

HELLO

and welcome to the September issue of our Wellness Newsletter.

SEPTEMBER 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

What will you do this month to boost your overall health and wellbeing?

This month's edition is packed to the brim with health and wellbeing initiatives to help you refocus after a summer which may have involved some time off work and your fitness regime. **National Fitness Day** (27th September) inspires you to get back on track.

Tracking your health and fitness can lead to making healthier choices, this year **Know Your Numbers! Week** (5th–11th September) encourages you to keep track of your blood pressure at home to reduce your risk of cardiovascular disease. Cardiovascular disease can occur due to several reasons and our lifestyle choices can impact this. This year for **World Heart Day** (29th August), we interviewed **Jennie Moseley**, Catering Manager at DMS Whittington, to explore how a heart attack in her family led to changes to their diet and lifestyle.

Something a little bit harder to monitor is just how much waste you throw out... but what we do know is that it's too much! Both **Zero Waste Week** (5th–9th September) and **Recycle Week** (19th–25th September) remind us of the importance of reusing and recycling and provide tips to help us do so.

This month we also cover **Blood Cancer Awareness Month**, **Suicide Prevention Day** (10th September) and the **World's Biggest Coffee Morning** (30th September), including a recipe for a sugar-free lemon drizzle cake so you can wow your peers!

Harjeet Moore

Head of People

WORLD HEART DAY

HEALTHIER BODY



WORLD HEART DAY 29 SEP

29th SEPTEMBER

World Heart Day is celebrated on 29th September every year. It promotes preventative steps and changes in lifestyle to avoid cardiovascular diseases, such as heart attack, stroke, heart failure and other conditions relating to our heart and arteries.

STATS¹:

7.6 million people are living with heart and circulatory disease in the UK.

Around twice as many people are living with heart and circulatory disease in the UK than with cancer and Alzheimer's disease combined.

24% of all UK deaths are caused by heart and circulatory diseases.

In the UK, there is **1 hospital admission for a heart attack every 5 minutes.**

1. British heart foundation: January 2022

AN INTERVIEW WITH JENNIE MOSELEY

Unfortunately, **Matt Moseley**, Regional Executive Chef, Hestia 6, RSME & NTEP, recently experienced a heart attack. So, this month, our ESS Nutrition and Wellbeing Engagement Officer **Katrina Francis (K)**, spent some time with **Jennie Mosely (J)**, Catering Manager at DMS Whittington (and Matt's wife), to discuss how this has impacted them, and what lifestyle changes they have adopted, which will hopefully help others who have a similar experience.

K: Unfortunately, your husband, Matt had a heart attack earlier this year – do you mind sharing a bit about how this impacted you and your family?

J: Initially it was a great shock, but then you experience the aftermath in the following days. For those who don't know about heart attacks, you don't just suddenly pop out of bed, Matt was wiped out for a good two weeks where he really couldn't move very well. We are a team so everything that we usually do together, I was now doing myself such as cooking and preparing food, which the kids didn't like as they didn't have dad's nice food, putting the bins out and doing the laundry.

I'd say as a family it really affected us. Not only did it affect Matt's physical health having a heart attack, but mental health too, and the kids were obviously very worried, so we tried to keep things as normal as possible for them.

K: Thank you for sharing. We know that lifestyle can impact our heart health and I recall having a conversation with you during your health MOT where you explained that your family has had to make some lifestyle changes to help support a healthy heart. Would you mind sharing those again for our readers?

J: So, initially you get advice from the doctors, and then there's a lot of help from the British Heart Foundation. When something like this happens, you must completely change all your lifestyle habits, from exercising more to Matt's diet and I've just done the same. For instance:

- Swapped full fat salted butter to cholesterol lowering margarines.
- We cook with oil rather than butter
- I didn't realise how bad cooking with coconut oil actually was, it's a saturated fat and therefore can increase cholesterol, so we have cut that out from cooking.

