

Mums Group Tips for a Healthy Year

**By Christina, Man Yen, Sharon and Jennifer
Who are all part of the friendly Mums with Learning Disabilities
Group**

1. Eat healthy food like fruit and vegetables and chicken. Don't eat too much junk and have 3 proper meals starting with breakfast. "I don't eat junk food, sweets or biscuits."
2. Exercise this can be walking "I walk from Clapham to Brixton." We've also been swimming, exercise classes and cycling.
3. If you have a bit of upset find someone you can talk to. Go and see someone you trust and have a chat. Come to People First Lambeth or see a friend or your CPN, psychologist, doctor or counsellor. "I listen to music."
4. Have fun and relax: play music, go to the cinema, go shopping, go out and treat yourself. "I phone my friend and go and visit her."

Here are our ideas for eating healthy meals: have toast, Wheetabix or porridge for breakfast, have a baked potato with cheese or baked beans.

This is Jennifer's Chicken recipe:

You need

Rice

Peas

A tin of Kidney Beans

Chicken portions

1 Onion chopped up

1 red or yellow Pepper chopped up

Chicken OXO cube

Curry powder just a little pinch

1. Wash the chicken make sure there are no bits inside or bags if it is a whole chicken. Portions might be easiest or you can chop the chicken up.
2. Boil the chicken in a big pan of water simmer the chicken
3. Take the chicken out and fry it in a big frying with the chopped up onion and pepper.
4. Add a mug of water and chicken OXO, and then add a small pinch of curry powder. Make sure it's well cooked and that there's no blood on the chicken.
5. Boil some rice with the tin of red kidney beans and add the peas.

**We meet at 336 Brixton Road, London SW9 7AA telephone
Donna 0207 642 0045.**