

Eden Together

Health & wellbeing magazine

Neurodiversity Celebration Week

Challenging stereotypes and misconceptions about neurological differences.

World Sleep Day

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



Prostate Cancer Awareness Month

In the UK, about 48,600 men are diagnosed with it each year.



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



Welcome to our 28th 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:

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- Debt Awareness
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- Key Contacts and Helplines

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



International Women's Day



Prostate Cancer Awareness



World Book Day



Comic Relief: Red Nose Day






Neurodiversity Celebration Week



ACTION FOR HAPPINESS

March calendar

Mindful March 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Mindful March

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

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

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

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

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

For more information visit:

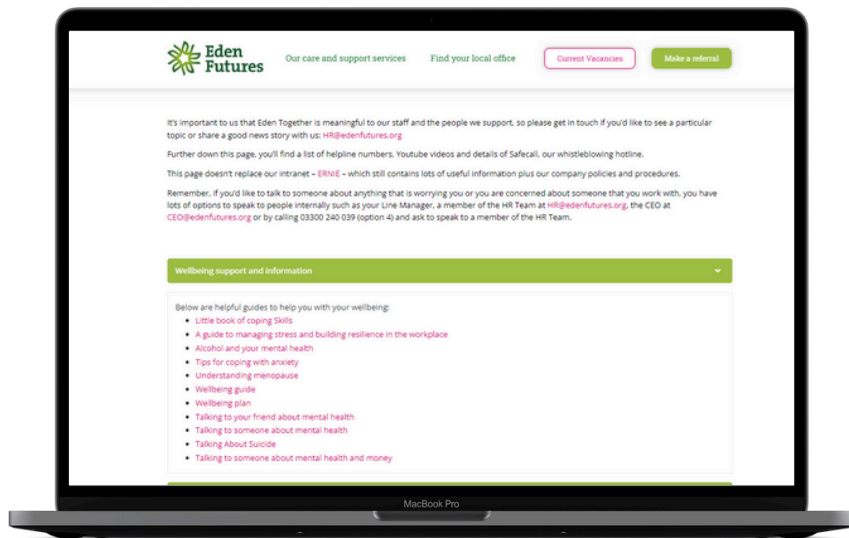
www.actionforhappiness.org

#actionforhappiness





Scan to visit the wellbeing page on the website

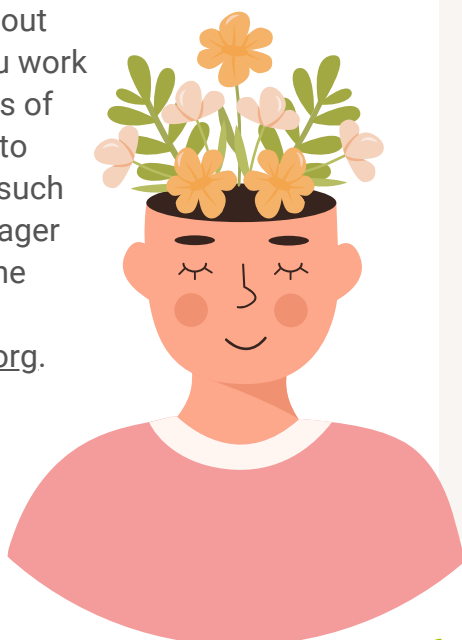


Wellbeing support and information

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





**PROSTATE
CANCER UK**



March is Prostate Cancer Awareness

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

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

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



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

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

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

Sign up by visiting:

marchthemonth.prostatecanceruk.org

Prostate Cancer UK: www.prostatecanceruk.org

MacMillan Cancer Support:

www.macmillan.org.uk/cancer-information-and-support/prostate-cancer





Happy Ramadan

28th Feb - 30th March 2025

What is Ramadan?

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

When is Ramadan?

