

# SOS WEEKLY

## SUPPORTING OUR STAFF HEALTH & WELLBEING

APRIL - WEEK 11 - 2022

### IBS AWARENESS MONTH

This week we wanted to shine a light on IBS (Irritable Bowel Syndrome) .

Approximately 1 in 5 people suffer from IBS during the course of their life, with the majority being affected during their working years.

Symptoms can include:

- Abdominal cramps, often relieved by going to the toilet
- Bloating
- Diarrhoea
- Constipation
- Frustrated defaecation (needing to go to the toilet but not being able to)
- Wind

People often confuse IBS with other illnesses due to the varied symptoms, and a diagnosis can often be difficult to make.

Stress and diet both play a big role in gut health and ensuring a good diet, along with activities such as meditation and yoga can help keep the symptoms at bay.

The good news is there is lots of support out there for anyone who suffers from IBS or who thinks may have some of the symptoms, including support from The IBS Network.

If you would like further information, or details about support available then email the team at:  
KHFT.staffwellbeingappointments@nhs.net

**NHS**  
Kingston Hospital  
NHS Foundation Trust

## THE ART OF BOUNCING BACK

**Lunch & Learn**

Join our informative Lunch and Learn session and learn about the art of bouncing back, and how to have a good day.

- What is resilience ?
- What influences our resilience?
- Personal awareness
- Basic resilience strategies

**29TH APRIL & 5TH MAY  
12:30 PM TO 13:15 PM**

**NHS**  
Hounslow and Richmond  
Community Healthcare  
NHS Trust

TO SECURE YOUR PLACE REGISTER ON  
EVENTBRITE FOR A FREE TICKET

### FREE BUDGETING BOOTCAMP

- Create a realistic budget
- Identify and tackle any problem debt
- Prioritise your spending and make your money work harder
- Set financial goals
- Create resilience for cost of living increases

Email to join:

**KHFT.staffwellbeingappointments@nhs.net**

## Top Tips for Looking after Men's Health

Men need to look after their mental health as much as any other individual but it can be hard to know where to start.

Here are some tips to help you look after your mental health:

- Get plenty of exercise – even a short walk can massively improve your mental wellbeing
- Talk regularly to friends and loved ones to maintain human contact (and help each other spot when something changes!)
- Make time for yourself even if you have a job and/or family to look after – you can't care for anyone else if you're not first taking care of yourself
- Eat and drink well – your physical health can have a huge impact on your mental health and vice versa so looking after both is key!



### BOOSTING IMMUNITY CASSEROLE

- 2 Punnets of Cherry tomatoes
- 4 Cloves Crushed Garlic
- 1 Can Butter beans
- 10 Pork Sausages (or chicken sausages)
- 1 Splash Balsamic Vinegar
- 1 Glug Olive oil
- 150g breadcrumbs

- Preheat the oven to 190c,
- Stick the whole tomatoes, garlic, beans and sausages into a roasting dish; add the vinegar with a slug of olive oil
- Shake the contents of the roasting dish
- Cook for 30 minutes in the oven
- Give it a good stir, add the breadcrumbs on top and return to the oven
- Once the breadcrumbs have browned (approx 20 minutes) remove from oven and stir.
- This should make 5 portions of immunity boosting food