

Eden Together

Health & wellbeing magazine

Autism Acceptance Week

Talking with our Expert Partner Stefan

Stress Awareness

Support and tools to help us reduce stress and prioritise our mental health.

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.

Welcome to our 17th 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
- Menopause Support guides
- Stress Awareness Month
- Positive Self-talk
- World Health Day
- World Autism Acceptance Week
- Bowel Cancer Awareness Month
- EcoEden
- Eden Kitchen Recipe
- Financial Wellbeing
- Key Contacts and Helplines

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



Stress Awareness Month



Positive Self-talk



World Health Day



World Autism Acceptance Week



Bowel Cancer Awareness Month



ACTION FOR HAPPINESS

April calendar

Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS Happier · Kinder · Together

Active April

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:

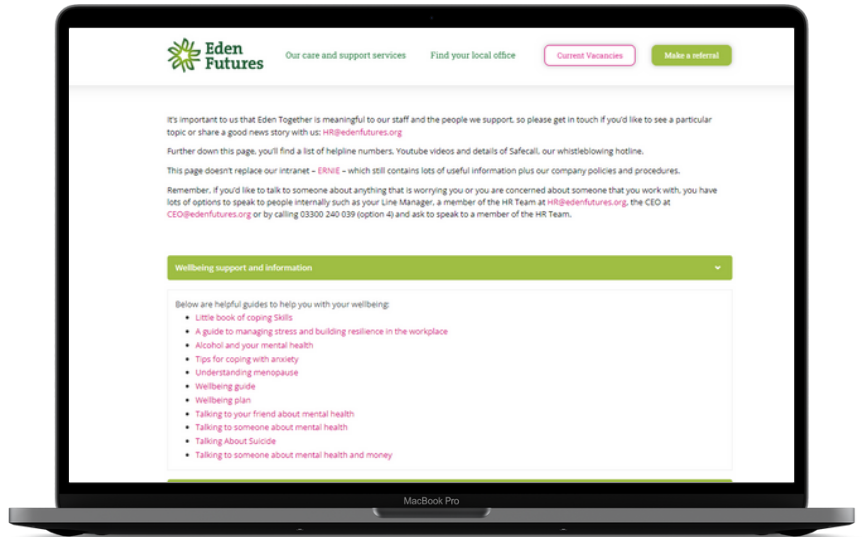
www.actionforhappiness.org

#actionforhappiness





Scan to visit the wellbeing page on the website

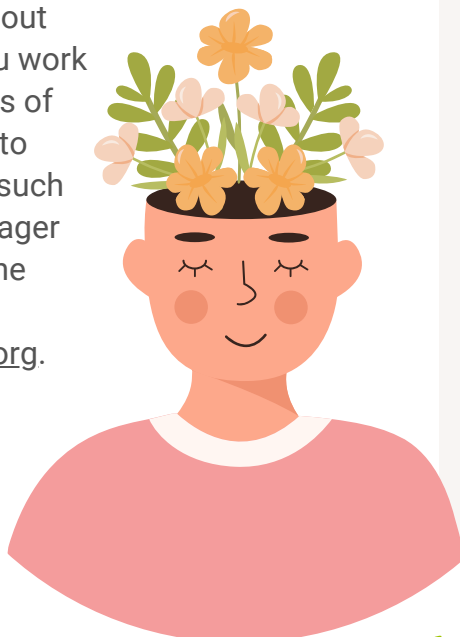


Wellbeing support and information

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
- 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





Stress Awareness Month

April 2024

Stress Awareness Month 2024 will be taking place in April. As an annual event that's been observed since 1992, it serves as a gateway to open up conversations about stress, signpost people to the right support and help us prioritise our mental health.

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

Through the release of hormones such as adrenaline, cortisol and norepinephrine, the caveman gained a rush of energy, which prepared him to either fight the tiger or run away. That heart pounding, fast breathing sensation is the adrenaline; as well as a boost of energy, it enables us to focus our attention so we can quickly respond to the situation.

