

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack: Number 50

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st July 2026



www.hmhb2016.org.uk





**Our monthly health packs now contain a massive 50 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. :-)**

Page 3:	Introduction. And photos from 2017 with various groups.
Page 4-5:	Health News: Recent Research and News
Page 6:	Lazza's Fiendish Quiz (it's tough, and meant to take some time).
Page 7-12:	HMHB - Our June 2026 events with photos: Plus, what's on in July 2026.
Page 13:	Lazza's Recipe: First Time Meatloaf from scratch
Page 14-15:	Mind-set: Don't Allow Anger to Control You.
Page 16-17:	Exercise: Stretching: Some Yoga Stretches For You To Try
Page 18-19:	Mind-set: Your Own Company is Fine: Look After Yourself.
Page 20:	Lazza's Recipe: First Time Lazza's Strawberry Desserts from scratch
Page 21:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 22-24:	Nutrition: Let's Take a Look at Vegetables.
Page 25:	Nutrition: Superfoods: This month - Apples
Page 26:	Lazza's Page of Recommendations, News, Life.
Page 27:	Do You Know Your Body?: This month: Your Fingernails
Page 28:	Lazza's Photo Game Page: A 1970s Television theme this month.
Page 29:	Lazza's Recipe: First Time Kedgeree from scratch
Page 30:	HMHB recommends places to visit in London.
Page 31-32:	Exercise: How does a Sedentary Lifestyle affect your Body?
Page 33:	HMHB's Three Weekly Walks: Details and Posters: Hackney, Haringey, Islington.
Page 34-36:	Exercise: NINE Legs Workout Exercises for 2026 (<i>thx to Spotebi.com</i>)
Page 37:	Lazza's Fascinating Facts to astound people around you.
Page 38:	Health: Let's have a Happier Life: What do you already have?
Page 39:	Health: Let's have a Happier Life: Love Your Own Company
Page 40:	Health: Let's have a Happier Life: Forgiveness.
Page 41:	Health: Let's have a Happier Life: Be Assertive
Page 42:	Lazza's Funny Joke Page (disclaimer: jokes may not be funny)
Page 43:	Lazza's Recipe: First Time Apricot/Cherry Coconut Flapjacks from scratch
Page 44:	Lazza's Letter Game Page - this week the letter "F"
Page 45-47:	Promoting some of our Partners: Plus fun quiz answers from Page 21
Page 48:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 49:	Tough Quiz answers from Page 6 and photo game page answers from Page 28.
Page 50:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



**“When you wake up asking ‘What’s wrong?’ you’ll find plenty that’s wrong.
But, when you wake up asking ‘What’s possible?’
you’ll discover opportunities you never noticed before.”**

Welcome to Issue 50 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.

We then went monthly for 7 issues.

Our current venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

Now an incredible 50 pages. 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, Benali Hamdache, Jon Nott, Talia Hussain, as well as Ernestas Jegoravas Armstrong, Caroline Russell, 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 and events in the past, and continue to do so.

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



Here are some photos from back in 2017. Some terrific memories and people there who are still coming to events today.

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

Some recent health research that we find interesting.

Single vaccine could protect against all coughs, colds and flus.

A single nasal spray vaccine could protect against all coughs, colds and flus, as well as bacterial lung infections, and may even ease allergies, say US researchers. The team at Stanford University have tested their "universal vaccine" on animals and still need to do human clinical trials. Their approach marks a "radical departure" from the way vaccines have been designed for more than 200 years, they say. Experts in the field said the study was "really exciting" despite being at an early stage and could be a "major step forward".

Current vaccines train the body to fight one single infection. A measles vaccine protects against only measles and a chickenpox vaccine protects against only chickenpox. This is how immunisation has worked since Edward Jenner pioneered vaccines in the late 18th Century.

The approach, described in the journal "Science", does not train the immune system. Instead it mimics the way immune cells communicate with each other.

It is given as a nasal spray and leaves white blood cells in our lungs – called macrophages – on "amber alert" and ready to jump into action no matter what infection tries to get in. The effect lasted for around three months in animal experiments.



The researchers showed this heightened state of readiness led to a 100-to-1,000-fold reduction in viruses getting through the lungs and into the body. And for those that did sneak through, the rest of the immune system was "poised, ready to fend off these in warp speed time" said Prof Bali Pulendran, a professor of microbiology and immunology at Stanford. The team showed the vaccine also protects against two species of bacteria – "*Staphylococcus aureus*" and "*Acinetobacter baumannii*".

Pulendran told the BBC: "This vaccine, what we term a universal vaccine, elicits a far broader response that is protective against not just the flu virus, not just the Covid virus, not just the common cold virus, but against virtually all viruses, and as many different bacteria as we've tested, and even allergens. The principle by which this vaccine works is a radical departure from the principle by which all vaccines have worked so far."

The way it steers the immune system towards fighting an infection also seemed to reduce the response to house dust mite allergens – which are a trigger of allergic asthma. "This is a really exciting piece of research," says Prof Daniela Ferreira, a professor of vaccinology at University of Oxford, who was not involved in the study. She said it could "change how we protect people from common coughs, colds and other respiratory infections" if the results are confirmed in human studies. "One of the strengths" of the study was a clear explanation of how this new style of vaccine was working, she added.

The vaccine was given as a nasal spray in the experiments, but may need to be breathed in through a nebuliser to reach the depths of human lungs. It is not known whether the same effect can be achieved in people or how long the immune system would stay in amber alert. There are differences in the immune systems between mice and humans, including our immunity being shaped by decades of infections. So the researchers are planning trials where one person is vaccinated and then deliberately infected to see how their body copes. There may also be consequences to dialling up the immune system beyond its normal state – raising questions of immune disorders.

HEALTH NEWS AND RESEARCH PAGE:

Some recent health research that we find interesting.

Omega-3 fish oil shows promise against type 2 diabetes

Fish oil may have a surprising role in the fight against insulin resistance, especially in a form of type 2 diabetes that is often overlooked. A Brazilian study published in “Nutrients” found that omega-3 fatty acids from fish oil reduced glucose intolerance and weakened insulin resistance in rats that were not obese but showed a diabetes-like metabolic condition.

Omega-3 supplements, including fish oil, are often used by people with cardiovascular disease and type 2 diabetes. However, scientists still know much less about how these fatty acids affect insulin resistance when obesity is not involved. That question matters because obesity is one of the strongest risk factors for type 2 diabetes, but it is not the whole story. An estimated 10% to 20% of people with type 2 diabetes worldwide are not obese. For these patients, the biological roots of insulin resistance may differ from the better known obesity-linked pathways.



In the study, researchers gave the rats fish oil at a dose of 2 grams per kilogram of body weight (equivalent to 540 mg/g of eicosapentaenoic acid, or EPA, and 100 mg/g of docosahexaenoic acid, or DHA) three times weekly for eight weeks. By the end of the experiment, the treated animals showed lower insulin resistance, better blood sugar control, reduced inflammatory markers, and improvements in several lipid measures, including total cholesterol, LDL ("bad cholesterol") and triglycerides.

The results came from preclinical experiments, so they do not prove that fish oil will have the same effects in people. Still, the findings point to inflammation as a powerful target in non-obese diabetes and suggest that omega-3 fatty acids deserve closer study in this group.

Obesity is a major diabetes risk factor, but not the only one. In people who develop diabetes without obesity, one leading hypothesis is that genetic factors may play an important role. In another study published in “Cells”, they investigated whether delayed intestinal transit might also contribute to insulin resistance in non-obese individuals. Most obese people have chronic low-level inflammation, which is known to affect the insulin signalling pathways. Adipose tissue, which is augmented in obesity, releases pro-inflammatory cytokines that affect the insulin signalling pathways, promoting insulin resistance. In the non-obese model, this impactful characteristic of adipose tissue is absent, but systemic inflammation is present.

The Nutrients study suggests that fish oil may work by moving immune activity away from a damaging inflammatory pattern and toward a more protective one. Fish oil supplementation reversed this pro-inflammatory profile. Thus the action of omega-3 fatty acids on lymphocytes, modulating them from a pro-inflammatory state to an anti-inflammatory state, may have triggered the reduction in insulin resistance in these animals.

The study adds to a growing view of type 2 diabetes as a disease shaped by both metabolism and the immune system. In this case, fish oil appeared to improve blood sugar regulation not simply by changing fat levels, but by changing the inflammatory environment that helps drive insulin resistance.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 49 this week (no peeking)

WORLD NEWS:

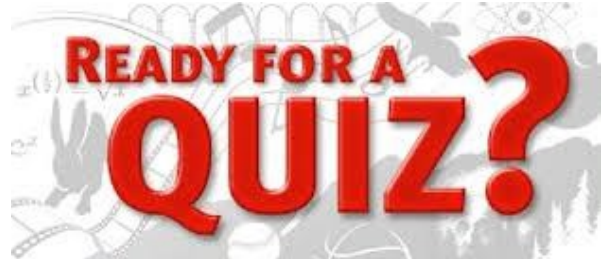
I do like a lot of fruits - one of my favourites being Mangoes: So can you name me the 25 top producing Mango countries around the World? Have a think.

LITERATURE: Can you name the author of these books, and their nationality?

1. The Count Of Monte Cristo
2. Trainspotting
3. The Handmaid's Tale
4. Wuthering Heights
5. Anna Karenina
6. The Metamorphosis
7. Don Quixote
8. The Thorn Birds
9. The Adventures of Tintin
10. The Name Of The Rose
11. The Girl With The Dragon Tattoo
12. The Odyssey
13. Heidi

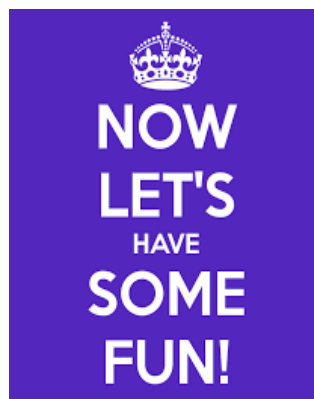
TELEVISION: Can you name the actor who played the title role, and year first aired?

1. Frasier
2. Buffy The Vampire Slayer
3. Father Brown
4. Everybody Loves Raymond
5. Kojak
6. Monk
7. Knight Rider
8. House M.D.
9. Columbo
10. Endeavour
11. Mr. Bean
12. Ted Lasso
13. Blackadder The Third
14. Ironside



FILMS: Which Director was nominated for Best Director Oscar for these films, plus year released?

1. The Shape Of Water
2. Million Dollar Baby
3. Saving Private Ryan
4. The Godfather: Part 2
5. The Bridge On The River Kwai
6. Slumdog Millionaire
7. Oppenheimer
8. Gravity
9. Dances With Wolves
10. Ghandi
11. The Hurt Locker
12. Annie Hall
13. Platoon
14. LOTR: Return Of The King
15. The Departed
16. Get Out
17. Belfast



THE WORLD

According to Wikipedia, what are the twenty most populated States in the USA .

Some may surprise you. See what you can guess.

Try and answer all before you look at the answers. Test yourself. Take your time.
I think it is particularly hard this week - deliberately done!!!

HMHB Activity: Photos and Events from JUNE 2025

Big thanks to the Kings Head Theatre as we caught a cheeky production “Derriere on a G String”, and we got to meet a couple of the cast afterwards, as well as chat to the writer and director, as part of the Old Queen’s Club, providing a refreshing coffee afterwards too. Great productions at this local Islington theatre. Check them all out on their website below.

www.kingsheadtheatre.com



We were at Conway Hall, off Red Lion Square near Holborn, to catch a cracking Gresham Lecture, hosted by Professor Chris Lintott (one of the hosts of The Sky At Night) titled “Pluto Isn’t a Planet.”

