

Post or e-mail your articles & suggestions to:

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Hearty Vegetable Soup courtesy of NHS Choices

www.nhs.uk/livewell/healthy-recipes/pages/hearty-vegetable-soup.aspx

Ingredients

- ½ tbsp vegetable oil
- 1 medium onion, sliced
- 2 small carrots, sliced
- 3 sticks of celery, sliced
- 1 tin of chopped tomatoes
- 80g green beans
- 1½ tbsp tomato purée
- 1 leek, sliced
- 80g frozen peas
- 50g dried pasta
- 1 litre of boiling water
- pepper to taste
- 1½ tsp of dried herbs

Method

1. Heat the oil in a large pan, add the onions, carrots, leeks and celery and fry until sizzling. Lower the heat, cover and cook gently for five minutes, stirring if needed.
2. Add the tin of tomatoes, water, tomato purée, beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.



Willy took this photo recently in the Borders.

Can you tell us where he was? Entries to hw-enquiry@borders.scot.nhs.uk

Last month's photo was outside Lochcarron Visitor Centre, Selkirk. First correct entry out of the hat was:

Sylvia Jones, NHS Borders, Westgrove Learning Disability team. Well done Sylvia, your HWL goodie bag will be delivered shortly.

October sees the **Scottish Mental Health and Arts Festival** taking place across Scotland which is sponsored by NHS Health Scotland and Healthy Working Lives. Although there are no events taking place in the Scottish Borders there are many in Edinburgh and the Lothians and indeed across the country. For more information log on to: www.mhfestival.com

Physical Activity Corner—Autumnal Woodland Walks

Some of you may have noticed that the trees are beginning to turn in colour and the leaves are falling off. That makes it a fantastic time to head into the woodlands for a walk. The Scottish Borders has a fantastic range of woodlands to choose from including those belonging to the Forestry Commission such as Yair, Glentress and Newcastleton, and community woodlands such as Darnick and Wooplaw. Within these woodlands there are plenty of way-marked walks to meet all levels of ability.

Walking is a great form of exercise that doesn't require specialised equipment to participate in it. Sensible footwear and waterproof jackets are in the main the most you will need. The health benefits of walking have been well promoted and are far reaching. Even in the context of this month's newsletter, walking can help protect against the development of Osteoporosis, improve your mental health and wellbeing and help in the recovery process from breast cancer.

To find out what walks are available, go to the following

www.forestry.gov.uk

www.bordersforesttrust.org

www.woodsforpeople.org



Free Adviceline 0800 019 2211

www.healthyworkinglives.com

Welcome to the October 2011 edition of the Healthy Working Lives Borders newsletter. Autumn appears to be well and truly setting in now, the trees are turning into the most glorious colours providing our own natural festival! The seasonal change brings it's own issues as well. The darker nights result in people being less likely to go out and be active as roads and paths become slippery with wet leaves and the risk of frost. This month's newsletter contains articles linking in with some of these risks and how you can take precautions to prevent something serious occurring. There are also the usual sections including a healthy recipe and physical activity corner.

The Hazards of Driving

The weather is changing, the trees are starting to change colour and drop their leaves. We need to be prepared for changes in road conditions.

Driving is one of the potentially most hazardous things we do. Whether for work or private use there are certain things that you need to check to make sure that you are as safe as possible on the roads.



Checks you can do yourself are:

- ◆ Tyres—check the tread, look for damage and check the pressures
- ◆ Oil and coolant levels—check they are OK
- ◆ Brakes and handbrake work effectively
- ◆ Lights and indicators are clean and working
- ◆ Windscreen and windows are clean and not damaged
- ◆ Washers and wipers work OK
- ◆ Mirrors are correctly positioned.

Have your vehicle serviced regularly

Check out www.scorsa.org.uk for driving at work guidance

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Next Month's Issue/Events

- Seasonal Recipe
- And Much More
- Why not send us your contribution?

Unfortunately Alcohol Awareness Week is not taking place this year. However that doesn't mean that safe drinking cannot be promoted.

The 1st of October sees the introduction of certain elements of the Alcohol etc (Scotland) Act 2010 relating to minimum pricing of alcohol and restrictions on alcohol promotions at point of retail for off-sales premises.

