

HELLO

and welcome to the September issue of our Wellness Newsletter.

SEPTEMBER 2021

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



Katrina Francis
ESS Nutrition and Wellbeing
Engagement Officer

For many of us, summer means a break from work and keeping the children entertained. We move our focus away from the summer break and back to school.

Have you had time off from work and found it difficult getting back into a routine? You can bet it's the same for the kids too. It can leave them feeling tired and overwhelmed, and an unhappy child can play havoc in your household! In this issue, **Lisa-Marie Huggins**, Senior Nutritionist, gives her top tips to keep your kids healthy and get them back into the routine of school.

Don't worry, this issue is not just about children – we are supporting plenty of other national initiatives throughout September to help you maintain a healthy lifestyle!

September sees **Pre-COP26** in Milan to set targets to fight climate change, but what exactly can you do to help the planet? This month features **Recycle Week**. Did you know that if we don't recycle properly, there's no point at all? Join **Martyn Pollard**, Regional Waste Manager, for an extra webinar on how to recycle right- read on for the link!

With half of us being affected by cancer, it's vital that we continue to support and raise awareness of the impacts these individuals face. What better way to get involved than taking part in **Macmillan's Coffee Morning** and trying Regional Executive Chef **Matt Moseley's** favourite apple cake recipe (read on for the recipe!).

While we can't physically see how healthy our heart is, it's still important to look after it... This month we're highlighting two heart focused initiatives and **Tatiana Lillingston-Price**, ESS Nutrition and Wellbeing Engagement Officer, will be sharing her top tips to keep your heart health in check!

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10th September

TIPS TO REDUCE THE SCHOOL RUN STRESS

The long summer break is drawing to a close which means the chaos that is the school run is just around the corner!



Lisa Marie Huggins, Senior Nutritionist

Although there doesn't seem to be any solution to asking your small humans to put their shoes on a million times, or them suddenly announcing they need to be dressed as their favourite character for

World Book Day just as you are stepping through the front door, **Lisa-Marie Huggins**, Senior Nutritionist, shares here five top tips to share to help make the school run a little less stressful!

1. Bedtime

The summer holidays often mean that bedtimes are a little later.

Try to start having earlier nights to re-establish your normal school sleep routine at least a week before school restarts to help ensure your children are well rested and it's not too hard to get them up on their first day back!



2. School Bag

Encourage your children to pack their bag and leave it by the front door with their shoes the evening before school. Even if they don't put their shoes on when you



ask them to, having their bag packed can help to reduce the last-minute panic of finding everything they need for the day in the morning.

3. Uniform

To help lessen the morning rush, **ask your children to lay out their uniform in the evening.** That way it will be less likely they will announce they are missing a sock or require any last-minute shirt ironing!



4. Breakfast

Being prepared the night before will create more time to eat breakfast and have quality conversations before school.



Kickstarting your children's day with a nourishing breakfast will also help provide the nutrients they need to fuel their learning and to keep them full until lunchtime.

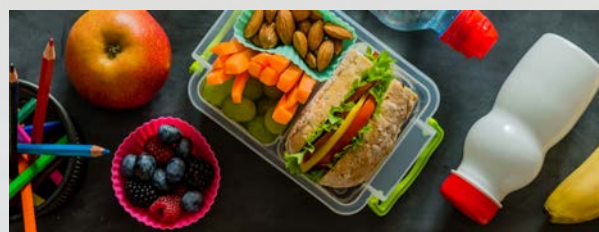
5. Packed Lunch

Do you normally spend the morning peering into the fridge wondering what you can pull together for your child's packed lunch? If so, it can be helpful to **plan what they will have each day during the week to help save time.**

To ensure their packed lunch is balanced, try to make sure it includes:

- **Starchy carbohydrate** – such as wholemeal bread, crackers, pasta or rice to help fuel their afternoon.
- **Protein** – including beans, pulses, eggs, meat or dairy such as cheese, yogurt or no added sugar milkshakes, to help provide a variety of nutrients and help keep them fuller for longer.

- **Fruits and vegetables** – try to include at least two portions of their 5 A Day such as cherry tomatoes, sugar snap peas, carrot, cucumber or pepper sticks.
- **Water** – the healthiest way to help them stay hydrated which may assist with concentration and reduce tiredness.



change 4 life

For more healthy packed lunch inspiration, check out the **Change For Life** website.

