



TOP TEN TIPS FOR QUITTING

Tip One:

First of all, write down all the reasons you want to stop

Tip Two:

Set a quit date

Tip Three:

Tell everyone that you are giving up smoking

Tip Four:

Throw away anything to do with smoking

Tip Five:

Keep a diary for the first few days

Tip Six:

Drink lots of water

Tip Seven:

Be prepared for withdrawal symptoms and smoker's cough

Tip Eight:

Reward yourself regularly, but not with unhealthy food or drinks.

Tip Nine:

Don't despair if you fail

Tip Ten:

NOPE = Not one puff ever

Try NHS Smokefree App

For more information visit: <http://www.nhs.uk/Livewell/smoking/Pages/Betterlives.aspx>



Recipe of the Month - Italian Soup

Adapted from a weightwatchers recipe

Ingredients

5 peppers roughly chopped—preferably different colours

Half a cucumber peeled and roughly chopped

1 onion—preferably red, roughly chopped

2 garlic cloves—crushed

200g (7oz) cooked pasta

400g can chopped tomatoes

2 sprigs of fresh mint or 2 teaspoons of dried mint

2 tablespoons red wine vinegar

1 tablespoon sugar

2 fresh tomatoes skinned, deseeded and chopped finely

Bunch of fresh or 2 teaspoons dried basil

Pepper to taste



Method

1. Liquidise 4 of the peppers, cucumber, onion, garlic, pasta, tomatoes, mint, vinegar, sugar and seasoning for a few seconds, until you have a thick soupy texture, but not smooth. If you do not have a liquidiser, chop up all the vegetables until finely diced and mix with all the other ingredients in a large bowl. Pour into bowls and chill.
2. Garnish each bowl with some of the remaining pepper, fresh tomato and parsley and possibly a couple of ice cubes before serving.

To skin and deseed the tomatoes, drop them into a bowl of boiling water for 10 seconds and then remove with a slotted spoon. The skins should slip off easily. If not, pop them back into the boiling water for another few seconds. Cut the tomatoes into quarters and remove the seeds.