

APRIL 2023, ISSUE 6

 **Eden  
Futures**

# EDEN TOGETHER

*Our monthly health and wellbeing newsletter*



## INSIDE THIS ISSUE:

- Action for Happiness
- Stress Awareness Month
- Stress and resilience
- Text SHOUT
- Resilience
- Positive self-talk
- Autism Awareness
- Energy Accounting
- Pet Friendly
- Benefits of a hobby
- Ramadan
- Awareness Days
- My Story
- Physical health
- Healthy Recipes
- Financial Wellbeing

## Welcome to our 6th 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.

# ACTION FOR HAPPINESS

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

TUESDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

WEDNESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

FRIDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

SATURDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SUNDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch 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

# STRESS AWARENESS MONTH

## APRIL 2023

**A** ACTION  
**C** CHANGES  
**T** THINGS

#ACTNOW



International  
Wellbeing Insights  
People, Culture & Wellbeing



Stress Management Society  
from distress to de-stress

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

## TAKE ACTION

For many years, The Stress Management Society has focused on opening a dialogue and creating a safe space for people to have that conversation; to talk about the impact stress creates in professional and personal lives. [www.stress.org.uk](http://www.stress.org.uk) have always chosen themes for stress awareness month that are relevant, and reflective of societal challenges.

Through their campaign **#choosehope** we learn that having hope is imperative to find a way through and beyond our challenges. However, hope isn't just a feeling, it inspires us to take action. Towards a conscious decision to perceive things differently and create a plan to achieve the desired goal. This has inspired this year's stress awareness month theme, an invitation to go beyond talk and campaign for taking action and personal responsibility in creating a positive change. It aims to create an opportunity for all of us to consider how we are going to do something to make things better.

**Have you thought about taking the 30 Day Challenge in April?**

Continued...

# THE 30 DAY CHALLENGE

The Stress Management Society are encouraging you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day in April.

It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

Visit [www.stress.org.uk/30daychallenge](http://www.stress.org.uk/30daychallenge) for more information and resources.

## HOW TO STRESS LESS



### LOOK AFTER YOUR SOCIAL WELLBEING

- Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Ask for help if you need it – it's OK not to be OK.
- Perform a random act of kindness – it's nice to be nice.



### MAKE TIME FOR SELF-CARE

- Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox.
- Be kind to yourself, take time out for self-care and exercise – it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others.



### EXPRESS GRATITUDE

- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that have happened to you every day.
- Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated?



### GET ENOUGH SLEEP

- Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly.
- Digital Detox – Could you make your bedroom a 'tech-free zone'? Make sure before bed to do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in.



### EAT HEALTHY

- Reduce your sugar consumption to avoid energy crashes.
- Stimulants like nicotine and caffeine should be avoided
- Keep hydrated. Drink plenty of water throughout the day, and avoid that vicious cycle; thirsty because you're stressed and stressed because you're thirsty.



### PRIORITISE AND ORGANISE

- Be strict with your boundaries; work is work and life is life – make sure to schedule time for doing things for yourself.
- Prioritise your most important tasks and projects earlier in the day.
- Delegate the things you do not have to do yourself.



## WHAT ELSE COULD YOU DO FOR STRESS AWARENESS MONTH?

- Talk about Stress and its effects – lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.
- Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.
- Look after yourself – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.
- The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.



## Managing stress and building resilience in the workplace



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 and now you can also find 'Managing Stress and Building Resilience in the Workplace'. To read it, go to our website [www.edenfutures.org](http://www.edenfutures.org) and click the 'Wellbeing' button at the top of the page. You will find further information and resources on this page.

'Managing Stress and Building Resilience in the Workplace' is a short guide, sharing practical tips on coping with stress, which you can use for yourself as well as to help others you are responsible for, if you're a manager. You can also use these ideas to help a colleague who you think might be struggling. Mentally healthy workplaces are everyone's business. Look after your colleagues and look after yourself.

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

# WHAT IS RESILIENCE, AND HOW DO I GET IT?

Resilience is what gives people the psychological strength to cope with stress and hardship. It is the mental reservoir of strength that people are able to call on in times of need to carry them through without falling apart. Psychologists believe that resilient individuals are better able to handle adversity and rebuild their lives after a struggle.

