

Issue 29 | April 2025

Eden Together

Health & wellbeing magazine

Autism Acceptance Month

An opportunity for everyone to come together and raise awareness.

Stress Awareness

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

Awareness Days

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



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

 **Eden Futures**



Welcome to our 29th 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
- Stress Awareness Month
- Positive Self-talk
- World Health Day
- World Autism Acceptance Month
- Bowel Cancer Awareness Month
- Easter Crafts
- EcoEden
- Eden Kitchen Recipe
- Financial Wellbeing
- Key Contacts and Helplines

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



Stress Awareness



Positive Self-talk



World Health Day



Autism Acceptance





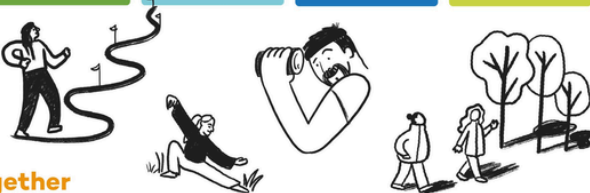
Bowel Cancer Awareness



ACTION FOR HAPPINESS

April calendar

Active April 2025

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

ACTION FOR HAPPINESS

Happier · Kinder · Together

Active April

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

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

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

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

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

For more information visit:

www.actionforhappiness.org

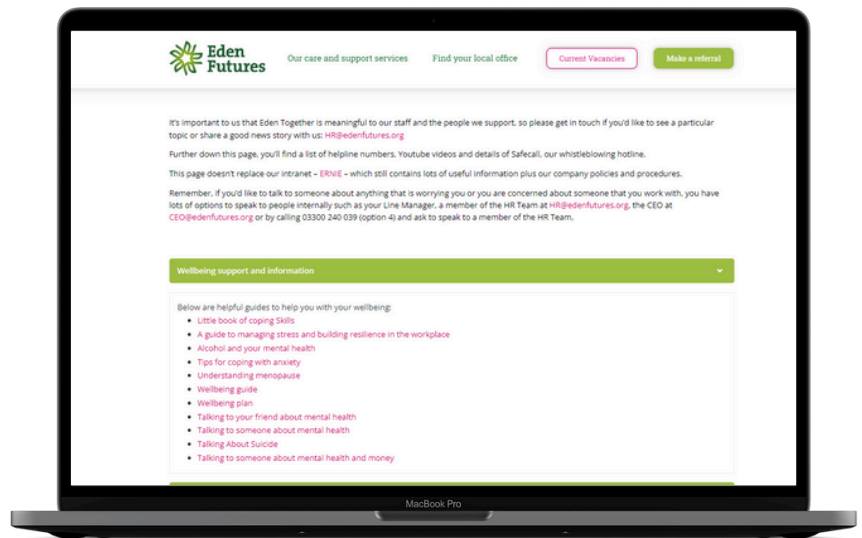
#actionforhappiness

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Scan to visit the wellbeing page on the website

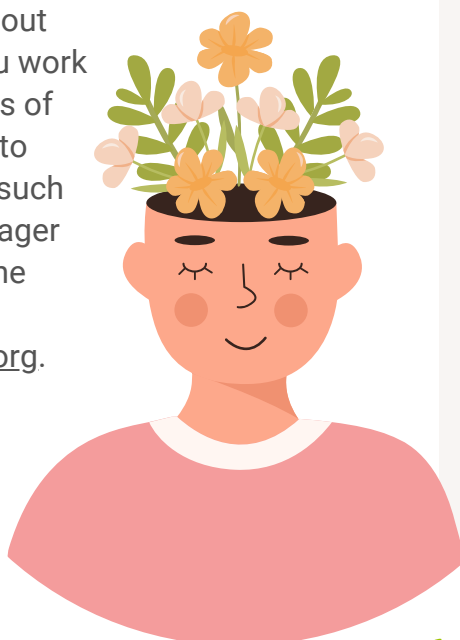


Wellbeing support *and information*

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





Money and *mental wellbeing*

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

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

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



www.mind.org.uk

Just remember...

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

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

Wellbeing support...

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



Scan to visit the wellbeing page on the website





Positive Self-talk

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

Examples of coping thoughts might be:

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

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

#positiveselftalk



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



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



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





Stress Awareness Month

April 2025

April is Stress Awareness Month, an annual event that's been observed since 1992. It serves as a gateway to open up conversations about stress, signpost people to the right support and help us prioritise our mental health.

#LeadWithLove

This theme encourages us to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.

In today's world, where stress often thrives in the midst of conflict, tension, and division, we believe that love is the universal force capable of shifting the narrative. By choosing love as our starting point, we embrace empathy, prioritise understanding, and create positive change in every interaction.

