



Superhealthy Salmon burgers

Ingredients (serves 4)

- 4 boneless, skinless salmon fillets
- 2tbsp Thai red curry paste
- Thumb sized piece of root ginger, grated
- 1tsp soy sauce
- 1 bunch coriander, half chopped, half leaves picked
- 4 sprays fry light oil spray
- Lemon wedges to serve

For the Salad

- 2 carrots
- Half large cucumber
- 2tbsp white wine vinegar
- 1tsp golden caster sugar



Tip: Oily fish makes a **heart healthy** alternative to red meat burgers. This recipe would also be delicious with tuna steaks.

1. Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Spray non-stick pan with the Fry Light then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.
2. Meanwhile, use a swivel peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Serve with the Superhealthy salmon burgers.



Willy took this photo recently in the Borders.

Can you tell us where he was?

The March photograph was St Marys Loch

This months winner is Gill Swales of SBC Library Selkirk.
Well done Gill, goodie bag in post!



Physical Activity Corner Yarrowford circular via Broad meadows and the Three Brethren 5 miles

This route takes in a small section of the route being covered by the Hearts and Heroes Challenge on 14th May 2011.

Start and Finish: small parking area at the side of the A708 opposite Yarrowford.

A pleasant walk up to the top of Yair Hill with, on a clear day, the reward of stupendous views for your efforts. From the start, walk carefully east along the road for approximately 1/2 mile to the junction on your left, go up this road and take the path to Broadmeadows Youth Hostel, go past the hostel and continue to follow the path up to join the Southern Upland way at the top of the hill, east of Broomy Law.

Follow the Southern Upland way to the Three Brethren on top of the Yair Hill. From here cross the fence and, keeping it on your right, follow the fence line south for approximately 1/2 mile until you reach a gate in the fence. Go through the gate and follow the path down to cross the Long Philip Burn, continue south-west over the saddle to the north of Foulshiels hill and follow the path, which becomes a track, back to the start.

<http://www.scotborders.gov.uk/pdf/4986.pdf>



Healthy Working Lives

Healthy Working Lives
Free Adviceline
0800 019 2211



Depression Awareness Week

18th-24th April 2011

Depression Awareness Week™ is a fantastic opportunity to raise the profile of depression

An important part of **Depression Awareness Week** is awareness raising and reducing the stigma associated with depression. About 1 in 5 people suffer from depression at some time in their life.

The word '**depression**' is used to describe everyday feelings of low mood which can affect us all from time to time. Feeling sad or fed up is a normal reaction to experiences that are upsetting, stressful or difficult and these feelings usually pass.

If you are affected by **depression**, you are not '**just**' sad or upset. You have an illness which means that intense feelings of persistent sadness, **helplessness and hopelessness** are accompanied by physical effects such as sleeplessness, a loss of energy, or physical aches and pains.

If you think you are **depressed** go and see your doctor. Before you go, try to write down how you are feeling. This will help you remember important points and will help your doctor get a clear idea of what your symptoms and feelings are.

You could also contact **Working Health Services Borders**. This is a **free and confidential rapid access service** for people who work in organisations of less than 250 employees and includes psychotherapy support. To access the service please phone 01896 825983.

Currently, working-age ill health and sickness absence cost the UK economy more than £100 billion each year, of which £30-£40 billion is estimated to be due to mental ill health problems such as anxiety or depression.

4th -10th of April is Mental Health Awareness Week.

One of the major factors in mental health, including depression, is getting a good nights sleep. The link below is to the **Sleep Pocket Guide** which contains hints and tips you may find useful.

<http://www.mentalhealth.org.uk/content/assets/PDF/publications/MHF-Sleep-Pocket-Guide-2011.pdf>

This links into our article about night shift working where again, a good sleep pattern is an important factor.

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Next Month's Issue/Events:

- Healthy Recipe
- Where's Willy
- Physical Activity Corner

Why not send us your contribution?

HWL-enquiry@borders.scot.nhs.uk

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HWL WAS SET UP BY THE SCOTTISH EXECUTIVE TO IMPROVE THE HEALTH OF WORKING AGE PEOPLE IN SCOTLAND BY ENSURING HEALTHIER & SAFER WORKPLACES, PROMOTE HEALTHIER LIFESTYLES & TO DEVELOP THE FIELD OF EMPLOYABILITY THROUGHOUT SCOTLAND.

Newsletter

MS Awareness Week 25th April—1st May 2011

www.mstrust.org.uk

MS is not a hereditary disease although there could be a genetic factor involved in developing the condition. It is however an extremely debilitating illness over time and one of the main concerns of someone diagnosed with MS is staying in employment.

The Equality Act 2010 states that a person who has multiple sclerosis is a disabled person. This means that the person is protected by the Act effectively from the point of diagnosis. The Equality Act requires employers to make reasonable adjustments to support a person with a disability to remain in employment.



