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### Healthy Recipe—Beef and Vegetable Casserole

**Ingredients** [www.bbcgoodfood.com/recipes](http://www.bbcgoodfood.com/recipes)

Olive Oil	75g Mushrooms, sliced
1 Onion, diced	500g braising steaks, cubed
1 Carrot, diced	2 tbsp plain flour
1 Leek, diced	3 Sprigs of thyme
2 Celery sticks, diced	750ml Beef stock
2 Garlic cloves, crushed	2 tbsp tomato puree

**Method:**

- Heat 1 tbsp olive oil in a large pan then add the onion, carrot, leek, celery and garlic, and cook gently for 5 minutes, do not brown. Add the mushrooms and cook everything for a further 5 minutes then remove from the pan. Heat a little more olive oil in the pan, add the beef (in batches if necessary) and brown all over then stir the flour in well.
- Return the veg to the pan and add the thyme, stock, and tomato purée. Season and mix well. Bring to a gentle simmer and cook covered for 1 1/2 hours until tender, stirring occasionally. Serve with jacket potatoes, rice, pasta or mash.

**Top Tip**—Long, slow cooking means the vegetables almost dissolve into this casserole, making it richer (and easier to get past veg-phobic kids). Tastes even better if made the day before.



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

*December's photo was taken in Wilton Lodge Park, Hawick  
The winner was Rob Gray of the Scottish Ambulance Service.  
Well done Rob!*



### Mental Wellbeing Corner: Post Festive Boost

Now that the festive season is over, things will seem a bit flat. The parties are over, the hectic preparations have passed, money may be tight and it is still cold and dark outside. It is not just our physical health that has to be looked after in the new year but also our mind and it is nice to have some things to look forward to.

Here are some tips and suggestions to help look after your mental health in the remaining months of winter:

- Meet up with friends or family
- Try something new
- Do something that you enjoy doing, it can be different for everyone from going for a run to reading a book, to cooking
- Get out of the house during daylight and do some activity.
- Eat foods rich in omega 3 fatty acids such as oily fish, nuts and seeds.
- Have fun



Remember—everyone is different, so choose to do something that you enjoy!

Healthy Working Lives  
Free Adviceline  
0800 019 2211

### Festivities over.....thank goodness!

**Time to think of our Health and Wellbeing with MM!!** What is **MM** you might be thinking? Well **MM** is **Moving More!**

Let's get ourselves in gear with some short New Year exercises to work off some of these excess Christmas pounds.....

Adults should get at least **30 minutes exercise a day five day of the week.**

Physical activity provides a wide range of health benefits, including a reduced risk of heart disease and stroke, maintenance of mobility, control of body weight and increased mental wellbeing.



**Here are some ideas:**

- ⇒ You could **park your car at least 10 mins** from your workplace and have a brisk walk to and from work. Have a stride out at lunchtime and 'Hey Presto' you've done your 30mins without realising it!
- ⇒ **Did the kids or friends get trampolines for Christmas?** Make up little competitions i.e. how many jumps per 10 min sessions.
- ⇒ **Skip yourself fit**—Skipping is good for the heart, bones, flexibility and co-ordination. And it's inexpensive: all you need is a skipping rope, a good pair of trainers and a safe space. Depending on the intensity of your workout, skipping will typically burn between 70 and 110 calories in a 10-minute session.
- ⇒ **Swap the sofa for cycling**—If you don't fancy braving the gym or the traffic, why not set up a **stationary bike** in front of your TV? Pedal away in front of your favourite shows and before you know it you'll have done 10 minutes. This works just as well if you prefer using a treadmill. Ten minutes of moderate cycling will burn around 62 calories, and the same time on the treadmill will burn 97 calories.

**'Remember you don't need to break sweat, you just need to feel warm, get your heart beating faster and still be able to talk'**

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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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January  
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## Burst Pipes—The recent severe weather has resulted in many businesses having burst water pipes. The question we have been asked is: My office will be without water today, should we still be at work?

This depends on a number of factors including whether it is a scheduled interruption or an emergency such as a burst water main, the time the water will be unavailable, the number of staff and whether good hygiene can be maintained.

Consider whether you are able to arrange temporary facilities or use alternative facilities in other nearby premises. This is acceptable as a temporary measure, provided they are nearby and adequate for the number of people involved.

If there is a storage tank that means that hot water can still be provided for hand-washing, etc. and cold water to refill toilet cisterns, it may be okay to continue working while there is still a supply of water. You may need to provide bottled water for drinking if drinking water is not available from the main supply.

