

HELLO

and welcome to the May issue of our Wellness Newsletter.

MAY 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

This month's newsletter aims to boost our overall wellbeing and highlights health and wellbeing initiatives which support each of our wellness pillars; **Healthier Mind, Healthier Food, Healthier Body and Healthier World.**

May is **National Walking Month** which encourages us to incorporate more walking into our day. Walking provides a great opportunity to get outside and hopefully enjoy some sunshine. But as the sun comes out, don't forget to protect your skin, supporting **Sun Awareness Week.**

Not only is walking good for our physical health, but our mental health too in support of **Mental Health Awareness Week.** Throughout this week we will be providing you with tips to help your mental health plus our mindful moments live panel discussion on how to deal with loneliness. This issue also reminds us that a healthy gut supports our mental wellbeing for **World Digestive Health Day.**

Throughout this month we celebrate what we do at ESS to support wider initiatives such as **National Vegetarian Week** and how we keep our consumers safe by following national

legislation highlighted in **Food Allergy Awareness Week.**

We also provide ideas on how to be sustainable by supporting **Fairtrade Day** and include energy saving tips to help with rising energy costs!

Whilst this month's newsletter should provide you with some helpful tips on keeping healthy and protecting our planet, don't forget to check out our Instagram and YouTube channels for more info – just search 'WeAreESS'.

Harjeet Moore

Head of People

Health and Wellbeing Initiatives in May:

- **National Walking Month**
- **Sun Awareness Week**
- 2ND - 8TH May
- **Food Allergy Awareness Week**
- 9TH - 14TH May
- **Mental Health Awareness Week**
- 9TH - 15TH May
- **World Fair Trade Day**
- 14TH May
- **National Vegetarian Week**
- 16TH - 22ND May
- **World Digestive Health Day**
- 29TH May

NATIONAL WALKING MONTH

May is National Walking Month, the celebration of a simple form of activity which stems from Living Streets, the UK charity for everyday walking.

Their mission is to achieve a better walking environment, inspire people to walk more and make walking the natural choice for everyday local journeys.

With spring in bloom and the weather getting warmer, May is the perfect opportunity to get outside and get moving. Walking is free, flexible, fun and proven to have a huge impact on your wellbeing.



Living Streets charity has put together 20 tips to help you fit 20 minutes of walking into your day. Our three favourites are:

Power walk to the finish

Power walking is a great way to stay healthy, boost fitness and energy levels. You'll get to your destination quicker too! Try walking on different surfaces and inclines – it uses different muscles and will strengthen them as well.

Try a walking meeting

Get some fresh air and a change of scenery, boost your energy and productivity by combining a work meeting, or phone call, with a walk.

Take a mindful meander

Walking is a perfect way to relax and connect with nature. Take time for yourself to absorb the sights, smells and sounds you encounter.

Click [HERE](#) for more.

SUN AWARENESS WEEK

2ND-8TH MAY

This year, Sun Awareness Week provides advice on prevention as well as early detection of skin cancer.

The British Association of Dermatologists aims to raise awareness of the dangers of burning, excessive tanning and discourages people from using sunbeds.

Each month, we try to debunk some myths through our newsletters, webinars and Instagram page [@WeAreESS](#). This month we look at some common myths about sun exposure.

Another aim of this awareness week is to teach people how to spot the early signs of skin cancer. Some common skin cancer signs include:

- A lump or discoloured patch on the skin
- Lumps which are firm and sometimes turn into ulcers
- Patches which are usually flat and scaly
- Appearance of a new mole or a change in an existing mole.

Remember, if you are concerned about changes to your skin, always visit your GP. The earlier the detection, the easier it is to treat.

