

HELLO

... and welcome to the February issue of our Wellness Newsletter.

FEBRUARY 2021

- NATIONAL HEART MONTH • TIME TO TALK DAY • WORLD CANCER DAY •
- RANDOM ACTS OF KINDNESS DAY • FAIRTRADE FORTNIGHT •

Chatting is something many of us are good at, but when it comes to more serious topics such as mental and physical health, climate change or cancer we can often be lost for words.

HEALTHIER MIND

HEALTHIER BODY

HEALTHIER FOOD

HEALTHIER WORLD

This month's newsletter is jam-packed with articles covering topics associated with **National Heart Month**, **Time to Talk Day** (4th February), **World Cancer Day** (4th February), **Random Acts of Kindness Day** (17th February) and **Fairtrade Fortnight** (22nd February – 7th March).

Not only is this month a great time to think about your own health, from eating well or exercising more, to looking after your mental health, it's also an important time to check in on your friends, family and colleagues and find out how they really are. Last year wasn't easy and the challenges it presented aren't over yet.

To help you get the conversation started, look out for the conversation starters found on this month's wellbeing boards and *let's get talking!*

NATIONAL HEART MONTH

1st-28th FEBRUARY

To keep our hearts healthy, it's important to have a balanced diet and lifestyle.



Not only should we keep active, reduce alcohol intake and stop smoking, but eating well is key. Our heart health can be influenced by the types of foods that we eat, in particular the types of fat. It can be confusing to know what's good for us, the types of fats we should be eating and what is meant by 'good' and 'bad' cholesterol.

Fat is a macronutrient which provides our bodies with energy (9 kcal per gram). It is a source of fat-soluble vitamins such as A, D, E and K and essential fatty acids which our body can't make. The different types are often grouped into 'good fats' (monounsaturated and polyunsaturated fats) and 'bad fats' (saturated and trans fats). Regardless of the type of fat, a diet high in fat is also often energy dense which can increase our overall consumption of calories, leading to weight gain. It's recommended that we eat **no more than 70g total fat per day** (around 35% of our total energy from food) ¹.

Cholesterol is a molecule naturally found in the body which is essential for producing hormones, vitamin D and bile acids. It is made by our bodies but can also be found in some foods². The type of cholesterol in our blood is altered by the foods we eat. 'Bad' LDL cholesterol increases our risk of cardiovascular disease and 'good' HDL cholesterol can reduce our risk.

A high saturated fat intake can raise our 'bad' LDL blood cholesterol. Saturated fat is often solid at room temperature and found in animal foods such as cheese, fatty cuts of meat, ice cream and ghee but can also be found in foods such as coconut oil and pastries. Too much LDL cholesterol can cause fatty deposits to build up in our blood vessels, causing them to narrow or become blocked. This increases the risk of blood clots, heart attacks or strokes.

Diets rich in saturated fat may also be associated with the development of insulin resistance, which can lead to type 2 diabetes ¹. We should try to decrease our consumption of foods that are high in saturated fat and eat them less often and in smaller amounts.



The amount of saturated fat we eat can add up throughout the day. It's recommended that our **saturated fat intake should not exceed 20g per day for women and 30g per**

day for men (11% of total energy) ¹. The table below shows the saturated fat content of some foods and some simple swaps you can make to reduce your intake ³.

	ORIGINAL	SWAP
Saturated fat per 125g serving	15% beef mince	Lean 5% beef mince
	8.1g	2.5g
Saturated fat per 30g serving	Cheddar cheese	Reduced fat cheddar cheese
	6.5g	2.6g
Saturated fat per 10g serving	Butter	Vegetable oil spread
	5.2g	1.8g
Saturated fat per 1 tbsp (15g)	Coconut oil	Olive oil
	13.1g	2.1g
Saturated fat per 100g	Sirloin steak	Fillet steak
	5.6g	3.8g
Saturated fat per 2 sausages	Pork Cumberland sausages	Chicken sausages
	9.1g	2.9g

Replacing saturated ('bad') fat in the diet with unsaturated ('good') fat might be cardio protective and beneficial for heart health. Unsaturated fats are often from plant sources and are liquid at room temperature. Replacing saturated fats (e.g. butter, ghee, fatty cuts of meat and cured meat) with unsaturated fats (e.g. vegetable oils, oily fish such as trout, salmon and mackerel, nuts and seeds) in our diets can help to increase our 'good' HDL cholesterol. HDL cholesterol carries the 'bad' LDL cholesterol to the liver to be broken down, reducing the risk of cardiovascular disease.

