

This months healthy recipe—Chicken Jalfrezi

Adapted from:
**British Heart Foundation,
Hearts Healthy Recipes**

Serves: 2

Time: 40 minutes



Ingredients:

- 2 teaspoons olive oil
- 1 onion, peeled and chopped
- 1 garlic clove, chopped
- 1 green chilli, seeded and chopped
- 2 teaspoon curry powder or paste
- 1 teaspoon tomato puree

- 2 skinless chicken breasts, chopped into bite size pieces
- 125ml water
- 1 teaspoon ginger, peeled and grated
- 1 green pepper, seeded and sliced
- 150g Basmati rice, no salt added

Post or e-mail your articles & suggestions to:

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Method

1. Heat the oil in a saucepan, add the onion, garlic and chilli and fry for 4 minutes.
2. Stir in the curry powder or paste and the tomato puree. Stir for 30 seconds and then add the chicken
3. Brown the meat quickly on a high heat for 3-4 minutes, then add the water and cook for 6 – 8 minutes. Stir, add the ginger and green pepper and cook for 1 minute.
4. Serve with cooked rice.



Willy took this photo recently in the Borders.

Can you tell us where he was?

Februarys photo was Traquair House

This months winner is Caroline Letton of Galashiels Library. Goodie bag in the post Caroline.



Physical Activity corner.....Will you be a hero in 2011?



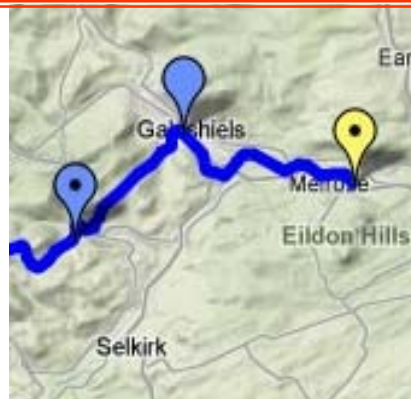
Registration for the **Poppyscotland Hearts & Heroes Challenge 2011** is now open! Secure your place now!

The 2011 Challenge will take place on Saturday 14th May.

The event is a 12-hour walking or running challenge across a **29-mile** section of the picturesque Southern Upland Way. There are three finish points available - bronze (12 miles), silver (21 miles) and gold (29 miles), so that participants of all levels of fitness can aim for a target that suits them. The challenge is being held in aid of rugby charity Hearts & Balls and veterans' charity, Poppyscotland. All funds raised will go to help injured rugby players as well as veterans and their families living in Scotland.

The **Poppy Scotland** website at www.heartsandheroes.co.uk allows you to **register online**, create your own sponsorship pages, as well as providing fundraising ideas, training tips and all the **latest news**.

Some of our registered businesses have already signed up. We want to know who else has! Please send us your details and we'll include an article next month. We'll do a follow-up article after the event so remember to send us your stories and



Healthy Working Lives
Free Adviceline
0800 019 2211

Time to Quit?

Why Quit?

By quitting you'll have a healthier lifestyle and your purse or wallet will also thank you. But there are loads of other plusses too.....better looking skin, eyes & hair, **look younger for longer**, **improved fitness**, better sense of taste & smell, **more time**, **improve self confidence & whiter teeth.**



Why Quit?

You've hear of nicotine but, when it comes to health, that's the least of your worries. **Each cigarette** contains around **4,000 chemicals**, many of which are known to be toxic. Here are a few of the **nasties** you'll be inhaling in every drag:

- **Acetone**—widely used as a solvent eg **nail polish remover**
- **Ammonia**—found in **cleaning fluids**
- **Arsenic**—a **deadly poison**, used in **insecticides**
- **Benzene**—used as a **solvent in fuel and chemical production**
- **Cadmium**—a **highly poisonous metal** used in **batteries**
- **Carbon Monoxide**—**poisonous gas**—could lead to heart disease and circulation problems
- **Cyanide**—a **deadly poison**
- **Formaldehyde**—used to preserve **dead bodies**
- **Shellac**—becomes a **wood varnish** when mixed with a form of alcohol
- **Tar**—**mixture of chemicals**. **Approx 70% of tar** is left in smokers **lungs** causing a range of **serious lung conditions**.

