

Eden Together

Health & wellbeing magazine

World Mental Health Day

A day to talk about mental health and show everyone that mental health matters

Menopause Awareness

Why the menopause at work is a conversation we need to keep having...



Eden Together is One!

We are celebrating Eden Together's 1 year anniversary!



**Eden
Futures**

Welcome to our 11th issue of Eden Futures' monthly health and wellbeing magazine.

This issue also celebrates Eden Together's 1st birthday! We started Eden Together to coincide with World Mental Health Day in October 2022 because 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.

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
- ADHD Awareness Month
- World Mental Health Day
- World Menopause Day
- Recycle Week
- Keeping Active this Autumn
- Eden Kitchen Recipe
- Pet Friendly
- Financial Wellbeing
- Key Contacts and Helplines

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



16th - 22nd October 2023

Recycle Week 2023



18th October 2023

World Menopause Day



ACTION FOR HAPPINESS

October calendar

Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS Happier · Kinder · Together

Optimistic October

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

Issue 11 | October 2023





World Mental Health Day



10th October 2023



World Mental Health Day (10th October 2023) is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

Mental Health and how people are feeling is often mentioned in the news and on social media. Anyone at any stage in their lives can have a decline in their mental health for various reasons. It can affect how we think, feel and act and can affect people in different ways. It also determines how we handle stress, relate to others, and make choices.

Talking about your mental health

Talking is good for your mental health. And talking about mental health is important. But starting a conversation

isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.

- **Choose someone you trust to talk to:** This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.
- **Think about the best place to talk:** It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

Continued...





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Improve your mental health and wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive.

Connect with people:

Good relationships are important for your mental wellbeing. It can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

Be physically active:

Being active is not only great for your physical health and fitness, evidence indicates it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Learn new skills:

Learning new skills can improve your mental wellbeing by:

- Boosting self-confidence and self esteem
- Helping to build a sense of purpose
- Helping connect to others

Acts of kindness:


Giving acts of kindness can help improve your mental wellbeing by:

- Creating positive feelings
- Giving a feeling of self-worth
- Helping to connect to others

Mindfulness:

Paying more attention to your present moment can improve mental wellbeing, it includes your thoughts, feelings, your body and the world around you (sometimes referred to as mindfulness)





HAPPY INTERNATIONAL PRONOUNS DAY!

18th October 2023

www.pronounsday.org

International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace - **pronounsday.org**. Referring to people by the pronouns they determine for themselves is basic to human dignity. Being referred to by the wrong pronouns particularly affects transgender and gender nonconforming people. Together, we can transform society to celebrate people's multiple, intersecting identities.

Stonewall.org.uk tells us: "Pronouns are words we use in everyday language to refer to ourselves or others. They can be an important way to express your gender identity. 'I', 'me', 'she/her', 'he/him' and 'they/them' are some examples of pronouns.

'They' has been used as a singular pronoun since 1375! We use a singular 'they', 'them' or 'their' often. For example, if you find a jacket that was left behind in the office, you may ask: 'Did someone leave their jacket here?'

Some trans and gender non-conforming people may use 'they', 'them' and 'theirs' as personal pronouns.

'They' is considered a gender-neutral pronoun, compared to pronouns like 'he/him' or 'she/her' which are generally perceived as gendered terms.

At Eden Futures, we are committed to equal opportunities and encouraging diversity and inclusion among our workforce and where individual differences and the contributions of all colleagues and people we support are recognised and valued. Please see Eden Futures' Equality, Diversity and Dignity at Work Policy on ERNIE.

Here is some helpful information about how to use the correct pronouns so that we can all keep learning and getting better:

- www.diversitycenterneo.org/about-us/pronouns
- www.stonewall.org

What more do you think that we can we do as a company to continue to celebrate and encourage diversity and inclusion among our workforce? Join our Eden Influencer team and tell us!

#PronounsDay



Are you thinking of quitting smoking?

Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good.

Stoptober begins on 1st October and there's never been a better time to quit!

Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit. You'll start seeing the benefits immediately, not just for your health but also your finances. For more information, visit: www.nhs.uk/better-health/quit-smoking

Next month, read an interview from Clare Cott, our Group Operations Director about how she stopped smoking this year and the positive difference this has made to her health... and finances!

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



Go
SOBER this
OCTOBER

SUPPORT PEOPLE
LIVING
WITH **CANCER**

Sober October encourages people to go alcohol-free in October to raise money for Macmillan Cancer Support. Will you join in?

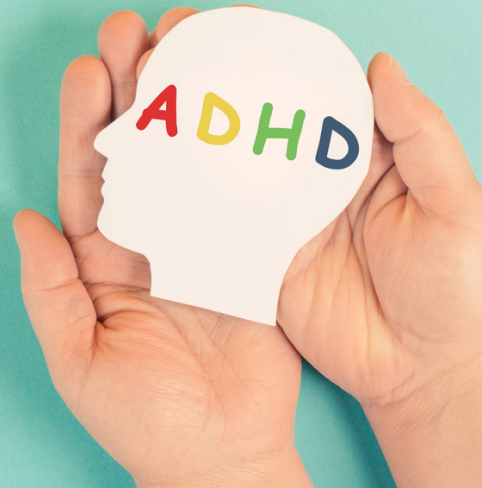
If you are worried that you may be drinking too much, we encourage you to reach out for help from your GP or speak to someone you trust at work (including the HR team). If you're interested in resetting your relationship with alcohol, you can try the free Try Dry® app. You can use it year-round to check your units, calories and money saved, and earn badges as you go.



ADHD

awareness month

1st - 31st October 2023



Understanding ADHD

According to [ADHDadultUK](#) - The UK's Leading Adult ADHD Charity, Attention Deficit Hyperactivity Disorder (ADHD) is a condition that affects the way people behave. People with ADHD are often restless, finding concentration difficult and may act impulsively. ADHDadultUK are not alone in finding the name very unhelpful, as when you examine ADHD, it's not about a deficit in attention, in fact someone with ADHD can show incredible focus (hyperfocus), it is just that the choice of what someone with ADHD focuses on is often not their own.

ADHD is more commonly associated with childhood, but evidence suggests that around a third of children with ADHD go on to be adults with ADHD, meaning somewhere between 2-5% of adults may have ADHD.

Next month, you can read about one of our members of staff who has ADHD and how they manage this at work.

Top tips for adults living with ADHD

- Create lists, maintain diaries, stick up reminders and set aside time to plan your day
- Exercise regularly to let off steam and release pent-up emotions
- Practice relaxation techniques like deep breathing or listening to music
- If you're employed, talk to your employer about your condition and explore ways to improve your work experience
- Consider reaching out to a local or national support group for assistance, as they can connect you with people in similar situations and offer advice and encouragement

Continued...

#adhdawarenessmonth





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If you would like more ADHD information or support, please see the following online charities and resources:

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD):

Founded in 1987 in response to the frustration and sense of isolation experienced by parents and their children with ADHD. Their website has lots of useful resources and information.

ADHDadultUK: ADHDadultUK is a UK-based charity that uses psychoeducation and peer support to help adults with ADHD as well as running online support group sessions.

adhdfoundation.org.uk: The ADHD Foundation Neurodiversity Charity is an integrated health and education service offering a unique lifespan – strength-based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette’s syndrome.

Breast *Cancer* Awareness

October 2023

Every October, people all over the world show their support for everyone affected by breast cancer.

Find out how you can support Breast Cancer Awareness Month this October:

<https://www.macmillan.org.uk/cancer-awareness/breast-cancer-awareness-month>

MacMillan offer services to support people living with cancer at every stage of their cancer diagnosis. If you or a loved one has been affected by breast cancer, they can help to support you. Services include; online community, financial support, accessing Macmillan services and key resources and information.



Scan to visit the wellbeing page on the website

Did you know...