Dealing with change or loss is an inevitable part of life. At some point, everyone experiences varying degrees of setbacks. Some of these challenges might be relatively minor, while others are on a much larger scale. How we deal with these problems can play a significant role in not only the outcome but also the long-term psychological consequences. Resilient people are able to utilise their skills and strengths to cope and recover from problems and challenges. This does not mean that they experience less distress, grief, or anxiety than other people do. It means that they use healthy coping skills to handle such difficulties in ways that foster strength and growth.

Resilience does not eliminate stress or erase life's difficulties. People who possess this don't see life through rose-coloured lenses; they understand that setbacks happen and that sometimes, life is hard and painful. They still experience the negative emotions that come after a tragedy, but their mental outlook allows them to work through these feelings and recover.

The good news is resilience is something that with practice you can build and grow in yourself.

These are just a few steps that you can take to become more resilient...

## REFRAME YOUR THOUGHTS

Resilient people are able to look at negative situations realistically, but in a way that doesn't centre on blame or brooding over what cannot be changed. Instead, look for small ways that you can tackle the problem and make changes that will help. Focusing on the positive things you can do can help to get you out of a negative mindset.

## SEEK SUPPORT

Talking about the difficulties you are coping with doesn't make them go away, but sharing with a supportive friend, colleague or loved one can make you feel like you have someone in your corner, which could help you build your resilience. Discussing things with other people can also help you gain insight or even new ideas that might help you better manage the challenges you're dealing with.

## FOCUS ON WHAT YOU CAN CONTROL

When faced with a crisis or problem, it can be easy to get overwhelmed by things that feel far beyond your control. Instead of wishing there was some way you could go back in time or change things, try focusing only on the things that you can directly impact. Even when the situation seems dire, taking realistic steps can help improve it; no matter how small these steps may be.

# POSITIVE SELF-TALK

Positive statements encourage us and help us cope through distressing times. We can say these encouraging words to ourselves, and be our own personal coach. We have all survived some very distressing times, and we can use those experiences to encourage us through current difficulties. Examples of coping thoughts might be:

- Stop, and breathe, I can do this
- This will pass
- I can be anxious/angry/sad and still deal with this
- I have done this before, and I can do it again
- This feels bad, it's a normal body reaction – it will pass
- This won't last forever
- Short term pain for long term gain
- I can feel bad and still choose to take a new and healthy direction
- I don't need to rush, I can take things slowly
- I have survived before, I will survive now
- I feel this way because of my past experiences, but I am safe right now
- It's okay to feel this way, it's a normal reaction
- Right now, I am not in danger. Right now, I'm safe
- My mind is not always my friend
- Thoughts are just thoughts – they're not necessarily true or factual
- This is difficult and uncomfortable, but it's only temporary
- I can use my coping skills and get through this
- I can learn from this and it will be easier next time

Write down a coping thought or positive statement for each difficult or distressing situation – something you can tell yourself that will help you get through. Write them down on a piece of card and carry it in your pocket or handbag to help remind you.

This is one we find particularly helpful...

Thoughts are just  
thoughts - they're not  
necessarily true or  
factual



**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.





# AUTISM ACCEPTANCE WEEK

## 27 MARCH - 2 APRIL



**Happy World Autism Acceptance Week!** The theme for 2023 is colour, and a new virtual challenge, the Spectrum Colour Challenge; a new in-person event, the Spectrum Colour Walks; and lots of ideas to get your fundraising off to a colourful start.

### There's still time to fundraise!

You can join in supporting the 700,000 autistic people in the UK. Every penny raised by you will help deliver the National Autistic Society's ambitious plans to transform our society into one that truly works for autistic people. Head over to [www.autism.org.uk/get-involved/raise-money](http://www.autism.org.uk/get-involved/raise-money) for resources and information.

The Spectrum magazine is created by autistic people, with content covering all things autism - from articles on ASD and aliens, to everyday reflections of life on the spectrum.

The magazine is owned and run by the National Autistic Society, and aims to connect autistic people through their letters and articles and to share information so that they can lead more independent lives. Go to [www.autism.org.uk/advice-and-guidance/the-spectrum](http://www.autism.org.uk/advice-and-guidance/the-spectrum) for more information.