Do you have any other back to school parenting hacks or do you hold the secret to getting your children to put their shoes on?

If so, please let us know at: ess.wellness@compass-group.co.uk

JEANS FOR GENES WEEK

13TH-19TH SEPTEMBER



HEALTHIER BODY

Genetic disorders affect 1 in 25 children in the UK ¹.

A genetic disorder is a disease that is caused by a change or mutation in an individual's DNA sequence.

Look out to see if your kids' school or your workplace is taking part in **Jeans for Genes Week**. It is an annual fundraising event where you wear jeans for the day to raise money and awareness for the genetic disorder community.



1. <https://www.jeansforgenes.org/>

WORLD HEART DAY

HEALTHIER BODY

29TH SEPTEMBER

Join us as we celebrate World Heart Day to spread awareness about heart health.

This year the theme is 'Use Heart to Connect' – to use your knowledge and compassion to influence everyone to live heart-healthy lives using the power of technology to connect all of us.

Worldwide, heart disease is the highest cause of death, however it's largely preventable through having a healthy diet and lifestyle.



Tatiana Lillingston-Price, ESS Nutrition and Wellbeing Engagement Officer, shares her top tips to keep your heart healthy!

Unfortunately, there are some factors that are out of our control that can increase our risk of heart disease such as age, ethnicity and genetics. However, other factors such as weight, smoking, exercise and blood pressure can be altered to reduce our risk.



WORLD HEART DAY 29 SEP



TOP TIPS TO KEEP YOUR HEART HEALTHY

1. Stop smoking

If you're looking to quit, chat with your GP or visit the NHS Smokefree website [HERE](#). Or, if you're not quite ready to quit, try cutting down the amount you smoke.

2. Get active

Aim for 150 minutes of moderate intensity activity or 75 minutes of high intensity activity a week. We should also reduce sedentary behaviours by working out at home, taking the stairs, walking to work, having a walking meeting or a lunchtime stroll.

3. Eat more fibre

A diet high in fibre can reduce the risk of heart disease. Aim for 30g of fibre per day from a variety of sources – think wholemeal brown bread, oats, potatoes with their skins on or beans and pulses.

4. Eat the right fats

Eating too much saturated fat (from foods like fatty cuts of meat, full fat dairy, cheese, butter, cream, takeaways and pastries) can raise the level of 'bad' cholesterol in your blood. This can increase your risk of heart disease. Try to choose more

unsaturated fats (e.g. vegetable oils and spreads, nuts and seeds) to reduce your risk. Eating more oily fish such as trout, salmon and mackerel may also help to protect against heart disease.

5. Cut down on salt

Eating too much salt can increase our blood pressure. We should aim to have no more than 6g per day. Avoid adding salt to food at the table and add less when cooking. Try to season food with herbs, spices and pepper and use food labels to help you choose lower salt options.

6. Get your 5 A Day

Aim for at least five portions of a variety of fruit and vegetables every day. They're a source of fibre, vitamins and minerals. Try adding chopped fruit to your breakfast or including vegetables in your pasta sauces and curries.

7. Drink less alcohol

Do not forget that alcohol contains calories. Regularly drinking more than 14 units per week can increase your energy intake and lead to weight gain. Try to alternate your drinking days with non-drinking days.

Read more about World Heart Day [HERE](#)

HOW CAN YOU LOOK AFTER YOUR HEART HEALTH?

HEALTHIER BODY

SEPTEMBER WELLNESS WEBINAR

8th SEPTEMBER

If you'd like to find out more on how you can make changes to your diet and lifestyle to improve your heart health, tune into our **Wellness Wednesday Webinar** at 14:30 on 8th September.

Click [HERE](#) to join Tatiana Lillingston-Price who will be highlighting how it's not just the fat in our diet we need to watch out for but overall adoption of a healthy, varied diet and lifestyle.

KNOW YOUR NUMBERS! WEEK

HEALTHIER BODY



Blood Pressure UK

Helping you to lower your blood pressure

6th-12th SEPTEMBER

Did you know that every day in the UK, 350 people have a stroke or heart attack that could've been prevented?¹

Sometimes known as 'The Silent Killer', high blood pressure usually has no symptoms, meaning the first sign of it could be a heart attack or a stroke. It's also closely linked with kidney disease, dementia and other illnesses.

