

Issue 30 | May 2025

Eden Together

Health & wellbeing magazine

Mental Health Awareness Week

Being part of a safe, positive community is vital for our mental health and wellbeing.

Learning at Work Week

An annual event which aims to put a spotlight on the importance and benefits of continual learning and development.



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



Welcome to our 30th 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
- Mental Health Awareness Week
- Stroke Awareness
- World Laughter Day
- National Gardening Week
- EcoEden
- Financial Wellbeing
- Key Contacts and Helplines

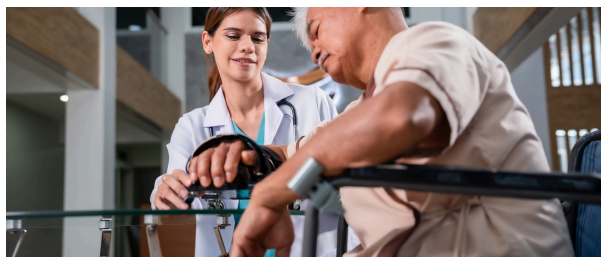
Please share your photos and stories to
Marketing at: marketing@edenfutures.org



LGBTQIA+ Mental Health



National Gardening Week



Stroke Awareness



Mental Health Awareness Week



World Laughter Day



ACTION FOR HAPPINESS

May calendar

Meaningful May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together
5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder
12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about
19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why
	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	

ACTION FOR HAPPINESS

Happier · Kinder · Together



Meaningful May

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:

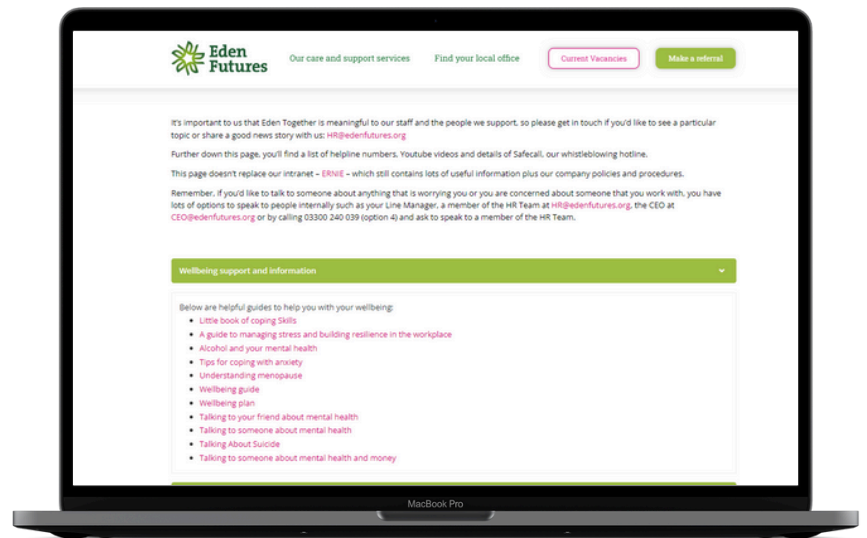
www.actionforhappiness.org

#actionforhappiness





Scan to visit the wellbeing page on the website

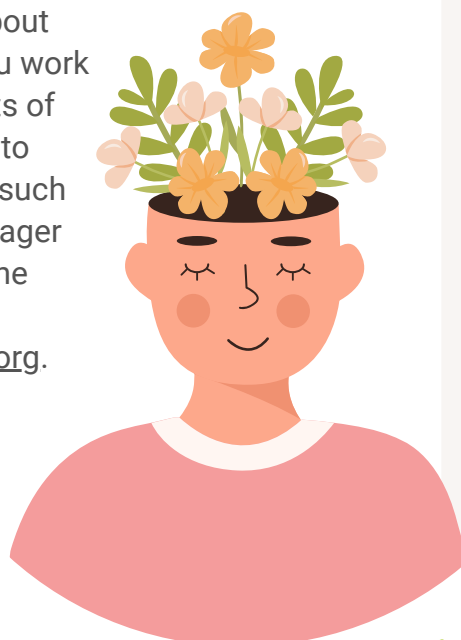


Wellbeing support *and information*

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





How community can benefit your *mental health*



**MENTAL
HEALTH
AWARENESS
WEEK**
12-18 MAY 2025

Mental Health Awareness Week is an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protects our mental well-being.

This Mental Health Awareness Week we celebrate the power and importance of community.

What is a community?

A community can take many forms. It may involve:

- people who live in the same geographic area
- a network of supportive people
- groups formed around shared interests, values, beliefs or cultural identities.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.

Being part of a community can make life feel more meaningful and enjoyable, help us feel happier and safer, and improve our mental health. It can even provide protection from the emotional harm of discrimination.

