



WELLNESS

magazine

SUMMER 2023



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WELLNESS

WELCOME TO OUR NEW LOOK WELLNESS MAGAZINE



Over the past few months, we've taken the opportunity to review the feedback received on our popular Wellness Newsletter and looked at how we can enhance the information we're providing for our customers and colleagues.

The magazine will now be issued seasonally and will be structured around the four pillars of our **Wellness Commitment** – **Healthier Food, Healthier Mind, Healthier Body and Healthier World**.

We aim to give an insightful view of how to support your own wellbeing and that of the planet. Features on national and international wellness initiatives and campaigns will be supplemented by hints and tips for action, as well as the real-life experiences of some of our team members.

This issue covers World Allergy Week, Diabetes Week, Men's Health Week and World Environment Day alongside numerous other events.

We hope you enjoy it!

Mark

Mark Webster
Managing Director, Compass One

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HEALTHY EATING ON A BUDGET

BNF HEALTHY EATING WEEK: 12TH-16TH JUNE 2023

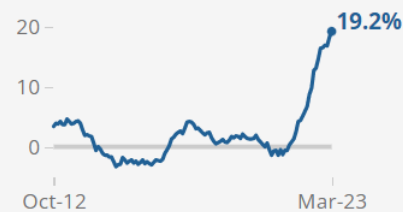
The cost of living crisis continues to have an impact on the affordability of healthier diets for many of us ...

...so this year the British Nutrition Foundation's Healthy Eating Week theme is 'Healthy Eating Week - For Everyone!' which will focus on how to eat healthily on a budget.

Currently, the cost of food is a concern at the forefront of many of our minds. This is not surprising considering in the 12 months leading up to March 2023, the price of food and non-alcoholic drinks rose at its fastest rate in more than 45 years. With cucumbers (up 52%), olive oil (up 49%) and hard cheese (up 44%) seeing the largest increases¹.

The inflation rate for food and non-alcoholic beverages rose to 19.2% in March 2023

Food and non-alcoholic beverages annual CPIH inflation rates, UK



Source: Office for National Statistics

A RECENT STUDY HAS REVEALED THAT:

- About 1 in 4 Brits say they are making more unhealthy dietary choices now than they did before the cost of living crisis began.
- Almost 1/4 of respondents have gained weight in the past year, with 58% saying that the financial crisis has contributed to their weight gain.
- 1/3 of the people surveyed said that they prioritise the cost of food over how healthy it is².

It is possible to eat well on a budget, but first we need to figure out what a healthy, balanced diet looks like.

Despite what we often hear on TV or social media, it doesn't require spending lots of money on protein or the current 'super food' trends. To make healthy eating more straightforward, Public Health England has developed the Eatwell Guide.

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. We do not need to achieve this balance with every meal but try to get the balance right over a day or even a week to feel your best.



1. Cost of living insights - Office for National Statistics (ons.gov.uk)
 2. Cost of living crisis has made it harder to be healthy, new study says | The Independent

TOP TIPS FOR EATING HEALTHILY ON A BUDGET

Avoid branded products

Often supermarket 'own brand' products are manufactured in the same premises as the more expensive branded products.

Choose wonky or 'imperfect' fruit and veg

Often these are just as tasty but don't quite meet certain size or colour requirements to be sold at full price. Save money and prevent waste!

Plan your meals

Plan out your meals for the week as this will help you to know exactly what you need, meaning it's less likely you will have to pop to the convenience store for a top-up shop which will be more expensive.

Go shopping with a list

Having a list based on your meal plan for the week makes it less likely that you will buy things you don't need, as these often end up going to waste.

Buy frozen

Buy pre-prepared frozen fruit, vegetables and more, which tend to be cheaper than fresh, and you don't need to worry about them going out of date.

Try out tinned

Tinned products can be an affordable, healthy option - just make sure they don't have added sugar, salt or syrup! We are advised to eat 1 portion of oily fish a week and opting for tinned fish, such as sardines and mackerel, can be a cheaper way to meet this target.

Buying and cooking in bulk

Buying food in bulk is usually cheaper than buying smaller amounts more often. You can also take advantage of deals, batch cook your meals and freeze them, saving you time, money and energy.

Look at the price per gram to compare products

At the bottom of the price label, the cost of a product per 100g or per kg is always listed. Use this to compare the price of different products and get the most for your money.

Shop online

Keep track of the cost of your basket and avoid getting distracted by things you don't need. Remember to factor in the delivery cost!

Check out our delicious recipe below, featuring seasonal summer produce which won't break the bank.



Ryan Hopper

Head of Culinary Operations
- ESS Defence, Marine & Aerospace



SUCCULENT CHICKEN, COURGETTE AND HERBY POTATO TRAYBAKE

Serves: 2 **Prep time:** 15 minutes **Cook time:** 50 minutes

Ingredients

- 350g new potatoes (approx. 3-4 handfuls)
- 3 tsp vegetable oil
- 3 garlic cloves
- 6 spring onions
- 250g courgette (approx. 1-2 medium courgettes)
- 4 skinless boneless chicken thighs
- 1 large pinch of fresh or dried herbs e.g. mint, parsley or chives
- 1 lemon

Method

- 1** Preheat the oven to 200°C, fan 180°C, gas mark 6.
- 2** Cut the new potatoes into halves. Boil the potatoes for around 10 minutes until they have softened, then drain the water.
- 3** Mix the potatoes with 1 and a half tsp oil, as well as the herbs and the garlic cloves. Tip onto the baking tray and roast for 10 minutes.
- 4** Meanwhile, mix the spring onions and courgette with 1 tsp of oil. Cut 3 shallow slashes in each chicken thigh. Finely grate the zest from half the lemon and sprinkle most of it over the chicken. Thinly slice the rest of the lemon into rounds.
- 5** When the 10 minutes are up, stir the potatoes and garlic around on the tray. Add the spring onions, courgette, chicken and lemon slices. Drizzle half a tsp of oil over the chicken and return to the oven to cook for 25 minutes or until the chicken is cooked through. Serve and enjoy!

DID YOU KNOW...?

... that chicken thighs tend to be cheaper than chicken breast?

We recommend removing the skin to reduce your saturated fat intake.

This meal works out at £2.80 per portion

Based on prices at Tesco as of 22/05/2023, not including cupboard essentials: vegetable oil and herbs.

LET'S BARBECUE!

NATIONAL BBQ WEEK: 4TH-10TH JULY 2023

We are passionate about our barbecues in Britain. Come rain or shine, nothing will stop us from enjoying our summer and having a delicious meal with family and friends!

Barbecues can be a great way to socialise and enjoy the outdoors, but some barbecue food can add significant amounts of salt and saturated fat to your diet, which isn't great news for your health. Check out our healthy tips below to help boost the nutritional value of your barbecue:



1. MARINATE YOUR FOOD

Marinated food tastes great, grills better and marinades help to protect food against high grill temperatures.

Try making your own marinade with citrus, herbs and spices rather than reaching for something off the shelf which is often high in sugar and salt! Check out our recipe opposite.



2. EAT THE RAINBOW

Many of us forget our veggies when it comes to barbecues but vegetables can be so delicious when grilled!

Get the kids involved and make some rainbow skewers with courgette, red onion, yellow peppers and cherry tomatoes. Don't forget to brush with oil.



3. SURF AND TURF!

Barbecues can be very meat heavy affairs, but why do so many of us neglect the seafood course?

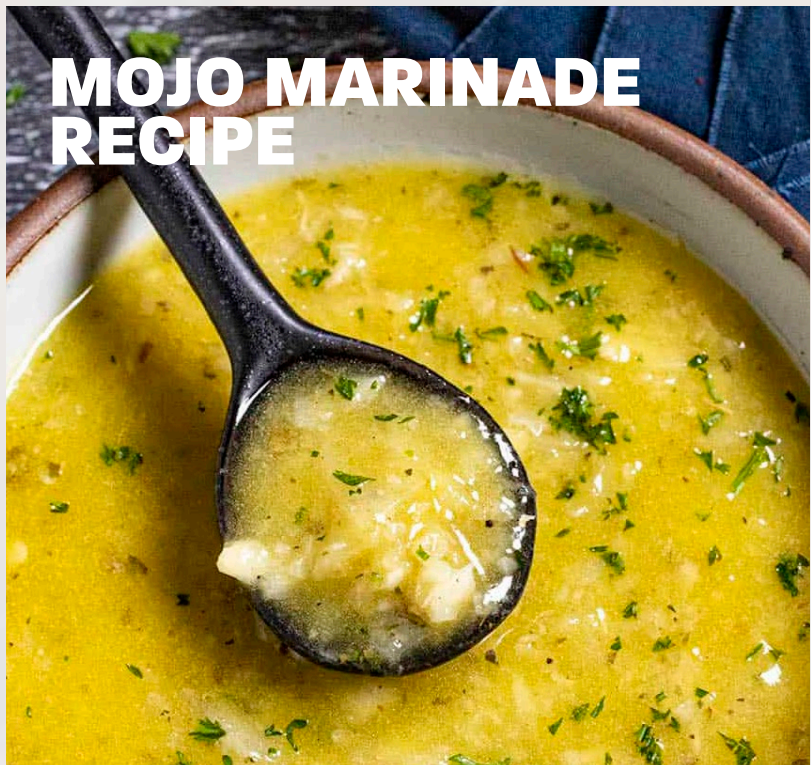
Prawns and fish grilled with a squeeze of lemon can be super tasty as well as being lower in saturated fat and salt compared to red processed meats like burgers and sausages.

