

Issue 14 | January 2024

Eden Together

Health & wellbeing magazine

Happy New Year!

Step into a healthier, happier 2024.

Veganuary

We're urging everyone to cast a vote for a greener planet, lower food bills, better health and kindness to animals.

Big Energy Saving Week

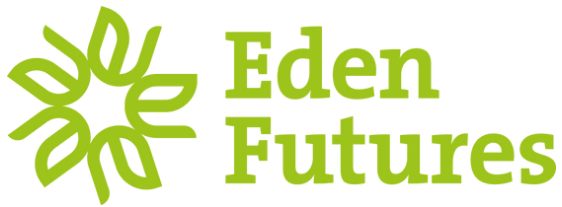
Helping you save money on your energy bills in 2024.



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



Eden
Futures



Welcome to our 14th 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
- Dry January
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- Cervical Cancer Prevention Week
- Brew Monday
- Big Energy Saving Week
- World Braille Day
- EcoEden
- Eden Kitchen Recipe
- Financial Wellbeing
- Key Contacts and Helplines

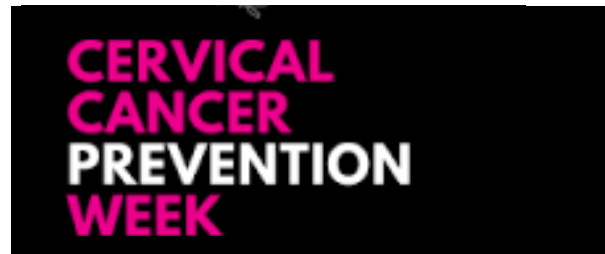
Please share your photos and stories to Marketing at: marketing@edenfutures.org



Dry January



Veganuary



Cervical Cancer Prevention Week



Brew Monday



Big Energy Saving Week



ACTION FOR HAPPINESS

January calendar

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Find three things to look forward to this year	 2 Make time today to do something kind for yourself	 3 Do a kind act for someone else to help brighten their day	 4 Write a list of things you feel grateful for and why	 5 Look for the good in others and notice their strengths	 6 Take five minutes to sit still and just breathe	
 7 Learn something new and share it with others	 8 Say positive things to the people you meet today	 9 Get moving. Do something active (ideally outdoors)	 10 Thank someone you're grateful to and tell them why	 11 Switch off all your tech at least an hour before bedtime	 12 Connect with someone near you - share a smile or chat	 13 Take a different route today and see what you notice
 14 Eat healthy food which really nourishes you today	 15 Get outside and notice five things that are beautiful	 16 Contribute positively to your local community	 17 Be gentle with yourself when you make mistakes	 18 Get back in contact with an old friend	 19 Focus on what's good, even if today feels tough	 20 Go to bed in good time and allow yourself to recharge
 21 Try out something new to get out of your comfort zone	 22 Plan something fun and invite others to join you	 23 Put away digital devices and focus on being in the moment	 24 Take a small step towards an important goal	 25 Decide to lift people up rather than put them down	 26 Choose one of your strengths and find a way to use it today	 27 Challenge your negative thoughts and look for the upside
 28 Ask other people about things they've enjoyed recently	 29 Say hello to a neighbour and get to know them better	 30 See how many people you can smile at today	 31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS Happier · Kinder · Together

Happier January

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:

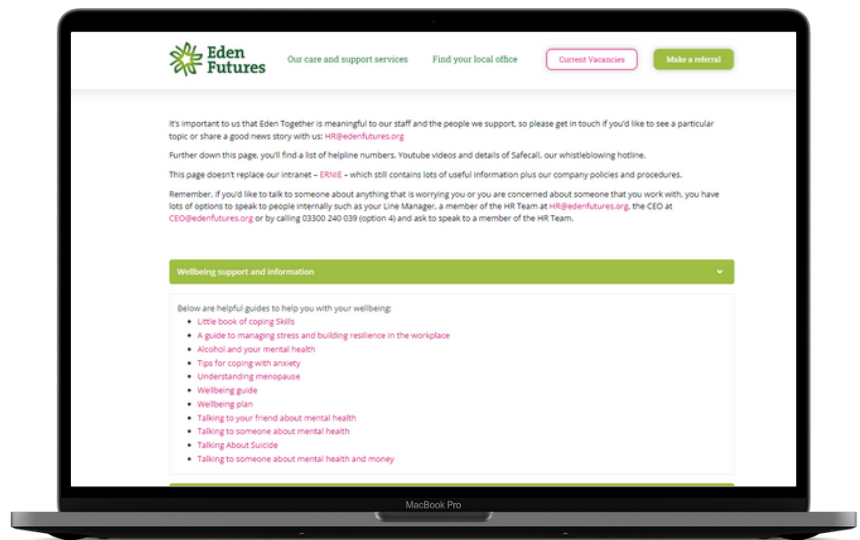
www.actionforhappiness.org

#actionforhappiness





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.



Wellbeing and support guides:

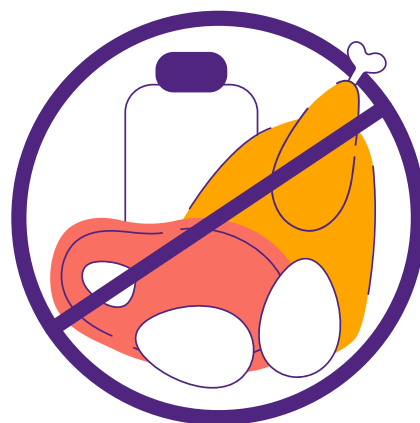
- Little book of coping skills
- A guide to managing stress and building resilience in the workplace
- Alcohol and your mental health
- Energy Bills - Advice Booklet
- Tips for coping with anxiety
- Understanding menopause
- Wellbeing guide
- Wellbeing plan
- Talking to your friend about mental health
- Talking to someone about mental health
- Talking About Suicide
- Talking to someone about mental health and money
- The self-kindness toolkit
- Understanding Grief





What is Veganuary

1st - 31st January 2024



Vote for veggies this January!

www.veganuary.com are urging everyone to cast a vote for a greener planet, lower food bills, better health and kindness to animals. When you sign up for Veganuary, you'll get plenty of free resources, including a celebrity cookbook, meal plans, nutrition guides and more. Visit their website for more information: www.veganuary.com.

Nutrition Tips

“Not all vegan food is automatically healthy. You could eat a dozen delicious flavours of vegan ice cream for breakfast, a stack of pancakes doused in syrup for lunch, and a dinner of cakes, cookies, meringues and cheesecakes.

It's great that we can make or buy all these wonderful vegan treats but no one would think for a moment that they are healthy.”

#veganuary

A healthy diet must include putting plants at the centre of our meals, though this does not mean we have to sacrifice pleasure or flavour. And if we choose fruit, vegetable, legumes, nuts, fruits, spices, herbs and some of the 20,000 edible plants that exist in the world, we can experience an incredible improvement in our health while enjoying some wonderful flavours.

Dr Michael Greger is an internationally recognised speaker on nutrition, food safety, and public health. He has devised a list of foods we should all aim to eat every day for optimal health. This is Dr Greger's 'Daily Dozen'. See our next page on how to get started!

Are you taking part?

Please send us your photos or recipe ideas to: marketing@edenfutures.org



THE DAILY DOZEN

HOW TO USE THIS CHECKLIST

= number of servings

tick 'em off when you've eaten 'em, done 'em or drunk 'em



BEANS

Baked beans, soyabeans, chickpeas, peas, kidney beans, lentils, tofu, or hummus etc.

BERRIES

Grapes, raisins, blackberries, blueberries, cherries, raspberries and strawberries etc.

OTHER FRUITS

Apples, tomatoes, avocados, bananas, oranges, grapefruit, melon, lemons, or limes etc.

CRUCIFEROUS VEGETABLES

Broccoli, cauliflower, kale, rocket/arugula, or brussels sprouts etc.

