

MAY 2023, ISSUE 7

 **Eden
Futures**

EDEN TOGETHER

Our monthly health and wellbeing newsletter



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Welcome to our 7th edition of Eden Futures' monthly health and wellbeing newsletter!

Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. In our 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

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



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

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Lots of things can lead to feelings of anxiety, including relationships, starting a new job or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey carried out around stress, anxiety and hopelessness over personal finances, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

Further information and support

If your feelings of anxiety are not going away, are having a negative impact on your life, or often prevent you from doing things you need or want to do, please seek support. Speak to your GP or healthcare professional about the support available in your area or contact a helpline service. You can also talk to a trusted colleague, a manager or the HR team. **Please don't struggle alone.**

Anxiety UK

Anxiety UK was established in 1970 and is run by and for those with anxiety, offering an extensive range of support services designed to help support those affected by anxiety disorders, anxiety and anxiety-based depression.

Services available include:

Helpline services - 03444 775 774 - open from 9:30am to 17:30pm Mon to Friday, along with a text service 07537 416905 and 'Ask Anxia' chatbot service, available 24/7 for all anxiety queries.

Continued...

GET INVOLVED...

MENTAL HEALTH AWARENESS WEEK 2023

Mental Health Awareness Week is an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protects our mental wellbeing.



During Mental Health Awareness Week 2023, we're encouraging all our staff and people we support to join in with Wear it Green Day on Thursday 18 May.

Every day is a good day to support good mental health though, so you can also plan one for whenever you like.

You can download your 'Wear it Green Day' pack to organise something local to you! The pack has all the resources you'll need to run your event, whether you're holding a quiz at work, baking some treats for your loved ones or holding a scavenger hunt!

Go to: www.mentalhealth.org.uk/get-involved/events-and-fundraising/wear-it-green-day/download-pack-work

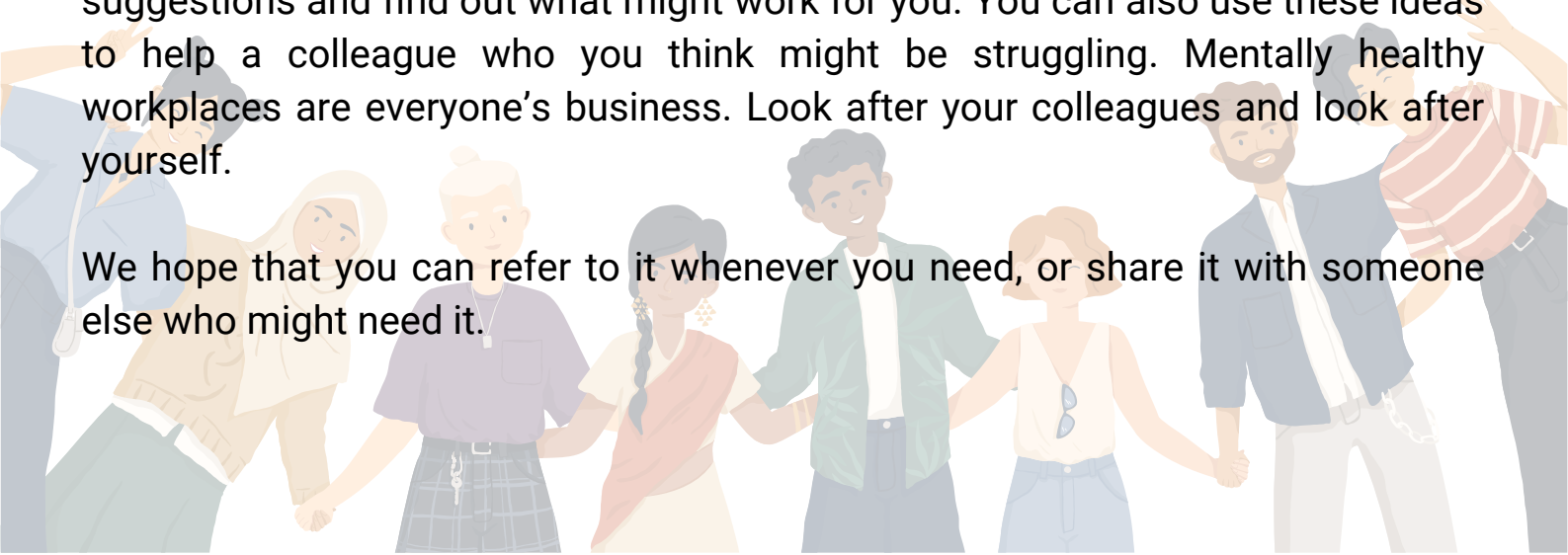
What can we do to cope with feelings of anxiety?

