

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 15

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st June 2023



www.hmhb2016.org.uk





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**Our monthly health packs now contain a massive 40 pages.
To help you get through it, here is a list of contents for you. Something for everyone.
We want to encourage you, inspire you, and motivate you. :-)**

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“I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.” —Groucho Marx

Welcome to Issue 15 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.

From April 2020 to March 2021, through the Pandemic, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details: www.hmhb2016.org.uk.

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

For these packs to happen, there are so many people to thank. That includes Islington Council who print some copies to post to those who have no internet, as well as our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly who have been HMHB supporters since inception.

We also like to thank Islington Giving, the Cripplegate Foundation, and the National Lottery, all of whom have funded our health packs in the past, and continue to do so.

Lastly, we thank you, our readers, who have given us such incredible feedback. Yay!!!



I was having a look back at some of our older photos. All these are from 2018. We had started our relationship with Better Gyms, using both Highbury Leisure and the Sobell Centre. We continued our Clissold Walk, had outings, and were building relationships with other organisations. :-)

HEALTH NEWS AND RESEARCH PAGE

How worried should we still be re Covid 19?

I recently had my third booster following my first two vaccine injections. At HMHB we promote the vaccine, especially as we have quite a few older people who use our sessions. But, I also respect people who haven't taken. It is your body and your choice, as long as the reasons are not some of the fake conspiracy things we find online. I was fortunate to be able to go away a couple of times last year, and to travel meant you needed to show the NHS App and the vaccines. I also like attending the theatre and cinema, and many asked to see proof of vaccines before entry.

Following my recent boost, I wanted to see what professionals were saying about the current position. This quote below is from Deputy Service Manager of Special Chemistry at University Hospitals of Leicester NHS Trusts - Madihah Abbas - courtesy of the biomedscientist.net online.

“From the beginning of the new year 2023, there has been less emphasis on COVID-19, particularly from the media. Also, only around one in four adults (26%) in Great Britain reported the coronavirus pandemic as an important issue facing the UK today, between 11 and 22 January 2023, according to the Office for National Statistics.



However, I do believe we should still be worried as laboratories and the NHS service are still facing staff sickness absences related to COVID-19, which has increased towards the end of January 2023. This is impacting our ability to process increased workload as services are trying to clear the backlog experienced from the pandemic.

From what I have observed, all health service providers, such as GPs and hospitals, are continuing with the mask mandate. Staff are often debating about when this will be dropped as they are not mandatory to wear outside of work within the local community. Some argue there is no justifiable reason why staff are still having to wear them, due to the uncertainty about the effects of the mask. The continued wearing of masks is also a significant barrier to effective verbal and non-verbal communication and could impact sustainability within the environment. However, the most vulnerable patients need to be protected, so I do not envisage use of masks changing.

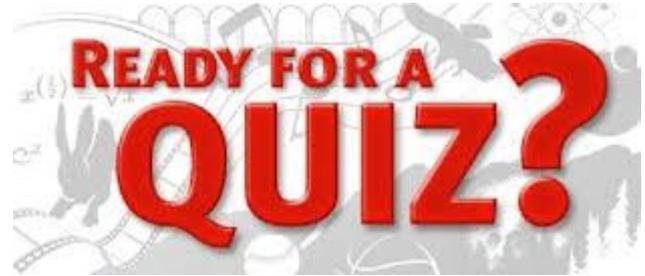
As a profession we should still be cautious surrounding COVID-19 and ensure other measures, such as hand hygiene, are reiterated to modestly reduce the burden of respiratory illness.”

It is an interesting question. I was actually asked about it recently at one of the Courses we have been delivering with various organisations across Islington, Camden, and Haringey. The lady who spoke with me was still concerned, but also mentioned conspiracy theories about governments around the world trying to kill off older people to save on pensions. I hope I managed to convince her that wasn't accurate. There is also a lot of debate still on the vaccines and people not willing to take. HMHB would say that Covid 19 is still around, to please protect yourself with the vaccines if possible, and be aware that it can still affect you. We need to be able to live our lives for sure, and not live in fear, but stay vigilant. If you feel like you have symptoms, take a test and protect those around you. But do speak to your local medical practice if you have concerns.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 39 this week (no peeking)

Food

In 2022, a survey found the top 20 most favourite vegetables in the UK. How about trying to guess all 20? See how many you can get. Your own favourites will hopefully be in there.



Literature: Can you name the authors for these classic pieces of Literature?

1. Coriolanus
2. Little Dorrit
3. Mansfield Park
4. The Murder At The Vicarage
5. A Study In Scarlet
6. Around The World In Eighty Days
7. The War Of The Worlds
8. The Importance Of Being Earnest
9. 2001: A Space Odyssey
10. The Adventures Of Tom Sawyer
11. The Land That Time Forgot
12. For Whom The Bell Tolls
13. Animal Farm

Cinema: Who played the following characters in the following films? And can you name the year of release?

1. Batman: The Dark Knight Rises
2. Superman: Batman v Superman: Dawn Of Justice
3. Hulk: Avengers Assemble
4. Aquaman: Aquaman
5. Black Widow: Iron Man 2
6. Wonder Woman: Wonder Woman 1984
7. Doctor Manhattan: Watchmen
8. Harley Quinn: Suicide Squad
9. Loki: Thor
10. Drax: Guardians Of The Galaxy
11. Dr. Stephen Strange: Doctor Strange
12. Ant-Man: Ant-Man and the Wasp
13. Green Goblin: Spider-Man
14. Catwoman: Batman Returns
15. Spider-Man: Spider-Man: Far From Home
16. Black Panther: Black Panther
17. Hawkeye: Avengers, Age Of Ultron

Pop Music: Who sang these songs, all of which were released in 1999?

1. Man. I Feel Like A Woman!
2. It's Not Right But Its Okay
3. Beautiful Stranger
4. I Want It That Way
5. Boom! Boom! Boom! Boom!
6. That Don't Impress Me Much
7. Livin' La Vida Loca
8. Mambo No 5 (A Little Bit Of ...)
9. The Millennium Prayer
10. When You're Gone
11. Believe
12. Baby One More Time
13. Flying Without Wings
14. Right Here Right Now



Places

According to website Daytriptips.com What are the 10 most visited tourist attractions in the world? I am using their list, so no arguments!!! :-)
 See if you agree with their destinations.

Try and answer all before you look at the answers. Test yourself. Take your time.

HMHB Activity: News - page 1



A picture of our group sat outside Clissold House during one of our Thursday walks.

Big thanks to Justin - terrific smile - for the selfie/pic, even if he did manage to block the others at the table. Lol. Which was fine. :-)

Do join us on Thursdays in Clissold, or on Wednesdays in Highbury Fields. Check our walks page on our website for more details.

HMHB enjoyed a fabulous night at the Theatre Royal in Stratford to see the award-winning play Village Idiot. 15 of us went along.

Thankfully we had been warned about the use of colourful language, and there was a lot, but the play was funny, as well as looking at disability and sexuality in ways that made you think.

We managed to get front row stalls seats too, and I am not sure how I managed that. We had fun.



HMHB had an official Coronation Event in Islington, and we were proud to be awarded that privilege. We had a Zumba / Picnic event on Highbury Fields and were joined by representatives of The Eagle Project, Single Homeless Project, Better Lives, Age UK, and other organisations. It had rained the day before, but the ground was fine, and many people in Highbury Fields joined in with our dancing fun too.

Thanks so much everyone who came along.

A fabulous Quiz photo - apologies to our wonderful Justin who had disappeared off for dinner before this was taken - and we managed to get everyone smiling at the camera.

I'm not actually sure how I manage to complete the questions each week as the emphasis is on fun and interaction, and definitely not on knowledge. Winning is secondary, but it is nice that we have so many different people reaching the podium. Do join us any Thursday from 7:30pm.



HMHB Activity: News - page 2



Our Tuesday Exercise Sessions with the fantastic PT Zombie are getting busier and busier, with referrals and word of mouth increasing our numbers.

Here, Dean has a few of us posing for a photo. I am always inspired and impressed with just how much effort everyone puts in, and Dean makes it accessible to all ages by ensuring there are a variety of ways to do the moves.

Ages 25 to late 80s come along. Do join us 9:30am Highbury Leisure Centre.

As people know, I am sorting out my weight, but do need nudging and supporting.

Our user Robin has been wonderful in starting me on weights again - thanks matey.

