

Issue 13 | December 2023

# Eden Together

Health & wellbeing magazine

## Christmas time and embracing all experiences

Support available during the festive season.

## Awareness Days

Highlighting special days and events so that we can all keep learning and looking after ourselves.

## Money saving tips!

Some homemade hacks to save you money this Christmas!



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



 **Eden  
Futures**



## Welcome to our 13th 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
- Decembeard
- World AIDS Day
- International Day for Persons with Disabilities
- National Grief Awareness Week
- Christmas Jumper Day
- 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)



### Decembeard



### 1st December 2023

#### World AIDS Day



### 4th - 10th December 2023

#### National Grief Awareness Week



### 7th December 2023

#### Christmas Jumper Day



# Welcome to our Eden Together Christmas Edition: *Embracing all experiences*

Dear Readers,

As the festive season starts, it brings with it different emotions and experiences. Christmas is often seen as a time of joy, celebration, and togetherness. While this is true for many, it's equally important to remember that for some, this season can be challenging for a lot of reasons.

For some of our readers, Christmas might not be a part of their religious or cultural traditions. It's a time that reminds us of the diversity of beliefs and practices that make our communities vibrant and unique. Others may find this season overwhelming due to personal, financial, or health-related struggles. Mental health challenges, anxiety in social settings, financial pressures, or the disruption of daily routines can make this time particularly difficult.

We also understand that Christmas can create feelings of loneliness and sadness. The absence of family and/or friends, bereavement and grief, or dealing with an eating disorder in a season focused on feasting can be incredibly daunting. It's important to remember that it's okay to feel this way. Your feelings are valid, and acknowledging them is a step towards self-care.

As we celebrate this season, let's be mindful of our conversations and actions. Understanding and compassion can go a long way in making everyone feel included and supported. If you're struggling, there is no shame in seeking help. Talking about your feelings can be powerful in helping you through these times.

You can always talk to your line/team manager, any manager in our company or someone in our HR team. If you prefer more external support, we have included some guides, helplines and websites that we hope you find useful.

Whether you're getting involved in the festive cheer or finding the season tough to get through, we're here with you. Your experiences, your emotions, and your wellbeing are at the heart of our Eden Together Christmas edition.

Best wishes,



**Alex Pugh**

Head of HR

## The self-kindness toolkit

### Expert tips to tackle challenging times

We've added a self-kindness toolkit to our Eden Futures wellbeing page, which we encourage you to read and share with others.



Scan to visit the wellbeing page on the website



ACTION FOR HAPPINESS

# December calendar

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Support a charity, cause or campaign you really care about	 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh



ACTION FOR HAPPINESS Happier · Kinder · Together

## Do Good December

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)

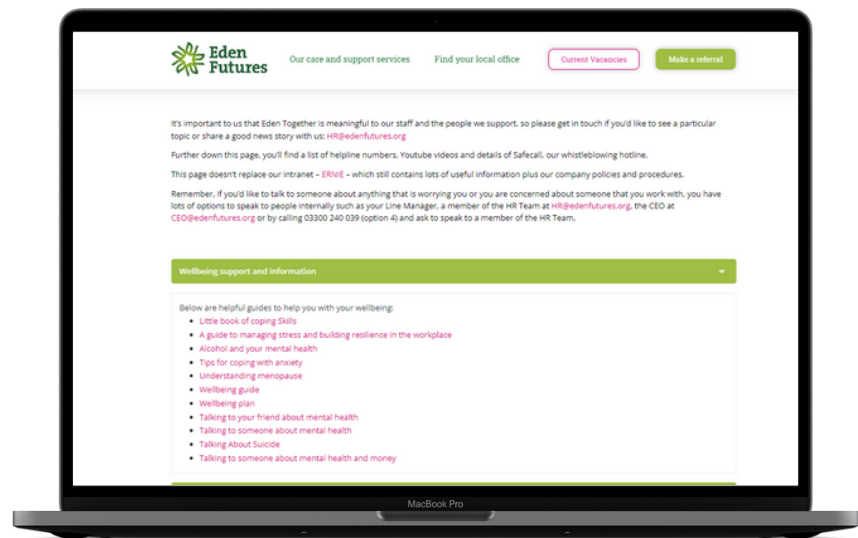
#actionforhappiness







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
- The self-kindness toolkit
- Understanding Grief





# Decembeard

**1-30 December 2023**

Say goodbye to morning-fresh shaves and hello to full-on facial hair. Grow a beard this December and help save lives.

