

Eden Together

Health & wellbeing magazine

National Apprenticeship Week

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

Awareness Days

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

Time to Talk

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



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

Welcome to our 27th 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
- Time to Talk
- National Apprenticeships Week
- LGBT+ History Month
- Random Acts of Kindness Day
- Emotional Health Day
- World Cancer Day
- Eating Disorders Awareness Week
- EcoEden
- Financial Wellbeing
- Key Contacts and Helplines

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



LGBT+ History Month



Random Acts of Kindness Day



Emotional Health Day



World Cancer Day



Eating Disorders Awareness Week

ACTION FOR HAPPINESS

February calendar

Friendly February 2025

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

ACTION FOR HAPPINESS

Happier · Kinder · Together

Friendly February

Action for Happiness are a movement of people taking action to create a happier and kinder world, together.

The mission of Action for Happiness is to help people create a happier world, with a culture that prioritises happiness and kindness.

They do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of

belonging and commit to personal action to create more happiness, both for themselves and others.

They have no religious, political or commercial affiliations and welcome people of all faiths (or none) and all parts of society. Members of the movement make a simple pledge: to try to create more happiness in the world.

For more information visit:

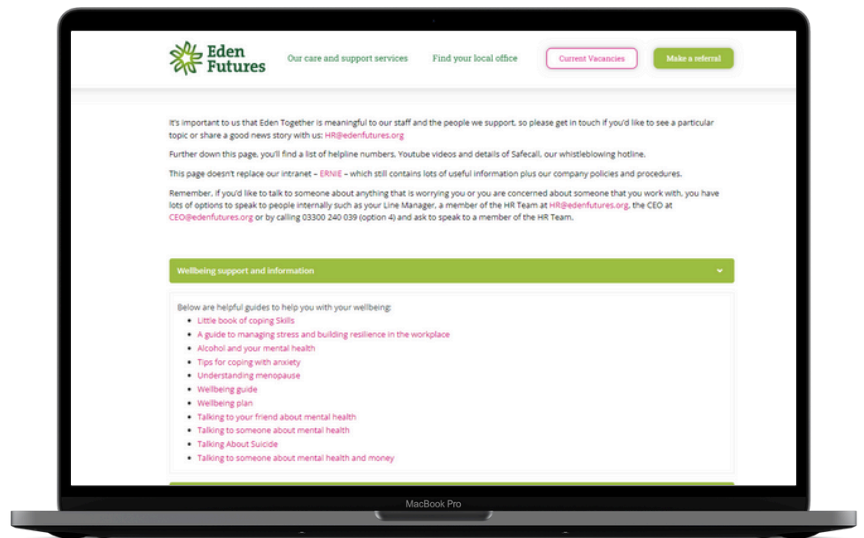
www.actionforhappiness.org

#actionforhappiness





Scan to visit the wellbeing page on the website

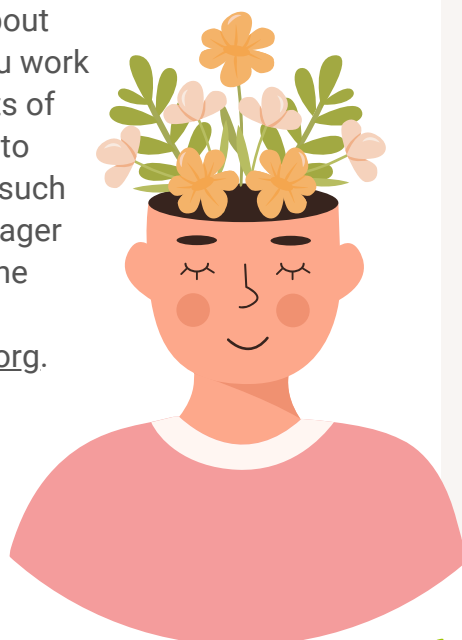


Wellbeing support and information

The Wellbeing page of our website contains guides, helpline numbers, Youtube videos and details of Safecall, our whistleblowing hotline.

We have also added downloadable mental health information guides under 'Wellbeing support and information'.

Remember, if you'd like to talk to someone about anything that is worrying you or you are concerned about someone that you work with, you have lots of options to speak to people internally such as your Line Manager or a member of the HR Team at hr@edenfutures.org.



Wellbeing and support guides:

- Little book of coping skills
- A guide to managing stress and building resilience in the workplace
- Alcohol and your mental health
- Energy Bills - Advice Booklet
- Tips for coping with anxiety
- Understanding menopause
- Wellbeing guide
- Wellbeing plan
- Talking to your friend about mental health
- Talking to someone about mental health
- Talking About Suicide
- Talking to someone about mental health and money
- The self-kindness toolkit
- Understanding Grief





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

Time to Talk Day will take place on the 6th February 2025. It’s run by Mind and Rethink Mental Illness and is being delivered in partnership with Co-op.

