

Issue 16 | March 2024

# Eden Together

Health & wellbeing magazine

## NEW Menopause Support

NEW Menopause Support materials have been launched on the Eden Futures Wellbeing page.

## World Sleep Day

Raising sleep health awareness among researchers, health care workers, patients, and the public.



## Awareness Days

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



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



RED  
NOSE  
DAY



Eden  
Futures





## Welcome to our 16th 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
- International Women's Day
- **NEW** Menopause Support guides
- Mother's Day
- World Book Day
- British Sign Language Week
- Comic Relief
- Neurodiversity Celebration Week
- World Sleep 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)



## International Women's Day



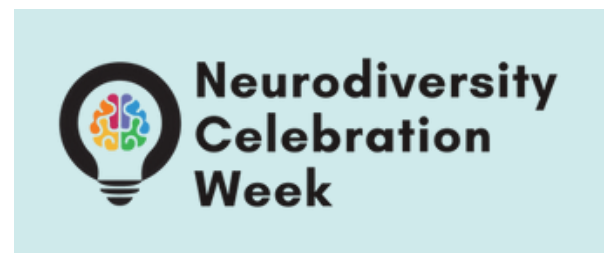
## British Sign Language Week



## World Book Day



## Comic Relief: Red Nose Day



## Neurodiversity Celebration Week



ACTION FOR HAPPINESS

# March calendar

**Mindful March 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Notice how you speak to yourself and choose to use kind words	 5 Bring to mind people you care about and send love to them	 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive
11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant
18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do
25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS Happier · Kinder · Together

## Mindful March

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:

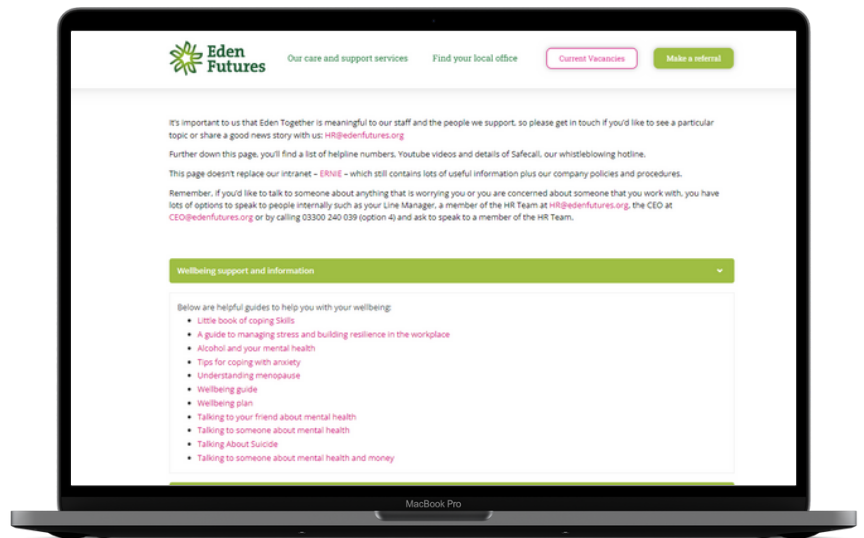
[www.actionforhappiness.org](http://www.actionforhappiness.org)

#actionforhappiness





Scan to visit the wellbeing  
page on the website

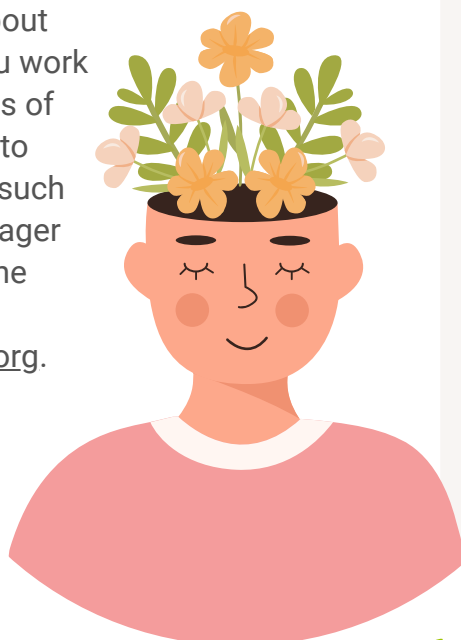


# Wellbeing support *and information*

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
- Energy Bills - Advice Booklet
- Tips for coping with anxiety
- 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







# Supporting you with... the Menopause at Work

We've created a **new** space on our Eden Futures Wellbeing page dedicated to the menopause: what it is, why it's important for us to have open conversations about it and what help and support is available to you if you're struggling with symptoms, or you would like to support someone who is.

