

HELLO

JULY 2022

and welcome to the July issue of our Wellness Newsletter.

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

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

In this edition we look forward to the upcoming months where BBQs become a staple in many people's diets, as highlighted in **National BBQ Week** (4<sup>th</sup>-10<sup>th</sup> July). We remind you to think sustainably this summer by switching your standard beef burgers or chorizo sausages for poultry, fish or meat free alternatives as well as supporting **Plastic Free July**.

Ears open, look up and phone down... the annual **Talk to Us** campaign highlights the importance of developing our listening skills to support those closest to us to open up.

To support **International Day of Friendship** (30<sup>th</sup> July), give a friend a call, remember one thing you spoke about and make a point of making them aware you were listening, e.g., sending them a message before their hols to wish them a safe flight or dropping round their favourite chocolate to nibble on this **World Chocolate Day** (7<sup>th</sup> July).

Sometimes listening can be more than just remembering when someone is due on their summer holiday. It may be that they need to speak to you about something more serious such as domestic abuse, which unfortunately is very prevalent. Read on to find out what further support is available to those who are experiencing domestic abuse.

There is lots of information on a variety of topics in the news and on the web, but it can be concerning when you are led to believe certain information which is not true. **Health Information Week** (4<sup>th</sup>-10<sup>th</sup> July) highlights the sources of information we can trust.

*Harjeet Moore*

Head of People

# TALK TO US MONTH



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.

## How to get in contact:

### Call

Any time day or night on 116 123

### Welsh language line

0808 164 0123

### Write a letter

Freepost SAMARITANS LETTERS

### Email

jo@samaritans.org

### Self-help app

Samaritans self-help app

Find your nearest branch [HERE](#).

A graphic with a purple circle on the left containing the text "TALK TO US" in white, with "If things are getting to you" below it. To the right is a green rectangular area containing contact information: a phone icon next to "116 123" with a "FREE" speech bubble and the text "This number is FREE to call round the clock"; an envelope icon next to "jo@samaritans.org"; a globe icon next to "samaritans.org"; and a white box with a black border containing the word "SAMARITANS" in green. At the bottom right of the green area, it says "A registered charity".