Whether it's extending a gesture of kindness to someone nearby, offering support to global communities, or simply practicing self-love, even the smallest acts of love can spark powerful waves of positivity that ripple outward

Understanding stress

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

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

Fight: When your body goes into a state of stress, we may feel agitated and aggressive towards others; this can be due to our bodies' natural reaction being "fight". This can be a helpful reaction to ward off predators, but in unnecessary situations, it can negatively affect relationships and reputations.

Continued...





...continued

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

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

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

Physical signs of stress

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

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

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

Continued...





...continued

How stress might make you feel

If you are stressed, you might feel:

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



Wellbeing support...

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

- [Little book of coping skills](#)
- [A guide to managing stress and building resilience in the workplace](#)
- [The self-kindness toolkit](#)



Small actions can make a big change...

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



Stress Management Society
from distress to de-stress

#stressawareness





Get active this April...

Bowel Cancer Awareness Month...

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

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

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

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



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

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

So, what are you waiting for?

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

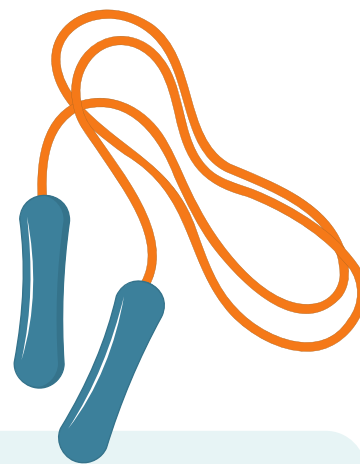
To join, visit www.bowelcanceruk.org.uk If you have any questions about the event or the registration process, email events@bowelcanceruk.org.uk.

#activeapril





Top tips for getting active in April



1.

Take the stairs

Take the stairs when you can, even if just for a floor or two. And don't ride the escalator, climb it!

2.

Walk your children to school

Walk or cycle to school with your kids once or twice a week instead of driving them. If you live too far from school for your children to walk, park a 10-minute walk away from the school.

3.

Incorporate short bursts of activity

If you don't have time for the full routine, incorporate short bursts of activity into your daily routine, like stretching or walking around your home or office every hour to boost circulation and prevent stiffness.... you can do stretches or jumps when waiting for the kettle to boil.

4.

Have a housework workout

Have a housework workout. A good spring clean increases the heart rate and burns calories.

5.

Find a fitness activity you love

Explore different forms of exercise until you find something you genuinely like doing. Whether it's dancing, hiking, or playing a sport, having fun will make it easier to stay active.





World Health Day

7th April 2025



Healthy beginnings, hopeful futures...

World Health Day, celebrated on 7 April 2025, will kick off a year-long campaign on maternal and newborn health. The campaign, titled Healthy beginnings, hopeful futures, will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritise women's longer-term health and wellbeing.

Get involved...

www.who.int/campaigns/world-health-day/2025/healthy-beginnings-hopeful-futures

IBS Awareness month

April 2025

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

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



www.gutscharity.org.uk

What are the symptoms of IBS?

Symptoms can include:

- Constipation, diarrhoea or a mixture of the two
- Abdominal pain
- Abnormal bowel habits
- Wind, bloating and distension
- Pooing mucus
- 1/3 of IBS patients have bouts of constipation. Another 1/3 have bouts of diarrhoea. The final 1/3 don't fall into a single pattern.
- Feeling tired
- Nausea (feeling sick)
- Backache
- Bladder symptoms





Autism

Acceptance Month

April 2025



World Autism Awareness Month is an opportunity for everyone to come together and raise awareness, foster acceptance, and create a society where autistic people are supported, understood, and empowered.

Autistic people can face discrimination and systemic barriers across all sectors of society. Nearly 30% of adults in Britain are unsure whether Autism can be cured and over a third (35%) still believe it to be a learning disability (Autistica, 2022). World Autism Acceptance Month calls us to deepen our understanding, foster acceptance, and champion inclusion for Autistic individuals where everyone feels valued and respected, regardless of their neurotype (The Mandatory Training Group, 2024). It's time to celebrate the talents of Autistic individuals, their accomplishments and contributions to our community.

About Autism

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

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

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

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





...continued

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

How to get involved

The National Autistic Society (NAS) raise money to transform lives and change attitudes to help create a society that supports people with Autism. www.autism.org.uk/get-involved/

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

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

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

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

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

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

How to Support an Autistic Person

(<https://intranet.edenfutures.org/index.php/support-someone-with-autism/>)

Tool Box Talk on Autism

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

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

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





Did you know...

Parkinson's Awareness Week will take place between **10th - 16th April 2025**. Join in this awareness week in a range of physical events and activities to get you active whilst having fun!

www.parkinsonscare.org.uk/awarenessweek/

World Parkinson's Day

11th April 2025



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

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

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

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

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

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

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



Happy Easter

Easter is a great opportunity to relax and enjoy some time being creative with family and friends.