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 tips on 'Managing Stress and Building Resilience in the Workplace'. You can now read **'What can we do to cope with feelings of anxiety?'** To read it, go to our website www.edenfutures.org and click the 'Wellbeing' button at the top of the page. You will find further information and resources on this page, including helpline numbers and YouTube videos.

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings. Have a read through the short booklet to follow suggestions and find out what might work for you. 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.



LGBTQIA+ MENTAL HEALTH

Some of us identify as LGBTQIA+. This means we may be lesbian, gay, bisexual, transgender, queer, questioning, intersex, or asexual. Or we may define our gender and sexuality in other ways.

You can visit Stonewall's glossary, which lists many more terms: www.stonewall.org.uk/list-lgbtq-terms

Anyone can experience a mental health problem. But those of us who identify as LGBTQIA+ are more likely to develop problems like:

- low self-esteem
- depression
- anxiety, including social anxiety
- eating problems
- misusing drugs and alcohol
- self-harm
- suicidal feelings
- other mental health problems.

Being LGBTQIA+ does not cause these problems. The reasons why those of us with LGBTQIA+ identities are more likely to get them are very complicated. But it is most likely to do with facing things like:

- homophobia, biphobia and transphobia
- stigma and discrimination
- difficult experiences of coming out
- social isolation, exclusion and rejection.

It's important to remember that embracing your LGBTQIA+ identity can also have a positive impact on your wellbeing. It might mean you have:

- increased confidence
- improved relationships with your friends and family
- a sense of community and belonging
- the freedom of self-expression and self-acceptance
- increased resilience.

What help and support is available?

It's important to remember that you deserve support and respect, whatever your identity or background. And you have legal rights to access healthcare without discrimination.

Continued...

LGBTQIA+ MENTAL HEALTH

Mind (www.mind.org.uk) is there for anyone experiencing a mental health problem because we know that those of us with LGBTQIA+ identities may face extra challenges around getting the right support. And we sometimes have extra needs or concerns.

Mind have a range of tips on their website that may help. Remember that different things work for different people at different times. Only try what you feel comfortable with, and try not to put too much pressure on yourself. Here are some other organisations if you or someone you know needs some help...

akt

akt.org.uk

Supports LGBTQ people aged 16-25 who are homeless or living in a hostile environment.

Being Gay is OK

bgiok.org.uk

Provides advice and information for LGBTQ+ people under 25.

British Association for Counselling and Psychotherapy (BACP)

bacp.co.uk

Professional body for talking therapy and counselling. Provides information and a list of accredited therapists.

Brook

brook.org.uk

Provides wellbeing and sexual health information and support for young people.

Consortium

consortium.lgbt/member-directory

Directory of services and groups for people who are lesbian, gay, bisexual and transgender.

Families and Friends of Lesbians and Gays (FFLAG)

fflag.org.uk

Offers support to parents, friends and family members of those who identify as LGBT+.

Galop

0207 704 2040 (LGBT+ hate crime helpline)

0800 999 5428 (LGBT+ domestic abuse helpline)

0800 130 3335 (Conversion therapy helpline)

help@galop.org.uk

galop.org.uk

Provides helplines and other support for LGBT+ adults and young people who have experienced hate crime, sexual violence or domestic abuse.