Richard Firmstone, a Support Worker and Eden Influencer recommends watching **Christine McGuinness: Unmasking my Autism**, which is now available on BBC iPlayer .

In 2021, 33-year-old mother of three Christine McGuinness discovered that she was autistic, and suddenly, for the very first time, her whole life began to make sense. All the struggles she had faced growing up became clear, and Christine started to look at things from a new perspective and begin to make sense of who she really is.

There are thousands of women in the UK, just like Christine, who have been battling with undiagnosed autism for decades, and now Christine is looking for answers. Why did it take so long before she received a diagnosis? What impact has this had on her life? How many other women out there have been let down too? And what can be done to improve the lives of autistic women and girls?

### INSIDE OUR AUTISTIC MINDS

Also available on iPlayer, **Inside Our Autistic Minds** is a truly beautiful series by Chris Packham. Chris helps autistic people illustrate how their minds work, helping them connect with their friends and family in a new, more authentic way. Caroline Stevens, Chief Executive of the National Autistic Society, says: "We've received an overwhelming response on our social media channels from autistic people and their families who saw their experiences reflected in the programme, but also from viewers who have learned more about autism through watching it. This is why autistic representation on our TV screens is so important to increase understanding of autism. Better public understanding of autism across society could transform hundreds of thousands of autistic people's lives."

# \*NEW\* TOOLBOX TALK

## ENERGY ACCOUNTING

We have a NEW Toolbox Talk, Energy Accounting, which is written and presented by an autistic lady we support and can be found on our Knowledge Platform on ERNIE. You can watch the presentation by copying and pasting this link in your browser (on an Eden Futures computer):

<https://intranet.edenfutures.org/index.php/knowledgeplatform/toolbox-talks/energy-accounting>

We hope you will find it interesting and helpful when interacting / supporting autistic people.

You can contact our Specialist Support Team if there are other Toolbox Talks you'd like to see.

Here is a snapshot of Energy Accounting, written by Rebekah:

The presentation covers:

- An understanding of how autism can effect energy
- What energy accounting is
- What you can do to help



Rebekah tells us,

"Hi, I am Rebekah and I am 29 years old. I was diagnosed with autism at the age of 24 but it is something I was born with.

Autism affects everyone differently but the majority of people with autism will experience sensory difficulties. I really struggle with loud noises, especially when they are unexpected such as a balloon bursting or loud fireworks. I dislike touch, again, it is worse when the touch is unexpected, such as someone tapping me from behind. I am very limited to what foods I will want to eat due their texture and I am very strict with where I eat and who I eat around. If a place smells different or I can see dirt, even in the very far corner of the room, I won't eat or drink there.

These are just some of the difficulties I experience with my senses. I do have strategies to help with this such as; using ear defenders, wearing tinted glasses and having sensory breaks. I have even created my own sensory corner in my flat (which is shown in the presentation video).

As you might imagine, dealing with all this sensory input can really affect take a toll on me both physically and emotionally. My brain simply isn't able to process all of this sensory input as well as a neurotypical's brain. It takes a lot more work for my brain to process my surroundings, even in every day situations. For example; imagine walking into a shop. Lots of people are talking, the check outs are beeping, trolleys are squeaking, and a baby is screaming. People are brushing past you and the basket feels strange. There are so many colours and sights to take in, so many choices of which products to buy and each product has its own different smell. It's a sensory overload!

Sensory overload happens to me on a daily basis and this can really decrease my energy levels as my brain and body are having to work so much harder just to process the world around me. Having no energy is very difficult, I end up feeling very frustrated and like I just can't do anything. Sensory overloads can often lead to meltdowns (which is detailed further in Rebekah's presentation)."

### WHAT IS ENERGY ACCOUNTING? ....Autism.org

Energy accounting is a system used to set manageable limits on your energy levels so you do not deplete yourself to the point of burnout.

- You can set a limit on how much energy you have in a day or week and estimate how much certain activities drain you. Also you can work out how much certain activities energise you.
- You can then try to plan and balance your activities and energy over your day or week to try and manage your stress limits. Make sure you build in time to relax and recover.

Rebekah tells us how she uses energy accounting, things people do that can make things worse, what we can do to help and what things she has found help her.