We know what a big impact the menopause can have on people, especially at work, and all our help guides are there so you know what support is available to you. Scan the QR code below to go to our Wellbeing page and resources.



As part of our Eden Evolve leadership programme, all our managers are assigned the Menopause at Work learning module, which aims to give our leaders the confidence, tools and knowledge to effectively and compassionately lead their teams who may need some additional support if they're experiencing menopause symptoms.

## Menopause support:

NEW

- For Eden staff – A menopause support guide
- Menopause support information
- Understanding the psychological impact of the menopause
- Menopause – How to talk to someone at work
- Menopause – Getting the most of our your doctor's appointment
- Menopause – Common misdiagnoses
- Menopause – The myths vs the facts
- Menopause symptom checker
- Menopause and brain fog
- Know your menopause support pack
- Menopause – The effects of longterm hormone deficiency
- Living well through your perimenopause and menopause
- The benefits of HRT
- Alternatives to HRT
- FAQs about the menopause and HRT



Scan to visit the wellbeing page on the website





# Self-injury Awareness Day

1st March 2024

**Self-injury Awareness Day is an annual global event on the 1st March each year, dedicated to raising awareness and understanding, and diminish stigma and misconception.**

There are several definitions of self-injury, but the one often used is, “the deliberate, self-inflicted destruction of body tissue without suicidal intent and for purposes not socially sanctioned”. (Lund et al., 2021, p549). Self-injury is also referred to as deliberate self-harm (DSH), self-harm and self-mutilation.

The reason people self-harm is varied, and it is used by an estimated 5% of the population. Some of the reasons people give include finding relief from tension, stress, and anxiety, as a response to intrusive thoughts, coping with feelings they cannot express, a way of avoiding or preventing suicide, self-regulation and self-punishment. Self-regulation is described as a person’s power to act to situations that cause emotions, in an appropriate way. Studies have shown that for many people who have experienced trauma such as abuse or neglect, the impact of using self-harm can often fill a

void. The care that was often lacking in their past or the attention of others which gives them a sense of worthiness and of being safe.

## What can you do to help?

- Listen and really hear if someone uses or tells you they use self-harm, don’t judge them. People don’t use self-harm because they are weak, they are attention seeking and can ‘stop if they want to’. Provide them with a safe space to talk
- Use validation statements to acknowledge their emotions, thoughts and experiences. You can find more information about validation in our Toolbox Talk on Ernie - <https://intranet.edenfutures.org/index.php/knowledgeplatform/toolbox-talks/validation/>
- Develop your understanding about self-harm, what causes people to use it and what action you can use to support someone
- Harmless and our own knowledge platform have helpful resources
- [Did you know...? – Self-Harm & Suicide \(edenfutures.org\)](#)
- <https://harmless.org.uk/resource-hub/>
- If you’re worried about someone, encourage them to reach out for the support they deserve
- Accept that sometimes, a person may not feel ready to stop using self-harm
- Remember self-care. It can be difficult knowing or supporting someone who uses self-harm







## Support Links

### Harmless

[harmless.org.uk](https://harmless.org.uk)

User-led organisation that supports people who self-harm, and their friends and family.

### Hub of Hope

[hubofhope.co.uk](https://hubofhope.co.uk)

UK-wide mental health service database. Let's you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

### LifeSIGNS

[lifesigns.org.uk](https://lifesigns.org.uk)

User-led self-harm guidance and support network.

### The Mix

Tel: 0808 808 4994

Text **THEMIX** 85258

[themix.org.uk](https://themix.org.uk)

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

### National Self Harm Network (NSHN)

[nshn.co.uk](https://nshn.co.uk)

Survivor-led online support forum for people who self-harm, their friends and families.