Strong community ties can help those at higher risk of poor mental health feel healthier and happier. For example, in-person or online communities can help people with long-term health conditions feel less lonely. Similarly, parents, especially single parents or those on low incomes, benefit from strong social networks. Being part of a community can improve their confidence, reduce their stress, and prevent mental health issues during and shortly after pregnancy.

The Mental Health Foundation have put together their top tips for how you can get involved with your community:

Make it Fun

Choose an activity you enjoy. You could join a club or group centred around your interests.

Get Outdoors

Get out and moving in nature for more mental health benefits.

Find Like-minded People

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.

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Show Kindness to Others

Connect with your community through small acts of kindness, which will benefit both you and others.

Show your Appreciation

Sharing a compliment or showing appreciation can strengthen your relationships.

Welcome Others

Make new people joining your community feel welcome and included.

From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health.

Are you struggling with your mental health?

Reaching out for help is the first step to positive change. Whether you're facing personal challenges, navigating a difficult situation, or trying to help someone you know with mental health difficulties. By

reaching out to friends, family, or professional resources, you open the door to understanding, empathy, and potential solutions.

Listed below are the contact details of some of the UK's leading mental health support organisations. You can also contact your GP anytime to ask for advice and support.

Samaritans

Tel: 116 123 (free, available 24/7)
Website: www.Samaritans.org.uk

Mind Infoline

Tel: 0300 123 3393 (Mon - Fri, 9am - 6pm)
Email: info@mind.org.uk
Text: 86463
Website: www.mind.org.uk

Rethink Mental Illness

Tel: 0808 801 0525 (Mon - Fri, 9.30am - 4pm)
Email: info@rethink.org
Website: www.rethink.org.uk





National Gardening Week

28th April - 4th May 2025

Gardening is a wonderful activity that not only helps in creating a beautiful space, but also provides many benefits to our overall wellbeing. With National Gardening Week 2025, it's a great time to explore the benefits of gardening for our physical, mental, and emotional health!

Gardening is not exclusively an outdoor activity. While traditional gardening often involves cultivating plants in outdoor gardens or fields, it's also possible to grow plants indoors in various settings, including homes, apartments, and even on windowsills.

Lynsey Grant, Marketing/PR Manager at Eden talks about her windowsill garden;

"I have never classed myself as much of a gardener, but I do love 'trying' to grow indoor plants and currently have a selection of vegetable plants growing in my kitchen!"



"myself and my husband enjoy eating spicy foods and for number of years have always kept Chili plants in our kitchen.

This year however, I was feeling a little bit ambitious and have successfully managed to grow two tomato plants and multiple pepper plants from seedlings (my strawberries didn't turn out quite so well)."



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"I find that having indoor plants positively impacts my mental health and brings me a sense of calm in my busy life."



Gardening as a wellness activity has been gaining popularity in recent years, and for good reason. Not only can it provide a chance to get outside and connect with nature, but it also offers a wide range of physical and mental benefits. The physical benefits of outdoor gardening can include:

Exercise: Gardening is a great way to get exercise, and it can be a low-impact way to increase physical activity levels. Digging, planting, and weeding are all great forms of exercise that can improve strength, flexibility, and cardiovascular health.

Vitamin D: Spending time in the sun while gardening can help boost our vitamin D levels, which is important for healthy bones and immune function.

Mental and Emotional benefits of gardening:

Stress Relief: Gardening can be a calming and meditative activity that can help reduce stress levels and promote relaxation.

Mood Boost: Spending time in nature has been shown to improve mood and reduce symptoms of anxiety and depression.

Sense of Accomplishment: Watching plants grow and thrive can provide a sense of accomplishment and satisfaction, which can boost self-esteem and confidence.

For those who may not have access to an outdoor garden, indoor gardening is a great option. There are many plants that are easy to care for and can thrive indoors.

Spider Plant: This plant is easy to care for and can survive in low light conditions. It's also known for improving indoor air quality.

Peace Lily: Another low-maintenance plant that can thrive in low light conditions. It's also known for its air-purifying abilities.

Aloe Vera: Aloe vera plants are great for sunny windowsills and are known for their soothing and healing properties





LGBTQIA+

mental health

Some of us identify as LGBTQIA+. This means we may be lesbian, gay, bisexual, transgender, queer, questioning, intersex, or asexual. Or we may define our gender and sexuality in other ways.

