

Eden Together

Health & wellbeing magazine

National Apprenticeships Week

Bringing together everyone passionate about apprenticeships to celebrate the value, benefit and opportunity that they bring, including to our mental wellbeing.

Awareness Days

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

Time to Talk

The more conversations we have about mental health, the better life is for everyone.



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



Welcome to our 15th 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:

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- Emotional Health Day
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- Eden Kitchen Recipe
- Financial Wellbeing
- Key Contacts and Helplines

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



LGBT+ History Month



Random Acts of Kindness Day



Emotional Health Day



World Cancer Day



Eating Disorders Awareness Week



ACTION FOR HAPPINESS

February calendar

Friendly February 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Friendly February

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:

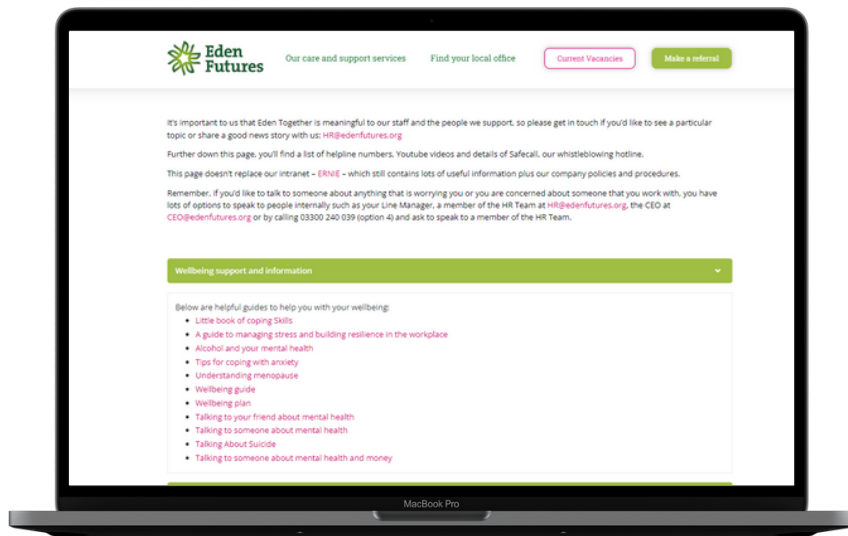
www.actionforhappiness.org

#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





Time to Talk Day

1st February 2024

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

Time to Talk Day 2024 will take place 1 February 2024. It's run by Mind and Rethink Mental Illness and is being delivered in partnership with Co-op for the third year running. Across the UK, it's delivered by See Me in Scotland, Inspire in Northern Ireland and Time to Change Wales.

The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.



Why is talking important?

One in 4 of us will experience a mental health problem in any given year.

We want everyone to feel comfortable talking about mental health – whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

That's why opening up the conversation about mental health problems is so important – by talking about it we can support ourselves and others.

However you do it, have a conversation about mental health.

See the Talking Tips on the next page...

#timetotalk





Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through, and it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"

Think about the time and place

Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic. However, don't let the search for the perfect place put you off!

Don't try and fix it

It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they're going through. Learning to manage or recover from a mental health problem can be a long journey, and they've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

Treat them the same

When someone has a mental health problem, they're still the same person as they were before. And that means when a friend or loved one opens up about mental health, they don't want to be treated any differently. If you want to support them, keep it simple. Do the things you'd normally do.

Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.

We hope that these tips and ideas help get people talking.

Sometimes this can mean that people currently experiencing mental health problems will need some support, as sensitive conversations may bring up difficult things. There are lots of places to which you can go or direct people for help:

Mind: www.mind.org.uk / 0300 123 3393
Rethink: www.rethink.org/help-in-your-area/

#timetotalk





**SKILLS
FOR LIFE**
APPRENTICESHIPS

National Apprenticeship Week

5th - 11th February 2024

National Apprenticeship Week takes place from 5th -11th February 2024.

It brings together apprenticeship employers, training providers, assessment organisations, apprentices, parents, schools, colleges and universities to celebrate the value, benefits and progression opportunities that an apprenticeship can bring.

This year marks the 17th annual week-long celebration. The theme for National Apprenticeship Week 2024 is “**Skills for Life**” and everyone is encouraged to consider how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and for employers to develop a workforce with future ready skills.

The Eden Futures Apprenticeship Programme is an amazing opportunity for our team members to embark on a career pathway, providing them with the right knowledge, skills, and behaviour to deliver

"I've recently started my Level 3 in Lead Adult Care and it's been great to meet other people in the same or similar work and to broaden my knowledge of the field."

Aislinn
Deputy Team Manager, Eden Futures

the highest quality care and support to the people we support. As part of our People Strategy, we want our people to grow, learn and develop at Eden Futures. We are proud to be working with Paragon Skills, a top-rated apprenticeship provider to support your journey to gain the right qualifications at the right level.

Continued...



#naw2024





...continued.

