

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 46

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st March 2026*



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



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**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. :-)**

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**"Be who you are and say what you feel,  
because those who mind don't matter,  
and those who matter don't mind"**

***Welcome to Issue 46 of Healthy Minds, Healthy Bods' New Monthly Health Packs.***

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

We then went monthly for 7 issues.

Our 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, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom have been HMHB supporters since inception.

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

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



**Here are some photos from one of our outdoor exercise classes on Highbury Fields 2021. Wonderful memories. Fantastic group.**

**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.

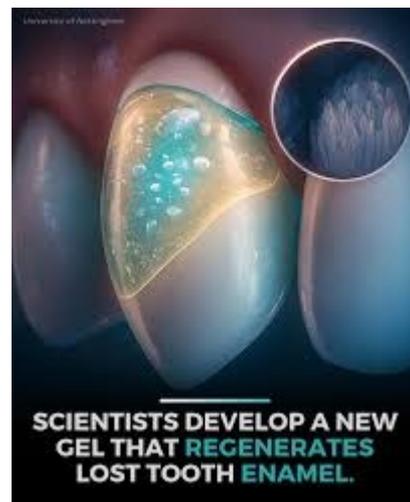
### A New Gel can revolutionise Dental Repair

A new material has been used to create a gel that can repair and regenerate tooth enamel, opening up new possibilities for effective and long-lasting preventive and restorative dental treatment.

Scientists from the University of Nottingham's School of Pharmacy and Department of Chemical and Environmental Engineering, in collaboration with an international team of researchers, have developed a bioinspired material that has the potential to regenerate demineralised or eroded enamel, strengthen healthy enamel, and prevent future decay. The findings have been published recently in "Nature Communications".

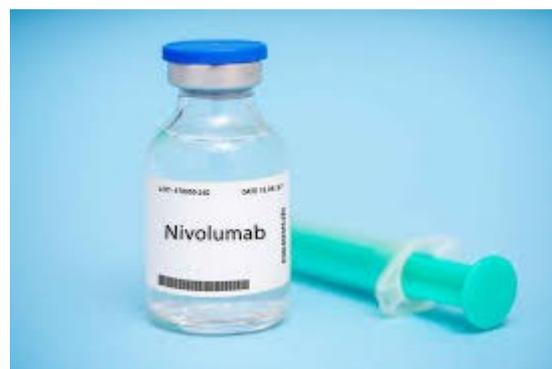
The gel can be rapidly applied to teeth in the same way dentists currently apply standard fluoride treatments. However, this new protein-based gel is fluoride free and works by mimicking key features of the natural proteins that guide the growth of dental enamel in infancy. When applied, the gel creates a thin and robust layer that impregnates teeth, filling holes and cracks in them. It then functions as a scaffold that takes calcium and phosphate ions from saliva and promotes the controlled growth of new mineral in a process called epitaxial mineralisation. This enables the new mineral to be organized and integrated to the underlying natural tissue while recovering both the structure and properties of natural healthy enamel.

The new material can also be applied on top of exposed dentine, growing an enamel-like layer on top of dentine, which has many benefits including treating hypersensitivity or enhancing the bonding of dental restorations.



### Injection to help with Cancers

A major shift in cancer treatment is underway in England, where patients can now receive a powerful immunotherapy in just minutes instead of hours. The NHS has begun offering an injectable form of "Nivolumab" (Opdivo), a widely used immunotherapy drug that helps the immune system recognise and attack cancer cells more effectively. This new version is delivered in just three to five minutes, making treatment far quicker and far more convenient for patients.



The drug has been approved for use across up to 15 different cancers, including Lung, Bowel, Kidney, and Skin cancers. Health authorities estimate that around 15000 patients each year will benefit from this change, while hospitals could collectively save the equivalent of more than a year of treatment time. The injectable form has been approved by the UK regulator, Medicines and Healthcare products Regulatory Agency, after studies confirmed it as effective and safe as the IV version.

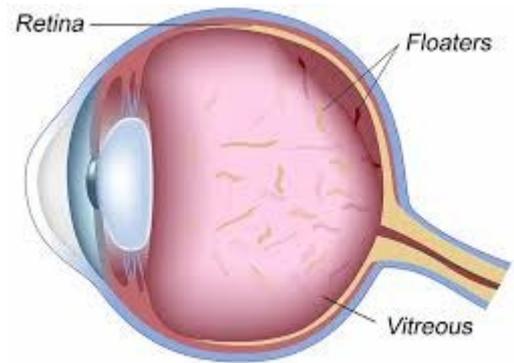
Clinicians see this as a major step forward in modern cancer care under our National Health Service, freeing up staff time, reducing waiting pressures, and making treatment less disruptive to patients daily lives. Experts say innovations like this signal a new era of faster, smarter cancer therapies - provided long-term investment in research and public healthcare continues.

## HEALTH NEWS AND RESEARCH PAGE: Some recent health research that we find interesting.

### New Eye Floater Research

A groundbreaking natural discovery is giving hope to millions struggling with eye floaters. Researchers have found that a daily supplement combining “Bromelain” (from Pineapple), “Papain” (from Papaya), and “Ficin” (from Fig Latex) can reduce eye floaters by up to 70% when taken consistently for three months.

Eye floaters are small, dark, shadow-like shapes—such as dots, threads, or cobwebs—that drift through your field of vision, particularly against bright backgrounds like a blue sky. They are caused by clumps in the vitreous humour (the jelly-like substance inside the eye) casting shadows on the retina, typically due to age-related changes where the vitreous turns more liquid.



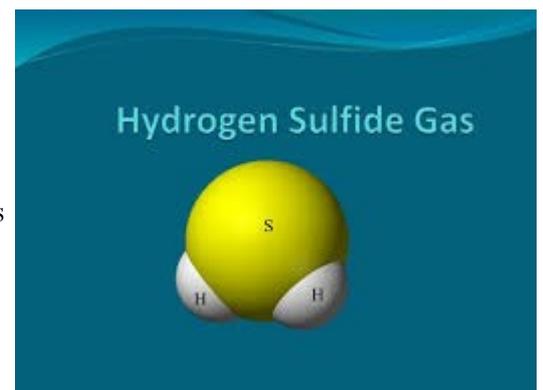
Do be aware, while usually harmless and common in older adults or nearsighted individuals, a sudden increase in floaters, often accompanied by flashes of light, requires immediate medical attention to rule out serious conditions like a retinal detachment.

Unlike invasive procedures, this natural plant based approach is non-surgical, making it a safe and accessible option for many people. Regular supplementation over 12 weeks could lead to remarkable improvements in vision quality and eye comfort, offering a simple solution to a common problem that often goes untreated.

### Fart Gas has health benefits

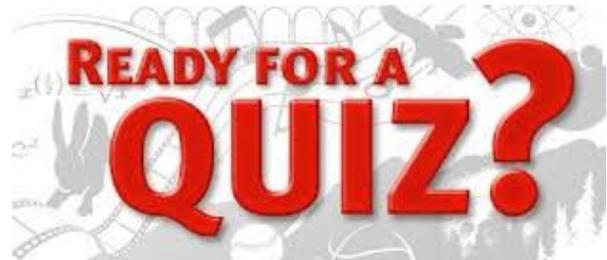
While Hydrogen Sulphide is most commonly recognised as the gas responsible for the pungent odour of our flatulence, recent scientific research has revealed its critical role as a vital signalling molecule within the human body. Far from being a mere waste product, the gas is produced naturally in the gut and serves as a key regulator of physiological health. In controlled, microscopic amounts, it functions as a powerful messenger that helps maintain the internal balance of our cardiovascular and cellular systems.

The primary benefit of the gas lies in its ability to interact with the circulatory system. It helps keep blood vessels flexible and dilated, which directly improves circulation and assists in lowering blood pressure. Furthermore, it acts as a cellular shield by reducing oxidative stress and protecting mitochondria - the energy centres of our cells - from damage. By maintaining these flexible pathways and shielding against cellular wear and tear, the gas plays a proactive role in preventing long-term systemic decline.



As of early 2026, ongoing studies are exploring how these properties might be harnessed to reduce the risks of heart attacks, strokes, and chronic kidney damage. While Hydrogen Sulphide remains toxic in large external quantities, the tiny concentrations, produced by our own biological processes are being recognised as a fundamental component of cardiovascular resilience. This discovery marks a shift in medical understanding, proving that even the most unlikely biological byproducts can help with life-extending health benefits.

**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)**



**FILMS:**

In the last 70 years, what are the top 20 movie producing countries, based on money made. So that's each film made with a running total overall. Some easy - others not so much.

**TELEVISION:** In which show were these famous Catchphrases, plus year first aired.

1. D-oh!
2. Lovely Jubbly
3. Book Em Danno.
4. Am I Bovered?
5. Ooh You Are Awful .. But I Like You.
6. Would You Like A Jelly Baby
7. Don't Make Me Angry.
8. They Don't Like It Up 'Em
9. You Dirty Old Man
10. I Have A Cunning Plan
11. I've Started So I'll Finish
12. Live Long And Prosper
13. Your Starter For Ten

**BOOKS:** Can you name the author of these famous books, plus the year it was published?

1. The Great Gatsby
2. The Catcher In The Rye
3. The Grapes Of Wrath
4. The Colour Purple
5. Ulysses
6. Lord Of The Flies
7. Nineteen Eighty-Four
8. Lolita
9. Catch-22
10. Brave New World
11. Animal Farm
12. Winnie The Pooh
13. The Invisible Man
14. Gone With The Wind
15. One Flew Over The Cuckoo's Nest
16. The Wonderful Wizard Of Oz
17. Lady Chatterley's Lover

**MUSIC:** Who sang these Songs with a Girl's Name in the title, plus the year first released?

1. Cecilia
2. Mandy
3. Michelle
4. Billie Jean
5. Layla
6. Help Me, Rhonda
7. Come On Eileen
8. Roxanne
9. Sweet Caroline
10. Barbara Ann
11. Jolene
12. Wake Up Little Susie
13. Delilah
14. Eleanor Rigby



**SPORT:**

Only 11 different countries have had football teams that have won the Club European Cup, which is now known as the Champions League.

How many can you name?

**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 FEBRUARY 2025

This is just a few of our group - we had around 18 attending - as we listened to a very interesting and technical lecture at the

Francis Crick Institute, at St Pancras.

Led by Jeannine Hess, after completing her PhD at the University of Zurich and a research fellowship at the University of Cambridge, she established her independent research group at the Francis Crick Institute in 2021. The topic was “Next Generation Antibiotics”.

[www.crick.ac.uk](http://www.crick.ac.uk)



Our walk posts normally feature our Thursday walkers, but this month we have a group photo from our Monday Finsbury Park walk. We go in at 9:30am, head towards the lake, and then get a coffee at the café. But it was being refurbished this week so we headed back to Costa at Finsbury Park Station for a chat and hot drink. We have three walks - look at Page 33. We welcome newbies along, and now walk in three different boroughs. It’s a good way to improve your health as well as socialise with friends.

Three of our group joined up with Winter Warmers for their Arsenal Stadium Tour. None of our three had visited the venue before, but were very excited to get the chance to see the pitch up close, the changing rooms, some of the exclusive executive spaces, and even the newsroom where the after match interviews take place. Winter Warmers has lots of events lined up for us - there are a few in March too. HMHB is featured soon in an Arsenal FC Men’s Match Day Programme too.

[www.arsenal.com](http://www.arsenal.com)



Not really an HMHB thing, but a thank you shout out to the wonderful NHS and UCLH for looking after our Lazza in February, following Hernia surgery.