This December, Bowel Cancer UK are asking you to ditch the razor and grow a beard to support everyone affected by bowel cancer.

## Who can take part?

Individuals, teams, businesses, anyone who wants to grow a beard!

You can sign up or donate by visiting:  
[www.bowelcanceruk.org.uk/support-us/fundraise/decembeard/registration/](http://www.bowelcanceruk.org.uk/support-us/fundraise/decembeard/registration/)



### Are you taking part?

Please send us your photos/donations page to: [marketing@edenfutures.org](mailto:marketing@edenfutures.org)

## What is bowel cancer?

Bowel cancer is a broad term for cancer that begins in the large bowel, which is made up of the colon and rectum. Bowel cancer is more common in people over the age of 50, but it can affect anyone of any age.

### Symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

It's important to know that most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have any of these, or if things just don't feel right, go to see your GP.

You may need to visit your doctor more than once if your symptoms don't get better. Knowing the symptoms and acting on them as quickly as possible could mean that if you do have bowel cancer, it may be diagnosed earlier when it's much easier to treat.

Don't be embarrassed and don't ignore any symptoms. Doctors are used to seeing lots of people with bowel problems.



#Decembeard







# World AIDS Day

1st December 2023

[www.worldaidsday.org](http://www.worldaidsday.org)

**World AIDS Day is a global movement to unite people in the fight against HIV and AIDS.**

Since 1988, communities have stood together on World AIDS Day to show strength and solidarity against HIV stigma and to remember lives lost.

## Why World AIDS Day matters

Despite advancements in medical science, there are still misconceptions and stigma around HIV/AIDS. World AIDS Day gives a platform to educate people, talk about the myths and promote understanding.

This day is an opportunity to show solidarity with the millions of people living with HIV worldwide. It's a reminder that HIV can affect anyone, regardless of age, gender, sexuality, or ethnicity.

In many parts of the world, access to crucial HIV prevention, testing, and treatment services is limited. World AIDS Day talks about the call for universal access to life-saving services.

It's a day to remember the lives lost to AIDS-related illnesses and to acknowledge the ongoing impact on families and communities.

*#RockTheRibbon*

## What can I do on World AIDS Day?

In addition to wearing a red ribbon, fundraising for National AIDS Trust and spreading awareness of issues affecting people living with HIV are just a some of the ways to get involved this World AIDS Day.

Visit the 'Join in' page for ideas on what you can do: [worldaidsday.org/join-in/](http://worldaidsday.org/join-in/)

## Did you know....

The red ribbon is the universal symbol of awareness and support for people living with HIV. It was first created in 1991, when twelve artists met to discuss a new project for Visual AIDS, a New York HIV-awareness arts organisation.

You can purchase red ribbons, or red ribbons brooches from National AIDS Trust's shop.



## Continued...





...continued.

### Get tested

Getting tested is the only way to find out if you have HIV. If you are living with HIV, starting treatment early means you can live a full, healthy and productive life.

Free and confidential HIV tests are available from NHS sexual health clinics (also called GUM clinics), charity testing services, many GP surgeries, pharmacies or online for self-testing at home. Free self-sampling HIV test kits are available to people from certain areas in England and you can find out more by visiting:

[www.freetesting.hiv](http://www.freetesting.hiv)

From 1 November until 1 December 2023, when you order an OraQuick HIV Self Test, BioSure will send you a free red ribbon and donate £1 from every sale to National AIDS Trust.



#RockTheRibbon

### If you want to talk...

At Eden Futures, we stand with everyone affected by HIV. We are committed to creating an inclusive, supportive, and non-discriminatory environment. We believe in the power of community and collaboration to make a difference in the fight against HIV/AIDS.

If you'd like to talk, 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.

For those who might want external confidentiality or advice about HIV and AIDS, there are several helplines and organisations available:

**Your GP:** You can contact your GP for advice and information on HIV and AIDS. The NHS website also offers a wealth of information.

**Terrence Higgins Trust:** This UK charity provides a range of services including confidential helpline support. They can be reached at 0808 802 1221.

