

HELLO

and welcome to the November issue of our Wellness Newsletter.

NOVEMBER 2021

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



**Katrina Francis**  
ESS Nutrition and Wellbeing  
Engagement Officer

This month the UK is hosting the **COP 26** summit to bring together world leaders, climate experts and campaigners to agree coordinated action to tackle global climate change. So, our November Wellness Newsletter is focusing on our **Healthier World** pillar looking at issues relating to our planet and some of the steps ESS is taking to become more sustainable.

Check out some recipe inspiration from **Lee Brooking**, Group Executive Chef, and **Leanne Turk**, Lead Development Chef, to help drive more sustainable eating practices in support of **Veg Pledge**, our **Plant Forward** and **Net Zero** commitments. **Luke Kemp** shares his story on reducing food waste and the benefits of installing a wormery at RSME Brompton.

That's not all! This month, we also celebrate **November** by reminding men of the importance of looking after their physical health (by getting regularly checked), and paying attention to their mental health too. We remind you that prevention is always better than cure to support **World Diabetes Day**, read on to find out how you can make lifestyle changes to reduce your chance of diabetes.

As our lives return to what we knew before Covid-19, we must not forget the importance of being kind and looking out for each other. Often our chaotic lives can mean we forget to take time out for ourselves. This is highlighted throughout the issue to support **World Kindness Day**, **Anti-Bullying Week** and **Self Care Week**.

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- **Veg Pledge**  
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1<sup>st</sup> - 5<sup>th</sup> November
- **World Kindness Day**  
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- **World Diabetes Day**  
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- **Anti-Bullying Week**  
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- **Alcohol Awareness Week**  
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15<sup>th</sup> - 21<sup>st</sup> November

# COP-26

1<sup>ST</sup>-12<sup>TH</sup> NOVEMBER



This month, the UK is hosting the 26th Conference of the Parties (COP26) which will see more than 190 world leaders come together in Glasgow to agree how to protect our planet. It will be the largest political gathering Britain has ever held – and arguably the most important. The world leaders in attendance face an immense challenge, which can be broken down into four key objectives:

- Secure global net zero by mid-century and keep 1.5°C in reach.
- Adapt to protect communities and natural habitats.
- Mobilise finance to secure global net zero
- Work together to deliver on our climate goals faster<sup>1</sup>.

Climate change is an emergency. If we do not act, experts predict unthinkable impacts on the food system, natural disasters and infectious diseases<sup>2</sup>. Therefore, the time for action is now.

Follow @COP26 on Twitter and Instagram for updates.

Ahead of hosting the event, the Scottish Event Campus (SEC) in Glasgow announced a new food strategy which ensures that sustainable, responsible, and healthier choices sit at the heart of the venue's events. Developed with our sister company, Levy UK & I, this includes a pledge to source at least 80% of food from Scotland, with all produce sourced from high-welfare producers with sustainable agriculture processes. SEC will champion high quality, environmentally friendly local suppliers in areas such as fruit and vegetables, meat and bread and offer broader range of plant-based options alongside premium and low-impact, local animal protein sources. The strategy also includes plans and targets for packaging and food waste.

For COP26, 80% of food will be seasonal and sourced from Scotland, with 95% sourced from the UK. Sustainability will be at the heart of catering for the summit, reducing emissions and promoting environment-friendly food production. The measures will include:

- Ingredients replicated across the conference's menus to ensure produce can be repurposed for other meals, if necessary, to avoid food waste.
- The cups used to serve drinks will be reusable and it is estimated that this approach will save up to 250,000 single use cups.
- Suppliers are setting high standards for sustainable food production, from Edinburgh's Mara Seaweed, which is abundant and entirely sustainable and does not require fertilizer, fresh water or soil to grow, through to Benzie's carrots and potatoes who use wind turbines to power their cool storage, biomass to provide heating and actively recycle the water they use.

1. <https://ukcop26.org/>

2. <http://www.ukhealthalliance.org/wp-content/uploads/2020/11/UKHACC-ALL-Consuming-Building-a-Healthier-Food-System-for-People-Planet.pdf>

# A NOTE FROM MARK WEBSTER



**Mark Webster**, Managing Director, ESS Defence,  
Energy & Government Services

*Like many people within ESS and the wider Compass business, I'm concerned about the future of our planet and mindful of the legacy we will leave for future generations.*

*Sustainability forms a key part of our wellness strategy under the Healthier World pillar. This means we continually focus on what we can do to support the natural environment at an individual and site level, as well as across our wider business. This work feeds into our other wellness pillars: Healthier Mind, Healthier Body and Healthier Food.*