GRILLING TOP TIPS



To help you make the most out of your barbeque this summer, **Matt Lord**, Executive Chef - ESS Defence, shares his top tips for grilling as well as a delicious and healthy marinade recipe:

- Choose a good quality British lump wood charcoal to improve the flavour of your food – imported charcoals and briquettes often have lots of nasty additives and chemicals added.
- Always use natural firelighters as you don't want your food to taste of lighter fuel.
- Light your BBQ early – charcoal burns for hours and you want the heat just right before cooking. Never cook whilst you still have flames.
- Buy a digital temperature probe to check the internal temperature of your food – this not only ensures your food is safe but also that you do not overcook it. You can then serve your guests that perfect medium rare steak!
- Get used to the heat of your barbeque by holding a hand over the grill – if you can hold it there for 5-6 seconds you have a low heat, 3-4 seconds medium and 2 seconds a high heat.
- If you are worried about cooking chicken on the bone, pre-cook in your oven before finishing on the grill for that charred flavour.
- Rest your meat to tenderise it and allow the flavour to develop – a rule of thumb is that a piece of meat should be rested for at least the time it was cooked for. After cooking, place your meat on a tray with a cooling wire and lightly cover with foil, allow to rest and then flash back over the grill before serving.



MOJO MARINADE RECIPE

One of my favourite marinades is from Cuba. Mojo is a great mix of spice and garlic, lightened with lots of fresh herbs. The recipe below is plenty for four chicken breasts or eight boneless thighs. This would also work well on prawns, halloumi or tofu.

Ingredients

- 100g coriander
- 100g flat leaf parsley
- 40g ginger
- 60g red chillies
- 60g garlic
- 100ml red wine vinegar
- 200ml extra virgin olive oil

Method

- 1 Peel the ginger and garlic and de-seed the chilli (if you prefer more heat, leave the seeds in).
- 2 Place all the ingredients into a blender, including the stalks on the herbs – blend until smooth.
- 3 Pour over your chicken and marinate overnight.
- 4 Grill over hot coals until the chicken is cooked through.

Mojo chicken tastes great on its own or served as a burger in a brioche bun with a little salad and light mayo.

IS CLIMATE CHANGE INCREASING ALLERGY RATES?

WORLD ALLERGY WEEK: 18TH-24TH JUNE 2023

Allergy is the most chronic disease in Europe. Allergic conditions range from food, insect, animal and drug allergies to hayfever, asthma and eczema.

Allergic reactions occur when the body's immune system reacts to a normally harmless substance (allergen) as a threat, causing symptoms such as rashes, sneezing, wheezing, runny nose, swelling, vomiting and, in severe cases, difficulty breathing. It affects 1 in 3 people in the UK - one of the highest prevalence rates in the world.

Between 2 to 3 million people live with food allergies. 1 in 13 children – roughly 2 in every classroom – now has a diagnosed allergy.

Allergic reactions can occur from trace amounts of an allergen that cannot be seen by the naked eye. They can travel in the air, be present on surfaces or even be passed on from a kiss by someone who has eaten a food that a person is allergic to. Due to this, many people who have severe allergy have a daily struggle and live in fear of a life threatening asthma attack or anaphylaxis from an allergic reaction.

Hospital admissions caused by food allergies have tripled over the last 20 years.

The rates of all types of allergy have increased over the past 30 years and it is predicted that, without action, 70% of the population will have an allergy by 2060. Westernised lifestyles, including diet, exposure to chemical pollutants, time spent indoors and changes to biodiversity and our natural environment are linked to increased allergy rates. However not enough is known yet about how these factors are increasing allergy which could improve our ability to prevent and reduce allergy.

The Natasha Research Foundation (NARF), a charity founded by the parents of Natasha Ednan-Laperouse, who tragically died at only 15 years old after a fatal food allergic reaction, has a mission to make the lives of those living with allergy safer.

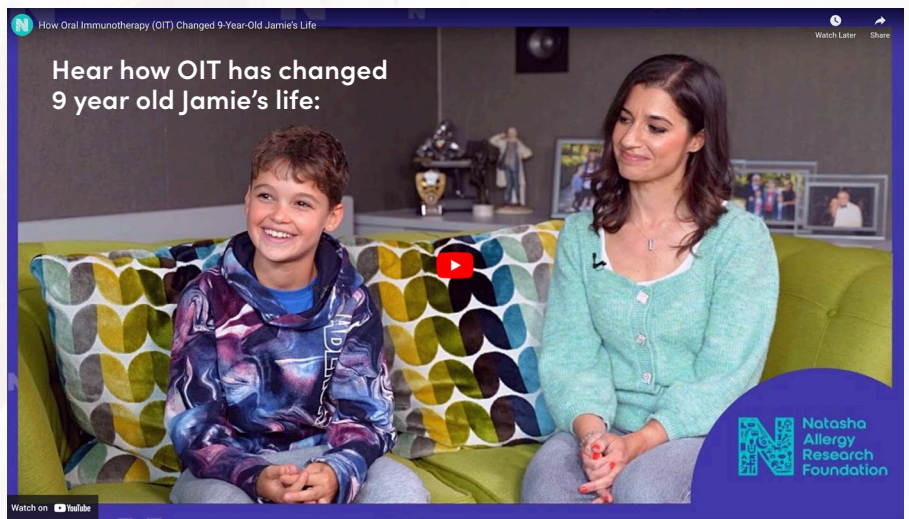
In October 2021 they successfully campaigned for a change in law, creating **Natasha's Law**, requiring food outlets to provide full ingredient lists with clear allergen labelling on pre-packed foods. This transformed the lives of people living with food allergy and the way foodservice organisations, including ESS, operate.

The King has pledged his support to 'shine a light on environmental causes of the global allergy crisis'.

In 2022 the charity organised a global allergy symposium, attended by King Charles, which brought together 17 world leading allergy experts to discuss how reduced biodiversity in the environment affects the body's microbiome, the link between genes and our environment and how farming practices can impact allergies. The findings are being used to identify the most effective policies and define new research to help understand more about the interactions and mechanisms involved.

As part of their mission, NARF are raising funds to spearhead some of this research including 'The Natasha Clinical Trial' which is focused on providing oral immunotherapy (OIT), using everyday foods, for children and young people with milk and peanut allergies. OIT involves feeding children, under clinical supervision, tiny but increasing amounts of the food they are allergic to help 'train' and desensitise their body's immune system to not view the food as a threat and trigger a severe allergic reaction. Previous OIT trials using expensive pharmaceuticals have shown that it can be an effective treatment in up to 80% of people with milk or peanut allergy. Despite these impressive results, pharmaceutical OIT is not available widely on the NHS, however if the Natasha Clinical Trial is successful, it will help empower the NHS to provide a cost effective life changing treatment for many people with food allergy.

OIT can help most people with food allergies live their lives and join in with their friends as it can enable them to eat out and not have to avoid popular foods which may contain small amounts of allergens due to cross contamination.



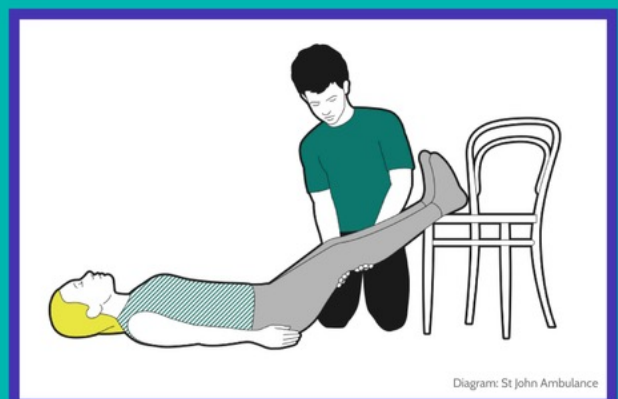
For more information on The Natasha Research Foundation and how you can help fundraise or donate to their life changing research during Allergy Awareness Week, visit their website <https://www.narf.org.uk/>

Do you know this position is vital when treating Anaphylaxis?

If someone suffers a severe allergic reaction, it is important to administer their auto-adrenaline injector (e.g. EpiPen), if they have one, into their thigh and dial 999 immediately. It is also recommended that:

- The patient should lie flat on their back, with their **legs elevated** where possible (such as on a chair or cushion).
- **Patients avoid any sudden changes in their posture** - this is extremely important. The patient **must not** be allowed to walk around, stand up or sit in a chair, even if they start to feel better.
- If they are struggling to breathe, they can sit up, but only for as short a time as possible.
- If they are pregnant, they should lie on their left side.

Knowing This Position is Vital When Treating Anaphylaxis



PLANT-FORWARD THINKING



Scott Freeman
Culinary Director - ESS Defence, Marine & Aerospace

To help our customers eat less meat, this year in ESS we have really driven plant-forward meals on our menus. They are healthy, tasty and easy to make and, at the same time, have increased the vegetable content in many of our recipes.

With so many different dietary terms used today, we know it can get confusing at times. So, let's take a look at what some of these commonly used definitions actually mean...

Plant-based diet

Plant-based diets have a greater emphasis on foods derived from plants (such as fruits and vegetables, wholegrains, lentils, beans, nuts, seeds and oils). Although the term 'plant-based' is often used to refer to a vegetarian or vegan way of eating, by definition, a plant-based diet does not require cutting out animal foods, such as meat, poultry, fish, eggs and dairy products, altogether. Rather, the diet focuses more on plant foods and eating animal foods in moderation.