Most of our group disagreed with the title, but enjoyed the fascinating lecture itself. The talks have finished for now, but will be back in the Autumn.

www.gresham.ac.uk

We enjoyed three wonderful Kayak sessions in June, alongside Better Lives and Islington Boating Club, who always look after us very well. Warren, Katie, Nicola are fab and allow us to relax and just enjoy being on the water (some of the group even brave the paddleboard).

www.islingtonboatclub.com



A delicious monthly visit to the wonderful Second Chance Café, next to St Mary’s on Stoke Newington Church Street. We are always welcomed by the terrific volunteers, and once again had our red, yellow, or green soups, fruit crumbles, and even left some cakes for them to give out. Do check out the venue and pop along one Friday to experience the homemade food.

www.2ndchancecafe.co.uk

We had our first ever visit to the UCL Grant Museum of Zoology, based off Gower Street, near Warren Street. It is full of exhibits of animals in jars, as well as skeletons, all of which are old and have been studied extensively. It has actually been around longer than the Natural History Museum, and is also free, so do go and look.

www.ucl.ac.uk/museums-collections/ucl-grant-museum-zoology



HMHB Activity: Photos and Events from JUNE 2025

A few of our exercisers posing in the Studio at Highbury Leisure Centre following one of our energetic Tuesday morning sessions in June.

I do enjoy these. As we get older, it is more and more important to keep moving (we discuss sedentary lifestyle problems later in the pack), so anything that can make us sweaty and out of breath is good.

Why not come and join us one Tuesday?



Just look at this super photograph, taken at Sadlers Community Engagement Session on Salsa. Our instructor was patient with us all - it was held at Claremont Project and involved many different Islington based projects.

I really enjoyed this session. The more people the better. Sadlers really are great.

www.sadlerswells.com



We are very lucky in Islington to have so many opportunities to improve our fitness for no cost (or maybe a voluntary contribution of a small amount like three/five pounds).

Healthy Generations does that, and part of their weekly output is a terrific walk with Mary Gibbs, who organises a variety of different walks around the area and beyond. Here we are in Paradise Park - just before a huge deluge almost drowned us. :-)

www.healthygenerations.org.uk



We discuss St Bride's Church as one of our recommendations later in the pack, and the acoustics worked brilliantly for this five piece brass ensemble, calling themselves "Queentet".

We really were treated to some melodious sounds and talented playing by this all girl group.

Every Tuesday and Friday there is music at St. Bride's..

www.stbrides.com



Another musical treat as we visited LSO St Luke's, the home of London Symphony Orchestra close to Old Street, and caught the extremely accomplished Flute section delivering their own concert.

Absolutely super to get this opportunity to see such talented musicians playing together.

Check out their website for more concerts.

www.lso.co.uk



HMHB Activity: Photos and Events from JUNE 2025

The three Sadlers Community Engagement sessions were all dance related this month, and here we are with our inspiring Tango instructor, who took us through several moves, which were fun to do. Tango is a partner and social dance that originated in the 1880s along the Río de la Plata, the natural border between Argentina and Uruguay. I think we did particularly well.

www.sadlerswells.com



Our second Kayaking and Paddleboarding session in June had us paddling quite a long way up the Regents Canal, and this was a gorgeous day of weather too. There is something very relaxing, but rewarding about simply being on the water. We had a couple who have had some nasty treatments recently for various issues, so was lovely to treat them to this.

www.islingtonboatclub.com



The second of our Healthy Generations Mary Gibbs walks took us down into Clerkenwell, past St John's Church and Gate, and into areas that Charles Dickens wrote about in his books. Many people miss the local history of their community and Islington is full of wonderful stories and places to visit.

www.healthygenerations.org.uk



Five of us appreciated a super evening of Flamenco dancing at Sadlers Wells during the month, as part of their Flamenco Festival.

We had 90 minutes of brilliant dancing, a guitarist who could do things to his instrument that made us gasp, and some singing - that was mournful.

What a fabulous treat to see such talent.

www.sadlerswells.com

Our online Thursday Quiz, devised by Professor Lazza, continues to befuddle and confound our teams. With ten rounds of guessing, fun and imagination, I am always blown away at just how inventive everyone can be, and the points are secondary. Thanks guys for coming back every week as you make the quiz what it is. I just do the questions.



HMHB Activity: Photos and Events from JUNE 2025

It was our second visit for Friday Fish & Chips at the busy St. Luke's Community Centre, off Central Street in Islington. This is a wonderful centre that contributes so much to the local community. We definitely enjoyed our lunch together, which was also fantastic value for money. Back next month.

www.slpt.org.uk



The third Sadlers Community Engagement Dance session had us doing the Flamenco, with lots of stamping and swaying and clicking.

A real delight with a wonderful instructor, alongside their guitarist. It was a hot afternoon too, which added to the sweaty dance - but was also great.

www.sadlerswells.com



Professor Milton Mermikides posing with our group following his Gresham College lecture - "Music of Dreams and Sleep" at LSO St. Luke's.

This was the last in a series of lectures he was delivering but we were delighted to hear he will be doing a further six from October. Yay!!!

www.gresham.ac.uk



Another astonishing pianist entertained us at St James's Church Piccadilly in June.

Rui Deng - part of the Royal College of Music - performed pieces by CPE Bach, WF Bach, JS Bach, Liszt and Berio. I am always blown away by the ability of the musicians we catch at these lunchtime concerts, and Rui was no exception. Wonderful talent.

www.sjp.org.uk



We had our first ever visit to the UCL Art Museum, in part of the truly astonishing College Buildings off Gower Street, close to Warren Street Station.

Here we are looking at drawing and maps of the building itself, which blew us all away. We also visited the Flaxman Gallery in the middle of the main building.

www.ucl.ac.uk/museums-collections/ucl-art-museum



HMHB Activity: Photos and Events from JUNE 2025

We caught three great musicians at St. Bride's Church.

The Boreas Trio is a London based classical ensemble featuring an oboe, bassoon, and piano. Formed in 2023 at the Guildhall School of Music & Drama, the group consists of musicians Lidia Moscoso (oboe), Paddy Kearney (bassoon), and Lara Cucic (piano). It really was three instruments that worked very well together.

www.stbrides.com



We had to go and support our friend Jazz as he took part in a short play produced at St. Luke's Community Centre, called "Who's The Boss?", about the growing use of AI and what might happen over the next years.

We had a group discussion afterwards which was interesting and had us all talking.

Well done Jazz. We thought your were great.

www.slpt.org.uk

Here we are on the bus home after our first visit to the Museum of Comedy Monday Club - where we caught 12 aspiring comedians trying out material - some of it was good and some maybe did not hit the mark.

I admire anyone that stands up in front of people and tries to make them laugh. It was a fun evening.

www.museumofcomedy.com



The afternoon of the 30th June saw us outside the Francis Crick Institute. We were there to see a recording of the BBC Science Podcast "Are We Ruled By Our Guts?" hosted by Professor Brian Cox.

With a distinguished panel of experts, we looked at various aspects around the microbiome, gut health, how it affects our lives, and pre/probiotics..

It was fascinating, and technical.

Most of the time the free lunchtime concerts we go to are just musicians, but this time we got to listen to a marvellous Tenor accompanied by a super pianist.

Playing/ Singing a selection of French poems put to music and voice, the acoustics in the church allowed his voice to resonate beautifully. Do check out their site for future concerts. The quality is wonderful.

www.sjp.org.uk



HMHB Activity: Photos and Events from JUNE 2025

There was a Community Open Day at Kew Gardens, on a very hot Friday, and we loved it. Catching Kew Palace, the Marianne North Gallery, and the Henry Moore Gallery, all for the first time, we also experienced lunch together at the Orangery. Here we are with one of the extraordinary Henry Moore sculptures currently exhibited at Kew.

www.kew.org



Despite the hot temperatures in June, we still completed our three walks a week - and here we are having a deserved drink and nibble at the Café in Clissold Park. Walking in a group is such a good exercise, and is great for social health too. Check out our three walks, they are advertised in our pack later on, and why not join us for one or two. In July are joined by the Islington Mayor. We would love to have you along.

We went along to the first of several BBC Science Podcast recordings hosted by Professor Brian Cox at the Francis Crick Institute.

This one was titled: "Are we ruled by our Guts?" with a good delve into gut biome.

The panel were interesting and we are looking forward to the next six we are attending.

www.crick.ac.uk



HMHB featured in the Official Arsenal FC Programme on Wednesday 15th April 2026,

for their home game against Sporting Lisbon in the Champions League.

We have to thank Michael, Samir, Rhys, and the Community Team for their fantastic support.

You can find the article here where you can read it properly:

www.arsenal.com/community/stories/healthy-minds-healthy-bods

www.arsenal.com/community - scroll down to the "First person: Community stories" section

www.arsenal.com/foundation - in the "Local impact stories" section

Looking forward to July 2025 - we will feature these in the next issue.

3 x Francis Crick BBC Science Podcast Recordings: Sadlers Community Summer Party for 4 of us.

2 x Karaoke Evenings at Hercules Pub: Boating Trip in Finsbury Park: 2 x 6 for Comedy Nights:

4 x Concert St James's Piccadilly: 3 x Concert St Bride's Fleet Street: Fish & Chips at St. Luke's.

Free Concert Royal Opera House: 10 visit Tower Bridge Experience: 9 for Kayaking with IBC.

First visit to Bruce Castle, Lordship Lane: Classical Music Picnic in Westminster Abbey Gardens:

Second Chance Café visit: Special Kings Head Theatre visit: 6 for Pen Theatre visit.

First visit to Royal Academy Music Museum: plus First to Petrie Museum Egypt Archaeology.

Alongside our three weekly walks, exercise sessions, courses, friends meeting up and Lazza's Quizerium.

NUTRITION: Lazza's Kitchen Adventure

MEATLOAF

Lazza has been trying out new recipes for six years
His first time making: Meatloaf from scratch

Ingredients:

350g Minced Beef
350g Minced Pork
Onion chopped - plus garlic
3 heaped tablespoons Breadcrumbs
Chopped Mushrooms
1 Egg: Tomato Puree.
120ml Tomato Ketchup
Worcestershire Sauce
Parsley
Mixed Herbs
Salt and Pepper

James Mease, an American Scientist, published the first known tomato ketchup recipe in 1812. An early recipe for "tomato catsup" from 1817 includes anchovies and insects. In 1824, a ketchup recipe using tomatoes appeared in "*The Virginia Housewife*" (an influential 19th-century cookbook written by Mary Randolph, Thomas Jefferson's cousin. Tomato ketchup was sold locally by farmers. Jonas Yerkes is credited as the first American to sell it in a bottle. By 1837, he had produced and distributed the condiment nationally. By the mid-1850s, anchovies no longer featured as an ingredient.

I first cooked the two meats together until browned, then I put aside.
I then sautéed the onion and garlic until softened.
Into that I added the Chopped Mushrooms. Cooking for a couple of minutes.
Into that went the Tomato Puree, Worcestershire Sauce, and Ketchup, and gave that a nice stir.
Then the egg and the breadcrumbs, again stirring in nicely.
I added back in the meat and cooked for another couple of minutes.
Finally I added in the mixed herbs, and parsley, plus salt and pepper.
As you can see, I used two square loaf containers to make my meatloaf.
Into each I added half the mixture and squeezed a little squiggle of ketchup on top.
I baked in the oven at 180C for 55 minutes.

