



Healthy Recipe: Beetroot and Walnut Cake

Recipe provided by Gill Orde in Catering through the Healthy Living Award http://www.healthylivingaward.co.uk/recipes/beetroot_walnut_cake.asp

Ingredients

- 3 eggs
- 100g sugar
- 80ml vegetable oil
- 190g wholemeal flower
- 1tsp each of cinnamon and baking powder
- 125g each of grated beetroot and grated carrots
- 60g walnuts, chopped

Method: (Preheat oven to 180c/Gas Mark 4)

Line an 18cm cake tin with baking parchment
 Beat together the eggs, sugar and oil and until pale and fluffy
 Thoroughly fold in the rest of the ingredients and spoon the mixture into the cake tin and bake for 75 minutes.
 Turn out and cool on a wire rack



healthy living award
the sign of healthier food

Post or e-mail your articles & suggestions to:

Health Working Lives
 Occupational Health Department
 West End House,
 Melrose,
 TD6 9RU

01896 825982

HWL-enquiry@borders.scot.nhs.uk



BEATING HEART DISEASE TOGETHER

February is National Heart Month and Healthy Working Lives will be supporting the British Heart Foundation's Campaign. Look out for more information in next month's newsletter or follow the link: http://www.bhf.org.uk/news_and_campaigning/our_campaigns/national_red_for_heart_month.aspx



Willy took this photo recently near the Borders.
 Can you tell us where he was?



Novembers photo was the Chain Bridge, Dryburgh
 The winner was Linda Henry & Co of Scotia Chiropractic
 Well done team—your goody bag is on it's way!

Physical Activity Corner:

Cycle Friendly Employers Cycling Scotland are offering interest free loans of up to £10,000 to employers to promote cycling. Through partnership between Cycling Scotland and The Energy Saving Trust, employers can get loans to fund infrastructure to support staff to cycle. This interest free loan could buy you:

- Cycle Parking—covered shelter for 10 bikes including installation (approx £4,500)
- Installation of shower and changing facilities (approx £2,500)
- Additional lighting for cycling infrastructure (approx £6,000)
- Dropped kerbs for cyclists (approx £2,000)

Scotland2Sahara Spotted—employees of NHS Borders, Melrose Primary School and Scottish Borders Council ran from Asda in Galashiels to the BGH to support Dr Andrew Murray in his quest to run from John O'Groats to the Sahara desert. Well done to the 50+ people who took part!

Santa Dash 2010—West Princes Street, Gardens, Edinburgh, 11am Sunday 12th December 2010. To register <http://www.thesantarun.org.uk/the-great-scottish-santa-run.html>



Healthy Working Lives

Healthy Working Lives
 Free Adviceline
 0800 019 2211

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

How Safe will I be?

Tips for a safer night out over the Festive Period

Everyone likes to let their hair down at **Christmas** and enjoy the extra socialising that comes with it.

We look forward to our night out and questions that we ask ourselves can include:

- * What will I wear?
- * Where am I going?
- * How will I get there?



However, the big question we don't ask ourselves is:

* How safe will I be?

Planning ahead and following a few sensible safety tips can help you enjoy your nights out without becoming a victim of crime.

- **Always eat some food before you go out**—alcohol on an empty stomach makes people drunk more quickly.
- **Try to avoid pre-loading**—having lots to drink before you go out. (Home measure are much bigger)
- **Drink at your own pace**—if you are in a round and not ready for another drink then opt for a soft drink or water.
- **Don't leave your drink unattended.**
- **If you start to feel sick, dizzy or unwell, STOP DRINKING!**

Plan how you're going to get home before you go out!

- **Book a taxi or lift before you go out** and make sure you have enough cash and have someone with you whilst waiting for your lift.
- If you have too much to drink you are vulnerable so stick with your friends and **don't walk anywhere on your own!**

Further information on the number of calories and units in popular drinks and support services in the Borders can be accessed at www.badp.scot.nhs.uk



In this issue

White Ribbon Campaign	2
Seasonal Affective Disorder	2
Equality in the Workplace	2
Winter Safety	3
November 2010	3
Healthy Recipe	4
Heart Health Month	4
Physical Activity Corner	4

Next Month's Issue/Events:

- National Heart Month
- New Year Resolutions
- Healthy Recipe
- Where's Willy
- Physical Activity Corner

Why not send us your contribution?

HWL-enquiry@borders.scot.nhs.uk

Issue 29

December 2010

Scottish Borders White Ribbon Campaign 2010 <http://www.scotborders.gov.uk/whiteribbon/>

The White Ribbon Campaign (2010) is the largest campaign developed and run by men which aims to end men's violence against women. The campaign was founded in 1991 when a handful of men in Canada decided they had a responsibility to urge men to speak out against violence against women. They decided that wearing a white ribbon would be a symbol of men's opposition to men's violence against women.