### Samaritans

Tel: 116 123 (freephone)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Freepost SAMARITANS LETTERS

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

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

### Sane

Tel: 0300 304 7000

[sane.org.uk](https://sane.org.uk)

Offers emotional support and information for anyone affected by mental health problems, including a helpline.

### Shout

Text **SHOUT** to 85258

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

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.





# Prostate Cancer Awareness Month

March is prostate cancer awareness month. In the UK, about 48,600 men are diagnosed with it each year. If you are a trans woman or are non-binary assigned male at birth, you also need to be aware of prostate cancer and its effects.

Prostate cancer is a common cancer. In the UK about 48,600 people are diagnosed with it each year. Prostate cancer is more common over the age of 65. It can happen at a younger age but it is uncommon under 50. You have a higher risk of prostate cancer at a younger age if you are Black or have a strong family history of prostate cancer.

The earlier you catch it the more likely it is to be cured. Go to [prostatecanceruk.org](https://prostatecanceruk.org) to check your risk in 30 seconds. [prostatecanceruk.org](https://prostatecanceruk.org) gives information to support you and your loved ones. Find out about your risk, learn about possible signs and symptoms, and get all the information you need on treatment and support if you're newly diagnosed or living with prostate cancer.

**Prostate Cancer UK:** [www.prostatecanceruk.org](https://www.prostatecanceruk.org)

**MacMillan Cancer Support:**

[www.macmillan.org.uk/cancer-information-and-support/prostate-cancer](https://www.macmillan.org.uk/cancer-information-and-support/prostate-cancer)



**MARCH  
THE MONTH**

March the Month is a virtual step challenge for anyone who wants to keep active and help beat prostate cancer. Join thousands of people, across the nation, committing themselves to walk or wheel 11,000 steps a day throughout March.


Are you a rookie Rambler or a seasoned stroller? Whichever you are, you can get your steps in any way you choose. You'll never feel like you're marching alone with support and encouragement from our thriving community of marchers, committing themselves to March the Month.

March the Month is a challenge everyone can get involved in. If you want to take on more or less than the 11,000, steps you can adapt this goal to suit you.

Sign up by visiting:  
[marchthemonth.prostatecanceruk.org](https://marchthemonth.prostatecanceruk.org)







# World Book Day



WORLD  
**BOOK  
DAY**

7 MARCH 2024

World Book Day will be taking place on Thursday 7 March 2024. Their mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income.

Children and young people can choose one of the £1 books for **FREE** with their book token. The tokens are distributed through schools, early years settings, and a range of children's magazines. They also work with McDonald's to include the book token with Happy Meals!

Find out more: [www.worldbookday.com](http://www.worldbookday.com)



Remember that Red Nose Day is back!

**15th March 2024**

Join thousands of people up and down the country getting involved. We'd love to see photos of your Red Nose Day fun!

Send your pics to [marketing@edenfutures.org](mailto:marketing@edenfutures.org)  
[www.comicrelief.com/rednoseday](http://www.comicrelief.com/rednoseday)



**Click here**  
to Donate to our Just Giving page and help us raise some money.





**8th March 2024**

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.

Together we can forge women's equality. Collectively we can all **#InspireInclusion**. Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity.

**International Women's Day belongs to everyone, everywhere!**

#### **What does inclusion mean?**

Inclusion means that people across varying identities are and feel valued, welcomed, respected, included, represented and heard, and that they fully belong, can contribute and have a voice.

At Eden Futures, we strive to uphold our values, drive equality, celebrate our achievements and create an inclusive workplace for everyone.

To celebrate International Women's Day and inspire inclusion, we are encouraging out teams to share photographs of themselves 'making a heart', which is the pose for this years campaign.



Please send your photos to Marketing at: [marketing@edenfutures.org](mailto:marketing@edenfutures.org) so we can share them to everyone!



