

Eden Together

Health & wellbeing magazine

World Mental Health Day

A day to talk about mental health and show everyone that mental health matters

Menopause Awareness

Why the menopause at work is a conversation we need to keep having...



Eden Together turns two!



Celebrating two years of Eden Together health and wellbeing magazine.

Welcome to our 23rd 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.

The cost of living crisis is impacting everyone so 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
- ADHD Awareness Month
- World Mental Health Day
- Menopause at Work
- Recycle Week
- Stoptober
- Eden Kitchen Recipe
- EcoEden
- Financial Wellbeing
- Key Contacts and Helplines

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



World Menopause Day



Recycle Week



World Mental Health Day



Stoptober

ACTION FOR HAPPINESS

October calendar

Optimistic October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	
7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing
14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time
21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time
 28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Optimistic October

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:

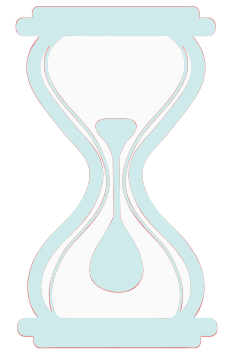
www.actionforhappiness.org

#actionforhappiness





Now launched!



NEW Menopause Policy

We are delighted to announce the launch of our **NEW Menopause Policy** to coincide with Menopause Awareness Month in October.

Our people are at the heart of everything we do, and this new policy reaffirms our commitment to ensuring an inclusive working environment where everyone feels supported and understood.

We recognise that the menopause and its symptoms can be a challenging time and we want to ensure that we have the resources available for our staff and managers.

On our **wellbeing page** you will find a section 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.



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





The Menopause *at work*

World Menopause Day: 18th October 2024

Menopausal people are the fastest growing demographic in the workplace, yet many struggle to manage the psychological and physiological changes their bodies are going through.

According to Occupational Health & Wellbeing (Personnel Today) a quarter of menopausal people will experience debilitating symptoms; from hot flushes and night sweats to increased anxiety, and for some it forces them out of the workplace completely.

These people are likely to be at the top of their game but without the right support, at the right time, they can stop reaching their full potential.

It's important for us to address the taboo, to attract and retain strong talent.

Research has found that more than 70% of people experiencing the menopause have no idea what support is available to them at work and feel isolated.

It might not always be obvious who is experiencing menopause symptoms. It's important to remember that the menopause affects most women and other people who have a menstrual cycle.

This can include:

- Trans people – 'trans' is an umbrella term used to describe people whose gender is not the same as the sex they were assigned at birth
- People with 'variations of sex development' (VSD) – some people might prefer to identify as intersex or use the term 'differences in sex development' (DSD)
- Those who identify as non-binary – non-binary people do not think of themselves as simply male or female

We support everyone equally and keep conversations confidential and private. This is particularly important because someone might talk about their gender identity when discussing their menopause symptoms and might not want it more widely known.

We encourage anyone who may be going through the menopause to ask for support if you need it. You can speak to your GP, your line manager or any member of the HR team. We will always treat personal information shared with the dignity and respect you deserve.

Continued...

#worldmenopauseday





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Here is some further information and support:

Menopause Matters:

www.menopausematters.co.uk/ which provides information about the menopause, menopausal symptoms and treatment options;

The Daisy Network charity:

www.daisynetwork.org/ which provides support for people experiencing premature menopause or premature ovarian insufficiency; and

The Menopause Café:

www.menopausecafe.net/ which provides information about events where strangers gather to eat cake, drink tea and discuss the menopause.

Menopause Support has launched a guidance booklet “Understanding Menopause” to support everyone to better understand and navigate the Menopause.

The guidance booklet, reviewed by expert clinicians, includes a much-needed symptom checker to understand the breadth of potential menopause symptoms and when to reach out for support.



Scan this QR code with your smartphone or visit the online resources on our Wellbeing page: www.edenfutures.org/wellbeing

#worldmenopauseday





Let's tackle poor mental health and burnout in the workplace

10th October

#WorldMentalHealthDay

Mental
Health
UK

World Mental Health Day (10th October 2023) is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

Mental Health and how people are feeling is often mentioned in the news and on social media. Anyone at any stage in their lives can have a decline in their mental health for various reasons. It can affect how we think, feel and act and can affect people in different ways. It also determines how we handle stress, relate to others, and make choices.