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

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

Why is talking important?

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

We want everyone to feel comfortable talking about mental health – whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can

talk openly about mental health and feel empowered to seek help when we need it.

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

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

See the Talking Tips on the next page...



#timetotalk





Ask questions and listen

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

Think about the time and place

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

Don't try and fix it

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

Treat them the same

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

Be patient

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

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

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

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

#timetotalk





1st - 28th February 2025

February marks **LGBT+ History Month**, an annual celebration of the history, achievements, and contributions of lesbian, gay, bisexual, transgender, and queer individuals and communities.

The 2025 theme is: Activism and Social Change
LGBT History Month was founded by Schools OUT after section 28 of the Local Government Act 1988 was repealed to mark the history, achievements and contributions of lesbian, gay, bisexual, transgender, and queer individuals and communities. In 2025, Schools OUT is celebrating 20 years of UK LGBT+ History Month. The 2025 theme recognises the contributions of LGBT+ people who have fought for equality and human rights.

How can you support LGBT+ History Month?

- Educate yourself and explore the history and experiences of the LGBTQ+ community
- Attend local events and activities related to LGBTQ+ History Month
- Support LGBTQ+ organisations and businesses

Uncovering Hidden Histories...

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

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



Find out more by visiting:
lgbtplushistorymonth.co.uk

#socialactivism





SKILLS
FOR LIFE

NATIONAL
APPRENTICESHIP
WEEK 2025

National Apprenticeship Week

10th - 14th February 2025

National Apprenticeship Week takes place from 10th -14th February 2025.

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

The Eden Futures Apprenticeship Programme is an amazing opportunity for our team members to embark on a career pathway, providing them with the right knowledge, skills, and behaviour to deliver the highest quality care and support to the people we support. As part of our People Strategy, we want our people to grow, learn and develop at Eden Futures.

We are proud to be working with Paragon Skills, a top-rated apprenticeship provider to support your journey to gain the right qualifications at the right level.

Continued...

#naw2025

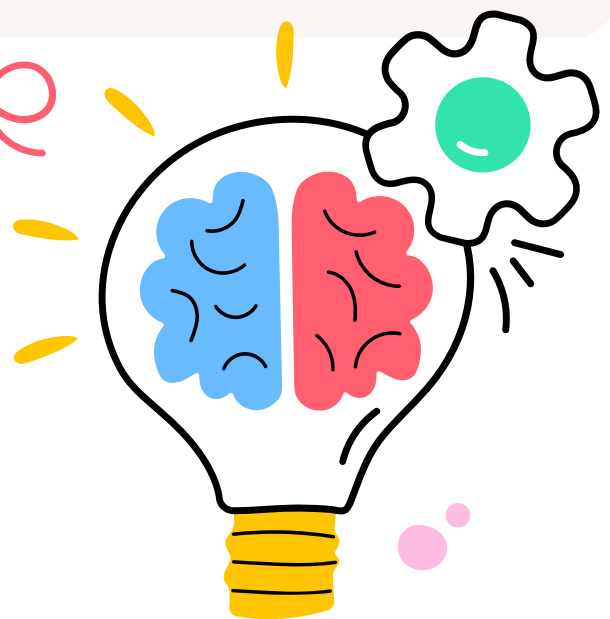
Key facts:

Over 700 apprenticeship standards across all levels.

Over 80% employers and apprentices satisfied with their apprenticeships.

78% of employers reported improved productivity.

Data Source - Department for Education, October 2024.





...continued.

Emily Chapman, Care Certificate & Apprenticeship Lead at Eden talks about her career and what she loves most about Eden;

How long have you worked with Eden?

“I have worked at Eden for nearly 15 years! - I began working in 2010 as a Support Worker in Mansfield, then went on to become a Specialist Support Worker in our Rainworth service. I was promoted to Deputy Manager of Huthwaite Specialist service before I began my role as Care Certificate & Apprenticeship Lead in 2023, and i still work as a Support Worker (bank/weekends) at Huthwaite specialist.”

What is your favourite thing about your job?

“One of my favourite things about my job is that I get the opportunity to learn something new every day. I get to help others along the way and It’s incredibly rewarding to be part of someone’s learning journey and watching them achieve their goals.”

What’s it like being a part of the L&D team?

“Being part of the L&D team is like being part of a family. Each of us brings our own unique talents, creating something beautiful that we couldn’t achieve alone. Even if a week passes where we don’t all see each other, we all know we are there for one another.”



