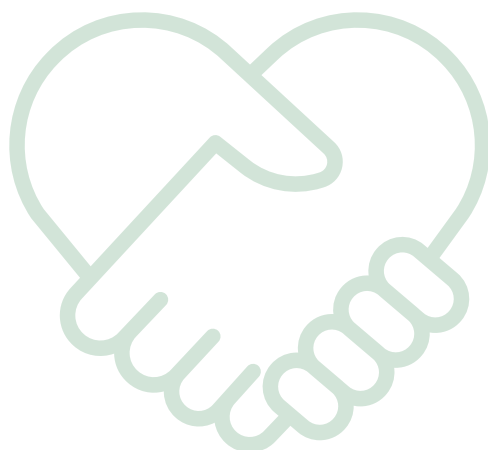
www.eventbrite.co.uk

areyouokay?



WWW.AREYOUOK.CO.UK

'Ask for Angela' is a national campaign that was started in Lincolnshire and which www.areyouok.co.uk adopted with the permission of the Safer Communities Sexual Violence and Abuse Partnership, Lincolnshire. The safety initiative 'Ask for Angela' is being rolled out to bars, clubs and other licensed businesses across the country. People who feel unsafe, vulnerable or threatened can discreetly seek help by approaching venue staff and asking them for 'Angela'. This code-phrase will indicate to staff that they require help with their situation and a trained member of staff will then look to support and assist them. This might be through reuniting them with a friend, seeing them to a taxi, or by calling venue security and/or the police.

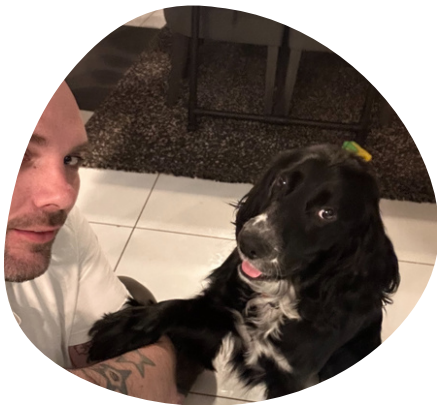




PET FRIENDLY

The idea that living with an animal can improve human health, psychological well-being, and longevity has been called the “Pet Effect” (Allen, 2003). In our new 'Pet Friendly' section, meet our staff and their adored (and pampered!) pets!

Scott Southworth (Area Manager)



This is my dog, Haze. It was originally 'Hades', but my 3 year old could only say Haze so that's what it ended up being!

He is the definition of a mad dog. He jumps vertically about 8 feet! I'm sure he is part Kangaroo. When you come home, no matter the time of day, he does not stop whining or crying until you have spent at least 10 minutes with him. His favourite game is fetch but he gets far too excited by it and forgets to drop the ball and runs away with it in his mouth wanting you to throw....well nothing!

Chanel Whiteman (Recruitment Administrator)

Here is our nutty mutt Rocco! He's a 2 year old Miniature Pinscher, who was reserved as a pup but never collected...how could you not collect him! He's obsessed with his toys and loves to play fetch with sticks on his walk. He's the best fur brother to George and has been since day 1. He's always smiling and flashing his pearly whites and is the most loving, cuddly and crazy dog we could have ever wished for.



Stacey Allison (Support Worker)

My dog Stanley is so precious to me, as he puts a smile on my face every day. If it's been a hard day at work, there is nothing better than getting home to my boy! His love is unconditional and he's so loved.



Jordan Liggett (Deputy Team Manager)

Here are my pets, or as I call them... "kids"! The reason they are so special to me is because they always there when you need a cuddle... and keep me on my toes! My dog is called Hollie and my cat is Phoebe!





PET FRIENDLY



Sue Wilson (Support Worker)

This is Tutsie who is 12 years old and she was born in our shed! Her mum was a stray who we also homed, but is sadly no longer with us.

Tutsie is very demanding, a diva and rather spoiled! She loves attention and adores Dreamies... and she likes to sleep on a Primark bag! She makes you laugh when she's throwing around her toys or chasing her tail. She's company when I'm home alone and when I come in from work, she comes to say hello. She will sit on you and demand attention but as you start to stroke her and tickle her ears, she purrs and then your attention is on her and you start to relax. Petting Tutsie is calming and the stresses of the day fade away.



Caroline Diable (Support Worker)

This is my boy Dougie! He loves life, especially his walks on Cleethorpes beach!



Diane Champion (Support Worker and Eden Influencer)

Here is my precious baby boy! He's as soft as a brush and gives me good mental health!



