

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 33

Focus on:

**Mind-set, Nutrition, Exercise, Health**

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st February 2025*



[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)





**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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**"If you want something you've never had,  
you must be willing to do something you've never done."**  
*Thomas Jefferson*

***Welcome to Issue 33 of Healthy Minds, Healthy Bods' New 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](http://www.hmhb2016.org.uk).

We then went monthly for 7 issues.

Our new venture for 2022 onwards: Issue 33 here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

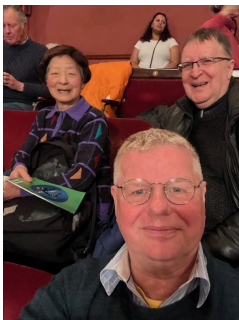
HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

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, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom 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!!!**



**Here are a few photos from our London Coliseum trip to see the Pirates of Penzance, which was funny and totally awesome.**

**HMHB has delivered across Islington and beyond.**

**HMHB get referrals from the NHS and other local projects.**

**Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.**



## HEALTH NEWS AND RESEARCH PAGE

### New Discovery in the Human Body. ([sciencedaily.com](http://sciencedaily.com))

A Research team from the University of California, Irvine has revealed a previously unknown mechanism that triggers an inflammatory immune response in cells when their DNA is damaged. This discovery deepens the understanding of a new type of cell signalling that may lead to more effective treatments for Cancer.

The study, published online in the journal "Nature Structural & Molecular Biology", found that UV irradiation or certain chemotherapeutic drugs activate a specific response when cells are too damaged to be repaired correctly, preventing them from becoming cancerous.

"This discovery could have significant implications for cancer treatment," said corresponding author Rémi Buisson, UC Irvine associate professor of biological chemistry. "Understanding how different cancer cells react to DNA damage could lead to more tailored and effective therapies, potentially reducing negative side effects and improving the quality of life for patients."



Scientists have long understood that when both DNA strands are broken, the ATM enzyme triggers the activation of the protein NF- $\kappa$ B within the cell, leading to the production of inflammatory signals. In this study, spearheaded by postdoctoral fellow Elodie Bournique, and assisted by graduate student Ambrocio Sanchez, it was shown that when DNA damage occurs due to UV exposure or treatment with chemotherapeutic drugs such as "Actinomycin D" or "Camptothecin", the IRAK1 enzyme induces NF- $\kappa$ B to send out signals to recruit immune cells.

Team members developed an advanced imaging technique to analyse how NF- $\kappa$ B is regulated at the cellular level. The researchers were able to precisely measure a cell's response to damaged DNA at the single-cell level and observed a new pathway to the activation of NF- $\kappa$ B. They found that after specific types of injury, cells release the IL-1 $\alpha$  protein. It doesn't act on the cell itself but travels to neighbouring cells, where it triggers the IRAK1 protein, which then initiates the NF- $\kappa$ B inflammatory response. (it's very technical!!)

"Our findings will help us better understand the consequences of certain types of chemotherapeutic drugs that are used to treat patients and cause DNA damage. We've discovered that the IL-1 $\alpha$  and IRAK1 proteins, which play a role in the immune process, vary significantly across different cancer cell types. This suggests that not all patients will react to treatment in the same way, Buisson said. "By assessing these protein levels ahead of time, doctors might be able to personalise therapies tailored to individual patients' needs for improved success rates."

**The increased longevity of humans over the past century can be significantly attributed to advances resulting from medical research.**

**Among the major benefits of medical research have been vaccines for "Measles", "Polio", "Influenza", and of course "Covid", Insulin treatment for Diabetes, classes of Antibiotics for treating a host of maladies, medication for high blood pressure, improved treatments for "AIDS", statins and other treatments for Atherosclerosis, new surgical techniques such as microsurgery, and increasingly successful treatments for Cancer.**

## HEALTH NEWS AND RESEARCH PAGE:

### **Zebrafish can help in Heart repair. ([sciencedaily.com](https://www.sciencedaily.com))**

Researchers from the Bakkers group at the Hubrecht Institute have successfully repaired damaged mouse hearts using a protein from zebrafish. They discovered that the protein Hmga1 plays a key role in heart regeneration in zebrafish. In mice, this protein was able to restore the heart by activating dormant repair genes without causing side effects, such as heart enlargement. This study, supported by the Dutch Heart Foundation and Hartekind Foundation, marks an important step toward regenerative therapies to prevent heart failure. The findings were published in "Nature Cardiovascular Research" on January 2, 2025.

After a heart attack, the human heart loses millions of muscle cells that cannot regrow. This often leads to heart failure, where the heart struggles to pump blood effectively. Unlike humans, zebrafish grow new heart muscle cells: they have a regenerative capacity. When a zebrafish heart is damaged, it can fully restore its function within 60 days.

"We don't understand why some species can regenerate their hearts after injury while others cannot," explains Jeroen Bakkers, the study's leader. "By studying zebrafish and comparing them to other species, we can uncover the mechanisms of heart regeneration. This could eventually lead to therapies to prevent heart failure in humans."



The research team identified a protein that enables heart repair in zebrafish. "We compared the zebrafish heart to the mouse heart, which, like the human heart, cannot regenerate," says Dennis de Bakker, the study's first author. "We looked at the activity of genes in damaged and healthy parts of the heart," he explains. "Our findings revealed that the gene for the Hmga1 protein is active during heart regeneration in zebrafish but not in mice. This showed us that Hmga1 plays a key role in heart repair." Typically, the Hmga1 protein is important during embryonic development when cells need to grow a lot. However, in adult cells, the gene for this protein is turned off.

The researchers investigated how the Hmga1 protein works. "We discovered that Hmga1 removes molecular 'roadblocks' on chromatin," explains Mara Bouwman, co-first author. Chromatin is the structure that packages DNA. When it is tightly packed, genes are inactive. When it unpacks, genes can become active again. "Hmga1 clears the way, so to say, allowing dormant genes to get back to work," she adds.

To test if the protein works similarly in mammals, the researchers applied it locally to damaged mouse hearts. "The results were remarkable: the Hmga1 protein stimulated heart muscle cells to divide and grow, significantly improving heart function," says Bakkers. Surprisingly, cell division occurred only in the damaged area, precisely where repair was needed. "There were no adverse effects, such as excessive growth or an enlarged heart. We also didn't see any cell division in healthy heart tissue," Bouwman emphasises. "This suggests that the damage itself sends a signal to activate the process."

These findings open doors for safe, targeted regenerative therapies, but there is still much work to do. "We need to refine and test the therapy further before it can be brought to the clinic," says Bakkers. "The next step is to test whether the protein also works on human heart muscle cells in culture. We are collaborating with UMC Utrecht for this, and in 2025, the Summit program (DRIVE-RM) will begin to explore heart regeneration further."

**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)**

**Places:** According to WorldPopulationReview, what are the top twenty Asian Cities by size of population.

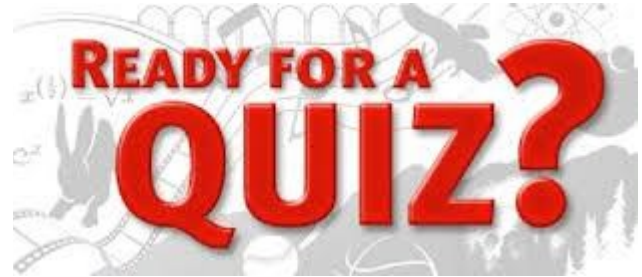
Yes, it's another tough one!!

**Television:** Who played these roles from UK Television?

- |     |                  |                     |
|-----|------------------|---------------------|
| 1.  | Gladys Pugh:     | Hi-De-Hi            |
| 2.  | Private Pike:    | Dad's Army          |
| 3.  | Jack Regan       | The Sweeney         |
| 4.  | Manuel           | Fawlty Towers       |
| 5.  | Rose Tyler       | Doctor Who          |
| 6.  | Saffron          | Absolutely Fabulous |
| 7.  | Tim Canterbury   | The Office          |
| 8.  | Angie Watts      | Eastenders          |
| 9.  | Sherlock Holmes  | Sherlock            |
| 10. | Charlie Fairhead | Casualty            |
| 11. | Alice Horton     | Vicar of Dibley     |
| 12. | Father Dougal    | Father Ted          |
| 13. | Godber           | Porridge            |

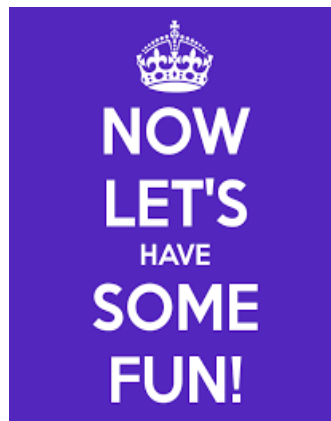
**Pop:** Who originally sang these songs released in 1981 all making UK Top 10 Singles.

1. Rabbit
2. Woman
3. Vienna
4. Kings Of The Wild Frontier
5. Can You Feel It
6. Stars On 45
7. Bette Davis Eyes
8. Ghost Town
9. Girls On Film
10. Hands Up (Give Me Your Heart)
11. Just Cant Get Enough
12. Physical
13. The Land Of Make Believe
14. Why Do Fools Fall In Love



**MUSICALS:** Which musicals are these songs from, and what year were they first performed on stage?

1. Be Prepared.
2. Food, Glorious Food
3. You'll Never Walk Alone
4. Get Me To The Church On Time
5. El Tango De Roxanne
6. Bless Your Beautiful Hide
7. All That Jazz
8. Empty Chairs At Empty Tables
9. Do You Want To Build A Snowman?
10. I Don't Know How to Love Him
11. Tonight
12. I Have Confidence
13. All I Ask Of You
14. Aquarius
15. You And Me (But Mostly Me)
16. Defying Gravity
17. Mungojerrie and Rumpelteazer



**The World:**

According to a YouGov Poll, what were the top 20 most favourite fruits in the UK in 2024.

