

JUNE 2023, ISSUE 8

 **Eden
Futures**

EDEN TOGETHER

Our monthly health and wellbeing newsletter



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Welcome to our 8th 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.



WORLD WELLBEING WEEK 2023

26 JUNE - 02 JULY



At Eden Futures, we believe in the power of holistic wellbeing - the kind that nurtures not only the body but also the mind, heart, and spirit. As we commemorate the fifth annual World Wellbeing Week this June, it's a perfect moment to reflect on our commitments and reaffirm our dedication to the wellbeing and health of our incredible staff and the people we support.

The trials of the pandemic have only underscored the importance of wellbeing. More than ever, we've become more aware of its vital role in our everyday lives and the strength it lends us in the face of adversity.

At Eden Futures, wellbeing is not an add-on; we have embraced it as a priority, investing in your health, happiness, and professional fulfilment. Together, we'll continue to champion wellbeing, fostering a culture where everyone feels cared for, valued and respected.

As part of this, we want to make our Eden Together magazine even more engaging and meaningful. We'd love to hear from you on ways we can encourage greater collaboration and contributions from across the company. A calendar of awareness and special days for 2023 that we'll be recognising in Eden Together is available on the Wellbeing section of our website or from your line manager/Team Manager. We invite you to contribute articles or stories on any of these topics that are important to you.

We believe that by sharing personal experiences and insights, our magazine will become an even more valuable resource for everyone. We're always on the look-out for mental health support (articles, apps, groups etc) and financial help signposting, so please do share anything that you think may help.

We welcome any feedback or suggestions you may have, as we strive to ensure that Eden Together is a platform for meaningful conversations and connections.

Please send your articles and photos to Alex Pugh (Head of HR) by the last Friday of the month: alex.pugh@edenfutures.org

By visiting the Wellbeing section of our website, you can also find helpline numbers, YouTube videos and these support booklets.

Wellbeing support and information (Click on the images to read)



GLOBAL WELLNESS DAY®

With the slogan **“One day can change your whole life,”** Global Wellness Day is on 10 June 2023 and is an entirely not-for-profit day, a social project dedicated to living well. The purpose of Global Wellness Day is to ask the question, even if for just one day, **“How can I live a healthier and better life?”**, to direct the thoughts of both individuals and society towards “living well” and to raise awareness.

The main aims of the day are:

- To recognise the value of our lives
- To pause and think, even if for just one day of the year
- To be free from the stress of everyday city life and bad habits
- To make peace with ourselves
- To raise awareness about living well and increase motivation, not just for today, but for the remaining 364 days of the year

First celebrated in 2012, Global Wellness Day was established in Turkey as the “first” day dedicated to living well and has now been accepted worldwide. Last year, Global Wellness Day was celebrated globally with both in-person activities and a 3-hour free livestream celebration, which started in New Zealand and ended in Los Angeles!

In 2022, Global Wellness Day was celebrated in tens and thousands of locations, reaching over half a billion people. Many activities took place such as: laughter therapy to boost positivity and Tai Chi in Portugal, BoxHITT and Zumba in New Zealand, Pilates and healing yoga in South Korea, “Talk It Out” therapy sessions, group fitness class and workshops/seminars in Kenya, Functional Fitness in Bahrain, 5k run and salsa dance classes in the Dominican Republic, cycling, cross training, celebrity yoga in Ibiza, an opening event for GWD at the Zlatibor Gold Gondola Lift in Serbia, fitness and yoga session in the newest GWD celebrating country, Czech Republic.... and much more! Argentina once again honoured GWD by lighting the iconic Monumento del Sembrador in Villa Elisa!

7 STEP GWD MANIFEST

In order to make Wellness a lifestyle, Global Wellness Day aims to adopt the following seven simple steps. Even if one can't implement all of the steps all at once, what is important is to incorporate at least just few of them into your daily life on a regular basis.



1

Walk for an hour



2

Drink more water



3

Don't use plastic bottles



4

Eat healthy food



5

Do a good deed



6

Have a family dinner with your loved ones



7

Sleep at 10 pm

GLOBAL WELLNESS DAY

We'd love to know how you celebrate Global Wellness Day on 10 June! Tell us at HR@edenfutures.org

ACTION FOR HAPPINESS

Joyful June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it
5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it
12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation
19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others
 26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)		

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

#LDWEEK
Learning
Disability Week
19-25 June

mencap

Learning Disability Week is a time to celebrate the achievements of people with learning disabilities (PWLD) and to challenge the misconceptions that often surround them.