*We understand that operating more sustainably is important to our clients too, so we work with them to build environmental plans and help them reach their specific requirements and targets.*

*Some of the initiatives already delivered by ESS include a community food growing programme, the introduction of wormeries to process food waste (covered later in this newsletter), the delivery of zero waste to landfill contracts with our waste partner and a coffee cups recycling trial to address the issue that plastic lined cups are not widely recyclable.*

*We are constantly looking for better ways of doing things and there is a lot more work in the pipeline which we look forward to telling you all about in the coming months!*

*As well as covering the actions we are taking as a business, this newsletter will continue to provide hints and tips on how you can lead a more sustainable lifestyle – I hope you find the features as interesting and insightful as I do!*

# COMPASS GROUP UK & IRELAND'S NET ZERO COMMITMENT

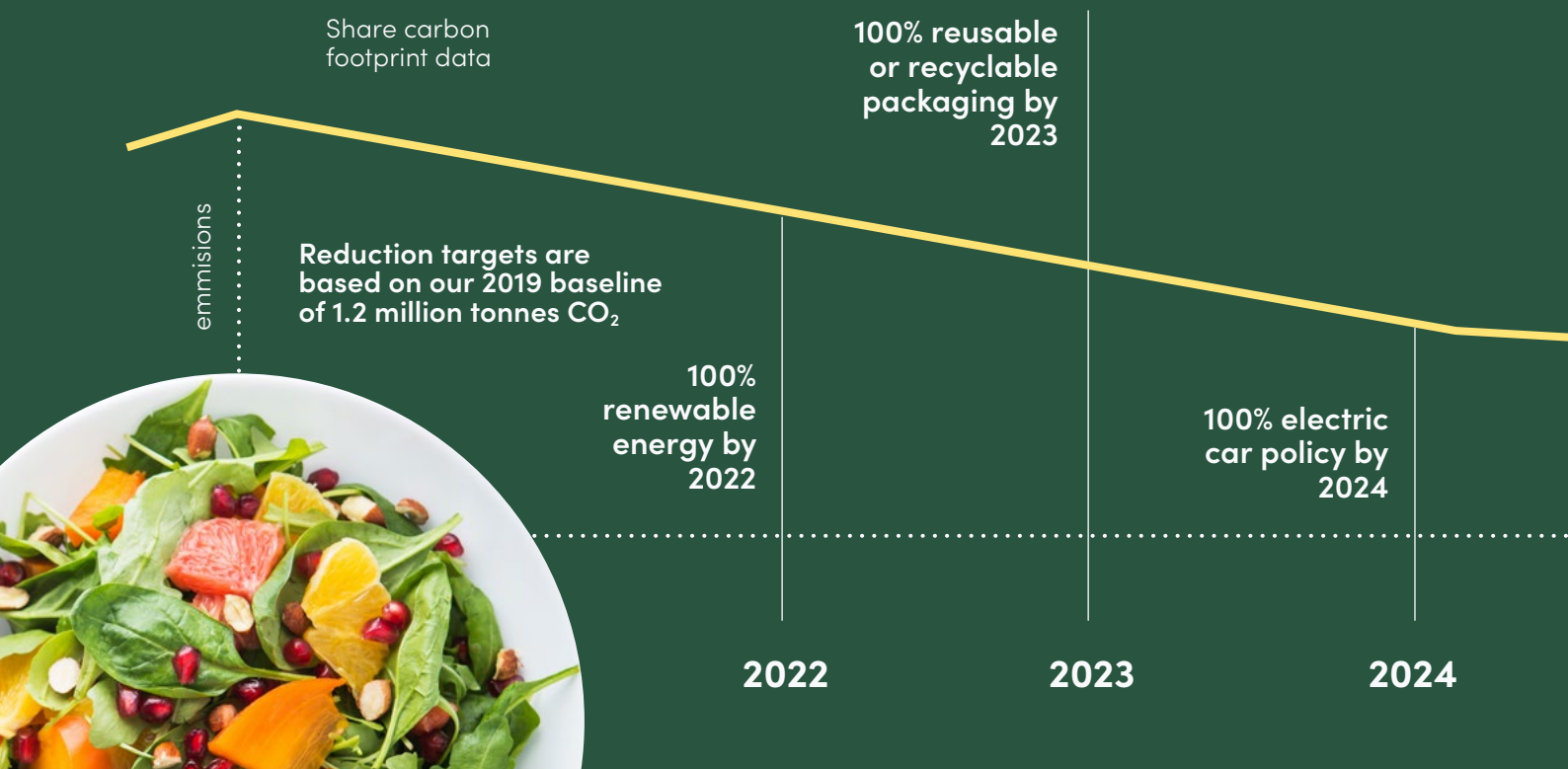


## Our Climate Promise and Roadmap to Net Zero

The climate emergency is the biggest challenge of our lifetime and food has a key role to play in global emissions. That's why, as the UK's largest food services company, we can truly make a difference. We are calling for a food revolution to fight for our planet. Our size and scale enable us to have a transformative influence on the global food supply.

