

WELLNESS

# WELLNESS

magazine

WINTER 2024

WELLNESS

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HEALTHIER MIND

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HEALTHIER WORLD

WELLNESS

# WELCOME TO THE LATEST ISSUE OF OUR WELLNESS MAGAZINE!



With the festive season now a distant memory, what better time to look ahead to a healthier 2024 for you and the planet?

The magazine contains some great information and tips for action around the four pillars of our Wellness Commitment - Healthier Food, Healthier Mind, Healthier Body and Healthier World.

Thanks to the members of our team who have contributed their own personal stories.

Best wishes for a happy and healthy 2024!

A handwritten signature in white ink that reads "R. S. Gray". The signature is stylized and includes a heart shape at the end of the last name.

Bob Gray  
Managing Director - ESS Defence,  
Marine & Aerospace

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# VEGANUARY



Veganuary launched in 2014 with the aim to inspire people to become vegan and help end animal cruelty.

Its popularity has increased significantly with 400,000 people signing up in January 2020. There is also a greater awareness of how our meat is farmed and how far it has travelled to get to us, as well as environmental issues in general, making consumers more concerned about the impact of their food choices.

A vegan or vegetarian diet is often deemed healthier, but this is not necessarily the case - as always it depends on the foods you choose, how they are cooked and the variety in your diet. Check out the vegsoc.org and vegan.society.com who have developed Eatwell Guides suitable for both vegetarians and vegans.

They are based on the original Eatwell Guide developed by Public Health England. They all encourage a healthy balanced diet through having a variety of foods each day and week from each food group on the guide.



**WHY NOT  
GIVE THIS  
RECIPE  
A GO?**



## SLOW COOKER CHICKPEA CURRY

### Ingredients

#### Ingredients

- 1 teaspoon rapeseed oil
- 1/2 medium onion diced
- 1 Gala apple diced
- 2 tablespoons minced ginger
- 2 garlic cloves minced
- 4 tbsp mild curry paste
- 1 sweet potato peeled and cut into 1/2-inch dice
- 650g cauliflower florets
- 425g chickpeas
- 1 x 400g can chopped tomatoes
- 1 x 400g can vegetable broth
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 114g coconut milk
- 45g lightly packed spinach leaves, chopped

### Instructions

1. Heat the rapeseed oil in a large non-stick pan set over medium heat. Add the onion, apple and ginger, and cook until they are tender (7 to 8 minutes).
2. Add the garlic and cook for 30 seconds.
3. Stir in the curry paste and cook, stirring, for 3 minutes.
4. Transfer the onion mixture to a slow cooker.
5. Add the sweet potato, cauliflower, chickpeas, diced tomatoes and vegetable broth to the slow cooker.
6. Cook on HIGH for 6 hours, or until the vegetables are tender.
7. Stir in the coconut milk and spinach, heat and serve.



# THE SOBRETY SAFARI

## DRY JANUARY

**“Doing Dry January” typically refers to abstaining from alcohol consumption for the entire month of January.**

Many people choose to participate in Dry January for various reasons and their motivations can be both personal and health-related.

Taking a break from alcohol can lead to better sleep, increased energy levels and overall improved wellbeing. It may also provide an opportunity for the body to recover from the potential effects of excessive alcohol consumption over the festive period.

If you are a regular drinker, taking a month-long break can help break the routine and establish new habits. It can help you to reset your relationship with alcohol and reassess your drinking habits.

You may even experience improved mental clarity and focus, and a reduced calorie intake resulting in losing some pounds from your waistline while gaining some pounds in your pocket.

# ALCOHOL FREE



**Tom Lannary**  
Marketing Director - ESS

I'm not sure when the idea of drinking the juice of rotting fruit as a social activity first came about...

...but in one form or another alcohol consumption in the form of wine has been going on from the times of the ancient Greeks. They even had Bacchus the god of wine, music and ecstatic dancing, three things that still seem to go together.

In Western culture, alcohol is ingrained in so many elements of our lives – celebrating births by wetting the baby's head, relaxing from a busy week by having a few pints or opening a bottle of wine, meeting with friends down the pub, marriage, birthdays, a new home and even deaths are all associated having a drink.

Alcohol consumption in the UK has steadily grown since the 1950s when the average adult drank the equivalent of 3.9 litres of pure alcohol per year, by 2004 this had risen to 9.5 litres (the equivalent of 100 bottles of wine). This change has been driven by changing habits – drinking at home, the availability of alcohol with pubs and bars staying open for longer, the relative price of alcohol not increasing at the same rate as the average wage, as well as the increase in alcohol percentage in drinks with stronger beers, wines and ready mixed drinks.

Since 2004 we've seen a falling of alcohol consumption, albeit with an increase during the Covid lockdown years, reflective of a new generation coming through who are setting their own agenda.

Health and fitness have become the norm for many, the popularity of pubs and bars has waned in favour of other forms of entertainment, and for many drinking alcohol is no longer seen as a goal in itself but as a sideline to an evening out. We've also seen the hospitality industry recognising this need and, where previously alcohol-free drinks were an afterthought, they now form a major part of any bar's repertoire.

I've spent many years running bars and restaurants, as well as enjoying my time as a customer in many more. This may seem surprising for someone who grew up in a household witnessing first-hand the destructive nature of an alcoholic father. But rather than reject all alcohol, I've tried to embrace the positive elements that alcohol in moderation can bring whilst always being very aware that I could easily slip into excess.

We often hear that alcoholism runs in families and recent studies show the propensity for alcoholism rises by 50% due to genetics.

If drinking at home and you don't fancy a soft drink, try one of my top tips for beers – these are based on no scientific survey, analysis or category, but are just beers I've found and liked. I've tried the same with wines and spirits and, whilst some would work in cocktails, I've struggled to find a direct replacement, but they are getting better so I'll keep trying.

## TOP FIVE NO ALCOHOL AND LOW ALCOHOL BEERS:

- 1 **Punk IPA alcohol free 0.5%** – not overly hoppy, light and fresh tasting, just a shame they stopped calling it Punk AF.
- 2 **San Miguel 0.0%** – probably as close as you can get to the alcohol version, light pilsner styling.
- 3 **Adnams Ghost Ship 0.5%** – made by starting with a full alcohol version of Ghost Ship then removing the alcohol. Hoppy and citrusy.
- 4 **Nanny State 0.5%** – a hazy craft, full-on American hopped beer.
- 5 **Small Beer Lager 2.1%** – not really a low alcohol lager but a lower-than-most lager. No compromise on flavour just less alcohol, fewer calories and lower carbs – what's not to like?

## FOR THOSE THAT WANT TO REDUCE THEIR ALCOHOL CONSUMPTION, HERE ARE MY FIVE TOP TIPS.

- 1 **Keep track of how much you're drinking on a night out** – start the night with an elastic band on your little finger, with each alcoholic drink move it to your next finger, if you reach your thumb, it's probably time to go home!
- 2 **Take a "diet coke break"** – don't be afraid to break habits by ordering up a soft drink, this also helps you stay hydrated and eases the potential hangover.
- 3 **Slow down** – just because everyone around you is gulping down their pints it doesn't mean you have to keep pace, it's easier to miss a round if you still have half of your drink left.
- 4 **Avoid shots** – easier said than done, blame shots for feeling awful the next day once and live on that story going forward, a touch of exaggeration never goes amiss!
- 5 **Offer to be the nominated driver** – this takes away any peer pressure, makes you the most popular person and gives you a reason not to drink.



# THAT MONDAY FEELING



**Allan Errington**  
HSEQ Manager -  
ESS Energy

**Monday arrives four or five times a month, so that Monday morning feeling can come around very regularly.**

However, for some of our colleagues such as those working offshore, it can be slightly different.

For those colleagues working offshore, the 'Monday feeling' comes around less regularly, due to their work rotation. However, the 'Monday feeling' can start earlier, with the last few days of leave being affected owing to the upcoming thought of returning to work for an extended period of time.





Although it seems that they have fewer Mondays to face compared to their onshore colleagues, the impact on mental wellbeing can seem overwhelming over time.

Once back into their work rotation all days can seem the same, with consecutive 12 hour shifts for a period of 14 days or, in some cases, 21 days. This can have a potential detrimental cumulative effect on mental wellbeing.

Over the last few years within the Energy sector, we have focused on mental wellbeing, mindfulness and human factors to create coping mechanisms for our colleagues, to help counteract potential stresses and anxieties associated with work patterns.

**Below are some simple tips I recommend to help reduce that 'Monday feeling':**

- Set realistic goals in terms of exercise and wellbeing.
- Spend quality time with family and loved ones.
- Plan your work and free time to improve work/life balance.
- Eat a balanced and nutritious diet (this will aid sleep to combat fatigue).
- Practice mindfulness and meditation techniques, to take some time out for yourself.
- Take part in exercise such as yoga, Pilates, swimming and running.
- Prioritise issues, deal with the important things, eliminate tasks that provide no value.
- Reduce criticism of yourself and others.
- Laugh and smile more often, you will be amazed the effect this has on mood.
- Don't stress when targets are not met.
- Utilise the free resources via My Learning/You Matter.
- Speak to someone such as one of our Mental Health First Aiders.
- Contact our Employee Assistance Programme at point of crisis.
- Remember to always be kind to yourself!

# CANCER

# THE FACTS

WORLD CANCER DAY: 4<sup>TH</sup> FEBRUARY 2024

CERVICAL CANCER AWARENESS WEEK: 22<sup>ND</sup> TO 28<sup>TH</sup> JANUARY 2024

OVARIAN CANCER AWARENESS MONTH: MARCH

With one in two of us having a form of cancer within our lifetime, let's look at what cancer is and whether there is anything we can do to prevent it.