How often do you reach for a drink to help you relax after a stressful day? It may seem that alcohol helps you unwind at the end of the day, however if one glass stretches out to more glasses you could quite easily be exceeding the recommended daily guidelines for alcohol units. Alcohol is actually a depressant, which means it slows down the brain and its associated functions. Over time, continual use of alcohol to help you relax may actually lead to anxiety and depression and ultimately make stress harder to deal with.

As a reminder, the recommendations are for no more than 3-4 units of alcohol per day for men and 2-3 units of alcohol per day for women and to have at least a couple of alcohol free days per week. For more information on safer drinking go to the [Drink Aware website](http://www.drinkaware.co.uk).

Red Wine	Lager	Alcopop	Spirits
2.1 units	2.8 units	1.4 units	1 unit
175ml	1 pint	275ml	25ml

Breast Cancer Awareness Month October 2011

Every year 50,000 people in the UK hear the devastating words "You have breast cancer". More people are being diagnosed with breast cancer but survival rates are improving, probably because of improved treatment and earlier detection.

Physical activity has also been linked to recovery from breast cancer and helping through the treatment process.

As with Blue September, **every Friday in October is Pink Friday**. Why not get together with your colleagues, wear something pink and raise funds for Breast Cancer Care. Remember to send some photos to Health Working Lives for the newsletter and use them in your award portfolio.

For more information go to:

www.breastcancercare.org.uk/news/breast-cancer-awareness-month

5 easy steps to being breast aware:

Know what is normal for you

Know what to look and feel for

Look and feel regularly

Report any changes to your GP without delay

Attend routine breast screening if you are aged over 50



National Personal Safety Day—10th October 2011 www.suzylamplugh.org/personal-safety/

The aim of the annual **National Personal Safety Day** is to get as many people as possible throughout the UK thinking about their personal safety and giving them simple advice on how they can to reduce the risks of becoming a victim of violence and aggression.

It is everyone's responsibility to keep safe at work, home and travelling to & from work.



Changes at the HSE

New accident and incident reporting arrangements introduced on the 12th September 2011.

You will only be able to report fatal and major injuries and incidents by phone to the HSE. All other work-related injuries and incidents, reportable under RIDDOR, will be reported using one of seven online forms available on the HSE's website.

Hyperlinks to the online RIDDOR reporting forms are:

F2508 [Report of an injury](#)^[1]

F2508 [Report of a dangerous occurrence](#)^[2]

F2508A [Report of a case of disease](#)

F2508G1 [Report of flammable gas incident](#)

F2508G2 [Report of a dangerous gas fitting](#)

OIR9B [Report of an injury offshore](#)

OIR9B [Report of a dangerous occurrence offshore](#)



Guidance is available at www.hse.gov.uk/riddor/report.htm

THE HSE infoline closed on the 30th September. Health & safety information is available from their website www.hse.gov.uk and from the Healthy Working Lives website www.healthyworkinglives.com. Our free adviceline **0800 019 2211** is still available to employers, employees and members of the public to talk directly to experienced advisers in relation to any workplace safety or health-related issue.

Remember that your accident book can be a useful tool for identifying trends in accidents and near misses. Encourage staff to record these and use the information to help you review risk assessments. Small businesses who would like some help with this can contact Brian Cherrie, HWL Adviser, on 01896 825982 or email brian.cherrie@borders.scot.nhs.uk

World Osteoporosis Day—20th October 2011



The bones in our skeleton are made up of a thick outer shell and a strong inner honeycomb mesh of tiny struts of bone. Osteoporosis means some of these struts become thin, which makes the bone more fragile and prone to break after a minor bump or fall. Factors relating to genes, age and gender can all increase the likelihood of developing Osteoporosis. However there are also a number of factors within our control which can help to protect against the onset by helping to build healthy bones and prevent fractures:

Physical activity— regular weight bearing exercises such as brisk walking, jogging, aerobics or Zumba. Also exercises that develop muscles and stability reducing the risk of falls.

Healthy Eating— Eating a balanced diet with plenty of fruit and vegetables, starchy carbohydrates, some milk and dairy foods, some protein type foods such as meat, fish, pulses, and just a small amount of sugary or fatty foods.

Stop Smoking—smoking has a toxic effect on bone by stopping the construction cells doing their work.

Reduce Alcohol Intake—drinking too much alcohol is damaging to your skeleton and increases your risk of fracture.

For more information on osteoporosis visit the National Osteoporosis Society website

www.nos.org.uk