GREENS

Spring greens, kale, young salad greens, rocket/arugula, spinach, or swiss chard etc.

OTHER VEGETABLES

Carrots, sweetcorn, courgettes, garlic, mushrooms, onions, pumpkin, or sweet potatoes etc.

NUTS & SEEDS

Peanut, almond, brazil, walnuts and sunflower or pumpkin seeds etc.

FLAXSEEDS

One tablespoon a day is enough

SPICES

A quarter of a teaspoon of turmeric, plus any others you love

WHOLE GRAINS

Brown rice, wild rice, quinoa, oats, or whole-wheat pasta etc.

DRINKS

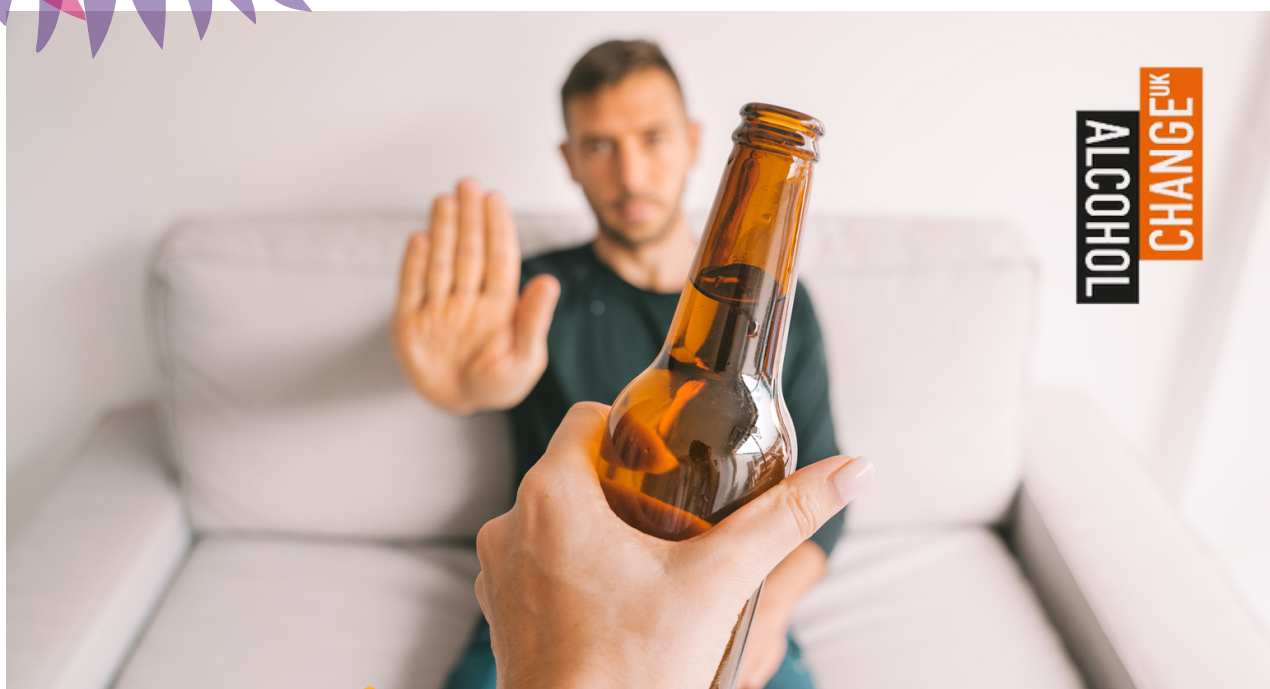
Water, coffee, green tea, white tea, black tea, earl grey, hibiscus tea etc.

EXERCISE

Ideally 90 minutes a day of moderate activity, such as walking

'Daily Dozen' used by permission from Dr Michael Greger *How Not To Die* (Macmillan 2016)





ALCOHOL
CHANGE^{UK}

Dry January

1st - 31st January 2024

As we step into the New Year, we are thrilled to embark on a journey that promotes health, wellbeing, and a renewed sense of vitality.