Learning Disability Awareness Week is an annual event organised by Mencap to:



Mencap define a Learning Disability as:

A reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

DID YOU KNOW...

1.2 million people have a Learning Disability in the UK.

Only 5.1% of adults with a learning disability are in paid employment.

31% of people with a learning disability live in poverty compared to 18% of the general population.

50% of people with a learning disability experience chronic loneliness.

Learning Disability Week is a time to celebrate the achievements of people with learning disabilities (PWLD) and to challenge the misconceptions that often surround them.

  
LISTEN. ASK. LEARN.

Continued...

SMASHING THE STIGMA...



Ellie Goldstein made history in 2020 by being the first person with Down's Syndrome to represent the Gucci brand and was awarded Glamour Magazine's 'Game changing Model of the Year' award, after appearing on their front cover. Ellie has since then gone on to appear as the cover photo for British Vogue.

Freddie Latham has run the London Marathon... TWICE!

Freddie says: "You may know that I am a #MencapMythBuster and really support everything they do to help people with a learning disability, especially their campaigns on inclusivity. I normally use a tablet to speak (But not when I am running!) Even though I can't speak, I can hear and understand what's being said. Non-verbal people can contribute and join in with everyone else. Don't ignore us."



When Michael was born, his mother was warned by doctors that he was likely to spend a lot of his life using a wheelchair. However, Michael defied the odds, going on to compete in the Special Olympics and scooping up over 60 medals in events, including shotput, boccia, long jump and track. Last year, he became the first man in Wales with Down Syndrome to run a marathon. Michael also runs his own baking business called Coal Pit Welsh Cakes and his creation have been featured on the TV show, Saturday Kitchen.

Heidi Carter (nee Cowter) made history during the summer of 2021 by being the first activist with Down's Syndrome to spearhead a national campaign. Heidi got married in the summer of 2020 to her partner James and they now live independently, with support, in Coventry.

She said: "I love being a voice for those who can't speak, or those who may find it difficult to speak."



COMMUNICATION: MAKATON

Sometimes, people with a learning disability may not communicate verbally, so we must adapt our communication methods to meet their needs.

One strategy which can be used to do this, is Makaton.

But what is Makaton?

Makaton is a language programme that uses symbols, signs, and speech to facilitate communication, particularly for individuals who do not communicate verbally. Signs are used alongside verbal communication to provide 'clues' as to what someone is saying. Unlike British Sign Language, this is done in spoken word order so it can be naturally performed and often involves actions that we naturally do to represent objects/activities/feelings.

For example:



Good



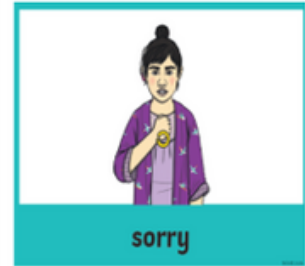
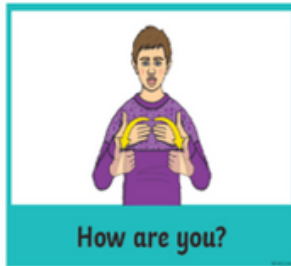
Cook



Book



MAKATON BASICS...



TOP TIPS FOR LEARNING MAKATON

The Makaton Charity lists 5 top tips for learning Makaton, which are:

- Enjoy!-Makaton is fun
- Use signs and symbols as often as you can
- Always speak when you sign or use symbols
- Offer lots of encouragement
- Don't give up

Learning Makaton doesn't happen overnight so don't worry if it takes time. If you would like more information, please contact anyone in our Specialist Services Team.

LEARNING DISABILITY HELPLINE

Mencap's free helpline service offers advice and support for people with a learning disability, and their families and carers.



Call us on 0808
808 1111



Email us on
helpline@mencap.org.uk



Fill in our online
form

Go to:
www.mencap.org.uk/advice-and-support

MY EXPERIENCE AS A LEARNING DISABILITY NURSE

BY LISA DUFF (L+D MANAGER)

On leaving college at 18, I worked in a community service for adults with a learning disability for 6 months and knew instantly this work was for me! I decided to apply for my nurse training and qualified as a learning disability nurse at 21. I trained in a hospital but undertook a wide range of placements in many settings. I had a fantastic experience in my 3 years of training, not just learning about my role and people, different conditions and developing skills, but also developing as a young person, gaining confidence, resilience and making some lifelong friends along the way. It was hard work, challenging, but amazing fun!