Cancer is a group of diseases characterised by the uncontrolled growth and spread of abnormal cells. These cells can invade and destroy surrounding tissues and may also spread to other parts of the body through the bloodstream or lymphatic system. There are over 100 different types of cancer, each with its own traits. However, there are some key characteristics:

#### **Abnormal Cell Growth:**

Cancer begins when normal cells undergo genetic mutations that cause them to grow uncontrollably. These mutations can be caused by various factors, including genetic predisposition, exposure to carcinogens (cancer-causing substances) and certain infections.

#### **Tumour Formation:**

The uncontrolled growth of cells leads to the formation of a mass or lump called a tumour. Tumours can be benign (non-cancerous) or malignant (cancerous). Benign tumours do not invade nearby tissues or spread to other parts of the body, while malignant tumours can be invasive and metastasise.

#### **Metastasis:**

Cancer cells have the ability to invade surrounding tissues and enter the bloodstream or lymphatic system. Once in the bloodstream, they can travel to other parts of the body and form new tumours, a process known as metastasis.

#### **Types of Cancer:**

There are many different types of cancer, each classified based on the type of cell or organ where it originates. Common types include breast cancer, lung cancer, prostate cancer, colorectal cancer and leukemia.

#### **Risk Factors:**

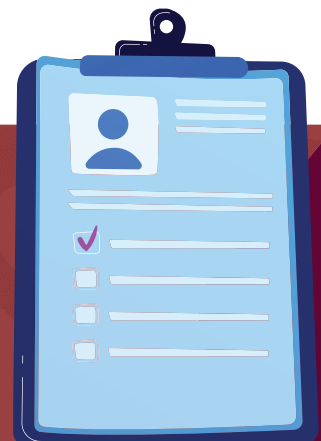
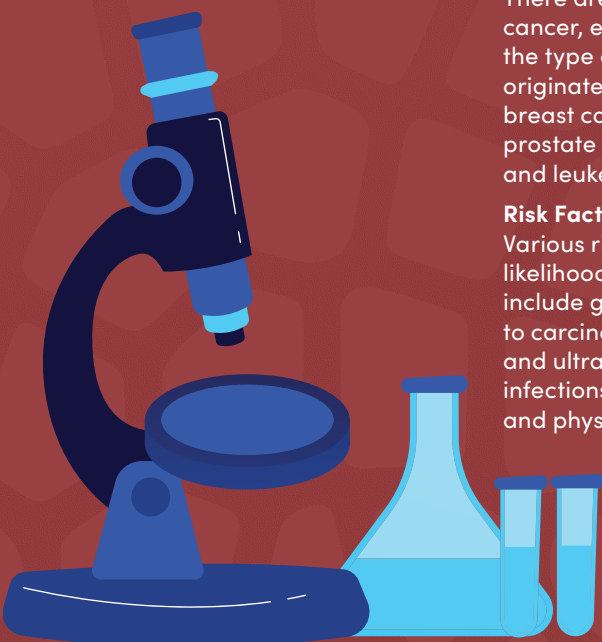
Various risk factors can increase the likelihood of developing cancer. These include genetic factors, age, exposure to carcinogens (such as tobacco smoke and ultraviolet radiation), certain infections and lifestyle factors like diet and physical activity.

## WHAT ARE CARCINOGENS?

These are substances or agents that have the potential to cause cancer. Exposure to carcinogens can increase the risk of developing cancer by initiating or promoting the growth of malignant cells.

Carcinogens can be found in various forms, for example UV radiation, tobacco, some chemicals and asbestos.

It's important to note that exposure to a carcinogen does not guarantee the development of cancer, as individual susceptibility and other factors also play a role. However, exposure should be managed or minimised wherever possible.



## PREVENTION:

Researchers currently suggest that as many as 40% of cancer cases could be avoided through lifestyle choices.

While not all cancers can be prevented, certain lifestyle choices can reduce the risk. These include:

- Avoiding tobacco.
- Maintaining a healthy diet. Using the EatWell Guide, ensure you consume a good range of the food groups, aiming for 5 A Day for fruit and vegetables, limiting red and processed meat and opting for lower fat, saturated fat, sugar and salt foods will help.
- Being physically active and maintaining a healthy weight. Aim for 150 mins of moderate intensity exercise a week (this is where your heart rate starts to rise but you can still hold a conversation).
- Ensuring restful sleep. Adults should aim for at least seven hours per night. Children's requirements vary depending on age, with the number of hours reducing as they get older (1-2 year olds should have 11-14 hours, 3-5 year olds 10-13 hours and 6-12 year olds 9-12 hours).
- Limiting exposure to carcinogens, for example using sun cream when in the sun to reduce UV exposure.
- Limiting or reducing your alcohol intake.

## CERVICAL CANCER

Cervical cancer is a type of cancer that begins in the cervix, the narrow opening into the uterus from the vagina. It used to be a leading cause of cancer death in women, but widespread screening has led to earlier detection and improved outcomes.

It is a preventable and treatable disease, especially when detected early, which is why cervical screening is so important. The incidence of cervical cancer has now significantly decreased in many developed countries.

### HPV INFECTION

Persistent infection with high-risk strains of HPV is the primary cause of cervical cancer. HPV is a common virus transmitted through sexual contact. Vaccination against HPV is an effective preventive measure and is offered to girls in their teens.

### Symptoms:

Early stages of cervical cancer may not cause noticeable symptoms. As the cancer progresses, symptoms may include:

- Abnormal vaginal bleeding
- Pelvic pain
- Pain during intercourse
- Abnormal vaginal discharge.

The above symptoms can be due to other reasons, so it's important to contact your GP.

### Treatment:

Treatment options include surgery, radiation therapy, and chemotherapy. The choice of treatment depends on the stage of cancer, the patient's overall health and other factors.

- 1 in 142 UK females will be diagnosed with cervical cancer in their lifetime.
- 99.8% of cervical cancer is preventable.
- Infections cause 99.8% of cervical cancer cases in the UK.
- Smoking contributes to 21% of cervical cancer cases in the UK.<sup>1</sup>

## OVARIAN CANCER

Ovarian cancer is a type of cancer that originates in the ovaries, which are part of the female reproductive system. Ovarian cancer is often referred to as the 'silent killer' because it may not cause noticeable symptoms in its early stages. As a result, it is often diagnosed at an advanced stage.

There are various types of ovarian cancer, with the most common being epithelial ovarian cancer. Other types include germ cell tumours and stromal tumours, which are less common. Prognosis depends on factors such as the stage at diagnosis, the type of ovarian cancer and how well the cancer responds to treatment. Early detection is crucial for a better prognosis.

Factors that may increase the risk of ovarian cancer include:

- Age (risk increases with age)
- A family history of ovarian or breast cancer
- Certain genetic mutations (e.g. BRCA1 and BRCA2)
- A personal history of breast, colorectal or endometrial cancer.

While there is no guaranteed way to prevent ovarian cancer, some factors may reduce the risk, such as oral contraceptive use, breastfeeding and certain surgical procedures like tubal ligation or hysterectomy.

### Symptoms:

- Bloating, pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Changes in urinary urgency or frequency.

The above symptoms can be due to other reasons, so it's important to contact your GP.

### Treatment:

Treatment for ovarian cancer typically involves surgery to remove the tumour and affected tissues, followed by chemotherapy. The specific treatment plan depends on the stage of the cancer and the overall health of the individual.

Given the challenges of early detection, raising awareness about the symptoms of ovarian cancer and risk factors is essential. Regular check-ups and discussions with healthcare providers can help identify potential signs and symptoms, leading to earlier diagnosis and better outcomes. If there is a concern about ovarian cancer, seeking prompt medical attention is crucial for evaluation and diagnosis.

# MY EXPERIENCE WITH CERVICAL CANCER



**Gabbi Walker**  
Relationship and Contract  
Governance Manager -  
ESS

For years I used to get a feeling of absolute dread when the cervical screening letter arrived, I used to find it really painful and would try to put it off until the last possible day.

Early 2018 I got the letter and something inside me made me call straight away to book. I had been struggling with endometriosis since 2016 and I think part of me felt it was better to get checked out just so I could have a positive outcome.

After the smear I left the hospital and didn't think twice. A week or so later I had a letter asking me to go again as the sample they had taken may have been inconclusive, so off I went. A few days later I had another letter informing me I needed to attend a colposcopy clinic where they could identify any abnormal cells located in my cervix and what they looked like. Whilst I was there, they would do a biopsy. I was called in a week or so after to discuss my results.

By this time my "let's just get it done" attitude was starting to waiver, my son was six at this point, my husband and I were separated, and I had suddenly never felt so alone. I was terrified. I didn't want to tell my family

as they were already concerned about the endometriosis and how that was affecting me. I confided in a friend at work who supported me and came with me to the hospital when I got called back.

When we went in, they told me I had stage 1 cervical cancer. I hadn't got a clue what that meant, but the doctor explained it meant that the cancer hadn't spread to nearby tissues or any other organs. He went on to ask if I had completed my family, as with my history of endometriosis, and a history of ovarian cancer in the family, I would be considered for a hysterectomy to remove everything which would then take away any future risk all round.

At this stage I was still desperate for another child (hoping my marriage would work out eventually), so I was keen to avoid the hysterectomy.

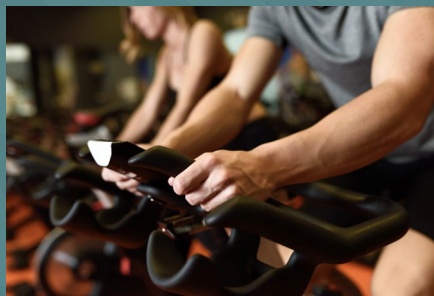
A few days later they performed a large loop excision to get rid of the cancerous cells. It took two visits and both sessions lasted over an hour, it felt like every time they got rid of a bit they found more. I'm sure they didn't, it just took so long and whilst you lie there and try not to watch it makes you think all sorts!