Do your list before looking at the answers.

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



## HMHB Activity: Photos and Events from January 2025



It was a bright but chilly start to the year, but we were back outside doing our three weekly walks - Finsbury Park Mondays, Highbury Fields Wednesdays, and Clissold Park Thursdays - and we are looking to start a new one in Camden this year too. We were nicely wrapped up here as we went around Clissold Park. A great mix of ages, ethnicity, sexuality, gender - just come along and join us on our adventures.

Our group enjoyed a fabulous presentation at the Sadlers Wells Community Engagement Event on the 10 Jan, led by the Artistic Director and Assistant Artistic Director talking about the new Sadlers Wells East opening in Stratford. They ran through all the new productions, which looked very exciting, and took questions from the audience too. We are booked for productions in March & April in Stratford, and for May, June and August in Islington Sadlers Wells.



We had a truly memorable visit to the Royal Opera House in Covent Garden to see a magical ballet Cinderella. It really was beautiful choreography, and the sets, costumes, and dancers were superb. It an astonishing venue. We can only afford the restricted view seats, but that did not put us off.



Our gang at the always engaging Imperial War Museum one Saturday. We staying on the first floor fully engrossed in the Second World War history. The exhibition was enthralling as captured so much of the conflict in a way that brought it very much to life.



Here we are at the always welcoming Second Chance Café by the St Mary's Church in Stoke Newington. Three fab soups were on offer, plus the fruit crumble, cakes, and the usual coffees and teas. A voluntary donation covers our costs, and we love our visits. Do check it out if you are passing. Thur/Fri 11am-2pm





## HMHB Activity: Photos and Events from January 2025



A really super group photo as we joined other projects at a dance class as part of the Sadlers Wells Community Engagement Sessions. The wonderful people from Chantraine Dance School put us all through our paces. Great fun for everyone - as you can see.

Our wonderful exercisers at the Highbury Leisure Centre for our weekly FREE Tuesday session, and the numbers are up. Making sure everyone feels welcome and comfortable, we try something different every week, with a focus on arms, legs, core and movement. Why not come along? 9:25am meet outside the Leisure Centre.



We enjoyed a visit to the Kings Head Theatre, in the Kings Quarter off of Upper Street. Catching the fantastic "The Old School Yard: Actors Instinct Studio".

It was packed and was the first of several visits we have at the venue this year. Worth a look!!! It is also nice to support local Islington theatre and I hear they are getting new comfortable seating too!

Thanks to Justin for our Quiz photo, as we returned after a Christmas break. Lazza's mix of guesswork, imagination, learning, and general bemusement, creates an evening of laughter, fun, and impressive answers. Anyone can win, with a generous scoring system and even a few bonuses from our leader. Why not have a go. Thur 7:30 to 8:30.



The Winter Warmers Islington events are back on this year, and we travelled to Islington Museum on Saturday 18th to see the Choir "Angels of Kaos" perform a few songs.

Here we are with the choir. Great entertainment Do check out Winter Warmers for Feb and Mar. Well worth popping along.





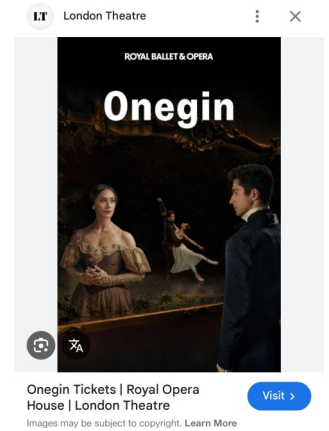
## HMHB Activity: Photos and Events from January 2025

We enjoyed our fourth visit to the impressive Royal Opera House, Covent Garden.

Another ballet - this time Onegin.

It's just a shame that we can only afford the cheap seats, which meant restricted view, a bit of standing, and a bit of just enjoying the music as the dancing was out of sightline.

Our enthusiasm was not dampened though. It was such a wonderful experience, and I will be looking to see what is around later in the year, with a better view we hope.



As part of the Community Engagement, we visited the new Sadlers Wells on the Queen Elizabeth Olympic Park in Stratford.

That doorway is huge - we are not that small. Great views, not far from Stratford station, and a beautiful building.

It cost a lot, but they will be working in the local community. Do check out tickets and go and see something. There are some great shows coming up. We are seeing two.

A few of us - we took a group of 25 - enjoying some ice cream during the interval of Pirates of Penzance at the London Coliseum.

This was our third Gilbert and Sullivan and a terrific production full of humour, great singing, and we even had the words captioned above the stage, which was very helpful.

More photos from this are on page three, showing us seated on the balcony, literally in the furthest row from the stage. Great time!!



### LOOKING FORWARD TO FEBRUARY 2025

HMHB has a terrific list of events already lined up for February.

We are taking a group of 15 to see an Ice Hockey match at Alexandra Palace one Saturday.

We are taking 30 people to bowl at Rowan's Ten Pin Bowling at Finsbury Park

20 going to The Marriage of Figaro at the London Coliseum, and 7 to see comedy at Pleasance Theatre.

23 people are visiting Hampstead Theatre to see The Habits, a play.

Two group Winter Warmer events, plus three Sadlers Community Engagement Events too.

Plus our usual weekly walks, exercise session, and friends meeting up.

## NUTRITION: Lazza's Kitchen Adventure

### Vegetable Quiche

**Lazza has been trying out new recipes for over four years**  
**His first time making: Vegetable Quiche from scratch**

#### Ingredients

2 x Savoury Pastry Cases (can make own pastry)  
200ml Crème Fraîche  
100ml Double Cream  
100ml Milk  
3 beaten eggs  
Grated Cheese - to decorate on top  
Baby Plum Tomatoes sliced  
I used tub Kale, Broccoli, Peas (you choose)  
Mixed Herbs, Parsley, Basil, Garlic, Salt, Pepper

**Parsley is believed to have been originally grown in Sardinia, and was cultivated in around the 3rd century BC.**

**Linnaeus stated its wild habitat to be Sardinia, whence it was brought to England and apparently first cultivated in Britain in 1548, though literary evidence suggests parsley was used in England in the Middle Ages as early as the Anglo Saxon period.**

I did use Pastry Cases to save time - and it does not really matter - this is more about the quiche.

I also bought a bowl of veg instead of buying all the separate bits to save on wastage. Again it does not matter.

I mixed together the crème fraîche, cream and milk, nice and thoroughly.

In a separate small bowl, I whisked the three eggs together.

I added the egg mixture into the cream mixture and mixed thoroughly.

I then added a generous amount of garlic powder, mixed herbs, parsley, and basil (but you can do to taste).

I laid the sliced tomato on the base of the pastry cases. Then laid on the vegetables before pouring in the quiche mixture. I had heated the oven to 190C. I sprinkled the grated cheese over the top.

I cooked the quiches for around 25 minutes (you may need slightly longer). Remove from the oven and leave to cool, or you can serve hot. Leaving to cool just helps to set the mix even more. They tasted great.



**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](http://www.hmhb2016.org.uk)**  
**This was a great, and very tasty, dish to prepare.**

## MIND-SET: Why does Mindset actually matter?

In the field of Mind-set, one name comes to mind - Carol Dweck. You may have heard of her. She is a Professor of Psychology at Stanford University. Her work spans developmental psychology, social psychology, and personality psychology.

Over thirty years ago, Dweck and her colleagues became interested in students' attitudes towards failure. They noticed that some students rebounded well after a setback, while others appeared to be devastated by even the smallest problems. After studying the behaviour of thousands of children, Dr. Dweck coined the terms “Fixed Mindset” and “Growth Mindset” to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. As a result, they put in extra time and effort, which leads to higher achievement.



Dweck is now widely renown for her ground-breaking research, which has been influential amongst educators, and increasingly among business leaders as well. Her book, 'Mindset', is a million-copy best seller.

As an example of the mindset, back in November 2016, Carol Dweck welcomed a pair of visitors from Blackburn Rovers, the football team that is now currently playing in the second tier Championship. The Rovers' training academy is ranked very highly, yet performance director Tony Faulkner had long suspected that many promising players weren't reaching their potential. Ignoring the team's century-old motto - arte et labore, or “skill and hard work” - the most talented individuals appeared to believe that they were too good for some of the training.

On some level, Faulkner knew the source of the trouble: British football culture held that star players are born, not made. If you buy into that view, and are told you've got immense talent, what's the point of practice? If anything, training hard would tell you and others that you're merely good, not great. Faulkner had identified the problem; but to fix it, he needed Dweck's help.

Through more than three decades of systematic research, Dweck and her colleagues have been figuring out answers to why some people achieve their potential while equally talented others don't: why some become Muhammad Ali and others fall away. The key, she found, isn't ability. It's whether you look at ability as something inherent that needs to be demonstrated or as something that can be developed. What's more, Dweck has shown that people can learn to adopt the latter belief and make dramatic strides in performance.