Olivia Partridge (Team Manager)

My pooch is Sansa! She makes me smile and laugh on my down days because she's such a goofball! She gives the best cuddles and I couldn't love her more!

The Guinea pig was my baby boy, Panda. I sadly lost him earlier on this year. Panda was my absolutely rock! He completed university with me, he moved from London to Cleethorpes with me, and started my journey at Eden with me. I miss him dearly and will be forever grateful for his unconditional love.



Teresa Martin (Support Worker)

Meet my two much-loved pets: Smudge the cat and Turvy the turtle!



More pics on the next page...!



PET FRIENDLY

Terry-Louise Storey-Hellens (Support Worker)

Here are a couple of members of my zoo! I also have dogs!

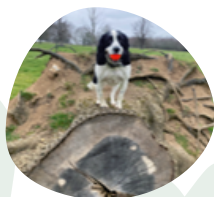
My animals help with my mental health as they give me a reason to get up everyday, even if it's just to feed and clean them out or walk the dogs. They give me a focus on bad days as the fur babies seem to know when something's wrong, they give kisses and cuddles and the scale kids are actually quite relaxing to watch! The reptiles and invert's homes are set up as natural as possible so their room is like having a little bit of nature I can escape to, away from the stress of daily life.

- Nyx - black angora ferret
- Meeka - marked white semi angora ferret
- Little Blue - blue iguana
- Shay - Argentine black and white tegu
- Seraphine - boa constrictor
- Rosie - Chilean rose tarantula



Meike Dean (Team Manager)

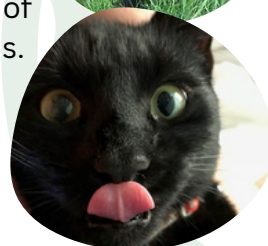
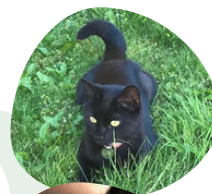
Here are pictures of my boys, Hugo and Ronnie. Hugo is a Springer Spaniel and Ronnie is a working Cocker Spaniel. Both boys are very mischievous and get up to lots of naughty adventures together. They are both incredibly spoilt and are certainly the bosses in our house.



They make me smile every day as no matter what they are always happy to see me and have the ability to cheer me up regardless of what has happened that day.

Katie Pridmore (Area Manager)

This is my amazing cat, Lilly-Boo! She has been with us since she was only a few weeks' old and has coped well as our family has grown. Lilly-Boo is so tolerant of my little girls' affection! She is a big part of our family and is loved by all of us.



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





the know



@theknow.media

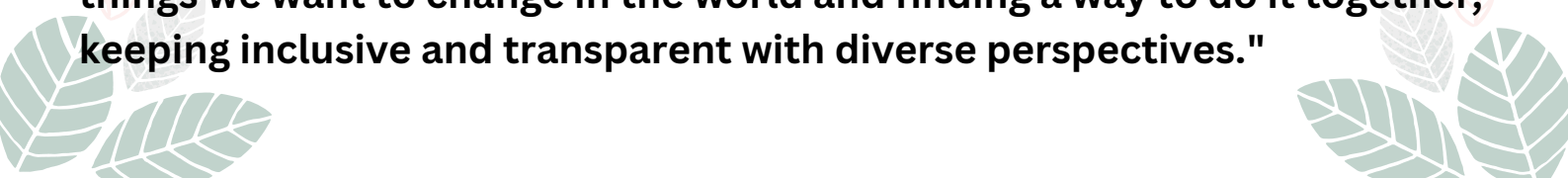
Helping you feel better about the news.

Staying informed can be overwhelming, so 'the know' share news that's informative, but conscious of your wellbeing.

WHAT TO EXPECT:

- The top story of the day, broken down into language you can understand
- A conversation starter - a more quirky story to arm you for the dinner party chat
- An uplifting story - because 'the know' believe in looking at the silver lining
- Ways to take action: we help drive action on the issues you care about

Alex Pugh (our Head of HR) tells us, "**During the COVID-19 pandemic, it was a real balance to keep updated of what was happening and not feeling overwhelmed with the negative news stories. I discovered 'the know' through Instagram and I subscribe to their daily newsletter to keep informed about world news in a way that communicates in facts, not fear. 'the know' have values that place action at their core - defining the things we want to change in the world and finding a way to do it together, keeping inclusive and transparent with diverse perspectives.**"





Last month in Eden Together, we talked about The LGBTQ+ History Month 2023 **#BehindTheLens**, which celebrates LGBTQ+ 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.

NEW LGBTQ+ FRAMEWORK PUBLISHED

A new framework has been published to support social care workers in providing care to older lesbian, gay, bisexual, trans, and queer (LGBTQ+) people.