Thank you, Rebekah, for your presentation and helping us all learn more about you and Energy Accounting.



# 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!*

**Lisa Duff (L&D Manager)**



Here is a photo of me and Winnie!

Winnie is 7 months old and a typical Tortie! She is loving, nosy and very mischievous!

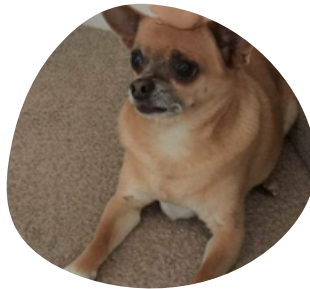
She's a joy to have but definitely keeps me on my toes!

**Rachel Whiteman (Operations Manager)**



**MINA**

Here are my 3 much-loved dogs!



**BAILEY**



**FOXY**

**Lou Beardsley (HR Business Partner)**

Meet my budgies - Bluey, Sage, Sunny and Cloud! I bet you can't tell which one is which! I love listening to them tweeting and singing... and sharing my scrambled eggs with them. They're great to help you unwind and have a change of pace after a busy day!



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)



# THE BENEFITS OF HAVING A HOBBY...

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.

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.

## THIS MONTH, OUR AREA MANAGER, SCOTT SOUTHWORTH, TELLS US ABOUT....



Well Lego..... what can I say!

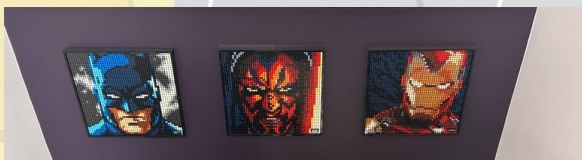
You can just loose yourself in a world that you never knew existed.

You can create anything you can think of! If you think of it, you can build it. I love the building of it, the feeling of completion when you have done it, the challenge of a particularly hard project, the detail that can be created.... all of it!

You could be having the worst day ever, but if you start on a Lego project you soon forget what it is that's going on and you relax and de-stress.

All this talk of Lego has made me go out now to go and buy a new piece!

Here are some of Scott's amazing creations!





# Ramadan

## MUBARAK

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection and community. A commemoration of Muhammad's first revelation, the annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.

This year, Ramadan begins on Wednesday 22 March.

**Asia Khan, Senior Internal Recruiter in our Resourcing team here at Eden Futures, tells us:**

"Traditionally for me Ramadan is a month of physical and spiritual cleansing, it teaches patience for feeling for those who are less fortunate, not able to get life's basics such as food and drinking, through poverty. It is a month of compassion and being sympathetic to the pain of all creation. The month of appreciation and thanksgiving bringing you closer to humanity and all creation."

### HOW WE SUPPORT OUR MUSLIM COLLEAGUES AT EDEN FUTURES

Many Muslims fast from sunrise to sunset during Ramadan. They may also wish to spend time in prayer, engage in charitable activities, and spend time with family and friends to celebrate. During this time, many Muslims are faced with the challenge of balancing their religious commitments with work. At Eden Futures, it's important to us that we accommodate employees who are observing Ramadan.

We encourage employees to be open if they are fasting, for example, so that we can be considerate and understanding, as people may not have a lot of energy and especially towards the end of the day and through the next few weeks. We will always be sensitive to your needs and religious sentiments and be supportive in any way we can.

During this special time, please speak to your line manager if you feel that you need any temporary arrangements, which may include earlier starts and earlier finishes, adjustments to your rota or taking some annual leave.

If you're not taking part in Ramadan, we ask everyone to be supportive of our staff who are. It is a good idea to avoid asking if a person is fasting. Not every Muslim will be fasting, they may not be able to for a number of reasons, including poor physical or mental health. This can be difficult or awkward to explain, especially for someone wanting that spiritual connection.

