

Eden Together

Health & wellbeing magazine

Plastic Free July



Will you be part of Plastic Free July by choosing to refuse single-use plastics?

Alcohol Awareness

Alcohol Awareness Week takes place from 1-7 July 2024 and this year's theme is Understanding alcohol harm.

Grow, Nurture and Flourish

'The Garden of Eden' Competition



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



Eden
Futures

Welcome to our 20th 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
- Menopause Support guides
- Alcohol Awareness
- Schizophrenia Awareness
- Self-Care
- Love Parks Week
- Plastic Free July
- National Simplicity Day
- Japanese Wellbeing Culture
- EcoEden
- Birthday Freebies
- Financial Wellbeing
- Key Contacts and Helplines

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



Plastic Free July



Alcohol Awareness Week



Love Parks Week



International Self-Care Day



Schizophrenia Awareness Day



ACTION FOR HAPPINESS

July calendar

Jump Back Up July 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Take a small step to help overcome a problem or worry	2	Adopt a growth mindset. Change "I can't...yet" into "I can't...yet!"	3	Be willing to ask for help when you need it	4	Find something to look forward to today
5	Get the basics right: eat well, exercise and go to bed on time	6	Pause, breathe and feel your feet firmly on the ground	7	Shift your mood by doing something you really enjoy	8	Avoid saying "must" or "should" to yourself today
9	Put a problem in perspective by seeing the bigger picture	10	Reach out to someone you trust and share your feelings with them	11	Look for something positive in a difficult situation	12	Write your worries down and save them for a specific 'worry time'
13	Challenge negative thoughts. Find an alternative interpretation	14	Get outside and move to help clear your head	15	Set yourself an achievable goal and take the first step	16	Find fun ways to distract yourself from unhelpful thoughts
17	Use one of your strengths to overcome a challenge today	18	Let go of the small stuff and focus on the things that matter	19	If you can't change it, change the way you think about it	20	When things go wrong, pause and be kind to yourself
21	Identify what helped you get through a tough time in your life	22	Find 3 things you feel hopeful about and write them down	23	Remember that all feelings and situations pass in time	24	Choose to see something good about what has gone wrong
25	Notice when you are feeling judgmental and be kind instead	26	Catch yourself over-reacting and take a deep breath	27	Write down 3 things you're grateful for (even if today was hard)	28	Think about what you can learn from a recent problem
29	Be a realistic optimist. Focus on what could go right	30	Reach out to a friend, family member or colleague for support	31	Remember we all struggle at times - it's part of being human		

