

# HELLO

## ... Welcome to the June issue of the ESS Wellness Newsletter.

JUNE 2021

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



**Tatiana Lillingston-Price**  
Nutrition and Wellbeing  
Engagement Officer

After the wetness that was May we're all looking forward

to, hopefully, warmer and sunnier weather, and with it our thoughts turn to summer clothes and whether our bodies are beach ready (even if it is a British beach).

**Healthy Eating Week** (14<sup>th</sup>-18<sup>th</sup> June), promoted by the British Nutrition Foundation, focuses on the importance of a healthy, balanced diet and an active lifestyle and how making the right choices not only keeps us healthy but can help shed some of those unwanted pounds.

Also running the same week is **Nutrition and Hydration Week** (14<sup>th</sup>-20<sup>th</sup> June) a reminder for all of us on the importance of keeping hydrated, not only to keep our bodies operating optimally, but also to keep our mind functioning well and our mood balanced.

With the summer invariably comes the opportunity to have a barbecue, a great opportunity to socialise but with that also comes the risk of undercooked food, or high-risk foods left out for too long. **Scott Freeman**, ESS Culinary Director gives his top tips for keeping your food safe.

### What to look out for this month:

- **Wellness Webinar:** 2<sup>nd</sup> June
- **World Environment Day:** 5<sup>th</sup> June
- **Diabetes Awareness Week:** 14<sup>th</sup>-20<sup>th</sup> June
- **BNF Healthy Eating Week:** 14<sup>th</sup>-18<sup>th</sup> June
- **Carers Week:** 7<sup>th</sup>-13<sup>th</sup> June
- **Men's Health Week:** 14<sup>th</sup>-20<sup>th</sup> June
- **Nutrition and Hydration Week:** 14<sup>th</sup>-20<sup>th</sup> June
- **National Blood Donor Day:** 14<sup>th</sup> June
- **Wellness Surgery:** 16<sup>th</sup> June
- **Clean Air Day:** 17<sup>th</sup> June
- **International Yoga Day:** 21<sup>st</sup> June

WELLNESS

brought to you by



# WORLD ENVIRONMENT DAY

5<sup>th</sup> JUNE

In May Compass UK & Ireland, ESS' parent company, announced "Our Climate Promise" a commitment to reach Climate Net Zero gas emissions by 2030.

**World Environment Day** gives us the opportunity to reflect on what we are doing to help the Earth. This year's theme is biodiversity and how we can aid the ecosystems that support all forms of life.

As humans, our deforestation, overfishing, habitat clearing, intense agriculture and acceleration of climate change have created more pressure on our environment. If we continue as normal, biodiversity loss will have severe implications for all of us, including the collapse of our food and health systems.

## So, what can you do to help preserve and restore biodiversity?

- **Walk, cycle or use public transport** and reduce use of the car for shorter journeys.
- **Save water** by taking shorter showers, don't leave the tap running and use rainwater to water your garden.
- **Reduce, Reuse and Recycle** to reduce the amount of rubbish we send to landfill.
- **Increase your consumption of local and seasonal produce** and try to reduce your consumption of red and processed meat – why not try **Meat Free Monday**?

For more tips visit:  
[www.worldenvironmentday.global](http://www.worldenvironmentday.global)



# CLEAN AIR DAY

17<sup>th</sup> JUNE

Each year air pollution causes up to 36,000 deaths in the UK.<sup>1</sup>

Poor air quality can increase the risk of heart and lung disease, is linked to low birthweight and may even contribute to poor mental health. Polluted air could be visible, such as

dust or smoke, or it could be invisible gases that contribute to Climate Change. Polluted air can be indoors too: gas hobs, or coal fires emit high levels of invisible pollutants.

## What can you do?

### In the short term:

Reduce car journeys. Could you walk or cycle? Avoid walking near roads that are heavily polluted during busy periods. Never burn waste in the garden, smoke will go into nearby homes and cause a nuisance to others.