So, some individuals have a fixed mindset. They think their abilities, talents, and intelligence are fixed traits. “They have only a certain amount, and that's that,” says Dweck. Those with fixed mindsets might believe, for example, that intelligence is determined at birth.

Other individuals have a growth mindset. They think intelligence and abilities are things that can be developed and cultivated throughout life. “People with a growth mindset don't think everybody's the same,” cautions Dweck, “but they believe that everyone, through effort, dedication, schooling, experience, can grow.”



## **MIND-SET:**

### **How did Dweck determine Mindset?**

How did Dweck and her researchers measure the mindsets of children? By asking them to agree or disagree with statements like the following: “Everyone has a certain amount of intelligence, and they can’t really do much to change it.” Or... “To be honest, people can’t change how intelligent they are.” Children who disagree with statements like these have a growth mindset; those who agree have a fixed mindset.

In study after study, Dweck has found that individuals build an entire psychology of motivation around the mindset they hold. In one such study, Dweck and her researchers set out to measure and define the mindsets of 400 students making the transition to junior high school. (While Dweck’s studies have included preschoolers, most of the research she discussed involved older children. While she noted that these mindsets are found in children as young as three or four, older children have more articulated ideas about intelligence and are starting to show different motivational patterns.)



In this particular study, students with growth mindsets cited learning as the most important goal. They agreed with statements such as, “It’s much more important for me to learn things in my classes than it is to get the best grades.” They cared about grades, but their first priority was learning. “In other words, if you think your intelligence can be developed,” says Dweck, “that’s what you want to do.”

But for students with fixed mindsets, looking smart and being judged smart were the most important goals. They agreed with statements such as, “The main thing I want when I do my schoolwork is to show how good I am at it.” Notes Dweck, “If you think it’s a fixed trait, you’ve got to have it, and you’ve got to have other people thinking you have it, too.”

Further, Dweck found that children with fixed and growth mindsets have completely different and even opposite beliefs about effort. Individuals with growth mindsets believe effort is one of the most important things in life for achievement. They say the harder you work at something, the better you’ll be at it. They appreciate that no creative genius has contributed anything of note without years of dedication and work.

But individuals with a fixed mindset think effort is negative. They believe that if you have ability, you shouldn’t need effort. And if you need effort, you’re not very smart. They believe that things come easily to people who are true geniuses. “And that’s false,” says Dweck. “It may come a little more easily to geniuses than it does to other people, but it doesn’t come easily.”

Dweck believes this is among the most destructive beliefs a person can hold: that hard work means you’re incapable. And it gets students in a fixed mindset into a trap. They want to look smart, but they think effort makes them look dumb. She characterises this as a paralysing conjunction of goals and beliefs.

**Nothing is given to you. Everything is earned.**

**You have to have that mindset that you have to work  
every single day. Learn every single day.**

## EXERCISE/FITNESS: STRETCHING

### Yoga Stretches for you Legs

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. 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.

#### HIGH LUNGE

Stand with your feet hip-width apart. Take a deep breath in. Exhale, step your left foot back. Inhale, bring your arms up by your ears. Exhale, drop your hips and try to bring your front thigh parallel to the mat. Check that your front knee is directly above your front ankle and in line with your second toe. Relax your shoulders and press back through your left heel. Check that your back heel points directly up to the sky. Contract your abs and pelvic floor to stabilise your hips. Hold the pose for 3-5 deep breaths on each side



**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.**

#### WIDE-LEGGED FORWARD BEND

Step your feet out wide and parallel your feet. Bring your hands to your hips. Inhale, lengthen your spine. Exhale, fold forward from the hips with a flat back. Bring your hands to the mat or cross your arms and hold onto opposite elbows. You can bend your knees as much as you need to reduce the pressure on your lower back. Rest your hands on blocks if you can't comfortably reach the mat. Hold the pose for 3-5 breaths. Stretches the calves, hamstrings, groin, and lower back. Releases tension in the neck and shoulders. Can help to alleviate lower back pain



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

## EXERCISE/FITNESS:

### Yoga Stretches for you Legs

#### LEGS UP THE WALL

Lie flat on your back with your hips against the wall and your legs laid straight upright.

Place your arms in any comfortable position. Stay for a minute.

To release the pose, gently push yourself away from the wall.

Relax on your back for a few moments. Draw your knees into

your chest and roll onto your right side.

Rest for a few moments before slowly moving into an upright position.

It is said that this may have psychological benefits like reducing stress, anxiety, and tension.



#### COBBLER POSE

Begin seated, then bend your knees and bring the soles of your feet together as you let your knees fall out to either side. Draw your feet in as close to your body as is comfortable

Back off if you feel any pain in your knees. Press the outer edges of your feet together strongly.

The feet may begin to open like a book.

Sit up tall with a long spine while keeping your shoulder blades on your back and your shoulders moving away from your ears.



#### WARRIOR II POSE

From standing longways in the middle of your mat, take the feet wide. Turn the right foot to the right, so that the toes point towards the short edge of your mat. Turn the left foot slightly towards the right foot. Bend the right knee, bringing the knee in line with the ankle. The chest remains facing the long edge of the mat with the shoulders above the pelvis. Sweep the arms to the short edge of the mat, bringing them parallel to the floor. Turn the head to the right and look over the right fingertips. This pose strengthens the ankles, calves, legs, core, shoulders, and arms muscles. It stretches the ankles, opens the hips and chest, and builds strength in the knee-joint.



**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 did Dweck's Children react to the Study?

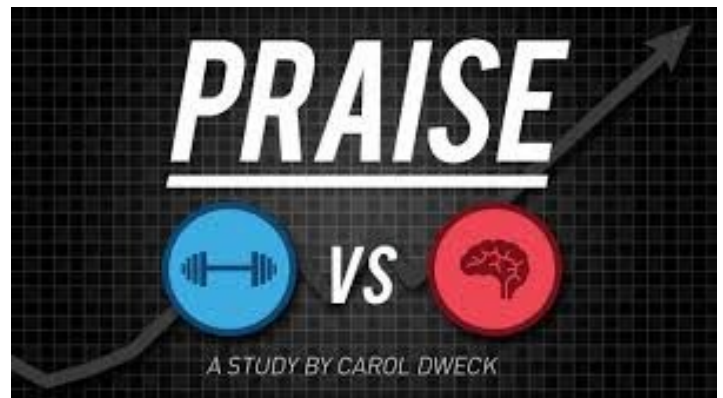
Dweck's studies had shown that students who worried about their intelligence were vulnerable. "Am I going to look smart on this test?" "Should I take this risk?" So if parents or teachers praised children's intelligence, Dweck hypothesised, didn't that tell the child that intelligence is the most important thing in the world, that this is what parents and teachers cared about? And would it put such a child in a fixed mindset where they worried about being judged, shied away from challenges, and lost their motivation when things got rough? Dweck wanted to find out.

In a series of studies of both kindergarten-age students and 5th graders, children were given a non-verbal IQ test that consisted of ten moderately challenging but doable problems.

Most of the children performed well on the first ten problems. One third were given intelligence praise. They were told, "Wow, you got eight right; that's a really good score. You must be smart at this!"

Another third were given effort praise: "Wow, you got eight right; that's a really good score. You must have tried really hard!" The control group was given results praise and told, "Wow, that's a really good score."

And sure enough, when intelligence alone was praised, it put students in a fixed mindset.



The students were then asked, "What do you want to work on now? I have some easier things here that you could work on, or I have some challenging problems. They're hard, and you'll make mistakes, but you'll learn some important things." Most of the students who were praised for intelligence chose the easy task. "They're not fools!" says Dweck. "They wanted to keep on looking smart. They wanted to keep that label."

But the vast majority of the students praised for their effort wanted the challenging task. They wanted something they could learn from, and they weren't worried about making mistakes. So right away the study had created one of the hallmarks of a fixed mindset by praising intelligence. "They said, 'Don't give me a challenge; give me something I can look smart on,'" says Dweck.

When the students were then given a series of more difficult problems, these results were magnified. Students who had been told they were smart now thought that having to struggle meant they weren't smart at all. They thought they had low ability at the task. So their confidence in their ability, which is like self-esteem, plummeted. Because again, if success meant they were smart, failure or difficulty meant they were not. "They were being taught to measure themselves by the outcome," says Dweck. "We'd say, 'Hey, you did it; you must be smart.' They said, 'Hey, I didn't do it; I must not be smart.'"

But those who had been praised for their effort thought, "I need more effort. These problems are harder. You succeed through effort. I need more of it." This group remained very engaged with the task. They tried different strategies, and their motivation remained high. At the end, asked to rate how much they enjoyed the problems, those who were praised for their intelligence showed a sharp drop-off in their enjoyment once they hit the hard problems. Those who had been praised for effort showed no drop-off and many of them said that the harder problems were their favourites.

## MIND-SET:

### Can we change Mindset?

There was a finding that was both distressing and interesting. When asked to write anonymously about their experience, the students were also asked to report the scores that they had earned. Almost 40% of the intelligence-praised children lied, reporting a higher score. “They lied in one direction, and one direction only!” says Dweck. “And what this meant to me was that when children were praised for their intelligence, it became such an important part of who they are, it was so fundamental to their self-esteem that they couldn’t even tell the truth on an anonymous piece of paper to someone they would never meet.”