By aged 25, I was leading a team of nurses and healthcare assistants in a community hospital. Then, my career took me into a community nursing role, a senior management role at the hospital and then into education where I became a nurse educator and assessor. This eventually led me into setting up my own independent training company, delivering training and qualifications for the adult social care and healthcare sector, before coming to Eden Futures.

Learning disability nursing has given me these opportunities and the ability to build a successful career... Hard work and determination also helps!

If you have a passion and desire to support people in a such a unique and diverse role as a learning disability nurse, I would definitely say, "Do It!!" Here is a little more information, maybe for yourself or to pass on to a friend or loved one!

Why become a Learning Disability Nurse?

It gives you a chance to make a real difference in people's lives, supporting them to be independent, develop life skills, maintain physical and mental health and supporting their lifelong journey. It is such a rewarding career, quite different to any other branch of nursing, and once qualified it opens a whole range of opportunities.

Learning disability nurses don't just work in hospitals, they can work in a person's own home, education establishments, residential and community services and community outreach teams. Different roles could be a Community Learning Disability Nurse, working alongside GPs, and psychologists and Social Workers; working alongside schools, teachers, and Speech and Language Therapists; in assessment units working with families, placement co-ordinators, healthcare assistants and also as a learning disability nurse in an acute hospital supporting individuals and their families/carers on A&E visits, in outpatient clinics or hospital admissions.

Once qualified, you could also enter a specialism such as in epilepsy, sensory disabilities and management. Some nurses even work in research and in prisons and become nurse teachers themselves.

How do I become a Learning Disability Nurse?

To become a Learning Disability Nurse, the main route is a degree course at university. Entry requirements can vary depending on the university so it's important to check with universities. You can visit: www.ucas.com

You will need a minimum of five GCSEs at grade 4/C or above, possibly in English language or literature and a science subject, plus two A levels or equivalent level 3 qualifications for an undergraduate degree. But it's not just qualifications, they will also be looking for people with great communication and interpersonal skills, strong judgement, and previous experience in the field will be an asset.

The course will have modules which cover theory such as complex conditions across a lifespan from childhood to older age, autism, society issues, mental health and well-being, assessing needs and planning care, professional accountability and reflective practice. You will also undertake work placements in a variety of settings to give you a taste of the real work, helping put the theory learnt into practice. It is a compulsory part of the course, but you will have your own mentor to support you throughout. There are also other routes into nursing such as nursing associate apprenticeships and nurse degree apprenticeships. You will graduate with a BSc (Hons) in Learning Disability Nursing, applying to the Nursing and Midwifery Council (NMC) for a PIN to practice as a nurse.



June has arrived, and with it comes a moment of collective celebration and reflection: Pride Month. This is a time that holds a special place in our hearts at Eden Futures, not only for our dedicated staff but also for the individuals we support. We view Pride Month as an opportunity to amplify discussions around diversity, inclusion and respect for all, reaffirming our commitments as an organisation that values each person's individual identities and experiences.

We understand that everyone, regardless of their abilities or identities, deserves a life of dignity, respect and inclusion. That's why Pride Month is so important to us.

Why Pride Month Matters

Pride Month, celebrated each year in June, marks the anniversary of the Stonewall Riots of 1969, a critical milestone in the fight for LGBTQ+ rights. Pride is a powerful tribute to the struggles, progress, and ongoing battle for acceptance and equality of the LGBTQ+ community.

In our context, Pride Month stresses our responsibility to nurture an environment that values and celebrates the differences that make each one of us unique. This ethos extends beyond our workplace, right into the lives of the individuals we support. It is a reminder that everyone, regardless of their sexual orientation, gender identity, or ability, deserves to feel valued, respected, and free to express themselves without fear of discrimination or prejudice.

What Pride Month Means for Us

At Eden Futures, Pride Month is a time for reflection, education and action. We reflect on the strides we have made towards fostering an inclusive environment, educate ourselves on how we can improve further, and take action to ensure that everyone—both within our team and those we support—feels comfortable, valued, and respected.