Have more houseplants such as ferns or spider plants (which are very easy to keep). Have a vacuum with hepa filtration, and ensure the filter is regularly changed or washed.

### In the long term:

Think about changing to a low/zero emission car to replace a petrol/diesel car. Research energy suppliers that use renewable technologies such as solar and wind. Support local activities and projects in your community that aim to reduce transport pollution. Don't use a wood burner or coal fire in your home.

Check out the resources on [www.cleanairday.org.uk](http://www.cleanairday.org.uk)



1. <https://www.cleanairday.org.uk/about-clean-air-day>

# BRITISH NUTRITION FOUNDATION HEALTHY EATING WEEK

14<sup>th</sup>-18<sup>th</sup> JUNE

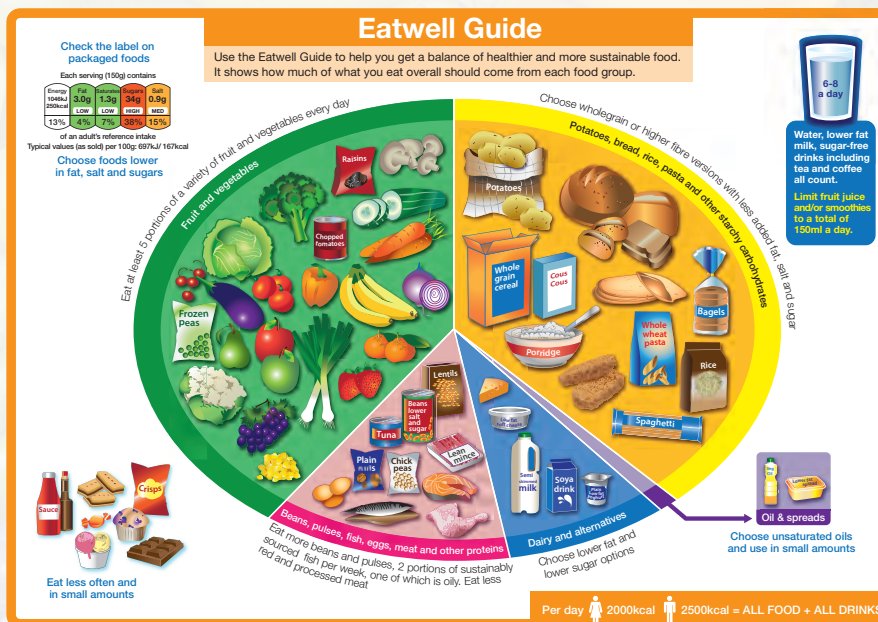
The British Nutrition Foundation (BNF) celebrate Healthy Eating Week every year to help each of us reflect on our lifestyles and how we can make them that little bit healthier.

The BNF have chosen to focus on five themes, one for each day of the week:

- **Know the facts** – information, advice and myth busting.
- **Make a healthier choice** – tips and tools to make better choices.
- **Plan for success** – ways to plan healthier meals and menus.
- **Be the chef** – how to cook healthier options, with links to recipes and ideas.
- **Keep moving** – promoting the importance of being active for health.

Keep an eye on our @WeAreESS Instagram page HERE for more information about Healthy Eating Week.

## What can we eat for a healthy and balanced diet?



Using the **Eatwell Guide**, there are a few things we can do to make our diets healthier!<sup>1</sup>

- **Aim for 5 a day (at least!)** and remember to include a variety of different colours and types to help us get a range of different nutrients, vitamins and minerals.
- **Opt for wholegrains (e.g. brown rice, bread and pasta)** – these are higher in fibre and are good for our gut health.
- **Try to have two portions of fish each week**, with one being oily (e.g. salmon, mackerel, trout).
- **Eat more beans, lentils and other plant-based proteins.** These are a great source of fibre and can be lower in saturated fat than some meat.
- **Use unsaturated oils and spreads** (e.g. olive and rapeseed oil)
- **Keep foods that are high in fat, sugar and salt to smaller portions** and have them less often.
- **Drink at least 6-8 glasses of fluid each day.**

# NUTRITION & HYDRATION WEEK



14<sup>th</sup>-20<sup>th</sup> JUNE

We know the importance of good nutrition and its impact on our overall health, but often hydration is overlooked.

