



LUNDY PROJECTS

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 the seasons change, let us all mentally and physically prepare for what is to come.

SHARING BEST PRACTICE: 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 (South Rail Systems Alliance) will make steps to actively reduce the potential for injuries to occur on site.

The SRSA is comprised of Colas Rail, Network Rail and AECOM, an alliance created to deliver a portfolio of works across the southern region of the UK over a 10-year period.

WELLNESS NEWSLETTER

RAIL WELLBEING LIVE

Rail Wellbeing Live
Inspiring healthy lives across the railway
2 & 3 November 2022

DAY 1 **DAY 2**

SIMON ALEXANDER OAG SIMON WESTON GAIL PORTER DR JULIE SMITH TRACEY COX PAUL MCKENNA
TIM SPECTOR DR DAVID HAMILTON PROFESSOR GREEN DR SAM AKBAR

REGISTER NOW
Scan the QR code to register!

THEMES

- INSPIRATION**
Health and wellbeing talks to inspire your wellbeing journey
- LEADING WELLBEING**
For managers and leaders who want to set the foundation for a healthy workplace
- HEALTHY LIVES**
Practical sessions where you can learn how to improve your physical and mental health
- GET ACTIVE**
With favourites such as yoga, pilates and stretches; plus the opportunity to learn something new!

PRIZE DRAW GIVEAWAY
For those who register before 30 September we're giving away fantastic prizes! Don't miss out on your chance to win:

- £100 Decathlon voucher
- Boxing bag & gloves
- Fitbit Luxe
- One year subscription to Psychologies magazine
- RunPods earphones!

WITH THANKS TO OUR SPONSORS

ALSTOM angel ariva ATKINS bam Festi GTR HITACHI KCBOLIS
Bakerly KPMG LNER o2 ORS siemens wothson

www.railwellbeinglive.co.uk

The seminars will be live online on November 2 and 3. Insightful and motivating advice will be offered, along 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.

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!](#)



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 microorganism contamination, excess moisture, light, heat and burn if freezing.
TIP: Avoid using plastic as it can leach chemicals. Instead use glass, stainless steel or bamboo when possible.
- 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).
TIP: Keep them separate as they release a gas which causes other food to spoil.
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).
- 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 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 depending on size, manufacturer, and installation.

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 the right.



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.

Ditch takeaways - fast foods are usually high in calories, fat and salt – and they're expensive, too.

Avoid blue light before bedtime - Guarantee a good night's sleep by keeping your bedroom an electronics-free zone

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

Cut out smoking and manage drinking alcohol

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

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

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

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

Turn down your thermostat - Households could get up £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.

Choose unbranded or supermarket own label medicines

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](#)