

HELLO...

AND WELCOME TO OUR SEPTEMBER HEALTHIER MIND NEWSLETTER.

This month's Healthier Mind Newsletter is jam packed full of articles to support your wellbeing and to help you to reset this September. With a new academic year beginning, September symbolises a new start for many of us. This can be a time when we are trying to get organised and focussed on the things that really matter to us.

This month you can read all about **World Suicide Prevention Day** (10th September) as well as debunking some common suicide myths.

September can be a daunting time for children and parents alike, if you aren't sure how to best support your child through this transition period, have a read of our article all about **Supporting Children Through Change**. Find out more about **National Fitness Day** (27th September) and re-think how you feel about fitness this Autumn.

September is also an important month for chefs and their teams, with **Chef Appreciation Week** (12th-18th September) reminding us all of their important contributions. Last but not least, read all about **Macmillan's World's Largest Coffee Morning** (30th September) this month and find out how you can support someone with cancer.

Read on for hints, tips and resources to support your mental wellbeing and don't forget about our Mindful Moment Toolbox Talk, which this month is all about suicide.

Harjeet Moore

Harjeet Moore, Head of People



WORLD SUICIDE PREVENTION DAY

10th SEPTEMBER

World suicide prevention day is an opportunity to raise awareness of suicide and to promote action that will help to reduce the number of suicides and suicide attempts around the world. Suicide is more common than you might think, with 1 in 100 deaths worldwide occurring as a result of suicide. Here are some key facts and figures about suicide prevalence across the UK:

- In 2020, there were 5,224 suicides registered in England and Wales
- Men aged 45-49 have the highest rate of suicide
- Suicide is more common in the Spring and on New Year's Day but it could happen anytime

(ONS, Samaritans)

Although suicide is becoming more commonly talked about, many myths and misconceptions about suicide and suicidal thoughts still exist. These myths can perpetuate the lack of understanding and prejudice that is so often experienced by individuals struggling with thoughts of suicide. This can also make it harder for people to reach out and receive appropriate support. Checkout our suicide myth busters down below to help clear up some of the confusion around suicide and help you to feel more confident when it comes to supporting someone you know who may be having suicidal thoughts.



MYTH BUSTER: SUICIDE

Myth: 'People who talk about feeling suicidal just want attention and won't actually go through with it'

False: It can be true that people may talk about suicide as a way of getting attention, but this is usually a cry for help. How someone responds to these feelings for the first time can have a big impact on what happens next. If the person is met with indifference, this could solidify their beliefs that no one cares about them or that they are a burden. Helping them to get support or even simply showing an interest may save their life.

Myth: 'More men die by suicide than women'

True: Statistics show that men are 2-4 times more likely to die by suicide than women. However, around the world, women are more likely to be diagnosed with depression and attempt suicide than men. There are many theories behind why this might be the case but it's important to remember that suicidal thoughts can affect anyone at any point in their lives.

Myth: 'If a person wants to kill themselves, there's nothing you can do about it'

False: Our actions, no matter how big or small, can have a big impact and provide hope to individuals who are struggling. We all play an important role in helping to prevent suicides. The things we do each day are likely making a big difference already, we may just never know it. Something as simple as a smile can make a huge difference to someone who is feeling at rock bottom.

Myth: 'It's best not to bring up the topic of suicide because it might put the idea in their head'

False: Suicide is a taboo topic which many of us shy away from. Evidence shows that asking someone if they are suicidal can protect them. They feel seen, listened to and maybe even as though someone might want them around. Reaching out and asking the question, 'are you feeling suicidal?', no matter how awkward it feels, could save a life.

For more information and support, see our signposting section.



NATIONAL FITNESS DAY

27TH SEPTEMBER

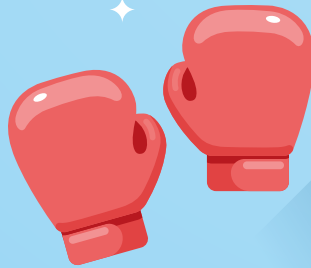
National fitness day is the UK's biggest celebration of fitness. The day aims to celebrate the fun of fitness, as well as acknowledging that fitness means something different to us all. The day is a great initiative which helps to break down the barriers that stop people being active, whilst showing that fitness is for everyone!