The results were clear: praising intelligence made students avoid challenge. In the face of difficulty, it made them lose any pleasure in a task they had originally enjoyed. They lost faith in themselves and their performance plummeted. Finally, it led them to lie. “These were children who were randomly assigned to that condition. They were no different from anyone else to begin with,” notes Dweck. “And yet one sentence of intelligence praise put them in the fixed mindset where what they cared most about was looking smart, and where they couldn’t cope with challenges.”

So does that mean mindsets can be changed? “The answer to that is yes. Dweck took two random groups of kids and they were given eight study skills sessions. The growth-mindset group got six sessions of study skills and two sessions on the growth mindset and how to apply it to their schoolwork. These students were given an article to read that said, “You can grow your intelligence. New research shows the brain can be developed like a muscle.”

“This riveted the students! They loved learning about the brain,” says Dweck. “They’d never thought about it, how it worked. They never realised that what they did had a direct impact on their brain and the connections it made. And a lot of the students who had no interest in the workshop suddenly participated vigorously.” These students showed a significant rebound in their math grades.

But the students who got only study skills in their eight sessions and no growth-mindset skills continued on their downward plunge. They didn’t have the motivation to put the study skills into practice.

Dweck and her team are now working on developing a computer-based growth-mindset intervention similar to the model used in this study. Called Brainology, it’s currently being tested in 20 New York City schools. In it, the two main characters, Chris and Dahlia, are guided through the program by the Brain Orb. Visiting state-of-the-art brain labs, they are instructed by a mad brain scientist, conduct virtual experiments on brains and watch brain cells create connections simulating what happens when learning takes place—a condition also known as growth.

*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.*

## NUTRITION: Lazza's Kitchen Adventure

### Spanish Chicken Casserole

**Lazza has been trying out new recipes for over four years**  
**His first time making: Spanish Chicken Casserole**

#### Ingredients

Chicken Breasts (Diced) - Oil to cook  
Pepperoni Slices (Chopped)  
Onion: Garlic  
Red Pepper - loosely cut and diced  
Plum Tomatoes - halved  
Black Olives - sliced  
Tin Cannellini Beans:  
Tin New Potatoes (cut)  
Paprika: Cajun Seasoning:  
Salt & Pepper  
500ml Chicken Stock

**Fossil evidence indicates that the olive tree had its origins 20–40 million years ago in the “Oligocene”, in what now corresponds to Italy and the eastern Mediterranean Basin.**

**Around 100,000 years ago, olives were used by humans in Africa, on the Atlantic coast of Morocco, for fuel and most probably for consumption.**

**The olive plant was first cultivated some 7,000 years ago in Mediterranean regions. For thousands of years olives were grown primarily for lamp oil, with little regard for culinary flavour.**

First cook the chicken - till lightly browned - in some oil, and put to one side.

In the same oil, cook the pepperoni (only five minutes), and put to one side

In the same oil, cook the chopped onion, with the garlic.

Then add the loosely cut pepper and the halved tomatoes.

Now add the chicken stock, give a good stir.

Put the chicken and pepperoni back into the casserole and cook for five minutes.

Add the beans, olives, potatoes, plus paprika (generous) and Cajun (to taste).

Season with the salt and pepper and cook for around 25-30 minutes where some of the liquid will evaporate off.

This was really delicious. The Cajun gave it a kick, the olives and peppers worked very well with the chicken, and I loved the idea of the pepperoni too.



**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](http://www.hmhb2016.org.uk)**  
**This was a great, and very tasty, dish 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 TWO of the choices are correct: which two are they?**

Won Cricket World Cup	Born in 1970	Varieties of Orchid
New Zealand	Matt Damon	Rabbit Tail Orchid
Pakistan	Naomi Campbell	Sontarius Orchid
South Africa	Idris Elba	Halloween Orchid
Sri Lanka	Daniel Craig	Christmas Orchid

#### ROUND TWO: Give Me a Number

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

- On average, Peanuts in an average size jar of Peanut Butter (340g).
- How many UK Number One Singles did ABBA get?
- In the summer, approximately how many planes fly from Gatwick per day?
- During 2024-2025, how many teams competed for the FA Cup?
- How many Airports in the UK?



#### ROUND THREE: When Did That Happen

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

- When did they start to construct Windsor Castle?
- When was Winston Churchill born?
- When was the nine year old Edward VI crowned King of England?
- When was the first Transatlantic Radio Broadcast between the UK and the US?
- When was the Euro introduced as a new currency?

#### ROUND FOUR: What specifically links these names? *Clue - Foods*

Lisbon, Eureka, Bush, Avon, Baboon, Yen Ben

#### ROUND FIVE: Which is it: Which of the answers is correct?

- |                                  |   |
|----------------------------------|---|
| 1. Nearest City to London        | Leeds: Sheffield: Wakefield               |
| 2. Born First                    | Al Pacino: Derek Jacobi: Muhammed Ali     |
| 3. Largest Asian Country by Size | Afghanistan: Mongolia: Pakistan           |
| 4. The book written first        | Pinocchio: War & Peace: Wuthering Heights |

#### ROUND SIX: Where were these famous people born?

1. Freddie Mercury - Queen
2. Celine Dion
3. Annie Lennox - Eurythmics
4. Jean Claude Van-Damme
5. Bruce Willis



## NUTRITION:

### Nutrition as you get older.

**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

**HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.**

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. As you know from our packs, nutrients are substances in foods that our bodies need so they can function and grow. They include “Carbohydrates”, “Fats”, “Proteins” (as discussed in the January issue), “Vitamins”, “Minerals”, and “Water”. Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as “Osteoporosis”, “High Blood Pressure”, “Heart Disease”, “Type 2 Diabetes” and certain “Cancers”.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein. Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of smell or taste
- Problems chewing or swallowing your food

## Human Nutrition



To stay healthy as you age, you should:

**Eat foods that give you lots of nutrients without a lot of extra calories**, such as

- Fruits and vegetables (choose different types with bright colours)
- Whole grains, like oatmeal, whole-wheat bread, and brown rice
- Fat-free or low-fat milk and cheese, or soy or rice milk that has added Vitamin D and Calcium
- Seafood, lean meats, poultry, and eggs
- Beans, nuts, and seeds

**Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.

**Pick foods that are low in cholesterol and fat.** You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.

**Drink enough liquids**, so you don't get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.

**Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.

## NUTRITION:

### Roadblocks for Healthy Eating

As we said on the first page, healthy eating can help you lose or maintain weight, feel better overall, and possibly decrease your chances of getting certain diseases. Making smart food choices is important at any age. But eating healthy can be difficult even if you know which foods you should buy and prepare. Your budget, physical issues, mood changes, and dietary restrictions can be roadblocks to eating food that's best for you. Here are suggestions for dealing with common problems that can make it harder for us as we get older.

Even when you know which are the healthiest foods to buy, people living on fixed or limited incomes may not be able to purchase what's ideal. Start by deciding how much you can afford to spend on food.

#### **Budget**

Once you have decided on your budget, look for supermarket advertising in the newspaper or online to see what is on sale. Try to plan some meals around featured items and consider purchasing extra nonperishables such as canned goods when they're on sale. Use vouchers when possible and maybe ask some of the supermarket staff if they have a senior discount or loyalty rewards program.

Consider buying store-brand products, which are often the same as more expensive brand-name ones (I feel local shop Weetabix for example tastes the same as the more expensive brands). Focus on buying healthy and inexpensive produce. Many nutritious fruits and vegetables, such as bananas, apples, oranges, lettuce, green peppers, and carrots, may be reasonably priced.



#### **Do you cook?**

It's never too late to learn some cooking skills or refresh those you might not have used in a while. Look at me with the recipe pages from these health packs. Every one is something I had never cooked before. It's actually a lot of fun.

Maybe Search online to find information on basic cooking techniques and recipes. I am sure YouTube will have a lot of free channels. Borrow cookbooks with simple recipes and instructions from your local library or try an adult education cooking course. TV cooking shows might be helpful, too, especially if they show you step by step how to prepare and cook foods. If you have questions about cooking, why not chat with your local community centre who may be aware of local places you can approach.

I just went for it. Not everything will turn out perfect, but does it have to be that? All the things I have made have tasted fine, some of them even mega delicious. What is stopping you?

#### **Eat with friends**

Just ask a friend over and maybe cook with them. Or ask them to bring over the dessert to your main meal. Eating with someone else can boost your social health as well as mental health.

It gives you the chance to try different foods, maybe even from cultures you know little about. You can experiment with spices and herbs, and try vegetables and fruits that you won't normally buy. I recently holidayed in Norway and came back with Cloudberry Jam - tasted delicious.



## **NUTRITION:**

### **More Roadblocks for healthy eating.**

#### **Trouble eating**

Do you avoid some foods because they are hard to chew? People who have problems with their teeth or dentures often avoid eating meat, fruits, or vegetables, and might miss out on important nutrients. If you are having trouble chewing, see your dentist. If you wear dentures, the dentist can check the fit.

If food seems to get stuck in your throat or is hard to swallow, it might be that you don't have enough saliva in your mouth. Or, there may be other reasons, including problems with the muscles or nerves in your throat, problems with your oesophagus, or "Gastroesophageal reflux" (acid reflux that can cause heartburn). Talk to your local medical practitioner about what might be causing your swallowing issues.



#### **Physical Issues**

Sometimes illnesses such as "Parkinson's Disease", "Stroke", or "Arthritis" can make it harder to cook or feed yourself. Your doctor might recommend an occupational therapist. The therapist might make a custom splint for your hand, give you special exercises to strengthen your muscles, or suggest rearranging things in your kitchen. Special utensils and plates might make mealtimes easier or help with food preparation.