Our Equality, Diversity, and Dignity at work policies are more than just documents—they embody our commitment to being an inclusive employer and service provider. These policies guide us in protecting our team members from discrimination and championing a culture of diversity, where everyone is free to express themselves without fear of bias or exclusion.

We recognise that the unique perspectives and experiences of our team members and those we support drive our collective growth, creativity, and success. Just like a tapestry is made up of individual threads, our community at Eden Futures is a vibrant and diverse mix of individuals, their beliefs, identities, and experiences, woven together to create a resilient and caring community.

Continued...

Looking Forward

As we celebrate Pride Month 2023, we do so with gratitude for the progress we've made and a firm resolve for the work that remains. We know that being inclusive is not a destination, but a continuous journey of learning, understanding, and growth.

Pride Month is a reminder to us all, that love, respect, and acceptance are not bound by one's sexual orientation, gender identity, or ability. It's about looking beyond labels and seeing the shared humanity in all of us. It's about fostering a culture of respect and dignity, both in our workplace and in our services, where everyone can be their authentic selves. And that's the kind of community we're proud to be part of.

How can I get involved in Pride Month 2023?

Getting involved in Pride Month allows you to actively support the LGBTQ+ community and contribute to a more inclusive society. Here are some ways you can participate:

1. Attend Pride Parades and Events: Check local listings for Pride parades, festivals, and events happening in your area. Participate in the vibrant celebrations, join marches, and immerse yourself in the supportive and inclusive atmosphere. These events are an opportunity to show solidarity and celebrate diversity while having a great time.
2. Educate Yourself and Others: Take the time to learn about the history, struggles, and achievements of the LGBTQ+ community. Read books, watch films, listen to podcasts, and engage in conversations that foster understanding and empathy. Share your knowledge with others, particularly those who may be less familiar with LGBTQ+ issues, to promote acceptance and awareness.
3. Support LGBTQ+ Organisations: Consider donating to LGBTQ+ charities and organisations that work towards promoting equality and providing support to the community. Volunteer your time or skills to help organize events or initiatives that uplift and empower LGBTQ+ individuals.
4. Advocate for LGBTQ+ Rights: Use your voice to advocate for LGBTQ+ rights and equality in your community and beyond. Engage in conversations, challenge discriminatory attitudes and behaviours, and support legislative changes that protect the rights and well-being of LGBTQ+ individuals.
5. Show Support on Social Media: Use your online platforms to show support for Pride Month. Share uplifting messages, stories of LGBTQ+ individuals, and resources related to LGBTQ+ rights and acceptance. Use hashtags such as #PrideMonth2023 and #LoveIsLove to amplify the message of inclusivity and love.

Happy Pride Month, everyone! We hope this month brings us all a little closer together, enriches our understanding, and strengthens our shared commitment to equality, diversity, and inclusivity. Here's to a future where everyone is celebrated for exactly who they are.

Please visit May's issue of Eden Together for further information regarding LGBTQ+ mental health support.

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.

THE POWER OF FEELING VALUED: EMBRACING THE UNIQUE KALEIDOSCOPE OF HUMAN WORTH

In a world bustling with diverse individuals, each with their own dreams, aspirations, and struggles, it is essential to recognise the deep significance of feeling valued. Being valued goes beyond just acknowledgment; it is a fundamental human need that fuels our sense of belonging, self-worth, and overall wellbeing. While the ways in which we feel valued may differ from person to person, there are certain universal principles that we should embrace. This short article explores the importance of valuing others and how we can create an atmosphere of genuine appreciation and respect...

The innate need for validation:

Deep within the core of our being, there exists an inherent desire to be recognised, appreciated and valued. When we feel valued, it validates our existence, affirming that our contributions matter. This simple act can ignite a spark of confidence, encouraging us to pursue our passions, explore our potential and make a positive impact in the world.

The multi-layered nature of valuing someone:

Valuing someone is a highly personal experience that varies from individual to individual. What resonates as a meaningful gesture of appreciation for one person may hold little significance for another. It requires us to understand and embrace the uniqueness of each person's perspective and values. By taking the time to listen, observe, and engage with others, we can gain insights into their emotional landscape and tailor our approach accordingly.