January marks the onset of a tradition celebrated worldwide – Dry January®. It's an opportunity for all of us to join hands and embrace a healthier lifestyle by abstaining from alcohol for the entire month.

What is Dry January®, you ask?

It's a movement where people voluntarily refrain from consuming alcoholic beverages for the entire month of January. It's not just about abstaining from alcohol; it's about embracing the benefits that come with this choice. By choosing sobriety for the month, you'll likely experience improved sleep, increased energy levels, better concentration, and a general sense of wellbeing.

Did you know....

- Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15–49-year-olds in the UK.
- In 2020 there were 8,974 alcohol-specific deaths. This is a 18.6% increase in deaths from 2019.
- In England, there are an estimated 602,391 dependent drinkers, of whom 82% are NOT receiving treatment.
- 60% of people in alcohol treatment also need mental health treatment.

Continued...

#dryjanuary





...continued.

The impacts of drinking alcohol

Psychological: Alcohol has been described as 'the UK's favourite coping mechanism' and many of us drink to try and help manage stress, anxiety, depression and other mental health problems. This is sometimes called 'self-medicating' with alcohol.

Physical: Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including high blood pressure, heart disease, stroke, liver disease, digestive problems, cancer of the breast, mouth, throat, oesophagus, voice box, liver, colon and rectum.

Social: Long-term alcohol misuse can lead to social problems for some people, such as unemployment, divorce, domestic abuse and homelessness.

But how much alcohol is too much?

In reality, the line between sensible drinking and alcohol misuse is much blurrier and many of us cross it from time to time. The guidelines for both men and women advise to drink no more than 14 units per week. This means about six pints of normal strength beer or a bottle and a half of wine per week.

If you are interested in checking how healthy your drinking is, you can use the **Alcohol Change UK drinking quiz**. Or if you want to check how many units you're drinking, use Alcohol Change UK unit calculator to work out your average weekly consumption. You can find these by visiting: alcoholchange.org.uk

Research shows that 70% of people who take part in Dry January® have significantly improved wellbeing and lower alcohol health risks six months later. – So why not try dry this January?

Continued...

#dryjanuary





...continued.

Remember...

People who are clinically alcohol dependent can die if they suddenly stop drinking. If you experience fits, shaking hands, sweating, seeing things that are not real, depression, anxiety, or difficulty sleeping after a period of drinking and while sobering up, then you may be clinically alcohol dependent and should **NOT** suddenly, completely stop drinking.

But you can still take control of your drinking. Talk to a GP or your local community alcohol service who will be able to get help for you to reduce your drinking safely.

How can I participate?

Here are some ways you can participate:

1. Commit to Sobriety: Take a pledge to abstain from alcohol for the entire month of January. Your commitment may inspire others.

2. Stay Connected: Share your experiences, challenges, and successes. Let's support each other throughout this empowering month.

3. Explore Healthier Alternatives:

Discover a variety of non-alcoholic beverages! Alcohol-free beers, ciders, wines, and spirits are now widely available.

4. Practice saying 'No': Plan what you will say if you are offered a drink and say it with confidence.

5. Ask for Help: Ask for help if you feel your drinking is getting out of control.

6. Record: Record what you drink for a few weeks will help you understand your drinking pattern, so you can decide if you want to make a change. Download the free **Try Dry** app to help you keep track.

Participating in Dry January is a personal choice, and we encourage everyone to respect each other's decisions. Whether you choose to participate or support those who do, your involvement makes a difference.

See our Eden Futures Alcohol, Drugs and Substance Misuse Policy for more information about support available to you.

Alcohol Change UK have some brilliant resources and interactive tools to help you stay dry this January.

Let's make January a month filled with positivity, healthier choices, and a shared commitment to wellbeing!