#### **Does Food taste different?**

Are foods not as tasty as you remember? It might not be the cook's fault! Maybe your sense of taste, smell, or both has changed. Growing older, having dental problems, and medication side effects can cause your senses to change. Taste and Smell are important for a healthy appetite and eating. Try adding fresh herbs, spices, or lemon juice to your plate.

Smoking and drinking alcohol can both affect your sense of taste. If you smoke, quitting is not only the best possible thing you can do, it can also improve your sense of taste and smell, as well as your overall health in many other ways. If you drink alcohol, consider stopping or cutting back.

Some medicines can change how food tastes, make your mouth dry, or reduce your appetite. In turn, some foods can change how certain medicines work. You might have heard that grapefruit juice is a common culprit when used with any of several drugs (I, myself, am not allowed to drink it because of one medicine I take). Chocolate, liquorice, and alcohol are some others. Whenever your doctor prescribes a new drug for you, be sure to ask about any food-drug interactions.

#### **Just not hungry**

Changes to your body as you age can cause some people to feel full sooner than they did when they were younger. Lack of appetite can also be a side effect of a medicine you are taking. Talk to your doctor about any side effects you may be experiencing. Your doctor may be able to suggest a different drug.

Try to be more active. In addition to all the other benefits of exercise and physical activity, these may make you hungrier. If you aren't hungry because food just isn't appealing, there are ways to make it more interesting. Make sure your foods are seasoned well, but not by adding extra salt. Try using lemon juice, vinegar, or herbs to boost the flavour.

## Nutrition: HMHB looks at “Superfoods”

### Today: Oats

On this page, we will take a brief look at Superfoods.  
What makes them so “super”?

**The term “superfood” is a fairly new term referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. It should be noted that no standard criteria or legal definitions classify any food as a superfood at this time. However, most so-called superfoods are plant-based.**

Oats are one of the most commonly-produced cereals in the UK, and are a low-cost, nutritious and surprisingly versatile food. Not just for breakfast, they’re an ideal ingredient for meals and snacks throughout the day. Most porridge oats we come across in the shops are “Rolled Oats”, also called “Old-Fashioned Oats”. These are oat groats, softened by steaming and then rolled into flakes. They absorb liquid quickly so the cooking time is reduced to 5-10 minutes when making “Porridge”, or they can be eaten without cooking for more texture.

Rolled oats come in different thicknesses which affects their cooking time and texture. “Jumbo Oats” are slightly thicker, have more texture and may need soaking or cooking before eating, while thinner options form “Quick Oats” which produces a smooth porridge in less than five minutes. All rolled oats have a long shelf life of several months if you store them in a sealed container in a dry cool place. This is because the oils they contain have been stabilised by the gentle steaming process so they stay fresh.



Rolled oats have various uses in cooking. As well as the ever-popular Porridge and Over-Night Oats, they can be used for Pancakes, in baking, Granola and even Smoothies.

Whichever type of oats you choose, they are a nutritious option:

**Oats main claim to fame is their fibre content.** A 40g bowl of rolled oats contains around 3g of fibre. Oats are a good source of a soluble fibre called “Beta Glucan”, which gives oats their main health benefits. Oats also contain some insoluble fibre such as cellulose and lignin, which are important for gut health.

**Oats are a good source of protein.** They contain more than most other grains— a 40g serving of rolled oats contains 4.8g protein. This typically equates to around 10% of the daily protein needs for most women and 8% for most men, and can be bumped up further by using skimmed or soya milk and topping with chopped nuts.

**Oats contain essential vitamins and minerals,** Including manganese, phosphorus, magnesium, iron, zinc, selenium and several B vitamins.

**Oats contain certain antioxidants** which are thought to have further benefits for health.

**No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren’t a recognized category of foods, the title is typically reserved for natural foods that are especially nutrient-dense while generally being low in calories.**

## LAZZA'S PAGE

### Recommendations, News, Life!!!

**I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.**

It's 2025 and just how much are you looking after yourself already? I made one of my resolutions to make time every day to have some relaxation.

Whether that's lying in a nice hot bath, settling down with one of the many authors I like to read, putting on some classical music, or enjoying some home cooked food, it was important to me to consider my health.

I hope you are doing something similar.



Another of my resolutions, especially as I am going to be 59 later this year, was to have some new experiences, and challenge myself to do new things.

So, this year HMHB is intending to start a Podcast (I have never done that before), as well as publish a recipe book of all the first time recipes I have produced in the last 5 years. Yes, venturing into the unknown can be scary, but what a ride!!!

So keep your eyes and ears peeled.

So, why have I plonked the word “museum” right there. When I do courses and meet some people I often hear them tell me they are bored. London has a huge number of free places to visit, including some fantastic museums.

If you have not gone to one for a while, then there are plenty to choose from, and HMHB regularly takes groups. Next time you have nothing to do, pop into town and have a gander around one. I know you'll love it.

The word 'MUSEUM' is written in large, white, bold, sans-serif capital letters. The letters have a slightly distressed or hand-painted appearance. They are set against a solid, vibrant pink rectangular background.

### **HMHB Need Help With Funding To Keep Going.**

**Looking for Sponsorship, Grants, - check out our JustGiving page - details below.**

In 2024: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 100 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 65 weekly exercise sessions: HMHB grew their Pack email list to over 500 addresses.

HMHB organised, delivered, or took part in over 70 social outings/events (many of which were FREE)

HMHB delivered over 40 online zoom quizzes – unique delivery and fun.

HMHB made many home visits to our older more isolated users.

Islington Voluntary Community Sector turned us down for funding for a “poor quality” application form.

**Please help us: [www.justgiving.com/crowdfunding/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)**





## HMHB's Name Game Page:

Can you name these Birds from their photos?

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

### Sausage and Cider Casserole

**Lazza has been trying out new recipes for over four years  
His first time making: Sausage and Cider Casserole**

**The Cumberland sausage has been a local speciality in the area for around 500 years. During the 18th century, Cumbria was introduced to ginger, black pepper, and nutmeg, as well as other foodstuffs such as molasses, sugar, and rum. Many of these ingredients have been incorporated into some of Cumbria's local specialities, such as the spicy Cumberland sausage.**

#### Ingredients

12 Cumberland Chipolatas - oil for cooking  
Bag of Casserole Veg (easier)  
Chopped Onion: Chopped Garlic  
Button Mushrooms: One Pepper  
Two Eating Apples (cored and diced)  
300ml Dry Cider: 400ml Beef Stock  
Tomato Puree, plus Garlic Puree  
1½ tablespoon plain flour: Tin New Potatoes  
Sage (generous, Parsley, Salt, Pepper. Black Olives

I placed the Chipolatas in the oven to cook till they were brown.  
Meanwhile, in a casserole dish I added some oil and cooked up one chopped onion.  
To that I added crushed garlic (up to you for taste the amount).  
I added a small amount of stock to the flour, mixed, added to pot.  
I then added the cider and the rest of the stock, and allowed that to mix.  
I added a nice dollop of tomato puree, plus some garlic puree.  
I emptied in the casserole veg mix (carrot, swede, onion, potato).  
Then came the chopped pepper, the sliced button mushrooms, the chopped apples, and I added some sliced black olives as I had some available.  
Once the sausage were done, I chopped the chipolatas into quarters, and added them to the casserole alongside the chopped tinned new potatoes.  
A sprinkling of Sage and Parsley, plus salt and pepper, and I left it to cook for around 30 minutes - ensuring the potatoes were done. Very tasty!!!



**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](http://www.hmhb2016.org.uk)  
This was a great and very tasty dish to prepare.**

## EXERCISE/FITNESS

### Some Group Exercise Sessions.

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, Hackney, and Haringey, 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 Lazza on Tuesdays, thanks to the team at Better, We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025. 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.

I love our Tuesday sessions at Highbury Leisure Centre, and we get good numbers too, from people aged from 25 to 90. But why do they come? Why not just do stuff at home? Because group exercise can motivate you, encourage you, inspire you, and gets you socialising at the same time. It can boost your mental and physical health, and also ensures you are doing exercises right.

But what should you be doing? There are an abundance of FREE sessions around if you look, and it is worth going online to search, pop into a local community centre and chat, or even speak to your local medical practitioners who may no of local opportunities. I know I am very lucky in Islington, London, as we know Healthy Generations (one of the partners listed towards the back of this health pack) and they have over 60 free fitness sessions they facilitate every week. So lets look at some - remember if you have an injury it is always good to check with someone medically trained before embarking on any exercise regime.

### Yoga

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing. The physical purpose of yoga is often what draws people in initially, and with good reason – the benefits to our bodies are numerous. Perhaps the most obvious benefit is increased flexibility. Many yoga poses require stretching muscles that aren't typically used in everyday life, leading to a more excellent range of motion.



It's not just about being able to touch your toes or contort into impressive positions. Yoga can also improve strength, particularly in areas like the core and upper body, where many tend to be weaker. Through holding challenging poses and flowing through sequences, we build lean muscle mass that helps protect joints and support overall health.

In addition, regular practice can lead to improved balance – something that becomes increasingly important as we age. By focusing on alignment and engaging specific muscle groups during different poses, we train our bodies to become more stable. Yoga can help alleviate pain caused by poor posture or tight muscles. By spending time each day moving mindfully through various poses (asanas), we can release body tension.