The official theme set annually by the world federation for mental health is: **It is time to prioritise mental health in the workplace.**

As we observe World Mental Health Day, it's crucial to shine a light on one of the most pressing issues affecting modern workplaces: burnout. In our fast-paced world, more employees are experiencing chronic stress that leads to burnout.

Spot the signs of burnout

Burnout doesn't happen overnight; it's gradual and can take hold before you're aware of it. Recognising the signs in yourself and others is key to fostering a healthier, more resilient workplace where mental wellbeing is a priority. Burnout symptoms can be physical, emotional, and behavioural.

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This acronym will help identify the signs of burnout.

If you or a colleague experience or are at risk of burnout, contact your manager or HR for support. Symptoms may relate to other health conditions – so consult a healthcare professional.

Ignoring burnout can lead to chronic issues, so it's important to seek help and restore work-life balance.



B U R N O U T

Becoming isolated

Appearing withdrawn or detached.

Unexplained exhaustion

Persistent fatigue with no known cause.

Reduced performance

Unable to meet demands.

Neglecting self-care

Ignoring own health and wellbeing.

Overwhelmed

Feel overloaded and unable to cope.

Uninterested

Feel defeated, cynical or persistent negative thoughts.

Tension and stress

Felt both physically and emotionally.

Continued...





Experiencing burnout? Follow these steps to prioritise your mental health...

A mentally healthy workplace is essential for everyone.

If you're experiencing signs of burnout, prioritise self-care. Taking steps to recharge and restore balance can greatly improve your wellbeing and performance.

Mental Health UK's PAUSE strategy offers practical self-care steps to help prevent and overcome burnout. It may also help to talk to someone you trust for support.



Mental
Health
UK

P Pause

Take time out from the situation – stepping away from stressors will help create a much needed break and space to consider next steps.

A Assess

your feelings and thoughts by reflecting – acknowledge assumptions and look at factors contributing to burnout from different perspectives.

U Unwind

Do something you feel restorative and relaxing – helping you to regain balance, mindfulness, and resilience.

S Solutions

Explore the options available to you within the situation – proactively change, challenge, or control aspects within your power.

E Evaluate

how effective your solutions have been – what has improved and what needs to change further to avoid burnout in future?



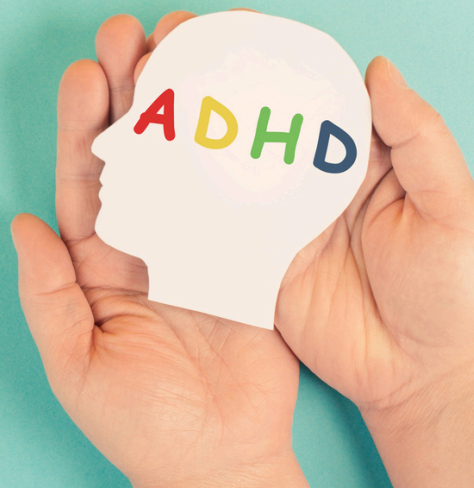
Visit Mental Health UK's website for more info or scan the QR
[mentalhealth-uk.org/burnout](https://www.mentalhealth-uk.org/burnout)



ADHD

awareness month

1st - 31st October 2024



Understanding ADHD

According to [ADHDadultUK](#) - The UK's Leading Adult ADHD Charity, Attention Deficit Hyperactivity Disorder (ADHD) is a condition that affects the way people behave. People with ADHD are often restless, finding concentration difficult and may act impulsively. ADHDadultUK are not alone in finding the name very unhelpful, as when you examine ADHD, it's not about a deficit in attention, in fact someone with ADHD can show incredible focus (hyperfocus), it is just that the choice of what someone with ADHD focuses on is often not their own.

ADHD is more commonly associated with childhood, but evidence suggests that around a third of children with ADHD go on to be adults with ADHD, meaning somewhere between 2-5% of adults may have ADHD.

Next month, you can read about one of our members of staff who has ADHD and how they manage this at work.

Top tips for adults living with ADHD

- Create lists, maintain diaries, stick up reminders and set aside time to plan your day
- Exercise regularly to let off steam and release pent-up emotions
- Practice relaxation techniques like deep breathing or listening to music
- If you're employed, talk to your employer about your condition and explore ways to improve your work experience
- Consider reaching out to a local or national support group for assistance, as they can connect you with people in similar situations and offer advice and encouragement

Continued...

