

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 49

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st June 2026



www.hmhb2016.org.uk



CONTENTS



**Our monthly health packs now contain a massive 50 pages.
To help you get through it, here is a list of contents for you. Something for everyone.
We want to encourage you, inspire you, and motivate you. :-)**

Page 3:	Introduction. And photos from our recent Saatchi Gallery Trip.
Page 4-5:	Health News: Recent Research and News
Page 6:	Lazza's Fiendish Quiz (it's tough, and meant to take some time).
Page 7-12:	HMHB - Our May 2026 events with photos: Plus, what's on in June 2026.
Page 13:	Lazza's Recipe: FirstTime Chicken & Mushroom Pie from scratch
Page 14-15:	Mind-set: How can I deal with Setbacks?
Page 16-17:	Exercise: Stretching: Some StandingYoga Stretches ForYou To Try
Page 18-19:	Mind-set: Have a Wellbeing Mindset
Page 20:	Lazza's Recipe: FirstTime Chocolate & Ginger Oat Cookies from scratch
Page 21:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 22-24:	Nutrition: Calories: Energy for your Body.
Page 25:	Nutrition: Superfoods: This month - Kale
Page 26:	Lazza's Page of Recommendations, News, Life.
Page 27:	Do You Know Your Body?: This month: Your Tongue.
Page 28:	Lazza's Photo Game Page: An Actress theme this month.
Page 29:	Lazza's Recipe: FirstTime Sausage and Red Lentil Casserole from scratch
Page 30:	HMHB recommends places to visit in London.
Page 31-32:	Exercise: Let's talk about Walking.
Page 33:	HMHB's Three Weekly Walks: Details and Posters: Hackney, Haringey, Islington.
Page 34-36:	Exercise: NINE Workout Exercises for 2026 (<i>thx to Spotebi.com</i>)
Page 37:	Lazza's Fascinating Facts to astound people around you.
Page 38:	Health: Common Health Problems: Macular Degeneration
Page 39:	Health: Common Health Problems: Cataracts
Page 40:	Health: Common Health Problems: Asthma
Page 41:	Health: Common Health Problems: Bleeding Gums
Page 42:	Lazza's Funny Joke Page (disclaimer: jokes may not be funny)
Page 43:	Lazza's Recipe: FirstTime Lazza's Rich Chocolate Dessert from scratch
Page 44:	Lazza's Letter Game Page - this week the letter "T"
Page 45-47:	Promoting some of our Partners: Plus fun quiz answers from Page 21
Page 48:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 49:	Tough Quiz answers from Page 6 and photo game page answers from Page 28.
Page 50:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



**“Wellness is the complete integration of body, mind, and spirit.
The realisation that everything we do, think, feel, and believe
has an effect on our state of well-being.”**

Welcome to Issue 49 of Healthy Minds, Healthy Bods’ New Monthly Health Packs.

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

We then went monthly for 7 issues.

Our current venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

Now an incredible 50 pages. HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

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

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

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

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



Here are some photos from our recent visit to the Saatchi Gallery.

The skill, patience, and artistry was really extraordinary.

HMHB has delivered across Islington and beyond.

HMHB get referrals from the NHS and other local projects.

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

HEALTH NEWS AND RESEARCH PAGE

Some recent health research that we find interesting.

New Cream to help with Vitiligo

The new cream, known as “Ruxolitinib”, will be offered to nearly 100,000 people aged 12 and over who have a form of the condition where white patches typically appear symmetrically on both sides of the face and body (non-segmental vitiligo). The treatment is applied twice daily to affected areas of the skin, with results usually checked after about 6 months, and will be offered where standard steroid creams have not worked or are not suitable, following a deal struck by the NHS.

Clinical trials showed the cream significantly improved facial re-pigmentation compared to a placebo, with many patients seeing at least a 75% return of skin colour to affected areas. While often not physically painful, for many people, vitiligo can be emotionally distressing – and when it affects the face, it can have a significant impact on people’s confidence, sense of identity and mental health.



Around 1 in 100 people in the UK live with vitiligo, an autoimmune disease in which the person’s immune system mistakenly attacks “Melanocytes” – the cells that produce melanin, the pigment that gives skin its colour. It can affect any area of the skin, but most commonly affects the face, neck and hands. In some people, it can appear or worsen due to factors including illness, stress or skin injury. Famously, Michael Jackson suffered from Vitiligo.

The treatment works by calming the immune response that causes colour to be lost, allowing skin tone to gradually return. Until now, options have been limited mostly to interventions that camouflage the condition or steroid creams that can thin and damage the skin if used long-term. Light therapy is also offered, but it requires repeated hospital visits and does not always produce lasting results.

Professor Meghana Pandit, National Medical Director at NHS England, said: “For many people, vitiligo isn’t just a change in skin colour – it can affect how they see themselves and how they feel every day, particularly when it involves the face. We also know the condition can have a particularly significant impact on people with darker skin tones, where changes in pigmentation are more visible. For the first time, we now have an approved treatment available on the NHS that can significantly restore skin colour rather than simply covering the condition up. While it won’t be right for everyone, for some people this could make a profound difference to how they feel about themselves.”

The cream had previously been rejected for NHS use in August 2025, but following a rapid review and complex negotiations, NHS England secured a deal with manufacturer Incyte to enable its approval today by the National Institute for Health and Care Excellence (NICE).

Abigail Hurrell, CEO of The Vitiligo Society said: “For more than 40 years, The Vitiligo Society has campaigned relentlessly for effective, evidence-based treatment options for people living with vitiligo. Today’s approval of ruxolitinib represents a historic milestone and the first time the NHS has recognised and funded a dedicated re-pigmentation treatment. This decision acknowledges the significant psychological, social and medical impact of vitiligo and marks a fundamental shift towards the equitable care our community has long deserved.”

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

Could Coral Reefs hold the future of some medicines?

An international team of scientists has uncovered new details about coral ecosystems, showing that each coral species hosts its own unique community of microbes. These findings reveal a previously unseen layer of diversity within coral reefs. The research, which included scientists from the University of Galway, found that coral reefs are home to a wide range of microbes that produce chemicals with strong potential for use in medicine and biotechnology. The study was published in a Publication called "Nature".

Often described as the rainforests of the sea, coral reefs support about one third of all visible marine life. They are vital biodiversity hotspots and provide important services such as supporting tourism and helping cycle nutrients in ocean ecosystems.

However, scientists now say much of their true diversity exists at a microscopic level. This hidden world, known as the microbiome, cannot be seen with the naked eye but plays a central role in reef health and function.



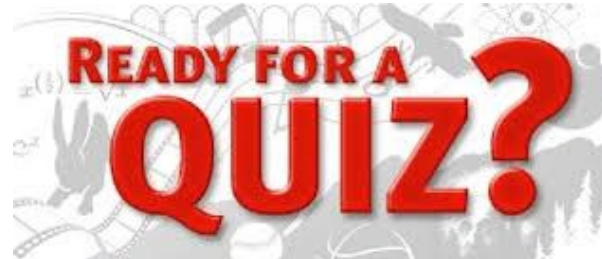
With support from the Tara Pacific consortium, researchers examined microbiome samples from 99 coral reefs across 32 Pacific islands. From this work, they reconstructed the genomes of 645 microbial species. More than 99% of these had never been genetically described before. These microbes are highly specialised partners that live closely with coral hosts. Many act as producers of bioactive compounds, which are chemicals that can influence biological processes and may have medical or industrial value. The study also found that these coral-associated bacteria contain a wider range of biosynthetic gene clusters, which are the genetic instructions for making natural compounds, than has been recorded anywhere else in the ocean.

