

Indian Spiced Pumpkin Soup

Serves 4-6

Ingredients

5 spring onions, chopped
 700g (peeled weight) pumpkin or butternut squash, chopped, 2 carrots, diced
 1teaspoon mustard oil or olive oil,
 1 fresh chilli, finely chopped
 2 cloves garlic, finely chopped, ½ teaspoon ground black pepper, ¼ teaspoon ground cardamom
 ¼ teaspoon ground cinnamon, ¼ teaspoon ground cloves
 Pinch of nutmeg,
 300ml water, 100ml semi-skimmed milk
 2 tablespoons chopped fresh coriander



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

Method

- Roast all vegetables lightly in mustard oil/olive oil at 170oC/350oF/Gas mark 3 until soft, 20-30 minutes.
- Place vegetables and spices in a pot and add water.
- Bring to the boil and simmer until totally cooked, blend until smooth. Adjust to required thickness with semi-skimmed milk.
- Garnish with chopped coriander and serve.

Why not serve with crusty wholemeal bread?

www.healthylivingaward.co.uk/docs/hla%20recipe%20book.pdf



Willy took this photo recently near the Borders.

October's photo was Netherdale, Galashiels

The winner was John Bain of Berwickshire Housing.

Well done John —your goody bag is on it's way!



Physical Activity Corner: Scotland to Sahara Run

Come and join Dr Andrew Murray, a GP from the Borders as he sets out from Galashiels to the BGH as part of a run from John o' Groats to the Sahara Desert.

Dr Murray, who previously worked at Teviot Medical Practice and at the BGH will be starting from the ASDA supermarket car park at 7.30am on Friday 19th November 2010 and is inviting people to run alongside him as he takes his route through the Scottish Borders. Dr Murray aims to run 2650 miles in 85 days from 8th November to 31st January to raise funds for the Yamaa Trust which aims to help the poverty stricken South Gobi region of Mongolia.



If you are unable to make this date, your workplace could set its own challenge to accumulate the same distance in the same time through walking, running, cycling and swimming adding your distances together and charting them. Remember to keep the Healthy Working Lives Team informed of your progress!

For more information on Dr Murray's challenge go to www.scotland2sahara.com

Award Presentations—Congratulations to:

Borders College, Galashiels Learning Community, Hawick Knitwear Ltd, NHS Borders, Robert Noble Ltd, Scotia Chiropractic, Scottish Public Pensions Agency and Stark Main & Co Ltd who received their HWL Awards last month. NHS Borders received their Silver Award with the others receiving their Bronze Award.



The awards were presented by Fiona Drane, President of the Scottish Borders Chamber of Commerce at our Award Ceremony on the 5th of October.

HRH Princess Royal Visit to Lochcarron

Working Health Services was launched at Lochcarron of Scotland in April last year to help people facing difficulties stay in their jobs in small to medium-sized businesses. More than 440 people have been helped to date.



To celebrate the achievement of the service the Princess Royal was invited to tour Lochcarron's factory at Riverside Industrial Estate where she met staff before meeting the Working Health Services Team, NHS Borders staff, people who had used the service and others in the company's visitor centre.

The princess, told the 80 or so people in the visitor centre: "This is an important piece of work and I would compliment all those who are partners in it for making such a success of it. It's an innovative scheme – and I know in present circumstances that making the sums add up will be tricky – but if individuals have a voice and can make that heard, it really does have a value. I hope it will get support, not just to maintain it in the Borders where it particularly has real long-term value, but that it can be adopted in the rest of the country."

Lohcarron's operations manager David Riddell said: "It's a great opportunity to celebrate the service and the people who have used it and say well done." The Princess Royal is very easy to speak to. She was asking about the process and how we see the service and how it fits in with the business."

In this issue

Mouth Cancer Awareness Month	2
Be Safe on Bonfire Night	2
November	3
Lung Cancer Awareness Month	3
National Stress Awareness Day	3
Healthy Recipe	4
Where's Wally?	4
Physical Activity Corner	4

Next Month's Issue/Events:

- Healthy Recipe
- Where's Willy
- Physical Activity Corner
- SAD
- Christmas Safety

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

Issue 28

November 2010

Mouth cancer is diagnosed in 5000 people annually and kills almost 2000 people every year. Early detection saves lives.

Top 8 symptoms of mouth cancer are:

- * An ulcer white or red patch anywhere in the mouth that doesn't heal within three weeks.
- * A lump anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- * Difficulty in chewing or moving the jaw or tongue.
- * A swelling that causes dentures to fit poorly.
- * Numbness of the tongue or mouth.
- * A feeling that something is caught in the throat.
- * A persistent chronic sore throat or voice change (hoarseness)
- * Unexplained loosening of teeth

Visit your dentist or doctor at once if you notice any abnormal problems or are not sure.