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

## Want to up your listening game?

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

### Listen without being distracted.

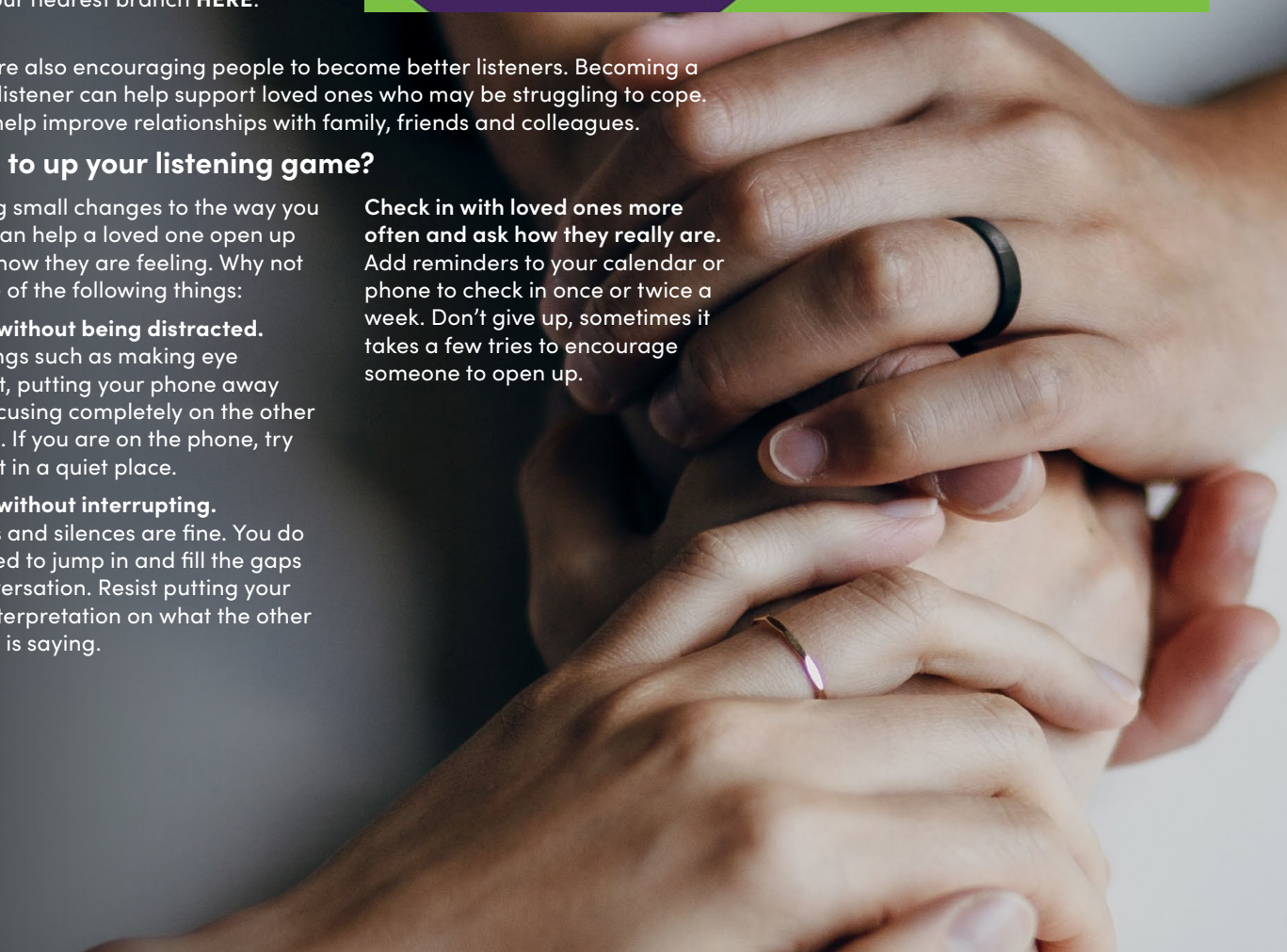
Try things such as making eye contact, putting your phone away and focusing completely on the other person. If you are on the phone, try doing it in a quiet place.

### Listen without interrupting.

Pauses and silences are fine. You do not need to jump in and fill the gaps in conversation. Resist putting your own interpretation on what the other person is saying.

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

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



# HEALTH INFORMATION WEEK

HEALTHIER BODY



4<sup>TH</sup>-10<sup>TH</sup> JULY

**The Internet and often the media contains false information, even when it comes to our health.**

But we all need health information we can trust. Health Information Week is a campaign to highlight the importance of high-quality information for the public to stay healthy and manage illness effectively.

Throughout the week they focus on seven different themes, which include Long Covid and Arthritis. Did you know your diet and supporting your overall wellbeing can help you live with these conditions?

## Long Covid:

It still isn't clear just how common Long Covid is or how serious a problem it is likely to be. What we do know is that some people experience symptoms such as fatigue, breathlessness, headaches, chest pains and dizziness, for weeks or months after the infection has gone.

## What is the advice?

### Rest

Rest is very important for your body as it fights off infection and ensures you get enough sleep.

### Nourish

Try to keep your normal routine for eating and drinking. Being ill with a high temperature can also make you dehydrated so make sure you drink enough fluid.

### Move

Although activities use energy, try to do slow and gentle movement a few times each day as keeping your body mobile and moving will help with circulation.

### Have fun

Long covid can take its toll on your mental health so plan an activity you enjoy such as reading or watching TV. Although going out to see friends may seem exhausting, why not invite them round instead?

## Arthritis:

Arthritis is a common condition affecting more than 10 million people in the UK. It causes painful swelling (inflammation) of joints.