## EXERCISE/FITNESS:

### Some More Group Exercise Sessions

#### Seated Exercise

Chair exercises allow you to work your lower body while seated or supported, making them an excellent choice for anyone with balance or mobility issues or those who are recovering from an injury. They're also great for pregnant people needing a little extra support as their belly grows. But it's not just about your legs: You can also work upper-body muscles like your arms, shoulders, and chest while recruiting the critical core muscles to help with stabilisation. Plus, a chair makes a perfect companion for doing seated stretches or Pilates chair exercises. So whether you're sitting on a chair or simply holding onto one for support, you can definitely get a lot out of these types of exercise classes.

Anyone can benefit from using a chair, but many times a chair is good for people who have a hard time getting up and down from the floor or just need support. In fitness, we need to learn to trust our bodies, and having a safety net like a chair can really help build that confidence. This is especially true for a beginner who may need that safety net while creating trust in their body with movement. Plus, chair exercises help you focus on the movements themselves without worrying about balance.



#### Circuits

Circuit training has been around for ages in various styles, forms and names. Essentially, however, circuit training describes any class that includes you participating in a number of different exercises at different stations within small groups. Circuit training is a great way to get in shape and the social element of it means you're likely to stay motivated and keep attending than with other group fitness classes or lone exercise sessions. Typically, you'll be participating in a circuit class exercise for anywhere between 20 seconds and 90 seconds per rep, per exercise, with a short rest between each rep.

As well as helping you lose weight, the intense cardiovascular workout is great for improving your fitness and stamina. This will help you go harder for longer and can even help you prepare for events such as running races, triathlons and cycling events. But the beauty is you are not competing against anyone. You go at your own pace and ability, but have people around you pushing you on.

#### Walks

I put this as it is a group exercise event. You get fast walk group, medium walks, and leisurely walks, and you can go to whatever you feel supports you. It is a terrific way to socialise, get outdoors, and get fitter.

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

**Group Exercise these days is so much easier than a few years ago.  
There are a lot of fantastic local groups to join, with many different options.  
You are bound to find something you would like, maybe try something new.  
But be more physically active this year, push yourself.**

## EXERCISE/FITNESS:

### Abs and Obliques Exercises (*thx spotebi.com*)



#### BALANCE CHOP

Stand straight with your feet wide (you can hold a dumbbell with both hands if you wish). Rotate your torso to the left and raise your arms above your head. Lift your right knee as you rotate your torso to the right, and bring your arms diagonally across the body until they are close to your right hip. Repeat and then switch sides.

The balance chop improves the flexibility of the spine and helps keep the core strong and stable. This exercise also improves your balance and posture and strengthens the upper and lower body. Breathe in as you raise arms, and exhale as you lift your knee.



#### BOAT TWIST

Sit down on the floor with your knees bent, extend your arms out to the sides and lift your feet off the floor. Twist your torso to the right, and then reverse the motion, twisting it to the left. Repeat this movement until the set is complete.

The boat twist engages your whole core and strengthens the abs, obliques, and lower back. This exercise helps to trim down the waist and improves your balance, stability, and posture. Twist your torso only from the ribs up, tighten your core and make sure your back is straight at all times. Keep your feet off the floor and, if you can, bring your legs up until they're parallel with the floor.



#### BASKETBALL SHOTS

Stand with your feet shoulder-width apart and the toes pointing slightly outward.

Bend your knees, press your hips back, and take both hands close to your right foot.

Jump up and extend your arms above your head and to the left. Land with your knees slightly bent and go back into the squat position.

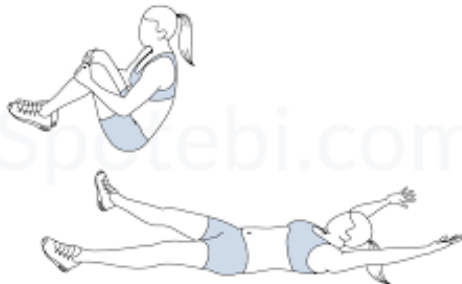
Repeat and then switch sides.

The basketball shots is a high-impact, full body exercise that improves your aerobic fitness, builds strength, and increases your speed and coordination. This move targets your core, legs, glutes, and shoulders, boosts your metabolism, and improves your stamina and endurance.

**“Fitness is not about being better than someone else.  
It’s about being better than you used to be.”**

## EXERCISE/FITNESS:

### More Abs and Obliques Exercises (*thx spotebi.com*)



#### BENT LEG JACKKNIFE

Lie on your back with your legs straight and your arms extended back. Raise your torso and bend your knees simultaneously, and then hug your knees with both hands. Return to the starting position and repeat.

The bent leg jackknife fully engages the abdominal wall and helps to strengthen and tighten the core. This exercise also challenges your back muscles, improves posture, and prevents lower back pain and injury.

Use your core strength to keep your upper body stable, and maintain a neutral spine during the entire exercise. Breathe out as you bring your knees toward the chest and squeeze in the abs. Breathe in as you return to the starting position.



#### BENT OVER TWIST

Stand straight with your feet slightly wider than shoulder-width apart and raise your arms to the sides. Bend and rotate your torso to the right, touching your right foot with your left hand. Return to the starting position and repeat on the other side. The bent over twist is a great exercise to improve your flexibility and stability. It's also a good warm-up exercise because it rotates your body and moves it through the transverse plane of motion. While getting your body ready for a workout it's important to do, not only back and forth and side to side movements, but also rotation movements. Keep your back and your arms straight and engage your abs. Maintain a neutral spine. Breathe deeply and inhale as you lift your torso and return to the starting position.



#### BICYCLE CRUNCH

Lie on your back, lift your shoulders off the mat and raise both legs. Bring one knee and the opposing elbow close to each other by crunching to one side, and fully extend the other leg. Return to the starting position and then crunch to the opposite side. Repeat until the set is complete.

Adding bicycle crunches to your workout routine helps to increase core strength, slims down your waist, and improves your stability and flexibility. This exercise works your abs and obliques and because it keeps your body moving constantly, boosts your heart rate, and burns even more calories. Do NOT put your hands behind your neck! Breathe out as you crunch, keep your shoulder blades off the mat and maintain a steady rhythm throughout the entire exercise.



## 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.



"Casu martzu" is a traditional Sardinian Sheep milk cheese that contains live insect larvae (maggots). These larvae are deliberately introduced to the cheese, promoting an advanced level of fermentation and breaking down of the cheese's fats. Italian authorities have banned the sale of this cheese, deeming it dangerous. Consequently, it is also prohibited across the European Union as regulations mandate that only food safe for consumption can be sold.

Yes, those are actual paintings in an Art Gallery. The artist was Edwin Parker "Cy" Twombly (April 25, 1928 – July 5, 2011) and he was an American painter, sculptor, and photographer. His works are in the permanent collections of modern art museums globally, including the Tate Modern, New York's Museum of Modern Art, and he was even commissioned for a ceiling at the Musée du Louvre in Paris.



The Kaktus Towers in Copenhagen, Denmark, are constructed around a central core, and acquire a complex and sculptural expression thanks to a facade that twists at each floor level.

The building's exterior consists of almost 500 pointed balconies that coil themselves around the entire structure, clearly referencing the spiky desert plant. The sharp angles and sloped walls create a challenging space to decorate with traditional furniture. This is why the apartments come equipped with multifunctional fixtures and furnishings.

The red-lipped batfish is an unusual fish. Closely related to other batfish but completely unique to Galapagos, the red-lipped batfish is a bottom dweller and is usually found within the sandy bottom of reefs or on the ocean floor. They can be found at depths of 3 – 76 metres in the Pacific Ocean around Galapagos or around the edges of reefs up to about 120m deep. As its name suggests, the batfish has bright, almost fluorescent, red lips looking as though it has recently eaten a bloody meal, or is wearing some very bright lipstick



## HEALTH / ROUTINE

### How do we develop? What makes us who we are?

One way to think of development is as the unfolding in real time and space of a program for generating a unique biological organism. This happens with a “Zygote” comes into existence.

Upon sexual reproduction, the fusion of the male sex cell (sperm) and the female sex cell (the egg) brings about a new life form called a “Zygote” in a process referred to as fertilization. Since both male and female sex cells are haploid, meaning they contain half the number of chromosomes as other somatic cells (23 in humans), their fusion restores the diploid number of chromosomes (46 in humans). After the formation of zygotes, two prominent bodies, the “Male-Pronucleus” and the “Female-Pronucleus”, are formed that fuse in later stages of development. This process occurs in the female reproductive organ, and specifically in the Fallopian tube.



Therefore, the zygote develops as result of cell division, or cleavage, to form an embryo. The embryo grows in the uterus to form a “Foetus”. The foetus is then born as a baby around nine months after zygote formation.

And this combination is unique. The DNA in the Zygote’s nucleus comprises genes (specific DNA sequences) from both of the parents, 50-50, but this particular combination of genes has never been seen before and will never be seen again. Most genomes, including all human genomes, have aging and death built into the program. All die sooner or later.

DNA, or “Deoxyribonucleic Acid” is a molecule that contains the genetic code that is unique to every individual. Think of this code as an instruction manual for making all the proteins that form our bodies and help them thrive. The information coded in DNA is hereditary, meaning that it passes from parent to child.

You begin to develop immediately. Within hours after the sperm meets the egg, the zygote divides and then continues to divide (and divide). It takes about five to six days for a zygote to transform into a blastocyst, which is a microscopic ball of cells, and then into an embryo. Even after birth, change is more or less continuous through life, and different organ systems undergo significant changes on their own developmental timetable. However, conventionally in human biology, the development milestones that mark the stages are based on developments in the nervous and reproductive systems.