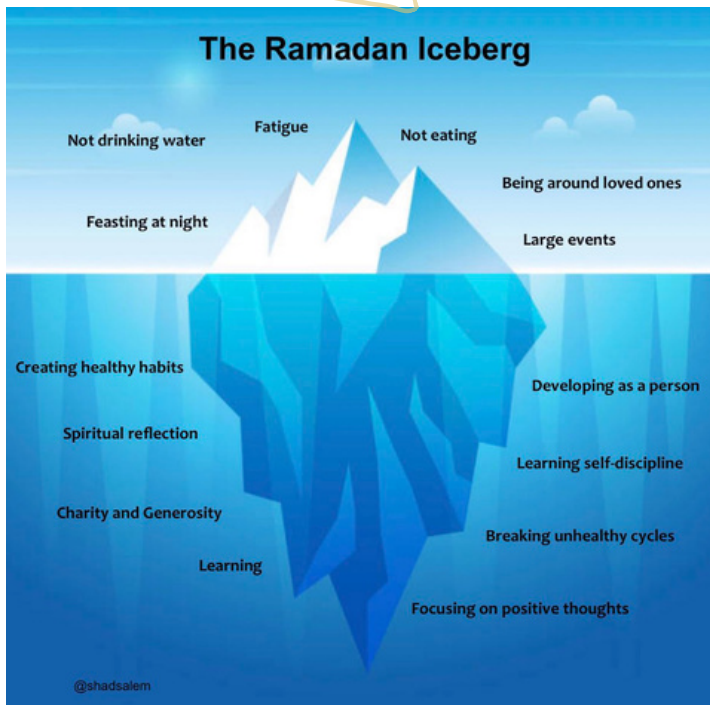
If you would like to wish someone a happy Ramadan, you can say "**Ramadan Mubarak!**"

# WHAT RAMADAN MEANS TO ME...

**Mohsin Sadiq, our Internal Recruiter in our Resourcing team here at Eden Futures, tells us more about Ramadan and what this important time means to him...**

"Ramadan is a special month for Muslims all around the world. It is the month in which the holy Quran was revealed to the Prophet Muhammed peace and blessings be upon him.

The month of Ramadan is not just about fasting from dawn to sunset. There is a lot more to the month of Ramadan. Yes, we abstain from eating, drinking, smoking from dawn to sunset, however it is also a month of spiritual healing and getting closer to God.



This picture shows what some people think Ramadan is vs what Ramadan is really about (the parts underneath that you don't always see).

Ramadan also makes me appreciate how lucky we are that we have food and water available as and when we need it, compared to millions of people around the world who don't have easy access to food and clean water. Ramadan is a month where a lot of charity is given, although, charity is given throughout the year. People give a lot more during the month of Ramadan, especially Zakat which is 2.5% of your total savings and wealth. Paying Zakat is an obligation upon every Muslim and Zakat is to be given to the poor, as we believe that it is their right to receive this.

For me personally, Ramadan is special. Everything becomes so peaceful. It is hard to explain the feeling. Yes, it can be tiring due to the lack of sleep and staying up at night to pray, however it is amazing. Ramadan is traditionally 29 or 30 as this depends on the moon sighting as the Islamic Calendar is lunar.

This Ramadan is extra special for me as I am preparing for my first full marathon, the London Marathon which happens to be on 23rd April 2023, which is either 1 or 2 days after Ramadan finishes. I am still training for this whilst fasting and in fact my performance increases whilst fasting. When Ramadan finishes we have a festival called Eid-ul-Fitr to celebrate. This year Eid-ul-Fitr will be on Friday 21st April or Saturday 22nd April depending on the moon sighting."

**Good luck with running the London Marathon in April, Mohsin! We're all incredibly proud of you! Mohsin will be raising money for Children with Cancer UK.** If you would like to donate and support, copy this link into your browser: [www.justgiving.com/fundraising/Mohsin-sa?utm\\_campaign=lc\\_frp\\_share\\_transaction\\_fundraiser\\_page\\_launched&utm\\_content=be8d69d2-2eec-437d-aa43-26f452c427e9&utm\\_medium=email&utm\\_source=postoffice&utm\\_term=1677628750503](http://www.justgiving.com/fundraising/Mohsin-sa?utm_campaign=lc_frp_share_transaction_fundraiser_page_launched&utm_content=be8d69d2-2eec-437d-aa43-26f452c427e9&utm_medium=email&utm_source=postoffice&utm_term=1677628750503) or contact Mohsin directly: [mohsin.sadiq@edenfutures.org](mailto:mohsin.sadiq@edenfutures.org)

# PARKINSONS AWARENESS WEEK

This year Parkinson's Awareness Week will take place between Sunday 10th April until Saturday 16th April.

