

# Eden Together

Health & wellbeing magazine

## Movember and International Men's Day

Raising awareness of men's health issues.

## National Stress Awareness Day

Highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.



Sustainable living and better choices  
for a healthy mind and healthy planet.



## Welcome to our 12th 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.

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
- National Stress Awareness Day
- Movember and International Men's Day
- Awareness Days
- Mindfulness through Art
- EcoEden
- Eden Kitchen Recipe
- Financial Wellbeing
- Key Contacts and Helplines

Please share your photos and stories to Marketing at: [marketing@edenfutures.org](mailto:marketing@edenfutures.org)



## MOVEMBER

### 1-30 November 2023



### 11th November 2023

#### Remembrance Day



### 13th November 2023

#### Kindness Day



# November *calendar*

**New Ways November 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>8</b> Try out a new way of being physically active	 <b>7</b> Be creative. Cook, draw, write, paint, make or inspire	<b>1</b> Make a list of new things you want to do this month	<b>2</b> Respond to a difficult situation in a different way	<b>3</b> Get outside and observe the changes in nature around you	<b>4</b> Sign up to join a new course, activity or online community	<b>5</b> Change your normal routine today and notice how you feel!
<b>6</b> Try out a new way of being physically active	<b>7</b> Be creative. Cook, draw, write, paint, make or inspire	<b>8</b> Plan a new activity or idea you want to try out this week	<b>9</b> When you feel you can't do something, add the word "yet"	<b>10</b> Be curious. Learn about a new topic or an inspiring idea	<b>11</b> Choose a different route and see what you notice on the way	<b>12</b> Find out something new about someone you care about
<b>13</b> Do something playful outdoors - walk, run, explore, relax	<b>14</b> Find a new way to help or support a cause you care about	<b>15</b> Build on new ideas by thinking "Yes, and what if..."	<b>16</b> Look at life through someone else's eyes and see their perspective	<b>17</b> Try a new way to practice self-care and be kind to yourself	<b>18</b> Connect with someone from a different generation	<b>19</b> Broaden your perspective: read a different paper, magazine or site
<b>20</b> Make a meal using a recipe or ingredient you've not tried before	<b>21</b> Learn a new skill from a friend or share one of yours with them	<b>22</b> Find a new way to tell someone you appreciate them	<b>23</b> Set aside a regular time to pursue an activity you love	<b>24</b> Share with a friend something helpful you learned recently	<b>25</b> Use one of your strengths in a new or creative way	<b>26</b> Try out a different radio station or new TV show
 <b>27</b> Join a friend doing their hobby and find out why they love it	<b>28</b> Discover your artistic side. Design a friendly greeting card	<b>29</b> Enjoy new music today. Play, sing, dance or listen	<b>30</b> Look for new reasons to be hopeful, even in tough times	  		

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## New Ways November

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](http://www.actionforhappiness.org)





## It's OK to ask for help

# Stress *Awareness Day*

**2nd November 2023**

Stress Awareness Day puts the spotlight on stress: what it is, how it affects us, and what we can do about it.

### What is Stress?

Simply put, stress is our body's response to pressure. It's the feeling we get when we're faced with a challenge or a demand. Sometimes a little stress can be helpful, making us alert and giving us the push to get things done. But too much stress can wear us down and harm our health.

### Why a Stress Awareness Day?

Life is often fast-paced and can be overwhelming. Many of us juggle work, family, and other responsibilities, and it can be tough to keep up. Stress Awareness Day is there to remind us to pay attention to our wellbeing. It's a nudge to talk about stress openly, share our experiences, and look for better ways to cope.



### Have you heard of Clic?

Clic is an online community for everyone's mental health. Clic believe that no one need be lonely or isolated. Clic are there for you, around the clock.