We want to work with our partners to improve our business and be a catalyst for wider change. Our target is to reach Climate Net Zero emissions by 2030 in the right way, whilst remaining dedicated to helping people live healthier, happier and more productive lives.

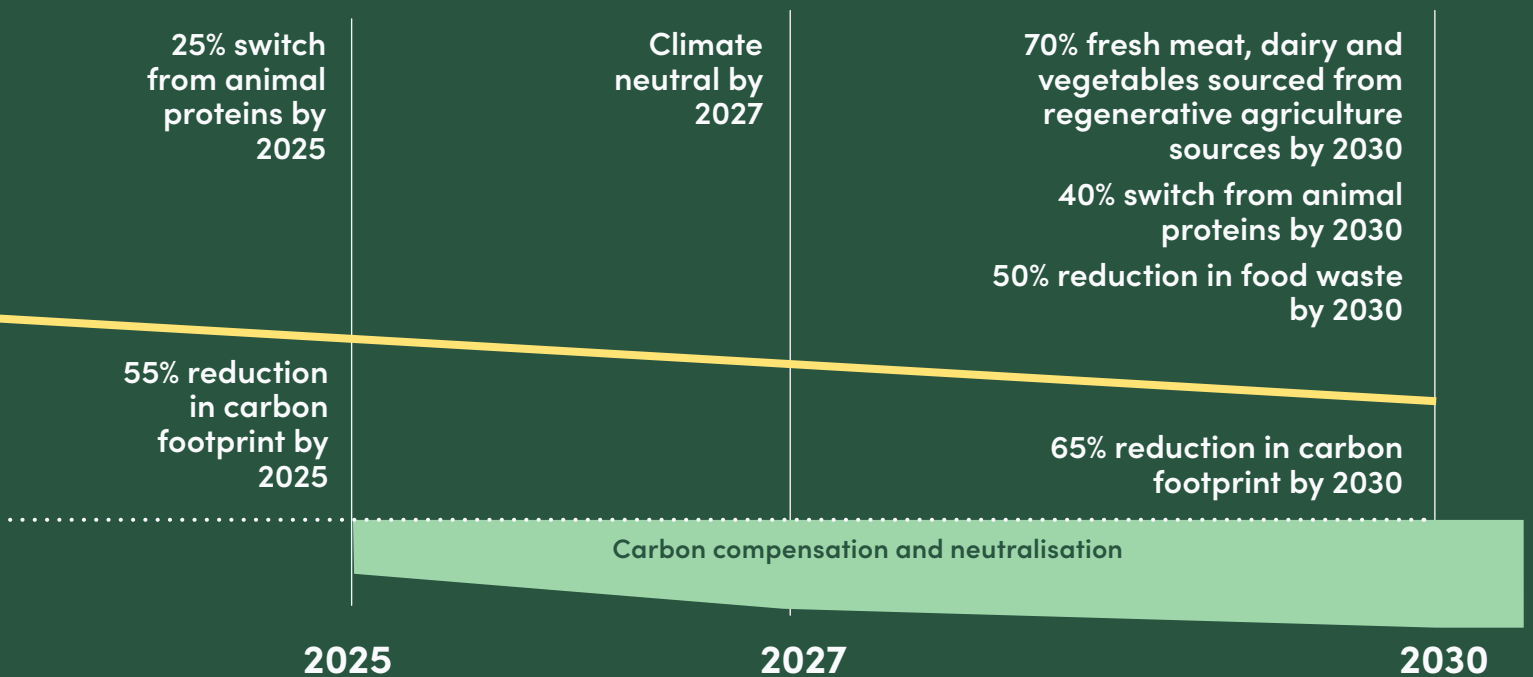
**Our vision is to match our passion and quality for food and service with our care for the planet. We are the first in the industry to publish a Climate Net Zero plan, which will help us to deliver our ambition to create a sustainable food system.**





Alongside 'Our Climate Promise' we have published our Roadmap to Climate Net Zero, with a timeline sharing some of the targets we have set to reach Net Zero by 2030:

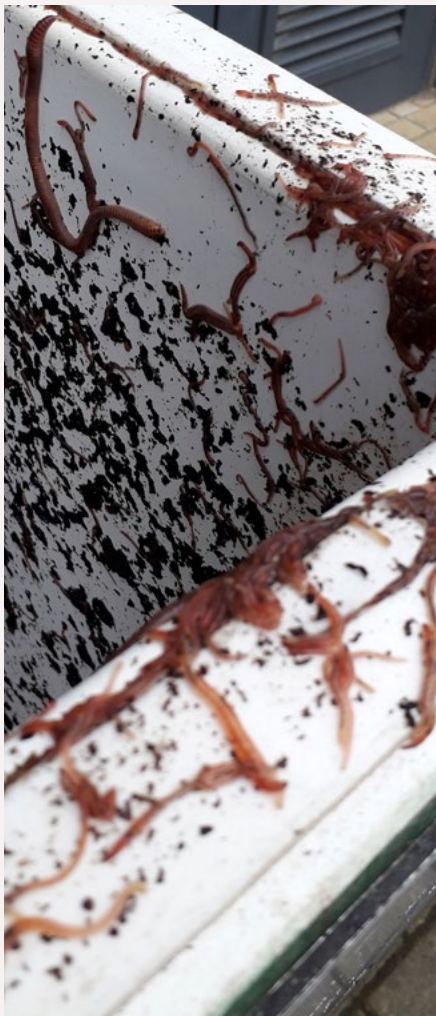
- 100% renewable energy by 2022
- 100% reusable or recyclable packaging by 2023
- 100% electric car policy by 2024
- 55% reduction in carbon footprint and 25% switch from animal proteins by 2025
- 70% fresh meat, dairy and vegetables sourced from regenerative agriculture sources by 2030
- 40% switch from animal proteins by 2030
- 50% reduction in food waste by 2030
- 65% reduction in carbon footprint by 2030



# REDUCING FOOD WASTE

It is estimated if food waste were a country, then it would be the third highest emitter of greenhouse gas emissions<sup>1</sup>.

In the UK, we waste approximately 6.7 million tonnes of food per year and much of this is sent to landfill<sup>2</sup>. We are continually looking for innovative ways to reduce the amount of food waste going to landfill across our business and our team at **RSME Brompton** has been doing some great work in this area – with the help of 60,000 worms!



## Introducing our wormeries at RSME Brompton

The ESS team at RSME Brompton has invested in improving biodiversity and finding ways to reduce the amount of waste sent to landfill. **Luke Kemp**, General Manager at RSME Brompton, shares his experience of setting up a wormery and the benefits to his unit from investing in the environment.

RSME Brompton introduced their wormery over a year ago. Since the worms joined the team they have consumed around 40kg of production waste per week from the Combined Mess kitchen, equating to around 40% of the total food waste for the site! The wormery has enabled the site to meet its target of removing 2 tonnes of food waste over the first year. It has been such a success that the worms are now self-populating the wormery, with current numbers estimated to be around 35,000 worms!

The site now has a second smaller wormery installed in July 2021 for the Officers' Mess. This houses approximately 25,000 worms and the target is to feed them around 20 to 25kg of waste per week.

## What are the benefits?

Vermicomposting (composting with worms) is an environmentally friendly alternative to sending food waste to landfill. Setting the wormeries up on site allows the waste to be processed on-site, reducing waste miles and CO<sup>2</sup> emissions. This waste can then be used for compost which is rich in nutrients that promote plant growth and health. The dendrobaena worms which are used can consume up to 50% of their body weight per day!

## What can go into the wormery?

Worms are great at breaking down organic matter, but there are a few do's and don'ts of what to include:

- ✓ Raw or cooked vegetables (excluding leeks, onions, shallots and garlic)
- ✓ Any fruit (however citrus peelings don't break down easily)
- ✓ Small amounts of newspaper or cardboard
- ✓ Garden waste like leaves and weeds
- ✗ Meat, fish and dairy food waste shouldn't be added as these are likely to attract unwanted pests and flies.

1. <https://www.fao.org/3/i3347e/i3347e.pdf>

2. Food Waste: The Complete 2021 Guide – CheaperWaste

# ZERO WASTE RECIPES



**Lee Brooking, Group Executive Chef, shares his experience of learning about what Net Zero means in the kitchen and how to tackle it.**

Recently I have enrolled onto the **'Marcus Wareing Forward L4 Senior Culinary Chef Apprenticeship.'** This course has a huge focus on Net Zero and plant-based catering.

I was privileged enough to attend The Ground Up Cookery School in Devon, with my fellow apprenticeship cohort. The course discussed all-natural products we find around us and how to

utilise them within our business. There was a focus on how to tackle zero food waste, discussing at great length how this can be applied 'Nose to Tail' across all areas of food production i.e. preparation, extending the life and flavour profile of ingredients through fermentation, pickling, curing and air drying, to reinventing a waste product into something that could be used again in our cookery process or even sold to the customer.