The researchers highlighted an often overlooked aspect of conservation. When coral reefs are damaged or lost, the impact goes beyond visible marine life such as fish, sponges, and seaweeds. It also means losing a vast "molecular library" tied to the microbes that live within them. Further analysis of newly identified enzymes and compounds suggests there is enormous untapped potential for advances in biotechnology and medicine.

Professor Olivier Thomas of the Ryan Institute said: "The biosynthetic potential of reef-building coral microbiomes rivalled or surpassed that of traditional natural product sources like sponges. Among the biosynthetically rich bacteria in the reef microbiome, we identified previously unknown microorganisms (e.g. Acidobacteriota) living with corals that produce new enzymes with exciting potential biotechnology uses. The research is a clear call to action to protect our coral reefs -- not just because of their value as a unique ecosystem -- but to preserve the unique chemical diversity poised to enable future scientific breakthroughs."

Dr. Maggie Reddy of the Ryan Institute at the University of Galway emphasized how much remains unknown. She said: "When we compared our findings with microbes found on other reef species, it became clear how little we still know. Of more than 4,000 microbial species identified, only 10% have any genetic information available, and fewer than 1% of the species found only in the Tara Pacific samples have been studied at all. This shows a major gap in our understanding and underlines the need for much more biodiversity surveys, especially in under-studied regions."

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



WORLD NEWS:

With Energy being a topical issue, can you name the top 20 leading countries that produce Dry Natural Gas used in homes for cooking and heating and electricity production?

MUSIC: Who first sang these songs that have a Country/City in the title, and year first released?

1. Bermuda Triangle
2. Back in the USSR
3. Africa
4. Kids In America
5. China Girl
6. Born in the USA
7. American Woman
8. Big In Japan
9. Don't Cry For Me Argentina
10. Norwegian Wood
11. Walk Like An Egyptian
12. London Calling
13. Tulips from Amsterdam

FILMS: Which Actor won the Best Actor Oscar starring in these films, plus year released?

1. Hamlet
2. To Kill A Mockingbird
3. Scent Of A Woman
4. There Will Be Blood
5. The Whale
6. Amadeus
7. Ben-Hur
8. The Theory Of Everything
9. Rain Man
10. The Godfather
11. The King and I
12. Sinners
13. Bohemian Rhapsody
14. Milk
15. The Silence Of The Lambs
16. The Color Of Money
17. Raging Bull

NAMES: Can you work out these Capital Cities from their letters - plus name the Country.

1. AABCENRR
2. ACEEGHNNOP
3. ABIINOR
4. AEIJKRUVY
5. EGILLNNOTW
6. CHKLMOOST
7. ACDGHINNOSTW
8. ADDIMR
9. AAABDILMS
10. AAELLTV
11. AABDDGH
12. AAOTTW
13. ABEGRZ
14. AILLNNT



THE WORLD

According to World Population Review, what are the twenty most populated Cities in the World .

Some may surprise you. See what you can guess.

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

HMHB Activity: Photos and Events from MAY 2025

We caught a wonderfully accomplished musician at St. Bride's Church, Fleet Street playing 19th Century Guitar. Originally from Tasmania, Australia, Claire Angel Bonner moved to Milan in 2012 to study with leading 19th century guitar specialists Maestri Paolo Pugliese and Claudio Maccari at the Scuola Civica di Musica Claudio Abbado di Milano. The music was superb.

www.stbrides.com



We went along to an open day at the LSO St. Luke's Church near to Old Street. They had musicians and a gospel choir, and evening a singing session. It is the London Symphony Orchestra's (LSO) community and music education centre, a restored 18th-century Hawksmoor church that is a venue for concerts, rehearsals, recordings, and community events.

www.lso.co.uk

We had a terrific time at the Saatchi Gallery in May, viewing the four free exhibitions on the ground floor of the Gallery. A mix of paintings, sculptures, and textiles which intrigued and enthralled us, knowing the works took a lot of skills, artistry, and patience.

Do check out their website.
www.saatchigallery.com



At another of the wonderful St James's Piccadilly concerts we caught The Elera Trio, a London-based chamber ensemble formed in 2025 by musicians from the Royal Academy of Music, featuring Elizabeth Peat (violin), Elliott Berdugo (clarinet), and Erica Sou (piano). The music was sublime, as always, and these lunchtime concerts are worth a visit.

www.sjp.org.uk

It was a welcome return to the energetic Sadlers Wells Community Engagement Friday sessions this month, and what a treat with "Dance Floor Taster: House and Waacking with Kumari" starting us off.

Some club-style dancing and out three members that joined the larger group really enjoyed themselves.

Two more to go this month.
www.sadlerswells.com



**HMHB Activity:
Photos and Events from MAY 2025**

We had to find a new venue for our karaoke, and boy did we hit top draw. Not far from the closed Coronet we discovered The Hercules Pub, opposite the Holloway Odeon, and the atmosphere was superb. We were welcomed in, there were lots of singers, and the Friday evening went like a charm, with us all getting three songs, and we will definitely be returning in June.

www.theherculesholloway.co.uk



The Pleasance Comedy Theatre in North Road is always a great place to visit and we were very lucky to get some free tickets to a Maisie Adam hosted Fringe night on a Monday in May, with several acts we recognised from the telly and others. We have been to several shows there so do check out their website for upcoming comedy acts.

www.pleasance.co.uk

We were back at City Road Basin for some more Kayak and Paddleboard fun at the start of May. We have to thank Warren, Nicola, and the team at Islington Boating Club, as well as Better Lives who share this session with us. We went right down the canal this time, and there is a terrific feeling as you don't actually fall into the water!!!

www.islingtonboatclub.com



Another musical treat as we caught the accomplished Rose McLachlan playing some tricky sounding pieces by Ravel and Schubert. Amongst her many awards, in February 2022 Rose was awarded the Kirklees Young Musician Award and in May won first prize in the Christopher Duke International Piano Competition. We felt quite privileged to hear her for free at St James's.

www.sjp.org.uk



This is us inside the beautiful Royal Festival Hall, built for the Festival of Britain in 1951.

We were there to listen to a free 45 minute concert that was debuting three pieces by new composers for the Royal Philharmonic Orchestra. We had around 18 musicians and the music was quite modern in style.

A real treat for our group.

www.southbankcentre.co.uk/venues/royal-festival-hall



HMHB Activity: Photos and Events from MAY 2025

It was our monthly stop off at the Second Chance Café, and as usual the soup/crumble/smoothies. Coffees were delicious. We maybe should have brought some cakes. This fantastic project is actually running a half marathon during May to raise funds, and we wish them the best.

Always welcoming, and helping the community.

What's not to love? Do pop along one Friday.

www.2ndchancecafe.co.uk



Our Thursday walk takes in Clissold Park so we could not turn down the opportunity to visit the Clissold “Festival” that they had this month - featuring street foods and bars together with a range of original grocery foods, craft stalls, and world street eats. There was a particularly inviting fudge stall with lots of flavours, and the cutest cuddly toy I've ever seen.

www.clissoldpark.com

We attended a mathematics based lecture around “How Hard Is Too Hard: Intro to Complexity”. Some of our group had previous knowledge but I have to admit a lot was over my head, even though it was fascinating to listen to.