#adhdawarenessmonth





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If you would like more ADHD information or support, please see the following online charities and resources:

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD):

Founded in 1987 in response to the frustration and sense of isolation experienced by parents and their children with ADHD. Their website has lots of useful resources and information.

ADHDadultUK: ADHDadultUK is a UK-based charity that uses psychoeducation and peer support to help adults with ADHD as well as running online support group sessions.

adhdfoundation.org.uk: The ADHD Foundation Neurodiversity Charity is an integrated health and education service offering a unique lifespan – strength-based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's syndrome.

Breast Cancer

Awareness



Every October, people all over the world show their support for everyone affected by breast cancer.

Find out how you can support Breast Cancer Awareness Month this October:
www.macmillan.org.uk/cancer-awareness/breast-cancer-awareness-month

MacMillan offer services to support people living with cancer at every stage of their cancer diagnosis. If you or a loved one has been affected by breast cancer, they can help to support you. Services include; online community, financial support, accessing Macmillan services and key resources and information.





Stoptober aims to empower people to give up smoking during *October*

Smokers in England are being urged to stub out the habit as part of the annual Stoptober public health campaign launching in October, as latest statistics show smoking costs the NHS £2.4 billion a year while causing at least 15 types of cancers, including lung cancer and acute myeloid leukaemia. Smoking remains the single biggest cause of preventable illness and death in England.

Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good. Stopping smoking is the best thing you can do for your own health - and the health of people around you.

Did you know...

The average smoker can save around £38 a week by quitting smoking. That's £2,000 a year!!!

The earlier you quit smoking, the more you're likely to benefit. But it's never too late – because quitting will improve your health whatever your age and no matter how long you have smoked.



Better physical health

Every time you smoke a cigarette, your body is flooded with thousands of chemicals, many of which are poisonous. The day you stop, your body starts clearing itself of all those nasty toxins and the repair process begins.

You'll notice some benefits within days or weeks:

- Your senses of taste and smell improve
- You start to breathe more easily
- You have more energy

Other benefits will follow, including:

- Better blood circulation to your heart and muscles, which will make physical activity easier
- Improved lung function, leading to reductions in any cough, wheezing or other breathing problems

Did you know...

You'll look better as more oxygen will be getting to your skin, making it brighter, and your teeth will no longer be getting stained with tar.

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Better mental health

You may think that smoking supports your mental wellbeing, and helps you to relax, deal with stress and anxiety, and cope with life's difficulties. In fact, the opposite is true. Stopping smoking boosts mental health and wellbeing.

Evidence shows that after the withdrawal stage of quitting, people have reduced anxiety, depression and stress. Also, the dosage of some medicines used to treat mental health problems can be reduced. People who have quit also have increased positive mood compared with people who continue to smoke.

People with mental health problems, including anxiety, depression or schizophrenia:

- Are much more likely to smoke than the general population
- Tend to smoke more heavily

Did you know...

It can take as little as 6 weeks to start feeling the mental health benefits of stopping smoking.

- Die on average 10 to 20 years earlier than those who don't experience mental health problems – smoking plays a major role in this difference in life expectancy
- Need higher doses of some antipsychotic medicines and antidepressants because smoking interferes with the way these medicines work

Better for your family and friends

For some people, a big reason for stopping smoking is to be there for their family and friends.

If you have stopped smoking and are physically and mentally healthy, you're more likely to be able to support your loved ones – and be a part of their life in the future. Also, becoming a smoke-free role model means your children are much less likely to take up smoking.

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Ways to quit

Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help and support.

There are lots of support options available to help you on your quitting journey. The key is not to give up, try different combinations until you find the one that works for you.

Vaping to quit: Nicotine vapes can help you to quit smoking and they are substantially less harmful than cigarettes.

Did you know...

You're roughly twice as likely to quit smoking if you use nicotine vape compared with other nicotine replacement products, like patches or gum.

Stop smoking aids: These help you manage nicotine cravings and other tobacco withdrawal symptoms. They are called Nicotine Replacement Therapies (NRTs).

NRTs give you nicotine (the addictive substance in cigarettes and tobacco) without any of the harmful chemicals. They can help reduce the withdrawal symptoms of quitting.