Living with arthritis isn't easy and carrying out simple, everyday tasks can often be painful and difficult. However, there are many things you can do to live a healthy lifestyle.

## Maintain a healthy weight

Too much weight places excess pressure on joints in your hips, knees, ankles and feet which can lead to further pain and mobility problems.

### Exercise

Being active can help reduce and prevent pain as long as you do the right type and level of exercise so that your condition doesn't get worse.

### Joint care

Try and reduce the stress on your joints while moving or lifting, avoid sitting in the same position for long periods of time and take regular breaks so you can move around.

### At home

Keep things in reach, use a handrail when going up and down the stairs, use long handled tools to pick things up, fit levers to taps to make them easier to turn and use electric equipment such as tin openers when preparing food.

For more information and resources visit: <https://healthinfoweek.wixsite.com/healthinfoweek/resources>



# SUMMER BODY IMAGE WELLNESS WEBINAR

HEALTHIER BODY

**There can be a misunderstanding around what is deemed to be the 'perfect' weight, shape or size from what we see online.**

Heading into summer, you may hear about people dieting or obsessively exercising to achieve that bikini body or bulging biceps. This month, our Wellness Webinar dives into body image, with lots of tips and information to help you feel better this summer. Click **HERE** to join on **Wednesday 6<sup>th</sup> July at 14:30**.

# PLASTIC FREE JULY

HEALTHIER WORLD



**CHOOSE TO REFUSE SINGLE-USE PLASTIC**  
[PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July

**Will you join the challenge?**

Please join our effort to help the environment. Choose to refuse single-use plastic during July.

Yes, I will join the challenge!

1. Visit our website  
[plasticfreejuly.org](http://plasticfreejuly.org)
2. Choose what you will do
  - Avoid single-use plastic packaging
  - Target the takeaway items that could end up in the ocean
  - Go completely plastic free
3. Choose the length
  - 1 day
  - 1 week
  - 1 month
  - Always

AVOID WASTE. PROTECT THE OCEAN. SIGN UP AND BE PART OF THE SOLUTION. [PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)



**CHOOSE TO REFUSE SINGLE-USE PLASTIC**  
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Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July

Please join our effort to help the environment

**Choose to refuse plastic packaging: make your own snacks, cake or bread**

AVOID WASTE. PROTECT THE OCEAN. SIGN UP AND BE PART OF THE SOLUTION. [PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)



**CHOOSE TO REFUSE SINGLE-USE PLASTIC**  
[PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July

Please join our effort to help the environment

**Choose to refuse single-use cups: bring your own reusable cup or dine in**

AVOID LANDFILL WASTE. REDUCE YOUR ECO-FOOTPRINT. PROTECT THE OCEAN. [PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)

## Be the solution to plastic pollution.

Did you know, the top four most common single use plastics are plastic bags, water bottles, takeaway coffee cups and plastic straws?

### What can you do?

The good news is anyone can get involved in reducing their single use plastics. You can start out small and make one change or you can really challenge yourself to them all. Here are a few ideas to get you inspired:

- **Your food shop** – choose loose fruits and vegetables, rolls and bread fresh from the bakery and meat from the deli, butcher or fishmongers to avoid excess packaging. You could even take your own containers along!
- **Buy reusables** – from coffee cups and water bottles to straws, shopping bags and Tupperware containers.
- **Dental care** – choose a bamboo toothbrush or purchase a toothbrush with a replaceable head to eliminate the need to purchase a new plastic brush every month.
- **Celebrate in style** – choose to refuse balloons and single use decorations. There are other decorations that can be reused time and time again, e.g., bunting, tassels, tissue pom poms, lanterns, flowers and more. You could make your own, borrow or buy reusable party decorations.
- **The bathroom** – there are a number of brands that supply soap, shampoo, conditioner and shaving cream in bar form without any plastic. Many places now also have eco-friendly shops where you can take your containers and refill them. Search for your local re-fill store. Or get creative and make your own!