**International Women's Day**

*#InspireInclusion*

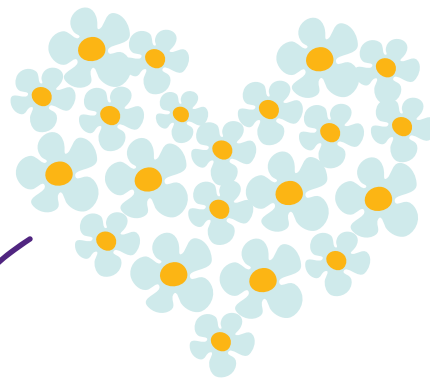






# Mother's Day

10th March 2024



For some, Mother's Day is a time of celebration, gratitude and love, but for others, it can be difficult and painful.

The shops, adverts, social media posts and conversations with friends can have a way of adding extra grief when Mother's Day brings up sad memories and experiences. They can be another reminder of how much they are missing someone or can highlight struggles they may be facing.

If you know someone who may be struggling this Mother's Day, let them know you're there and that whatever they're going through, it's okay to say.





When the whole world seems to be celebrating Mother's Day, here are a few ways you can offer support and kindness.

## Simple acts of kindness and support:

- Invite them for coffee
- Arrange an outing or activity together
- Say you'd love to hear more about their mum, son or daughter when they'd like to talk
- Show compassion and understanding that this kind of grief doesn't go away

## For many of us, Mother's Day can be difficult.

If you know someone who...

-  ...has lost their mum
-  ...has never known their mum
-  ...has a difficult relationship with their mum
-  ...has lost a child
-  ...is longing to be a mum
-  ...whose mum is unwell

think about reaching out to them today.



#mothersday





# Happy Ramadan

10th March - 9th April 2024

## What is Ramadan?

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection and community. A commemoration of Muhammad's first revelation, the annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty nine to thirty days, from one sighting of the crescent moon to the next

## When is Ramadan?

The Islamic Calendar follows the phases of the moon, commonly known as the lunar cycle. As a result, the Holy month of Ramadan falls approximately 10 days earlier each year in the Gregorian calendar. The Ramadan start date for 2024 is expected to fall on 10 or 11 March (with the possible variation of a few days) following the sighting of the moon over Mecca or respective countries. Lasting for 29 or 30 days, Ramadan will end around 9 April, with the celebratory days of Eid al-Fitr estimated to start around 10 April, again with a possible difference of a couple of days.

## How we support our Muslim colleagues at Eden Futures

Many Muslims fast from sunrise to sunset during Ramadan. They may also wish to spend time in prayer, engage in charitable activities, and spend time with family and friends to celebrate. During this time, many

Muslims are faced with the challenge of balancing their religious commitments with work. At Eden Futures, it's important to us that we accommodate employees who are observing Ramadan.

We encourage employees to be open if they are fasting, for example, so that we can be considerate and understanding, as people may not have a lot of energy and especially towards the end of the day and through the next few weeks. We will always be sensitive to your needs and religious sentiments and be supportive in any way we can.

During this special time, please speak to your line manager if you feel that you need any temporary arrangements, which may include earlier starts and earlier finishes, adjustments to your rota or taking some annual leave. If you're not taking part in Ramadan, we ask everyone to be supportive of our staff who are. It is a good idea to avoid asking if a person is fasting. Not every Muslim will be fasting, they may not be able to for a number of reasons, including poor physical or mental health. This can be difficult or awkward to explain, especially for someone wanting that spiritual connection.

If you're interested in learning more about Ramadan, you can visit: [www.muslimaid.org](http://www.muslimaid.org)

....and If you would like to wish someone a happy Ramadan, you can say "Ramadan Mubarak!"





# Nutrition & Hydration Week



11- 17th March 2024

Nutrition and Hydration Week is open to absolutely anyone who wants to join the shared cause of helping people understand the importance of nutrition and hydration in health and social care.

With around 3 million people at risk of malnutrition in the UK and over 25 million in the G8 countries we need to engage opportunities to raise the awareness of the risks and promote the good practices that can help prevent malnutrition and dehydration.

It's fun and its free to join and all the resources on their website are available to downloaded for free and be customised as you wish. Getting involved is easy and it's really up to you to decide what you would like to do! To help, [www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk) have produced a Nutrition and Hydration Week handbook which gives you loads of ideas and practical tips and advice on how to make the week a huge success!