- We choose reduced fat cheese, cheese spread, milk and yoghurts.
- We've completely cut out any processed meats – the full English on a weekend has swapped to avocado and poached eggs.
- What we didn't realise could impact heart health was caffeine, so following the heart attack we no longer consume caffeinated drinks and opt strictly for decaf.
- If we snack, we choose fruit or nuts which, if you ask Matt, is something I am very strict on... and I have to be for both of us. The positive side is that the kids are also changing their habits, so instead of reaching for crisps, they will pinch our nuts... which is a little bit annoying as they are very expensive!
- Finally, the biggest change we have made is we have completely ruled out alcohol.

All of these things together can have an impact on cholesterol, so we have swapped all of these and this has affected the family in a good way.



K: Amazing, it seems like you've made some great changes to your diet. Obviously with Matt being a chef, enjoying food and flavours, what is your go to evening meal that you really enjoy now you've made the changes?

J: At first you feel limited as all you think of is salads, chicken or fish, but as time goes on you progress in realising what you can still eat. It's not until you start thinking about it, you are not compromising on the foods you enjoy, you are just thinking outside the box.

One of the family favourites at the moment is ginger and lime chicken (without the skin on!). We usually have this with a spinach and tomato salad and, if we are feeling really naughty, we might have it with some sweet potato wedges.

K: You can still eat so many things and, like you say, people initially think salads, but there's so much that you can have. You've talked a lot about diet. We also know that physical activity can impact heart health. Have you made any changes there?

J: Yes definitely. So, initially following his heart attack we didn't move Matt around at all, but now he's in a good routine. He gets up at the same time, takes the dog on some nice long walks and soon he may think about going to the gym or swimming, something he can still fit into his day to day once he gets his next results back.

K: Fantastic, that's really good. It's important to take a rounded approach and think about all aspects of our lifestyle. Final question, change isn't always easy – is there anything you have found particularly difficult?

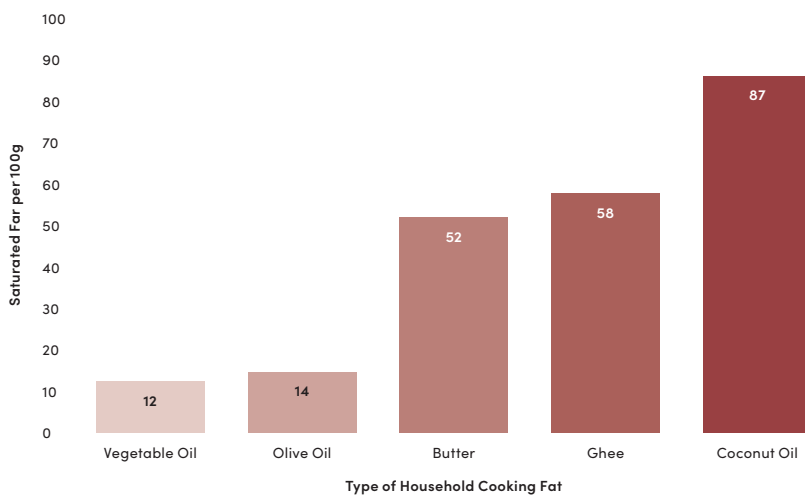
J: At first, the most challenging was giving up alcohol, completely, but it has had a positive impact on us. I think initially you always think to yourself, when you're stressed, you'll go for a glass of wine. You think that's a quick release? But after a month of not drinking, you see it's not, it's not the only way to release stress. When you're free from the alcohol, you feel a lot more hydrated and sleeping has got a lot better for us.

Another challenge was giving up chocolate! We used to automatically think of chocolate when we wanted something sweet, but now we will have something like yoghurt with bananas and a swirl of honey. This surprisingly does the trick. It helps you overcome that craving and we don't feel rubbish after eating it which we sometimes did when consuming chocolate.

K: Thank you for your time, Jennie. We hope this will help others to make changes too. We are all thinking of Matt and hope that he's recovering well and that we see him back in full health shortly.