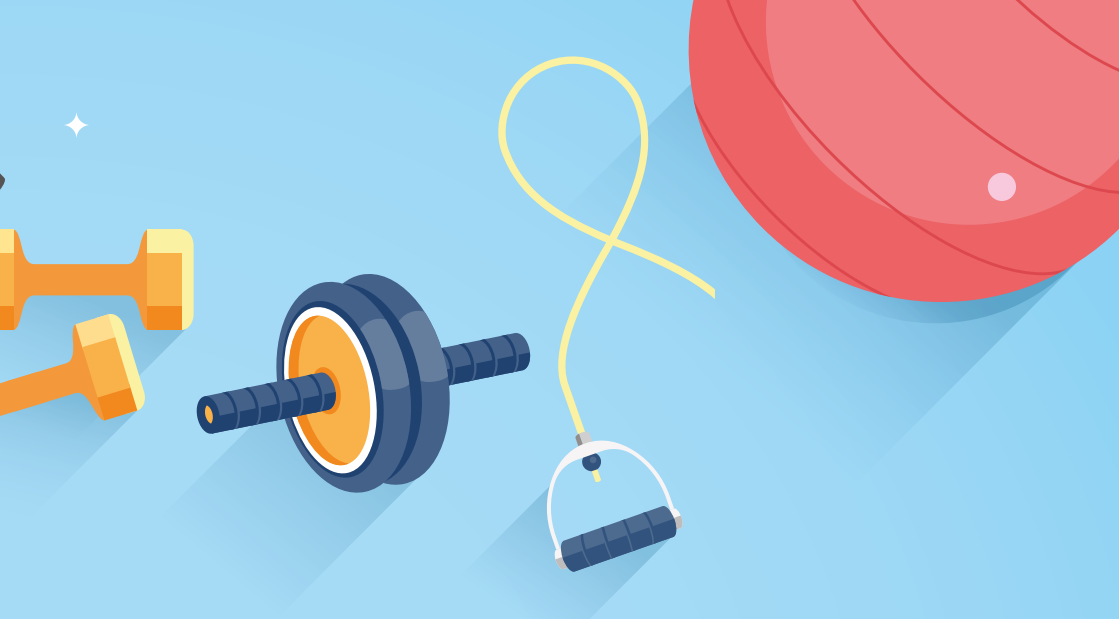
SO, WHAT EXACTLY IS FITNESS?

Fitness is a broad term that means something different to each person. Generally, physical fitness encompasses many factors, including endurance and flexibility, but essentially it boils down to having enough energy and strength to complete tasks, such as walking up the stairs.

WHY IS FITNESS IMPORTANT?

According to the NHS, exercise is the miracle cure we have all been waiting for. Many of us have been told that moving our bodies is good for our physical health but it can also be great for our mental health too! It's medically proven that people who take part in regular physical activity have a lower risk of coronary heart disease, type 2 diabetes, depression, dementia, some cancers and more! Taking part in exercise can also be great fun, it can improve our mood, reduce stress levels and be a great way to socialise and meet new people*.





SO, WHAT COUNTS?

To maintain good health and fitness, the UK Chief Medical Officers' physical activity guidelines recommend that adults should try to be active every day and aim to do at least 150 minutes of physical activity per week. The main thing to remember is whatever activity you do, try to move quick enough to raise your heart rate, breathe faster and feel warmer. It's important to remember that even if you aren't able to do the full 150 minutes, any physical activity that you can do will have a benefit. Something is always better than nothing! If you go from doing zero physical activity each day to doing 10 minutes a day, it will add up to make a big difference over time.



WHAT DOES THE WORD 'FITNESS' MAKE YOU THINK OF?

Many of us have a negative perception of fitness and exercise. This might be because it feels unattainable, or because we don't feel like we would fit in at the gym or maybe it's because we always hated PE at school. It's natural to feel uncomfortable turning up to a yoga class or joining your local running club if you haven't exercised in years but it's important to remember that fitness is for everybody. No one is born fit; we all have to start somewhere. If you are curious about exploring fitness a bit further, try to think of an activity you used to enjoy when you were younger or a class which you've always wanted to try out and go from there. You can share your fitness stories on social media using the hashtag #FitnessDay.

For more information and support, see our [signposting section](#).

SUPPORTING CHILDREN THROUGH CHANGE

September can often be a daunting time for children (and parents too!). I'm sure that most of us can remember those end of summer butterflies in our stomach as the new school year approaches. What teachers will I get? Will I be in class with any of my friends? Who will I have to sit beside? These worries can be even more intense if your child is going through the transition of moving schools, due to many more unknowns.