Afterwards I had to go for screening every three months and I always booked the day I got the letter. I feel really fortunate, there are four stages associated with cervical cancer, and I was one of the lucky ones to have had minimal impact. The uncomfortableness I experienced was nothing in relation to others, albeit I felt terrified at the time as the "C" word sets everyone off in some way. I sat by a woman in the hospital who had stage 4 cervical cancer that had spread so far to other areas that she didn't think she would get as far as Christmas.

I would encourage anyone who puts off cervical screening to go as soon as you can and get checked regularly. It's daunting but it's worth the 10 minutes of discomfort to, in most cases, get a positive result. The hysterectomy and a bilateral salpingo-oophorectomy still came my way a few years later, and I still get letters for a smear test now, even without a cervix to test! But it acts as a reminder to positively promote attending routine checks to my friends and family.

# MINDFUL MOMENTS

## MENTAL HEALTH AT WORK



### INTRODUCTION

Working with a mental health problem can be difficult and, unfortunately, you may find that work impacts it negatively. This can be because of workplace stress, poor relations with colleagues, the type of work you are doing or worry related to telling your manager and colleagues about your mental health problem. If work is affecting your mental health, you can take steps to address the problem.

### HOW CAN POOR MENTAL HEALTH AFFECT ME AT WORK?

Poor management of mental health problems in the workplace can lead to poor performance due to being unable to complete the tasks set out in your job role, as well as human error which can lead to risks for yourself and others.

### HOW CAN I HELP MYSELF OR OTHERS

#### Help Yourself

Telling anyone about your mental health is a personal choice – there is no right or wrong approach. There are some possible benefits to discussing your mental health at work, including obtaining better support and not having to hide any difficulties you are experiencing. It may help others to open up too.

You could ask to optimise voicemail and email services if you get anxious talking on the phone or face-to-face, discuss flexible working to suit your needs to attend medical appointments, move to a different workspace e.g. working from home or somewhere quieter or sitting by a window if you suffer from seasonal affective disorder (SAD), or get permission to take time out when distressed.

#### Help Others

Here are a few things employers can do: keep the conversation going about mental health; pay attention to changes in your employees and be ready to help; make sure you have tools and resources relevant for mental health support.

### TOP TIPS TO MANAGE YOUR MENTAL HEALTH AT WORK

#### Know when you need a break

Life can become overwhelming so don't forget to schedule in some 'me time' and do something that interests you or that you enjoy.

#### Be kind to yourself

It's easy to try to take on a large workload, instead set small and achievable goals and don't forget to reward yourself.

#### Look after your physical health

Do regular physical activity, consume a healthy, balanced diet and get enough sleep.

### SUPPORT

- [mind.org.uk](http://mind.org.uk) (leading charity for better mental health)
- [www.gov.uk/flexible-working](http://www.gov.uk/flexible-working) – Information about access to work scheme and flexible working.

Don't forget you can contact or ask your ESS Nutrition and Wellbeing Specialist: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

# THE IMPORTANCE OF TALKING

TIME TO TALK DAY: 1<sup>ST</sup> FEBRUARY 2024

Talking is of paramount importance for mental health, serving as a key tool for emotional expression, connection and support.

Talking provides a channel for individuals to express their emotions, whether positive or negative. Verbalising feelings in conversation helps individuals to make sense of their experiences, thoughts and feelings, and allows for validation and understanding from others which is crucial for maintaining good mental health. It can act as a form of catharsis and relief, reducing the burden of suppressing emotions and allowing them to build up and become potentially harmful. Picking up the phone or meeting someone for a chat can also help to combat feelings of isolation and loneliness, providing a sense of connection and belonging.

Building a support network around you will help during challenging times and those that you open up to, whether they are friends, family members or professionals, may be able to provide a different perspective and offer solutions to problems you may have felt you couldn't face alone. Through conversation, people can learn and share effective ways to manage stress, anxiety and other mental health challenges.

Open conversations about mental health will also help to break down stigmas, encouraging more people to seek help and support.

## HOW TO START A CONVERSATION

At times you may sense that someone is struggling but be unsure how to raise it with them. The tips below could help to get the conversation going:

### Smile and make eye contact:

Approachability goes a long way. A smile and eye contact convey warmth and openness.

### Start with a simple greeting:

A friendly "hello" or "hi" is an effective way to begin a conversation.

### Find common ground:

If you're in a specific setting or event, talk about something related to that context. Shared experiences make for great conversation starters.

### Ask open-ended questions:

Instead of yes/no questions, ask questions that invite more detailed answers. This encourages the other person to share more about themselves.

### Compliment something specific:

Compliments are a nice way to break the ice. Be genuine and specific in your praise.

### Share something about yourself:

Opening up a bit about yourself can make the other person feel more comfortable and willing to share.

### Listen actively:

Show genuine interest in what the other person is saying. Ask follow-up questions and respond thoughtfully.

### Be mindful of body language:

Pay attention to non-verbal cues. If the other person seems engaged and responsive, that's a good sign to continue the conversation.

Remember, the key is to be authentic and relaxed. Don't overthink it and go with the flow!

## COUNSELLING

It can be hard to open up to friends and family, however if you are feeling stressed or low it is still important to talk. Therapeutic conversations with mental health professionals, such as counsellors or therapists, play a crucial role in promoting emotional wellbeing and provide a safe place to open up and explore your feelings.

In summary, talking is a powerful tool for mental health that fosters connection, understanding and support. Whether through casual conversations with friends, family or professionals, verbal communication plays a vital role in promoting emotional wellbeing and resilience.

# ON COURSE TO RECOVERY

## A ROYAL MARINE'S JOURNEY TO OPENING UP

In the Royal Navy and Royal Marines, where camaraderie is as integral as the sea itself, the importance of opening up has become an increasingly recognised and vital aspect of service, especially for Personnel on Recovery Duty (PRD).

The Royal Navy and Royal Marines Charity (RNRMC), committed to enhancing the wellbeing of Royal Navy personnel and their families, proudly supports initiatives that foster growth, resilience and the transformative power of connection. We know that being removed from active service due to injury or illness can be an incredibly challenging period.

With a wide range of situations to deal with, from life-changing physical injuries to complex mental health struggles, the Royal Navy's recovery program for Personnel on Recovery Duty (PRD) requires a sophisticated support approach. Thanks to RNRMC grant funding, a wide variety of activities are on offer to aid the rehabilitation of PRD sailors and marines.

In this article, we share the uplifting story of **Warrant Officer Tom Miller**, a Royal Marine who discovered a newfound sense of strength through a unique chainsaw maintenance and crosscutting course, funded by both RNRMC and RMA-TRMC.

Tom's journey is a testament to the remarkable growth that can occur when individuals open up and connect with their peers. A seasoned Royal Marine, Tom faced challenges not uncommon to the profession, balancing his home life with the demands of the job.

He explained *"About three and a half years ago, I took full custody of my daughter. I found being a full-time, single parent was simply not conducive to the intensity of the job. It was obviously a very stressful time, trying to show up and be present in my work life and support my daughter, who was facing some challenging circumstances. I didn't see a way that I could do both. And that is when I decided to speak with my Commanding Officer. He listened to me and found me a role I could do whilst supporting my daughter, which meant a lot. It was in this new role that I met CPO Angie Cheal, who runs the funded courses. Between the two of them, it's the first time I've ever truly felt looked after."*



The chainsaw course, designed with the wellbeing of Royal Navy personnel in mind, went beyond the traditional approaches to mental wellness. It provided a hands-on, collaborative environment where sailors and marines could learn a new skill while also fostering an atmosphere of openness and mutual support. Tom fondly recalled the experience, *"It's a situation where you are put into a completely alien setting, away from the military, with no rank. Everyone is equal and is given the space to have a break and just enjoy themselves. Ant, the instructor, was exceptional, drawing on his experience to help some of the guys there who've had addiction problems and various mental health problems."*

**Ant Mackerel**, the instructor of the course, said, *"I love my job and love that I can bring these aspects of myself along with the skills and knowledge that I have gained over the past 30 years. I just want for people who come on my courses to have the opportunity to talk and share, the chainsaw and the cutting merely helps open that door."*

Beyond the technical skills acquired, the course facilitated an atmosphere where sailors and marines could share experiences and challenges openly. *"It gave me, and the others, the reassurance that it's okay to not be okay. It gave us the chance to have a little break from work and to gain a small qualification. I think the main facet to it was learning that we all need to open up a little bit and that this is not going to be a detriment to your career in any way,"* said Tom.

With a newfound sense of resilience, Tom encourages his fellow Royal Navy colleagues to embrace similar experiences. *"Don't hesitate to dive into opportunities like the chainsaw maintenance and crosscutting course. It's more than just a skill-building exercise; it's a chance to connect with your peers in a way that strengthens not just your professional abilities, but your mental wellbeing too. If chainsaws aren't your thing, there is a range of activities on offer from surfing to arts and crafts."*

In expressing gratitude, Tom extended his thanks to the charity for making courses like these possible. *"The support received from RNRMC goes beyond funding; it's an investment in the wellbeing of Royal Navy personnel. The chainsaw course was a unique and valuable experience, one that changed my life for the better."*

RNRMC remains dedicated to initiatives that promote connection, growth and the power of opening up. Tom's experience with the Chainsaw course exemplifies the positive impact of unique approaches to mental wellness, fostering an environment where sailors and marines can strengthen both their professional skills and personal resilience. Together, we can continue to cultivate a culture of support and growth, ensuring that everyone in the Royal Navy feels able to foster connections and open up.

**To hear more about RNRMC, visit [www.rnrmc.org.uk](http://www.rnrmc.org.uk).**

# THE EMOTIONAL STRESS OF HEART DISEASE

HEART MONTH: FEBRUARY 2024  
NO SMOKING DAY: 13<sup>TH</sup> MARCH 2024



When we think of heart disease, we automatically think of the physical aspects such as high cholesterol, high blood pressure, weight and our diet.