## Six tips for staying hydrated throughout the day:

1. Hydrate when you wake up and before meals
2. Wrap up your day with another bottle or glass of water
3. Eat your water by following a produce-heavy diet with lots of fruit and vegetables
4. Experiment with how you drink water to maximize enjoyment (with ice, fruit....etc.)
5. Keep track of hydration with a smartphone app
6. Get a re-usable water bottle with water measurements - so you know how much you are drinking

### Source:

[www.everydayhealth.com/dehydration/smart-tips-for-staying-hydrated-throughout-the-day/](http://www.everydayhealth.com/dehydration/smart-tips-for-staying-hydrated-throughout-the-day/)





# World Sleep Day

15th March 2024



Created and hosted by World Sleep Society, World Sleep Day is an internationally recognised event that builds connections and raises sleep health awareness among researchers, health care workers, patients, and the public. Participants from each of these stakeholder groups organise sleep health awareness activities in their local clinics, institutions, companies, and communities.

## Sleep is essential to health

Sleep is a critical pillar of health, like nutrition and physical activity.

- Sleep helps support memory and learning
- Sleep helps clear waste from the brain and promote brain health
- Sleep supports brain health, and brain health supports sleep
- Sleep supports immune health, and immune health supports sleep
- Sleep helps the immune system to clear bacteria and viruses
- Sleep helps to recycle old cells and maintain our bodies and energy levels

Poor sleep health can have multiple significant impacts on human health. As humans, we spend approximately a third of our lives asleep, but a lack of good quality sleep can negatively affect our daily lives and long-term health in many significant ways:

- Poor sleep has been linked to obesity, diabetes, coronary artery disease, and cardiovascular mortality
- Poor sleep can lower immune response, creating greater susceptibility to infections that further reduce sleep quality
- Certain sleep disorders like obstructive sleep apnoea and rapid eye movement sleep behaviour disorder are associated with cognitive impairment, dementia, risk of seizures, and increased risk of stroke
- Poor sleep can result in reduced reaction times, impaired judgment, and cognitive impairment similar in effect to alcohol intoxication
- Drowsiness can impair safe driving even if the driver does not fall asleep

Continued...





...continued

### **Sleep health is multidimensional**

“Healthy sleep” means more than simply “enough sleep.” There are six dimensions that affect sleep health and consequently overall health and wellbeing.

Organising “healthy sleep” into distinct aspects offers sleep health advocates more focused messaging that promotes healthy sleep behaviours.

#### **The six dimensions of sleep health are the following:**

1. Duration: how much did you sleep over 24 hours?
2. Efficiency: how well do you fall asleep and stay asleep?
3. Timing: when do you sleep?
4. Regularity: do you have consistent sleep and wake times?
5. Alertness: do you maintain good focus and attention during waking hours?
6. Quality: do you feel satisfied with your sleep?

### **We must address sleep health disparities to improve the health of populations across the world.**

“Sleep health disparities” are defined by persistent differences in one or more of the sleep health dimensions that adversely affect a population, and examples of such disparities have been identified and measured in recent years.

The effects of sleep health disparities become clear when one considers the fundamental role of sleep in human health and wellness.

The causes for these disparities can be both social (e.g., psychological stress, financial strain, hunger, threats to safety) and environmental (e.g., light, temperature, noise, air quality)

**Source:** *Worldsleepday.org - toolkit*







## Additional resources:

### Healthier Sleep Magazine

A magazine written and reviewed by sleep experts for the public. Issue topics have included sleep disorders, travel & sleep, paediatric sleep, and more. Find all the Healthier Sleep content and complete issues at [healthiersleepmag.com](https://healthiersleepmag.com).

### Sleep Expo

Public lectures from international sleep experts. The first Sleep Expo was held in Vancouver in 2019. Find video recordings of all the public lectures on YouTube.

