

## This month's Healthy Recipe - Barbecued sardines

12 fresh sardines, cleaned and kept whole, 1tbsp olive oil, Lemon wedges, to garnish

**For the salsa**—Zest of 2 lemons, juice of 1 lemon, 1tbsp extra virgin olive oil, 4 sprigs thyme, leaves only, Small bunch parsley, finely chopped, 50g wild rocket, finely chopped, plus extra to garnish, 4 spring onions, sliced

Season the sardines and brush with 1tbsp oil. Barbecue for 2-3 minutes on each side depending on size, until cooked

Meanwhile, in a bowl, mix together all the salsa ingredients and season with salt and freshly ground black pepper. Transfer the sardines to a warm platter, spoon over the salsa and serve immediately with the lemon wedges.



Post or e-mail your articles & suggestions to:

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Willy took this photo recently in the Borders.

Can you tell us where he was?

July's photograph was the Gibson Park, Melrose



There was no winner from July!

A reminder that all staff from businesses registered for the Healthy Working Lives Award programme qualify for a 10% discount at Borders Sport and Leisure facilities.



There is a different arrangement for the Trifitness Centre at Netherdale, Galashiels. A reduced monthly membership of £29.99 is on offer here. An ID badge or wage slip showing the business name is required.

### Physical Activity Corner—Workout@Work Day Thursday 8th September 2011

Workout at Work Day has been organised by the Chartered Society of Physiotherapy (CSP) to mark World Physical Therapy Day and aims to encourage workers to do more exercise and lead healthier lives whilst highlighting to employers the benefits of having a fitter and healthier workforce. Research has shown 46 per cent of UK workers said their physical pains are due to working in the same position for a long time. Employers that have taken steps to address health and well being report many benefits – including reduced sickness absence and improved competitiveness and profitability.

Physical activity not only has benefits for employers but also for the individual which are widely reported. In keeping with the theme for this edition of the newsletter, being physically active can help to prevent the development of certain cancers. Bowel cancer which is the 3rd most common cancer in the UK is one such cancer. It has been reported recently that for those diagnosed with cancer, being physically active can help through the treatment and recovery processes.

**Remember**—the recommended levels for physical activity are a minimum of 30 minutes per day. This need not be all in one go but can be in bouts of 10 or more minutes at a time which should make it easier to include into your working day.

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

Welcome to the September 2011 edition of the Healthy Working Lives Newsletter. We hope you have all had an enjoyable, safe and healthy summer.

You may have noticed that the newsletter has changed appearance a little. No—we are not turning the air blue, but rather are showing our support for Blue September, a nationwide/international awareness and fundraising initiative about **all** the cancers that affect men.

The aim is to raise men's awareness of cancer and help them to reduce the risk of developing and dying from cancer by making better lifestyle choices and seeking help sooner rather than later. Men in the UK are 40% more likely to die from any cancer than women. However one in three cancers are preventable. Thousands of men's lives could be saved by making healthy lifestyle decisions such as quitting smoking, reducing alcohol intake, taking care in the sun, regular exercise, maintaining a healthy weight and eating a balanced diet.

Lives can also be saved if more men know about the symptoms of cancer and contact a health professional as soon as they notice something worrying such as a lump or a nasty cough.

This month's newsletter will provide more information about some of the lifestyle choices and how you can find out more about making healthier choices.

## Blue September

Every Friday in September is Blue Friday. You could paint your face blue or wear something blue and encourage your colleagues to do the same.

For more information on cancer in men and about the awareness campaign log onto: [www.blueseptember.org.uk](http://www.blueseptember.org.uk)

Lochcarron of Scotland along with Alcohol Focus Scotland, Border Sports and Leisure Trust and Healthy Working Lives Borders are hosting a **Workplace Health and Wellbeing Information Event on the 8th September 2011 at the Lochcarron Visitor Centre in Selkirk**. If you work in Selkirk why not come along and find out more.

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### Next Month's Issue/Events

- Healthy Recipe
- Physical Activity Corner
- Alcohol Awareness Week

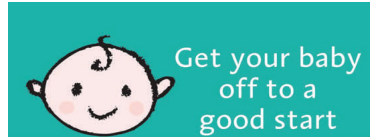
**And Much More .....**

**Why not send us your contribution?**

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## August 1st-7th Was World Breastfeeding Week



Breastfeeding is natural and normal and gives your baby the best start. The Department of Health recommends exclusive breastfeeding for the first 6 months of life and can continue to benefit your baby along with solid foods for many months after.

When you decide to return to work notify your employer asap. Inform them that you intend to breastfeed so that arrangements can be made to accommodate you and your baby's needs.

