

THE LIVING AGENDA

HELLO AUTUMN

As we embrace the brisk autumn wind, we should always remember it serves as a reminder of the changing days as well as Winter is just around the corner. As the seasons change, let us all mentally and physically prepare for what is to come.

RAIL WELLBEING LIVE



The seminars will be live online on **November 2 and 3** with interactive workshops on how to lead a healthy lifestyle including:

- Pick 'n' mix agenda with 50 sessions and 60+ speakers:
 - Celebrity speakers
 - Rail industry leaders
 - Health and wellbeing experts
 - Fitness instructors
- Evening sessions for shift workers

All sessions are available online, 24/7 up to 2 weeks after the event.

View the [promotional video](#) to get a better idea what you'll get out of this jam-packed event!

For those who register before 30 September we're giving away fantastic prizes such as a Fitbit luxe!

Scan the QR code to register or click [here](#)!



WELLNESS NEWSLETTER

SRSA FREIGHTLINER SAFETY IMPROVEMENT PLAN (FSIP)



The FSIP programme started in November 2021. The main purpose of the programme is to improve shunter and train driver safety in high traffic areas, coupled with injuries caused by slips, trips and fall being the most frequent type of accidents for drivers and shunters.

These improvement works completed by the SRSA will make steps to actively reduce the potential for injuries to occur on site.

7 FUTURE

In order to support our path toward health and fitness, 7futures will be coming to the headquarters on **THURSDAY, OCT. 13 from 10 AM to 3 PM** to present health and wellbeing programmes including Resilience, Importance of Exercise, and the Interactive Health Measures of Body Composition Analysis. To register your interest this [link](#) will provide you with more details.

Body composition (see right) is a device used to describe the percentages of fat, bone, water, and muscle in human bodies..



WHAT CAN WE DO TO OPTIMISE FOOD STORAGE ?

TOP TIPS FOR FOOD STORAGE

One-third of the world's food that could have been eaten if stored correctly, is lost to waste. Storing food correctly not only preserves shelf life, it also retains taste, texture and importantly its nutritional value which is lost over time.

ONCE OPEN, KEEP FOODS IN AIRTIGHT CONTAINERS

It protects against bruising, bacterial and other microorganisms, contamination, excess moisture, light, heat and burn if freezing.

TIP: Avoid using plastic as it can leach chemicals. Instead use glass, stainless steel or beeswax wax.

KNOW YOUR CLIMACTERIC AND NON-CLIMACTERIC FRUIT AND VEG

Climacteric: Continue ripening once picked so are harvested early. They're best stored at room temperature as they will ripen quicker (potatoes, onions, bananas, apples, tomatoes).

Non-climacteric: Are harvested at peak as they stop ripening once picked. They have a shorter shelf life so keeping them in the fridge slows aging (berries, citrus, grapes, aubergines, courgettes).

TIP: Keep them separate as they release a gas which causes other food to spoil.

DON'T WASH FRUIT AND VEG BEFORE STORING

Instead wash just before using them as moisture promotes mould growth and accelerates the ripening process.

TREAT FRESH HERBS LIKE FLOWERS.

Trim the stems and place them in a glass with an inch or so of water then place them in the fridge.

CHECK THE PACKAGING GUIDELINES

All foods have different storage requirements so be sure to check the packaging and not assume.

REMOVE FOOD FROM CANS ONCE OPENED

When you open a can that isn't resealable, transfer it into a suitable container. Once exposed to air the tin in the can starts to transfer into food.

OPT FOR FROZEN FRUIT AND VEGETABLES where possible and keep them in the freezer until needed and thaw. They will have been frozen at their freshest so they will have a higher nutritional value than those kept chilled.

FREEZE IT, DON'T THROW IT

Freezing food retains nutritional value and preserves shelf life.

TIP: Make sure you label anything you freeze with the date and what it is.

MAKE SURE YOU KEEP YOUR FRIDGE BELOW 5 DEGREES

3.1 million glasses of milk are wasted every day due to fridges being at the wrong temperature.

TIP: Avoid overfilling your fridge as it will affect the airflow around the food.

UNDERSTAND USE-BY VS. BEST BEFORE

Best Before indicates when quality starts to deteriorate, affecting the taste, texture and smell but to a point, it is still safe to eat (except eggs).