You can visit Stonewall's glossary, which lists many more terms:

www.stonewall.org.uk/list-lgbtqterms

Anyone can experience a mental health problem. But those of us who identify as LGBTQIA+ are more likely to develop problems like:

- Low self-esteem
- Depression
- Anxiety, including social anxiety
- Eating problems
- Misusing drugs and alcohol
- Self-harm
- Suicidal feelings
- Other mental health problems

Being LGBTQIA+ does not cause these problems. The reasons why those of us with LGBTQIA+ identities are more likely to get them are very complicated. But it is most likely to do with facing things like:

- Homophobia, biphobia and transphobia
- Stigma and discrimination
- Difficult experiences of coming out
- Social isolation, exclusion and rejection

It's important to remember that embracing your LGBTQIA+ identity can also have a positive impact on your wellbeing. It might mean you have:

- Increased confidence
- Improved relationships with your friends and family
- A sense of community and belonging
- The freedom of self-expression and self-acceptance
- Increased resilience

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

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What help and support is available?

It's important to remember that you deserve support and respect, whatever your identity or background. And you have legal rights to access healthcare without discrimination.



Mind (www.mind.org.uk) is there for anyone experiencing a mental health problem because we know that those of us with LGBTQIA+ identities may face extra challenges around getting the right support. And we sometimes have extra needs or concerns.

Mind have a range of tips on their website that may help. Remember that different things work for different people at different times. Only try what you feel comfortable with, and try not to put too much pressure on yourself.



LGBT Foundation

Tel: 0345 3 30 30 30

Website: lgbt.foundation

Advice, support and information for people identifying as LGBTQ+.

Mermaids

Tel: 0808 801 0400

Website: mermaidsuk.org.uk

Supports gender-diverse young people aged 19 and under, and their families and carers. Offers a helpline and webchat.

Pink Therapy

Website: pinktherapy.com

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities.

Rainbow Mind

Website: mindinsalford.org.uk/rainbow-mind-lgbtqi-project/

Service run by two local Minds offering LGBTQ+ mental health support. Runs regular online support groups for LGBTQ+ people, including a dedicated group for young people aged 17-24.

Switchboard

Tel: 0300 330 0630

Website: switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender people.

Stonewall

Tel: 08000 50 20 20

Website: stonewall.org.uk

Information and advice for LGBT people on a range of issues.





Stroke Awareness

The Stroke Association help to support people to rebuild their lives after a stroke. Throughout May they actively campaign to raise awareness of Stroke to individuals and their families.

They believe everyone deserves to live the best life they can after a stroke and provide specialist support, fund critical research and campaign to make sure people affected by stroke get the very best care and support to rebuild their lives.

What is a stroke?

A stroke happens when the blood supply to part of the brain is cut off, killing brain cells. Damage to the brain can affect how the body works. It can also change how you think and feel. The effects of a stroke depend on where it takes place in the brain, and how big the damaged area is.

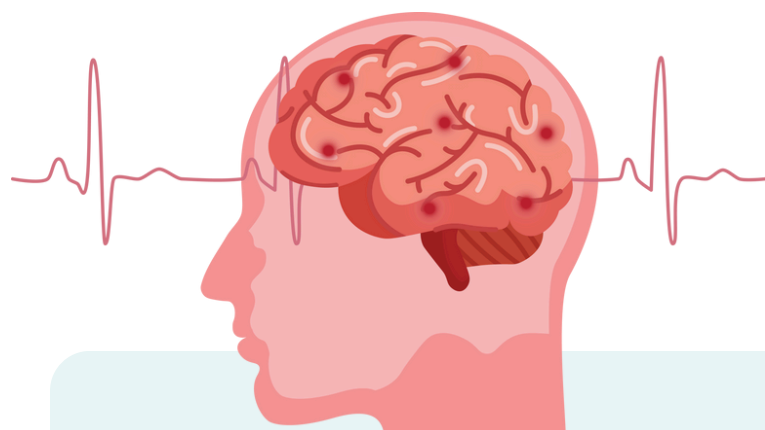
Stroke can be life-changing. It can happen to anyone of any age and affects everyone in different ways.

Support and guidance

Explore the Stroke Associations support hub to find helpful advice and guidance for stroke survivors and their families.

For more information about Stroke visit:

www.stroke.org.uk/stroke/support



Stroke
Association

Stroke Helpline

If you have a question or need to talk, the Stroke Association confidential Stroke Helpline is available to support anyone affected by stroke in the UK, including family and friends.

**Call the Stroke Helpline on
0303 3033 100 or email
helpline@stroke.org.uk.**

The team will help you find answers on anything you want to know about stroke. They can also provide you with information, guidance, and support on practical problems like fatigue, finances, getting back to work, driving and more.





Learning

12th - 18th May 2025

at work week

Learning at Work (LAW) week is an annual event which aims to put a spotlight on the importance and benefits of continual learning and development. LAW is for everyone and all employers are encouraged to take part.

The 2025 theme is **Get connected**. It highlights the social aspect of lifelong learning at work with three aspects to consider:

- Connecting people to learning experiences through building motivation and addressing barriers to engagement
- The importance of our work communities for supporting, inspiring and driving engagement
- Connecting colleagues through learning allows us to build understanding, skills and knowledge, and helps us create a collaborative learning culture.