Know Your Numbers! Week is about encouraging all UK adults to find out their blood pressure numbers, in the same way they know their height and weight. When you **Know Your Numbers!** you can take steps to look after your blood pressure and protect your heart health.

As a general guide:

- **Ideal** blood pressure is between **90/60mmHg and 120/80mmHg**
- **High** blood pressure is **140/90mmHg or higher**
- **Low** blood pressure is **90/60mmHg or lower**.

If you would like to find out more about your blood pressure, speak to your GP or healthcare professional.

1. <http://www.bloodpressureuk.org>



NATIONAL FITNESS DAY

22ND SEPTEMBER

National Fitness Day steps in to remind us of the importance of physical activity to help us lead healthier lifestyles.

It is recommended that we do **150 minutes of moderate intensity** (brisk walking, a leisurely bike ride or dancing) or **75 minutes of vigorous activity** (jogging, a fast bike ride or jumping rope) a week, plus strength activities twice a week.

Keeping fit does not always mean heading to the gym, especially if you don't enjoy it - no one wants to do something they hate. You'll get the most out of being active if you enjoy it as you will keep going back for more.

THERE ARE PLENTY OF WAYS TO KEEP ACTIVE:



Walking or running

These are easy and accessible exercises.



Take the stairs

An oldie but a goodie, taking the stairs instead of an escalator or lift is great for working the major muscle groups in the legs and glutes.



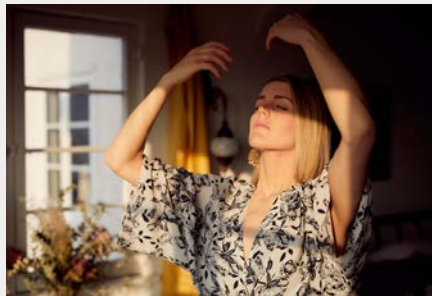
Hula hooping

Hula hooping was a bit of fun as a kid, but as an adult it can be a serious workout. *Bonus points if you use a weighted hula hoop!*



Build your own workout

If getting to a gym class, or paying for one, is putting you off working out, don't worry, you can get the same benefits from a home workout. Check out the NHS, I Perks at Work or YouTube for some free workouts!



Dance

How long has it been since you had a dance to your favourite music? Let your hair down, draw the curtains (if you've got particularly nosy neighbours!), pump some beats, and get moving.



Join a team sport

Playing sport as part of a team can help you get active while making friends and feeling part of your community.

Shopping

You might not think of it as a physical activity, but shopping can add a lot of steps to your day, not to mention carrying those heavy bags (which counts as a strength activity)! Bonus points if you park your car further away from the entrance or walk to and from the shops.



If you want to try a new activity or look to start your personal fitness journey for the first time, there are plenty of free opportunities for you, your friends, family and colleagues. Check out this activity finder **HERE** to see what's going on in your local area.

BLOOD CANCER AWARENESS MONTH



1ST SEPTEMBER-30TH SEPTEMBER

40,000 people are diagnosed with blood cancer each year in the UK and over 250,000 people are currently living with blood cancer¹.

Although many people are aware of leukaemia, a common form of blood cancer, there are actually five different types of blood cancer: leukaemia, lymphoma, myeloma, myelodysplastic syndromes and myeloproliferative neoplasms. Each type will affect different cells in the body.

1. <https://bloodcancer.org.uk/news/blood-cancer-facts/>

CANCER AWARENESS AND PREVENTION



SEPTEMBER Q&A

Unfortunately, unlike some cancers, lifestyle factors such as diet and exercise have little impact on your risk of developing blood cancer. However, a healthy lifestyle can significantly reduce your risk of other cancers, in particular breast and colon cancer.

Head over to our @WeAreESS Instagram story or click **HERE** at **14:00 on Wednesday 15th September** to increase your awareness on cancer prevention and ask any questions.



**WE ARE
MACMILLAN.
CANCER SUPPORT**

24TH SEPTEMBER

MACMILLAN'S COFFEE MORNING

Each year, Macmillan Cancer Support organises the World's Biggest Coffee Morning.

The first ever **Macmillan Coffee Morning** was held in 1990 – since then it has grown nationally and managed to raise **over £290 million!**

Macmillan Cancer Support is one of the largest charities and provides specialist health care, information and financial support to people affected by cancer. With one in two people being diagnosed with cancer, the chances are that we will all be affected in one way or another.

