

HELLO

... and welcome to May's
Wellness newsletter.

HEALTHIER MIND

HEALTHIER BODY

HEALTHIER FOOD

HEALTHIER WORLD

MAY 2021

- NATIONAL WALKING MONTH ● WORLD FAIRTRADE DAY ●
- MENTAL HEALTH AWARENESS WEEK ● NATIONAL VEGETARIAN WEEK ●

Our focus this month is all about getting out and about to help your mind, body and soul. With the easing of lockdown, longer evenings (and hopefully better weather!), there's no excuse not to get outside and enjoy the mood lifting benefits of being in the fresh air and sunshine!

May is **National Walking Month** (1st to 31st May) which encourages us to incorporate more walking into our day. Doing a little bit more physical activity not only benefits our physical health but our mental health too, supporting **Mental Health Awareness Week** (10th to 16th May) which also features this month. With the sun breaking through the clouds more often, **Sun Awareness Week** (3rd to 9th May) reminds us of the importance of staying safe, especially while we have the opportunity to be outdoors more.

This month also covers **Fairtrade Day** (8th May), so while you enjoy catching up with friends, family or colleagues over a hot drink, ensure you do your bit by opting for Fairtrade tea, coffee

or hot chocolate! Fairtrade products promote sustainable living, but there is more you can do to support sustainability this month. Eating more plants, which can be achieved by following a vegetarian diet, can also be beneficial to our planet and is highlighted throughout **National Vegetarian Week** (10th to 16th). Our **Saving Water Week** (11th to 15th May) feature brings you hints and tips to help you become a keen, green, water saving machine!

At the end of the month we celebrate **Digestive Health Day** (29th May) which promotes why having a healthy digestive system is important for your overall wellbeing and highlights that it's not just about what you eat but the waste you excrete too!

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, TikTok and YouTube channels for more info – just search 'WeAreESS'.

We should be participating in 150 minutes of moderate intensity activity a week.

NATIONAL WALKING MONTH



1st – 31st MAY

It's time to get on your feet and start walking for National Walking Month.

Walking has always been our primary mode of transport - walking great distances to stalk our prey, undertaking pilgrimages or, more so these days, taking a casual stroll through your local park. However, sedentary jobs and technology mean that we do less walking now - it feels much easier to jump in the car and take the lift or escalator.

So, National Walking Month is about doing more walking!

Over the next four weeks, people all over the UK are encouraged to get walking - with the weather improving and lighter evenings, now is the perfect time to get out and about.

Often overlooked as exercise, a brisk walk can bring a host of health benefits regardless of your fitness level or ability. Walking is low impact, requires minimal equipment, can be done at any time of day and at your own pace - so there is no excuse not to get involved! It's a good way to build stamina and fitness and is one of the easiest ways to burn calories.

Government guidelines suggest we should be participating in **150 minutes of moderate intensity activity a week**, in chunks of no less than ten minutes, such as brisk walking. This may seem a lot as we all lead very hectic lives, but don't worry, you don't have to walk for hours a day in order to improve your health. Sometimes it's the smaller things we do more regularly that make the biggest difference - so make it a routine!

There are many ways to get involved and here are a few ideas:

- Walk to work (or part of the way if it's too far)
- Walk to the shops
- Take the stairs instead of the lift
- Take a lunchtime stroll
- Have a walking meeting
- Meet a friend for a catch up and a walk
- Walk your pets
- Go exploring - visit the countryside, beaches or parks.

Why not keep us posted on how many steps you can achieve in one day and feature in our good news story article next month? Email us at: ess.wellness@compass-group.co.uk

SUN AWARENESS WEEK

3rd-9th MAY

National Sun Awareness Week steps in to shatter all myths surrounding sun exposure by providing the facts, evidence and tips to stay safe in the sun.

Some of the most common myths include:

- Sun damage is not possible on windy, cloudy or cool days
- You can stay in the sun longer if you have a high SPF on
- Individuals with olive or darker skin are not at risk of skin cancer.

These are all false!

Who doesn't love sitting in the sun, feeling the warmth on your skin and getting that golden tan? We certainly do! But it is time to take sunbathing a bit more seriously. Major impacts of sun exposure include skin damage, premature ageing and increased risk of skin cancer. Yet, year on year, people fail to take the necessary precautions to protect themselves and their families.

So, as we approach summer and the sun comes out, there are a few things we need to consider to stay safe in the sun:

Cover up

Clothing is a great way to protect our skin from the sun. Long sleeve shirts and wide brimmed hats can cover our faces and shoulders which can burn easily.