Myth	Explanation
People with dark skin don't need to wear sun cream.	Health experts advise everyone, regardless of skin colour, to use sunscreen with a SPF of at least 30. Although dark-skinned people won't get sunburned as quickly, they will still burn and are still susceptible to sun-induced damage such as sunspots, wrinkles and skin cancer.
Tanning is always safe as long as you don't burn.	There is no such thing as a safe tan. The increase in skin pigment, called melanin, which causes the colour change in your skin, is a sign of damage.
You can only burn in summer or when the weather is warm.	Even when it is cold or overcast, ultraviolet (UV) rays that cause aging and damage still occur to your skin, increasing the risk of skin cancer. They may not be as strong in the winter months however they can burn and damage your skin all year round.
Sunbeds are safer than exposure to sun.	Sunbeds give out ultraviolet (UV) rays which increase your risk of developing skin cancer. Many sunbeds give out greater doses of UV rays than the midday tropical sun.

NATIONAL VEGETARIAN WEEK

16TH-22ND MAY

Give veggie a go for one week!

A balanced vegetarian diet can be healthier and more sustainable as it can help individuals to eat less saturated fat, increase fibre and decrease their carbon footprint—helping themselves and the planet.

Meat Free Monday is a concept which has grown in popularity in recent years, with many people opting to have a veggie or vegan day once a week. Not only can this have benefits for our health and the planet, but many people also report that taking part has encouraged them to become more adventurous with cooking as well as providing an opportunity to try new foods which they may never have tried otherwise.

Making changes to our diet doesn't need to be all or nothing. We can choose to reduce or increase certain foods to benefit our health and the planet, without having to cut them out of our diet forever. You can still eat the foods you enjoy whilst also increasing your daily intake of plant-based foods too.

So, what exactly does this mean?

- You could reduce the quantity of animal protein in recipes and replace this with plant proteins e.g., 80% mince and 20% lentils in your lasagne
- Include more fruits and vegetables in your daily diet
- Eat more legumes such as beans, chickpeas, peas and lentils
- Try different wholegrains in your recipes
- Consider giving some plant-based dairy alternatives a try next time you are cooking at home.



National
Vegetarian
Week
16-22 May 2022



FOOD ALLERGY AWARENESS WEEK



9TH-14TH MAY

What is an allergy?

An allergy is a reaction caused by the body's immune system when it identifies a normally harmless substance, e.g., food, pollen or dust, as a threat. Common symptoms of an allergic reaction are sneezing, itchy eyes, runny nose, a rash or swelling of the face. However, a severe allergic reaction can cause breathing difficulties and can be life threatening.

In Europe, the 14 most common food allergies have been identified and these must be clearly labelled on the foods and drinks we buy, but it's important to remember people can also be allergic to other foods too.

How does ESS protect its consumers?

We feed thousands of people every day and ensuring our customers stay safe is our top priority.

Each of our colleagues is trained on the importance of providing correct allergen information and the vital role they play to keep others safe.

We also provide allergen information to our customers to help them to make safe, informed choices.

On our sites, we print daily allergen reports for all the food served in the dining areas, which are available on request. These reports list which 14 common allergens each dish contains as well as a full ingredients list.

Following the tragic death of Natasha Ednan-Laperouse in 2016 from an allergic reaction after eating a pre-packed baguette, **Natasha's Law** was introduced in October 2021. The legislation ensures that pre-packaged for direct sale items (PPDS), i.e., any food or drink which has been made, packaged and placed onto a counter or shelf before a consumer orders or selects it, are clearly labelled with the allergens they contain to help prevent potentially life-threatening reactions from occurring.

We ensure all our PPDS items are clearly labelled with an ingredients list and the 14 common allergens they contain.



Cereals containing gluten



Crustacean



Eggs



Fish



Peanuts



Soyabean



Milk



Nuts



Celery



Mustard



Sesame seeds



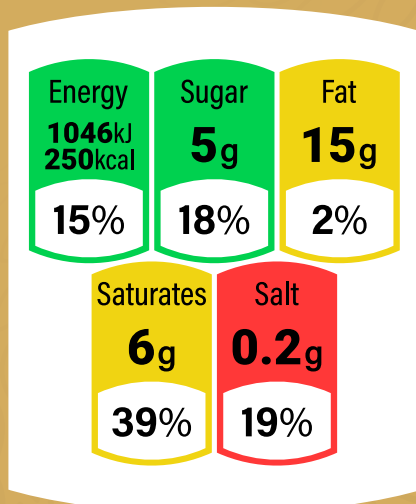
Sulphur dioxide and sulphites



Lupin



Molluscs



UNDERSTANDING FOOD LABELS

WELLNESS WEDNESDAY WEBINAR

JOIN OUR WELLNESS WEBINAR ON WEDNESDAY 4TH MAY AT 14:00.