Jazz and I (pictured) have started going to the gym around 6:30am (wow!!), and here we are outside Highbury Leisure (me looking glassy eyed).

It's all about pushing yourself and taking action, whatever your targets. Let us be your inspiration.

I have not found it easy, but I want to succeed.

Thanks for all the support.



Eight of us descended into the Globe Theatre, Bankside, on Monday 15th May for an evening performance of A Midsummer Night's Dream.

We enjoyed ourselves immensely.

The acting, as always, was superb, and the Globe itself makes you feel as if you are part of the play. We had standing tickets (£5 each mostly), so that can be a bit wearing on the legs, but terrific value.

It was not a play I knew, and it is always best to read up if you are going to see a Shakespeare, but it was easy to follow, and we are looking forward to our next visit.



We have to send a massive thanks to Samir and the people at Arsenal for our fantastic History Walk, where we learned a huge amount about the local Highbury community, which then culminated in a fabulous tour of the Arsenal Stadium, where we saw the Directors Box, we got pitch-side, enjoyed a trip to the changing rooms, as well as the reporters section.

Our group had a wonderful time.

A super trip, enjoyed also by Eagle Project members.



HMHB Activity: News - page 3



Lazza and Jack with a couple of the fantastic team at Stuart Low Trust, with whom we completed a four session Ajani course towards the end of May.

It was at the Jean Stokes Community Centre.

We had a lot of fun, and we have to thank everyone involved for allowing us the opportunity to work with such a fantastic group of people.

We are hopeful that we would be able to go back to them later in the year with even more sessions.

Yep. Your eye do not deceive you. That's our Lazza on the Arsenal Football Club at the Emirates Stadium in North London. His "Shape Up" weight management course he is on is organised by Arsenal, and several groups were invited down to a five-a-side tournament there on the 30th. What a fabulous opportunity. Was great fun, although Lazza's legs felt very stiff the next day.



AJANI
"It's Your Choice"

Our Ajani Mind-set courses have been getting fantastic feedback. We have the photo above from Stuart Low Trust, but we also completed courses with Age UK, Finsbury Park Job Centre, Better Lives.

We are currently delivering three - to Kentish Town Job Centre, Haringey Well-Being Network, and Sotheby Mews Day Centre for HMHB and Eagle Project users. We are arranging an eighth course with Change Grow Live. Feedback has been fantastic.

We are in the middle of our course with Kentish Town Job Centre, at the Queens Crescent Community Centre, NW5. One of the best things is that our contact, and disability officer, Genevieve, has been along to the sessions, and that has helped us with numbers. The feedback has already been good, and the interaction excellent. HMHB was initially set up for working with Job Centres.

jobcentreplus

HMHB in June

June is another cracker for HMHB. We have a trip to see Comedy Of Errors at the Globe Theatre, a trip to see In Hiding at the Tower Theatre, and a comedy performance at the Pleasance Theatre. We are visiting the Bank of England Museum, and a couple of local walks. HMHB will finish three of our courses - leaving just one to do - and our feedback has again been extraordinary. We will do a report on those in our June issue.

Finally, with summer coming, we have outdoor walks, exercise, and Zumba/picnics. Lovely!!

NUTRITION: Lazza's Kitchen Adventure

Savoury Mince With Garlic Gratin Potatoes

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Mince With Gratin Potatoes from scratch

Gratin Potatoes is another name for Gratin Dauphinois.
The first mention of the dish is from 12 July 1788.
It was served with "Ortolans"
(A Eurasian Bird) at a dinner given by Charles-Henri, Duke of Clermont-Tonnerre and Lieutenant-General of the Dauphiné, for the municipal officials of the town of Gap, now in the department of Hautes-Alpes.
"Pommes De Terre Dauphinoise"

Ingredients

500g Lean Minced Beef - oil to cook
Diced Onion
2 Garlic Cloves - + Garlic Puree
Tin Of Chopped Tomatoes - + Tomato Puree
125ml Water with Beef Stock
900g Potatoes: pinch nutmeg
225ml Milk: 22ml Single Cream
Garlic Cloves - + Garlic Puree
Grated Cheese - up to you how cheesy.

Heat a little oil in a large frying pan over a medium heat.
Add the mince in batches and brown well. After it browns transfer it into a saucepan.
Add a little more oil to the frying pan then add the onion and garlic and garlic puree.
Allow to cook for 4-5 minutes.
Add the onion mixture to the beef along with the tomatoes, tomato purée, water with stock, bay leaf. Season with a little salt and black pepper. Cover and simmer until it thickens, approximately 20 minutes.
Meanwhile prepare the gratin potatoes. Put the potatoes, milk, cream, nutmeg, garlic, garlic puree, a little salt and black pepper in a large saucepan and bring to the boil.
Reduce the heat and simmer for 5 minutes, stirring regularly.
Preheat the oven to Gas Mark 4, 180°C (350°F).
Transfer the mince into an ovenproof baking dish. Top with the garlic potatoes.
Sprinkle the cheese over the top.
Cover with tin foil and bake in the preheated oven for 30 minutes.
After the first 20 minutes remove the foil to allow the potatoes to brown.
It tasted fab. I did put a lot of garlic into the potatoes - which I liked.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, dish to prepare.

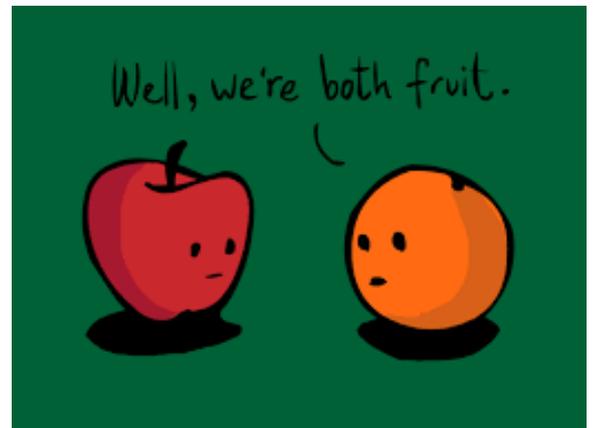
MIND-SET:
Don't worry what other people are doing.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.

HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

Why is it we are bothered about what others are doing, and comparing ourselves to them? Why are we so anxious to be better than others, or feel like we can do things just the same?

It is actually a common human trait to look at other people around us and make a comparison with our own lives. That could be people we work alongside, people we study with, or just our friends or neighbours. And in these days of social media, many people look at what celebrities are doing, or successful people on sites such as Tik Tok and Instagram, and want a similar amount of fame, fortune, and success. Of course, when we believe that people are richer, or stronger, or fitter, or happier, that can build resentment and anxiety.



Some studies estimate that as much as 10% of our thoughts are comparisons of some type. There are benefits and dangers to social comparison. An expert in Psychology developed social comparison theory in the fifties based on the idea that individuals determine their worth based on how they compare to others. Over time, research shows that while comparing yourself to others can be beneficial, for some, it can lead to feelings of dissatisfaction, guilt, and remorse.

The two major types of social comparison are upward and downward. Upward comparison occurs when you compare yourself to someone you believe is superior. On the other hand, downward comparison means comparing yourself to someone you think is inferior. Both types of comparisons can have pros and cons.

With social media, human comparisons are more accessible than ever before. Many people tend to compare the ups rather than the downs. It can feel like there's an endless stream of perfect jobs, marriages, bodies, and houses, but this isn't the case. Sometimes social media can amplify this idea of the perfect life, and that's a problem. These impressions can be very wrong, but affect our lives.

As people know, before I started HMHB, I had a couple of depressions and part of that can be group therapy where you talk about your issues in front of people and also hear theirs. I think it is meant to help you to know that others have problems too, and also you are not alone. I am sure for many it is a great comfort. For me, it did not really work. I did not want to share my problems, for a start. But also, I ended up comparing my life with others, and if some had deeper problems than mine I felt bad that I was struggling when in comparison my issues were not as serious. All I wanted to deal with was my problems, not hear about others.

MIND-SET:
Comparing with others can be harmful.

Obviously, there are pros and cons for looking at what others are doing in their lives, and then looking at how you are doing in your own.

Comparing yourself with others in a way that's driven by envy or jealousy can sour relationships, feed insecurities, and colour your experience of what could otherwise be very enjoyable and precious moments. When you're constantly comparing others favourably to yourself, your self-esteem is also going to be negatively impacted, and this can contribute to feelings of anxiety and depression.