This Parkinson's Awareness Week will be focusing on the many fun ways in which we can keep physically active. Exercise and keeping active is extremely important for people with Parkinson's and sadly many people view exercise as a chore or boring activity. parkinsonscare.org.uk want to change this! parkinsonscare.org.uk want everyone out there during Parkinson's Awareness Week to engage in some form of physical activity that they find fun! If you are unsure of what to do, check out our calendar of events or suggested activities which you can do locally, on your own or with friends and family!



## WORLD DAY FOR SAFETY AND HEALTH AT WORK

Written by Sarah Frank

Director of Quality and Governance at Eden Futures

It's World Day for Safety and Health at Work on 28th April. This is an annual day adopted by the International Labour Organisation to focus on the prevention of occupational accidents and to raise awareness about health in the workplace and promoting and creating a safe and healthy work culture.

At Eden Futures we work to ensure that your place of work is as healthy and safe as possible. You can help us to do that and play a big part in having a healthy and safe workplace by doing the following:

- Taking care of your health and safety at work – this might include wearing clothing and footwear that are safe, following infection prevention and control guidance, following food hygiene actions or other things specific to your workplace.
- Making sure you understand what to do in the event of a fire within your workplace.
- Telling us about any concerns you have about your safety in the workplace or things impacting on your health. This includes telling us about faulty equipment as well.
- Attending any training provided for you to increase your knowledge about all aspects of your job role and following any guidance that is in your workplace.
- Using anything provided to protect your safety or your health in the workplace – this includes PPE which everyone is familiar with from the pandemic but also things like using pits and pagers if they are provided where you work.
- Remembering that your actions or lack of action will affect others in the workplace – this means if you don't do something you have been asked to do, it may have an effect on the safety of others. Or if you see a hazard and don't deal with it, someone else may be impacted.

Remember – we can all play a part in staying safe at work.

# MY STORY OF OVARIAN CANCER

By Katie Walsh, Regional Administrator at Eden Futures

In our last Eden Together in March, we talked about Ovarian Cancer Awareness through [www.targetovariancancer.org.uk](http://www.targetovariancancer.org.uk):

**"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."**

In response to our article, Katie Walsh (Regional Administrator) at Eden Futures got in touch to tell us her story of Ovarian Cancer and to give more awareness to those lesser known symptoms...

"I initially went to the doctors with stomach pains and after a very quick examination, the locum doctor told me that it was period pains and to take some painkillers. One week later, I was still in pain but it was getting more intense and I wondered if I had food poisoning. My symptoms were bloating, sharp stabbing pains (like food poisoning/an upset stomach) and back pains, making it so I couldn't sit or stand comfortably. I visited a doctor again and this time, they felt my lower abdomen. I started to panic as the doctor asked if I wanted an ambulance or a taxi to the hospital..."

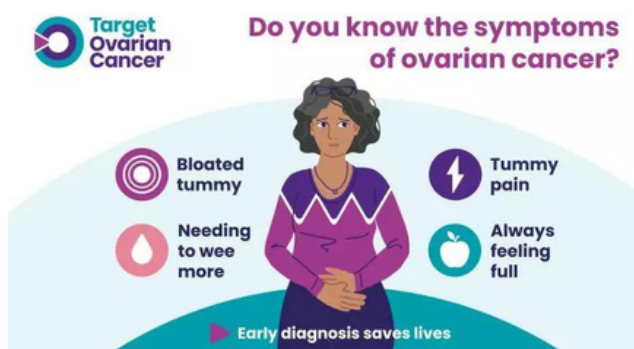
When I got to the hospital, they took three different ultrasounds. The results came back and I was told that I had two cysts: one 17cm in diameter and the other 21 cm in diameter on my fallopian tube but they couldn't see my ovaries with the mass. I was in complete shock. I had to wait for an appointment with a surgeon to find out the best course of action.

Within a week, I was having my pre-op with a lovely surgeon. My options were if the cysts had caused any damage to my fallopian tube or the ovary, I would need to have a full hysterectomy. I was booked for surgery on 22nd November 2019 and luckily, my surgery was a huge success and I did not need to have a hysterectomy. Sadly, when I received my results, I found out that I had Stage 1 Ovarian Cancer.

