

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 24

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st April 2024



www.hmhb2016.org.uk



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

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**"We do not have to become heroes overnight.
Just a step at a time, meeting each thing that comes up,
seeing it is not as dreadful as it appeared,
discovering we have the strength to stare it down." – Eleanor Roosevelt**

Welcome to Issue 24 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

For these packs to happen, there are so many people to thank. That includes Islington Council who print some copies to post to those who have no internet, 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!!!



**Our Lazza is looking good (maybe).
None are genuine - surprisingly!!!!
All are AI Computer generated / adjusted**



To celebrate becoming Islington Volunteer of the Year 2023 for "outstanding" delivery, I asked Dean to do some pictures. We have delivered across Islington and beyond. We get referrals to us from the NHS and other projects. Lots of outings, social events, terrific exercise sessions, new walks, and astonishing feedback for our courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

Have Scientists found the Fountain of Youth?

Scientists have found a way to reprogram T cells to fight aging. After using them to eliminate specific cells in mice, the scientists discovered they lived healthier lives and didn't develop aging-associated conditions like obesity and diabetes. Just one dose provided young mice with lifelong benefits and rejuvenated older mice.

Cold Spring Harbor Laboratory (CSHL - a private, non-profit institution in New York) Assistant Professor Corina Amor Vegas and colleagues have discovered that T cells can be reprogrammed to fight aging, so to speak. Given the right set of genetic modifications, these white blood cells can attack another group of cells known as senescent cells. These cells are thought to be responsible for many of the diseases we grapple with later in life.



Senescent cells are those that stop replicating. As we age, they build up in our bodies, resulting in harmful inflammation. While several drugs currently exist that can eliminate these cells, many must be taken repeatedly over time.

As an alternative, Amor Vegas and colleagues turned to a "living" drug called CAR (chimeric antigen receptor) T cells. They discovered CAR T cells could be manipulated to eliminate senescent cells in mice. As a result, the mice ended up living healthier lives. They had lower body weight, improved metabolism and glucose tolerance, and increased physical activity.

All benefits came without any tissue damage or toxicity.

"If we give it to aged mice, they rejuvenate. If we give it to young mice, they age slower. No other therapy right now can do this," says Amor Vegas.

Perhaps the greatest power of CAR T cells is their longevity. The team found that just one dose at a young age can have lifelong effects. That single treatment can protect against conditions that commonly occur later in life, like obesity and diabetes.

"T cells have the ability to develop memory and persist in your body for really long periods, which is very different from a chemical drug," explains Amor Vegas.

"With CAR T cells, you have the potential of getting this one treatment, and then that's it. For chronic pathologies, that's a huge advantage. Think about patients who need treatment multiple times per day versus you get an infusion, and then you're good to go for multiple years."

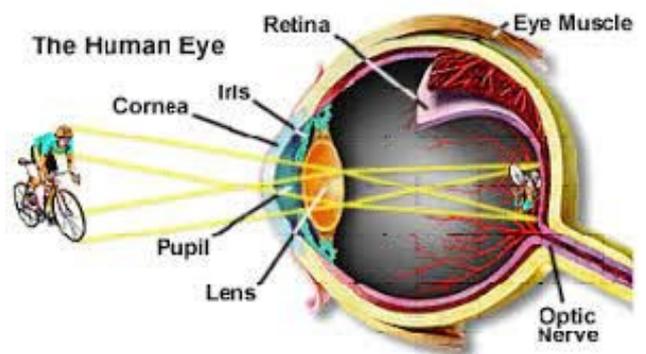
CAR T cells have been used to treat a variety of blood cancers, receiving FDA approval for this purpose in 2017. But Amor Vegas is one of the first scientists to show that CAR T cells' medical potential goes even further than cancer. Amor Vegas' lab is now investigating whether CAR T cells let mice live not only healthier but also longer. If so, society will be one mouse step closer to the coveted fountain of youth.

HEALTH NEWS AND RESEARCH PAGE: Why do we see colours that dogs cannot see?

With human retinas grown in a petri dish, researchers discovered how an offshoot of vitamin A generates the specialised cells that enable people to see millions of colours, an ability that dogs, cats, and other mammals do not possess. The findings increase understanding of colour blindness, age-related vision loss, and other diseases linked to photoreceptor cells. They also demonstrate how genes instruct the human retina to make specific colour-sensing cells, a process scientists thought was controlled by thyroid hormones.

"These retinal organoids allowed us for the first time to study this very human-specific trait," said author Robert Johnston, an associate professor of biology at John Hopkins University, Baltimore, Maryland, USA. "It's a huge question about what makes us human, what makes us different."

The findings, published in *"PLOS Biology"*, increase understanding of colour blindness, age-related vision loss, and other diseases linked to photoreceptor cells. They also demonstrate how genes instruct the human retina to make specific colour-sensing cells, a process scientists thought was controlled by thyroid hormones.



By tweaking the cellular properties of the organoids, the research team found that a molecule called "Retinoic Acid" determines whether a cone will specialise in sensing red or green light. Only humans with normal vision and closely related primates develop the red sensor. Scientists for decades thought red cones formed through a coin toss mechanism where the cells haphazardly commit to sensing green or red wavelengths, and research from Johnston's team recently hinted that the process could be controlled by thyroid hormone levels.

Instead, the new research suggests red cones materialise through a specific sequence of events orchestrated by retinoic acid within the eye.

The team found that high levels of retinoic acid in early development of the organoids correlated with higher ratios of green cones. Similarly, low levels of the acid changed the retina's genetic instructions and generated red cones later in development.

"There still might be some randomness to it, but our big finding is that you make retinoic acid early in development," Johnston said. "This timing really matters for learning and understanding how these cone cells are made."

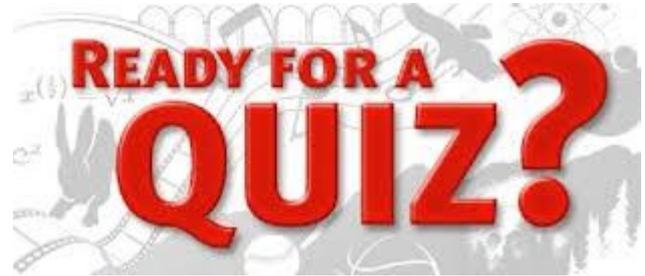
Green and red cone cells are remarkably similar except for a protein called "Opsin", which detects light and tells the brain what colours people see. Different opsins determine whether a cone will become a green or a red sensor, though the genes of each sensor remain 96% identical. With a breakthrough technique that spotted those subtle genetic differences in the organoids, the team tracked cone ratio changes over 200 days.

"Because we can control in organoids the population of green and red cells, we can kind of push the pool to be more green or more red," said author Sarah Hadyniak, who conducted the research as a doctoral student in Johnston's lab and is now at Duke University, North Carolina.

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

The World:

Can you name the 20 smallest European countries by land size? Yep, the smallest. This should get you thinking. It's meant to be tough.



Sport: These people scored a goal in a World Cup Final? Which team and year?

1. Wolfgang Weber
2. Mario Kempes
3. Antoine Griezmann
4. Lionel Messi
5. Emmanuel Petit
6. Carlos Alberto
7. Marco Tardelli
8. Ronaldo
9. Andres Iniesta
10. Ferenc Puskas
11. Gerd Muller
12. Kylian Mbappe
13. Martin Peters

Music: Who directed these Oscar nominated films, and what year were they released?

1. Lawrence of Arabia
2. 2001: A Space Odyssey
3. Apocalypse Now
4. Crouching Tiger, Hidden Dragon
5. Once Upon A Time In Hollywood
6. Dunkirk
7. Gangs of New York
8. Gladiator
9. Rear Window
10. Dr. Strangelove
11. It's A Wonderful Life
12. Slumdog Millionaire
13. Belfast
14. Schindler's List
15. Forrest Gump
16. Star Wars
17. The Greatest Show On Earth

Places: Who originally sang these songs with a colour in the title and what year was it released?

1. Back to Black
2. Red Red Wine
3. Lady In Red
4. True Blue
5. Mr Blue Sky
6. Gold
7. White Lines
8. Fade To Grey
9. Brown Girl In The Ring
10. Brown Sugar
11. Tie A Yellow Ribbon
12. White Wedding
13. Nights In White Satin
14. Goldfinger



Entertainment:

According to Fun.com, what are the top 15 best-selling Board games of all time.

It's meant to get you thinking.

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

HMHB Activity: Photos and Events from March 2024



In 2023, HMHB delivered 101 Health Walks.
Isn't that extraordinary.
Here we are at the start of the month in Clissold Park,
as part of our weekly Thursday walk.
An eclectic mix of ages, races, abilities, sexualities,
genders, and so on. All are welcome.
We are adapting too. We have a two week cycle.
1 - Visit the 2nd Chance Café:
2 - Bring own drink/nibble with a health conversation.
Do join us on our walks - Mon, Wed, Thurs

We took a group of twenty to the new viewing platform over London - Horizon 22.