If you're like most people, you're much kinder to others than yourself. Sometimes you can end up being your own worst enemy. If you find that you're always comparing yourself to others negatively, it can evoke negative emotions.

Also, you have no idea sometimes of what exactly is going on in someone else's life. It might feel like that person is happy, successful, outgoing, popular, and you want the same. Inside, though, they may be very insecure, depressed, and not enjoying life at all.

I remember, when I was at school, there would be the "in" crowd - the trendy accepted guys who everyone liked. I admit I was a bit of a nerd (I know that will come as a shock to many of you, lol). And it is a normal emotion to want to be liked and accepted. Nobody wants to feel like the odd one out.

But as I have got older I have realised more and more that the most important thing is to just be yourself. We all have our strengths and weaknesses. We have our dreams and targets. We are individuals.

You need to ask yourself some questions.

Why do I compare my life to others?

Do I feel inadequate sometimes? If so, why is that?

Why is it important to me what others are doing?

Do I need to live like someone else?

Am I jealous of other people's success? If so, why is that?

HMHB has been running a very successful course, with incredible feedback, with various organisations, focusing on Mind-set, Nutrition, Exercise, and Health. Part of that involves talking about how our bodies are miraculous. We are all amazing. But many of us do not believe it. We knock ourselves. We look at other people and wish we had their lives. Instead, we should be concentrating on promoting good health and happiness for ourselves. That is our responsibility, and should be our aim.

**Don't compare
yourself with
anyone else in
this world. If
you do, you are
insulting yourself.**

**“Holding anger is a poison. It eats you from inside.
We think that hating is a weapon that attacks the person who harmed us.
But hatred is a curved blade. And the harm we do, we do to ourselves.”**

EXERCISE/FITNESS: STRETCHING

Stretches: Upper Body / Shoulder Stretches - page 1

In simple terms, “stretching” is when we deliberately flex or stretch a specific muscle in order to improve the muscle’s elasticity. The result is a feeling of increased muscle control, flexibility, and range of motion.

It is also used to improve function in daily activities by increasing range of motion.

When we stretch it helps work out any stiffness or tightness in our muscles and joints caused by spending an extended amount of time in a single position. In the long term, this helps maintain a wide range of mobility and flexibility. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

That puts you at risk of joint pain, strains, and muscle damage.

Let’s just do a few stretches to warm yourself up. Daily stretching is really good for you, as detailed above.

It is not just about warming up before an exercise session, or warming down after completing one.

Stretches are something we all need to do every day to stay supple, flexible, and healthy.

Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

Stretch One

Using a wall, standing or sitting, places your palms at lower chest height against the wall and slowly press forward with arms extended.

We are stretching your wrists and your forearms.

Make sure you are standing in an upright position and not leaning either towards or away from the wall.

Legs should be more or less in a straight position.

Hold for around 10 second, release, and then repeat.

You do not need to do a lot of time.



When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.

Stretch Two

With a straight leg position, move your right arm in front of your upper pectorals (chest).

With the other arm, bring your wrist up just above the elbow (being careful not to press on the elbow joint itself) and pull the arms towards you.

Hold the position for around 15 seconds.

Then to emphasise the stretch, bend the straight arm up as if giving yourself a hug, maintaining the pull with the wrist arm. Hold for further 10-15 second, and then repeat with the other arm.

We are really using the shoulders, triceps, and trapeziums.



If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS:

Stretches: Upper Body / Shoulder Stretches - page 2

Stretch Three

This is quite a good static stretch.

We have done photos with our PT Zombie from the frontal and back positions.

Bring one arm up behind your neck, retracting your elbow, and pushing your hand down the top of your spine - reaching for the other hand.

The arm is reaching behind your lower back, and the fingers are reaching up towards the other hand. If you can actually touch fingers that is great, but not essential.

It is more about the stretch than actually touching.



Stretch Four

Stand erect with straight legs, shoulder width apart.

With arms reach back behind your lower spine, and join fingers or hold hands, pulling your shoulders back and opening your chest. /

If you can, move your hands away from your back, but it is important to maintain a good posture with your back slightly arched.

Again we are working your shoulders and back. Try and hold the position for around 15-20 seconds, relax, and repeat.



Stretch Five

Standing upright, with a slight twist of the body away from the wall, reach the palm of your hand, with a straight arm, to the edge of the wall, pressing your palm into the edge.

Once the palm is resting against the wall, use the momentum by pulling your shoulder away, keeping your arm straight.

Hold for 15-20 seconds.

Repeat on the other side.

This is quite an intense shoulder stretch that can help to maintain a good posture.

It's very important to keep working your shoulders.



**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.**

**It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.**

**Being flexible and having full joint mobility can have several beneficial implications on
quality of life, including: reducing day-to-day pain and increasing vascular health.**

MIND-SET:

How can I feel more special?

Giving

Why not try and find volunteering opportunities within the local community - I can promise you that there will be something you will enjoy. The Greek philosopher Aristotle once said that the essence of life is “to serve others and do good,” and it seems an increasing number of us are starting to wake up and see why volunteering is important. People are starting to understand how serving and helping each other and different communities benefits not just others but ourselves, too.

- Volunteering connects you with others.
- Volunteering builds self-confidence and self-esteem.
- It is important for your physical health, mental health, and social health.
- Volunteering can give you a sense of purpose.
- It can help you build new skills, as well as develop the ones you already have. These can include communication, teamwork, problem solving, planning, and organisational skills, which are useful both in the work environment and in your personal life.



If you're considering volunteering, ask yourself a few questions before taking the plunge.

1. Firstly, really think about which causes you're passionate about – it means you're more likely to enjoy and stay committed to the work.
2. Secondly, are you looking for regular volunteering opportunities or would you prefer a one-off project.
3. Thirdly, what skill set can you offer and what can you hope to gain from volunteering?

Trying Out

This is about learning new skills. Why not have a go at some new sport, or try and learn a language, or start a creative hobby? Our brains are designed to want to learn, but how often do we just do the same things week after week after week? Routine can be great, but also counterintuitive.

Learning is also exciting and rewarding, so it can be therapeutic for a troubled mind. It helps discover your unknown potentials, so you stop beating yourself up for failing in other paths. Growing your skillset helps you realise how useful you are to lots of people, and that makes you happy and mentally healthy. It can also have career benefits as well as personal.



These days, expanding your knowledge and skill base is more requirement than choice. If you don't know what to study or which learning opportunities are at your disposal, try looking into the things you're curious about. Ask yourself, “What have I been interested in or passionate about since childhood?”

Answer that and you'll discover the learning journey you should pursue. You'll also discover immeasurable satisfaction in learning. Whether for hobby or career purposes, learning brings joy and satisfaction, regardless of age or professional standing.

MIND-SET:

More ways to feel more special?

Relating

Sometimes, to feel accepted, we need to push ourselves out and meet with people. This can be extremely daunting and scary. I used to be painfully shy and hope nobody would talk to me as I would not know what to say. I soon realised that communication and conversation can be my friend.

Small talk gets a bad wrap, but it's actually a big part of helping break the ice. Try just asking the check-out person at the supermarket how their day's going, or by sending a text to a friend. Yep, it might feel super awkward at first, but these small interactions can help you feel more comfortable in social situations.

What are you into – video games, music, books, cinema, theatre, sports? Joining a club is an awesome way to meet and connect with like-minded people. Check out local projects, your school, university or local community centre to see if they run any groups you might like to be part of.



Say “Yes” a bit more. Sometimes when you're in a loneliness spiral, you might start turning down opportunities to hang out without even realising it. You might have had thoughts like “that wouldn't be for me” or “they don't actually want me to come to that”. But if you give ‘yes’ a go, you might find yourself enjoying things a lot more than you'd think.

Acceptance

Be comfortable with who you are. Start by getting to really know yourself; what you like doing, what makes you feel happy, and what sets you apart from other people. Then work on accepting that other people may not always accept or understand those things, and that is okay.

You may not feel comfortable in your own skin because you're always feeling tired or unhappy with the way you feel. Taking the time to maintain your health can help you fix that. Take long baths or showers. Pamper yourself. Make sure to eat three balanced meals a day. All of this will make you feel happier to be who you are, and happier about sharing that with the world.



A big part of embracing who you are and feeling comfortable in your own skin is being around people who support you and make you feel good about yourself. Dump those toxic friends who are always bringing you down, being negative, and ignoring you in favour of their own narcissism. Work on hanging out with the people who compliment you, care about how you feel, and treat you with care and love.

