



## Eating your way around the world by Elaine Wiseman

Now that summer is finally here (well most of the time!), we will be spending more time outdoors and it is important to get the right amounts of vitamin D. There has been a lot of debate about this vitamin since Covid-19 as it has been proven that the sunshine vitamin is so good for your immune system that the health industry and nutritionists are encouraging us all to take a supplement. There are two types of Vitamin D: D2 and D3. The best one to take is D3 and you should take 1000mg or 25ug, one per day available in Holland & Barrett.

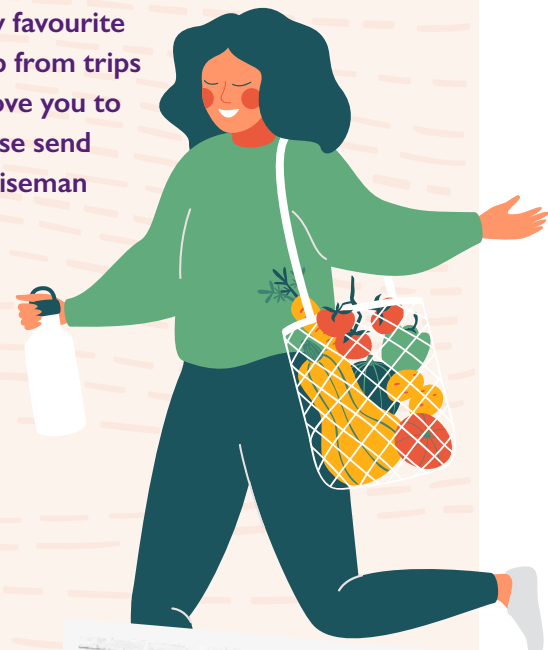
It's holiday season, and while most of us can only dream of jetting off somewhere, we can still enjoy some of this holiday feeling at home, by sampling different cuisines. Pop into your local farm shop if you have one, or the delicatessen section at your supermarket where they have a great choice of healthy snacks such as sundried tomatoes and mozzarella, great cheeses and chorizo. Treat yourself to a good bottle of wine or ingredients for a lovely cocktail or mocktail and try out some of these ideas for different dishes from around the globe:

**Mediterranean** – I love this diet which is renowned for being one of the healthiest around, especially for the heart. Try a nice salad of olives, sundried tomatoes or lovely juicy beef tomatoes, feta cheese or mozzarella, sliced red onions and some fresh basil leaves and drizzle some extra virgin olive oil with some sourdough bread or ciabatta. Or some colourful roasted peppers, with seafood, freshly chopped herbs, garlic and a wedge of lemon served with fresh pasta and a homemade tomato pasta sauce. Try my recipe from a few weeks ago, vegetable kebabs – using chunks of pepper, onion, courgettes, olives, tomatoes and some haloumi cheese which is delicious with any meat or fish.

**Japan** – the nation with the highest life expectancy in the world due to their love of fresh fish, vegetables and grains. Miso, which is fermented soy beans is widely used in soups is worth experimenting with. Why not try adding dried seaweed into your salads too. Cook up some noodles and replicate a Wagamama recipe such as a ramen dish – lots of ginger, spring onions, in a fish or meat broth with soy sauce or miso and add whatever meat/fish you like.

**Scandinavia** – again another nation that love their fresh fish. Their diet contains a lot of pickled vegetables and fish with rye bread. Salmon or cod chunks mixed with fresh dill, potatoes and leeks is a very popular dish in Finland and makes for a deliciously nutritious and simple supper.

**Have you got any favourite recipes picked up from trips abroad? – we'd love you to share them. Please send them to [elaine.wiseman@cpjfield.co.uk](mailto:elaine.wiseman@cpjfield.co.uk)**



Join together for the **Biggest Thank You Ever** clap for carers on Sunday 5th July at 5pm to mark 72nd anniversary of the NHS. There will also be a minute's silence on Saturday 4th July to remember the tens of thousands of victims of coronavirus. People are also being encouraged to light candles in their windows in remembrance.