ACTION FOR HAPPINESS

Happier · Kinder · Together

Jump Back Up July

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

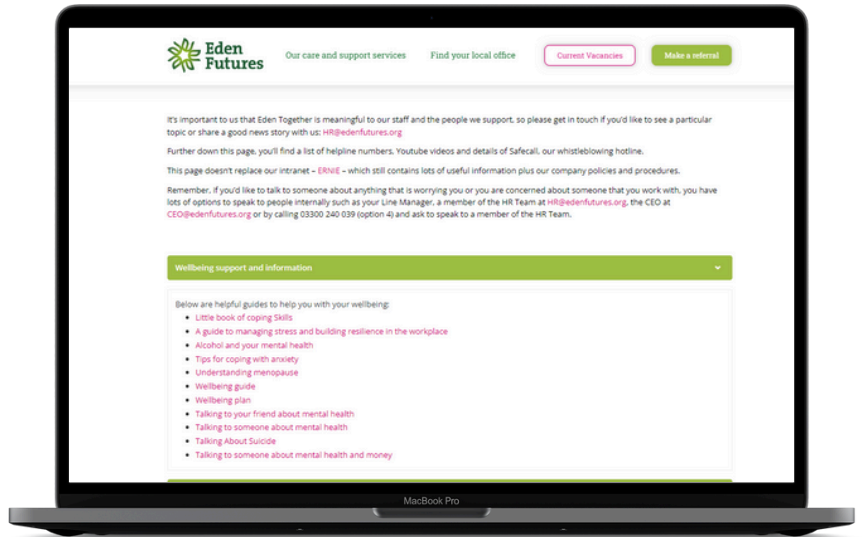
#actionforhappiness

Issue 20 | July 2024





Scan to visit the wellbeing page on the website

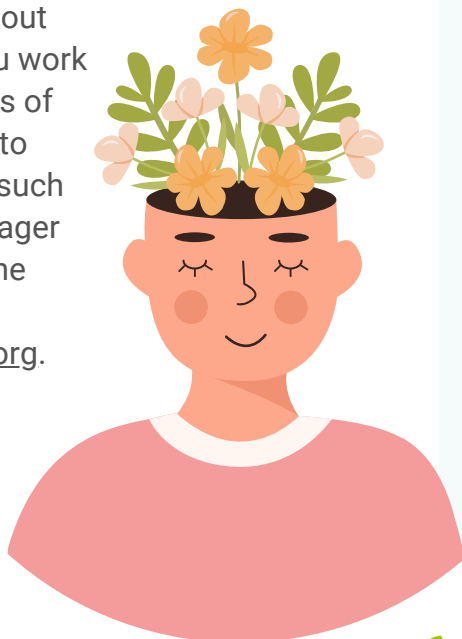


Wellbeing support *and information*

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:

- 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





Love Parks *week*

26th July - 4th August 2024

Keep Britain Tidy's annual campaign celebrates parks, green spaces, and the dedicated volunteers and workers that look after them all year round. These vibrant, living spaces bring communities together and provide an opportunity to connect with nature in the heart of our cities, towns, and neighbourhoods.

So join us, this Love Parks week, as we celebrate the spaces we love, and ensure they remain cherished, accessible places for all to enjoy.

Eliminate litter. End waste. Improve places.



Why we love parks...

Parks and green spaces are amazing! Here's three great reasons why we **Love Parks**:

Healthier communities

Parks encourage physical activity, reduce stress, and provide spaces for social interaction, leading to happier and healthier residents.

Stronger communities

Well-maintained parks become hubs for community events, fostering a sense of belonging and pride.

Sustainable future

Parks act as natural filters, improving air and water quality while mitigating climate change impacts.





Alcohol Awareness Week takes place from 1-7 July 2024 and this year's theme is **Understanding alcohol harm**. Alcohol Awareness Week is a chance to get people thinking about drinking. It's a week of awareness-raising and campaigning for change.

Why are people affected differently by alcohol?

Alcohol can have both short-term and long-term effects on our mental health. How we're affected when we drink can differ depending on lots of factors such as what type of alcohol we're drinking, how much we drink, how long we drink for and our mental state at the time. While moderate use is not usually a problem, drinking regularly or heavily over an extended period can have a longer-term impact on our mental health.

What happens when we drink?

When we have a drink or two, we might feel more relaxed, and experience an improved mood. One reason is that when we drink alcohol, our bodies produce extra dopamine, which travels to the parts of the brain known as 'reward centres' – the bits that make us feel good and make us want to do more of whatever we're doing.

Because of these short-term effects on our mood, some of us who experience problems with our mental health may drink alcohol to try to relieve anxiety or depressive thoughts. But as well as making us produce more dopamine, alcohol is a 'depressant', meaning that it slows down brain functioning. So, as those initial calming feelings subside as we continue to drink, they are often replaced with more negative emotions, like stress, anxiety and sometimes anger. This combined with the hangover effects of heavy drinking - caused by dehydration, low blood sugar, and the various by-products of alcohol - can leave us feeling sluggish, unwell and low for a number of hours or days.

What about longer term?

Over time, the body becomes used to the dopamine boosts it is getting from alcohol, and starts making less dopamine, to compensate. That means that if drinking becomes a habit, we may become dopamine deficient and this could further contribute to us experiencing low mood.

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We may then find ourselves in a vicious cycle whereby we are drinking to relieve unwelcome feelings, these unwelcome feelings still emerging, which then prompts us to drink more. Longer-term alcohol use can in some cases then change the ability of the brain to reduce these unwelcome feelings naturally, and can contribute to the worsening of symptoms of many mental health problems.

What harm does alcohol do?

These are some of the negative affects of alcohol use. This is not an exhaustive list...

Did you know....

- In 2022, there were 7,912 alcohol-specific deaths (wholly due to alcohol) in England which was an increase of 56.7% from 5,050 deaths in 2006 and a 4.7% increase since 2021
- In England, among people aged 15 to 49 years, alcohol is the leading cause of ill-health, disability, and death
- Current statistics show that average consumption per adult is about 9.7 litres of pure alcohol per year – or about 18 units a week
- From 2021 to 2022, there were 342,795 hospital admissions that were wholly due to alcohol. This equates to a rate of 626 per 100,000 population

<https://alcoholchange.org.uk/alcohol-facts/fact-sheets>

Psychological

- Depression
- Anxiety
- Psychosis
- Paranoia
- Suicide
- Non-suicidal self injury or deliberate self harm
- Dependence
- Addiction

Physical

- High blood pressure
- Stroke
- Pancreatitis
- Liver disease
- Liver, mouth, breast and bowel cancer
- Depression
- Dementia
- Sexual problems; impotence, premature ejaculation
- Infertility

Social

- Divorce
- Unemployment
- Relationship difficulties
- Accidents and injuries
- Loss of possessions
- Domestic violence
- Antisocial behaviour
- Unsafe sex
- Reckless driving



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Simple tips for cutting down on alcohol:

Make a plan – before you start drinking set a limit on how much you are going to drink and stick to it!

