



It's good to talk By Andy Holter

For those of us that remember 'Buzby'! Buzby was the mascot for Post Office Telecommunications in the 1980s – what is now known as BT (British Telecom) and one of his slogans was 'make someone happy'. So, what is the relevance of this, you may ask!

Well, let me take this moment to share why it is good to talk, and make someone happy...

In this world of busyness, the moments pass very quickly and our best intentions pass just as quickly. For those who are feeling low, down and alone, the need for a friend is never more important than this very moment.

So then, let's slow time down; let's stop for a minute, let's get out of the rat race and let's phone a friend; let's take a moment to ask how a friend, how are you? How are you keeping? How are you feeling?

Today is the day that you can stop, look and listen, notice the people around you, look closely, and make a difference, make a call today. It could be the difference between a person smiling, or a person crying. So what are you going to do today?



PETS AND OUR WELLBEING

Nine in 10 pet owners say their animals have a positive effect on their wellbeing, with an overwhelming 94% say their four-legged friends have a positive impact on their health, making them feel happier and calmer, with many explaining that they feel their wellbeing is improved by taking dogs outside for walks.

It's great to see the many ways our beloved pets positively improve our overall wellbeing and bring us happiness – this goes to show just how important they are to millions of people across the UK.

Pets can also have a positive impact on our mental health. The National Institute of Health discovered that owning a pet can severely lower your stress levels and can aid recovery from stressful situations quicker than a partner or family member can! A research study by the Mental Health Foundation on people suffering from mental health issues, has shown that a staggering 87% of people who owned a cat believe that ownership had a positive impact on their mental wellbeing and 76% said that their feline companion

helped them cope with everyday life better than they had before. Companionship it seems is a key part to owning a pet and helps to prevent loneliness, particularly in the older generation. Being a sole companion, they can provide a sense of purpose and routine and a reason to wake up every morning.

Did you know?

Studies around pets and mental health show that petting and playing with animals reduces stress-related hormones. And these benefits can occur after just five minutes of interacting with a pet. Therefore, pets are very helpful for anxiety sufferers. Playing with a dog or cat raises our levels of serotonin and dopamine.

Top 10 ways owners say their pet improves their wellbeing.

1. They make me feel happier
2. Offer me companionship
3. Make me laugh
4. They make me feel calmer
5. Help take my mind off things

6. Know they love me unconditionally
7. Bring positivity to my life
8. Help me get outside every day
9. Help me appreciate the small things in life
10. Help me stick to a daily routine

So then, why not this weekend take some time to spend it with your beloved pet, or if you don't have your own pet, why not ask a friend or neighbour and offer to take their dog for a walk and share in the benefits of this very special relationship and boost your own wellbeing.



Healthy tips by Elaine...

Did you know that eating certain foods together can maximise their nutrients? Try the following combinations for the best nutritional benefits:

- **Tomato and avocado** – good fats in avocados increases the amount of cancer fighting Lycopene in tomatoes four times more powerful.
- **Apple and dark chocolate** – anti-inflammatory properties in apples coupled with anti-oxidants in dark chocolate can fight blood clots, reduce your chance of a heart attack and improves circulation.
- **Lemon and kale** – vitamin C in lemon maximises iron absorption from the kale.
- **Apple and peanut butter** – fibre and carbs in apple go well with protein in peanut butter – a healthy snack too!
- **Chickpeas and beetroot** – chickpeas are high in vitamin B6 coupled with beetroot helps increase the amount of magnesium consumed.

HEALTHY SALAD IDEA

Use either flat bread, pitta bread or naan bread for the base.

Spread bread with low-fat hummus

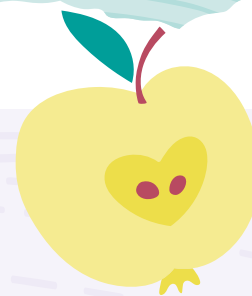
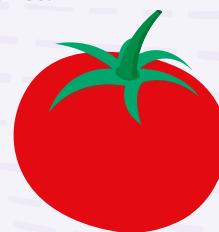
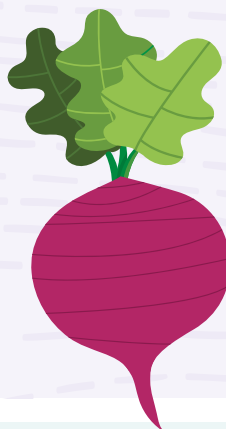
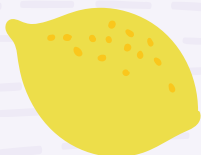
Cut cherry tomatoes in quarters

Finely dice half a cucumber

¼ cup of pine nuts (toasted)

¼ cup of finely diced red onion

2 tablespoons of fresh parsley or coriander



¼ cup of feta cheese crumbled

Top the bread/hummus with the tomatoes and cucumber, season with sea salt and black pepper

Add pine nuts, red onion and coriander/parsley and feta and drizzle with extra virgin olive oil

MINERAL OF THE MONTH – PHOSPHORUS

Phosphorus is a mineral which occurs in many foods and is also available in supplements. Phosphorus regulates normal function of nerves, muscles and the heart and also helps keep bones and teeth strong. It also keeps our blood pH value within a normal range.

Foods rich in this mineral are chicken, turkey, pork, sardines, salmon, sunflower/pumpkin seeds and dairy products. If your diet is lacking in phosphorus, you might experience symptoms such as stiff joints, anxiety, numbness, irritability, fragile bones.

GET SNAPPING FOR WORLD PHOTO DAY ON 19TH AUG

World Photo Day is an annual worldwide celebration of photography; highlighting a shared passion for photography in and across our international communities. We'd love to see your favourite photo – be it a special place, favourite pet, sunset or sunrise, please send them to Sherin and we'll share them on our social media using the tag #WorldPhotographyDay. There's a prize for the most inspiring photo!

To find out more, visit:

<https://www.worldphotographyday.com>



Remember 31st Aug is a bank holiday – sadly the last bank holiday we get before Christmas, so make sure you spend it wisely!!