

Health and Wellbeing Newsletter

2010: Number 1



Bastows are working to ensure you are safe, healthy and cared for. We will also help you in maintaining a healthy lifestyle.

The programme is confidential, and focussed on care for our Family.

We are pleased to share the news that Bastows are implementing an easy to understand health and wellbeing monitoring programme.

The programme will be carried out by a qualified person and managed by Niki Rosenbaum.

This programme will be operated with your full co-operation, and will share with you the benefits of our specialist's expertise alongside health advice and support where needed.

We have a duty to demonstrate care for Family members and to carry out health surveillance

We will share health advice, news and information on a regular basis with our Family.

Personal information will be kept personal; nobody will be given information if they do not need to have it.

The process will be reciprocal, with responsibility for its success on both sides.

*Consent will be sought from everyone. Nobody is under any obligation to answer all of the questions. However some monitoring **MUST** be carried out by law, such as checks for HAVS for power tool users and skin condition checks for those working with chemicals.*

How will we do it?

- A questionnaire to be completed by the individual during a one-to-one meeting and conversation with our specialist assessor.
- The questionnaire is simple and clear; it covers the key elements we need to check.
- Any questions which are not applicable to a person fulfilling a specific role are simply to be noted N/A.
- Visual checks will be made for HAVS, skin irritation etc where relevant.
- Follow-up care- if needed or recommended- is the responsibility of the individual.
- We will pay for time off to attend appointments etc providing evidence of these can be shown.
- Relevant support and guidance on any issues raised to be given from CCO/ Health & Safety Co-Ordinator.

Our health and wellbeing programme will be:

Open and honest

Reciprocal

Confidential

Compliant

Mutually respectful

We'll also share health info and advice like that below...

The key rules to a FeelGood plan are:

Exercise: You need to do at least 30 minutes "heart rate raising" exercise, 5 days a week. However, you only need to use a step box or swing baked beans cans around (see exercise plan) - you don't need to go to the gym.

Having said the above, our experience shows that if you do go to a gym, the rowing machine is proving to be the best form of exercise to burn visceral (abdominal) fat.

Nutrition: You should seek advice from your GP about which diet plan to follow. However, the general rules are as follows:

- Most people eat too many carbohydrates such as bread, pasta, rice and potatoes. Whilst they are healthy foods, they produce energy which if you don't exercise off, will turn to fat around your waist.
- Most people need to increase their intake of fruit and vegetables. You can buy fresh vegetables in bags in supermarkets which can be cooked in microwaves within 5 minutes. Vegetables are key because they are high in fibre and low in calories!
- Sugar balance is vital. When you eat sugary foods it will increase your energy immediately, but leave you even more tired and hungry afterwards. Try to replace sugary foods with fruit, vegetables & nuts as much as possible - especially when snacking in between meals.

Vitamins and Minerals: We recommend that you should kick start your programme by increasing your intake of vitamins and minerals:

- Vitamin C can be obtained from eating oranges and drinking orange juice.
- Multivitamins and Minerals can be obtained by eating more fruit and vegetables.

One way of giving yourself a 'kick start' is by making fruit or vegetable smoothies or making vegetable soups. However, we recommend that you dilute the smoothies with water and that you drink them throughout the day – a smoothie can be a big hit of sugar and it would be better to spread the load!

Don't lose heart! Remember, even if you have a bad day or weekend, it's better to start again than not at all!