Will you be part of **Plastic Free July** by choosing to refuse single-use plastics?

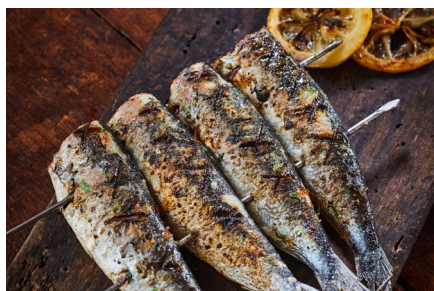
**PLASTIC FREE JULY**



# NATIONAL BBQ WEEK

HEALTHIER FOOD

4<sup>TH</sup>-10<sup>TH</sup> JULY



We're all going "barmy for a barbi" this year!

BBQs are a form of cooking and entertainment perfect for relaxing and spending time with friends and family. Hosting a BBQ can be as simple as cooking some burgers and sausages, but why not spice things up this year and try something new!

Here are some brilliant BBQ tips:

**1 Marinate your food** - Marinated food tastes great, grills better and helps protect food against high grill temperatures. Try making your own marinade rather than reaching for something off the shelf which is often high in saturated fats, sugar and salt!

## Cilantro Lime Marinade

### Ingredients:

- 1 tbsp olive oil
- 1 lime, juiced
- 1/2 tbsp honey
- 3 garlic cloves, minced
- 2 tbsp cilantro, chopped
- Pinch ground pepper

### Method:

- 1 Mix all of the ingredients in a blender.
- 2 Pour over chicken and marinate overnight.
- 3 Grill over hot coals until chicken is thoroughly cooked.

## 4 Introduce colour to your BBQ

Red, green and yellow bell peppers are great flame-roasted. Blacken the skins, allow to cool and peel the skin off. Courgettes, corn on the cob, chillies, asparagus and aubergine grill well too.

## 5 Add fish to your BBQ

Sardines, mackerel and salmon are real grill stars! They are also oily fish, which are high in omega-3 fatty acids that are important to build and maintain a healthy body, including benefits to the heart and brain.

## 6 Vary your protein

Protein is not just from meat! Why not try sinking your teeth in to a veggie burger or sausage or many supermarkets and brands now have 50/50 veggie and meat alternatives. These help you to reach your 5 a day, increase fibre intake and reduce your carbon footprint.

## 7 Keep it low and slow

A BBQ is not a race against time, so don't grill too quickly or on a heat too high as this causes burnt outsides and raw middles.

Last year we held a webinar discussing 'Sustainable Summers', looking out how you can enjoy the taste of a BBQ while minimising the impacts you are having on the planet. Click [HERE](#) to catch up. What will you be doing differently this year to keep the planet healthy?

This month, one of our Government Services sites held an outdoor dining event. Our Nutrition and Wellbeing Team helped to organise and promote some healthier choices through:

Ensuring there were plant-based options available. It is recommended to consume no more than 70g of red or processed meat a day (sausages and burgers are included).

- Making water stations available so people could top up their fluids.
- Providing resources to take away about leading a healthy and balanced lifestyle.
- A healthy eating interactive stall hosted by Heidi Wright, ESS Nutrition and Wellbeing Engagement Officer.



# WORLD CHOCOLATE DAY

7<sup>TH</sup> JULY

## Oompa loompa doompadee doo...

**World Chocolate Day** is all about eating chocolate! It's a celebration of chocolate creations everywhere. No matter what your favourite brand or kind of chocolate is, anyone can celebrate by treating themselves to a little nibble on 7<sup>th</sup> July.

Broken down, chocolate isn't all that bad. Chocolate contains:

- **Cocoa** - a flavonoid which is seen to support immune function.
- **Milk** - a source of calcium and protein (however also contains fat depending on the type used).
- **Sugar** - this is added to sweeten the cocoa as otherwise it is very bitter. Sugar is just pure calories which if eaten in excess can result in weight gain and tooth decay.