This new framework was commissioned and funded by Skills for Care and developed by the University of Strathclyde and the Pride in Ageing programme at LGBT Foundation. It was created in collaboration with older LGBTQ+ people.

The release of this framework comes as LGBTQ+ History Month is recognised across the UK in February. People from an older generation may have felt they couldn't be open about their sexual orientation or gender identity. Many will have grown up during a time when homosexuality was illegal or less accepted, and before transgender rights were enshrined in law. Many older LGBTQ+ people still face the impact of subsequent or ongoing discrimination, despite improvements in equality and the legal status of LGBTQ+ communities in recent decades.

These experiences can still have a lasting impact on older LGBTQ+ people today, and so it's vital that people providing care and support understand these issues.

At Eden Futures over the coming months, we will be exploring this new framework so that our Support Workers feel confident in supporting LGBTQ+ people with all aspects of their lives, including coming out, their personal relationships and support networks, and legal rights – this new framework aims to support care workers in developing their knowledge, skills, and values so that they can confidently support people with this important aspect of their lives.

The comprehensive framework includes background on LGBTQ+ issues and awareness; a look at health and wellbeing issues later in life, including research about LGBTQ+ inequalities; information on providing personalised care and support covering topics of trans-affirmative care, intersectionality, supporting people with dementia or HIV, and understanding intimacy and sexuality later in life.

The framework is intended to be used by social care employers, employees, training providers, regulators, commissioners, policymakers and others to build their own knowledge of LGBTQ+ issues, to support colleagues' understanding, and to create learning programmes which will allow teams to better support LGBTQ+ people in later life.

Run the Dishwasher Twice

"Run the dishwasher twice" might sound like strange mental health advice, but a viral post is proving that it's actually quite helpful.

Danielle Wunker, a Licensed Professional Counsellor and Supervisor, shared a story on her Facebook page that is resonating with people who struggle with mental health issues. It originally came from an answer from Katie Scott on Quora to the question "Has a therapist ever told you something completely unexpected?"

It reads:

"When I was at one of my lowest (mental) points in life, I couldn't get out of bed some days. I had no energy or motivation and was barely getting by.

I had therapy once per week, and on this particular week I didn't have much to 'bring' to the session. He asked how my week was and I really had nothing to say.

'What are you struggling with?' he asked.

I gestured around me and said 'I dunno man. Life.'

Not satisfied with my answer, he said 'No, what exactly are you worried about right now? What feels overwhelming? When you go home after this session, what issue will be staring at you?'

I knew the answer, but it was so ridiculous that I didn't want to say it.

I wanted to have something more substantial.

Something more profound.

But I didn't.

So I told him, 'Honestly? The dishes. It's stupid, I know, but the more I look at them the more I CAN'T do them because I'll have to scrub them before I put them in the dishwasher, because the dishwasher sucks, and I just can't stand and scrub the dishes.'

I felt like an idiot even saying it.

What kind of grown woman is undone by a stack of dishes? There are people out there with *actual* problems, and I'm whining to my therapist about dishes?

But he nodded in understanding and then said, 'Run the dishwasher twice.'

I began to tell him that you're not supposed to, but he stopped me.

'Why aren't you supposed to? If you don't want to scrub the dishes and your dishwasher sucks, run it twice. Run it three times, who cares?! Rules do not exist.'

It blew my mind in a way that I don't think I can properly express.

That day, I went home and tossed my smelly dishes haphazardly into the dishwasher and ran it three times. I felt like I had conquered a dragon.

The next day, I took a shower lying down.

A few days later, I folded my laundry and put them wherever they fit.

There were no longer arbitrary rules I had to follow, and it gave me the freedom to make accomplishments again.

Now that I'm in a healthier place, I rinse off my dishes and put them in the dishwasher properly. I shower standing up. I sort my laundry.

But at a time when living was a struggle instead of a blessing, I learned an incredibly important lesson: There are no rules.

Run the dishwasher twice."

MARIE CURIE

GREAT DAFFODIL APPEAL

MARCH 1 - MARCH 31



Marie Curie's Great Daffodil Appeal is one of the charity's biggest annual fundraising campaigns and has been helping to raise awareness and funds since 1986.

Marie Curie are the UK's leading end of life charity. Providing frontline nursing and hospice care, a free support line and a wealth of information on all aspects of dying, death and bereavement. The charity also provide funds for vital research, which is where you come in. Raising awareness for The Great Daffodil Appeal will help to ensure that this work can continue.

