

## OUR WEBSITE IS NOW BACK UP AND RUNNING

We have been working hard behind the scenes over the past few weeks and are delighted that our website checkout is now open. Click & Collect orders can now be placed through our website. One of the team will contact you once we have processed the order. Our local delivery service is also available. Especially for the most vulnerable during this time.



### THANK YOU JULIA! FROM ALL OF THE TEAM

We say farewell to Julia, who retired at the end of June after 17 years of service at Fairhaven. There is a book at the till for customers to write a farewell message to Julia. The team will present it to her at the end of July. We thank Julia for all her good humour and support over the years. Happy Retirement!

### Welcome Jacqui

This month we welcome our new team member Jacqui who starts 2nd July.

## PLASTIC FREE JULY

Join millions of people reducing their plastic waste. Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution so that we can have cleaner streets, oceans, and beautiful communities.

**Take the challenge:**  
<https://www.plasticfreejuly.org>

## NATIONAL PICNIC MONTH

With all the recent media coverage of how vitamin D deficiency is proving to be a major factor in our ability to fight off COVID-19, what better way to increase our exposure to the sun than enjoying National Picnic Month, dining al fresco and taking advantage of balmy summer days. We have a range of compostable plates, bowls, cups and cutlery ideal for picnicking.

## SOME WAYS TO REDUCE SINGLE USE PLASTIC

Refill existing containers with: shampoo, conditioner, bodywash, handwash, laundry liquid, fabric conditioner, washing up liquid, multi-surface cleaner, glass & mirror cleaner – all available at Fairhaven.

Our own brand wholefoods are packaged in compostable plant cellulose bags (look for the green stickers on the bags) – Hygienic, convenient, eco-friendly, prevents leeching, home compostable, accurate 'best before' dates and no cross-contamination.

Other products which either have no plastic or minimise the use of plastic: bamboo toothbrushes, chewy chewing gum, bamboo dental floss, bamboo cotton buds, packaging free soaps, LoofCo scourers plus much more!





## HOT TOPIC

### Mental Well-being

With mental health currently being a serious concern as we cope with the health and economic effects of COVID-19, the Samaritans launch their July campaign – Talk to Us. People are urged to contact them before being overwhelmed by their feelings. Samaritans offer a safe place to get support and are always available to listen.

The Mental Health Foundation has reported that more than a third of UK adults in full-time work are worried about losing their jobs, almost a quarter of adults living under lockdown in the UK have felt loneliness and millions have felt panicked with children and young people's social developmental interaction having been severely disrupted. Having supportive families and friends has been shown to help greatly as well as being given an opportunity to discuss emotions.

Natural ways that have been shown to help our mental well-being include calming herbs and relaxing teas for stress and anxiety relief; important natural remedies for holistic healing and well-being. They take the edge off the health damaging distress resulting from feeling nervous, stressed, and overwhelmed.

Herbs for stress can help you face emotionally distressing situations with a bit more ease. Try:

- Lemon Balm (*Melissa officinalis*) tea or in a tincture – it is a mildly bitter, cooling herb. It can help to calm and soothe an acid stomach, as well as help relieve nausea, bloating, heartburn, and gas. It can lift your mood, ease stress-induced headaches, and relax the nervous system. Viridian offer L-Theanine and Lemon Balm as a supplement.
- The oat plant (*Avena sativa*) is a good choice if you are stressed or stretched to the limit and feel emotionally frayed. It is also good for people who fly off the handle and need emotional grounding. Avena works best over time.
- Passionflower (*Passiflora incarnata*) is a commonly suggested herb for treating anxiety, stress, social anxiety disorder (SAD) and panic attacks.
- Ashwagandha (*Withania somnifera*), well-known as an adaptogen, rejuvenates and helps with physical and emotional stress.

Other supplements to support mental resilience: B Vitamins (Viridian & Solgar B complex supplements), Magnesium, 5-HTP, Omega 3 fatty acids and Vitamin D.

The Mental Health Foundation and WWF have joined forces to create a free guidebook: Thriving With Nature, which explores the relationship between nature, wellbeing and mental health.

<https://www.mentalhealth.org.uk/campaigns/thriving-with-nature>

<https://www.mentalhealth.org.uk/our-work/research/coronavirus-mental-health-pandemic/>

<https://www.holistic-mindbody-healing.com/calming-herbs.html>

<https://pubmed.ncbi.nlm.nih.gov/29908682/>

<https://www.getthegloss.com/article/the-best-supplements-to-support-your-mind-and-mood>

## NEW PRODUCTS

Lemon Balm herbal tea, organic black sesame seeds, organic hazelnuts, organic Mexican bean mix, organic & raw black sesame seed tahini. Also, for those who love their Big Oz cereal, the brown rice puffs and buckwheat puffs are now back & will be on our shelves soon.

### OPENING HOURS

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

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

Go to this link for more information on how the Samaritans can help:

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Or call 116 123 if you need to talk to someone.



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