The structural and physiological changes that happen during our own human development include and increase in size, the acquisition of some specialised abilities (communications skills, problem solving skills, etc.), and the loss of some other specialised abilities throughout life. When all goes well, “Senescence” is the final stage of development.

Senescence is described as “the condition or process of deterioration of age”. Aging is a progressive decline with time whereas senescence occurs throughout the lifespan, including during embryogenesis. The number of senescent cells increases with age, but senescence also plays an important role during development as well as during wound healing.

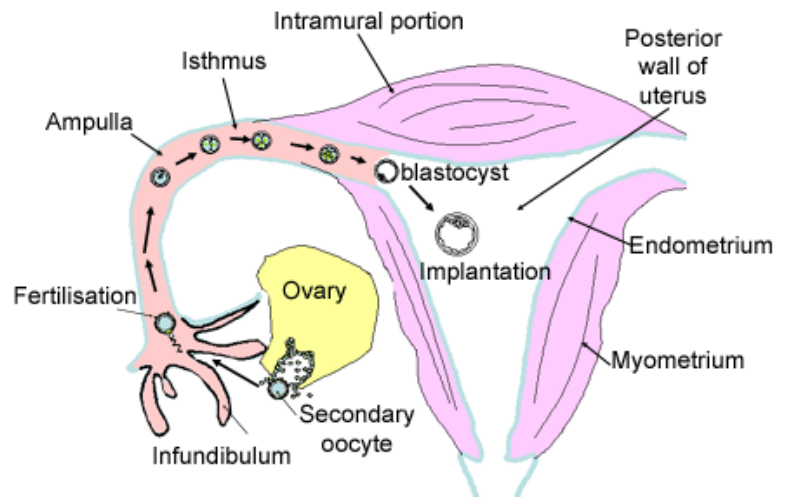
## HEALTH / ROUTINE

### So, how do we become a baby?

Let's be honest. Human birth (well, birth in general) is an absolute miracle. From just a single tiny cell to a complete human baby (hopefully healthy - but things do go wrong naturally) in less than ten months. It is a truly astonishing achievement.

Fertilisation, which takes about a day, begins when the sperm penetrates a "Secondary Oocyte" - the female egg. After it binds, it uses enzymes in its "Acrosome" ("a unique membranous organelle located over the anterior part of the sperm nucleus") to digest the egg's protective layer.

When the sperm has finally reached the cell membrane of the oocyte, it attaches its receptors there. Firstly, this prevents any other sperm from fusing with the egg, and secondly this starts the growth journey - which is perilous.



The Zygote immediately undergoes "Cleavage". This is a period after fertilisation, when a 1-cell embryo starts developing into a multicellular organism. It consists of a series of mitotic divisions, the process by which a cell replicates its chromosomes and then segregates them, producing two identical nuclei. These cells - called "Blastomeres" - divide twice more to create 16 blastomeres, all held tightly within the egg.

This mass, now called a "Morula", leaves the Uterine Tube to travel into the Uterus. Around the sixth day a hollow structure called the "Blastocyst" hatches from the egg, which has continued to cell divide. The outer layer of the blastocyst secretes an enzyme that allows it to implant itself in the "Endometrium". A process called "Angiogenesis" starts, which builds blood vessels, and the connection between the mother and the blastocyst begins. This is important as this provides the growing life with various nutrients from the mother. When this process called "Diffusion" is complete the pregnancy is established. It's a risky process and scientists estimate that only half the blastocysts manage to implant. The rest will die. We are walking miracles!!!

Development is fairly rapid as you can imagine. After fourteen days we reach the "Embryonic Stage". Tissue has started to form, a yolk sac nourishes the embryo, but it is still minutely small and does not look anything like a baby as yet.

From week eight to birth it is called the "Foetal Stage". Growth and development is fast. The "Ectoderm", the outermost layer of the three germ layers, which gives rise to numerous outer layers of the body, including the epidermis, hair, nails, oral epithelium, cornea, and olfactory epithelium is doing its thing. The central and peripheral nervous systems are derived from ectoderm. "Endoderm" is the innermost of the three primary germ layers of an embryo. It develops into the respiratory tract and gastrointestinal tract. The third, and middle germ layer, the "Mesoderm" is the middle germ layer, which develops into muscles, bones, cartilage, connective tissue, urogenital system, and circulatory system.

Even I am blown away whilst researching all of this for these pages. Truly miraculous.



## HEALTH / ROUTINE

### How do we become human in the womb?

Like any living being, we need nourishment to survive and grown, and the same is for the growing baby. So, immediately after implantation, the blastocyst initiates the formation of the “Placenta” - this is a special organ that exists only throughout pregnancy that is made of the mother’s cells in the outer layers and the foetus's cells in the inner layer.

The placenta is there to support the sharing of physiological functions between the moths and the foetus

- Nourishment: Provision of energy and nutrients.
- Gas Exchange: A Foetus must take in oxygen and eliminate carbon dioxide before birth.
- Removal: The elimination of metabolic waste

The placenta allows some substances enter the foetal body and blocks others. It does a good job of delivering nutrients and maintaining fluid balance, but it is permeable to alcohol, many drugs, and some toxic substances. This is why pregnant women are advised not to smoke or drink during pregnancy, and why some babies are born with problems by women addicted to recreational drugs.



The placenta connects to the foetus by the “Umbilical Cord”, which can be approximately 22 to 24 inches (56 to 61 centimetres) in length and contains two arteries and one vein. It grows alongside the baby.

Nature is astonishing. Nutrients and oxygen enter through the placenta, and the foetal blood picks them up and carries them through the umbilical cord. The waste that results from the foetus metabolising the nutrients and oxygen are carried back out through the cord and go back into the placenta. The mother’s blood then picks up this waste and removes it. Truly remarkable.

The baby develops in three stages - or “trimesters”.

#### First Trimester

All the body’s organs begin development in this trimester - weeks 1-12. The Cardiovascular system forms from small vessels in the placenta just three weeks after fertilisation. The heart begins to beat too.

The organs continue to develop, and the limbs, fingers, and toes all start to form. He embryo starts to move at the end of the second month, although it is too small for the mother to feel its movements. Also, the ears, eyes, and genitalia appear, and the embryo loses its tail. The shape moves from a seahorse shape to now look more human.

At the end of this trimester, the foetus is around 4 inches long (10cm), and weighs around an ounce (28gm). The head is actually quite large, and hair is growing. The intestines are inside the abdomen, and the urinary system (kidneys and bladder) start to work.

When counting weeks, the talk pregnancy from the last menstrual period of the woman, which is probably around two weeks earlier than the date of fertilisation. So the embryonic stage of the baby are the second and third months of pregnancy.

## HEALTH / ROUTINE

### Birth and Beyond - we develop our skills.

#### Second Trimester.

The foetus really starts to take shape now - weeks 13-27. Our systems are all forming - nervous, immune, skeletal, etc. Ultrasound imaging shows that the Skeleton, Head details, and external genitalia are formed. Bone starts to replace cartilage that formed during the embryonic stage. At the end of this semester, the foetus is about 12-14 inches (30-36 cm), and should weight approximately 3 pounds (1.4kgs).

#### Third Trimester.

The foetal development really speeds up now - weeks 28-40. All the systems are now in place, and it continues to grow in size. Subcutaneous fat is deposited (Subcutaneous fat is a type of fat that's stored just beneath your skin. Your skin is made up of three layers – the “Epidermis”, “Dermis” and “Subcutaneous fat”. Subcutaneous fat is the deepest layer of your skin) and this serves as a critical energy reserve for brain and nervous system development.

Near the end the foetus positions itself for birth, turning its head down, and aims for the exit - normally happening around week 36. On occasions this does not happen, and doctors have to intervene. Then comes birth.

#### Becoming Human

Our children have a dependency on adults for many years - some animal babies are born and have to fend for themselves immediately. This is encoded into the species genome. The genome is the entire set of DNA instructions found in a cell. In humans, the genome consists of 23 pairs of chromosomes located in the cell's nucleus, as well as a small chromosome in the cell's mitochondria. A genome contains all the information needed for an individual to develop and function.

We become bigger, stronger, and smarter every day. We gain control of our bodies on a conscious and physiological level. We learn the language of our parents, and can pick that up extraordinarily quickly. Our physical and mental development is devoted to mastering the unique aspect of human life called “Culture”. Participating effectively in culture has always been the best way for humans to increase the likelihood of their own survival and the survival of those who carry their genes.



I have thoroughly enjoyed learning about all that as I researched for this health pack. I learnt a huge amount about things I new very little. It is fascinating how this miracle of life is taken so much for granted. And we do do that. How often do you think about where we came from, how we can possibly exist, how we function from day to day, how our organs work, how we can see and hear and speak and move?

How long we live and develop is down to many factors, some out of our control, but many that are within our responsibilities. What we eat and drink, the poisons we put into our bodies (thinking smoking, vaping, alcohol, drugs, some foods) that is our choice. The amount of exercise we do, and how much we socialise, both shown in many studies to have a direct correlation with our well-being and health. So, make better choices and changes this 2025 around your health. You can do that, but will you? Good question.