I served mine with some veg and mashed potatoes. My first ever Meatloaf.



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

MIND-SET:

Don't allow Anger to Control You. 1

If we are going through tough times, that can cause our emotions to run riot. We can go through anxiety and depression, have ups and downs that leave us wondering what to do, but also bring on anger. And Anger is one of those emotions that can cause us the most damage.

I am not saying that there are occasions when you do not have every right to be angry. As some know, around 13 years ago a very good friend of mine conned me out of my then life savings - a five figure amount. I was angry at myself for being so stupid - seriously, just one simple phone call would have shown me the truth before he got the money. And I was, of course, angry at him for abusing my friendship and taking my money - and then he was annoyed that I took him to court (long and short, I did get all the money back but it took a court judgement and quite a few years - ironically it turned out to have been a good thing).



I had every right to be angry. There may have been times I even cried at frustration, and thought bad thoughts. It did end well for me, but life is not a movie and that does not always happen.

If you have ever seen the Pixar movies Inside Out and Inside Out 2 you will know they picture emotions as characters in our heads, controlling our actions. The first film was all about demonstrating that you need some sadness in your life to help keep you grounded and appreciate the happiness more. There is also an angry character that demonstrates we need anger to help us to be human (pictured above).

I read some terrific stuff on a page about Good Therapy. It said emotions evolved to keep us safe. Our fight response, which evolved so we could defend ourselves from an enemy or danger, stems from anger. Anger is embedded in our primitive need to live and protect ourselves against aggression. Anger drives people to be extremely vigilant about threats and sharpens our focus. When we are threatened or attacked by a predator, anger is automatically activated and pushes us to fight back and act quickly and forcefully to protect ourselves.

When you are angry, you experience physical and emotional pain. When you experience physical and emotional distress, anger strongly motivates you to do something about it. As such, anger helps you cope with the stress by first discharging the tension in your body, and by doing so it calms your "nerves." That's why you may have an angry reaction and then feel calm afterward.

We often experience anger when we are denied rights or when faced with insults, disrespect, injustice, or exploitation. Anger serves as an internal guidance system that indicates something is not quite right, that someone has treated us unjustly or unfairly. Like my money issue above. Anger helps communicate to others: "You'd better treat me fairly; otherwise, you'll pay a high cost." On a global level, standing up for a lack of fairness can prevent people from taking advantage of others. This type of anger can bring about positive change in society and increase the social cost of misbehaving.

When we don't get what we want, anger is triggered and indicates we have moved away from our desired objectives. Anger tries to eliminate whatever prevents us from realising our desires. It energises and pushes us to act in service of achieving our goals and working toward our ideals.

MIND-SET: Don't allow Anger to Control You. 2

So, all that on the previous page shows that anger is a natural emotion that can actually help you. But, and here is the crux, we must never allow anger to dominate and overwhelm us. That can lead to serious impulsive action, negative issues, and ultimately failed goals.

The NHS suggests a few things to help with anger.

- try to recognise when you start to feel angry so you can take steps to calm down as early as possible
- give yourself time to think before reacting – try counting to 10 and doing calming breathing exercises
- talk to people about what's making you angry – speak to someone who is not connected to the situation, such as a friend, a GP or a support group such as the Samaritans
- exercise – activities such as running, walking, swimming and yoga can help you relax and reduce stress
- find out ways to raise your self-esteem, including how to be more assertive
- consider peer support, where people use their experiences to help others. Many mental health services offer this “peer support” for example, people who have also gone through anger problems.
- listen to free mental wellbeing audio guides, or watch some YouTube videos. Being active in looking for solutions can really encourage and motivate you.



They also suggest a few things to avoid.

- do not try to do everything at once; set small targets you can easily achieve
- do not focus on things you cannot change. Focus your time and energy on helping yourself feel better
- try not to tell yourself that you're alone – most people feel angry sometimes and support is available
- try not to use alcohol, cigarettes, gambling or drugs to relieve anger – these can all contribute to poor mental health

How you react to anger can depend on lots of things, including:

- the situation you're in at the moment – if you're dealing with lots of problems or stress, you may find it harder to control your anger
- your family history – you may have learned unhelpful ways of dealing with anger from the adults around you when you were a child
- events in your past – people who experience traumatic, frightening or stressful events sometimes develop “Post Traumatic Stress Disorder” - PTSD - which can lead to angry outbursts
- substances such as drugs and alcohol – which make some people act more aggressively than usual

Some of the things that make you angry may not bother other people at all. You might find it hard to explain why you feel this way but talking to someone could help you find a solution.

Ultimately, this is all down to you, which again can feel overwhelming. Life throws so many things our way, and our emotions are like a defensive mechanism sometimes. Holding on to anger can destroy you. Going back to that money issue on the previous page, I hated my friend for what he did to me. But I took the right steps, I did not allow it to consume me, I took action. It is not always that easy. But do not hold on to anger.

EXERCISE/FITNESS: STRETCHING

Some Stretches to start your Morning. (Spotebi.com)

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.

GATE POSE

Kneel on the floor and extend your right leg out to the side. Lean your torso to the right and place your right hand on the shin. Extend your left arm over the top of your head, pointing your fingers in the same direction as the right toes, and gaze up toward the ceiling. Stay in gate pose for 30 seconds to 1 minute and then repeat on the opposite side. The gate pose strengthens and stretches the oblique muscles, inner thighs, hamstrings, and the spine. This pose also helps to improve your flexibility and stimulates the thoracic and abdominal muscles and organs.



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.

INSIDE SIDE STRETCH POSE

Stand Upright, take a step back with your right leg, align the heels and rotate the right foot slightly out. Bend from the hips, lay your torso on your left thigh and place your hands or fingertips on the floor. Stay in intense side stretch pose for 30 seconds and then switch leg positions. Remember, exhale as you bend from the hips, lengthen the spine and press the soles of the feet on the floor. The intense side stretch pose stretches and lengthens the back of the legs and spine, and stimulates digestion. This is a soothing pose that also improves your strength, stability, and flexibility.



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

EXERCISE/FITNESS:

Some Standing stretches to start your morning. (Spotebi.com)

LOW LUNGE QUAD STRETCH POSE

Start in a low lunge stance with your right knee and the top of your right foot on the floor. Lift the right foot, reach your right hand back to grab the ankle, and walk your left foot a few inches to the front. Stay in low lunge quad stretch pose for 30 seconds and then switch leg positions. Keep the spine long, open the chest and face front. Engage your core for stability and walk your left foot to the front until you feel the stretch in your quads. The low lunge quad stretch pose stretches the quads, groin, hip flexors, and glutes, and strengthens the knees. This pose also helps improve balance and concentration and alleviates lower back pain.



RECLINING BOUND ANGLE POSE

Sit on the floor, bend your legs and pull your knees toward your body. Let your thighs fall open, press the soles of your feet together and carefully pull your heels toward your pelvis. Exhale and lie down with your arms alongside your body and your palms facing up. Stay in reclining bound angle pose for 1 to 5 minutes. The reclining bound angle pose stretches the groins, inner thighs, and hips, and helps relieve the symptoms of stress, anxiety, and depression. It also stimulates the abdominal and reproductive organs, improves digestion and increases blood circulation.



WIDE ANGLED SEATED BEND POSE

Start seated on the floor with your legs straight out in front of you and open your legs as wide as it feels comfortable. Place your hands on the floor, walk your hands forward as far as you can and lengthen the torso. Stay in wide angle seated forward bend pose for 30 seconds to 1 minute. Keep your knees pointing up, press your thighs against the floor and exhale as you lean forward and lengthen the spine. Keep your arms long, draw your shoulders away from the ears and stretch the soles of the feet. The wide angle seated forward bend pose stretches the legs and spine and opens the groin area. This yoga pose helps to relieve stress and tension and stimulates the abdominal organs.



**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:

Your own company is fine.

Several times on Facebook - we use it for HMHB and I do like to chronicle my life as it is like a diary - I have seen postings suggesting it must be difficult to go out for a meal on your own, or go to the cinema or theatre by yourself. That it must be a lonely life.

It makes me smile. I go on holiday by myself - and love it very much - I will go and see a movie on my own, and love the theatre. It definitely does not make me lonely. Sometimes it is just nice being on my own.

I am not saying it is always like that. I am so fortunate, especially with HMHB, to know such a great bunch of people that I know I am lucky. HMHB goes on multiple outings and events - you can see that from all the wonderful pictures and stories near the front of this pack - and I love sharing these experiences. Anyone can go to a gallery or museum, and I do that on my own sometimes, but it is always nice to chat with people as you do it.



I live on my own, and have done for nearly half my life.

I have been in my current flat in Highbury since June 1999. In fact, I love it there. I am with a Housing Association, have a one bedroomed flat, and am the only one with access to the garden - if only I was green-fingered. So I eat virtually every meal on my own (although HMHB has had me baking for the group for recipe pages of these packs), I watch telly on my own, normally talking out-loud (Ed, I always knew Lazza was crazy), and enjoy my own company. Dors that make me weird. Of course not.

What motivates you?

What actually makes you tick. If you are around other people all the time are you actually looking after your own needs, or bending them to fit in with others? Do you feel fulfilled? That you have accomplished things? Your targets might not align with those around you, and therefore you may have no way to actually reach them unless you move away and be yourself.

When you know what you want from life, then you can alter your lifestyle to make that happen. Being on your own is fine. Maybe you would like to go to see more films, but your friends are not cinema lovers. I have the Odeon Limitless as I love the movies. I do go on my own, as well as with other friends. I like all genres, but my main cinema friend does not like horror. So I tend to drift to that myself.

I went on holiday a couple of summers ago with a good friend of mine. I like to go and experience the country am in, go on adventures and excursions. He wanted to lay by the pool and have a drink.; We had to compromise. But a couple of days I headed off on my own. Loved it.

So, a good idea is to actually write down your goals, maybe for the rest of the year. What would you like to do? Where do you want to be with your life? And if you need to foray out on your own to achieve some of them then take the plunge and do it.

**“If you don’t throw yourself into something,
you’ll never know what you could have had.”— Amy Winehouse**

MIND-SET: Looking after Number One.

You are very special - do you tell yourself that at all? Many of us don't. Which is a shame. And looking after yourself is one of your responsibilities that others cannot help you with.

If you have a health condition, physical or mental, or you care for someone with one, it's important to look after your own needs.

"Self-care is about looking after your physical and mental health to achieve and maintain a good quality of life," explains Mina Arvanitopoulou, Lead Clinical Psychologist in Cardiology at Guy's and St Thomas' NHS Foundation Trust in London.

But some of us neglect our own needs, Mina adds, saying this is often because we prioritise other people's needs over our own, especially when we care for someone else.

Or we do not have the time for self-care, or we feel too guilty or tired to take care of our own needs. "Many of us think it's selfish to devote time to our own needs, and feel guilty if we do," says Mina. "But if we do not take time to exercise, sleep and eat well, and enjoy ourselves, we can slip into unhealthy patterns of behaviour, such as comfort-eating, smoking, and relying on alcohol or other addictive behaviours to unwind."

These unhealthy behaviours can not only take a toll on your physical health but, because the body and mind go hand in hand, on your mental health too, adds Mina.

"Looking after yourself is not a selfish thing to do," she says. "Self-care promotes mental and physical health so, in reality, we are in a much better position to look after others when we look after ourselves first."

"A regular self-care routine will lower stress, anxiety and depression, and improve your mood, energy, sleep and productivity. It's also easier to cope with life's problems and challenges when you have some meaningful activities and tools in place to help you recover physically and mentally," Mina explains.