Remember your shades

UV radiation can damage our eyes so it's important to wear sunglasses.

Limit time in the sun

Staying in the shade is a great way to keep cool as well as preventing sun burn. Try to stay in the shade between 11am and 3pm, when the sun is at its strongest.

Use sun cream

SPF 30+ sun cream should be applied 20-30 minutes before going outside and continually topped up every two hours. Waterproof sun cream is best to prevent it washing off if you sweat or swim. Don't forget to protect your lips and use a lip balm with sun protection in too!

If you do everything you can to stay safe, the sun isn't all bad – especially during the months of March to September* when we get most of our vitamin D, which is essential for healthy bones and our immune system, from sunlight. However, this does not require hours of sitting in the sun. Most people get enough by being in the sun daily for short periods of time with their forearms, hands or lower legs uncovered.

*October - early March it is recommended to consider taking a vitamin D supplement of 10 micrograms per day¹.

**If you do
everything you
can to stay safe,
the sun isn't
all bad.**



WELLNESS WEBINAR



5th MAY AT 14.30

How Does Stress Affect Our Health?

Have you ever found yourself saying 'this is stressful' or 'I'm stressed'?

If so, you are not alone – 74% of UK adults felt 'overwhelmed or unable to cope' at some point in the year¹. But there are some changes we can make to our lifestyle to help us cope with stressful situations.

This month, **Tatiana Lillingston-Price**, ESS Nutrition and Wellbeing Engagement Officer, discusses stress, how it can impact our health and some tips on how to reduce it. Click **HERE** to join us on Wednesday 5th May at 14:30.

If you would like to gain access to future webinars please email: ess.wellness@compass-group.co.uk

1. <https://www.mentalhealth.org.uk/news/stressed-nation-74-uk-overwhelmed-or-unable-cope-some-point-past-year>

WORLD ASTHMA DAY



5th MAY

Globally, it is estimated that 339 million people have asthma.¹

The exact cause of asthma is unknown, so there is no way to predict if you are at risk. Some common symptoms you can watch out for include wheezing, breathlessness, a tight chest and coughing. If you are concerned, it's always best to contact your GP as there are treatments to control these symptoms.

This year World Asthma Day addresses commonly held myths and misconceptions concerning asthma:

- Asthma is not just a childhood disease that individuals grow out of as they age – it can happen at any age
- Asthma is not infectious – you can't catch it from another individual, however any infections you may have, such as a common cold or the flu, can cause asthma attacks
- Individuals with asthma can exercise if their asthma is well controlled – they may even perform top level sport, for example **David Beckham**
- You don't need high doses of steroids to control asthma, in fact asthma is more often controlled with low doses of inhaled steroids.

1. <https://www.who.int/news-room/fact-sheets/detail/asthma>

WORLD FAIRTRADE DAY

8th MAY

HEALTHIER WORLD

It's time to say a big "thank you" to all the farmers and workers who work hard to provide our food and drink.



Choosing Fairtrade means you are purchasing products where farmers have been paid fairly.

This empowers them to create change - from investing in climate friendly farming techniques and clean water for their community, to nurturing female leaders and making sure children get an education. When you choose Fairtrade, you're choosing the world you want to see.

This year Fairtrade Day is asking you to 'Choose the World You Want' and spread the message about the importance of supporting Fairtrade and the work they are doing to help farmers and local communities during these challenging times.

It's time to say a big "thank you" to all the farmers and workers who work hard to provide our food and drink - so why not:

- Look out for and buy Fairtrade products (e.g. bananas, coffee, tea and chocolate) identified through the symbol on the packaging
- Give back by donating to support and strengthen communities to help them rise above the poverty line
- Spread the word to educate friends and family about the importance of Fairtrade!

MENTAL HEALTH AWARENESS WEEK

Nature has lots of positive effects to reduce and manage mental health problems.

HEALTHIER MIND



10th-16th MAY

Connect with Nature

This year, **Mental Health Awareness Week** focuses the importance of nature and the environment to benefit our mental health. Spending time in green space and incorporating some nature into our everyday life has lots of positive effects to reduce and manage mental health problems¹.

The number of people reporting mental health problems has been going up in recent years and, due to the impact of the pandemic, this is likely to increase even further.

It is known that one in four of us experience a mental health illness in our lifetime. In Britain, anxiety and depression are the most common mental health disorders, with around 8% of people medically diagnosed².