Fundamentals of valuing others

While the ways in which we express value may differ, there are some fundamental principles that can guide us in our quest to make others feel valued:

Genuine appreciation: Taking the time to express sincere gratitude and acknowledging someone's efforts, support, kindness and accomplishments can go a long way in making them feel seen and valued. A heartfelt thank you, a kind word, or a small act of kindness can create ripples of positivity in someone's life.

Active listening: Engaging in attentive and empathetic listening enables us to understand others' perspectives and validate their experiences. By truly hearing and validating their thoughts, emotions and challenges, we communicate that their voice matters.

Encouragement and support: Offering encouragement and support during both triumphs and setbacks demonstrates our belief in someone's abilities and their capacity to overcome obstacles. By being a source of unwavering support, we instil a sense of worth and resilience in others.

Recognition of uniqueness: Each person possesses a unique combination of talents, strengths, and perspectives. Valuing someone involves recognising and celebrating their individuality, fostering an environment where diverse talents can flourish.

In our interconnected world, the power of feeling valued should never be underestimated. As humans, we thrive in an environment where our worth is acknowledged, celebrated, and nurtured. By embracing the diversity of values and approaches, we can create an inclusive world that uplifts and inspires. Let us make a conscious effort to value others genuinely, appreciating the essence of their being and empowering them to embrace their full potential.

At Eden Futures, we are committed to cultivating a culture of appreciation and recognition. Through our work with the Eden Influencer team, we are proud to have launched "Shining Stars" in April, our monthly reward and recognition programme. This initiative celebrates our exceptional staff, as we firmly believe in valuing and honouring their contributions. For more information on our Eden Influencer programme, please contact Alex Pugh (Head of HR).

As a reminder, the nomination window for our upcoming Care Awards is now OPEN! We encourage all employees and people we support to stay informed and reach out to their line managers/Team Manager for more information on how to participate. This programme provides a valuable opportunity to acknowledge and appreciate the remarkable efforts and achievements of our team members. More updates on our November Celebration Day will be coming soon...



2023 INTERNATIONAL MEN'S HEALTH WEEK

#menshealthweek

Between the 12th-18th June, the world acknowledges Men's Health Week 2023. This annual event is organised by the Men's Health Forum and aims to raise awareness of preventable health problems that disproportionately affect men and encourage them to gain the courage to tackle their issues.

The theme this year is 'men's health and the internet' – which emphasises the impact of technology and social media on mental health.

The iPhone was born in 2007. Those born in the same year will turn 16 this year. They've grown up with a high-performance computer in their pocket. What are the implications for men's health? Clearly there are some health benefits to being able to access health information or deliver and receive health services online but what are the downsides? Go to www.menshealthforum.org.uk to read more and for new resources on internet-fuelled addictions.

SMART PHONE. STUPID O'CLOCK.

Too much time on your tech?
Phones and laptops can pull you in and stress you out. Turn them off and try the CAN DO challenge.

MEN'S HEALTH WEEK

#menshealthweek
#screenbreak
#candochallenge
menshealthforum.org.uk/mhw



Take a screen break

According to the Mental Health Foundation, approximately 1-in-8 men have a common mental health problem such as anxiety, stress, or depression. When left unattended, these problems can worsen and be detrimental to those affected. This is highlighted in current statistics: for example, in the UK, 3 out of 4 suicides are men. Furthermore, suicide is the biggest killer of men under 45. These statistics underline the importance of removing the stigma surrounding men's mental health, helping men reach out, talk about their problems and seek treatment.

It is no secret that a stigma exists regarding men's mental health, and sadly some men still feel uncomfortable discussing their problems openly. According to recent statistics, 40% of men won't talk about their mental health with their friends or family. Therefore, many individuals suffer in silence. While the topic is becoming more prevalent with more awareness campaigns, there is still a need to help men feel comfortable enough to speak out about their mental health.

Men's Health Forum message to men:

- If you think you're spending too much time on your tech (and even if you don't), take a screen break and do the CAN DO challenge instead. The free CAN DO Manual can help.
- Use social media shares and posters MHW 2023: men's health and the internet - take a screen break and also social media shares and posters for the CAN DO challenge
- If you want to give your mind a full MOT, get the Man MOT For The Mind manual.
- There's evidence that some addictions which particularly affect men have been made worse by 24/7 internet and smartphones. If you're concerned about your gambling, for example, check out the new manuals 'Wanna Bet'.

WANT THE FACTS ON ONLINE GAMBLING?