Lazza would like to say this was quite routine, even though it impacted far harder than he thought it would, and really many of our HMHB users, and others we know, are going through far more difficult times with health problems, and HMHB wants to say how grateful we are in this country for our amazing NHS that looks after us so well. Here Lazza is with pureed omelette, pureed chips, pureed beans, and pureed sponge and custard. Tasted terrific.

## HMHB Activity: Photos and Events from FEBRUARY 2025



Standing outside the LSO St. Luke's, a thriving hub for music near to Old Street, for a lunchtime concert. The church venue was bombed out and redeveloped into the musical venue it is now.

We were so lucky to listen to an astonishing New Zealand lady pianist called Catherine Chang.

She played music by Liszt, Debussy, and also by a living New Zealand female composer called Fisher.

Lots of great concerts here - mostly paid, but this was free.

[www.iso.co.uk](http://www.iso.co.uk)

Roz was champion of the week here, but anyone can win as part of HMHB's Online Thursday Quizerium: ten rounds to confuse.

Lazza sets the questions, that very few people will actually know the answer, so there is a lot of guesswork, imagination but, most importantly, fun. Our core quizzers always make this job worthwhile with their enthusiasm and absurdity.

Great to have so many along, but there is always space for newbies to join us.



Another cracking group pic at Conway Hall in Red Lion Square, close to Holborn.

We were there to hear Professor Chris Lintott, who presents on BBC The Sky At Night, for a lecture "Alien Earths; What Makes Us Special?"

A look at the huge number of planets that are being discovered, but also just how much they differ from our own planet. It was fascinating. Gresham College do a lot of lectures and we fully recommend you checking them out.

[www.gresham.ac.uk](http://www.gresham.ac.uk)

Thanks to Change Grow Live (CGL) for allowing us to use this image in our health pack.

Lazza headed to the Pirate Castle, on the Regent's Canal close to Camden, to deliver two sessions in February, that went down very well.

It helps when users embrace the subjects with excitement and passion, and our group really did that as we covered Mind-set, Nutrition, Exercise, and Health. We enjoy our relationship with CGL

[www.changegrowlive.org](http://www.changegrowlive.org)



## HMHB Activity: Photos and Events from FEBRUARY 2025

We really enjoy attending the Sadlers Wells Community Engagement Sessions on Fridays, and February were quite different to normal. This one was a Still Life Drawing Class Organised by a gentleman called Adrian Dutton, a professional painter and sought after mentor and teacher.

He established London Life Drawing in 2003 after graduating from the Royal Drawing School. Adrian has fronted art events for institutions such as the British Museum, the Courtauld Gallery, Saddler's Wells, the Barbican, and the National Portrait Gallery.

Our group got stuck in and loved the session.

[www.sadlerswells.com](http://www.sadlerswells.com)



Another astonishing free concert at St. James's Piccadilly during the month, where we caught the amazing versatile piano skills of Cherry Wei Ge, playing some very difficult pieces by Janacek, Bach, and Messian.

The finger work in this concert was particularly good, as there appeared to be far too many notes for just one person to play.

Do check out these lunchtime recitals.

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

A very nice turn out for our monthly trip to the Second Chance Café by St. Marys, Stoke Newington. We enjoyed our usual soup varieties (red, yellow, or green), plus fruit crumble and custard, all washed down with coffees and teas.

If you have not had the opportunity of visiting it is worth it. The volunteers are fabulous and welcoming, and it is a highlight of our calendar.

[www.2ndchancecafe.co.uk](http://www.2ndchancecafe.co.uk)

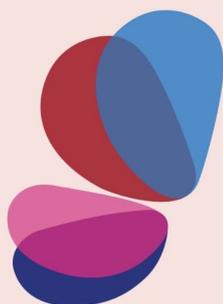


Lazza delivered another cracking HMHB session during February for Better Lives, and it is always a joy to visit them.

We looked at how we come up with solutions to problems, talked about nutrition in general, did an active exercise session, and then briefly looked at health. The group gave very good feedback back saying they felt more positive.

We enjoy our connection with Better Lives.

  
**Better Lives**  
ISLINGTON'S DRUG & ALCOHOL SERVICE



## HMHB Activity: Photos and Events from FEBRUARY 2025

We attended another film showing at Islington Museum as part of the Islington Winter Warmers events in February, and it was a real cracker.

One of my favourite films - Paddington 2. It feels like the cast are really enjoying themselves, and Hugh Grant makes a fantastic villain.

These free events are open to residents, are all free, although some need to be booked, but have a great range and variety. We do thank Clare for all her arrangements, as I know myself just how hard it can be to organise events and attendees.



What a funny evening we had for our first group visit to the Riverside Studios, which are next to the Thames close to Hammersmith.

“Live Next To The Apollo” was the show, and we were royally entertained by six cracking comedians, all different in their styles but also all funny too. An entertaining couple of hours. They are moving to Thursday and Friday evenings and we fully recommend checking them out.

We will definitely be returning.

[www.livenexttotheapollo.co.uk](http://www.livenexttotheapollo.co.uk)



Two of our group joined others for a very interesting session with Sadlers Community Engagement. Julene Robinson lead a guided meditation focused on self-love.

Julene Robinson is a Jamaican London based award-winning actor, multidisciplinary artist and scientist, who graduated with distinction from Rose Bruford College for theatre and performance.

Our users said it really was a great afternoon and loved every moment of this session.



We have to say the utmost thanks to the wonderful Almeida Theatre off Upper Street for allowing us a behind the scenes tour of the building.

We were taken round by Shane, Front of House Manager, who told us about the history of the building, had us on the actual stage, and then under the stage and other backstage places. A truly fascinating delve into what goes on, how it all works, and the technical side of things.

[www.almeida.co.uk](http://www.almeida.co.uk)

## HMHB Activity: Photos and Events from FEBRUARY 2025

Five of our group had a fun night at the Pleasance Theatre in February. It was for the Charlie Hartill Tryouts 2026. Fourteen acts over two nights are competing for four places at the Fringe in the summer. Each got around ten minutes and the audience voted on who they thought should win. Our group had eight acts to watch and said it was very difficult as they were all good in their own ways. Pleasance is well worth a visit.

[www.pleasance.co.uk](http://www.pleasance.co.uk)



Another musical evening of Karaoke at The Coronet during the month, and we had never seen it this busy. We had voice performances from the always reliable Rob, the entertaining Justin, and the dependable Lazza, all met with applause and fun. Thanks to the people who just come along to watch and support as it is a nice evening. HMHB go once a month as we are so busy, but the karaoke is every Friday from 8pm, at time of typing.

[www.thecoronet.uk](http://www.thecoronet.uk)

Yes, that's the QI studio, and three of our group were very happy to watch a recording of the new "W" series at the Wood Lane Studios in February.

The worst part of the queuing and waiting. They give away more tickets than there are seats to ensure a full audience (if you miss out you get preference on a future show). But they said it was worth it as the recording is nearly a couple of hours before editing.



Three of our group enjoyed an educational and musical Sadlers Community Engagement session - on the subject of singing and breathing techniques.

Managed by the wonderful Magdalena Supel.

Magdalena is a Polish-born, British musician, vocal arranger, and choir director who has had the privilege of collaborating with artists such as Justin Timberlake, Ellie Goulding, Take That, 1975, Mica Paris, Ibeyi, Peter Andre, and the legendary Dave Stewart of Eurythmics fame. I definitely learned some new things.

[www.sadlerswells.com](http://www.sadlerswells.com)

## HMHB Activity: Photos and Events from FEBRUARY 2025

Wow! We were spoilt rotten at one of the free St. James's Piccadilly lunchtime concerts in February with the Hyde Wind Quintet. This is a London-based chamber ensemble formed by talented musicians from the "Trinity Laban Conservatoire of Music and Dance. Known for engaging, contemporary performances, the group features Amy McColl (flute), Betsy Selner (oboe), Vicky Churcher (clarinet), Jared Little (horn), and Georgina Taylor (bassoon). Playing pieces by Taffanel, Mihaud, and Piazzolla.

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



We have to thank our wonderful Karina for running an energetic Zumba session for us as part of our Tuesday exercise we run at Highbury Leisure Centre, supported by Better Gym. Our large group were definitely put through their paces with quite a few moves that got us marching, swinging, and jumping. Karina has been around us for quite a few years now, and we feel so lucky to have met her. More Zumba to come as well. :-)



We had our first every visit to the Royal Festival Hall on the Southbank to see a free early evening concert by the Philharmonia Chamber Players.

There were five different ensembles, or various instruments, including a wind quartet, strings, percussion, brass, and piano. Most playing pieces that had been composed by conductors associated with the Royal Philharmonic Orchestra.

A wonderful venue (you should see the organ), and a fantastic treat for our gang - and for free.

[www.southbankcentre.co.uk](http://www.southbankcentre.co.uk)



### **Looking forward to March 2025 - we will feature these in the next issue.**

3 x Sadlers Wells Islington Community Engagement: Francis Crick Lecture on Protein.

2 x Classical Lunchtime Concerts at St. James's Church, Piccadilly: 2 x Concerts at LSO St Lukes.

Seeing 2 Displays at the V&A Museum, Kensington; A lunch at the Second Chance Café.

"Why Do We Hate?" lecture through Gresham College. Tree Planting in Clissold Park.

3 to see Museum of St John with Winter Warmers: Trip to Golden Hinde ship.

A visit to the London Archives with Winter Warmers: Hyde Park Guided Walk for anyone.

15 to see "Tomatoes Tried To Kill Me" at Kings Head Theatre - with thanks to their staff.

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

## NUTRITION: Lazza's Kitchen Adventure

### Marzetti

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

#### Ingredients:

Box Mushrooms - sliced and diced  
750g Minced Beef  
Onion - chopped: Garlic - to taste  
1 Red Pepper - chopped and diced  
1 tin Chopped Tomatoes  
Tomato Puree (be generous)  
Oregano: Paprika:  
Macaroni - you decide amount  
Cheese: I had mature cheddar and red Leicester  
Salt and Black Pepper

No single person invented macaroni; Its origins are ancient and evolved from Greek barley dishes - "Makaria" - potentially linked to funeral rites, which later became "Maccheroni" in Italy using wheat, with written records appearing in 14th-century Europe and detailed recipes in 15th-century Italian cookbooks like "Libro de Arts Coquinaria" by Martino da Como, making it a collective culinary development, not a singular creation.

This is an American dish, created by an Italian chef.

I first cooked the mushrooms in a pan - putting them to one side.

I put the macaroni on to cook in some water. Keep an eye, and when cooked drain and keep to one side.

While the pasta is cooking I added some oil to a large casserole pan and fried the onion and garlic.

I then added in the meat making sure it was nicely spread out to brown on all side.

Then came the peppers and I gave it a good stir.

I poured in the tinned tomatoes, and stirred them in. I also added a rather generous amount of tomato puree. I also now added back in the mushrooms.

I added the oregano and paprika (I was generous but this is to your taste).

I also seasoned with salt and pepper. Maybe a splash of Worcestershire sauce??

After around 15-20 minutes I added in the drained pasta and stirred,

I also decided at the last minute to add a little beef gravy into the mix.

I stirred all for another five minutes before transferring into a casserole dish, topped this with the two cheeses, and then baked in the oven at 180C for 10-15 minutes. I served mine with some Greek yoghurt.



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

## MIND-SET: Grief - what is it?

HMHB were very lucky in January. Last November, we were contacted by Southwark Playhouse Theatre, with whom we have a terrific relationship, to inform us they had a very interesting play coming up which they thought would appeal to our group. It was called *The Olive Boy*, a one man show written and performed by a very talented young man called Ollie Madigan. In fact, the photo here is Ollie sitting with us after the show. We were very excited and humbled that he came out to chat with our group and answer some questions.