The two days were fascinating and engaging, giving me a new way of thinking when looking at food waste. I have come up with a couple of recipes utilising the food waste we all have in the kitchen at work and at home. Check them out and do some experimenting of your own!

What's more these recipes are great to pack in more veg and count towards your 5 a Day!

## ZERO WASTE VEGAN PIE

### Ingredients

- 1 kg Maris Piper potatoes
- 50ml olive oil
- 200g vegan cheese, grated
- 1 large garlic clove crushed
- 1 red onion, finely chopped
- 3 carrots grated
- 1 broccoli
- 3 celery stalks finely chopped or grated
- 1 fennel root roughly chopped
- 1 red chilli finely chopped
- 400g tinned chickpeas drained and rinsed
- Handful fresh parsley finely chopped
- 1 lemon

### Method

- 1 Pre-heat your oven to 200°C.
- 2 Slice the potatoes into small cubes, leaving the skin on. Place in a pot with boiling water for 12 minutes until soft.
- 3 Meanwhile prepare the veg. Keeping the skin on the carrots, grate them straight into the baking dish. Add the chopped celery, fennel root, chilli (making sure to not waste any edible parts) parsley leaves and stalks, red onion, garlic, chickpeas and 100g of vegan cheese.
- 4 To reduce food waste, chop the florets off the broccoli head and then grate the stalk. Add both to the baking dish along with the zest of 1/2 a lemon and the juice of the full lemon. Season with pepper and mix all the ingredients.
- 5 Once the potatoes are boiled, mash with olive oil and add in the leftover 100g of vegan cheese and mash until smooth. Simply layer on top of the pie mix and place in the oven at 200°C for 35 minutes.

## ZERO WASTE VEGETABLE CRISPS

### Ingredients

- 50g potato peel from around 2 large potatoes
- ½ tbsp olive oil
- A generous pinch of chilli powder
- ½ tsp sweet smoked paprika powder
- Freshly ground black pepper, to taste
- 50g kale leaves

### Method

- 1 Preheat the oven to 150°C and line 2–3 baking trays with baking parchment.
- 2 Place the potato peel in a mixing bowl with half of the oil, spices and pepper. Using your hands, gently rub the peel until it is completely coated with oil and spices. Set aside.
- 3 Using a sharp knife, remove the tough, woody kale stems and roughly chop the leaves into bite-sized pieces.
- 4 Place the kale in a mixing bowl with the remaining oil, spices, salt and pepper. Gently rub the kale for 1–2 minutes until it is completely coated and starting to soften.
- 5 Spread the potato peel and kale thinly on separate baking trays in single, even layers. Set the kale tray aside.
- 6 Place the potato peel in the oven and leave to roast for 25 minutes. After 10 minutes, add the kale tray and continue roasting for the remaining 15 minutes or until crisp.

- 7 Remove the crisps from the oven and leave on the trays for a few minutes to crisp up before eating.
- 8 The crisps are best eaten within a few hours but can be stored in an airtight container for 1–2 days. Re-crisp them in the oven at a low temperature for 3–4 minutes.

### NUTRITIONIST TIP

Why not serve your crisps with a homemade chickpea hummus for an extra fibre and protein boost?

### CHEF TIP

This is not just limited to kale, you could swap for sweet potato peel, parsnips or beetroot!

# PLANT FORWARD EATING

Our current food choices are impacting our planet and our health.

*“Changing what we eat by adopting healthy and sustainable plant forward diets – such as eating more plants, grains and legumes – could help cut greenhouse gas emissions by 30% by 2030.”*

WWF, 2017

It is not straight forward to determine which diets are ‘more sustainable’ than others due to a range of different factors, however, the majority promote consuming less meat and dairy, buying more locally sourced and seasonal foods, wasting less food and improving production practices.

- Livestock farming is one of the largest contributors to greenhouse gas emissions (14.5%), deforestation, biodiversity loss, soil pollution and land and water use.
- Just one 100g beef burger uses 58 gallons of water and 41 sq. ft of land.

### Reducing meat consumption

Reducing our meat consumption and eating more plant sources of protein such as legumes (including beans and pulses), protein alternatives (Quorn and soya products), nuts, seeds, grains and vegetables can help to reduce our environmental impact.

You don’t need to completely cut out meat, it is all about balance. Try opting for a few meat free days a week or reduce the amount of meat in dishes i.e. 50/50 mince and lentil spaghetti bolognese.

### If cutting out meat, where can i get my protein from?

Protein is not just found in animal products such as meat, poultry and fish. It is found in most foods and adds up from the foods we eat throughout the day.