Self-care can be anything from taking a short time out from your responsibilities for a daily walk, to taking a year out to travel the world. It all depends on your role, phase in life, interests and values.

"Ideally we need to practise self-care daily, and this can take any shape or form as long as it promotes your physical and mental wellbeing," says Mina.



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

STRAWBERRY DESSERTS

Lazza has been trying out new recipes for over four years
His first time making: Strawberry Desserts from scratch

Ingredients

I bought three punnets of Strawberries
6 Eggs (use yolk and whites)
1 litre full fat milk
300ml double cream
300ml extra thick double cream
50g Granulated Sugar.
4 tablespoons golden caster sugar
Lemon juice
Vanilla essence
3 tablespoons Cornflour

Strawberries are a nutritional powerhouse, delivering high levels of vitamin C, manganese, and heart-friendly antioxidants in a low-calorie, fat-free, and low-sugar package. Just one serving—about 8 medium berries—contains more vitamin C than an entire orange, making them an excellent daily addition to your diet.

Strawberries are packed with anthocyanins, antioxidants that have been shown to lower cholesterol, reduce triglycerides, and decrease blood pressure.

I put around three quarters of the Strawberries into a saucepan. I poured over a generous amount of lemon, added the golden caster sugar, and cooked together.

When softened I mashed the strawberries down to make a lovely liquid strawberry mulch. Put aside.

For the custard, I put the milk and double cream, with some vanilla essence, on to heat up.

In a bowl I mixed the 6 Egg Yolks (keeping the whites aside) with the granulated sugar and the cornflour.

Once the milk mix was warm I added some to the egg mix before transferring that back into the saucepan and whisked continuously until it had thickened into a custard. I then added in half the strawberry mix and whisked it all in.

Into the mannequins I filled each half way with the custard mix and left to cool and set.

For the mousse, I put the six egg whites with the white caster sugar and used an electric whisk to bring to peaks. I then mixed the remaining strawberry mix with the extra thick double cream, mixing together. I added one spoon of the egg white peaks and stirred in, and then using a metal spoon I folded in the rest

I cut up remaining strawberries, adding to top of each custard, and then added spoon of mousse on each.

I set overnight in the fridge and a delicious dessert emerged the next day.



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

HMHB's fun quiz page:

It's mostly guessing, but play with friends: Answers Page 47

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 47 - 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?

Only found in Australia	Swedish Islands	Names of Beatrix Potter Characters
Cassowary	Gotland	Percy
Platypus	Vaxholm	Timmy
Fruit Bat	Bjalbo	Frederick
Wombat	Sabaton	Tommy

ROUND TWO: Give Me a Number

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

1. The Kymer (Cambodian) alphabet has how many letters?
2. What was Usain Bolt's fastest recorded speed ever in miles per hour?
3. Across the entire seven book series, how many times does the name "Harry" appear?
4. In days, what is the longest reign of a Danish King - King Christian IV?
5. As May 2026, how many Greggs stores are there in the UK?

ROUND THREE: When Did That Happen

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

1. The first Cannes Film Festival opened in France.
2. The televised trial of O. J. Simpson.
3. Top Of The Pops was launched on BBC Television.
4. The iconic Volkswagen "Beetle" was officially introduced to the world.
5. Nestor Comp opened the very first movie studio in Hollywood, California



ROUND FOUR: What specifically links these people?

J K Rowling: Michael J Fox: Ulysses S Grant: George R R Martin: Harry S Truman.

ROUND FIVE: From the choices available, which of the answers is correct?

- | | |
|-----------------------------------|-------------------------------------|
| 1. Has longest Coastline: | Devon: Essex: Kent: |
| 2. Highest Melting Point: | Copper: Silver: Zinc: |
| 3. UK King Reigned Longest: | Richard I: Richard II: Richard III: |
| 4. First appeared in Toy Story 3: | Hamm: Mr Pricklepants: Mr Spell: |

ROUND SIX: What is the answer to these questions?

1. In which City is the Biggest Museum?
2. In which City is the Tallest Building?
3. In which Country is the Tallest Statue?
4. In which Country is the Highest Waterfall?
5. Which Country is the Smallest in the World?



NUTRITION:

Let's really look at Vegetables: 1

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.

We have talked many times about the benefits of vegetables - being a carbohydrate for a start. But there is far more in vegetables than that. They hold a smorgasbord of nutrients. So let's take a good look and see if we can persuade you to put more in your diet.

There is a huge variety of vegetables that are eaten in the UK. Popular options include broccoli, sweetcorn, peppers, mushrooms, leeks, cabbage, peas, cauliflower, Brussels sprouts and asparagus. The low carb count and calorie content, along with the high fibre, means that you can include a large portion and variety of vegetables in your diet without adding lots of carbs.



Broccoli is a member of the cruciferous vegetable family, which includes kale, Brussels sprouts, radishes and cabbage. Broccoli is low in carbs, full of nutrients and has a range of health benefits. Peppers are incredibly nutritious and contain antioxidants. They are a great source of vitamin A and vitamin C. Green, orange and yellow peppers all have similar carb count and nutrient profiles. Green beans are part of the legume family, along with beans and lentils. However, they have significantly fewer carbs compared to most other legumes.

Leafy greens such as kale, spinach and salad leaves are popular vegetable options. Kale is extremely nutrient-dense and has a high nutritional value. It is full of antioxidants that help to lower blood pressure and protect against heart disease. Lettuce is one of the lowest-carb vegetables around and is a great source of vitamins. Spinach is another leafy green that is low in carbs and has many health benefits. It is an excellent source of several vitamins and minerals, such as vitamin K.

Root vegetables are typically vegetables that grow below ground. These include onion, shallots, carrots, parsnip, beetroot, swede, turnip, Jerusalem artichokes, and celeriac. Parsnips and Jerusalem artichokes have a higher number of total carbs than other root vegetables. Jerusalem artichokes are high in fibre and aid in heart health. Onions are fairly high in carbs by weight but are usually only eaten in small amounts. Onions are high in the antioxidant quercetin, which lowers blood pressure.

Root vegetables tend to be more starchy and therefore have a higher amount of carbohydrates, albeit still a low amount compared to foods such as potatoes, rice, bread and cereals.

Vegetables are a great addition to a smoothie and can help boost your 5-a-day and add additional vitamins and minerals. If you are following a low carb diet, a vegetable-based smoothie is a great alternative to ones containing fruit, which will contain more carbs. Or you can have a combination of fruit and veggies.

NUTRITION:

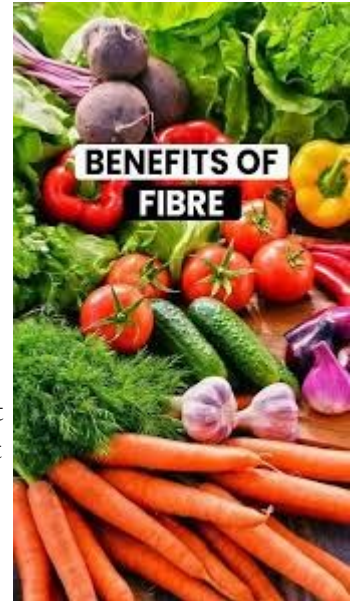
Let's really look at Vegetables: FIBRE

Fibre in Vegetables

Fibre is a plant-based carbohydrate found in foods such as wholegrains and vegetables. You might also have heard it described as roughage. Your small intestine usually digests the food you eat but with fibre it's different. The bacteria that live in your large intestine ferment the plant fibres, either partially or fully.

Fibre can also be separated into the following categories:

- **Soluble fibre:** This fibre is easily broken down by the bacteria in your large intestine. Soluble fibre can help lower your blood glucose and cholesterol levels. You can find it in oats, beans, lentils, and fruit.
- **Insoluble fibre:** This fibre is not broken down as easily by the bacteria in your gut. Insoluble fibre attracts water and can help prevent you from getting constipated. You can find insoluble fibre in wheat bran, vegetables, and wholegrains.
- **Prebiotics:** This is a type of carbohydrate that feeds your gut bacteria. Prebiotics can help more 'good' bacteria to grow in your gut. You can find prebiotics in garlic, onions, banana, and asparagus.
- **Resistant starch:** This fibre is broken down by the good bacteria in your gut to produce short chain fatty acids. Short chain fatty acids help to keep your gut lining strong and can reduce inflammation in your intestines. They may also reduce your risk of colorectal cancers. You can find resistant starch in green bananas, oats, cooked and cooled potatoes, as well as beans and legumes.



Dietary fibre can help to stimulate your bowel and can also add bulk to your poo. This means it can be easier for you to go to the toilet. It's important that you're drinking enough water too, as this will help the fibre to do its job.

Fibre is essential for your gut to work properly. It feeds the good bacteria in the large intestine, which helps you to have a diverse and healthy microbiome (range of gut bacteria). This can help to reduce intestinal inflammation and can also lower your risk of both diverticulitis and colon cancer.

Oats and barley contain a soluble fibre called beta-glucan, which forms a gel-like substance in your gut. Beta-glucan can bind to cholesterol to help stop it being absorbed into the body. This helps reduce your blood cholesterol levels.

Eating fibre-rich food can help to control your blood sugar. This is because fibre-rich foods don't spike your blood sugar levels as much as low-fibre options. Studies have shown that people who eat lots of wholegrains have a lower risk of type 2 diabetes than those who eat refined carbohydrates such as white bread.

Whilst more evidence is needed, current studies show that eating fibre-rich foods can help you to maintain a healthy weight. This may be because high-fibre foods keep you feeling fuller for longer and so you may eat less overall.

For adults, it's recommended that you aim for 30g of fibre per day. However, many of us fall short of this requirement. The average adult in the UK only consumes around 18g per day, so it's important to try and increase this amount through dietary changes.

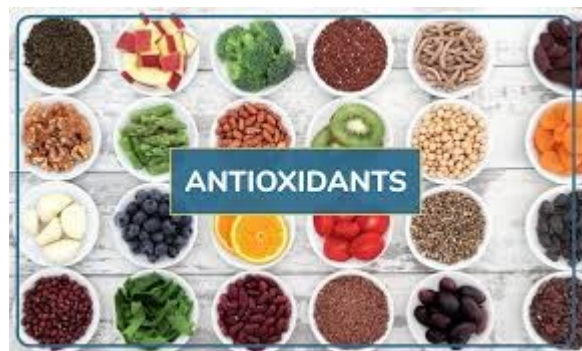
NUTRITION:

Let's really look at Vegetables: ANTIOXIDANTS

Antioxidants are certain nutrients, such as vitamins C or E, or carotenoids, which may help protect cells against daily damage. As cells do their job, the way they process oxygen results in a molecule called a free radical. These molecules are unstable. As they regain stability, free radicals damage cells and DNA.

Over time, free radical damage can cause problems for tissues and organs in the body, potentially leading to disease. Research suggests that free radical molecules can add to the risk of health issues linked to aging. Some examples are heart disease, age-related macular degeneration, Alzheimer's disease and cancer.

The body's cells can fix or prevent free radical damage, for example, by making antioxidant enzymes. And some antioxidants, such as vitamin C, come from food and drink.



Plant-based foods are the best source of antioxidants. These include fruits, vegetables, whole grains, nuts, seeds, herbs and spices, and even cocoa. Plants have naturally occurring antioxidants such as carotenoids, flavonoids, isothiocyanates, and phenolic acids.