We enjoyed the show very much, and it was quite personal to a few of our users as they had recently suffered family bereavements. The play itself is a semi-autobiographical, one-person play that explores the intersection of teenage grief, adolescence, and emotional immaturity. It follows a 15-year-old navigating the sudden death of his mother while dealing with needing to move schools, new friendships, and move in with a distant father with whom he has had little contact. We recommend you seeing it.



Grief is an emotion that we are not taught how to deal with - and in fact it is very difficult to do that anyway as it is such a personal reaction and feeling. Maybe it does get slightly easier when you are older as you will possibly understand more about life and death, and have a more understanding network around you, but that does not mean you will cope well!!!

There is something called “The Stages of Grief”, originally developed by Elisabeth Kübler-Ross, a Swiss-American psychiatrist and pioneer in near-death studies who revolutionised end-of-life care. She is best known for her 1969 book “*On Death and Dying*”, which introduced this five stage model I will show below, which was designed to help patients, families, and medical staff understand the emotional process of facing mortality.

The five commonly recognized stages are

- Denial: The initial shock or disbelief, where one might try to ignore the reality of the loss.
- Anger: Frustration, irritation, or feeling, which may be directed at oneself, others, or the situation.
- Bargaining: Attempting to make deals or promises to change the outcome, often with a higher power.
- Depression: A deep feeling of sadness, loneliness, or helplessness as the reality of the loss sets in.
- Acceptance: Coming to terms with the new reality, not necessarily being "okay" with it, but adjusting to life after the loss. HMHB describe it as knowing this is closure, accepting this, even though it is not the closure you want.

These stages do not typically occur in a specific, linear order, and individuals may experience them differently or not at all.

Of course, grief does not have to be a death. I had a terrible break up with someone around 22 years ago, and it was only when it was pointed out to me that I was actually grieving that I was able to get the help I needed at the time.

**"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."**

## MIND-SET: Dealing with Loss.

Never be ashamed or embarrassed at having grief. It is a natural response. Something that will just happen, but it is important to not allow it to overwhelm your life and hold you back.

The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss, and the more significant the loss, the more intense your grief will be. Coping with the loss of someone or something you love is one of life's biggest challenges.

People may say that pain will go away faster if you ignore it. Really? Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.



People may say that it is important to be strong in the face of loss. Really? Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

People may say that if you do not cry you are not sorry about the loss. Really? Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

People may say that moving on with your life means forgetting about the loss. Really? Moving on means you've accepted your loss, but that's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are.

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried, and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to self-medicate, numb the pain of grief, or lift your mood artificially. That will in fact make things worse in the long run.

Always ask for help though. Your local medical centre will be able to advise and every NHS Trust will have services available to those who are grieving. Words are very easy to type, do understand that you have a life too, and must allow yourself to live that life, We will all suffer grief, but also we must all live our lives.

## EXERCISE/FITNESS: STRETCHING

**Some simple Yoga 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.

### TREE POSE

Stand upright, transfer your weight to the left foot, bend your right knee and clasp your right ankle. Place the sole of your right foot against the inner left thigh. Lengthen your torso, raise your arms above your head and press your hands together. Hold the pose for 30 seconds to 1 minute, reverse the legs, and repeat. Breathe deeply and slowly and engage your core to maintain balance.

The tree pose stretches the shoulders, chest, inner thighs and groins, and strengthens the legs and spine. This pose also improves your balance, concentration, and focus.

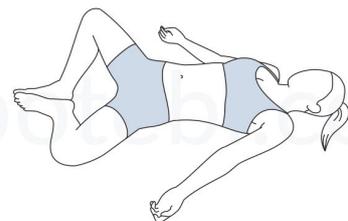


**When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.**

### 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.



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

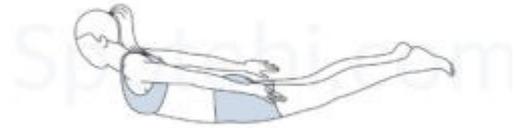
## EXERCISE/FITNESS:

**Some more simple Yoga stretches to start your morning. (Spotebi.com)**

### LOCUST POSE

Lie on your belly with your legs together, arms extended back, and your chin on the floor. Inhale and lift the chest, head, arms, and legs off the floor. Stay in locust pose for 30 seconds to 1 minute. Remember, maintain your neck in line with the spine and keep the back muscles, glutes and thighs engaged. Gaze forward, lift your chest, and drop your shoulders down and back. Stretch your arms back, and actively lengthen the legs.

The locust pose opens and stretches the chest, shoulders, abs, and quads, and strengthens the back, core, glutes, arms, and legs. This pose also stimulates the abdominal organs and improves balance and posture.



### HIGH LUNGE POSE

Start in standing forward bend and, as you inhale, step your left leg straight back. Lay your torso on your right thigh and hold for 30 seconds to 1 minute. Exhale, step your right leg back, beside the left, and walk your hands back to standing forward bend. Repeat with the opposite leg. Remember, look forward, sink your right thigh toward the floor, straighten your left leg and push your left thigh up. Relax the hips, keep the front knee directly over the ankle, and face front with the chin parallel to the floor. The high lunge pose stretches the groin area, opens the hips, strengthens the legs and arms, and lengthens the spine.



### BOUND ANGLE POSE

Sit down on the mat, bend your knees, press the soles of your feet together, and drop your knees out to the sides. Lengthen your torso, grasp your big toes and stay in bound angle pose for 1 minute to 2 minutes.

Remember, bring your heels close to your pelvis, press the hips down, lengthen your spine, drop the shoulders down and back and open your chest.

The bound angle pose opens and stretches the inner thighs, groins, hips, and chest, and lengthens the spine. This pose also stimulates the abdominal organs and the respiratory system and improves circulation.



**As long as you're not overdoing it,  
the more regularly you stretch, the better it is for your body.  
It's better to stretch for a short time every day or almost every day  
instead of stretching for a longer time a few times per week.  
Being flexible and having full joint mobility can have several beneficial implications on  
quality of life, including reducing day-to-day pain and increasing vascular health.**

## MIND-SET:

### How can I earn Respect?

Respect is a word that is put about a lot, especially by the younger generation. Everyone deserves respect, but only if they earn it. If you want people to respect you, you have to give it to others. I find it so annoying when people are playing music loudly on London transport without using headphones. It is totally disrespectful for all those around, but if you try and tell people they get all upset, and this happened towards me very recently. I, also, recall asking someone to stop using their phone in the cinema in the row in front of me as the light was distracting. At the end of the film they confronted me for disrespecting them!!!

So what is respect, and what can we be doing better?

In simple terms, “respect” is “a positive way of thinking about or treating someone or something. It involves recognising the value and importance of a person and acting with care and consideration for their feelings and rights”. Broadly, respect can be broken down into two main types:

- **Fundamental Respect**:: This is the baseline level of decency and dignity owed to every human being simply because they are a person. It includes honouring their basic human rights, personal boundaries, and their right to their own opinions.
- **Earned Respect**:: This is a deeper feeling of admiration or esteem for someone based on their specific qualities, achievements, or character, such as a student's admiration for a teacher, or a colleague's regard for a job well done.



#### Keep Your Word

Keeping your word is essential for building trust, establishing credibility, and fostering strong personal and professional relationships. It serves as the foundation of integrity, demonstrating reliability while boosting your own self-respect and reputation. When people can rely on you, they feel safe and valued, leading to stronger, healthier connections.

If you start letting people down, how do you expect them to treat you well. If you say you are going to do something, or be somewhere at a specific time, or you are going to help someone with something, and you constantly neglect that agreement, you cannot then expect to ask others for their help.

#### Listen to People

It's not just listening, but “active listening”. Active listening is the ability to focus completely on a speaker, understand what they're saying, respond and reflect on what's being said, and retain the information for later. This involves paying attention to the speaker's body language and tone, as well as the content of their words, keeping both the listener and speaker actively engaged in the conversation.

Listening to people gains respect because it fulfils a fundamental human need to be heard, validated, and understood. When you listen actively, you signal that you value the other person's thoughts, feelings, and expertise, which fosters trust and builds a foundation for mutual respect.

Listening is an active, learnable, and crucial skill, distinct from the passive, innate ability to hear. It requires focus, intentionality, and empathy to understand a speaker's emotions and message.

## MIND-SET: How can I earn Respect?

### Go the Extra Mile

To "go the extra mile" means to make a special effort that goes beyond what is strictly required or expected of you in a given situation. It is an idiom used to describe someone who is exceptionally helpful, diligent, or committed to achieving a high-quality result.

In both work and personal life, if you feel respected you are more likely to go the extra mile. I used to love working in the office when I was the Manager of an International Charity. I felt so blessed that I had been given this opportunity that I would be in the office by 7:30am most days, and work till at least 6:30pm to 7pm every evening. I loved it. I wanted to demonstrate that their faith in me was justified.

For HMHB I feel so lucky to be doing something I love. I am definitely not saying that I am great, as I am always learning, I get things wrong, and there are definitely good days and bad days. I like to think people know how much I love anyone that we come across. I respect everyone, even with mistakes, regardless of our little quirks and issues. That comes across, I hope. My users come back and back again and again. So I must be doing something right. That's mutual respect because I do go the extra mile to arrange things.



### Do not judge, but be curious.

I read this: "Not judging others fosters empathy, reduces personal negativity, and acknowledges that we rarely know the full context of someone's struggles. Judging often stems from our own insecurities, creates false, unfair comparisons, and reflects more on our own character than the person being judged. It promotes isolation and misunderstanding rather than connection".

I do like that. And it is so right. It is so easy to do. We judge people from how they talk, what they wear, if they look at us in a strange way, and more. But that's more on us than them. Respect is allowing people to be themselves, not trying to change people into who we want them to be, and hoping they do the same for us.

Being curious means to be open-minded, allow other ideas to be put forward, and not to be blinkered into just your way of thinking. Allow your mind to explore and learn too. That garners respect.

### Don't Listen To Gossip.

Especially in these days, with so much misinformation and lies on social media, it is very easy to believe everything you read. There is so much rubbish on Facebook, Twitter/X, Instagram. Be your own person. Trust your own thoughts. Don't allow others judgements to affect your own.

*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

### Tomato/Pepper Pastries

Lazza has been trying out new recipes for over four years  
His first time making: Tomato/Pepper Pastries from scratch

#### Ingredients

Puff Pastry - I did buy mine (2 boxes)  
One Red Pepper (chopped/diced)  
Baby Vine Tomatoes (halved)  
Tomato Passata  
Greek Yoghurt  
French Mustard  
Worcestershire Sauce  
Grated Mature Cheddar  
Basil  
Black Pepper  
Egg x 1 (beaten)

Historical records indicate that monks at the Abbey in Saint-Germain-des-Près (now in Paris) experimented with making a thick paste from mustard seeds sometime in the 10th century. The first recipe to appear in France was written in the 13th century. It was initially made by grinding whole brown seeds and blending them with grape must, and later with juice from unripe green grapes (*verjus* in French). In the modern period, vinegar, salt and water became common additional ingredients in most mustards; by the 19th century and the advent of industrial manufacturing wine was less commonly used.

These are a recipe of my own, and easy to make once you have ingredient ready.

In a bowl I mixed the Passata with two tablespoon of Greek yoghurt.  
I also added a dash of Worcestershire sauce and a large teaspoon of French mustard.  
I also added the basil and black pepper, and gave it a really good mix.

I rolled each sheet of puff pastry out, dividing the sheet into 6 squares.  
On each square I spread two teaspoon of the mix from left top corner to right bottom corner (leaving other corners bare). On mix I spread some red pepper, then put four halves of baby vine tomatoes, before topping that with the cheese.  
I put beaten egg on the two spare corners and folded over on top. I then added more beaten egg on the pastry on top.



