C.P.J. Field.

More than a funeral director since 1690.

Pancakes not your thing? Try this orange & almond cake recipe from Elaine's mum!

INGREDIENTS

250g unsalted butter
50g plain flour
1 tsp baking powder
225g caster sugar
250g ground almonds
1 tbsp grated orange zest

4 eggs
80ml freshly squeezed orange juice
60g brown sugar
1 tbsp of marmalade
Handful of toasted almonds (sliced)

METHOD

Grease a 20cm wide round cake tin with butter and preheat oven to 180C/350F/gas mark 4.

Sift flour, baking powder and sugar into bowl and add ground almonds.

Whisk butter with orange zest until pale then whisk in eggs one at a time.

Fold in dry ingredients with a metal spoon then pour mixture into the cake tin and bake for 45 minutes.

FOR THE SYRUP TOPPING:

Make a syrup by boiling the orange juice and brown sugar – leave to cool.

Prick the still-warm cake several times and pour over the syrup.

Leave cake to cool completely before brushing on a little warmed marmalade and sprinkle with the almonds.

I've mentioned previously about probiotics and how they can improve your gut health as well as your mental health – healthy gut, healthy mind! Try looking out for some probiotics in Holland & Barrett – the best and most studied supplements to try are Lactobacilli and Bifidobacteria.

Ways to win at Wellbeing

Connect
Talk and listen, be there, feel connected.

Give
Your time, your words, your presence.

Take notice
Remember the simple things that give you joy.

Keep learning
Embrace new experiences, see opportunities, surprise yourself.
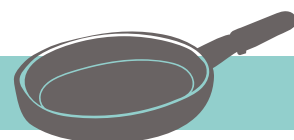
Be active
Do what you can, enjoy what you do, move your mood.

Try these 5 simple steps and feel the benefits

"Be yourself, everyone else is already taken." Oscar Wilde

In total, Brits use an unbelievable 52 million eggs on Pancake Day. That's 22 million more than any other day! **#everypancakeisunique:** Be sure to share pics of how you eat yours with us!

Drink your way to better health; the benefits of drinking water

We all know we should drink more water, but do we actually know the reason why?

Drinking more water may improve memory and mood; research has shown that even mild dehydration can impair memory and mood in everyone regardless of age. It can also help **reduce sugar cravings** and aid weight maintenance. The brain can't actually tell the difference between hunger and thirst, so often we can mistake thirst as a sugar craving, so the next time you feel the need for something sweet, try drinking a glass of water first.

Staying hydrated may also help with weight maintenance. Having water before a meal may fill you up more and therefore **promote weight loss** by eating less at the meal.

It may improve exercise performance There has been a lot of research into the effects of hydration or dehydration in athletes. The results all conclude that dehydration not only affects sports performance but also physiological function too.

It may reduce headaches and migraines A lack of water may increase the risk of a headache or migraines in some individuals.

It may help prevent constipation in children and adults Water helps to 'keep things moving' in the digestive system, so staying hydrated can help prevent constipation – fizzy water may be of particular benefit too.

It may help to prevent kidney stones Poor hydration may increase the risk of developing or reoccurrence of kidney stones in some individuals.

It may help reduce the risk of bladder infections Some studies have shown that drinking more water can reduce the risk of bladder infections and urinary tract infections, such as cystitis, in women.

It may reduce a hangover While drinking water sadly won't prevent a hangover, being hydrated can reduce some of the negative after-effects of drinking alcohol. Alcohol is a diuretic and therefore makes the body lose more water than you take in.

It may help to manage anxiety Hydration has an impact on the brain as well as the body. Even mild dehydration can have a negative impact on energy levels and moods, which may heighten the symptoms of anxiety.

If you struggle to drink enough water during the day, here is a fruit chart with their water content that you could add to top up your fluid intake:

Tomatoes – 94%

Watermelon – 92%

Strawberries – 92%

Cantaloupe melon – 90%

Oranges – 87%

Raspberries – 87%

Look out for this month's recommendations in the CPJ Field book club, attached to weekly comms.

CPJ Book club