Continued...

LGBTQIA+ MENTAL HEALTH



LGBT Foundation

0345 3 30 30 30

lgbt.foundation

Advice, support and information for people identifying as LGBTQ+.

Mermaids

0808 801 0400

mermaidsuk.org.uk

Supports gender-diverse young people aged 19 and under, and their families and carers. Offers a helpline and and webchat.

MindLine Trans+

0300 330 5468

bristolmind.org.uk/help-and-counselling/mindline-transplus/

Free, confidential listening service for people identifying as trans or non-binary, and their friends and families.

Pink Therapy

pinktherapy.com

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities.

Rainbow Mind

mindinsalford.org.uk/rainbow-mind-lgbtqi-project/

Service run by two local Minds offering LGBTQ+ mental health support. Runs regular online support groups for LGBTQ+ people, including a dedicated group for young people aged 17-24.

Samaritans

116 123 (freephone)

jo@samaritans.org

Freepost SAMARITANS LETTERS

samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person.

Stonewall

08000 50 20 20

stonewall.org.uk

Information and advice for LGBT people on a range of issues.

Continued...

LGBTQIA+ MENTAL HEALTH

Stonewall Housing

020 7359 5767

stonewallhousing.org

Specialist housing advice for anyone identifying as LGBT+ in England.

Switchboard

0300 330 0630

switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender people.

Terrence Higgins Trust

0808 802 1221

tth.org.uk

Provides support for LGBT+ people worried about their sexual health, including via a listening service.



At Eden Futures, we believe that everyone should be able to bring their whole selves to work. We value diversity and understand that each person brings unique perspectives and experiences that enrich our community. We are committed to creating an environment where everyone feels welcome, heard, and valued.



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.

WORLD LAUGHTER DAY

07 MAY 2023

The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter.

According to HelpGuide.org, laughter really is the best medicine! It's fun to share a good laugh, but did you know it can actually improve your health?

Laughter draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use!

NATIONAL LIMERICK DAY



Alex Pugh (Head of HR) tells us about her love of limericks and Edward Lear!


Here are my Edward Lear books that I treasure! Edward Lear's charming sense of humour and whimsical illustrations have captured the hearts of many over the years, and I'm no exception. His Book of Nonsense, filled with witty and rhythmic limericks (short poems) and illustrations, is a timeless masterpiece!

National Limerick Day is on 12th May to mark the birthday of Edward Lear, the English writer known for his works of nonsense stories and poetry. My grandmother, Moy, introduced me to his work when I was little and I have always loved his clever wordplay and illustrations, as they have the power to transport readers to a magical world full of nonsense and joy. His work reminds us that it's okay to let loose and embrace our playful and creative sides. I think we can certainly take a page out of Edward Lear's book and find happiness in the absurd and unexpected!

RESEARCH HAS SHOWN THAT
LAUGHING CAN IMPROVE IMMUNITY,
HELP REGULATE BLOOD SUGAR
LEVELS, AND IMPROVE SLEEP!



There was an Old Man with a beard, who said, "It is just as I feared!—
Two Owls and a Hen, four Larks and a Wren,
Have all built their nests in my beard!"



EMBRACING THE QUIET STRENGTH: A CELEBRATION OF INTROVERSION

People come in all shapes, sizes, and personalities. One of the fascinating personality types is introversion. Although often misunderstood, introverts possess a quiet strength and beauty that deserves celebration. In this quick read, we explore what it means to be an introvert..

What is Introversion?

Introversion is a personality trait where individuals gain their energy and satisfaction from their inner world rather than external sources. Unlike extroverts, who thrive in social interactions, introverts typically recharge their batteries through solitude, introspection, and pursuing their interests.

Debunking Introvert Stereotypes

It's important to understand introversion and dispel the myths that surround it. Although introverts may be stereotyped as shy, aloof, or antisocial, this is not the case for everyone. Instead, introverts often possess a depth of thought and inner life that may not always be visible. Their preference for solitude is not due to disinterest in others but a testament to the value they will often place on meaningful connections and personal growth.