In an oven at 180C, I baked for around 15/20 minutes (do check to make sure pastry cooked).



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

|                        |                      |  |
|------------------------|----------------------|--|
| Genuine Dinosaur Names | Real Moons of Uranus | On The Beatles Sergeant Pepper Album Cover |
| Pottersaurus           | Imogen               | Fred Astaire                               |
| Bambiraptor            | Desdemona            | Bob Dylan                                  |
| Dracorex               | Hermione             | George Orwell                              |
| Rhedosaurus            | Puck                 | Stanley Kubrick                            |

**ROUND TWO: Give Me a Number**

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

- As at Feb 2026, how many Political Parties are represented in the House of Commons?
- In feet, how tall is the London Eye, the tall Ferris Wheel on the South Bank of the Thames?
- As at Feb 2026, how many confirmed elements are on the Periodic Table?
- The combined calories in a Big Mac, large fries, and large (not diet) soda from McDonald' .
- In a Standard Monopoly Set, how many Houses and Hotels are there?

**ROUND THREE: When Did That Happen**

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

- Launch of the first Lava Lamp.
- Whipsnade Zoo opened in Bedfordshire, UK.
- Elton John received a star on the Hollywood Walk of Fame.
- Marmite was produced for the first time in the UK.
- Diet Coke was launched in the United States.



**ROUND FOUR: What specifically links these Names? (clue - politics)**

Rodney: Mary: William: Lynton: Roy: Hilda: Richard:

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

- Madonna UK Number 1 Single: Hanky Panky: Ray Of Light: Who's That Girl?:
- Largest Aus City (Population) Adelaide: Brisbane: Perth
- Most Trains On Underground Central: Northern: Piccadilly
- Longest Time UK Prime Minster: David Lloyd George: John Major: Harold Wilson

**ROUND SIX: What is the answer to these questions?**

- European City to see Michelangelo's Statue of David?
- European City to see Vermeer's The Girl With The Pearl Earing painting?
- African City to see Tutankhamun's golden mask?
- European City to see the Venus De Milo statue?
- European City to see Michelangelo's frescos on the Sistine Chapel?



## NUTRITION: Let's talk Nuts.

**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.**

Thanks to the British Heart Foundation.

Nuts are often a tempting snack, whether they're nibbles at a party or as a handy go-to when you're on the run. They're a nutrient-rich food containing “Fibre”, “Protein”, “Vitamins”, “Minerals” and other nutrients that could help reduce your risk of Cardiovascular Disease.

But you may have also heard that nuts contain a lot of fat and are high in calories. And with an ever-growing range of nut butters, milks and bars, it can be confusing to know if all nutty products are a healthy choice.

While nuts are high in fat and contain some Saturated Fats, they mainly contain healthier ‘Unsaturated Fats’. Unlike ‘saturated fat’, this type of fat does not raise cholesterol levels.



Walnuts are a source of plant-based Omega-3 Fatty Acids, which have been shown to reduce the risk of heart disease.

However, nuts are still high in calories, so it's best to stick to the recommended portion size as part of your daily balanced diet if you're trying to manage your weight, which is a small handful (30g) of nuts. Take some out of the packet and put the rest away if you find it hard to stop eating them.

Depending on the type of nut, 30g can contain around 180 to 225kcal. Try to choose whole, plain nuts, as nuts with coatings like chocolate, dry roasted, or honey roasted nuts will add extra calories, sugar, and saturated fat. And avoid salted nuts, as too much salt can increase your risk of high blood pressure.

Nuts are a good source of protein, with around 7g of protein per 30g portion of mixed nuts. They can be a good way for people eating a plant-based diet to get more protein. Enjoying them as a snack or adding them to meals can help you reach your daily recommended amount of protein. For a healthy adult, this is 0.75g per kg of body weight – around 45g a day for a 60kg woman and 55g a day for a 75kg man.

Nut butters like peanut butter and cashew butter are a spreadable paste made from grinding nuts. These days, there are many different types, and a large variation in price too. The most important thing is whether they have any added ingredients, not the kind of nut they're made from. Look for the ones that contain only nuts, and come with no added salt, sugar or palm oil. You may also see flavoured nut butters with additions like coconut, cocoa or maple syrup. These flavours increase the saturated fat, salt and sugar content, leaving less room for the nutritious nuts.

## NUTRITION: So which Nuts are best?

### Almonds

Although Almonds are commonly referred to as a nut, they are actually teardrop-shaped edible seeds that are the fruit of the almond tree. You can buy them shelled or blanched, which is when shelled almonds have been treated with hot water to remove the brown outer coating, leaving behind a smooth white interior.

Almonds are rich in nutrients that protect the heart, including unsaturated fatty acids, phytosterols, magnesium, vitamin E, copper and manganese. Two research studies, found that including almonds in your diet may reduce the risk of heart disease, specifically in overweight individuals. Further research has shown that almond consumption helps to reduce LDL Cholesterol, which may, in turn, help to reduce the risk of heart disease.



Almonds are rich in nutrients that are important for brain health too. They have also been shown to positively alter the gut microbiome and may be beneficial for those with diabetes when eaten as part of a healthy, balanced diet. A serving of around 55g a day may also aid weight management by helping to reduce hunger. Overall, almonds make a good food choice as part of a healthy diet, though they should be avoided by anyone with a nut allergy.

### Pistachios

Pistachios are the seeds of the pistachio tree. They're usually green and have a slightly sweet taste. Pistachios are often called nuts, but they're actually seeds. People have been eating them for thousands of years.

Pistachios are a nutritious addition to your diet. They are made up of 20% protein, a much higher calorie-to-protein ratio than that of most nuts. This protein can make you feel full longer and help you manage your weight.



Pistachios also boast a high amount of antioxidants, second only to walnuts and pecans. Antioxidants help fight against free radicals, which are compounds in your body that can harm cells, proteins, and DNA, causing premature aging as well as illnesses such as Cancer, Diabetes, and Heart Disease.

Pistachios are high in fibre, which can act as a Prebiotic, a food that is digested by your gut's good bacteria to help them grow. Your gut bacteria are then able to ferment the fibre and convert it into short-chain fatty acids, which help reduce your risk of cancer, heart disease, and digestive disorders .

Pistachios have a low glycaemic index, which means that eating them doesn't cause large spikes in blood sugar. They have antioxidants, carotenoids, and phenolic compounds, which all support healthy blood sugar levels.

Pistachios have the highest levels of “Zeaxanthin” and “Lutein” among nuts, both of which protect your eyes from damage caused by blue light as well as macular degeneration, an eye disease that can cause vision loss as you age.

## NUTRITION:

### Why are Amino Acids (Protein) important?

#### Walnuts

I have to say these are my favourite nuts (although I love hazelnuts in Ferrero Rocher - is that allowed?). And they are sometimes called the King of all Nuts.

Walnuts are rich in good fats and antioxidants and eating them has been linked with better heart health, brain function and they may help lower the risk of getting some cancers.

The word 'walnut' derives from Old English word 'wealhnutu' which literally means foreign nut. The previous Latin name was 'nux Gallica' or 'Gallic nut'. They are the oldest food tree known to man, dating back to 7000BC.

Walnuts are richer than most other nuts in polyunsaturated fats. The most abundant one is an omega-6 fatty acid called linoleic acid. The brown skin of walnuts contains a mixture of potent bioactive plant compounds that include ellagic acid, ellagitannins, catechins and melatonin. Being rich in healthy fats and antioxidants walnuts are linked to improved brain function and possibly may also slow down the progression of age related brain function impairments

Studies show that eating walnuts prevents heart disease by lowering 'bad' LDL cholesterol, improving blood vessel function thus cutting the risk of any build-up in your arteries. Their rich antioxidant content also helps reduce inflammation.

Walnuts are rich source of phytosterols, vitamin E, ellagic acid and other various polyphenols and so could be an effective part of a cancer-preventative diet.

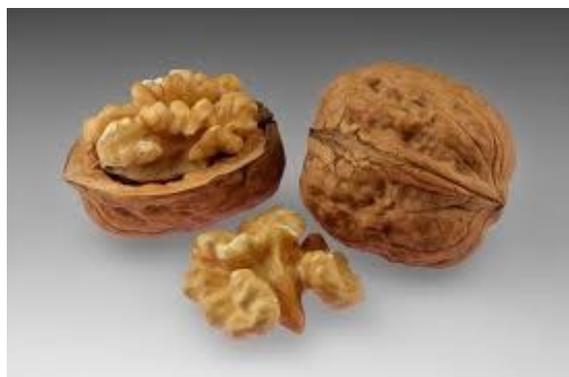
#### Cashews

Cashews are often referred to as a nut, but botanically they are classed as a seed, as they come from the cashew fruit (which is also known as a drupe). Drupes are fruits that are fleshy on the outside, but contain a shell with a seed on the inside. Cashew plants belong to a group of plants known as "Anacardiaceae", which includes mango, sumac and poison ivy.

Cashew trees grow in warmer climates, such as India and Vietnam, who are some of the world's biggest producers of cashew nuts. You can buy cashew nuts all year round in the UK as, depending on what part of the world they are grown, they are harvested at different times of the year.

Nutritionally, cashew nuts are a good source of protein and unsaturated fat. A 30g serving contains about 160 calories, but because they are rich in protein and unsaturated fat, they provide a greater satiety level. This serving size also provides about 20% of your daily magnesium intake which is important for hormone health, as well as containing manganese, selenium, iron and zinc.

Cashew nuts contain folate and vitamin E which help to protect against blocked or narrowed arteries (atherosclerosis). A recent study also found that daily consumption of cashew nuts may help improve cholesterol levels in those with type 2 diabetes.



## Nutrition: HMHB looks at “Superfoods”

### Today: Onion

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.**

Onions, which form the basis of a wide variety of dishes, whether eaten raw, sautéed, baked, steamed or boiled, are botanically part of the lily (Liliaceae) family, along with garlic, shallots and leeks. Although not valued as highly as garlic, onions contain potent compounds which are known to benefit health.

Onions are loaded with plant compounds, including flavonoids, which have both a protective and anti-inflammatory effect. When consumed regularly and in sufficient quantity, these compounds may help protect against chronic conditions such as cancer and diabetes. In fact, onions contain over 25 different flavonoids and are one of the richest sources in our diets.

Onions also contain sulphur-containing compounds, which have been shown to be protective against certain Cancers. Some studies suggest that people who eat a diet rich in allium vegetables, like onions, have a lower risk of certain cancers including colorectal cancer. Although the evidence looks promising, clinical trials are needed to fully understand how onions may contribute towards this protection.



They’ve been used in folk medicine for the relief of coughs, colds and catarrh for decades and now studies support the fact that onions have valuable antibacterial properties. These properties are effective against the likes of E.coli, Pseudomonas aeruginosa and Staphylococcus aureus (MRSA). What’s more, it’s the older stored onions that appear most potent. It’s a protective flavonoid called “Quercetin” we have to thank here, because it has the power to inhibit the growth of Helicobacter pylori and Methicillin-resistant Staphylococcus aureus.

Quercetin also has a protective anti-inflammatory effect and it’s thought that this, along with other beneficial compounds in onions, may contribute to the vegetable’s heart-friendly properties. Red Onions have twice as much quercetin as white onions and a staggering 14 times the amount of that in garlic. Studies suggest eating onions may help reduce your risk of heart disease by lowering blood pressure, managing cholesterol levels, and reducing inflammation.

**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.**

Many of us have phones with Apps now, and also we probably have a game or two we like to play.