Saturated fat per 100g in Household Cooking Fats



BEATING CARDIOVASCULAR DISEASE IS SOMETHING THAT MATTERS TO EVERY BEATING HEART.

To find out more, we previously held a webinar on heart health, discussing the importance of heart health, dietary recommendations for heart health and lifestyle considerations for a healthy heart. You can catch up on our WeAreESS YouTube channel [HERE](#). Don't forget to like and subscribe!

KNOW YOUR NUMBERS! WEEK

5th-11th SEPTEMBER

This is the UK's biggest blood pressure testing and awareness event to help those who have high blood pressure and don't know it.

This year the campaign encourages the nation to use a simple and reliable blood pressure monitor to measure their blood pressure at home. This helps you feel in control and confident about your health. It also takes pressure off the NHS – meaning there is no need to visit the GP, nurse or pharmacist in person.

It puts you in the driver's seat, and it really can save lives!

WHAT IS A HEALTHY BLOOD PRESSURE READING?

HYPOTENSION (LOW)	DESIRABLE	HYPERTENSION (HIGH)
<90/60 mmHg	90/60 mmHg to 120/80 mmHg	140/90 mmHg or higher

Please note: Blood pressure is not fixed; it rises and falls throughout the day in response to what you are doing. Many factors affect the readings, including physical activity, fitness level, obesity, alcohol, stress, smoking, sleep, illness, medication, ethnic group and salt intake.

ESS Health MOTs

As part of our new health MOT package, our Nutrition and Wellbeing Team provide individuals with a blood pressure reading. These sessions aim to encourage ownership of key health measurements to manage wellbeing effectively, as prevention is always better than cure.

HOW TO TAKE YOUR BLOOD PRESSURE

- 1 Follow the instructions that came with your monitor.
- 2 Place the arm cuff just above your elbow.
- 3 Keep still and quiet while you take the reading.
- 4 Take two or three readings, each about one or two minutes apart.
- 5 Keep a record of your measurements.



Blood Pressure UK

Helping you to lower your blood pressure.

TIPS ON HOW TO LOWER YOUR BLOOD PRESSURE

- 1 Don't add salt when cooking or at the table.
- 2 Buy reduced salt gravy and sauces.
- 3 Reduce your alcohol intake.
- 4 Incorporate exercise into your daily routine.
- 5 Reduce your caffeine intake (remember chocolate and fizzy drinks contain caffeine too!).
- 6 Stop smoking.
- 7 Lose weight if you're overweight.

WORLD'S BIGGEST COFFEE MORNING

HEALTHIER FOOD



30th SEPTEMBER

Be part of Macmillan's World's Biggest Coffee Morning on Friday 30th September.

Host an event, invite your guests and get together to raise money for people living with cancer. Whatever your reason, it's a great one.

A coffee and a chat can encourage benefits to our health and wellbeing, especially our mental health. Talking can be a way to cope with a problem you've been carrying around in your head for a while. Just being listened to can help you feel supported and less alone. And it works both ways – if you open up, it might encourage others to do the same.

Coffee mornings are made better with a delicious slice of cake! Try this sugar-free lemon drizzle cake and take it along to enjoy with your cuppa.

SUGAR-FREE LEMON DRIZZLE CAKE

CUTS INTO 10 SLICES

Ingredients:

- 225g self-raising flour, sifted
- ½ tsp baking powder
- 225g xylitol
- 2 lemons, zest only
- 2 large eggs
- 125ml sunflower oil
- 1 tbsp milk
- 200g 0% fat Greek yogurt

Drizzle:

- 1 lemon, juice only
- 50g xylitol

Each slice (102g) contains

Energy	Fat	Saturates	Sugars	Salt
1203kj 289kcal	14g	1.9g	1.1g	0.44g
14%	20%	10%	1%	7%

of an adult's reference intake
Typical values (as sold) per 100g:1176kJ/282kcal



Method:

- 1 Preheat oven to 180°C/160°C fan/ Gas 4. Grease and line a loaf tin.
- 2 Mix the flour, baking powder, xylitol and lemon zest in a large bowl.
- 3 Mix the eggs, sunflower oil, milk and yoghurt together in a separate bowl, then stir into flour mixture.
- 4 Spoon into tin and smooth the surface.
- 5 Transfer to the oven immediately. Bake on middle shelf for 1 hour to 1 hour 10 mins.
- 6 Check after 50 minutes, if cake is becoming too dark, cover loosely with foil.
- 7 Make the drizzle by heating lemon juice and xylitol. Stir over a low heat until the xylitol is dissolved.
- 8 Once the cake is cooked, remove from oven and pour over the drizzle.

WE WOULD LOVE TO SEE PICTURES OF YOUR COFFEE MORNING!

Post them on workplace or email them to:

ess.wellness@compass-group.co.uk to be included in next month's newsletter!

ZERO WASTE WEEK

HEALTHIER WORLD

5th-9th SEPTEMBER

Whatever you do, do not throw out your leftover food...

No amount is too little to save when your hard-earned money is on the line. There is lots you can do with your leftovers, like making them tomorrow's lunch, getting creative and reinventing them e.g., adding leftover veg or meat to make fried rice, bubble and squeak, omelette or soup, freezing them or giving them to a loved one who enjoys your homemade curries! If you really hate leftovers, make an effort to avoid them in the first place by cooking less.

Loving your leftovers is a great way to waste less food and save a few pennies... after all, every little helps at the moment! However, make sure you store your leftovers safely as bacteria can grow and make you ill.

Follow these tips to keep your leftovers safe to eat:

- Cool food rapidly to prevent bacterial growth. To do this, divide large amounts into smaller portion sized containers.
- Cover, wrap them in airtight packaging or seal them in storage containers. This helps keep bacteria out, moisture in and prevents them picking up odours from other foods.
- Keep for no longer than 3 to 4 days in the fridge or 3 to 4 months in the freezer.
- If you freeze your leftovers, ensure to thaw using a refrigerator, cold water or microwave.
- When reheating, check the temperature in several places with a food thermometer to make sure food is piping hot.

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ESS SEPTEMBER WELLNESS WEBINAR

HEALTHY PACKED LUNCHES

HEALTHIER FOOD

Are you bored of making the same old lunches? Tired of preparing a healthy lunch box only to find yourself feeling ravenous by mid-afternoon?

This month our Wellness Webinar shares how to prepare a healthy lunch that'll keep the whole family feeling energised throughout the day. We will also cover our top tips for making the most of your leftovers as well as our healthy snack swaps.

Click [HERE](#) to join on **Wednesday 7th September at 14:30.**





RECYCLE WEEK

19th-25th SEPTEMBER

Last year was the most successful year so far for the Recycle Week campaign...

...with 82% of people saying they had changed their behaviour as a result of seeing Recycle Week 2021 content.

However, this is only one small step and more needs to be done to challenge perceptions and myths around recycling.

This year's theme is '**Let's Get Real**' which aims to target contamination and improve recycling behaviours. Check out the rules in your local area to make sure you are placing the correct objects into each bin!

This time last year we invited **Martyn Pollard**, Regional Waste Manager, to deliver a webinar on the importance of recycling, how to do so correctly and what we do within ESS.

You can catch up on our WeAreESS YouTube channel **HERE**. Don't forget to like and subscribe.

HERE ARE OUR TOP TIPS TO MAKE SURE YOU RECYCLE RIGHT

Make sure recycling is empty, clean and dry so items are free from food residue.

Read the labels to check what is recyclable.

Remove the plastic film from bottles, plastic pots, tubs and trays as these are not recyclable.

Use the right bins. Textiles, electrical, pots and pans can be recycled but need to be taken to your local recycling bin, not your household bin!

Keep the lids screwed onto your bottle, if they aren't they slip through the recycling machinery.