**National AIDS Trust (NAT):** NAT works to transform the UK's response to HIV. They provide information, resources, and policy analysis.

**Positively UK:** Offering peer-led support, advice, and information to people living with HIV, they can be contacted for individual support - [positivelyuk.org](http://positivelyuk.org)





## International Day of

# Persons with Disabilities

**3rd December 2023**



### **Celebrating strength and diversity on International Day of Persons with Disabilities**

Each year, on 3rd December, we come together to celebrate the International Day of Persons with Disabilities. This day is more than just a date on the calendar; it's a reminder of the resilience, achievements, and contributions of persons with disabilities from all corners of the world.

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

In the UK and beyond, millions of people with disabilities lead lives full of purpose and joy. They are our friends, family members, and colleagues, enriching our communities in different ways. This day is an opportunity to appreciate their strength, learn from their experiences, and recognise the hurdles they overcome every day.

The day also reminds us of the challenges still faced by individuals who have a disability. Inclusion in the workplace, accessibility in our towns and cities, and



equal opportunities in education and health are areas where we must continue to make progress. It's a chance for us to reflect on how we can help build a world that welcomes everyone, irrespective of their abilities.

As we observe this day, let's remember that disability is part of human diversity. Treating everyone with respect, offering support when needed, and celebrating each person's unique abilities are ways we can contribute to a more inclusive society.





# National Grief Awareness Week

**4th - 10th December 2023**

The Good Grief Trust exists to help all those affected by grief in the UK:

“Our vision is to help those bereaved from day one, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

We bring bereavement services together, to ensure that everyone receives the tailored support they need to move forward with their lives.

With approx 650,000 deaths in the UK every year, at some time in our lives ALL of us will be affected by grief and none of us know how we will react to the death of someone close until it happens.

Run by the bereaved, for the bereaved, we aim to normalise grief and raise awareness of the impact of grief on a national platform.

We aim to encourage talking about grief in a more honest, straightforward way, help to make the pain a little more bearable for those at the early stages and offer inspiration and hope to the bereaved further along their own grief journey.”



**For any of our staff or people we support who are struggling, please remember...**

In the quiet moments when the world feels overwhelming and your heart feels heavy, you're not alone. Grief can be a isolating journey, but it doesn't have to be a lonely one.

As the festive lights twinkle and the world seems to celebrate, it's okay if your heart isn't in it this year.

**Continued...**







## ...continued.

It's okay to feel the absence, to miss what was, and to grieve for what could have been. Your feelings are valid, and your loss is significant.

If you'd like to talk, 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.

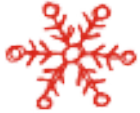
**We have added a booklet by Cruse called "Understanding Grief" to our Eden Futures Wellbeing page. Please pass this on to anyone who might need it.**

You will find stories from others who have experienced loss, practical and emotional support and signposting to a choice of immediate tailored local and national support on their website:  
[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)



[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)





Get your jumper on for



# Christmas Jumper Day

Thursday 7th December 2023



We will be taking part in Save the Children's annual Christmas Jumper Day 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!



## Donate online

By pulling on our Christmassy knits and donating, we'll be supporting children to keep safe, healthy and learning.

Please donate online at:

<https://christmas.savethechildren.org.uk/fundraising/CJD230015944>

Or scan the QR code using a smartphone or tablet to donate.



## Donate via Text:

To donate £5 text **EDEN** to 70050\*

\*When sending a text donation you'll be billed your chosen donation amount, plus your standard network rate. Save the Children receive 100% of your donation. By texting, you agree to calls from Save the Children about fundraising appeals, campaigns, events and other ways to support. Include NO after your team text code to opt out of phone calls e.g. SAVENO. Queries? 02070126400. Read Save the Children's Privacy Policy: [www.savethechildren.org.uk/privacy](http://www.savethechildren.org.uk/privacy).







Save smart this Christmas:

# Your guide to a joyful, budget-friendly festive season!



We understand that managing expenses during Christmas can be challenging. That's why we've put together a list of fantastic resources and tips to help you save money while still enjoying the magic of the season. Whether you're looking for the best deals on gifts, trying to plan a budget-friendly feast, or wanting to decorate your home without breaking the bank, we've got you covered.

## **MoneySavingExpert's 48 Christmas Tips:**

Dive into a treasure trove of tips to keep your festive spending in check. From gifts to budgeting, they have it all.