I had two games on mine that I realised I had been playing for many years - and was quite a long way in. But in January I realised that I would sometimes play on them for far too long. And so I took the decision to remove them from my phone. I actually feel good for it. I am not suggesting you should do the same, but do think about how much time you may be dedicating. There is far more to life than playing a game on a mobile!!!



At HMHB, we advocate heading to your doctor once a year to check up on blood pressure, cholesterol, etc.

But we should really check our eyes too.

I was reminded for this as we recently attended a show at the London Coliseum, and some of our group were having trouble reading the captions above the stage. I was like that a few years ago, which is why I now wear glasses for theatre.

Exams are essential for detecting early signs of serious eye conditions, such as glaucoma, cataracts, and macular degeneration before symptoms appear.

We have talked about sugar on many occasions in these packs, and will again. But here I am thinking more about how much added sugar I have been having lately.

In my coffee, in my porridge, and then of course in things like cakes and muffins and biscuits I bake. It has been adding up, so I am doing all I can to cut out as much as possible in February to see what occurs.

It is something we all need to think about.



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

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

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

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

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

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

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

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

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

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

## DO YOU KNOW YOUR BODY?

Some interesting parts you may not know the names.

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

### Zygoma

The human skull is a structural masterpiece, and among its most recognizable features is the “Zygomatic” Bone, also commonly known as the cheekbone. Not only does it define the contours of the midface, but it also supports essential functions including protection of the eye socket, attachment for facial muscles, and articulation with surrounding cranial structure.

It’s a crucial architectural, functional, and aesthetic cornerstone of the human face. It interacts with multiple bones and muscles, affects dental and ophthalmologic outcomes, and holds a prominent role in cosmetic, reconstructive, and forensic practices.



### Gnathion

The gnathion is the most antero-inferior point on the contour of the chin, right in the middle of the lower edge of the mandible. It serves as a crucial reference point for taking facial measurements and evaluating the proportions and structure of the face.

The position of the gnathion is crucial for facial proportion and symmetry. A well-defined gnathion provides a balanced, youthful profile, particularly in contrast to a receding chin.



### Pinna

Your pinna, also called the auricle, is the visible, outer part of your ear on the side of your head, made of cartilage and skin, that acts like a funnel to collect and direct sound waves into your ear canal, helping you locate where sounds are coming from.

Its unique shape gathers sound waves from the environment. It directs these collected sounds into the ear canal, the passage leading to the eardrum. It then helps your brain pinpoint the source of sounds by creating subtle differences in sound arrival at each ear.



### Columella

The columella (or *columella nasi*) is the bridge of tissue that separates your nostrils at the base of the nose, extending from the nasal tip to the upper lip. It consists of skin and cartilage that supports the nasal tip, defines the nasolabial angle, and influences the overall aesthetic shape of the nose.

It provides structural support to the nasal tip and acts as a transition point between the external skin and internal nasal lining. Ideally, it sits slightly below the lower border of the nostrils.





**HMHB's Name Game Page:**  
Can you give the surnames of musical duos 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

### Teisen Mel with Cranberries

**Lazza has been trying out new recipes for over four years**  
**His first time making: Teisen Mel with Cranberries from scratch**

250g Self Raising Flour  
100g Light Brown Sugar  
150g Runny Honey  
1 teaspoon Baking Powder  
Spices: I used Mixed Spice, Ginger, Nutmeg, Cinnamon  
100g Unsalted Butter  
1 Egg Beaten  
100ml Milk  
Dried Cranberries

**Honey is one of humanity's oldest, most revered foods, with a history spanning over 8,000 years. Early humans collected it from wild hives, as evidenced by Stone Age cave art in Spain. It was utilized by ancient civilizations like Egypt for food, medicine, and embalming,, and later, for trade and spiritual rituals in Greece, Rome, and beyond. Greeks viewed honey as a gift from the gods and essential for health. Athletes consumed it for stamina, and it was used in culinary recipes.**

This was very simple to make, and you can make it as spicy as you want.

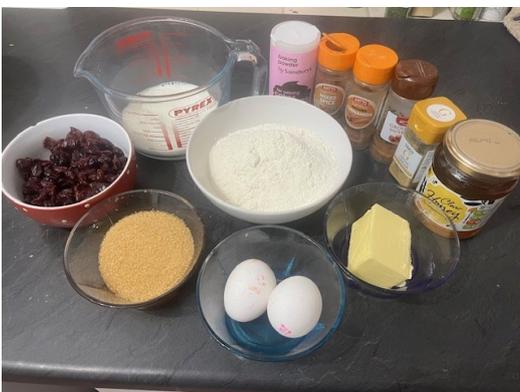
In a bowl I mixed all the dry ingredients - the flour, baking powder, sugar, and the spices (I was generous as I wanted it spicy).

In a saucepan I melted the butter in the honey and took off the heat. I added this into the dry mix and gave it a good stir. I then added in the milk and beaten egg. Gave another good mix. Finally I added the dried cranberries (I just wanted to do something a little different).



I added these to my loaf moulds and put them in a heated oven at 180C and checked on them from 30 minutes. It could still be a little wet inside so make sure cooked through before removing.

Leave to cool before cutting and serving.



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

# PLACES TO VISIT IN LONDON

**HMHB recommends places we have been.**

## **SECOND CHANCE CAFÉ, N16**

You would have seen our monthly photos from our visits to the Café in Stoke Newington, but we would really like to feature it here too.

As they say themselves on their website:

“The Second Chance Cafe is a place where all community members can sit down and share a meal together. Get to know each other. Feel welcomed.

Our pay-what-you-can model means no one is excluded. We’re not a soup kitchen. We’re not a for-profit cafe. Every day we strive to be a community cafe in more than name only.”

“Grab a seat and settle in for a cup of tea and a hot bowl of soup, and be sure to leave room for a slice of cake. Pay something or nothing. Meet your neighbours. Stay for as long as you’d like.”

The volunteers are amazing - as is there Crumble and Custard, and all the meals are homemade.

Do check them out. It’s easy to find as it is right next door the to St Mary’s Church.

Looking forward to our next visit already.

[www.2ndchancecafe.co.uk](http://www.2ndchancecafe.co.uk)



## **Bank of England Museum**

Tucked away in Bank is a little gem.

And you even get to handle a real gold bar - you can see Dez desperately trying to nick it.

Established in 1694, and moving to Threadneedle Street in 1734, its an impressive place. In 1925, the Bank of England began a massive rebuilding project. Its original building, designed by the architect John Soane, was admired across the city - but it was no longer fit for purpose. Enter Herbert Baker, the architect who reimagined the Bank from the ground up, working with skilled artists and craftspeople to create the site we know today. Over the next 15 years, he worked with artists and craftspeople to create a striking building with rich architectural decoration.

The museum is attached to the side, do check it out, as it has photos, and also information on money and notes, and how everything works.

And you get to touch a Gold Bar!!!

[www.bankofengland.co.uk/museum](http://www.bankofengland.co.uk/museum)

## EXERCISE/FITNESS

### Proper Form. Are you doing exercises correctly?

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.

Proper form is a crucial aspect of exercising that cannot be emphasised enough, and HMHB thinks it is very important and we are always repeating this to our clients.

It refers to the correct alignment, posture, and movement patterns during exercise, and it plays a vital role in making the most from your exercise. Whether you are lifting weights, performing cardiovascular exercises, or engaging in flexibility or functional training, maintaining proper form is essential for safe and effective workouts.



Here's why:

- **Optimum Muscle Activation:** Using the correct form ensures that the right muscles are targeted during an exercise. It allows you to engage the targeted muscle group fully and effectively, engaging them completely so that you can get the most out of the exercise, leading to better results and faster muscle growth.
- **Reduced Joint Stress:** Proper form helps to reduce the amount of stress that is placed on the joints by ensuring that the load is distributed evenly and that joint alignment is maintained. Because of this, the probability of sustaining a joint injury, such as a pull, a strain, or a dislocation, is decreased.
- **Injury Prevention:** Poor form is one of the primary contributors to injuries sustained while exercising. Muscles, ligaments, and joints can be injured when improper alignment, posture, or movement patterns cause strain on the body's soft tissues. Using correct form during exercise helps reduce the risk of injury by maintaining the body in a position that is both safe and stable.

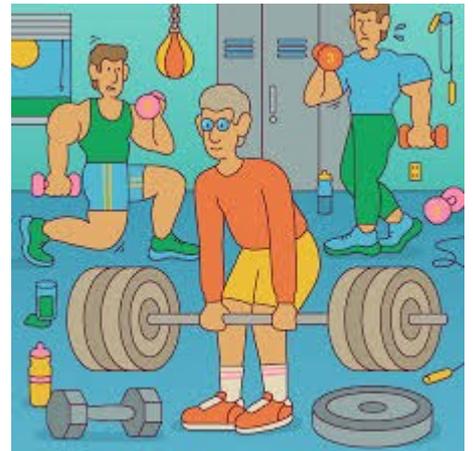
It's very easy to injure yourself lifting weights! So in order to ensure that the muscles being targeted are effectively engaged and that the weight is lifted in a safe manner, it is essential to lift weights using the correct form. Incorrect form can result in injuries, especially when performing heavy lifting exercises such as deadlifts or squats. Examples of incorrect form include rounding the back or using momentum rather than muscle strength.

Even in activities that focus on cardiovascular fitness, such as running, cycling, or rowing, maintaining correct form is essential. It protects against injuries caused by overuse and helps maintain the efficiency of movement. In order to ensure that the cardiovascular system is engaged to its full potential while simultaneously minimising the risk of strains or imbalances, correct posture, alignment, and movement patterns are essential.

## EXERCISE/FITNESS: Good Form: Mistakes and Tips

Individuals have a tendency to perform exercises incorrectly in a number of different ways, and it is essential that they are aware of these faults and are able to correct them in order to keep their form in good shape. The following are some common errors, along with the appropriate corrections:

- **Rounded back during lifting exercises:** Curving the back too far forward can put an abnormal amount of strain on the spine and increase the likelihood of sustaining a back injury. To make up for this, you should strengthen the muscles in the core of your body, keep a neutral spine, and lift with your legs and hips rather than your back.
- **Knees collapsing inward during squats or lunges:** Instability and stress on the knee joint can be the result of letting the knees cave inward, which raises the risk of knee injuries. Engaging the glutes and outer thighs will help to correct this issue and ensure that the knees remain in proper alignment with the toes.
- **Elbows flaring out during upper body exercises:** If you let your elbows flare out too far, you can put strain on the joints in your shoulders, which will make the exercise less effective. To remedy this, bring the elbows in towards the body and engage the chest and triceps muscles so that the proper alignment and form are maintained throughout the exercise.
- **Arching the back during core exercises:** In addition to putting strain on the lower back, rounding the upper back can also make core exercises less effective. To remedy this, activate the core muscles, and ensure that you keep your spine in a neutral position throughout the entire exercise.
- **Overextending or hyperextending joints:** When joints such as the knees or elbows are forced to move beyond their normal range of motion, this can cause unnecessary strain on the joints and increase the likelihood of injury. In order to remedy this, you should perform your exercises in such a way as to preserve a natural range of motion and refrain from locking out any joints.



If using weights, when beginning a new exercise or learning a new technique, you should start with lighter weights so that you can concentrate on proper form before increasing the difficulty of the exercise. This makes it possible for you to develop correct form and muscle memory without putting your safety at risk.

If you are not used to engaging in physical activity or if you are uncertain about the appropriate form, you should think about working with a qualified personal trainer or fitness professional. They are able to offer you guidance based on their extensive experience as well as make adjustments to your form to help keep you safe from injury. If not sure, ask.

Make use of mirrors or videos so that you can visually check your form. You will then be able to identify any variances from the correct form and make the necessary corrections with this information. YouTube is a fantastic resource full of videos on form for so many exercises – so why not combine these with a large mirror to make sure you're doing the exercise the right way?