Truly loving yourself can take a lifetime, so why not start today? Be comfortable with the way you look, smell, sound, act, and react to situations. Work on finding a happiness from within and letting it radiate out. If you don't love yourself, then it won't matter how many other people do. It's just like thinking that you're beautiful – you have to feel it first before it matters if anyone else does. Give yourself enough “me time” to learn to really love the person you are, to do the things that matter to you, and to quiet your mind so you can focus on what's right in front of you.

NUTRITION: Lazza's Kitchen Adventure Chocolate Pudding and Chocolate Custard

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Chocolate Pudding and Chocolate Custard from scratch

Ingredients

250g Unsalted Butter: 200g Brown Caster Sugar
50g Dark Brown Sugar: 4 Eggs
250g Self Raising Flour: 1 teasp Baking Powder
2Tbsp Cocoa Powder: 50g Grated Dark Choc
125ml Warm Whole Milk; Vanilla Extract
Custard: 300ml Whole Milk:
300ml Double Cream: 4 Large Egg Yolks
1 teasp Cornflour: 3 tblsp Cocoa Powder
3 tblsp Golden Caster Sugar

In the late 19th and early 20th century, chocolate pudding was thought of as an appropriate food for invalids or children as well as a dessert. It was not considered a health food in the modern sense of the term but as a wholesome, high-calorie food for those with poor appetites.

Custard became a popular food in the middle ages when it was paired with pastry to become a custard tart. The origin of the word custard actually dates back to the middle ages, coined from the French term 'croustade' originally referring to the crust of a tart, and can also be linked to the Italian word 'crostata'.

Preheat the oven to 180°C/fan160°C/gas 4.

Beat the butter with an electric hand mixer or in a stand mixer until soft, then add the sugars and beat for 5 minutes until light and fluffy.

Gradually add the eggs, beating well after each addition. Sift over the flour, baking powder and cocoa, then carefully fold through the mix along with the grated chocolate. I also added some melted chocolate.

Add the vanilla extract and enough of the warm milk to create a smooth mixture with a dropping consistency. Pour into the tin and bake for 45-50 minutes or until a skewer inserted into the centre comes out clean.

Meanwhile make the custard. Heat the milk and cream together until almost boiling. Whisk the egg yolks in a bowl with the sugar, cocoa and cornflour, then pour the hot milk and cream over the top. Whisk well, then return to a clean pan.

Cook over a low-medium heat, stirring constantly, until it forms a custard that thickly coats the back of a wooden spoon. Set aside. Turn out the sponge and cut into equal squares. Serve warm with the chocolate custard poured over



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.

Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, dessert to prepare.

HMHB's funny quiz page: It's mostly guessing, but play with friends: Answers Page 37

Since summer 2021, HMHB has been hosting an online quiz on Thursday evenings. We started it as a way of bringing people together, having a laugh, and not taking things seriously. It is important that anyone can win, so we make it funny, but no knowledge is required.

All Answers are at the base of Page 37 - don't look till you have done the whole page!!

ROUND ONE: Multiple Choice

Only one of the choices are correct: which one is it?

Has NOT won Eurovision	Not a Royal Navy Ship	Not a Genuine Footballer
Finland	HMS Cockchafer	Yoshimoto Banana
Poland	HMS Happy Entrance	Norman Conquest
Estonia	HMS Spanker	Danny Invincible
Spain	HMS Supreme	Ralf Minge

ROUND TWO: Give Me a Number

Every answer to the question is a number. Can you get close?

- How many points did Derby County get in the 2007-2008 Premier League season?
- How many Ford Fiestas were sold in the UK in 2022?
- How many episodes of Are You Being Served were produced?
- How many Famous Five books did Enid Blyton write?
- How old was Shakespeare when he died?

ROUND THREE: When Did That Happen

You have to guess the year all the events below occurred:

- What year was Francis Drake knighted?
- The first passenger carrying Hovercraft was in what year?
- In what year did Heinz launch its Tomato Ketchup?
- In what year did Take That release the songs Patience and Shine?
- When did Sandie Shaw win Eurovision with "Puppet On A String"?



ROUND FOUR: What specifically links these famous people? Hint: Movies

Drew Barrymore: Henry Winkler: Heather Graham: Sarah Michelle Geller: Lance Henriksen:

ROUND FIVE: True or False. Can you decide correctly on these statements?

- The first video ever uploaded to YouTube was taken down in 2016 for violating their Terms of Service.
- Originally the Fonz was going to wear a leather vest but the popularity of the Village People made them switch to a jacket.
- A duel between three people is called a truel.
- In 300 B.C. Mayans worshipped turkeys as vessels of the gods.
- Buzz Aldrin left a pen on the moon after the first visit. Eugene Cernan, the last moon walker, found it. It still worked.
- Girls have more taste buds than boys.
- All fossils found in Canada belong to the Queen.
- The first copy of the Oxford English dictionary is missing the word 'dictionary'.
- Messages from your brain travel along nerves at up to 200 miles per hour.



NUTRITION:

What happens if I skip Breakfast?

Skipping breakfast was shown to be common in the most recent national nutrition survey of children and adolescents, although the majority did not skip breakfast consistently.

Those most likely to skip breakfast were older females, and people who:

- are under or overweight.
- have a poor diet.
- have lower physical activity levels.
- do not get enough sleep.
- are from single-parent or lower income households.

Some common reasons for skipping breakfast include:

- not having enough time or wanting to spend the extra time being in bed.
- trying to lose weight.
- too tired to bother.
- bored of the same breakfast foods.
- don't feel hungry in the morning.
- no breakfast foods readily available in the house.
- the cost of buying breakfast foods.
- cultural reasons.



Skip Breakfast? It is an interesting question, and remember everybody is different. However, experts say that people who eat breakfast are less likely to overeat the rest of the day. Recent studies though have found no difference in weight between those who skip their morning meal and those who don't. In the meantime, skipping meals has become an increasingly popular part of modern life.

Breakfast-eaters tend to have lower rates of heart disease, high blood pressure and high cholesterol, the American Heart Association reported earlier this year, but the group says the science isn't strong enough to suggest that people who don't normally eat breakfast should start. On the other hand, some research has even suggested that fasting for longer overnight periods could actually help people lose weight.

It is important to remember this:

Studies have shown that when you eat breakfast, your memory and concentration improve.

Results demonstrate breakfast eaters have greater attention spans and perform better on spatial and cognitive tests. On the flip side, breakfast skippers are more likely to get stomach pains and headaches caused by hunger, making learning and test-taking challenging.

In general, breakfast eaters are healthier. They are more likely to meet the nutritional recommendations for their age groups, especially for vitamins A, C, riboflavin, calcium, zinc, iron and fibre. Chronic conditions like diabetes can also be significantly improved by maintaining a healthy diet, starting with a good breakfast.

Diabetes is difficult to control if meals, especially breakfast, are skipped. However, always remember to consult your doctor before making changes to your diet, especially if you have a chronic condition. Breakfast shunners tend to have higher cholesterol levels, increasing their risk for heart disease. They also tend to snack more on high-fat, low-nutrition foods and are more likely to overeat at lunch because of excessive hunger.

NUTRITION:

What are some Breakfast suggestions?

If you enjoy breakfast, choosing nutritious foods may provide long-lasting energy and keep you full for hours.

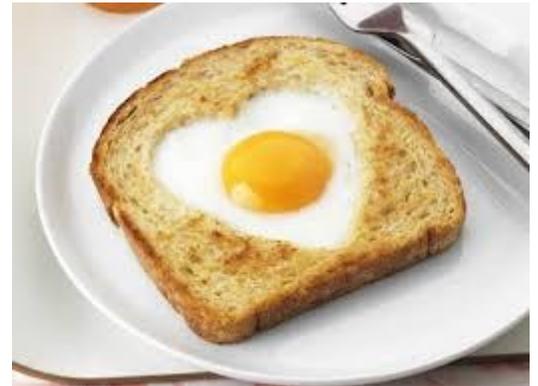
These foods are typically high in fibre, protein, healthy fats, and micronutrients.

While it's best to avoid unhealthy options that are high in sugar, refined carbs, and additives, it's not always easy to know what to choose.

Eggs

Eggs make a simple, nutritious breakfast choice. They're an excellent source of protein, which helps support muscle synthesis. Since protein takes a while to digest, it also helps keep you feeling full.