### TOP TIP

Opt for dark chocolate - this is often lower in sugar and higher in cocoa content.

Also, chocolate can boost our mood and help in times when we feel stressed or overwhelmed. Studies have shown chocolate helps release endorphins which reduce cortisol (a stress hormone) and lifts mood. Despite this, we would need to consume large amounts to see this effect so we should not be reliant on chocolate to boost our mood.

Remember, it is okay to have chocolate in moderation as a treat every now and then as part of a health balanced.

So, what chocolate will you treat yourself to on **World Chocolate Day**?



# INTERNATIONAL DAY OF FRIENDSHIP

30<sup>TH</sup> JULY

Friends make life more enjoyable and help us through the difficult times.



Good friends relieve stress, provide comfort and joy, and prevent loneliness and isolation.

Friends come in many forms – work friends, family friends, school friends, lifelong friends, neighbours and our community. While some people have lots of friends, others may have that one really close friend.



## Some facts about friends<sup>1</sup>...

**Two** - The average number of best friends an adult has.

**1994** - The year when the hit television show *Friends* first aired.

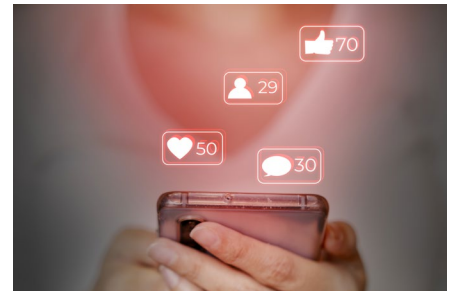
**26%** - The percentage of people who come into conflict with their friends over something posted online.

**9 months** - The age at which babies start recognising friendships.

**36%** - The percentage of people who quit a habit if their friends quit it too.

**10–25** - The number of hours a week young adults spend socialising.

**57%** - The percentage of teens who make a close friend online.



F.R.I.E.N.D.S



# DOMESTIC ABUSE

Did you know domestic abuse is not just physical?

Domestic abuse can include economic, online and emotional abuse. Ever wondered if you have been or are a victim of domestic abuse? Consider some of these questions... Does your partner, ex-partner or someone you live with:

- Intentionally isolate you from family and friends?
- Bully, threaten or control you?
- Take control of your finances?
- Monitor or limit your use of technology?

The Crime Survey for England and Wales showed that an estimated 2.3 million adults aged 16 to 74 years experienced domestic abuse in 2020. But domestic abuse is a largely hidden crime, occurring primarily behind closed doors. So, what is the real impact of domestic abuse?

It can sometimes be difficult to spot when it is happening to you or someone close to you.

Here are a few common signs:

- Withdrawal or isolation from your friends and family.
- Bruises, burns or bite marks.
- Not being given enough money to buy food, medication or pay bills.
- Stopped from leaving the house and going to college or work.
- Someone monitoring your social media, reading messages and letters.
- Being repeatedly belittled or put down.
- Pressured into sex or sexual contact.
- Being told that abuse is your fault and that you are overreacting.

## NEED A SAFE SPACE?

If you're experiencing domestic abuse, support is available.

You can use the consultation room in our Pharmacy to call a support service.



[UKSAYSNOMORE.ORG/SAFESPACES](https://UKSAYSNOMORE.ORG/SAFESPACES)



**No form of domestic abuse is acceptable in any situation.**

If you are experiencing domestic abuse, it is important to remember that it is not your fault and there is no shame in seeking help. There is support available:

- 1 Free, confidential support and advice 24 hours a day** through dedicated helplines. Find your local one **HERE**.
- 2 Bright Sky app**
- 3 Victim Support**
- 4 Ask for ANI codeword** – If the ANI logo is on display in your local pharmacy, ask for ANI and they will be ready to help. They will offer a private space, provide a phone and ask if you need support from police or other support services.
- 5 Safe Spaces** – Once you are in a 'Safe Space', specialist domestic abuse support information will be available for you to access. These are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK. Find your nearest Safe Space **HERE**.