We are calling on all our units, workplaces and colleagues at home to host a coffee morning on **24th September** to help raise awareness and support Macmillan.

Here are some ideas to help arrange yours:

- 1 Ask people to bake cupcakes, cakes, cookies or sweet treats to set up a stall on site to raise money (remember they will need to provide the allergen information for any items).
- 2 Provide your teams with coffee and arrange a coffee morning on site.
- 3 Working from home? Set up an online meeting to have a coffee and catch up – we are all used to this by now!



Make your coffee morning more exciting by adding a slice of cake. **Matt Moseley**, Regional Executive Chef, shares his favourite cake recipe.

APPLE CAKE

Ingredients:

- 4 medium sized apples (any variety)
- 250g natural yoghurt
- 2 eggs
- 250g spelt flour
- 60g stevia
- 80g vegetable oil
- 2tsp baking powder
- 1 tsp cinnamon (divided)
- Large lemon (zest and juice)
- Pinch of salt

Method:

- 1 Peel, core and slice apples. In a bowl add the apples, half of cinnamon and lemon juice
- 2 Mix the wet ingredients and dry ingredients separately
- 3 Add the dry ingredients to the wet ingredients, stirring gently until combined to a smooth batter (dropping consistency)
- 4 Add into a lined and oil brushed sprung cake baking tin
- 5 Arrange the apples on the top of the batter, pushing down into the batter slightly
- 6 Bake on 160°C in a fan assisted oven for 40 mins
- 7 Remove from the tin and allow to cool slightly

Served best warm, but still delicious at room temperature.

We would love to see your coffee morning pictures, send them to: ess.wellness@compass-group.co.uk or post them on Workplace and #MacmillanCoffeeMorning



UN CLIMATE CHANGE PRE-CONFERENCE ITALY 2021

IN PARTNERSHIP WITH THE UK



PRE-COP26

30TH SEPTEMBER-2ND OCTOBER

To fight back against climate change, the government is ambitious to recover from the pandemic better and greener.

At the 2015 conference of the parties (COP21) in Paris, history was made. Every country from around the world agreed to curb temperature increases to below 2°C above pre-industrial levels. However, in the six years since Paris, global warming is not reducing fast enough. We have a target that we aren't reaching, and without action it's getting further away.

The Pre-COP26 meeting in Milan this month will see countries meet to discuss the transition to sustainable development as part of the UN Climate Change Conference.

The main event occurs in November, so look out for more information in our November Wellness Newsletter.

ZERO WASTE WEEK

6TH-10TH SEPTEMBER

While you enjoy your slice of cake and coffee, let's stop for a moment and consider the environment.

Say 'no!' to napkins, disposable cutlery and single use coffee cups. Instead opt for reusable plates and mugs – why not take your favourite mug or keep cup into work?

It is often the smaller changes that everyone can do that have the biggest impacts. So, be part of the solution by reducing waste, saving money and preserving resources. Now is the time to change our lifestyle habits to reduce waste and help the world be a greener place.



RECYCLE WEEK



20th-26th SEPTEMBER

This year's theme is 'Step It Up'.

During the difficult COVID-19 pandemic, we haven't had much control over our day-to-day events, but recycling is something we can all do!



Martyn Pollard, Regional Waste Manager, shares some common mistakes people make around recycling and what actions we can take to 'Step It Up'.

Please Recycle Right

Did you know that if we don't recycle properly, it can cause problems in the sorting process? One of the main issues with recycling is when it's not done correctly, for example by putting your rubbish in the wrong bin:

- Placing items which can be recycled into a general waste bin means recycling is lost and incinerated.
- Putting incorrect items in the cardboard, plastic bottles and cans recycling will likely mean the entire bin has to be disposed as general waste.

While sometimes this can be accidental, contaminating recycling happens for various reasons. Let's look at these a little closer...

