



Healthy Working Lives

Grilled Salmon with Hot Mango Salsa

Adapted from www.weightwatchers.co.uk

Ingredients

- 4 salmon fillets
- 1 small red onion chopped
- 300g ripe mango
- 1 medium lime, juice and zest
- 1 red chilli

Method

- Preheat the grill and place the salmon fillets skin side up on a foil lined grill pan.
- Grill for 2 minutes before turning over and grilling a further 2 minutes, until opaque and cooked through.
- Meanwhile make the salsa. First prepare the mango by cutting each side of the flat stone to remove the flesh. Remove the skin and chop the flesh into small dice, cutting and chopping up the flesh that clings to the stone too.
- In a small bowl mix together the mango, lime zest and juice, chilli and red onion.

Post or e-mail your articles & suggestions to:

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

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



Can you tell us where Willy took this photograph?
Entries to hwl-enquiry@borders.scot.nhs.uk



Physical Activity Corner—Paths for All Step Count Challenge

The challenge starting on 5th March and running through to 27th April 2012, is open to all workplaces

Participation in this Challenge is free, however **Paths For All** will limit the number of pedometers available to each organisation based on the organisation size and to ensure a variety of businesses taking part.

The official flyer will be launched in the near future and workplaces will be required to contact **Paths For All** for a registration form to enter teams and a co-ordinator information pack. Registrations will close early February and **pedometers will be issued on a first come first served basis**.

There will be **prizes** and **incentives** throughout the challenge alongside regular updates alongside regular updates. In the meantime if you wish any further information, please contact :

Carl Greenwood at Paths for All on 01259 222396



No Smoking Day will take place on

Wednesday 14th March 2012.



For the latest news logo on to: www.nosmokingday.org.uk



Healthy Working Lives

Healthy Working Lives

Free Adviceline 0800 019 2211

www.healthyworkinglives.com

The **Healthy Working Lives Borders Team** would like to wish you a **Happy and Healthy New Year** and hope you have had an enjoyable break over the holiday period.

2012 sees the Olympic Games taking place in London and as part of the platform for building towards the Commonwealth Games Glasgow in 2014, there will be far more opportunities for physical activity including the Olympic Torch passing through the Borders Region. Two forthcoming initiatives will help you to burn off the Christmas Calories—Border Sports and Leisure Trust Active Lifestyle Club and Paths For All Step Count Challenge both of which are being delivered for the workplace.



My Active Fit Club

Want to improve your fitness or lose weight after your Christmas indulgences? Border Sports and Leisure Trust in partnership with the Scottish Centre For Healthy Working Lives are offering businesses in the Borders who are registered with the Healthy Working Lives Award Programme the opportunity for their staff to take out a short term membership for their My Active Lifestyle Club.

- The membership, which costs only £50 includes:
- 12 week membership for use of all Border Sports and Leisure Trust facilities
- Personal Training Sessions
- Full personalised fitness programme
- nutrition support and advice
- Active lifestyle log book so that you can monitor your progress.



Border Sports and Leisure Trust will be able to take registrations to the programme from 9th January to the 23rd January and your membership will commence from the date of your induction.

For further information and to find out about the terms and conditions please contact **David Johnston on 01750 724980 or 07943866746**

email djohnston@BSLT.ORG.UK

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Next Month's Issue/Events

- Seasonal Recipe
- Physical Activity Walk
- And Much More**
- Why not send us your contribution?**

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

January 2012

Issue 41

SPACE
0800 83 85 87
 Phonenumber opening hours
 Weekday: Mon-Thurs 6pm-2am
 Weekend: Fri 6pm - Mon 6am

Breathing Space Day 1 February 2012

This year, the theme of Breathing Space Day will be 'Well Wednesday – midweek mood matters'.

Research suggests that Wednesday, not Monday, is the most depressing day of the week. This may be because Wednesday is furthest from the weekend which has just been and the weekend to come, so people feel bogged down with work.

A Breathing Space AdVan will be touring parts of Scotland on 1 February 2012, visiting local communities. 'Well earned break' thermos mugs and other items will be handed out to the public and further information about good mental wellbeing will be provided. Other promotional activities are planned and will be outlined closer to the day.