Vegetarian diet

A vegetarian diet usually does not include meat, poultry, fish, shellfish or any by-products of slaughter. Lacto-ovo vegetarians, who include dairy products and eggs in their diets, are probably the most common type, especially in the UK. However, this can vary and there are many different types of vegetarian diets around the world.

Vegan diet

Vegan diets are made up of only plant-based foods. This type of diet includes fruits, vegetables, grains, beans, lentils, tofu, nuts and plant-based dairy alternatives. Vegan diets don't include animal foods like eggs, dairy, meat, poultry or seafood. The approach can vary from person to person. For example, some vegans will not eat honey as this is derived from bees, however, some do still consume honey.

There are a variety of reasons why someone might adopt one of these dietary patterns and this varies from person to person. Some possible reasons include ethical, health or sustainability concerns.

ARGENTINIAN EMPANADAS



This is a principle that I have been using for years at home, as I imagine many other people also do. You cook a chicken for Sunday dinner and have some left over... you don't throw it away, but the next day it gets re-imagined into a pad Thai or curry with some other store cupboard staples, and your Monday supper is served.

This is no different in my household, but instead of utilising leftovers, we try to incorporate more plant-based products into our recipes in the first instance. Our recipe for Argentinian empanadas is fun to make with your family, and you would definitely not notice less meat in these bite sized snacks.

They make for great lunchbox snacks and freeze well, if you haven't eaten them all in one go!

Before you start, you will need a round cutter. We also have an empanada press that you can buy online, but these aren't necessary – just a little easier.



MAKE THE DOUGH

Ingredients:

This can be made a day ahead – this makes around 20 small empanadas.

- 375g plain flour
- 220g butter, cut into dice and well-chilled
- 2 beaten eggs
- 100ml cold water
- Pinch of salt

Method:

- 1 Sift the flour into a mixing bowl and then add the salt.
- 2 Rub the cold butter into the flour with your fingertips until it resembles fine breadcrumbs, then add the water and eggs and knead gently into a dough.
- 3 Roll into a long cylinder and chill in the fridge for at least 30 mins, preferably longer.



PREPARE THE FILLING

Ingredients:

- 50g chopped cooking chorizo
- 50g grated mozzarella cheese
- ¼ bag fresh spinach
- ¼ butternut squash
- 10g smoked paprika
- 25ml olive oil
- Salt and pepper to taste

Method:

- 1 Peel and dice the squash into 2cm pieces and roast at 200°C, fan 180°C or gas mark 6 for 30 mins or until soft. Set aside to cool slightly.
- 2 Heat the olive oil in a frying pan and add the chopped chorizo and brown.
- 3 Add the spinach and smoked paprika and cook together until the spinach has wilted.
- 4 Remove from the heat and add the cooked butternut squash.
- 5 Allow to cool and then mix in the grated mozzarella and salt and pepper.



MAKE THE EMPANADAS

Method:

- 1 Take a 2cm slice of your pastry and roll this out to a circular shape.
- 2 Use the cutter to create a neat circle.
- 3 Place a teaspoon of the chorizo filling in the middle and, if using, place into the empanada cutter.
- 4 Moisten the edges of the pastry with a little water and then seal.
- 5 Otherwise, fold the pastry over to create a half moon, and seal using a fork.



COOK THE EMPANADAS

Method:

- 1 Heat some sunflower oil in a small saucepan and fry the empanadas in small batches until golden and crispy.
- 2 Drain these on kitchen paper and tuck in!
- 3 Alternatively, these can also be baked in an oven at 200°C, fan 180°C or gas mark 6 and turned over after ten minutes.

Enjoy! And try not to eat them all in one go!

THE REAL COST OF A NIGHT OUT

ALCOHOL AWARENESS WEEK: 3RD-9TH JULY 2023

Alcohol
Awareness
Week

FINANCIAL COST

Due to the rising price of alcoholic drinks, more and more of us are turning away from pubs and clubs and instead deciding to drink at home.

Although purchasing alcohol from the supermarket and enjoying it at home is undoubtedly cheaper, the costs can still add up. It also raises the concern that drinking at home could be a slippery slope, potentially getting us into the habit of drinking more regularly, not to mention the fact that we tend to be more generous when pouring our own drinks!

KEY FACTS:

- Consumers spend an average of £70 on a night out – if you go out once a week, this adds up to a whopping £280 a month!⁴
- Alcohol-related harm in the UK is estimated to cost at least £21 billion per year.²
- Alcohol related healthcare costs account for approximately £3.5 billion in England alone³.

COSTS TO OUR HEALTH

Although we don't always think of it as such, alcohol is a psychoactive substance, and it can radically change how we think and feel. When we start drinking alcohol, our bodies produce extra dopamine, often known as our 'happy hormone', which travels to the 'reward centres' of our brains, making us feel good. Not only this, but alcohol is also known as a 'disinhibitor' which causes a loss of inhibition. Sometimes this can be a positive thing, helping us to come out of our shell and not worry so much about how we look when we're on the dance floor. However, it is a concern that many of us in the UK feel the need to rely on alcohol as a coping mechanism to deal with our feelings of social anxiety. It can sometimes backfire as the reduction of inhibitions can mean we become less cautious and end up doing something we regret later on.

Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK¹.

THE GOVERNMENT RECOMMEND WE CONSUME NO MORE THAN 14 UNITS OF ALCOHOL PER WEEK. THIS EQUATES TO:



6 pints of average strength beer



or 10 glasses of low strength wine

THE KNOCK-ON EFFECT OF ALCOHOL

It's fine to enjoy a tippie every now and again, but if we are making a regular habit of having wild nights out this can have a knock-on effect on our health and wellbeing. Alcohol is a causal factor in more than 60 medical conditions, including mouth, throat, stomach, liver and breast cancers, high blood pressure, cirrhosis of the liver and depression¹.

Pure alcohol is high in calories at 7kcal per gram, second only to fat at 9kcal per gram, but alcohol isn't the only thing in our favourite beverages.

Many alcoholic drinks are high in sugar, either involving sugar during the manufacturing process, like beer and wine, or having it added later on in the form of syrups or sugary mixers.

Making informed choices can be difficult when it comes to alcohol. Most packaged food and drinks are required to include nutritional labelling but alcoholic drinks are not held to the same standards. Be mindful when choosing drinks, go for a smaller portion, low alcohol and sugar free options where possible. See Table 1.

Table 1. The time it takes to burn off the food equivalent of your favourite tippie.

DRINK	VOLUME	ABV	UNITS	CALORIES	TIME TO BURN OFF	FOOD EQUIVALENT
Beer	568ml (pint)	4%	2.3	182	28 mins swimming	Large chocolate chip cookie
Cider	568ml (pint)	4.5%	2.6	216	22 mins running	Approx. 3/4 of a Snickers bar
Wine	175ml	13%	2.3	159	25 mins Zumba	250ml chocolate milkshake
Champagne	125ml	12%	1.5	89	9 mins running	½ packet standard 35g crisps
Spirits	25ml (single)	40%	1	61	6 mins running	5 gummy sweets
Alcopop	275ml (bottle)	4%	1	170	20 mins kettle bells	330ml smoothie

Many of us also experience an increased appetite when we have had a few drinks, leading to bar snacks, takeaways and maybe even a fry up the next day – not to mention the hair of the dog to try and cure the hangover!

Doing this regularly is likely to increase our salt and saturated fat intake, potentially leading to weight gain over time. It's important to factor this in when it comes to our nights out, in terms of our health but also in terms of our finances. See Table 2.

Table 2. The calorie cost of a night out.

5 pints of ale	850 kcal	TOTAL ENERGY 2964 kcal
2 bags of crisps and/or nuts	322 kcal	
Cheesy chips on the way home	380 kcal	
A Wetherspoon's large breakfast	1412 kcal	

The hangover after a heavy drinking session can make us feel down due to a combination of dehydration, poor sleep and various other factors that can leave us struggling to function. In recent years, many people have

noticed that they feel particularly low and/or anxious the day after drinking. This phenomenon has become informally known as 'hangxiety', which can make us feel on edge or paranoid about the night before.

For further information and support about alcohol, head to: alcoholchange.org.uk



MEN - LET'S MAKE HEALTH A PRIORITY

MEN'S HEALTH WEEK: 12TH -18TH JUNE 2023

International Men's Health Week is designed to give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives. It takes place every year, starting on the Monday before Father's Day and ending on Father's Day itself. The theme for 2023 is Men's Health and the Internet.

#menshealthweek

In recent years, men's health is increasingly being recognised as a priority. In 2018, the World Health Organization (WHO) published a Men's Health Report and Strategy for Europe, with the support of all 53 member states¹.

Creating awareness and talking openly about men's health is vital. Compared to women, men have been found to be much more likely to die from preventable and treatable conditions, are less likely to access the health care they need, and the suicide rate for men is three to four times greater than for women^{1,2,4}.

Studies show that men are more likely to minimise symptoms of illness, and it's thought that societal pressures to be strong and not ask for help are a big factor in men not getting the support they need^{3,4}.

Did you know that the iPhone was released in 2007? Making it 16 years old this year. This means that many of us have grown up with a high-performance computer in our pocket, able to access endless information at our fingertips.

As many men may find it difficult to seek out help and support for their mental and physical health, it is thought that the internet and digital online tools could be a positive force in helping them engage with their health more proactively⁶.

Clearly there must be some health benefits to being able to connect with others and access health information online at the click of a button but what are the downsides?