They do lots of lectures so do check out their website for more subjects.

www.gresham.ac.uk



These free lunchtime concerts keep providing us with extraordinary talents, and again this was the case with a Soprano (Angelina Lee) and Pianist (Jeremy Ng) playing Mozart and Quilter.

We felt quite privileged to hear them for free at St James's. Piccadilly, and do check out their website as they provide a lot of these events.

www.sjp.org.uk

Our online Thursday Quiz, devised by Professor Lazza, continues to befuddle and confound our teams. With ten rounds of guessing, fun and imagination, I am always blown away at just how inventive everyone can be, and the points are secondary.

Thanks guys for coming back every week as you make the quiz what it is. I just do the questions.



HMHB Activity: Photos and Events from MAY 2025

We had an absolute treat attending another Gresham lecture - this one "Music Of The Body" delivered by Professor Milton Mermikides. Using terrific visual and sounds, it made us all think about how music affects us.

This was at LSO St. Luke's at Old Street, and it was extremely well attended, and we will be back in June for another in the series on this theme.

www.gresham.ac.uk



Another special treat. We had first popped down into the crypt at St. Bride's Church, Fleet Street, to find the original foundations from 600AD and a museum round the church and surrounding area.

Then we listened to two accomplished cellists, playing instruments that were over 200 years old, with some sublime pieces of music from the end of the 1700s.

www.stbrides.com

The second Friday Community Engagement Session at Sadlers Wells Theatre, Angel, was a terrific session focusing on meditation.

Our group of four joined this session run by Ulrika Dance which was a workshop focused on mindfulness practices and meaningful connections.

You can see it obviously went down very well.

www.sadlerswells.com



Our second Kayak / Paddleboard session of the month was another success. Again, thanks must go to Warren, Nicola and Katie, plus Alison from Better Lives - without whom none of this would happen.

It really was a super afternoon as we travelled down the Regent's Canal, going forwards and backwards, and enjoying City Road Basin too.

www.islingtonboatclub.com

Massive thanks to Bekah and her team at the always welcoming Kings Head Theatre on Sunday evening, as we caught a very interesting political satire play called "Churchill's Urinal" - which was entertaining. It's a cracking theatre just off Upper Street and well worth checking out with lots of productions.

And for us it is local and friendly.

www.kingsheadtheatre.com



HMHB Activity: Photos and Events from MAY 2025

Another brilliant Gresham College lecture delivered by Professor Robin May - "Should We Manipulate People's Emotions?" - I told people I would be picking up tips. It really made us think, especially around medication and gut biome too. We do enjoy our visits.

They are taking a summer break in July and August, but we have two booked for June already. And check out their website for more details and talks.

www.gresham.ac.uk



Here we are after listening to a fantastic nine-piece strings and wind ensemble at St. Bride's Church. Playing some 20th century music, it was a real treat to catch such talented musicians playing together. I am looking forward to many more of these concerts, and we have found a couple more venues too.

Do check online for events like these.

www.stbrides.com



The Community Engagement Friday session are something our group really look forward to and they offer such a diverse selection of events - dancing to singing, movement to talks.

Here are some of us from a session where Red Robin Production lead a creative movement workshop inspired by their recent work PIA.

www.sadlerswells.com



The Crash Course lectures at the Francis Crick Institute have been a real find - and we attended another brilliant and informative one titled "Embryo Development" - and I definitely learned a huge amount on this fairly new research subject. It's at a level that we can follow and brings the subjects to life so we can understand.

www.crick.ac.uk



Here we are on a particularly good afternoon in Clissold Park on one of our weekly walks.

Sitting outside Clissold House on a Thursday (Monday is Finsbury Park, Wednesday is Highbury Fields) enjoying some homemade nibbles and coffees.

We look at walking benefits later on in this pack, but we do love getting outdoors and socialising together.

Why not join us - check our walks on Page 33.



HMHB Activity: Photos and Events from MAY 2025

We are pictured here with the Head of Music for (NLCS) - North London Collegiate Singapore. They are on tour - Chamber Orchestra and Choir made up of extremely talented and accomplished 9-18yr olds.

The music was superb and blew us all away. These lunchtime concerts are something you should look into if you like classical music. The levels are superb

www.sjp.org.uk



Two of our members regularly attend St Luke's Community Centre, especially their lunches, so we thought we would go along and join them for Fish and Chips on the last Friday of May. Here are around 12 of us enjoying our lunch at the Centre, just on Central Street close to City Road.

Another fun new experience for us all.

www.slpt.org.uk

Our Monday walkers here are relaxing with a coffee in the Finsbury Park Café. We start off at 9:30am, but it is good excuse to get up and our and start the day/week off with a bang.

Hopefully we will be able to secure funding soon for us to get the coffees, which is important to us as some people are low income. But do join us.



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

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

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

You can find double-page spread article here where you can read it properly:

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

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

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

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

18 people for Open Day at Kew Gardens. Karaoke night Islington. 4 for 'Museum of Comedy' Night.

2 x Concert St. Bride's Church: 3 x Concert St. James's Church: 6 for Podcast at Francis Crick.

17 attending Lecture "Music of Dreams": 11 attending Lecture "Pluto Isn't A Planet"

9 for two Kayak Sessions with IBC: 3 x Sadlers Community Engagement: 1 x Concert LSO St Lukes.

First ever visit to UCL Grant Zoology Museum; Fish & Chips at St Luke's Community.

"Derriere on a G String" at Kings Head Theatre : Our monthly visit to the Second Chance Café.

5 to see "Flamenco" at Sadlers Wells: First Visit to Petrie Egypt Archaeology Museum:

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

NUTRITION: Lazza's Kitchen Adventure

CHICKEN & MUSHROOM PIE

Lazza has been trying out new recipes for six years
His first time making: Chicken & Mushroom Pie from scratch

Ingredients:

Chicken Breasts chopped into pieces
Box of Mushrooms of your choice
1 Onion Chopped: Garlic
Garden Peas
75g Butter Unsalted
3 Tablespoon Plain Flour
300ml Milk: 200ml Chicken Stock
Short Crust Pastry (I did buy mine)
Tomato Puree: Olive Oil
Parsley: Paprika: Salt & Pepper
1 Egg beaten

During the Renaissance, shortcrust pastry became a popular dish among the upper classes, who would use it to create elaborate pies and pastries with intricate designs and decorations. In the 17th and 18th centuries, shortcrust pastry remained a staple of European cuisine, and was commonly used for pies, tarts, and quiches. With the advent of industrialisation and mass production in the 19th century, shortcrust pastry became more widely available and affordable. Today, it remains a versatile and popular ingredient used in a wide range of dishes, both sweet and savoury, around the world.

I first cooked the chicken in some oil - and put to one side.

I then cooked the mushrooms in the garlic - and put to one side

I then cooked the onions till slightly brown - and put to one side.

In my pan I melted the butter and then added the flour, cooking for around one minute, while stirring. I then slowly added in the milk, whisking to stop lumps, and then added in the chicken stock too.