Each March, millions of people across the UK show their support for the work of Marie Curie by making a donation and wearing a daffodil pin. Without this generosity, thousands of families across the UK wouldn't be able to make the most of the precious time they have left together.

www.mariecurie.org.uk/daffodil

Whether it's through sponsorship for running, skipping, scooting, cycling or walking (to name a few) or by making a donation directly, you can get more details by visiting the Marie Curie website. You can also follow this year's campaign using the hashtag **#GreatDaffodilAppeal**.



CANCER
RESEARCH
UK

Walk 10,000 steps every day in March
Let's show cancer who's boss. Join
thousands of supporters walking
10,000 steps every day in March to
raise money for life-saving research.

www.cancerresearchuk.org



10,000
steps a day

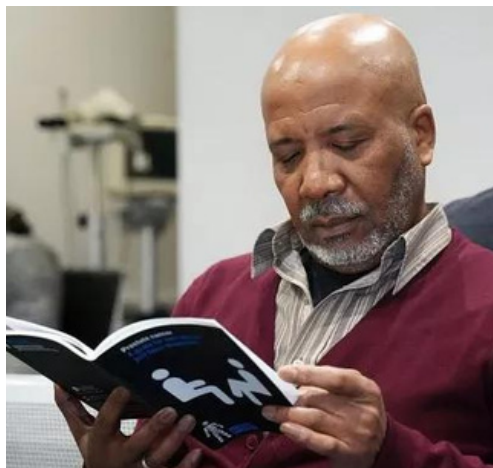
PROSTATE CANCER AWARENESS MONTH

PROSTATE CANCER UK

1 in 8 men will get prostate cancer. If you're over 50, or you're black, or your dad or brother had it, you're at even higher risk.

The earlier you catch it the more likely it is to be cured. Go to prostatecanceruk.org to check your risk in 30 seconds.

prostatecanceruk.org gives information to support you and your loved ones. Find out about your risk, learn about possible signs and symptoms, and get all the information you need on treatment and support if you're newly diagnosed or living with prostate cancer. You can find all the information online, or download or order the free publications.



OVARIAN CANCER AWARENESS MONTH



Every March www.targetovariancancer.org.uk put ovarian cancer in the spotlight. This March they're speeding things up.

"Two thirds of women are diagnosed with ovarian cancer too late when the cancer is harder to treat. We can't afford to stand still. We're pressing Fast Forward on early diagnosis and we need you with us."

An infographic titled "Do you know the symptoms of ovarian cancer?". It features a central illustration of a woman with dark curly hair, wearing a purple and white patterned top, with her hands clasped in front of her. Surrounding her are four circular icons, each with a symptom: a bloated tummy (represented by concentric circles), a lightning bolt (tummy pain), a water drop (needing to wee more), and an apple (always feeling full). The Target Ovarian Cancer logo is in the top left corner. At the bottom, it says "Early diagnosis saves lives".

Do you know the symptoms of ovarian cancer?

- Bloated tummy
- Needing to wee more
- Tummy pain
- Always feeling full

Early diagnosis saves lives

Raising awareness of ovarian cancer is vital in improving early diagnosis. Currently, just one in five women can name bloating as a symptom of ovarian cancer. We need to change that.

Will you help us raise awareness of ovarian cancer and help to save lives?

NUTRITION + HYDRATION WEEK

16 - 22 MARCH

www.nutritionandhydrationweek.co.uk



Nutrition and Hydration Week is open to absolutely anyone who wants to join the shared cause of helping people understand the importance of nutrition and hydration in health and social care. It's fun and it's free to join and all the resources on their website are available to download for free and be customised as you wish.

Getting involved is easy and it's really up to you to decide what you would like to do! To help, www.nutritionandhydrationweek.co.uk have produced a Nutrition and Hydration Week handbook which gives you loads of ideas and practical tips and advice on how to make the week a huge success! We also recommend subscribing to the e-newsletter so you can stay up to date with the latest news about Nutrition and Hydration Week. And don't forget to follow the cause on Twitter and Facebook.



**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.

WWW.NEURODIVERSITYWEEK.COM



SPECIAL DAYS IN MARCH

Red Nose Day - Friday 17 March 2023

Remember that 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

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!



SPECIAL DAYS IN APRIL

Next month in Eden Together, we will be talking more about:

- Stress Awareness Month
- Bowel Cancer Awareness Month
- World Autism Awareness Day
- World Health Day
- Earth Day
- World Day for Safety and Health at Work
- On Your Feet Britain
- Multiple Sclerosis Awareness Week
- Our Equality, Diversity and Dignity at Work Policy





BUDGET-FRIENDLY RECIPE IDEAS!



