



Picture by cynefin

## NEWS

### New article (9th July)

#### Flourless peanut butter cookies

If you can't have flour because you are allergic or you'd just like to try peanut butter cookies without flour, then this is a lovely and easy recipe to make.

<http://www.teenhelp.org/forums/f185-food-recipes/t160263-flourless-peanut-butter-cookies/>

## Nutritious smoothies

by Haley (Halcyon)

Smoothies are a delicious and refreshing drink, especially in the hot weather, but are great for their immune boosting properties as well. Try one of these ideas - just add the ingredients into a blender and blend until smooth - or experiment with your own blends!

- **Watermelon and strawberry** - 2 cups of seedless cubed watermelon, 1 cup of frozen strawberries. Benefits: together the fruits contain a good source of Vitamin C and A, and have anti-inflammatory effects.
- **Chocolate avocado** - 1 frozen banana, half an avocado, 1 cup unsweetened vanilla almond milk, 2tbsp cocoa powder, 1tbsp honey. Benefits: a healthier alternative to a chocolate milkshake, as avocados contain 20 different vitamins and minerals.
- **Blueberry and banana** - 1 cup frozen blueberries, 1 frozen banana (chopped), 1 cup unsweetened almond milk. Benefits: good for heart health; the combined ingredients provide a good source of fibre, Vitamin C and potassium.
- **Pineapple and mango** - 3/4 cup frozen pineapple, 1 cup frozen mango, 1 cup light coconut milk. Benefits: the manganese in pineapple helps to strengthen bones and together the fruits provide a good dose of Vitamin C and aid digestion.

### TeenHelp's 22nd birthday (13th July)

TeenHelp turned 22 this July and we are so proud of all our volunteers and users who take the time to support each other during challenging times. You all make this community what it is, a safe and supportive place. Thank you!

<http://www.teenhelp.org/forums/f3-general/t160270-happy-birthday-teenhelp/>

## INTERESTING TOPICS THIS MONTH

### What's your favourite type of chocolate?

It was World Chocolate Day on 7th July and we're curious to know what your favourite type of chocolate is. Vote in the poll or add your answer in the thread.

<http://www.teenhelp.org/forums/f184-food-recipes/t160256-whats-your-favourite-type-chocolate/>

### Driving lessons: Manual or automatic?

This user would like to know your thoughts on learning how to drive a manual or automatic car.

<http://www.teenhelp.org/forums/f219-lifestyle/t160272-driving-lessons-manual-automatic/>



Picture by SunShine2002

## Alternative ways to help you fall asleep

by Haley (Halcyon)

Getting a good night's sleep is important for our overall health. If you find it difficult to fall asleep, here are some ideas you can try to help you get to sleep.

- **Take a warm shower.** A warm shower will help you to relax and when you get out your body's core temperature will drop naturally, which signals the brain to release melatonin and prepare you for sleep.
- **Try some reverse psychology.** Open your eyes wide and try to force yourself to stay awake. Tell yourself that you won't fall asleep. A study showed that this helped people to fall asleep more easily.
- **Consider your diet.** Eat foods that are rich in magnesium as it can improve sleep quality and try a fruit salad in the afternoon with fruits that contain melatonin such as cherries and strawberries.
- **Read a book.** Try reading printed fiction rather than using an electronic device. Reading is generally a calming activity, just avoid thrillers and horror stories!

## NEWS

### New article (31st July)

#### Law enforcement: an insight into policing

This article gives a little insight into what the policing world is like. Click the link to read the article.

<http://www.teenhelp.org/forums/f72-general/t160301-law-enforcement-insight-into-policing/>

### 24/7 Samaritans Awareness Day (24th July)

24th July is 24/7 Samaritans Awareness Day to recognise and appreciate the incredible service that the volunteers provide all day, every day.

To help raise awareness, we would like to share an article that discusses some of the facts and myths of depression and suicide:

<http://www.teenhelp.org/forums/f77-depression-suicide/t134675-depression-suicide-fact-vs-myth/>

## INTERESTING TOPICS THIS MONTH

### New puppy!

One user is getting a puppy and shared a cute picture! Check out this thread to see the puppy!

<http://www.teenhelp.org/forums/f119-pets/t160275-new-puppy-d/>

### Where to next?

Once we're allowed to travel more, where would you like to go next? Let us know in this thread!

<http://www.teenhelp.org/forums/f222-travel-moving/t160282-where-next/>