It's nearly at the top of the new Bishopsgate building close to Liverpool Street.

We had an amazing view over London. It is the highest FREE viewing platform, and boy did it deliver some spectacular views.



We had a great time picking out various landmarks around the city. We could see Wembley Stadium, Alexandra Palace, both the Arsenal and Tottenham stadiums, as well as round to Canary Wharf and beyond, Truly amazing stuff.

It's 58 floors up, and we zoomed up in a fast lift which made my ears pop. There are some seats and a café, so you can sit down, which was a welcome choice for some of our users.

Do book it and take in the view!!!



We had an online Teams meeting in March with the DWP in five London boroughs, as we want to run our Ajani course with their users in Job Centres.

We have very successfully worked in two London boroughs already - Islington and Camden. We now want to continue in them, and add Haringey, Hackney and Barnet to that list.

The meeting was constructive and we have lots of discussions ahead. We also need to get the funding in place, but it felt very positive.



jobcentreplus

HMHB Activity: Photos and Events from March 2024



We continue to visit the inspiring Second Chance Café attached to St Marys Church, Stoke Newington Church Street. Taking discarded food and turning it into tasty soup and crumble, they provide a fabulous service in the local community. People bring in cakes, and they provide coffee and teas. Here we are with some of their volunteers and staff. Thank you guys so much.

With thanks to our resident photographer Justin, here we are on a Thursday night bamboozling and bewildering and befuddling our users with impossible questions on our quiz. Led my Professor Lazza, who gets more and more deceitful as the weeks progress, the quiz is unique as anyone can win. We have True or False rounds, numbers and dates rounds, and even rounds where imagination is used to come up with an answer. Do join us one Thursday. Laughter guaranteed.



We visited the fascinating London Museum Docklands last weekend, and we had a very interesting trip around the venue, situated close to West India Quay and Canary Wharf. It is well worth a visit, taking us through the history of the area, and touching on many subjects, including slavery and trade. Lots of wonderful objects to discover. Give it a look!

I am still trying to work out why I agreed to pose like this at the end of one of our Tuesday exercise sessions. As we do every month, we have to thank our partners Better Gyms for allowing us to use their premises, in both Highbury Leisure Centre on Tuesdays and Better Gyms on Saturdays, as we bring our group out to exercise. Having it indoors means we are not affected by the weather and we can guarantee the class will be on every week. We have people from 25 to 88 and they are always inspiring and motivating, especially as I am trying to lose weight at this time.



HMHB Activity: Photos and Events from March 2024

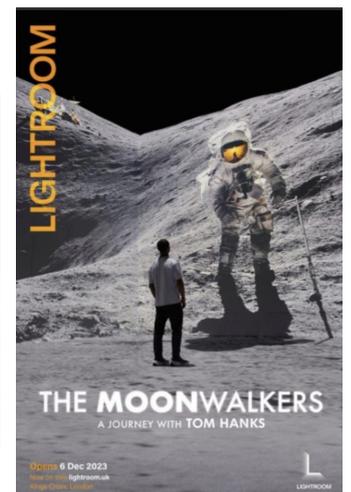
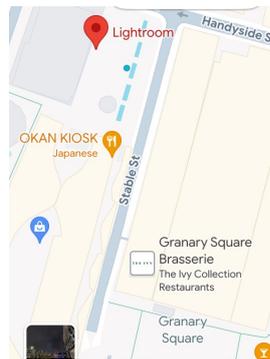
Our group had a wonderful treat towards the end of March when we went to see the enthralling and fascinating story of the Apollo Missions, via The Moonwalkers.

At the Lightroom, behind Kings Cross.

Tom Hanks narrated an epic experience that offers a unique new perspective on humankind's past and future voyages to the moon.

Telling the stories of the Apollo missions in intimate detail, The Moonwalkers also provides an insight into the impending return of crewed surface missions by going behind-the-scenes of the Artemis programme, including interviews between Hanks and Artemis astronauts. Artemis is returning humans to the moon in Nov 2025.

Lightroom's powerful projection and audio technology transformed the immense space into a vehicle for a spectacular immersive voyage to our closest celestial neighbour.



Lazza's weight loss Corner

31 January 2024: **I was 108kg.** 29 February: **I was 105kg.**

I've really had to overhaul myself the last month. It took a while. I can say that right up to the middle of the month I was still the same weight. I knew I wasn't really trying.

In these packs I talk a lot about how we need to give 100%.

So, getting together with one of our friends, Robin, who luckily also lives in my road,

I decided to overhaul my diet and get exercising even more.

I have been referred to a gym near Tottenham Court Road for a 12 week programme.

And on 31 March 2024: **I was 103.5kg.** Not the greatest, but still lower.

I have now lost 4.5kg - which is just under 10pounds. Will push on in April.

NUTRITION: Lazza's Kitchen Adventure Creamy Sausage, Bean, and Pepper Bake

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his first ever version of Sausage, Bean, and Pepper Bake from scratch

The Greek poet Homer mentioned a kind of blood sausage in the *Odyssey*, Epichamus wrote a comedy titled *The Sausage*, and Aristophanes' play *The Knights* is about a sausage vendor who is elected leader. Evidence suggests that sausages were already popular both among the Ancient Greeks and Romans and most likely with the various tribes occupying the larger part of Europe. The word "*Sausage*" was first used in English in the mid-15th century, spelled "*Sawsyge*".

Ingredients

Diced Onions
Chopped Garlic
3 Peppers chopped and diced
400g Kidney Bean tin
400g Tin Chopped Tomatoes
Chicken Stock
8 Pork Sausages
200g Cream Cheese
Paprika, Oregano, Italian Herbs
Salt and Pepper to season

First cook the sausages. I did mine in the oven, but you can pan fry. Doing in the oven means you can be preparing the rest of the meal without worrying about them.

In a casserole pot, in a little oil, cook the onion with garlic for around 5 minutes. Add in around 500ml of chicken stock. Keep heating and then add in the tins of kidney beans and tomatoes.

Let this come to a boil before starting to simmer. Add in the chopped peppers and the cream cheese, and stir in till the cheese is totally incorporated into the dish. Add paprika, oregano, mixed herbs, salt and pepper - to the amounts you like.

When the sausages are done, chop them into thirds or quarters, and add them into the casserole, and cook for a further 15 minutes. Then enjoy. Honestly - this dish was utterly delicious.



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

MIND-SET: How to get Inspired.

Inspiration is something that happens to you, rather than something you do, and trying to chase it is exhausting and frustrating. Although hitting roadblocks is a normal part of creative thinking, the process can demotivate you and make you feel like you'll never find new ideas. It's happened to me many times over the years creating and delivering HMHB.

While you can't force inspiration to strike, you can foster creativity and put yourself in situations that encourage ideas, build enthusiasm, and help you think outside the box.

get
inspired

The definition of inspiration is the process of finding new ideas. The very origin of the word, the Latin "Inspirare" ("to breathe or blow into"), carries the sense that you can't control or contain inspiration, like wind or air.

Inspiration connects to more creative concepts, like motivation, ambition, and artistry. When comparing motivation versus inspiration, think of them as an effect and a cause: motivation happens after you feel inspired and want to put your idea into action. Although inspiration can be hard to pin down, studies have shown that the human brain goes through a specific process when inspiration strikes.

They've found that inspiration comes from an interplay between two networks: the "Default Network" (the pattern of neurons that activates when you daydream or let your mind wander) and the "Executive Network" (the network that governs high-level conscious tasks).

Creative ideas come more easily when those two networks interact. This means that inspiration works both by focusing your attention and letting your imagination run wild.

Scientists also know that there are two types of triggers for inspiration: "Intrapsychic" and "Environmental".

Intrapsychic triggers are connections between two ideas that are already in your head. When chemist August Kekulé discovered the structure of the benzene ring (a chemical compound in crude oil) by dreaming about a snake that was eating its own tail, he was working with an intrapsychic trigger. The inspiration was already within him.

Environmental triggers are things you notice that connect with something you already know. The apple that hit Isaac Newton on the head (or at least landed nearby), and the traditional folktales that inspired Tchaikovsky to compose Swan Lake are examples of environmental triggers.

There's no tried-and-true way to find inspiration, but this background can help you be more strategic in your search. Try balancing passive attention (the default network) with active noticing (the executive network) and then looking for internal and external triggers.

MIND-SET: Find that Inspiration

Inspiration is notoriously elusive, so it's no wonder people chase after it in eccentric ways.

Did you know, Poet Friedrich Schiller kept rotten apples in his desk drawer and smelled them when he needed ideas. And writer Dame Edith Sitwell liked to lie inside an open coffin before getting down to work. Not sure that would get me going, but it worked for them.

Write things down.

I can personally vouch for this one. Nice to be able to show these things can work. I have been doing these Health Packs from Spring 2020. Originally they were weekly, and they ended up at 26 pages. It was really tough, but the best idea was to plan ahead. I remember, at one stage, I had over ten future packs all planned out. I knew what I was going to feature for our different sections, as well as the picture quiz topics. It definitely helped me find inspiration.