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

How we support our Muslim colleagues at Eden Futures

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

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

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

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

If you're interested in learning more about Ramadan, you can visit: www.muslimaid.org

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





#SelfHarmAwarenessDay



national
self harm
awareness day
2025

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

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

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

What can you do to help?

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



national
self harm
awareness day
2025





#SelfHarmAwarenessDay



national
self harm
awareness day
2025

Support links *and information*

Harmless

harmless.org.uk

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

Hub of Hope

hubofhope.co.uk

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

LifeSIGNS

lifesigns.org.uk

User-led self-harm guidance and support network.

The Mix

Tel: 0808 808 4994

Text **THEMIX** 85258

themix.org.uk

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

National Self Harm Network (NSHN)

nshn.co.uk

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

Samaritans

Tel: 116 123 (freephone)

Email: jo@samaritans.org

Freepost SAMARITANS LETTERS

samaritans.org

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

Sane

Tel: 0300 304 7000

sane.org.uk

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

Shout

Text **SHOUT** to 85258

giveusashout.org

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





International Women's Day

8th March 2024



Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge gender equality. Collectively for International Women's Day 2025 we can all 'AccelerateAction'.

International Women's Day belongs to everyone, everywhere!

At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum.

Focusing on the need to 'Accelerate Action' emphasises the importance of taking swift and decisive steps to achieve gender equality. It calls for increased

momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres.

So, together, let's Accelerate Action to speed up the rate of progress worldwide.

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

#IWD2025 #AccelerateAction



World Book Day

World Book Day will be taking place on Thursday 6th March 2025. Their mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. This year they are asking you to **Read Your Way**, celebrating the reading that your child chooses to do in their free time without judgement.



WORLD
**BOOK
DAY**
6 MARCH 2025

Give children and young people the opportunity to discover reading on their own terms.

For activities and resources to support your children to find fun in reading, please visit: www.worldbookday.com/families

Comic Relief:

Red Nose Day



21st March 2025



Red Nose Day is celebrating 40 years of going big, giving big, and feeling good together! This year why not take on the challenge, host a bake sale, buy a Red Nose and join thousands of people up and down the country getting involved. We'd love to see photos of your Red Nose Day fun!

All year-round, the money donated to Comic Relief works hard to support some incredible projects making a change to people's lives across the UK and around the world. In fact, over the last year, Comic Relief funding has helped to support 4.1 million people.

To get involved in Red Nose Day, visit: www.comicrelief.com/rednoseday





Nutrition & Hydration Week



17- 23rd March 2025

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

Staying Hydrated

According to the NHS, most people should aim to drink enough during the day so their pee is a clear pale yellow colour. The NHS [Eatwell Guide](#) recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

You may need to drink more fluids if you're:

- pregnant or breastfeeding
- in a hot environment
- physically active for long periods
- ill or recovering from illness



Tips to help you stay hydrated with healthier drinks

- Drink regularly throughout the day
- Swap sugary drinks for diet, sugar-free or no added sugar drinks
- Adults can choose lower fat milk, such as semi-skimmed, 1% fat or skimmed milk and unsweetened plant-based drinks
- Limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- Drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- Dilute squash drinks or cordials well to reduce the sugar content
- Drink caffeine in moderation

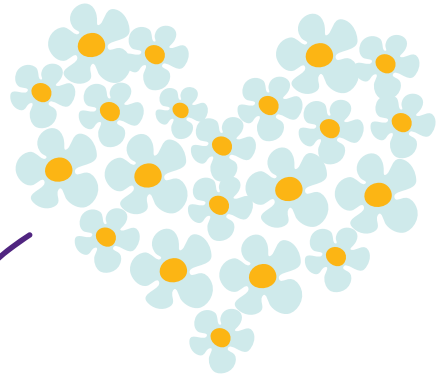
Source: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>





Mother's

Day



30th March 2025

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

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

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







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

Simple acts of kindness and support:

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

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

If you know someone who...

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

think about reaching out to them today.



