

HELLO

... and welcome to the special Christmas edition of our Wellness newsletter.

DECEMBER 2020

- INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES ●
- CHRISTMAS JUMPER DAY ● TWELVE DAYS OF CHRISTMAS 'WELLNESS' ●

We are aware that Christmas can be a testing time for our health and wellbeing at the best of times, add in COVID-19 and it brings it to a different level.

HEALTHIER MIND

HEALTHIER BODY

HEALTHIER FOOD

HEALTHIER WORLD

With the uncertainty of what we will be able to do this Christmas and a rather quiet month in external health promotions – we are only promoting **International Day of People with Disabilities** on 3rd December and **Christmas Jumper Day** on 11th December – we have decided to give you the **Twelve Days of Christmas 'Wellness'**.

We'll give you tips and advice on how to maintain your wellbeing over the Christmas period regardless of where you are and who you're with, as well as including some festive treats to help make your Christmas special!



WISHING YOU CHRISTMAS WELLNESS!

Click [HERE](#)
to join us on the
2nd December at
14:30 for some
festive wellness
tips!

HEALTHIER MIND



1 WELLNESS WEBINAR

2nd DECEMBER

Christmas is all about indulgence however it doesn't have to be laden with fat, sugar and salt - there are always alternatives.

Our Head of Nutrition & Wellbeing, **Leanne King** will take us through some tips on maintaining a balance of being healthy whilst allowing yourself a treat. Panettone is a classic Italian festive sweet bread, and a family favourite in Executive Chef **Scott Freeman's** household. This year Scott is going to bake his own and will share his recipe with you in a simple step-by-step guide that we hope may inspire you to get baking over the Christmas period.

Scott's healthy tip for this recipe

"Whilst you cannot make a panettone without decadent ingredients, there is also no need to eat an entire one in a single sitting! Why not slice your finished panettone into wedges, wrap it well and freeze it so you can enjoy it into the new year when it's cold and rainy outside and you need something sweet to cheer you up! My panettone recipe will easily make eight good-sized wedges!"



2 INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

3rd DECEMBER

The World Health Organisation (WHO) estimates that more than one billion people – about 15% of the world's population – experience some form of disability.



INTERNATIONAL DAY OF
PEOPLE WITH DISABILITIES

This figure is predicted to rise given population ageing and an increase in the prevalence of non-communicable diseases¹.

Not all disabilities can be seen and whilst within the UK there is increased awareness of this, it is important to be mindful of others and not to judge before you are perhaps made aware of the full picture.



¹<https://www.who.int/news-room/events/detail/2020/12/03/default-calendar/international-day-of-persons-with-disabilities>

3 LOOK AFTER YOUR MENTAL HEALTH

HEALTHIER MIND

With the year we've had it is ever more important to look after your mental health.



YOU MATTER

Many of us will experience mental health challenges at some point in our lives. Here @ Compass we understand this and want to let you know that you matter to us. Our commitment is to create...

- Positive working environments -
- Openness and acceptance of mental health issues
- Teams who look out for each other

To learn about how we can work together to achieve our goals visit our **You Matter** page by scanning the below

If you need any support, even just someone to talk to contact Axa's Employee Assistance Programme who provide everything from counselling services to financial guidance. It's free, it's confidential and it's 24/7.

+44 (0) 800 072 7072
www.axasupported.co.uk

Username: compassgroup
Password: supported

You Matter

Whilst Christmas can be a joyous time for most, for others it can bring feelings of sadness and loneliness.

With the unpredictability of how this Christmas will go, it is important to try to be more conscious of those that may struggle, whether that be a family member living alone, or a friend or colleague. Loneliness may not be the only detriment to mental health at Christmas; it could be that meeting old family and friends makes people feel like they don't measure up or perhaps all the virtual gatherings become too much to handle. Showing acts of kindness may make people feel more positive; no one needs to be alone and someone is always here to listen. We may not necessarily be able to physically see each other but there are many other ways we can show we care.

Why not try the ideas below:

- Allow time out for yourself to recoup over the festive period
- If you can't see loved ones close-up, plan ahead and book either phone calls or virtual gatherings
- If you can afford it, buy a box of treats and deliver them to those who may be struggling financially or donate to charity.

These acts of kindness will also help lift your mood. If you do feel you need further support please call our helpline or visit our **Axa be support** website by clicking the link and using the user name or password on the poster.



