

Pilton Community Health Project's Newsletter

# a picture of health



August 2010

## Muirhouse Million Steps

The local walking event of the year

A day of fun and a whole lot more

Friday 17th September 2010

Start 10am 'till 12 noon

Find out more and take part call: Pilton Community

Health Project on 0131 551 1677



### Pilton Community Health Project

Moving the Greater Pilton Community towards better health and well being

To contact us phone 0131 551 1671 Or email;

**Barri Grubb:** barrigrubb@pchip.org.uk

**Childcare:** childcare@pchip.org.uk

**Move It:** lianepipskyi@pchip.org.uk

**Pilton Counselling Service:** admin@pchip.org.uk

**Pilton Walking Project:** sarahwheatley@pchip.org.uk

**Women Supporting Women:** wsw@pchip.org.uk

**Volunteering for Change:** shaziamajid@pchip.org.uk

**Healthy Community Lifestyles:** lisaarnott@pchip.org.uk

**Pilton Intergeneration Project:** tracystewart@pchip.org.uk

**Family Healthy Lifestyle Initiative:** jenrichards@pchip.org.uk

Thanks to our  
volunteer

Kirsty Johnston for  
putting together this  
Newsletter.

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Registered Office: 73 Boswall Parkway, Edinburgh, EH5 2PW

## The Muirhouse Million Steps - The Local Walking Event of the Year

A group of local people and organisations have planned the walking event of the year, The Muirhouse Million Steps. The idea for the event came from the research undertaken by the Community Healthy Lifestyle Project at Pilton Community Health Project. The research investigated the barriers that people experienced to becoming healthier or becoming physically active importantly the research also encouraged the community to suggest solutions to these barriers.

The Muirhouse Millions Steps hopes to get as many people along on the day. All registered walkers will receive a goody bag, the passport to health discount vouchers and a certificate and can get an autograph from one of Scotland's leading actor Cal MacAinich. It's an opportunity to start thinking about becoming fit. Walking after all is a free activity and if we all walk together we hope we will reach the target of a Million Steps.

For more information please Contact:

**Lisa Arnott, Community Health Lifestyles Coordinator, 0131 551 1671**

## NEW Barri Grubb Fruit and Vegetable Stall

Every **Friday** from **11.30am - 1pm** Barri Grubb will be outside the main door to Craigmoynton Primary School selling affordable good quality fruit and vegetables. Pick up your shopping from us. Watch out for **competitions**, amazing **offers** and **cooking demonstrations** and **recipes** to try at home.



### Typical prices\*

Apples	15p each	Tea bags	90p/80 bags
Oranges	30p each	Potatoes	55p/kg
Satsuma	15p each	Tomatoes	£1.50/kg
Free range eggs	95p for 6	Cherry tomatoes	£1/punnet
Broth mix	50p for 500g	Green pepper	50p
Tin tomato soup	75p	Orange juice	75p/litre

\*prices change weekly

## Recipe - Mushroom and red Pepper Risotto



### Ingredients:

- 1 cup long grain rice
- 2 onions; finely chopped
- 1 red chilli (finely chopped)
- 1 litre vegetable stock
- 1 teaspoon minced garlic
- 2 cups assorted mushrooms sliced
- 2 red peppers; diced
- 1/2 oz low fat spread
- 1 tablespoon olive oil
- 2 tablespoons of grated Parmesan cheese



### Method:

1. Heat the oil / low fat spread in a large pan, add the onion, cook until transparent. Add the garlic and chillies
2. Add the mushroom, cook for about 10 minutes.
4. Add the peppers, cook for about 5 minutes.
5. Add the washed, drained rice (do not soak), stir until each grain is coated with oil.
- 6 Add one ladle of stock at a time, stirring until it is absorbed. Continue to do that until no more liquid can be absorbed.
7. Cover and cook for 15 minutes, add the parmesan, give it a good stir and serve.

**Peppers are in season this month so they should be cheaper, fresher, tastier and more nutritious – 4 good reasons to cook with peppers.**

## Move It

**Box fit** classes is coming to Pilton, at **Craigroyston Community High School on Tuesday 14<sup>th</sup> September from 7-8pm**, continuing weekly, charge £1.

**Box fit** is a circuit based class including pad work in a boxing style. It helps improve speed, strength, endurance, it's energetic, a great stress buster and most of all it's fun.

## Active Schools Edinburgh - Active Family Day (continued)

**Friday 10<sup>th</sup> September 2010**

**Leith Links**

**1-4pm**

The Active Schools Edinburgh team is delighted to announce that the 3<sup>rd</sup> Annual Active Family Day will be taking place this year on the Leith Links, Friday 10<sup>th</sup> September, from 1-4pm. This will be a free event open to all nursery and primary aged children and their families.

The 2<sup>nd</sup> Annual Active Schools Edinburgh Family Day was held on the Meadows in September 2009. The event was a celebration of the success of the Active Schools programme operating in primary, secondary and special education schools in Edinburgh. The event was a huge success, with over 1000 pupils, young people, parents, carers and guardians attending the event during the afternoon and trying a variety of sports and physical activities, delivered by partners of the Active Schools programme.. The event, now in its third year and will be taking place on Friday 10th September 2010.

The event will aim to provide information regarding the Active Schools programme, what we do, how we do it and who we do it with. All key partners will be in attendance, including City of Edinburgh Council Sports Development Officers, National Governing Bodies of Sport, Edinburgh Leisure, local community clubs, sports coaches and volunteers, among others. A huge range of sports and physical activities will be delivered, including: cricket, rugby, cycling & BMXing and golf. Activities will cater for all abilities and will be delivered on a drop in basis. This provides the opportunity for the whole family to come and try lots of different activities throughout the afternoon free of charge, get information on how and where you can participate further in specific activities or in sport and physical activity in general or simply spend the afternoon having fun and being active.

The event is set to be the highlight of the month, so we look forward to seeing you there for a fun and active afternoon!

For further information on the event please contact Mel Coutts, Active Schools Manager, on 0131 5506825 or [Mel.Coutts@edinburgh.gov.uk](mailto:Mel.Coutts@edinburgh.gov.uk)

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