It's recommended that we choose unsaturated oils and spreads but only eat them in small amounts. We should remember that while unsaturated fats can be beneficial for cardiovascular health, they are still energy dense and should be used sparingly. To prevent consuming excess calories, measure out oils and spreads when cooking or eliminate completely by steaming, poaching, baking, grilling or dry frying instead.



Article References:
 1 Fat - British Nutrition Foundation
 2 Cholesterol (bda.uk.com)
 3 Tesco Groceries-Online food shopping-Grocery delivery



WELLNESS SURGERY

17th FEBRUARY

For this Wellness Surgery, we will be discussing heart health.

Drop in any time between 14:00 and 16:00 on 17th February and ask our Nutrition and Wellness Team anything health and wellbeing related.

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

WELLNESS WEDNESDAY WEBINAR

HEALTHIER MIND

3rd FEBRUARY AT 14:30

Join us on 3rd February where we will be taking a slightly different approach to our Wellness Webinar.



Evan Judge, our ESS Senior HSE Manager, will be hosting a forum where he will be discussing all things linked to mental health and providing tips on helping to get the conversation started when you aren't sure how or what to say. This will be an interactive forum, so we urge you to get involved and ask questions. Click **HERE** to join.

If you would like the link to our Wellness Wednesday Webinars sent directly into your e-mail inbox, please e-mail: ess.wellness@compass-group.co.uk

TIME TO TALK DAY 2021

HEALTHIER MIND

THURSDAY 4th FEBRUARY

time to change

time to talk day

04/02/21

One in four of us will experience a mental health problem each year in England.¹

With mental health issues affecting so many of us, why do we not talk about it more? Each year the number of people reporting mental health problems has been increasing in both men and women, yet often it is seen as a taboo subject which mustn't be discussed.

This year, Time to Talk Day is all about 'asking twice'². Next time someone says they're fine, a second 'but how are you really?' can make all the difference. You don't have to be an expert to chat about mental health; the best thing you can do is listen, support and show you care.

It might seem daunting to start talking, but a small conversation has the power to make a big difference. Our mental health expert, **Evan Judge**, Senior HSE Manager, highlights the importance of talking in the following article.

1 in 4 of us will experience mental health problems.

Having a colleague in your corner can make all the difference.



Article References:

- 1 How common are mental health problems? | Mind, the mental health charity - help for mental health problems
- 2 Ask Twice | Time to Change (time-to-change.org.uk)

#TimeToTalk

time to change **time to talk day** 04/02/21

The power of small

A small conversation about mental health has the power to make a big difference

Let's start talking
Together we will end mental health stigma

Partners:

MENTAL HEALTH

HEALTHIER MIND



LET'S KEEP TALKING ABOUT IT

Evan Judge, our Senior HSE manager, takes us through his own experience of mental health and what it means to him.

Thursday 4th February 2021 is **Time to Talk Day**. This annual event is a great opportunity to bring the conversation of mental health into the workplace and, by default, encourage similar conversations outside the workplace with friends and family. By encouraging people to talk, it has made a real dent in breaking the stigma of mental health, especially in the workplace.

The power of talking and listening is well documented in the realms of mental health. At the end of the 19th century, **Sigmund Freud** was first developing his 'talking cure' in Vienna. More recently it has been recognised

that just talking to someone, anyone who is able and willing to truly listen, is beneficial. I have experienced this myself in the workplace – by opening up about my own mental health experiences with my colleagues and friends, it has generated conversations about their mental health.

Think about it: if you go into work limping after the weekend, someone will ask you about it and you will have no shame in telling them about the tackle you received during a Sunday league football match that caused the limp. However, with mental health the 'injuries' are not always obvious and the conversations not always as forthcoming. *Why is it that there is still a stigma?* My thought is: because we are not talking about it and therefore we are normalising not asking people about their mental health.

So, what can you do?

You might not be as comfortable as me to tell people about your own experiences, but you can still start these conversations and **Time to Talk Day** is that perfect opportunity. Here are my five simple tips to get talking on this Time to Talk Day:

1. **Don't over-think it** – If you are always waiting for the perfect time to have a conversation, you never will. Over a coffee whilst on a Teams or Zoom call will do this year. You could even go old school and give someone a call on the phone.