The Emotional World of Introverts

Introverts may experience emotions intensely, but they may not show them outwardly. They may find comfort in music, literature, or art, which allows them to express and understand their inner world. The quiet space they cultivate can help them process emotions and develop self-awareness.

How Introverts Connect with Others

Contrary to popular belief, introverts are not asocial. They connect with others differently, often preferring one-on-one interactions or small groups, where they can build deeper connections. They may express themselves through writing or sharing their passions through creative outlets. Introverts tend to be attentive, empathetic, and genuinely interested in understanding others. They value quality over quantity in their relationships and often have fewer friends, but their friendships are often profound and long-lasting.

Embracing and Celebrating Introversion

Introversion is a unique and beautiful personality trait that should be celebrated. Although introverts may navigate the world differently, their quiet strength, empathy, and passion for meaningful connections make them valuable members of our diverse human tapestry. It's important to remember that everyone is different and should be valued for their individuality. By embracing and understanding the unique qualities of individuals, we can create a more inclusive and compassionate world for all.

THE POWER OF FORGIVENESS: LETTING GO OF GRUDGES AND EMBRACING SELF-FORGIVENESS FOR A HAPPIER LIFE

Forgiveness is one of the most powerful tools we possess as human beings, and it is essential for both our personal growth and our relationships with others. Whether we are forgiving others for their mistakes or forgiving ourselves for our own, practicing forgiveness can help us to let go of negative emotions and move forward with a renewed sense of hope and optimism.

When we hold onto grudges and refuse to forgive others, we are essentially holding onto the past. We are reliving a negative experience over and over again, and this can be exhausting and draining. Holding onto anger and resentment can even have physical and mental health consequences, causing us to feel stressed, anxious, and depressed. In contrast, forgiving others allows us to break free from the past and move forward with a renewed sense of peace and freedom.

Forgiveness does not mean that we condone or excuse the behaviour of those who have wronged us. Rather, it means that we choose to let go of our anger and resentment and to focus on healing and growth. Forgiveness can be a difficult process, but the benefits are well worth the effort. When we forgive, we open ourselves up to new possibilities and experiences. We allow ourselves to be vulnerable and to connect with others on a deeper level. We also give ourselves the gift of peace and freedom, which can lead to greater happiness and fulfilment in life.

Similarly, when we refuse to forgive ourselves for our own mistakes, we create a cycle of guilt and shame that can be difficult to break. We all make mistakes and have moments of weakness, but holding onto negative emotions about ourselves can prevent us from moving forward and growing as individuals. Self-forgiveness is an act of self-compassion and self-acceptance, and it allows us to acknowledge our mistakes while also letting go of the negative emotions that hold us back.

When we forgive ourselves, we give ourselves permission to move forward with a renewed sense of hope and optimism. We break free from self-destructive patterns and behaviours and create a new, more positive path forward. Self-forgiveness is an act of self-love, and it allows us to embrace our flaws and imperfections and to love ourselves just as we are.

Ultimately, forgiveness - both of others and of ourselves - is an act of self-care. It allows us to release the negative emotions that hold us back and to embrace the positive emotions that bring us joy and happiness. By practicing forgiveness, we can create a life that is filled with love, compassion, and connection, and we can inspire others to do the same. So, let us choose to let go of our grudges and to practice forgiveness - of others and of ourselves. Let us embrace the beauty and wonder of life, and let us create a world that is filled with love and compassion for all.

THE BENEFITS OF HAVING A HOBBY...



Our CEO Helen Stokes tells us about her love of walking and mystery trails!

"Have you ever heard of detective themed treasure trails? These little adventures are popping up all over the UK, and they're the perfect way to add a little excitement to your day out.

Recently, I completed a treasure trail in Market Harborough with a friend, and it was great fun! They say the trail lasts approximately 1.5 hours but we made a day of it! For only £10, we were following the map and cracking clues, seeing parts of the town we never would have discovered otherwise.