## NUTRITION: Lazza's Kitchen Adventure

### Ginger and Butterscotch Desserts

Lazza has been trying out new recipes for over four years  
His first time making: Ginger and Butterscotch Desserts

Tomato paste is a concentrated form of cooked tomatoes, where tomatoes are cooked, strained and recooked until most of the liquid has evaporated and the tomatoes reach a thick, pasty texture similar to toothpaste. Because tomato paste is cooked for a longer period of time, it has a deep red hue and sweet flavour thanks to the natural sugars present in the tomatoes. Like tomato puree, store-bought tomato paste may contain added acid and salt.

#### Ingredients

Ginger Biscuits Large Pack  
100g Butter (unsalted):  
3 tablespoon Caster Sugar  
4 Egg Yolks  
3 tablespoon cornflour  
1 tin Caramel Condensed Milk  
500ml full Milk: 125g Brown Sugar  
300ml Double Cream: 75g Unsalted Butter  
Vanilla Essence: Crushed Nuts

First, I crushed the biscuits (I even added a little coconut I had left over).

In a saucepan, I melted the 100g butter with the caster sugar. Taking off the heat, I added the crushed biscuits and gave it a really good stir to cover all the biscuits.

Into my ramekin dishes, I then added around a tablespoon of the mix, patted it down, and put in the fridge for a couple of hours.

Then, I whisked the four egg yolks into the cornflour, and put to one side.

In a separate bowl, I put the caramel condensed milk, the milk, and around 100ml of the double cream, and whisked all that together till smooth.

In a saucepan, I melted the 75g butter with the brown sugar.

I slowly poured in the milk/cream mixture and continued to whisk it as it got hotter.

I poured a little of this mix into the egg/cornflour mixture to make more runny and take out lumps, then I added that back into the saucepan and continued to heat and cook while whisking all the time. It gets nice and thick.

Taking off the heat, I added a nice tablespoon of mix into each Ramekin (I made 15) and then cooled in fridge. Finally I whisked the remaining cream with the nuts and vanilla, and put on top. Utterly delicious.



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](http://www.hmhb2016.org.uk)  
This was a great and very tasty dessert to prepare.



## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. Age UK Islington works with adults of all ages (16yrs+), running activities, events and support groups focused on health and well-being. They help people with day-to-day issues and difficulties - including money worries, managing at home, getting out and about, getting into training and employment and much more.

Age UK Islington would be very happy to speak with you. Look at [www.ageuk.org.uk/islington/](http://www.ageuk.org.uk/islington/) Or Call: **020 7281 6018**: HMHB are doing some course 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 have ran some very successful Ajani courses with their users over the last few years. 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, and Saturday morning session at the Sobell. 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](mailto: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.

**[www.healthygenerations.org.uk](http://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](mailto:connect@helponyourdoorstep.com)

HMHB are so proud to be part of a world-wide network that focuses on the benefits of walking for your health.

We are partners with the US based Walk With A Doc, that now has chapters all around the world.

Started back in 2005, it reaches into all continents, and we are humbled to be in their London based events.

We keep in contact, send them our health packs, and are on their social media and beyond. [www.walkwithadoc.org](http://www.walkwithadoc.org)



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](http://www.shp.org.uk) 0204 509 8300

HMHB have had a working relationship with VAI for over ten 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](http://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 P / SL               | 2 MD / NC   | 3 Hall / Chris                   |
| Round Two:   | 1, 540:                | 2, 9:       | 3, 450: 4, 745: 5, 144:          |
| Round Three: | 1, 1070:               | 2, 1874:    | 3, 1547: 4, 1903. 5, 2002.       |
| Round Four:  | Lemon Varieties        |             |                                  |
| Round Five:  | 1 Sheffield:           | 2 D Jacobi: | 3 Mongolia: 4 W Heights          |
| Round Six:   | 1 Zanzibar (Tanzania): | 2 Canada:   | 3 Scotland: 4 Belgium: 5 Germany |



## Review for this month's Challenges and Targets

### Mind-set:

Yes, we cover this a lot - well, it is the section heading. But the ability to change mind-set is a human attribute, but do we actually try to do it enough?

Research clearly shows that mindsets play a significant role in determining life's outcomes. By understanding, adapting and shifting your mindset, you can improve your health, decrease your stress and become more resilient to life's challenges.

Mindsets are not just important for learning new skills. They can affect the way that we think about everything. What is yours?



### Nutrition.

In the last issue we challenged you to think about your eating in 2025 and make better choices. But we recognise that it is not always easy, and there are roadblocks we come across. I am a prime example. I know I stress eat.

Like any routine we are trying to adjust it's about making small steps and creating easy to reach targets that are time appropriate and relevant to you. I need to eat better for an upcoming operation. Why not look at what you are trying to achieve. Work out your own goals.



### Exercise.



I love that pic - it looks like they are having a lot of fun.

Group exercise, of any kind, can really boost your mental, physical and social health.

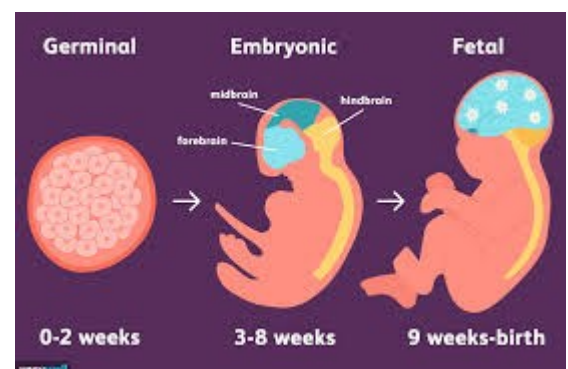
Exercise releases endorphins to elevate your mood, and exercising with a group brings an added benefit of social connectedness that makes you feel good. Group fitness and exercise classes allow for social accountability where people tend to push themselves more than they probably would while exercising alone.

Why not look to see what is local to you, and do it!!!

### Health.

It does not matter about the small words, it was more the development from the conception to birth.

I wanted to look at how we develop into humans, and that starts right from one cell. Our bodies are truly miraculous. The journey in the womb is perilous and extraordinary. We take it all for granted. If nature can create something so amazing why don't we actively look after it? That's up to you.



**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 + Birds from Page 24

See if you can beat your family and friends

**Television:** The people who played those roles from UK Television.

1. Ruth Madoc
2. Ian Lavender
3. John Thaw
4. Andrew Sachs
5. Billie Piper
6. Julia Sawalha
7. Martin Freeman
8. Anita Dobson
9. Benedict Cumberbatch
10. Derek Thompson
11. Emma Chambers
12. Ardal O'Hanlon
13. Richard Beckinsale

**MUSICALS:** The musicals those songs were from, and the year they were first performed on stage?

1. 1997: The Lion King
2. 1960: Oliver!
3. 1950: Carousel
4. 1956: My Fair Lady
5. 2018: Moulin Rouge
6. 1978: Seven Brides For Seven Brothers
7. 1975: Chicago
8. 1980: Les Misérables
9. 2018: Frozen
10. 1971: Jesus Christ Superstar
11. 1957: West Side Story
12. 1959: The Sound Of Music
13. 1986: The Phantom Of The Opera
14. 1968: Hair
15. 2011: The Book Of Mormon
16. 2003: Wicked
17. 1981: Cats

**Pop:** The singers who sang those songs released in 1981 all making UK Top 10 Singles.

1. Chas & Dave
2. John Lennon
3. Ultravox
4. Adam And The Ants
5. The Jacksons
6. Starsound
7. Kim Carnes
8. The Specials
9. Duran Duran
10. Ottowan
11. Depeche Mode
12. Olivia Newton John
13. Bucks Fizz
14. Diana Ross

**Places: - I hadn't heard of some of these!**

The top 20 Asian Cities by Population.  
Shanghai, Istanbul, Mumbai, Beijing  
Karachi, Tianjin, Guangzhou, Delhi  
Shenzhen, Dhaka, Seoul, Wuhan  
Jakarta, Tokyo, Dongguan, Taipei  
Chongqing, Chengdu, Baghdad, Nanjing

QUIZ  
ANSWERS

**Birds: Did you name them? - from Page 24 (how well did you do? Tough wasn't it?)**

- |                |                   |
|----------------|-------------------|
| 1: Dove        | 2: Buzzard        |
| 3: Nightingale | 4: Canadian Goose |
| 5: Blue Tit    | 6: Albatross      |
| 7: Robin       | 8: Starling       |
| 9: Raven       | 10: Vulture       |
| 11: Moorhen    | 12: Puffin        |
| 13: Cuckoo     | 14: Wren          |
| 15: Eagle      |                   |

**The World: Top 20 popular UK Fruits**

Strawberries: Grapes:  
Tangerines: Pineapples: Bananas:  
Apples: Mangos: Lemons  
Blueberries: Clementines:  
Blackberries: Nectarines:  
Watermelons: Plums: Limes:  
Raisins: Kiwis: Coconuts  
Pomegranates: Apricots



# 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](mailto:hmhb2016@outlook.com)

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

[www.facebook.co.uk/healthymindshealthybods](https://www.facebook.co.uk/healthymindshealthybods)

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb2016](https://www.justgiving.com/crowdfunding/hmhb2016)

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

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

We are creating a new Blog and Podcast in 2025 - watch this space for more details

Our website is: [www.hmhb2016.org.uk](https://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: Official Nominee Team Islington 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

Lawrence: **WINNER** Islington Volunteer of the Year 2023



ISLINGTON

*Cripplegate Foundation Helping since 1500*



**Be Safe, Be Active, Be Well**



**Link to our Website**