

The Rock Report

CASTLE ROCK EDINVAR
HOUSING ASSOCIATION

Issue 13, Autumn 2008

A Scottish Charity No. SC006035

A member of **places
people**

GIVE US A SCOOP!

Do you have an idea for news to include in a future issue of The Rock Report? Is there something you'd like to share with other tenants.

If you think you have a nose for a good story then we'd like to hear from you. You can write to the Editor at 1 Hay Avenue, Edinburgh, EH16 4RW or email customer@castlerockedinvar.co.uk with any news articles, giving your name and address.

We look forward to hearing from you and your story might get published in the next issue.



Jay Kidd of Cornton gets mucky on the beach

Housing Officer Caroline Houston and Community Builder Margaret-Anne Ewart went along to Cornton's annual beach day on Saturday 30th August.

It was a fun day that saw the beach being brought to Stirling and local children enjoyed taking part in a sandcastle building competition as well as throwing wet sponges at the local community police officer, Gary Meikle!

Caroline and Margaret-Anne hosted a

stall, which allowed members of the community to find out more about what we do, and get advice or assistance. We also asked those attending to answer a couple of questions on a postcard to be in with a chance of winning a prize.

Liam Edmondson won the beach pack we had put together and Lynne McInley won the art pack.

Everyone had a great day and we look forward to going back next year.

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**REMEMBER... Freephone 0800 432 0007 to
report a repair or make a rent payment.**

Money Matters



On 24 June 2008 Castle Rock Edinvar tenants gathered at the Melting Pot in Edinburgh to take part in the first Money Matters tenant event.

Sessions were held in the afternoon and the evening to allow as many tenants as possible to attend.

Sandy Welsh, Head of Housing Service spoke about Castle Rock Edinvar's plans for rent and service charges and Andy Ashcroft, our former Head of Property Services, spoke about plans to improve homes and meeting the Scottish Housing Quality Standard (SHQS).



Tenants made good use of the range of information and advice available, including rent, benefit and money advice, housing options, customer involvement, energy advice from Changeworks, savings advice from Dunfermline Building Society, and appliance package deals from Scottish Hydro Electric. Some great prizes were up for grabs.



Each talk was followed by a discussion session which gave tenants the chance to put their views across.

The most common reason tenants gave for attending the event was to get information and advice on housing options, which includes choice based lettings and different rental and ownership options.

Most tenants also said they were interested in getting information on rent and services charges and the planned improvement programme, as well as the chance to have their say on these important issues, which generated a lot of discussion on the day.



Mr Harper was the lucky winner of an A+ rated energy efficient fridge freezer donated by Scottish Hydro Electric and Mr Day and Mr Williams each won a luxury hamper donated by Dunfermline Building Society.

The tenant feedback from the event has been good. Overall, tenants gave it a satisfaction rating of 8.2 out of 10 and there was some support for this becoming an annual event.

A feedback report was sent to everyone who attended.

If you would like a copy of this report please contact Adam on **0131 657 0634**.

Changes to Incapacity Benefit

The government are bringing in a new benefit to replace Incapacity Benefit (and Income Support paid for those who are sick or disabled and not entitled to Incapacity Benefit) on 27 October of this year.

Existing claimants will not be affected immediately but they do plan to move everyone on to the new benefit eventually, so we felt it was important to let you know to expect changes in the future.

All new claimants from 27 October will be applying for the new Employment and Support Allowance.

Medicals will be offered much earlier in the application process for the new allowance and will deter-

mine if you qualify and how much money you receive.

The process of claiming the new benefit will focus much more on what you can do rather than what you cannot.

The government's policy now is to try to get as many people as possible into work and the aim is to ensure that for most people an out-of-work benefit is only temporary and they will be requiring most people to contribute actively to getting back to work. All the Job Centre Plus offices will be running work skills courses.

The Financial Inclusion Team (known before as the Welfare and Support Team) are happy to help anyone with worries or questions. Telephone us on 0131 657 0600.