NRTs have been widely used for many years as a safe treatment to help with quitting. They can be bought from pharmacies, supermarkets and some other shops. They may also be prescribed by a doctor or a stop smoking service.

There is a range of NRTs products:

- Nicotine patches
- Nicotine nasal spray
- Nicotine mouth spray
- Nicotine inhaler
- Nicotine gum
- Nicotine lozenges
- Nicotine micro tabs
- Nicotine vapes
- Prescription-only medicines

Find your local Stop Smoking Service:

Get free expert help from your local Stop Smoking Service and boost your chances of quitting by 3 times.

To find the nearest to you, scan the following QR code:



Download the FREE NHS Quit Smoking app:

- Track your progress
- See how much you're saving
- Get daily support

For more Information and support, visit NHS website.



www.nhs.uk/better-health/quit-smoking/



Quit smoking, start *healing*

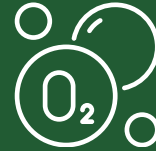
The benefits of quitting smoking



Heart rate will already be starting to return to normal levels

20
MIN

8
HRS



Oxygen levels are recovering, harmful carbon monoxide levels in blood are reduced by half



Sense of taste and smell improve; all carbon monoxide is flushed out, breathing feels easier

2-3
DAYS

1-9
MOS



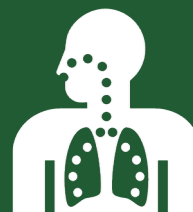
Blood circulation and energy levels improve; exercising becomes easier; lung function increase by up to 10%



Risk of heart attack will have halved compared with a smoker's

1-5
YRS

10
YRS



Risk of death from lung cancer will have halved compared with a smoker's



Source: <https://www.nhs.uk/better-health/quit-smoking/>





HIM
HER
THEM

International Pronouns Day

18th October 2024

International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace - **pronounsday.org**. Referring to people by the pronouns they determine for themselves is basic to human dignity. Being referred to by the wrong pronouns particularly affects transgender and gender nonconforming people. Together, we can transform society to celebrate people's multiple, intersecting identities.

Stonewall.org.uk tells us: "Pronouns are words we use in everyday language to refer to ourselves or others. They can be an important way to express your gender identity. 'I', 'me', 'she/her', 'he/him' and 'they/them' are some examples of pronouns.

'They' has been used as a singular pronoun since 1375! We use a singular 'they', 'them' or 'their' often. For example, if you find a jacket that was left behind in the office, you may ask: 'Did someone leave their jacket here?'

Some trans and gender non-conforming people may use 'they', 'them' and 'theirs' as personal pronouns.

'They' is considered a gender-neutral pronoun, compared to pronouns like 'he/him' or 'she/her' which are generally perceived as gendered terms.

At Eden Futures, we are committed to equal opportunities and encouraging diversity and inclusion among our workforce and where individual differences and the contributions of all colleagues and people we support are recognised and valued. Please see our 'A Beginners Guide to Pronouns in the Workplace' under our EDI section on our Wellbeing Page.

Here is some more helpful information about how to use the correct pronouns so that we can all keep learning and getting better:

- www.diversitycenterneo.org/about-us/pronouns
- www.stonewall.org

What more do you think that we can we do as a company to continue to celebrate and encourage diversity and inclusion among our workforce? Join our Eden Influencer team and tell us!

#PronounsDay





Intensive Interaction Week

Connecting Through Communication

14th - 20th October 2024

Intensive Interaction (II) Week is a time to celebrate a powerful form of communication that helps us connect with individuals who may struggle with verbal communication, social skills, or initiating interactions. This approach, developed from the caregiver-infant model, is about stepping into someone else's world and showing them, they are heard, seen, and valued.

What is Intensive Interaction?

Intensive Interaction is a technique used to engage with people at their own level of understanding, rather than expecting them to come to ours. It's about creating regular, frequent moments of connection throughout the day, focusing on the quality of the interaction itself.

By mirroring movements, sounds, or facial expressions, we can join in their communication style, respecting their developmental level and building a deeper bond. This method is especially effective for people with learning disabilities or autism, but elements of it can be applied to anyone.



Why is Intensive Interaction important?

Many individuals we support may have difficulty with social cues, understanding speech, or taking turns. They may behave passively, waiting for things to happen and interactions may seem one-way, with them only approaching staff to get a need met. These people are often described as being in their own world or 'difficult to reach'.