4 LOOK AFTER OUR PHYSICAL HEALTH

HEALTHIER BODY

Our perception of Christmas in the UK is ... cold, wet weather with a profound but unrealistic hope of seeing snow like we do in the movies

This, coupled with the usual party season of indulgence, can really impact your physical fitness regime. Whilst this year may be slightly different, COVID-19 gym restrictions and a high demand for classes resulting in limited availability, may make it hard to keep active.

Why not try the following tips to help keep your Christmas an active one?

Get involved with tech games that encourage exercise

Many of us bought a Nintendo Wii™ when they first came out, however how many of us moved on and forgot about it? Why not get it or a similar game back out and get the family involved to help burn a few extra calories.

Take a brisk walk after dinner rather than the post dinner nap

We often feel dozy after our Christmas dinner - but why not take the family out for a walk? Just remember to wrap up warm and take a brolly just in case!

Short, sharp bursts of 10-15 minutes' exercise will add up and help burn off those extra calories!

Keep a routine

Why stop exercising over the Christmas period if you have a regular routine? Not only will this help reduce the potential for an expanding waistline, it will also help your mental health too!

Keep your exercise session short

You don't need to go all out and do a full hour session over the festive period. Short, sharp bursts of 10-15 minutes will all add up and help you to burn those extra calories without it impacting on all the festivities.



5 WATCH THE POUNDS AT CHRISTMAS

And no, we don't mean your cash!

When we think of Christmas food the word, indulgence springs to mind and with that comes excess calories. With the cooler weather we are also less likely to be active. These top tips will ensure you can have a fun-filled, deliciously festive period without gaining pounds.

'Merry' Christmas

Socialising may not be the same this year, with the usual gatherings turning virtual. It may be even easier to drink your daily calorie intake through alcohol alone as you won't need to think about how to get from A to B. Drinking half pints instead of full pints and opting for sugar free mixers with your spirits will help you consume fewer calories and reduce the cost of your night.

Portion distortion

Why not consciously prepare only enough portions for the number of people at the table? Furthermore, if your plate has a wide rim around it, not going over the rim may help to reduce your portion.

Order of serving

Plating up vegetables first will leave less room on the plate for the more calorific foods.

Reducing excess fat

Removing the skin from turkey, skipping pigs in blankets and skimming the gravy will all help reduce the calories!

Sauces and condiments

Use lower fat ingredients when preparing: for example, use semi-skimmed or skimmed milk when making custard, swap brandy cream for custard (using semi-skimmed milk).

Steam instead of boiling, frying or roasting vegetables

This helps retain nutrients and actually saves time as the vegetables can be stacked on top of each other.

Don't add butter...

to veg or potatoes! Maybe add a spice or herb instead.



6 GO EASY ON THE FESTIVE DRINKING

The festive period often results in us drinking more than usual which increases our alcohol units and calories very quickly with no nutritional benefits.

The government recommends that we consume a maximum of 14 units of alcohol over a minimum of 3 days.

Whilst there may be no Christmas parties this year, staying at home for longer may increase the temptation to drink at home, as there will be no requirement to drive.

Why not try the below alcohol-free recipe from **Stephanie Robertson**, Head of Wine & Service at RA Group...

Rosemary Festive Spritz

- 2 lemons
- 2 oranges
- 4 sprigs rosemary
- 180ml sugar
- 60ml honey
- soda water

- 1 Use 1 lemon's worth of peel.
- 2 Juice the lemons and oranges into a liquid measuring cup. Top up with water to make 1 cup of juice.
- 3 Combine peel, juice, rosemary, sugar, and honey in a saucepan over a medium heat: simmer for 1 minute until the sugar dissolves.
- 4 Remove from heat and cool. Strain, discard the solids, and let the syrup cool completely.
- 5 To serve, fill a tumbler glass with ice cubes, add 2-3 tablespoons of syrup, fill with soda water and stir
- 6 Garnish with rosemary sprigs and lemon slices.

Send us photos of your festive cocktails to:

ess.wellness@compass-group.co.uk



The government recommends that we consume a maximum of 14 units of alcohol over a minimum of 3 days!

7 REDUCE FOOD WASTE AT CHRISTMAS



Every year at Christmas, 2 million turkeys, 5 million Christmas puddings, and 74 million mince pies are disposed of while still edible, causing almost 270,000 tons of food waste in total².

Christmas is all about luxury and indulgence which can also result in a lot of food waste. Cutting back to reduce food waste or being savvy with leftover food does not mean you will cut back on the indulgence. It just means you will throw less away, save yourself some money and maybe even help your waistline! Why not try the following tips?