Fight: When your body goes into a state of stress, we may feel agitated and aggressive towards others; this can be due to our bodies' natural reaction being "fight". This can be a helpful reaction to ward off

predators, but in unnecessary situations, it can negatively affect relationships and reputations.

Flight: Some of us avoid our stressors, removing ourselves from the situation instead of tackling it. This can be a sign of the "flight" survival instinct; a function that can save our lives if we find ourselves in dangerous surroundings. However, in everyday life, this natural instinct can lead to a stressful situation escalating, and increase our stress levels when we realise that the stressor isn't going away and we need to face it.

Freeze: Unknown by many, there is a third mode that stress can cause; freeze. For some people, becoming stressed sets the stage for 'dysregulation'. The energy mobilised by the perceived threat gets "locked" into the nervous system and we 'freeze'. This response sometimes reveals itself when we breathe. Holding our breath and shallow breathing are both forms of freeze. The occasional deep sigh is the nervous system catching up on its oxygen intake.

By being aware, we can focus on making manageable adjustments to our daily routine. While the impact of small actions on their own may seem little, the effects of these habits together can be so beneficial.





Physical signs of stress

The hormones that our bodies produce to respond to stressful situations can have many physical effects. These effects might include:

- Difficulty breathing
- Panic attacks
- Blurred eyesight or sore eyes
- Sleep problems
- Fatigue
- Muscle aches and headaches
- Chest pains and high blood pressure
- Indigestion or heartburn
- Constipation or diarrhoea
- Feeling sick, dizzy or fainting
- Sudden weight gain or weight loss
- Developing rashes or itchy skin
- Sweating
- Changes to your period or menstrual cycle
- Existing physical health problems getting worse

How stress might make you feel

If you are stressed, you might feel:

- Irritable, angry impatient or wound up
- Over-burdened or overwhelmed
- Anxious, nervous or afraid
- Like your thoughts are racing and you can't switch off
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- Like you've lost your sense of humour
- A sense of dread
- Worried or tense
- Neglected or lonely
- Existing mental health problems getting worse

Continued...



...continued

If we experience high levels of stress, these physical effects can get worse. This can also happen if we experience stress for a long period of time.

Free webinars on Eventbrite that you can sign up to:

Coping with stress and anxiety

- 11th April

www.eventbrite.co.uk/e/coping-with-stress-and-anxiety-tickets

Reduce stress and basic holistic health

- 11th April

www.eventbrite.co.uk/e/reduce-stress-and-basics-of-holistic-health-tickets

Wellbeing support...

Eden Futures website has a wellbeing page with advice and support to improve your mental health and managing stress, including:

[Little book of coping skills](#)

[A guide to managing stress and building resilience in the workplace](#)

[The self-kindness toolkit](#)

Small actions can make a big change...

- **Connect with someone:** Are they okay? Are you okay? Check in with your support network. Connect with someone new. A sense of belonging and community can help reduce feelings of loneliness
- Go outside
- Get moving
- Be mindful
- Breathe deep
- Prioritise sleep: Make small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time, make your bedroom a 'tech-free' zone, create a clean and restful environment, jot down what's on your mind and set it aside for tomorrow, avoid caffeine after 4pm
- Practice mindfulness



Stress Management Society
from distress to de-stress



#stressawareness





Money and *mental wellbeing*

When we're struggling with our mental health, we might find it harder to manage our money. As well as this, worrying about money can make our mental health worse. It might start to feel like a vicious cycle.

Although this can feel stressful and overwhelming, there are things you can do to help.

The **Money and mental wellbeing toolkit** created by Mind, is designed help you explore the relationship between money and your mental health. You can use it on your own or ask someone you trust to help you work through it. The toolkit gives some tips and techniques to manage your money and help improve your mental wellbeing.



www.mind.org.uk

Just remember...

Don't try to do everything at once. Take it one step at a time and make sure to look after yourself as you work through the ideas. Some of these tips and techniques might feel difficult in a practical way. Others may bring up some difficult feelings. If this happens at any time, you can take a break and seek support using the resources on page 22.

