

February's Easy Smoked Fish Pie

Ingredients:

350g mixed fish	25g butter/25g flour
350g un-dyed smoked haddock	2 tablesp crème fraiche
1 small onion, quartered	Pepper
1 bayleaf	Pinch of nutmeg
450ml semi-skimmed milk	500g mashed potato
1 fillet cooked smoked mackerel	50g any leftover cheese
	4 free range eggs

Method

- Place raw fish in a wide pan, add onion, bayleaf and milk. Bring to the boil, reduce heat and simmer until fish cooked. Remove and place in oven proof dish. Discard onion/bayleaf.
- Hard boil the eggs(8mins approx), cool, peel, cut into chunks and place on top of fish. Cover with flaked smoked mackerel.



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

- Sauce: melt butter in pan, add flour and gradually add the milk used for poaching the fish. Whisk until you have a smooth slightly thick sauce. Remove from heat, add crème fraiche, pepper & nutmeg, pour over fish.
- Preheat oven 200C (400F), Convection 180, Gas Mark 6. Cover the fish with the mashed potato, sprinkle with cheese and cook for 25-30 mins or until the topping is golden.

Recipe from: LOVEFOODhatewaste website www.wasteawarelovefood.org.uk



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

January's photo was *The Haining, Selkirk*

No winner this time.



Physical Activity corner.....

Upcoming events for 2011

PoppyScotland Hearts and Heroes Challenge Saturday 14th May 2011. St Mary's Loch to Melrose, 29 miles 3 finish points at Bronze (12) Silver (21) and Gold (29)

The Mighty Deerstalker, Traquair, Innerleithen 19th March 2011, 5km Deerstalker or 10km and more

Mens Health 10km, Sunday 19th June 2011, Bellahouston Park, Glasgow

Moonwalk, 11th June 2011, Edinburgh

Jog Scotland Healthy Working Lives 5K Challenge, June 2011. To be confirmed

Race for Life, Edinburgh Sunday 19th June 2011, Holyrood Park

Borders College, 10km run and 5k walk, Monday 28th March 2011, Scottish Borders Campus, Netherdale, Galashiels in aid of SCBU, BGH

And many many more.....search for the events on the web for further information



Healthy Working Lives
Free Adviceline
0800 019 2211



BEATING HEART DISEASE TOGETHER

'Go Red this February—join in the fun of National Heart Month'

'National Wear Red Day on 25th February 2011'

How your heart works: your heart is a pump that keeps moving blood around your body. It delivers oxygen and nutrients to all parts of your body and carries away unwanted carbon dioxide and waste products.

Heart disease: several types of conditions can be caused by heart disease, these include heart attacks, stroke and disturbance of the hearts natural rhythms.

Common and typical symptoms include:

- ♥ Central chest pain
- ♥ The pain can spread to arms, neck and jaw
- ♥ Feeling sick or sweaty as well as central chest pain
- ♥ Feeling short of breath as well as having central chest pain

It's important to remember that symptoms can vary from one person to another. Symptoms can range from severe pain in the centre of the chest to mild chest discomfort that makes you feel generally unwell.

Basic Life Saving Skills: You can help save lives by making sure you know the signs and what to do. Basic Life Support is a set of skills needed to help keep someone alive until professional help arrives. For further information on Basic Life Support Skills training for businesses, please contact NHS Borders Workplace Health Services on 01896 825982.

http://www.bhf.org.uk/news_and_campaigning/our_campaigns/national_red_for_heart_month.aspx

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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

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

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Time to Quit?

You don't have to wait long for the benefits to start once you stop.

- After 20 minutes your blood pressure and pulse return to normal
- 8 hours nicotine and carbon monoxide levels in your blood are halved
- 24 hours carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up
- 48 hours no nicotine left in your body. Your senses of taste and smell are greatly improved
- 72 hours your breathing becomes easier and your energy levels increase
- 2-12 weeks your circulation improves and exercise can be easier
- 3-9 months any coughs, wheezing and breathing problems improve

The financial benefits of stopping soon add up!

- 1 day = £6.30 = a movie rental or few magazines
- 1 week = £44.10 = shoes, facial, a cheap flight or DVD's, paintballing, a day at the races
- 1 month = £189 = a shopping spree or premiership football ticket, a day rally driving

BREAKFAST WEEK 21—27 FEBRUARY 2011

Breakfast week is an annual campaign which has been running since the year 2000.