- **Carotenoid:** Carotenoids are natural fat-soluble pigments that produce the bright red, orange, and yellow colours in many fruits, vegetables, algae, and some fungi or bacteria. They act as powerful antioxidants in the human body and are essential sources of vitamin A.
- **Flavonoid:** Flavonoids are a diverse group of natural, plant-derived chemical compounds (phytochemicals) known for their vibrant pigments and antioxidant properties. They are responsible for the rich colours of many fruits, vegetables, and flowers, and are highly valued for supporting overall human health.
- **Isothiocyanates:** Isothiocyanates are natural sulphur containing phytochemicals found in cruciferous vegetables. They are responsible for the sharp, pungent flavours of foods like broccoli, kale, horseradish, and wasabi.
- **Phenolic Acid:** Phenolic acids are a class of naturally occurring antioxidants and organic acids found abundantly in plant foods. Characterised by a phenolic ring and at least one carboxylic acid group, they act as plant defence mechanisms and provide powerful health benefits when consumed by humans, including anti-inflammatory and cellular protection.

As a bonus, many foods that have antioxidants also have other benefits. They are often high in fiber, low in saturated fat and cholesterol, and good sources of vitamins and minerals.

Artichokes are a good example. They naturally have the fiber inulin. But artichokes also have plant chemicals called flavonoids and phenolic acids. Those phytonutrients have the potential to help manage free radicals.

Drying, cooking or freezing foods can affect its level of antioxidants. Sometimes cooking allows an antioxidant to be better absorbed. Lycopene in tomatoes is one example. More lycopene is available in cooked tomatoes than raw ones. And for some foods, such as sweet potatoes, cooked is the only way we could eat them at all.

Other foods with carotenes also may offer more nutrients cooked. Examples are carrots, red and green peppers, kale, spinach, and broccoli. Some of their phytochemicals may be better absorbed by the body after being cooked.

Nutrition: HMHB looks at “Superfoods”

Today: Apples

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.

What’s that famous saying? An Apple a Day keeps the Doctor away!!! If it does it has to be a super food. So let’s take a look at the claim.

Did you know the origin of that phrase? The popular phrase "an apple a day keeps the doctor away" originates from a slightly wordier Welsh proverb written in 1866: "Eat an apple on going to bed and you'll keep the doctor from earning his bread."

The world loves apples. Every year, almost 100 million tonnes of apples are produced globally. These fruits, which come in a wide range of colours and flavours, have long had a reputation for helping us stay healthy.



For one thing, they are a rich source of “phytochemicals”, including flavanols. These compounds have been linked to numerous health benefits, such as maintaining a healthy weight and lowering your heart disease risk. Apples also contain various polyphenols, including “Anthocyanins”, which help give some apple peel its red colour and are associated with improved heart health. Another polyphenol you'll find in apples is “Phloridzin”. It has been found to help control blood glucose.

There's also lots of fibre in apples, largely “Pectin”, which reduces the amount of low density lipoproteins (LDLs) - the unhealthy form of cholesterol – in our blood. Pectin also lowers the amount of sugar and fat we absorb from food, helping to stabilise our blood sugar levels.

These nutrients in apples do seem to offer health benefits. A 2017 review of five studies reported that eating apples is associated with an 18% reduction in the risk of developing type 2 Diabetes. Another review from 2022, which analysed 18 studies, found that eating more apples, or apple-derived foods such as apple juice, can reduce cholesterol if you sustain the habit for more than one week.

So make an apple a day part of your diet. They are quite cheap too. What’s not to love?

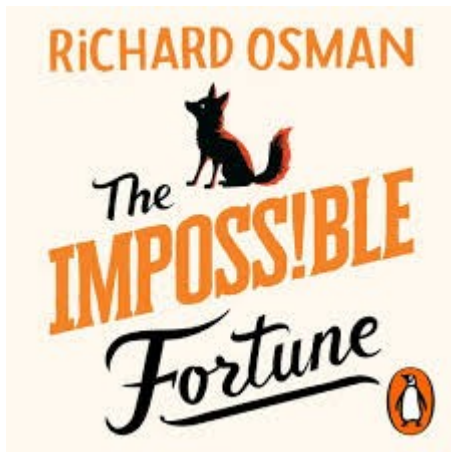
No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren’t a recognized category 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.

Typing this on Tuesday evening of the 9th June, and feeling quite chuffed as I've done a good clean over the last couple of days. Doing HMHB means I do sometimes neglect my flat, and it gets into a mess, so I blitzed my kitchen, bathroom, bedroom, and hallway (still got lounge to do). But three washes, a bit of decluttering, and even some scrubbing and mopping. I think there is a satisfaction of getting up in the morning to a tidy place. It does not happen enough for me.



Some people know I love a good crime thriller, and have several favourite authors - one of which is Richard Osman with his Thursday Murder Club. I am currently half way through his fifth book in the series - The Impossible Fortune.

You do need to read these in order, and I recommend getting the first book, giving it a go, and then following with the others. Easy to read, clever plotting, good characterisation. But, whatever you read, why not get back into a good book.

I have recommended the Shakespeare Globe Theatre, close to the Millenium Bridge and Southwark Bridge, but as HMHB will be going to see at least four plays over the next few months I wanted to promote it once more. I, personally, really enjoy visiting to watch the amazing productions they put on. Standing tickets, bought with enough time in advance, are just £5 direct from their own website. That is astonishing value for money.

Why not see one this year? You'll love it.



HMHB Need Help With Funding To Keep Going.

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

In 2025: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 12 Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 50 weekly exercise sessions: HMHB grew their Pack email list to over 700 addresses.

HMHB organised, delivered, or took part in over 110 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.

Please help us: www.justgiving.com/crowdfunding/hmhb

DO YOU KNOW YOUR BODY?

FINGERNAILS

A Page briefly looking at the miracle of our bodies and their different parts.

Fingernails are essentially flattened versions of claws, and they evolved in all primates - including humans - to support broad fingertips, says University of Wisconsin–Madison anthropology professor John Hawks.

Monkeys, apes and lemurs spend a lot of time in trees, and broad fingertips help give them the strong grip needed to climb trunks and hang underneath branches. Of course, other animals, like cats and squirrels, climb trees, too. But they do so with their claws, rather than by grabbing branches the primate way. “It’s basically a different strategy for climbing,” says Hawks.



As primates, we not only inherited broad fingertips, but ours are even wider than those of our closest kin, such as chimpanzees and orangutans. The reason for this dates back to the earliest days of human tool use: Striking stones together to make tools requires a very powerful grip.

Although the switch to fingernails has served primates well, Hawks reminds us “claws are just better for some things.” That’s why, in addition to their nails, lemurs have kept a claw for grooming their fur. One lemur, the Aye-Aye, has even retained two, one of which sits at the end of a long, bony finger.

When taking proportions into account, our fingertips are wider on average than those of most other primate. Fingernails play several important roles in the body that may provide a sign as to why we have them. These include:

- **Strengthening.** The hard, outer covering on the tips of the fingernails makes the fingertips one of the strongest parts of the hand. This makes performing everyday tasks, including gripping, less risky. The fingernails have many small blood vessels to supply them, and can maintain their blood flow even when you’re gripping something very tightly.
- **Protection.** Having a fingernail covering can prevent viruses and bacteria from entering the body. If a person’s nail bed is disrupted, they may be more at risk for nail infections.
- **Enhancing fine motor movements.** The fingernails enhance your ability to scratch and separate, such as pages in a book or hairs on your head. A person can also use their fingernails to pick up items.
- **Sensation.** While you may not think of the nails as being as sensitive as your fingertips, there’s an intricate network of nerves underneath the nail.

Fingernails comprise three layers of tissue called “Keratin”. Keratin is a tissue type that has amino acid proteins. Keratin is naturally present in your hair and nails. It’s also a component found in other animals, including horse hooves. The way keratin cells link to form together can influence the consistency and feel of the fingernails. For example, the nail layers are made of soft, moderately hard, and hard keratin. These all come together to create the protective shield you know as your fingernail.

While the keratin cells are no longer living (which is why you can trim your fingernails and toenails), they represent formerly living cells that needed nutrients and proteins to survive. When you consider this, it’s easy to see how deformities in the nails can indicate potential underlying problems, such as nutritional deficiencies.



HMHB's Name Game Page:

Name the TV Actors in the 1970s from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

KEDGEREE

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

100ml Milk - Plus 300ml Water
Smoked Haddock: Prawns
50 ml Double Cream
Onion: Garlic
Vegetable Stock.
5 Eggs: 1 teaspoon Ginger, Paprika
2 Lemons: 1 tablespoon Curry Powder
Rice - enough for your meal
Parsley
Salt & Pepper

By the 19th century, kedgerree had become a sophisticated breakfast or brunch dish in England, appearing, for example, in a Saki short story, "A Bread and Butter Miss." By the late 19th century, it was served as a breakfast dish for children in upper-class Victorian households. By 1930s and 1940s in Britain, kedgerree was a popular and affordable breakfast among the working classes. Other fish can be used instead of haddock such as tuna or salmon, though these are not traditional.

I started by cooking the fish and prawns in the milk/water mix for around six to eight minutes until the fish is just done and starting to flake. Remove the fish and prawns from the liquid, but keep it.

Use that liquid (can top up with more water if needed) and cook the rice you are using.

Meanwhile boil the eggs, and again then put to one side.

In a large pan, cook the chopped onion and garlic together. Add the curry powder, ginger, and paprika, and I also added in 200ml of vegetable stock.

I flaked the haddock and added that in - and the prawns and stirred.

I peeled the eggs, quartered them and added them in. Can season with salt and pepper.

I now added in the cooked rice, plus squeezed in one lemon, and the double cream and cooked for another five minutes.

I served, topping with some parsley, and squeezing in another lemon on top.



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

PLACES TO VISIT IN LONDON

HMHB recommends places we have been.

St. Bride's Church, Fleet Street

We have been fortunate to find some terrific free lunchtime concerts over the last months, and one of these is at the amazing and beautiful Fleet Street based St. Bride's Church.

It is famously known as the "Journalists' Church," boasts a remarkable history of multiple churches, and its fantastic tiered spire - the tallest in London after St Paul's Cathedral - is widely rumoured to have inspired the design of the traditional tiered wedding cake. Below in the crypt - Lazza in one of the photos - is a fascinating history of the church and the surrounding area, and includes parts of the original church from over 1500 years ago, One of the churches was burnt down in the Great Fire 1666, and Christopher Wren himself helped to redesign the new one. Heavily damaged in the blitz in 1940 it has been lovingly restored, and the acoustics allow the musicians on Tuesday and Friday to produce wonderful music. Here we are with a very talented brass ensemble on a June Tuesday.

www.stbrides.com



St. Paul's Cathedral

Here is our group in the astonishingly beautiful St Pauls Cathedral, rebuilt after the Great Fire of 1666 by Sir Christopher Wren (there is theme running on this page today).

There have been multiple churches on the site, but the two main ones are the one built just after the Norman landings and the now recent domed model by Wren. The current English Baroque masterpiece was built over a 35-year period. Wren's son placed the final stone in 1710, and it was declared officially complete by Parliament in 1711. The Dome incorporates a revolutionary triple-shell construction to support the heavy stone lantern visible on the exterior. We were lucky to get free entry on a group Open Day (my first ever visit). I was blown away by the incredible features, many of which were restored following the damage caused to the cathedral in the blitz.

It is definitely worth a visit if you can.

www.stpauls.co.uk

EXERCISE/FITNESS

How does a Sedentary Lifestyle affect your Body?

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.

Living a sedentary lifestyle can be dangerous to your health.

The less sitting or lying down you do during the day, the better your chances for living a healthy life.