- Phased return to work following a relapse
- Time off for MS related appointments such as **physiotherapy** (should not be counted as 'sick' time)
- Changes to working hours e.g. reducing hours, or changing work patterns
- Changes to duties, which recognise the disabled person's limitations. It may be possible to use 'Access to Work' to pay for a support worker who can help with some tasks. Or some duties may be allocated to another worker. Transferring to another role within the company
- Providing a dedicated parking space close to the entrance
- Providing equipment to deal with practical and / or job related issues. Examples of this kind of adjustment are the provision of a powered wheelchair at work, alterations to the building such as a ramp, changes to computer equipment / software
- 'Access to Work' may be able to help with some of the costs of equipment and alterations

www.accesstowork.co.uk

Help and advice can be gained from being signposted to an Occupational Health Provider who will be able to assess your condition and give you advice on how to cope in the workplace or make modifications to your workstation to help you stay in work.

It is extremely important for MS sufferers to have good healthcare and advice on vocational rehabilitation as well as work-related and environmental modifications. Working Health Services Borders may be able to help.

Tel: Working Health Services Borders 01896 825983

Night Shift Working and your Health

Coping with shift work can affect people differently, it depends on their health, fitness, age, lifestyle, and domestic responsibilities.

To help address these issues, Regulation 7(1) of the Working Time Regulations requires an employer to offer a free health assessment to any worker who is to become a night worker and to give them the opportunity to have further assessments at regular intervals.

www.direct.gov.uk/en/Employment/Employees/WorkingHoursAndTimeOff/DG_10028519

Many people have difficulties combining shift working with a healthy diet. Digestive problems are common in shift workers due to disruption of the body clock and poor diet. It is very important to consider the timing and **quality of your meals**. Plan your meals to help you stay alert at work and to relax/sleep when you need to rest.

- regular light meals/snacks are less likely to affect alertness or cause drowsiness than a single heavy meal;
- choose easy to digest foods such as pasta, rice, bread, salad, fruit, vegetables and milk products;
- avoid fatty, spicy and/or heavy meals - these are more difficult to digest. They can make you feel drowsy when you need to be alert. They may also disturb sleep when you need to rest;
- avoid sugary foods, such as chocolate – they provide a short-term energy boost followed by a dip in energy levels;
- fruit and vegetables are good snacks as their sugar is converted into energy relatively slowly and they also provide vitamins, minerals and fibre;
- drink plenty of fluid as dehydration can reduce both mental and physical performance
- For more information on nightshift working see:

www.hse.gov.uk/humanfactors/topics/shift-workers.htm



Scotland has **one of the highest rates of bowel cancer worldwide**, which has been linked to a range of social and economic factors such as **significant deprivation, poor diet choices, high alcohol consumption, lack of exercise and an ageing population**.

Around 3,500 people are diagnosed with bowel cancer each year in Scotland and over 1,500 die of the disease.

Bowel cancer is the third most common cancer in the Western world and is the second biggest cause of cancer-related death after lung cancer.

Knowing the symptoms of bowel cancer can save your life!

- Bleeding from the bottom or blood in your stools
- A change in your bowel habits lasting 4 weeks or more
- Extreme tiredness for no obvious reason
- Unexplained weight loss
- A pain or lump in the abdomen (tummy)

If you have any concerns speak to your GP

Prevention

Understandably diet has a major part to play in Bowel Cancer – eating a diet that is high in fibre such as cereals, wholemeal bread, fruit and vegetables and lower in processed or red meats helps to protect against and reduce the risk of developing bowel cancer.

There is convincing evidence that physical activity also helps to protect against bowel cancer. By being active for at least 30 minutes a day helps to maintain a healthy body weight and also leads to more regular bowel movements. Build it into your day to day activities or take up a new past time like dancing, swimming, walking or cycling.

The Spring Step Sponsored Walk - Bowel Cancer UK are organising a sponsored walk in Edinburgh on 30th April 2011. Further information is available by emailing events@bowelcanceruk.org.uk

Family history and inherited conditions

A strong family history usually means you have several relatives diagnosed with bowel cancer, especially if they are in different generations of your family. **If you think you might have a strong family history**, you should start by going to **talk it over with your GP**. If your doctor agrees, you will probably be referred to a specialist genetics service. They will look into your background closely by talking about your family history with you. They will also ask you detailed questions about your families' health and illnesses. You may have blood tests as part of this investigation. If the geneticist agrees that you do have a higher than average risk of bowel cancer, you'll then see a bowel specialist to talk about having regular tests (screening) to pick up any signs of bowel cancer as early as possible. There is information about [screening people at high risk of bowel cancer](#) in this section of CancerHelp UK.

Free Bowel Screening in the Borders for the Over 50's!

Free bowel screening for men and women started in the Scottish Borders in November 2009. Men and women of this age will receive a free Faecal Occult Blood (FOBT) kit by post to their home address. The kit is simple to use with easy to follow step by step instructions. When you have completed the test just pop samples into envelope provided and return by post.

If the overall result of the screening is positive then you will be referred to your local hospital for further assessment and may be offered a colonoscopy.

If you are 50 or over and have not received your kit please contact:

Scottish Bowel Screening Helpline: 0800 0121 833 (Mon-Fri 08.00—18.00) Calls will be treated with the strictest confidence.