Further information: www.nosmokingday.org

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

Issue 32

March 2011

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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



National Salt Awareness Week 2011

Monday 21st – 27th March 2011.

Eating too much salt can raise our blood pressure and increase our risk of stroke, heart attack or heart failure. Many thousands of people **die unnecessarily** each year as a result of strokes and heart attacks. These deaths could be prevented.

Eating too much salt is also **linked with kidney disease, stroke, osteoporosis, stomach cancer and obesity, and can worsen the symptoms of asthma.**

Most food labels now give the amount of salt the food contains either per 100grams or per portion. If the label only gives the sodium content, you need to multiply the sodium by 2.5 to get the salt content.

Beware of ketchup and other sauces – they can contain **high levels of salt**. **Did you know** that the leading brand of **tomato ketchup contains more salt**, weight for weight, **than seawater? Would you ever pour seawater all over your food?**

Seasoning doesn't have to mean salt!

Black pepper, garlic, chilli, herbs, spices, wine, lemon or lime juice and vinegar are all salt-free options that can be used to season foods and improve their flavour. And don't forget that ready-made stocks and bouillons, pickles, olives, capers, anchovies, and Eastern sauces e.g. soy sauce, nampla and oyster sauce are all high in salt.

For free posters, leaflets and other resources visit www.actiononsalt.org.uk/awareness/awareness/index.html

Mentally Healthy Workplace Training for Managers



As we go to press the Healthy Working Lives Borders team are preparing to deliver the 2-day Mentally Healthy Workplace Training For Managers Course.

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

- Give a broader understanding of mental health / mental illness
- Identify the key factors that contribute to a mentally healthy workplace
- Increase awareness of the mental health issues in the workplace
- Improve confidence in dealing with mental health and well being in the workplace
- Increase understanding and awareness of the legislation that relates to mental health and wellbeing in the workplace

The March course is now fully booked, however we have had confirmation on funding for 2011/12 and are busy considering training dates and delivery options to help meet the needs of businesses in the Borders. Watch this space for further updates!

Self Injury Awareness Day 1st March 2011

www.firstsigns.org.uk

Self harm is when a person causes physical damage to him or herself. It usually involves activities such as cutting or scratching with sharp objects.

People sometimes harm themselves in order to try and cope with their problems. For some people, the pain of self harm can stop strong feelings such as upsetting thoughts or anger.

There are a number of sources of support and information including Breathing Space and The Samaritans. The campaign website has a good resource including self help tools:

<http://www.firstsigns.org.uk/files/lifesigns-si-awareness-book-2nd-edition-revised.pdf>

One of the additional benefits to **stopping smoking** is the **reduction in fire risk**. **Smoking materials** and **fire risk** are **closely linked**.

At Work Fire presents a significant risk to businesses. It can kill or seriously injure employees or visitors and damage or destroy buildings, equipment and stock. Many businesses fail to continue trading after a serious fire.

The Fire (Scotland) Act 2005 firmly places responsibility for assessing risk and providing appropriate control measures within the relevant premises, with the Duty Holder/responsible persons. Lothian and Borders Fire and Rescue Service are the authority responsible for enforcing this legislation.

Among employer's responsibilities is a requirement to carry out their own fire safety risk assessment:

For help with risk assessments contact your local HWL Adviser, Brian Cherrie on 01896 825982 or your local Fire and Rescue Service on 01896 758326.



At Home Every year, there are around 500 deaths in house fires in the UK. More than four in every 10 of these deaths are as a result of someone being careless with smoking materials, like cigarettes, matches or lighters.

- Smoking causes around 5,500 house fires every year in the UK
- These fires are more likely to happen at night – between 10pm and 3am
- Men are twice as likely to be victims as women
- Smoking materials cause one in every three deaths of children under 16 and cause injury to another 500 children every year

Fires can often be caused by children playing with matches and lighters that have been left lying around the house. **Don't leave matches or lighters lying about!**

- Check that matches are extinguished properly

Ensure matches and lighters are kept in child-resistant containers or out of reach

For a Free home safety visit from Lothian Fire & Rescue Service call 0800 169 0320

For more information see:

www.healthyworkinglives.com/advice/workplace-hazards/fire.aspx

www.lothian.fire-uk.org/