#dryjanuary



World Introvert Day

2nd January 2024

“World Introvert Day is a time to bring awareness to introversion – and to show the world that being a “quiet one” is something awesome, not shameful.” - introvertdear.com

An introvert is someone who generally prefers quiet, low-key environments and enjoys spending time alone or with a few close friends, rather than in large groups or busy social scenes. They often find that socialising can be draining, and they recharge their energy by having time to themselves. Introverts are typically more inward-turning, focusing on their own thoughts and feelings rather than seeking external stimulation. This doesn't mean they are shy or anti-social; rather, they simply find their comfort zone in more serene and less crowded settings.

According to introvertdear.com, it's no coincidence it falls immediately after New Year's Day; the idea behind this special day is that introverts take time to recharge their energy after the busy festive season.

So, let's celebrate “quiet ones” today (and really, every day of the year)! Head over to the introvertdear.com website to read their ‘12 reasons to celebrate introverts’.



Join the introvert revolution

When you subscribe to introvertdear.com emails, you'll get weekly tips and relatable stories to help you embrace your introversion or sensitivity – and thrive. Feel empowered and see your nature as a good thing!





World Braille Day is a reminder of the importance of accessibility and independence for people who are blind or visually impaired.

According to brailleworks.com, we celebrate World Braille Day every year on 4th January because it's Louis Braille's birthday. He's the inventor of braille!

Louis was born in 1809 in France and became blind after a childhood accident. But he quickly mastered his new way of living. When Louis was only 15 years old, he created a reading and writing system based on Charles Barbier's night writing system. We know Louis' system today as braille. Adjusted over time, braille is now easier to read and used worldwide!

Today's reality is that many establishments, such as restaurants, banks, and hospitals, don't offer braille versions of their print materials like menus, statements, and bills. Because of this, people with blindness or visual impairments often don't have the freedom to choose a meal on their own or keep their finances private.

This day spreads awareness about braille and other accessible forms of communication.

Everyone deserves (and is legally entitled to) the same accommodations and services, regardless of ability.

This tactile reading and writing system provides the opportunity for literacy to millions of people around the world. Because of that, we celebrate braille!

Did you know....

- Braille used for maths is different than braille used for writing the alphabet. 'Nemeth' is the name of one system for writing math in braille.
- Sheet music also has its own version of braille. Instead of letters, the dots represent parts of music.





Brew Monday

15th January 2024

On Brew Monday 15 January, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about.

Why 'Brew Monday'?

The third Monday in January is sometimes referred to as 'the most difficult day of the year' but this is a myth. Samaritans tell us that there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

So we say it's time to stop this myth about Monday being 'blue' and instead start a conversation over a brew! Reach out and connect with family, friends, colleagues and loved ones.

Any day can be a Brew Monday. It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right.

Get everyone together for a cuppa and raise money for Samaritans so someone having a tough time has somewhere to turn when they want to talk. Head over to www.samaritans.org for downloadable resources and everything you need to stay connected this Brew Monday

Need support? Call 116 123 to speak to a Samaritan at anytime, from any phone for FREE.

Sometimes writing down your thoughts and feelings can help you understand them better. **Email:** jo@samaritans.org
Response time: It may take several days to get a response by email

Self-help

Keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

How does Samaritans Self-help work?

Track your mood: Record how you're feeling, see patterns in your mood and get suggestions for things that could help.

Try techniques: Practise a range of techniques to help you challenge and cope with difficult feelings.

Create a safety plan: Make a plan for how you could keep yourself safe in a crisis.

Keep track of helpful activities: Remind yourself of the things that make you feel better, and get ideas for new things to try.

SAMARITANS

Self-Help

www.selfhelp.samaritans.org



Big energy saving week



17th - 23rd January 2024

Big Energy Saving Week helps people save money on their energy bills through education and understanding. This is a partnership between Citizens Advice and the Money Saving Trust.

Struggling to pay your bills?

If you're struggling to pay your energy bill, you should speak to your supplier as soon as possible and let them know. Your supplier should put you on a payment plan and take into account how much you can afford to pay.