Family food shopping on a tight budget isn't easy, but you can save money and make your food go further with these cheap ingredient swaps.



Be (a bit) veggie

Going meat-free – even once a week – can save you ££ and if you substitute meat for pulses, such as chickpeas and kidney beans, you won't be sacrificing on protein. This chickpea curry is a hearty batch-cook, and you won't miss meat at all in this thrifty veggie chilli. Go to realfood.tesco.com to try it!



Make your mince go further

If you're making chilli, tacos or spaghetti bolognese, try halving the mince, to save the rest for another meal and replacing with cheaper lentils. To 250g mince, add a generous handful (around 50-60g) of uncooked lentils. Cook in with the mince and add a little more water when you add the tomatoes, as they'll expand as they cook. You can also use tinned lentils, which don't require additional cooking. Simply stir in a tin at the end of cooking.



Buy frozen rather than fresh

When it comes to berries and veg, that is. They're just as tasty and as they can stay in the freezer until you need them, also means less waste. You can throw frozen berries in smoothies, or for a dessert treat, try this frozen berry and white chocolate bowl. A handful of frozen mixed veg can also be added to risottos or pasta dishes to help you hit your 5-a-day.

Visit realfood.tesco.com for more
budget recipe ideas!

SAINSBURY'S £2 FRUIT AND VEG BOX



If you head into selected Sainsbury's stores, you can pick up a 'Taste Me, Don't Waste Me' box of surplus fruit and veg for £2. The boxes contain 'surplus' fresh fruit and vegetables that would have otherwise gone to waste.

Sainsbury's trialled these boxes in a few stores in January and has now extended the scheme to over 200 supermarkets. There's no exhaustive list, but it's likely they'll be available in larger stores, rather than Local stores (you can't get them online).

£1.50 FOR 5K OF LIDL'S FRUIT AND VEG



If you head into a Lidl store, you can pick up a 5kg 'Too Good To Waste' box of fruit and vegetables for £1.50. The boxes contain 'edible but not perfect' fruit and veg, which are slightly past its best, but still safe to eat. This is currently an ongoing offer with no end date.

These are available in stores in England, Scotland and Wales only, and found by the checkout area. However, they are subject to availability, so if you want one be quick as there are only a limited number of boxes available every day, from the time stores open until midday. Any unsold boxes will be donated to local good causes.

What you'll actually get is completely random as the boxes are made up on the day with whatever fruit and veg is looking past its best in each store. Some could be damaged or discoloured, but you'll be able to see what you're getting before you buy.

FREE BIRTHDAY DOUGHNUT!

Sign up to the Lidl Plus app to get a free doughnut from the bakery section on your birthday, with no minimum spend! You'll receive the coupon in your Lidl Plus app on your birthday and will have seven days from then to use it.



DEBT AWARENESS WEEK

20-26 MARCH 2023

Every month in Eden Together, we aim to bring you information and support to help your Financial wellbeing. In conjunction with Debt Awareness Week in March, StepChange are there to help.



Find it hard to talk about debt?

WE HEAR YOU!

StepChange
Debt Charity

FREE, PERSONALISED
ADVICE. DAY OR NIGHT,
ONLINE 24/7.

www.stepchange.org/online

The UK's leading debt charity can help you take control of your money. Use our online advice service and debt solutions.

©2020 Foundation for Credit Counselling has StepChange Debt Charity Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC046263.

MoneySavingExpert

Cutting your costs, fighting your corner

Check out Money Saving Expert for help and advice on all things financial.

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



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



WWW.DEPHER.COM

Disability and Elderly Plumbing and Heating Emergency Repair (Depher) provides vulnerable people with access affordable and vital emergency works. It relies on public donations to cover all labour and materials, provides free services during winter months and discounted during summer.

GET HELP NOW FROM DEPHER - 01282 420 678

DEPHER provide help and support to people over the age of 65, customers registered disabled and families or individuals on a low income. Understanding that emergencies and situations arise that you may not be prepared for.

- DEPHER have helped over 17,000 families since 2017;
- deliver a trusted community plumbing and heating service that enables the elderly, vulnerable and disabled members of the community to access help and support 24 hours a day
- provide free services during the winter months, and discounted services at other times
- provide food to those in most need
- deliver paid and private plumbing and heating services to all members of the public and businesses

DEPHER have a small pot of funding for customers who are struggling to buy food for themselves and their family. DEPHER will purchase and deliver food direct to your front door. And if you're struggling to top up your gas and electric, DEPHER may be able to help.



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

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.



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

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.



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.

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**

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 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.

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