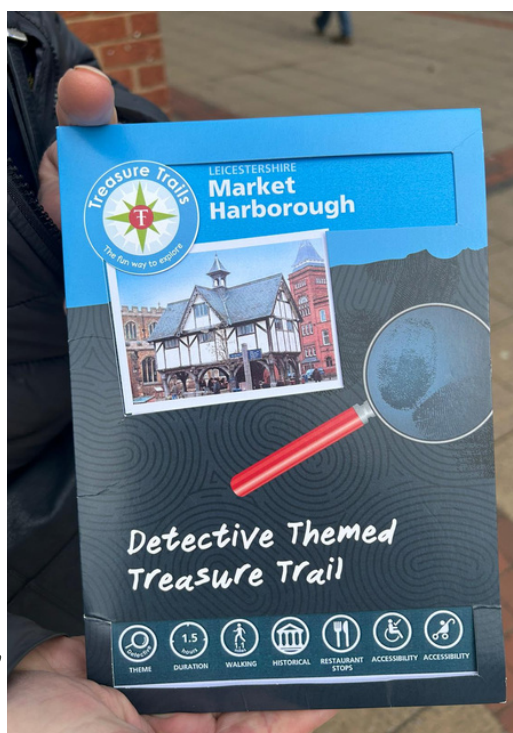
One of the best things about these treasure trails is that they're self-guided. You can take them at your own pace, and they're accessible to everyone - families, individuals, and even children.

Not only are these treasure trails fun, they're also great for your physical health. You can easily walk a couple of miles while following the clues, and you'll hardly notice the exercise because you'll be so focused on the adventure!

And if you're worried about getting lost or not being able to complete the trail, don't be. The treasure trails are designed to be easy to follow, even for those who are new to the area.

But the best part about these treasure trails? You get to see the history and character of the place you're visiting. Whether you're exploring a new town or rediscovering your own, you'll get to see parts of it you never would have noticed before.

So next time you're looking for a fun, affordable way to spend an afternoon, why not try a detective themed treasure trail? Who knows what hidden gems you'll discover along the way!"



Visit: www.treasuretrails.co.uk

Do you have a hobby that you'd like to share with us? Get in touch (with a photo if possible!) to HR@edenfutures.org





MAY IS LIVING STREETS' NATIONAL WALKING MONTH...

...when we celebrate the health and happiness benefits of walking and wheeling more.

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated. And by swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger – and save yourself some money in the process!

Head over to www.livingstreets.org.uk for tips to help you fit 20 minutes of walking into your day. From inviting friends and family for a walk to taking a post-work stroll, how many #Try20 tips can you do during National Walking Month?

Don't forget to share your #Try20 story with us!



Research shows that going for a walk is the nation's favourite Bank Holiday activity, as voted for by almost half of respondents.

However, well over a quarter of us would walk more if we had someone to walk with - and over a third of respondents said having someone to walk with would help them to feel less lonely and isolated. So, why not invite someone to #Try20 with you this May!



NATIONAL GARDENING WEEK

1-7 MAY 2023



Gardening is a wonderful activity that not only helps in creating a beautiful outdoor space, but also provides many benefits to our overall wellbeing. With National Gardening Week 2023, it's a great time to explore the benefits of gardening for our physical, mental, and emotional health!

Gardening as a wellness activity has been gaining popularity in recent years, and for good reason. Not only does it provide a chance to get outside and connect with nature, but it also offers a wide range of physical and mental benefits. Let's take a look at some of the ways gardening can improve our wellbeing.