FOOD	PROTEIN CONTENT
Semi-skimmed milk (200ml)	7.2g
Cheddar cheese (30g)	7.6g
Baked beans (1/2 can)	12g
Chickpeas (1/2 can)	8.1g
1 medium egg	7.5g
Peanut butter (1tbsp)	4.5g
Plain pasta (75g)	10.0g



## VEG PLEDGE

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

Decreasing the consumption of processed meat and increasing fibre can be beneficial for our health too as it may decrease cancer risk.

So, challenge yourself to eat a plant-based diet for the month in November to raise money for Cancer Research UK. Try some delicious new recipes, promote sustainable eating habits and help fund life-saving research to beat cancer sooner.





# PLANT FORWARD RECIPE

In addition to our commitments to increase vegetable, fruit, wholegrain, legume and other plant based protein procurement by 20%, Compass UK&I has published new 'Plant Forward' menu and recipe guidelines which aim to support our customers' journeys to eating a more healthy and sustainable diet and to help our culinary teams encourage our customers to embrace this way of eating.



## SWEET POTATO & BUTTERBEAN TIKKA MASALA WITH TOASTED ALMONDS



**Leanne Turk**, Lead Development Chef shares a delicious plant forward recipe.

*"Plant forward eating, and recipes is an important focus for us in food development as we support our net zero commitments and create a more plant based and sustainable food offer for our current and future consumers."*

### SERVES 5

#### Ingredients

- 135g Diced Onion
- 750g Butter Beans (drained)
- 550g Sweet Potato
- 10g Garlic (crushed)
- 10g Ginger (chopped)
- 50g Tomato Puree
- 475g Chopped Tomatoes
- 10g Fresh Coriander
- 60ml Natural Yoghurt
- 1 Lemon (juiced)
- 3g Garam Masala
- 4g Ground Cumin
- 3g Paprika
- 40g Spinach
- 30ml Rapeseed Oil
- 25g Flaked Almonds
- 10g Bouillon Powder
- 225ml Water

#### Method:

- 1 Pre heat the oven to 180C. Peel and dice the sweet potato into 2cm cubes and coat in a little oil. Add to a lined baking tray and roast for 20 minutes until it starts to caramelize.
- 2 Sweat the onion in the remaining oil in a saucepan. Once sweated add the garlic and ginger. Add the dry spices (except the garam masala) and cook out for 1 minute.
- 3 Stir in the tomato puree and cook out for 1 minute on a lower heat.
- 4 Mix the vegetable stock with the water and add to the pan with the chopped tomatoes.
- 5 Bring to the boil and then reduce to a simmer. Add the sweet potato and once cooked through add the lemon juice and butter beans.
- 6 Chop the coriander and fold half of it through the masala and stir in the yoghurt. Toast the flaked almonds.
- 7 Garnish the masala with the flaked almonds and remaining chopped coriander.
- 8 Serve with brown rice or chapati!

# HOW CAN WE ALL LIVE MORE SUSTAINABLE LIVES?

If you want to live a more sustainable lifestyle but are unsure how, try some of the following tips:

- 1 **Save energy** – switch off standby appliances, turn your heating down and hang clothes to dry can help to reduce carbon emissions.
- 2 **Eat less meat** – eating less of it can help reduce the impact meat production has on our planet.
- 3 **Use reusables** – ditch single-use plastic, opt for reusable and eco-friendly alternatives that will not end up in landfill or the ocean.
- 4 **Go paperless** – choose to receive letters over email or ask shops to email receipts instead of printing.
- 5 **Use renewable energy** – if possible, power your home with solar panels or replace your car with an electric one.
- 6 **Recycle and reuse** – remember to put your rubbish in the correct bins and use an item as many times as possible before throwing it away.
- 7 **Grow your own produce** – ensure you don't use pesticides that contribute to water and air pollution and reduce the miles it has to travel to reach you.
- 8 **Donate** – if you don't use a product or wear a piece of clothing anymore, give it to a charity shop.
- 9 **Save water** – invest in a water butt to use to water your garden.
- 10 **Drive less** – walk or ride a bike to your destination or, if it is too far, use public transport.
- 11 **Buy Fairtrade** – keep an eye out for the Fairtrade mark on packaging as this means it has been produced by a company committed to sustainability.
- 12 **Don't waste food** – save leftovers for lunch or freeze them for a meal later in the week.
- 13 **Wear sustainable clothing** – the fashion industry is one of the main polluting industries in the world so buy more from charity shops and sustainable clothing outlets.
- 14 **Use eco-friendly cleaning products** – some products contain chemicals which are harmful to the environment.