At ESS we are committed to maintaining and improving lives through knowledge, actions and behaviours. One of the pillars in our wellness commitment is **Healthier Mind**. This is highlighted through our **NEW Healthier Mind** newsletter,

Toolbox Talks and **Mindful Moments** webinars on the fourth Wednesday of every month.

If you would like these resources sent straight to your email, get in touch at: ess.wellness@compass-group.co.uk

We are also running daily events throughout **Mental Health Awareness Week** so look out for us on **Workplace**, **YouTube** and **Instagram**. See our plans below, so you don't miss out!



DAY	MONDAY 10 th MAY	TUESDAY 11 th MAY	WEDNESDAY 12 th MAY	THURSDAY 13 th MAY	FRIDAY 14 th MAY
THEME	Get Moving	Eat Well and Mindfully	Connect and Be Kind	Take Time Out	Prioritise Your Sleep
ACTIVITY	<ul style="list-style-type: none"> Go for a walk at lunchtime Increase movement (e.g. walking to meetings, dancing, taking the stairs) 	<ul style="list-style-type: none"> Eat food that makes you feel good Look out for the Nutritionist's Choice offer  Take the time to eat slowly and mindfully 	<ul style="list-style-type: none"> Organise a team coffee and catch up! Think about doing random acts of kindness Check out @WeAreESS on Instagram for conversation starters 	<ul style="list-style-type: none"> Stop and take some time for yourself Make sure you have a lunch break away from your desk Instagram Live Mindfulness session with Evan Judge 14:00 	<ul style="list-style-type: none"> Aim to get 7-9 hours Get into healthy sleep habits
WELLNESS RESOURCES	<ul style="list-style-type: none"> Check out @WeAreESS on Instagram for tips to move more 	<ul style="list-style-type: none"> Mindful eating YouTube video Extra Wellness Webinar on Food, Mood and Mindful Eating 11:00-11:30 	<ul style="list-style-type: none"> Check out @WeAreESS on Instagram for conversation starters 	<ul style="list-style-type: none"> Instagram Live mindfulness session with Evan Judge 14:00 	<ul style="list-style-type: none"> Sleep tips video on YouTube Sleep Mindful Moment Leaflets on sleep Webinar YouTube

1. <https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

2. <https://www.mentalhealth.org.uk/statistics/mental-health-statistics-most-common-mental-health-problems>

NATIONAL VEGETARIAN WEEK

10th-16th MAY

National
Vegetarian
Week 10-16 May 2021

Did you know if you are following a healthy balanced diet as suggested by the Eatwell Guide, your diet is already 80% vegetarian?

So, going vegetarian may be easier than you think! Why not start by trying one meat-free day a week?

Why try a vegetarian diet?

A balanced vegetarian diet can be one of the best things you can do to help stop climate change and promote a sustainable planet. Meat and dairy farming contribute to a range of environmental issues including deforestation and soil pollution, as well as land and water use and global warming. It has been suggested that livestock generates 14.5% of the world's greenhouse gas emissions¹ – making it the biggest contributor of food related emissions.

Vegetarianism can be healthier too as it can be 'lower in saturated fat' and 'higher in fibre' than a diet which includes meat – but this is not always the case. It certainly can be if a vegetarian includes more vegetables, beans and pulses as detailed in the **Vegetarian Eatwell Guide**, however we need to consider the types of vegetarian protein we are choosing and how we cook them.

For example, a reliance on cheese can mean your diet is high in saturated fat, some alternative proteins can be high in salt and fat and cooking in lots of butter or oil will increase the amount of fat in the diet.



Despite this, a vegetarian diet can be tasty, fast and easy. So, why don't you try and swap out your usual meat products for plant-based alternatives this week?

1. <http://www.fao.org/news/story/en/item/197623/icode/>

WATER SAVING WEEK

11th-15th MAY

Although Earth is often referred to as 'the blue planet', less than 1% of the water on the globe is fresh water that is accessible for us to use.

You may not think that you are affected as we have water flowing from our taps, but we need to be more aware. The UK has less available water per person than most other European and some African countries¹.

This is due to climate change, increased population numbers and changes in our lifestyle. Did you know the average person in the UK uses 151 litres of water every day?

We also need to think beyond the water that comes out of our taps and consider the hidden water in the products we buy. For example, one cotton t-shirt has about 2,700 litres of water embedded in its production, which is around 49 baths full of water!

To find out more on how you can save water visit: <https://www.waterwise.org.uk/save-water/>

1. <https://www.waterwise.org.uk/wsw/>

The average person in the UK uses 151 litres of water every day.

waterwise
Water Saving Week

WELLNESS SURGERY

19th MAY

Are you moving enough? A health survey in England revealed only 66% of men and 58% of women met the recommended weekly activity guidelines¹.