2. **Listening is enough** – One thing I have learnt is that we are all too quick to offer solutions; often all we need to do is listen. If someone is looking for solutions or suggestions, they will ask. Just Listen!
3. **Asking questions is okay** – There are lots of misconceptions around mental illness. That means asking questions can be an important way of learning. Just remember not to get too personal and be aware if the discussion is making someone feel uncomfortable.
4. **Be open** – If you are open and honest with others about your own experiences, this will build trust. Just remember, don't feel pressure to share anything that you are not comfortable with.
5. **Treat them the same** – If you have a conversation with someone and they open up to you about something, do not treat them differently. This might be difficult, but you can keep it simple by doing the things you normally would do.



SO, LET'S GET TALKING...

HEALTHIER MIND

Time to Talk Day will be very different this year as most of us continue to work remotely.

Evan Judge will therefore host a

Virtual Time to Talk Day

where anyone can join in and chat with colleagues at any time throughout the day.

Simply click [HERE](#) to join the meeting between **09:30 and 16:30** on **February 4th 2021**.

Remember a small step could go a long way, even just asking someone how they are doing and asking them twice could show them how much you care. **After all, we should all look out for each other.**

If you would like to hear more about Evan's own journey on mental health and listen to stories of other real people working through their own mental health journeys, please visit his podcast website [HERE](#) or search **EVAN TALKS** on your preferred podcast provider platform.



I AM
AND
I WILL

WORLD CANCER DAY

THURSDAY 4th FEBRUARY

Each year, 9.6 million people will die from cancer, making it the second leading cause of death worldwide.¹

However, at least one third of cancers can be prevented ¹. With one in two people in the UK born after 1960 being diagnosed with some form of cancer during their lifetime ², it's clear that it touches the lives of almost everyone.

So why do we not talk about it? It's often seen as the elephant in the room, can make some feel uncomfortable and others might avoid the topic through fear of saying the wrong thing.

This year, World Cancer Day aims to raise awareness and encourage us to speak about it.

There are also a few things we can do to raise awareness and reduce risk:

Get to know your body!

While there are some cancers which don't show signs or symptoms, there are many that do. Breast, cervical, colorectal, skin and oral cancers can all have symptoms. It's important to speak to your GP if anything looks unusual. Finding cancer early makes it easier to treat and cure ¹.

Attend your screenings!

It can be daunting going for a screening but they're important to test for early signs, even if you don't have any symptoms.

Remove the stigma!

Cancer is often a subject that gets avoided in conversation, but it impacts almost every family. It's

something that many have been through, so this year let's open up and start sharing our stories and experiences about cancer.

Reduce your risk!

Smoking is the leading cause of cancer in the UK, accounting for 15% of all cancer cases ². Quitting smoking can be the biggest thing you can do to reduce cancer risk, alongside having a healthy and balanced diet and lifestyle. The Cancer Research charity recommends that we be smoke free, cut down on alcohol, maintain a healthy weight, eat well, get active and stay safe in the sun to reduce our risk ³.

Article References:

1 WCD21_ActionToolkit_FA_ENG.pdf (worldcancerday.org)

2 Cancer Statistics for the UK (cancerresearchuk.org)

3 21197 - CRUK - 6pp 442x210 - Overview Leaflet_AW V5.indd (cancerresearchuk.org)

RANDOM ACTS OF KINDNESS DAY



WEDNESDAY 17th FEBRUARY

If 2020 taught us anything it was that a little bit of kindness can go a long way.

Not only can it make someone else feel better, but it can also make you happier. Kindness can come in all forms, from a thank you to a cashier, a door held open for a colleague or helping someone with their heavy shopping. 17th February marks **Random Acts of Kindness Day**. Why not make the extra effort to be kind this month? Making kindness the norm can have great potential to boost your mental wellbeing and give you that feel-good factor! It doesn't have to be a grand gesture, sometimes the small things can mean the most.



It may be more of a challenge at the moment - but that makes it even more important. Below are some ideas for random acts of kindness, which could make someone's day:

Take the time to 'ask twice'

It might sound simple but stopping to ask someone how they really are can help them to open up and make a big difference to their mental health.

Call a relative or friend

With the hustle and bustle of daily life it can be hard to stay in touch with our loved ones. Exchanging the odd text or sending likes on social media doesn't give us an opportunity to find out what's really going on. Take some time to have a good catch up.

Smile

Smiling is also infectious so give someone a grin as you walk past them in the street or as you pay for your coffee. You might feel silly, but smiling can release endorphins, making you feel instantly happier and potentially reducing symptoms of stress.