Use By is based on growth of bacteria that cause food poisoning. You shouldn't eat food that has passed this date, unless you freeze it before.

TIP: These dates are only valid if you follow storage instructions.

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Click the image to open it in a new window

With the cost of living increasing, many of us are looking to reduce the amount we spend on food. This recorded [webinar](#) will be providing all the information you need to store your food optimally to help maintain its shelf life as well as its nutritional and sensory qualities.

We have also provided you with two recipes; an [avocado and edamame hummus](#) which uses frozen avocados, plus a recipe for [steamed herby ginger fish](#) which packs a flavour punch using herbs that you can grow at home.

ENERGY EFFICIENCY AT HOME

SOLAR-BATTERY STORAGE SYSTEMS:

Using [solar battery storage systems](#), means that you do not rely on electricity from the grid as much. Energy costs are significantly reduced or free. Batteries may cost £15,000-30,000

AIR SOURCE HEAT PUMPS:

[Air source heat pumps](#) take heat from the air and use it to warm up your home. They are an alternative to the conventional gas boilers. There is an upfront cost of around £10k however [Boiler Upgrade Scheme - GOV.UK \(www.gov.uk\)](#) grant of £5000 available.



WOMEN'S HEALTH WEBINAR

On **Wednesday, October 12, 2022, at 12 p.m.**, discover how to optimise your hormonal health for a happier, healthier, and more vibrant you. The webinar will consist of a 50-minute discussion followed by a 10-minute Q&A session.

Join the webinar on the date and time above via the following link: [Microsoft Teams Link](#)

CARBON REDUCTION: EMPLOYEE COMMUTING SURVEY

As part of our annual carbon footprint reporting, it is important that we measure the carbon footprint of our employees' journeys to and from work. Please help us to understand this by taking the time to complete this 5-minute anonymous survey. It will also give you a chance to have your say on what incentives would help you to make your journey more sustainable. **This survey will remain open until the 30th of September.**

The survey link is provided [here](#), as well as the QR code to access it to the right.



Hello! The purpose of the wellness message board is to offer guidance and motivating words to help you achieve both good physical and mental health. Send me an email at neoma.okere@colas.com with your supportive comments for the Wellness Newsletter's "Wellness Message Board" and I'll include them. Thank you!
Neoma Okere - Communications Coordinator

Using an 'eco' setting on a washing machine at 30°

Look at ways to reduce your spending (Budgeting). Also, haggle where you can!

Turn down your thermostat - Households could get up to £350 this year to [help with rising energy prices](#). There is also the [Warm Home Discount Scheme](#), which could help you get £140 off your electricity bill this Winter.

If you're [struggling with housing payments](#), local authorities can award a discretionary, limited and temporary housing payment to claimants if existing benefits do not cover housing costs.

Cut your fuel costs- Visit [PetrolPrices](#) to find the cheapest stations where you can fill up.

Participate in online joyscrolling. Visit [Joyscroll](#) for some serene pictures and sounds

Turn your lights off when you're not using them or when you leave a room.

Take 4-minute showers - Keeping your shower time to just 4 minutes could save a typical household £45 a year on their energy bills.

WELLNESS MESSAGE BOARD

BE FINANCIALLY SAVVY TO PROTECT YOUR MENTAL HEALTH - LETS TALKS ABOUT IT.



Please talk to your wellbeing champion or anybody else you feel comfortable talking to if you find yourself in a situation where you need any form of assistance or support.

Use your energy during Off Peak Electricity Times - Between 10pm and 8am. This may differ between your suppliers and tariffs

Replacing less efficient cold appliances like fridges and freezers with better rated products

Turn everything off standby - You can save around £40 a year just by remembering to turn your appliances off standby mode.

USEFUL TOOLS & LINKS

- For non urgent questions on wellbeing email: wellbeingenquiries@colasrail.com
- Aviva Wellbeing and Aviva Digital GP App available to all Colas Rail UK staff.
- [Construction Industry Helpline](#) 0345 605 1956
- [Able Futures](#) Helpline 0800 321 3137 (8am to 10.30pm, Monday to Friday)
- Employee Assistance Programme (EAP) Helpline: 0800 030 5182
- [Top 10 UK Mental Health Charities](#)