Grants and benefits to help pay your bills

- Energy suppliers have grants to help customers pay off their debt. You should contact your supplier to ask for this.
- You might be able to get a grant from a charitable trust to help pay off your energy debt. You can find out more at: turn2us.org.uk/get-support

**turn
2US** Tackling
financial
insecurity
together.

We believe everyone in the UK should have financial security so they can thrive.

Turn2us is a national charity that provides practical information and support to people facing income shocks and financial insecurity.

Explore what financial support you can get through welfare benefits and grants based on your circumstances.

www.turn2us.org.uk

**energy
saving
trust**

The Energy Saving Trust is an independent organisation dedicated to promoting energy efficiency, low carbon transport and sustainable energy use. We empower householders to make better choices, deliver transformative programmes for governments and support businesses. They aim to address the climate emergency and deliver the wider benefits of clean energy as we transition to net zero.

www.energysavingtrust.org.uk

**citizens
advice**

We can all face problems that seem complicated or intimidating. At Citizens Advice they believe no one should have to face these problems without good quality, independent advice. That's why they're there: to give people the knowledge and the confidence they need to find their way forward – whoever you are, and whatever your problem.

www.citizensadvice.org.uk



We have added a new Energy Bills Advice Booklet to our Wellbeing resources page on our website.





CERVICAL CANCER PREVENTION WEEK

22nd - 28th January 2024

www.jostrust.org.uk

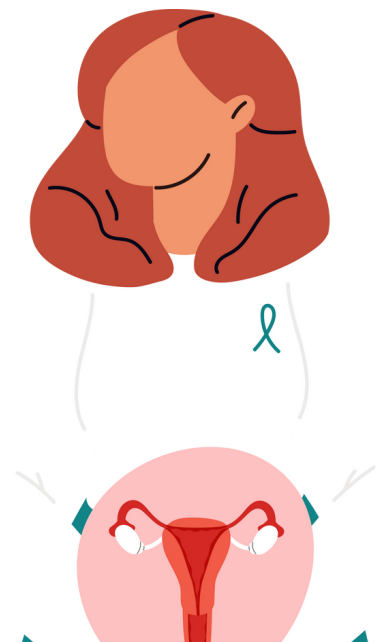
“Every day in the UK, 2 women lose their lives to cervical cancer and 9 more receive a life-changing diagnosis.

Together #WeCan work towards a day where cervical cancer is a thing of the past.

But there is still more to do...

Did you know Sweden is likely to eliminate cervical cancer before 2030, with Australia not far behind them? In the UK, we have the tools to make cervical cancer a thing of the past. HPV vaccination, cervical screening, and treatment for cell changes can all help prevent it, but we need Government commitment so these programmes can work better, so we can tackle inequalities in cancer prevention, and to make sure we can innovate for the future.

Countries around the world are committing to elimination, and are creating strategies to help achieve this, but so far, the UK hasn't. #WeCan change that.



**Don't put off having
a smear test!**


Please don't be embarrassed and accept NHS cervical screening invites when you receive them. New figures show three in ten of those eligible for screening do not take up the potentially life-saving offer.

The NHS invites women for screening every three to five years depending on their age, or more frequently if the high-risk human papillomavirus (HPV) is detected, with the programme saving thousands of lives annually.

In 2022-23, everyone who was due a test – a total of 4.62 million individuals aged 25 to 64 in England – was invited to book an appointment, and 3.43 million attended screening during the year. Screening helps prevent cervical cancer by using a highly effective test to check for HPV, which is found in over 99% of all cervical cancers and which may cause abnormal cells to develop in the cervix. These abnormal cells can, over time, turn into cancer if left untreated.

Continued...





“I phoned your helpline today feeling a bag of nerves about my upcoming appointment and I spoke to a lovely lady who made me feel great, it was like speaking to a friend.”



...continued.

Jo's Cervical Cancer Trust Helpline
www.jostrust.org.uk

If you have a question, want reliable information or just need to hear a friendly voice their free helpline is here for you.