You can find this toolkit by visiting our Wellbeing page and clicking the section **General wellbeing information and support booklets**. In here, you'll also find a **Conversation Guide: talking about mental health and money** from Mental Health UK.

Wellbeing support...

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





Get active this April...

Bowel Cancer Awareness Month...

April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of bowel cancer and funds to support the work of Bowel Cancer UK, with the main aim of ensuring that there would be no victim of Bowel Cancer by 2050.

Bowel cancer is the fourth most common cancer in the UK. Almost 43,000 people are diagnosed with bowel cancer every year in the UK.

Bowel cancer is treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage. However, more than 16,800 people die from bowel cancer in the UK every year - and this shouldn't be the case.

Early diagnosis for Bowel Cancer and any other type of cancer saves lives. This is the reason why April has been set aside to educate the public and raise awareness of Bowel Cancer symptoms. Visit Bowel Cancer UK's website for more information and speak to your GP if you're worried.



Active for April is Bowel Cancer UK's annual fundraising campaign and they're asking you to do something active every day for the whole of April as part of Bowel Cancer Awareness Month and get sponsored.

It's really simple, just get sponsored to do 30 minutes of physical activity every day for 30 days during the month of April.

So, what are you waiting for?

Get up, stretch out and sign up today. Running, swimming, walking the dog, or even doing some gardening whatever activities you choose it's completely up to you. You can take part in Active April as an individual or why not get friends and family involved and sign up as a team?

To join, visit www.bowelcanceruk.org.uk If you have any questions about the event or the registration process, email events@bowelcanceruk.org.uk.

#activeapril



Autism

Acceptance Week

2nd to 8th April 2024



Seeing the Human in the Data

Sitting down with our Expert Partner Stefan

Who prefers to be described as a Person with Autism

As we hop into April, we are reminded of the significance of World Autism Acceptance Week (Tuesday 2nd - Monday 8th April). Autistic people can face discrimination and systemic barriers across all sectors of society. Nearly 30% of adults in Britain are unsure whether Autism can be cured and over a third (35%) still believe it to be a learning disability (Autistica, 2022). World Autism Acceptance Week calls us to deepen our understanding, foster acceptance, and champion inclusion for Autistic individuals where everyone feels valued and respected, regardless of their neurotype (The Mandatory Training Group, 2024).

It's time to celebrate the talents of Autistic individuals, their accomplishments and contributions to our community. What better way to start than sitting down with Stefan, one of our Expert Partners, to delve into his experiences of Autism.

About Autism

Autism is a lifelong condition which affects how a person communicates with and relates to other people, and how they

experience the world around them (Autism Hampshire, 2023). It is estimated that there are around 700,000 Autistic individuals in the UK (National Autistic Society). Autistic people have said that the world, to them, is a mass of people, places and events which they struggle to make sense of, and which can cause them considerable anxiety (Autism Hampshire, 2023).

Autism is a 'spectrum' disorder. This means that like everyone, each Autistic person has their own strengths, challenges and perspectives (National Autistic Society). However, Autistic individuals experience particular difficulties with:

- Social interaction / social communication
- Repetitive and restrictive behaviours
- Over- and under-sensitivity relating to the senses
- Highly focused interests or hobbies
- Poor mental health
- Meltdowns and shutdown





...continued

Stefan explained that for him, Autism affects his communication (e.g., interpreting facial expressions and body language), processing information and social interaction. Stefan told us:

“Interacting with other people is altogether different.”

Stefan’s primary form of communication is verbal; however, he also uses emails to communicate. Stefan acknowledged that when he is withdrawn, overwhelmed or having a meltdown, verbal communication can be tricky as the information he can process during that time is limited. Despite this, Stefan turns to nonverbal forms of communication instead:

“Because even though we’re not always able to communicate verbally, there’s always the nonverbal signs to look out for as well.”

Only 29% of Autistic individuals are in any form of employment. Stefan has experienced this all too well, his search to attain his long-term goal of securing a part-time job has not been easy. Despite this, Stefan asserted that he is more than his Autism diagnosis and described how to master the art of turning rejection into personal resilience:

“I don’t let the label define who I am. I think I just need to work a bit harder to do a few more steps prior to getting the job that I want.”