I cooked for around five minutes before adding in the peas, a nice squeeze of tomato puree, a nice dash of paprika, salt and pepper and generous parsley.

I added back in the chicken, mushroom, and onions, and cooked for 10 minutes.

I poured it all into a casserole dish, topped with the shortcrust pastry, brushed over the beaten egg, and cooked in the oven for 25 mins at 180C.

Came out really tasty!!!



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

MIND-SET: How can I deal with setbacks?

Setbacks come in many forms; no matter how prepared we try to be, they can still shake our confidence and sense of stability. Some challenges are expected as part of the ups and downs of life, while others come out of nowhere, leaving us struggling to regain our footing. Regardless of their nature, setbacks often trigger frustration, disappointment, and self-doubt, making it difficult to see a way forward.

Failures in work or education can be particularly discouraging. A rejected job application, a missed promotion, or an academic struggle can make us question our abilities. When we invest time and effort into something, only to face rejection or under performance, it's easy to feel like we're not good enough. The fear of failure can lead to hesitation in trying again, trapping us in self-doubt and preventing growth.



Personal setbacks, such as relationship struggles, financial difficulties, or health challenges, can also take a significant toll. Ending a friendship or romantic relationship can leave us feeling isolated and questioning our worth. Financial instability can cause stress that affects all areas of life, making it hard to focus or plan for the future. Health struggles, whether our own or those of a loved one, can create uncertainty and emotional exhaustion, especially when they force changes in our daily lives.

Emotional struggles are often more complex to recognize but just as impactful. Moments of intense self-doubt, fear of failure, or a cycle of negative thoughts can create a mental barrier that makes even tiny challenges feel overwhelming. Getting stuck in a loop of what-ifs and worst-case scenarios is common, making moving forward seem impossible. Some setbacks are entirely out of our control, such as grief, trauma, or significant life changes.

The loss of a loved one, an unexpected crisis, or a sudden shift in circumstances can leave us feeling powerless and lost. These moments shake our sense of security and force us to navigate emotions that don't always have easy solutions. While each type of setback presents challenges, how we respond to them determines their lasting impact. It's natural to struggle when faced with adversity, but setbacks do not define us. Instead, they offer an opportunity to grow, learn, and build resilience for the future.

Inner strength is what allows us to navigate life's challenges without becoming overwhelmed or stuck in a cycle of negativity. Everyone faces setbacks, whether personal loss, a professional failure, or an unexpected change, but inner strength determines how we respond. It helps us adapt, learn, and regain our footing instead of letting difficulties define us.

Beyond simply "bouncing back," inner strength is crucial in maintaining mental well-being. It protects against prolonged stress and burnout, allowing us to approach challenges with a more evident mindset. Those who develop strength tend to have greater emotional regulation, stronger problem-solving skills, and a healthier perspective on failure. Rather than seeing obstacles as roadblocks, they view them as stepping stones for growth.

MIND-SET: Two ways to help solve Setbacks

Stay Calm

Everyone deals with the harsh challenges in our lives and to survive in our busy world, we need to be able to flourish and function. Finding a sense of calmness and patience can be difficult to achieve if our ever changing lives. There will be times where it is difficult to keep calm and but you still need to try!

Staying calm allows you to think logically and take decisions accordingly. Clarity of mind is extremely important when you are dealing with problems. If your mind is free and relaxed, your clarity will help you work through solutions much easier and logically.

While you are calm you are able to identify the reason for your problem and how it has come about. You can easily and practically think it through without letting emotions cloud your judgement. In order to resolve your problem you need to stay focused and possibly emotionally detached. This will allow you to be aware of the cause and act smartly.



Staying calm during difficult times will reflect your inner character and will provide a positive impression to others. Develop your personality as in you are able to cope up with your problems patiently and with ease. Being able to maintain an outward appearance of calm (even when we don't feel calm on the inside), can have an extremely powerful impact on those around us. Telling yourself you are calm and confident is also so much more effective than saying 'don't be nervous'. Try it out. Fake it a few times and as your subconscious mind adapts to your new demeanour so you find yourself in a calmer state more naturally.

Embrace a Setback

In this life, setbacks will surely come. There will be days when it feels like nothing is working out, when your efforts seem wasted and your plans fall apart. In those moments, it is easy to feel discouraged and defeated. But a setback is not the end, at least not as long as you keep going and refuse to give up.

Many people see setbacks as final, as proof that there is no coming back from that failure, loss, or disappointment. But there is a reason it is called a setback. It is not a stop. You can still set the sail again. You can still move forward. Life may push you back for a moment, but it does not cancel your journey unless you decide to quit.

Growth begins when you own a setback. Owning means admitting that something has happened. It may have been your fault, a mistake you made, or it may not have been your fault at all. Either way, owning it means accepting the experience as part of your life's process.

When you own the problem, you stop running from it. You stop pretending it didn't happen or blaming everyone else endlessly. Instead, you ask yourself, What can this teach me? And that question alone has the power to move you forward. Lessons are meant to be embraced. Your setbacks should be seen as lessons learned, not scars to be hidden. It is only after this, after embracing and owning those lessons, that you can truly come back stronger. When you take those lessons as your own, you gain wisdom you didn't have before. You gain clarity. You gain perspective.

EXERCISE/FITNESS: STRETCHING

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

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

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

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

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

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

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

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

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

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

HALF MOON POSE

Stand upright and, as you exhale, step your feet wide apart. Rotate your right foot out, to a 90-degree angle, and inhale as you raise your arms to the sides until they’re parallel with the floor. Exhale as you bring your right hand to the floor, lift your left leg up, reach the left arm toward the ceiling, and gaze at your left thumb. Hold.

The half moon pose strengthens the core, legs, and glutes, and stretches the chest, shoulders, spine, hamstrings, calves, and groins.

This pose tones and stimulates the abdominal organs, improves coordination and balance and relieves tension



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.

WARRIOR ONE POSE

Stand Upright, step back with your left foot and rotate your back toes, so that they point to the left front corner of the mat. Bend your right knee, keeping it in line with the ankle, and point the toes straight ahead. Bring the arms up and overhead with the palms facing inward. Hold.

Remember, when you raise your arms, open the shoulders and look up toward the thumbs, being careful not to drop your head back.

The warrior I opens the chest and shoulders and strengthens the legs and back muscles. This pose helps to improve your flexibility, balance, and tones the abdominal muscles.



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

EXERCISE/FITNESS:

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

REVOLVED SIDE ANGLE POSE

Start in warrior I pose (previous page), rotate your torso to the left, and exhale as you place your right hand on the outside of your left foot. Extend your left arm over the top of your head, pointing your fingertips in the same direction as the front toes, and gaze up toward the ceiling. Hold the pose for 30 seconds to 1 minute and then repeat on the opposite side.

The revolved side angle pose strengthens the legs and stretches the chest, shoulders, spine, and groins. This pose also stimulates the abdominal organs, improves circulation and balance, and increases stamina.



ONE LEGGED DOWNWARD DOG POSE

Stand upright, then bend at the hip placing your hand on the floor in front of you with straight legs. Inhale as you lift your right leg up, keeping it straight and in line with your spine. Stay in one legged downward dog pose for 30 seconds to 1 minute and then repeat with the opposite leg. Breathe deeply and smoothly, keeping shoulders and pelvis square.