There is plenty of useful information that can be found on food labels but sometimes it can be overwhelming deciding what to look at, especially if you are in a rush round the shops!

Join Heidi Wright, ESS Nutrition and Wellbeing Engagement Officer, to

explore food labels and what to look out for, as well as a mention of the new calorie labelling legislation which explains why you may be seeing calories in more places than before! Click [HERE](#) to join at 14:00 on Wednesday 4th May.

WORLD DIGESTIVE HEALTH DAY

29TH MAY

Your gut plays an important role in breaking food down and absorbing all the vital nutrients your body needs to stay healthy.



But that's not all...

In last month's newsletter we highlighted that our brain and gut communicate regularly and that what we eat can really affect our mood and overall mental wellbeing – so it's really important to keep your digestive system healthy!

What can I do to promote a healthy gut?

- **Eat more fibre**
Last month, our wellness webinar was all about fibre. Click [HERE](#) to watch the short 15-minute webinar on what fibre is, the importance of it, how much you need and tips to increase your fibre intake.
- **Drink little and often**
We need water to stay hydrated and support smooth movement through the gut. Aim for at least six to eight 200ml glasses a day.
- **Exercise regularly**
This not only strengthens your glutes and biceps but your internal muscles too, which can help to push food through your gut. Aim for 150 minutes of moderate or 75 minutes of vigorous activity a week.
- **Consider probiotics**
While more research is needed into which types of probiotics may produce different health benefits, including active cultures into your diet may help keep your gut healthy by building up the good bacteria in your colon. Try products which have research to prove the bacteria reach your gut alive, such as Activia, Actimel or Yakult, and ensure the active culture name is in three parts, i.e., Lactobacillus casei Shirota and the amount is stated on the pack (the number must be in its billions).
When you have chosen a product, it is recommended to stick to it for a minimum of four weeks while monitoring the effects.



MENTAL HEALTH AWARENESS WEEK

LONELINESS

HEALTHIER MIND



9TH-15TH MAY

Loneliness is affecting more and more of us in the UK and has a huge impact on our physical and mental health.

We can all feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience of loneliness will be different. While loneliness is not a mental health problem, the two are strongly linked.

Feeling lonely can be very stressful and can have a big impact on your general wellbeing, which might make it even harder to make positive steps to feel better. Some of the following may be affecting how you feel – think about whether you can do anything to change them:

- **Try and get enough sleep.**
Getting too much or too little can have a big impact on how you feel.
- **Think about your diet.**
Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.
- **Do some physical activity.**
Exercise can boost your mental wellbeing and some people find it helps their self-esteem.
- **Spend time with animals.**
Some people find spending time with pets or with animals in their natural environment can help feelings of loneliness.
- **Avoid drugs and alcohol.**
You might want to use drugs and alcohol to cope with difficult feelings about yourself, but they can make you feel worse and prevent you from dealing with underlying problems.

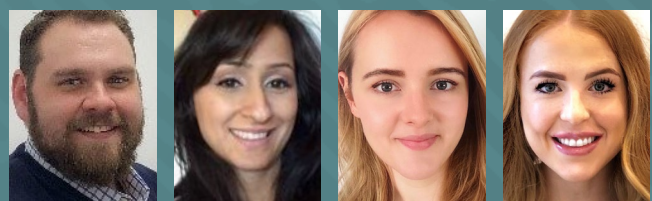
To find out more ways to help manage loneliness, visit the Mind website [HERE](#).

MINDFUL MOMENTS: LONELINESS LIVE DISCUSSION

HEALTHIER MIND

11TH MAY

This month our panel **Evan Judge**, Senior HSE Manager; **Harjeet Moore**, Head of People; **Heidi Wright**, Nutrition and Wellbeing Engagement Officer and **Abigail Attenborough**, Healthcare Wellness Partner discuss what loneliness is, highlighting certain circumstances which may leave an individual feeling lonely and tips to manage loneliness. Click [HERE](#) to join at **13:30 on Wednesday 11th May**.