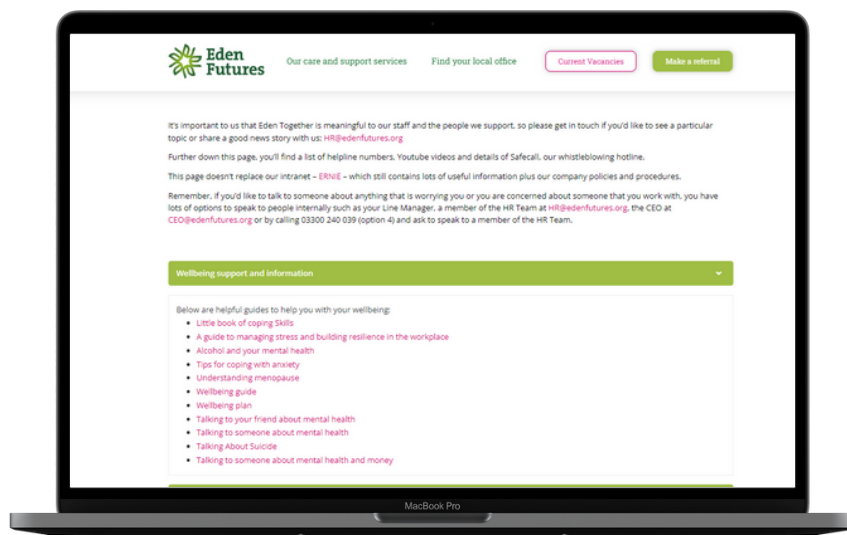
Clic offers online resources and a safe environment for people to chat peer to peer online so that more people across the UK can connect and thrive.

[clic-uk.org](https://clic-uk.org)





Scan to visit the wellbeing page on the website

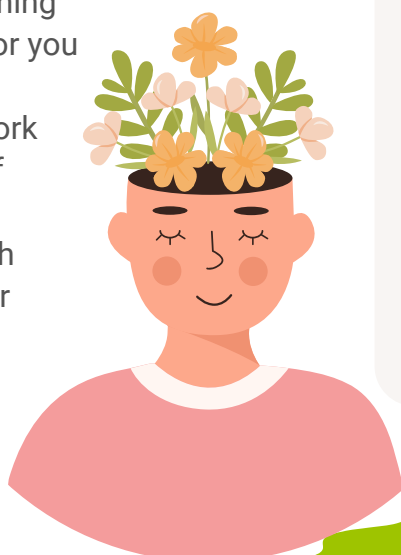


# Wellbeing support and information

The Wellbeing page of our website contains guides, helpline numbers, Youtube videos and details of Safecall, our whistleblowing hotline.

We have also added **new** downloadable mental health information guides under 'Wellbeing support and information'.

Remember, if you'd like to talk to someone about anything that is worrying you or you are concerned about someone that you work with, you have lots of options to speak to people internally such as your Line Manager or a member of the HR Team at [hr@edenfutures.org](mailto:hr@edenfutures.org).



## Wellbeing and support guides:

- Little book of coping Skills
- A guide to managing stress and building resilience in the workplace
- Alcohol and your mental health
- Tips for coping with anxiety
- Understanding menopause
- Wellbeing guide
- Wellbeing plan
- Talking to your friend about mental health
- Talking to someone about mental health
- Talking About Suicide
- Talking to someone about mental health and money





On 19th November, International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities.

### The 6 Pillars of International Men's Day

1. To promote positive male role models; not just movie stars and sports men but every day, working class men who are living decent, honest lives.
2. To celebrate men's positive contributions to society, community, family, marriage, child care, and to the environment.
3. To focus on men's health and wellbeing; social, emotional, physical and spiritual.
4. To highlight discrimination against men; in areas of social services, social attitudes and expectations, and law
5. To improve gender relations and promote gender equality
6. To create a safer, better world; where people can be safe and grow to reach their full potential.

At Eden Futures, we believe that recognising International Men's Day aligns with our core values of inclusivity, respect, and continuous improvement. It's a day to encourage open conversations about topics that often go unspoken, such as men's mental health, the importance of positive role models, and the unique challenges men face in the pursuit of personal and professional fulfilment.

We are proud to embrace this day not only to celebrate the achievements and contributions of our male colleagues but also to reaffirm our commitment to creating a work environment that supports the health and wellbeing of everyone. It's a chance to dispel stereotypes and encourage men to lead lives marked by openness, empathy and wellness.

Continued...





...continued.

## DID YOU KNOW?

### Challenges

Men face a series of health challenges that need to be addressed in order to have our communities function to their fullest potential.

### Current research tells us that:

- Men have a suicide rate 3 times higher than women
- 1 in 3 men have been the victims of domestic violence
- men on average die 4-5 years before women
- Men are nearly twice as likely to suffer from lung cancer than women
- Men are nearly twice as likely to suffer from heart disease than women

With that, we turn the spotlight not just on the accomplishments and contributions of men in our society but also on the silent battles many face with their mental health. Today, we share a powerful and personal story from Scott Southworth, Area Manager and Eden Influencer, whose bravery in telling his story is both commendable and inspiring.