The one legged downward dog helps to quiet the mind, reduces stress, and develops confidence. This pose elongates the spine, strengthens the arms, improves core strength and stability, and stretches the hamstrings and hip flexors.



GODDESS POSE

Stand upright and, as you exhale, step your feet wide apart and lift your arms up to shoulder height. Rotate your feet out to the sides, bend your elbows and turn the palms facing each other. Exhale as you bend the knees and squat down. Stay in goddess pose for 30 seconds to 1 minute. Remember, plant your feet firmly on the ground and keep your knees in line with your toes. Lengthen the spine, open the chest, look straight ahead and draw your shoulders down and back. Press the hips forward, keep your arms engaged and press the knees back.

The goddess pose strengthens the thighs, glutes, core, and shoulders, boosts circulation, and opens the hips, groins, and chest.



**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:

Have a Wellbeing Mindset.

“A wellbeing mindset refers to the whole of attitudes, beliefs, and values of a person or group of people that fosters wellbeing. This may be the wellbeing of a person, group of people, the whole of humanity, other sentient beings such as animals, and/or planet Earth.”

This is quite an interesting subject I came upon whilst I was researching for this pack, and thought I should cover it. Our wellbeing is, of course, very important, but do we actually focus on it or just hope things work out. Having that mindset to look after yourself means that there is more chance you will be happier.

Connect with People

Healthy Minds, Healthy Bods provides a huge number of opportunities for our group to get together and have a diverse number of experiences - as you can see from Pages 7-12 in this issue. And a positive social life is crucial to our overall wellbeing.

Let's be honest, humans are social creatures and we depend on each other to thrive. Way back when we were hunter-gatherers, we simply wouldn't have survived for very long without the support of other people. Thousands of years later, we still need each other. More than we might realise. The power of human connection is remarkable.



Research clearly shows that regardless of age, sex, health status and other factors, those with stronger social relationships were 50% more likely to survive a medical issue than those without. The results suggest that a lack of social connections is as important a risk factor as things like smoking and alcohol consumption and are even more significant than obesity and physical inactivity. If things go wrong, you're also less likely to want to self-harm if you've got someone to talk to.

It is also shown that you are more likely to succeed with your goals with people around you, as they can support and encourage, and you are accountable. This works especially if you procrastinate. It also boosts your confidence and esteem.

Be Physically Active

Obviously, this is something HMHB encourages with our group. We have three healthy walks a week, plus our exercise session, and understand just how much this boosts your confidence.

There is an increasing amount of evidence documenting the beneficial impacts of physical activity on mental health, with studies examining the effects of both brief bouts of exercise and more extended periods of activity. Systematic evaluations have indicated better outcomes for mental diseases with physical activity. Numerous psychological effects, such as self-esteem, cognitive function, mood, depression, and quality of life, have been studied. According to general results, exercise enhances mood and self-esteem while decreasing stress tendencies, a factor known to aggravate mental and physical diseases. Studies show that people who exercise regularly have a better frame of mind.

Scientifically, human bodies manufacture opioids and endocannabinoids that are linked to pleasure, anxiolytic (anti-anxiety) effects, sleepiness, and reduced pain sensitivity. It has been shown that exercise can improve attention, focus, memory, cognition, language fluency, and decision-making for up to two hours.

MIND-SET:

Have a Wellbeing Mindset.

Learn New Skills

Learning new facts and skills, then putting that newfound knowledge into practice, has many advantages which bring success and help us to become better versions of ourselves. We need to learn in order to gain advantages in our professional lives; we also benefit from learning for our leisure interests. Sometimes, just gaining interesting knowledge is a goal in itself. We are now told by experts that keeping our brains working is very good for us as we reach middle to older age. Sometimes, our learning just hones the previous skills; at other times it introduces you to new, intriguing aspects of life.

Learning new things promotes self-improvement and personal growth. Many happy people claim that personal growth is the key to their positive lifestyle, and there is always something new to learn. When we learn new things, we deepen our understanding of the world and increase our potential to make a difference. Additionally, learning new things will make us confident and increase self-esteem.



Learning new subjects helps to keep us tuned in with the current perceptions in this fast changing world. It prevents stagnation of thought and action. This also means that people of different generations can have meaningful and constructive debates on subjects that are mutually interesting on an even playing field. A desire to learn ignites the interest for further learning. It can make us sharp and intelligent, and once we set our minds to the interest, we become successful and constant learners. A good example would be the recipes pages in these packs. Lazza created these first time recipes, learning the new skill of cooking, due to the Covid epidemic and wanting to do something in these Health Packs. You can do it too.

Give To Others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community. Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort. HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

NUTRITION: Lazza's Kitchen Adventure

CHOCOLATE & GINGER OAT COOKIES

Lazza has been trying out new recipes for over four years
His first time making: Chocolate/Ginger Oat Cookies from scratch

Ingredients

225g Unsalted Butter
75g Runny Honey
75g Golden Syrup
150g Plain Flour
2 teaspoon Baking Powder
200g Golden Caster Sugar
400g Porridge Rolled Oats
2 Eggs
Stem Ginger Chopped Finely
150g Dark Chocolate
Ground Ginger, Cinnamon, Nutmeg

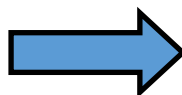
While oats were cultivated for thousands of years in Europe (with evidence of use dating back to the Bronze Age), they were traditionally eaten as oatmeal—ground into meal or chopped, rather than rolled. The modern rolled oat was born when a machine designed to cut and roll oats was invented by a worker at a mill in Akron, Ohio owned by Ferdinand Schumacher. Schumacher's company merged to become what is now known as The Quaker Oats Company, which popularized rolled oats through aggressive marketing in the 1880s, including free samples and the first national magazine adverts for breakfast cereal.

Melt the butter, honey, and golden syrup (and add some juice from the stem ginger) in a pan and put aside.

Combine the flour, sugar, baking powder, ground ginger, cinnamon, nutmeg together.
Pour in the liquid butter/sweeteners mix and combine
Now add the chopped stem ginger and oats, and really combine. It can be tricky but persevere till nice and gloopy.

On trays with baking sheet paper, add nice large teaspoons of the mix (they will spread a little so be aware) and cook for around 10 minutes for each cookie. Allow the biscuits to cool.

Then melt some dark chocolate (I mixed in a little double cream) and then add that to the base of the biscuits and spread (as per photos). Cool in fridge overnight.



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

HMHB's fun quiz page:
It's mostly guessing, but play with friends: Answers Page 47

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

All Answers are at the base of Page 47 - don't look till you have done the whole page!!

ROUND ONE: Multiple Choice

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

"Hello" in another language	Superman Adversaries	Produce virtually NO Coffee
Hei	Doomsday	Colombia
Haj	Maestro	Argentina
Hep	Thunderbolt	Chile
Hej	Parasite	Peru

ROUND TWO: Give Me a Number

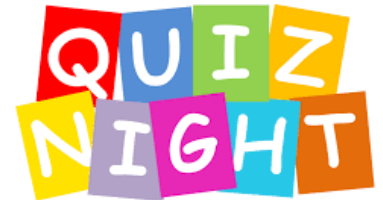
Every answer to the question is a number. Can you get close?

