

## This month's Healthy Recipe - Citrus Chicken

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

### Ingredients (serves 2)

- 1tsp sunflower oil
- 1/2 onion, finely chopped
- 1 chicken breast, cut into pieces
- 1dsp plain flour
- 1/2 red pepper sliced

- 1 carrot, peeled and sliced
- 1-2 medium potatoes, cubed
- Chopped parley (optional)
- Freshly ground black pepper
- Juice of 1 orange or 75ml orange juice plus 25ml water
- 130g brown rice

### Method

1. Heat oil and brown onions gently
2. Coat chicken with flour add to onions and stir continuously (2mins)
3. Add other ingredients, bring to boil, then simmer over a low heat for approx 20 mins until vegetables are soft and chicken thoroughly cooked.
4. While chicken is cooking, cook the rice according to packet instructions.



Post or e-mail your articles & suggestions to:

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This photo was recently taken in the Borders.

Can you tell us where **Poppy** was?

Last month's photo was Greenknowe Tower

Congratulations to Diane Laing,  
Clinical Governance Office, Newstead



**Bike Week** is the biggest nationwide cycling event in the UK. A national celebration of cycling, Bike Week helps you get more out of life – by getting on your bike and exploring your local community.

**Bike Week** focuses on encouraging families to take up cycling as a regular activity in their local community. Bike Week is the time to "live local and get cycling."

**There are so many reasons to try Cycling to Work.** There's the health benefits, environmental reasons, you can save money, reduce congestion, reduce pollution – the list goes on really. And with the lovely weather that we've been having, people really don't have an excuse not to try it unless the distance is much too far!

Perhaps part of your route to work could be cycled, you could set a car share group and use bike racks to transport your bikes around.

**Border Towns Cycle Route leaflets** are available to be downloaded from:

<http://www.scotborders.gov.uk/outabout/recreation/activities> These leaflets show detailed maps and descriptions of routes around all the Border towns.

Further information can also be obtained from: [www.cyclingscotland.org](http://www.cyclingscotland.org)



*With 2011 well under way, the HWL Team would like to say a big thank you to the following companies who have taken part in the Healthy Working Lives Award Programme and all gained Awards this year. They are:*

- ◆ Castlegate Nursey & Out of School Club Bronze Award
- ◆ Perident Ltd Bronze Award
- ◆ Borders Carers Bronze Award
- ◆ Hawick Knitwear Silver Award
- ◆ Scotia Chiropractic Silver Award
- ◆ Berwickshire High School Gold Award
- ◆ Scottish Enterprise Gold Award



**Congratulations** to our girls, (l-r) Jayne Stewart, Bev Griggs, Kirsty McLachlan & Susan Allan, from Occupational Health NHS Borders, for completing the 29 mile Hearts & Heroes Challenge. The challenge was held in aid of rugby charity Hearts & Balls and veterans' charity, **Poppy**scotland. All funds raised will go to help injured rugby players as well as veterans and their families living in Scotland.

The girls have raised almost £1000 with donations still coming in. **It's not too late to help, if you would like to make a donation** please contact Susan Allan on 01896 825982.

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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](mailto:HWL-enquiry@borders.scot.nhs.uk)

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## National Men's Health Week (NMHW) 13th—19th June 2011 [www.mhfs.org.uk](http://www.mhfs.org.uk)

National Men's Health Week (NMHW) runs each year in the week

leading up to Father's Day which is Sunday 19th June.

The main purpose of **NMHW** is to raise the **profile of men's health**. It is hoped to change men's health-related behaviour, not least in terms of increasing their willingness to access health care and reducing the risks they take with their health, but also to promote men's awareness of wider lifestyle issues that can have an impact on health.

**Many men are reluctant users of traditional health services**, such as GPs and pharmacies, and are not really interested in health campaigns. However, they do care about their health and will respond when presented with information in formats that appeal to them - mobile phone apps/social networking sites etc.

⇒ **37% of men used the internet for health information in 2009**

New technologies could help to improve men's health and lifestyles as well as encourage better self-care and more appropriate use of services (leading to earlier diagnosis).

### Changes to HSE services.

[www.hse.gov.uk](http://www.hse.gov.uk)



**RIDDOR (the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995) reporting will move to a predominantly on-line system on 12th September 2011.** Revised online forms will make the reporting process quick and easy. You will no longer report incidents by email, post or fax.