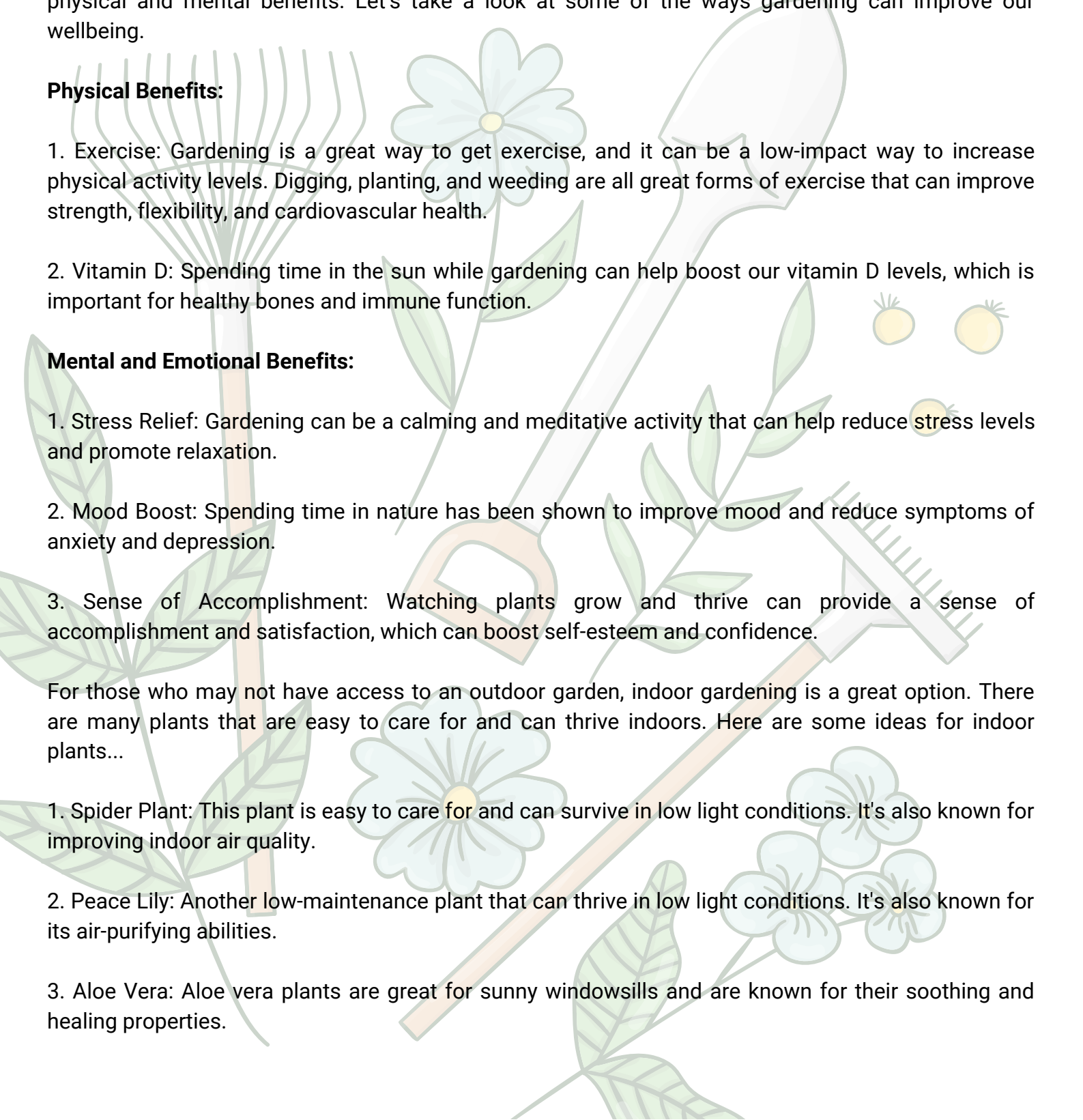
Physical Benefits:

1. Exercise: Gardening is a great way to get exercise, and it can be a low-impact way to increase physical activity levels. Digging, planting, and weeding are all great forms of exercise that can improve strength, flexibility, and cardiovascular health.
2. Vitamin D: Spending time in the sun while gardening can help boost our vitamin D levels, which is important for healthy bones and immune function.