Drinking enough each day is important for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. It also benefits our mental wellbeing by improving sleep quality, brain function and mood.

## So, what counts and how can we keep hydrated?

In a day we lose an average of 2.5 litres of water through normal bodily functions. Water is lost from your body in urine, faeces and small amounts are lost through breathing. Your body will also lose more fluid when you exercise and when in hot climates through sweat. To stay healthy, you must replace the fluid you

lose to prevent dehydration. We should aim to drink about 1.5-2.0 litres of fluid every day, this is about 8 mugs or 6 large glasses.

Although water is preferable, lower fat milk, sugar free drinks, tea and coffee all count. Fruit juice and smoothies also count towards your fluid intake; however, we should limit consumption to no more than 150ml per day due to the free sugar content.

# WORLD FOOD SAFETY DAY

MONDAY 7<sup>th</sup> JUNE

Do you always stick to the 'use by' dates or are you the type of person who will eat it unless it's gone blue or furry...?



This year the theme for **World Food Safety Day** is '**Safe food today for a healthy tomorrow**'.

It's estimated that in the UK, around one million people experience a foodborne illness each year.<sup>1</sup> Most people get sick from bacteria (such as *Campylobacter* and *Salmonella*) or viruses (such as norovirus). Our food can become contaminated before it reaches our plates, from germs spreading from unclean surfaces or utensils, or during storage if we don't put away and store our food correctly.

## So how can we avoid getting sick from our food at home?<sup>1</sup>

We caught up with **Scott Freeman**, ESS Culinary Director who has shared his top tips...

### ● **Keep clean.**

Make sure you wash your hands thoroughly before, during and after handling food. When preparing food, make sure you use clean utensils on a clean surface.

### ● **Separate raw and cooked foods.**

Raw foods like meat, fish and poultry are the most likely to contain germs which can make us ill. These can be transferred to ready-to-eat foods by cross contamination (e.g. raw meat touching cooked foods or chopping salad vegetables with a knife that was used to chop raw meat).

### ● **Cook thoroughly.**

Cooking our food (like meat, poultry and fish) until it is piping hot (72°C for two minutes) will kill most illness-causing germs. If reheating leftovers, make sure they're hot all the way through. Investing in an inexpensive meat thermometer and wipes will take the guesswork out of this

### ● **Store at a safe temperature.**

Not all food needs to be kept in the fridge – check the food label if you're unsure. Clean, dry and cool shelves are the best place to store bread, dry food and unopened tins and jars. Foods like milk, meat, fish, poultry, and any meal leftovers should be kept in the fridge, to slow down the growth of harmful microbes.

### ● **Keep your food covered.**

When storing leftovers in the fridge, make sure they're sealed in a reusable plastic container, wrapped up in a beeswax wrap or covered with a reusable stretchy lid.

### ● **Reduce waste, without taking risks.**

Only buy what you need, use up what's in your fridge and pay attention to your date labels.

● **'Use-by' dates:** found on perishable foods (e.g. meat, dairy, ready meals). After the stated date, it may not be safe to consume.

● **'Best before' dates:** are more flexible and found on longer life foods (e.g. dried pasta, canned beans, dried lentils). These are still safe to eat after this date, but there could be changes in colour, flavour or texture.

# CARERS WEEK

7<sup>th</sup>-13<sup>th</sup> JUNE

**In the UK, 6.5 million people are carers who look after a family member or friend who has a disability, mental or physical illness.<sup>1</sup> Despite the amount of time that goes into caring, many of these carers go unnoticed.**

Due to the COVID-19 pandemic, there are an additional 4.5 million people caring for older, disabled or seriously ill relatives.<sup>2</sup> This can be anything from helping with food shopping, collecting medicine, managing finances to providing emotional support during the pandemic. Some carers have also taken on more intense roles such as personal care, administering medication and preparing meals.

