

HELLO

and welcome to the October issue of our Wellness Newsletter.

OCTOBER 2021

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



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### We have a spooky feeling it's October already...

So while the days are getting shorter and the colder weather is creeping up on us, it's not all doom and gloom! This month is packed full of Wellness events and promotions to add to your calendar.

Ladies, listen up! October is the perfect time to think about women's health and what this means for us. **Breast Cancer Awareness Month** (1<sup>st</sup>-31<sup>st</sup> October) highlights the importance of regularly checking your breasts for any signs of change. We'll also be covering **World Menopause Day** (18<sup>th</sup> October) and what you can do to support the transition.

### World Mental Health Day

(10<sup>th</sup> October) continues to call out the importance of mental health and why checking in on others is still as important as it was at the start of the pandemic. Looking after our mental health is essential, which is why getting a work life balance is so key. **Jen McGroarty**, Offshore HR Business Partner, shares her top tips to ensure you're getting this right.

With October naturally comes all things pumpkin spice (and everything nice!) ... So, what better excuse to try out a recipe from **Ryan Hopper**, ESS Executive Chef to make the most of these flavours. We also have lots of top tips from Senior Nutritionist, **Lisa-Marie Huggins** on what to do with those pumpkin leftovers to make sure they don't go to waste as well as some healthier Halloween treats to tickle your taste buds....

*Read on for more!*

### In this issue:

- **Breast Cancer Awareness Month**  
1<sup>st</sup>-31<sup>st</sup> October
- **World Menopause Day**  
18<sup>th</sup> October
- **Stoptober**  
1<sup>st</sup>-31<sup>st</sup> October
- **World Osteoporosis Day**  
20<sup>th</sup> October
- **World Mental Health Day**  
10<sup>th</sup> October
- **National Work Life Week**  
11<sup>th</sup>-15<sup>th</sup> October
- **Halloween**  
31<sup>st</sup> October
- **Nutritionist's Q&A**



# WOMEN'S HEALTH

When it comes to your own health, it should be the top of your agenda!

But for many, busy lifestyles, family and other commitments mean it's often bumped down the priority list... But this October it's time to start taking your own health seriously.

# BREAST CANCER AWARENESS MONTH



OCTOBER  
BREAST  
CANCER  
AWARENESS  
MONTH

1<sup>ST</sup>-31<sup>ST</sup> OCTOBER

## Check your breasts!

The earlier breast cancer is diagnosed, the better the chance of successful treatment. Checking your breasts only takes a few minutes and it's an important thing to do regularly and see your GP if you notice a change. It's as simple as TLC – **Touch, Look, Check**:

- **TOUCH** your breasts: can you feel anything unusual?
- **LOOK** for changes: does anything look different?
- **CHECK** any changes with your GP.

For more information and advice visit: [Breast cancer symptoms](#) | [Breast Cancer Now](#)



# WORLD MENOPAUSE DAY

18<sup>TH</sup> OCTOBER



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

## What is the menopause?

During menopause, the ovaries no longer release an egg and with a gradual fall in the hormone oestrogen, periods become less frequent and over time the stop completely. Women usually go through the menopause during their 40s and 50s and symptoms can last for a few months or several years.

There are a range of different symptoms and physical changes, with

the severity and type differing between individuals. Around 80% of women will experience symptoms, including hot flushes, night sweats, insomnia, vaginal dryness, mood disorders, and weight gain,<sup>1</sup> as well as low mood, anxiety and problems with memory and concentration.

During menopause your metabolism (how fast your body breaks down food to produce energy) may slow down by

around 10% and your muscle mass can decrease.<sup>2</sup> This can lead to weight gain, increasing the risk of a heart attack and stroke, type 2 diabetes, obesity and some cancers. Overtime, the decline in oestrogen can increase the risk of osteoporosis which causes a weakness in the bones and increases the risk of a fracture. Therefore, it's important to keep active and be mindful of what and how much you're eating.

## Food choices and menopause

A varied and balanced diet may help to reduce some menopausal symptoms, whilst protecting against associated long-term health problems. The following tips can help:

- **Base your meals around starchy carbohydrate foods** – opt for potatoes and wholegrain rice, pasta, bread.
- **Aim for 5 A Day** – different colours to provide vitamins, minerals and plant compounds.
- **Aim for 30g of fibre per day** – choose brown wholemeal versions of foods, keep the skin on fruit and vegetables and include foods like oats, beans and pulses.
- **Opt for low saturated fat foods** – replacing saturated fats (butter, coconut oil, fatty meat) with unsaturated fats (olive oil, avocado, nuts) reduces 'bad' cholesterol and is good for heart health.