- World record for the number of socks put on in 30 seconds.
- Fastest recorded speed for a Steam Locomotive in miles per hour.
- Including May 2026, the total number of Chelsea Flower Shows that have been held.
- Number of Hardcover First Editions of Harry Potter and the Philosopher's Stone published.
- According to Network Rail and ScotRail, how many train stations in Scotland?

ROUND THREE: When Did That Happen

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

- Steve Fossett became the first person to fly solo nonstop around the world
- The first cross-channel hovercraft service started: Ramsgate/ Calais.
- Rowntree's introduced Polo mints in the UK
- Lady Gaga wore a dress made of raw flank Steak
- Coco Chanel launched the legendary Chanel No. 5 perfume.



ROUND FOUR: What specifically links these people?

King Arthur: Robin Hood: Pope Joan: Hua Mulan: William Tell: Betty Crocker

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

- A Dr Who Villain: Captain Angel: Captain Phasma: Captain Pike:
- Has Most Calories: Big Mac: Wimpy Quarter Pounder: BK Whopper
- Is NOT a percussion instrument: Daxophone: Waterphone: Wollyphone
- Is a Chinese City: Chenjie: Kunming: Wucai:

ROUND SIX: What is the answer to these questions?

- In which City is the Underground station "St. George's Cross"?
- In which City is the Underground station "Mudchute"?
- In which City is the Underground station "Concorde"?
- In which City is the Underground station "Flushing Avenue"?
- In which City is the Underground station "Alexanderplatz"?



NUTRITION:

Calories: Energy for your Body - 1

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

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

A car will burn petrol to get the energy to move (or electricity of course). Your body is the same. It burns (metabolises) food to produce energy in the form of heat that keeps you warm and (as energy) powers every move and thought.

The amount of heat produced by metabolising food is measured in a unit called a “Kilocalorie” - which equates to the amount of energy it takes to raise the temperature of one kilogram of water just one degree on a Centigrade (Celsius) thermometer at sea level. I hope that makes sense, but we will try and explain that a little more later.



Nutritionists commonly substitute the word “Calorie” for kilocalorie - which is why if you look at the calories on a food wrapper it is marked as “kcal”. So when someone says that a serving of food - let’s say one banana - has 110 calories that means when you are metabolising that banana it produces 105 calories your body can use for work.

Obviously, different foods have different amounts of calories depending on their nutritional components. For example, high-fat foods have more calories than low-fat foods, because a gram of fat has more calories than a gram of protein.

Protein:	normally around 4 calories per gram
Carbohydrates:	normally around 4 calories per gram
Fats:	normally around 9 calories per gram
Alcohol:	normally around 7 calories per gram

So you can see, ounce for ounce, proteins and carbohydrates give you fewer than half as many calories as fat. That is why high fat foods can make you put on weight, while low-fat foods, such as vegetables and fruits, are recommended in your diet - although the nutrient content also is relevant.

Nutrition scientists measure the number of calories in food by burning the food in a “Bomb Calorimeter”, which is a box with two chambers, one inside the other. The researchers weigh a sample of the food, put the sample in a dish, and put the dish into the inner chambers of the calorimeter. They fill the inner chamber with oxygen and then seal it so the oxygen cannot escape. The outer chamber is filled with a measured amount of cold water, and the oxygen in the first chamber (inside the chamber with the water) is ignited with an electric spark. When the food burns, an observer records the rise in the temperature of the water in the outer chamber. If the temperature of the water goes up 1 degree per kilogram, the food has one calorie: if it goes up 10 degrees per kilogram then it has ten calories.

NUTRITION:

Calories: Energy for your Bod - 2

Empty Calories

All food will provide calories. And all calories provide energy. But some foods are said to give you empty calories. This has nothing to do with the energy the calories provide to the body. It simply describes a food whose protein, fat, and carbohydrate calories come “naked” without the additional nutrients such as dietary fibre, vitamins, and minerals, that improve the nutrition value of the foods that you eat.

The best known empty-calorie foods are table sugar and “ethanol” (the kind of alcohol found in beer, wine, and spirits). On their own, both sugar and ethanol will give you energy - but no nutrients. Of course most of the time they are found in foods that do provide other nutrients: for example, sugar is found in bread, and ethanol is found in beer - two very different foods that both provide calcium, phosphorous, iron, potassium, sodium, and B Vitamins.

Some people can even be malnourished because they simply do not know how to choose a healthy diet that gives them nutrients as well as calories. This can even cause health issues such as weak bones, bleeding gums, skin rashes, mental depression, and even birth defects. Empty calories can also lead to obesity.

How many Calories Should We Have?

Think of your energy requirements as a bank account. You make deposits when you consume calories. You make withdrawals when your body spends energy on work. Nutritionists divide the amount of energy you withdraw each day into two parts:

- The energy you need when your body is at rest
- The energy you need to do your daily work

To keep your energy account in balance, you need to take in enough each day to cover your withdrawals. If you take in too much, then your body will keep it and you put on weight. This is why people who want to lose weight need to watch their calorie intake.

As a rule, infants and adolescents burn more energy per pound than adults do, because they are continually making large amounts of new tissue. Similarly, an average man burns more energy than an average woman because his body tends to be larger and has more muscle.

Even when you are at rest (watching the television, reading a book, asleep in bed) your body is busy. Your Heart continues to beat. Your Lungs will keep contracting and expanding. Your digestive system does not stop. Your Liver will process nutrients and your glands will secrete hormones. You may not realise it but your muscles flex, usually gently. Your cells send electrical impulses back and forth among themselves, and your brain continually sends messages to every tissue and organ.

The energy your resting body uses to do this is called “Resting Energy Expenditure (REE). Astonishingly, your REE (also known as “Basal Metabolism”) accounts for 60-70% of all the energy you need each day.



NUTRITION:

Calories: Energy for your Bod - 3

Your second largest chunk of energy after the REE is the energy you spend on physical work, everything from washing yourself in the morning, working out in the gym, doing weeding in the garden, and walking with a friend in the park. Therefore, your total energy requirement (the number of calories you need each day) is your REE plus enough calories to cover the amount of work you do.

Did you know, even thinking about stuff uses up energy, although maybe not as much as you would like to imagine. To solve a crossword puzzle, write a health pack, or compose some music, the average brain uses about an additional 1 calorie every four minutes (remember, you are using up other calories at the same time).



The number of calories a person needs per day varies based on several factors:

- Age
- Sex
- Physical activity level
- Health goals (weight loss, maintenance, or gain)

Here's a general breakdown according to the online dietary guidelines for calories per day.

Group	Sedentary	Moderately Active	Active
Adult Women	1,600–1,800	1,800–2,000	2,000–2,200
Adult Men	2,000–2,400	2,400–2,600	2,600–3,000
Children (4–8 years)	1,200–1,400	1,400–1,600	1,600–1,800
Teenagers (14–18 years)	1,800–2,400	2,000–2,600	2,400–3,200

Weight Loss

Lets be clear, when we eat and drink more calories than we use, our bodies store the excess as body fat. If this continues over time, we may put on weight. Knowing the calorie content of food and drink – and how much we have – makes it easier to keep track of our daily intake. However, counting calories is not the only way to change how you eat to lose weight. Simple things like adjusting portion sizes and making sure your meals are made up of the right types of food can also make a big difference.