Far too often the focus remains on the challenges faced by people with Autism rather than their strengths. This can inadvertently perpetuate misconceptions and stigmas surrounding Autism. By shifting the narrative to highlight the unique strengths and abilities a person with Autism has, we can combat discrimination, break down barriers and empower people with Autism to embrace their talents and pursue their passions with confidence. For Stefan, this involves mathematics, working with numbers and having a unique role within his service:

“I’m known as the Handyman around here, because I’m always fixing things and building things for other people.”

Despite this, combating discrimination and breaking down barriers is not without its challenges. Stefan has experienced firsthand that a lack of understanding of Autism can mean being bullied, carrying the label of a ‘troubled kid’ and failed placements:

“They didn’t always understand my needs or understand my Autism diagnosis or anything like that. In the end it just broke down.”





...continued

Indeed, Stefan raised the most common misconception he experienced was that each person with Autism is treated exactly the same:

“We’re not really treated as individuals. It can be really difficult. It’s one of those really annoying things that happen and you get to a point where you just feel like it’s the same old.”

No two people with Autism are the same, just as two people without Autism are not the same either, no matter how alike they may be (Different Minds One Scotland, 2022). Stefan confirmed the transformative effect one successful placement focusing on person-centred support can have:

“Eden is the longest placement I’ve had by quite some margin. I think it’s because of all the training that’s in place for staff and the fact that staff talk to you as a person and ask how does this affect you? It’s quite good that Eden staff actually treat you like a human being.”

Stefan’s experience at Eden Futures was that impactful it motivated to him become an Expert Partner to advocate extending beyond himself:

“It was about making an impact not just in my life but in other people’s life as well. It’s not something that I’ve looked back on since.”

Stefan explained that becoming an Expert Partner has created new opportunities to learn about other people and their perspectives, getting his own views across and getting his voice heard. In addition, listening to staff with Autism inspired hope in Stefan with his goal of part-time work:

“I learnt to see it from both sides of the fence. I also learnt that staff aren’t robots and everyone communicates in a different way.”

Stefan stated that for him, one of the most annoying assumptions is that meltdowns are for attention. Stefan explained that people without Autism are not always going to see or understand the thoughts of a person with Autism. Often it can be confusing to the person with Autism so it’s hard to explain to the person without. Stefan confirmed the importance of conversation here whether it be 1:1 with a person with Autism you support or discussions in staff supervisions. Either way experiences that enrich our understanding of Autism are paramount.

We feel richer after hearing Stefan’s words and experiences, we hope you do too. Whilst this is a small but mighty step towards Autism Acceptance. With that, Stefan had one final thing to say:

“One thing I wish that non-autistic people knew about people with Autism is that people with Autism are smart in their own way. We are human beings and can achieve the impossible even when people say it’s not possible. We just need a chance.”





...continued



How to get involved

The National Autistic Society (NAS) are once again supporting World Autism Acceptance Week. NAS raises money to transform lives and change attitudes to help create a society that supports people with Autism. With their theme for raising awareness in 2024 being colour and there are lots of different and creative ways to get involved: [volved: www.autism.org.uk/get-involved/](http://www.autism.org.uk/get-involved/)

Fundraise: Celebrate World Autism Acceptance Week by doing your own 5k Spectrum Colour Walk in a place and at a time that suits you.

Learn: Take the time to educate yourself further on autism (see links to our resources at the end of the article).

Talk: Have a chat with an Autistic person you know to get a better understanding of their strengths and how Autism affects them.

Create: Bake a cake and remember don't scrimp on the colour!

Show: Wear a different colour of clothing each day throughout World Autism Acceptance Week.

Don't forget to use the hashtags on social media...

[#AutismAcceptanceWeek](#)
[#WAAW24](#)
[#SpectrumColourWalk](#)

During World Autism Acceptance Week, let us take the time to educate ourselves further on Autism, dispel myths, and challenge stereotypes. Let us engage in meaningful conversations, listen attentively to the voices of individuals with Autism, and advocate for their rights and dignity.