# WORLD DIABETES DAY

14<sup>TH</sup> NOVEMBER

**More than 4.9 million people in the UK are diagnosed with diabetes and 13.6 million people are at increased risk of developing type 2 diabetes – more people than ever before.**

Diabetes is a condition where our blood glucose levels become too high.

Healthy lifestyle choices and maintaining a healthy weight can help prevent type 2 diabetes. This includes eating a healthy and balanced diet, staying active, managing stress levels and getting enough sleep.



## DIABETES: AWARENESS, PREVENTION AND CURE...

HEALTHIER BODY



**WELLNESS WEDNESDAY WEBINAR: 3<sup>RD</sup> NOVEMBER, 14:30-15:00**

This month's **Wellness Wednesday Webinar** on **3<sup>rd</sup> November at 14:30** is all about diabetes. Join **Tatiana Lillingston-Price**, ESS Nutrition and Wellbeing Engagement Officer, to discuss what diabetes is, treatments for diabetes and, importantly, how to prevent and manage diabetes as prevention is always better than cure!

Click [HERE](#) to join.

## STRESS AWARENESS WEEK

HEALTHIER MIND

1<sup>ST</sup> -5<sup>TH</sup> NOVEMBER

**Stress in small amounts is completely normal and everyone is likely to have felt stressed at some point during their lifetime. However, chronic stress can lead to more than just a headache.**

Long-term stress could increase your risk of developing type 2 diabetes, due to the rise in the stress hormones, cortisol and adrenaline. These can raise our blood sugar levels and lead to increased insulin resistance, more abdominal fat and even an increased appetite for quick access energy foods that are high in sugar or fat.

**Stress Awareness Week** (1<sup>st</sup>-5<sup>th</sup> November) steps in to remind us of the importance of managing stress. Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier and more productive.

Here are our top tips to manage stress:

- Get moving
- Take time out in nature
- Eat well and reduce caffeine
- Make lists
- Meditate
- Sleep well
- Connect socially

# MOVEMBER

HEALTHIER BODY

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

Men, look after yourselves! Don't be afraid to seek help and get regular check-ups.

**Movember** is famous and known for men growing a moustache but it's really about raising awareness for all things men's health.

The Movember charity has 5 top tips for men's health<sup>1</sup>:

**1 Spend time with those who make you feel good**

Stay connected. Your friends are important and spending time with them is good for you. Catch up regularly, check in and make time.

**2 Talk more**

In England, around 1 in 8 men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD).

Helping a friend is easy when you know how.  
Follow the **ALEC** approach to let the conversation flow.

**ASK** – start by mentioning anything different you've noticed. Maybe he's spending more time at the bar, coming into work late or missing social events. Trust your instinct. Remember we often say 'I'm fine' even when we're not, so don't be afraid to ask twice.

**LISTEN** – try to give them your full attention, without interruptions. Don't feel you have to diagnose them, offer solutions or give advice. Just let them know you're all ears, judgement free.

**ENCOURAGE ACTION** – help him to focus on simple things that might improve his wellbeing: is he getting enough sleep, exercising regularly and eating properly?

**CHECK-IN** – Suggest you catch up soon – in person if you can. If you can't manage a meet-up, make time for a call or drop him a message. This will show you care. Plus, you'll get a feel for whether he's feeling any better.



1. <https://uk.movember.com/mens-health/general>  
2. <https://www.nhs.uk/conditions/testicular-cancer/>

### Look out for...

- A hard lump on the front side of a testicle
- Swelling or enlargement of a testicle
- An increase in firmness of a testicle
- Pain or discomfort in the testicle or in the scrotum
- A unusual different between one testicle and the other

### 3 Know the numbers

At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at 45.

### 4 Check yourself

Testicular cancer is the most common type of cancer to affect men between the ages of 15 and 49 years. The good news is that testicular cancer is one of the most treatable types of cancer, with a 98% survival rate across England and Wales<sup>2</sup>. So, check your testes regularly and if you notice any changes, go to your GP!

### 5 Move, more

Run or walk 60km over the month. That's 60km for the 60 men we lose to suicide each hour, every day across the world.



Have you grown a moustache in aid of Movember? Send your photos to [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk) or upload them to workplace and **#Movember**.

# ALCOHOL AWARENESS WEEK

HEALTHIER BODY

15<sup>TH</sup>-21<sup>ST</sup> NOVEMBER

**This month it's Alcohol Awareness Week (15<sup>th</sup>-21<sup>st</sup> November) so what better time to remind you of the alcohol guidelines and health implications if we do not stick to them!**

It is recommended to consume no more than 14 units per week spread over 3 or more days. Don't forget to watch out for the drinks you add to your spirits, as they are often high in calories and sugar too – opt for diet or no added sugar mixers.