Rent Increase

Over the last few years, our rent increases have been amongst the lowest in Scotland. We now have increasing pressure on rental income, specifically:

- **Bringing all our properties up to the Scottish Housing Quality Standard.**
- **Increasing costs of borrowing to build new houses.**
- **Increasing costs of building and day to day repairs.**

Seventy per cent of your rent goes towards repairs, improvements and loan repayments so as all these costs increase, there is a need to increase rents.

Our proposal is to increase rents by the rate of inflation plus 1% over the next 5 years. This is in line with or lower than most Housing Associations and Councils.

Our calculations show that our rents will still be affordable to most tenants but we do recognise that this will be more difficult for some tenants. Our Financial Inclusion Team and Money Advice Team are available to offer advice and assistance, including benefit checks, budgeting and debt advice.

CHANGING SERVICE CHARGES

In some properties we provide additional services to communal areas, such as grounds maintenance and stair cleaning, which are paid for through service charges.

At the moment, service charges only pay for the direct cost of these services and do not cover the cost of organising and monitoring contracts to ensure quality service.

We plan to introduce a small administration fee from April 2009 to cover these costs. It will be calculated as 15% of total service charge costs in each scheme or development.

These decisions are not taken lightly as we are aware of the financial pressures for customers. However, they are essential for the future of the business. We are carrying out efficiency reviews across the organisation to try to reduce our costs so that more of our rental income is spent on repairs and improvements.

If you wish to comment on these proposals, please contact our Head of Housing Services, Sandy Welsh telephone **0131 657 0600**.

HOMEHUNT - introducing choice in the Lothians

From 1 October 2008 we will allocate properties in East, West and Midlothian using a new choice based lettings system called homehunt Castle Rock Edinvar. The system also applies to existing tenants who wish to transfer.

We aim to make the process of choosing a new home as simple as possible and will advertise empty properties in local newspapers so everyone has the opportunity to choose and bid for the home they want. A Priority Pass system will take account of housing need and we will apply rules to help us decide who should be offered properties.

Everyone on our lists will be registered on homehunt and will receive a registration number and an information pack advising how to apply for vacant properties and what entitles you to a Priority Pass (for example: homelessness, medical priority or overcrowding).

All vacant properties in East, West and Midlothian will be advertised on

www.homehunt.info and www.placesfor-people/propertyshop. Those in East and Midlothian will also be advertised in The East Lothian News, The Musselburgh News, The Midlothian Advertiser, The Lothian Times (East & Midlothian editions), and The Peeble Times.

Those in West Lothian will also be advertised in The Herald and Post.

We will continue to use a choice based lettings system in Edinburgh through EdIndex and advertise properties in the EH Key To Choice supplement and Monday's Evening News.

The only change will be that we will no longer hold our own transfer list and tenants on our list will now have to bid for vacant properties. To allow us to allocate properties as quickly as possible, they will be advertised as soon as a tenant gives us 28 days notice which means you may still be living there while it is advertised.

We will contact transfer applicants in the near future to explain in more detail.

Staff Go Green

Staff in Castle Rock Edinvar's offices and sheltered developments took part in Green Office Week. This was held to raise awareness of green issues in the home, at work and around travel, food, recycling and energy consumption.

We support the Scottish Government's 10 Pledges (it's really quite simple - you too can sign up at www.infoscotland.com/ourfuture/) They are:

1. Recycle household waste using locally-provided facilities.
2. Turn the tap off when brushing your teeth.
3. Switch to using energy-saving light bulbs - see advert right.
4. Leave the car at home and walk, cycle, car share or use public transport at least once a week.
5. Use rechargeable instead of disposable batteries.
6. Reuse carrier bags when you shop.
7. Buy more seasonal and unpackaged food.
8. Hang your washing up to dry rather than use a tumble dryer.
9. Organise or volunteer in an environmental project in your local community.
10. Avoid flying where there's a suitable alternative, and pay back the environmental impact of any flights you have to take.