**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:







# 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.

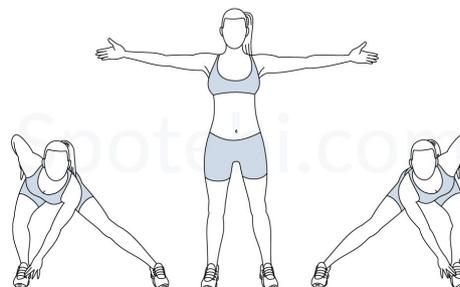
We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier. By the way, the green figures are the same shape as the parks!!! Our marketing group is very clever.

## EXERCISE/FITNESS:

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

### ALTERNATING SIDE LUNGE TOUCH

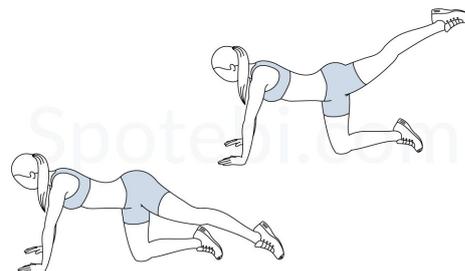
Stand tall with your feet hip-width apart. Step to the side with your right leg and touch the right foot with your left hand. Return to the starting position and repeat the movement with the left leg. Remember, maintain your balance and give back support by keeping your abs tight. Step out to the side with your right leg and keep your left leg straight. Twist your torso and touch your right foot. Use your right heel to push you back into the starting position and breathe out. Repeat the movement on the left side. This is a great exercise for your legs and glutes. The lateral movement targets your inner and outer thighs and the rotation of your torso targets the obliques. It's a great warm up exercise because it moves your body in different directions.



### BACK LEG LIFTS

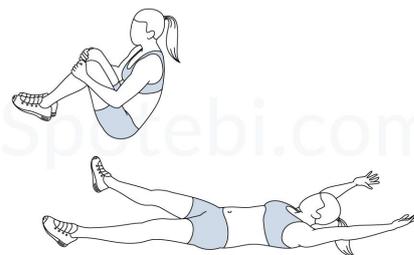
Start on all fours with the hands under the shoulders and the knees under the hips. Extend one leg behind you. Lift the leg to hip level and then slowly lower it back down. Repeat with the opposite leg until the set is complete. Remember, when doing the back leg lifts maintain your spine in a neutral position and keep your head in line with your neck. Engage your core, tighten the abs and keep the working leg straight. Breathe out as you lift the leg and squeeze the glutes, and then slowly return to the starting position.

The back leg lifts is a great exercise for beginners, that targets the quads and the glutes. This exercise helps to lengthen and tone the muscles, improves your endurance, and increases core strength.



### BENT LEG JACKKNIFE

Lie on your back with your legs straight and your arms extended back. Raise your torso and bend your knees simultaneously, and then hug your knees with both hands. Return to the starting position and repeat. Remember, use your core strength to keep your upper body stable, and maintain a neutral spine during the entire exercise. Breathe out as you bring your knees toward the chest and squeeze in the abs. Breathe in as you return to the starting position without ever letting your hands and feet touch the floor. The bent leg jackknife fully engages the abdominal wall and helps to strengthen and tighten the core. This exercise also challenges your back muscles, improves posture, and prevents lower back pain and injury.



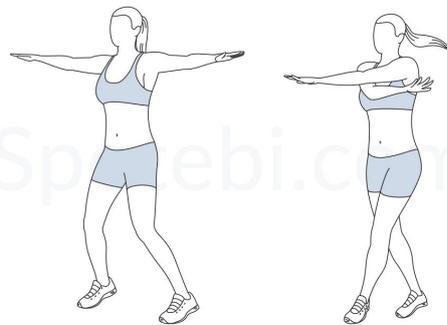
**“Fitness is not about being better than someone else.  
It's about being better than you used to be.”**

## EXERCISE/FITNESS:

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

### CROSS JACKS

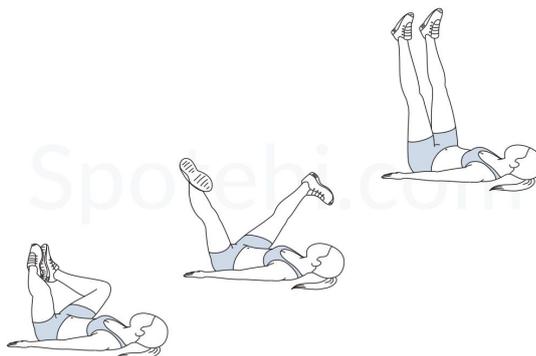
Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides. Jump up and cross your left leg in front of the right, and your left arm on top of the right. Jump again and return to the starting position. Repeat, and reverse the position of your arms and legs. Remember, tighten your core, keep your knees and elbows loose, and maintain a smooth and steady breathing pattern. 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.



### DIAMOND KICKS

Lie on your back with your arms by your sides, raise the legs toward the ceiling, bend the knees and bring the soles of your feet together (like a frog). Extend the legs out to the sides as far as possible, and then squeeze the inner thighs to bring them together. Return to the frog position and repeat until the set is complete. Remember, engage your core, keep your back flat, look up and maintain your head and neck neutral. Breathe out as you bring both legs together, and then inhale as you bend the knees and return to the frog position.

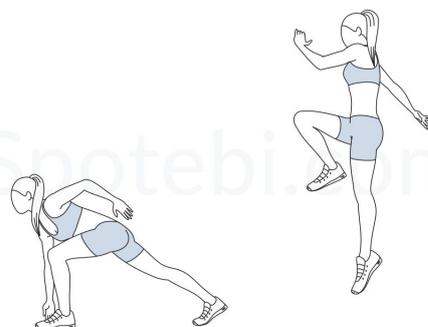
The diamond kicks works and strengthens your inner thighs, core, and glutes. This exercise improves the stability of the knee and hip joints and enhances your balance and flexibility.



### JUMP START

Stand on your left leg, bend your knee, extend your right leg back, and touch your left foot with your right hand. Jump quickly and drive your right knee up. Land softly on your left foot, repeat and switch sides. Remember, engage your core, open your chest and keep your back neutral and your knee joints loose. Exhale as you push through the heel to jump up, and bring your right knee as high as you can. Land on the balls of your left feet and with your knee slightly bent.

The jump start is a full body exercise that boosts your endurance and stamina and maximizes weight loss. This cardio move challenges your core stability and balance and improves your strength and agility.



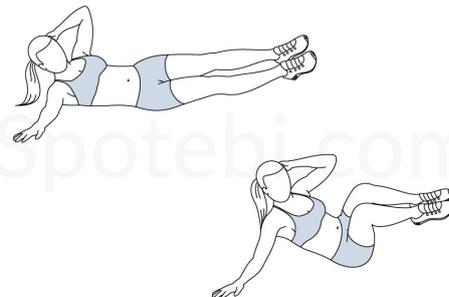
**“Fitness is not about being better than someone else.  
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## EXERCISE/FITNESS:

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

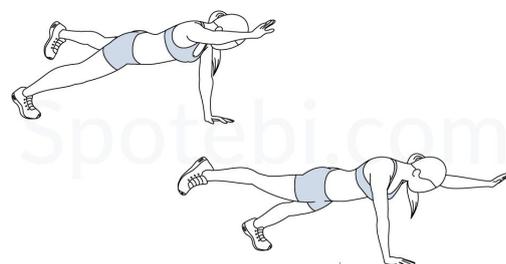
### OBLIQUE CRUNCH

Lie on your right side with your legs straight, feet off the floor, and place your left hand behind the head. Bend both knees, raise your torso, and, as you squeeze the abs, try touching your left knee with your left elbow. Straighten both legs, lower your torso back to the floor, repeat, then switch sides. Remember, start each rep with your shoulder on the mat. Breathe out as you bend your knees and lift your torso off the floor. Reach your elbow toward the knee and inhale as you lower your upper body and legs back to the starting position. The oblique crunch fully engages the abdominal wall and the obliques and helps to sculpt the waist. This exercise strengthens the back, tightens the core, tones the abs, and improves balance and flexibility.



### PLANK BIRD DOG

Start in a plank position with your body in a straight line, your wrists under your shoulders, and your feet shoulder-width apart. Extend one leg and the opposite arm at the same time. Pause for 3 to 5 seconds, return to the starting position, and switch sides. Continue alternating sides until the set is complete. Remember, keep your spine, head, and neck neutral and aligned, and tighten your core and your glutes. Breathe in as you extend one leg and the opposite arm and maintain your back flat and your hips level. The plank bird dog is a full body exercise that tightens your core and strengthens your glutes, hamstrings, quads, hips, shoulders, and arms. This exercise helps prevent lower back pain and improves your posture and balance.



### SCISSOR SKIER

Stand tall with your feet together, arms by your sides, and your palms facing your hips. Jump up, bring your right leg forward, your left leg back, and reach your left arm up and your right arm back. Jump again and switch your legs and arms. Continue switching until the set is complete. Remember, land softly on the balls of your feet and keep your knees slightly bent. Switch your legs and arms as quickly as possible and maintain a smooth and steady breathing pattern.

The scissor skier is a great full body exercise that strengthens the muscles, enhances aerobic fitness and promotes relaxation. This exercise helps to improve muscle endurance, increases the body's metabolic rate and helps with weight loss.



**“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 is the wonderful Palm Cockatoo. The birds live in New Guinea and Northern Australia. They are the only non-human animals that are known to create and use musical instruments.

They craft "drumsticks" by breaking branches and trimming them to roughly 20 cm, or by using hard seed pods, which they then use to tap out rhythmic beats on hollow tree trunks during courtship displays. I believe this is how Ringo Starr found his wife too!!! :-)

General Elections were held in Liberia in 1927, and the winner turned out to be Charles King (pictured). He looks quite a decent and honest man?? Oh No!! The elections have been referred to as "the most rigged ever" and were listed in the Guinness Book of Records as the most fraudulent election in history.

Despite there being only 19,000 registered voters, according to the official results, King received around 229,527 votes to Faulkner's 8,992.



Do you sneeze when you look at light - like the sun? Apparently, bright light causes pupils to constrict rapidly. The intense electrical signals from the optic nerve interfere with the nearby trigeminal nerve, which the brain misinterprets as a nasal irritation, triggering a sneeze. There is even a name for it. Autosomal-dominant Compelling Helio-Ophthalmic Outburst Syndrome (or ACHOO). This reflex is generally harmless but can be dangerous for individuals who need to maintain clear vision, such as pilots, drivers, or surgeons, if they are suddenly exposed to bright light.

If you were to ask a tourist, what is the biggest clock face in London, I would imagine just about all of them would say "Big Ben". But they would be wrong.

The biggest clock face in London is on the Shell Mex House (80 Strand), featuring a diameter of 7.62 meters (25 feet). While often mistaken for Big Ben, the Shell Mex House clock is larger and was built in 1930.