Intensive Interaction helps break through these barriers by:

- **Developing Communication Skills:** Through techniques like mirroring, turn-taking, and rhythm matching, we can help individuals develop abilities such as eye contact, facial expressions, and shared attention.

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- Promoting Emotional Wellbeing: By tuning into someone's physical and emotional state, we practice emotional attunement, creating a bond that improves emotional wellbeing and self-esteem.
- Building Relationships: It allows us to build rapport and trust, encouraging shared personal space and mutual respect.
- Reducing Distress: By being patient and responsive, we can reduce the need for distress communication and help individuals feel more understood.

What does Intensive Interaction look like?

It looks different for everyone. It could be as simple as joining someone in their rocking or tapping movements, responding to their vocalisations with sounds of your own, or using facial expressions like smiles or grimaces to match theirs. Over time, these interactions can grow into more complex communication sequences.

Some examples of what to respond to:

- Vocalisations: murmurs, grunts, or humming.
- Body Movements: rocking, jumping, or tapping.
- Facial Expressions: smiles, eye contact, or blinking.
- Physical Contact: pats, holding hands, or gentle touch.

How to respond effectively

When practicing Intensive Interaction, it's important to respond in a way that is engaging but respectful:

- Behavioural Mirroring: Imitate some aspect of the person's movement or vocalisation, sometimes exaggerating it to encourage interaction.
- Non-verbal Responses: Use body language, smiles, or open gestures to show you're present.
- Pausing: Allow the person to take a break from the interaction if needed, supporting their self-regulation.
- Verbal Commentary: Offer simple, positive words of praise or description.
- Playfulness: Be willing to use dramatic expressions or playful gestures to keep the interaction fun.

When to use Intensive Interaction

For Intensive Interaction to be effective, it must be done when the person is calm and at their baseline. Trying to use It when someone is distressed, agitated, or off their baseline can lead to misunderstandings and may escalate feelings of discomfort or distress. To ensure that we are supporting individuals effectively, always refer to the person's crisis cycle. This will help you identify

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when they are at baseline and ready for engagement. If someone is showing signs of being off their baseline or in crisis, it's crucial to give them space and allow them time to regulate before attempting any form of Intensive Interaction.

The role of physical contact

Physical contact is one of the most fundamental ways we communicate. However, many individuals only experience procedural touch, such as during personal care. It's important to introduce touch slowly and on the individual's terms. Ensure touch is appropriate, on top of clothing, and mainly focused on extremities like hands, arms, and feet. Always observe their body language for signs of consent or withdrawal. Touch, when done appropriately, can improve social, cognitive, and emotional development.

For more guidance, please refer to Eden's policy on the Use of Appropriate Touch when supporting individuals.



Top Tips for Practicing Intensive Interaction

Do:

- Make yourself available and let the person lead the interaction.
- Be consistent and patient, tuning into their pace.
- Build trust gradually, especially when introducing touch.

Don't:

- Dominate or direct the interaction.
- Use complex sentences or set objectives for the interaction.

By incorporating Intensive Interaction into our practice, we're giving the people we support the respect they deserve—responding to them at a level they can understand and helping them feel heard. During Intensive Interaction Week, let's focus on creating these moments of connection that foster joy, trust, and emotional wellbeing for everyone.

For more information on how to incorporate Intensive Interaction into your practice, visit the Intensive Interaction Institute who have lots of helpful resources including real-life example videos:

www.intensiveinteraction.org



Pumpkin Soup

Simple recipe for you to try at home

You can also make this soup with leftover roast butternut squash or pumpkin, reducing the simmering time to 15 minutes, just so the potato is cooked through.



Ingredients:

- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g unsalted butter
- 2 tbsp olive oil
- 100ml double cream
- 3 tbsp pumpkin seeds
- salt and black pepper
- 1 medium pumpkin (deseeded and roughly chopped)
- 1 medium-sized floury potato (roughly chopped)
- 1 litre vegetable or chicken stock

Method:

1. Put the onion, carrots, garlic bay leaf, butter and half the olive oil into a large pan. Cook over a low-medium heat for about 10 minutes until the vegetables are tender but not coloured.
2. Add the squash and potato, mix to combine and cook for a further 2-3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.
3. Pick out the bay leaf and blend the soup until smooth using a stick blender.
4. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.
5. Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.
6. Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.