However, the emotional stress associated with heart disease can often be overlooked but have a significant impact on an individual's wellbeing. A heart disease diagnosis and the challenges of managing the condition can evoke various emotional responses.

Receiving a diagnosis of heart disease can be shocking and may lead to a sense of disbelief or denial. Coming to terms with the reality of the condition can be emotionally challenging and individuals may experience heightened anxiety and fear, especially regarding the potential for future cardiac events or sudden complications.

Sufferers may feel a sense of loss, including the loss of previous health, lifestyle and, sometimes, sense of control. Grieving these losses is a natural part of the emotional experience and it is important to acknowledge and accept to help aid recovery from an incident or diagnosis and cope with the lifestyle changes required. For example, individuals may need to change their diets, take medication and participate in more regular exercise. This can seem like a

lifestyle overhaul and a mountain too hard to climb for some which can lead to denial, lack of motivation and cause depression and anxiety.

There can also be some stigma and social isolation with heart disease which is mainly due to the misperception that it is lifestyle related. However, stress and genetics can also play a large part. Addressing the emotional stress associated with heart disease is an essential component of holistic care. Developing healthy coping mechanisms, maintaining open communication with healthcare providers and building a support network are all crucial. Healthcare providers often recommend psychosocial support, counselling or therapy to help individuals cope with the emotional challenges. Support groups and educational programmes can provide a sense of community and understanding.

Integrating mental health into the overall care plan can contribute to a better quality of life for individuals dealing with heart disease and support their overall wellbeing.

Several strategies and tips that can help individuals cope with the emotional aspects of the condition are provided below:

**Educate yourself:**

Understanding your heart condition, its causes and treatment options can empower you and reduce anxiety. Consult with your healthcare team to gain accurate information about your specific situation.

**Seek emotional support:**

Share your feelings with trusted friends, family members, counsellors or a support group. Talking about your emotions and concerns can provide comfort and help you feel less isolated.

**Express your feelings:**

Journaling, writing letters or expressing your emotions through creative outlets can be therapeutic. It allows you to process your feelings and gain insights into your emotional wellbeing.

**Set realistic goals:**

Establish achievable goals for your lifestyle changes and treatment plan. Celebrate small victories and progress and acknowledge that positive changes take time.

**Stay informed about medications:**

If you are prescribed medications, educate yourself about their purpose, potential side effects and how they contribute to managing your heart condition. Being informed can help alleviate concerns.

**Involve loved ones:**

Include your loved ones in your journey. Share information about your condition, treatment plan and ways they can support you. Open communication fosters a sense of understanding and collaboration.

**Practice stress management:**

Learn and practice stress-reducing techniques such as deep breathing, meditation, yoga or mindfulness. Managing stress is crucial for overall heart health.

**Maintain a healthy lifestyle:**

Adopting a heart-healthy lifestyle, including regular exercise and a balanced diet, can positively impact both physical and emotional wellbeing.

**Be kind to yourself:**

Understand that dealing with heart disease is a process. Be patient with yourself and recognise that it's okay to experience a range of emotions. Self-compassion is essential.

**Involve your healthcare team:**

Establish open communication with your healthcare providers. Share your emotional concerns, ask questions and work collaboratively to address both the physical and emotional aspects of your health.

Emotional wellbeing is an integral part of overall health. Taking proactive steps to address the emotional impact of heart disease can contribute to a more positive and resilient mindset. If you find yourself struggling, don't hesitate to seek professional support and guidance.



# THE IMPORTANCE OF SUPPORTING EACH OTHER



**Karen Tarbet**  
Operations Director - ESS

**I am a very active person with no health issues throughout my life, however following a particularly stressful time with a marriage breakdown I suffered a massive heart attack.**

This happened just as I turned 40 which felt even worse – old!

I found this very hard to accept and needed to get back to normal life and work as soon as possible.

At the time I was a director of operations in Medirest, and my direct team were so supportive along with the wider senior leadership team.

Physically, I recovered very quickly and returned to work within a few weeks, however the feeling of vulnerability and lack of confidence was enormous when returning to work.

I am a very private person and sharing personal feelings was not easy. Holding the position I had, I felt that telling people how I was feeling would mean I came across as being weak, but this was not the case and talking to my team about how I was feeling enabled them to support me further.

#### **In the first few days/weeks:**

- I would come into work via the catering loading bay where my operations manager would meet me just to walk to the office.
- In senior NHS meetings, team members would come with me just to take notes, however in reality they were supporting my confidence.

I always knew my team were amazing, and by talking openly and sharing my feelings with them they were able to help me through this.

No matter who you are or what job you do, we all have times in our lives when we need support and talking and opening up to others can make a real difference.

I will always be very grateful to the guys who helped me. Without them this dreadful time in my life would have been even worse.

There is no weakness in asking for help and we should do it more. In our business no one has to be alone when life gets difficult.

#NoSmokingDay

# SMOKING & HEART HEALTH

NO SMOKING DAY: 13<sup>TH</sup> MARCH 2024

## The average smoker spends around £3,300 a year on cigarettes!

Just think of what you could do with that extra money! However, smoking is not only costly to our bank accounts but to our health as well, increasing our chances of developing cancer and heart diseases – it is thought that one in two smokers will die of a smoking-related disease<sup>1</sup>.

The chemicals found in a cigarette such as tar, nicotine and carbon monoxide wreak havoc on your cardiovascular system. Smoking narrows your blood vessels, making it harder for blood to flow smoothly. This can lead to high blood pressure and an increased risk of blood clots. The nicotine in cigarettes also spikes your heart rate and makes your heart work harder than it should.

Long-term, smoking can damage your arteries, leading to a buildup of fatty deposits that can eventually block blood flow. This can result in serious conditions like coronary artery disease, heart attacks and strokes.

## The good news?

Quitting smoking is like hitting the reset button for your heart health. Once you kick the habit, your risk of heart disease starts to drop, and your heart can gradually heal.

No matter how long you have smoked for or how many cigarettes you smoke a day, the benefits of stopping start almost immediately. After 20 minutes your heart rate will start returning to normal, and after eight hours oxygen levels begin to recover and the amount of carbon monoxide in the blood will have halved. As time goes on your sense of smell and taste will improve, breathing will feel easier and wheezing or coughing will have reduced<sup>2</sup>.

It's never too late to quit and give your heart the love it deserves.

## Wanting or trying to quit?

The following tools are available to help get you started and support you throughout your journey to becoming smoke free:

- NHS Smoke Free app
- List the reasons you want to quit on your phone – when you are feeling tempted, have a read of them to help regain your motivation
- Tell people you are quitting, then when you are feeling tempted and they are with you they can support you not to light up
- Try e-cigarettes as they are far less harmful than cigarettes and can help you get started
- Sign up to your local stop smoking support group.

# GRATE & GOOD

NATIONAL CHEESE LOVERS' DAY: 20<sup>TH</sup> JANUARY 2024

## Did you know there are up to 1,800 varieties of cheese?

Cheese can be classified by lots of factors including type of milk (cow, goat, sheep), country or region, age, texture, flavour and how it has been prepared.

Cheese can be a good source of protein and calcium. Protein is one of the building blocks of the human body and has a variety of functions including helping the growth and repair of muscles, acting as an antibody to help fight against infection and biological processes. Calcium is a micronutrient and helps to strengthen bones and prevent stress fractures.

There are so many different varieties of cheese, so swapping to a similar, lower fat alternative without compromising calcium and protein content is quite straightforward. Below are three popular cheeses and what they can be swapped for:

Mascarpone is particularly high in fat but swapping it for quark not only decreases the fat content but provides three times the amount of protein.

Cheddar is popular for sandwiches and on top of pasta dishes but picking a 30% less fat option gives you the same amount of protein and calcium with less fat and saturated fat.

Mozzarella is often used on top of pizzas and salads but ricotta can be a lower fat alternative. Be mindful that ricotta contains half the amount of protein.

### WATCH OUT!

Cheese can be high in fat so make your choices wisely. Can you swap higher fat for lower fat options without compromising positive nutrition?



The table below shows popular cheeses and their fat, saturated fat, protein and calcium contents per 100g.

	GOOD	BETTER
<b>Cheese</b>	<b>Mascarpone</b>	<b>Quark</b>
<b>Fat (g/100g)</b>	44.5	trace
<b>Saturated Fat (g/100g)</b>	29	trace
<b>Protein (g/100g)</b>	4.6	14.6
<b>Calcium (mg/100g)</b>	161	120
<b>Cheese</b>	<b>Cheddar</b>	<b>30% less fat Cheddar</b>
<b>Fat (g/100g)</b>	34.9	22.1
<b>Saturated Fat (g/100g)</b>	21.68	13.8
<b>Protein (g/100g)</b>	25.4	27.9
<b>Calcium (mg/100g)</b>	739	840
<b>Cheese</b>	<b>Mozzarella</b>	<b>Ricotta</b>
<b>Fat (g/100g)</b>	20.3	11
<b>Saturated Fat (g/100g)</b>	13.75	6.9
<b>Protein (g/100g)</b>	18.6	9.4
<b>Calcium (mg/100g)</b>	362	240

### WATCH OUT!

A portion of cheese is 30g which is about the size of a match box, so slice your cheese super thin or grate it to make it go further.

# A VICIOUS CYCLE: BODY IMAGE AND EATING DISORDERS

EATING DISORDERS WEEK: 28<sup>TH</sup> FEBRUARY – 5<sup>TH</sup> MARCH 2024

Body image and eating disorders are on the increase.

1.25m people in the UK have an eating disorder

Body image and eating disorders are closely intertwined. Body image concerns often play a significant role in the development and maintenance of eating disorders. Individuals with eating disorders frequently experience negative body image where, just like those experiencing body dysmorphic disorder (BDD), they perceive their bodies in a distorted and critical manner.