Call on: 0808 802 8000

No question is too big or small and you can call about yourself, a family member or a friend. If you aren't sure what your cervical screening (smear test) results mean, are feeling worried about symptoms or are trying to come to terms with a recent diagnosis then they're there to help. The team can talk you through the next steps, help you find support and just listen.

Opening hours for the phone line depend on the availability of the amazing staff and volunteers. Please check regularly as times may change.



Who will I speak to?

The helpline calls and emails are completely confidential and are answered by fully trained members of staff or volunteers.

Staff at Jo's have a range of professional backgrounds and expertise and have been trained to support people with questions relating to cervical health.

All of the volunteers have personal or professional experience of cervical cancer or cervical cell changes (abnormal cells)

What can I contact the helpline about?

People contact the helpline for lots of different reasons, including:

- To find out more about HPV.
- Questions about smear tests and results.
- Parents wanting to know more about the HPV vaccination.
- Queries about what to expect at colposcopy or to talk through a diagnosis of cervical cell changes (abnormal cells).
- Calls from women who have been diagnosed with cervical cancer, and their loved ones, about everything from treatment options and fertility to coping with life after cancer.

Please do be aware that they are separate to the NHS and do not provide cervical screening. The team are unable to help with booking cervical screening appointments or advise on waiting times for results.



Eco Eden 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.

Love Clean Streets

This app helps you report environmental problems you come across in your local area. Use it to report things such as graffiti, fly tipping and potholes.

If you find something that needs reporting, open the app and take a picture. The relevant local authority will be notified of the issue and you can then track the progress of the action being taken.

Go to your app store and search 'Love Clean Streets'.

Kitche

Kitche is here to assist you in reducing food waste in your own home by keeping track of the ingredients you have in the house.

Open the app, scan the receipt from the supermarket and your items will be added to your virtual pantry within Kitche. You can then add reminders to items to make sure you get notified of food reaching its best before date.

Kitche will also suggest recipes based on the ingredients you have.

Go to your app store and search 'Kitche'

Naturehub

Support local brands that share your values and strive to make the world a kinder, safer, and greener place

NatureHub is a community-driven platform that aims to help people live healthier and more sustainable lives by connecting them with green, socially responsible, local businesses around them. You can discover all sorts of ethical and sustainable small businesses, get recipe ideas and more.

You can visit their website to learn more about the app and its benefits: www.naturehub.com





Eco Eden Initiative

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

Greene King is running 'Tub2Pub', a recycling campaign to raise money for Macmillan Cancer Support and recycle plastics.



From 1 January - 11 February 2024, its pubs, restaurants, and hotels will accept your clean and empty:

- Confectionery tubs
- Biscuit tubs
- Cracker tubs

We're all guilty of indulging in chocolate, sweets and crackers over the festive period, and in the UK we are buying tens of millions of these plastic tubs every year.

Make sure your tubs don't go to waste and bring your clean, empty plastic confectionery and cracker tubs to any Greene King managed site from 1 January - 11 February 2024 to be recycled.

Simply leave your tubs with a Greene King staff member at the bar or welcome station within one of their locations.

After 11 February, all tubs will be collected and taken to a plastic reprocessing centre where they're shredded, before being sold onto plastic manufacturers to use in place of virgin plastics. All money raised from the sale of Tub2Pub plastics will be given directly to Macmillan Cancer Support.

Macmillan Cancer Support is one of the largest British charities and provides specialist health care, information, and financial support to people affected by cancer. It also looks at the social, emotional, and practical impact cancer can have, and campaigns for better cancer care.

To read more about Macmillan Cancer Support, go to: www.macmillan.org.uk

To find your local Greene King establishment taking part, you can use the pub finder here: www.greeneking.co.uk/pubs-near-me





Eco Eden Initiative

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

Here are some top tips for being eco-friendly in January, particularly after the Christmas festivities:

Recycle your Christmas tree

If you had a real Christmas tree, you can replant and use it next year or check for local recycling services where the tree can be used for other environmental purposes.

Re-use gift wrappings

Save any reusable wrapping paper, gift bags, and ribbons for next year. It's a simple yet effective way to reduce waste.