Scott opens up about his struggle with his mental health, addressing the taboo surrounding men's mental wellbeing. His honesty in revealing the pressures of appearing strong and the subsequent realisation that seeking help is not a sign of weakness but of tremendous strength, sets a fantastic example for us all.

"I have suffered with my mental health for some time now. Yet there is still the age-old taboo around men and mental health."

**"For a long time, I kept everything in and felt I could cope with it on my own. I thought I would be seen as less of a man if I admitted to people that I was struggling, so I tried to hide it and 'get on with it'."**

"I never took time to relax or switch off. I was always on edge, I never slept, I was anxious all the time. It took for someone who I respect a great amount to have a very open and honest conversation with me to help me reflect and realise I wasn't hiding anything."

His journey from silent endurance to seeking and receiving support shows us the transformative power of openness and the importance of mental health awareness.

Continued...





## ...continued.

His words resonate with a message of hope and solidarity:

"I got the support I needed and managed to turn everything around. I feel better in myself and in what I do and I look forward to the next day instead of dreading it."

**"My message to the men who are suffering is to speak up and seek support if you need it. No one laughed at me. No one thought less of me. There are people who will listen and who will help and guide you."**

At Eden Futures, we echo Scott's call to action. We want every member of our team to know that it is okay to not be okay, and it is more than okay to seek help. Your wellbeing is our priority, and we are committed to providing a supportive environment where every voice can be heard and every individual is supported.

If you're not feeling okay or if you're struggling to cope, please reach out. You can talk to your line manager, any manager within our company, or anyone in our HR team. We assure you that you will be heard and supported.

In addition to reaching out to your GP, please remember that our HR Business Partner, (Lou Beardsley), is available to guide you towards additional support services, including those provided by Westfield Health, where counselling services may be available.

For those who might want external confidentiality or advice, there are several dedicated helplines for men's mental health:

- Mind: 0300 123 3393 ([www.mind.org.uk](http://www.mind.org.uk))
- Samaritans: 116 123 ([www.samaritans.org](http://www.samaritans.org))
- CALM (Campaign Against Living Miserably): 0800 58 58 58 ([www.thecalmzone.net](http://www.thecalmzone.net))
- Men's Health Forum: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Let's all take a moment to reflect on the courage it takes to share such personal experiences and let it remind us of the strength that lies in vulnerability and the power of collective support. Today, and every day, we stand together in supporting the mental health of the men in our lives and our workplace.

Eden Futures is proud to stand by you.

*#internationalmensday*







# Changing the face of men's health



#movember

Mental health and suicide prevention, prostate cancer and testicular cancer – [uk.movember.com](http://uk.movember.com) are taking them all on:

"Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men."

## Get involved this Movember



**Grow a mo:** Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.

**Move for Movember:** Commit to running or walking 60km over the month, at your own pace. That's 60km for the 60 men we lose to suicide each hour, every hour across the world.

**Host a Mo-ment:** Rally a crew and do something fun and easy. Hosting is all about having a good time for a good cause.

**Mo your own way:** Create your own challenge – it can be anything. A gruelling test of physical endurance or something else entirely. Your epic efforts will help change the face of men's health.

**If you are joining in with the Movember campaign, please get in touch with us and share your photos and donations page!**  
[Marketing@edenfutures.org](mailto:Marketing@edenfutures.org)

## Spot the signs

**Do you have a friend who's been avoiding social situations? Gone MIA on social media? Getting easily frustrated? Or just generally acting out of character?**

It may be a sign they are struggling. Changes in behaviour can be a sign of poor mental health. If you spot a friend whose behaviour is out of character, that's your sign to check in with them.

**Signs that someone could be in distress might include:**

- Not sleeping
- Eating less or more than usual
- Forgetting grooming (no clean clothes, not showering or brushing teeth)
- Avoiding social situations
- Missing social or sports events
- Going quiet on social media or messaging apps
- Being more irritable than usual
- Talking of death and dying or increased hopelessness

If you spot a friend whose behaviour is out of character, it's important to check in with them - it might just save their life.