In one study, people given eggs and toast (wholemeal) for breakfast reported significantly less hunger than those given bran cereal, suggesting that the egg group's higher protein intake (25 grams versus 11 grams) promoted greater fullness. Furthermore, the egg group ate fewer calories at lunch, suggesting that this dish may support weight management. Additionally, egg yolks contain Lutein and Zeaxanthin. These antioxidants help prevent eye disorders like cataracts and macular degeneration. Eggs are also one of the best sources of choline, a vital nutrient for brain and liver health. Poached, Boiled, Scrambled are all better than Fried.



Porridge

Porridge is traditionally a breakfast dish that is simply made by cooking oats with water or milk. Different spices, fruits and sweeteners, such as honey, can then be added according to taste.

Oats contain a type of soluble fibre called beta-glucan, which studies suggest can help lower your cholesterol level if you have 3g or more of it each day. A 40g serving of oats supplies 2g of beta-glucan. Beta glucan is also beneficial in helping us manage our blood sugar levels with studies suggesting it helps to lower levels of blood glucose after a meal and improves our sensitivity to the blood sugar managing hormone, insulin.

Porridge makes an excellent start to the day because oats are a source of complex carbohydrate, this means they provide slow-releasing energy to get you through the morning. In addition to this the soluble fibre in oats helps improve our sense of fullness, reducing our appetite and potentially helping us resist environmental cues to eat.

Cereals

There is a row at the supermarket with a wide variety to choose from, but try and stay away from the sugary and chocolatey choices. Use semi-skimmed milk. The best cereals have wholegrain and include:

Weetabix

Shredded Wheat

Ready Brek

Cornflakes

Shreddies

Breakfast is important. Find time for it.

The body uses a lot of energy stores for growth and repair through the night.

Eating a balanced breakfast helps to up our energy, as well as protein and calcium used throughout the night. It's your body. You choose what you eat. So choose wisely!!!

Nutrition: HMHB looks at Vitamins

Today: Vitamin C

**On this page, we will take a brief look at Vitamins.
Why we use them, what they do for us, etc.**

“A vitamin is an organic molecule that is an essential micronutrient which a human needs in small quantities for the proper functioning of our metabolism. Essential nutrients cannot be synthesised in human beings, either at all or not in sufficient quantities, and therefore must be obtained through the diet.”

Vitamin C is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Vitamin C is an “Antioxidant” that helps protect your cells against the effects of “Free Radicals”: molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation from the sun, X-rays or other sources. Free radicals might play a role in heart disease, cancer and other diseases.



Vitamin C, also known as “Ascorbic Acid”, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

The body doesn't store vitamin C, so overdose is not a concern. But it's still important not to exceed the safe upper limit of 2,000 milligrams a day to avoid stomach upset and diarrhoea.

Because your body doesn't store Vitamin C, you need to keep them in your diet all the time to maintain healthy levels. Eat vitamin-C-rich fruits and vegetables raw, or cook them with minimal water so you don't lose some of the water-soluble vitamin in the cooking water.

Vitamin C is easily absorbed both in food and in pill form, and it can enhance the absorption of iron when the two are eaten together.

The foods richest in vitamin C are citrus fruits, green peppers, strawberries, tomatoes, broccoli, white potatoes, and sweet potatoes. Other good sources include dark leafy greens, cantaloupe, papaya, mango, watermelon, brussels sprouts, cauliflower, cabbage, red peppers, raspberries, blueberries, winter squash, and pineapples. People who consume more fruit and vegetables will not only have higher [blood] levels of vitamin C, but higher intake of other nutrients potentially beneficial to health, such as fibre and other vitamins and minerals.

Like all Vitamins, this micronutrient is “essential for life”.

Your body cannot create it so you have to get it through your diet.

Why not research this Vitamin this month, and what foods you need to consume?

It's your body, and your choice.

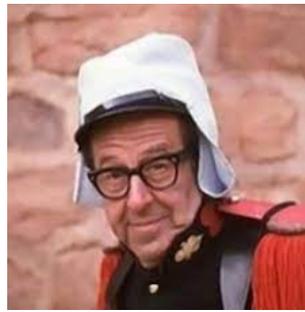


HMHB's Name Game Page:

Can you name all of these "Carry On" Actors?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Spiced Hummingbird Cake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Spiced Hummingbird Cake from scratch

Created in Jamaica where the dessert is called doctor bird cake, it is named after the island's national bird, the "scissors-tail hummingbird" (locally known as the doctor bird). In 1968, the Jamaica Tourist Board exported the recipe for hummingbird cake, along with other local Jamaican recipes, in media press kits sent to the USA . It was voted "Southern Living"'s favourite recipe in 1990 and was noted as the most requested recipe in the magazine's history

Ingredients

225ml Vegetable Oil: 300g Self-Raising Flour
½teasp Baking Powder: 3 Eggs
300g Golden Caster Sugar: 2 Bananas
Teasp: Cinnamon, Nutmeg, All Spice, Ginger
Pineapple chunks (from can and diced)
150g crushed mixed nuts.
Tub Mascarpone:
150g Softened Unsalted Butter
100g honey: 80g icing sugar
Orange zest, plus extract:

Heat the oven to 180C/160C fan/gas 4. Grease two 20cm cake tins.

Put the flour into a large mixing bowl, and add 1/2 tsp salt and the baking powder and caster sugar. Stir through the cinnamon, nutmeg, ginger and all spice.

In a separate bowl, whisk the mashed bananas through the eggs and oil until well combined (can add some vanilla essence if you wish).

Make a well in the centre of the dry ingredients and tip in the wet mixture.

Fold everything together until combined, then mix through the pineapple and nuts.

Spoon the mixture into the tins and bake in the centre of the oven for 35-45 mins or until a skewer inserted into the middle comes out clean. Leave to cool in the tins for about 10 mins before transferring to a wire rack to cool down completely.

Meanwhile, put the mascarpone, softened butter, orange mix, honey and icing sugar into a mixing bowl and beat together until just combined. Try not to overbeat the mixture or it will become too soft and runny. Chill for 30 mins in the fridge before using.

Put one of the cakes on a serving plate and spread with half the icing. Top with the other cake and smooth over the remaining icing.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.

EXERCISE/FITNESS

Qigong

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise.

It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods run health walks in Islington, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We now have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, We organise a fantastic outdoor Zumba session on Sundays with our fabulous Karina.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

The term “qigong” is a combination of two words: “qi,” which means “subtle breath” or “vital energy,” and “gong,” which translates to “skill cultivated through steady practice.”

Together, the words describe an age-old practice that harnesses the power of breath, movement, and intention setting to create health and balance within the body.

As a foundational component of traditional Chinese medicine (TCM), qigong dates back thousands of years and was first documented in Daoist (Taoist) writings around A.D. 600, though the term “qigong” we use today wasn’t formalised until the 1950s.

Qigong is the deepest root of traditional Chinese medicine, as well as traditional Chinese martial art,” says Chris Bouguyon, the president of the National Qigong Association (NQA), and a certified medical qigong therapist who specializes in trauma.

Most forms of qigong originated from Daoist practices focused on cultivating and maintaining personal health. (Daoism is a religious and philosophical tradition that has been part of Chinese culture for more than 2,000 years.

Included in those practices were exercises made up of postures, breathwork, and intention setting. The exercises initially mimicked the movements of animals and then evolved as people gained a deeper understanding of human anatomy and physiology.

“One of the earliest forms of qigong that we have knowledge of is the Five Animal Frolics,” Bouguyon says. After a day of labour, field workers would perform gentle movements to help ease tension in their bodies. They settled on the movements by observing the nearby animals and imitating their motions. Eventually, the practice evolved into an understanding of the TCM concept of meridians, or energy channels, within the body, according to Bouguyon.



EXERCISE/FITNESS: Let's talk more about Qigong

Qigong follows traditional Chinese medicine principles, which claim that qi flows through our bodies. According to TCM, people tend to feel their best when qi travels freely, but health problems can crop up if the energy becomes stagnant or blocked in a certain area of the body. Through simple poses and patterned breathwork, qigong is believed to remove obstacles to promote a healthy flow of qi.

Beginners first learn how to coordinate physical movements with breath (try and always breath in through the nose and out through the mouth) through the repeated practice of exercises. Once they achieve proper form, students work on turning those exercises into moving meditation, or finding the change in energy within the postures, movements, breathing patterns, and transitions.