Donate unwanted gifts

Instead of throwing away any gifts that aren't to your taste, consider donating them to charity shops or offering them to friends and family.

Plan meals to avoid food waste

Use up any leftover food from Christmas in creative ways. Make soups, stews, or casseroles to use up leftover meats and vegetables. See our Eden Kitchen recipes for ideas!

Switch to reusable items

Consider investing in reusable items like water bottles, coffee cups, and shopping bags, reducing the need for disposable products.

Be energy conscious

With the colder weather, it's tempting to crank up the heating. Try wearing extra layers and only heating the rooms you're using to save energy.

Walk more

For short journeys, consider walking or cycling instead of using the car or a bus. It's a great way to stay fit and reduce your carbon footprint.

Start Composting

If you have a garden, starting a compost heap can be a great way to recycle food scraps and garden waste.

Buy local and seasonal

Support your local economy and reduce food miles by buying local and seasonal produce if you can.

These simple steps can help you start the new year in an environmentally conscious way!



Eden Kitchen

Creamy Vegan Fajita Pasta

Simple recipe for you to try at home

Thank you to Sonya Shelton-Heath (Operations Manager) for the recipe for us to enjoy this Veganuary!

Ingredients:

- 300g/10.5oz pasta - any shape/type of pasta works well
- 1 tbsp olive oil
- 1 large onion (sliced)
- 1 large red pepper (sliced)
- 200g chestnut mushrooms
- Any other veggies you like
- 4 garlic cloves (minced) - or 1 large tsp of lazy garlic/garlic puree
- 1 tbsp of tomato paste/puree
- 4 tbsp of fajita seasoning mix
- 400ml can of coconut milk (full fat gives a creamier flavour that low fat, however low fat can be used if preferred)
- 100g of baby spinach (roughly shredded)
- 1 tbsp of nutritional yeast – if you have vegan hard cheese this can be used instead
- Salt and pepper to season

Method:

1. Bring a large pot of water to the boil – add salt to flavour, add pasta and cook for 1 minute less than specified on packaging, reserve a cup of pasta water before draining.
2. Meanwhile heat the olive oil in a large pan, sauté the onion and red pepper for 5-6 minutes until they soften.
3. Add mushrooms to onion and pepper, continue to cook for a further 5 minutes until there is no liquid left and mushrooms are slightly browned.
4. Stir in the garlic and cook for another minute until fragrant.
5. Add the tomato puree, salt, pepper and fajita seasoning, stir to mix and combine ingredients.
6. Add coconut milk, stir to combine and bring to the boil. Lower the heat and simmer for 2-3 minutes until the sauce thickens.
7. Stir in the baby spinach, continue to cook for 1-2 minutes until spinach wilts.
8. Transfer cooked pasta into the creamy vegetable mixture and toss it in well with the sauce.
9. Stir in nutritional yeast or vegan hard cheese and serve immediately.

🕒 Prep time: 10 mins

🕒 Cooking time: 25 mins

👤 Serves: 4 portions



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





Coming up in February

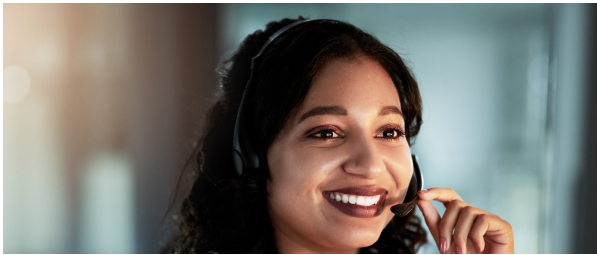
Here are the topics and awareness days that we'll be covering in our next issue.



Time to Talk Day



LGBT History Month



Helplines Awareness Day



Random Acts of Kindness Day



World Cancer Day



Emotional Health 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

Our next issue of Eden Together goes live on:

1st February 2024





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...

■ ■ If I cannot do great things, I can do small things in a great way ■ ■

Martin Luther King, Jr.



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