Set a budget – only take a fixed amount of cash to spend on alcohol. Leave your cards at home!

Let people know – if you let your family and friends know you are cutting down, they are less likely to pressure you into drinking more

Take it a day at a time – drink a little less each day. That way every day you do is a success

Make it a smaller one – you can still enjoy a drink but go for smaller sizes. Try bottled beer instead of pints or a small glass of wine instead of a large one.

Choose alcohol free – there are many alcohol-free options from beer to gin! Choosing one of these allows you to not have to explain why you are choosing not to drink!

Stay hydrated – have a glass of water before alcohol and then alternate alcoholic drinks with water or other non-alcoholic drinks

Take a break – start with one alcohol free day per week and gradually increase the days you are alcohol free.



Are you struggling?

What to do if you're struggling If you are feeling anxious, low or experiencing any other symptoms of mental health problems, or you think that you are drinking too much, you deserve support. You can speak to your GP, and get advice and help at;

www.alcoholchange.org.uk

www.mind.org.uk

www.drinkaware.co.uk

www.nhs.uk/conditions/alcohol-misuse

If you are affected by a loved one's drinking, there are organisations who work specifically with families, friends and carers, such as;

www.adfam.org.uk

www.al-anonuk.org.uk

How much are you drinking?

Take the alcohol drink check:
www.drinkaware.co.uk/tools/drinking-check





12th July 2024

National *Simplicity* Day



National Simplicity Day was founded in honour of Henry David Thoreau, who was born on 12 July 1817.

Thoreau was an advocate of living simply and wrote a number of well-known books on the subject.

In the complicated world that we live in, where mobile phones, laptops and other modern day gadgets mean that we very rarely experience true peace and quiet to gather our thoughts, what better excuse to take a break to experience the feeling of truly being in the moment.

Embracing simplicity can lead to a more balanced, mindful, and fulfilling life. Here are some tips to help you simplify your daily routine and enhance your overall wellbeing.

By incorporating these simple living tips into your routine, you can celebrate National Simplicity Day with a renewed sense of peace and purpose.

Sources

- www.becomingminimalist.com
- www.zenhabsits.net
- www.theminimalists.com

Tips to simplify your life...



Declutter your space

A clutter-free space can significantly reduce stress and increase productivity. Dedicate a day to sort through your belongings, keeping only what you need and love. Donate or recycle items that no longer serve a purpose in your life.

Prioritise your time

Time is a precious resource. Focus on activities that bring joy and value to your life, and don't be afraid to say no to commitments that don't align with your goals.



Mindful spending

Before making a purchase, ask yourself if the item truly adds value to your life. This not only saves money but also considers our environment.

Practice gratitude

Spend a few minutes each day reflecting on what you are thankful for. This practice can shift your focus from what you lack to the abundance already present in your life.





International Self-care Day

24th July 2024

As we're now official in the summer season, sunnier days give us even more reason to appreciate the present.

Each July, we mark a special occasion, International Self-Care Day, that encourages us to pause, to cherish and to explore our personal wellbeing. Celebrated annually on the 24th of July (24/7), International Self-Care Day underlines the importance of self-care as a fundamental, 24/7, lifelong practice. It isn't a one-time splurge, but a consistent commitment to ensuring our overall health and happiness.

To help make the most of this day, and to include its spirit into our daily lives, we've brought together a selection of self-care tips along with valuable online resources.

Embrace Physical Health

Regular physical activity, a balanced diet, and sufficient sleep form the pillars of physical self-care. Discover fitness routines that you enjoy through online platforms like Fitness Blender and NHS Fitness Studio. Both offer a wealth of free, easy-to-follow workout videos to suit all fitness levels.

Stay nourished with delicious, healthy recipes from BBC Good Food's Healthy Section and Jamie Oliver's Healthy Recipes. And remember, hydration is vital! The WaterMinder app can help track your water intake.

Lastly, don't forget the importance of a good night's sleep. Sleepio, an online sleep improvement programme, can be a useful tool if you're struggling with sleep quality.

Embrace Emotional Wellness

Emotional self-care involves acknowledging and expressing your feelings appropriately. Techniques like mindfulness and meditation can aid in managing stress, anxiety, and promoting mental wellbeing. Check out Headspace and Calm, two excellent apps providing guided meditations and mindfulness exercises.