According to the NHS, it is recommended to cut calorie intake down by 600 to 700 calories per day. So if you are an average man, needing around 2500 calories per day, you should cut down to around 1800. Do note this is an average. If you are trying to lose weight, do take advice from your local medical practice as some health conditions are affected by weight.

You can find calorie information on food labels, usually broken down per portion, per 100g and per pack. Per-portion information may be more useful than per 100g, but remember that the portion size you're having might not be the same as the manufacturer's portion – this can make a big difference to your calorie intake over the day. Cereals are a very good example of this, and you can affect that by which milk you use.

Lazza and Justin have been on a weight loss journey since the start of February, and are encouraging each other. Part of that is understanding just how many calories they are having every day. Both are doing well, losing around one and a half stone each so far.

Nutrition: HMHB looks at “Superfoods”

Today: Kale

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

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

Although it may seem like it, kale isn't a new vegetable. Thomas Jefferson experimented with several varieties of kale at his Monticello estate in the early 1800s. It's long been popular in northern Europe and in the U.S. Before becoming a popular salad green, kale was often used in restaurants as a decorative garnish on plates. But over the past 10 years, the popularity of kale has skyrocketed for good reason.

Kale is a nutrition superstar due to the amounts of vitamins A, B6, C, K, folate, fibre, carotenoids and manganese it contains. One cup of raw kale has just 20 calories. The Department of Agriculture's MyPlate recommends any child and adult who is over the age of 9 eat at least 1.5–2 cups of dark-green vegetables every week.



Kale is a member of the cruciferous vegetable family, along with cauliflower, Brussels sprouts, cabbage, broccoli, collard greens, kohlrabi, rutabaga, turnips and bok choy. These vegetables offer health benefits, including supporting the immune system, regulating blood pressure and potentially reducing the risk of various types of cancer.

People who may need to avoid or limit kale intake are those who form oxalate-containing kidney stones or take the blood thinners Coumadin or warfarin. Be sure to check with your local medical practice or dietitian if you have questions.

Kale holds its texture well when cooked, and it can be steamed, stir-fried, roasted or eaten raw. You can blend it into smoothies, roast it to make kale chips, wilt it into soup, mash it with potatoes or turn it into pesto. It's in most supermarkets.

A good goal is to fill half your plate with fruits and vegetables every day. Here's where kale can work its superpower. Tear leaves and blend them into your morning smoothie, or use the whole kale leaf as a replacement for tortillas or bread when making a sandwich. For extra crunch, replace your regular potato chips with some roasted kale chips.

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

LAZZA'S PAGE

Recommendations, News, Life!!!

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

Although I am typing this on the 11th May, it is coming out at the start of June, so part of me is really hoping the weather is brightening up for summer.

So what a good time to be thinking you need to get outdoors more, and there is bound to be some kind of outdoor space close to you for you to visit. Take a book out, meet some friends for chat, or just sit out and enjoy the weather. But getting outdoors is terrific for mental health. It's up to you.



I probably get a minimum of fifty scam emails every day. I do report them all as phishing and block the address but they just keep coming. Remember, anything that asks you to click a link will almost certainly always be a scam (obviously sometimes not). Never confirm any bank details like this, as you should always go directly to the company. It is so prevalent now - especially with AI helping scammers. You must be aware. If it seems dodgy it almost certainly will be.

With the group we have diversified a lot over the last few years, finding a multitude of different events to visit.

One of these has been Lectures.

I think it is always fascinating to discover new ideas and listen to professionals who know what they are talking about in a good way. A lecture can also bring you new information to learn on subjects you might not have thought you could manage. Gresham College are excellent, so do google them. A choice of subjects.



HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our [JustGiving page](#) - details below.

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

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

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

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

HMHB organised, delivered, or took part in over 110 social outings/events (many of which were FREE)

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

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

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

DO YOU KNOW YOUR BODY?

TONGUE

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

Your tongue is a muscular organ in your mouth that aids in chewing, speaking and breathing.

A digestive organ, your tongue moves food around your mouth to help you chew and swallow. It also helps you make different sounds so you can speak and form words clearly. Your tongue helps keep your airway open so you can breathe properly, too.

Your tongue runs from your hyoid bone (located in the middle of your neck) to the floor of your mouth.

Your tongue is mostly made of muscles. It's anchored inside of your mouth by webs of strong tissue and it's covered by "Mucosa" (a moist, pink lining that covers certain organs and body cavities). Your tongue is also covered with different types of "Papillae" (bumps) and taste buds. You have four different types of taste buds, including:

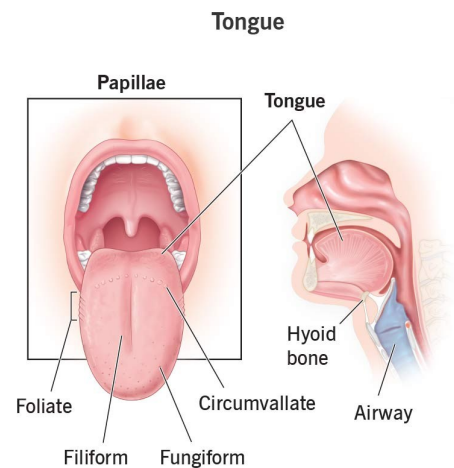
- **Filiform.** Located on the front two-thirds of your tongue, filiform papillae are thread-like in appearance. Unlike other types of papillae, filiform papillae don't contain taste buds.
- **Fungiform.** These papillae get their name from their mushroom-like shape. Located mostly on the sides and tip of your tongue, fungiform papillae consist of approximately 1,600 taste buds.
- **Circumvallate.** The small bumps on the back of your tongue are the circumvallate papillae. They appear larger than the other types of papillae, and they contain approximately 250 taste buds.
- **Foliate.** Located on each side of the back portion of your tongue, the foliate papillae look like rough folds of tissue. Each person has about 20 foliate papillae, which contain several hundred taste buds.

Your taste buds are clusters of nerve cells that transmit sensory messages to your Brain. There are five basic tastes that stimulate your taste buds, including:

- Sweet.
- Salty.
- Bitter.
- Sour.
- Umami (savoury).

There's a common misconception that different areas of the tongue taste different things. In reality, all of your taste buds have the ability to detect all five flavours, some regions of your tongue are just slightly more sensitive to certain tastes.

Cleaning your tongue reduces harmful bacteria in your mouth that can lead to "Halitosis" (bad breath) and plaque build up. The best way to clean your tongue is to brush it. To do this, use your toothbrush to brush your tongue up and down and side to side. Then, rinse your mouth out with water. You can also clean your tongue with a tongue scraper, which can be found in most pharmacies. Quitting smoking, drinking plenty of water and eating a balanced diet can also help keep your tongue healthy.





HMHB's Name Game Page:

Name the Actress in the 1960s from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

SAUSAGE & RED LENTIL CASSEROLE

**Lazza has been trying out new recipes for over four years
His first time making: Sausage & Red Lentil Casserole from scratch**

Olive Oil
8 x Sausages (I used Cumberland)
Onion: Garlic
400g Tinned Tomatoes
Red Lentils: Tomato Puree.
Halved Baby Tomatoes
Baby Mushrooms
600 ml Chicken Stock (I added Red Wine)
Worcestershire Sauce
Mixed Herbs: Parsley: Salt and Pepper

Worcestershire sauce was invented in the 1830s in Worcester, England, by pharmacists John Wheeley Lea and William Henry Perrins, officially launching commercially in 1837. Legend says the recipe was commissioned by a local nobleman to replicate a sauce he enjoyed in India; the initial batch tasted awful, was forgotten in a cellar for two years, and matured into a delicious condiment. It contains vinegar, molasses, anchovies, tamarind, and spices

I first put the sausages in the oven to cook (you can always do in a frying pan).