## EATING DISORDERS

These are serious mental health conditions characterised by abnormal eating habits that negatively impact a person's physical and mental wellbeing. This can be over or under eating or a combination of both. These disorders often involve extreme emotions, attitudes and behaviours surrounding food, body weight and shape. Common types of eating disorders include:

### **Anorexia Nervosa:**

Severely restricting food intake, leading to extreme thinness and significant health consequences.

### **Bulimia Nervosa:**

Engaging in episodes of binge eating, followed by behaviours such as self-induced vomiting, excessive exercise or the use of laxatives to compensate for the calories consumed.

Societal ideals of beauty, often portrayed through media and cultural influences, can contribute to unrealistic standards that individuals may strive to achieve. The pressure to conform to these ideals can lead to dissatisfaction with one's body and a desire to alter it through extreme dieting or other behaviours.

The prevalence of social media can exacerbate body image concerns. Comparisons with others, exposure to edited images and the pressure to conform to certain beauty standards on social platforms can contribute to

dissatisfaction and fuel disordered eating behaviours and BDD.

For some individuals, controlling their body weight and shape through restrictive eating, excessive exercise or other behaviours may serve as a way to cope with feelings of inadequacy or lack of control in other areas of life.

Negative body image and eating disorders can create a vicious cycle, where disordered eating negatively impacts body image, leading to further dissatisfaction and an increased desire to engage in harmful behaviours.

### **Binge Eating Disorder (BED):**

Recurring episodes of consuming large amounts of food, often quickly and to the point of discomfort, but without regular compensatory behaviors like vomiting or excessive exercise.

### **Avoidant/Restrictive Food Intake Disorder (ARFID):**

Limiting the range of food intake, avoidance of certain textures or smells and a lack of interest in eating.

### **Other Specified Feeding or Eating Disorders (OSFED):**

Disordered eating patterns that do not meet the specific criteria for anorexia, bulimia or BED but still pose significant risks to physical and mental health.

These are the most common form of eating disorder.

So, disordered eating is not just the restriction of consuming food but also the over consumption of food. Eating disorders are complex and can result from a combination of genetic, biological, environmental and psychological factors. They often coexist with other mental health conditions such as depression, anxiety or substance abuse.



## BODY DYSMORPHIC DISORDER (BDD)

This is a mental health condition characterised by a preoccupation with perceived flaws or defects in physical appearance that are not noticeable to others. Individuals with BDD may engage in repetitive behaviour, excessive grooming, seeking reassurance, or comparing themselves to others, in response to their concerns about their appearance. Key aspects of BDD include:

- **Preoccupation with appearance:** Intense focus on a specific body part perceived as flawed.
- **Repetitive behaviours:** Used as coping mechanisms for their perceived flaws.
- **Avoidance:** Often those with BDD will go to great lengths to avoid social gatherings and events.
- **Link to depression and anxiety:** The distress of perceived flaws can result in significant emotional suffering.

Approximately 2% of the UK adult population are living with BDD and it can interfere with daily life, relationships and overall wellbeing. Body image concerns can affect individuals of all shapes and sizes, and they are not limited to a specific body type.

Promoting body positivity, self-acceptance and a healthy relationship with food can contribute to a more supportive environment for individuals struggling with body image and eating disorders.

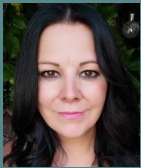
Seeking professional help is essential for those affected, as treatment can address both the physical and psychological aspects of these conditions. Treatment often involves addressing and challenging distorted body image perceptions. Cognitive behavioural therapy (CBT) and other therapeutic approaches help individuals explore and change their negative thoughts and beliefs about their bodies.

**If you or someone you know has an eating disorder, Beat is the UK's leading charity here to support you.**

Click **HERE** to visit their website for all the information you need, whether that's starting an important conversation with a loved one or help through your own treatment or recovery.



# MY STRUGGLE WITH BODY DYSMORPHIC DISORDER



**Sara-Jayne Goss**  
Executive Chef – ESS

**My struggle with BDD started when I had childhood trauma that was caused by my dad dying. I was eight years old.**

Of course, I didn't know it at the time, but I had started on quite a destructive path where I had a problem with my confidence and really didn't like myself physically. I started to comfort eat and, although I was tiny, my family would often say that's when I got a belly!

My mum was constantly on diets, and she was at the time doing body building so everything I ate was diet food. This made me really focus on my appearance as I thought I needed to diet too, and that you had to strive for perfection to be like everyone else. All through my teenage years into early adulthood I was always on a diet as I thought I didn't look as perfect as everyone else. I had serious self-confidence issues, really didn't like myself and thought I wasn't good enough for anybody. I suffered with depression on and off and frequently put myself in dangerous situations because I thought I deserved nothing better.

I joined the RAF when I was 18 and while it helped with every aspect of my physical appearance as I was working out a lot, I still didn't feel comfortable in my own body. I then went on to get married and have children, and I left the RAF to be a full time mum. Naturally I put some weight on, and to deal with this was constantly on quick fix diets, near starving myself at times and never being able to fully enjoy time with my children on holidays and days out. Even to the extreme of not being able to have an ice cream on holiday without feeling the need to punish myself somehow.

I felt like my skin was crawling and frequently couldn't leave the house without analysing every aspect of how I looked, pulling at my clothes, multiple changes before I could go out and spending the day in misery feeling so low.

The longer I felt like this the more I needed reassurance from my husband and everyone around me, and it was never enough. I would frequently binge as I was so hungry and then punish myself mentally for days afterward and the cycle would start again.

When I did enjoy myself, I would have to swim or walk for hours at the start of the day to burn the calories first. I couldn't eat anything that people would consider normal food. I went to nutritionists, dietitians, doctors and was told by the former that it didn't matter if I ate healthily as that's what my body was used to, and that if I ate anything bad I would pile weight on; by the latter that I should just stop eating so much and exercise, which she saw me do as she went to the same gym! I was put on anti-depressants which didn't help either. I had multiple miscarriages which I convinced myself was my fault and I believed my husband thought so too.

My marriage started to fall apart when my husband couldn't reassure me in any way, and I started to look for attention however I could. I was very angry and would go to extremes to get his attention. He worked with a lot of women who I was jealous of because I felt they were more amazing and beautiful than I was. All in all, it made me a very bitter person. When

we finally broke up, I was in a very dark place mentally and didn't want to be here anymore. I contemplated not being many times and although I love my children more than life itself, felt they would be better in a world where I didn't exist. This is when my ex-husband pushed me into getting help.

I went to the doctor and broke down. He referred me to a therapist and within five minutes she said I had BDD and that it was quite common. I felt instantly lighter knowing that I wasn't alone and that after 10 months of therapy there was nothing wrong with me. She helped me to find coping mechanisms that I still use now when I'm feeling low and encouraged me to be happy with myself and learn to love myself.

And after 30 odd years of this incapacitating mental illness, I'm finally living my life to the full. I'm a confident, happy person and I'm ok with being me. I still have hard days when it hits me again and I always will, but mostly I'm grateful for finally being able to live my life without this crushing weight on my shoulders after such a long struggle. Everyone has problems but its ok to get help before it takes over your life. We only live once and we should enjoy every minute of it. If by writing this, I help even one person to feel better about themselves and to not feel alone, it was worth it.

# HYDRATION

HEALTHIER BODY

## THE IMPORTANCE AND IMPACT ON YOUR NUTRITIONAL STATUS



NUTRITION & HYDRATION WEEK: 11<sup>TH</sup>-18<sup>TH</sup> MARCH 2024

**Balancing a nutritious diet with sufficient hydration is key to promoting overall health, preventing illness and supporting the body's various functions.**

It's important to tailor nutritional and hydration needs to individual factors such as age, activity level and health conditions.

Water is essential for normal bodily functions and is the major component of bodily fluids. Its functions include lubricating eyes and joints, removing waste, transporting nutrients and regulating body temperature. In the human body, water makes up between 55-60% of bodyweight, which varies depending on age and body composition.

Mild dehydration (1-2% of bodyweight lost) can negatively impact concentration and impair performance as well as causing headaches and tiredness<sup>1</sup>.

Water is lost by the body through urine and faeces, and lost fluids must be replaced to prevent dehydration.

Exercise can increase your hydration requirements due to your body trying to regulate its temperature through sweating, so be mindful to drink more fluids before, during and after physical activity. Sweat contains sodium so fluid intake must include electrolytes, either from a sports drink or water with added salt, to replenish those lost during longer lasting, more strenuous physical activity.

*Carry a water bottle with you to help keep your hydration levels topped up*

Age, activity level and climate all influence fluid intake, and the UK government recommends consuming 6-8 glasses a day, which is the equivalent of 1.2L. On hotter days you will probably need to be consuming more liquid to account for increased sweating<sup>3</sup>.

Older adults may be more at risk of dehydration as they have a reduced sense of thirst. They may also have a fear of incontinence or worry

about going to the toilet frequently which is why they restrict their overall fluid intake. However, good hydration can help maintain overall health, preventing constipation, urine infections, confusion and falls.

Fluid intake forms part of your overall nutritional status, but drinking water is not the only way to stay hydrated: milk, soft drinks, squash, tea and coffee all contribute to your fluid intake. Fruit juice is also a source of fluid as well as vitamins and minerals, but it is recommended that you only consume 150ml per day, which counts as one of your 5 a Day.

While water has no contribution to calorie intake, be mindful that choosing full sugar soft drinks and full fat milk drinks does contribute to your calorie intake and is generally not recommended as part of a healthy, balanced lifestyle. Therefore, consumption of items like hot chocolates and cream milkshakes should be limited. Where possible you should be avoiding drinks packed with sweeteners and opting for sugar free soft drinks and no added sugar squash to minimise the calories, sugar and fat consumed.

It is important to be mindful of drinking too much water as this can also be dangerous and in extreme cases cause hyponatraemia (low blood sodium levels).