If you have any ideas or events planned for 'Well Wednesday', email Corinna.Davies@nhs24.scot.nhs.uk.

Cervical Cancer Prevention Week 22-28 January



Every year in the UK, over 2,800 women will be diagnosed with cervical cancer and nearly 1,000 women will die from the disease. After breast cancer, cervical cancer is the second most common cancer in women aged 35 and under. Cervical cancer, in 99.7% of cases, is caused by persistent infection with a virus called human papillomavirus (HPV). HPV is a very common virus transmitted through skin to skin contact in the genital area. Up to 80% of people of reproductive age will be infected with HPV at some point in their lives. However, for the majority of women this will not result in cervical cancer. Cervical cancer is rare while HPV infection is common.

Jo's Cervical Cancer Trust (Jo's Trust) is the only UK charity dedicated to women and their families affected by cervical cancer and cervical abnormalities. Their aim is to offer information, support and friendship to women of all ages, to help them to understand the importance of cervical screening, and to provide our own personal brand of support if their screening shows up abnormalities or if they are diagnosed with cancer.

For more information go to www.jostrust.co.uk

Be Loud! Be Clear! Beating Bowel Cancer Week 23-29 January 2012

Bowel cancer affects over 38,500 people every year – men and women of all ages, cultures and backgrounds. The good news is that bowel cancer can be successfully treated in over 90% of cases, if it is diagnosed an early stage, before it has had a chance to grow and spread. The early symptoms for bowel cancer are very similar to other, much less serious problems with the bowel, so it is very important to be aware of what is normal for you, so you can recognise any unusual changes and act quickly to get them investigated.

Regular screening has been shown to be very effective in detecting changes in the bowel, like polyps, before they have a chance to change and become a life threatening illness. Results from the current uptake of the national [screening programme](#) suggest that it has already made a big difference by detecting polyps that have been removed, safely and easily, and reducing the risk of dying from bowel cancer.



Victorian Values

from www.healthyworkinglives.com/news/index.aspx

As we approach the Queen's Diamond Jubilee this year, no doubt health and safety will be one of the issues raised along with many other concerns. However a recent publication of letters and documents, in the National Archives in Kew highlighted that this is not a new concern as there were a number of concerns raised in the equivalent celebration for Queen Victoria in June 1897.

A warning that celebration bunting and fireworks might endanger health and safety, a threat by anarchists to disrupt festivities - and a political row about who should meet the costs of the event. It all sounds familiar in light of recent events.

Amongst concerns were

- the dangers of flags and decorations' suspended across the streets,
- plans to illuminate the dome of St Paul's Cathedral had to be modified to avoid risking a fire
- a huge fireworks display planned for London
- the need to ban well wishers from standing on the top of public buildings for fear they would fall off.

Temperance societies protested about plans to extend pub opening hours, as they worried about the effects of binge drinking. But police chiefs argued that a temporary extension until 2.30am would avoid a rush on pubs.

There were also disputes about paying the costs of the event. Queen Victoria was still

recovering from the costs of her Golden Jubilee and expected a fair share to be paid by the Government. Her approach meant the Government and Buckingham Palace had to come up with ways of keeping down costs while satisfying the public's demand for a huge occasion. But the Jubilee was a great success. Millions watched the Royal processions, military parades and even a huge fireworks display that was finally given the go-ahead. The Queen was delighted with the event - and the final bill.



BEATING HEART DISEASE TOGETHER

February is National Heart Month. The British Heart Foundation are running a fundraising campaign through the month of February culminating on the 24th February with Go Red For Heart Day to raise awareness of heart disease and how it can be prevented. There is a lot you can do to keep your heart healthy such as taking exercise, eating a healthy diet and being aware of dangers such as smoking, drinking, high blood pressure and stress. Prevention really is better than the cure.

According to the British Heart Foundation there are about 124,000 heart attacks in the UK every year with Scotland having the highest death rate from Coronary Heart Disease and a recent Health Scotland report from the analysis of the Scottish Health Survey 2010 suggests that although as a population we are aware of the health recommendations this is not transferring into action.

For more information on National Heart Month and how your business can participate follow the link to the British Heart Foundation's website:

<https://www.bhf.org.uk/get-involved/fundraising/red-for-heart.aspx>

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