It may sound simple, but there's a lot happening within the body and mind during a qigong practice. When I went along to a session in Islington, delivered by the amazing Kasia, I felt it was very calming and controlled.

For starters, the slow, gentle movements are believed to warm up your tendons, ligaments, and muscles; mobilise the joints; and promote the circulation of body fluids (like blood, synovial, and lymph).

Meanwhile, deep breathing, which plays a central role in qigong, calms the sympathetic (fight-or-flight) nervous system and activates the parasympathetic (rest-and-digest) side of your autonomic nervous system. The autonomic nervous system regulates involuntary processes like breathing, heartbeat, and digestion. We were encouraged to take deep breaths, breathing in through our noses and out through our mouths. This is quite a standard thing to do during exercise, but I thought it worked particularly well with these movements.



By tapping into the parasympathetic nervous system, qigong can help reduce stress and anxiety, which has many implications for health. Qigong offers the beautiful gift of working to quiet the mind, settle the emotions, and relax into the body. When I was chatting to Kasia afterwards over a coffee I said I felt this would really help people going through stress or anxiety, and also be fantastic for older people too. **Healthy Generations - through Kasia - are running three weekly Qigong sessions—check out their website for more details.** There are likely thousands of qigong styles. However, each style has three components: breath, movement, and intention. Within that, there are different ways that qigong can be used for one's benefit.

“Chi is the general life force of a human being. Chi is that which differentiates the living from the dead... the sum of many energetic frequencies that run through the body... Chi can be increased in a human being by doing qigong — exercises that work with your chi — or other internal energy practices, such as tai chi.

Strong chi can make a person feel totally alive, alert and present.”

Bruce Frantzis, *Dragon and Tiger Medical Qigong: Health and Energy in Seven Simple Movements*, 2010

**Whatever you do, you must make time to get a suitable amount of exercise in every week.
Your body needs movement and flexibility. It needs you to provide it.
Sedentary lifestyles are starting to affect our overall health.
It is your responsibility to make sure you give your body every chance to be healthy.**

6 MOVEMENTS FOR YOU TO TRY



PULL DOWN THE HEAVENS



Stand with feet shoulder width apart. Neck relaxed and shoulders sinking slightly with both arms and elbows hanging loosely at your sides. As you inhale, raise or float your arms wide to the side, palms up, gently curved. At the top of your reach, as you begin to exhale, turn your palms over and bring the arms down, palms passing in front of your abdomen.



SWIMMING DRAGON

Stand with your feet shoulder width apart. Your neck is relaxed and shoulders sinking slightly with both arms and elbows hanging loosely at your sides. Knees relaxed with a slight bend. Place your palms together in front of your chest, elbows out, shoulders slightly forward. With a flowing figure of eight movement, keeping your palms together, move your hands to the left and right continuously.

SPINAL CORD BREATHING



With your feet shoulder-width apart, position your hands by your shoulders. As you inhale, start to retract your back and shoulders into a posterior, opening your chest, and look up. Your tailbone should be extended back so your back makes a nice arch. You should feel a nice stretch without causing pain. When you exhale, bring your head and chest forward so your chin comes towards your chest. Also, bring your tailbone forward and squeeze your abdominals. Keep repeating.

KNOCKING ON THE DOOR OF LIFE



Stand with your feet shoulder width apart. Your neck is relaxed and shoulders sinking slightly with both arms and elbows hanging loosely at your sides. Knees relaxed with a slight bend. With loose arms swing one arm behind you while the opposite arm comes in front, and then repeat with the other way, and continue. This exercise will help create the conditions for your Qi (energy) flow to unblock and flow in an unimpeded way. When this happens, it revitalises your fundamental physical energy reserves. When you physically feel more energised, this has a knock-on effect on your emotions which can then become more balanced too.



Stand with your feet shoulder width apart. Your neck is relaxed and shoulders sinking slightly with both arms and elbows hanging loosely at your sides. Knees relaxed with a slight bend. Moving your arms in a circular way, one of the hands grabs an imaginary bow string, pulling back, while the other arms moves forward with palm facing away. Repeat other side and continue.

SEPARATING HEAVEN AND EARTH



Stand in your basic neutral stance and cross your arms over your chest. Breathe out as you reach up with one arm while lowering the other. Keep a soft curve in both arms. Breathe in as you bring your arms back to the chest level and breathe out as you swap high and low. Finish the movement by inhaling as you cross your arms and breathe out as you lower them to your side. Keep repeating.

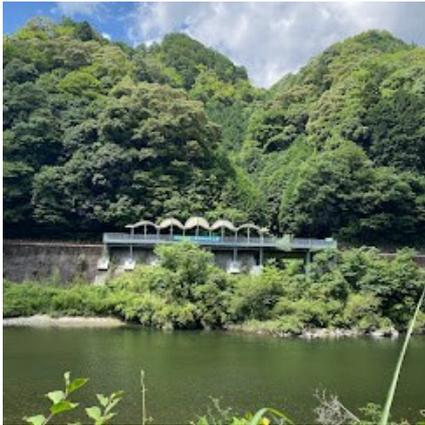


Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.



There are some amazing train stations around the world, and even in this country there are some picturesque stops.

But this one in Japan could be the best.

This one - known as "Seiryu-Miharashi" - is in the middle of nowhere with no entry or exit. Construction was approximately 112 million yen. It opened on March 19, 2019, and is on the Nishikigawa Seiryu Line and is located between the stations of Naguwa and Nekasa, and is exclusively accessible to travellers travelling by train. It exists so passengers can take a break and enjoy the scenery of the Nishiki River and the surrounding forest.

Wojtek was a Bear that was adopted by a group of Polish soldiers during World War 2. He was trained to carry heavy ammunition for the soldiers and quickly became a beloved mascot of their regiment, and was even officially listed into their army.

Wojtek accompanied the soldiers through several battles and even helped them carry ammunition during the battle of "Monte Cassino". After the war, Wojtek went to a Scottish Zoo where he lived out the rest of his life as a popular attraction. Wow!!!



The painting opposite is called "Sleeping Lady With Black Vase" and is a 1927-28 painting by Robert Bereny. The painting was sold in 1928 and was considered lost after World War 2. It was auctioned as a Berény in the mid-1990s and was later sold to Sony Pictures, who used it in the 1999 film "Stuart Little" as set dressing in the house of the main character. In 2009, art historian Gergely Barki identified the painting while watching the film with his daughter, and tracked it down. It was owned by a set designer, who sold it to an art collector, who sold it at auction in 2014 for \$285,700

In 1958, pilots Roberts Timm and Jim Cook flew that aircraft pictured for more than two months without landing. Their endurance record stands to this day. The truck in the photo was outfitted with a fuel tank, pump, and other support items. Twice a day, the truck would rendezvous with the aircraft over a stretch of straight highway the Government had closed off. The plane would fly roughly 40 feet off the ground, and use an electric winch to lower a hook, and snag the refuelling hose. Timm or Cook, standing on the platform that was lowered out the co-pilot's door, would then insert the hose into the belly tank so the necessary fuel could be pumped up. It took roughly three minutes to fill the belly tank.



HEALTH / ROUTINE

Hypertension: What is it?

When your heart beats, it pumps blood around your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure.

If that pressure is too high, it puts extra strain on your heart and blood vessels. This is called high blood pressure, or “Hypertension”. Over time it can lead to a number of health problems including heart attacks, stroke, kidney disease, and some forms of dementia. The good news is there are lots of things you can do to lower it and keep it under control.

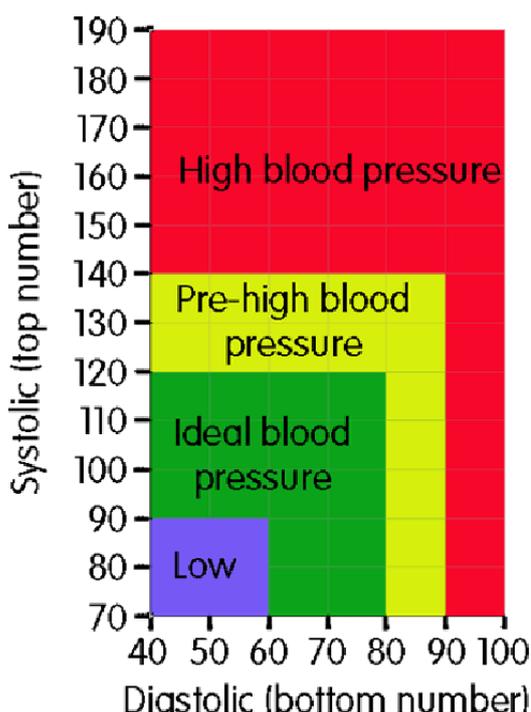
High blood pressure is very common, about a third of adults in the UK have it, but many aren’t aware of it. It doesn’t usually have any symptoms so the only way to know you have it is to have a blood pressure check.

