

Issue 10 | September 2023

Eden Together

Health & wellbeing magazine

International week of happiness at work

We talk to our Eden Influencers about working at Eden Futures

National read a book day

Why reading is good for your mental health

Second Hand September

Environmental wellbeing and looking after our planet

Action for
happiness

calendar



**Eden
Futures**





Welcome to our 10th issue of Eden Futures' monthly health and wellbeing magazine.

Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. In our magazine, 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 - please let us know if you need help or support.

Inside this issue:

- Action for Happiness
- World Alzheimer's Month
- National Read a Book Day
- International Week of Happiness at Work
- Eden Kitchen Recipe
- Pet Friendly
- Financial wellbeing
- Key contacts and helplines

Please share your photos and stories to Marketing at: marketing@edenfutures.org



1 - 30th September

World Alzheimer's Month



6th September

National Read a Book Day



10th September

World Suicide Prevention Day



ACTION FOR HAPPINESS

September calendar

Self-Care September 2023

Self-Care September 2023

MONDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

ACTION FOR HAPPINESS

Happier · Kinder · Together

ACTION FOR HAPPINESS

Happier · Kinder · Together

Self Care September

Action for Happiness are a movement of people taking action to create a happier and kinder world, together.

The mission of Action for Happiness is to help people create a happier world, with 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.

For more information visit:

www.actionforhappiness.org

#actionforhappiness

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World Alzheimer's month



1st - 30th September 2023

Raising awareness of Alzheimer's disease

by Lynsey Grant (Marketing/PR Manager)

World Alzheimer's Month is a global opportunity to raise awareness around, educate, encourage support of dementia. World Alzheimer's Day takes place on 21 September as part of World Alzheimer's Month.

Alzheimer's disease is a physical illness which damages a person's brain and is the most common cause of dementia in the UK. Dementia is the name for a group of symptoms associated with an ongoing decline of brain functioning.

**Call Dementia Support on:
0333 150 3456**

If you are affected by dementia, worried about a diagnosis or a carer, trained staff are ready to give you the support you need.

Opening hours: Mon to Weds: 9am – 8pm, Thurs and
Fri: 9am – 5pm, Sat and Sun: 10am – 4pm

Symptoms of Alzheimer's disease

The first sign of Alzheimer's disease is usually minor memory problems. As the condition develops, memory problems become more severe and further symptoms can develop, such as:

- Confusion, disorientation and getting lost in familiar places
- Difficulty planning or making decisions
- Problems with speech and language
- Problems moving around without assistance
- Personality changes and changes in mood
- Changes to how they see and hear things



#worldalzheimersmonth

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Second Hand September

The beauty of second hand shopping and environmental wellbeing

by Alex Pugh (Head of HR)

The connection between our wellbeing and the environment might not always be the first thing that springs to mind. However, the world we live in impacts our mental and physical health. When we make conscious choices that benefit the environment, we're also nurturing ourselves. One empowering choice is the way we shop, particularly in the world of fashion.

The age-old proverb, 'what goes around comes around', isn't just a life lesson but a sustainable principle when considering our planet's health. This is where the concept of a circular economy fits in. Unlike a linear economy, where we 'take,

make and dispose', a circular economy encourages a cycle of borrowing, using and then returning, so that products get reused, repaired and recycled rather than ending up as waste. This model not only reduces the strain on our planet's resources but also paves the way for more sustainable consumer choices.

When we think of personal sustainability, reducing plastic use and being mindful of our carbon footprint are typically top of the list. However, our clothes shopping habits also play an important role in our environmental impact. The fast fashion industry is well known for its toll on our environment but thanks to platforms like Vinted, Depop, Re-fashion, eBay and Facebook Marketplace, there's gentler, more sustainable alternatives available. And let's not forget the timeless charm and unpredictability of charity shops, which I personally love!

Continued...

#secondhandseptember





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This September, an initiative that resonates with this eco-friendly ethos is Second Hand September. Created by Oxfam since 2019, it has been inspiring everyone to opt for pre-loved fashion options. By choosing to donate or shop second hand, you're actively reducing waste, taking meaningful action against climate change and promoting fairness. And the best part? You can do all this and still look great!