For more information about what Autism is or how to support an Autistic person please see our Eden Futures resources below:

How to Support an Autistic Person

[\(https://intranet.edenfutures.org/index.php/support-someone-with-autism/\)](https://intranet.edenfutures.org/index.php/support-someone-with-autism/)

Tool Box Talk on Autism

<https://intranet.edenfutures.org/index.php/knowledgeplatform/toolbox-talks/autism/#post-121>

Or why not have a look at The Spectrum magazine... The **Spectrum magazine** is created by autistic people, with content covering all things Autism - from articles on ASD and aliens, to everyday reflections of life on the spectrum. The magazine is owned and run by the National Autistic Society, and aims to connect people with Autism through their letters and articles and to share information so that they can lead more independent lives.

Go to www.autism.org.uk for more information.





Did you know...

Parkinson's Awareness Week will take place between **10th - 16th April 2024**. Join in this awareness week in a range of physical events and activities to get you active whilst having fun!

www.parkinsonscare.org.uk/awarenessweek/

World Parkinson's Day

11th April 2024



Having Parkinson's can feel overwhelming if you don't have the right information and support. Parkinson's UK are there to help people with Parkinson's feel in control of life.

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and gets worse over time. There are many potential signs and symptoms of Parkinson's and each person can experience them differently.

World Parkinson's Day takes place on the 11th of April every year.

This year, Parkinson's UK want communities to come together and **Make It Blue**. That's because, while living with Parkinson's is challenging, one thing stands out: you're not alone.

The Make It Blue guide is full of ideas to help you make the most of this World Parkinson's Day. Parkinson's UK's team of community fundraisers, based across the UK, are on hand with expert advice on organising an event, spreading the word, raising money and so much more!

For more information or to sign up visit: www.parkinsons.org.uk/make-it-blue

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.






Positive statements encourage us and help us cope through distressing times. We can say these encouraging words to ourselves, and be our own personal coach. We have all survived some very distressing times, and we can use those experiences to encourage us through current difficulties.

Examples of coping thoughts might be:

- Stop, and breathe, I can do this
- This will pass
- I can be anxious/angry/sad and still deal with this
- I have done this before, and I can do it again
- This feels bad, it's a normal body reaction – it will pass
- This won't last forever
- Short term pain for long term gain
- I can feel bad and still choose to take a new and healthy direction
- I have survived before, I will survive now
- I feel this way because of my past experiences, but I am safe right now
- It's okay to feel this way, it's a normal reaction
- Right now, I am not in danger. Right now, I'm safe
- My mind is not always my friend
- This is difficult and uncomfortable, but it's only temporary
- I can use my coping skills and get through this

Write down a coping thought or positive statement for each difficult or distressing situation something you can tell yourself that will help you get through. Write them down on a piece of card and carry it in your pocket or handbag to help remind you.


#positiveselftalk



**Thoughts are just thoughts
- they're not necessarily
true or factual**



**I don't need to rush, I can
take things slowly**



**I can learn from this
and and it will be easier
next time**





Eid al-Fitr

Festival of breaking the fast



What is Eid al-Fitr?

Eid al-Fitr also known as, the 'festival of breaking the fast' is a joyous occasion that marks the end of Ramadan, a month of fasting for Muslims, when they abstain from food and drink between dawn and sunset.

Eid is centred around celebrating the end of a month of fasting and spending time with family, friends and people within the community. Celebrations will take place during the first three days of Shawwal, the tenth month of the Islamic calendar and starts with the sighting of the new moon.

Ways to celebrate...

Ahead of the festivities, rituals are followed to show thankfulness to Allah (SWT).

The day starts with the 'Takbir' - a declaration of the greatness of Allah (SWT), which is normally followed by those celebrating going out to the place of prayer.

Taking a bath or 'ghusl' is recommended on Eid, to cleanse and purify your entire body. After bathing people celebrating normally wear their finest clothes, in line with the tradition of the companions and the Messenger (PBUH).