Consider keeping a digital journal to express your feelings and experiences. Day One and Journey are intuitive journaling apps worth exploring.

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Social Connection

Social self-care are your relationships with family, friends, and the broader community. Video chat platforms such as Zoom or Google Meet can help you maintain connections when you can't meet in person. Join online communities centred around your interests or hobbies. Websites like Meetup offer numerous virtual groups, from book clubs to fitness classes.

Intellectual Stimulation

Stimulate your mind by learning something new. Websites like FutureLearn and Coursera provide access to thousands of free online courses from universities worldwide. Spend time reading.

Project Gutenberg has a vast collection of free e-books, while the Goodreads community can offer book recommendations tailored to your preferences.

Soulful Care

Engage in activities that resonate with your inner self. This might mean pursuing a hobby, spending time in nature, or

practicing mindfulness. Insight Timer is a fantastic free app offering thousands of meditations, and GoNoodle provides movement and mindfulness videos for children.

International Self-Care Day is a timely reminder of the importance of looking after ourselves.

You matter. After all, our wellbeing depends on us, 24/7. Here's to starting a self-care practice that nurtures our body, invigorates our mind, and nourishes our soul, not just today, but every day!



Japanese

wellness and wellbeing

Eden Together aims to bring awareness of other cultures. This month, we're looking at the Japanese approach to wellness and wellbeing. Japanese culture offers a unique perspective on health, emphasising harmony, balance, and a deep connection with nature. Key to this approach is the concept of **Ikigai**, which can significantly enhance mental and emotional health by providing a sense of purpose.

What is Ikigai?

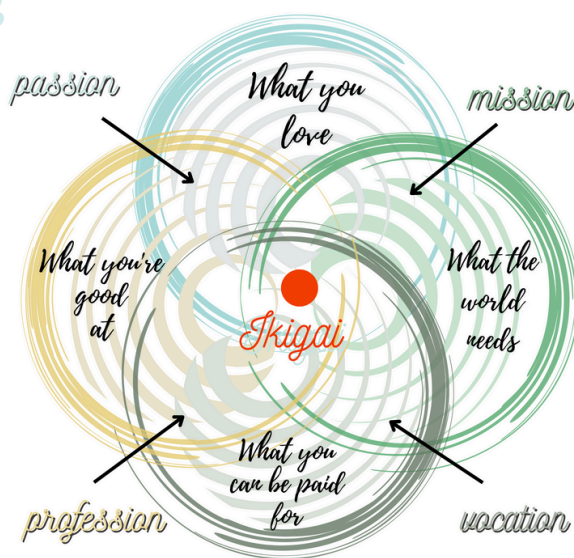
Ikigai translates as "a reason for being." It represents the intersection of four primary elements: what you love, what you are good at, what the world needs, and what you can be paid for. Ikigai encourages us to pursue a balanced life where our passions, talents, and societal contributions are working together.

"The determination to win is the better part of winning." - Philosopher Daisaku Ikeda.

This mindset reflects the heart of Ikigai, emphasising the importance of purpose and passion in achieving a fulfilling life.

"Ikigai is the reason for which you wake up in the morning."

Ken Mogi (Japanese Scientist)



Finding your Ikigai

Discovering our Ikigai involves looking inside ourselves, understanding our personal values and desires. Here are some steps to guide you in finding your Ikigai:

- **Identify what you love:** Reflect on activities that bring you joy and satisfaction. These could be hobbies, interests, or anything that makes you feel alive.
- **Assess your skills:** Consider what you are good at. These are your strengths and talents, the areas where you excel naturally or through hard work.
- **Recognise what our society needs:** Think about what the world needs and how you can contribute. This could involve addressing specific problems or fulfilling a demand in your community.

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The benefits of embracing Ikigai:

- A clear sense of purpose reduces stress and anxiety, contributing to better mental health.
- Studies suggest that a strong sense of purpose can lead to a longer, healthier life.
- Aligning your daily activities with your passions and talents brings a deeper sense of fulfillment and happiness.
- When you enjoy what you do, productivity naturally increases, leading to greater success and satisfaction.



"The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well."

Ralph Waldo Emerson (Philosopher, essayist, lecturer)

A Path to *healing* through Jikiden Reiki

In addition to Ikigai, Japanese culture offers other practices that promote wellness, such as Jikiden Reiki. Meg Graham (ER Manager) recently visited Levos to learn Jikiden Reiki and is now a qualified practitioner. This traditional Japanese healing practice focuses on using natural energy to promote physical and emotional healing.