We have also developed ten Office Pledges for staff to sign up to, to reduce waste and energy use. Lots of information was distributed on the key sustainability issues. If you have access to the internet check out these websites. The good thing about going green is you generally save money too!

www.wasteawarescotland.org.uk

A fabulous website with great tips on reducing waste.

www.energysavingtrust.org.uk

Save money and fight climate change by reducing carbon dioxide emissions from your home.

www.changeworks.org.uk

Great resource for individuals, businesses, groups etc.

www.the-green-apple.co.uk

For £20 you can buy a machine that re-energises AA and AAA batteries you thought were dead - and uses up much more of their harmful chemicals

www.sort-it.org.uk

The essential reduce, reuse, recycle website for all local authority areas.

Home Repairs

Following the success of the pilot programme of running our in-house trades team in Mid and East Lothian, this service is expanding to South and East Edinburgh from Wednesday 6 October 2008.

We have successfully recruited a team of tradespeople to cover South and East Edinburgh and they will complete a training programme, focussing on excellent customer service, before getting out on the road.

We will send more detailed information to tenants in the affected areas in the next couple of weeks and there will be opportunities for tenants to give their views.

Home Repairs has already made some progress in improving the repairs service and customer satisfaction in the pilot area and we will continue to monitor this closely to make sure it continues to do so.

Composting



As part of our commitment to going green, a member of staff shares her experience of home composting:

"I bought an £8 compost bin at the beginning of the summer from Waste Aware Scotland which sits on soil at the bottom of the garden.

"I have a plastic box in the kitchen to temporarily store the vegetable peelings, teabags, coffee grounds, and old cut flowers etc so I don't have to go to the compost bin every day.

"I am a avid recycler anyway so know that when I recycle the amount in my wheelie bin is greatly reduced. However, I didn't realise what a difference composting would make. I would say my rubbish has reduced by a third by composting.

"Of course, it will be next year before the garden will benefit from my lovely home-made compost, but I'm happy with how it's going so far! "

For more information, or to order a compost bin visit www.wasteawarescotland.org.uk or telephone 0845 077 0756.

Get your free lightbulbs and save energy!



Scottish Hydro Electric have given us a free supply of Phillips Energy Saver lightbulbs to give away to tenants. They have a ten year lifetime and use 80% less energy than traditional lightbulbs. Each household can get two free lightbulbs and it's first come first served so get along to your local office to make sure you get yours!

ACLP Scotland



I hope you have all had an enjoyable and relaxing summer.

I attended the Scottish Federation of Housing Association's Annual Conference on 9 and 10 June in Glasgow. It was an interesting event and I took part in workshops on Offender Management and Rural Issues - Is Housing Being Ignored? It would have been good to attend more workshops but unfortunately I cannot be in two places at once! The keynote speech was by Deputy First Minister and Cabinet Secretary for Health and Wellbeing, Nicola Sturgeon.

The ACLP was delighted to welcome three interested tenants, Karen, Emma and Terry, to our August meeting. All three had valuable input and we unanimously agreed to co-op them as new panel members. Two of them are also involved in the young tenants' group UR View. We look forward to working together with them in the future.

Some panel members attended a Step-Forward training session in August. This is Castle Rock Edinvar's customer service course which all staff attend. The session was very informative and the group enjoyed the real-life scenarios which aim to make staff look at issues from a customer's perspective. They also had a chance to let staff know what they think about the course and how they think it could be improved, which helps staff make sure they are getting the right message across and focussing on what's important to customers.

If you would like to get involved with the ACLP or with UR View we are keen to hear from you. Please contact Adam on 0131 657 0634 for more information.

Best Wishes
Bernard



Muirpark Gardens tenants grow it alone

A group of tenants from Muirpark Gardens in Tranent have decided to grow their own vegetables. The original idea came from one of the tenants, Mr. Tom Dearie, who put a notice on the board asking for interested parties to meet him in the lounge.