*If you're doing Dry January, don't forget to keep drinking non-alcoholic drinks!*

And what about alcohol? Alcohol is a diuretic (it promotes water loss by increasing urine output), so it should not be drunk to maintain hydration levels. Be mindful that caffeine is also a diuretic, however, the volume of water consumed as part of a coffee balances this diuretic effect.

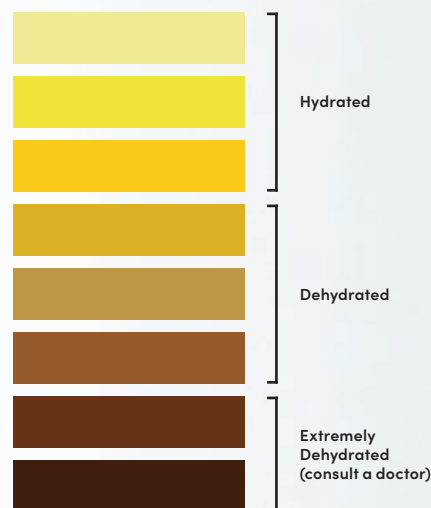
If taking part in Dry January be careful of swapping cocktails for mocktails

as these can be packed full of sugar. Instead, pick a low-calorie mixer, and add some ice and a slice of fruit.

Around 20-30% of fluid comes from the food we eat: some fruit and vegetables have a very high water content such as tomatoes, lettuce and courgettes. Other foods which can be high in fluid levels include soups, salads and casseroles.<sup>4</sup>

### How to monitor hydration

Urine colour is a very easy way to check your hydration status. The chart indicates the colours you should aim for, with a dark colour indicating dehydration and pale urine demonstrating a good level of hydration.



Headaches are a common sign of dehydration, so check how much liquid you've had that day and have another glass of water before reaching for the painkillers.

### DID YOU KNOW...

The average adult male is made up of about 60% water, while the average adult female is around 55% water.<sup>1</sup>

1. British Nutrition Foundation  
2. Riebel and Davy (2013). The Hydration Equation: Update on Water Balance and Cognitive Performance  
3. NHS (2023). Water, drinks and your health. <https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>  
4. BDA (2019). The importance of hydration. <https://www.bda.uk.com/resource/the-importance-of-hydration.html>

# FLIPPING GOOD PANCAKE IDEAS

SHROVE TUESDAY: 13<sup>TH</sup> FEBRUARY 2024

Shrove Tuesday's association with pancakes comes from the tradition of using up rich foods like eggs, milk and sugar before the fasting period of Lent.

Pancakes became a convenient and delicious way to use up these ingredients. As a result, many cultures celebrate Shrove Tuesday by making and enjoying pancakes. It's a day of feasting before the more solemn and reflective season of Lent begins.

Many will associate pancake toppings as being sweet, however a savoury topping can make up a nice snack or light lunch and contribute to many groups in the Eatwell Guide, not just those that are high in fats and sugars.

There are also ways to reduce the sugar content of sweet toppings while still enjoying a treat. Why not try the following ideas?

## Sweet:

- Fresh or frozen berries and yoghurt instead of jam and whipped cream
- Nut butter
- Orange juice and cinnamon instead of lemon juice and sugar

## Savoury:

- Spinach and ricotta
- Tomato and goat's cheese
- Turkey slices and reduced fat cheddar
- Add pesto into the pancake mix and top with a poached egg

# IDEAS FOR LOOKING AFTER THE PLANET DURING LENT

LENT: 14<sup>TH</sup> FEBRUARY – 28<sup>TH</sup> MARCH 2024

While Lent is historically a religious event, today many people take part regardless of their religious beliefs.

Common practices include giving up certain luxuries or indulgences, such as specific foods or habits, during the 40 days. Additionally, individuals may take on acts of charity, prayer and reflection on their spiritual journey.

Here are some ideas for different ways to make Lent healthier and more sustainable:

- Make more sustainable choices – could you go plant-based, buy more local produce and more seasonal fruit and veg?
- Try to walk more or get public transport instead of driving.
- Turn your leftovers from dinner into lunch for the next day to minimise food waste.

# EGG-CELLENT IDEAS FOR A SUSTAINABLE EASTER

**EASTER: 29<sup>TH</sup> - 31<sup>ST</sup> MARCH 2024**

Secular celebrations of Easter often include traditions like family meals with roast lamb or Easter egg hunts, where children search for hidden eggs filled with sweets or small toys.

Regardless of religious or secular observance, Easter weekend is a time for many to come together, reflect on renewal and hope, and celebrate the arrival of spring.

## HERE ARE SOME TIPS FOR MAKING YOUR EASTER HEALTHIER FOR YOU AND THE PLANET:

### Choose a plant-based centre piece instead of the traditional roast lamb

Why not opt for a nut roast, cauliflower steak or vegetable Wellington?

### Opt for Fairtrade chocolate and dark chocolate rather than milk or white as this has a higher cocoa content and is usually lower in sugar

On average, cocoa farmers earn just 6% of the final value of a bar of chocolate, so keep an eye out for the Fairtrade logo<sup>1</sup>, which guarantees social, economic and environmental standards are adhered to – for companies that includes paying a fair

price for the produce and for farmers it includes workers' rights and protection of the environment. Sustainable chocolate is also becoming more widely available with brands like Tony's Chocolonely and Divine being available in supermarkets.

### Why not contribute to one of your 5 A Day?

Dip some fruit, such as strawberries or banana, into melted chocolate.

# REDUCING STIGMAS AND INCREASING AWARENESS OF SELF-INJURY

SELF-INJURY AWARENESS DAY: 1<sup>ST</sup> MARCH 2024



**Bruce Findlay**, Health and Safety Manager - ESS

A short while ago I was made aware that 1st March is Self-Injury Awareness Day. This is a subject I didn't know too much about, so I thought I would try to find out more about what self-injury is, why people feel the need to harm and what other people can do to help.

## SO, WHAT IS SELF-INJURY?

Self-injury describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult or distressing thoughts and feelings. It most frequently takes the form of cutting, burning or nonlethal overdoses. However, it can also be any behaviour that causes injury – no matter how minor or high-risk the behaviour. Basically, any behaviour that causes harm or injury as a way to deal with difficult emotions can be seen as self-injury. I also discovered that self-injury means hurting yourself on purpose.

**What I did find out is that self-injury isn't a suicide attempt or a cry for attention.**

However, it can be a way for people to cope with overwhelming and distressing thoughts or feelings. People may self-injure for many reasons. For some, it might feel like relief, like taking the lid off a pressure cooker; others might self-injure because physical pain reminds them that they're alive. It might give temporary relief from the emotional pain the person is feeling, but it's important to know that this relief is only temporary because the underlying reasons still remain. It can also be more severe than intended or lead to infection.

**Self-injury should be taken very seriously, whatever the reason behind it.**

Certain factors and life events or underlying mental health conditions could lead individuals to self-injure and it is often used by individuals in emotional distress to cope and manage the pain. Soon after, feelings of guilt and shame might follow, which can continue the cycle. Because there may be some temporary relief at the start, self-injury can become someone's normal way of dealing with life's difficulties.

**There are lots of myths attached to self-injury.**

This isn't surprising – myths and misunderstandings often arise when a problem like self-injury is poorly understood. Negative stereotypes can be powerful. They need to be challenged because they stop people talking about their issues and asking for help. These myths also mean that work colleagues, family and friends can misunderstand people who self-injure. I for one always thought self-injury was a cry for help or about 'attention seeking'. This is not the case, many people who self-injure don't talk to anyone about what they are going through for a long time, and it can be very hard for them to find enough courage to ask for help.

**The next important question I asked myself was how we can support our work colleagues or their families who may be self-injuring?**

The first thing I came across was similar to what I had been taught in my mental health first aider training: If you are worried that someone might be self-injuring then try to get them to talk to you. Ask open-ended questions like: *"How do you feel about...?"* Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful. Remember, when asking how someone is feeling and being told *"I am okay"* to ask a second time *"How are you really feeling?"*



## **DO YOU KNOW SOMEONE THAT SELF-INJURES?**

If so, encourage them to have a chat with one of our mental health first aiders who can listen and signpost where to obtain support. If you self-injure, don't be afraid to ask for help whenever and however you need to.

Talking about your feelings isn't a sign of weakness. It shows that you are taking charge of your wellbeing and doing what you need to to stay healthy. It isn't always easy to express how you are feeling. If you can't think of one word to describe a feeling, use as many as you need to illustrate how you feel.

Talking can be a way of coping with a problem you've been carrying around in your head for a while. Feeling listened to can help you feel more supported. And it works both ways: if you open up, it might encourage others to do the same.

# EARTH HOUR

EARTH HOUR: 23<sup>RD</sup> MARCH 2024



## 8:30p.m. on 23rd March marks the beginning of Earth Hour

Across the world, people switch off all electrical devices for an hour to highlight the importance of global conservation and climate change.

Whilst you may think this is all about sustainability and our ecosystem, it also aims to highlight the impact of 21st century technological advances on our physical and mental health.

Why not use the hour to think about what small steps you could take to impact the bigger picture in sustaining our world?

Here are some ideas for things to do during Earth Hour:

- Play a board game or card games
- Go for a walk without technology
- Have some 'me time' by reading a book
- Draw or paint
- Do a jigsaw puzzle







# TOP TIPS FOR A SUSTAINABLE NEW YEAR

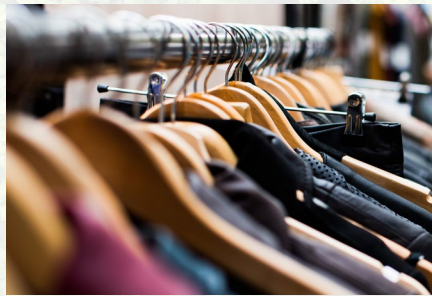
As we know, it's really important that we all start to make some changes to the way we live to look after our planet. Take a look at the ideas below to make this year more sustainable.