Managing the stress and responsibility of being an unpaid carer causes people to be under a large amount of pressure to support their loved ones as well as their families.

There are several charities supporting Carers Week this year: **Age UK, British Gas, Carers Trust, Carers UK, Motor Neurone Disease Association, Nutricia, Oxfam GB and Rethink Mental Illness.**<sup>2</sup>

This Carers Week, it's all about coming together to make caring visible and valued. Caring can impact life from relationships, mental and physical health, finances and work. It's really important that we recognise the contribution carers make to their families and local communities and they have access to the support they need.

For more information and support, visit: **Information for carers** ([carersweek.org](https://carersweek.org))

# DIABETES AWARENESS WEEK



8<sup>th</sup>-13<sup>th</sup> JUNE

In 2019, there were 3.9 million people in the UK living with diabetes.<sup>1</sup> This figure is continuing to grow, and if nothing changes, by 2025, there could be more than 5 million people that have diabetes in the UK.<sup>2</sup>

So what is diabetes and what we can do to prevent it?

Diabetes is a condition that occurs when our body's ability to produce or respond to insulin is impaired. Insulin is a hormone which controls the process of moving sugar (glucose) from our blood into our cells to give us energy, leading to elevated blood glucose. There are two main types of diabetes:

- **Type 1:** occurs when the body has stopped producing insulin. This often develops during childhood, there is currently no cure and it is treated and controlled with injected insulin and a healthy diet throughout the life course.
- **Type 2:** occurs when the pancreas doesn't produce enough insulin and/or the insulin that is produced doesn't work as it should. It is often diagnosed in later life and can be preventable or reversible in the early stages, with diet alterations and weight management.

Type 2 is much more common, with 90% of people with diabetes having type 2, just 8% with type 1 and less than 2% of people have other much rarer types.<sup>2</sup> Regardless of the type, diabetes causes us to have too much glucose in our blood, and over time this can cause damage to our heart, eyes, feet and kidneys.

Some of us are at a higher risk of developing type 2 diabetes. Sometimes this is due to genetics, however other reasons such as obesity, waist circumference, physical inactivity and poor diet all play a role, but most of the time these factors are controllable.

Our risk of developing type 2 diabetes, can be greatly reduced and prevented through consuming a healthy, balanced and varied diet, maintaining a healthy weight and taking more physical activity.

To find out more about diabetes, symptoms and risk factors visit: **Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK**

1. Diabetes Prevalence 2019 | Diabetes UK    2. Facts & Figures | Diabetes UK



# WORLD BLOOD DONOR DAY

14<sup>th</sup> JUNE

This year the theme is 'Give blood and keep the world beating'.

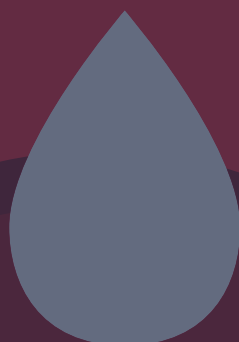
The aim of **World Blood Donor Day** is to raise awareness of the need for safe blood and blood products for transfusion. Safe blood transfusions are a critical aspect of public health, saving lives and improving health and quality of life.

The need for blood is universal, but access to blood for all is not.<sup>1</sup>

To ensure that everyone who needs safe blood has access, all countries need more volunteers to give blood regularly.

If you want to find out more about if you can give blood, how you can become a blood donor or how you can provide support, visit the NHS 'Give blood' website **HERE**.

1. Announcing World Blood Donor Day 2021 (who.int)



# MEN'S HEALTH WEEK

14<sup>th</sup>-20<sup>th</sup> JUNE

The theme for Men's Health Week (14<sup>th</sup>-20<sup>th</sup> June) is all about 'Men and COVID-19: What's Next?'

While everyone's mental health was challenged by the lockdowns and uncertainties of 2020, it's not all over yet. With suicide being the leading cause of death for men under the age of 50<sup>1</sup>, even before the pandemic, men's mental health was a cause for concern.