WORLD SUICIDE PREVENTION DAY

HEALTHIER MIND

SAMARITANS

10th SEPTEMBER

Suicide is the cause of one out of one hundred deaths worldwide. Each suicide is devastating and impacts those around them. However, by raising awareness, reducing the stigma around suicide and encouraging action, we can reduce the instances of suicide around the world.

Always remember you are not alone... there is lots of support available to you when you may be feeling at rock bottom.

- **Employee Assistance Programme:** these generally include assessment, short-term counselling and referral services to deal with personal problems.
- **Samaritans:** Call 116 123, available 24/7.
- **Speak to a Mental Health First Aider:** they will be able to signpost you to further resources.

1 in 15 people of all ages and from all walks of life attempt suicide, with many more (1 in 5 people) experiencing suicidal thoughts at one time or another.

If you think someone is suicidal it is best to ask them directly: e.g. 'are you having thoughts of suicide?'. This type of questioning can feel uncomfortable but talking openly about it can help save a life.

BLOOD CANCER AWARENESS MONTH

HEALTHIER BODY

1st-30th SEPTEMBER

More than a million people are diagnosed with blood cancer worldwide each year yet there is still relatively low awareness of what blood cancer is.

Over half of all British people can't name a single blood cancer symptom. Make sure you know what to look out for:

- Unexplained weight loss
- Bruising or bleeding that is unexpected
- Lumps or swelling
- Drenching night sweats
- Unexplained rash or itchy skin
- Pain in bones, joints or abdomen
- Paleness
- Tiredness that does not improve with sleep



NATIONAL
FITNESS
DAY



NATIONAL FITNESS DAY

HEALTHIER BODY

27th SEPTEMBER

Make this the most active day of the year!

People will define fitness in different ways... running a certain distance, not getting out of breath walking up the stairs, going to work every day or looking and feeling a certain way.

We can improve our fitness by taking part in physical activity. Improving our fitness can boost our mental health too e.g., it may increase our self-esteem and how we feel about ourselves - if we do not get out of breath as often, we are likely to feel better about ourselves.

Here are a few ideas on how to keep track of your fitness progress:

- Keep a workout journal.
- Track your numbers e.g., number of steps or weight you lift in the gym.
- Check how your clothes feel on you - are your trousers getting looser?
- Challenge yourself once a month - can you run/walk further in a specified time?

MYTH BUSTER

'You need to eat more because you are exercising.'

It is a common myth that if you exercise more you will need to eat more, to the extent that some people will exercise just so they can eat more. However, if you are participating in exercise which lasts less than 60 minutes, additional food is not required.

Following the principles of the **Eatwell Guide** will provide you with all the energy, nutrients, vitamins and minerals you need to help fuel you throughout the day, regardless of your physical activity levels. As your energy intake increases or decreases, the size of the food groups will change in proportion e.g., starchy carbohydrates will always make up a third of your daily intake.

If you are participating in exercise lasting longer than 60 minutes, you should pay attention to what you eat and drink before, during and after. This will reduce tiredness, improve performance, speed up recovery and help you have the energy to train harder and longer!

If you are training for an event and would like some nutritional guidance, you can contact the wellness team at ess.wellness@compass-group.co.uk

HEALTH INITIATIVES ESS WELLNESS WILL BE FOCUSING ON NEXT MONTH


International
Menopause Society
Promoting education and research on midlife women's health

Menopause Awareness Day
18th October


Royal
Osteoporosis
Society
Better bone health for everybody

Osteoporosis Day
20th October


STOP TOBER

Stoptober
1st-31st October


OCTOBER
BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month
1st-31st October

World Mental Health Day
10th October


Mental Health
Foundation

National Work Life Week
12th-15th October


NATIONAL
WORK
LIFE
WEEK
2022

National Cholesterol Month
1st-31st October


HEART UK
NATIONAL
Cholesterol
Month

ASK YOUR NUTRITION SPECIALISTS & WELLBEING PARTNER

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.



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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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