# Breaking Free

## Clare Cott's journey to quit smoking

Interview by Eden Together

In the spirit of Stoptober, a month dedicated to encouraging smokers to quit, we bring to you a powerful and personal story from within our own team. Clare Cott, our Group Operations Director, shares her journey of quitting smoking, a habit she left behind in April of this year.

In this exclusive interview, Clare tells us about the challenges she faced, the strategies she's used, and the personal rewards she has reaped from her journey to becoming smoke-free.

Join us as we celebrate Clare's incredible achievement and find out more about the lessons learned along the way. Her story is not just an inspiration for those looking to quit smoking, but a reminder about the strength that lies within us all to overcome our challenges and live our best lives.

**Eden Together:** "Hello Clare, thank you so much for joining us today. First of all, congratulations on your amazing achievement! It's 20th October today and you've been a non-smoker for 198 days now. That's incredible! How are you feeling about it?"



**Clare:** "Hello and thank you for having me! It's been a challenging journey, but I feel great. I can't believe it's been 198 days already!"

**Eden Together:** "You've managed to avoid smoking 4364 cigarettes and saved £2618.55 in the process. That's a huge accomplishment. Can you tell us what motivated you to stop smoking?"

**Clare:** "I'd been thinking about quitting for a while, and I realised it was time to take control of my health. I wanted to feel better and live a healthier life. Plus, seeing the financial savings really motivated me as well."

**Eden Together:** "That's very inspiring. I heard that you used an app to track your progress. How did that help you in your journey?"

**Clare:** "The app was a game-changer for me. I've been smoking for many years so I wanted something to help me stay

Continued...





...continued.

focused on my goals and show me the progress I was making, like how many days smoke-free I had been and how much money I was saving.

The app also helped me identify the times and situations when I was most likely to smoke, like when I was out with friends. That awareness helped me think ahead and still enjoy those moments without cigarettes. Even though I'm comfortable not smoking anymore, I still keep the app on my phone and will look at it from time to time, which gives me a little boost!"

**Eden Together:** "That's a great strategy. Quitting smoking is definitely a challenge, and it sounds like the app played a big part in your success. What would you say was one of the hardest parts of quitting?"

**Clare:** "One of the hardest parts was breaking the bad habits and routines associated with smoking, especially in social situations or at times when maybe I'd had a bad day. But knowing when I was more likely to reach for a cigarette really helped me. Once I could identify my pattern and I broke a habit, I was able to get into a different mindset. After that, it became easier every day. I'm 6 months smoke-free and this feels normal to me now!"

**Eden Together:** "That's fantastic. It sounds like you've really learned a lot about yourself in this process. And with all the money you've saved, I heard you've been adding to your baking equipment collection?"

**Clare:** "Yes, that's right! I love baking, and with the extra money, I've been able to buy some new baking equipment. It's been a fun way to reward myself and stay motivated."

**Eden Together:** "That's a delicious way to celebrate your success! Once again, congratulations Clare. You've done an amazing job, and we're all very proud of you. Thank you for sharing your story with us today."

**Clare:** "Thank you! It's been great to share my journey, and I hope it can inspire others to take that step and quit smoking too."

**Eden Together:** "Absolutely, I'm sure your story will inspire many. Well done, Clare, and keep up the great work!"

Continued...



...continued.

Clare's story is one of determination, self-awareness, and resilience – congratulations and a huge well done from all of us at Eden Futures!

## Inspired by Clare?

According to [www.verywellmind.com](http://www.verywellmind.com), if you are trying to give up cigarettes, an app to help you quit smoking might be just what you need to help you drop the habit. However, with the variety of apps available, it can be challenging to figure out which ones are the best.

When making a decision, be sure to take into account your own personality and what motivates you the most. Some people will need community support, while others may benefit from charting their progress.

To help you make the right choice, [www.verywellmind.com](http://www.verywellmind.com) have rounded up the best apps to help you quit smoking for good, which you can find on the Apple and Android app stores:

## The best apps to help you quit smoking in 2023:

- Best Overall: EasyQuit
- Best Budget: Get Rich or Die Smoking
- Best for CBT: Quit Genius
- Best for Encouragement: Kwit
- Best Tracking: Quit Tracker
- Best Evidence-Based: Smoke Free



# EcoEden Initiative

## Embracing sustainable living for the wellbeing of ourselves, our communities and the planet.

EcoEden is our **new** initiative aimed at embracing sustainable living for the wellbeing of ourselves, our communities and the planet. As we continue on this journey, we're inviting our staff and people we support to join us in making mindful, earth-friendly choices. We are committed to learning and improving together.