We have all been warned of the risks of 'googling' our symptoms and relying on the internet and social media for health advice due to the widespread misinformation online. Not to mention dealing with endless comparison on social media.

Our next article provides a real-life view of the internet and the impact it can have on our mental and physical health.

"...men have been found to be much more likely to die from preventable and treatable conditions, are less likely to access the health care they need, and the suicide rate for men is three to four times greater than for women^{1,2,4}"

MEN'S
HEALTH
FORUM



1. World Health Organization Regional Office for Europe. Strategy on the health and well-being of men in the WHO European Region (www.euro.who.int/en/health-topics/health-determinants/gender/publications/2018/strategy-on-the-health-and-well-being-of-men-in-the-who-european-region-2018);
 2. The Lancet. Raising the profile of men's health. Lancet 2019;394:1779.
 3. Parent MC, Hammer JH, Bradstreet TC, et al. Men's mental health help-seeking behaviors: an intersectional analysis. Am J Mens Health 2018;12:64-73.
 4. World Health Organization (WHO). Uneven access to health services drives life expectancy gaps (2022): <http://www.who.int/news/item/04-04-2019-uneven-access-to-health-services-drives-life-expectancy-gaps-who>
 5. The digital future of men's health. Tim Ringrose, Ruby Congjiang Wang. 2022 <https://doi.org/10.1002/tr.e.8>
 6. Men's Health Forum. Key data: mental health (2017): <https://www.menshealthforum.org.uk/key-data-mental-health>
 7. Mind (2016): <https://www.mind.org.uk/news-campaigns/news/men-twice-as-likely-as-women-to-have-no-one-to-rely-on-for-emotional-support/>
 8. Mental health foundation (2019): <https://www.mentalhealth.org.uk/about-us/news/millions-men-uk-affected-body-image-issues-mental-health-foundation-survey>

DID YOU KNOW...?

- **76% of suicides** are by men and it's the biggest cause of death in men under 35¹
- **12.5% of men** in the UK are suffering from one of the common mental health disorders²
- Men are nearly three times more likely than women to become alcohol dependent³
- **87% of rough sleepers** are men⁴
- **19% of men** in England, Wales and Northern Ireland die before they retire, with this percentage increasing to 22% in Scotland²
- **1 in 7 men** in the UK die from coronary heart disease (CHD)⁵
- **1.2% of men** in work report stress, depression or anxiety over a 12 month period compared to 1.8% of women.

LET'S GET TALKING

TALK TO US MONTH: 1ST-31ST JULY 2023

Every year in July, Samaritans raises awareness that they are here to listen to anyone who is struggling to cope, at any time, day or night.

They are encouraging people to become better listeners which can help them support loved ones who may be struggling to cope. It can also help to improve relationships with family, friends and colleagues.

WANT TO IMPROVE YOUR LISTENING SKILLS?

Making small changes to the way you listen can help a loved one to open up about how they are feeling. Why not try one of the following ideas:

Listen without being distracted.

Try things such as making eye contact, putting your phone away and focusing completely on the other person. If you are speaking with them on the phone, try to do this in a quiet area.

Listen without interrupting.

Pauses and silences are fine. You do not need to jump in and fill the gaps in conversation or have all the answers. Focus on what the person is saying and how they are feeling.

Check in with loved ones more often and ask how they really are.

Add reminders to your calendar or phone to check in regularly. Don't give up, sometimes it takes a few tries to encourage someone to open up.

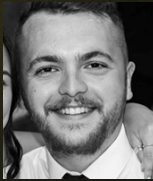


HOW TO GET IN CONTACT:

- Call – any time day or night on 116 123
- Write a letter – Freepost SAMARITANS LETTERS
- Email – jo@samaritans.org
- Welsh language line – 0808 164 0123
- Self-help app – Samaritans self-help app [HERE](#)
- Find your nearest branch [HERE](#).

THE INTERNET AND MEN'S HEALTH

James Cook
Digital Marketing
Manager - ESS



As a child of the nineties, I grew up during a time when internet access in homes across the UK was extremely limited.

Most of my experiences online were quickly interrupted if a family member needed to use the phone. In a way, I am grateful for this limitation, but I didn't quite escape social media in my childhood, as MySpace and MSN Messenger become the 'in thing' when I was around 14.

Even in 2007, your amount of 'friends'/followers seemed to be a major factor in your social standing at school. MySpace in particular even had a section where you could display your 'Top 5' friends - no doubt causing thousands of arguments between Year 9s across the country. The big difference with social media back then is that you would have to actively sit down at a computer to interact with people online. Shutting down your computer would end that experience. But for the last decade, that pressure has followed us around in the form of smartphones.

Perhaps more harmful than any negative interaction with peers on social media, is the edited and idealised images of influencers and celebrities on Instagram and other apps. Unachievable beauty standards are set for women, with highly edited images from celebrities like the Kardashians, creating constant feelings of inadequacy for their millions of followers.

This is just as much of an issue for men, with gym culture having some equally detrimental standards created, not only by Photoshopped images, but also through influencers using performance enhancing drugs. The 'Liver King' is an influencer who claimed his body builder physique was 'all natural' and achieved purely through the 'ancestral' eating of raw meats and vegetables. It was recently confirmed that he is an extensive steroid user.

It takes a long time for people using the internet to realise that there is an extreme amount of false information and manipulation on social media. This is the reason it is so important for the younger generation to have a moderated experience online. 'Google Families' and 'Screen Time' are great options to allow parents

and guardians to supervise children's experiences online.

Aside from the unachievable standards set by some creators, it is not all doom and gloom on the internet. For men and women alike, there are invaluable resources for physical and mental health. I personally have used the wealth of information on YouTube to guide my own recovery from knee surgery. Once again though, I have had to take care with some of the advice available and have only used sources approved by my physiotherapist. Not only has the practical advice regarding exercises and recovery tips been useful, but also the motivation I get from following creators that have lived through similar experiences. This has been pivotal on my road to recovery.

Nowadays I'd like to think I have a relatively healthy relationship with the internet – although I may be somewhat dependent on Alexa's weather information! The way I, and millions of others, kept our sanity during the pandemic was through the communication and contact we had with our friends and family online. Be that through WhatsApp messages, Facebook posts or the late 'Zoom Quiz'. I have no doubt that without the

connection it provided to loved ones, my mental health would have taken a serious hit during lockdown. The internet has been massively influential on my life, and the majority of negative experiences I have had online have come through social media, during my teenage years specifically.

My first role in ESS, the house I am sitting in and the dog that is currently asking for attention, were all brought into my life through the internet. In fact, next month I marry my best friend who I met... you guessed it, online.

A big thanks to Tinder for that one!



STAYING SAFE IN THE SUN

ULTRAVIOLET (UV) SAFETY AWARENESS WEEK:
1ST - 31ST JULY 2023

1 in 3 adults in the UK report being burnt within the last year¹.

Getting sunburnt just once every two years can triple your risk of melanoma skin cancer⁴.

WHAT IS ULTRAVIOLET (UV) RADIATION?

Ultraviolet (UV) radiation is a source of energy that is released naturally by the sun and artificially from sunbeds. UV light has shorter wavelengths than visible light, which is why our eyes can't see UV but our skin can still feel it. There are two main types of UV light that are of concern when it comes to our skin. Ultraviolet A (UVA) which is associated with skin aging and Ultraviolet B (UVB) which is associated with skin burning. Unprotected exposure to UVA and UVB rays damages our skin cells which can result in premature aging, eye damage and skin cancer⁴.

As a nation of sun worshippers, sunburn is no stranger to us Brits. However, are you aware that even going a bit pink actively increases your risk of skin cancer³? And despite what many people think, sunburn doesn't just happen abroad or during a heatwave.

According to Cancer Research UK, the sun can be strong enough to cause sunburn from mid-March to mid-October in the UK, even when it's cloudy!²



Fear not, this doesn't mean that we should never go out in the sun – in fact, the sun supports our Vitamin D levels as outlined later in this article. It's just really important that we protect ourselves when we do!

There are many things we can do to protect ourselves from the sun.

For example, covering up with clothing, spending time in the shade between 11am and 3pm when the sun is at its strongest, wearing a hat, and using UV protection sunglasses.

Sunscreen is really important when it comes to protecting our skin from the sun. However, choosing what sunscreen to buy can be a little overwhelming at times. Check out our sunscreen guide on the next page to learn more.

YOUR GUIDE TO SUNSCREEN

What is SPF? SPF stands for Sun Protection Factor. SPF is a measure of the amount of UVB radiation protection a product offers. UVB is associated with burning. SPF is rated on a scale of 2 to 50+, with 50+ offering the strongest protection.

What about the star rating?

You should also see a star rating of up to 5 stars on UK sunscreens. This indicates the amount of UVA protection. UVA is associated with aging. The higher the star rating, the better. Sunscreens that offer both UVA and UVB protection are sometimes called 'broad spectrum'.

What sunscreen should I use?

When buying sunscreen, the NHS recommends an SPF of at least 30 to protect against UVB. It should also have at least a 4-star UVA protection. The higher the ratings, the more protection it will offer³.

- Make sure the sunscreen is not past its expiry date. When you purchase sunscreen, it's a great idea to write the date on the bottle as most last for 12 months.
- Most people do not apply enough sunscreen, meaning the protection it offers is reduced. Adults should aim to apply 6-8 tablespoons if covering the entire body.
- If you plan to be in the sun for a long time, you should apply your sunscreen twice. Once 30 minutes before going out and again just before you leave.
- When you check the weather forecast, if the UV index is 3 or more, the sun is strong enough to cause damage for some skin types¹.

