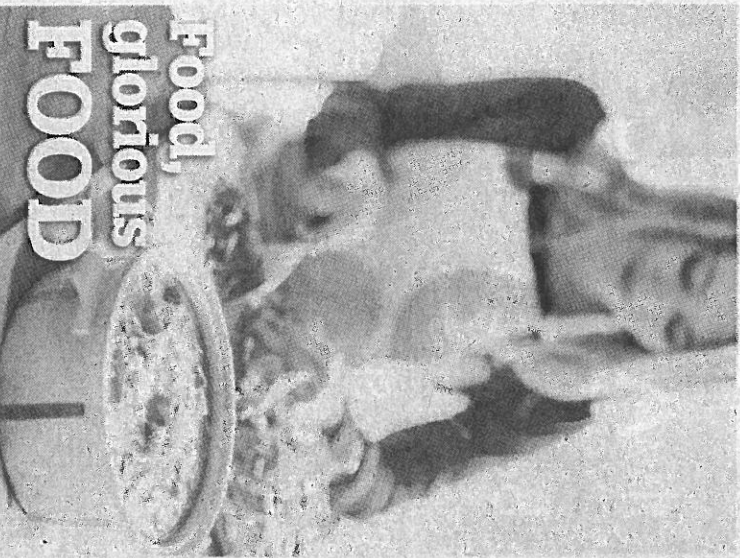


SPONSORED CONTENT



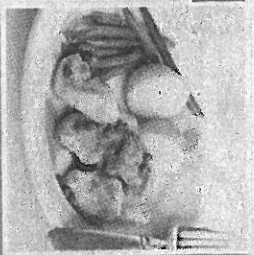
Food, glorious FOOD

There are many ways to eat great, tasty food while being kind to your waistline, such as this super healthy chicken dish...

We all love a delicious meal to look forward to, so why not experiment with healthy recipes and exciting new flavours this year?

There are so many seasonal ingredients on offer at the moment and with the introduction of Weight Watchers brand new SmartPoints®, now is the perfect time to try something different. SmartPoints® is a simple counting system that

nudges you towards nutritious, healthier foods so that you eat better, feel better and lose weight. Eating well will not just make you feel better but by mixing things up in the kitchen you are also more likely to feel inspired and stay on track to achieve a healthy sustainable weight loss of up to 2lbs a week. Here, Julia Westgarth, Programme Development Manager at Weight Watchers shares one of her favourite winter recipes.



CHICKEN BREAST WITH CAPERS AND LEMON

Serves one
3 SmartPoints® values
per serving.

- Ingredients**
- 2 finely chopped fresh sage leaves
 - 2 tablespoons apricot jam
 - 1 small garlic clove, crushed
 - 2 teaspoons cider vinegar
 - 150 g (5½ oz) skinless boneless chicken breast
 - 100 g (3½ oz) capers
 - 1 lemon

- SWEET TREATS**
- 1 Costa Medici skinny latte with sugar-free caramel syrup
 - 4 SmartPoints®
 - 1 Metcalfe's popcorn Sweet n' Salt Flavour Popcorn (25g)
 - 4 SmartPoints®

Method

- 1 Cook 155g chicken breast, seasoned, over a medium-low heat for 10-15 minutes.
- 2 Place on a serving plate.
- 3 Add juice and zest of a lemon and 1 tsp capers to the pan.
- 4 Stir then swirl in 1 tsp low-fat spread.
- 5 Pour the lemon and caper sauce over the chicken.
- 6 Serve with green vegetables.

- 1 Weight Watchers Gustard Creams
- 2 SmartPoints®
- 1 Cadbury's Chomp (24g)
- 5 SmartPoints®
- 1 X 100g Muller Light milk chocolate dessert
- 5 SmartPoints®

At Weight Watchers we know that success goes beyond just a number on the scales. It's a combination of how you feel, your confidence, your health and happiness. Weight Watchers' new approach encompasses the elements necessary to empower members to adapt a healthier lifestyle – food, fitness and wellbeing.

To find out more visit www.weightwatchers.co.uk or call 0345 677 7788 weightwatchers.co.uk

Charlotte is teaching her children at home

HOME schooling her two children, her fascination with physics, and telling a lie about reading the complete works of Plato were among the subjects talked about by Charlotte Church in a podcast programme.

The Cardiff-born singer-turned-campaigner said that she home-schools her two children by former partner Gavin Henson – Ruby, eight, and Dexter, seven.

She has help from partner Jonathan Powell. She has been with the musician for five years and leaves the singing lessons to him.

Revealing that learning songs by John Lennon and Bob Dylan is part of their home schooling, the former child singing star, who turns 30 next month, said: "As part of home schooling Johnny teaches the songs.

"So far they have learned fabulous Guy by John Lennon and a Bob Dylan song. We read to them every night. I try and sing to them as well but they don't like it at all. Johnny does all of the reading because he's far better at doing voices."

The family, who live in a five-bedroom luxury home in Dinas Powys, near Cardiff, share home schooling with other children.