MEN'S HEALTH FORUM



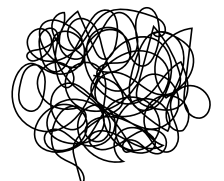
Too much time on your tech?
Phones and laptops can pull you in and before you know it, you're hooked on something you don't want to be hooked on.

Check out our new man manual **Wanna Bet?: gambling and men's health**



No Nagging • No Moralising • Just The Hard Facts

HEADSUPGUYS



Heads Up Guys have compiled a list of some recommended resources, websites, apps, links, and more concerning various men's health related topics. **Visit:** headsuguy.org/helpful-links

“ If you broke your arm you would go to see the doctor, so if you were struggling mentally why would you not do the same? ”

MEN'S HEALTH FORUM





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.

GROWING FOR WELLBEING WEEK

05 JUNE - 11 JUNE 2023



Growing for Wellbeing Week will take place on the 5th – 11th June 2023. Set up by Life at No.27, the week is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.

Approximately 1 in 4 people in the UK will experience mental ill health each year. There is strong evidence highlighting the health benefits of gardening and Grow Your Own in particular, including improved confidence, communication, concentration and ultimately self-belief.

Gardening improves mental health, enables better physical health, provides an opportunity to connect with others, acquire new skills and enjoy the great outdoors. After all, it's not what you grow, it's how YOU grow.

VISIT: LIFEATNO27.COM

LONELINESS AWARENESS WEEK

12TH - 18TH JUNE 2023



Created and hosted by Marmalade Trust, the annual campaign raises awareness of loneliness across the UK (and beyond) and gets people talking about it.

Loneliness Awareness Week is all about creating supportive communities by having conversations with family, friends or colleagues about loneliness. Loneliness is a natural human emotion - we are hardwired to need social connections. By talking about it, we can support ourselves and others.

Why is raising awareness so important?

Whilst we're seeing an increase in discussion on the subject, stigma remains and there are some key misconceptions that still need to be challenged. Ask anyone to picture a lonely person and most will imagine an older person living on their own. As such, we often rebuke and dismiss feelings of loneliness because 'that doesn't apply to me'.

By identifying and acknowledging all the times that we have personally felt and experienced loneliness, we can start to change our viewpoint, accept it and understand how to take action to manage the feeling (and our social connections) in the future.

Loneliness can often feel overwhelming and something out of our control, so it can be useful to have a starting point. To help you and others to feel less lonely, Marmalade Trust give a three-step approach...

1. Acknowledge loneliness in yourself or others
2. Identify what you or they need
3. Take the appropriate action

Their website covers this three-step approach in detail - go to:
www.marmaladetrust.org/threestepapproachtoloneliness



THE BENEFITS OF HAVING A HOBBY...

Emma Ward, Team Manager from Newark tells us about her love of photography!



My hobby is photography, as it's the one thing that I can go and do and not feel that I have the world to worry about! Taking photos takes my mind off things and helps me relax.

I've enjoyed this hobby since I was 13 years old (over 20 years now!) I'm self-taught and I always have my camera with me wherever I go because you never know when an opportunity will arise to take a snap!

Here are some of my photos that I'm really proud of...



Tim Coe, our Group Financial Controller tells us about life on the ice!



I really enjoy playing ice hockey as it is a very fast-paced sport, which is great for fitness. As a goalie, trying to stop the small “puck” getting past me is a challenge that always keeps me on my toes.

I value the social side of hockey just as much as the physical side. The hockey community is very welcoming and supportive of everyone – whether you are playing or watching along. Playing on a team and having that bond with your teammates is something that I personally find very important for my mental health.



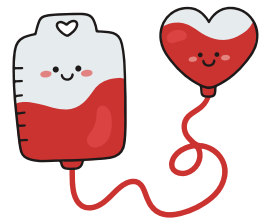
Do you have a hobby that you'd like to share with us? Get in touch (with a photo if possible!) to HR@edenfutures.org





WORLD BLOOD DONOR DAY

14 JUNE 2023



World Blood Donor Day is an annual event, usually on the same date each year, to thank voluntary blood donors and acknowledge them and encourage blood donation and new donors, especially by representing how blood donations have saved and changed lives. The Day has the slogan 'Share Life, Give Blood', referring to the caring and cohesion that giving blood and caring for others involves.