When lockdown is over, cook your favourite recipe for someone

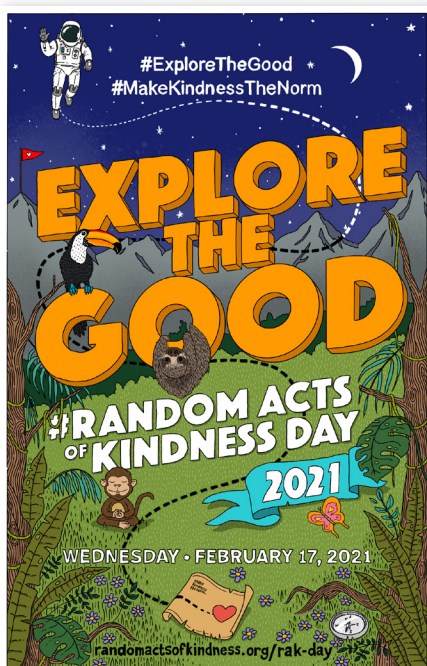
Cooking can be a great way to unwind and benefit your overall wellbeing. Why not combine this with sharing your favourite recipe with friends, family or neighbours? During lockdown, if you know a neighbour who is living on their own, why not cook them a meal, leave it outside their door, knock to let them know it's there and take a step back to maintain a social distance when they answer the door.

Be kind to yourself

While random acts of kindness are great to help others, it's also important that we're kind to ourselves. Try taking ten minutes out of your day to practice mindfulness, have a good stretch or curl up with a book and a hot cuppa!

For more ideas, a kindness calendar or other advice, visit the **Random Acts of Kindness Association** website:
[Random Acts of Kindness | Kindness Ideas.](#)

RANDOM ACTS OF KINDNESS FOUNDATION®



EXPLORE THE GOOD.

make kindness the norm.

FEBRUARY 2021 KINDNESS AND LOVE

TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR. THE SMILEST CONVERSATION OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

© The Random Acts of Kindness Foundation

FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

RANDOM ACTS OF KINDNESS FOUNDATION

Feel free to photograph or write about your Random Act of Kindness and send in to ess.wellness@compass-group.co.uk for our March good news stories.

FAIRTRADE FORTNIGHT

22nd FEBRUARY TO 7th MARCH



With last month being 'Veganuary' and many trying a vegan diet, are there any habits you'll be sticking to for February?

Eating a more plant-based diet can be healthier for both us and the planet, but there are also other ways we can look after our world and those who live in it.

This year, Fairtrade Fortnight is highlighting the growing challenge of climate change and how it is affecting farmers and communities in climate vulnerable countries, where many are already being impacted with droughts, crop disease, floods, heatwaves and shrinking harvests ¹. The Covid-19 pandemic has also put

pressure on our food systems and emphasised the challenges our food supply is facing. More than ever, it is important that farmers are given a fair price for their produce and hard work.

*'Beyond certification, Fairtrade is deepening its impact by delivering specialist programmes and expertise to support communities with additional training and worker support, whether that's empowering women coffee farmers or responding to crises such as Covid-19.'*¹

Fairtrade is not just about getting a fair price for produce, it also encompasses social, economic and environmental aspects too. Poverty is a key barrier which is preventing some farmers from being able to adapt to climate change. More money is needed to enable them to survive the climate crisis and ensure that communities have basic human rights and a decent standard of living, including access to nutritious food, education and healthcare ¹.

Fighting climate change is at the core of Fairtrade as it threatens the livelihoods of those the foundation works to protect ². Did you know that 21 people from Cote D'Ivoire have the same carbon footprint as one person in the UK, yet those who live in Africa are some of the most vulnerable to climate change ².

Article References:

- 1 Fairtrade Fortnight | Fairtrade Foundation
- 2 Fairtrade and climate justice | Fairtrade Foundation



MYTH BUSTING

ASK YOUR ESS NUTRITION AND WELLBEING SPECIALIST

Our Nutrition and Wellbeing Team will bust any myths that they hear regularly when out and about and highlight or clarify anything they may have seen in the media regarding nutrition and wellbeing.

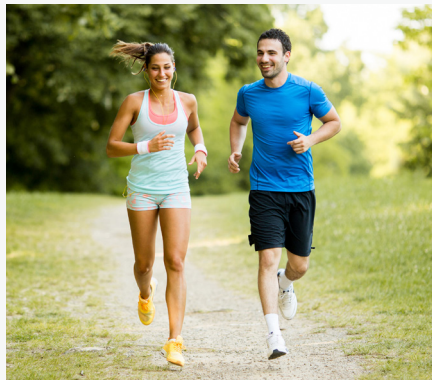


Q1

Is coconut oil healthy?