After getting a good response, he approached us for permission to use a piece of ground next to the communal lounge. This was granted and Muirpark Green Fingers was formed.

The group successfully submitted a Community Grant application to us and used the money to purchase a large compost bin for food waste, various garden tools and some starter packs for onions, potatoes and leeks.

When asked how things are progressing Mr Dearie replied, "We've managed to grow 19 cabbages which was enough to give everyone in the development half a cabbage each.

"We've also lifted 76 lbs of potatoes which was enough to give the tenants a couple of pounds each. We've also grown some Brussels sprouts but they're under attack from snails at the moment!"

When the potatoes were lifted the ground was raked and flattened so that leeks could be transferred to the soil. They were previously growing amongst flowers due to a lack of space.

When asked how tenants have responded to all this fresh produce Mr Dearie said, "The tenants are over the moon with what's coming out and very surprised with what they've got!"

Space is starting to prove an issue for Muirpark Green Fingers. Ideally Mr Dearie would like another 5ft of land so that more vegetables could be grown. That way there might be enough to give each tenant a whole cabbage.

We are always happy to hear from Sheltered Housing tenants who wish to adopt part of the development's grounds to grow plants or vegetables.

To find out more, please contact your Sheltered Housing Manager or Sheltered Housing Team in Hay Avenue.

Blooming Salisbury

Salisbury View in Dalkeith has had an extra special display of flowers/shrubs this year, in spite of the building site, lorries ect. opposite our two bungalows for disabled tenants.

Joe Ormiston, our faithful gardener has made an exceptional display of colour again at the main entrance.

Ronald Douglas, & Brenda Weighand in bungalows 1 & 2 have redesigned their front & back gardens to a high standard of colour & attraction.

All of us here appreciate their efforts to keep Salisbury View looking welcoming for visitors.



FREE Gardening Course for Newtongrange residents

Do you live in Newtongrange?
Do you want to learn some basic gardening skills?

Then take part in a **FREE** part-time gardening course, three hours per week for five weeks. No experience is necessary, just enthusiasm.

Over the 5 weeks you will learn how to;

- Understand your garden space
- Prepare and maintain your garden
- Choose the right landscaping and plants for you
- Take cuttings and grow plants from seed
- Grow delicious fruit and vegetable all year round

The **FREE** courses will run at Suntrap Garden Centre for Learning, Oatridge College, Gogarburn, Edinburgh. **FREE** transport will be provided to the centre from Newtongrange. The course is open to all Newtongrange residents over 16.

Courses will start

Wednesday 1st October 2008
Wednesday 4th February 2009

10 am to 1pm
10 am to 1pm

To book your **FREE** place call Adam at Castle Rock Edinvar
0131 657 0634



Funding for this course has been provided by the Scottish Government wider role funding and is project managed by Castle Rock Edinvar Association in partnership with Oatridge College and Midlothian Council Learning and Development.

display for y visitors



Calling all budding writers.....

Your story could be here!

We are looking for articles or stories written by our tenants to include in The Rock Report.

Here are some ideas if you're stuck for what to write about:

- Community events
- Something you and/or your neighbours have done to improve your community (like some of our budding gardeners featured in this issue)
- Your views on housing issues
- Household tips to share with other tenants
- Comments on an article in this newsletter!



You can send your ideas to the Editor at 1 Hay Avenue, Edinburgh, EH16 4RW or email customer@castlerockedinvar.co.uk including your name and address and your piece may be selected for inclusion in the next issue. We look forward to hearing from you!

Money for Communities

We have funded the following groups from our £10,000 Community Grant Fund in 2007-2008.