## 1. DITCH SINGLE USE PLASTIC

Did you know around 7 million coffee cups are thrown away in the UK every day, or that 90% of seabirds have plastic in their stomachs?<sup>1</sup>

If you haven't already, go #PlasticFree this year. Invest in a keep cup for your takeaway coffee, a reusable water bottle to have on the go and reusable shopping bags. Think about your choices when you're out shopping – do you have to buy a plastic bag of bananas or could you grab them loose?



## 2. STOP FAST FASHION, BUY SECOND HAND

Fast fashion is a concept that has gained attention over the last few years, but while we all love a bargain and to follow the latest trend, we need to consider the impact our purchases have on the planet.

Buying new goods always requires new resources – plastics, fabrics, dyes, etc. Making or farming these resources, as well as manufacturing the product itself, uses a lot of energy and generally isn't very good for our environment. What's more, many of our cheap clothes end up in landfill.

This year why not set yourself the challenge of only buying second hand. Look online at **eBay**, **Depop** or in your **local charity shops**. There are also many companies that offer dress rentals for formal events. Buy less and re-wear what you have already.



## 3. REDUCE FOOD WASTE

More than 1/3 of the food produced in the world for human consumption every year gets lost or wasted – **approximately 2.5 billion tons!**<sup>2</sup> Food waste is estimated to contribute to 8-10% of total man-made greenhouse gas emissions. If food waste were a country, it would be the world's third largest emitter after China and the USA.<sup>3</sup>

Let's adopt simple habits like:

- Planning your meals and writing a shopping list.
- Picking the wonky veg instead of the perfect ones.
- Gaining an understanding of use-by dates (don't eat beyond this date) and best-before dates (use your senses to decide).
- Storing food properly (e.g. bread in a dark, dry place or in an airtight box or bag).
- Get creative with leftovers: turn potato skins into crisps, stale bread into breadcrumbs or use broccoli stalk in stir fries!
- Freezing leftovers, fruit and bread: you can even freeze milk and cheese!

## 4. RECYCLE AND REUSE

Brits are getting much better at recycling – we are recycling double the amount of waste that we did in 2000! But we need to get it right as when we put something in our household recycling which can't be recycled, it sometimes leads to none of the waste being recycled.

Check your local recycling here: <https://www.recyclenow.com/local-recycling>

Make sure you rinse your dirty containers to remove all food and liquids, check packaging labels to see if it is recyclable and avoid home recycling used takeaway pizza boxes (grease-stained won't be recycled), receipts (they have a plastic coating) broken glassware and most crisp packets.



## 5. GROW YOUR OWN

The closer to home the fruits and vegetables you consume are grown, the less miles they have to travel meaning they have a smaller carbon footprint before they land on your plate.

ESS works with **Incredible Edible** – a network of 6,000+ volunteers who grow healthy food for their communities on disused plots of land in over 150 locations across the UK and globally. We have identified unused land to grow food on some of our client sites which helps to educate our colleagues and customers on growing their own produce.



## 6. TRAVEL RESPONSIBLY

The choice to walk or cycle more often can positively contribute to the planet as well as our health. It will result in fewer emissions that are warming our atmosphere, create less noise and air pollution and help to protect our green spaces and biodiversity. Similarly, taking the train instead of a plane or car – travelling on light rail emits around 1/6 of the equivalent car journey.



## 7. EAT SEASONALLY

Eating seasonal fruits and veg...

- Can help avoid local and seasonal produce going to waste.
- Supports local farmers and the economy.
- Is better for the environment as it's likely produce can be cultivated without extra heat or protection (pesticides).
- Can reduce the demand for growth and transport of non-seasonal produce.
- Tastes better as the products are full of flavour and at their nutritional peak!

In January, seasonal produce such as apples, beetroot, Brussels sprouts, artichokes, parsnips, cabbage, squash, turnips (and many more!) are at their best. And as one third of our diets should be made up of fruit and vegetables, this year is a great time to pack as much fruit and veg into our diets as possible. Why not try adding different vegetables to curries and sauces or roasting them up to put in your packed lunches during the week?

# UNDERSTANDING SLEEP

**WORLD SLEEP DAY: 15<sup>TH</sup> MARCH 2024**

Sleep is a fundamental part of life but it is often overlooked in terms of its importance and how it can contribute to our overall health and wellbeing.

Lack of quality sleep can have a direct effect on our productivity and decision-making skills and relationships. In the long-term lack of sleep can be detrimental to health. Sleep helps balance hormones, plays a significant role in repairing our heart and blood vessels and helps our brain to learn and remember.

Adults should aim to have 7-9 hours sleep per night and children 9-14 hours depending on their age, however 40% of people struggle with poor sleep.

Sleep cycles refer to the recurring stages of sleep that individuals go through during a night's sleep and the transitions between them. There are five stages of sleep and we go through each stage many times every night.

A complete sleep cycle typically lasts about 90 to 110 minutes.

- **Stage one** is where we drift in and out of consciousness.
- **Stage two** is where we spend 50% of our sleep. Our eye movement stops and our heart rate starts to slow down.
- **Stages three and four** are the deepest parts of sleep and among the most restorative. Stage four is where our blood pressure drops, and our breathing becomes deepest. These four stages all happen in Non-Rapid Eye Movement.
- **Stage five** is rapid eye movement (REM) sleep and most people spend 20% of their sleep in this stage. Our breathing becomes shallower, our heart rate rises, our muscles and limbs are paralysed and we do most of our dreaming in this phase. It is also very restorative sleep.

A full night's sleep with multiple sleep cycles allows the body and brain to experience the benefits of each sleep stage. Disruptions to sleep cycles, such as waking up frequently during the night or not getting enough deep sleep, can impact the overall quality of sleep and may contribute to feelings of fatigue and impaired cognitive function during waking hours.

Establishing healthy sleep habits and maintaining a consistent sleep schedule can support the natural progression through sleep cycles.

## COMMON PROBLEMS ASSOCIATED WITH LACK OF SLEEP

If you've ever spent a night tossing and turning, you already know how you'll feel the next day — tired and out of sorts. But missing out on the recommended seven to nine hours nightly does more than make you feel groggy and grumpy.

The long-term effects of sleep deprivation can be detrimental to our health. Sleep deprivation is caused by consistent lack of sleep or reduced quality of sleep. Getting less than seven hours of sleep on a regular basis can eventually lead to health consequences that affect your entire body:

### **Poor decision making and concentration:**

Your concentration, creativity and problem-solving skills aren't up to par when you don't get enough sleep.

### **Increased risk of accident:**

Being drowsy during your waking hours can increase your risk of car accidents and injuries from other causes.

### **Memory issues:**

During sleep, your brain forms connections that help you process and remember new information. A lack of sleep can negatively impact both short and long-term memory.

### **Mood changes:**

Sleep deprivation can make you moody, emotional and quick-tempered, which may put strain on relationships. Chronic sleep deprivation can lead to anxiety and depression.

### **High blood pressure:**

Reresearch has found if you sleep less than five hours a night, your risk of high blood pressure increases.

### **Weight gain:**

With sleep deprivation, the chemicals that signal to your brain that you are full are off balance. Therefore, we tend to overindulge even when we've had enough to eat.

### **Weakened immune system:**

Cytokines are a type of protein that targets infection and inflammation. Cytokines are both produced and released during sleep. Without sufficient sleep, your body makes fewer cytokines. For instance, chronic sleep loss even makes the flu vaccine less effective by reducing your body's ability to respond.

### **Cardiovascular disease:**

Sleep affects processes that keep your heart and blood vessels healthy, including those that affect your blood sugar, blood pressure and inflammation levels. It also plays a vital role in your body's ability to heal and repair the blood vessels and heart. People who don't sleep enough are more likely to get cardiovascular disease.



# YOU'RE ONLY ONE WORKOUT AWAY FROM A GOOD MOOD

HEALTHIER MIND

HEALTHIER BODY

Exercise is crucial for maintaining good physical and mental health.

Many studies have shown that regular exercise is associated with a longer and healthier life. Exercise can also be a social activity, providing opportunities to connect with others and build a supportive community. Here are some key reasons why exercise is important:

## 1. Physical Health:

Engaging in regular physical activity can boost energy levels and combat feelings of fatigue. It can also support good:

- **Heart Health:** Regular exercise helps improve cardiovascular health by strengthening the heart and improving blood circulation.
- **Weight Management:** Combined with a balanced diet, exercise is essential for achieving and maintaining a healthy weight.
- **Muscle and Bone Strength:** Weight-bearing exercises promote strong muscles and bones, reducing the risk of osteoporosis.

## 2. Mental Health and Improved Cognitive Function:

Exercise has been linked to better cognitive function, including improved memory and attention. It has also been shown to help with:

- **Stress Reduction:** Exercise is a natural stress reliever as it triggers the release of endorphins, which are mood-boosting hormones.
- **Improved Sleep:** Regular physical activity can contribute to better sleep quality, aiding in overall wellbeing.
- **Reduced Anxiety and Depression:** Exercise has been shown to have positive effects on mental health, helping to alleviate symptoms of anxiety and depression.

## 3. Disease Prevention and Improved Immune System:

Regular exercise can contribute to a stronger immune system, reducing the likelihood of getting sick. It can also help to reduce or prevent:

- **Type 2 Diabetes:** Regular physical activity helps regulate blood sugar levels, reducing the risk of developing type 2 diabetes.
- **Certain Cancers:** Some studies suggest that regular exercise may lower the risk of certain cancers.

Strengthening activities are those which work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) and should be carried out at least two days a week. These include carrying heavy bags, Pilates, wheeling a wheelchair and body-weight exercises like push ups or sit ups.