Coconut oil is a type of fat extracted from coconuts. It is a saturated fat and provides our bodies with 9 kcal per gram of energy. All fats and oils provide the same number of calories regardless of where they come from. This means that consuming too much of any type of fat can encourage weight gain due to excess energy intake.

Coconut oil is very high in saturated fat, which when consumed in excess has been linked to an increased risk of cardiovascular disease. Just two tablespoons of coconut oil contain more than our Reference Intake per day of saturated fat! Evidence suggests that replacing saturated fat in the diet with unsaturated fat is cardio protective and good for heart health.



Q2

How can I make my own impact to improving both my health and the environment?

We all want to do our bit to improve our health and the world we live in. Sometimes it can be difficult to know where to start, or you may feel that, as an individual, you won't have much impact. However, making your own small changes really can help contribute to a bigger impact on the environment, as well as your own physical and mental wellbeing. Why not try starting with some of the following suggestions?

- Walk, jog or cycle for shorter journeys. This not only reduces carbon emissions, it's a great way to meet government recommendations of 150 minutes of moderate intensity exercise per week.
- Aim for one meat free meal per week to start, increasing to more as you adjust. If this is too much, you could start by reducing your meat portion size and supplement with alternative proteins, for example half meat and half veggie mince or lentils - this is also a great way to boost your fibre intake to the recommended 30g per day! If you



missed out on last month's Wellness Wednesday Webinar all about sustainable diets, catch up [HERE](#).

- **Reduce, Re-use and Recycle:**
 - Think about **reducing** the amount of waste you create. This can include things like only buying as much food as you need to prevent throwing it away or stocking up your freezer with leftovers!
 - **Re-use** products where you can. If you forget your bag-for-life, can you reuse the plastic replacement again and again?
 - If you buy any foods with packaging such as a water bottle, make sure you **recycle** it in the appropriate recycling bin.



DON'T FORGET

We are always here to answer your questions

All you need to do is send an email to: ess.wellness@compass-group.co.uk

GOOD NEWS STORIES

Have you held any wellbeing promotion events this month?

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



OUR GLOUCESTERSHIRE AND WILTSHIRE BASED SITES GET ACTIVE!

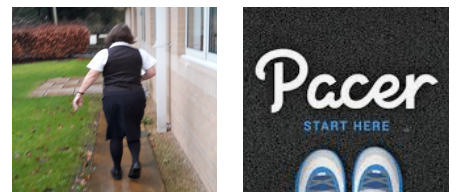
In January, our colleagues in Gloucestershire and Wiltshire in our South West region held an inter-site challenge to see who could get the most steps in both at home and at work

The idea of the challenge was to get people moving, with some healthy competition for a little extra motivation! Using the Pacer App, they have been increasing their steps by walking, running, hiking or using the treadmill.

Their steps added up to an overall site total, as well as an individual leader board. This was all about getting people moving during this tricky time and getting some inter-site competition going for 2021. [#steptoit](#)

Congratulations to everyone who took part. Our winners are:

Most individual steps taken	Pissamai Henly	762,953 steps
The site who took the most steps and won the 'Challenge Shield'	Buckley Barracks	6,045,637 steps
Total number of participants	Over 90, made up of ESS, Military FSWOs, QMs and clients.	



HEALTH INITIATIVES ESS WELLNESS WILL BE FOCUSING ON NEXT MONTH



Beat
Eating disorders

Eating Disorders Week
1st to 7th March

Salt Awareness Week
8th to 14th March



No Smoking Day
10th March

Nutrition & Hydration Week
15th to 21st March



World Sleep Day
March 17, 2017 • Sleep. Sincerely. Nurture Life.

World Sleep Day
19th March

World Oral Health Day
20th March



World Oral Health Day



60
EARTH HOUR

Earth Hour
27th March, 20:30

ASK YOUR NUTRITION & WELLBEING SPECIALIST

You can ask anything to do with nutrition, health & wellbeing. So drop us an email and we will get back to you as soon as possible.



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

Email our registered nutritionist with your ESS Nutrition and Wellbeing specialist at:
ess.wellness@compass-group.co.uk.

Subscribe to **We Are ESS** YouTube channel and follow **WeAreESS** on Instagram and TikTok.

WELLNESS



WELLNESS

CHECK OUT WELLNESS ON OUR NEW

YouTube CHANNEL

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

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

