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Introduction

Welcome to our November issue. Our special theme this month is Black History Month. Many people wonder why there isn't a White History Month – until they realise that European and American history is always from a White perspective and is always in our media and books. There are so few quality books on Black history available in the mainstream, so Black History Month events help us to explore very complex issues and get a better understanding of diverse British society today.

For many – a positive self-identity is very important to health – negative thoughts can be destructive and especially when connected to identity, therefore it is important that there is a pause for positive reflection. However, even though Black history is mostly excluded, it is also important that at this time we also choose to be inclusive of others – therefore our Healthy Eating section offers a recipe for a very tasty traditional Irish dish. For those in the know – Ireland, Scotland and Wales were also involved in transatlantic trade and their cultures intermingled with African cultures in Africa, the America's as well as here in Europe.

In recognition of those who have excelled in their communities – Ethical Homecare did extremely well as two members of staff received top awards – a proud day for the office.

We hope you enjoy reading this issue and do let us know if there are thoughts you would like to share with us about it. May we also take this time to wish you the merriest of festivities in the forthcoming holidays.

Healthy Eating

Ingredient

We've combined assertive mustard greens, smoky trout and crisped potatoes in this interpretation of a hash. If you prefer a milder green, substitute mature spinach or chard. Make it a Meal: Lay a poached egg on top and serve with sliced tomatoes and cracked pepper.

Ingredients 2 tablespoons extra-virgin olive oil
1 pound precooked diced red-skinned potatoes, (about 2 1/2 cups; see Note)
2 tablespoons whole-grain mustard
2 tablespoons cider vinegar
1/8 teaspoon salt, or to taste
1/8 teaspoon freshly ground pepper
4 ounces smoked trout, skin removed, flaked
4 cups thinly sliced mustard greens

Method

Preparation 1.Heat oil in a large non-stick skillet over medium-high heat. Add potatoes and cook, stirring occasionally, until golden and crispy, adjusting heat if necessary to prevent burning, 8 to 12 minutes.

Nutrition Per serving: 221 calories; 10 g fat (2 g sat, 6 g mono); 22 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 11 g protein; 2 g fibre; 525 mg sodium; 633 mg potassium.



BLACK HISTORY MONTH – what is it about?

Every October Leeds and many other towns, cities and communities nationwide - take part in celebrating Black History Month. These events not only provide informative entertainment, but can also spark thought and discussion on the diversity of Black History from Africa, North America and the Caribbean. Black history also applies to many people's whose stories are excluded from the mainstream narratives of Europe, Asia, Latin America and the Middle East too. It is necessary in democracies to hear different stories that celebrate a positive identity – despite hidden histories.



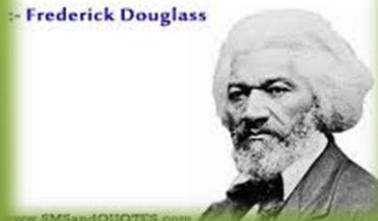
Leeds celebrated Black History Month 2014 at Leeds Civic Hall

At the Leeds Civic Hall this year, organised by Equality Leeds - dignitaries and public gathered to be entertained by choral singing, music and dance, whilst poetry and historic readings provided information and food for thought. Carnival costumes were on display and we are reminded not just of the dancing and celebrations – but also the connections with transatlantic trade and slavery in the West Indies; many Yorkshire institutions and individuals benefitted from this trade. Whilst reflecting on the significance of the past and the many issues to reflect on for the future, we also recognise those doing good works in the present through the section on Community Heroes.

Schools, colleges and universities also hold their own events, which seem to improve from year to year in their exploration of themes that still relate to today. Less traditional issues are also expressed in communities relating to sexuality and sexual health; religion and faith as well as mental wellbeing, to name a few. For people whose history is mostly excluded from popular media – Black History Month allows us to reflect on and celebrate successes and those who inspire us – so as to inspire the future generations of young people to also drive toward success in their chosen paths.

“It is easier to build strong children than to repair broken men.”

- Frederick Douglass



Frederick Douglass was born into enslavement in America. Upon running away he joined the political fight against slavery and visited Leeds in 1846 and 1859, gathering significant support for his cause.

Success Stories

In April our Manager Jacqueline Golding was recognised for her professionalism and support to people in their job role as Personal Care Assistants and received an award for Best Professional at the annual "Leeds Black Award's", we want to say a big congratulations for all your hard work and dedication to your team and wish you continued success in the coming years. Joe our office admin assistant also picked up an award for all his work in the Arts and his contribution to cultural awareness so Well done to the two of you x



If you have any enquires or would like to feature in future newsletter editions then please do not hesitate to contact us

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