Charlotte, Deputy Manager at Eden talks about her apprenticeship journey;

“Prior to starting at Eden, I worked as a Crew Member at McDonalds, but made the decision to make a career change into something that I would feel I could progress within.

I joined Eden Futures as a support worker for Huthwaite in April 2020, having no knowledge, not even a Care Certificate. My Deputy Manager at the time, Emily, supported me to complete my Care Certificate and I then went on to complete my Level 2 Apprenticeship in 2021. After completing my Level 2 qualification, I gained more experience as a Support Worker and started to get an idea of which direction I wanted to progress into. So, in January 2023 I applied for the role of Deputy Manager at Huthwaite and fortunately for me, I got the job!

I love being a Deputy Manager, but I know I want to progress further, so I decided to apply for my Level 3 Apprenticeship with Eden to give me the qualification I needed to perform my role to the best of my ability and to enable me to apply for other positions in the future.

My current apprenticeship is with Paragon skills.

“To say I only started my apprenticeship in November 2023, Paragon have been so supportive in helping me progress and guiding me through the systems and tools to do so.”

I have also been assigned a tutor who will be supporting me in my apprenticeship. This will help me progress even further with my future endeavours.

I would recommend an apprenticeship to anyone who would like to progress within their career in health and social care, and my story shows that you don’t need to start with any experience in order to go far!”

Did you know...

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem.
- helping you to build a sense of purpose.
- helping you to connect with others.

paragon skills



#naw2024





LGBT+

History Month

1st - 29th February 2024

The UK 2024 LGBT+ History Month theme is: **Medicine – #UnderTheScope**

The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

This is to showcase the amazing work of LGBT+ staff across the NHS and in other healthcare settings, in providing healthcare, especially during the pandemic. Whilst still shining a light on the history of the LGBT+ community's experience of receiving healthcare which has been extremely complicated leaving LGBT+ people still facing health inequalities even today.

At a time when the LGBT+ community is experiencing a rise in hate crime and hate instances we encourage you to look 'Under the Scope' and listen to LGBT+ peoples' lived experiences from LGBT+ people.

Find out more by visiting:

www.stonewall.org.uk/our-work/campaigns/lgbt-history-month-2024
lgbtplushistorymonth.co.uk

#underthescope

Uncovering Hidden Histories...

Find out more about the law, people, symbols and themes that are represented on the Voices and Visibility: Uncovering Hidden Histories wallchart.

We have a downloadable wall chart in our Wellbeing section of the website under 'resources'.





Random Acts of Kindness Day

17th February 2024

A random act of kindness is a non-premeditated action designed to offer kindness towards the outside world.

Examples of random acts of kindness can be small things, like helping someone with their shopping bags, reaching out to a friend just to say hi, or complimenting someone for no reason other than it will make them feel good! Random acts of kindness can brighten someone's day, and in turn they are more likely to pay it forward and brighten someone else's day – making kindness the norm.

The Random Acts of Kindness organisation has some great ideas and a 7 day random acts of kindness calendar - why not give some of these a go in February and let us know how they went?

www.randomactsofkindness.org/kindness-ideas

Email marketing@edenfutures.org, to be featured in our March newsletter!





Emotional Health Day

24th February 2024

Our emotional health is our ability to look after ourselves, to manage ourselves in times of challenge and to sustain our healthy relationships with those around us. This ability provides the foundations for good mental health and wellbeing, resilience, and motivation.

Emotional health is not about being happy all the time.... it's our ability to look after ourselves, to manage ourselves in times of challenge and to sustain healthy relationships.

In a Resilience and Wellbeing blog by Dr Fiona Meechan, "Looking after, and being compassionate towards ourselves first helps us to better deal with the ups and downs of life, and means that we are also in a better place to help and support those around us, so self-compassion really is a win:win scenario."

How will you be more kind to yourself?



what does it mean to be self-compassionate?

Written by Dr Fiona Meechan (@FiMeechan)

The starting point is to understand the importance of putting yourself first. Sound selfish? Think of the airline safety briefing, and the instructions you are given to follow if the oxygen masks are deployed – put on your own oxygen mask before helping others. Why do we need to do that? Because if we can't breathe, we can't help others. And it's a good metaphor for life.

So what does it mean to be self-compassionate? Well, the three main components help us to get there...

1. Firstly, be kind to yourself. Take care of your body and mind through things like good nutrition, exercise, and practices such as mindfulness and yoga; talk about the things that are bothering you and take regular breaks to disconnect and recharge.
2. Secondly, consciously notice your thoughts and feelings and don't try to suppress the uncomfortable ones – recognise that they're all equally part of being human, alongside the good ones! Aim to keep things in perspective and cultivate a habit of seeing positives and learning from your experiences.
3. Finally, social support is critical for resilience so stay connected to friends, family, and colleagues and know that you are never on your own.