As an incentive to make your fashion choices both trendy and environmentally-friendly, onlineshop.oxfam.org.uk offers a fantastic deal: a 20% discount on second-hand, ethically sourced clothes and accessories. Simply use the code **GETCHANGED20** at checkout. It's my aim to try to make choices that not only serve my style but also our planet!

We would love to know what choices you're making or initiatives you're taking part in for environmental wellbeing and a healthy planet. Whether you're recycling, reusing, upcycling, donating, growing, or any other eco-friendly action, we'd love to hear from you.

Don't forget!
Recycle Week 2023
will take place between
16th-22nd October 2023

This year's theme - The Big Recycling Hunt - focuses on "missed capture": the items that can be recycled but are commonly missed in the home. We encourage everyone to visit www.recyclenow.com, get involved and recycle more of the right thing, more often.

Please let us know how you get on at marketing@edenfutures.org





Read a Book Day

6th September 2023



Why reading is good for your mental health

by Lynsey Grant (Marketing/PR Manager)

Celebrated each year on the 6th September, National Read a Book Day is an annual awareness day that encourages us to take a break and get reading, either curled up on the sofa or aloud to family and friends.

Today's world is so loud and busy, taking the time to read a book can be a great way to find some peace.

Reading can be a beneficial activity for your mental health. It can reduce stress and anxiety, improve cognitive function, and enhance empathy and social skills. Other benefits to reading books include improved writing and vocabulary skills.

By engaging with the characters and plot of a book, readers can escape their own reality and gain new perspectives.

Additionally, reading can provide a sense of relaxation and calm, helping you to unwind and recharge. Overall, adding reading to your daily or weekly routine can have a positive impact on your mental wellbeing.

So this Read a Book Day why don't you sit in your favourite chair, pick up your favourite book (or find a new favourite) and spend some time relaxing.

If you don't have any books at home, walking to your local library is a great way to get some exercise and can help you to de-stress and get some fresh air. Or alternatively you can speak to friends and family and see if they have any books you could borrow.

Happy reading!

Did you know...

Eden Futures website has a wellbeing page with advice and support to improve your mental health.



Scan to visit the wellbeing page on the website

#nationalreadabookday

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Pet Friendly

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

Dodger, Cocker Spaniel

Owner: Lynsey (Marketing/PR Manager)

Dodger (aka the sock thief) is an affectionate, mischievous and lively 5-year-old spaniel. During the week can either be found snuggling up in his bed or running around the garden at top speed, and on weekends he loves going on adventures. He is super intelligent and often outsmarts all the humans in the house – especially if it involves stealing socks!



Rory & Rupert

Owner: Megan Graham (ER Manager)

Rory is black and white (12 years old) and loves eating all the other cats food, and Rupert is mostly black with 2 white back toes (2 years old) and is also known as Jekyll and Hyde as he goes from being the sweetest cat to a demon on a whim!

Please share your photos and stories to
Marketing at: marketing@edenfutures.org

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World Suicide prevention day



10th September 2023

Raising awareness of suicide prevention

by Liz Ward (Mental Health Lead)

World Suicide Prevention Day (WSPD) occurs on the 10th September every year, and was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO).

WSPD focuses attention on the issue, reduces stigma and raises awareness among organisations, government, and the public, giving a singular message that suicide can be prevented.

In England, one person dies every two hours due to suicide. When someone takes their own life, the effect on their family and friends is devastating. Many others involved in providing support and care, will also feel the impact.



Myth: Talking about suicide could make things worse and make it more likely that a person will act on those thoughts.

Fact: Talking about suicide won't make the situation worse or make it more likely that a person will act on their thoughts. Starting a conversation about suicidal thoughts can actually help by creating a safe space for a person to talk about how they are feeling.

Myth: If a person is serious about acting on their suicidal thoughts, they can't be helped.

Fact: While suicide is a serious public health concern, a lot can be done to prevent it through effective and timely support.

Myth: You have to have a mental illness to think about suicide.