The best way to reduce your risk of contracting the disease is to avoid smoking, using chewing tobacco, or drinking alcohol. People who both smoke and drink heavily increase their risk by up to 30 times. The chances of contracting the disease increases with age – men over 40 are particularly at risk.

www.mouthcancer.org/public

Be Safe on Bonfire Night

Fireworks are great fun to watch, but every year lots of people including children get hurt in firework accidents. Make sure that you or yours is not one of them. If you are planning a fireworks display, be safe not sorry. Always follow the Firework Code.



- | | |
|--|---|
| <ul style="list-style-type: none"> • Only buy fireworks marked BS 7114 • Keep fireworks in a closed box • Follow the instructions on each firework • Light them at arms length using a taper • Stand well back • Always supervise children around fireworks • Keep pets indoors | <ul style="list-style-type: none"> • Don't drink alcohol if setting off fireworks • Don't set off noisy fireworks at night, and never after 11pm • Never go near a firework that has been lit. Even if it has gone off it could still explode • Never put fireworks in your pocket or throw them • Never give sparklers to children under five |
|--|---|

Did you know... A sparkler reaches a temperature of up to 2000 degrees Centigrade. That's 20x the temperature of boiling water.

- | | |
|---|---|
| <ul style="list-style-type: none"> • Only hold one sparkler at a time • You should always wear gloves • Always hold sparklers at arms length | <ul style="list-style-type: none"> • Do not touch it when it goes out - it could still burn you • Always dispose of used sparklers safely, in a bucket of water |
|---|---|

See http://www.lothian.fire-uk.org/fire_safety/safety_fireworks_children.htm

If you are organizing a public fireworks display see:

http://www.lothian.fire-uk.org/fire_safety/safety_fireworks_organising.htm

For more useful info on running your own fireworks party see www.hse.gov.uk/pubns/books/fireworks2.htm

Stop Press:

The **British Medical Journal** reported recently that following healthy lifestyle advice could prevent almost a quarter of **bowel cancer** cases.

Bowel cancer is the 3rd most common cancer in the uk and could be prevented by following advice on **physical activity, waist circumference, smoking, alcohol and diet.**

Movember.....yes we mean MOVEMBER!



The Mo, slang for **moustache**, and **November** come together each **Movember**.

Movember challenges men to change their appearance and the face of men's health by growing a **moustache**. The rules are simple, start **Movember 1st** clean shaven and then grow a **moustache** for the entire month. The **moustache** becomes the ribbon for men's health, the means by which awareness and funds are raised for cancers that affect men. Much like the commitment to run or walk for charity, the men of **Movember** commit to growing a moustache for 30 days. For more information about **Movember** and details about how you can get involved visit their website: <http://uk.movember.com> **Movember** is supported by the **Prostate Cancer Charity**

November is Lung Cancer Awareness Month <http://www.macmillan.org.uk/lung>

- Lung cancer is the second most common cancer in the UK, with more than 38,000 people diagnosed each year.
- Smoking is the cause of most cases.
- There are two main types of primary lung cancer, small cell lung cancer and non-small cell lung cancer. About 1 in 5 lung cancers are small cell; the rest are non-small cell.
- The two main types are treated quite differently. Chemotherapy and radiotherapy are usually used for small cell lung cancer. Surgery, chemotherapy and radiotherapy can all be used for non-small cell.



Stress Awareness Day—Wednesday 3rd November 2010

www.nationalstressawarenessday.co.uk

It is estimated **2.2 million** working days are lost every year through **mental ill health** in Scotland, with stress being a major cause. Each case of stress-related ill health leads to an average of **29 working days lost per person per year.**

National Stress Awareness Day is an annual event, which is organised by the International Stress Management Association (ISMA), and aims to increase public awareness and draw attention to the issue of stress.

This years campaign slogan is **'Start Living Stop Stressing'** and the campaign website contains a lot of useful information on managing stress so that it doesn't make you ill.

Leaflets are available on the website to download on the following topics:

- | | |
|--|---|
| <ul style="list-style-type: none"> • How to sleep well • How to value yourself | <ul style="list-style-type: none"> • How to become active • How to prioritise |
|--|---|

A number of other websites exist that can help you cope with stress such www.stepsforstress.org and www.livinglifetotheull.com. These websites offer useful and practical tips along with support resources and signposting to further assistance.