### Below are the topics discussed by experts:

- How to know if you have a sleep disorder
- Why am I sleepy during the day?
- Why do I keep falling asleep?
- Falling asleep at the wheel
- Insomnia treatments and therapies
- Parkinson's, dementia, and the elderly
- Managing sleep disorders in infants to adolescents
- Women and sleep: pregnancy to menopause
- Sleep apnoea diagnosis and treatments
- Restless legs syndrome causes and treatments.
- Sleep, insomnia, and depression
- Can my dentist help me sleep?
- How sleep can affect your health
- Sleep walking, night terrors, and nightmares





# Neurodiversity

18 - 24th March 2024

*Celebration Week*

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

## What is Neurodiversity?

According to [neurodiversityweek.com](https://neurodiversityweek.com), when it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles

such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. But regardless of labels, neurodiversity is about recognising those who think differently. And no matter whether you are a school, university or organisation you can benefit from different thinkers!

Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges.

Approx.  
**15-20%**  
of the population  
has a neurological  
difference

Many 'challenges' neurodivergent people face are more to do with the environment and systems they are placed in, often designed by a majority population.



**Neurodiversity  
Celebration  
Week**



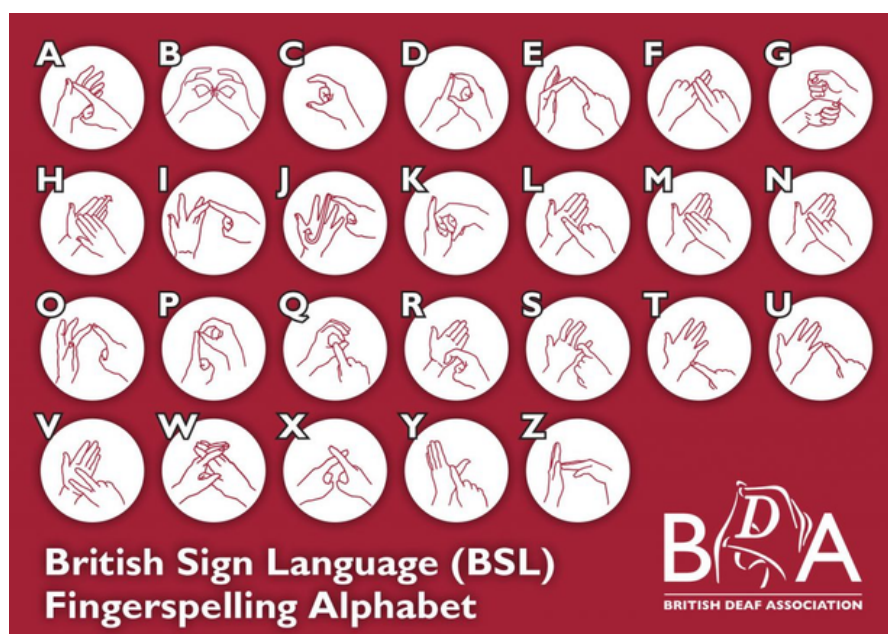


# British Sign Language Week

18th - 24th March 2024

The week is organised by the British Deaf Association, which has chosen the theme of 'Promoting BSL and ISL as indigenous languages of the UK'.

The campaign aims to celebrate and educate about BSL and ISL, to encourage more people to start learning it and preserve BSL and ISL for future generations.



British Sign Language (BSL) is the preferred language of over 87,000 Deaf people in the UK for whom English may be a second or third language.

BSL is a rich, visual-gestural language with a distinctive grammar using handshapes, facial expressions, gestures and body language to convey meaning. It helps to build a sense of community and belonging for Deaf people and highlights Deaf culture, identity, community and history, reflecting unique characteristics found amongst the population of Deaf people.

[signlanguageweek.org.uk/](https://signlanguageweek.org.uk/)

#bslweek







# Debt Awareness Week

18th - 24th March 2024

## 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 via StepChange Debt Charity Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC046263.



[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.





# Happy Easter

The date of Easter Sunday varies from year to year. It is celebrated on the first Sunday after the full moon, on or after 21 March. In 2024 Easter Sunday is on 31st March. The week leading up to Easter is called Holy Week.

## **Palm Sunday**

This is the Sunday before Easter Sunday. It is the first day of Holy Week and celebrates Jesus's arrival in Jerusalem riding on a donkey. Crowds of people came out of the city to greet him, throwing down palm branches on the road. Anglican and Roman Catholic churches give out small crosses made from palm leaves, as a reminder of Jesus's entrance into Jerusalem and his death on the cross. Some Christians keep these in their homes all year as a symbol of their faith.