Eating Disorders Awareness Week

Eating Disorders Awareness Week (EDAW) will be back 26th February - 3rd March 2024. This year, 'Beat' will be focusing on the eating disorders 'ARFID'

About Eating Disorders

Around 1.25 million people in the UK suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly. While this is the worst-case scenario, there are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them. They steal childhoods, devastate relationships and pull families apart. But, with the right treatment and support, recovery is possible.

BEAT's national Helpline exists to encourage and empower people to get help quickly, because the sooner someone starts treatment, the greater their chance of recovery. People can contact BEAT online or by phone 365 days a year.

Helpline: 0808 801 0677

Website: www.beateatingdisorders.org.uk

Why ARFID? It's a condition that we know doesn't always get the attention it deserves.

Why ARFID?

ARFID stands for avoidant/restrictive food intake disorder and is a largely unknown and misunderstood eating disorder. ARFID can have serious consequences for health if left untreated.

The number of people affected by ARFID is unknown. Treatment is not available nationwide and people with ARFID, or who suspect they may have it, struggle to access the help they need.

How can I get involved?

There are many ways you can get involved in EDAW 2024. Follow Beat's socials, subscribe to receive our emails or use their website to find out more in the coming weeks. Their 'What's on' page is a good place to start to find out about their online events and support groups.

Beat
Eating disorders

www.beateatingdisorders.org.uk





World Cancer Day

4th February 2024



World Cancer Day held every 4th February is the global uniting initiative led by the Union for International Cancer Control (UICC).

By raising worldwide awareness, improving education and catalysing personal, collective and government action, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live.

Created in 2000, World Cancer Day has grown into a positive movement for everyone, everywhere to unite under one voice to face one of our greatest challenges in history.

Each year, hundreds of activities and events take place around the world, gathering communities, organisations and individuals in schools, businesses, hospitals, marketplaces, parks, community halls, places of worship - in the streets and online - acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.

While we live in a time of awe-inspiring advancements in cancer prevention, diagnosis and treatment, many of us who seek cancer care hit barriers at every turn. Income, education, geographical location and discrimination based on ethnicity, gender, sexual orientation, age, disability and lifestyle are just a few of the factors that can negatively affect care.

So, this year's World Cancer Day's theme, "Close the Care Gap", is all about making sure our leaders know that we demand a commitment to prioritising cancer, to creating innovative strategies designed to confront inequity and to investing our resources to achieve a just and cancer-free world. We will call on leaders to eliminate health inequities by addressing their root causes, ensuring that everyone has access to quality health services when, where and how they need them.

Join us on 4th February and help close the cancer care gap for a cancer-free world.



Pancake Day

13th February 2024

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3rd February and 9th March. It was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients!

Ingredients:

- 200g self-raising flour
- 1 ½ tsp baking powder
- 1 tbsp golden caster sugar
- 3 large eggs
- 25g melted butter, plus extra for cooking
- 200ml milk
- Vegetable oil, for cooking

Method:

1. Mix 200g self-raising flour, 1 ½ tsp baking powder, 1 tbsp golden caster sugar and a pinch of salt together in a large bowl.
2. Create a well in the centre with the back of your spoon then add 3 large eggs, 25g melted butter and 200ml milk.
3. Whisk together either with a balloon whisk or electric hand beaters until smooth then pour into a jug.
4. Heat a small knob of butter and 1 tsp of oil in a large, non-stick frying pan over a medium heat. When the butter looks frothy, pour in rounds of the batter, approximately 8cm wide. Make sure you don't put the pancakes too close together as they will spread during cooking. Cook the pancakes on one side for about 1-2 mins or until lots of tiny bubbles start to appear and pop on the surface. Flip the pancakes over and cook for a further minute on the other side. Repeat until all the batter is used up.
5. Serve your pancakes stacked up on a plate with a drizzle of maple syrup and any of your favourite toppings.

🕒 Prep time: 5 mins

🕒 Cooking time: 15 mins

👤 Serves: 8 pancakes



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





Eco Eden Initiative

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

EcoEden is our 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.

Cut Down on Single use Plastics

There are many ways you can cut down on single-use plastics.

- Bringing your own carrier bags when shopping (keep some bags in the boot of your car if you're prone to forgetting)
- Choosing loose fruit and vegetables rather than the ones wrapped in plastic
- Shopping in bulk food stores if you have one nearby
- Storing your leftovers in reusable containers rather than using cling film or plastic food bags
- Get a keep cup for takeaway coffees
- Request that takeaway places don't give you plastic cutlery with your orders (deliveroo actually has this as a pre-selected option)
- Use matches instead of disposable plastic lighters



Coming up in *March*

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



World Book Day



International Women's Day



Comic Relief: Red Nose Day



British Sign Language Week



Neurodiversity Celebration Week



World Sleep 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 March 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...

■ Sometimes you will never know the value of a moment, until it becomes a memory. ■

Dr. Seuss



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