For some of us the dread of going back to school after the summer holidays might come flooding back, whereas for others, we might look back on our school days with hindsight and feel that our childhood worries weren't such a big deal after all. It can be lovely sharing memories of our schooldays with our children but it's important to remember that our child's experience of school may be very different to our own.



.....

TOP TIPS TO HELP YOU TO SUPPORT CHILDREN TRANSITIONING INTO A NEW SCHOOL YEAR THIS SEPTEMBER:



Tune into your child's needs so you can help them cope with difficult days. When they are going through a hard time, do they need lots of sleep and alone time, or do they need to talk through things and blow off some steam?



Remember to look after your own wellbeing so that you can best support your child.



Try to stay calm when your child is showing distress, it's important that we are a safe and stable place to turn to when children are facing so much uncertainty.



Talk to them openly about how they are feeling and any worries they may have, you could even share how you felt when you were there age.



Remind your child that you are here to support them and acknowledge that change can be difficult at the time but often once things settle, we may even realise that things have changed for the better.

.....



Chef APPRECIATION week

12TH - 18TH SEPTEMBER

The 12th of September marks the start of Chef appreciation week, the world's largest global culinary celebration. This week is an opportunity for everyone to say thank you for the important contributions made by chefs and their teams.

Working in a kitchen can be tough, with a recent survey of UK chefs finding that 81% of those working in professional kitchens have experienced poor mental health during their careers*. After a roasting hot summer of doing all we can to avoid putting our ovens on, I'm sure many of us can empathise with the uncomfortable conditions that many kitchen staff have to contend with. Unfortunately, for chefs it's not always as simple as, 'if you can't stand the heat, get out of the kitchen'.

As chefs and culinary teams are at the heart of what we do, this month we would like to encourage you to reach out and give them a big pat on the back. Whether this is a positive comment about the food, a smile, or a social media post, let's make sure that our chefs know just how much they are appreciated. This week let's say cheers to the power of food, and the talented people behind it!

Compass Group have created an amazing video in aid of Chef Appreciation week, with Compass chefs from all around the world talking about how food brings us all together. Click [HERE](#) to watch the video. Stories of our chefs and their commitment will be shared on Compass & ESS social media channels throughout [#ChefAppreciationWeek](#).

For more information and support, see our signposting section.



THE WORLD'S **BIGGEST** COFFEE MORNING

Join Macmillan on Friday 30th September for the world's biggest coffee morning. Sign up to host, invite your guests and get together to raise money for people living with cancer. Whatever your reason for wanting to host a coffee morning, your support has the power to raise vital funds for people living with cancer. The official coffee morning date is Friday 30th September, but you can hold yours anytime. Click **HERE** to sign up.

It's estimated that 1 in 2 of us will get cancer in our lifetime*, meaning all our lives will be affected by cancer in some way. Whether we experience it ourselves or through a loved one. When a friend or family member has cancer, it can be hard to know what to say or do. So, here are some tips on how to support someone with cancer:

- Offer support throughout the whole diagnosis, not just at the start.
- It's important not to assume that we understand how they are feeling, you could say 'I can't imagine how you must feel' or 'I'm sorry you're going through this'.
- Try not to make everything about cancer. Remember to have a chat and a laugh just like the good old days.
- Don't offer advice they haven't asked for; this can become overwhelming.
- Remember that everyone's experience of cancer is different, so if you aren't sure, ask them what you can do to support them.

For more information and support, see our signposting section.



**IT'S ESTIMATED THAT 1 IN 2
OF US WILL GET CANCER IN
OUR LIFETIME***

*Cancer Research UK

SIGNPOSTING INFORMATION

MENTAL HEALTH

Checkout our [Employee Assistance Programme \(EAP\)](#) which includes counselling services and referral services to support with personal problems.

If you need to talk, call Samaritans 24/7 on 116 123.

For peer support, you can access [Clic](#) - a free online community here to support everyone with their mental health.

Speak to a Mental Health First Aider (MHFA): they will be able to signpost you to further resources. Take a look at our up-to-date MHFA booklet [HERE](#).

[The Burnt Chef Project](#) - Mental health support for the UK hospitality trade. They offer a free text-based service available 24/7 to anyone involved in hospitality who wishes to talk about their mental health.

Simply text BURNTCHEF to 85258.