In England, around one in eight men have a mental health problem (such as depression, anxiety, panic disorder or OCD).<sup>1</sup> However, as with all mental health statistics, these are only the cases that have been reported – many cases are undiagnosed, particularly when it comes to men's mental health.

## So why aren't men talking about mental health?

Traditionally we've been told to 'man up', where societal expectations and traditional gender roles make it even harder for men to speak up and seek help when struggling with mental health. Alongside this, research suggests that men who don't feel they can openly speak about their emotions may be less able to recognise symptoms of mental health problems in themselves, and therefore are less likely to reach out for support.<sup>1</sup>

## How can we encourage men to speak about mental health?

Many of us want to speak about mental health, but it can feel difficult to find what feels like the right words, the right time or know how we should react. However, we need to end the stigma and lack of understanding and let people know it's okay to talk and you want to listen. The following tips from **Time to Change** might help<sup>2</sup>:

- **Ask Twice:** we often say we're fine when we're not. To find out how someone really is, ask them twice.
- **Read between the lines:** in a recent survey, 35% of men said if they wanted to talk to a mate about their mental health they'd start the conversation by asking how their friend was doing, in the hope they'd ask them back.
- **If he's inviting you to go for a drink one-on-one, he might want a proper chat:** 63% of men said they'd be most comfortable talking about mental health over a drink.
- **Know when to end the banter:** we all like a bit of banter but try and spot when someone's not in the mood and wants to be serious.
- **Let them know they're supported:** all your friend wants to hear is that you're there for them and your feelings towards them won't change. You don't need to give them advice, just listen and support.





# INTERNATIONAL YOGA DAY

21<sup>st</sup> JUNE

Monday 21<sup>st</sup> June is International Yoga Day, so what better time to don a comfortable gym outfit, grab a yoga mat and get moving.

Yoga is a great form of exercise which encompasses strength, flexibility and breathing to boost both our physical and mental wellbeing. While yoga doesn't count towards the recommended 150 minutes of physical activity per week, it does count as a strengthening exercise, which we should be aiming to do at least two sessions of a week.

## What are the benefits of yoga?

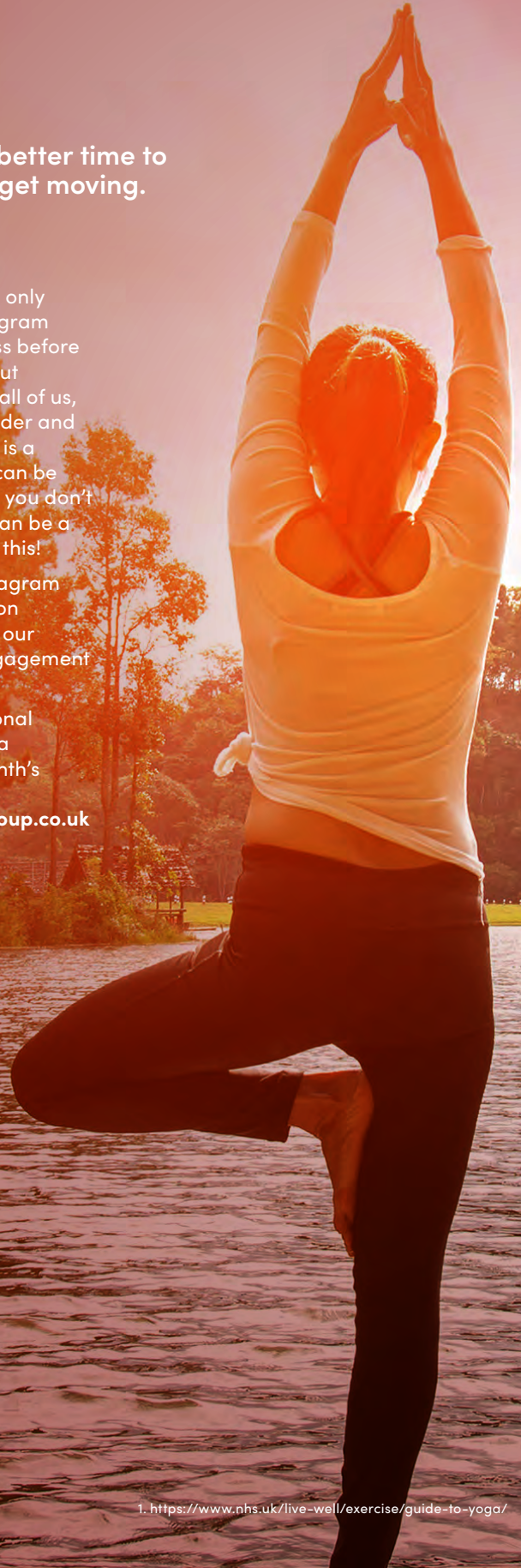
Research suggests that regular yoga practice can be beneficial for people with high blood pressure, heart disease, aches and pains as well as people experiencing stress or depression.<sup>1</sup> Yoga also improves balance while strengthening your lower body.