The aim of the campaign is to raise awareness of the benefits of eating a healthy breakfast.

Why eat breakfast.....?



- Breakfast eaters tend to be slimmer than breakfast skippers
- Eating breakfast can aid concentration & mental performance at work.
- It provides you with nutrients and energy needed for an active lifestyle.
- Research shows that breakfast eaters are less depressed and have lower levels of stress than breakfast skippers.



Why not try: Fruit Smoothie followed by toast and low fat spread; Mix muesli with yoghurt and fresh fruit; Porridge with honey; Scramble eggs, add chopped sundried tomatoes and fresh basil. It is possible to have a full English Breakfast if you grill the meats, tomatoes, mushrooms and poach the eggs or fry the eggs with light oil spray.

Mentally Healthy Workplace Training for Managers

Dates: 2nd and 9th March 2011 **Venue:** NHS Borders Risk, H & S Training Room, Ettrick Riverside, Selkirk

Outline: The Mentally Healthy Workplace Training For Managers Programme has been developed by the Scottish Centre for Healthy Working Lives in partnership with the Scottish Development Centre for Mental Health.

The aim of the course is to give you a greater awareness of the benefits of creating and maintaining a mentally healthy workplace.

The two day training course will be delivered by The Healthy Working Lives Borders team in partnership with the national trainers Thomson Associates.

To book a place on this training course or if you require any further information please contact:

01896 825982 or hwl-enquiry@borders.scot.nhs.uk



In Scotland we throw away 566,000 tonnes of food waste every year.

The average Scottish household throws away £430 of food waste every year!

About 70% of that could have been avoided. Here are some tips to help avoid waste:

Plan your meals and food shopping, check your cupboards, fridge and freezer before you go

Only buy what you need – **don't be tempted** to bulk buy perishable foods

Rotate the food in your fridge – move food that needs to be used first to the front

Check out www.wasteawarelovefood.org.uk for more useful information, great recipes from top chefs and how to **book a visit from a Zero Waste Adviser to your workplace** to help employees reduce waste at home and in the workplace.

The Adviser for the Scottish Borders is Miriam Adcock –

Miriam.adcock@zerowastescotland.org.uk or 07711 388901

Breathing Space Day

www.breathingspacescotland.co.uk



Sometimes our thoughts and feelings can overwhelm us to the point where it becomes difficult to cope with everyday life events. **Breathing Space** provides information aimed to assist individuals cope better and hopefully begin to overcome the difficulties that they are experiencing. **Breathing Space** is a free and confidential phonenumber service for any individual, who

is experiencing low mood or depression, stress or anxiety or who is unusually worried and in need of someone to talk to.

Remember that you are not alone and that one in four people will experience some kind of mental health problem in the course of any given year. The vast majority of people go on to make a full recovery whilst others learn to manage their health problems and lead full and active lives.

Anyone can feel down or depressed from time to time. It helps to get some Breathing Space. You are not alone and talking about how you feel is a positive first step in getting help. So don't let problems get out of hand, phone Breathing Space:

0800 83 85 87

Phonenumber opening hours
Weekday: Mon-Thurs 6pm-2am
Weekend: Fri 6pm - Mon 6am

Hand-arm Vibration at work (Vibration White Finger)

Hand-arm vibration comes from the use of hand-held power tools and is the cause of significant ill health (painful and disabling disorders of the blood vessels, nerves and joints).

You could be risking damage to nerves, blood vessels and joints of the hand, wrist and arm if you work regularly with hand-held or hand-guided power tools.

Hand Arm Vibration Syndrome (HAVS) caused by exposure to vibration at work is preventable, but once the damage is done it is permanent.

Symptoms

- Tingling and numbness in the fingers .
- Not being able to feel things with your fingers.
- Loss of strength in your hands (you may be less able to pick up or hold heavy objects).
- In the cold and wet, the tips of your fingers going white then red and being painful on recovery

For more info go to www.healthyworkinglives.com/advice/workplace-hazards/vibration.aspx

Or contact HWL Adviser, Brian Cherie, on 01896 825982 to discuss this topic or to book a workplace visit.