It is important to find a form of exercise that you enjoy as this increases the likelihood of sticking with it. Whether it's walking, cycling, dancing or any other activity, incorporating regular exercise into your routine can have profound and positive effects on your physical and mental wellbeing. The type and intensity of exercise can vary based on individual fitness levels, health conditions and preferences. It's advisable to consult with a healthcare professional before starting a new exercise regimen, especially for those with existing health concerns.

## How much exercise should I do?

Adults are recommended to do some type of physical activity every day, however exercising just once or twice a week can reduce the risk of heart disease or stroke. It is recommended by the NHS to carry out 150 minutes of moderate activity a week or 75 minutes of vigorous activity a week, spread evenly throughout the week.

**Moderate activity includes:** brisk walking, riding a bike, pushing a lawnmower, dancing.

**Vigorous activity includes:** running, swimming, walking up stairs, skipping, team sports like netball, football, hockey.

# MAKING EXERCISE MORE INCLUSIVE



**Holly Cole**, Leading Physical Trainer  
HMS Collingwood

**Ensuring that exercise is accessible for all, including those with disabilities, is not only a matter of inclusivity but also vital for wellbeing and morale.**

Here's a guide on how to make exercise more inclusive and some tips for individuals to get involved:

## 1 Adaptive Training Programmes

Personal Trainers (PTs) can develop adaptive training programmes that cater to varying physical abilities. This might involve modifying existing exercises or creating specialised routines that accommodate individuals with disabilities.

## 2 Accessible Facilities

We ensure that naval facilities are equipped with ramps, elevators and accessible changing rooms. This allows individuals with mobility challenges to navigate the facilities comfortably.

## 3 Inclusive Fitness Events

We organise inclusive fitness events that bring the naval community together. This fosters camaraderie and ensures that everyone, regardless of ability, feels welcome to participate.

## 4 Specialised Equipment

Investment in specialised exercise equipment designed for individuals with disabilities ensures everyone can participate. This can include adaptive gym machines or equipment that can be easily modified for different needs.

## 5 Training for PTs

PTs receive comprehensive training to enable them to adapt and modify exercises based on individual capabilities. PTs are knowledgeable about various disabilities and create a supportive atmosphere.

## 6 Mental Health Awareness

We recognise the importance of mental health in overall wellbeing. We can integrate mental health awareness into fitness programmes and offer resources for stress management and psychological support.

## TIPS FOR INDIVIDUALS

### 1 Communicate Needs

Communicate openly about specific needs and requirements with fitness instructors. This ensures that exercises can be tailored to individual capabilities.

### 2 Explore Adaptive Sports

Explore adaptive sports or activities that align with personal interests and abilities. Many places may offer a range of options, from wheelchair basketball to adaptive sailing.

### 3 Participate in Group Activities

Join group activities to experience a sense of camaraderie and

support. Working out with others can be motivating and provides an opportunity to share experiences.

### 4 Utilise Online Resources

Take advantage of online resources and apps that offer adaptive workouts. This allows individuals to exercise independently, following routines that suit their abilities.

### 5 Seek Guidance From Health Professionals

Consult with healthcare professionals or physical therapists to develop a personalised exercise plan. They can offer valuable

insights and recommendations tailored to specific needs.

### 6 Connect With Support Networks

Connect with support networks within the naval community. Sharing experiences and tips with others facing similar challenges can be both empowering and informative.

By adopting these strategies, we can help foster an inclusive fitness culture that accommodates diverse needs, ensuring that everyone has the opportunity to participate and benefit from physical activity.

## HOW TO GET STARTED

Taking the first step can often be the hardest part of starting to exercise, especially if you are not feeling good about yourself or in the right mindset. However, there are so many physical and mental benefits to exercising that it is important to try and give yourself that extra push. The tips below may help you with that.

- If your job is predominantly desk based, try to break up your day to avoid sitting for long periods. Can you take a phone call while on a walk?
- If you have limited mobility, some strengthening exercises can be carried out while seated.

- Try using household items such as lifting a tin of bins in either arm above your head.
- Exercise doesn't have to be expensive, even just getting outside for a walk or cleaning the house counts. There are also a wide range of free exercise classes on YouTube. You might remember Joe Wicks doing his PE with Joe every day during lockdown – he has a wide range of classes, from workouts for families and low-impact sessions for beginners to advanced 30-minute workouts.

Please contact your GP if you have an underlying health condition and are about to start a new physical activity.

# PLANT GROW HARVEST



**Janet Thomas**  
Head Gardener - ESS

For many, myself included, this time of year can be a bit of an uphill slog. The weather is often pretty miserable, the days are still short, and the promise of spring and warmer weather still seems so very far away.

So what better way to chase away the winter blues than by wrapping up in your woollies and getting outside into the fresh air? Better still, pick one of those gorgeous crisp sunny mornings and let the sun top up your Vitamin D!

Now is a great time to take stock of your garden or whatever area you have to grow in. If you're new to veg growing, make 2024 the year you start – and what better time to start than now? If you're a seasoned grower and anything like me, you've probably already started planning and preparing!

It really doesn't matter how much space you have, veg can be grown in containers and grow bags on balconies and small spaces. Vertical gardening has taken off over recent years (have a Google) and hanging baskets work well for strawberries and tumbling tomatoes.

You might have a couple of small raised beds in a little courtyard garden, a whole allotment or even an acre plot like we have at the Defence Academy Market Garden. Whatever space you have, it still pays to plan and prepare.

On the Market Garden I spend a lot of time in January deciding what we will grow over the coming year. The first thing I consider is what veg will be most useful for our chefs in the kitchens, what space I have available to grow that crop and whether that is a suitable crop to grow in the environment that we have available.

## TO PUT IT MORE SIMPLY:

- 1 Will you use it if you grow it?** If no one likes eating it, don't bother growing it.
- 2 Have you got space to grow that particular crop or could the space be better utilised?** For example, every year we grow Brussels sprouts for the Grass Roots restaurant Christmas lunch. Sprouts take a lot of space and have an incredibly long growing season, from late spring to winter. If I grow lots of sprouts, they will take up lots of space and generally provide a low yield. I'm better off using that valuable space for something with a shorter growing season.
- 3 Is the veg you want to grow suitable for the space you have?** If the area is a very sunny spot, then choose something that likes full sun; or if it's particularly windy, it might be better to avoid tall plants like sweetcorn.



Once you have considered these factors, you can choose what you will grow. If you love a fresh summer salad then you can't go far wrong with lettuce, tomato, cucumber, spring onions and radish. Or how about a couple of pumpkins ready for Halloween?

In my opinion there is nothing better than scrolling through seed websites and catalogues in January with a steaming mug of tea dreaming of what I will grow over the coming months! There are so many different varieties of veg and salad to grow and some require different conditions and have different results to others.

There is usually lots of information about each variety on the packet so this is a really good place to start – it should advise on spacings, whether it needs feeding, pruning, staking, or prefers full sunshine or partial shade.



The seed packets will also give you sowing and harvesting dates, but if you only take one piece of advice from this article, let it be this... just because it is possible to sow tomatoes in January, it is not always best to do so! Unless you are able to provide them enough light and heat to sustain them until it is warm enough to plant them out, then please practice some patience.

Now is also a good time to check through your gardening equipment. Are your seed trays and plant pots in good order or do you need to replace them? Do any of your tools need fixing?

And have you got enough good quality seed compost to get started? If you don't, make your own. I really do recommend paying as much as you can afford for a better-quality seed compost – you will only need a small bag. You should also make sure it is



peat-free: I can assure you that peat is not necessary for successful growing but its use in our compost is incredibly bad for the environment.

While I absolutely love growing veg from seed and it's definitely cheaper if you grow a lot and oh so satisfying to watch them germinate and grow, there is no problem if you want to start super easy with maybe a few plants. If this is the case, you can wait until the weather warms up a bit and pop to your local garden centre and buy veg seedlings ready to transplant into your growing space. This is a really good idea if you are a beginner and want to see how you get on before you invest time and money buying equipment and seeds to get you started.



## NOW YOU'RE ALL SET TO GROW SOME VEG, LET'S TALK A LITTLE BIT ABOUT BIODIVERSITY...

Early spring is an excellent time to think about introducing some biodiversity into your garden. The Defence Academy Market Garden is organically certified which means that we rely heavily on nature to create its own balance so that we have no need for chemicals or industrial farming practices.

We do this by allowing space on the garden for areas that will attract beneficial wildlife and I would encourage you to do the same. A couple of really easy and very rewarding things that we do on the garden are providing bird feeders for the little native birds like robins, wrens and sparrows, and having wildflower areas for the pollinators.

Our little native birds are often hungry at this time of year. If you provide them with some bird seed now, maybe they'll

repay you in summer by returning to eat the caterpillars on your brassicas or the greenfly on your tomatoes in the summer!

If you grow some wildflowers in the spring to attract pollinators to the garden, not only will they look beautiful but they will help our native bees who are losing their natural habitats due to our reliance on intensive and monocultural farming methods. Best of all, these visiting pollinators will also visit your veg crops and pollinate those too, meaning bumper harvests – this feels like a win win situation to me!

If you want to do more, a wildlife pond is a great idea, and if you're lucky enough to attract frogs and toads to your garden you will be greatly assisted by them keeping the slugs and snails under control.

I hope this article has inspired you to get growing, regardless of how small or large your space to do so is. I am a huge believer in the positive effects that working with nature to produce your own food has on our mental and physical wellbeing, as well as the nutritional benefits of plot to table produce and an overall lighter impact on the environment.

*It's good to grow!!*

Janet 🌱

# ASK YOUR NUTRITION & WELLBEING SPECIALIST

WELLNESS

Ask anything to do  
with nutrition, health  
and wellbeing.



**Leanne King**  
BSc (Hons), PGCE, RNutr  
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Drop us an email and  
we will get back to you  
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