We believe in the power of collective action – each small, sustainable step we take leads to a healthier life and a thriving world. EcoEden isn't just an idea; it's our promise for a more sustainable and caring future.



### Give and get items

Avoid buying new by sharing and finding items locally.



### Help the planet

Give your items a second life. Less waste = less damage to the planet.



### Help each other

Build community and save money by sharing with fellow locals.

#### Too Good to Go app

'LET'S FIGHT food waste TOGETHER'  
Food waste is a big problem. Too Good To Go is the app that lets you rescue unsold food from an untimely fate at your favourite spots.

Use the app to explore shops and restaurants in your local area and save Surprise Bags of surplus food from going to waste at a great price. Feeling hungry? With the Too Good To Go app, you can eat well while making an impact. Save Surprise Bags of good food at an even better price from restaurants and shops near you.

#### Reuse Network

Reuse Network allows people to find and access high-quality, affordable household items, such as furniture, electrical appliances, IT equipment and more.

If you are fortunate enough to have surplus items that can be re-used, you are able to donate these to the shops so they can be available to those in need. There is a quick and easy enquiry form that will get your unused and unwanted items to the closest store to you. Some stores offer a free collection service.

[reuse-network.org.uk](https://reuse-network.org.uk)

#### Freecycle

Freecycle are a grassroots and entirely non-profit movement of people who are giving and getting stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills.

Membership is free. And now you can also set up your own, smaller personal Friends Circle for gifting and lending of items with just your friends!

[freecycle.org](https://freecycle.org)





# 20 Top Tips

## On sustainable living and saving money

From [theminimalistvegan.com](http://theminimalistvegan.com)

**01.** Try setting your thermostat 1 degree lower to see if you still find the temperature comfortable. Every degree you turn your thermostat down can save around 10% on your energy bill.

**02.** Use LED lighting or CFL bulbs instead of incandescent lighting as it's proven to last longer, which reduces the need to keep purchasing light bulbs.



**03.** Put on an extra layer of clothing instead of turning on the heating. Seriously, doubling up on your socks does wonders!

**04.** Open up your blinds and use as much natural light as possible before switching on your light bulbs. You all get to enjoy some more sunshine.



**05.** Turn off your lights when you leave a room.

**06.** Put up a no junk mail sign on your letterbox to limit the amount of paper waste.

**07.** Hang your wet clothes on a drying line or rack instead of using a tumble dryer.

**08.** Hand wash your clothes, particularly if you only have a few items to clean.

**09.** Start timing your showers. Or better yet, invest in a shower timer or water-saving showerhead.

**10.** Don't leave the water running when cleaning your face or brushing your teeth.



**11.** Buy bigger bottles less often, as opposed to smaller bottles more often. It also works out to be cheaper.

**12.** Turn off your devices at night, including your wifi box.

Continued...



...continued.

**13.** Grow your own herbs, fruit and vegetables even if it's just a few pots around the house, it all helps!



**14.** Don't buy plastic bags at the checkout. Instead, take your own bags for your shopping.

**15.** Save gift bags and boxes for future use.

**16.** Make a home-cooked meal or bake a cake.

**17.** Use e-waste recycling programmes when disposing of your electronics.

**18.** If you do need to buy new appliances, look second hand first.

**19.** Read your favourite newspaper publications online instead of reading the paper versions.

**20.** Eat more whole foods. Better yet, try going vegan!

Why not try going vegan? You don't need to make this lifestyle swap forever!

World Vegan Month encourages and supports people and businesses alike to move to a plant-based diet as a way of protecting the environment and improving the health of millions of people. It can also be a really cheap way to eat, too!



Find out more by visiting: [www.vegansociety.com/get-involved/world-vegan-month](http://www.vegansociety.com/get-involved/world-vegan-month)

We've included a healthy, budget friendly vegan recipe in our Eden Kitchen this month to help get you started!

We'd love to hear from you about Eco initiatives that you're doing - either at home or at work. Get in touch with us at: [marketing@edenfutures.org](mailto:marketing@edenfutures.org)



# Indian chickpea & vegetable soup

Simple recipe for you to try at home

As it's World Vegan Month and Diwali, we thought that you might like to try this tasty Indian chickpea and vegetable soup. It's an easy midweek meal, or filling lunch that packs a lot of flavour.