Tune into our Instagram account 'WeAreESS' at 14:00 on 19th May where we will be discussing physical activity followed by the chance to ask any health and wellbeing related questions.

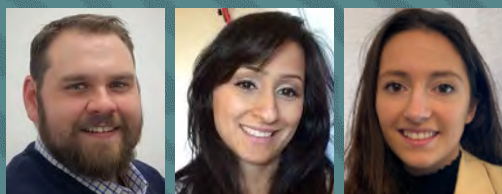
Please click [HERE](#) to go straight to our Instagram page and click the ESS profile picture to view – no account required.

If you don't have time to drop in, why not send your question into: ess.wellness@compass-group.co.uk



MAY MINDFUL MOMENTS WEBINAR

HEALTHIER MIND



26th MAY

Click [HERE](#) to join us on 26th May 13:30-14:00 where our live panel **Evan Judge** - Senior HSE Manager, **Harjeet Moore** - Head of People, and our guest panellist, **Katrina Francis** - Nutrition and Wellbeing Engagement Officer, will be talking all about mindful movement.

Don't forget to also look out for our **Mindful Moments Toolbox Talk** this month which will equip you with lots of information and top tips!

WORLD DIGESTIVE HEALTH DAY

HEALTHIER BODY



29th MAY

Obesity: An Ongoing Pandemic

2020 will be remembered for the year COVID-19 had an extraordinary impact on the world. At the same time, the ongoing epidemic of obesity continues almost unnoticed by many. What makes obesity even more striking is the knowledge that it can be prevented without the need for a vaccine, yet we see numbers continuing to rise.

Obesity increases the risk of various diseases, but it also has implications on our digestive system and gut health too. Digestive health is more than just breaking down food and getting rid of waste, it can impact our overall wellbeing. Research has shown that over 70% of our immune system is found in our gut - so what we eat can support our health and help reduce disease, illness and infections.

What can I do to ensure I have a healthy gut?

Increase your fibre intake.

It is recommended we eat 30g of fibre each day, but on average we are only eating 19g a day. Not eating enough fibre can make your digestive tract more sluggish so waste doesn't move as smoothly, quickly causing constipation. To boost your fibre intake, go for wholegrain bread, pasta and rice; include nuts, beans and pulses; and aim for 5-a-day, keeping skins on where possible!

Drink little and often.

We need water to stay hydrated and support smooth movement through the gut. Aim for at least six to eight 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 this is a new area of research, including active cultures into your diet may help build good bacteria in your colon wall to prevent infections and illness. Try products such as Activia, Actimel or Yakult. Choose a product and stick to it for a minimum of four weeks 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).

Digestive health is more than just breaking down food and getting rid of waste.

THE BAY

HEALTHIER WORLD

FISH & CHIPS

At ESS we are proud to partner with suppliers who share our values. You can find The Bay's own made fishcakes and batter mix across ESS.

The Bay wants to show that sustainability isn't just a bonus, it's a must for every business. This is highlighted through its ultimate ambition to be setting the standards for sustainability in the food service industry. Sustainability is ubiquitous across the entire business and a key player in the culture that Calum and the senior team instil in all members of staff - combining creativity, hard work and passion to maintain their reputation. It has been rated highest fish and chips shop by the Sustainable Restaurant Association and on their prestigious top 20 list.

So, what do they do at The Bay to ensure their approach is sustainable?

- The business runs on 100% renewable energy.
- Almost 90% of produce is sourced sustainably within a 50-mile radius of the shop.
- All fish is from sustainable MSC accredited stocks.
- All fish are caught in the wild or marked (F) informing customers they are from sustainably farmed sources.
- Chips supplied from Malcolm Wood are washed in organic spring water and freshly prepared. The starch from the potatoes is collected and sent to a Scottish pig farmer to feed - so nothing is wasted.
- All food waste is recycled and composted just an hour away.
- Non-food waste is recycled to minimise landfill waste.
- Careful planning of stock and deliveries cuts the number of unnecessary trips to reduce their carbon footprint.

The Bay's approach to sustainability goes further than the food which is served. They use no single use plastic and have a long-standing relationship with Vegware who supply 100% compostable packaging. They also work closely with outer suppliers such as Coupers Ltd and Fresh Express Produce, to source reusable delivery boxes ensuring no single use plastic in both businesses.