Blood pressure is measured in millimetres of mercury (mmHg) using a simple machine. When you have it measured it will be written as two numbers, a top number and a bottom number. For example, if your reading is 120/80mmHg, your blood pressure is 120 over 80.

Systolic blood pressure: This is the first, or top, number. This is the highest level your blood pressure reaches when your heart beats, forcing blood around your body .

Diastolic blood pressure: The second number, or bottom number, is the lowest level your blood pressure reaches as your heart relaxes between beats.

Once you know your numbers, you can use the blood pressure chart to see what they mean and if your blood pressure is in the healthy range. The chart is suitable for adults of any age, as the cut-off point for diagnosing high blood pressure doesn’t change with age.



140/90mmHg or over: the cut off point for diagnosing high blood pressure (hypertension). This is the point where your risk of serious health problems goes up. Doctors might prescribe medications and advise you to make changes to your lifestyle to bring your blood pressure down.

120/80 to 140/90: Also called high-normal blood pressure. This is not high blood pressure, but it is a little higher than it should be and means you could go on to develop high blood pressure.

90/60 to 120/80: Also called normal blood pressure. Your blood pressure reading is healthy. At this level you have a much lower risk of heart disease and stroke. Following a healthy lifestyle should help you to keep it in the healthy range.

90/60 or lower: Low blood pressure usually isn’t a problem, but it can sometimes make you feel faint or dizzy or could be a sign of another health problem.

HEALTH / ROUTINE

Hypertension: Causes: Symptoms.

Hypertension

Whilst it can sometimes be difficult to categorically attribute high blood pressure to a specific cause, the majority of people who suffer from high blood pressure can link it to one, or more, of the following causes:

- Poor Diet and Lack of Exercise
- Being overweight
- Smoking
- Poor sleep quality
- Too much alcohol
- Too much caffeine
- Too much salt



The good news is that every one of the above causes can be reversed!

However, sometimes high blood pressure could simply be hereditary, made worse by age or a result of genetics (it is more common in those of black African or black Caribbean descent). Yet, even in these instances, changes in diet and exercise habits can have a positive impact on your blood pressure.

Secondary Hypertension.

There is a small percentage of people who have high blood pressure for whom it is more easy to specify the absolute cause. These causes include:

- Diabetes
- Excessive hormone secretion
- Kidney disease
- Some medication (including oral contraceptives and a variety of over-the-counter and herbal medicines).

Hypertension resulting from these causes is often referred to as 'secondary hypertension.

Symptoms

Helpfully, high blood pressure is something that can be recognised quite easily once you are aware of the kind of symptoms associated with it. Some of the symptoms that you can pay attention to include:

- Blurred vision
- Chest pain
- Dizziness
- Headaches
- Nosebleeds
- Shortness of breath

It is, however, important to note that high blood pressure may not present symptoms that are so clear to observe. The best and most effective way to understand your blood pressure is to test it.

High blood pressure can result in a number of undesirable outcomes, many of which can impact your life considerably, as well as lead to death.

HEALTH / ROUTINE

Hypertension: Natural Remedies and Testing

One of the major causes of hypertension is the build up of atheroma inside the arteries. Atheroma is the fatty deposits lining the walls of the arteries, simultaneously narrowing the space through which the blood can travel and robbing those arteries of their natural elasticity.

This build up is largely a result of poor diet and a lack of exercise. Already being overweight will increase the likelihood of these build ups but if you can develop healthy eating and exercise habits, they will, over time, begin to break down and reduce. There are subscribed medications, but there are also natural remedies.

Diet and exercise are just two of a number of effective measures you can choose to implement that will contribute to a healthy blood pressure. In general, effective natural remedies include:

- Losing weight
- Exercising
- Eating a healthy diet
- Reducing salt intake
- Reducing alcohol consumption
- Quitting smoking
- Limiting caffeine intake
- Relaxing/ reducing stress



To help develop a more relaxed state of mind and to alleviate the stress you might feel, you can explore the following:

- Meditation
- Practicing gratitude
- Rewiring stress triggers
- Understanding what is, and isn't, in your control
- Reviewing your expectations

Testing

One of the reasons I am covering this topic is that I had a very worrying test result last summer - in fact it was much higher than I would have liked. I have changed my lifestyle accordingly and I am glad to say it has reduced nicely. But go and get tested.

Having a blood pressure test is an easy, painless, and quick procedure that you can have done at a variety of places including:

- GP surgeries
- some pharmacies
- some workplaces

In the UK it is advised that anyone over the age of 40 has their blood pressure checked at least every 5 years, although it is excellent practice to have it reviewed far more regularly. It's common for GP's to communicate directly with their patients about this, but making your own appointment proactively is simple enough.

For many people, knowing their blood pressure is a small, but significant, part of their toolkit to help them understand their health. Knowing it will help you to pursue a healthy lifestyle.

HEALTH / ROUTINE

Our Walking Page

We love our walks at Healthy Minds, Healthy Bods. The benefits of walking are numerous.

Here are a few:

1. Lowers “bad” Cholesterol (LDL)
2. Increases “good” Cholesterol (HDL)
3. Prevents and Reduces High Blood Pressure
4. Reduces Heart Attacks by 86% (combined with healthy lifestyle choices)
5. Reduces risk of Stroke by up to 50%
6. Lowers resting heart rate to make your heart more efficient
7. Improves Cardiovascular endurance and performance
8. Improves Circulation
9. Keeps your Lungs healthy
10. Strengthens breathing muscles
11. It is safe, even for those with Asthma issues (but always check with your doctor)
12. Helps with weight issues.
13. Burns calories, especially using hills and faster walking
14. Increases Metabolism
15. Decreases Fat Tissue
16. Reduces BMI
17. Can help to prevent Obesity problems

**GET
OUTDOORS
AND
WALK
MORE.**

**YOUR
BODY
WILL
THANK
YOU
FOR
IT**

I admit, I have cheated slightly as all the above are from the website of one of our partners - the totally fabulous Walk With A Doc - based in the USA. Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him in a local park on a spring Saturday morning. To his surprise, over 100 people showed up, energized and ready to move.

Since that first event in 2005, Walk with a Doc has grown as a grassroots effort with a model based on sustainability and simplicity. For many of the chapters, a doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace. Healthy snacks, coffee, and blood pressure checks are an optional part of a Walk with a Doc event.

In 2009, WWAD became an official project and added an Executive Director with a focus on building a program that could easily be implemented by interested doctors in other cities around the country.

The reach of Walk with a Doc now extends around the globe with 500+ chapters worldwide:

HMHB is a London chapter - as we also partner with local medical practices and health organisations.

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your life:

- make walking part of your journey to work
- walk to the shops
- use the stairs instead of the lift
- leave the car behind for short journeys
- walk the kids to school
- do a regular walk with a local group
- go for a stroll with family or friends



NUTRITION: Lazza's Kitchen Adventure

Smoked Salmon Tartlets

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Smoked Salmon Tartlets from scratch**

Oily fish like salmon are rich in a type of polyunsaturated fat called Omega 3 Fatty Acids: These fatty acids are essential because the body cannot produce them, so we must include them regularly in our diet. These fatty acids are thought to contribute to a healthy heart and help maintain skin, joints and hormonal balance. In addition they can protect against some cancers and conditions like asthma, high blood pressure, macular degeneration, and rheumatoid arthritis.

Ingredients

2 x 320g pack ready-rolled Shortcrust Pastry
Tub of Crème Fraiche (250g)
2 Zested Lemons, plus juice
4 teasp Horseradish
4 tblsp Chopped Chives
4 eggs, plus 2 yolks
6 tblsp Milk
250g Smoked Salmon Diced

Unroll the pastry and, keeping it on its paper, cut out 24 discs of pastry using a 7cm round cutter. Use the pastry discs to line two 12-hole shallow tart tins. Put in the fridge to chill while you make the filling. You can always do one lot of 12 and repeat if you only have one tin. Combine all the remaining ingredients except the smoked trout in a large jug and season well with a good grinding of black pepper (only add a small pinch of salt). Mix well to combine, ensuring there are no lumps of crème fraîche or egg. Take tins from the fridge and divide the salmon generously between the pastry cases. Carefully pour over the crème fraîche mixture into each case, leaving a 1-2mm rim of pastry at the top. It helps to give the mixture a stir after each pour so the chives and lemon zest don't sink to the bottom. Bake in the oven for 18-20 mins until the pastry is golden and the filling lightly golden and puffed up. I was a bit unsure about the base of my tartlets, so after taking out the oven and letting them cool a little, I turned them over so the base was now upwards and put back into the oven for five minutes.