The law requires every employer to assess workplace risks for all their employees, and control those risks. Employers must take particular account of risks to new and expectant mothers. The definition of a new or expectant mother is someone who is pregnant, has given birth within the previous 6 months, or is breastfeeding.

Your employer can help by:

- Giving breaks for breastfeeding mothers to express milk
- Providing a room where a mother can express milk (not the toilet)
- Providing a fridge to store expressed milk
- Being flexible about working hours

Your employer may already have a policy to support breastfeeding at work. If not, useful information can be found at: [www.hse.gov.uk/pubns/indg373hp.pdf](http://www.hse.gov.uk/pubns/indg373hp.pdf),

[www.breastfeeding.nhs.uk/en/materialforclients/downloads/breastfeedingandwork.pdf](http://www.breastfeeding.nhs.uk/en/materialforclients/downloads/breastfeedingandwork.pdf)

[www.healthyworkinglives.com/advice/employee-issues/maternity-paternity.aspx](http://www.healthyworkinglives.com/advice/employee-issues/maternity-paternity.aspx)

Contact Brian Cherrie for a free worked example of a new and expectant mothers risk assessment - [brian.cherrie@borders.scot.nhs.uk](mailto:brian.cherrie@borders.scot.nhs.uk)

## Know Your Numbers Week 12th—18th September 2011

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.

Having high blood pressure (hypertension) is not usually something that you feel or notice. It does not tend to produce obvious signs or symptoms. The only way to know what your blood pressure is, is to have it measured.

Blood pressure is measured in 'millimetres of mercury' (mmHg) and is written as two numbers. For example, if your reading is 120/80mmHg, your blood pressure is '120 over 80'.

The **Workplace Lifestyle Assessment Service** is now back offering businesses in the Borders an opportunity to have a health check in the workplace. The check, is free and confidential, comprises of blood pressure, height, weight and waist measurement. There are conversations on lifestyle including alcohol intake, diet and exercise. Cholesterol measurement is sometimes taken.

If you would like to offer your employees the opportunity of a health check conducted in the workplace, contact **Tania Ferguson at 01896 825982**. For more information on Know Your Numbers



## National Eczema Week 10 - 18 September

[www.eczema.org/national\\_eczema\\_week.html](http://www.eczema.org/national_eczema_week.html)

Atopic eczema, also known as atopic dermatitis, is the most common form of eczema. It mainly affects children, but can continue into adulthood.

The exact cause of atopic eczema is unknown. However, it often occurs in people who get [allergies](#) ("atopic" means sensitivity to allergens).

Atopic eczema commonly occurs in areas with folds of skin such as:

- behind the knees
- on the front of the elbows
- on the side of the neck

around the eyes and ears

Work-related eczema, commonly referred to as occupational dermatitis accounts for a significant proportion of work-related ill health.

Typical signs and symptoms are: dryness, itching, redness, swelling, blistering, cracking, flaking and bleeding.

It can be made worse by workplace exposure to physical, chemical (including 'wet work') or biological agents or to mechanical forces. Coping with eczema in the workplace can be extremely difficult. Issues such as hot or cold offices, non-cotton uniforms and reactions from others to a highly visible skin condition can be distressing.

If you suffer from eczema or work-related dermatitis your doctor or occupational health provider can offer advice on treatment.

Why not get involved for National Eczema Week 2011 and sponsor a friend to keep gloves on non-stop for a day?

The National Eczema Society are launching two new booklets for this year's National Eczema Week - "Could I have contact dermatitis?" offers advice for those battling the condition and "Contact dermatitis at work" is aimed at occupational health workers and employers. Copies will be available on the National Eczema Society Helpline: 0800 089 1122 or online at [www.eczema.org](http://www.eczema.org)



## Suicide Prevention Awareness Week 5th—10th September 2011

**"Suicide. Don't Hide It. Talk About It."**

That's the message Choose Life is sending out to people throughout the Borders to mark Suicide Prevention Awareness Week (5-10th September).

The purpose of this week is to raise awareness of suicide, its causes and how we can prevent it. Two events are being held during this week in the Borders, one which is a sponsored walk, "Hopeful Steps" on Saturday 10th September from Selkirk (Samaritan Office) to Galashiels (SAMH Office). All monies raised will be shared equally between Penumbra Youth Project, Penumbra Borders Supported Living Service, SAMH, Samaritans, New Horizon and New Borderline. For further information or to register to take part in the sponsored walk contact Jill Murray at [jill.murray2@borders.scot.nhs.uk](mailto:jill.murray2@borders.scot.nhs.uk) or telephone 01896 825582



Suicide. Don't hide it. Talk about it.

Samaritans 08457 90 90 90  
Breathing Space 0800 83 85 87