If there are not enough toilet facilities and hot and cold water for the number of people present, consider sending most of the staff home and keeping a presence in the building.

Those still at work could use dispensers for water, kettles to heat water and use the available toilets until the water runs out.

Make sure all toilets are flushed and cleaned when the water comes back on.



## What is the maximum/minimum temperature in the workplace?



In the summer we are often asked what is the **maximum temperature for a workplace**. In the winter we are asked what is the **minimum temperature**.

The Workplace (Health, Safety and Welfare) Regulations 1992 lay down particular requirements for most aspects of the working environment

The **recommended minimum temperature for indoor workplaces is 16°C, or 13°C where the work requires a lot of physical effort**. There is **no recommended maximum temperature** - but the HSE guide on thermal comfort says that most people are comfortable between 13°C (56°F) and 30°C (86°F).

The *Approved Code of Practice for the Workplace Regulations* says that the temperature in all workrooms inside buildings shall be reasonably comfortable during working hours without the need to wear special clothing. For more information go to:

Workplace Health, Safety and Welfare, a short guide for managers - <http://www.hse.gov.uk/pubns/indg244.pdf>

HSE, Thermal Comfort - <http://www.hse.gov.uk/temperature/thermal/>

HSE Approved Code of Practice, free download - <http://www.hse.gov.uk/pubns/priced/I24.pdf>

## Strathclyde University - Online Health course (next intake: February 2011)

### Would you like to have a qualification in Improving Workplace Health?

The **Scottish Centre for Healthy Working Lives** has been closely linked to this online health course since it started and offers **bursaries of up to 50%** for qualifying students. The **Certificate of Professional Development in Improving Workplace Health** (external link), run by Strathclyde University, is aimed at those wishing to increase their knowledge in all areas of workplace health and covers the topics required to help organisations develop a safer and healthier workforce, monitor implementation and demonstrate the benefit to bottom line of organisational performance.

**An information leaflet and application form are available from the hyperlink above.**



BEATING HEART DISEASE TOGETHER

February is National Heart Month and Healthy Working Lives in partnership with British Heart Foundation Scotland are organising a Workplace Healthy Heart Week for the week beginning 14<sup>th</sup> February. The British Heart Foundation will co-ordinate the distribution of workplace campaign resource packs to all registered businesses. If you are not registered for the Healthy Working Lives Programme and would still like to receive a pack, please email [hwl-enquiry@borders.scot.nhs.uk](mailto:hwl-enquiry@borders.scot.nhs.uk) with your postal address.

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.

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

[http://www.bhf.org.uk/news\\_and\\_campaigning/our\\_campaigns/national\\_red\\_for\\_heart\\_month.aspx](http://www.bhf.org.uk/news_and_campaigning/our_campaigns/national_red_for_heart_month.aspx)

## 'Go red this February—join in the fun of National Heart Month' 'National Wear Red Day on 25th February 2011'

Date for your diaries:



Our next networking event is 'Your Health in the New Year'.... And will be held on Tuesday 25th January 2010 in Selkirk.

If you are interested in attending please email: [hwl-enquiry@borders.scot.nhs.uk](mailto:hwl-enquiry@borders.scot.nhs.uk)

"Time to think about what you drink" [www.scotland.gov.uk](http://www.scotland.gov.uk)

The Scottish Government will be launching a campaign on 10th January aimed at encouraging people to **self recognise that they are drinking too much** and to reduce deflection, with the ultimate aim of encouraging them to moderate their drinking behaviour. The campaign will run on the radio, online and in magazines and a campaign toolkit will be made available in the near future. **Listen out to Radio Borders** to hear more about this campaign or contact the Healthy Working Lives Team to get hold of a campaign toolkit.

**National No Smoking Day Wednesday 9th March 2011 [www.WeQuit.co.uk](http://www.WeQuit.co.uk)**

Every year smoking devastates lives and rips families apart, with tobacco killing half of all long-term smokers. Most smokers would like to stop, but find it hard to escape the grip of tobacco. No Smoking Day is there to help people quit when they are ready to do so.

This years campaign highlights the importance of planning a quit attempt. Getting access to all the relevant sources of help and advice is really important to maximise the chances of success.

Visit the No Smoking Day website for more information and to start planning your quit attempt or to start planning your in-house No Smoking Day Event.

[www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)

