



Contact number: 0113 3459492 Email: admin@ethicalhomecare.co.uk Web: www.ethicalhomecare.co.uk

Introduction

Welcome to our first issue of Ethical Homecare's newsletter. We would like to wish all our clients, partners and employees a happy, healthy and successful 2012 and hope that you have enjoyed some happiness and blessings over the holiday season.

This Issue we will be focussing on Heart Health and we hope that you find the information in this edition, useful and informative. We will be producing our newsletter every quarter and welcome you to send any information via email or post that you feel would be useful to other professionals or the clients that we love to serve.

We would like to take this opportunity also to thank our staff for all their hard work, dedication and friendly smiles shared with our clients over 2011 and wish them all our love and wishes for another successful year!!!

All the best from Ethical Homecare and all the Management Team.

Healthy Eating

A lovely warm meal which is easy to make, with great Ingredients to warm the body during this cold season.

Spicy tomato & Couscous Soup
Couscous and Harissa are a great pairing in this good-value soup

Ingredients

Olive oil
1 large onion, chopped
2 carrots, diced
3 stalks celery, diced
2-3 tb's Harissa paste
1 tsp ground cumin
1 x 400g tin chopped tomatoes
2 tbsp tomato purée
500ml vegetable stock
1 x 400g tin chickpeas
2 tbsp couscous
½ small bunch parsley, chopped

Methods

Heat 1 tbsp of oil in a large pan and cook the onion, carrot and celery for a few minutes until softened. Add the Harissa and cumin then stir. Tip in all the other ingredients except the couscous and stir well, then cover and simmer for 30 minutes. Add the couscous and simmer for another 5 minutes.

Stir in the parsley before serving.

PER SERVING 186 k calories, protein 7,9g, carbohydrate 25,5g, fat 6,6 g, saturated fat 0,6g, fibre 6g, salt 1,99 g



Healthy Features

Cardiovascular disease is an umbrella term for all diseases of the heart and circulation, including heart disease, stroke, heart failure and congenital heart disease.

Collectively, heart and circulatory diseases cause more than **one in three of all deaths** in the UK, accounting for more than 191,000 deaths each year at an estimated cost of 30 billion to the economy.

The British Heart Foundation

A New You for Life

How about starting a New Year's resolution that lasts a lifetime by making it a 'New You' resolution by promising to take care of your heart and rewarding it for pumping 9,000 litres of blood around your body each day?

Visualise the benefits of a healthy old age for you and your family and a quality of life free from major illness. This will help when you hit a low and are tempted to revert back to old habits.

Here are some tips to help:

- Be more adventurous with fish and oily fish in particular which is packed with heart healthy omega 3 essential fatty acids
- Make a decision to try out new or different varieties at the fruit and vegetable counters. Check out also the beans and pulses section as well as the tofu and vegetarian aisle
- Limit your red meat intake in favour of poultry which is lower in saturated fat.
- Favour low fat dairy foods and make olive and rapeseed oil your main fats for cooking
- Avoid processed foods and insist only on freshly prepared meals. If you're short on time make it in batches for freezing to have during the week
- Eat less but more often, choosing healthy snacks to curb hunger pangs such as carrot sticks, unsalted nuts and dried fruit
- Hunger is often a sign of thirst, so drink more fluids
- Match your meals to your activity levels: If you know you've not been as active as you should have been don't over-indulge on portion size
- Eat when hungry and stop when full. Concentrate on your eating by chewing your food slowly to savour the flavours and textures
- By-pass the fridge when anxious or stressed and go for a walk, run a bath or phone a friend instead.

Allow yourself the occasional treat within your daily balanced diet and if you slip up, just get back on track and don't look back – next year you won't need to make healthy eating your new year's resolution.

Healthy and happy New Year to you from Heart Research UK

Success Stories

In December our staff enjoyed a well earned treat and were taken to The Love Ball for their Christmas treat, although we still spent the night ensuring all our clients were happy and tucked into bed safely. Dressed with ball gowns under uniforms our clients thought it was a treat to be put to bed by princesses for the evening.

The night was enjoyed by all with a night of live music, dancing and great food. We chose the Love Ball because we know our staff prides themselves on the love they share with clients throughout the year, working tirelessly and selflessly to ensure that our clients receive the care they need, in the home they love.

Pictured here is our employee of the month Lyndsay with the management team, and also a friend who was visiting from overseas. Lyndsay was voted our employee of the month for showing exceptional care and dedication to her clients and receiving fantastic feedback from all.



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

Telephone number: 0113 3459492

**Address: Unit 13 Chapeltown Enterprise Centre
Chapeltown road,
Leeds
LS7 3DX**

[Email: www.admin@ethicalhomecare.co.uk](mailto:www.admin@ethicalhomecare.co.uk)

[Web: www.ethicalhomecare.co.uk](http://www.ethicalhomecare.co.uk)