Fact: One in five people have thought about suicide at some point in their life. Not all people who die by suicide have a mental health condition. However, those living with a mental health condition are generally more likely to feel suicidal and make an attempt to end their life.

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What can I do to help?

If you think that someone may be feeling suicidal or has told you that they are having thoughts of ending their life, encourage them to talk about how they are feeling. It may feel uncomfortable talking about suicidal feelings and you may not know what to say but this is entirely normal and understandable.

Follow the four-stage suicide review below:

Ideation

Is the person thinking about ending their life?

Yes?

Plan

Does the person have a plan on how to end their life?

Yes?

Means

Does the person have what they need to carry out their plan?

Yes?

Timeframe

Has the person decided when to end their life?

Yes?

Act!

You don't need to find the answer, or even to completely understand why they feel the way they do. Listening to what they have to say will let them know you care.

- Don't be afraid to come right out and ask: "It can be difficult to see a future for yourself when everything seems so dark, I'm wondering if you are having thoughts of ending your life?"
- Validate feelings and explore the person's pain even when it's uncomfortable – you won't make it worse: "It makes sense you want the pain to stop", "I can see you are overwhelmed, it's understandable to feel exhausted", "You have been dealing with something so painful"
- Don't give advice - work with the person to problem solve
- Don't put your own values into the conversation by trying to convince them they have something to live for, not to be silly or tell them their actions will upset other people
- Work with the person to identify a goal for that moment. Support them to concentrate on the 'right now' rather than focusing on the future

*Take a deep breath,
you've got this!*



Spaghetti & Meatballs

Simple recipe for you to try at home

Ingredients:

Meatballs:

- 250g/9oz beef mince
- 1 medium free-range egg
- 2 tbsp fresh or dried breadcrumbs
- 1 tsp dried mixed herbs
- 1 garlic clove
- 1 tbsp vegetable oil
- Salt and pepper

Sauce:

- 400g tin chopped tomatoes
- 1 tsp dried mixed herbs
- 1 tsp caster sugar
- 1 garlic clove



Method:

1. Put the beef, egg, breadcrumbs and herbs into a large bowl. Peel and finely grate the garlic then add to the bowl. Work the mixture together with your hands until thoroughly mixed. Season with salt and pepper. Roll the mixture into 10 equal-sized balls (Or you can cheat and buy pre-made meatballs).
2. Heat the oil in a large frying pan over a medium-high heat. Fry the meatballs in batches for 8-10 minutes until golden-brown all over. Return all the meatballs to the pan then pour over the chopped tomatoes, mixed herbs and sugar. Peel and grate the garlic, add to then pan then cook over a medium heat for 8-10 minutes.
3. While the meatballs are cooking, bring a large pan of salted water to the boil. Add the spaghetti and cook for 10-12 minutes (or according to the packet instructions). Just before the spaghetti is ready, add a ladleful of the pasta water to the tomato sauce to thin it down (if necessary).
4. Drain the spaghetti and add to the pan with the meatballs. Toss to combine then divide between two serving bowls. As an added extra, you can grate a little cheese to add on top!





International week of happiness at work

25th - 29th September 2023



Why Eden Futures is a great place to work

From our Eden Influencers

We spoke to some of our Eden Influencers and asked them why Eden Futures is a great place to work and what part of their job makes them the happiest.

Why do you think Eden Futures is a great place to work?

"There is a great sense of community and family within the team. We all support each other through all the challenges that we are faced with. We have fantastic people that we support to be independent and further their skills, which is extremely rewarding." - Naomi

"Eden is a wonderful place to work because of the culture and opportunities they offer their staff. Eden identifies an individual's capabilities, giving them the chance to grow." - Jerin

"Eden Futures is a company that delivers on its values. It follows through on the support it promises, ensuring that each

individual can reach their own full potential. You have a true sense of belonging." - Scott

What part of your job makes you the happiest?

"Building meaningful relationships with service users and team members is a fundamental part of my job that brings me happiness. By developing open and supportive connections, I am able to understand their needs and address any concerns they may have. Seeing the positive impact of these relationships and the difference it makes in people's lives is extremely rewarding." - Angela

"I'm so happy to be able to do anything I can for the people who we support" - Millie

"Supporting my team to achieve their personal goals within work and developing in areas to build their confidence and knowledge." - Naomi

Continued...