## **Maundy Thursday**

This is the Thursday before Easter Day. On Maundy Thursday Christians remember when Jesus ate the Passover meal with his disciples, breaking bread and drinking wine. Christians refer to this meal as the Last Supper. Many Christians remember the Last Supper by sharing bread and wine together in a church service called Holy Communion, Eucharist or Mass. It is a reminder that Jesus sacrificed his life for mankind.

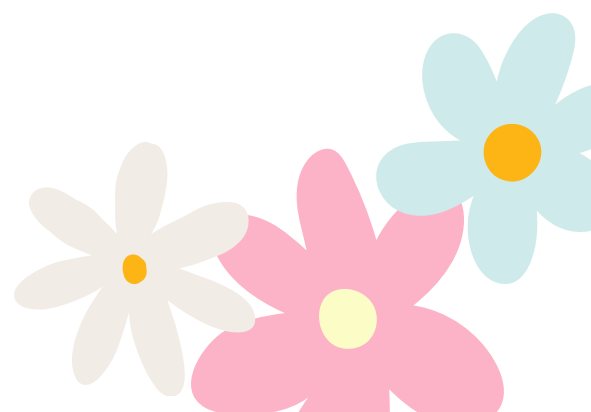
## **Good Friday**

Good Friday is the Friday before Easter Sunday. It commemorates the execution of Jesus by crucifixion. Good Friday is a day of mourning in church. During special Good Friday services Christians remember Jesus's suffering and death on the cross, and what this means for their faith. In some countries, there are special Good Friday processions, or re-enactments of the Crucifixion.

## **Easter Sunday**

Easter Sunday marks Jesus's resurrection. After Jesus was crucified on the Friday his body was taken down from the cross and buried in a cave tomb. The tomb was guarded by Roman soldiers and an enormous stone was put over the entrance.

On Sunday Mary Magdalene and some of Jesus's disciples visited the tomb. They found the stone had been moved and that Jesus's body had gone. Jesus was seen later that day by Mary and the disciples, and for forty days afterwards by many people. His followers realised that God had raised Jesus from the dead. Christians call this the resurrection.



# 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.



## 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.

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.

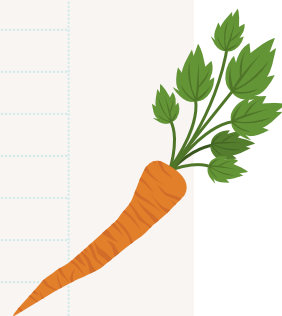
## Planting veg and when!

Want to grow your own vegetables, but not sure when to start sowing? Our helpful guide shows you popular veg which you can sow in your own home or garden!

	J	F	M	A	M	J	J	A	S	O	N	D
Beetroot				●	●	●	●●	●	●	●		
Cabbage	●	●	●●●	●●			●	●	●	●	●	
Carrots			●	●	●	●●	●●	●	●	●	●	
Lettuce			●	●	●	●	●●	●●	●	●		
Onions / Garlic			●	●				●	●	●		
Peas				●	●	●●	●●	●	●	●		
Potatoes			●	●		●	●	●	●			
Tomato (outdoors)				●	●●	●		●	●	●		

● Sow inside (on a window sill, unheated greenhouse)  
● Sow outside (direct into prepared garden soil)

● Move outside (when conditions are favourable)  
● Harvest (when ready)





# Easter chocolate nests

Simple recipe for you to try at home

These easy chocolate nests are the perfect Easter treat!

## Ingredients:

- 200g milk chocolate, broken into pieces
- 85g corn flakes or rice crispies
- 2 x 100g bags mini chocolate eggs

You'll also need cupcake cases!



## Method:

1. Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the corn flakes/rice crispies and stir well to combine.
2. Spoon the chocolate mixture into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hours until set.

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



# Coming up in April

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



## Stress Awareness Month



## Bowel Cancer Awareness Month



## World Autism Acceptance Week



## World Health Day



## Positive Self-talk



## World Parkinson's 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:

**1st April 2024**





# 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...*

■ Three things in human life are important:  
the first is to be kind; the second is to be  
kind; and the third is to be kind ■

**Henry James**



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