Newtongrange Children's Gala	£300
Newtongrange Community Council - Gardening Competition	£250
Lothian and Borders Police - Craigmillar Youth Challenge	£1000
Milan - Support Project for Asian Tenants	£2516
Pilton Youth and Children's Project - Summer Programme	£1000
Twechar Primary School - Breakfast Club	£200
LINKnet Mentoring Ltd - Establishing a resource centre	£1000
North Bughtlin Tenants Association - Gardening Competition	£150
Lifecare - Specialist Activities	£700
Kirkliston & South Queensferry Football Club - under 12s Football Strips	£300
Youth with a Mission - Culterhove Community Centre - After School Club	£1000

Total £8416

Sheltered and Amenity Tenant Forum Elections and Estate Walkabouts

DATE	DEVELOPMENT	TIME
2 September 2008	Letham Gardens	Morning
	Market Court	Afternoon
4 September 2008	Salisbury View	Morning
	Crystallmount	Afternoon
8 September 2008	Muirpark Gardens	Afternoon
9 September 2008	St Stephens Court	Morning
	Balfour Court	Afternoon
16 September 2008	St Barnabas Court & Drum Court	Morning
	Heinsberg House	Afternoon
17 September 2008	Lauriston Park	Morning
23 September 2008	Forth Street	Morning
	Dirleton Court	Afternoon
24 September 2008	Norton Park	Afternoon
26 September 2008	Shore Road	Afternoon
30 September 2008	Ross Glen Court	Morning
	St Annes	Afternoon



Live in the Craigmillar area? Fancy writing to a celebrity, sports star, or a famous person you admire?

We are looking for people in the Craigmillar area to write to stars asking them to send us a drawing that can be auctioned off to raise funds to create new play facilities and upgrade old play areas in Craigmillar!

Craigmillar Library has 'Doodles from the stars' paper and postcards, and will provide you with the envelopes, stamps and all the help that you need, including tracking down the addresses to write to.

For further information, or to get involved call in at Craigmillar Library or contact Clare Halliday on 0131 657 0668, or email clare.halliday@castlerockedinvar.co.uk



Trust in us to help you understand the effects of Carbon Monoxide and other products of combustion

Carbon monoxide (CO) poisoning can happen when carbon fuels don't burn completely. It can cause permanent damage to your health and, in large quantities, can kill very quickly.

Those most at risk are young children, older people, students, people with anaemia, heart or lung disease, and pregnant women risk damage to their unborn child.

CO can be produced in any fuel burning appliance that is not properly maintained, including cookers, heaters, fireplaces and boilers.

TO HELP KEEP YOUR HOME SAFE:

- Allow us access to carry out an annual gas safety check so your appliances are checked and your central heating serviced to make sure they are safe. If you don't we may force entry and charge you for this.
- Install a CO alarm which can give you early warning of a leak.
- Check the colour of the flames in your appliances. There may be a problem if flames are yellow or orange where they should be blue.
- Ensure your home is well ventilated and that vents and flues are not blocked.
- If you suffer from unexplained tiredness, muscle pains, upset stomach, dizziness or headaches and think this may be as a result of CO poisoning, you should go to your doctor and ask for a carbon monoxide test. It's important to go straight to the doctor from home as levels of CO in your blood will soon drop once you are outside and may not be detected.

CO Awareness Week begins on 17 November. For more information please visit their website www.co-awareness.org.uk

So you think your home is safe?

We all use electricity as part of our everyday lives and this means we sometimes forget how powerful and dangerous it can be.

We use more electricity in the home now than ever before which means the risk of electrical accidents is also higher.

In the UK, there are more than 30 deaths and nearly 4000 injuries each year as a result of electrical accidents in the home.

There are some simple but effective Dos and Don'ts you can follow for a safer home.

DON'T

- overload sockets or adaptors.
- plug adaptors into other adaptors.
- ignore warning signs like burning smells, buzzing or crackling, fuses blowing or circuit breakers tripping.
- trail a cable under a carpet or rug.
- use a bulb with a higher wattage than allowed by the light fitting.
- dry clothes on an electric heater.
- use electrical equipment or switches with wet hands.
- try to get toast out of a toaster while it's plugged in, especially not with a metal knife!
- bring mains powered appliances such as radios or hairdryers into the bathroom.