**Bee Money Savvy:** Get savvy with your spending and make this Christmas joyous yet economical.

**MagicFreebiesUK:** Explore 34 creative ways to save on everything from presents to travel this festive season.

**The Money Pages:** Find the best price for your Christmas food shop and save on travel with their recommended websites.

## **The Downshift Challenge!**

The theory is simple. Drop one brand level on products you buy to see if you can tell the difference. If you can't, or it's so minimal it's hardly noticeable, then stick with the cheaper product.

We're not promising you will like everything you try, but you're not going to be out of pocket having a go.

For more tips on saving, have a look at the following link: [www.mumsmakelists.com](http://www.mumsmakelists.com) where one mum has made a list of her top 17 easy ways to save money on your grocery shopping.

## **Savings on your Christmas food**



Which? ([which.co.uk](http://which.co.uk)) have created the ultimate guide to Christmas food shopping at supermarkets this year. Visit their website to see what treats are available so that you can compare costs and help you plan!



Save smart this Christmas:

# Choosing a Christmas tree

With money on the tight side for many of us this year, not spending too much on a Christmas tree is more important than ever.

You can help the environment by buying a British-grown tree so Which? has rounded up the source and price of trees this Christmas at supermarkets and DIY shops.

<https://www.which.co.uk/news/article/where-to-buy-the-cheapest-christmas-tree-anDZr8Q4Cr3C>



## Which setting on your Christmas lights is cheapest to run?

Whether you stick to one string of twinkling Christmas lights on your Christmas tree or festoon your whole house with them, chances are, this year, you're wondering how much they'll cost to run.

Which? have run tests for you to find out how much each string will cost you per hour this Christmas.

<https://www.which.co.uk/news/article/which-setting-on-your-christmas-lights-is-cheapest-to-run-aFs3c4b8c6UA>

# Getting Support this Christmas

If you find Christmas a difficult time of year, the mental health charity Mind has some great tips to help you cope.

Different things can help us at different times, depending on our situation and how we're feeling. You could try some of their ideas and see what works best for you. Visit: [www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips](http://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips)

You can also call 0300 123 3393 or text 86463 for information on mental health and where to get help.

## Other places for support:

- **Samaritans:** Dial 116 123 for a safe space where you can talk about what you're going through.
- **Beat Eating Disorders:** Call 0808 801 0677 for support with eating disorders.
- **www.standalone.org.uk** are a charity supporting adults who are estranged (not in contact) from their family.





# 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.

#### Dairy Drop

Say goodbye to plastic bottles and say hello to the Dairy Drop app!

Create an account and pop in your address. You can then browse nearby dairies and milkmen that deliver to your area. Some offer straight forward milk deliveries but others offer a wider range of produce like eggs, orange juice and non-dairy milks such as almond and oat.

Everything is delivered in glass bottles that can be recycled!

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

#### Freegle

Do you have stuff you don't need anymore? Freegle will find someone to take it away. If you need something, Freegle will pair you with someone giving it away.

To get started, download the app or head to their website. Tell Freegle where you are, what you have/want and give an email address and publish your ad.

To keep things relevant, the ad will only be posted to your local Freegle community.

[www.ilovefreegle.org](http://www.ilovefreegle.org)

#### Ailuna

Do you need a helping hand to build sustainable habits and live a more eco-lifestyle lifestyle?

Ailuna is the app for you. Within the app and you are presented with a series of 'dares' that take around a week to complete. Each dare is designed by experts and backed by behavioural science to help you form long lasting habits. They focus on a specific lifestyle changes, such as saving water or buying nothing new.

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



**Top Tips**

# On *Homemade gifts* and saving money

As the festive season approaches, the pressure to find the perfect gift can sometimes overshadow the true spirit of giving. This Christmas, we invite you to embrace the joy of creating heartfelt, homemade presents are usually better for the environment, too! Not only do these gifts carry a personal touch, they also remind us that the value of a gift isn't measured by its price tag, but by the love and thought put into it!