Jikiden Reiki involves channelling energy through the hands to areas of the body that need healing. This practice is believed to reduce stress, alleviate pain, and promote overall wellbeing. Meg attended the retreat for personal growth and to enhance her ability to help others through this ancient practice.





Schizophrenia Awareness Day

25th July 2024

National Schizophrenia Awareness Day on the 25th July shines a light on the everyday challenges the millions of people living with a diagnosis of schizophrenia face and how we can tackle the stigma and discrimination around it.

One in 100 people will experience schizophrenia. Despite being so common, the stigma surrounding schizophrenia remains stubbornly high due to a lack of understanding.

Schizophrenia is a very complex condition that can affect how a person thinks, feels, and experiences the world around them. While the word is made up of schizo (to split) and phrene (the mind), schizophrenia does not mean split personality.

During an episode of schizophrenia, the way you see and understand the outside world is disrupted. You may:

- lose touch with reality
- see or hear things that are not there
- hold irrational, paranoid or unusual beliefs not based on reality
- appear to act strangely because you're responding to these delusions and hallucinations



Professionals sometimes talk about schizophrenia symptoms as being 'positive' and 'negative'. But this doesn't mean 'good' or 'bad'.

Positive symptoms are experiences or behaviours that the condition adds to your life. Like hearing or seeing things that others don't, or having a belief that something is real or true when it isn't.

Negative symptoms are experiences or behaviours that the condition takes away from your life. Like finding things less interesting or enjoyable, moving your body less, or having less motivation.

Schizophrenia is one of the most common serious mental health conditions. Around 1 in 100 people will have one episode of schizophrenia, and two-thirds of these will go on to have further episodes. Schizophrenia usually starts in your late teens or early 20s.

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Talking about recovery

When we talk about recovery, we mean regaining a good quality of life rather than 'being cured'. For some people, schizophrenia will be a life-long condition that will need day-to-day management. This can be a combination of medication, talking therapies and a good support network.

The main type of talking therapy recommended for the treatment of schizophrenia is cognitive behavioural therapy (CBT), which helps you identify and change any negative thoughts or behaviour that is making your life hard. CBT aims to help you:

- Cope with symptoms of psychosis such as delusions or hearing voices
- Ease stress so your symptoms don't get worse
- Manage any side effects from medication
- Cope with other problems like social anxiety and depression, which people with schizophrenia may also experience

Talking therapies for schizophrenia should focus on helping you cope with your symptoms, rather than trying to convince you that your beliefs or experiences are wrong.

Approximately one in four-to-five people with schizophrenia will recover completely and go on to live independently without further episodes.



Misconceptions about schizophrenia

There are many common misconceptions about schizophrenia.

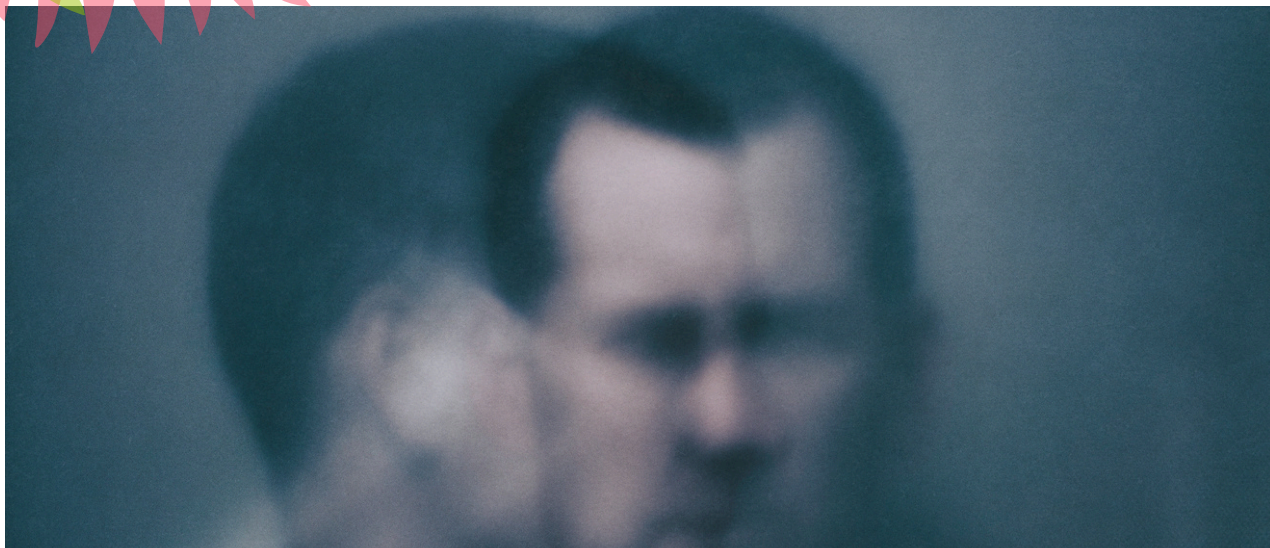
Myth: schizophrenia means 'split personality'
Fact: People with schizophrenia don't have a split personality or multiple personalities. The name was meant to describe the 'split' from reality you can experience with psychosis.

