The CFNT provide training and support for community based food and nutrition initiatives, develop new programmes aimed at making healthier food choices simpler and offer workshops and updates on a variety of nutrition topics.

Workshops and demonstrations are provided free of charge and are available to community and voluntary sector organisations working in the Western Trust area. These include Weaning Workshop, Feeding Under 5s Workshop and Healthy Eating Sessions. For more information • CLICK HERE •
Cauliflower and Broccoli Soup

We all get a bit bored of the old favourites, so why not try this new recipe idea and create your own new traditions that are good for you too!!!

**Ingredients**

- 1 dessertspoon Olive Oil
- 1/2 Onion
- 1 stalk Celery
- 1/2 Potato
- 10 florets Frozen Cauliflower
- 5 florets Frozen Broccoli
- 600ml (1 pint) Chicken Stock
- Ground Black Pepper

**Method**

1. Chop the onion and celery and fry lightly in olive oil for 5 - 10 minutes in a medium saucepan.

2. Peel and chop the potato. Add to the saucepan with the cauliflower and broccoli.

3. Add the chicken stock. Simmer for 20 - 30 minutes until the vegetables are tender.

4. Add pepper to taste and remove from the heat. Cool slightly and blend till smooth.

5. Reheat thoroughly before serving.

Soup can be made in advance and stored in the fridge for up to 2 days.

A standard portion of this pudding provides approx 560 Kcal.
Life is a Playground for Early Movers

The Western Health and Social Care Trust’s Health Improvement Department is offering two training courses for childcare staff working with children under 5 and their parents/carers which promote the importance of physically active play from birth to 5 years.

Early Movers is a half day course developed by the British Heart Foundation to raise awareness of the physical activity guidelines for children under 5 and the importance of promoting physical activity in the early years setting. The course highlights how physical activity promotes physical development as well as cognitive thinking and personal, social and emotional development.

Start to Play is a half day course developed by Youth Sport Trust which is being offered as a follow on for anyone who has attended Early Movers. Start to Play focuses on practical approaches to enhancing physically active play using the Start to Play story books and activity cards and gives participants an opportunity to put the learning from Early Movers into practice through stories and games.

Lesley Finlay, Physical Improvement Department explains: “Almost 1 in 4 children in Northern Ireland are overweight on entering Primary 1 and by age 7 it is estimated that only 43% are engaging in enough physical activity to benefit health. In order to establish good physical activity patterns for life, it’s crucial that children experience positive physical activity behaviours from birth and enjoy physically active play. Physical activity in the early years stimulates brain cells and encourages babies and young children to connect and grow, effectively helping to ‘grow your baby’s brain’ and support all aspects of their physical, cognitive, social and emotional development. Early Movers and Start to Play support childcare workers to understand the importance of physically active play from birth to 5 years and how they can enhance opportunities to be active in their settings.”

For more information on Early Movers and Start to Play, contact Lesley Finlay on (028) 7186 5127 or Lesley.Finlay@westerntrust.hscni.net.

Have you visited the Choose to Live Better website? The site has been developed to support the Choose to Live Better Campaign by providing helpful tips and practical advice on how people can measure their waist and reduce their weight.

The site provides top tips on Measuring up; Target setting; Eating and Drinking well; Healthy Recipes and Getting Active • CLICK HERE • to visit the site.
Five Ways to Wellbeing

5 simple actions to improve positive mental health and overall wellbeing in everyday life. BE ACTIVE; CONNECT; TAKE NOTICE; KEEP LEARNING and GIVE.

BE ACTIVE Being physically active every day is good for you, get up and move around more. Any activity you enjoy will strengthen your body and improve your overall health.

Being active is for people of all ages and does not need to be intense physical activity in the gym, simply physical activities that you enjoy and think about how to fit more of them into your daily life. Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing.

CONNECT Invest time with your family, friends, colleagues and neighbours, developing these connections will support and enrich your life, increase your feelings of happiness and self-worth and improve mental wellbeing. We are social beings, and our relationships with other people matter to us. Good relationships with family and friends can allow us to share our feelings and know that we are understood. They provide an opportunity to share positive experiences and can give us emotional support.

TAKE NOTICE Aim to slow down and take time to reflect on the world around you. Many of us are so busy all the time that we don’t stop and actually take notice of the present moment. Thoughts of what we have to do next preoccupy our mind, this can contribute to feelings of being overwhelmed or unhappy. Becoming more aware of your body, your thoughts and your surroundings in the present moment can increase awareness, clarity and acceptance of our present-moment reality.

When you place your full attention to the present moment and TAKE NOTICE you will begin to recognise lots of things that you normally would not have noticed before. You may notice physical sensations such as calmness or joy, an aching back or an upset stomach, feelings of anxiety or anger, sights such as the design of your writing pen or detail of a flower, sounds such as birdsong or the ticking of the clock and smells such as the smell of fresh air.

KEEP LEARNING Learning new skills or refining existing skills are key to both our personal and professional growth. Learning keeps us interested and focused, opening us up to many positive new possibilities.

There are many ways to learn new skills based on your strengths and passions. Lifelong learning helps to make new friends and is great for your mental health.

Rediscover an old hobby, or sign up for a course you’ve always wanted to do.

GIVE There are many ways that we can give to others, by doing something nice for a friend or a stranger, whether it’s saying thank you or through a kind gesture or act of help. Giving our time, care and attention to others without expecting anything in return enhances feelings of wellbeing, self-worth and can also contribute positively to the wellbeing of the person whose life you touch. Larger acts, such as volunteering in your local community can be incredibly rewarding and create social connections with the people around you.

Giving to yourself is also important for your wellbeing by allowing your needs to be met for example give yourself some time to finish a project or simply to relax!

It may be helpful when thinking of the ‘5 ways’ to focus on what we are doing least of in order to put extra effort into these areas and gain a better balance in our lives.
The Team

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Coming Soon

New initiatives that we hope to be rolling out in the near future. We will keep you updated on the progress of these programmes.

Work in Progress includes the Cook it! LD Programme, the team have worked hard on the development of an adaptation of the cook it programme for use with individuals with learning difficulties. This programme is called “I Can Cook It!”

Cook it! BME Programme the team piloted an adaptation of the Cook It! Programme with Black and Minority Ethnic groups.

If you have a group that may be interested in running any of these programmes please contact us.

The Community Food & Nutrition Team would like to wish you all a very Merry Christmas and a Peaceful new Year.