I still do it. These packs are 40 pages, and I will occasionally come across a subject that I think is interesting and I will make a note, or take a photo on my mobile. I do that for the weekly online quiz that I do too. I might come across something interesting that I can twist into a question.

Do the same yourselves. Make notes. These days I find things pop into and out of my head very quickly, and I wish sometimes I had made notes as I forget things.

Do new things

What we are trying to do is inspire you to go forward in your life. To challenge yourself to create a better healthier life. Well, if you keep doing the same things every day, in the same way, how will you grow? That's not to say you cannot enjoy what you are doing, and if that is getting you to your goals then that is terrific. But new experiences can inspire new development. Even a simple thing like reading a book, visiting a new location, listening to new music, going to see a film. All these things can awaken dreams in your brain.

How about, instead of working in your home, you visit a local coffee shop to plug in? As people know, I use my local Wetherspoons as my "office". Maybe even join a new group and meet new people. That can really get the creative juices flowing. This is all down to you. What do you want to do with your life? What direction do you want to go in? How do you enjoy life? All of that is your own responsibility - something we covered in the last pack. Make good choices.

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.

EXERCISE/FITNESS: STRETCHING

HMHB's PT Zombie with some leg stretches - 1

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

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

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

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

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

Let’s just do a few stretches. 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.

INNER THIGH STRETCH

Zombie is demonstrating two ways to do this stretch. You can either be sitting down, or crouching. You can always do this sitting on the floor. Do note his elbows are inside the knees, pressing out. Inner-thigh stretches are a great way to release tension and improve flexibility in your inner-thigh muscles, also known as the groin or “Adductors”. The adductor muscle group is a set of five muscles that bring your leg in toward the centre of your body



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.

LONG LEG INNER THIGH STRETCH

The good thing with stretches are they can be quite simple, and again Zombie demonstrates sitting down on a seat, or on the floor.

Do notice, his elbow is pushing down on top of the knee.

Inner thigh muscles play a vital role in stabilizing the pelvis and hip joints. Strong inner thigh muscles help maintain proper alignment for your legs and pelvis. Having strong inner thighs also enhances stability and balance during various activities and sports.



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

EXERCISE/FITNESS:

HMHB's PT Zombie with some leg stretches - 2

ABDUCTOR STRETCH

Again two options, if on a seat or the floor.
Zombie is stretching the outside of the leg.

Because of their location, these muscles play an important role in stabilising the pelvis when standing. This is also crucial for good back mechanics. It is important to note that tight hip abductors will adversely affect your low back function and your gait (i.e. your walking and running).



CALF STRETCH

No, that's not two Zombies, it's a mirror!! :-)
Look at the pose carefully. The front leg (left here) is lifted at the toe against the wall. The back leg is right up behind it, and then Zombie is leaning forward, pushing hip into the wall (keep front leg straight), to feel a lovely stretch on that lower calf. Change legs too.

Calf stretches allow you to stay strong and avoid pain or injury. This is why calf stretching plays such a critical role in your running routine. Aside from preventing injuries, it can enhance your mobility and flexibility.



QUADS AND HAMSTRINGS

Do put your hand against a wall to help you balance if you need to - we don't want people falling over.
This simple stretch shows Zombie lifting one leg up in front and holding the knee with the opposite hand.
Stretching the quadriceps muscles helps increase mobility, flexibility, and range of motion in the knee and hip joints. This helps reduce musculoskeletal pain.
Tight quadriceps can contribute pain in the knees as well as the hips and lower back.



**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 be happier?

Now, that's a title. How can I be happier? It's a good question. Happiness is something we are all, hopefully, striving for. Happiness means lower stress, and affects our whole day.

Of course, first of all, what is happiness to you? Happiness is defined differently depending on who you ask. Some people define happiness as a positive emotional experience. Others define happiness as having two parts called "Hedonia" (pleasure) and "Eudaimonia" (thriving). Outside of the scientific world, most of us define happiness as a mixture of positive emotional experiences and a deeper sense of meaning and purpose in life.



Although we often think happiness comes from the things that happen to us, science suggests that happiness largely comes from our brains. That's why changing the way we think can increase our happiness even if we make no changes to our lives.

For example, when we focus on positive words (by memorising them) it activates regions of your brain associated with these words. So if I think of the word "adventure," it will likely activate my memories of adventure and the positive emotions associated with adventure. I might think of holidays I have been on, places I have been to, and what I did when I was there.

This not only feels good in the moment, but it can also make it easier to generate these emotions and thoughts in the future. That's because when any region of the brain is activated, it gets stronger. So memorising or focusing on positive words can make positive concepts, memories, and feelings easier to access in your brain.

It turns out that regular people like us define happiness a bit differently than the scientists. Happiness is a bit more about the actions we take in our daily lives. Here are some of the most common examples of what people said their happiness is:

- Family, friends, and relationships
- Sun, nature, and being outdoors
- Doing things you enjoy
- Thought processes like gratitude and self-compassion
- Exercise
- Financial security and safety
- Purposeful work
- Accomplishing, creating, or achieving something



**“It’s not about being happy all the time,
or being sure of all your choices.
It’s about knowing that life is precious,
even when it’s tough.”**

MIND-SET:

How can I be Happier? 2

Connect With People

Ultimately, the human experience is about connecting with other people. Connection is what provides value and meaning to our lives. We're wired for it and research proves just that.

For example, people with strong social ties were found to be healthier and have a lower risk of death. Additionally, it was found that as age increases, the people with stronger social ties tend to live longer. And it seems that friendships can even help you fight cancer.

The benefits of deep relationships extend to marriage as well. Being in a long-term relationship decreases the risk of depression, suicide, and substance abuse. And one study of almost 6000 people found that marriage led to increased longevity while never marrying was the strongest predictor of premature death.



It should be noted that they did say that having close friends was very closely linked to marriage. It's having people around you that you trust, talk with, socialise with, and connect with. So if you are single like me, please don't worry.

Therefore, connection and belonging are essential for a healthy and happy life. Whether it's friendship, marriage, or family — humans need close connections to be healthy. I think this is one of the reasons HMHB is so successful, We bring people together to experience life together.

Be Creative

There are many ways that creative hobbies can positively affect your wellbeing and happiness. One of the most noticeable effects is that taking part in a creative task can help you get into a state of flow. This happens when you're completely focused on a task, to the point where you think less about things that are worrying you. Being this absorbed can be rewarding and enjoyable, especially because you're more likely to get into a flow state if the task is challenging enough.



Several studies have shown that creative hobbies, such as art, writing and music, can reduce and even prevent stress, improving happiness. You may find that, after a stressful day, enjoying a hobby can help you de-stress and even give you an energy boost. Being creative may also reduce feelings of anxiety and depression, and can help us express or manage our emotions in a positive and productive way. Especially when those feelings are difficult to put into words.

Hobbies don't have to be done on your own, they can also be a way to socialise with others who share the same interest. If you enjoy reading, for example, you could join a book club; or if you like drawing or painting, you could join an art class. Group activities like these can be a great way to meet new people. And being socially connected also has a positive effect on our wellbeing.

NUTRITION: Lazza's Kitchen Adventure

Rote Grütze (Fruit Compote/Custard Dessert)

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Rote Grütze (fruit dessert) from scratch

Ingredients

I used two bags of mixed fruits frozen.
180ml Pomegranate Juice (can use other)
Vanilla Extract
Cinnamon
Golden Caster Sugar
2 tablespoon Cornflour
800ml Full Fat Milk;
5 Egg Yolks
100g Caster Sugar. Nutmeg
Mascarpone: Milk Chocolate

The pomegranate is native to a region from modern-day Iran to northern India. Pomegranates have been cultivated throughout the Middle East, India, and Mediterranean region for several millennia, and it is also cultivated in the Central Valley of California and in Arizona. Pomegranates may have been domesticated as early as the fifth millennium BC, as they were one of the first fruit trees to be domesticated in the eastern Mediterranean region. Pomegranates provide a source of essential nutrients, such as vitamin C and folate, as well as a number of antioxidant and anti-inflammatory plant compounds

Make the Compote: Put the frozen fruits into a pot with around 150ml of the Pomegranate juice (you can use Cranberry if you like). Heat up for around 15 minutes. Add the cinnamon and vanilla Extract, and a couple of tablespoons of the golden caster sugar.

Then pulp the fruit with a crusher.

With the remaining juice, mix that with the two tablespoon of cornflour, making sure the mixture is free of lumps.

Take the fruit off the heat and pour in the cornflour mix, and return to heat stirring constantly until it thickens. Take off the heat. Pour into a glass bowl. Leave to cool, and then cool even more in the fridge. Pour into your ramekins when cold.

Make the custard. Boil the milk. Meanwhile, in a bowl, mix the egg yolks, caster sugar, vanilla extract and pinch of nutmeg. When milk is boiled pour over this mixture, stirring well. Return to heat and continue to stir till thicken. Take off, leave to cool before pouring over the fruit.