If you stand or move around during the day, you have a lower risk of early death than if you sit at a desk, or stay on the sofa watching television. If you live a sedentary lifestyle, you have a higher chance of being overweight, developing Type 2 Diabetes or Heart Disease, and experiencing Depression and Anxiety.

SEDENTARY LIFESTYLE

||| **The Shocking Statistics**

That Will Get You Off Your Chair



Humans are built to stand upright. Your heart and cardiovascular system work more effectively that way. Your bowel also functions more efficiently when you are upright. It is common for people who are bedridden in hospital to experience problems with their bowel function.

When you are physically active on the other hand, your overall energy levels and endurance improve, and your bones maintain strength.

Sitting for long periods can lead to weakening and wasting away of the large leg and gluteal muscles. These large muscles are important for walking and for stabilising you. If these muscles are weak you are more likely to injure yourself from falls, and from strains when you do exercise.

Moving your muscles helps your body digest the fats and sugars you eat. If you spend a lot of time sitting, digestion is not as efficient, so you retain those fats and sugars as fat in your body. Even if you exercise but spend a large amount of time sitting, you are still risking health problems, such as “Metabolic Syndrome”.

Metabolic syndrome is a collection of disorders that occur together and increase your risk of developing type 2 diabetes or cardiovascular disease (stroke or heart disease). The causes of metabolic syndrome are complex and not well understood, but there is thought to be a genetic link. Being overweight or obese and physically inactive adds to your risk. Metabolic syndrome is sometimes called syndrome X or insulin-resistance syndrome.

As we get older, we tend to become less active and may gain excess weight. This weight is generally stored around the abdomen, which can lead to the body becoming resistant to the hormone insulin. This means that insulin in the body is less effective, especially in the muscles and liver. The latest research suggests you need 60–75 minutes per day of moderate-intensity activity to combat the dangers of excessive sitting.

EXERCISE/FITNESS:

How does a Sedentary Lifestyle affect your Body?

Just like your legs and gluteals, your hips and back will not support you as well if you sit for long periods. Sitting causes your hip flexor muscles to shorten, which can lead to problems with your hip joints.

Sitting for long periods can also cause problems with your back, especially if you consistently sit with poor posture or don't use an ergonomically designed chair or workstation. Poor posture may also cause poor spine health such as compression in the discs in your spine, leading to premature degeneration, which can be very painful.

We don't understand the links between sitting and mental health as well as we do the links between sitting and physical health yet, but we do know that the risk of both anxiety and depression is higher in people that sit more.

This might be because people who spend a lot of time sitting are missing the positive effects of physical activity and fitness. If so, getting up and moving may help.

Emerging studies suggest the dangers of sitting include increasing your chances of developing some types of Cancer, including lung, uterine, and colon cancers. The reason behind this is not yet known.

Sitting for long periods has been linked to heart disease. One study found that men who watch more than 23 hours of television a week have a 64 per cent higher risk of dying from cardiovascular disease than men who only watch 11 hours of television a week. Some experts say that people who are inactive and sit for long periods have a 147 per cent higher risk of suffering a heart attack or stroke.

Studies have shown that even five days lying in bed can lead to increased insulin resistance in your body (this will cause your blood sugars to increase above what is healthy). Research suggests that people who spend more time sitting have a 112 per cent higher risk of Diabetes.

Sitting for long periods can lead to Varicose Veins or spider veins (a smaller version of varicose veins). This is because sitting causes blood to pool in your legs. Varicose veins aren't usually dangerous. In rare cases, they can lead to blood clots, which can cause serious problems.

Sitting for too long can cause deep-vein thrombosis (DVT) for example on a long plane or car trip. A deep vein thrombosis is a blood clot that forms in the veins of your leg. DVT is a serious problem, because if part of a blood clot in the leg vein breaks off and travels, it can cut off the blood flow to other parts of the body, including your lungs, which can cause a pulmonary embolism. This is a medical emergency that can lead to major complications or even death.

If you spend your time hunched over a computer keyboard, this can lead to pain and stiffness in your neck and shoulders.

The answer is to be more active. And that is your responsibility. Get outdoors more. Join a group activity like a local walk. Your body will thank you.

**Life has no remote control.
Get up and change it yourself.**

EXERCISE/FITNESS:

HMHB Weekly Walks: Monday, Wednesday, Thursday.

conceived & delivered by: 



Finsbury Park Health Walks

Friendly, leisurely pace for adults of all ages (60 - 90 min) 😊

We leave from outside **LiDL** Finsbury Park
269 SEVEN SISTER RD
Every Monday 9.30am.

supported by:   & local Medical Practices

 hmb2016.org.uk
tel: 0796 4430 456





Highbury Fields Health Walks

(60 - 90 min)
Friendly, leisurely pace for adults of all ages

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

hmb2016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:    **BETTER** www.better.org.uk





Clissold Park Health Walks

(60 - 90 min)
Friendly, leisurely pace for adults of all ages

We meet Highbury Grange Medical Practice every Thursday 11am

hmb2016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:    

Healthy Minds, Healthy Bods currently has three weekly walks as detailed in our flyers.

With help from the Walking/ Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs: Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World Wide Group - Walk With A Doc. With hundreds of walks over different continents, its about raising awareness around how walking is great for your health, and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier. By the way, the green figures are the same shape as the parks!!! Our marketing guy is very clever.

EXERCISE/FITNESS:

Let's Try A Workout (Legs) : *thx to Spotebi.com*

BEAR SQUAT

Get down on your hands and knees, with your wrists under your shoulders and your knees hip-width apart. Straighten your legs and lift your hips toward the ceiling. Return to the starting position and repeat until the set is complete. Remember, keep your back, head, and neck in a neutral position and maintain your upper body stable. Breathe out as you straighten your legs and lift the hips, and keep the movement in your knee joints. Inhale as you return to the starting position. The bear squat is a low-impact full body exercise that strengthens several muscles simultaneously and improves your posture and flexibility. This exercise helps to tone and sculpt your thighs, strengthens the hips, tightens your core, and elongates the spine.



180 JUMP SQUAT

Stand with your feet a little wider than shoulder-width apart, your toes pointing slightly outward, and sit back. Push through the heels to jump up, spinning to the left 180 degrees. Land on your toes with your knees slightly bent and squat. Quickly jump up, spinning to the right, and go back into the squat position. Repeat until the set is complete.

The 180 jump squat is a plyometric (explosive, high-intensity exercises designed to increase muscular power, speed, and agility) move that fully engages your lower body and your core and helps build strength, speed, and increases aerobic fitness. This exercise helps to tone your legs and glutes, improves core strength, and boosts weight loss.



CROSS JACKS

Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides. Jump up and cross your left leg in front of the right, and your left arm on top of the right. Jump again and return to the starting position. Repeat, and reverse the position of your arms and legs. Keep your knees and elbows loose and land softly on the balls of your feet with your knees slightly bent, and keep your feet, hips, and knees in line.

The cross jacks is a cardio move that warms up the muscles and joints, activates all muscle groups, and keeps your heart rate up. This exercise also boosts your metabolism, improves muscle endurance, and promotes relaxation.



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

EXERCISE/FITNESS:

Let's Try A Workout (Legs) : *thx to Spotebi.com*

FORWARD JUMP SHUFFLE

Start in an athletic position with your feet shoulder-width apart and your hips low. Extend your arms back to create momentum, and jump forward. Shuffle back to the initial position and repeat until the set is complete. Remember, keep your hips low, engage your core, and use the momentum created by the movement of the arms to jump higher and longer. Keep your spine neutral, shuffle back on the balls of your feet, and maintain a smooth and steady breathing pattern. The forward jump shuffle back increases your speed, agility, and explosiveness, and gives you a great cardio boost. This exercise strengthens your thighs, core, calves, and glutes, and helps to trim and tone your lower body.



KNEE ELBOW PRESS UP

Start with your knees and elbows on the floor, with the elbows under the shoulders and the knees under the hips. Straighten your arms and legs simultaneously and lift the hips toward the ceiling. Return to the starting position and repeat until the set is complete. Remember, keep your back, head, and neck in line and neutral. Exhale as you straighten your legs and arms and lift the hips. Breathe in as you return to the starting position. The knee and elbow press up is a low-impact full body exercise that improves your overall strength, posture, and flexibility. This exercise helps to tone and sculpt your quads, legs, upper back, arms, and shoulders, strengthens the hips, and tightens the core.



SIDE LUNGE TO CURTSY LUNGE

Stand tall with your feet hip-width apart. Step out to the side with your right leg and lunge. Keeping your weight in the left foot, take a big step back with your right leg, crossing it behind the left. Bend your knees until your left thigh is parallel to the floor, and then step out to the side with your right leg. Repeat for the duration of the set, and switch sides.

The side lunge to curtsy lunge adds a lateral movement that is often neglected in more traditional lower body exercises. The lateral movement targets your inner and outer thighs and also helps to strengthen your core, glutes, quads, hamstrings, hips, and calves.



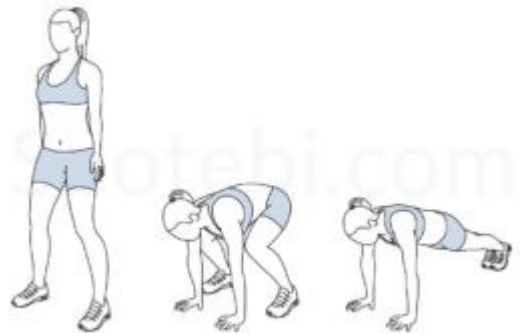
**“Fitness is not about being better than someone else.
It’s about being better than you used to be.”**

EXERCISE/FITNESS:

Let's Try A Workout (Legs) : *thx to Spotebi.com*

SQUAT THRUST

Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back and get into a push-up position. Jump again, bringing the legs toward your palms, and stand up. Repeat until the set is complete. Keep your back straight, your core engaged, and maintain a smooth and steady breathing pattern. Squat thrusts are perfect for someone who is just starting to work out and wants to learn the proper exercise technique first. The squat thrust is a complete exercise that works the entire body. It increases the heart rate, boosts metabolism, and improves both agility and strength. It's also a great exercise for losing weight and improving cardiovascular endurance.



SURRENDER

Stand with your feet hip-width apart, hands behind your head, and squat. Kneel first with your left knee and then bring your right knee down to the mat. Lift your left foot up, place it in front of you, and then bring your right foot forward. Push through the heels and return to the squat position. Switch sides and repeat. Exhale as you press through the heels to return to the squat position, and don't let the knees extend beyond the toes.

The surrender is an advanced move that keeps your heart rate up and improves your balance and coordination. This exercise effectively tones and lifts your butt, strengthens the legs, and tightens your core, giving you a great full body workout.



HEISMAN

Stand tall with your feet hip-width apart and with your knees slightly bent. Jump onto your right foot and pull your left knee up and toward your right shoulder. Jump onto your left foot and pull your right knee up and toward your left shoulder. Keep jumping between feet until the set is complete. Tighten your core and bring your knee up as high as you can. Switch quickly between legs and jump on the balls of your feet.

The Heisman shuffle is a plyometric move that helps develop agility, balance, and flexibility. This exercise gives you a great cardio boost and helps you improve your stamina, endurance, and fitness level.



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

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.



This gorgeous creature is a Coffinfish. Unlike most fish, this one does not like to waste its energy on swimming. Instead, it prefers to walk along the seabed on its thick arm-like fins.

It doesn't even like to chase its prey. That fleshy protuberance on its head is a lure that acts as bait for curious prey. But its most remarkable feature is its defence. When threatened, it rapidly inflates and raises some spines, making itself too large to swallow.

