



What a jam-packed May we have with coronation celebrations and Bank holidays, lots of news to share and new products galore!

We thank Emma Belton for her brilliant talk on Digestive Health, which was at capacity, with attendees praising the information that Emma passed on. Watch this space for the next Fairhaven talk which will be confirmed soon.

CORONATION WEEKEND

Please note that we will be closed for all the Bank Holidays in May and for the King's Coronation on Saturday 6th May. We send our congratulations to King Charles III and to Queen Camilla.



NEW PRODUCTS

We are always on the lookout for new gluten free products and are excited to announce a new range of bake-your-own ciabattas, baguettes and rolls – one with olives and the other with tomato – delicious!

We have also now received our first batch of organic, gluten free and vegan ready meals from Après Food. A personal favourite is the Thai Green Curry. The founder is a trained chef who also studied Functional Nutrition and uses all her knowledge to create wholesome and healthy ready meals with recyclable packaging which even uses vegetable ink! As part of the range that we are stocking, we have also chosen to stock their vegetarian macaroni cheese – Stef's favourite! Be sure to pop in and try some.



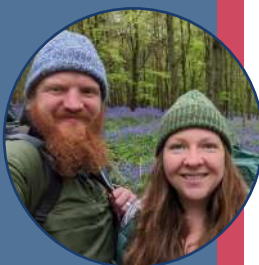
Lastly, we will also be getting in a range of frozen healthy organic muffins for ages 6 months and upwards (Neil liked the blueberry one!), called Pearl's Portions. Another locally made product. We will also have the opportunity to sample the hand made muffins in store later this month.



See our social media posts for more information.

SHOP SPOTLIGHT FAIRHAVEN NEWS

Our dear Leila and her husband are expecting their first child in June and we are all very excited for them both here at Fairhaven. Leila's last day with us before she begins her maternity leave will be on Tuesday 16th May – do come and wish her all the best.



We were delighted to receive lots of applications for our maternity cover position and thank you to all those who applied – we can announce that we have given the position to a past employee who many of you may know – welcome back Donatas! More news regarding our other position in next month's newsletter.

Action on Stroke Awareness & National Walking Month Skin Cancer Awareness Month & Maternal Mental Health Month

- 1st May Day Bank Holiday (**FAIRHAVEN IS CLOSED**)
- 1st - 7th Maternal Mental Health Awareness Week & Death Awareness Week, Sun Awareness, National Gardening Week
- 1st - 8th Time for a Cuppa – dementia awareness
- 2nd World Asthma Day
- 5th International Day of the Midwife & Sauvignon Blanc Day
- 6th Coronation Day (**FAIRHAVEN IS CLOSED**)
- 8th Bank Holiday & Donkey Day (**FAIRHAVEN IS CLOSED**)
- 8th - 14th Dying Matters Week
- 9th - 15th Coeliac UK Awareness Week & ME Awareness Week
- 12th World Fibromyalgia Day, International Nurses Day & National Limerick Day – share yours on this day for 10% off
- 13th Hummus Day || 14th National Children's Day
- 15th - 21st Mental Health Awareness Week & National Vegetarian Week || 21st World Meditation Day
- 23rd World Turtle Day || 26th Chardonnay Day
- 29th National Biscuit Day
- 29th - 4th June National BBQ Week

Coeliac Awareness

THIS MONTH'S HOT TOPIC

Diarrhoea, abdominal pain, bloating and gas, indigestion, constipation, vomiting (usually affecting children), extreme tiredness, unexpected weight loss – are all symptoms of coeliac disease.

Coeliac disease is a condition where your immune system attacks your own tissues when you eat gluten.

This damages your gut (small intestine), so you are unable to take in nutrients. This results in malabsorption which can also lead to stools (poo) containing abnormally high levels of fat (steatorrhoea), making them foul smelling, greasy and frothy. They may also be difficult to flush down the toilet.

Fatigue from coeliac disease may be a sign of iron deficiency anaemia or vitamin B12 folate deficiency anaemia.

Gluten, which is a dietary protein, is found in 3 types of cereal: wheat, barley and rye and people who are diagnosed with coeliac disease must follow a gluten-free diet to control symptoms as there is no known cure.

Natural remedies which have been shown to support Coeliac Disease include aloe vera, horsetail, paprika and dandelion, with several studies looking at the digestive benefits of bromelain and papain (from pineapple and papaya respectively).

There is also some research into the use of digestive enzymes, but there has been no conclusive study published currently.

Fortunately, there is a greater awareness of this disease and a wide range of gluten-free products are now available for sufferers. See our instore display or go to our website for the many gluten-free options that we have in-store!
www.fairhaven.co.uk



Maternal Mental Health Awareness Week (1st - 7th May)

Research shows that as many as one in five women develop a mental illness during pregnancy or in the first year after birth. Whilst it is natural to feel overwhelmed and anxious during this period, some symptoms may become more persistent. Signs of postpartum depression (PPD) and other maternal mental health issues can present in different ways such as anxiety, PTSD or continuous feelings of sadness and low mood.

If struggling, there are numerous charities and organisations that offer support for mental health before, during and after pregnancy:

Tommy's: mental health before, during and after pregnancy, call 0800 014 7800 Mon to Fri, 9am to 5pm, email: midwife@tommys.org

Mind: postnatal depression and perinatal mental health, call: 0300 123 3393 Email: info@mind.org

NICE: Antenatal and postnatal mental health: clinical management and service guidance has some question ideas which might help you talk to your GP or midwife.

Whilst it is highly recommended to seek help from a doctor to receive a holistic treatment for any mental health issues, research suggests Omega-3 fatty acids and vitamin B2 may help combat mental health issues such as PPD alongside this treatment. Nutritional stores of omega-3s are often utilised during pregnancy and the postpartum period. Increasing intake of these fatty acids through supplements and foods such as flax and chia seeds or oily fish such as salmon, may help reduce the likelihood of developing PPD. Taking B2 in moderation has also been shown to have a positive effect on PPD.

Natural remedies may help, but it is important to seek medical advice.

<https://www.coeliac.org.uk/home/> || <https://www.nhs.uk/conditions/coeliac-disease/> || <https://pubmed.ncbi.nlm.nih.gov/25267241/>
<https://www.curesdecoded.com/conditions/celiac-disease-gluten-intolerance/47>
<https://1md.org/article/proteolytic-digestive-enzymes-celiac-1md>
www.rcog.org.uk/for-the-public/rcog-engagement-listening-to-patients/maternal-mental-health-womens-voices/
www.mums-aid.org/information-and-support/about-maternal-mental-health/
[https://ajcn.nutrition.org/article/S0002-9165\(23\)23198-6/fulltext](https://ajcn.nutrition.org/article/S0002-9165(23)23198-6/fulltext)
<https://www.sciencedirect.com/journal/journal-of-affective-disorders>
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<https://www.healthline.com/health/pregnancy/natural-remedies-for-postpartum-depression#natural-remedies>