Mix around 350g of Mascarpone with a bar of melted chocolate. Again leave to cool before spooning over the cold custard and fruit. Put in fridge overnight. And it is ready the next day. Delicious.



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

Why not try out some new recipes and foods yourself?

More on HMHB recipe pages: www.hmhb2016.org.uk

This was a great, and very tasty, dessert to prepare.

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

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

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

ROUND ONE: Multiple Choice

Only TWO of the choices are correct: which two are they?

They own an Island	A Cocktail named after them	Unusual Vegetables
Leonardo Di Caprio	Meryl Streep	Sunchoke
Mel Gibson	David Bowie	Brassicale
Robert Downey Jr	Agatha Christie	Seakale
Samuel L Jackson	Joan Collins	Bloodroot

ROUND TWO: Give Me a Number

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

The number of Transport For London bus routes operating as at 6 March 2024.

How old was Tutankhamun when he died?

How many teeth does an adult dog have?

In 2021, how many people travelled from Brixton to Oxford Circus (using Oyster) in the year?

In 2022, what was the estimated cost of the Elizabeth Line construction?

ROUND THREE: When Did That Happen

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

The first Oxford English Dictionary published.

St Paul's Cathedral opened to the people.

When did Bank Holidays start in the UK?

When was Elvis Presley born?

When was the Mars Bar launched?



ROUND FOUR: What specifically links these people?

Charlie Chaplin: Winston Churchill: David Tomlinson: Boy George: Harold Sakata:

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

- | | |
|-------------------------------|------------------------------------|
| 1. Largest City by Population | Brisbane: Melbourne: Perth |
| 2. Richest Football Club: | AC Milan: Inter Milan: Juventus |
| 3. Belgian Artist | E Degas: P Gauguin: R Magritte: |
| 4. Town in Devon | Combe Martin: Mousehole: Tintagel: |

ROUND SIX: Which Person is it?

1. First name of lady who played Pussy Galore in Goldfinger?
2. British Prime Minister when the Titanic sank?
3. Scored two goals in the 2023 FA Cup Final?
4. Leader of the Liberal Democrats (as at 6 March 2024)?
5. Has Guest Presented Have I Got News For You more than anyone else?



NUTRITION:

Can you eat yourself happy? (*thx to Psychology Today*)

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.

Can food make you happy? Of course, it can, especially in the short term. Admit it, that feeling after demolishing a creamy doughnut, or sausage and chips, can be uplifting. But these quickie bites may be our undoing. Poor diets mess with our gut, which, amazingly, can lead to depression and anxiety.

After some 50 years of noshing deliciously processed treats, depression is now the number-one cause of disability in the world. Yes, a poor diet can make us miserable, and play havoc with our mood and health.



It is completely unintuitive, but it turns out that many of our mental issues start in the gut. Not all depression is gut-oriented, of course. Life can totally overwhelm us at times and mess with our minds, and there can be strictly medical reasons for depression too. But we've known for centuries that gut problems can lead to mental anguish, psychosis, and anxiety.

Surprisingly, it is only with the 21st century that we have really understood the beneficial aspects of our gut microbes. They form a key part of the “Gut Brain Axis” (the collective term for all the channels of direct and indirect communication now known to exist between the brain and the intestinal tract), which is rapidly changing the way we look at how our emotions and behaviour are regulated.

You've heard of “Probiotics”, and perhaps “Prebiotics”, food for probiotics. But have you heard of “Psychobiotics”? Psychobiotics is a term used in preliminary research to refer to live bacteria that, when ingested in appropriate amounts, might confer a mental health benefit by affecting microbiota of the host organism.

Psychobiotics also include complex sugars (carbohydrates) called fibre. Beneficial bacteria simply love fibre. You know, that stuff we've been refining out of food for the last 50 years (which is why HMHB is always promoting “wholegrain”).

You should get at least 30 grams of fibre per day. But experts says just one in 20 of us can manage that. The rest are eating delicious white bread, soft cakes, and other fiber-free foods, starting with breakfast toast and moving on to late-night ice cream.

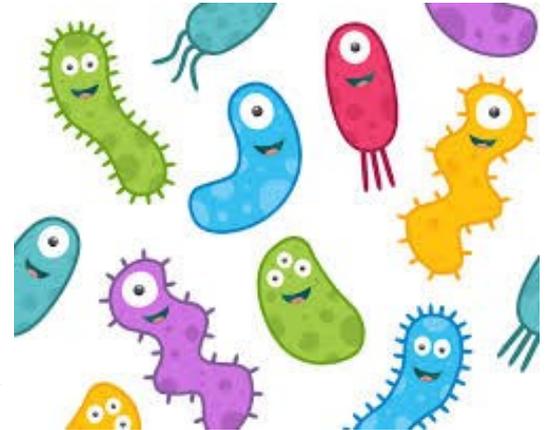
We eat like children, chomping the yummy treats and promising to eat some broccoli tomorrow. It's killing us. It's making us diabetic, overweight, anxious, and depressed. But it sure tastes good.

NUTRITION: Eating Yourself Happy

We all have around three pounds of microbes in our gut. I know, that does sound like a lot. Why do we tolerate this alien invasion? It's simple: We have no choice.

Microbes are going to follow the food, no matter what we do. We have, over the millennia, arrived at a truce. The good microbes will keep out the pathogens, and in return, we will feed them a continuous buffet.

The microbes in your gut act as the royal guards of immunity. Before your immune system knows that pathogens are even in the neighbourhood (in biology, a pathogen, in the oldest and broadest sense, is any organism or agent that can produce disease), your gut microbes are already fighting back. Most pathogens are destroyed quickly with no fuss, because you have one hundred trillion microbial bouncers in your gut, ready to deal with unlucky intruders.



But if you don't feed your guardian microbes properly, they won't be able to mount an effective counterattack. If pathogens are able to gain a foothold, they can disturb the lining of your gut. That lining is one cell thick, a ridiculously thin barrier against troublemakers.

Pathogens can burrow and dig into this lining, allowing toxins or bacteria to leak into your bloodstream. Your heart obligingly pumps those potential poisons to every organ in your body, including your brain.

Scientists now believe that almost all inflammatory diseases start in the gut, including diabetes, heart disease, arthritis, Parkinson's, Alzheimer's, and mental issues like depression and anxiety. Beneficial bacteria in your gut are therefore of utmost importance to your overall health and mood.

Psychobiotic bacteria even produce neurotransmitters like dopamine and serotonin, two popular targets of antidepressants. So, while those short-term fast foods can provide a jolt of joy, the long-term effect is a rotten set of microbes in your gut, unable to defend against the bad guys, and ineffective at lifting your mood.

How can we grow a healthy set of gut microbes?

Stop eating sugar. Sugary foods feed pathogenic bacteria. Sugar is added to so many processed foods, it can be hard to escape. So check those labels. Better yet, cook your own food so you know what you're eating. As you know from these packs, I cook four recipes a month that I have never cooked before. There is a joy about producing good tasty food.

Eat high-fibre veggies. These include foods like asparagus, leeks, artichokes, and garlic. The fibre in these foods will pass through your small intestines intact and make it to the colon to feed your healthy microbes. Grains are great if they are whole grains, and you can tolerate them. But refined grains are not much better than sugar.

Eat some fish. Omega-3 oils, found in fish like salmon, reduce inflammation and keep your body from going overboard and attacking your own tissues. If you're a vegetarian or vegan, look to foods like walnuts to get your omega-3.

**“Sorry, there’s no magic bullet.
You gotta eat healthy and live healthy to be healthy and look healthy.
End of story.”**

NUTRITION:

Probiotics and Prebiotics

Probiotics

You find these in the supermarket. I admit that I do buy them myself, and I know local hospitals dish them out.

Probiotics are live bacteria and yeasts promoted as having various health benefits. They're usually added to yoghurts or taken as food supplements, and are often described as "good" or "friendly" bacteria. They are thought to help restore the natural balance of bacteria in your gut (including your stomach and intestines) when it's been disrupted by an illness or treatment.



There's some evidence that probiotics may be helpful in some cases, such as helping to ease some symptoms of irritable bowel syndrome (IBS). But there's little evidence to support many health claims made about them. For example, there's no evidence to suggest that probiotics can help treat eczema. However, for most people, probiotics appear to be safe. If you want to try them, and you have a healthy immune system, they shouldn't cause any unpleasant side effects.

You may find a particular type of probiotic helps with one problem. But this doesn't mean it'll help other problems, or that other types of probiotic will work just as well. If you have an existing health condition or a weakened immune system, you should talk to a doctor before taking any probiotic supplements. (that goes for any supplements, naturally).

Prebiotics

Prebiotics are essential to a healthy microbiome. In simple terms, they're nutrients that get broken down by gut bacteria.

Bacteria in the large intestine ferment prebiotics. This releases byproducts called short-chain fatty acids. These byproducts act as energy sources for the cells lining the colon, called colonocytes, and benefit health in many other ways. Prebiotics also influence the makeup and function of gut bacteria, promoting the growth of beneficial microbes.