One of the aims of the day is to encourage younger people, who might be a bit nervous or unsure about giving blood, to feel encouraged to sign up and start donating, so that the donor population doesn't decline but stays strong. It is also to highlight the need for donations to be regular in order to keep stocks and quality of blood donations high.

Blood donation saves millions of lives annually and helps with the recovery and health of patients who have illnesses or injuries, complex operations or childbirth problems. Blood stocks are also essential in natural and man-made disasters. Some blood types are rare, so promoting the need for rare donor types is also part of this event. World Blood Donor Day is vital in highlighting the need for blood donors and regular donations.

Many countries still have a shortage of donors, and therefore, World Blood Donor Day is vital to these countries to raise awareness of blood donation and increase supply in order to save as many lives as possible.



THE JOY OF GIVING: MY STORY AS AN O- BLOOD DONOR

**Helen Stokes
(CEO)**

My blood type can help anyone, no matter their blood type. As an O- blood donor, I'm really proud to help others in need.

The NHS give regular donors gifts and acknowledgements which mark important credit milestones. I've recently received a pin badge and a certificate that I'm really proud of! It's like a high-five for helping to save lives!

Most people can donate blood, but sometimes it's not possible due to health reasons. If you're interested in donating blood, visit: www.blood.co.uk or give them a ring on 0300 123 23 23.

Donating blood is an amazing thing to do. You get to help others, and it feels good to give. So, if you can, why not give it a go?



NHS

Blood and Transplant



Give blood

CERVICAL SCREENING AWARENESS WEEK 2023

19 - 24 JUNE

Cervical Screening Awareness Week is an annual event which will run from the 19th to the 24th of June 2023. The week aims to highlight the importance of regular cervical screening for women's health.

Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease. Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year. Despite this, many women are reluctant to have this test done with a quarter of women not responding to their screening invitation. Cervical Screening Awareness Week is organised by the charity Jo's trust, a charity dedicated to women affected by cervical cancer or abnormalities.

Cervical Screening Awareness week aims to encourage all women to have regular cervical screening as well as to provide information and reassurance around any fears or embarrassment that women may have concerning taking the test. Visit www.jostrust.org.uk for help and support.

Join the conversation on social media and use the hashtag #LetsTalkScreening



Formerly Breathe Easy Week, Love Your Lungs Week is an initiative started by Asthma + Lung UK, to raise awareness and focus on lung health and will take place between the 21st and 27th June this year.

Who are Asthma + Lung UK?

"At Asthma + Lung UK our vision is for a world where everyone has healthy lungs. A world where lung health is prioritised through better understanding, research, treatment and support. We are dedicated to helping create a world where good lung health and the ability to breathe freely are a basic right enjoyed by all. And we will be the driving force behind the transformation of lung health. From research and campaigning to advice and support, as the nation's lung charity we are on a mission to change the way that lung health is perceived. Right now, the situation needs drastic improvement. We need change to improve the lives of millions of people with lung conditions. To make this happen, at Asthma + Lung UK we have a five-year plan based on achievable goals. This will help us shift attitudes about the way lung health is seen in the UK – and drive real progress. Visit us at: www.asthmaandlung.org.uk"



BUDGET-FRIENDLY RECIPE IDEAS!



Whip up this cheap treat using store cupboard ingredients, tinned tuna and sweetcorn! This recipe can be found on www.bbcgoodfood.com.



INGREDIENTS

- 600g pasta
- 50g butter
- 50g plain flour
- 600ml milk
- 250g strong cheddar, grated
- 2 x 160g cans tuna, drained
- 330g can sweetcorn, drained
- large handful chopped parsley (optional)



STEP 1

- Heat oven to 180C/fan 160C/gas 4.

STEP 2

- Boil 600g of pasta for 2 mins less time than stated on the pack.

STEP 3

- To make the sauce, melt 50g butter in a saucepan and stir in 50g plain flour.

STEP 4

- Cook for 1 min, then gradually stir in 600ml milk to make a thick white sauce.

STEP 5

- Remove from the heat and stir in all but a handful of the 250g grated cheddar.

STEP 6

- Drain the pasta, mix with the white sauce, two 160g drained cans tuna, one 330g drained can sweetcorn and a large handful of chopped parsley, then season.

STEP 7

- Transfer to a baking dish and top with the rest of the grated cheddar.

STEP 8

- Bake for 15-20 mins until the cheese on top is golden and starting to brown.

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