- **Eat two portions of fish per week**, (e.g. trout, salmon, mackerel) – this provides essential omega-3 fats which are also good for heart health. If you don't eat fish, try walnuts, chia or flaxseeds.
- **Reduce added sugar** – often foods that are high in sugar are calorie dense and provide little nutritional value. Limit chocolate, cakes, biscuits and sweets and look at the sugar content of convenience foods such as soups, sauces.
- **Don't add salt to food and opt for low salt bought products** – too much salt can increase blood pressure. Have no more than 6g per day and avoid processed foods, salty snacks and sauces.
- **Include 2-3 portion of low fat, calcium rich foods every day** – this helps to maintain and strengthen bones. For example, a glass (200ml) semi-skimmed milk/calcium fortified

plant milk alternative, 150g low fat and low sugar yoghurt/fortified soya alternative, a portion of green leafy vegetables e.g. kale, watercress.

- **Supplement with 10µg vitamin D per day during the winter months** (October-March) – vitamin D aids the absorption of calcium from foods. We can get a little from food (oily fish, mushrooms, eggs) however, most is made by our skin when it's exposed to the sunlight. Women over the age of 65 or those with dark skin should consider supplementation all year round.
- **Consider plant oestrogens** (phytoestrogens) – soya (or soya products like tofu, soya milk) and linseeds are rich in phytoestrogens. If eaten regularly, and in the right quantity, they can have oestrogen-like effects.<sup>3</sup> Including these foods could relieve menopausal symptoms.

## Lifestyle habits and the menopause

- **Exercise** – regular exercise can help us to maintain a healthy body weight as well as helping to preserve and build muscle mass. Physical activity, in particular weight-bearing exercise, (such as walking, jogging and jumping rope) can also help to preserve bone and heart health as well as decreasing psychological symptoms (e.g. anxiety and depression) associated with menopause.<sup>4</sup>
- **Smoking** – smoking can increase the risk of health issues associated with menopause, as well as increasing the likelihood of experiencing symptoms such as hot flushes, night sweats and headaches.<sup>4</sup>
- **Alcohol** – we should drink no more than 14 units (about 6 pints of beer or 6 medium glasses of wine) per week and spread our drinking over three or more days. This can also help to manage hot flushes.

- **Caffeine** – caffeine can increase the symptoms of hot flushes. Try to choose decaffeinated versions of tea, coffee and cola.



1. Sussman M, Trocio J, Best C, Mirkin S, Bushmakina AG, Yood R, Friedman M, Menzin J, Louie M. (2015). Prevalence of menopausal symptoms among mid-life women: findings from electronic medical records. BMC Womens Health.

2. Metabolism-metabolic-rate.com (2014). Available at: <http://metabolism-metabolic-rate.com/why-does-your-metabolic-rate-slow-down-as-you-age/>

3. BDA. Menopause and Diet (2019). Available at: <https://www.bda.uk.com/resource/menopause-diet.html>

4. British Nutrition Foundation. Menopause (2016). <https://www.nutrition.org.uk/healthyliving/lifestages/menopause.html>



# STOP TOBER

1<sup>ST</sup>–31<sup>ST</sup> OCTOBER

Did you know stopping smoking not only improves your physical health but is also proven to boost your mental health and wellbeing?

Quitting can improve mood and help to relieve stress, anxiety and depression. Not only this but ditching the cigarettes can improve your bank balance too, leaving you with more

money to spend on other things! **Stoptober** is the ultimate 28-day stop smoking challenge. Research suggests that if you quit for 28 days, you're 5 times more likely to quit for good!

## WHAT HAPPENS WHEN YOU QUIT?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



### After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



### After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



### After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



### After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



### After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



### After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



### After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



### After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

## TOP TIPS TO QUIT SMOKING:

- 1 List your reasons to quit.
- 2 Tell people you're quitting.
- 3 If you have tried to quit before, remember what worked.
- 4 Use stop smoking aids, e.g. nicotine patches and gum.
- 5 Have a plan if you're tempted to smoke.
- 6 List your smoking triggers and how to avoid them.
- 7 Keep cravings at bay by keeping busy.
- 8 Exercise away the urge to smoke.
- 9 Join support groups.
- 10 Remember that **you can do it!**

If you've decided to take the first step in your journey to quitting smoking – well done! Once you have decided on a date to stop, add it to your calendar and stick to it. Below are some tips which will help you succeed.