SUNLIGHT AND VITAMIN D

When our skin is exposed to sunlight, in particular the sun's UVB rays, it is able to create Vitamin D3.

Vitamin D helps to support a healthy immune system, as well as regulating the amount of calcium and phosphate in the body which is essential to keep our bones, teeth and muscles healthy⁵.

From late March/early April most of us can get all the Vitamin D we need from sunlight, but during the autumn and winter months, when the sun is not as strong, we need to look elsewhere to meet our Vitamin D needs. The UK

government advises that everyone should consider taking a Vitamin D supplement of 10mg/day from September to March.

This advice can be quite confusing as we are being told to protect ourselves from the sun but to go out in the sun! The truth is that we need to strike a balance and make sure that we take precautions to protect our skin. There is no evidence to suggest that wearing sunscreen leads to Vitamin D deficiency.

We can also top up our vitamin D intake through our diet⁵.

FOODS THAT CONTAIN VITAMIN D

- Oily fish – such as salmon, sardines, herring and mackerel
- Red meat
- Liver
- Egg yolks
- Fortified foods – such as some spreads and breakfast cereals (check the ingredients)



1. Cancer Research UK: <https://news.cancerresearchuk.org/2021/08/02/uk-sunburn-risk-third-of-adults-more-likely-to-protect-their-skin-abroad-than-at-home/>

2. Cancer Research UK: The UV index and sunburn risk: <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/the-uv-index-and-sunburn-risk>

3. NHS: Sunscreen and sun safety: <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

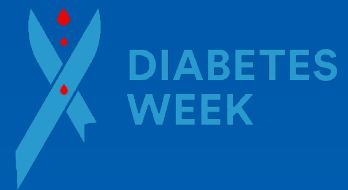
4. Cancer Research UK- how does the sun and UV cause cancer?: <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-does-the-sun-and-uv-cause-cancer>

5. NHS. Vitamin D: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

DIABETES EXPLAINED

DIABETES WEEK: 12TH -18TH JUNE 2023

In recent years diabetes has become a widely known medical condition that is often linked with being overweight or obese, but is it always and how does it affect health?



Diabetes is a long-lasting health condition where the body is unable to manage blood sugar levels as effectively as it should, leading to too much sugar (glucose) staying in the bloodstream. Over time, this can cause serious health problems, such as heart disease, vision loss and kidney disease¹. There are two types of diabetes... see Table 1.

Table 1. The difference between type 1 and type 2 diabetes.

	Type 1 Diabetes	Type 2 Diabetes
When does diabetes normally occur?	Type 1 diabetes is often referred to as 'early onset' diabetes because it tends to show up during childhood or earlier on in life.	Type 2 diabetes is often referred to as 'adult onset' diabetes because it tends to occur later on in life.
What causes diabetes?	It is an auto immune disease where the body's immune system targets and destroys the insulin producing cells in the pancreas. Unfortunately, it is not known what causes it.	Type 2 diabetes is often linked to being overweight, inactive or having a family history. Your age and ethnic background can also influence your risk of type 2 diabetes.
What's happening in the body?	Being diagnosed with type 1 diabetes means that the pancreas cannot make enough insulin (the hormone which regulates blood sugar levels).	Being diagnosed with type 2 diabetes either means that the body is unable to make enough insulin, or the insulin it does make isn't able to work properly.
How can it be treated?	Type 1 diabetes must be managed by taking insulin to control blood sugar levels. Historically, insulin needed to be injected into the body in and around mealtimes, however medical advances mean there are lots more options for managing blood sugar that do not require needles.	The first intervention to manage type 2 diabetes is through diet and lifestyle and maintaining a healthy weight. If this is not effective, medical intervention will be required through taking tablets. If not controlled appropriately, type 2 can move into type 1.



The Glycaemic Index (GI) is a rating system for foods containing carbohydrates. It indicates how quickly each food affects your blood sugar levels when that food is eaten on its own.

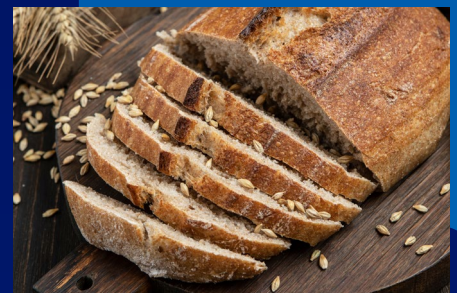
Carbohydrate foods that are broken down quickly by your body and cause a rapid increase in blood sugar levels have a high GI rating. Those that are broken down more slowly have a medium or low GI rating which means they release their energy into our blood stream more gradually. This can help us to keep our blood sugar levels more stable over time³.

This information is incredibly helpful for those who need to monitor their blood sugar levels, however it's important that we do not choose what to eat based on GI rating alone. Just because a food has a lower GI rating doesn't necessarily mean it is healthier for us. For example, watermelon is a high GI food, while chocolate cake has a lower GI value. Potato crisps have a medium GI rating, but a baked potato has a high GI rating, even though a baked potato would be considered as better for our health overall^{3,4}.

Check out Table 2 below for more examples of higher GI foods and their lower GI alternatives.

Table 2. The GI rating of some food.

Higher GI Foods	Lower GI Alternatives
<ul style="list-style-type: none"> ● White bread ● Baked potato ● White rice ● Sugary breakfast cereals ● Sugary soft drinks 	<ul style="list-style-type: none"> ● Multigrain, granary, rye, seeded or sourdough bread ● New potatoes in their skins, sweet potato, yam, cold boiled potatoes ● All pasta cooked until al dente, noodles ● Basmati rice, brown rice, bulgur wheat, barley, couscous, quinoa ● Porridge, muesli, some low-sugar oat and bran-based cereals ● Water, milk and drinks with no added sugar



1. Centres for disease and control prevention: <https://www.cdc.gov/diabetes/basics/diabetes.html>
 2. Diabetes.org.uk, differences between type 1 and type 2 diabetes: <https://www.diabetes.org.uk/diabetes-the-basics/differences-between-type-1-and-type-2-diabetes>

3. NHS. What is the glycaemic index?: <https://www.nhs.uk/common-health-questions/food-and-diet/what-is-the-glycaemic-index-gi/>
 4. British Dietetic Association. glycaemic index: <https://www.bda.uk.com/resource/glycaemic-index.html>

LIVING WITH DIABETES



Tom Lannary
Marketing Director - ESS

It was October last year that my partner, Allan, was diagnosed with type 2 diabetes

...this came as quite a surprise to both of us. I thought that if anyone was going to be diagnosed it would be me; I have a sedentary job, I know I'm far from the healthiest eater and to say I'm a tad overweight would be a bit of an understatement! Add to that stress, long hours, sugary snacks and a fondness for a G&T or glass of red wine and I'm sure I'm a prime candidate for diabetes.

However, it is Allan who has been diagnosed. He's not particularly overweight and had recently started to lose weight without trying, doesn't have sugar in tea or coffee and rarely has sweets or sugary drinks – in fact, he had started to make sure he always had water with him to stay hydrated. He also has a much more active job than I do and, as far as we knew, there was no history of diabetes in his family.



What we didn't realise was that weight loss, excessive thirst and urination, and tiredness weren't just because of a more active lifestyle, but were early symptoms of type 2 diabetes, which showed up on a regular health screening. And it was only after chatting to his parents that we found out that, although there are no direct family members with diabetes, there are aunts and cousins who do have it.

Now I have to admit my knowledge of diabetes was slight at best – I knew it had to do with blood sugars and you had to take insulin, but to be honest that was about it. Fortunately, Allan was given access to a wealth of resources through the NHS to better understand the differences between type 1 and type 2 diabetes, and support with changes to diet and lifestyle.

Buoyed up with this new-found knowledge we have made significant changes, particularly to our diet. After all, I knew I could do with shedding a few pounds by eating healthier. However, we both knew that living on salads and water was never going to cut it, as let's face it we both enjoy a drink or two and love our food, so, where possible, we made a few simple changes first.

Change refined carbohydrate foods for wholegrain foods – at the end of the day carbohydrates are sugars and the body breaks them down to form glucose. Refined carbs like white pasta, bread, rice and potatoes break down faster than wholegrain carbohydrates such as wholemeal pasta, wholegrain bread and brown rice and will increase blood sugar faster.

Increase the amount of green veg we eat – we've reduced carb loaded veg, like carrots and beetroot, and increased leafy veg like spinach and broccoli.





98 $\frac{\text{mg}}{\text{dL}}$

Watch out for hidden salt, especially in ham, gammon and bacon – we haven't cut these out from our diet just reduced the frequency at which we have them. In fact, we've reduced the amount of meat we eat overall opting for fish, plant-forward or vegetarian meals.

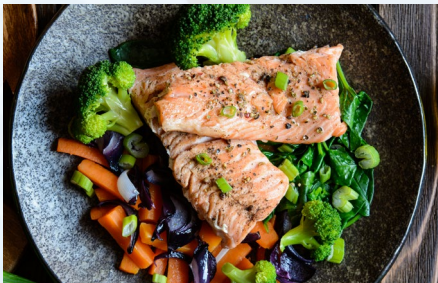
Watch the sugar in booze – I'm the last person to advocate giving up alcohol altogether, but there are simple switches to reduce sugars. Look out for low carb beers (sometimes marketed as keto beers), if you want a glass of wine opt for dry varieties, and for shorts with mixers choose slimline, diet or no sugar mixers.