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





Go
SOBER this
OCTOBER

SUPPORT PEOPLE **LIVING** WITH CANCER

MACMILLAN
CANCER SUPPORT
A registered charity

Sober October encourages people to go alcohol-free in October to raise money for Macmillan Cancer Support. Will you join in?

If you are worried that you may be drinking too much, we encourage you to reach out for help from your GP or speak to someone you trust at work (including the HR team). If you're interested in resetting your relationship with alcohol, you can try the free [Try Dry®](#) app. You can use it year-round to check your units, calories and money saved, and earn badges as you go.



Eco-friendly

ways to dispose of pumpkins after Halloween



As we approach Halloween, it's time to get the decorations out and start carving those pumpkins.

But, when the time comes, it is a common mishap to throw the old pumpkins away in the rubbish bin. Adding pumpkins to your rubbish only makes it heavy and it ends up filling up unnecessary space at the landfill.

So once you've finished scaring your neighbours, here's a few ideas to ethically dispose of them!

Please remember to remove any stickers and candle wax before disposing of your pumpkin!



Why not put your pumpkin at the bottom of your garden or in a local woodland to allow wildlife to enjoy!

(Please think about where you place them to ensure hedgehogs can't get to them! On a wall or in a tree.)



Cut your pumpkin into chunks and bury in soil (20 cm below ground level) as a feast for worms and bugs!



If you've kept the seeds they can be planted, why not grow your own pumpkins next year!



Attach some string/twine and turn your pumpkin in to a hanging bird feeder for the winter.





Recycle Week theme for 2024 is '**Rescue Me**'. The campaign will run from 14th-20th October 2024, focusing on rescuing recyclable items from heading to the rubbish bin.

- Clean-up drives: Gather a group and clean a local park, beach, or any public area. Collect recyclables on your way and make sure they're recycled properly.

In the spirit of looking towards a greener future, Eden Futures is encouraging everyone to get involved and make a positive impact on our planet.

Recycling helps us look after the environment and a healthier world for us all. Every item recycled is one less in a landfill.

Find a recycling facility

Recycle Now have some fantastic online resources, including a recycling locator to find out what you can recycle at home or in your local area.



Ideas on how you can join in:

- Recycling Station setup: Set-up recycling bins in your area, making sure they are correctly labelled for paper, plastics, metals and glass.
- DIY Crafting: Upcycle used items into art or household items. An old jar can become a decorative vase and plastic bottles can be used as plant pots!

www.recyclenow.com/recycling-locator

 **recycle**
The possibilities are endless.





Eco Eden Initiative

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

EcoEden is our initiative aimed at embracing sustainable living for the wellbeing of ourselves, our communities and the planet. As we continue on this journey, we're inviting our staff and people we support to join us in making mindful, earth-friendly choices. We are committed to learning and improving together.

We believe in the power of collective action – each small, sustainable step we take leads to a healthier life and a thriving world. EcoEden isn't just an idea; it's our promise for a more sustainable and caring future.



Give and get items

Avoid buying new by sharing and finding items locally.



Help the planet

Give your items a second life. Less waste = less damage to the planet.



Help each other

Build community and save money by sharing with fellow locals.

10 ways to help hedgehogs this Autumn

1. Offer specially formulated hedgehog food.
2. Wet cat food (meat, not fish) is a good alternative. Never offer bread, milk or pumpkin as they are harmful to hedgehogs.
3. Leave out shallow dishes of fresh water.
4. Feed in the evening, as hedgehogs are nocturnal.
5. Leave areas of your garden wild, with piles of leaves and logs for a natural shelter.
6. Avoid using slug pellets and other chemicals that can harm hedgehogs.
7. Build a hedgehog house in a quiet sheltered area of your garden.
8. Create 13x13cm holes at the bottom of your fences to allow hedgehogs to roam more freely in search of food.
9. Ensure unnetted ponds have a ramp, so any unlucky hedgehogs can climb out.
10. Check areas thoroughly before doing any garden work.





Coming up in *November*

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



World Vegan Month



Remembrance Day



Stress Awareness



EcoEden



Kindness Day



International Men's Day

Let us know...

Let us know if you would like us to cover any special awareness days or topics by contacting marketing@edenfutures.org

Our next issue of Eden Together goes live on:

1st November 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...

“ All our dreams can come true, if we have the courage to pursue them. ”

Walt Disney



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