The Bay was also one of the first businesses in their local area to become a Refill Station, which means everyone is welcome into the shop to refill their reusable water bottles. This has, in turn, increased footfall to the shop. To promote this further, Calum has supplied his team with The Bay branded reusable bottles to reduce single use plastics in their homes, as well as their workplace.

Calum is proud to have a team that works so hard to deliver a safer, greener, more sustainable environment.



The Bay

• FISH & CHIPS •



Q&A

Our Nutrition and Wellbeing Team are here to answer all your queries and bust those myths!

With the summer months drawing closer, it can be more difficult to stay healthy... Below are a couple of our popular questions this month, but drop us a line at ess.wellness@compass-group.co.uk if you have one you'd like us to answer!

Q: Is all fat bad?

A: A small amount of fat is an important part of a healthy diet but it's important to remember that all fats are high in energy, containing 9kcal per gram so eating too much may lead to weight gain. However, that doesn't mean they're all bad for your health.

There are two main types of fat - saturated and unsaturated. Eating too much saturated fat from foods such as cheese, butter, cream and visible fat on meat can increase blood cholesterol, and increase the risk of heart disease. However **Monounsaturated** and **Polyunsaturated Fatty Acids** (MUFAs and PUFAs) have a range of health benefits, including helping to lower cholesterol and aiding absorption of fat-soluble vitamins A, D, E and K.

- Sources of MUFAs include olive and rapeseed oils and spreads made from these, avocados, almonds, brazil nuts and peanuts.
- Sources of omega-3 fatty acids include flaxseeds, walnuts and oily fish such as salmon, mackerel, sardines and herring.
- Sources of omega-6 fatty acids include vegetable oils such as sunflower oil, corn oil and some nuts and seeds.



Q: Do I need to supplement if I go vegan or vegetarian?

A: If you carefully plan your meals and follow the **vegetarian or vegan Eatwell Guide**, you should be able to get all the nutrients your body needs without the need for supplements.

However, if your diet isn't planned properly, you might not be getting enough of some essential nutrients needed for optimal health, such as iron, vitamin B12, calcium, iodine, omega 3, vitamin D, protein, zinc and selenium.

The list below shows where you can find these nutrients in the food you eat:

Iron

Pulses such as beans, lentils and peas, nuts, dried fruit, dark green leafy vegetables, wholegrains and cereals fortified with iron.

Vitamin B12

Dairy products, eggs, fortified yeast extract, fortified breakfast cereals and fortified soya products.

Calcium

Leafy green vegetables (excluding spinach), almonds, sesame seeds, dried fruit, pulses and bread.

Iodine

Wholegrains, green beans, courgettes, kale, spring greens and strawberries.

Omega 3

Seeds (chia seeds, hemp seeds and flaxseeds), walnuts, kidney beans and seaweed.

Vitamin D

Fortified milks, mushrooms, fortified cereals and the sun.

Protein

Grains, pulses (beans, lentils and peas), chickpeas, tofu, tempeh and mycoprotein.

Zinc

Wholegrains, tofu, legumes, nuts and seeds.

Selenium

Brazil nuts, cottage cheese, eggs, brown rice, sunflower seeds and mushrooms.



GOOD NEWS STORY

Good people deserve good conversations. Which is why throughout ESS we encourage you to connect with a **Coffee and Catch Up** on Wednesday 12th May for Mental Health Awareness Week.

When it comes to mental health, it is often the little things that can make a big difference - like a decent cup of coffee with a friend or colleague and an opportunity to talk and share. Don't forget to post about your coffee morning on workplace and hashtag:

#CoffeeAndChat

#MentalHealthAwareNESS

#TeaAndTalk

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



HEALTH INITIATIVES ESS WELLNESS WILL BE FOCUSING ON NEXT MONTH

 <p>World Environment Day 5th June</p>	 <p>Carers Week 7th-13th June</p>	 <p>Diabetes Week 14th-20th June</p>	 <p>Give Blood National Blood Donor Week 14th June</p>	 <p>BNF Healthy Eating Week 8th-14th June</p>
 <p>Men's Health Week 14th-20th June</p>	 <p>Nutrition & Hydration Week 14th-20th June</p>	 <p>International Yoga Day 21st June</p>	 <p>World Wellbeing Week 21st-30th June</p>	

WELLNESS

CHECK OUT WELLNESS ON OUR NEW YouTube CHANNEL

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

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



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ASK YOUR NUTRITION & WELLBEING SPECIALIST

WELLNESS

Ask anything to do with nutrition, health & 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.
Subscribe to **WeAreESS** YouTube channel and follow **WeAreESS** on Instagram and TikTok.

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