Yes, that is a building in the left hand corner, so that is one very large Pink Rabbit, photographed in 2005. This 200-foot-long pink rabbit - called Hase - was placed on Coletto Fava Mountain, near Artesina, in Italy's Piedmont region and deliberately left there.

It was intended as a surreal landmark for hikers to discover, climb over and interact with, while gradually being reclaimed by nature. With no upkeep, or restoration, it was left exposed to the elements, and now it has deteriorated into a fading weather-worn presence in the landscape.



Wow! Just look how large that is! The giant Chinese stick insect (*Phryganistria chinensis*) is the world's longest insect.

Discovered in 2014 in the Guangxi region of southern China, an adult female and her captive-bred offspring have recorded astonishing total lengths of up to 64 cm (25 inches). They are completely harmless to humans. They cannot fly and rely entirely on camouflaging in trees. They are incredibly slender and feature vivid colouring upon hatching (like bright green or purple) to mimic ants, before shifting to their signature twig-like brown.

The world's undisputed smelliest cheese is Vieux-Boulogne, a soft, unpasteurized cow's milk cheese from northern France. Scientifically proven by a panel of human testers and an electronic nose at Cranfield University, its pungent barnyard and dung aroma is so notoriously potent that it is banned from being eaten on French public transport. The rind is washed in local beer for up to nine weeks, releasing a powerful odour that is strangely mild and creamy once tasted



HEALTH / ROUTINE

Let's have a Happier Life - 1 - what do you already have?

Happiness is an emotion - and one that we do have a lot of control over. Yes, there will always be someone somewhere that might rub us up the wrong way and upset us - possibly even deliberately. Ultimately though, we can affect our happiness in many ways.

Let's take a look at some of those - and see if we can all improve our lives with small health changes.

Stop Chasing More.

Now I saw this online - and it probably needs explaining, as challenging ourselves is part of being happy, I feel. It said we should be appreciating more what we already have.

Now that I do agree with. There is a phrase "Keeping Up With the Joneses" - it is an idiom that describes the social pressure to match or exceed the material wealth and social status of your peers or neighbours. It refers to buying expensive items or maintaining a certain lifestyle simply to project success and avoid feeling inferior. You feel inadequate with what you have, when in reality you are probably fine. You are just not appreciating your position.

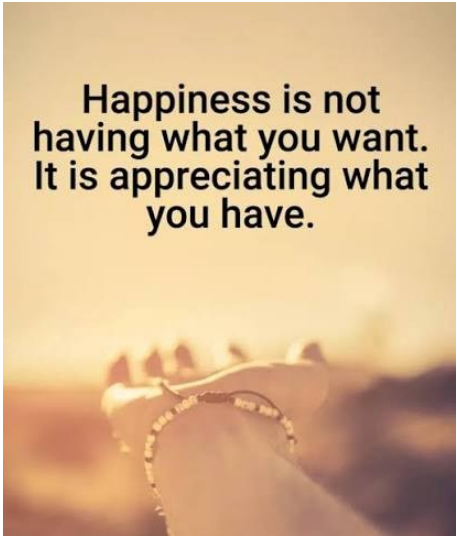
If you need more inspiration, consider this. Psychologists Robert Emmons, Ph.D. And Michael McCullough, Ph.D. asked people to keep a weekly gratitude list and compared them to people writing a list of hassles or neutral events. The requirement was minimal: one sentence containing five things they were grateful for that had occurred in the past week. The results were impressive. At the end of 10 weeks, the group who kept the gratitude list were 25 percent happier than the other participants. They reported fewer health complaints and spent more time exercising. The next study, in which the gratitude list was kept on a daily basis, showed an even stronger effect. The gratitude group reported feeling more joyful, interested, and energetic, and were rated as more helpful by their friends.

I do disagree with the "stop chasing more". I think we need to have targets, we need to challenge ourselves, and we should always be looking at ways we can improve our health, our nutrition, our fitness, and our happiness. However, do it for you, not for someone else.

Don't Expect People to Understand Your Journey

Being human means that we are all different. We have a variety of targets, and reasons why we want to achieve them. We also all have our own issues and problems. Behind every smile is someone probably with stress of some kind. Obviously we want people to support us, but it does not mean we need them to understand us. It's great having someone who likes you, listens to you, and has your back. And I am sure we all have friends we care about, and we would help if we could.

The only person who truly needs to understand your choices, boundaries, and journey is you. Others interpret your actions through their lens, not your reality. Even those closest to you have their own blind spots and daily mental clutter. People process the world through their own unique filters, experiences, and limitations. So, for your own happiness, don't stress out if you think people don't get you. It's fine,.



**Happiness is not
having what you want.
It is appreciating what
you have.**

HEALTH / ROUTINE

Let's have a Happier Life - 2 - love your own company

Learn to Love Your Own Company

There is a massive difference to being “alone” and being “lonely”.

Social isolation is when a person does not have relationships or contact with others and has little to no social support. Social isolation can pose a health risk to people, even if they don't feel lonely.

Loneliness is feeling alone or disconnected from others. It is feeling like you do not have meaningful or close relationships or a sense of belonging. It reflects the difference between a person's actual and desired level of connection. Even a person with a lot of friends can feel lonely.

I have lived on my own for over thirty years now, twenty-seven of them at my current address in Islington. I have had friends stay - sometimes for months as they needed a space to be - but I am very happy on my own. I go to the cinema, theatre, and love walking on my own. But, as with HMHB, I also love being around my wonderful friends, experiencing life, and having a good laugh and natter. I am very comfortable.



However, as those two definitions about demonstrate, there is a downside if you are not careful. Especially if we are experiencing some stress and depression, being alone can actually increase health risks.

Certain conditions or experiences may increase a person's risk of social isolation and loneliness. These include:

Having a mental or physical challenge, such as a:

- Chronic disease or condition.
- Psychiatric or depressive condition.
- Long-term disability.

Being marginalized or discriminated against.

Having limited or no access to resources, such as:

- Living in rural areas.
- Limited transportation.
- Language barriers.

Being a victim of violence or abuse.

Facing a divorce, unemployment, or the loss of a loved one

Social isolation and loneliness can increase a person's risk for:

- Heart disease and stroke.
- Type 2 diabetes.
- Depression and anxiety.
- Suicidality and self-harm.
- Dementia.
- Earlier death

Be you own best friend. Yes, socialise and get outdoors with others. But also love the time with yourself.

HEALTH / ROUTINE

Let's have a Happier Life - 3 - forgiveness

Learn to Forgive

This is a tough one - I agree with anyone who says this is tough. But this is more about you and your happiness, than about the person who has caused you hurt.

I have been let down in the past - quite spectacularly on a few occasions. I had an awful split from someone I loved very much that caused dreadful pain. But then again, I was married and then came out as gay. That must have been devastating for my wife, and I know this hurt her a great deal. And I hate the fact I did that. I had one of my best friends steal a lot of money from me - and the anger was overwhelming. And there are other things too. Life is full of ups and downs, and it feels even worse if someone has hurt you.

I loved this when I read it:

“Learn to Forgive - not for them, but for your own freedom”.

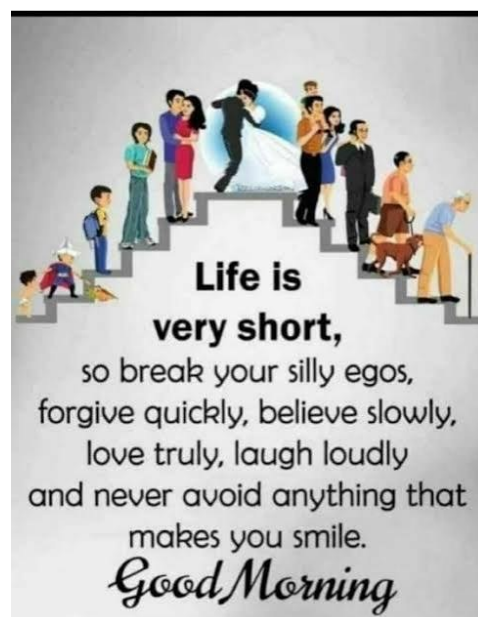
Happiness is an emotion that can get pushed aside due to hurt and anger. We concentrate so much on wanting answers to situations out of our control where someone has caused us pain, that we stop living our lives and we sink into oblivion. I know it. There was one year just over twenty years ago when I was in the darkest place and I went months and months locked away in a deep depression. I nearly took my life.

Moving on was one of the toughest moves. I met a wonderful lady through the NHS who opened my eyes to understanding that I may not forget, but I had to forgive and move forward. She had the analogy that we at HMHB use - our lives are a train journey. We stop at stations and people get on and off. But ultimately we have to always head to the next station. Except sometimes we will not allow that train to move as we want answers we will never get.

Forgiving someone is “an intentional, personal choice to let go of resentment, anger, and the desire for vengeance. It is a process done for *your* own healing and peace of mind and does not require the other person to apologise, change, or even remain in your life.”

I also have found that forgiving people can give you peace, and allow you to actually be a stronger person. I am quite proud of who I am now. I love Healthy Minds, Healthy Bods - and one of the reasons I actually started this whole project was I did not want other people to experience the hurt and pain that I went through. I wanted to demonstrate that life can be wonderful. That it is so short that we need to pack in as many experiences and events as possible. Yes, it might not always be great - but that again is what being human is all about. We are not perfect. We will make mistakes. We will get things wrong. We will upset others. That is just life.

But if we can understand that, we know we can forgive other people for their mistakes and actions. We can move on. We can have great times too. We must now allow the bad to overwhelm us to such an extent we miss out on the good times. It's our responsibility to say - I am going to be happy.



HEALTH / ROUTINE

Let's have a Happier Life - 3 - Be Assertive

Be Kind - but not a Doormat

It is great being a kind person. Knowing you are helping a friend can be beneficial to you both. It improves your mental health. In fact, by practicing simple, everyday acts of generosity, you can actively reduce your stress hormones, boost your overall well-being, and trigger the release of natural "feel-good" chemicals in the brain.

Performing a kind act causes the brain to light up with dopamine, generating a natural, euphoric reward that motivates further well-being. Acts of giving stimulate the production of serotonin, which calms the mind, regulates mood, and combats depression. Concentrated efforts of kindness help decrease social avoidance, boosting confidence, optimism, and overall life satisfaction.

Studies show, perpetually kind people have been found to have up to 23% less cortisol (the primary stress hormone), leading to a calmer nervous system. Kind actions trigger oxytocin—the "cuddle chemical." Oxytocin prompts the release of nitric acid, which dilates blood vessels, lowers blood pressure, and promotes cardiovascular health. Volunteering and consistently dedicating time to others are strongly linked to increased longevity and healthier aging.



However, it is important to set boundaries so people do not take advantage. In fact that can have a real negative affect on you when you feel like a doormat. Perhaps you have lent some money that isn't repaid. Or you hold off making your own plans because you're waiting on someone else. You get stuck working on something but do not really want to because you were afraid to say no. You drive out of your way to help out your friend, but they never offer to return the favour (and you never ask). These are all signs of what I call being a human doormat, pleasing others at your own expense, or being passive.

Signs you are being too passive:

- People take advantage of your kindness.
- You're not appreciated.
- You feel burnt out on giving and not receiving.
- You don't take care of yourself because you're too busy taking care of everyone else.
- You say yes when you don't want to.
- You apologise for things you didn't do or didn't cause.
- You feel guilty.
- You spend time with people you don't like.
- You avoid conflict.
- You compromise your values if it means people will be happy with you

Assertive communication promotes respect. People don't respect passive, doormat behaviour. They respect people who stand up for themselves and ask for what they want or need while also respecting others. Assertiveness also increases self-respect because you'll feel good about yourself when you value your feelings and needs rather than ignoring them.

