

## THE SHOP IS NOW OPEN TO THE PUBLIC

We are delighted to announce that from Monday 1st June, we are allowing customers back into the shop, but adhering to the guidelines given by the Government and the British Retail Consortium to keep us all safe.

**opening hours will be Monday to Saturday, 10am - 4pm.**



## A special piece of news

Julia, one of our long standing and well loved members of staff has decided to retire. Julia's last day with Fairhaven will be Friday 26th June. After originally coming to Fairhaven to 'help out' for six weeks, Julia leaves us after seventeen years of service! We are extremely grateful to Julia for her dedication, good humour and wonderful repartee and she will be greatly missed. All the team, and we're sure our customers too, would like to wish her all the very best as she commences an exciting new chapter in her life and we look forward to seeing Julia on the other side of the counter!



## SHOPPING AT FAIRHAVEN

- A maximum of 5 customers will be allowed into the shop at any time (only one person from each family please)
- Refills are still available
- Please bring your own shopping bags.
- Only a limited collection service will continue to be available for the most vulnerable.
- There may be restrictions on some products due to stock levels
- Please follow the instore signs and help keep your distance



## THANK YOU!

To our staff for their hardwork and our customers for your understanding and patience over the last two months and we very much look forward to welcoming you back to the shop!

**THE FAIRHAVEN TEAM**

## AWARENESS DAYS IN JUNE

**June is National Osteoporosis Month - a healthy diet and weight bearing exercises go a long way to prevent this painful and debilitating condition. See this website for information on supplements:**

<https://www.healthline.com/health/managing-osteoporosis/supplements-and-vitamins-you-should-consider>

**3rd National Egg Day | 4th National Cheese Day | 5th World Environment Day | 7th British Heart Week - See the Hot Topic for advice on how to support a healthy heart | 8th Diabetes and Aroma Therapy Awareness Weeks | 15th Men's Health Week | 21st Father's Day**



## HOT TOPIC HEART HEALTH

The heart is primarily made of muscular tissue, not only controlled by its own unique intrinsic system, but also heavily influenced by the autonomic nervous system as well as the endocrine system (hormones). Its function is to contract and pump oxygenated blood to the body and deoxygenated blood to the lungs. It does this involuntarily, beating up to 100,000 times a day and 3 billion times in a lifetime. Keeping the heart healthy can be done as part of a healthy lifestyle including a good diet, exercise, not smoking, maintaining a healthy weight, reducing stress and alcohol.

**Heart healthy foods:** Fruits, legumes, vegetables, wholegrains.

**Foods that may reduce cholesterol levels:** Nuts, seeds, plant oils

Supplements that have shown to support a healthy cardiovascular system:

Cardiovascular Condition	Food Supplement
High Cholesterol	Vitamin B3, Co-enzyme Q10, Lecithin granules, garlic
Hypertension	Magnesium, Potassium, Omega-3, Co-enzyme Q10, Hawthorn tea
Endothelial dysfunction	Berries, Cacao, Green tea, Pomegranate
Arterial Stiffness	Vitamin K2
Heart Arrhythmia	Hawthorn Berry
Systemic inflammation	Curcumin and Pine Bark Extract
Impaired Vascular Energy	Ribose

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4404375/>

<https://www.medicinenet.com/script/main/art.asp?articlekey=3668>

<https://www.health.harvard.edu/topics/heart-health>

<https://www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/about-the-heart/understanding-how-your-heart-functions>

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/heart-healthy-diet>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924968/>

## NEW PRODUCTS



### BANG!

From Curries to Dahl and Biryani to Bhajis, BANG! kits are just the job for taking dinner from staple to something sensational.

### ANKARA NOTES

Temi's 100% Handmade Notebooks are now available in store. They are available in both A5 and A6.



#### OPENING HOURS

Monday - Saturday 10am - 4am Sunday: CLOSED (until further notice)

Unit 27, Jubilee Trade Centre, Jubilee Rd, Letchworth Garden City SG6 1SP

[www.fairhaven.co.uk](http://www.fairhaven.co.uk) | Fairhaven Wholefoods

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