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"One of the most rewarding aspects of my job is knowing that I am making a significant difference in the lives of the service users we care for. Seeing the positive impact on their wellbeing and happiness brings me immense joy."
- Angela

What/who are Eden Influencers?

We know that we need to listen to our people to make Eden Futures a great place to work. Our Eden Influencers are a cross-section of our workforce and Expert Partners who help us to shape our People Plan.

"I'm an Eden Influencer to help make a difference, whether it is to staff, the people we support or their loved ones" - Thomas

Together, we have a shared voice and the opportunity to influence our staff engagement, wellbeing, recruitment, retention, marketing, learning and development and build a great culture across Eden Futures.

What does an Eden Influencer do?

Our Influencers bring use their own experiences to help shape how we do things at Eden Futures. They listen, gather feedback, engage with colleagues and people we support, and work together to influence positive change.

Why did you become an Eden Influencer?

"I'm an Eden Influencer because I care about all aspects of our company. The people we support, our team members and the future growth of our company." - Richard

"I want to support and promote positive change where we can. The work we do is amazing every single day but if we can make that even the slightest bit better, then we should be trying to" - Scott

100%

of Influencers we spoke to said they would recommend working at Eden to their friends/family!

"I truly believe in the values embedded in Eden Futures and feel there is a great work culture here. I also love that everyone here also lives the values, which shows what an amazing overall team we have in this company!"
- Misty

If you would like to become an Eden Influencer, complete an application form (available from your Team Manager/Line Manager) and send this to:

edeninfluencers@edenfutures.org

By listening to our staff, we can to continue to make Eden Futures a great place to work. That's why we're launching an anonymous company-wide Employee Opinion Survey on 16 October - 30 November 2023 so that you can tell us what working at Eden Futures is really like.

Your voice matters and we'll use your feedback to keep improving what we do. Communications via people managers and Eden Influencers will be launching next week!





Care Awards 2023

Nominations open from:



1st June - 30th September 2023

Anyone can complete a nomination form, which is available from your line manager/Team Manager.

There will be a local awards and celebration day in November 2023, with the winners announced and awarded a prize by a member of the Eden Executive Team. This is for everyone to come together and celebrate, including the people we support.

Award categories:

The Gary Stark 'Making a Difference' Award

Unsung Hero Award

Outstanding Team Award

Outstanding Support Worker Award

Outstanding Leader Award

Shining Star Award

Outstanding Specialist Support Worker Award





Financial support

Don't struggle in silence

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.

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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www.nationaldebtline.org

National Debtline cost of living hub

**NATIONAL
DEBTLINE**

If you are struggling to make ends meet at the moment, you aren't alone. Millions of households are finding it hard to pay for everyday items as prices for essentials like food, gas and electricity have rapidly increased.

You can use the hub to find out if you can pay less for your costs of living and find out about any extra help that might be available.





Key contacts & helplines



Health & wellbeing

National Domestic Abuse Helpline

www.nationaldahelpline.org.uk
Tel: 0808 2000 247

Samaritans

www.samaritans.org
Tel: 116 123

Shout (text service)

www.giveusashout.org
Tel: 852 58

National Suicide Prevention Helpline

www.spuk.org.uk
Tel: 0800 689 5652

Money & household

StepChange Debt Charity

www.stepchange.org.uk
Tel: 0800 138 1111

National Debtline

www.nationaldebtline.org
Tel: 0808 808 4000

Citizens Advice

www.citizensadvice.org.uk
Tel: 0808 223 1133

Money Advice Service (Money Helper)

www.moneyhelper.org.uk/en

Depher

(Disability and Elderly Plumbing and Heating Emergency Repair)

www.depher.com
01282 420 678

Did you know...

Eden Futures website has a wellbeing page with advice and support to improve your mental health.



Scan to visit the wellbeing page on the website





Promoting positivity...

“ Do not judge me by my successes,
judge me by how many times I fell
down and got back up again. ”

Nelson Mandela



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