# Q&A



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

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

## Q: How can I stop emotional eating?

**A:** Emotional eating is when people use food to deal with feelings rather than to satisfy hunger. Do you find yourself racing to the cupboards when you are feeling down, upset, or stressed? Finding comfort in food is common, this is known as emotional eating.

Anything from work stress to financial worries, health issues to relationship struggles may be the cause of emotional eating.

Whilst emotional eating at times can be okay to help you get through a certain situation, reaching for food several times a week to soothe negative feelings can lead to a cycle of excessive eating and associated issues, like weight gain.

**Here are our top tips to help you conquer your emotional eating habits:**

### Find other ways to cope with stress

This could include writing a journal, reading a book, or finding a few minutes to relax and practice mindfulness.

### Move your body

Find relief by getting regular exercise. A walk or jog round the block or a quick yoga routine.

### Try meditation

Sit in a quiet space and focus on your breath, slowly feeling air flow in and out of your nostrils.

### Start a food diary

Keeping a log of what you eat and when you eat may help identify triggers that lead to emotional eating.

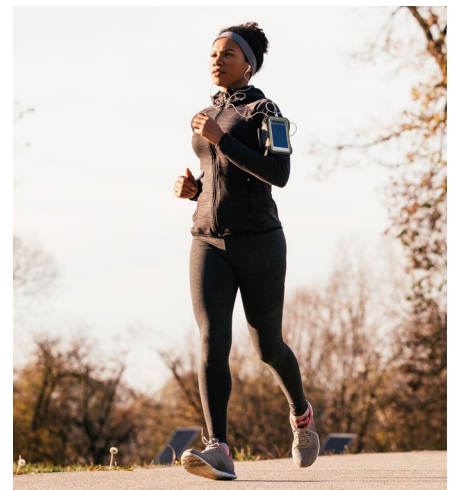
### Eat a healthy diet

Eating well during the day, getting all the nutrients to fuel your body, may make it easier to spot when you're eating due to boredom or hunger.

### Resist common offenders

When shopping try to avoid buying the foods you often reach for when feeling low, e.g. ice cream, biscuits or crisps.

Left unaddressed, emotional eating may lead to binge eating disorder or other eating disorders. It is important to visit your GP if you feel your eating patterns are out of your control.



## Q: What types of fish are good for my heart?

**A:** It is recommended that we should be eating at least two portions of fish a week, including at least one oily fish. Oily fish provides you with a type of omega-3 which may keep your heart healthy.

Oily fish includes - herring (bloaters, kipper and hilsa are types of herring), pilchards, salmon, sardines, sprats, trout and mackerel.

A lot of people believe tuna is an oily fish, which once upon a time it was. However studies found that it doesn't contain the high levels of omega-3 that other oily fish do.

Tuna is classed as a white fish, alongside cod, plaice, haddock, pollock or hake. That doesn't mean it's bad for you, just that you should make sure you get another portion of oily fish in your diet.

This could include sardines on toast, mackerel salad or baked salmon with peas and potatoes. Fresh, frozen or tinned all count.

Whether oily or white, fish is a great source of protein and contains a range of vitamins and minerals.

Eating more fish can also help you to cut down on red and processed meat. The traditional Mediterranean-style diet, which is associated with a lower risk of heart and circulatory diseases, includes plenty of fish along with beans and lentils as sources of protein.



Look out for lots more **Wellness Wednesday Webinars**, **YouTube tip videos**, **Instagram Q&As** and great resources from our Nutrition and Wellbeing Team in 2022.

If you have any topics you'd like them to cover or any wellness questions, get in touch at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).

# 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.



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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](mailto:ess.wellness@compass-group.co.uk)  
Subscribe to **WeAreESS** YouTube channel and follow **WeAreESS** on Instagram.

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Improve your Wellness by watching videos from our registered ESS Nutrition & Wellbeing Team.

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

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