Can serve warm or cold. I took them on our health walk and they were very popular. The taste was fantastic.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? More on HMHB recipe pages: www.hmhb2016.org.uk This was a great and very tasty bake to prepare.

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. They do tremendous work, especially with older people, running many classes around health and well-being, as well as helping people with care and support, financial and legal matters, education and retirement. Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing a couple of one off events with Age UK, and look forward to more collaboration.

Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind.

They offer a free and confidential support service for individuals and their families affected by drug and alcohol problem.

HMHB are running our course with them this Spring, this following a successful course we did with them before. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, who have been very supportive of our work.

They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey. The network is made up of three specialist mental health organisations and is the single point of entry for all community mental health support needs in Haringey.

HMHB has run several courses with them in the past, and we love helping their users. Call them on **0208 340 2474 (option 1)**.

Email: Haringeywellbeingnetwork@mih.org.uk



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in (see last pack!!!). www.healthygenerations.org.uk

You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 2



Help on Your Doorstep

Help on Your Doorstep aims to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Working with residents they seek to find solutions to the issues which make life difficult, strengthen communities to do more for themselves and enable people to improve their life chances.

Do contact them if you have an issue, and they can signpost you to the relevant people. connect@helponyourdoorstep.com

North London Cares brings older and younger people together to share time, laughter, new experiences and friendship .

They want to try and combat loneliness and isolation by providing opportunities for people of all ages to get to know each other and their community.

They run a lot of events and social clubs, and HMHB has provided some circuit training events, which had terrific feedback.

Do check them out: www.northlondoncares.org.uk



SHP's vision is of a society where everyone has a place to call home and the chance to live a fulfilling life. They help single Londoners by preventing homelessness, providing support and accommodation, promoting well-being, enhancing opportunity, and being a voice for change.

HMHB have done several courses to terrific feedback with SHP, and look forward to working more in the future.

www.shp.org.uk 0204 509 8300

HMHB have had a working relationship with VAI for over eight years, and they have been extremely helpful as we developed and then started working with users.

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022.

If you need help - please contact Yvette, Marta, Maria:

www.vai.org.uk Main phone no: 020 7832 5801

**Voluntary
Action
Islington**

Answers to Fun Quiz from Page 18 - don't look till you have done all the quiz

- Round One: 1 Poland 2 Supreme 3 Banana
- Round Two: 1, 11: 2, 288,639 3, 70: 4, 21: 5, 52:
- Round Three: 1, 1581: 2, 1962: 3, 1876: 4, 2007. 5, 1967.
- Round Four: All Died in the Scream Films Franchise.
- Round Five: 1 False: 2 False: 3 True: 4 True: 5 False
6 True: 7 False: 8 False: 9 True:



Review of Challenges and Targets

Mind-set:

We put ourselves down. We compare our lives against others, including people we do not even know, like celebrities. We wish we were more confident, wealthy, and lucky.

But actually we are all special. They have calculated the chances of you actually being you are one in four trillion. Is that not incredible? You are miraculous.

But do you believe it? Be your own person. Have your goals and go for it.

Stop worrying what anyone else is doing. You have no idea what is actually going on their lives. Concentrate on you. Push yourself. You are amazing!!!



Nutrition.

Breakfast literally means “to break the fast.” It is the first meal of the day after a stretch of not eating overnight. Breakfast provides the body with important nutrients, to start the day feeling energised and nourished. Many also believe that it can promote weight loss.

It is your choice. Some people are comfortable skipping breakfast, and we just offer information. Personally, I like breakfast, just try and avoid lots of sugary cereals. Consistency is key.



Exercise.

氣功
QIGONG

This month Lazza decided to try out something new and thankfully the wonderful Healthy Generations are running three Qi Gong classes every week in Islington.

He went along to a session and I can assure you it can help destress and relax you. Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

Slow gentle qigong movements warm tendons, ligaments, and muscles; tonify vital organs and connective tissue; and promote circulation of body fluids

Health.

One of the most common ailments is Hypertension, or High Blood Pressure. It can be difficult to notice as symptoms can remain quiet, but can also have devastating repercussions.

High blood pressure can damage your arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart disease. In addition, decreased blood flow to the heart can cause chest pain, also called angina.

It doesn't take long, go and get tested at your local medical practice. They can pick the problem up early if you have it, and then you can make healthy changes to lower the risks.



**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

Quiz Answers from Page 6 + Carry On Actors from Page 24

See if you can beat your family and friends

Literature: The authors for those classic pieces of Literature?

1. William Shakespeare
2. Charles Dickens
3. Jane Austen
4. Agatha Christie
5. Arthur Conan Doyle
6. Jules Verne
7. H G Wells
8. Oscar Wilde
9. Arthur C Clarke
10. Mark Twain
11. Edgar Rice Burroughs
12. Ernest Hemingway
13. George Orwell

Cinema: These played those characters in those films?

And here also are the year of release?

1. 2012: Christian Bale
2. 2016: Henry Cavill
3. 2012: Mark Ruffalo
4. 2018: Jason Momoa
5. 2010: Scarlet Johansson
6. 2020: Gal Gadot
7. 2009: Billy Crudup
8. 2016: Margot Robbie
9. 2011: Tom Hiddleston
10. 2014: Dave Bautista
11. 2016: Benedict Cumberbatch
12. 2018: Paul Rudd
13. 2002: Willem Defoe
14. 1992: Michelle Pfeiffer
15. 2019: Tom Holland
16. 2018: Chadwick Boseman
17. 2015: Jeremy Renner

Pop Music: The Singers for those songs, all of which were released in 1999?

1. Shania Twain
2. Whitney Houston
3. Madonna
4. Backstreet Boys
5. The Vengaboys
6. Shania Twain
7. Ricky Martin
8. Lou Bega
9. Cliff Richard
10. Bryan Adams featuring Mel C
11. Cher
12. Britney Spears
13. Westlife
14. Fatboy Slim

Food

The top 20 most favourite vegetables in the UK - 2022.

Potatoes, Tomatoes, Carrots, Onions,
Mushrooms, Cucumber, Peas, Peppers
Lettuce, Broccoli, Garlic, Cauliflower
Sweetcorn, Cabbage, Green Beans, Brussel Sprouts,
Sweet Potatoes, Beetroot, Spinach, Leeks

QUIZ ANSWERS

Film: Carry On Actors - from Page 24 (how well did you do?)

- | | |
|--------------------------------|---------------------|
| 1: Harry H Corbett | 2: Phil Silvers |
| 3: Leslie Phillips | 4: Bernard Cribbins |
| 5: Bernard Bresslaw | 6: Charles Hawtrey |
| 7: Peter Butterworth | 8: Kenneth Williams |
| 9: Kenneth Connor | 10: Lance Percival |
| 11: June Whitfield | 12: Sid James |
| 13: Hattie Jacques | 14: Jim Dale |
| 15: Joan Sims and Joan Hickson | |

Places

The top 10 visited tourist places:

Rome, Colosseum: Paris, Louvre
Rome, Vatican Museums: New York, Statue of Liberty: Paris, Eiffel Tower: Barcelona, Basilica de la Sagrada Familia: New Orleans, French Quarter: Amsterdam, Anne Frank House: Chicago, SkyDeck: Venice, Grand Canal.

THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

You can contact HMHB:

HMHB would prefer you email us: hmhb2016@outlook.com

Please follow and like us on Facebook if you are on it:

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016 (*being updated*)

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/zombie_pt)

Please follow us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

Please follow and like our blogs:

www.hmhbmainblog.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: www.hmhb2016.org.uk you can contact us through the site.

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

All copies of our Mental Health Packs can be downloaded from our website.

HMHB: Nominee Volunteer of the Year Awards 2021

Lawrence & HMHB: Winner Mayor Civic Award in 2022

Lawrence: Winner at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website