Most importantly, check first with your doctor as the severity of type 2 diabetes varies from person to person and will change over the months and years.

The biggest change we've made is creating a weekly menu, deciding what we are going to eat each day – even down to where we are going if we fancy a meal out or a cheeky takeaway, making sure that, not only is each meal balanced, but that we are balancing the whole week.

An unexpected benefit of this has been the weekly shopping bill has gone down – we only buy what we need rather than things we may want and end up throwing away!

My next challenge will be getting back to the gym. Allan meanwhile has taken to walking more and getting his steps in, hopefully these with the medication will prevent the diabetes from advancing with more serious complications.



For more information go to:
www.diabetes.org.uk/

EVER THOUGHT ABOUT GIVING BLOOD?

World Blood Donor Day

Give blood, give plasma, share life, share often. 14 JUNE 2023

WORLD BLOOD DONOR DAY: 14TH JUNE 2023

World Blood Donor Day provides a special opportunity to celebrate and thank voluntary blood donors around the world for their gift of blood, and has become a major focus for action towards achieving universal access to safe blood.

We are incredibly fortunate to live in a country where we can ensure the quality and safety of blood with ease, however, making sure we have enough blood for those who need it can still be a challenge.

Why should you give blood?

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Blood donors are needed from all backgrounds to ensure there is the right blood available for patients who need it. The NHS needs:

- Nearly 400 new donors a day to meet demand
- Around 135,000 new donors a year to replace those who can no longer donate
- 40,000 more black donors to meet growing demand for better-matched blood
- 30,000 new donors with priority blood types such as O negative every year
- More young people to start giving blood so we can make sure we have enough blood in the future.

MY EXPERIENCE OF GIVING BLOOD: MEN, WE NEED YOU!



Heidi Wright
Nutrition & Wellbeing
Engagement
Officer - ESS

"Donating blood is always something I've wanted to do but it's one of those things I keep putting off because it never felt like a convenient time. Then one day I just decided to go for it, otherwise I was worried I never would. Giving blood is a simple process and the staff really help to make you feel comfortable - the free drinks and snacks help! The whole process takes about an hour from start to finish.

To donate blood, you have to have the haemoglobin (Hb) level in your blood tested first. Hb is responsible for carrying oxygen around the body to nourish our cells. Iron, a mineral found in the foods we eat, helps us to form new red blood cells and is a crucial part of Hb. If your levels of Hb are too low

on the day, you won't be able to give blood as this could negatively impact your health. Unfortunately, although I have managed to donate a few times, I've found out that my Hb levels are naturally on the low side, even after eating well and taking iron supplements, which means it's unlikely I will be able to donate long term.

After speaking to the staff, I found out that many more women than men are blood donors, with almost 14,000 women registered in January 2018 compared to just over 6,000 men. However, men are crucial to maintaining blood supplies as it is more likely that they will be able to donate consistently in the long term. This is because women tend to have lower iron levels, due to menstrual cycles and pregnancy. In addition, women must wait 16 weeks between donations, whereas men only have to wait 12 weeks... Men, We Need You!"

If you are in good health, please consider signing up to become a blood donor to help save lives. Head to: www.blood.co.uk for more information.

A HEALTHY, HAPPY BABY



WORLD BREASTFEEDING WEEK: 1ST-7TH AUGUST 2023

Being a new parent can be a challenging time, getting used to a new way of life whilst trying to juggle looking after ourselves, our child and maybe work too. World Breastfeeding Week aims to generate public awareness and support for breastfeeding.

The World Health Organization (WHO) recommends mothers worldwide exclusively breastfeed for six months and continue breastfeeding once food is introduced for up to two years or more. So, is breast always best?

Breast milk meets all your baby's nutritional needs, and it is, theoretically, 'on tap' whenever they need it. Breastfeeding has also been found to help protect your baby from infections and diseases, as well as helping to build a strong bond between mother and baby¹. However, this doesn't mean that babies who aren't breastfed can't also be healthy and happy. More than 70% of the immune system is found within the gut and therefore it is important to ensure your baby picks up a good microbiota. Whilst breast milk can enhance this, a vaginal birth and skin to skin contact are other ways your baby can pick up the good bacteria.

Breastfeeding is an emotive subject, however there are various reasons why a new mother may not breastfeed, including not being able to produce enough milk, going back to work, medical reasons and personal choice. Societal pressure isn't helpful and may contribute to the development of postnatal depression and anxiety, which has the potential to negatively impact the health of mother and child.

It's so important to remember that feeding your baby isn't a competition and that new mothers are all on the same team.

BENEFITS OF BREASTFEEDING AND FORMULA FEEDING

BREAST	FORMULA
<ul style="list-style-type: none">● Provides immunity for your baby● Lowers your risk of breast cancer and ovarian cancer● Lowers your risk of rheumatoid arthritis and lupus.● Reduces endometriosis● Reduces risk of osteoporosis● Helps to shrink the uterus● May reduce your baby's chances of developing allergies, diabetes and obesity● May help you to lose your baby weight more quickly	<ul style="list-style-type: none">● Allows your partner to bond with baby through feeding● Formula is supplemented with Vitamin D, omegas and sometimes active cultures which support good gut function● You are not the only food source meaning you can rest● Flexibility so you don't need to schedule work or other obligations around pumping or feeding time● You don't have to worry about what you eat or drink affecting your baby● No physical symptoms which can include engorgement, cracked nipples, bite marks and mastitis● You can track how much your baby has consumed● It can be less frustrating

This year, **World Breastfeeding Week** (#WBW2023) is focusing on breastfeeding and employment, in line with the United Nations' sustainable development goals towards gender equality.

Breastfeeding can be a full-time job in itself – in fact, a viral post on social media stated that 'breastfeeding for one year is approximately 1,800 hours. A full-time job with three weeks of holiday is 1,960 hours.' In the UK, we have some of the lowest breastfeeding rates in the world, with eight out of ten women stopping breastfeeding before they want to⁵, so it's important that we support women who do want to continue with it.

If you're returning to work after maternity leave, you might wonder whether you can continue breastfeeding your baby. The answer is yes, it's completely possible and many women do it. In the UK, your workplace is legally required to provide suitable facilities for you to rest while you're pregnant or breastfeeding. Let your employer know that you will still be breastfeeding when you return to work and what facilities you will need such as a private space, a place to store breastmilk etc.

For more information and advice on breastfeeding at work, click **HERE**.

1. NHS Benefits of breastfeeding: <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/benefits/>
2. World Alliance for Breastfeeding Action. Empowering parents campaign: <https://waba.org.my/epc/>
3. Spahn JM, Callahan EH, Spill MK, Wong YP, Benjamin-Neelon SE, Birch L, Black MM, Cook JT, Faith MS, Mennella JA, Casavale KO. Influence of maternal diet on flavor transfer to amniotic fluid and breast milk and children's responses: a systematic review. *Am J Clin Nutr*. 2019 Mar 1;109(Suppl_7):1003S-1026S. doi:10.1093/ajcn/nqy240. PMID: 30982867
4. NHS. Breastfeeding and diet. (2022): <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding-and-lifestyle/diet/>

ON YOUR BIKE!

CYCLE TO WORK DAY: 6TH AUGUST 2023

Cycling is a great form of exercise which can have major health benefits.

It is an aerobic activity, typically using major muscle groups in the legs, which helps us to get our heart pumping and increase our breathing rate. Cycling is a low impact form of exercise that takes the body's weight off the legs, so it's much easier on the knees and joints than other affordable and convenient forms of exercise, like running. It's a versatile activity that can be made more or less intensive to suit different abilities, fitness levels and ages, making it a perfect activity for the whole family. It also allows us to get outdoors and enjoy nature, which is great for our mental wellbeing.

Cycling is thought to be easier to fit into the daily routine than most other forms of exercise because it doubles up as a form of transport, taking us to and from where we need to go in a more sustainable and affordable way – once you have a bicycle, it requires minimal ongoing expenditure compared to other fitness activities or gym memberships.

Research has found that compared to commuting by car, cycling is associated with a lower chance of dying from cardiovascular disease (-24%) and cancer (-16%). As well as being good for our physical and mental health, cycling is also much more environmentally friendly than hopping in the car.

We understand that cycling to work is not always easy due to workplace locations and that working from home is also more common.

Whilst it's great if you can cycle to work, on 6th August we encourage you to increase your activity levels in whichever way best suits you!

Here are a few ideas:

- Go for a walk during your break
- Do some stretches at your desk
- Have a standing or a walking meeting.

For those of you who are able to cycle to work, or chose to do it in your free time, remember to look after your safety by:

- Wearing a helmet
- Wearing the appropriate clothing
- Ensuring your bike is well maintained
- Obeying traffic rules
- Staying visible.



Things to consider if you decide to cycle to work

- The distance between home and work, how long it will take and whether you can factor that time into your day
- What the roads are like between home and work
- Whether work has shower and changing facilities
- Whether you eat breakfast at home or work.

Ken Stickings, Programme Director - ESS, shares his love of cycling.



I remember getting my first bike as a kid. It gave me independence and the ability to meet up with my friends who lived further away which, in my day, was the only way to regularly see them outside school (this was the '70s, so it was unusual to have a phone in the house, let alone social media). Owning a bike gave me the ability to do part time jobs, like my paper round and cleaning out delivery vans at the local bakery - with the added perk of taking home as much bread and cake as I could at the end of the day.