Visit the **NHS Smoke Free** website for more information and advice:

**Quit smoking - Better Health - NHS ([www.nhs.uk](http://www.nhs.uk))**



# WORLD OSTEOPOROSIS DAY

HEALTHIER BODY

20<sup>TH</sup> OCTOBER

**While Halloween is drawing closer and talk of spooky skeletons is normal... World Osteoporosis Day reminds us that even though we can't see them, it's important to look after our bones!**

Osteoporosis is a condition where calcium is lost from our bones and they become **thinner**. Anyone can be at risk of osteoporosis, however it is more common in older people and post-menopausal women.

## Diet

Eating enough calcium and vitamin D is essential for bone health. Most adults should be aiming to consume 700-1000mg calcium per day. A 200ml glass of cow's milk will have about 240mg calcium, 2 slices of wholemeal bread will have 155mg and 100g of kale will have 150mg. Vitamin D aids the absorption of calcium from our foods, which is vital for bone health as it helps to get the calcium from our food into our body.

We can get a little vitamin D from our food (e.g. oily fish, mushrooms, eggs) however, most is made by our skin when it's exposed to the sunlight. The government recommends that we supplement with 10µg vitamin D per day during the winter months (October-March).

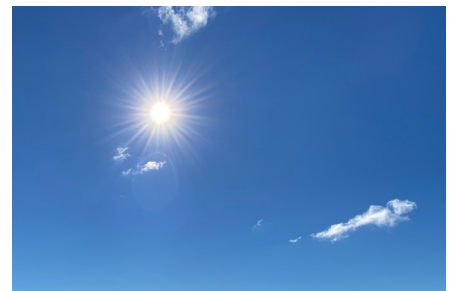
Protein helps to support our muscle and bone health. We should ensure that we get protein from a variety of

sources including beans, pulses, eggs fish and meat. A healthy and balanced diet should provide all the energy, vitamins and minerals needed to support bone health.

## Exercise

Daily weight-bearing exercise can strengthen our bones. This could be anything from walking or running to gardening or dancing. Increasing muscle strength can help to support our bones and lower the risk of osteoporosis. Activities such as lifting weights, yoga or carrying heavy shopping bags can improve muscle strength.

We should be aiming to do 150 minutes moderate intensity exercise (e.g. brisk walking, riding a bike, dancing) per week - this is about 30 minutes per day.



HEALTHIER BODY

## HOW TO KEEP YOUR BONES HEALTHY



**WELLNESS WEDNESDAY WEBINAR: 6<sup>TH</sup> OCTOBER, 14:30-15:00**

Click [HERE](#) to join **Katrina Francis**, ESS Nutrition and Wellbeing Engagement Officer, as she talks through the importance of bone health and what we can do to keep our bones healthy.

If you would like invites to any of our Wellness Webinars sent directly to your inbox, drop us an email at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk) and we'll add you to the mailing list.



# ESS WORLD MENTAL HEALTH DAY LIVE PANEL



8<sup>TH</sup> OCTOBER

Our mental health is important every day of the year, however we are reminded of its significance every year on 10th October, which is World Mental Health Day.

On Friday 8<sup>th</sup> October we are holding a live panel discussion with **Mark Webster**, ESS Managing Director, some of our trained mental health first aiders and charity partners. Click [HERE](#) to join the live stream at 10:30-11:30.



# NATIONAL WORK LIFE WEEK



11<sup>TH</sup>-15<sup>TH</sup> OCTOBER

**While it's great our colleagues enjoy their jobs, we don't want you to be working 24/7!**

It can be hard to switch off your work phone or shut down your laptop, especially when working from home, meaning some of us are spending a lot more time than we should thinking about work. Downtime is really important to ensure that we can relax and unwind, making us more productive and improving mental health.



**Jen McGroarty**, Offshore HR Business Partner shares her top tips to help you get your work-life balance right.

Since having my daughter last October and becoming a new mum work/life balance has never been so important to me, so here are my top tips for how I try to manage my work/life balance:

## 1 Love your calendar

I've found that I need to see the whole picture (work and home) to create balance, so I track everything - work that needs to be completed, meetings, birthdays, my husband's work rota (he does shifts!), my daughter's childcare schedule, travel time... the list goes on. I even schedule lunch into my calendar!