DO

- use plugs and adaptors with the British Standard safety mark.
- remove plugs from sockets carefully without putting a strain on the cable.
- replace damaged cables immediately.
- unplug appliances before doing any maintenance, cleaning or refilling.



For more advice on electrical safety matters visit: www.esc.org.uk

Please check your boiler

You may have seen the recent news about a small child being killed by boiling water pouring in to a bedroom from a faulty hot water system.

A faulty thermostat could cause cold water storage tank in a loft to become heated. Although very rare, this could result in a large volume of near boiling water from the tank to pour through ceilings into rooms below and this could have very serious consequences.

To help prevent any similar tragedies, we urge you to watch out for the following warning signs if you have a plastic cold water storage cistern or 'tank' located in the roof space of your home:

- excessively hot water coming out of the hot water taps
- excessive noise or 'bubbling' from the hot water cylinder
- hot water coming out of certain cold water taps (some storage cisterns also feed cold water taps in bathrooms)
- steam/moisture in the roof-space

In any of these circumstances, switch off the immersion heater system immediately and contact us on 0800 432 0007.



Most people believe fire won't affect them but, in Scotland there is a higher fire fatality rate per head of population than the rest of the UK.

Most house fires start by accident and most accidents can be prevented. Make fire safety part of your regular house-keeping routine.

SOME HANDY TIPS;

- Take care in the kitchen! Particularly when cooking with hot oil. Accidents while cooking account for 59% of fires in the home.
- Think about using a thermostat controlled deep-fat fryer.
- Never leave lit candles unattended.
- Make sure that cigarettes are stubbed out and disposed of carefully.
- Never smoke in bed.
- Keep clothing away from heating appliances.
- Keep matches and lighters away from children.
- Take special care if you are tired or if you've been drinking.
- Have a clear escape plan and practise it.
- Have a smoke alarm fitted.

These tips may seem obvious but if they were put into practice more often there may not be so many house fires in Scotland.

For more hints & tips on how to keep you and your family safe please visit:

www.dontgivefireahome.com

DESIGN GUIDE

Look out for the forthcoming 'Don't Give Fire a Home' Design Guide if you are thinking about redecorating.

This will give advice on how to keep your revamped look in style and not devastated by fire.

Copies will be available from our head office.

From Welfare and Support to Financial Inclusion

New name signals expanding services to tenants

We are always seeking to improve and increase the service we provide and are currently expanding the service provided by the Welfare and Support Team to include help with:

- finding affordable and suitable insurance products
- developing budgeting skills
- accessing affordable credit
- opening suitable bank accounts
- increasing tenants' understanding of financial issues
- providing a fuller debt advice service

Because of these changes, from 1 September 2008 the team will be known as the Financial Inclusion Team, which more accurately describes their work.

We assure you that the existing welfare rights service will continue and you can still use the service by phoning 0131 657 0600 and asking for the Financial Inclusion Team.

Changes to our Rents Team

We have recently made some changes to the areas that our Income Control Officers cover. This means that the person you usually deal with about your rent may have changed. See below:

Stirling, East Dunbartonshire or Tullibody
CONTACT Robert Foggo

West Lothian, Currie, Kirkliston, S. Queensferry
CONTACT Charlie Summers

Niddrie, Craigmillar, Leith, Meadowbank
CONTACT Gina Munro

City Centre, Southside
CONTACT Liane Horsburgh

Gorgie, Dalry, Fountainbridge, West Pilton
CONTACT Jill Alexander

Midlothian, East Lothian, Gilmerton/Moredun
CONTACT Carol Bungay

Contact us on 0131 657 0600.

New Faces

A number of new staff have joined us recently and we'd like to take this opportunity to introduce some of them



Lee Campbell

Lee Campbell has joined our planned improvements team as a Project Officer.

Lee started her working life as an Office Junior with Castle Rock when she was 17 years old. She progressed to the role of Development Officer before leaving after 16 years to try something different.