When I had my first post-op appointment, the doctor asked how I was feeling after the cyst burst... I had to inform him I had no idea that they had burst. He then explained that I didn't have two cysts; it was one cyst that had twisted around my ovary and my tube. I was also diagnosed endometriosis.

I still find it all hard to believe that this happened to me. I feel much better now and I continue to go to the doctors when I get similar symptoms. I also go for my regular check-ups and I will have yearly blood tests until 2025."

Thank you for sharing your brave story with us, Katie. We all wish you the very best with your recovery.



Further information can be found at:  
[www.nhs.uk/conditions/ovarian-cancer/symptoms](http://www.nhs.uk/conditions/ovarian-cancer/symptoms)

These symptoms are very common and can be caused by many different conditions but it's still important to get them checked by a GP.









### How we can help



From diagnosis and treatment to living with and beyond bowel cancer, we provide expert information and support for everyone affected by the disease.

-  Visit our website for a range of information about bowel cancer
-  Order or download our free publications
-  Join our online community for everyone affected by the disease
-  Contact our nurses if you have any questions or concerns about bowel cancer

We're here for you at every step

Join us

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)



Registered charity number 1079038 (England & Wales) and SC040194 (Scotland)

April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of bowel cancer and funds to support the work of Bowel Cancer UK:

"Someone dies of bowel cancer every 30 minutes in the UK. But with your help we can change that. Our latest survey showed that nearly four in ten people in the UK can't name a single symptom of bowel cancer. That's why we've launched our #KnowTheHigh5 campaign to raise awareness of the red flag symptoms of the disease.

Watch our brand new video and hear from people in our community about what to look out for. Knowing the symptoms is so important – it really could save your life.

On this page you'll find out about all the ways you can get involved this April and help us raise awareness of bowel cancer. Don't forget to sign up to our newsletter and follow us on Twitter, Facebook, Instagram and LinkedIn to stay up to date with all our latest news."

## ACTIVE FOR APRIL!

Previously known as Step up for 30, Active for April is Bowel Cancer UK's annual fundraising campaign and they're asking you to do something active every day for the whole of April as part of Bowel Cancer Awareness Month and get sponsored.

It's really simple, just get sponsored to do 30 minutes of physical activity every day for 30 days during the month of April. So, what are you waiting for? Get up, stretch out and sign up today.

Running, swimming, walking the dog, or even doing some gardening whatever activities you choose it's completely up to you.



You can take part in Active April as an individual or why not get friends and family involved and sign up as a team? To Join, visit [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk). If you have any questions about the event or the registration process, email [events@bowelcanceruk.org.uk](mailto:events@bowelcanceruk.org.uk) or call 020 7940 1769.





Calling all desk-based employees at Eden Futures! Take part in On Your Feet Britain® – the national activity awareness day when 2 MILLION desk-based workers across Britain participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.

Taking place on Thursday 27 April 2023, On Your Feet Britain is a FREE and FUN way to reboot and energize your workplace habits.

This year we're looking forward to seeing how you get active for the #BigWiggle – wherever your desk may be.

Research shows that regular movement throughout the day leads to:

- Better physical and mental health
- Increased motivation
- Improved concentration
- And many, many more wellbeing and performance benefits



### "Get up offa that thing"

The On Your Feet Britain® challenge encourages you to take James Brown at his word and convert 'sitting time' to 'standing time'. Make some simple changes - it's easier than you think:

- Stand during phone calls
- Stand and take a break from your computer every 30 minutes
- Use the stairs more
- Arrange standing or walking meetings
- Eat your lunch away from your desk
- Walk to a colleague's desk instead of phoning or emailing them

On Your Feet Britain® is your chance to get the ball rolling and encourage your co-workers or even your boss to take a stand. Team up with colleagues and see how much you can reduce your "sitting time"!



# WORLD HEALTH DAY!

## 7 APRIL 2023

On 7 April 2023 - World Health Day - the World Health Organization will observe its 75th anniversary.

In 1948, countries of the world came together and founded WHO to promote health, keep the world safe and serve the vulnerable – so everyone, everywhere can attain the highest level of health and well-being.