Myth: people with schizophrenia are dangerous
Fact: Most people with schizophrenia aren't violent; they're more likely to be victims of violence. They're also more likely to harm themselves than others.

Myth: schizophrenia can't be treated
Fact: People with schizophrenia may need long-term support, but the condition can be treated. Some people find that most of their symptoms get better, while others find they stop for a long time or never return. Some people find ways to live with the condition long-term.

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Be aware of the warning signs

Learning to spot the early signs of becoming unwell can prevent you from having a relapse.

Signs can include losing your appetite, not sleeping well or feeling anxious. You may develop mild symptoms such as hearing quiet voices, feeling suspicious, or finding it hard to concentrate. Tell someone you trust or your doctor or support worker if you notice any early signs so that you can get help to avoid a relapse.

Plan ahead

When you're unwell, it may be difficult or impossible to tell people how you'd like to be treated. It can help to plan by writing an advance statement to help friends, family, and medical professionals make decisions on your behalf.

You could also make a crisis card, a small document you can carry in your pocket or wallet explaining what to do and who to contact if you're unable to communicate.

Look after your physical health

Try to eat well, exercise, get enough sleep, stop smoking and avoid stress where you can.

The Rethink Mental Illness advice and information service offers practical advice on a wide range of topics such as The Mental Health Act, social care, welfare benefits, and carers rights. They also offer general information on living with mental illness, medication and care.

The advice and information helpline is open Monday to Friday 9.30am - 4pm, excluding bank holidays .

Phone: 0808 801 0525.

Email: advice@rethink.org

They aim to respond within 3 working days. You can write to Rethink, PO BOX 18252 Solihull B91 9BA. They aim to post our reply within 3 working days of receipt of your letter.





SAMARITANS

Awareness Day 24/07

Samaritans Awareness Day is on 24 July (24/7), and we're spreading the word throughout July to remind everyone that support is always available, day or night.

What is Samaritans?

Samaritans is a UK-based charity dedicated to providing emotional support to anyone in distress, struggling to cope, or at risk of suicide. Their helpline is free and open 24/7, 365 days a year.

Did you know...

1 in 5 of us have had suicidal thoughts. But there's still so much stigma around talking about it. We want this to change. Talking more openly about the struggles we face can help us break down the barriers that prevent people from getting the support they need. When someone is carrying around difficult thoughts, having someone there to listen can make all the difference.

What can I talk to Samaritans about?

Whether you're facing relationship issues, financial worries, job stress, loneliness, depression, or any other concern,

Samaritans are here to listen. They won't offer advice or make decisions for you but will support you in whatever you're going through.

There's no pressure and no judgement from Samaritans, and no 'right' or 'wrong' thing you can say. You don't even have to tell them your name if you don't want to.

Is it confidential?

Yes, except for in certain situations where Samaritans safeguarding policy means they may tell someone, for example, by calling an ambulance.

- **On the phone:** When you call Samaritans, your number is not displayed to the volunteer.
- **Via email:** If you've emailed Samaritans, your email address will not be shown to the volunteer.
- **In person:** You don't have to tell Samaritans your name if you don't want to. In the unlikely event that you see the Samaritan volunteer that you spoke to later on the street, the Samaritans volunteer will not acknowledge you, unless you do so first.
- **By Letter:** Samaritans will need your name and address to reply, but to maintain confidentiality, your letter will be shredded once they have sent you a response.

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SAMARITANS

Call: 116 123

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Is it free?

Yes, Samaritans is FREE!

- On the phone: This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles. You do not need to have any credit or call allowance on your plan to call 116 123.
- Via email: Emailing jo@samaritans.org is free.
- In person: Visiting Samaritans face-to-face in your local branch is free.
- By letter: Ensure you include first line of the Samaritans address to make sure your letter gets to them for free: Freepost SAMARITANS LETTERS.

**You can talk
to us about
anything that's
troubling you**

▶ We're here to listen 24/7

SAMARITANS

Call free on 116 123 or
email jo@samaritans.org

**Talk
to us**

we'll listen

A registered charity

I have been thinking about calling Samaritans, but I'm nervous as I don't know what they will ask.