Laughter is the Best Medicine

Lazza's funny Joke page (*disclaimer, they may not be funny*)

I hear there is a nudist convention on at the
Town Hall next weekend.

I might go if I've got nothing on.

My Great Grandfather
invented the cold weather
balloon.

It never really took off.

A man went to his doctor
and explained he was
worried he was shrinking.

The doctor replied he
would need to be
a little patient.



A bus got a flat tyre so the
driver got out to try and
change it.

A woman got off the bus and
was watching him and asked:
"Would you like a
screwdriver?".

And he replied, "Leave it out
love, I've got to change this
bloody wheel."

Thx to Kenny Everett

"I grilled a chicken for
two hours last night.
It still wouldn't tell me
why it crossed the road."

A Cowboy walks into a bar and takes a seat next to a very attractive lady.
He gives her a quick glance and then casually looks at his watch for a moment. The woman notices this and asks: "Is your date running late?"
"No", the man replied. "I just got hold of this state of the art watch and I was just testing it."

The woman was intrigued. "A state of the art watch" she exclaimed. "What is so special about it?"

"It uses Alpha waves," said the man, "to talk to me telepathically."

"What is it saying now?" asked the Lady.

"It says that we are making love" replied the man.

The woman giggled. "Well it must be wrong as I am talking to you at this bar".

The man smiled, tapped his watch, and said: "Damn, It's an hour fast."

NUTRITION: Lazza's Kitchen Adventure

Apricot and Cherry Coconut Flapjacks

Lazza has been trying out new recipes for over four years
His first time making: Apricot & Cherry Coconut Flapjacks from scratch

Ingredients

Dried Apricot Pieces
Glace Cherries
150g Salted butter (or dairy-free substitute)
6 tbsp runny Honey
6 tbsp Golden Syrup
175g Rolled Porridge Oats
100g Desiccated Coconut
Vanilla Essence

Apricots are a nutrient-dense stone fruit packed with vitamins A, C, and E, as well as fibre, potassium, and powerful antioxidants. Apricots are exceptionally rich in beta-carotene (which the body converts to vitamin A), along with Lutein and Zeaxanthin. These antioxidants help shield the eyes from oxidative stress, potentially reducing the risk of age-related macular degeneration (AMD) and cataracts.

In a bowl I mixed the Porridge Oats and the Coconut

In a pan I melted the butter, with the honey and syrup.
I added in some vanilla and gave this a good stir.

I made a hole in the middle of the dry ingredients and poured in the liquid.
I gave all this a good stir.
I then added in the fruit pieces and stirred all that together.

I put the mix equally into my two square oven dishes, and pressed down.
I baked at 180C for around 25/30 minutes - checking top is golden and cooked through.

Left to cool, cut into squares, and tasted 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
This was a great and very tasty bake to prepare.

LAZZA's Letter Game:

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter **F**:

(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Lazza's Letter Game

Good Luck. See how many you can find during this week.

Keep coming back to it.

Try not to look the answers up.

If you get the urge to check, think about why you feel the need to do that!!

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/ 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 will be restarting our 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



You can't guarantee good health but you can improve the odds!

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

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



Mind is a UK mental health charity that supports people struggling with mental health problems by providing information, services, and campaigns to improve mental health support, tackle stigma, and campaign for better policies in areas like healthcare and employment. Their work includes offering support helplines, local community services, online resources like the “side-by-side community”, and workplace training to foster mentally healthy environments.

The Stuart Low Trust is a London-based health promotion charity that provides free and low-cost community activities to address social isolation and mental distress.

Founded in 1999 by Islington residents, the trust was established in memory of Stuart Low, a young man with schizophrenia who died by suicide after struggling to find adequate support. The charity operates from Islington but is open to all London residents.



HMHB is immensely proud of the large number of referrals we get directly from the NHS - means we have to be doing something right!!!. We get people from medical practices, health projects, hospital referrals, and more.

They are especially aimed at our work in promoting an active lifestyle, but making it fun and accessible.

Thank you so much for your incredible faith and support.

As per their website, Change Grow Live is a health and social care charity. They provide free and confidential treatment, support and information about drug and alcohol use, smoking, homelessness, justice and probation, and employment. They are judgement-free, whatever your circumstances. We enjoy a great relationship with them and deliver sessions for them.



Change Grow Live



As you know, we love a theatre visit, and we have a terrific working relationship with the community engagement team at Sadlers Wells, who now have venues in both Islington and Stratford Olympic Park, as well as the Lilian Baylis Theatre and the Peacock Theatre, close to Holborn Station.

We regularly have five people attend their fantastic Friday community dance sessions, which are diverse and energetic. And we are able to get access to discount tickets for shows and events, and we love Elina and Natasha who help us.

www.sadlerswells.com

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 3



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

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



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

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

www.shp.org.uk 0204 509 8300

HMHB have had a working relationship with VAI for over eleven 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 and 2023. If you need help - please contact Yvette, Marta, Maria:

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

**Voluntary
Action
Islington**

Answers to Fun Quiz from Page 21 - don't look till you have done all the quiz

- Round One: 1 Plat / Wom 2 Got / Vax 3 Tim / Tom
 Round Two: 1, 74: 2, 27.78: 3, 18,956: 4, 21,878: 5, 2,753:
 Round Three: 1, 1946: 2, 1995: 3, 1964: 4, 1938. 5, 1911.
 Round Four: The Middle Initial is made up (George only had one R).
 Round Five: 1 Essex: 2 Copper: 3 Richard II: 4 Pricklepants:
 Round Six: 1 Paris: 2 Dubai: 3 India: 4 Venezuela: 5 Vatican City:



Review for this month's Challenges and Targets

Mind-set:

One of the things that we allow to control our mindset is our emotions, which can be a good thing. When we are happy we are willing to push ourselves more, challenge ourselves to try new things, and go for longer. However, we also allow emotions like anger and despair to manipulate us too, and that is not always a good thing. The trick is recognising when it is going too far, curbing that, and taking back control. Learning to live with anger, but being able to put it to one side is a skill. But a good one. What do you do?



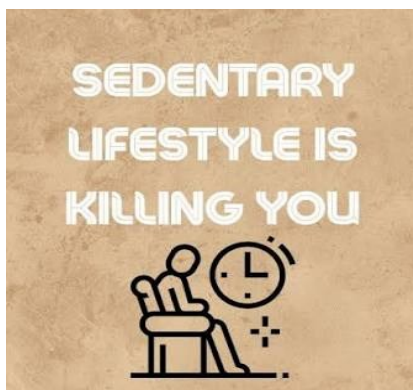
Nutrition.

You hear it all the time - you need to have more vegetables in your diet. Are you getting enough? We need a daily allowance. We know they are good for you, but do you know why? Do you understand how the vitamins and minerals work in your body? Have you heard of antioxidants (and if not, why not, as we talk about them regularly?), do you know about Phenols and Flavonoids?

The different colours of vegetables are also important, and it is your responsibility to feed your body what it needs



Exercise.



A sedentary lifestyle is often dubbed a "silent threat" that kills by triggering a cascade of physiological breakdowns: it slows your metabolism, alters hormonal balances, and causes chronic inflammation. This creates a perfect storm for fatal conditions like cardiovascular disease, type 2 diabetes, and certain cancers.

Fixing a sedentary lifestyle is about sneaking short bursts of movement into your day and building consistent, small habits. Movement and Flexibility: aerobic and strength exercises. Your body wants to move - so move it.

Health.

When we think about mental health it is always in a negative way - but happiness can be part of positive mental health. What makes us happy? How can we improve that? Improving happiness is scientifically proven to boost physical health, increase life expectancy, and enhance cognitive function. Beyond feeling good, cultivating joy builds resilience against stress, fuels professional success, and deepens personal relationships, ultimately creating a more fulfilling and sustainable life.



**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 + from Page 28

See if you can beat your family and friends

LITERATURE: The Name of the author of those books, and their nationality?

1. French: Alexandre Dumas
2. Scottish: Irvine Welsh
3. Canadian: Margaret Atwood
4. English: Emily Brontë
5. Russian: Leo Tolstoy
6. Bohemian: Franz Kafka (born Prague)
7. Spanish: Miguel de Cervantes
8. Australian: Colleen McCullough
9. Belgian: Hergé
10. Italian: Umberto Eco
11. Swedish: Stieg Larsson
12. Greek: Homer
13. Swiss: Johanna Spyri

TELEVISION: The Name of the actor who played the title role, and year first aired?

1. 1993: Kelsey Grammar
2. 1997: Sarah Michelle Gellar
3. 2013: Mark Williams
4. 1996: Ray Romano
5. 1973: Telly Savalas
6. 2002: Tony Shalhoub
7. 1982: David Hasselhoff
8. 2004: Hugh Laurie
9. 1968: Peter Falk
10. 2012: Shaun Evans
11. 1990: Rowan Atkinson
12. 2020: Jason Sudeikis
13. 1987: Rowan Atkinson
14. 1967: Raymond Burr

FILMS: Which Director was nominated for Best Director Oscar for these films, plus year released?

1. 2017: Guillermo del Toro
2. 2004: Clint Eastwood
3. 1998: Steven Spielberg
4. 1974: Francis Ford Coppola
5. 1957: David Lean
6. 2008: Danny Boyle
7. 2023: Christopher Nolan
8. 2013: Alfonso Cuarón
9. 1990: Kevin Costner
10. 1982: Richard Attenborough
11. 2009: Kathryn Bigelow
12. 1977: Woody Allen
13. 1986: Oliver Stone
14. 2003: Peter Jackson
15. 2006: Martin Scorsese
16. 2017: Jordan Peele
17. 2021: Kenneth Branagh

WORLD NEWS:

Top 25 Mango Producing Countries in the World.
 India, Indonesia, China, Mexico, Pakistan
 Brazil, Malawi, Egypt, Thailand, Bangladesh
 Vietnam, Nigeria, Kenya, Philippines, Sudan
 Mali, Nepal, Columbia, Tanzania, Cuba
 Peru, Yemen, DR Congo, Madagascar, Angola

QUIZ ANSWERS

**Names 1970s TV Stars: Did you name them?
 from Page 28 (how well did you do? Tough wasn't it?)**

- | | |
|----------------------------------|----------------------|
| 1: Brian Cant | 2: David McCallum |
| 3: Todd Carty | 4: Melvyn Hayes |
| 5: Robert Hardy | 6: Lewis Collins |
| 7: Derek Jacobi | 8: Michael Aspel |
| 9: Robert Robinson | 10: Elisabeth Sladen |
| 11: Felicity Kendal | 12: Prunella Scales |
| 13: Linda Gray | 14: Frank Bough |
| 15: John Noakes and Shep the Dog | |

THE WORLD

The twenty most populated USA States

California: Texas: Florida
 New York: Pennsylvania: Illinois:
 Ohio: Georgia: North Carolina:
 Michigan: New Jersey: Virginia:
 Washington: Arizona: Tennessee:
 Massachusetts: Indiana:
 Missouri: Maryland: Colorado:

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Check out our JustGiving: www.justgiving.com/crowdfunding/hmhb

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 you can contact us through the site.

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

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: **WINNER** Mayor Civic Award in 2022 (Outstanding Delivery)

Lawrence: **WINNER** at Volunteer of the Year Awards 2022

Lawrence: 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