The Eid prayer is observed out in the open (if weather permits), with special supplications, said and Eid greetings exchanged between those celebrating.

Before the commencement of the Eid prayer, it is obligatory for all Muslims to pay a donation called 'Zakat-al-Fitr'. This money is then given to the poor and those in need, allowing them to participate in the celebration of Eid.

Some families celebrate Eid with the exchange of gifts amongst close family members and children. Special treats and delicacies are prepared to share with everyone. A hearty meal is enjoyed with loved ones, and visits to friends and relatives are paid.

Eid is an expression of gratefulness on a believer's part – an occasion of thanksgiving in the acknowledgement of Allah (SWT).



South Indian (Kerala) Fish Biryani

From Jerin Philip, Specialist Support Worker (Ollerton)



Ingredients:

- Long-grain basmati rice (2 cups)
- 2x onions (thinly sliced)
- 2x large tomatoes (chopped)
- 3x green chillies (slit lengthways)
- 1lb boneless fish fillets - any thick fleshed fish (cut into medium sized pieces)
- 2x bay leaves
- 1 sprig of curry leaves
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1/4 cup Coriander (chopped)
- 1/4 cup mint leaves (chopped)
- 1 tsp Kashmiri chilli powder (alter according to your spice tolerance)
- 1/4 tsp turmeric
- 1 tbsp fish masala powder
- 1 to 2 tsp biriyani masala powder (according to your spice tolerance)
- 1 cup thick coconut milk
- 1/2 lemon (juice squeezed)
- Salt to taste
- Ghee/vegetable cooking oil (as required)

For Marinating the Fish:

- 1/4 tsp Turmeric Powder
- 1 tbsp Fish Masala Powder
- 1 tsp Chilli Powder (according to your spice tolerance)
- 1/2 tsp Pepper
- 1 tsp Ginger Paste
- 1 tsp Garlic Paste
- 1 tbsp Lemon Juice
- Salt (to taste)

Method:

1. Soak basmati rice in water for 30-40 minutes.
2. Clean the fish fillets and marinate (see ingredients above) - refrigerate it for 30 minutes.
3. Boil the basmati rice in at least 6-8 cups of water with a little salt, 1/2 tsp biriyani masala and 1 tsp oil, until each grain is separate and almost cooked but not fully cooked. Add more water, if needed so that the rice doesn't stick together. The biriyani masala will infuse a fragrant aroma to the rice. Drain excess water if any and set aside.
4. Meanwhile, transfer the marinated fish to a deep pan. Add a little water so as to just cover the fish fillets. Add salt and cook for 8-10 minutes on medium heat.
5. Once cooked, drain the water completely from the cooked fish fillets and set fish aside.
6. Heat a big non stick pan (or wok) and add 2-3 tbs of ghee/oil.
7. Add onions and sauté until they are translucent.
8. Add the slit green chillies, curry leaves, bay leaves, 1 tsp ginger paste and 1 tsp garlic paste along with some salt and sauté for a few minutes.
9. Next, add the chopped tomatoes, chopped coriander and mint leaves and mix well. Cook until the tomatoes are pulpy and mashed.
10. Now add 1 tsp of biriyani masala powder, 1 tbsp fish masala powder, 1 tsp Kashmiri chilli powder and 1/4 tsp turmeric and sauté for 1 minute.
11. Add 1 cup of thick coconut milk, mix well and allow it to simmer for a while.
12. Add the cooked fish fillets to the masala gravy and mix gently or better swirl the pan (If you mix too much, the fish pieces will end up getting crumbled). Cover and cook for 4-5 minutes and keep the masala gravy aside.
13. Heat 1 tbsp ghee in another heavy pan. Layer it with cooked rice and the fish masala alternatively and sprinkle lemon juice.
14. Cover with a tight lid and cook on very low flame for 10 minutes.
15. Uncover and mix gently until the rice is evenly coated with the masala.
16. The Fish Biryani is ready to served hot with Raita (or plain yoghurt) and pickle.





World Health Day

7th April 2024

My health, my right

This year's theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.