12 NEWS

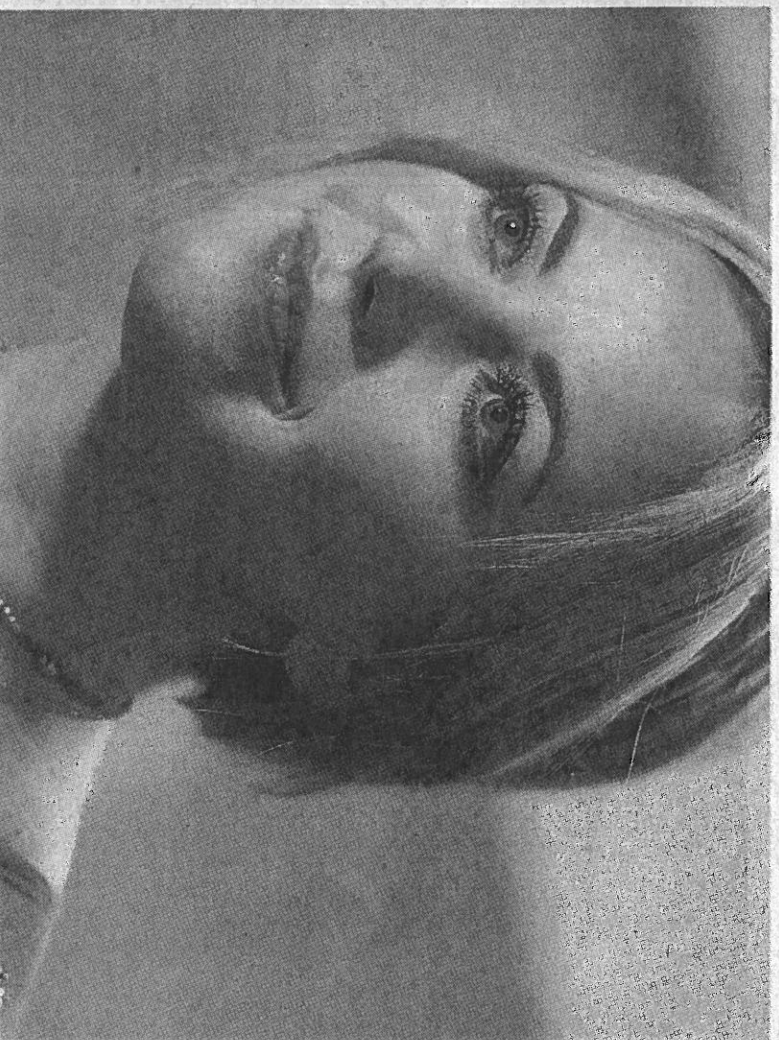
Town's negative stigma unbalanced – research

Katie Sands
Reporter
katie.sands@walesonline.co.uk

Residents of what is often described as one of the most deprived towns in Wales have been saying it for years, but researchers have followed suit and called for a more balanced account of the town to be given.

Young people from Merthyr Tydfil feel much more positively about their area than recurring negative media representation would suggest, according to new research from Cardiff University. But researchers still warned that negative images of the town – like last year's Skint programme from Channel 4 – could be having negative effects on young residents.

Skint hit the screens last April as it headed to Merthyr for a three-part series about the town's deprivation and its long-term battle with unemployment. Documenting the lives of



Charlotte Church was taught by a tutor while touring as a child star

"It's not just me who does it," Charlotte told comedian Robin Ince for his online programme Book Shambles. "There's a lady called Leanne who helps us,

and my partner Johnny, and we've got a teacher, an actual teacher, called Dawn, because we wanted to try and get some other kids involved, some of the other home schoolers, just to take some of the pressure off the parents a little bit and try to make it more social and a little bit more of a community thing." The singer, who was taught by

a tutor while touring as a child star, tells the programme how she missed out on taking science GCSEs but is now fascinated by physics.

She revealed she once lied about how much she read to appear brainier, telling a US chat show host she'd read the complete works of ancient Greek philosopher Plato.

JK Rowling was easier to digest, with the singer telling Robin she stayed up all night reading the fourth Harry Potter book before going on stage in

Jerusalem. Speaking on Book Shambles, part of online science magazine Cosmic Genome, Charlotte listed Neil Gaiman, Roald Dahl and Philip Pullman among her favourite authors.

But she admits she rarely has the time or energy to read with her young family.

"I struggle. I am so tired a majority of the time that as soon as I start reading I fall asleep."

The full podcast can be found at <http://cosmicgenome.com/shambles>



A negative portrayal of Merthyr featured in TV programme Skint

those on the breadline, it got viewers talking and caused uproar with locals who insisted the show was not a true reflection.

Academics from Cardiff University and Manchester Metropolitan University have since worked on a joint project to see how growing up in a stigmatised place impacted on young people's health and wellbeing.

A new research paper by Dr Gareth Thomas, from the school of social sciences at Cardiff University, features interviews with 14 and 15-year-olds in Merthyr

who scorn the negative image their town holds, citing benefits including activities on offer, close-knit community and a strong sense of belonging.

Dr Thomas said: "Outside of Merthyr, there is often a stigma attached to the town, thanks largely to problematic government policies and negative media representations promoted in outlets like the recent television documentary Skint.

"This means that the positive powers and assets of young people frequently go unrecognised. We wanted to work with young

people in Merthyr to explore their own broad sense of health and wellbeing with this backdrop of place-based stigma.

"The young people we spoke to were mostly very positive. Many of them discussed their positive sense of health and wellbeing by pointing to the public resources available, friendly residents, family alliances, the town's rich history, and the open landscape."

But he also argues that the stigma may still affect the health of Merthyr's youngsters, causing stress, affecting life chances and limiting access to resources that can improve health. He added: "Cuts are shaping policies and practices in ways that may worsen young people's health, both in the near and distant future."

The research work is part of a wider collaborative project called Productive Margins. "It's not that bad. Stigma, health and place in a post-industrial community" is published in the Health and Place journal.