## 2 As Joe Wicks says: 'Prep Like a Boss'

I batch cook and bake so that on the days I'm working meals are ready with minimal fuss, it's really important to me that meal times are about sitting down to eat and spending time together as a family.

## 3 Start by stopping

Don't compare yourself to other people and your perception of their work/life balance, be selective of who you follow on social media - not everything is as its portrayed!

## 4 Get your steps in at work

It can be challenging to fit in or have the motivation to exercise when juggling work and family. Why not use your lunch break for a walk and some fresh air or could you walk and talk with a colleague so you are both getting some exercise and fresh air (I'm definitely more creative when I'm not at my desk all day), take the stairs instead of the lift etc?

## 5 Stop trying so hard

It's OK to have an off day - not everything goes to plan all the time! It's about picking ourselves back up for the next day and going again...

If you feel you're struggling to manage your time and workload, or you're finding yourself working much longer hours than you should, speak to your line manager, teammates or HR department.

# HELPING OTHERS WITH MENTAL HEALTH PROBLEMS

WELLNESS WEDNESDAY INSTAGRAM Q&A: 20<sup>TH</sup> OCTOBER

**You've noticed your friend, family member or colleague is not quiet themselves, but how are you going to help them?**

Our ESS Wellness Team are fully qualified in Mental Health First Aid and this month they will be offering you advice on how you can help others you might be worried about. Click [HERE](#) to head over to the @WeAreESS Instagram page and

pop an anonymous question in the Q&A box in our stories and the team will get back to you as soon as possible. If you don't have time to join, why not send in your question to: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).



# A HEALTHIER AND MORE SUSTAINABLE HALLOWEEN

## What's scarier than witches, ghosts and ghouls at Halloween?

How about the 12.8 million pumpkins that are expected to be left uneaten this Halloween! Around 42% of us in the UK will buy a pumpkin, but a whopping 18,000 tonnes of pumpkin are thrown away each year! That's the same as 360 million portions of pumpkin pie!<sup>1</sup>

It's also estimated that Halloween celebrations will generate over 2000 tonnes of plastic waste – that's the equivalent of 83 million plastic bottles!<sup>2</sup> Instead of buying your sweets and treats pre-packed, try making your own this year.



Our Senior Nutritionist, **Lisa-Marie Huggins** shares some easy ideas for unpackaged and healthier Halloween treats as well as her top tips

on how you can use up your leftover pumpkin – why not get the kids involved too?

- **Spooky Fruit** – peel and half a banana, pop an ice lolly stick on the bottom of the cut side, poke some currents in for eyes and freeze to create a ghastly ghost lolly! Create fruit platters in a spooky Halloween design or simply draw a pumpkin face on a satsuma skin!
- **Dipped Apples** – as an alternative to a toffee apple, why not slice your apple and dunk in dark chocolate or nut butter and sprinkle with seeds or desiccated coconut?
- **Halloween Stuffed Peppers** – scoop out a pepper and cut eyes and a mouth then fill with your favourite fillings like chilli, risotto or vegetable couscous.
- **Roast Pumpkin Seeds** – they are a great source of fibre, protein, vitamins and minerals so don't let them go to waste! Instead, try roasting them with a small amount of oil for a delicious snack or sprinkle over your breakfast, salads and soups. You can also flavour them with herbs or spices such as cumin or paprika!
- **Pumpkin Flesh** – don't just scoop out the inside of your pumpkin and throw in the bin – it's very similar to butternut squash so make sure you find a tasty recipe to use it in such as a curry, soup or even hummus!
- **Carved Pumpkin Skin** – after the trick or treaters have left and the candles are blown out of your lantern, why not recycle it to feed the wildlife in your garden? Turn it into a bird feeder or chop it up for animals and minibeasts to feast on. Once finished any leftovers can simply be added to your compost heap or placed in your food waste bin.



## HALLOWEEN RECIPE



Bought one too many or don't fancy carving up your pumpkin? We've got you covered... **Ryan Hopper**, ESS Executive Chef, shares his recipe for delicious **spiced pumpkin and cheddar scones** – a

family favourite recipe that's great as an afternoon snack or with your lunch. You could try serving these with some spiced pumpkin soup. What's more, this one is perfect to make with little ones and is always a crowd pleaser!