Fatal and major injuries and incidents can still be reported to HSE's Incident Contact Centre by telephoning the Incident Contact Centre on **0845 300 99 23**

**The HSE Infoline telephone information service will end on 30 September 2011.**

Businesses or members of the public seeking information on health and safety can use HSE's website to access and download information on all aspects of work-related health and safety, as well as HSE's official guidance completely free of charge. The website also contains a range of practical tools to help people easily comply with health and safety law.

If you would rather talk to an adviser and get **free, competent and confidential advice** on RIDDOR or other health and safety topics call the Healthy Working Lives (HWL) advice line on 0800 019 2211. You can also contact Brian Cherrie, HWL Borders Adviser on 01896 825 982 for advice or **to book a free and confidential workplace visit.**



## National Food Safety Week 6—12 June 2011

<http://www.food.gov.uk/safereating/hyg/germwatch/>

**Food Safety Week** is an annual event run by the Food standards agency to promote the importance of good food hygiene in the home.

The theme for 2011 is **'What goes on behind closed doors'** – to see what people really do in their own homes when preparing and cooking food. The week will also look to dispel some **myths** around food safety. Here is a taster of what you can find out:

⇒ **You don't need to wash raw chicken** before cooking it – **fact!** In fact **washing is more likely to spread germs** around the kitchen. Little splashes of water can contaminate you, your worktops and anything else in the way. Thorough cooking is the only way to get rid of these nasty germs.

⇒ **Burgers and sausages** are made from **meat that has been minced**, so **germs will be spread** throughout the product. This means that these products need to be cooked all the way through. To check that a burger is done, cut into the thickest part of the burger and check that there is no pink meat, it is steaming hot and the juices are clear.

Further myths can be found at [www.food.gov.uk](http://www.food.gov.uk)



## Scottish National Depression Week

15—21 June 2011

### 'Mood Matters'

This year for Scottish National Depression Week, a new **campaign is being launched called 'Mood Matters'**. **We're talking good mental health : what it is, how to get it and how to keep it.**

- ⇒ **Do you ever feel like everything is getting on top of you? If so, you're not alone!**
- ⇒ **Life can sometimes leave all of us feeling like things are too much.**
- ⇒ **When you feel like this, taking action now can stop things building up and getting worse later on.**

**Depression Alliance Scotland** is a charity for people affected by depression. They can help you find ways to cope better and improve wellbeing.

**They have factsheets on Mood Food, Depression, A Good Night's Sleep and many others.**

For Help and Support or more information log on to [www.dascot.org](http://www.dascot.org) or telephone 0845 123 2320.

### Running Challenges

The **Jog Scotland 5K Challenges** are back with Healthy Working Lives supporting the Workplace Team competition within each race.



**The races will be held throughout Scotland including:**

Dryburgh Abbey, Scottish Borders on Tuesday 21<sup>st</sup> June 2011

Inverleith Park, Edinburgh on Tuesday 28<sup>th</sup> June 2011

For more information and to download an entry form log onto:

[www.jogscotland.org.uk/challenges](http://www.jogscotland.org.uk/challenges)



The Mens Health Forum Scotland 10K race will take place on **Father's Day, Sunday 19<sup>th</sup> June** 2011 at Bellahouston Park in Glasgow. For more information and to register, log on to: [www.mhfs.org.uk/10K.php](http://www.mhfs.org.uk/10K.php)



## Breathe Easy Week

[www.lunguk.org](http://www.lunguk.org)

British Lung Foundation

13th—19th June 2011

Each year, the British Lung Foundation is pleased to hold its flagship campaign **'Breathe Easy Week'**. During the week-long campaign, **Breathe Easy** groups get involved by holding awareness raising stands to promote lung health, help perform lung function testing on members of their community and promote the activities of the BLF.

In the workplace uncontrolled exposure to certain substances can cause serious lung diseases such as asthma, COPD, asbestosis and allergic alveolitis. **Respiratory Protective Equipment (RPE)** is often used to control exposure to harmful dust, fumes and mists. It should not be the primary control, ventilation or extraction systems should be provided to remove dust, fumes and mists.

Workers who have to use **RPE** should be trained in how to use it and have had a **"Face Fit Test"** to ensure that it gives the required protection. If you want more info or advice on using **RPE** or hazardous substances visit the HSE website [www.hse.gov.uk/pubns/guidance/rseries.htm](http://www.hse.gov.uk/pubns/guidance/rseries.htm) or [www.hse.gov.uk](http://www.hse.gov.uk), the **Healthy Working Lives** website [www.healthyworkinglives.com](http://www.healthyworkinglives.com) or call your local adviser, Brian Cherrie on 01896 825982.