I loved my bike for what it allowed me to do. Fitness was not really a thing back then and mental health and stress was not fully understood outside academia. Instead, my bike was a ticket to independence (as long as I was home in time for tea at five).

I joined the Army at 15 and immersed myself in other sports. Within the next 35 years, I only remember riding my bike once. I was a good runner and swimmer and had been coerced into doing an iron man triathlon; adding a bike ride did not seem too daunting at the time. Unfortunately, I did not have a bike, never mind cycling shorts, so I asked around and one of the chefs said he had a bike I could borrow.

What he didn't tell me was that it was his wife's bike, which she used to do the local shopping - imagine a bike with a basket on the front and panniers on the back and only three gears, two of which did not work! Most of the contestants took it seriously and had the all the gear; aero helmets, carbon frame bikes, shorts with padding etc. I, on the other hand, had no gear and no idea.

On that day I became a bit of a celebrity for the wrong reasons! I did well in the swim, exiting the water in 5th place, then jumped on my bike (at least I had a basket on the front to put my drink and sandwiches in) and was soon overtaken by every single rider, including, I seem to remember, kids on their way to school. I did make up some ground on the run but finished in the last few places - to be fair, I did get a round of applause at the finish. Thankfully all photographs of the event have been destroyed!

Roll on many years later, running and various other sports unfortunately damaged my knees where I could no longer run without pain. Not wanting to be without some form of exercise, I bought a mountain bike which allows you to ride virtually anywhere, on and off road, with the bonus of some form of suspension to ease the bits that are not used to this form of exercise. I soon found my love of running was quickly replaced with my love of cycling, which is a lot kinder on the knees. I became addicted to cycling.

The pleasure of going for an early morning ride and the feeling it gave me is hard to describe - for me it does not matter whether the sun is shining or it's raining, just as long as I can ride my bike. I now have a road bike and an indoor trainer where I set my bike up and compete using ZWIFT with other riders online.

If my job allowed, I would cycle to work, but Bath to Birmingham is a little too far for a round trip, however if it is only a couple of miles it's certainly worth considering.

It does not matter what size or age you are, most people can cycle. It does take a while to get used to sitting on the saddle for long periods of time and it can take a couple of months of riding to become less saddle sore. But a top tip is to buy some padded shorts - I don't spend a lot on them, shorts from Lidl or Aldi are as good as very expensive shorts from leading brands.

Also, make sure you are visible to other road users - you may find bright pink is not really your colour but when riding a bike, you can get away with it.

There are numerous health benefits of cycling from regular exercise to improving mental health and weight loss. I personally don't do it for any of that, I do it for the sheer joy of it.



SAY HELLO TO SUMMER AND GOODBYE TO PLASTIC

WORLD ENVIRONMENT DAY: 5TH JUNE 2023

This summer, get involved in these crucial campaigns that are all about helping the environment and reducing plastic pollution. Keep reading to find out how...

The cumulative volume of greenhouse gases from plastic production and usage is forecast to reach over 56 gigatons by 2050, based on its current growth trajectory. That's 10-13% of the world's entire remaining carbon budget. Plastic clogs our landfills, leaches into the ocean and is combusted into toxic smoke, making it one of the gravest threats to the planet. It's a potential threat to our health too, with microplastics managing to find their way into the food we eat, the water we drink and even the air we breathe.

- More than 400 million tonnes of plastic is produced every year.
- Half of it is designed to be used only once!
- Of that, less than 10% is recycled.
- An estimated 19-23 million tonnes of plastic ends up in lakes, rivers and seas.

These facts are rightly raising the profile of plastic, but there is also growing evidence of misinformation underlining the need for a packaging strategy that's based on its actual impact – both environmental and commercial. On 5th June World Environment Day is highlighting the global effort to **#BeatPlasticPollution** and **Plastic Free July®** is a global movement that helps millions of people be part of the solution to plastic pollution so we can have cleaner streets and oceans. The campaign has inspired 100 million+ participants in 190 countries.

**PLASTIC
FREE JULY®**
By Plastic Free Foundation

CHOOSE TO REFUSE SINGLE-USE PLASTICS BY...

- Saying no to plastic bags by bringing your own bag or box
- Refusing single-use cups by using a reusable cup or deciding to dine in
- Avoiding plastic wrap by using reusable containers instead.



MAKING SMALL CHANGES HAS THE POTENTIAL TO MAKE A MASSIVE DIFFERENCE TO OUR COMMUNITIES.

You can choose to refuse single-use plastics in July and beyond! Best of all, being part of Plastic Free July® will help you to find great new alternatives that can become habits forever.

Supporting a more sustainable planet for our future generations is paramount to ESS and the wider Compass Group UK & Ireland community. Reducing single-use disposables forms part of this. Since 2019, Compass Group UK & Ireland has removed:

- 11 million pieces of plastic cutlery
- 9.5 million plastic cups
- 2.8 million EPS cups
- 4 million sauce sachets

We've eliminated 4,000kg plastic working together with our banana supplier, and are finding alternatives to better the shelf life.

WE ARE ALSO COMMITTED TO:

- Using 100% reusable or recyclable packaging by the end of 2023
- Increasing business-wide knowledge on the class of materials being used (e.g. plastics) to accurately advise our operators and clients and avoid incorrect or blanket assumptions
- Providing sustainable, commercially viable alternatives to single-use plastics and packaging for all sectors
- Continuing to report on our progress and challenges in transitioning from a linear to a circular packaging approach
- Using compostable carrier bags on all sites.

Click [HERE](#) to find out more about World Environment Day.

Click [HERE](#) to find out more about Plastic Free July®.

HOW CAN WE SUPPORT OUR CARERS?

NATIONAL CARERS WEEK: 5TH-11TH JUNE 2023

Many people provide care for family members or friends who are ill, disabled or elderly and their contributions are often overlooked or undervalued.



Carers Week is an important annual event that aims to raise awareness and recognition of the vital role that unpaid carers play in our communities.

During Carers Week, events and activities are held across the UK to highlight the challenges that carers face, and to provide support and resources for those who are caring for loved ones. This can include information about financial support, respite care and other resources that can help to alleviate the burden of caring responsibilities.

One of the key aims of Carers Week is to help people who may not identify as carers to recognise their caring responsibilities and access the support they need. This can include people who are providing care for a loved one but who do not see themselves as 'carers' as well as those who may not be aware of the range of support services that are available to them.



HOW CAN YOU SUPPORT A CARER?

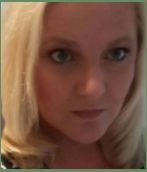
Being a carer can be very challenging, both emotionally and physically. It can also be lonely, exhausting and, at times, heart-breaking caring for those you love.

Often work is the only respite a carer can get, but depending on the role and responsibilities this can also be stressful. At ESS we want to support those that have caring duties at home. We encourage carers to speak up and let their manager know so that they can help in any way they are able to.

Know a colleague or friend who is a carer? The below may help to support them.

- Let them know you are there for them and continue to remind them:
 - Try inviting them for a cup of tea or organising a phone call
 - Offer to talk about their worries or on a totally different subject – sometimes a carer may just need a break
- Offer to help with things you are able to such as:
 - Offering to do a grocery shop
 - Cooking a meal and doing the washing up
 - Offering to look after their children, pets or plants if they need it
 - Helping with the laundry
 - Offering to help with the housework or admin
- Encourage them to take a break, and support them on how to make that possible.

SOME OF OUR ESS CARERS' STORIES



NIKKI BAILEY

Regional Administrator
- ESS Defence

I am the sole carer for my son, who has autism. He is 21 but still needs a lot of support with his social skills, personal care and attending his specialist college.

I also care for my dad who is in his 80th year, he has circulation issues and quite swollen legs which require compression socks. He cannot put these on/off on his own, so I assist with cleaning and moisturising his legs and changing his compression socks regularly, which is a workout in itself. He lives on his own, so I visit daily and cook him a meal, clean for him, do his washing and take him for his appointments as and when needed, as well as doing his weekly shop as his mobility is not great.

I am very grateful for the support from my manager and flexibility of my role with ESS which helps balance things when needed.



KIM STEADMAN

Site Cleaning Manager - ESS Defence

Within a few months of taking on a new role, I found myself in the position of caring for my elderly parents as well. Unfortunately, we lost my father very suddenly. My mother has mobility difficulties, she suffers from a severe form of vertigo and is constantly falling over, resulting in broken bones.

I spend 2-3 hours with her every evening after work to check that she has everything she needs, and ensure she has some company. I also spend the weekends with her, taking her shopping and helping with cleaning.

It has had a huge impact on my own personal time. I love my mum and will do anything I can to help, but I do not think people realise until they have to deal with it how much it affects the carer. It is not just the practical side, the constant worry that she may have another fall while I am at work is always with me.

On the plus side, my relationship with my mum seems even stronger now.

The one thing that has really helped is the love and support I have received from friends and work colleagues. I mentioned getting a key safe and one of my work colleagues came to me the following day, had sourced one for me and offered to go and install it.

It's heart-warming to work with such a great group of people, particularly as I can now see how lonely a carer's life could be without that support.



GEMMA LACEY

CSA - ESS Defence

From birth, my daughter Olivia was diagnosed with septo-optic dysplasia, which means that she is blind. As well as the challenges Olivia has faced growing up without her sight, she also suffers with hormone deficiencies. This means she requires daily injections, which I administer.