- Personalised recipe books: For the foodies in your life, compile a collection of favourite recipes, or even family classics.
- Handcrafted photo albums or frames: In a digital age, a tangible photo album or a beautifully decorated frame is a thoughtful way to preserve memories. Pinterest ([pinterest.com](https://www.pinterest.com)) is an excellent source for creative ideas.
- Knitted or crocheted Items: If you knit or crochet, hats, scarves, or even simple coasters make for cosy gifts. Websites like Ravelry ([ravelry.com](https://www.ravelry.com)) offer free patterns for all skill levels.
- Homemade beauty products: Create bath bombs, soaps, or lip balms using natural ingredients. Websites like Wellness Mama ([wellnessmama.com](https://www.wellnessmama.com)) provide simple recipes for homemade beauty products.

- DIY Plant Pots and green gifts: Paint terracotta pots and plant seedlings or succulents. The website Gardener's Supply Company ([gardeners.com](https://www.gardeners.com)) offers great gardening tips.
- Hand-painted mugs or plates: Unleash your creativity on plain ceramics. You can find inspiration and techniques on websites like The Spruce Crafts ([thesprucecrafts.com](https://www.thesprucecrafts.com)).
- Custom playlists: For the music lover, curate a playlist. Websites like Spotify ([spotify.com](https://www.spotify.com)) allow you to create and share playlists for free.

**Tips for gift making:**

- Start early: Handmade gifts take time so start early to avoid last-minute stress
- Personalise: Think about the recipient's tastes and interests
- Quality over quantity: Focus on making one meaningful gift rather than several
- Upcycle: Use materials you already have to be eco-friendly and budget-conscious
- Enjoy the process: Remember, the joy is as much in the making as in the giving!

Remember, homemade gifts are special because they are made with your own hands and heart. Have a look online for inspiration to create something truly unique and personal. Happy crafting!





# All-the-Trimblings Traybake!

Simple recipe for you to try at home

Enjoy the best of Christmas in a traybake. A perfect Boxing Day feast for using up leftovers like potatoes, parsnips, carrots, sprouts and pigs-in-blankets

## Ingredients:

- 1 tbsp olive oil
- 3 tbsp caramelised onion chutney
- 1kg small potatoes, halved
- 4 parsnips, cut into chunky pieces
- 4 carrots, cut into chunky pieces
- 200g sprouts, trimmed and halved
- 2 small red onions, cut into wedges
- 12 cocktail sausages wrapped in bacon
- 2 bay leaves
- 4 rosemary sprigs, ripped

## Method:

1. Heat oven to 200C/180C fan/gas 6. Mix the oil and chutney together and season well. Divide everything except the sausages and herbs between two large roasting tins, pour over the oil and chutney mixture and toss together. Put both trays in the oven for 25 mins.
2. Add the sausages and herbs to the trays and bake, stirring halfway through, for 30-35 mins more or until the vegetables are soft and the sausages are cooked through. If one tray is browning more than the other, swap them round.



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



# Coming up in *January*

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



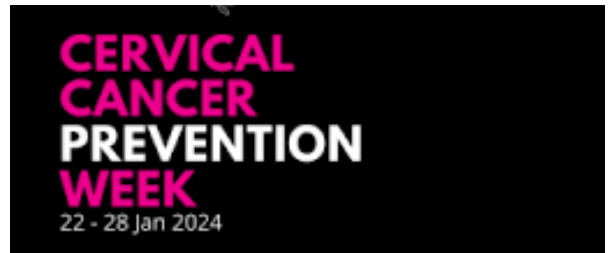
## Dry January



## Veganuary



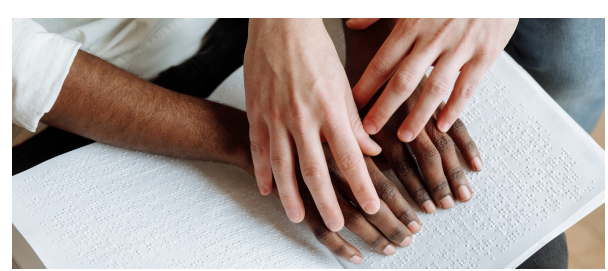
## World Introvert Day



## Cervical Cancer Prevention Week



## World Religion Day



## World Braille Day

### 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:

**2nd January 2023**







# 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!

**Step**Change  
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. Authored and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and 50046263.



[www.nationaldebtline.org](http://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](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...*

■ ■ A person who never made a mistake  
never tried anything new. ■ ■

**Albert Einstein**



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