## Ingredients:

- 1 tbsp vegetable oil
- 1 large onion, chopped
- 1 tsp finely grated fresh root ginger
- 1 garlic clove, chopped
- 1 tbsp garam masala
- 850ml vegetable stock
- 2 large carrots, quartered lengthways and chopped
- 400g can chickpea, drained
- 100g green bean, chopped

## Method:

Heat the oil in a medium saucepan, then add the onion, ginger and garlic. Fry for 2 mins, then add the garam masala, give it 1 min more, then add the stock and carrots. Simmer for 10 mins, then add the chickpeas. Use a stick blender to whizz the soup a little. Stir in the beans and simmer for 3 mins. This is great with naan bread!

### Share your favourite recipes with us!

We're on the lookout for more than just savings and health benefits; we're seeking a taste of diversity. Do you have a recipe tucked away that's both kind to the waistline and the wallet? Whether it's a family heirloom or a vibrant dish from your cultural heritage, we're all ears—and taste buds! We're especially keen on trying new things and exploring recipes from different cultures.

Join our community of food lovers by sharing your own budget-friendly, nutritious recipe!





## Remembrance Day UK

11th November 2023



Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

### Support the Poppy Appeal

Supporting the Poppy Appeal shows you care about the lives of the Armed Forces community and helps the RBL to continue vital work supporting serving and ex-serving individuals and their families. To find out more/donate, visit: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)



## Giving Tuesday

28th November 2023

### What is Giving Tuesday?

Giving Tuesday is a global generosity movement, that celebrates and encourages doing good. Giving Tuesday is all about the different ways you can give, you can:

- Volunteer your time
- Give some money
- Campaign for something
- Share your skills
- Fundraise for something
- Donate goods
- Buy something from a charity shop
- You can do your something good on Giving Tuesday, you can do it before or after the day for Giving Tuesday, or you can use Giving Tuesday to kickstart your own personal generosity movement by sharing why you are #ProudToGive, and why your audience should be too.

[www.givingtuesday.org.uk/28-november-2023](http://www.givingtuesday.org.uk/28-november-2023)  
#GivingTuesday

## Kindness Day UK

13th November 2023

Kindness UK is an independent, not-for-profit organisation with the goal of making kindness a greater part of everyday life. Since 2007 Kindness UK has been promoting the positive benefits of kindness to health, overall wellbeing, community, nature and the environment.

How will you show kindness on 13th November... and every day?

[www.kindnessuk.com](http://www.kindnessuk.com)

#WorldKindnessDay  
#BeKind





# Diwali

*The Festival of Lights*

12th November 2023

Diwali is one of the most important festivals in India, known as the Festival of Lights. It's a time when families and friends get together, light up their homes with lamps, set off fireworks, and share gifts and sweets. It represents the victory of light over darkness and good over evil.

We're excited to share that one of our Eden Influencers and Support Workers from Ollerton Cherry Trees, Jerin Philip, has reached out to tell us more about this vibrant festival:

"This year, Diwali is celebrated on 12 November. In India, Diwali is mostly celebrated in Northern part. Diwali is also known as Divali or Deepavali. The term is derived from the Sanskrit word 'dīpa', which means 'lamp, light, lantern, candle, that which glows, shines, illuminates or knowledge.'

We wish our Eden Family a very blessed and happy Diwali."



Thank you, Jerin! Stay tuned for next month's feature, where we'll showcase the stunning decorations Jerin and his colleagues have put up to celebrate Diwali.

**Continued...**





## ...continued.

If you want to experience the beautiful lights of Diwali, there's no better place than Leicester.

Leicester today has what is regarded as the largest Diwali celebrations outside of India! Here, during Diwali, you can see the whole city come alive with bright lights and colours.

Up to 40,000 people watch the lights switch-on with an evening of entertainment including a vibrant programme of music and dance on the Belgrave Road stage and a fantastic firework display.

Don't miss the annual Rangoli exhibition at Belgrave Neighbourhood Centre plus food, stalls and funfair rides in the Diwali Village on Cossington Recreation Ground.

The Diwali Wheel of Light returns again this year, adding a sparkling centrepiece and extra excitement to this year's festivities. Take a ride up to 110 feet, and take in the unparalleled views over the Golden Mile and Leicester City!