1. You'll hear a ringing tone, Samaritans will pick up as soon as they can.
2. They'll answer with: "Samaritans, can I help you?"
3. Then you'll have time to talk about whatever is on your mind, and they'll listen.
4. Don't worry if you feel nervous or unsure about what to say at this point, that's common. Samaritans can ask a few simple questions to help you feel able to open up.
5. They'll give you all the space you need to be yourself, there's no rush or hurry.
6. They won't tell you what to do, they'll help explore your thoughts and feelings with you.
7. The call lasts as long as you need it to, it will end when you feel ready. Before you go, Samaritans will remind you that you can call them back whenever you need to.

Eden Futures is not affiliated with Samaritans and this article is meant to be an educational resource.





Join the millions of people reducing their plastic waste...



Plastic Free July® is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?



Take the challenge...

www.plasticfreejuly.org/take-the-challenge

Ready to take the Plastic Free July challenge? Participants say that the tips and tricks in the weekly emails during July help them to keep motivated during the challenge. People also enjoy reading stories from participants and other news from the global movement.

Enter your details to get the latest plastic-free ideas (don't worry – they won't spam you or pass your email address onto anyone else). Together we can make a difference and be a part of the solution.





EcoEden 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.

Tips to cut down on single-use plastics:

1

Carry reusable shopping bags

Reusable bags are not just for groceries, carry them for all your purchases, from electronics to clothing. Some people like reusable canvas totes and others prefer to put their purchases into a backpack or handbag.

2

Use refillable bottles and mugs on the go

Get a reusable water bottle and travel mug (if you are a hot drink sort of person!), you can fill it up at home before you leave and re-fill when you are out and about or in the office. Lots of coffee shops offer discounts if you bring your own reusable mug!

3

Use powdered dishwasher / laundry detergent in a cardboard box

A busy household can get through a lot of washing powder and often go for the more convenient tablets or capsules that come in bulky plastic boxes. Try switching these for the powdered version in a cardboard box to save on single use plastics.





Celebrating our Green Heroes!

We're proud to launch our 'Eco e-cards' initiative, an idea put forward by Eden Influencer and Operations Manager, Sonya Shelton-Heath.

There is incredible work being done across the company, from creating beautiful gardens to designing effective recycling programmes. Eco e-cards are a perfect way to bring these efforts into the spotlight and inspire others to take similar actions.

What are Eco e-cards?

We aim to build a culture of recognition and celebration around environmental initiatives. Eco e-cards are a sustainable and eco-friendly way to acknowledge and appreciate an individual's (or teams) efforts in making good environmental choices.

These digital postcards are not only a nod to our commitment to reducing paper waste but also a way to highlight the green initiatives within our company.

Remember, every little action counts, and together, we can make a significant difference in protecting our planet. Start sending your Eco e-cards today and let's celebrate our Green Heroes!



How to get involved

Whether it's a recycling project, a community garden, or any other eco-friendly practice, you can now send an e-card!

Starting in July, you can use our e-cards to personalise your message to recognise and thank individuals (and teams) for their green efforts. If you're sent an e-card, we'd love to share what you're doing and celebrate your achievements. Please send your e-card to: marketing@edenfutures.org.

Eco E-cards are available from marketing@edenfutures.org or line managers (a copy will be attached to July's Eden Together magazine).



Grow, Nurture and Flourish

'The Garden of Eden' Competition

We are thrilled to announce the launch of 'The Garden of Eden' competition, a creative idea put forward by our Eden Influencer and Operations Manager, Sonya Shelton-Heath. This competition encourages everyone at Eden Futures to get involved with our **EcoEden** initiative and contribute towards a greener and more sustainable environment.

How to enter:

Get Started! Choose an activity that excites you and start working on it. Whether it's planting a garden, setting up a bird feeder, or installing a bee hotel, every effort counts.

Document your progress! Take photos of your project from start to finish. Capture the beauty and the changes you are making in your space.

Share your story! Submit your photos and a brief description of what you've done and how it benefits the environment. Explain the positive impact your project has on your surroundings.

Competition Details:

Duration: The competition is open **now** and will run until the end of October 2024.

Eligibility: The competition is open to staff and people we support. Submissions can also be sent in by service/teams.

Prize: The winner (or winning team) will receive a voucher for a garden centre to complement the new space you've created!

This wonderful idea, initiated by Sonya, brings us together to make a positive impact on our environment. We look forward to seeing your creativity and commitment to a greener future.

Happy gardening!



Ideas on how you can get involved!