IBS Awareness *month*

April 2024

Irritable Bowel Syndrome (IBS) Awareness Month falls in April each year. IBS is the most common disorder of the digestive system, with up to one third of the UK population experiencing symptoms.

Guts UK Charity, raise vital awareness for IBS and much more, 'to make much-needed noise for our underfunded and understaffed guts'.



www.gutscharity.org.uk

"My IBS is often shrugged off compared to my other health conditions. You're left to 'just deal with it' and find out your own information. I definitely find comfort in toilet humour, I'd rather have someone laughing with me than have them feel uncomfortable about my IBS. When I meet someone else with IBS, it's always like an instant bond. It helps to know I'm not the only person stuck on the toilet sometimes!"
- **James**

Read James' full story here:

www.gutscharity.org.uk/advice-and-information/personal-stories/jamess-story-ibs/



Community Garden Week



1st - 7th April 2024

Community garden week celebrates the amazing community gardens across the UK. In 2023, the Pudsey team worked hard creating a beautiful community garden...read their story below:



"We started in the Spring of 2023 by asking staff and people we support how they would feel about improving the garden space at Pudsey and there was a resounding **"We'd love to!"**

Nature, the outdoors and gardening have a proven and positive effect on mental health. It's being-work, team-work with all of us growing together!

With great effort, we cleared out the available spaces in the garden, ready to sow an inspiring variety of plants. As you can see, it was a hugely successful growing year, with plenty of fecund flowers and vivacious vegetables sown, grown and tenderly tendered to by Pudsey's team - The Gardeners of the Galaxy! We grew Gladioli, Lillies, Begonias, Sweetcorn, Courgettes, Potatoes, Onions, Carrots, Leeks, Radishes, and astonishingly tall Sunflowers!

We also had some great outdoor fun making and painting peoples' favourite place signs before creating a totem pole which now lives permanently outdoors. We found some old slates too, so decorated them with the Gardeners of the Galaxy insignia for all to view. Thanks to a hugely generous donation by Eden Futures, a Greenhouse is on the way.... follow us as we grow in 2024!"

Johnny and Gardeners of the Galaxy





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.

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.



Help each other

Build community and save money by sharing with fellow locals.

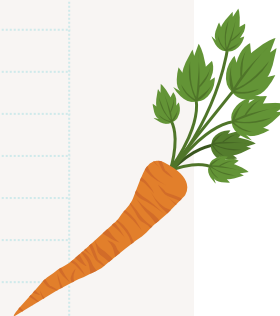
Planting veg and when!

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 (<i>outdoors</i>)				●	●●	●		●	●	●		

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

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





World Day for...

Safety and Health at Work

28th April 2024

It's World Day for Safety and Health at Work on 28th April. This is an annual day adopted by the International Labour Organisation to focus on the prevention of occupational accidents and to raise awareness about health in the workplace and promoting and creating a safe and healthy work culture.

Remember – we can all play a part in staying safe at work.



At Eden Futures we work to ensure that your place of work is as healthy and safe as possible. You can help us to do that and play a big part in having a healthy and safe workplace by doing the following:

- 1.** Taking care of your health and safety at work – this might include wearing clothing and footwear that are safe, following infection prevention and control guidance, following food hygiene actions or other things specific to your workplace.
- 2.** Making sure you understand what to do in the event of a fire within your workplace.
- 3.** Telling us about any concerns you have about your safety in the workplace or things impacting on your health. This includes telling us about faulty equipment as well.
- 4.** Attending any training provided for you to increase your knowledge about all aspects of your job role and following any guidance that is in your workplace.
- 5.** Using anything provided to protect your safety or your health in the workplace. This includes PPE which everyone is familiar with from the pandemic but also things like using pits and pagers if they are provided where you work.
- 6.** Remembering that your actions or lack of action will affect others in the workplace – this means if you don't do something you have been asked to do, it may have an effect on the safety of others. Or if you see a hazard and don't deal with it, someone else may be impacted.





HAPPY
BIRTHDAY

Are you
celebrating
your birthday
soon?