You can catch up on all our Mindful Moment live panel discussions on our 'WeAreESS' YouTube channel. Don't forget to like and subscribe.

MENOPAUSE SUPPORT

During the menopause the ovaries no longer release an egg and a gradual fall in the hormone oestrogen causes periods to become less frequent and overtime they stop completely. This can happen over a few months or several years. In the UK, most women begin the menopause between 45-55.

What are the symptoms of menopause?

There are a range of different symptoms and physical changes, with the severity and type differing between individuals. Around 80% of women will experience symptoms, including hot flushes, night sweats, insomnia, vaginal dryness, mood disorders and weight gain.

Did you know menopause can increase your risk of certain diseases...?

During menopause your metabolism (how fast your body breaks down food to produce energy) may slow down by around 10% and your muscle mass can decrease. This can lead to weight gain, increasing the risk of heart attacks, strokes, type 2 diabetes, obesity and some cancers.

Overtime, the decline in oestrogen can increase the risk of osteoporosis which causes a weakness in the bones and increases the risk of a fracture.

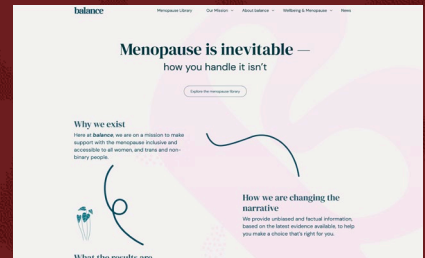
Therefore, it's important to keep active and be mindful of what, and how much, you're eating.

BALANCE

Balance is a menopausal support platform to ensure information about perimenopause and menopause is inclusive and available to everyone.

Their passion is to help people become better informed and more prepared during this time of their lives. Their website provides women, trans and non-binary people with education on perimenopause and menopause. This is also a useful tool for men to understand what those around them are experiencing and how to support them.

Click [HERE](#) to find out more.



Headaches or migraines?

Fluctuating levels of hormones, particularly a dip in estrogen levels, can bring on headaches and trigger migraines for many people. This could be a sign of the perimenopause or menopause.

Headaches or migraines, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

Half the population will go through the menopause. Change is inevitable but how you handle it isn't.

For evidence-based information and support during your menopause journey, download our free balance app on the App Store or Google Play.

balance
the menopause support app
by Dr Louise Newson



Low mood, anxiety, feelings of depression?

Low mood, anxiety and feelings of depression can be very common symptoms of the menopause and perimenopause.

These and other psychological symptoms are often mistaken for clinical depression, with many women wrongly prescribed antidepressants as treatment.

It is the symptoms that other people cannot see that too often lead to the most difficulties. Psychological as well as physical symptoms occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

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Trouble sleeping?

A disruption to sleeping habits is often the No.1 complaint from those in the perimenopause and menopause.

Trouble sleeping, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

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by Dr Louise Newson



WORLD FAIR TRADE DAY

HEALTHIER WORLD

14TH MAY

Do you feel lucky to have your morning cup of coffee, fresh bananas, comfy jeans and shoes to wear?

Many people across the world work in terrible conditions for pennies so we can continue to enjoy these things we take for granted. However, this shouldn't be the case.

World Fair Trade Day is a global event that aims to draw attention to this issue and help improve the lives of workers and small producers, especially in developing economies.



ENERGY SAVING TIP!



With the cost of electricity rising, we are all looking for new ways to save money.

Did you know that using LED light bulbs is an easy way to save energy?

A 5Watt LED lamp on for 200 hours would cost 30 pence compared to 10 hours using a 100Watt traditional lamp.

ASK YOUR NUTRITION SPECIALIST & WELLBEING PARTNERS

WELLNESS

Ask anything to do with nutrition, health and wellbeing.

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



Harjeet Moore

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If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: ess.wellness@compass-group.co.uk
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