It is part of the Grade II listed building and sits overlooking the River Thames



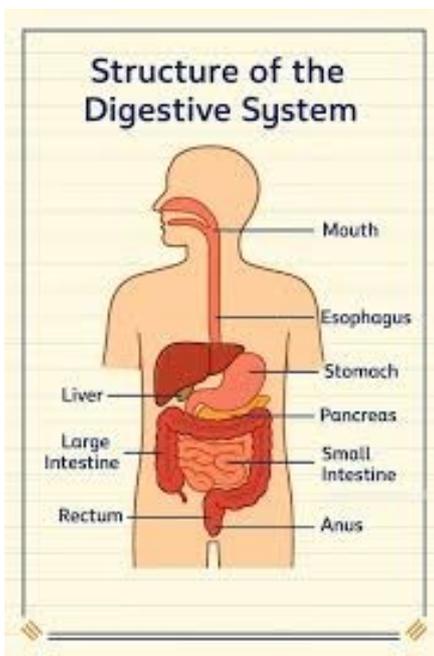
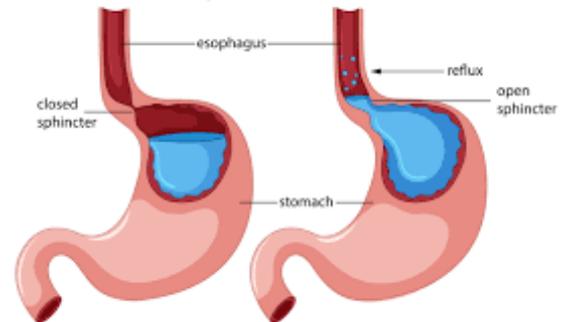
## HEALTH / ROUTINE

### Heartburn and Reflux - what are they?

Heartburn is a chest pain that occurs after eating, lying down, or bending over and is most usually described as a “burning” sensation.

The pain is located at the lowest end of the breastbone in the centre of the chest. The discomfort often arises upwards and outwards. Acid reflux is the regurgitation of some stomach contents including gastric acid (gastric reflux) into the oesophagus. It is the major symptom of “Gastroesophageal Reflux Disease” (GORD). Reflux mostly occurs without us being aware that it is happening.

#### Gastroesophageal reflux disease (GERD)



When food or drink is consumed it passes into the mouth - where saliva is already there to start the breakdown process - and then it heads down into the oesophagus (gullet) into your stomach

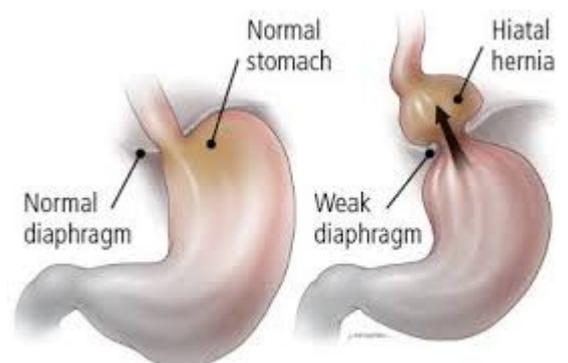
There is a muscular ring (lower oesophageal sphincter) which joins the oesophagus to the stomach to ensure this is meant to be just a one way journey. Acid reflux occurs when this one-way system fails. Then, whatever happens to be in your stomach travels in the wrong direction back up into the oesophagus.

In the stomach is a powerful digestive fluid, primarily hydrochloric acid, produced by the stomach to break down food, activate digestive enzymes, and kill harmful microbes like bacteria. Whilst the stomach can resist acid (it replaces its lining every three days), if it refluxes in sufficient quantities into the oesophagus, it will cause pain (heartburn). On occasions the lining of the stomach can become inflamed (called “Oesophagitis”). If the inflammation is really severe it can cause ulcers.

#### Hiatus Hernia

This is quite a personal section for me as I have one of these and am waiting on an operation - I was due to have it on the 18 Feb, but was moved to the 21st Feb (tomorrow as I type!!).

A Hiatus Hernia is when part of the stomach slides upwards into the chest by pushing itself through the hole (called the Hiatus) in the diaphragm muscle. The Hernia itself rarely causes symptoms but it does seem to make reflux far more likely (and I can confirm that).



However, many people can suffer from heartburn when there is no apparent lifestyle, or other, factor. It is also quite common for people to develop symptoms because of reflux when there are no signs of inflammation in the gullet. Doctors believe that in such cases the lining of the oesophagus is unusually sensitive to reflux.

## HEALTH / ROUTINE

### Heartburn and Reflux Diagnosis

Your Doctor will ask you to describe your reflux symptoms and the length of time you have had them and review the need for prescribing your acid-suppressant medication. Should you require such medication long term, or the treatment is not working and your symptoms continue or return, your Doctor may request an “Endoscopy” (which we will look at a little later). This may ensure there are no underlying problems with your oesophagus or stomach. Up to half of all patients with symptoms that suggest they have reflux turn out to have only mild inflammation or an oesophagus that looks quite normal.

#### Cytosponge

This is a new test that is available in some areas of the UK to identify “Barrett’s Oesophagus” in people who have persistent heartburn and reflux symptoms. Barrett’s Oesophagus is a condition that can, very rarely, progress to Cancer of the Lower Oesophagus. It is therefore important it is identified early.

For the Cytosponge test, you swallow a small capsule with a sponge inside, which is attached to a piece of thread.

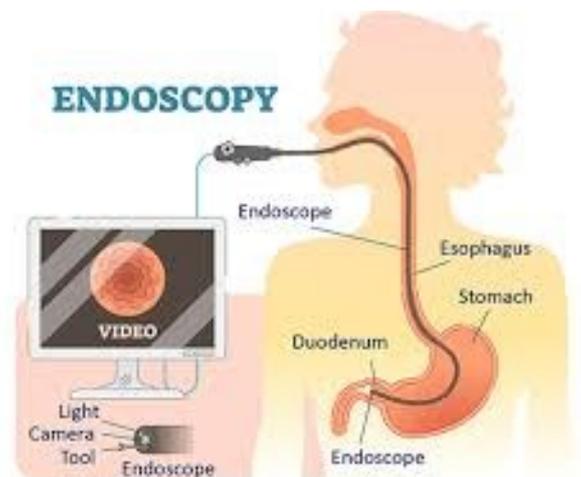
Approximately seven minutes after swallowing it, the capsule dissolves in the stomach, and the sponge inside is released and then a nurse removes the sponge by pulling on a thread. On the way out the sponge collects cells from the oesophagus lining, so that the laboratory can check if there are any changes in the cells.



#### Endoscopy

This test is conducted at a specialist unit and involves passing a thin, flexible tube through the mouth or nose and down into your oesophagus, stomach, and the start of your small intestine.

It is usually carried out as an outpatient and takes less than fifteen minutes. The endoscopist will take small tissue samples (biopsies) for analysis in the laboratory. You can choose to have a local anaesthetic throat spray and/or a sedative. The endoscopist can guide you in this decision. The procedure is not painful, but it may be uncomfortable at times.



I can confirm that I had one of these when I was diagnosed with my Hiatus Hernia.

#### Barium Meal

An alternative to a gastroscopy is a Barium Meal. This involves drinking some Barium liquid which is a thick, white, chalky, and opaque liquid, often described as similar to a thin milkshake. This will show up in your Oesophagus, Stomach, and the first part of the small intestine on X-Ray. It does give less information than an endoscopy but it is good at showing whether you have a Hiatus Hernia or whether your Oesophagus is narrowed for a reason. I had one of these too.

## HEALTH / ROUTINE

### Heartburn - Reflux: Symptoms, and how you can help.

Heartburn often appears worse after rich meals, citrus fruit juice, hot beverages, or alcohol. Occasionally, it can be felt deeply within the chest, almost within the back, although sometimes the burning feeling can reach all the way up the throat.

Some patients notice acid reflux when some of the contents of their stomach 'repeat' by coming back up the oesophagus as far as the throat or even the mouth. A few patients notice discomfort or pain as they swallow and some may experience frequent throat clearing, coughing and choking. It is quite common for these symptoms to be worse at night or when lying down.



For most people with the condition, heartburn and reflux is just a nuisance and little more than that.

However, in a few people, especially where there is severe inflammation of the oesophagus, there is a risk of complications. These can include internal bleeding and narrowing of the gullet. One in ten people with acid reflux have Barrett's Oesophagus.

It is time to see you doctor if:

- You have symptoms like food getting stuck in the oesophagus
- You are frequently being sick
- You have unintentional weight loss
- You have heartburn most days for three weeks or more
- You have difficulty or pain when swallowing food
- You have heartburn, indigestion, hiccups, or an unpleasant taste in your mouth for three weeks or more.

#### Lifestyle Changes That Can Help

- **Alcohol:** Do check your alcohol intake and reduce if needed to within healthy guidelines. If you do have a large intake it might be better to discuss this with your GP before reducing it. The healthy advice from the NHS is not to have in-excess of 14 units a week with several alcohol free days during the week
- **Smoking:** The healthiest thing you can do to your body is NOT smoke. I admit it is a bug bear of mine. Nowadays, there are a number of different methods to use and stopping can have other significant benefits too. Please, if you smoke, STOP!
- **Food:** Some foods are more likely than others to trigger reflux symptoms so you may find it helpful to look at how you eat as well as what you eat. Avoid late night, high fat meals so you do not go to bed with a full stomach. Eat your main evening meal three hours before going to bed. Propping up your head when you sleep can also alleviate symptoms. Reduce intake of fizzy drinks. People can find spicy food, food higher in fats and tomato, are more likely to trigger symptoms. But there is no one approach to diet for reflux.
- **Weight:** Being overweight puts additional pressure on your stomach making reflux episodes more likely. Review your weight, as excess body weight can create upward pressure from the stomach. If you are overweight (and I am) taking steps to reduce your weight can be helpful. If you need to, you can speak to your local GP as there will probably be local services and opportunities open to you. Symptoms can be quite personal, and what works for one person will differ from another.

## HEALTH / ROUTINE

### Group One Carcinogens

A Group 1 carcinogen is an agent, mixture, or exposure circumstance classified by the “International Agency for Research on Cancer (IARC), part of the World Health Organisation, as "carcinogenic to humans". This classification indicates that there is sufficient, convincing evidence from epidemiological studies that the exposure causes cancer in humans. Not in theory, but in reality.

Few people realise that “alcohol” is now officially classified as a Group 1 Carcinogen, placing it in the same high-risk category as “Arsenic”, “Asbestos”, “Processed Meat”, and “Tobacco Smoke”. It should be pointed out that being in the same category does not mean they are equally potent. For instance, processed meat is classified in the same group as smoking, but they are not equally dangerous.

Putting alcohol in with these others means there is conclusive scientific evidence linking alcohol to Cancer in humans, with no “safe” level of consumption.



Alcohol has been linked to at least seven types of Cancer, including Breast, Liver, Mouth, Throat, Oesophagus, Colon, and Rectum. It damages cells directly, and also acts as a solvent, allowing other carcinogens to penetrate more deeply into tissues.

Even moderate drinking, just a few glasses a week, can increase your risk (sorry to put a dampener on anyone reading this who likes a tippie - although I also know many who read this who do not drink at all). Binge drinking especially intensifies the damage. The idea that certain types of alcohol (you often hear that Red Wine is suggested to be good for you) are “healthier” is outdated. The risk comes from the “ethanol” itself, the core component in all alcoholic beverages.

I am not trying to scare anyone, but this is about facts. Knowing details means that adults can make more informed choices. No one is saying you have to quit to protect yourself, but awareness can guide smarter and safer habits.

This obviously goes for the other Group 1 Carcinogens. Smoking, Solar Radiation (our skin being sunburnt), Processed Meats, Asbestos, etc. It is up to us to look after our bodies.

Your body deals with these threats through a multi-layered, often imperfect defence system that attempts to neutralise, repair, or eliminate the damage. The liver works to metabolise harmful chemicals into less toxic, water-soluble substances that can be excreted. The skin, mucous membranes, and immune cells in the gut attempt to block or destroy carcinogens before they enter cells.

When carcinogens (like benzene or UV rays) damage cellular DNA, the body’s repair enzymes act quickly to mend the damage. If the DNA damage is too severe, the body triggers "programmed cell death" (apoptosis), forcing the damaged cell to destroy itself, which prevents it from becoming cancerous. White blood cells, particularly T-cells, act as surveillance, identifying cells that are acting abnormally due to carcinogen exposure and attacking them.