[www.visitleicester.info/diwali](http://www.visitleicester.info/diwali)



# Mindfulness Through Art

By Alex Pugh (Head of HR)

One of my hobbies is to paint as it gives me perfect mindfulness through being in the moment.

In this painting, I've tried to capture the essence of change through the heart of an autumn wood. I mixed crimson, vermillion red, gold, ochre and amber to create a vibrant collection of colours; each leaf is a reflection of transformation and renewed growth. Trees stand tall, yet yield to the season's call, taking off their summer clothes, much like life's ebb and flow; the dark below and beneath us and its rising. We let go.

Whether you're an experienced artist or a beginner, I encourage you to pick up a brush, pens or crayons and see what happens. You may just find that it gives a little sanctuary for your mind, just as my autumn wood has done for me.



**"Harvest of Autumn Change"**  
Acrylic on canvas  
By Alex Pugh (Head of HR)

## DID YOU KNOW?

Several studies have shown that creative hobbies, such as art, writing and music, can reduce and even prevent stress. You may find that, after a stressful day, enjoying a hobby can help you de-stress and even give you an energy boost. Being creative may also reduce feelings of anxiety and depression, and can help us express or manage our emotions in a positive and productive way. Especially when those feelings are difficult to put into words.

Do you have a hobby that you enjoy? We'd love to hear about it!  
Get in touch with us at [marketing@edenfutures.org](mailto:marketing@edenfutures.org)





# Coming up in *December*

Here are the topics and awareness days that we'll be covering in our next issue.



## Decembeard

An annual event involving the growing of beards during the month of December to support everyone with bowel cancer. If you are taking part, please get in touch and let us know!

## International Day of Persons with Disabilities

Promotes an understanding of disability issues and mobilises support for the dignity, rights and wellbeing of persons with disabilities.

## National Grief Awareness Week

4th - 10th December. To raise awareness of the different ways in which individuals cope with loss. We'll be providing support information for those who need it.



## Christmas Jumper Day

Save the Children's annual event, which raises money for children in the UK and across the world. Every December, millions of people across the United Kingdom (and beyond!) put on a festive outfit at their workplace, school, or with friends and make a donation to help give children the magical future they deserve. Christmas Jumper Day will take place on Thursday 7 December 2023 but you can celebrate on whatever day works for you! We'll be sharing our Eden Futures fundraising page on our social media, so keep your eyes peeled!

## Human Rights Day

10th December. Human Rights Day is a global observance dedicated to promoting and celebrating the fundamental rights and freedoms that all individuals are entitled to, regardless of their nationality, gender, race, religion, or background.

### Let us know...

Let us know if you would like us to cover any special awareness days or topics by contacting [marketing@edenfutures.org](mailto:marketing@edenfutures.org)

Our next issue of Eden Together goes live on:

**6th December**





# 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](http://www.stepchange.org/online)

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

©2020 Foundation for Credit Counselling Ltd, StepChange Debt Charity, Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and 50048263.



[www.nationaldebtline.org](http://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](http://www.nationaldahelpline.org.uk)  
Tel: 0808 2000 247

### Samaritans

[www.samaritans.org](http://www.samaritans.org)  
Tel: 116 123

### Shout (text service)

[www.giveusashout.org](http://www.giveusashout.org)  
Tel: 852 58

### National Suicide Prevention Helpline

[www.spuk.org.uk](http://www.spuk.org.uk)  
Tel: 0800 689 5652

## Money & household

### StepChange Debt Charity

[www.stepchange.org.uk](http://www.stepchange.org.uk)  
Tel: 0800 138 1111

### National Debtline

[www.nationaldebtline.org](http://www.nationaldebtline.org)  
Tel: 0808 808 4000

### Citizens Advice

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Tel: 0808 223 1133

### Money Advice Service (Money Helper)

[www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

### Depher

(Disability and Elderly Plumbing and Heating Emergency Repair)

[www.depher.com](http://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...*

“ Act as if what you do makes a difference. ”  
It does.

**William James**



Harlaxton House, Unit 3, Long Bennington Business Park,  
Main Road, Long Bennington, NG23 5JR

T: 03300 240 039 E: [info@edenfutures.org](mailto:info@edenfutures.org) [www.edenfutures.org](http://www.edenfutures.org)