According to the International Scientific Association of Probiotics and Prebiotics, in order for a compound to be classified as a prebiotic, it should:

- resist stomach acid and digestive enzymes, plus should not be absorbed in the GI tract
- be able to be fermented by intestinal microbes
- stimulate the growth or activity of intestinal bacteria to improve health.

Foods that are high in prebiotic fibre include:

Legumes, Beans, Peas, Oats, Bananas, Berries, Artichokes, Asparagus, Garlic, Greens, Leeks, Onions.

One of the things your good gut bacteria do with prebiotic fibre is turn it into a short-chain fatty acid called "Butyrate". Studies suggest that butyrate production in the colon cannot be maintained without adequate intake of prebiotic fibre.

Sodium Butyrate is a dietary supplement that is used to improve digestive health, reduce inflammation, and support immune system function. It is often used to treat irritable bowel syndrome, Crohn's disease, and ulcerative colitis. It is also used to improve athletic performance and reduce fatigue.

Nutrition: HMHB looks at Minerals

Today: Selenium

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

In the context of nutrition, a mineral is a chemical element required as an essential nutrient by organisms to perform functions necessary for life. Nutrient minerals, being elements, cannot be synthesised biochemically by living organisms. Plants get minerals from soil, Most of the minerals in a human diet come from eating plants and animals or from drinking water.”

The four major structural elements in the human body by weight (“Oxygen”, “Carbon”, “Hydrogen”, Nitrogen”) are usually not included in lists of major nutrient minerals (Nitrogen is considered a "mineral" for plants, as it often is included in fertilisers). These four elements compose about 96% of the weight of the human body, and major minerals (“Macrominerals”) and minor minerals (also called “Trace Elements”) compose the remainder.

Selenium is a Micromineral. Microminerals are essential and indispensable trace minerals in the human body. However, only in a very small amount to participate in the body's operation.

Antioxidants are compounds in foods that prevent cell damage caused by free radicals. Free radicals are normal byproducts of processes like metabolism that are formed in your body daily. They often get a bad rap, but free radicals are essential for your health. They perform important functions, including protecting your body from disease.



However, things like smoking, alcohol use, and stress can cause an excess of free radicals. This leads to oxidative stress, which damages healthy cells. Oxidative stress has been linked to chronic conditions like heart disease, Alzheimer’s, and cancer, as well as premature aging and the risk of stroke.

Antioxidants like selenium help reduce oxidative stress by keeping free radical numbers in check. They work by neutralising excess free radicals and protecting cells from damage caused by oxidative stress.

Higher blood levels of selenium may protect against certain cancers, while supplementing with selenium may help improve quality of life in people undergoing radiation therapy. This has been attributed to selenium’s ability to reduce DNA damage and oxidative stress, boost your immune system, and destroy cancer cells. But only when getting Selenium from food, and not by supplements.

Experts say a diet rich in selenium may help prevent mental decline and improve memory loss in people with Alzheimer’s disease.

**Like all Minerals, these are Elements that are “essential for life”.
Your body can’t create them (they are inorganic). You have to get them through your diet.
Why not research Minerals this month, and what foods you need to consume?
It’s your body, and your choice.
Make sure your choices are the best ones you can make.**

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.

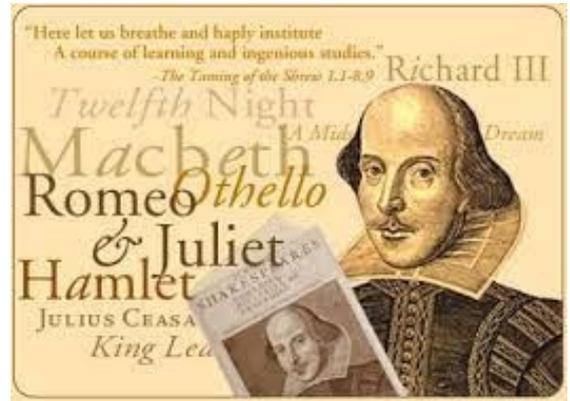
I never thought that in my mid-fifties I would grow a love for Shakespeare, but heading to the Globe with HMHB users for the last two years has been terrific.

Standing tickets for just £5pp!! Wow!!

We caught five plays in 2022, four in 2023, and have six plays lined up for 2024.

The staging at the Globe, by the Thames, is enthralling, and we feel as if we are part of the production.

I would recommend this to everyone.



Due to my needing to lose the weight (being tracked in these health packs) - as I have to do that for my Hiatus Hernia operation I require - I have been fortunate enough to have been referred to the YMCA Gym at Tottenham Court Road.

I started off at the end of February, and go every Tuesday evening, Wednesday afternoon, and can go any time I want on Fridays. Wish me luck!!!!



I think we all need to look at our own mental health. And, it is good to talk to others and share with others, especially when you are feeling good.

We tend to always associate mental health with negative connotations, and that is obviously common.

But, I have to say that due to going to the gym, eating better, losing some weight, and working hard with HMHB, my life feels quite good at the moment.

It is nice to be able to tell people that sometimes. :-)

Last Year - 2023 - Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

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

HMHB produced and delivered 10 forty-page Health Packs.

HMHB delivered 101 weekly health walks

HMHB delivered 84 weekly exercise sessions

HMHB delivered 30 weekly Zumba sessions outdoors

HMHB delivered or joined in with 58 social outings/events (many of which were FREE)

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

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

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

Please help us: www.justgiving.com/crowdfunding/hmhb2016



HMHB's Name Game Page:

Can you name these Lead Singers from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Taco Beef Pasta Bake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Taco Beef Pasta Bake from scratch

Red Leicester cheese was originally made on farms in Leicestershire, England, with surplus milk, once all the Stilton desired was made. It was originally coloured with carrot or beetroot juice. Since the 18th century, it has been coloured orange by the addition of "Annatto" extract during manufacture. It used to be called Leicestershire Cheese but came to be called Red Leicester. This was to distinguish it from "White Leicester," which was made to a national wartime recipe in the 1940s due to rationing.

Ingredients

2 x chopped onions. Garlic.: 750g Beef Mince
Tin Chopped Tomatoes (can add other toms)
Chopped mushrooms
Beef Stock - approx. 300ml
Grated Cheese (enough to top the dish)
I used Red Leicester and Cheddar
Tomato Puree: Sour Cream
250g Macaroni (approx.)
Paprika, Cumin, BBQ Season, Oregano, Parsley
Cayenne Pepper, Salt, Pepper

In a pot cook up the Macaroni as per instructions on the pack.
Meanwhile, in a large pot, in some butter/oil cook the onions and garlic.
Add the mince and brown nicely.
Make up the stock and pour in.
Add the tin of chopped tomatoes, and you can add some other chopped cherry/baby tomatoes too.
Add the mushrooms, and cook for around ten minute.

To make the Taco seasoning:

Mix 2 teaspoon Paprika, 2 teaspoon of Oregano, half teaspoon Cumin, teaspoon of BBQ, a pinch of Cayenne, and a good sprinkle of salt and black pepper. Then add that mix into the beef.
Squeeze a nice squirt of tomato puree. Drain the cooked Macaroni and add into the mix. Stir well.
Pour mixture into an oven proof dish, and sprinkle over a generous amount of cheese, plus some Parsley.
Cook at 190C for around 20 minutes, till bubbling and cheese melted.
Tasted absolutely delicious. I served mine with a little sour cream.



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

EXERCISE/FITNESS

Some fitness questions you might ask.

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

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

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

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

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

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

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

Be active, be safe, and go for it.

I'm struggling to get through workouts. What shall I do?

During your first few weeks of a new fitness routine, or even if you have been working for a while, there's a chance you might struggle to reach the end of a workout or you may need to take regular breaks. You know what, that's ok! The important thing is to keep persisting each day and your fitness will slowly build.



Although we at HMHB want you to challenge yourself, pushing yourself too hard can lead to burnout or injury, so know your limits and be patient as your strength and endurance increase. You'll be smashing your workouts in no time!

If you're struggling during your workouts, here are some ways to reduce the difficulty:

- Modify exercises where needed, such as completing push-ups on your knees instead of your toes. Our PT Zombie is always offering alternatives.
- Take longer breaks in between sets.
- Reduce the number of reps or decrease your weight load. When it feels easier, you can add more!

I'm feeling sore. What should I do?

If you're new to regular exercise, it's common to wake up feeling sore. If you hear people talking about "DOMS", this is what they are referring to - Delayed Onset Muscle Soreness.

This soreness is a result of the micro-tears to your muscle fibres which happen when you do a difficult workout or use different muscles. It's important to know you don't need sore muscles to know you challenged yourself - you can also see your progress by tracking your reps, weight load or the number of reps within a timeframe.

If you're feeling sore, take an active recovery day with some yoga or low intensity cardio, such as walking or cycling, and reduce the intensity of your workouts to allow your body to fully recover. HMHB know how good it can feel to just lie on the couch (it is nice), but some active recovery can really help to get the blood flowing to your muscles and reduce stiffness!