- Try to only cook for the number of people who are joining you. You will have a rough idea of their individual appetites so don't be tempted to put in that extra 'spud'! This will also help reduce calories too.
- Make a quick and easy nutritious soup. Roasted vegetable soup is such a simple and tasty leftover dish. All you need to do is add some stock to the leftover vegetables and heat!
- Check the use by and best before dates and use accordingly. There is no point in eating something with a later date than something else. Planning your meals around this and keeping an eye on dates helps prevent waste - and remember best before means exactly that - you can still eat the item after the date shown, just use your own judgment.
- Can you freeze anything? For those who've had too much turkey, freezing is a great alternative to our next point of being creative with your food. Just remember to freeze properly, i.e. ensure food is in a container or sealed freezer bag and is not frozen for too long as it still has an expiry date.
- Be creative on using leftovers. You don't need to be eating the same Christmas dinner for days on end until it's gone. Curries and pies are a great way to use up what's left.

Unteaten Christmas food accounts for almost 270,000 tons of food waste during the holiday!



Why not try out this tasty hotpot suggestion from Ryan Hopper, Regional Executive Chef?

Ingredients (serves 5):

- 700g cooked turkey (thigh usually works best, but don't hesitate to throw in any leftover cuts for this recipe)
- 600ml boiling water
- 700g carrots, peeled (or any leftover veg from Christmas dinner)
- 500g peas
- 500g potatoes, skins on
- 265g onion
- 5g parsley, chopped
- 5g thyme, removed from stalks and chopped
- 3 twists ground black pepper
- 1 chicken stock cube

Equipment:

- Sharp knife and chopping board
- Heat resistant jug
- Oven proof dish
- Foil sheet
- Deep pan suitable for boiling

Instructions:

- 1 Preheat the oven to 175°C/Gas Mark 4/350°F.
- 2 Thinly slice the potatoes and onions. Dice 200g of the carrots into small cubes - don't get precious about the exact sizes, it's a rustic dish so chop as thick or thin as you like.
- 3 Make the stock by mixing the stock cube with the boiling water.
- 4 In a deep oven proof dish, layer the turkey, onions, diced carrots, potatoes, parsley, thyme and pepper, finishing with a complete overlapping layer of potato.
- 5 Pour the chicken stock over the top and cover with foil to stop the food from drying out when cooking.
- 6 Place the dish in the pre-heated oven and cook for approximately 2hrs or until the turkey is to your liking.
- 7 Meanwhile, slice the remaining carrots and cook in boiling water for approximately 8mins. Add the peas to the same pan after 4mins. Drain when cooked. If you have any left over veg from Christmas dinner you can add them in too!
- 8 Remove the foil from the hotpot and glaze the top under a hot grill before serving with freshly boiled, piping hot peas and carrots.

8 A BUDGET FRIENDLY CHRISTMAS



De-boned and rolled chicken instead of turkey ... a step by step guide.

Scott Freeman, Executive Chef – ESS Government Services



It's becoming increasingly likely that Christmas Day will be a smaller family occasion than you might have experienced in the past, and our thoughts are

naturally turning towards traditional Christmas food and thinking whether a huge turkey this year is affordable, or actually worth cooking for just a few mouths in our households.

After all, do you really want or need to be making extra dinners out of leftover

turkey for days afterwards? Dry turkey curry anyone? Pass the cheeseboard instead, please...

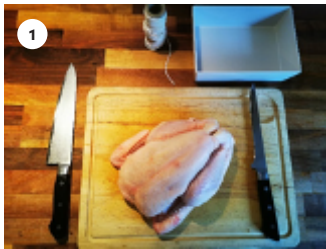
This year, I've decided to avoid socially distanced queues of shoppers waiting at the supermarkets and I'm turning my skills towards something a little more economical, but with just as much of a wow factor as a big turkey: I'm cooking up a humble chicken (a standard choice of Sunday roasts across the country) ... but with a difference.

Instead of roasting, I am going to completely bone out the chicken, stuff it and roll it. This will make for much easier carving at the dinner table and,

if you think ahead and buy one now, you'll probably be able to buy a nice large free-range chicken from your butcher or supermarket for about £10. Do the prep now, freeze it and save yourself all the stress at probably 20% of the costs of a turkey! It takes less time to cook, so you won't spend the whole day in the kitchen either.