She joins us after three years as a Development Officer with East Lothian Housing Association, some time out and 18 months as a Support Worker with ELCAP. During that time she also completed the New York marathon in 2003, all 26.2 miles of it!!

Lee felt she needed a new challenge and was very keen to get back to the buzz and interaction of an office environment. She hopes to get up to speed with all aspects of the job as quickly as possible.

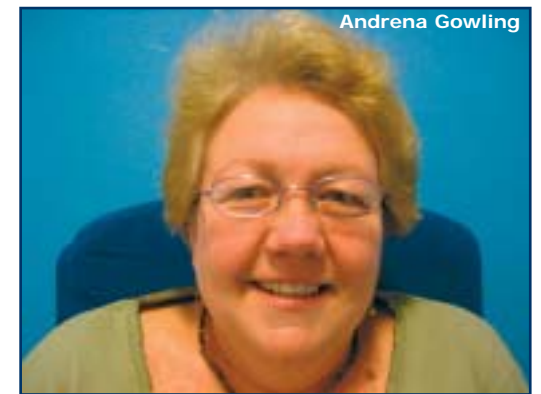


Drew McLellan

Drew McLellan has taken on the role of Money Advice Project Co-ordinator. His working life started as an Apprentice Instrument Artificer (or 'Tiffy' for short), and continued through University, CAB Voluntary Work, Careers Advice, Welfare Rights and Employability projects. He also managed to fly with the Red Arrows along the way!

Drew feels the shift to Money Advice was a natural progression from his other advice work. He said: "Debt can have a debilitating affect on people and by assisting them to overcome these issues you can then help them to move on in other areas of their lives".

Drew's main aim in the coming months is to draw in the various strands of the project, which involves other Housing Associations and Citizens' Advice, and get it operating as a single entity, ensuring future funding in the process.



Andrena Gowling

Andrena Gowling has joined our pool of Mobile Sheltered Housing Managers providing staff cover in our sheltered housing developments.

She started work as a Clerical Assistant with BT and did various other office jobs before deciding she needed a change of career and joined the care sector as a Support Worker.

Andrena believes her new role combines all her skills and she looks forward to building on her skills and knowledge while learning about all the different sheltered housing developments she will be working within.

We hope you join with us in welcoming our new Castle Rock Edinvar team members and wishing them all the very best in their new roles.

Take Life On...one step at a time

We all know that we should be a bit healthier, but the real question has always been how do we make the changes that will make a difference?

Take Life On is a new campaign that shows you how to make small easy changes that easily fit in with your everyday life to help you eat better, be more active and be more in control of your drinking.

Improving your diet can be easy too. If you have a glass of fruit juice instead of tea or coffee with

your breakfast and some vegetable soup for lunch rather than a sandwich, that's two of your five a day right away.

And you don't have to cut out treats either. The occasional take-away is fine - see the guide below for ideas on how to make your treat a bit healthier.

Walking briskly for 30 minutes 5 days a week can help reduce your risk of heart disease, cancer and diabetes.

You don't need to do the 30 min-

utes all at once - three 10 minute walks are just as good, so that could mean getting off the bus two stops early or walking to the local shop instead of driving.

Alcohol can affect your physical and mental health, both in the short-term and in the future.

Making sure you have two alcohol-free days every week can help you to look and feel better.

For more information on how to be healthier, one step at a time, please visit www.takelifeon.co.uk

Indian	Chinese	Italian	The Chippy																																														
Go for sauces made with tomatoes or yoghurt rather than butter (ghee) or cream. Avoid anything deep-fried.	Avoid anything deep-fried or battered. Try stir-frys of chicken, fish or veg.	Avoid creamy sauces. Go for tomato or vegetable ones. Choose thin base pizza with toppings of veg, chicken or prawns.	Most things are deep-fried or battered so choose carefully. Try not eating all of the batter on your fish.																																														
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