To make your birthday feel extra special... did you know that some high-street shops and restaurants offer **FREE** treats and discounts on your birthday!



FREE Krispy Kreme Doughnut

If you download the **Krispy Kreme Rewards** app and use it to register for the free loyalty scheme, you can get a voucher to show in a Krispy Kreme store for one free doughnut of your choice (normally £1.65 - £2.25) to claim during your birthday month.



FREE Greggs Sweet Treat

If you download the **Greggs** app and use it to register for the free 'Greggs Rewards' loyalty scheme, you'll get a voucher on the app to show in a store for one free cupcake, cream cake or doughnut for your birthday.



FREE Burger King Whopper

If you download the **Burger King** app and register with its 'Your Burger King' loyalty scheme, you can get a voucher for a free Whopper or Plant-based Whopper burger (normally £5.89) on your birthday.



FREE Costa Sweet Treat

If you download the **Costa Coffee** app and join or sign in to your Costa Club account, on your birthday you can get a sweet treat of your choice (subject to availability) for free.



FREE Lidl Doughnut

Sign up to the **Lidl Plus** app to get a free doughnut from the bakery section (normally about 30p) on your birthday, with no minimum spend.



FREE Birthday Main Meal

Register with **Frankie & Benny's Rewards** to get a free meal (normally about £9 - £15) when two or more main meals are purchased from the main, vegan, or gluten-free menu. It excludes the Ultimate mixed grill. The cheapest main will be free.



More discounts or **FREE** Birthday treats include...



FREE Birthday Main Meal

Pick up a loyalty card from Beefeater and register with the **Beefeater** Reward Club to get one free meal (normally about £9 - £21) around your birthday when at least one other main meal is purchased from the main menu.



FREE Birthday Main Meal

Pick up a loyalty card at a Brewers Fayre restaurant and register with the **Brewers Fayre** Bonus Club to get one free meal (normally about £7 - £12) around your birthday when at least one other main meal is purchased from the main menu.

SEPHORA

20% off at Sephora

If you sign up to the free **Sephora** rewards scheme, you can get 20% off for your birthday. It will be sent via email three days before your birthday, so you'll need to sign up in advance. It's valid for seven days from the date of issue, so you'll only have four days after your birthday to use it.

hobbycraft

FREE £5.00 spend at Hobbycraft

If you sign up to the free **Hobbycraft** loyalty card by registering online, on your birthday you'll get £5 off online or in store with no minimum spend (see [full T&Cs](#)).



'Pay your age' Birthday Bear

If you sign up to the **Build-A-Bear Workshop** loyalty scheme, on your child's birthday they can make a bear in-store (normally £14) and pay their age in pounds. For example, three-year-olds get a bear for £3. For full T&Cs, see Build-A-Bear's [Count Your Candles](#) page.



Triple Points at Superdrug

If you sign up to the free **Superdrug** 'Health & Beautycard' loyalty card, on your birthday you'll get triple points on purchases with no minimum spend (see [full T&Cs](#)). It's valid for 14 days from the date of your birthday.



For more information on Birthday freebies and discounts visit the Money Saving Expert website on: www.moneysavingexpert.com





Financial *help and 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.

©2020 Foundation for Credit Counselling Ltd. StepChange Debt Charity Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC044263.



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.



Coming up in *May*

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



Mental Health Awareness Week



National Gardening Week



Stroke Awareness



LGBTQIA+ Mental Health



Introversion



World Laughter 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 May 2024



Key contacts & support helplines



Health & wellbeing

National Domestic Abuse Helpline

www.nationaldahelpline.org.uk
Tel: 0808 2000 247

Samaritans

www.samaritans.org
Tel: 116 123
Email: jo@samaritans.org

Shout (text service)

www.giveusashout.org
Tel: 852 58

National Suicide Prevention Helpline

www.spuk.org.uk
Tel: 0800 689 5652

Sane

sane.org.uk
Tel: 0300 304 7000

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...

“ Find out who you are and do it on purpose ”

Dolly Parton



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

T: 03300 240 039 E: info@edenfutures.org www.edenfutures.org