The step-by-step guide below shows you how to prepare your chicken to create your own Christmas Day showstopper. Just take your time and give it a try – you'll be amazed at the results...

Happy Cooking and Happy Christmas!



1 You will need a clean board, sharp knife, some string, and a bowl for any scraps. I've used a medium free-range chicken.



2 Turn your chicken upside down onto your board.



3 Cut along the backbone first. Then cut either side of the backbone, following the contours of the bones to release



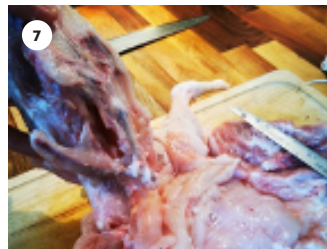
4 the meat along one side of the chicken. It's quite easy once you get going, but take your time and try not to pierce the skin.



5 Once you have done one side, repeat on the other side in exactly the same way.



6 Remove the bones from the legs. Cut through the thigh to reveal the bone and cut around this and the leg bone completely. Repeat with the other leg.



7 Now remove the main carcass. Once both breasts are cut away, you simply use your knife to separate the bones from the meat. Keep the bones.



8 Lay the boneless chicken, skin side down on your board. If you want to add a stuffing, then now is the time to do this.



9 Roll your chicken up on the board. Ensure the skin covers all around the chicken. Secure the chicken with 4-5 knots of string to stop it falling apart.

You now have two options for cooking this:

1. Standard roasting, or
2. Poaching rather than roasting (my preference)



10 I used a home vacuum packing machine – well worth the investment if you batch cook and freeze for your family as I do!



11 **Roasting:** Take a hot pan with oil and warm up. Season the chicken all over with salt and pepper. Gently roll the chicken in the hot oil until it is golden brown all over. Roughly chop some carrots, onions and celery and place the chicken on top. Roast at 170°C for about 90mins or until the juices run clear when a skewer is inserted.

Poaching: Wrap the chicken tightly in several layers of clingfilm and secure with knots at either end. Bring a large pot of water to a simmer; place the chicken into the pot and poach for an hour. Remove from the heat and carefully remove the clingfilm. Now heat a large pan with some butter and oil and place the chicken into the pan, seasoning with salt and pepper, turning carefully until browned all over. Place into the oven as above, cooking for 30 mins or until the juices run clear when a skewer is inserted.

Serve with your favourite Christmas sides: roast potatoes, parsnips, carrots, Brussels sprouts, stuffing and pigs in blankets. You can also make stock from the bones for your gravy if you wish!

9 CHRISTMAS JUMPER DAY!



11th DECEMBER

In recent years the good old Christmas jumper has seen quite a comeback in both our Christmas festivities and helping to raise money for Save the Children.

Whilst we can all get carried away and buy a new jumper each year, this is not essential: it is all about raising money for those children across the UK.

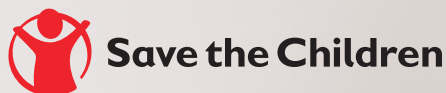
This year more than any other year we may all be feeling the pinch so instead of buying a new Christmas jumper, why not, recycle last year's jumper, up-cycle a plain jumper (see below) or simply donate what you can?

A homemade Christmas jumper:

- Find an old, plain t-shirt or jumper
- Wrap beads from your Christmas tree or tinsel around your jumper and stitch it in place
- Tie baubles from your tree onto your tinsel or beads
- If you want a 'tree topper' cut a star out of cardboard and paint/wrap in Christmas paper and glue onto a headband.



A great tradition that helps raise money for Save the Children!



To sign up and donate visit:
<https://www.savethechildren.org.uk/christmas-jumper-day>

Don't forget to send us your photos to ess.wellness@compass-group.co.uk

10 DELICIOUS FESTIVE FREE-FROM COOKING

Finding out you are allergic to a food can often feel quite restricting initially, particularly over the festive period.

With media support and industry developments, there are a lot more suitable products and recipes available now, helping to make eating out or dining at home more inclusive. Retail Director **Louis Davis** (pictured) is gluten free. He takes us through a recipe he makes at home during the festive period with his children.



"Living with a gluten intolerance has certainly got better over the last few years and there is a really good variety of dessert options to choose from at Christmas time.

One of my all-time sweet favourites is cheesecake...

Given its traditional biscuit base, it really isn't something people with Coeliac disease think of when cooking, but there are some excellent recipes out there that substitute the biscuit base and taste terrific.