WHO's 75th anniversary year is an opportunity to look back at public health successes that have improved quality of life during the last seven decades. It is also an opportunity to motivate action to tackle the health challenges of today and tomorrow.

Join WHO on a journey to achieve Health For All.

**#HealthForAll #WH075**

---

# WORLD IMMUNIZATION WEEK

## 24 - 30 APRIL

World Immunization Week, celebrated in the last week of April, aims to highlight the collective action needed to protect people from vaccine-preventable diseases.

Under the banner of 'The Big Catch-Up', WHO is working with partners to support countries to get back on track to ensure more people are protected from preventable diseases.

The ultimate goal of World Immunization Week is for more children, adults – and their communities – to be protected from vaccine-preventable diseases, allowing them to live happier, healthier lives.

**If anyone has not yet had a primary dose of COVID-19 vaccine (first two doses) and wishes to do so, the government has advised that they should approach their GP about this prior to 1 June when access to this vaccine for primary courses may become more difficult.**



**World Health  
Organization**



The date of Easter Sunday varies from year to year. It is celebrated on the first Sunday after the full moon, on or after 21 March.

**In 2023 Easter Sunday is on 9 April.** The week leading up to Easter is called Holy Week.

### **Palm Sunday**

This is the Sunday before Easter Sunday.

It is the first day of Holy Week and celebrates Jesus's arrival in Jerusalem riding on a donkey. Crowds of people came out of the city to greet him, throwing down palm branches on the road.

Anglican and Roman Catholic churches give out small crosses made from palm leaves, as a reminder of Jesus's entrance into Jerusalem and his death on the cross. Some Christians keep these in their homes all year as a symbol of their faith.

### **Maundy Thursday**

This is the Thursday before Easter Day.

On Maundy Thursday Christians remember when Jesus ate the Passover meal with his disciples, breaking bread and drinking wine. Christians refer to this meal as the Last Supper.

Many Christians remember the Last Supper by sharing bread and wine together in a church service called Holy Communion, Eucharist or Mass. It is a reminder that Jesus sacrificed his life for mankind.

### **Good Friday**

Good Friday is the Friday before Easter Sunday. It commemorates the execution of Jesus by crucifixion.

Good Friday is a day of mourning in church. During special Good Friday services Christians remember Jesus's suffering and death on the cross, and what this means for their faith.

In some countries, there are special Good Friday processions, or re-enactments of the Crucifixion.

### **Easter Sunday**

Easter Sunday marks Jesus's resurrection. After Jesus was crucified on the Friday his body was taken down from the cross and buried in a cave tomb. The tomb was guarded by Roman soldiers and an enormous stone was put over the entrance.

On Sunday Mary Magdalene and some of Jesus's disciples visited the tomb. They found the stone had been moved and that Jesus's body had gone. Jesus was seen later that day by Mary and the disciples, and for forty days afterwards by many people. His followers realised that God had raised Jesus from the dead. Christians call this the resurrection.



# BUDGET-FRIENDLY RECIPE IDEAS!



## One Pan Pasta

Save on washing up with this easy and quick one-pan spaghetti dish with meatballs and a tomato sauce. It's both healthy and low in calories.



### INGREDIENTS

- 1 tbsp rapeseed oil
- 12 meatballs (300g)
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 tbsp ketchup
- 2 x 400g cans chopped tomatoes
- 1 large bunch of basil, finely chopped, plus a few whole leaves
- 225g dried spaghetti

#### STEP 1

- Heat the oil in a deep, wide frying pan or casserole dish over a medium-high heat. Tip in the meatballs and cook for 5 mins, turning until browned all over. Add the onion and garlic, and fry for 8 more mins until softened.

#### STEP 2

- Add the ketchup, chopped tomatoes, chopped basil and 400ml water to the pan and bring to the boil. Add the spaghetti and cook for 10-12 mins, stirring occasionally. When the pasta is cooked and the sauce has reduced, season and sprinkle with the basil leaves to serve. Enjoy!

Visit [www.bbcgoodfood.com](http://www.bbcgoodfood.com) for more budget recipe ideas!

# FINANCIAL WELLBEING

Every month in Eden Together, we aim to bring you information and support to help your Financial wellbeing.



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](http://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 Uks 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](http://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](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.**



---

# 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.



## 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](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.

---

## 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)