#mothersday





World Sleep Day

14th March 2025



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

Sleep is essential to health

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

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

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

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

Continued...





...continued

Sleep health is multidimensional

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

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

The six dimensions of sleep health are the following:

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

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

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

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

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

Source: [Worldsleepday.org](https://www.worldsleepday.org) - toolkit





Additional resources:

Healthier Sleep Magazine

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

Sleep Expo

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

Below are the topics discussed by experts:

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





Neurodiversity

17 - 23rd March 2025

Celebration Week

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

What is Neurodiversity?

According to neurodiversityweek.com, when it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

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

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

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

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

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



**Neurodiversity
Celebration
Week**



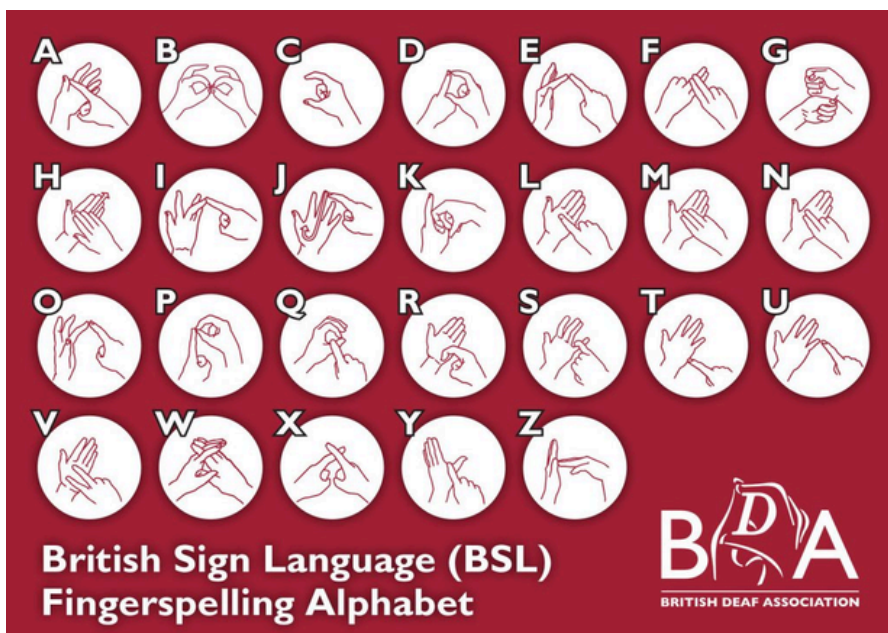


British Sign Language Week

17 - 23rd March 2025

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

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



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

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

signlanguageweek.org.uk/

#bslweek





Debt Awareness Week

24 - 30th March 2025

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.





Eco Eden Initiative

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

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



Give and get items

Avoid buying new by sharing and finding items locally.



Help the planet

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



Help each other

Build community and save money by sharing with fellow locals.

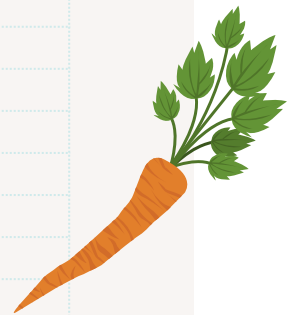
We believe in the power of collective action – each small, sustainable step we take leads to a healthier life and a thriving world. EcoEden isn't just an idea; it's our promise for a more sustainable and caring future.

Planting veg and when!

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

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

● Sow inside (on a window sill, unheated greenhouse) ● Move outside (when conditions are favourable)
 ● Sow outside (direct into prepared garden soil) ● Harvest (when ready)



Coming up in *April*

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



Stress Awareness Month



Bowel Cancer Awareness Month



World Autism Acceptance Week



World Health Day



Positive Self-talk



World Parkinson's Day

Let us know...

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

Our next issue of Eden Together goes live on:

1st April 2025



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...

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

Henry James



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

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