PROBLEM	ACTION
The person didn't realise it was the wrong bin	<p>Most bins are now colour coded to signify the correct waste stream. Having the correct bins and clear signage is important. When people walk up to a bin, there are a few seconds to decide which bin to use. If instructions aren't clear, then the person may make the wrong assumption. This could mean a drinks can goes into general waste, or worse, litter goes into a recycling bin.</p> <p>Check bins, posters and labels are clear and unambiguous. Check labels can be clearly read as someone is walking up to a bin.</p>
The person didn't care it was the wrong bin	<p>This is tricky, as there are few direct consequences if a person puts a crisp packet in a recycling bin. Fly tipping in external bins can also be challenging as often it's done out-of-hours, or with an excuse ready if challenged.</p> <p>Clear communications and proactive checks are the key tools to stop this occurring, e.g. using 'You've Bin Checked' audits. Tune into the webinar to find out more on what these audits are and how to conduct them on your site.</p>
Higher tonnages of general waste and lower recycling rates	<p>This can be caused by:</p> <ul style="list-style-type: none"> ● Low engagement with recycling (good recycling going into general waste bins) ● Fly tipping of illegal waste into bins (e.g. rubble, bulky waste) <p>Determine the best methods to communicate sustainability issues.</p>
Recycling targets	<p>The government target for recycling will be reviewed. This will be for Soft FM recycling streams (cardboard, plastic bottles, metal cans, food).</p> <p>Improve the quality and the amount of recycling by ensuring items are clean and dry:</p> <ul style="list-style-type: none"> ● Clean (ensure all items being recycling are clean of food or other residues – e.g. greasy pizza boxes go into general waste) ● Dry (no liquids, rinse out milk bottles)

If you have any questions about the above or would like more information, please contact Martyn Pollard: martyn.pollard@compass-group.co.uk

RECYCLE WEEK WEBINAR



20th SEPTEMBER

STEP IT UP THIS RECYCLE WEEK!

20th - 26th September

How can you do your bit?

Tune into this extra webinar with **Martyn Pollard**, Regional Waste Manager, who will discuss the importance of recycling and what we do within ESS.

Find out how you can recycle correctly and how to audit your sites.

Click **HERE** at 14:30 on Monday 20th September to kick start the week.

WORLD SUICIDE PREVENTION DAY



10TH SEPTEMBER

This year the International Association for Suicide Prevention (IASP) have renewed their commitment to refocus attention on the problems of suicide worldwide.

Their new message, 'Creating Hope Through Action', aims to empower people with confidence to engage with this rather complex topic to talk about.

Suicide is not just the act of ending one's life, but the thoughts that are associated with it too; feeling you are unable to cope, can't go on living the life you have or feeling that people would be better off without you.

Suicide can be difficult to understand and accept if we are not fully clued up with what is fact and fiction... here we address some of the most common myths surrounding suicidal thoughts.

THE MYTHS	THE FACTS
People who talk about suicide aren't serious and won't go through with it.	People who kill themselves have often told someone that they do not feel life is worth living or that they have no future. It is important to always take someone seriously if they talk about feeling suicidal. Helping them get the support they need could save their life.
You must have a mental illness to think about suicide.	One in five people have thought about suicide at some time in their life ¹ . And not all people who die by suicide have mental health problems at the time they die.
People who are suicidal want to die.	The majority of people who feel suicidal do not actually want to die, instead, they do not want to live the life they have.

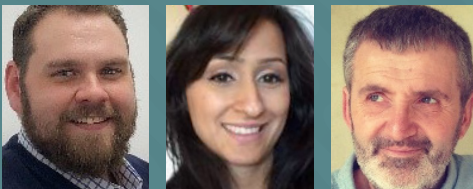


If you'd like to learn more about supporting yourself or others, why not reach out to one of our trained Mental Health First Aiders (MHFAs)?

If you'd like to become a trained MHFA, contact **Harjeet Moore** at: harjeet.moore@compass-group.co.uk

SUICIDE MINDFUL MOMENTS WEBINAR

22ND SEPTEMBER



Suicide is a tricky topic to think about but it's important we know about suicidal feelings, how to deal with them ourselves, where to seek help and how we can help others.

Click [HERE](#) to join us on **22nd September 13:30-14:00** where our live panel **Evan Judge**, Senior HSE Manager, **Harjeet Moore**, Head of People, and **Keith Smith**, Instructor from Mental Health First Aid England, who has trained those in our business. I'll be talking about suicidal thoughts and how to approach this challenging topic.

SAVE THE DATE!



