

## MACMILLAN CANCER SUPPORT

Our MACMILLAN cake and cuppa morning was a great success and we have been able to donate £58.91 to MACMILLAN Cancer Support. Thank you to all who attended and donated, and particularly to our wonderful team for providing homemade cakes, Chocolate&Love for sample chocolate and Vive for their delicious protein bites! Audrey has kindly given us a copy of the recipe for her amazing Coconut Carob Bars.



## COMPETITION WINNER



Congratulations go to Adam Richardson, the winner of our photography competition and many thanks go to Gina Massie, University of Hertfordshire BA Photography undergraduate, for judging and choosing our winner! See copies of some of the photos on display in store. A big thank you to everyone who sent in a photo.



## WELCOME to Fairhaven

### ENI

Hello, I am Eni and as some of you may know - Temi's Mum. I worked previously at the NHS for 15 years as a biomedical scientist and then at HMRC for 12 years in an admin role. I also did a bit of volunteering at the Garden House Hospice.



I love to sing, dance and go on walks - time permitting. It is a pleasure to be joining the team at Fairhaven where I've been warmly welcomed.

## DONATAS



Hello, I'm Donatas a new member of the team at Fairhaven working as an operations assistant. I've volunteered at Scope charity shop in Hitchin before. I've really enjoyed my first week working with

everyone at Fairhaven and hope to keep up with everyone's uplifting spirits.

### LEILA

I am incredibly honoured to be joining the Fairhaven team. I have been a customer of Fairhaven for a while, as I am passionate about locally grown, organic produce. I am thankful to live in Letchworth and can often be found cycling, or walking, in the abundant natural spaces. Ethically foraging, paddling in the streams and feeding the birds.



# HOT TOPIC LUPUS

An autoimmune disease, Systemic Lupus Erythematosus (SLE) affects women at a much higher rate than men (90% vs 10%) and occurs when your body's immune system attacks your own tissues and organs. Symptoms include joint and muscle pain, extreme tiredness that will not go away, rashes – often over the nose and cheeks, headaches, mouth sores, fever, hair loss, sensitivity to light (causing rashes on uncovered skin). It can be hereditary or caused by various triggers: hormones, medication, exposure to virus or certain chemicals, sun-sensitivity or ultra-violet light. Symptoms can be mild, or severe and even life-threatening. Flare-ups can occur after periods of remission and are often due to exposure to a trigger.

The main focus of treatment is to reduce and manage symptoms using anti-inflammatory drugs, hydroxychloroquine, steroid cream and immunosuppressants, but there have been recent studies documenting the success of using vitamin D3 in high doses.

A lupus diet should include plenty of fruit and vegetables high in antioxidants, which are natural healers. Berries, apricots, and sweet potatoes are especially good sources. Vitamin E, zinc, vitamin A, and the B vitamins are all beneficial in a lupus diet. Astragalus, turmeric, flaxseed oil and Ashwagandha have been used to support SLE sufferers.

<https://backcare.org.uk/event/2021-back-care-awareness-week/> || <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>  
<https://myfooddata.com/articles/food-sources-of-vitamin-a.php> || <https://pubmed.ncbi.nlm.nih.gov/12134711/>  
<https://www.healthline.com/nutrition/vitamin-a#benefits> || <https://www.nhs.uk/conditions/lupus/> || <https://www.lupus.org/resources/what-causes-lupus>

## VITAMIN A

### IN FOCUS:

vegetables rather than supplementation, as in a scientific study, large doses of beta-carotene were found to have an adverse effect on the incidence of lung cancer in smokers.

Essential for healthy surface linings of the eyes, mucous membranes, respiratory, urinary, and intestinal tracts, which help protect the body against infection, Vitamin A is available to humans in 2 ways:

- preformed vitamin A, which comes from animal products, such as meat, fish, poultry, eggs, and dairy foods, with concentrations of preformed vitamin A being highest in liver and fish oils
- carotenoids like beta-carotene, which are found in plant foods and must be converted by the body into vitamin A

Excellent food sources of vitamin A include sweet potatoes, carrots, fish (tuna), winter squashes, dark leafy greens, cantaloupe melon, lettuce, bell peppers, pink grapefruit, and broccoli. Diets high in carotenoids are associated with a lower risk of conditions such as heart disease, lung cancer and diabetes, as well as being famous for eye health!

The name of a group of fat-soluble retinoids, including retinol, retinal, and retinyl esters, Vitamin A is involved in immune function, vision, reproduction, and cellular communication. Dietary fat, which comes from food eaten, is crucial to the absorption of the fat-soluble vitamins, which includes vitamin A, as well as D, K and E. As Vitamin A is absorbed via fat, when fat is not absorbed, vitamin A deficiency can occur, although this is rare. It is recommended that vitamin A is obtained through diet, eating fruit and

## AWARENESS DAYS

**Lupus Awareness || Breast Cancer Awareness || ADHD Awareness || National Cholesterol Month || Black History Month || The Big Draw**

- 1st Coffee Day
- 3rd Grandparents' Day
- 4th - 8th Back Care Awareness Week
- 4th - 10th Dyslexia Awareness Week
- 5th World Teachers' Day
- 10th World Mental Health Day
- 14th World Sight Day
- 18th Anti-slavery Day
- 20th World Osteoporosis Day
- 21st Apple Day
- 22nd Wear it Pink Day (raising money for breast cancer research)
- 23rd Make a Difference Day
- 25th World Pasta Day
- 29th World Stroke Day
- 31st Halloween & Daylight Savings (Clocks go back!)