SUPPORTING CHILDREN THROUGH CHANGE

For webinars, activities and more to support children going through change at school, head to the YoungMinds website [HERE](#).

SHOUT is a 24/7 text line for young people in the UK who need someone to listen: text YM to 85258.

Click [HERE](#) to find out more about YoungMinds support for parents.

FITNESS

For exercise guidelines and workouts to help improve your fitness and wellbeing, head to the [NHS website](#).

CANCER SUPPORT

For information, support or just someone to talk to, call Macmillan free on 0808 808 00 00 (7 days a week, 8am-8pm).

The [Online Community](#) understands what it's like to have cancer. Support is available 24 hours a day, in a safe environment.

Cancer Research UK- [how to support someone with cancer](#).

OTHER

Support for current and former military personnel, contact the Royal British Legion Helpline: 080 8802 8080.



INFORMATION

SUPPORT

MENTAL HEALTH AT WORK COMMITMENT

ESS has signed up to the **Mental Health at Work Commitment** for employers who want to lead the way, drive change and declare publicly that mental health is a priority. The **six standards** making up the commitment are shown below.

Head over to the [HSE Website](#) to find out more.

1

Prioritise mental health in the workplace by developing and delivering a systematic programme of activity

2

Proactively ensure work design and organisational culture drive positive mental health outcomes

3

Promote an open culture around mental health

The six standards

4

Increase organisational confidence and capability

5

Provide mental health tools and support

6

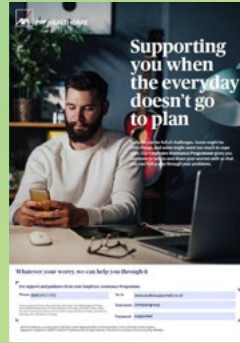
Increase transparency and accountability through internal and external reporting

**MENTAL
HEALTH
AT WORK**



EMPLOYEE ASSISTANCE PROGRAMME

Please click on the image to the right to see a reminder of the **Employee Assistance Programme** we currently have in place.



ASK YOUR MENTAL HEALTH FIRST AID SPECIALIST

HEALTHIER MIND

If you're interested in finding out more about Mental Health First Aider training send us an email.

We are qualified in Mental Health First Aid.



HARJEET MOORE
HEAD OF PEOPLE
ESS



EVAN JUDGE
SENIOR HSE MANAGER
DEFENCE AND
GOVERNMENT SERVICES



ALLAN ERRINGTON
HSEQ MANAGER
OFFSHORE

If you have any questions, or ideas on how we can improve how we support our people, please get in touch with any one of us directly.

If you need to seek support in mental health issues, please contact: harjeet.moore@compass-group.co.uk or on **07971 096905**

Don't forget your Wellness Team are also here to support you and are all trained in Mental Health First Aid. Ask them any health and wellbeing questions or raise any concerns. You can also book one of their tailored sessions to include mindfulness.

Get in touch with Harjeet by scanning the QR code



MENTAL HEALTH ON THE HSE WEBSITE

Click **HERE** to get to the Mental Health section! – make sure you're logged into Compass Connect.

You can find all our Mindful Moment Toolbox Talks and 'how to's' including 'how to sleep better', 'how to manage and reduce stress' and 'how to support mental health at work'.

YOU MATTER

As a reminder, we have some great resources through our YOU matter campaign which can be found on the learning portal. Click **HERE** to visit the You Matter Portal or scan the QR code below.



MINDFUL MOMENTS

Have you seen this month's Mindful Moment Toolbox Talk? This month is about suicide. Drop us an email at ess.wellness@compass-group.co.uk if you'd like a copy sent directly to your email inbox each month.

WELLNESS RESOURCES

Our Nutrition and Wellbeing Team create monthly resources to help support your overall health and wellbeing relating to national and international initiatives.

Email ess.wellness@compass-group.co.uk to sign up for their monthly newsletters, find out about their monthly wellness webinars and Q&A surgery's. You can also find them across social media, search WeAreESS on YouTube and Instagram.

CLIC ADULTS MENTAL HEALTH SUPPORT

Clic is a free online community to support adults with their mental health. Clic's online chat room is there to connect people with others on the things that matter to them, wherever they are. Members can access a host of mental health information, tools, tips and resources to help people help themselves, as well as their carers, family and friends.

Clic is there for anyone 24/7 and is moderated so that anyone can find the support they need in a safe environment. Click **HERE** to visit Clic