Although most Scottish men do not commit or condone the abuse of women, too many men remain silent about the widespread abuse of women in Scotland. To some extent, this is because men *and* women in Scotland remain unaware of the scale and severity of the abuse

- **2 women in the UK each week are killed by a violent male partner or ex-partner** (Women and Equality Unit, Living Without Fear 1999)

- **1 in 4 women in the UK will experience an act of domestic violence at some point in her lifetime** (Mirrlees-Black, Domestic Violence: Findings from a new British Crime Survey: Self-completion Questionnaire, England & Wales, 1999)

- The number of domestic abuse incidents that are reported to the police in the Scottish Borders is on the increase. **Over 800 incidents were reported between 2009 and 2010.**

We would like to involve as many local men as possible and would be grateful if you would commit to supporting this campaign and **help the Scottish Borders to stand up against violence against women.**

For more information on the Scottish Borders White Ribbon Campaign please contact Paul Richardson via email: prichardson@scotborders.gov.uk (Article kindly supplied by Paul Richardson)



SAD (Seasonal Affective Disorder)

www.sada.org.uk

Winter has arrived, the clocks have gone back and nights are drawing in. For some people this can have an adverse affect on their health. **SAD** is a type of winter depression that affects an estimated 7% of the population every winter between September and April.

Seasonal Affective Disorder or SAD has a lot in common with the **hibernation cycle of animals** and research has shown that this is triggered by a response to decreasing light levels. As the days grow shorter and the light becomes less intense, it increases the **desire to 'hibernate'**.

For many people SAD is a seriously disabling illness, preventing them from functioning normally without continuous medical treatment. For others, it is a mild but debilitating condition causing discomfort but not severe suffering. We call this **SAD or 'winter blues.'** It is estimated that 17% of the UK population have this milder form of condition.

Symptoms:

- ⇒ **Depression, feelings of gloom and despondency for no apparent reason.**
- ⇒ **Lethargy, lack of energy.**
- ⇒ **Anxiety, inability to cope.**
- ⇒ **Social problems, irritability not wanting to see people.**
- ⇒ **Sleep problems, finding it hard to stay awake during the day, and having disturbed nights.**
- ⇒ **Loss of libido, not interested in sex or physical contact.**



New equality rights in the workplace introduced

The Equality Act became law in October 2010. It brings together nine separate pieces of legislation into one single Act simplifying the law and strengthening it to help tackle discrimination and inequality. The Act outlines what you need to do to make your workplace a fair environment and to comply with the law.

The **Equality Act** covers the same groups that were protected by existing equality legislation - age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity. These are now called '**protected characteristics**'.

For more information go to: www.healthyworkinglives.com/news/item/53.aspx or call the HWL Adviceline on **0800 019 2211**. Also ACAS guidance www.acas.org.uk/CHttpHandler.ashx?id=2833&p=0



Winter is Coming!

The Association of Chief Police Officers in Scotland, ACPOS, launched the '**Get Ready for Winter**', campaign at the end of October to highlight the dangers with using the roads during the winter months.

<http://www.acpos.co.uk/roadsafety/Index.html>



Driving in heavy rain, snow and sleet requires special care and a little preparation if you are to avoid a breakdown or accident. The best advice for driving in bad winter weather is not to drive at all, if you can avoid it.

- If you have to drive, wait until the snow ploughs and gritting vehicles have had a chance to do their work, and allow yourself extra time to reach your destination. Make sure your car is well prepared and that you know how to handle your car in dangerous road conditions.
- It is helpful to practice winter driving techniques in a quiet, snowy open car park, so that you are familiar with how your car handles.

Listen out for weather warnings on the radio and be prepared to change or delay your journey depending on the forecast/road conditions. Check your route before you set out using one of the on-line traffic information services such as <http://trafficscotland.org/>

Be careful out there!

Working Health Services Borders

Is your health working for you?



The **Working Health Services Borders** project continues to support local small to medium sized employers.

Since our launch in April 2009 we have helped over **450 clients** from numerous companies. Support has been provided by a dedicated team of health professionals but the support offered has not been limited to purely health issues. Clients have been supported and provided with advice on areas including employability, training, literacy and numeracy skills, benefits and careers advice.

If you have staff members who are struggling either at work or are already on sick leave then please let them know about our service. All clients have to do is call our dedicated telephone number on **01896 825983**, the service is free, does not require the client to be referred by their GP and is completely confidential.



November 2010

November has been a scary month for some people with every turn of the corner meeting another member of the Mo Crew. A number of businesses have been participating in this challenge throughout the month of November to raise awareness of Prostate Cancer with some excellent fundraising efforts in aid of The Prostate Cancer Charity. To name a few, Mo Bro's have been evident in Scottish Borders Council, NHS Borders, Borders College, The Woll Golf Club, Cherrytrees Nursery, Keyline Builders Merchants and throughout the farming community. Well done to everybody that has mastered the tache and to all those who have supported the cause. To donate to this worthwhile charity go to <http://uk.movember.com/donate/>

Prostate cancer is the most common cancer in men in the UK. 36,000 men are diagnosed with prostate cancer every year. 250,000 men are currently living with the disease.