When Olivia was a small baby, we raised money to take her to China for a stem cell transplant, which unfortunately was unsuccessful. My Defence site did a fundraising night for us, and this was before I worked for the company.

Growing up was very different for Olivia and very isolating for me. I have to describe every texture, view and scenario for Olivia to understand and she constantly needs 1-2-1 support when moving around. However, her upbringing was not all doom and gloom. Olivia is an extremely intelligent young lady and top of all of her classes at school. She has a bubbly and infectious personality; she can put a smile on your face in seconds.

When Olivia started secondary school and had great support from her teaching assistants, I decided I wanted to get back into work, but after so long where would I start? I was offered a job with the CSA cleaning team at an ESS Defence site. They understood that I sometimes need flexibility, and that I wanted to gain some independence for me. ESS has given me all of this and I have made some fantastic friendships too.



Olivia continues to strive, and I am so proud of her every day.



CLEAR BLUE SKIES

NATIONAL CLEAN AIR DAY: 15TH JUNE 2023

Air pollution is well recognised as an urgent public health emergency, with it being attributed to 11.65% of deaths globally.



The World Health Organization (WHO) and the UK government acknowledge that air pollution is the largest environmental health risk we face today¹.

It's easy to presume that because the air pollution in the UK isn't as bad as some other places in the world that we don't need to worry about it, but the truth is air pollution is still much higher than it needs to be. Every year in the UK, air pollution causes:

- Up to 36,000 deaths
- 20,000 respiratory and cardiovascular hospital admissions
- 6 million sick days, at an estimated total cost of £22.6 billion per annum^{2,3}.

Although air pollution can be harmful to everyone, if you live in a more polluted area e.g., a big city such as Manchester, London or Birmingham, you will be more affected, largely due to vehicle emissions.

The most vulnerable groups, such as pregnant women, children and those with heart and lung conditions, are at a much higher risk from air pollution. It's important to note that air pollution levels also vary depending on weather conditions and recent events e.g., air pollution is much higher around Bonfire Night!

So, why exactly is air pollution so bad for us?

Air pollution is an umbrella term for lots of different types of pollution in the air around us. It can cause and worsen health conditions by triggering inflammation and negatively impacting our lung and heart health.

Prolonged exposure to air pollution, particularly 'fine particulate matter' (PM2.5, tiny particles that cause the air to appear hazy when levels are elevated) and toxic gases like nitrogen dioxide (NO₂, from the burning of fuel such as emissions from vehicles) can lead to the development or worsening of chronic conditions. These include cardiovascular disease (such as heart disease, stroke and high blood pressure), respiratory diseases (such as chronic obstructive pulmonary disease (COPD) and asthma) and even lung cancer.

Worryingly, studies have shown that long-term exposure to high levels of air pollution is associated with reduced life expectancy, particularly in areas with persistent and high levels of pollution. This is why it is so important that we all try to make positive changes to our lifestyle, such as using an electric vehicle, carpooling, using public transport or cycling more often.

FACT!

Air pollution is bad for the environment too.

Climate change and air pollution are both issues associated with burning fossil fuels. In the UK, transport is the biggest contributor to greenhouse gas emissions, significantly impacting climate change.

National Clean Air Day is the UK's biggest campaign focused on creating awareness around the importance of clean air and the actions individuals can take to improve air quality.

The day encourages people to understand the impacts of air pollution on health and the environment and inspires them to take steps to reduce their own contributions to air pollution, such as using greener transport options and cleaner sources of energy.

This year people are encouraged to visit the 'clean air hub' to:

LEARN:

The impact air pollution has on our planet and our mental and physical health.

ACT:

Contribute to reducing air pollution in your daily lifestyle.

ASK:

Find out what is being done to reduce air pollution in your area.

ESS and Compass Group UK & Ireland have a leading role to play in protecting our amazing planet.

In May 2021, we made the necessarily ambitious commitment to reach Climate Net Zero by 2030 through our Climate Promise. As part of that promise, we aim to have:

- **100% renewable gas by 2022**
– Currently 100% of meters switched in 5/6 sectors, 93% overall
- **100% of all company cars electric by 2024** – Currently 33% are electric, 18% are hybrid and 100% of cars on order are electric
- **55% reduction** in carbon footprint by 2025
- **72% reduction** in forest, land and agriculture (FLAG) emissions by 2030
- **90% reduction** in non-FLAG emissions by 2030.

GIVE BEES A CHANCE

DON'T STEP ON A BEE DAY: 10TH JULY 2023

This day isn't just about protecting our feet but highlighting the important role bees play and how they are at risk of becoming extinct!

Bees play a critical role in our ecosystem and food system. They are important pollinators that help fertilise the flowers of plants, which leads to the production of fruits, nuts, seeds and vegetables. Without bees, many of the foods we rely on for our survival and nutrition would become scarce or disappear altogether.

In addition to their role in food production, bees also help to maintain the biodiversity of ecosystems by pollinating wild plants and supporting the habitats of other animals. They play a key role in the overall health and stability of our natural systems.

Unfortunately, bee populations are currently under threat due to habitat loss, climate change, pesticide use and other factors. Currently 35 bee species face extinction. It is important that we take steps to protect and conserve these important creatures, both for their own sake and for the sake of our food and our world. This could involve actions such as supporting bee-friendly gardening practices, reducing pesticide use and advocating for policies that protect bee habitats and populations.

Bees contribute to a third of the food we put on our table.¹

Insect pollination is worth £690 million to UK crops each year.²

75% of global crops depend on insect pollination.^{2,3}

CAUSES OF REDUCED BEES	HOW?
Bee specific diseases and parasites that weaken and kill them	<p>The Varroa mite (Varroa destructor) swept across the UK in the 1980s and is still with us today.</p> <p>This mite lives up to its name by reducing the lifespan of adult bees, suppressing their immune system and transmitting viruses as it sucks blood from one bee and moves on to the next.</p> <p>Sick bees are also more susceptible to the effects of poor nutrition and pesticide poisoning.</p>
Many flowers, nest sites and nesting materials are contaminated with pesticides	<p>Bees pick up the insecticides, herbicides and fungicides applied to gardens, roadsides and crops.</p> <p>These pesticides, alone and in combination, can be toxic.</p>
The loss of natural habitats	<p>Fewer wildflower meadows, hedgerows, fenlands and ancient woodlands have caused a decline in all our insect pollinators - moths, butterflies, hover flies, bumble bees and honey bees.</p> <p>There are not enough blooming flowers over the length of the growing season in our agricultural and urban landscapes to support bees. Fortunately, councils and other large organisations across the UK have woken up to this serious problem and have now started a policy of limited grass cutting on verges, roundabouts, parks and gardens.</p> <p>The general public are being encouraged to plant their gardens with pollinators.</p>

ESS IS SUPPORTING BEE POPULATIONS!

We have introduced three bee colonies at Brompton Barracks in Chatham as part of a wider sustainability programme on the site which is home to the Royal School of Military Engineering (RSME).

Bringing the bees to RSME required the close collaboration of a variety of stakeholders. Following a site survey, various client risk assessments and agreement of the plan, a partnering group cleared the apiary location – a semi-sheltered position away from busy thoroughfares. 40,000 bees, including two queens, were introduced in December 2020, living in a nucleus box over the winter while they got used to the site. In April 2021, another colony with a further two queens was moved in. After two months, the bees were transferred into two cedarwood hives where they have been thriving ever since. Such was the success of the first two hives that a third was introduced in 2022, and the site is now home to 150,000 ESS bees!

Representatives from ESS, the MOD and Babcock have completed a 12-week training programme delivered by the British Beekeepers Association and are now qualified to care for the bees.

The project has benefited from a close partnership with the Medway Beekeepers Association, particularly Anthony Edwards who has provided his expertise generously. Following the first harvest, Anthony was so impressed with the amount of honey produced that he entered the racks into the Medway & County Kent Beekeepers Association Honey Show where

they won first place! The team have been delighted by the success of the project which has been put down to the location of the barracks close to the Great Lines Heritage Park and River Medway, with a wide variety of flora available, and the characteristics of the apiary, which is quiet, sheltered and protected from pollution.

Luke Kemp

General Manager – ESS Defence at RSME, said:

"When I walk around the site, it's lovely to see our honey bees in the gardens where we grow fresh ingredients.

"So many of the site community have shown an interest in the project and I give our clients an update on the bees at our monthly meeting – as we are learning, they are learning too!

"Our success would not have been possible without the support of many, including our military client, Babcock, our volunteers and Anthony Edwards from the Medway Beekeepers Association."

Anthony Edwards

Medway Beekeepers Association:

"The RSME bee project is so important because there are simply not enough honey bees in the UK to pollinate our fruit and vegetable crops.

"If every large organisation followed the example of RSME and made land available for similar beekeeping projects, we would be going some way to addressing this problem."

Following the success at RSME, beehives have now been introduced to other ESS sites including the Defence Academy of the United Kingdom.



HOW CAN WE HELP OUR BEES?

- Plant flowering plants if you have outdoor space
- Don't mow the lawn as frequently
- Don't use pesticides
- Support organic produce – there are around 75% more wild bees on organic farms²
- Purchase bee products.

BEE FACTS

The average hive produces about 24 jars (11kg) of honey per season².

Bees must fly about 55,000 miles just to make almost 500g of honey².

ASK YOUR NUTRITION & WELLBEING SPECIALIST

You can ask anything to do with
nutrition, health & wellbeing.
So drop us an email and we will
get back to you as soon as possible.



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