Mental and Emotional Benefits:

1. Stress Relief: Gardening can be a calming and meditative activity that can help reduce stress levels and promote relaxation.
2. Mood Boost: Spending time in nature has been shown to improve mood and reduce symptoms of anxiety and depression.
3. Sense of Accomplishment: Watching plants grow and thrive can provide a sense of accomplishment and satisfaction, which can boost self-esteem and confidence.

For those who may not have access to an outdoor garden, indoor gardening is a great option. There are many plants that are easy to care for and can thrive indoors. Here are some ideas for indoor plants...

1. Spider Plant: This plant is easy to care for and can survive in low light conditions. It's also known for improving indoor air quality.
 2. Peace Lily: Another low-maintenance plant that can thrive in low light conditions. It's also known for its air-purifying abilities.
 3. Aloe Vera: Aloe vera plants are great for sunny windowsills and are known for their soothing and healing properties.
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Learning at Work Week

What is Learning at Work Week?

Learning at Work Week (LAW Week) is a unique annual event to build learning cultures at work. It aims to put a spotlight on the importance and benefits of continual learning and development. It takes place 15-21 May 2023. In issue 5 of Eden Together, Lisa Duff (L&D Manager) talked about creating a learning culture and how this has a positive impact on mental health and wellbeing. 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, it will give you confidence and a sense of pride.

At Eden Futures, we're proud to have a People Strategy, which sets out our intention to build a workforce that is happy, resilient, and able to fulfil their potential. We aim to ensure that our staff experience is a positive one, to attract and retain the best people and be able to change and adapt to provide excellent care and meet the needs of the people we support.

We have 3 key ambitions:

- ✓ To attract and retain our people
- ✓ To make sure that their health and wellbeing is supported so that our people feel well at work
- ✓ **To give our people the opportunity to learn, develop and progress**

We are excited to now be partnering with Paragon Skills to offer learning and development opportunities for everyone! More information is coming soon.....

We understand that not everyone has experience of working in the care sector, and that is why we recruit individuals based on their values. For those new to care, we ensure that they are given the support to complete their Care Certificate and gain a nationally recognised Level 2 qualification in Health and Social Care or relevant to their role.

Eden Futures continue to build a learning culture, whereby we:

- ✓ Offer a blended learning approach through face-to-face, e-learning, observations, workbooks, coaching and mentoring and explore ways in which we can increase our opportunities to staff and people we support
- ✓ Ensure ways in which our training and learning is inclusive of everyone and individual needs
- ✓ Provide you with more learning opportunities and great career conversations.

If you have any questions about your own learning, please speak with your line manager or get in touch with our L&D team: training.admin@edenfutures.org. From June in Eden Together, Lisa Duff will be sharing learning tips, free courses and more! Stay tuned!

TIME FOR A CUPPA



Make Time for a Cuppa this May and raise vital funds for families facing dementia. Time for a Cuppa is Dementia UK's annual tea party fundraising event. Simply pick a date, choose your venue and send out those invites. Every penny you raise will help more families access the life-changing support of specialist dementia nurses.

Sign up for your free fundraising pack by visiting: www.dementiauk.org/get-involved



DEAF AWARENESS WEEK 01-07 MAY

A week to celebrate deafness and promote inclusion. Visit www.bda.org.uk for more information and watch a short video about Parliament passing the British Sign Language Bill, recognising BSL as a language for the first time!

STROKE AWARENESS MONTH 2023



The Stroke Association are launching their spring campaign "A- what-sia? Let's talk aphasia" in mid-May 2023. Since May 2021, The Stroke Association has focused on raising awareness of issues related to stroke research and recovery.

They've put together resources to help you get involved with the campaign.

Fundraising for Stroke Association - www.stroke.org.uk

Get involved with Stroke Awareness Month by signing up to an organised event in person. Or join #TeamStroke and take on one of their national fundraising challenges.