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





World Menopause Day

18th October 2023

The Menopause at Work

By Alex Pugh (Head of HR)

Menopausal people are the fastest growing demographic in the workplace, yet many struggle to manage the psychological and physiological changes their bodies are going through.

According to Occupational Health & Wellbeing (Personnel Today) a quarter of menopausal people will experience debilitating symptoms; from hot flushes and night sweats to increased anxiety, and for some it forces them out of the workplace completely.

These people are likely to be at the top of their game but without the right support, at the right time, they can stop reaching their full potential.

It's important for us to address the taboo, to attract and retain strong talent.

Research has found that more than 70% of people experiencing the menopause have no idea what support is available to them at work and feel isolated.

It might not always be obvious who is experiencing menopause symptoms. It's important to remember that the menopause affects most women and other people who have a menstrual cycle.

This can include:

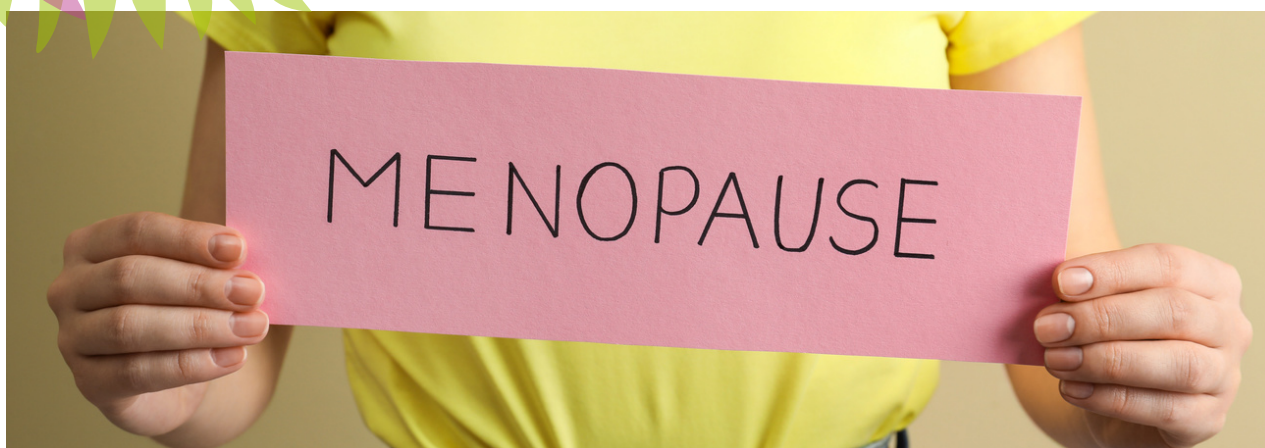
- Trans people – 'trans' is an umbrella term used to describe people whose gender is not the same as the sex they were assigned at birth
- People with 'variations of sex development' (VSD) – some people might prefer to identify as intersex or use the term 'differences in sex development' (DSD)
- Those who identify as non-binary – non-binary people do not think of themselves as simply male or female

We support everyone equally and keep conversations confidential and private. This is particularly important because someone might talk about their gender identity when discussing their menopause symptoms and might not want it more widely known.

Continued...

#worldmenopauseday





...Continued.

We encourage anyone who may be going through the menopause to ask for support if you need it. You can speak to your GP, your line manager or any member of the HR team. We will always treat personal information shared with the dignity and respect you deserve.

Here is some further information and support:

Menopause Matters:

www.menopausematters.co.uk/ which provides information about the menopause, menopausal symptoms and treatment options;

The Daisy Network charity:

www.daisynetwork.org/ which provides support for people experiencing premature menopause or premature ovarian insufficiency; and

The Menopause Café:

www.menopausecafe.net/ which provides information about events where strangers gather to eat cake, drink tea and discuss the menopause.

Menopause Support has launched a new guidance booklet “Understanding Menopause” to support everyone to better understand and navigate the Menopause.

The new guidance booklet, reviewed by expert clinicians, includes a much-needed symptom checker to understand the breadth of potential menopause symptoms and when to reach out for support.