To support your recovery even more, focus on drinking plenty of water each day to rehydrate, and eating a healthy diet with plenty of fruits and vegetables to replenish your vitamins and minerals.

EXERCISE/FITNESS:

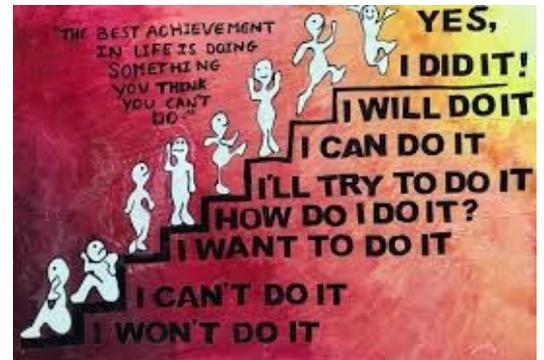
Exercise to improve your Mental Health

How can I stay motivated to workout?

That's a really good question, and one we all need to pay attention to.

It can be really exciting to start your new routine, but then that feeling wears off. That's normal and you're not alone. Your fitness journey will have highs and lows, and some days it will feel much harder to get moving. Here are some tips to keep you on track:

- Regularly set goals for yourself to have something to work towards, challenge yourself and keep yourself accountable.
- Focus on establishing a strong routine. When working out has become a habit, it'll be easier to block out excuses and show up even when you feel less motivated.
- Remind yourself of the benefits of exercise and how you will feel afterwards, or make a list of reasons personal to you about why you exercise.
- Find ways to hold yourself accountable, such as a fitness buddy, sharing about your journey on social media, or scheduling your workouts before the week begins. This is why I have put my weight loss journey back into these health packs. I am also trying to go out with others when I do exercise. Our groups definitely help.
- Choose a workout you enjoy - sticking to it will be so much easier!



Should I do Strength Training, Cardio, or both?

HMHB recommend a mixture of Cardio and Strength Training. Alternating between the two is a good way to find balance. Why both and not just one? Because you want to reap the benefits of each!

According to fitness experts, two to three strength-based workouts each week can result in significant health benefits, such as increased muscle mass, stronger bones, boosted metabolism, better posture, balance and joint flexibility. Research shows it also can boost your heart health and have a positive impact on your mental health.

Regularly increasing your heart rate and blood flow by adding cardio into your routine can also promote heart, brain, skin, and lung health, as well as improve your sleep and energy levels.

Do I need to lift weights?

Resistance training is how you increase your muscle mass, strength and overall health, but how you do it is up to you! Many women enjoy weight training with gym machines or free weights such as dumbbells, kettlebells or a barbell, while others prefer bodyweight exercises. But if you can find a way to get weights into your workout that can benefit you significantly.



They're exactly what they sound like: exercises performed using the weight of your body. These movements rely on your weight as resistance against gravity, rather than added weight in the form of free weights or gym machines. Examples include squats, lunges, press ups, etc.

EXERCISE/FITNESS:

Three Wall Exercises - with PT Zombie



Wall Squat

Stand with your back against a sturdy wall and walk your feet forward. Your feet should be shoulder-width apart. Slide down the wall until your thighs are parallel to the floor. Your knees should be over your ankles. Evenly distribute your weight and grip the floor with your feet to create a stable position. Your upper body and head should be resting against the wall. Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. Wall squats are an effective exercise for building strength in your glutes, hamstrings, and quadriceps, especially your inner thighs



Wall Press Up

While facing the wall, stand just over one arm's length away, feet shoulder width apart. Put the palms of both hands flat against the wall at shoulder height, level with your chest, approximately shoulder-width apart. Slowly bend your elbows while keeping them at your sides and lower your upper body towards the wall. Breathe in while you are lowering yourself. Push back to standing position. The push up is complete when you have completely returned to your starting position. Make sure that you do not lock your elbows once your arms are fully extended or you could injure yourself.



Wall Plank

Think about the press up starting position but you are using your forearms on the wall instead. Look at Zombie's positioning. See how straight his back is and the line running from shoulders all the way to his feet. Remember, training the plank is about developing your core, not just your abdominals. When you develop your core, it transfers strength through your whole body. Your core is your power, your centre, comprised of your abs, glutes, lower back, and obliques. It can even help you build strength in your shoulders, chest, upper back, and thighs.

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

EXERCISE/FITNESS:

Three More Crunch Variations - with PT Zombie



Wall Leg Kick

Standing with a slight twist, hands resting against the wall, kick the right leg out behind, and this will naturally twist the body slightly. Then bring the knee forward till it goes under the body before kicking back out again. The wall gives you real stability on this exercise.



This exercise really helps glutes - maximus, medius, minimus. Strong gluteals are important for proper pelvic alignment, propulsion during walking and running, and even standing on one leg. Gluteals also help support the lower back during lifting, and help prevent knee injuries.



Wall Leg Lifts

As you can see, Zombie has placed his back flush against the wall, as well as his hands.



With one leg he lifts it up higher in front (don't fully extend), before lowering, and continues to do that. It's a simple exercise, but one that works his hips and hamstrings. The hamstrings are mainly important for hip extension, as well as knee flexion.

They are really important for maintaining our torso position, as well as stabilising the knee joint.

Focusing on strengthening your hamstrings can really help to increase your speed, your change of direction, and your agility, as well as prevent injuries.



Wall Open Arm Chest

Another simple but effective wall exercise here.

Zombie has his back resting against the wall, with arms placed with side, hands up, with elbows bent.

Slowly he slides the hands up the wall till they are above his head, and then slides them back down. You can see when he lowers the arms how his chest is prominent.



Your chest includes some of the largest muscles in the upper body and you use the chest muscles all day long. For example, the chest muscles are needed to push open a door, wash your hair, or get up and down from the floor. It's important to keep these muscles strong for all your daily activities.

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.

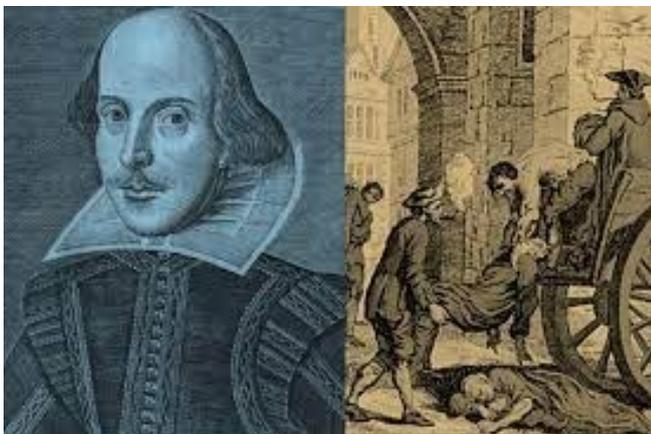
Backrub Google

Seemingly two quite separate words.

But, did you know, Google was originally called Backrub? They called it this because the program analysed the web's "back links" to understand how important a website was, and what other sites it related to. In 1997, a student called Anderson suggested the word "googolplex" during a brainstorming session. This was shortened to "googol." Googol is the digit 1 followed by 100 zeroes, while googolplex is 1 followed by a googol zeros.

They accidentally typed Google and it stuck.

That is the incredible Three Gorges Dam in China. National Aeronautics and Space Administration (NASA) scientists in 2005 calculated that the controversial Chinese dam is responsible for slowing the rotation of the earth. The dam's reservoir holds a massive 42 billion tonnes of water, causing the earth to lose a bit of momentum while rotating. As a result of the shift in mass, the length of a day is elongated by 0.06 microseconds. According to NASA, it makes the Earth slightly more round in the middle too.



You actually have something in common with William Shakespeare. Shakespeare also lived through and survived a pandemic, one of a number of waves of the bubonic plague. Very sadly, however, his son Hamnet died of the plague, aged just 11.

This affected William's writing and themes like disease, death, and grief ran through many of his plays.

Although no one knows for certain, it's likely that Shakespeare named his most tragic character, Hamlet, after his son.

That is not just any flower opposite. It's the Titan Arum. Titan arum is one of the smelliest plants on Earth. Nicknamed the "Corpse Flower", it has an incredibly foul smell of rotten flesh when in bloom. This nauseating odour is produced to attract pollinators that love to feed and breed on flesh. Titan arum only grows in the rainforests of Sumatra, but it is endangered in the wild due to deforestation and land degradation. You can find one at Kew Gardens where visitors hope to experience both the magnificent sight, and the disgusting stench.



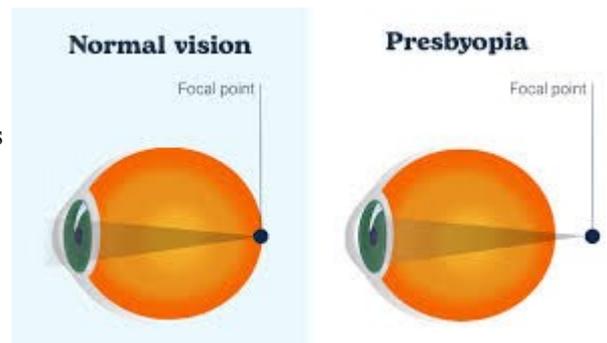
HEALTH / ROUTINE

Our Bodies Are Amazing - 1

Why does eyesight deteriorate?