Our Salt Dough Hanging Decorations are easy to make and can be as colourful or simple as you want to make them...

Salt Dough Hanging Decorations

- 1 cup flour (plus extra for dusting)
- 1/2 cup salt
- 1/2 cup water

Steps

1. Mix together the flour, salt and water in a mixing bowl. Stir the mixture well and then knead it into a ball.
2. Roll out the dough on a lightly floured surface and cut out different shapes using the Easter cutters. If you don't have Easter cutters, you can use a toilet roll tube and shape it to look like an egg. Use the cocktail stick or a pen to make holes in the top of each shape.
3. Line a baking tray with greaseproof paper and place your shapes on top.
4. Bake in an oven at 120°C for approx. 2 hours.
5. Remove from the oven and leave to cool fully before decorating
6. Paint a base coat on each decoration and leave to dry fully (acrylic paint works well).
7. Add some details using a thin paintbrush and leave to dry.
8. Add a thin layer of clear varnish (optional)
9. Once fully dry, thread each decoration with string or ribbon to hang.



For more crafty ideas for over the Easter holidays or to decorate for the season, visit:

www.hobbycraft.co.uk/ideas/by-occasion/easter-craft-ideas/



Easter chocolate nests

Simple recipe for you to try at home

These easy chocolate nests are the perfect Easter treat!

Ingredients:

- 200g milk chocolate, broken into pieces
- 85g corn flakes or rice crispies
- 2 x 100g bags mini chocolate eggs

You'll also need cupcake cases!



Method:

1. Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the corn flakes/rice crispies and stir well to combine.
2. Spoon the chocolate mixture into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hours until set.

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





Eco Eden Initiative

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

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



Give and get items

Avoid buying new by sharing and finding items locally.



Help the planet

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

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



Help each other

Build community and save money by sharing with fellow locals.

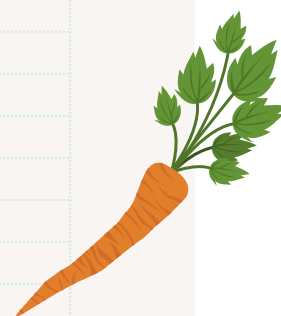
Planting veg and when!

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

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

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

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





Are you
celebrating
your birthday
soon?

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



FREE Krispy Kreme Doughnut

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



FREE Greggs Sweet Treat

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



FREE Burger King Whopper

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



FREE Costa Sweet Treat

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



FREE Lidl Doughnut

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



FREE Birthday Main Meal

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





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



FREE Subway cookie

Register or update your details with the new [Subway Rewards](#) app to get one free cookie (normally 99p) around the time of your birthday. You don't have to buy anything in Subway to claim your cookie, it's completely free for all 'Rising Star' level members. You can redeem the offer by scanning the code in your app.



FREE birthday box

Sign up to the [Chopstix](#) newsletter and download the app for [Apple](#) or [Android](#) to get a free box for your birthday.



FREE Birthday Main Meal

Sign up to the [Harvester newsletter*](#) and you can get one free adult main meal (normally about £15-£25) around your birthday when at least one other adult main meal is purchased at full-price.



FREE £5.00 spend at Hobbycraft

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




'Pay your age' Birthday Bear

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



Extra Points at Superdrug

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



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





Financial *help and support*

Don't struggle in silence

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

Find it hard
to talk about
debt?

WE
HEAR
YOU!

StepChange
Debt Charity

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

www.stepchange.org/online

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

©2020 Foundation for Credit Counselling Ltd StepChange Debt Charity Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC0440263.



www.nationaldebtline.org

National Debtline cost of living hub

**NATIONAL
DEBTLINE**

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

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



Coming up in *May*

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



Mental Health Awareness Week



National Gardening Week



Stroke Awareness



LGBTQIA+ Mental Health



Introversion



World Laughter Day

Let us know...

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

Our next issue of Eden Together goes live on:

1st May 2025





Key contacts & support helplines



Health & wellbeing

National Domestic Abuse Helpline

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

Samaritans

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

Shout (text service)

www.giveusashout.org
Tel: 852 58

National Suicide Prevention Helpline

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

Sane

sane.org.uk
Tel: 0300 304 7000

Money & household

StepChange Debt Charity

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

National Debtline

www.nationaldebtline.org
Tel: 0808 808 4000

Citizens Advice

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

Money Advice Service (Money Helper)

www.moneyhelper.org.uk/en

Depher

(Disability and Elderly Plumbing and Heating Emergency Repair)

www.depher.com
01282 420 678

Did you know...

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



Scan to visit the wellbeing page on the website





Promoting positivity...

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

Dolly Parton



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