Many people think of learning as school, university or college, taking place in childhood as we are taught new skills. But learning is lifelong. We don't stop learning new things, new hobbies, new knowledge and skills.

Adult learning involves setting goals and reaching milestones, which is associated with high levels of wellbeing.

Benefits of lifelong learning can:

- Enhance self-esteem
- Encourage social interaction
- Encourage a more active life
- Boosting confidence
- Provides a sense of achievement

At work, the learning can give you skills and understanding to help you do your job better e.g. more accurately, more efficiently or more creatively, the learning can also help you to expand or develop your job role.

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This culture thrives on the principle that learning is ongoing and important to both personal satisfaction and organisational success.

Creating a learning culture

Creating a learning culture within a team, workforce or organisation isn't easy. It requires a mindset shift from both employees and management. A key ingredient is for leaders to allow time for learning and to invest in learning opportunities, whether they're formal or informal. This will not only benefit the mental health of your team, but also the quality of work and company productivity.

When creating learning opportunities, it's important to create an environment that encourages inclusive learning and accessibility.

Not everybody learns in the same way, and since around 10% of the UK population is neurodivergent, you may need to take different approaches.

Create a growth mindset

Encourage your team to embrace challenges, seek feedback, and continuously improve. Celebrate successes and view setbacks as learning opportunities.

Working in partnership, shadowing, sharing knowledge across different teams, departments, and levels across the business, are all opportunities to learn from each other.



At Eden Futures, we firmly believe in the connection between the wellbeing of our staff and the quality of care and support we provide. Whether you work in Operations or a Support Function role, we have learning opportunities available to suit you.

Step into care

Supporting new staff to complete their Care Certificate, providing them with the right knowledge, skills and behaviours and an excellent foundation for inspiring learning .

 **Eden
Futures**
Step into your future

Step into your Future

Eden's Apprenticeship programme, offering qualifications from Level 2.

To apply for an apprenticeship or find out more information - please email: stepin@edenfutures.org





World

4th May 2025

Laughter day



HA
HA

The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter.

According to HelpGuide.org, laughter really is the best medicine! It's fun to share a good laugh, but did you know it can actually improve your health?

Laughter draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.

Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use!

In a time where the progress made by our LGBTQIA+ communities worldwide is increasingly at risk, it is crucial to recognise the power of solidarity, community, and allyship across different identities, movements, and borders. When we unite, in all our beautiful diversity, we can really bring about change!

By coming together and raising our voices, we can make a difference in the lives of LGBTQIA+ individuals and communities worldwide.



**INTERNATIONAL
DAY AGAINST
HOMOPHOBIA,
BIPHOBIA &
TRANSPHOBIA**

#IDAHOBIT

#MAY 17



This year's theme is **No one left behind: Equality, Freedom and Justice for all.**





Walk this May

May is Living Street's National Walking Month! ...when they celebrate the health and happiness benefits of walking and wheeling more.

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated. Walking is free, flexible and fun, and it's proven to have huge benefits for our health and wellbeing.

Did you know...

A 20-minute walk can reduce the risk of preventable health conditions, including certain cancers, depression, heart disease and type 2 diabetes.

Living Street's have put together **20 tips to help you fit 20 minutes of walking into your day** - Click the link below to find it on their website:

<https://livingstreets.org.uk/nwm>

#walythismay



Time for a Cuppa

1st - 8th May 2025

Make Time for a Cuppa this May and raise vital funds for families facing dementia. Time for a Cuppa is Dementia UK's annual tea party fundraising event. Simply pick a date, choose your venue and send out those invites. Every penny you raise will help more families access the life-changing support of specialist dementia nurses.

www.dementiauk.org/get-involved/do-your-own-fundraising/fundraising-ideas/time-for-a-cuppa/





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.

Why Saving Water can make a Difference:

Saving water saves money especially if you are on a water meter. Installing simple devices such as water-efficient taps and showers will save both water and energy by minimising the use of heated water.

According to Waterwise, around 18% of energy consumption in UK homes is spent heating water, and about 12% of a typical gas heated home's heating bill is from the water for showers, baths and the hot water tap. So even if you don't have a water meter you could still be saving money on your energy bill. Such large financial savings can be particularly vital for households facing water and energy poverty.

www.waterwise.org.uk/save-water

waterwise



12th - 16th May 2025

For more information on how to save water in your house visit...





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.

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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 *June*

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



Learning Disability Awareness



Pride Month



Men's Health Week



Loneliness Awareness Week



World Blood Donor Day



Growing for Wellbeing Week

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 June 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...

“ Be yourself; everyone else is already taken. ”

Oscar Wilde



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