As we get older, most of us will naturally begin to develop an eye condition known as “Presbyopia”. Presbyopia is the gradual loss of your eyes' ability to focus on objects up-close, which makes everyday tasks like reading or using your smartphone more difficult. Signs that your eyesight is getting worse due to presbyopia include holding objects further away to focus on them more easily, or experiencing blurry vision at a normal reading distance.

Presbyopia can begin to affect your vision around the age of 40, but there is help available to you to fit around your lifestyle. Often all you will need is a pair of prescription reading glasses, contact lenses, or some varifocal lenses to help you see at various distances. Varifocal lenses allow you to see at any distance, because they have different sections for viewing close up and far away and everything in between.



A bad diet, smoking, or excessive alcohol consumption may all affect your vision. Having overall good health can prevent your eyesight from getting worse sooner than it might. A healthy, balanced diet is key, as vitamins C and E, as well as omega-3, can all contribute to healthy vision. Also, getting enough sleep, regularly exercising and avoiding smoking can equally help prolong healthy eyesight and overall well-being.

Why do I get Cramp?

A muscle cramp is an uncontrollable and painful spasm of a muscle. Any muscle can be affected, but the muscles of the calf and foot are particularly prone. A cramp can last for varying periods of time and generally resolves by itself. Did you know, the exact cause of cramp is unknown but risk factors may include poor physical condition, mineral and electrolyte imbalances, and tight, inflexible muscles.

Cramps are usually harmless but may sometimes be symptomatic of an underlying medical disorder, such as “Atherosclerosis” (narrowing of the arteries). Regular cramping or severe cramping that lasts longer than a few minutes should always be investigated by your doctor.



Muscle tissue relies, in part, on a range of minerals, electrolytes and other chemicals in order to contract and relax. Some of these important substances include calcium, magnesium, potassium and sodium. Inadequate diet, dehydration, vomiting and diarrhoea are just some of the factors that are thought to disturb the body's balance of minerals and electrolytes, and make muscles more susceptible to cramping.

Most muscle cramps resolve after a few seconds or minutes. There has been very little research done to work out which treatment works best, but treatment options include:

- **Stretch and massage** – lengthen the cramping muscle using a gentle, sustained stretch then lightly massage the area until the cramp subsides
- **Ice pack** – an ice pack applied for a few minutes may help the muscle to relax.
- **Medication** – some medications can be helpful to control muscle cramps.

HEALTH / ROUTINE

Our Bodies Are Amazing - 2

What is Indigestion?

Most people have indigestion (“Dyspepsia”) at some point. Usually, it's not a sign of anything more serious.

You can have the following symptoms after eating or drinking:

- heartburn – a painful burning feeling in the chest, often after eating
- feeling full and bloated
- feeling sick
- burping and farting
- bringing up food or bitter-tasting fluids into your mouth



There are several things you can do.

- cut down on tea, coffee, cola or alcohol
- raise your head and shoulders up when in bed as this can stop stomach acid coming up while you sleep
- lose weight if you're overweight

Indigestion is often caused by acid from your stomach irritating your stomach lining or throat. This is called acid reflux. This can be caused or made worse by:

- certain food and drink – such as coffee, tomatoes, alcohol, chocolate and fatty or spicy foods
- being overweight
- smoking
- pregnancy
- stress and anxiety
- some medicines, including anti-inflammatory painkillers like Ibuprofen
- a Hiatus Hernia (which I have)– when part of your stomach moves up into your chest.

Why do I feel dizzy if I stand up quickly?

Occasional dizziness or light-headedness can be minor — triggered by mild dehydration, low blood sugar or overheating. Dizziness or light-headedness can also result from standing after sitting for a long time. If these symptoms happen only occasionally, there's likely no cause for concern.

When standing from a sitting or lying position, gravity causes blood to collect in the legs and belly. Blood pressure drops because there's less blood flowing back to the heart.

Usually, special cells (baroreceptors) near the heart and neck arteries sense this lower blood pressure. The baroreceptors send signals to the brain. This tells the heart to beat faster and pump more blood, which evens out blood pressure. These cells also narrow the blood vessels and increase blood pressure.

“Orthostatic hypotension” (this feeling of dizziness) occurs when something interrupts the body's process of dealing with the low blood pressure. That could be dehydration, heart problems, recent meals, and heart issues. As we said, it happens, and if it is only brief don't worry about it. But if it persists, do contact your local medical practice.

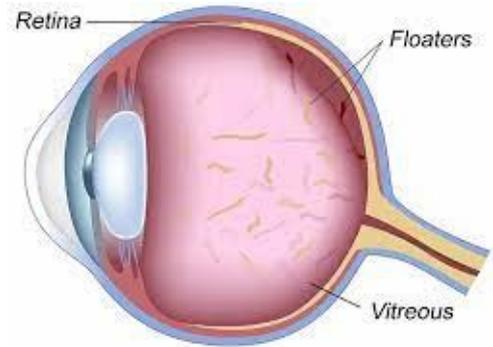
HEALTH / ROUTINE

Our Bodies Are Amazing - 3

What are the Black Floaters in my vision?

The vitreous is a jelly-like substance made primarily of water, collagen (a type of protein) and hyaluronan (a type of carbohydrate). The vitreous fills the space in your eye between the lens and retina and helps the eye maintain its round shape.

As you age, the vitreous changes. Over time, it liquifies and contracts — a process that causes it to pull away from the eyeball's inside surface. As the vitreous changes, collagen fibres within the vitreous form clumps and strings. These scattered pieces block some of the light passing through the eye. This casts tiny shadows on your retina that are seen as floaters.



Symptoms of eye floaters may include:

- Small shapes in your vision that appear as dark specks or knobby, transparent strings of floating material
- Spots that move when you move your eyes, so when you try to look at them, they move quickly out of your line of vision
- Spots that are most noticeable when you look at a plain bright background, such as a blue sky or a white wall
- Small shapes or strings that eventually settle down and drift out of the line of vision

Normally there is nothing to worry about. But if you have concerns, pop into an opticians.

Why do I Yawn?

This is a good question because scientists still do not know for sure why we do this, although there are many theories out there.

One obvious reason is air pressure. When changing elevation rapidly as in an airplane, you will both voluntarily (on purpose) yawn and also involuntarily (not on purpose) yawn to try and equalize pressures within your ear. This works and is an accepted reason for yawning.

Another indisputable cause of yawning is called social empathy. What this means in plain English is “suggestion.” If you see someone yawn, or if you read about yawning (like right now reading this column) some people will yawn. In fact psychologists have proven that the more empathetic you are, the more likely you are to yawn when someone else does. There has been fascinating research about the hierarchy of this suggestion. If you are very close to a person emotionally, you will yawn if they do. The rank order of this suggestion is family, friend, stranger. The closer one is to the person who yawns, the more likely one is to yawn as well.

Yawning clearly is associated with sleepiness and boredom. However, almost paradoxically, it is theorised that yawning is not a sign of sleepiness or boredom, but actually a reflex that your brain induces to wake you up or make you more alert. Yawning is associated with some hormones that are released that briefly increase the heart rate and alertness. So actually the reason that one yawns when tired or bored is the body’s attempt to keep you alert and awake — if only for a brief time. I suppose this is an evolutionary response related to a time where if one were asleep or inattentive something bad might happen to you!

HEALTH / ROUTINE

Our Bodies Are Amazing - 4

Why do I talk to myself in my head?

Some people may experience an internal dialogue more often while others may not experience one at all. Having an inner voice is not typically a cause for concern unless it is often self-critical.

Have you ever “heard” yourself talk in your head? If you have, then you’ve experienced a common phenomenon called an internal monologue. Also referred to as “internal dialogue,” “the voice inside your head,” or an “inner voice,” your internal monologue is the result of certain brain mechanisms that cause you to “hear” yourself talk in your head without actually speaking and forming sounds.



While an internal monologue is a common occurrence, not everyone experiences it. There’s a lot that researchers have yet to uncover about why some people frequently “hear” an inner voice, and what it means.

The ability to have an internal monologue is thought to develop during childhood in what’s called “private speech.” As children acquire language skills, they learn to engage in internal commentary as they work independently or take turns during an activity. Childhood inner voices can also come in the form of imaginary friends.

In adulthood, this same type of inner speech continues to support working memory along with other types of cognitive processes. It’s thought that internal monologue helps you complete everyday tasks, such as your job.

Still, not everyone experiences an inner voice. You might have inner thoughts, but this doesn’t pose the same type of inner speech where you can “hear” your voice expressing them.

How do Bones heal after breaking?

There are three stages of bone healing: the inflammatory, reparative, and remodelling stages.

The Inflammatory Stage

When a bone breaks, the body sends out signals for special cells to come to the injured area. Some of these special cells cause the injured area to become inflamed (red, swollen, and painful). This tells the body to stop using the injured part so it can heal. Other cells that come to the area during this stage form a “Hematoma” (blood clot) around the broken bone. This is the first bridge between the pieces of the broken bone.