ESS WORLD MENTAL HEALTH DAY LIVE PANEL

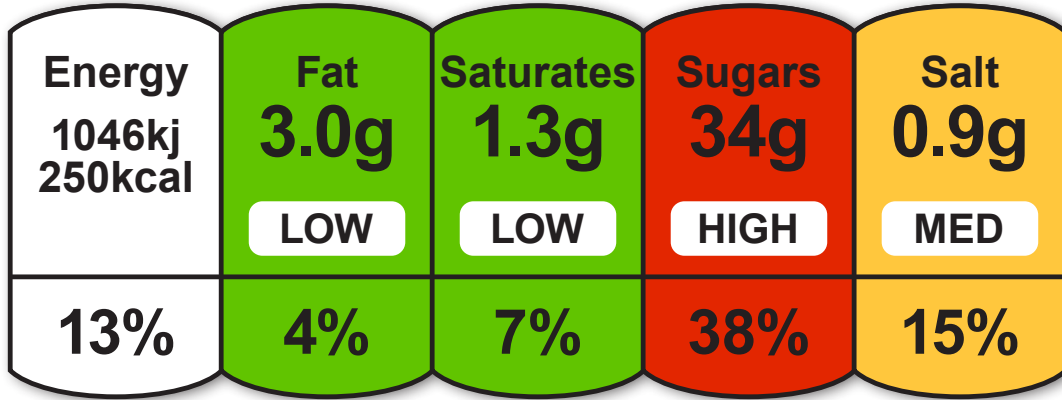
On **Friday 8th October** we are holding a live panel discussion with **Mark Webster**, ESS Managing Director, some of our trained mental health first aiders and charity partners. Watch out for more information across our social media accounts and on workplace.

1. How common are mental health problems? | Mind, the mental health charity

Q&A

Our Nutrition and Wellbeing Team are here to answer all your questions.

If you have a nutrition or wellbeing query that we can help with, send us an email at ess.wellness@compass-group.co.uk!



Q:What should I look at on a food label?

A: Food labels can be very daunting if you don't know what you are supposed to be looking at, however they can be helpful to make informed choices. Here are some tips to help you read food labels:

1 Use the per 100g column in the ingredient table

This is the easiest way to compare products as their portion size recommendations may vary.

The most important nutrients to look at are energy (calories), fat, saturated fat, sugar and salt – most of us should be trying to decrease our consumption of these as eating too much in our diet is associated with weight gain, high blood pressure, etc.

2 Look at the type of fat

Unsaturated fats, found in foods such as avocados, nuts, oily fish and seeds are better for your heart health than saturated fats found in foods such as butter, fatty meats, pastry etc.

Check the nutritional info per 100g to determine if saturated fat content is high, medium or low:

Low Saturated Fat	1.5g or less per 100g
Medium Saturated Fat	>1.5g – 5g per 100g
High Saturated Fat	>5g per 100g

Check the nutritional info per 100g to determine if total fat content is high, medium or low:

Low total fat	3g or less per 100g
Medium total fat	>3g – 17.5g per 100g
High total fat	>17.5g per 100g

3 Be aware of claims

Just because something is 'low fat' or 'reduced fat' does not automatically make it the healthiest option as some manufacturers will increase salt or sugar content to compensate.

Look out for sugar

Sugar is often disguised under other names in the ingredient list – look out for honey, syrup, nectar, molasses, fruit juice concentrate and anything ending in 'ose' such as fructose, glucose, dextrose and maltose.

Remember, even if it's not white table sugar, it still counts towards our daily intake of total sugar (and we should be reducing this!).

Low total sugar	5g or less per 100g
Medium total sugar	>5g – 22.5g per 100g
High total sugar	>22.5g per 100g

4 Be aware of salt

Salt is added to everyday foods such as bread, cakes and biscuits so always read the label.

Low Salt	0.3g or less per 100g
Medium Salt	>0.3g – 1.5g per 100g
High Salt	>1.5g per 100g

5 Know your portion size

The portion size will be the manufacturer's recommendation and portions can vary between brands. Be aware that your portion size may be larger than theirs and you may end up consuming more calories, fat, saturated fat, salt and sugar than you realise.

WELLNESS

ASK YOUR NUTRITION & WELLBEING SPECIALIST

Ask anything to do with nutrition, health & wellbeing.

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



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If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: ess.wellness@compass-group.co.uk.
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WELLNESS

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