This recipe is delicious; with the almonds, cheese and coconut combining for a lovely blended taste.

It really isn't that difficult to make, and - as you can see - it's one that the kids can get involved with ... not just the making, but the decorations as well. So, have aprons and wet wipes at the ready!

Trust me - you'll be really surprised with the results and it will certainly get you some compliments from your friends and family - especially when when you reveal it's gluten free!"

Gluten Free Baked Cheese Cake

Ingredients:

The Crust

- 2 cups of almond flour
- ½ cup of melted butter (or marg)
- 3 tbsp of sugar-free sweetener (e.g. Swerve, Splenda etc)
- 1 tsp pure vanilla extract

The Filling

- 2 ½ cups of cream cheese
- 1 cup of sour cream
- 3 large eggs
- 1 cup of sweetener
- 1 tbsp lemon juice
- 1 tsp pure vanilla extract
- Sprinkling of icing sugar

Equipment

- Measuring cups
- Table spoon (tbsp)
- Teaspoon (tsp)
- 9 inch cake tin
- Metal spoon (to press the biscuits into the cake tin)
- Mixing bowl
- Mixing spoon/spatula (to stir the cream cheese mixture)
- Sieve (for dusting the top of the cheese cake)

Method:

1 Preheat the oven to 350°F/177°C.

2 **Make the crust:** Stir all the dry ingredients in a bowl (almond flour, sweetener, melted butter and vanilla). Grease a 9 inch cake tin with coconut oil.



3 Pour the mixture into the tin and press at the bottom firmly and evenly.



4 Bake for 10-15 minutes and allow to cool for at least 15 minutes.



5 **The filling:** Combine the cream cheese and sour cream - mix until smooth.



6 Add the eggs, one by one. Then add the sweetener, lemon juice and vanilla. Mix everything until smooth.



7 Pour the mixture into the cake tin on top of the crust and bake in the oven for 40-50 minutes. Make sure not to overbake.



8 **Decorate:** Sprinkle with icing sugar (or sweetener) and decorate to your (or your kids') choice!





11 LEND A HELPING HAND AND SUPPORT TO THOSE IN NEED

Christmas is seen as a time for giving. This does not necessarily mean a physical item – how about volunteering?

Around one in five adults in Great Britain intend to volunteer to help others over the holiday period, resulting in a collective 50 million volunteer hours. The most commonly reported activities included helping older people (59%), children and young people (54%), the homeless (53%), supporting mental health projects (49%) and helping refugees and asylum seekers (32%)³. Not sure how to go about volunteering, in particular with the challenging year we have all had with COVID-19?

The below tips may help:

- Support local homeless centres and soup kitchens
- Support a distribution depot that delivers Christmas presents to those who are struggling
- Support those on their own by visiting and bringing Christmas cheer – from a distance.
- Donate food (ideally non-perishable food) for emergency Christmas hampers
- Donate old coats and jackets to homeless shelters to help keep those in need warm
- Buy blankets, warm socks etc. for homeless shelters – again you could buy on Amazon from the comfort of your own home and get delivered directly to the homeless shelter.
- Join a local Facebook group to see if there is anyone collecting Christmas presents for those in need – some have lists on Amazon so you can purchase from your own home and have items delivered straight to the person distributing them

³Research by the Royal Voluntary Service in 2017

12 WELLNESS SURGERY

16th DECEMBER

Join us for a
Christmas Wellbeing
Quiz from 14:00 on
16th December.

Join Microsoft Teams Meeting

[Learn more about Teams](#) | [Meeting options](#)

Join with a video conferencing device

726987418@teams.bjn.vc

VTC Conference ID: 117 017 542 6



ODD SOCKS DAY

Tom Lannary, Head of Marketing for ESS, wearing his odd socks on 16th November to highlight individuality and promote anti-bullying. If you have participated in any of the previous month's health initiatives take a photo and send into: ess.wellness@compass-group.co.uk

MOVEMBER

Design Manager
Ivan Dawson, sporting
Movember facial hair to
support raising awareness
of men's health!



GOOD NEWS STORIES

Have you held any wellbeing promotion events this month?

If you would like to share your success, please submit an article of around 150 words ASAP so we can publish it in our next issue. Please include any photos or feedback and send to: ess.wellness@compass-group.co.uk

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.



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

Email our ESS Nutrition and Wellbeing specialist with your questions at ...?
ess.wellness@compass-group.co.uk

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WELLNESS



WELLNESS

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

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