## Laughter is the Best Medicine

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

A man loses three fingers in a work accident.  
At the hospital he asks the Doctor,  
"Will I be able to drive with this hand?"  
The Doctor replies,  
"maybe, but I wouldn't count on it."

In medical news,  
scientists have  
announced they have  
found a new strain of  
head lice that not only  
is resistant to all known  
traditional treatments,  
but also seem to be able  
to fight off a comb  
going through the hair  
to remove them.

It has left experts  
scratching their heads.



My granddaughter asked me  
where poo came from.  
I said, "well, you have just had  
some breakfast. It goes into  
your mouth, then your  
tummy. Our body removes the  
good stuff and what is left  
goes to your bottom, and then  
comes out as poo. Ok?"  
She looked a little confused  
and stared at me.  
Then she asked:  
"And what about Tigger?"

Was in the shoe shop. I said to the lady the  
shoe fit was a bit tight. She said to try it  
with the tongue out. I said "It'th nho  
ghood, ittyh thill thoo thight."

Dave is on holiday in the USA touring in Nevada and stops at a remote bar. In the corner he spots a Red Indian in full tribal dress. The barman tells Dave: "that's the memory man. He knows everything. Go and try him out."

Dave goes over and says: "I'm told you know everything. So who won the 1965 FA Cup Final?" "Liverpool," came the reply. Dave was stunned. "Who did they beat?" he asked. "Leeds," said the man. "And the score?" asked Dave. "2-1". "Who scored the winning goal?" asked Dave. "Ian St John." Dave is amazed. He leaves the bar, finishes his holiday and heads home to Liverpool.

Three years later, Dave hears that the Red Indian Memory Man is touring Europe and is in Liverpool that day. He goes down to the venue, and is amazed to see the same guy seated at a table, in full tribal headdress, taking questions. He goes up and politely addresses the Indian in his native tongue. "How," Dave says. "Diving header in the six-yard box" came the reply.

## NUTRITION: Lazza's Kitchen Adventure

### Beef & Stout Cobbler

**Lazza has been trying out new recipes for over four years  
His first time making: Beef & Stout Cobbler from scratch**

#### **Ingredients**

750g Beef Diced: 500ml Stout  
2 x Onions chopped: Beef Gravy  
Baby Carrots halved: Beef Stock  
Chestnut Mushrooms chopped:  
2 tablespoon Plain Flour  
Tomato Puree: Olive Oil  
Parsley, Basil, Thyme, Bay Leaves:  
400g Self-Raising Flour: 200g Cheddar  
200ml Milk:: 100g Unsalted Butter  
1/4 teaspoon Baking Powder: 1 x Egg

**Stout is used in cooking to add deep, roasted, and caramel-like flavours to dishes, acting as a rich, savoury, or sweet component in stews, glazes, and baking. Due to its roasted malt, cocoa, and coffee notes, it enhances beef stews, provides a glossy glaze for meat, and brings complexity to chocolate desserts.**  
**Guinness began transitioning from brewing ales with the first Single and Double Stout branded beers emerging in the 1840s.**  
**I used Guinness in my dish, but others are fine.**

Heat the oven to 160C/140C fan/gas 3. Heat the oil in flameproof casserole dish over a high heat and brown the beef on all sides. Set aside on a plate. Brown the onions and carrots for 6-8 mins, then scatter in the flour and stir. Return the beef and any resting juices to the casserole, add mushrooms and tomato puree, and stir well. Pour in the stout and add the gravy and stock cube mixed in a little water. Season with salt, pepper and the sugar. Add the herbs into the stew (plus salt and black pepper) and bring to a simmer. Cover and cook in the oven for 2 hrs 15 mins-2 hrs 30 mins, or until the meat is tender. Remove from the oven and turn up the heat to 220C/200C fan/gas 7. While the beef cooks, make the topping. Warm the milk, then set aside. Tip the flours, baking powder, butter and a large pinch of salt into a bowl and rub together using your fingers, Mix in the cheese. Stir in the warmed milk until a dough forms, then tip out onto lightly floured surface and pat out into a 2cm thickness. Stamp out scones. Get the casserole dish and add your scones tops. Brush over with egg. Cook for further 15-20 mins till the cobbler is done. Remove from oven, and enjoy. I had mine with vegetables.



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

## 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 **P**:

*(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/](http://www.ageuk.org.uk/islington/) Or Call: 020 7281 6018: HMHB are doing some course events with Age UK, and look forward to more collaboration.

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

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

HMHB have ran some very successful Ajani courses with their users over the last few years. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, and 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](mailto: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](http://www.healthygenerations.org.uk)**

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

## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 2



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](http://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](mailto:connect@helponyourdoorstep.com)

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

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

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

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



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

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

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



HMHB have had a working relationship with VAI for over 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](http://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

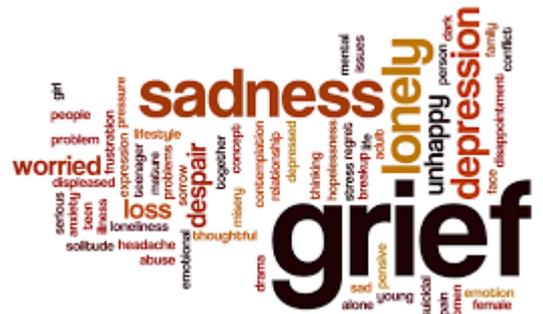
- Round One: 1 Bamb / Drac 2 Desd / Puck 3 Fred / Bob  
 Round Two: 1, 15: 2, 443: 3, 118: 4, 1373: 5, 32 houses, 12 hotels  
 Round Three: 1, 1963: 2, 1931: 3, 1975: 4, 1902. 5, 1982.  
 Round Four: All Middle Names of some UK Prime Ministers going back 50 years.  
 Round Five: 1 WTG: 2 Brisbane: 3 Northern: 4 Major:  
 Round Six: 1 Florence: 2 The Hague: 3 Giza: 4 Paris: 5 Rome



# Review for this month's Challenges and Targets

## Mind-set:

In this issue, after seeing a terrific play around the subject, we took a look at Grief. Grief is the natural, emotional, and physical response to losing someone or something important, encompassing intense feelings like sadness, anger, shock, and numbness. It is not an illness to be cured, but a personal process without a set timeline. It is nothing we can be taught really, but pointers can be given that can help people overcome this very personal emotion. If you ever need help with Grief, or know someone who does, do chat to your local medical practice.



## Nutrition.

Although small, regular nut consumption can reduce the risk of cardiovascular disease by up to 21% and coronary heart disease mortality by 25%. They help lower "bad" LDL cholesterol and triglycerides while maintaining or increasing "good" HDL cholesterol. Stick to a small handful of mixed nuts a day to avoid a large calorie intake. Walnuts, rich in omega-3 fatty acids, are specifically linked to improved brain function and a lower risk of dementia. Nuts also act as prebiotics, feeding beneficial gut bacteria and supporting healthy digestion.



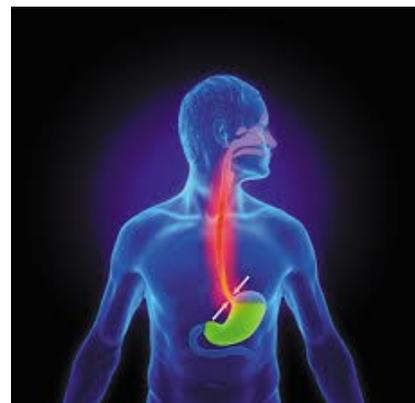
## Exercise.



Doing a fitness workout is essential for maintaining long-term health, reducing the risk of chronic diseases (like heart disease, stroke, and type 2 diabetes) by up to 30-35%, managing weight, and improving mental well-being. It works the whole body, not just concentrating on legs, or arms. Regular exercise strengthens muscles and bones, improves cardiovascular efficiency, boosts energy, enhances sleep quality, and supports functional independence as you age. Choose exercises that push you, but also do arms, legs, core, and cardio.

## Health.

Heartburn is painful because it involves harsh stomach acid (hydrochloric acid) burning the delicate, unprotected lining of the oesophagus, causing inflammation known as oesophagitis. Unlike the stomach, the oesophagus lacks a protective mucus lining, making it highly susceptible to pain, irritation, and potential damage from acid reflux. You can influence this by staying away from alcohol, smoking, spicy food, fizzy drinks, if you are susceptible, but if it becomes a problem seek medical advice.



**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

**TELEVISION:** The shows with those famous Catchphrases, plus year first aired.

1. 1989: The Simpsons
2. 1981: Only Fools And Horses
3. 1968: Hawaii Five-O
4. 2004: The Catherine Tate Show
5. 1963: The Dick Emery Show
6. 1963: Doctor Who
7. 1977: The Incredible Hulk
8. 1968: Dad's Army
9. 1962: Steptoe & Son
10. 1983: Blackadder
11. 1972: Mastermind
12. 1966: Star Trek
13. 1962: University Challenge

**BOOKS:** The author's name of those famous books, plus the year it was published?

1. 1925: F. Scott Fitzgerald
2. 1951: J. D. Salinger
3. 1939: John Steinback
4. 1982: Alice Walker
5. 1922: James Joyce
6. 1954: William Golding
7. 1949: George Orwell
8. 1955: Vladimir Nabokov
9. 1961: Joseph Heller
10. 1932: Aldous Huxley
11. 1945: George Orwell
12. 1926: A. A. Milne
13. 1897: H. G. Wells
14. 1936: Margaret Mitchell
15. 1962: Ken Kesey
16. 1900: L. Frank Baum
17. 1928: D. H. Lawrence

**MUSIC:** Those Songs with a Girl's Name in the title, plus the year first released?

1. 1970: Simon & Garfunkel
2. 1974: Barry Manilow
3. 1965: The Beatles
4. 1983: Michael Jackson
5. 1971: Derek & The Dominos
6. 1965: The Beach Boys
7. 1982: Dexys Midnight Runners
8. 1978: The Police
9. 1969: Neil Diamond
10. 1961: The Regents (BB was 1965)
11. 1973: Dolly Parton
12. 1957: The Everly Brothers
13. 1968: Tom Jones
14. 1966: The Beatles

**FILMS:** Top 20 Countries - film producing financially.

U.S.A: U.K: China: Japan  
France: Germany: Republic of Korea: India:  
Canada: Australia: Hong Kong: New Zealand  
Italy: Spain: Russian Federation: Belgium  
Mexico: Ireland: Netherlands: Sweden

QUIZ  
ANSWERS  
TIONS

**Musical Duo Surnames: Did you name them? - from Page 28 (how well did you do? Tough wasn't it?)**

- |                              |                             |
|------------------------------|-----------------------------|
| 1: Richie & Ross             | 2: Rogers & Parton          |
| 3: Sonny & Cher              | 4: Streisand & Summer       |
| 5: McCartney & Jackson       | 6: Franklin & Michael       |
| 7: Bailey & Collins          | 8: Newton-John and Travolta |
| 9: Sinatra & Sinatra         | 10: Dee & John              |
| 11: Franklin & Lennox        | 12: Mercury & Caballe       |
| 13: Minogue & Astley         | 14: Mel C & Adams           |
| 15: Britney Spears & Madonna |                             |

**SPORT:**

The 11 countries that have had teams win that competition:

Spain, Portugal  
Italy, Scotland  
England, Netherlands  
West Germany  
Romania, Yugoslavia  
France, Germany

# 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](mailto:hmhb2016@outlook.com)

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

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

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb](http://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](http://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



*Cripplegate Foundation Helping since 1500*



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

[Link to our Website](http://www.hmhb2016.org.uk)