## Is yoga for everyone?

You might think that yoga is only suitable for the young Instagram influencers who go to a class before they're off out to brunch... but actually yoga is perfect for all of us, regardless of your age, gender and physical activity level. Yoga is a fun form of exercise which can be enjoyed by all. What's more you don't have to be fit or flexible, it can be a really good way to improve this!

Head to our **WeAreESS** Instagram page to check out the post on beginners yoga poses from our Nutrition and Wellbeing Engagement Officer, **Katrina Francis**.

If you take part in International Yoga Day, why not send us a photo to feature in next month's Wellness Newsletter? Email: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)



# WELLNESS WEBINAR

HEALTHIER BODY

WEDNESDAY 2<sup>nd</sup> JUNE AT 14:30



**Is there any point in calorie counting? What do calories mean in terms of food? Why are some foods more calorific than others?**

The energy content of our food can be a confusing topic to understand...

So, join **Katrina Francis**, ESS Nutrition and Wellbeing Engagement Officer on **Wednesday 2<sup>nd</sup> June at 14:30** to bust the myths and get to the bottom of energy and calories.

Click **HERE** to catch up on the webinar on our **WeAreESS** YouTube Channel.

If you would like invites to our Wellness Wednesday Webinars emailed straight to your inbox, please email: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

# WELLNESS INSTAGRAM Q&A

HEALTHIER FOOD

WEDNESDAY 16<sup>th</sup> JUNE

**What should we be eating for a healthy and balanced diet?**

The world of nutrition is confusing, but our ESS Nutrition and Wellbeing Team are here to answer all your queries. This month we are chatting about general healthy eating and the Eatwell Guide. Drop in to our **WeAreESS** Instagram account from **14:00** on **Wednesday 16<sup>th</sup> June** and pop a question in our anonymous Q&A box in our stories.

If you don't have time to join, why not send your question into [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

Click **HERE** to head over to our **WeAreESS** Instagram page and click to view our stories.

# JUNE MINDFUL MOMENTS WEBINAR

HEALTHIER MIND

WEDNESDAY 23<sup>rd</sup> JUNE



Click **HERE** to join us on **26<sup>th</sup> May 13:30-14:00** where our live panel **Evan Judge**, Senior HSE Manager; **Harjeet Moore**, Head of People; **Lisa-Marie Huggins**, Senior Nutritionist and our guest panellist **Andy Rees**; ESS Defence Business Director, will be talking all about parenting with a mental health problem.

Don't forget to also look out for our **Mindful Moments Toolbox Talk** this month which will equip you with lots of information and top tips!

# Q&A

Our Nutrition and Wellbeing Team are here to answer all your questions.