## Some good news!

The world flamingo population has increased by 3,000 thanks to the reduction in human activity such as boats and tourists, causing large numbers of the birds to flock to lagoons and lakes to breed. In the UK, the hedgehog population has also been boosted due to a great reduction in road deaths during lockdown!



## HOLIDAY BLUES

Whilst many of us are looking forward to the prospect of a staycation, others may still be doing battle with holiday firms to get compensation for cancelled trips. A colleague alerted me to [www.resolver.co.uk](http://www.resolver.co.uk) – a completely free service recommended by Martin Lewis, founder of MoneySavingExpert.com who will take on your claim. It takes no more than a few minutes to complete the form and the colleagues contact received their refund 3 weeks after putting the claim in – surely worth a try!

## Using technology mindfully by Andy Holter

Just as plants and animals evolve to better survive and thrive in their environment, technology has also evolved over time. Part of technology's evolution is to become more addictive. With the advent of smart phones and smart devices, you can use technology from the moment you wake up, to the moment you fall sleep. Even if you wake up in the middle of the night, you can find yourself checking social media or surfing the web. Before you know it, you are quickly doing that last-minute shop, or quick email that you forgot.

Some video and computer games have developed their technology to become highly addictive, and some cases become financially challenging. Some people spend so long playing games, it can affect their work, financial commitments and home lives, and in some cases can lead to marriage break ups and divorce.

That said, there are also huge benefits to technology, however you do need to manage your devices very carefully and sensibly. As an example, during this pandemic, many social media platforms such as Skype, Facetime, Microsoft Teams and Zoom have all played a vital role in tackling isolation and loneliness for many people around the world.

### To see how much your phone or device means to you, why not try this little quiz

1. You are doing some work and the phone rings in another room, do you:
  - a) Take no notice: it must be someone else's; your phone is normally off.
  - b) Ignore it and check it later.
  - c) Walk casually to pick it up.
  - d) Run to pick up the phone, sometimes tripping over or stubbing your toe in the process and screaming to anyone nearby to get out of the way.
2. You are planning a holiday, but the hotel has no wifi and no phone signal. Will you go?
  - a) Yes, why not?
  - b) Oh, I would love the chance to get a break from m devices.
  - c) Probably would not go there.
  - d) No way! How can I have a vacation without my phone and/or laptop – that does not make sense. I need a good phone signal and superfast internet 24/7.
3. Where is your phone right now?
  - a) My what? Oh, phone, I am not sure if I have a phone actually.
  - b) Somewhere around here.
  - c) In this room.
  - d) It's right here – my beautiful and precious phone...

4. What do you use your phone for?
  - a) Phone calls, of course. What else is it for?
  - b) Calls and texts from time to time. Mainly emergencies.
  - c) Call and texts and picking up emails sometimes and a few pictures.
  - d) Everything, it's my life! Facebook, Twitter, WhatsApp, Instagram, Snapchat, email, texting, photos, video, playing games, fitness, Skype. Oh yes, and phone calls sometimes.

5. Do you keep your phone nearby as you sleep?
  - a) No way!
  - b) Sometimes, just as an alarm clock. Do not really check last thing at night or first thing in the morning.
  - c.) Quite often. Send the odd text and maybe have a peek at my messages first thing in the morning too.
  - d) Every night. I sleep with my phone. It is the last thing I look at before falling asleep and the first thing I see when I wake up. It is my soul mate.

**Add up your score: letter a is 1 point, b is 2 points, c is 3 points, and d is 4 points.**

- 5-10 points: You are not really in great need of your phone at all.  
11-15 points: You like your phone, but not that much. You are still in control and can live comfortably without it.

- 16-18 points: You are pretty dependent on your phone for many things. You might like to take a little break from your phone from time to time.  
19-20 points: You love your phone! Have you proposed yet? Now is good time to have a break, go for a mindful walk or stretch, sit or find an alternative activity.