Emily Chapman

Care Certificate & Apprenticeship Lead

“I am finding the apprenticeship very informative. Already, I have gained knowledge to help me to carry out my job role within Eden Futures.

The support and guidance that I have received from both my tutor and Emily Chapman, has been excellent.”

Lisa

Deputy Manager, Eden Futures

Did you know...

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

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

**SKILLS
FOR LIFE**

**NATIONAL
APPRENTICESHIP
WEEK 2025**

**paragon
skills**

**Eden
Futures**
Step into your future

#naw2025



Valentines Day



As the shops are filled with red roses, romantic cards and chocolates for Valentines Day, it's ok if your heart isn't in it this year.

We understand that Valentines Day can create feelings of loneliness and sadness. The absence of family and/or friends, bereavement and grief can be incredibly daunting. It's important to remember that it's okay to feel this way. Your feelings are valid and acknowledging them is a step towards self-care.

For any of our staff or people we support who are struggling with grief, please remember... In the quiet moments when the world feels overwhelming and your heart feels heavy, please remember you're not alone. Grief can be an isolating journey, but it doesn't have to be a lonely one.

We have a booklet by Cruse called "Understanding Grief" on our Eden Futures Wellbeing page. Please pass this on to anyone who might need it.

<https://lnkd.in/eH5sMCBD>

Random Acts of Kindness Day

17th February 2025

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

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



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

www.randomactsofkindness.org/kindness-ideas





Emotional Health Day

24th February 2025

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

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

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

How will you be more kind to yourself?



What does it mean to be self-compassionate?

Written by Dr Fiona Meechan (@FiMeechan)

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

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

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





Eating Disorders Awareness Week

Eating Disorders Awareness Week (EDAW) will take place from 24th February - 2nd March 2025, with the message that eating disorders are serious mental health conditions that can affect anyone - at any age, gender, or background - at any time.

Around 1.25 million people in the UK suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate.

Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly. While this is the worst-case scenario, there are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them. They steal childhoods, devastate relationships and pull families apart. But, with the right treatment and support, recovery is possible.

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

Helpline: 0808 801 0677

Website: www.beateatingdisorders.org.uk

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

Why ARFID?

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

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

How can I get involved?

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

Beat
Eating disorders

www.beateatingdisorders.org.uk





World Cancer Day

4th February 2025



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

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

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

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

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

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

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





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.

Frugal February

Environmentally friendly ways to save money throughout February:

- Bringing your own carrier bags when shopping (to save you having to buy another one)
- Storing your leftover meals in reusable containers (and remembering to use them up)
- Cut down on takeaway coffee, buy making your own at home
- Grow your own herbs, fruits and vegetables where you can
- Shop second-hand where possible
- Use second-hand apps and websites to re-home your unwanted items, and make yourself some money



Coming up in *March*

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



World Book Day



International Women's Day



Comic Relief: Red Nose Day



British Sign Language Week



Neurodiversity Celebration Week



World Sleep Day

Let us know...

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

Our next issue of Eden Together goes live on:

1st March 2025





Financial support

Don't struggle in silence

If you're worried about debt, you don't need to struggle alone. Speaking to a trained and experienced debt adviser about your situation can help you see what the best decision for you might be.

Find it hard to talk about debt?

WE HEAR YOU!

StepChange
Debt Charity

FREE, PERSONALISED ADVICE. DAY OR NIGHT, ONLINE 24/7.

www.stepchange.org/online

The UK's leading debt charity can help you take control of your money. Use our online advice service and debt solutions.

©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



If you are struggling to make ends meet at the moment, you aren't alone. Millions of households are finding it hard to pay for everyday items as prices for essentials like food, gas and electricity have rapidly increased.

You can use the hub to find out if you can pay less for your costs of living and find out about any extra help that might be available.



Key contacts & helplines



Health & wellbeing

National Domestic Abuse Helpline

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

Samaritans

www.samaritans.org
Tel: 116 123

Shout (text service)

www.giveusashout.org
Tel: 852 58

National Suicide Prevention Helpline

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

Money & household

StepChange Debt Charity

www.stepchange.org.uk
Tel: 0800 138 1111

National Debtline

www.nationaldebtline.org
Tel: 0808 808 4000

Citizens Advice

www.citizensadvice.org.uk
Tel: 0808 223 1133

Money Advice Service (Money Helper)

www.moneyhelper.org.uk/en

Depher

(Disability and Elderly Plumbing and Heating Emergency Repair)

www.depher.com
01282 420 678

Did you know...

Eden Futures website has a wellbeing page with advice and support to improve your mental health.



Scan to visit the wellbeing page on the website





Promoting positivity...

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

Dr. Seuss



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