

How to keep healthy when you can't go out



(taken from British Heart Foundation <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/>)

Updated 04/06/2020)

Many of us are spending more time at home than usual. But there are lots of things you can do to make sure you feel well in mind and body.

What should I eat to help my immune system?

A healthy diet can help keep your immune system working well – so it's a good time to enjoy eating a range of healthy foods; while making delicious food for yourself.

Everyone should aim for a well balanced diet.

The best way to understand it is to think of foods in food groups.....

Try to eat:

- plenty of fruit and vegetables
- plenty of starchy foods such as bread, rice, potatoes and pasta (choose wholegrain varieties wherever possible)
- some milk and dairy products
- some meat, fish, eggs, beans and other non-dairy sources of protein
- only a small amount of foods and drinks high in fats and/or sugar.

Choose options that are lower in **fat**, **salt** and **sugar** whenever you can.



If you need any inspiration, search for tasty recipes on the BHF recipe finder in the following link <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder>

Please see NHS guidance for general household hygiene for the rest of the family if you are in one of the shielding groups.

If you are in any of the above groups and it's not possible for others to assist you with food or medication deliveries please ring 0800 028 8327 Or go to www.gov.uk/coronavirus-extremely-vulnerable

Further information is available at the Newcastle City Council web page

[NCC coronavirus-covid-19/citylife](https://www.newcastle.gov.uk/coronavirus-covid-19/citylife)

NEWSLETTER 4 June 2020

Who we are and what we do—

We are Jesmond and Lower Gosforth Primary Care Network and support patients of the following surgeries;

The Grove Medical Group,
Roseworth Surgery,
Avenue Medical Practice
Jesmond Health Partnership.

Website: <https://www.jlgmedical.co.uk/>

UPDATE ON FOOD DELIVERY SERVICES

Collins Fine Food Delivered—
tel 0776878276

Offering a weekly menu of freshly cooked meals delivered to your door

Cornerstonebenwell—
Lunch delivered—
Wednesdays and
Thursdays -
tel 0191 2260941 or
email : cornerstonebenwell@gmail.com or visit Facebook: [cornerstonebenwell](https://www.facebook.com/cornerstonebenwell)



San Lorenzo—Sunday lunch delivered to your door -
tel 0191 2130399 <https://sanlorenzorestaurant.com/goforth>

Cakestories Coffee Shop and Cakery -
Jesmond— 0191 908 6812—currently offering delivery options see <https://cake-stories.myshopify.com/>



IF YOU HAVE ANY PROBLEMS WITH
MEDICAL or FOOD DELIVERY Please contact

[NCC coronavirus-covid-19/citylife](https://www.ncc.gov.uk/coronavirus-covid-19/citylife)

Or Covid 19 Mutual Aid Gosforth

Covid 19 Mutual Aid Jesmond

both on Facebook

Other Useful Services/Contact Numbers:

- ◆ **The Silver Line** (correct as at 30-Mar-2020)

0800 470 8090 a confidential, free help-line for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. <https://wwwthesilverline.org.uk>



- ◆ **Samaritans** (correct as at 30-Mar-2020)

116123 for help and advice or just someone to talk to <https://www.samaritans.org/>



- ◆ **Age UK** (correct as at 30-Mar-2020)

Age UK 0800 678 1602 for advice and information <https://www.ageuk.org.uk>



(Cont'd from front page)

If you have food in the cupboard or in the freezer, this is a good time to use it. You will probably be surprised at what's lurking in the back of your cupboards – those good intention healthy buys, such as pearl barley, lentils and dried fruit; for example rolled oats are not only a fantastic breakfast but can become a healthy pudding topping for crumbles too!

Add pulses such as lentils to dishes like bolognese or chilli con carne, and you'll add protein and heart-healthy fibre to your diet at the same time. Add them to the minced meat mixture while cooking and you can use it for either dish. It's also a good way to use up odd half packets of pasta or rice.

Tinned fish makes easy pasta sauces and toppings for sandwiches, salads, or jacket potatoes. Tuna and sweetcorn pasta bake uses store cupboard staples, and you can use crusty bread for the topping, rather than throwing it away.

Don't forget the herbs and spices in your store cupboard. Dried herbs and spices are an easy way to add flavour without adding salt, as eating too much salt can increase your blood pressure and can raise your risk of further heart problems.

Tins of soup are a delicious meal, just add some noodles, rice, croutons (made from bread), or leftover vegetables to make the meal go further. Tinned soups are also a great short cut in recipes – lentil soup can be added to meat sauces, cream of chicken could be part of a pasta bake sauce or broths could be a base for a noodle dish.

Can you solve these Riddles?

1) A man pushes his car to a hotel and tells its owner that he is bankrupt. Why?



2) A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor?



3) I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I?

4) You are in a place called Jack's World and there is only one law. There is a mirror, but no reflection. There is pizza with cheese, but not sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?



A REMINDER ASK FOR HELP if you need it!

Being alone, and/or self isolating/shielding can make situations which are not usually a problem, stressful and cause anxiety or worry.

But don't worry there are ways you can help yourself. If you have access to the internet take a look at the following website

Every Mind Matters - Looking after your mental health— offers expert advice and practical tips to help you look after your mental health and well-being; eg low mood, anxiety, sleep problems and more.

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NHS provides helpful easy to read self-help guides for issues such as anxiety, depression, panic and stress [https://](https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/)



www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/

ANSWERS:

- 1) He is playing monopoly!
- 2) The doctor is the boy's mother
- 3) Jigsaw pieces
- 4) The law is that everything in Jack's World must contain double letters eg zz in pizza, rr in mirror