

LOSE WEIGHT, GET ACTIVE AND FEEL GOOD



WELCOME TO THE NEW ACHIEVE COMMUNITY NEWSLETTER

Welcome to the new Achieve community newsletter. Each month, we hope to bring a new edition full of articles about healthy living, recipes and news about what is happening in Oxfordshire. We will be featuring guest writers from other Oxfordshire based organisations and charities from mental health and well-being charities, to local community-run food banks. To hear about how they can support you and your family through their resources, work and services.

At Achieve, we have three core values of eating well, moving more, and being kind, which we incorporate into every aspect of our work. We believe that by adding these simple steps into your routine, you can have a healthier and happier lifestyle. Our newsletters will include sections under each of these categories to uplift and inspire you to make those small healthy changes. Visit our [website](#) for further information.



BE KIND

FINDING THE GOOD, AND LETTING GO OF THE BAD

It has been nearly a year since this pandemic started, and almost everyone has been affected in some aspect. We are constantly surrounded by bad news, which can be overwhelming and damaging to our mental health. In this edition, we have put together some practical tips for staying positive during this uncertain times.

Reduce the amount of news you are consuming. Being constantly exposed to negative updates can keep you in a heightened state of awareness.

You can curate the type of content you see on social media, so you are only following people who inspire and encourage positivity. If that does not help, turn off your social media notifications or reduce the time you use the applications.

BEING KIND TO THE PLANET

The first week of this month was Food Waste Action Week. The campaign highlighted what we could do to help reduce waste and our carbon footprint by making a few changes to storing and buying food. Every day the equivalent of 20 million slices of bread is thrown away in UK homes. That could feed 10 million people. Below is advice on how you can reduce your waste.

[Replenish Oxfordshire](#), aims to support residents of Oxfordshire to grow and cook nutritious food with zero waste!

- Shopping smart by buying what you need or like
- No peeling (leaving carrot, potato, parsnip etc. skins on where possible)
- Use left-over ingredients in other recipes

Seek out the positive! Even though there has been a lot of bad press recently, you can find uplifting stories and opportunities for you to support others. For example, you can volunteer as a local befriender or donate some food to your local food bank.

You can spend time with your friends and family. This group of people are often our main support network. Sharing how you feel with someone can help to reduce those overwhelming feelings and fears we all experience.

When we have been stuck in the same surroundings or routine, this can impact our physical and mental well-being. Now that the weather is improving, try and get out for a short walk or run. Getting regular amounts of fresh air has been proven to help lower stress levels.

Are you looking after your mental health? Get practical tips and expert advice from the [NHS Every Mind Matters website](#).

- Check the use-by dates of all fresh food and buy what you can use before it expires



EAT BETTER

GREENS MAC 'N' CHEESE

By Veg Power
Serves 6



- 1 large leek
- 3 cloves of garlic
- 400g purple sprouting or tenderstem broccoli
- 40g unsalted butter
- 1/2 a bunch of fresh thyme (15g)
- 2 tablespoons plain flour
- 1 litre semi-skimmed milk
- 450g dried macaroni
- 30g Parmesan cheese
- 150g mature Cheddar cheese
- 100g baby spinach
- 50g flaked almond

Preheat the oven to 180°C/350°F/gas 4. Trim, halve and wash the leek and peel the garlic. Then finely slice with the broccoli stalks, reserving the florets for later. Place the sliced veg in a large casserole pan over a medium heat with the butter, then strip in

the thyme leaves and cook for 15 minutes, or until softened, stirring regularly. Stir in the flour, followed slowly by the milk, then simmer for 10 minutes, or until thickened, stirring regularly. Meanwhile, cook the pasta in a large pan of boiling salted water for 5 minutes, then drain.

Grate the Parmesan and most of the Cheddar into the sauce, and mix well. Tip into a blender, add the spinach and whiz until smooth. Season with sea salt and black pepper, then stir through the pasta and broccoli florets, loosening with a splash of milk, if needed.

Transfer to a 25cm x 35cm baking dish, grate over the remaining Cheddar and scatter over the almonds. Bake for 30 minutes, or until cooked

Visit [Veg Power website](#) to find even more recipes that help you to incorporate vegetables into your families dinners.

MOVE MORE

WHY IS EXERCISE SO IMPORTANT?

There are so many reasons to exercise apart from losing weight, such as keeping you mobile, increase in flexibility, strength and loosening the joints. For both genders, there are equal benefits. As we age we become more susceptible to osteoporosis, arthritis, and other conditions.

For mental health, exercise can help to reduce stress and anxiety. Doing any form of cardiovascular activities to get your heart rate up is good for your blood circulation, energy level, and mind. Post-exercise endorphins will only ever increase after doing a workout. It does not even need to be an intended workout to have the same results if you are getting your heart rate up,

feeling exerted or out of breath. Aside from improving your mental health exercise has also been shown to improve your memory, co-ordination, and balance; all of which tend to suffer in later life.

Incorporating 10 - 15 minutes of simple stretches, squats, and lunges into your daily routine improves your health, especially when working at a desk all day. Going for a walk, run, or doing a quick home workout during your lunch break is another great way of getting more activity into your day.

Join Aspire, and the Active Reach programme every Friday from 10.30 am to 12.00 pm to get fitter, have fun, and improve your well-being. All from comfort of your home through zoom. Find out more [here](#).

ACTIVE 60



OXFORDSHIRE'S CHILDREN ARE FACING A HEALTH CRISIS

The [Active Oxfordshire](#) Active 60 campaign, launched last year, wants to ensure that every child in Oxfordshire is active for a least 60 active minutes per day.

- *In 2019, 48% of children in our county were not getting enough exercise*
- *In Oxfordshire, this means that over 68,000 children are currently at risk of poor health and well-being as well as not enjoying other far-reaching benefits of being active, such as improved educational attainment*

They are calling on families, schools, local authorities, and partners in Oxfordshire to work together and help make this possible.

Everyone has a responsibility to ensure that our county's youngest generations can have an active start in life.

The [GO Active website](#) has plenty of great tips to help your children move more. The site has information on where to find your local cycle paths, walking routes, community spaces, and so much more - all designed to help your children achieve their 60 active minutes every day. Visit their website [here](#).



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