Vegetable gardens: Grow your own vegetables in your garden or in pots. This not only provides fresh produce but also reduces your carbon footprint.

Flower beds: Create a colourful flower bed to attract pollinators like bees and butterflies, supporting biodiversity.

Herb gardens: Plant herbs in small containers. They are perfect for windowsills and provide fresh flavours for your cooking.

Bee hotels: Build or install a bee hotel to provide a safe haven for solitary bees, which are crucial for pollination.

Composting: Start a compost bin to recycle kitchen scraps and garden waste, reducing landfill use and creating nutrient-rich soil.

Bird feeders: Install bird feeders to support local bird populations and enjoy watching them.

Window boxes: Plant a variety of flowers or small vegetables in window boxes to green up your living space.

House plants: Decorate your home with house plants to improve air quality and create a calming environment.

Rain gardens: Design a rain garden to collect and filter rainwater runoff, helping to reduce water pollution.

Vertical gardens: Utilise vertical space for growing plants, perfect for small areas and adding greenery to walls.

Butterfly gardens: Plant flowers and shrubs that attract butterflies, creating a sanctuary for these beautiful insects.





National Don't Step on a Bee Day

10th July 2024



Don't Step on a Bee Day is dedicated to highlighting the crucial role bees play in pollination and the overall health of our environment. It serves as a reminder to protect bees, whose populations are declining due to various threats including habitat loss, pesticides, and climate change.

Bees are more than just insects that buzz around flowers; they play a crucial role in our ecosystem and food production. Here's are just a few reasons why bees are so important:

- Bees are essential pollinators, responsible for the reproduction of about 80% of flowering plants. This includes many of the fruits, vegetables, and nuts that we rely on for food. Without bees, many of these plants would struggle to produce fruits and seeds.
- By pollinating a wide variety of plants, bees help maintain biodiversity. This biodiversity supports ecosystems and provides habitats for other wildlife, contributing to the health and balance of the environment.
- Many animals, including birds and small mammals, depend on the plants that bees pollinate for food. Without bees, these animals would face food shortages, disrupting the entire food chain.

You can visit these websites to learn more:

- The Bee Conservancy
- Friends of the Earth
- The Bumblebee Conservation Trust

Support the bees!

We encourage all staff and the people we support to get involved in protecting bees. Here are some simple actions you can take:

- **Create a Bee Bath!** Place a shallow dish of water with stones in your garden to provide bees with a safe place to drink.
- **Avoid pesticides!** Use natural alternatives to pesticides, which can harm bees and other beneficial insects.
- **Create habitats!** Provide habitats like bee hotels or leave some areas of your garden wild to offer bees a place to live.
- **Support local Beekeepers!** Buy honey and other products from local, sustainable beekeepers.
- **Plant bee-friendly flowers!** Grow a variety of plants that bloom at different times to provide food for bees throughout the year.

Thank you to our **Eden Influencers** Hayleigh Purdy (Service Manager) and Catherine Davies (Management Accountant) for letting us know where to get **FREE** wildflower seeds!

Head over to **budgetseeds.co.uk** for **1 Free 1g sachet per address!**

However you support the bees, please share your stories and photos to: marketing@edenfutures.org





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 August

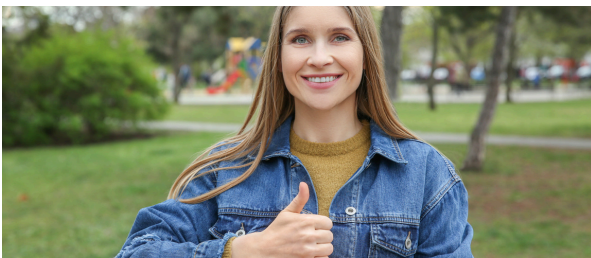
Here are some of the topics and awareness days that we'll be covering in our next issue.



International Happiness Happens Month



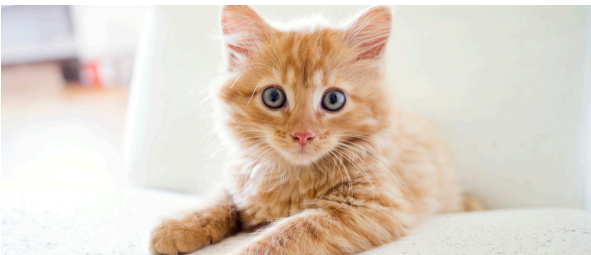
Book Lovers Day



International Makaton Awareness Day



International Dog Day



International Cat Day



Summer holiday fun on a budget

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 August 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...

“ No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind. ”

Taylor Swift



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