Scan this QR code with your smartphone camera to download a PDF version of the booklet. Or visit the online resources on our Wellbeing page: edenfutures.org/wellbeing





Keeping active *this Autumn*

In the Autumn months, getting active outdoors becomes less appealing. Exercising at this time of the year can be harder as the dark evenings and rainy weather can make us feel less motivated.

However, there are lots of activities you can do indoors instead. Exercising at home is easy and free, and still helps to boost your mood, control your weight, blood pressure, and strengthen your immune system.

Being overweight or inactive can put a strain on your body, heart and immune system and may make you less able to fight infections during the colder months.

Exercising at home doesn't have to take much extra time, you can incorporate small exercises whenever you can throughout the day. Such as 10 minutes in the morning and then 10 minutes in the afternoon.

Keeping active and being social with friends and family can also help to improve your mood and motivation level.

Managing stress is particularly important in the colder months, as too much can affect how our immune system works.

Hormones from stress may suppress immune function and increase blood pressure. It might also lead to us reaching for sugary snacks and drinking too much alcohol which will impact your overall mood.

The NHS have some simple and easy to follow workout videos available online, which you can use as a guide if you want to get more active this Autumn.



<https://www.nhs.uk/better-health/get-active/>





Recycle week

16th - 22nd October 2023

Recycle Week 2023 will take place between 16th-22nd October 2023. This year Recycle Week is celebrating its 20th anniversary and will be inspiring children, families and whole communities to get involved.

In the spirit of looking towards a greener future, Eden Futures is encouraging everyone to get involved and make a positive impact on our planet.

Recycling helps us look after the environment and a healthier world for us all. Every item recycled is one less in a landfill.

Ideas on how you can join in:

- Recycling Station setup: Set-up recycling bins in your area, making sure they are correctly labelled for paper, plastics, metals and glass.
- DIY Crafting: Upcycle used items into art or household items. An old jar can become a decorative vase and plastic bottles can be used as plant pots!

- Clean-up drives: Gather a group and clean a local park, beach, or any public area. Collect recyclables on your way and make sure they're recycled properly.

Find a recycling facility

Recycle Now have some fantastic online resources, including a recycling locator to find out what you can recycle at home or in your local area.



www.recyclenow.com/recycling-locator

 **recycle**
The possibilities are endless.

#recycleweek

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Pumpkin Soup

Simple recipe for you to try at home

You can also make this soup with leftover roast butternut squash or pumpkin, reducing the simmering time to 15 minutes, just so the potato is cooked through.



Ingredients:

- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g unsalted butter
- 2 tbsp olive oil
- 100ml double cream
- 3 tbsp pumpkin seeds
- salt and black pepper
- 1 medium pumpkin (deseeded and roughly chopped)
- 1 medium-sized floury potato (roughly chopped)
- 1 litre vegetable or chicken stock

Method:

1. Put the onion, carrots, garlic bay leaf, butter and half the olive oil into a large pan. Cook over a low-medium heat for about 10 minutes until the vegetables are tender but not coloured.
2. Add the squash and potato, mix to combine and cook for a further 2-3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.
3. Pick out the bay leaf and blend the soup until smooth using a stick blender.
4. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.
5. Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.
6. Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.





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!

Buddy (AKA puppy)

Owner: Leah Holroyd (Area Manager)

Buddy struggles with attachment and loves being with Leah at all times. He doesn't like people coming to visit, however he does enjoy getting involved - you will often see him in the background in an online meeting!

Buddy is Leah's confidante, best friend and someone she knows will always be there at the end of the day, to give the best cuddles and love (even though he sighs when he is fed up of Leah fussing him!)



Ralph



Barney

Barney & Ralph

Owner: Paige Matheson (Support Worker - Bridlington)

Barney the cat is a 1 year old with a big personality and never fails to make Paige laugh. Ralph the dog is 6 years old and very goofy!

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





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



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...

“ All our dreams can come true, if we
have the courage to pursue them. ”

Walt Disney



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