Over time, excessive alcohol use can lead to the development of chronic diseases including high blood pressure, heart disease, diabetes, stroke, liver disease and digestive problems.

#### Tips to reduce alcohol intake:

- Go for smaller sizes – small wine, half a pint or single shot
- Add sugar-free lemonade or soda – opt for a shandy or spritz
- Alternate drinks – for each alcoholic drink have a non-alcoholic drink
- Chose social activities that do not involve drinking
- Set yourself a limit/budget



# ANTI-BULLYING WEEK

HEALTHIER MIND

15<sup>TH</sup>-19<sup>TH</sup> NOVEMBER

**Bullying isn't something which is just confined to school playgrounds, it can also take place in the workplace.**

Sometimes bullying may be obvious, but other times it can be more difficult to recognise. Bullying at work includes behaviour that is:

- Threatening, aggressive or intimidating
- Abusive, insulting or offensive
- Cruel or vindictive
- Humiliating, degrading or demanding
- Spreading rumours.

This year's theme is 'One Kind Word' to show that little acts of consideration can break down barriers and brighten the lives of people around us. Ask if someone is OK. Say you're sorry. Just say hey.

One kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.



# WORLD KINDNESS DAY

13<sup>TH</sup> NOVEMBER

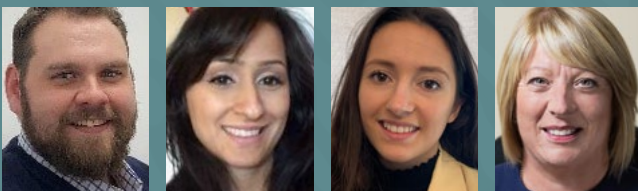
This month we celebrate **World Kindness Day** (13<sup>th</sup> November), but shouldn't kindness just be the norm in our everyday lives - such as sending an uplifting text, letting someone merge into traffic, sharing a compliment with a co-worker or making someone a cuppa?

If you do something extra this World Kindness Day, we'd love to hear all about it! Send them to: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk) and feature in next month's good news story!

# SPOTTING THE SIGNS OF BULLYING MINDFUL MOMENTS WEBINAR

HEALTHIER MIND

WEDNESDAY 24<sup>TH</sup> NOVEMBER 13:30-14:00



Click [HERE](#) to join our live panel **Evan Judge** - Senior HSE Manager, **Harjeet Moore** - Head of People, **Katrina Francis** - Nutrition and Wellbeing Engagement Officer and **Jeanette McNaughton** - ESS Business Director. They will be discussing how to spot the signs of bullying and their top tips on how to deal with it.

# GOOD NEWS STORY

HEALTHIER MIND

Ahead of **Self Care Week** this month (15<sup>th</sup>-21<sup>st</sup> November), we remind everyone the importance to take some time out if needed.

At RAF Marham they recently opened their new Wellness Room which allows their teams to relax and discuss mental health.

If you have recently set up a Wellness Room let us know and send us some photos at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).



## HOW TO IMPROVE YOUR WELLBEING...



WEDNESDAY 17<sup>TH</sup> NOVEMBER, 14:00

Tune into our WeAreESS Instagram [HERE](#) at 14:00 on Wednesday 17<sup>th</sup> November to find out more on the importance of looking after yourself, how to improve your overall wellbeing and ask any health and wellbeing related questions.

## NUTRITIONIST Q&A

**Q** **Busy schedules, back to back meetings and then dealing with the kids, can leave no time for me...how can I make sure I take care of myself this week?**

**A** **Here are out 5 top tips to look after yourself.**

1. **Take 10** - schedule in at least 10 minutes (more if you can) to do something you enjoy doing, where that be reading, doing a puzzle, painting your nails or watching TV.
2. **Live healthy** - eat healthy foods, get enough sleep, exercise regularly, avoid smoking and alcohol and try to manage stress.
3. **Find ways to relax** - find ways to help you wind down and help cope with stressful situations (check out stress awareness week article for tips to manage stress).
4. **Socialise** - having a natter with friends, family or any social group can help provide a support network and bring into perspective your challenges.
5. **Practice good hygiene** - this will improve the way you view and feel about yourself.

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](mailto:ess.wellness@compass-group.co.uk).  
Subscribe to **WeAreESS** YouTube channel and follow **WeAreESS** on Instagram and TikTok.

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# CHECK OUT WELLNESS ON OUR NEW YouTube CHANNEL

Improve your Wellness by watching videos from our registered ESS Nutrition & Wellbeing Team.

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



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