THEME IN 2023: TOGETHER ALWAYS: UNITED IN DIVERSITY

This year's theme, "Together always: united in diversity," was decided through a large consultation with LGBTQIA+ organisations from around the world.

This theme will allow for advocacy and celebrations in many forms – be them from human rights defenders, LGBTQIA+ civil society groups, millions of people in our communities, and allies.

In a time where the progress made by our LGBTQIA+ communities worldwide is increasingly at risk, it is crucial to recognise the power of solidarity, community, and allyship across different identities, movements, and borders. When we unite, in all our beautiful diversity, we can really bring about change!

By coming together and raising our voices, we can make a difference in the lives of LGBTQIA+ individuals and communities worldwide.



Hello, hi, welcome!

National Conversation Week is all about the simple, pleasurable, and rewarding art of simply talking to each other.

Whether it's keeping in touch with friends, updating a colleague at work, or trying to find the best insurance deal, most of us are guilty of hiding behind a screen to send a quick text, fire off an email, post a social media message or search online rather than taking the time to speak with somebody.

That's why we're encouraging everyone to spend the week trying a little bit harder to engage with those around them be they a friend, family member, colleague...

We simply want everyone to talk more! And this year National Conversation Week will be focused on the inquisitive side of conversation, the one that helps us gain an understanding of the world around us – asking questions. During the week and beyond, we want you to feel liberated to ask whatever questions you want!



FEEL BETTER. LIVE MORE.

Star of Star of the hit BBC One series, Doctor in the House, Dr Chatterjee's mission is to help 100 million people feel fantastic by restoring them to optimal health:

"Everyone has the ability to feel better. I want to help you achieve that. I am a medical doctor with over 20 years experience who treats you as an individual. I take a 360° approach to health by focussing on my 4 pillars of health: Food, Movement, Sleep and Relaxation. My goal is to empower you to become the architect of your own health. I believe that when we are healthier, we are happier because when we feel better, we live more."

Dr Chatterjee's **Feel Better, Live More** is the #1 health podcast in the UK & Europe. One and a half million people watch and listen each week.

A new episode is released every Wednesday and a shorter bite-sized episode is released every Friday. To listen, go to drchatterjee.com.

FREE SELF-HELP APPS



What's Up?

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more. With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!



Dare: Anxiety & Panic Attacks

- ✓100's of free audios & new audios added everyday
- ✓Free audio guides to overcome anxiety & panic attacks



MindShift

Break free from anxiety and stress using this free evidence-based anxiety management app. MindShift CBT uses scientifically proven strategies based on cognitive behavioral therapy (CBT).

MindShift CBT is a free self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.



BUDGET-FRIENDLY RECIPE IDEAS!



As it's National Vegetarian Week from 15th - 21st May, we recommend this sweet potato and spinach bake, which is cheap and comforting!

Eat Veggie, Cut Carbon, Drive Change! Find out more by visiting:
www.nationalvegetarianweek.org



INGREDIENTS

- 300ml single cream (or double cream for a really creamy texture)
- 1 garlic clove, peeled
- 2 sprigs thyme or rosemary
- 250g bag frozen spinach
- butter, for greasing
- 850g sweet potatoes, peeled and thinly sliced (about 3mm thick)
- 25g grated hard cheese, such as cheddar, Parmesan or veggie alternative



STEP 1

- Heat oven to 200C/180C fan/gas 6. Put the cream, garlic and herb sprigs into a small saucepan and slowly bring to just below boiling. Turn off the heat, season and leave to infuse.

STEP 2

- Put the spinach into a colander, pour over a kettle of boiling water and leave to drain for a few mins. Then squeeze out as much water as possible. Season with salt, pepper.

STEP 3

- Grease an ovenproof dish generously with butter and spread half the sweet potato slices across the bottom. Top with a layer of spinach, then the remaining potato. Pour over the cream mixture, through a sieve to remove the garlic and herbs, then sprinkle with cheese. Bake for 45-55 mins until golden and tender, and then serve with a big green salad.

Visit 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

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

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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