If you have a nutrition or wellbeing query that we can help with, send us an email at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

## Q: Is 'natural' sugar like honey, agave and maple syrup better for me than white table sugar?

A: Sugars can occur naturally in some foods or can be added as '**free sugars**' to foods at home or by a manufacturer. **Free sugars** are sugars that are added to food (e.g. table sugar) or sugars naturally present in honey, syrups, purees, pastes and fruit juice. They can be found in foods like cakes, sweets, breakfast cereals, fizzy drinks and sauces. Free sugars are the type of sugar we should be aiming to eat less of.

Sugars naturally in milk (lactose) and sugars that are contained in whole fruits and vegetables are not free sugars. When consumed in fruit and vegetables, sugar is packaged up in the cell structure with fibre, vitamins, minerals and water. The sugar in fruit is not considered as free sugar unless it is juiced or puréed.

Fruit juice and smoothies can be an important source of vitamins and minerals and sometimes fibre. In fruit juice and smoothies, the sugar has been broken down and released from the cell structure. This means that they are now free sugars. We can still include these in our diet, however, it's important to stick to the recommended portion sizes of 150ml per day – that's about half a small glass!

We often see honey, date, agave and maple syrup being labelled as 'natural' and 'healthy' when compared to refined white sugar, however, these are all considered to be free sugars which we should aim to be eating less of. It's recommended that free sugars should not exceed 5% of your total daily energy intake. This is around 30g (6 teaspoons) per day for adults.



## Q: What can I do to keep my joints healthy?

A: Feeling a bit stiff? There are different things that can cause joint problems, however, there are some things we can do to look after our bones and joints.

**Regular exercise** strengthens our muscles around our joints which can make us feel less stiff and reduce pain. If you already suffer with joint pain, try to avoid exercise which puts strain on your joints (e.g. running and weight training) and try exercise such as swimming or cycling. What's more exercise can help us to **maintain a healthy weight**. This is important in reducing strain on your joints.

**Maintain good posture** and avoid staying in the same position for too long. If you work at a desk, make sure your chair and laptop are set up correctly and you take regular breaks to move around.

### Eat a healthy and balanced diet.

This is really important to ensure you get a range of vitamins, minerals, in particular calcium, vitamin D and iron which are important for muscle, bone and joint strength.

# GOOD NEWS STORY

Last month it was National Walking Month.

Our ESS executive chefs and the Wellness Team had a friendly step competition to see who could walk the furthest... Using the 'Pacer App' they had a challenge over two weeks to see who could get the most steps.

**Our winner of the challenge was:**  
**Bruce Findlay**  
**with 495,839 steps for the month!**

## Can you set up a challenge for yourself, your friends or your team?

Walking is often overlooked as a form of exercise; however, a brisk walk can help you to build stamina, burn excess calories and make your heart healthier. If you want to increase your step count, there are a few things you can try:

- Walk part of your journey to work
- Walk to the shops
- Chose the stairs instead of the lift
- Go for a stroll at lunch time
- Meet up with friends for a walk at the weekend.



If you set up a step challenge, why not send us a photo so we can feature it in next month's newsletter. Drop us an email at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).

WELLNESS

# ASK YOUR NUTRITION & WELLBEING SPECIALIST

Ask anything to do with nutrition, health & wellbeing.

Drop us an email and we will get back to you as soon as possible.



**Leanne King**

BSc (Hons), PGCE, RNutr  
ESS HEAD OF NUTRITION & WELLBEING



**Katrina Francis**

BSc (Hons), ANutr, REPS Level 2  
NUTRITION AND WELLBEING ENGAGEMENT OFFICER



**Tatiana Lillingston-Price**

BSc (Hons), ANutr  
NUTRITION AND WELLBEING ENGAGEMENT OFFICER

If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).  
Subscribe to **WeAreESS** YouTube channel and follow **WeAreESS** on Instagram and TikTok.

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WELLNESS

# CHECK OUT WELLNESS ON OUR NEW YouTube CHANNEL

Improve your Wellness by watching videos from our registered ESS Nutrition & Wellbeing specialist Leanne King.

Also follow us at **WeAreESS** on Instagram and TikTok.



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