The Reparative Stage

The reparative stage starts within about a week of the injury. A soft callus (a type of soft bone) replaces the blood clot that formed in the inflammatory stage. The callus holds the bone together, but isn't strong enough for the body part to be used. Over the next few weeks, the soft callus becomes harder. By about 2–6 weeks, this hard callus is strong enough for the body part to be used.

The Remodelling Stage

The remodelling stage starts around 6 weeks after the injury. In this stage, regular bone replaces the hard callus. If you saw an X-ray of the healing bone, it would look uneven. But over the next few months, the bone is reshaped so that it goes back to looking the way it did before the injury. Clever stuff!!

NUTRITION: Lazza's Kitchen Adventure

Garlic Mushroom, Cheese Omelette

A Brand NEW Recipe from Lazza's Kitchen.

This was Lazza's first ever Garlic Mushroom, Cheese Omelette from scratch

Alexandre Dumas discusses several variations of omelette in his "Grand dictionnaire de cuisine", published in 1873.

Dumas writes (of an Arabian Omelette) "I have been concerned in this book to give the recipes of peoples who have no true cuisine. Here, for example, is a recipe the Bey's cook was good enough to give me." The omelette itself is made with an Ostrich egg and served with a spicy tomato-pepper sauce.

Ingredients

4 Eggs
Splash of Milk
Garlic
Mushrooms
Cherry Tomatoes (cut into thirds)
Cheese (grated)
Salt and Pepper
Mixed Herbs, Oregano, Basil
Butter

I have obviously made omelettes before, so tried to think how I could do one differently for the health packs. So decided to make a new filling, and add herbs.

I started by cooking some sliced mushrooms in some oil and some butter, for taste.

I added a nice spoon of garlic.

I then added the chopped tomatoes in with the mushrooms, and cooked.

Meanwhile, I cracked open four eggs into a bowl.

I added in some milk and, using a fork, whipped up the mixture.

I added a nice splash of oregano, basil, and mixed herbs.

Seasoned with Salt and Pepper.

In a hot pan with melted butter I added the egg mixture. I gradually pulled in the edges using a spatula to get more of the liquid cooking, before adding the mushrooms, tomatoes, and the grated cheese on the top.

Again, I prodded and probed to get as much mixture cooked, before sliding onto a plate to eat.

I splashed mine with some Worcestershire sauce. A little twist on a normal omelette.



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

Why not try out some new recipes and foods yourself?

More on HMHB recipe pages: www.hmhb2016.org.uk

This was a great and very tasty dish to prepare.

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



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

Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: 020 7281 6018: HMHB are doing some course events with Age UK, and look forward to more collaboration.

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

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

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



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday morning session at Highbury Leisure Centre, and our Saturday morning session at the Sobell Centre. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

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

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

Email: Haringeywellbeingnetwork@mih.org.uk

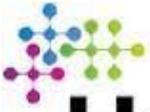


HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different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

www.healthygenerations.org.uk

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

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



Help on Your Doorstep

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

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

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

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

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

We keep in contact, send them our health packs, and are on their social media and beyond. www.walkwithadoc.org



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

Round One: 1 Leonardo / Mel 2 David / Joan 3 Sun / Sea
 Round Two: 1, 675: 2, 18: 3, 42: 4, 594486: 5, £18.9billion
 Round Three: 1, 1884: 2, 1710: 3, 1871: 4, 1935. 5, 1932.
 Round Four: They all wore Bowler Hats: DT in Mary Poppins, HS is Oddjob.
 Round Five: 1 Melbourne: 2 Juventus: 3 Magritte: 4 C Martin
 Round Six: 1 Honor: 2 Asquith: 3 Gundogan: 4 Ed Davey: 5: A Armstrong



Review of Challenges and Targets

Mind-set:

Inspiration can come from anywhere, but it is up to us to find it. And it is also up to us to find our own happiness.

At an odd time of our lives, following a crippling pandemic, and with a cost of living crisis too, we all need to be looking after our mental health. I saw a wonderful Disney animation the other day called "Soul" - where at the end the protagonist realised that even the simple things in life are amazing and we need to just enjoy every day. That's our responsibility. So are you looking to foster your own happiness? What inspires you?



Nutrition.

Food is obviously essential to keeping us alive, maintaining our metabolism, and giving us energy. But it also can affect our mood, and it is possible to affect your own happiness.

There are certain foods that put a smile on your face. Sadly, many of them are not as good for you, like cake, chips, desserts, etc. But it does not mean you can't have them in moderation. However, you need to improve your outlook with healthy food.

Do some research yourself. You may be surprised.



Exercise.



Some people are not comfortable using a mat, or sitting in a chair, to do exercise. Others may have difficulties with balance. That is where Wall exercises can help.

Wall exercises can boost your metabolism and increase your body's calorie burn. Because they engage multiple muscle groups, they require more energy than isolation exercises, making them an efficient way to burn calories and fat.

They are also nice and easy to do at home, which is good. You can fit some in around the adverts during a television programme. Try some for yourself.

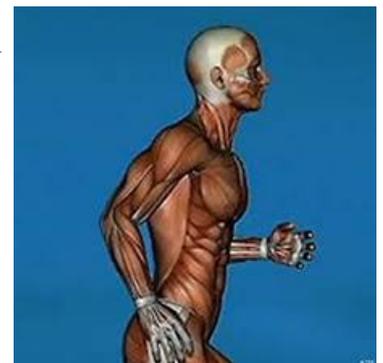
Health.

Our bodies are miraculous. We have repeated that many times over the last few years of these health packs.

In the last issue, we looked at a multitude of questions, looking at how our bodies work. I realised that there were lots more questions to ask, so I just copied the format and did the same in this pack.

It's funny how many things we do not know about our own bodies. How they function and what is happening.

Why not think about looking a few things up yourself?



**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 + Singers from Page 24

See if you can beat your family and friends

Sport: The team and year for those World Cup Final goal-scorers.

1. 1966: West Germany
2. 1978: Argentina
3. 2018: France
4. 2022: Argentina
5. 1998: France
6. 1970: Brazil
7. 1982: Italy
8. 2002: Brazil
9. 2010: Spain
10. 1954: Hungary
11. 1974: West Germany
12. 2022: France
13. 1966: England

Music: The year and Director for those Oscar nominated films.

1. 1962: David Lean
2. 1968: Stanley Kubrick
3. 1979: Francis Ford Coppola
4. 2001: Ang Lee
5. 2019: Quentin Tarantino
6. 2017: Christopher Nolan
7. 2003: Martin Scorsese
8. 2000: Ridley Scott
9. 1954: Alfred Hitchcock
10. 1964: Stanley Kubrick
11. 1946: Frank Capra
12. 2009: Danny Boyle
13. 2022: Kenneth Branagh
14. 1993: Steven Spielberg
15. 1994: Robert Zemeckis
16. 1977: George Lucas
17. 1952: Cecil B DeMille

Places: The year and singer for those songs with a colour in the title.

1. 2006: Amy Winehouse
2. 1983: UB40
3. 1986: Chris De Burgh
4. 1986: Madonna
5. 1977: Electric Light Orchestra (ELO)
6. 1983: Spandau Ballet
7. 1983: Grandmaster Flash & Furious 5
8. 1980: Visage
9. 1978: Boney M
10. 1971: The Rolling Stones
11. 1973: Tony Orlando & Dawn
12. 1982: Billy Idol
13. 1967: The Moody Blues
14. 1964: Shirley Bassey

The World:

The Top 20 Smallest European Countries.
Vatican City, Monaco, San Marino, Liechtenstein
Malta, Andorra, Luxembourg, Georgia
Azerbaijan, Cyprus, Kosovo, Montenegro
Slovenia, Turkey, North Macedonia, Albania
Armenia, Belgium, Moldova, Switzerland

QUIZ ANSWERS
QUESTIONS

Lead Singers: Did you name them? - from Page 24 (how well did you do?)

- | | |
|---------------------|----------------------|
| 1: Noddy Holder | 2: Holly Johnson |
| 3: Morten Harket | 4: Freddie Mercury |
| 5: Agnetha Faltskog | 6: Chris Martin |
| 7: Steven Tyler | 8: Tony Hadley |
| 9: Jim Kerr | 10: Sharleen Spiteri |
| 11: Michael Stipe | 12: Kevin Rowland |
| 13: Mark Almond | 14: Alison Moyet |
| 15: Adam Ant | |

Entertainment.

The top 15 Board Games:

Chess, Checkers (Draughts)
Monopoly, Scrabble,
Clue, Battleship,
Trivial Pursuit, Backgammon
Candy Land, Rummikub
The Game of Life
Othello, Pictionary
Catan, Risk

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

Check out our JustGiving: www.justgiving.com/crowdfunding/hmhb2016

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

HMHB: Official Nominee Team Islington Volunteer of the Year Awards 2021

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website