### INGREDIENTS

- 40g butter, plus extra for greasing
- 200g pumpkin flesh, cut into small pieces
- 225g self-raising flour, plus extra for dusting
- 5g smoked paprika
- 5g hot chilli powder (optional)
- 1 tsp baking powder
- 100g grated cheddar

- Small handful chopped fresh coriander or flatleaf parsley leaves
- 3-4 tbsp milk, plus extra for brushing

### METHOD

- 1 Preheat the oven to 200°C/fan 180°C/gas 6.
- 2 Grease a baking sheet by rubbing with a little butter.
- 3 Put the pumpkin pieces into a saucepan and just cover with water. Bring to the boil and simmer for 10 minutes until just tender. Drain and mash with a fork. Leave to cool.
- 4 Sift the flour and baking powder into a big bowl. Add the butter. Using your fingertips, rub the butter into the flour until it looks like breadcrumbs.
- 5 Use a table knife to mix the mashed pumpkin into the flour mixture. Add the cheese and herbs, then add just enough milk to make a dough.
- 6 Sprinkle a little flour on a work surface and on your hands, then lightly knead the dough for 30 seconds.
- 7 Form the dough into a ball, then lightly pat it out to about 3cm thick. Dip a round fluted cutter in a little flour and cut out scones. Put on the baking tray, spaced a little apart.
- 8 Roll the spare bits of dough into a ball and flatten. Cut out the rest of the scones. Brush the tops with milk.
- 9 Put the scones into the oven and bake for 10-12 minutes, until risen and golden.
- 10 Leave to cool on a wire rack before serving.

### CHEF TIP

When placing the scones onto the baking tray, turn them upside down for a more even rise.

### NUTRITIONIST TIP

Sprinkle some seeds on the top for an extra fibre boost as well as another good way to pack in more vitamins and minerals!

<sup>1</sup> Join the Pumpkin Rescue | Hubbub Foundation

<sup>2</sup> What's Scarier Than Spooky Season? How Much Plastic We Use During It | Grazia (graziadaily.co.uk)



# 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: Do I need to spend money on supplements?

**A:** Dietary supplements are any product that we add to our diet to provide nutrients that could be missing in the diet. While different people take supplements for different reasons, most of us can get all that we need from a balanced and varied diet.

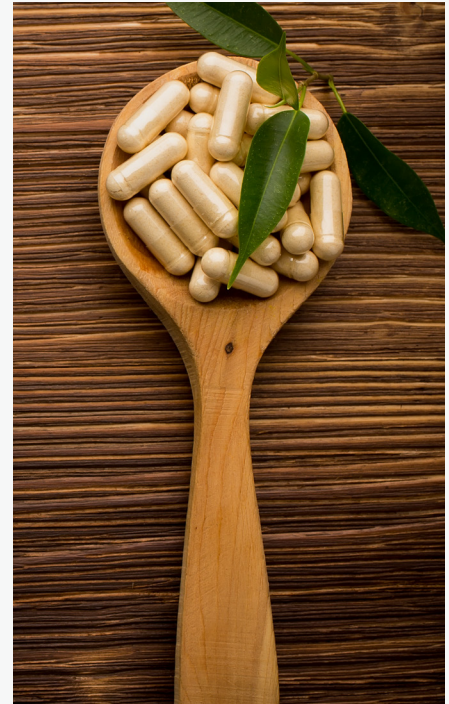
Certain groups of people are recommended to supplement, for example, women who are trying to conceive and women who are in the first 12 weeks of pregnancy are recommended to take a folic acid supplement and the general adult population are recommended to take 10 micrograms of vitamin D per day. Despite this, it's always important to check with your GP or healthcare professional first.

Some supplements can be expensive, and many have no proven health benefits. They may claim to work miracles like delaying ageing or boost your metabolism, however, there is little or no evidence to back up these claims.

If you are buying supplements, make sure you always buy them from a reputable source (e.g. a pharmacy or supermarket, *not online!*).

You should always read the label for the recommended dose. If you take more than one supplement, make sure you're not doubling up on any nutrients, e.g. if you take a multivitamin which includes vitamin D, *don't take an additional vitamin D tablet.*

Check with your GP, registered nutritionist, dietitian or pharmacist if you really need them.



## ASK YOUR NUTRITION & WELLBEING SPECIALIST

WELLNESS

Ask anything to do with nutrition, health & wellbeing.



**Leanne King**

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

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



**Katrina Francis**

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ENGAGEMENT OFFICER



**Tatiana Lillingston-Price**

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If you have any queries, email and ask your ESS Nutritionist and Wellbeing specialist at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).

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WELLNESS

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