In a Casserole Pot I fried the onion and garlic.

I made 600ml of chicken stock (I also added a red wine stock).

I then added in the tin of tomatoes.

I cooked this then added in the baby tomatoes and mushrooms.

I also added in Red Lentils (I have not put an exact amount as that's your discretion, but be aware they will swell up a little. (you may have to add a little water later).



I then added in the Worcestershire Sauce (generous splash), mixed herbs, parsley, salt and pepper.

From the oven I took the cooked sausages, cut each into four pieces and added to the casserole and cooked for another 20-25 minutes.

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.**

PLACES TO VISIT IN LONDON

HMHB recommends places we have been.

Stratford East (Theatre Royal)

We have enjoyed quite a few visits to Stratford East (Theatre Royal) for plays and pantomimes. Stratford East is a producing theatre, built in 1884, in the heart of East London, situated a short walk from Stratford station. From 1953 – 1979 the theatre was the home of Joan Littlewood's legendary Theatre Workshop Company. The Company received international recognition with their acclaimed productions such as *Oh, What a Lovely War!* and *A Taste of Honey*.

Many leading actors, writers and directors have been part of the Theatre Royal Stratford East family including Meera Syal, Barbara Windsor, Don Warrington, Sheila Hancock, Indhu Rubasingham, Tanika Gupta, Roy Williams and Cynthia Erivo. The bottom picture is when we travelled as a group to see a production on the Mildmay Overground Line, and is one of my favourite pictures of the group. But check out SE - it's a great theatre with excellent value for money too.

www.stratfordeast.com



Horizon 22 (Bishopsgate)

Horizon 22, called that as it is situated at 22 Bishopsgate, close to Liverpool Street and Bank, is one of the Free Viewing Platforms you can now find in London.

It is the highest free public viewing platform in Europe, located on the 58th floor of the 22 Bishopsgate skyscraper in London. It officially opened to the public on September 27, 2023, offering panoramic views from 254 metres.

The platform was created as part of the planning permission requirement to offer public space within the new tower. It offers 300-degree views, including landmarks like The Shard, Tower Bridge, St Paul's Cathedral, and the London Eye. Visitors take a high-speed lift which travels up to 8 meters per second, reaching the 58th floor in about 40 seconds. It is best to book your tickets online, but we can confirm the views are spectacular.

More details on their website below.

www.horizon22.co.uk

EXERCISE/FITNESS

Let's Talk about Walking.

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone. It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods run health walks in Islington, Hackney, and Haringey, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown. We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better. We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

We have covered walking several times in these health packs, but as it is one of the easiest, and cheapest, means of exercise we can do it is always worth promoting. Research has shown that many of us do not walk as much as we should. For whatever reasons.

Walking maintains baseline muscle function, especially in the legs and glutes, and helps to preserve mobility and muscle endurance as we age. Additionally, inclines and fast-paced walking can slightly increase muscle demand.

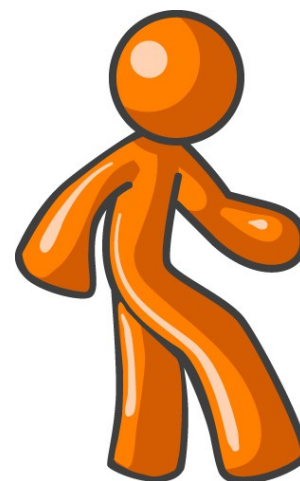
That said, walking does not provide enough resistance to build or maintain significant muscle. Walking is maintenance, not muscle-building. Upper body strength is largely untouched, and muscle loss ("Sarcopenia") can still occur with age if no resistance training is included.

Bone density loss is a normal part of ageing – engaging in weight-bearing exercise can help to slow it down. Walking supports bone density, particularly in hips and legs. It improves joint lubrication and stiffness, especially for knees and hips, and is a low-impact and accessible activity for most bodies. However, the bone stimulus is too low to significantly increase bone density. Walking does not adequately protect against osteoporosis on its own. Additionally, repetitive walking without variety may aggravate overuse injuries.

Walking improves insulin resistance and supports blood sugar regulation. It's also great for simply counteracting sedentary lifestyles. It has limited impact on resting metabolic rate, however, and muscle mass (a key driver of metabolism) is unlikely to increase. Weight loss may also plateau if walking is the only stimulus.

Balance, coordination and gait are all key for navigating everyday life, and can all be improved with regular walking. Walking enhances cardiovascular endurance for daily tasks, and reduces fall risk, especially in older adults. What it doesn't do, however, is train pushing, pulling, lifting or rotational strength. This means that there's limited carryover to tasks such as shopping, carrying children or getting up from the floor.

Walking is positively associated with longevity - you may live longer if you get your daily steps in. It reduces risk of cardiovascular disease, type 2 diabetes, and cognitive decline, and helps you maintain independence later in life. But the activity doesn't sufficiently slow age-related muscle and bone loss alone. Strength, power and reaction time also decline faster without varied movement.



EXERCISE/FITNESS:

Walking Benefits

Walking does improve Metabolism by increasing energy expenditure during activity and supporting long-term metabolic health through improved insulin sensitivity and preserved muscles mass.

Brisk walking at 4mph burns approximately 175 calories in 30 minutes for an adult of 70kg, representing five times resting metabolic rate. UK guidelines recommend at least 150 minutes of moderate-intensity walking weekly for metabolic and cardiovascular benefits.

Walking improves Insulin sensitivity and glucose regulation, particularly beneficial for Type 2 Diabetes sufferers.

What does all that mean? Walking does indeed influence metabolic rate, though the extent and duration of this effect depend on several physiological factors. “Metabolism” refers to all chemical processes that maintain life, with Basal Metabolic Rate (BMR) representing the energy expended at complete rest. Physical activity, including walking, increases energy expenditure above this baseline through a combination of immediate fuel consumption and post-exercise metabolic elevation.



During walking, your body increases oxygen consumption and heart rate to meet the energy demands of muscle contraction. This acute metabolic response is proportional to walking intensity - brisker walking requires more energy than leisurely strolling. The primary fuel sources shift between carbohydrates and fats depending on pace and duration, with moderate-intensity walking generally favouring fat oxidation. Importantly, regular walking can contribute to excess post-exercise oxygen consumption (EPOC), a phenomenon where metabolic rate remains slightly elevated after activity ceases, though this effect is modest and short-lived compared to higher-intensity exercise.

Beyond immediate calorie burning, consistent walking supports metabolic health through several mechanisms. It helps preserve lean muscle mass, which is metabolically active tissue that contributes to resting energy expenditure. Meaningful muscle gain typically requires resistance training. Walking also improves insulin sensitivity, allowing cells to utilise glucose more efficiently, and supports mitochondrial function—the cellular powerhouses responsible for energy production. For individuals with sedentary lifestyles, incorporating regular walking represents a significant metabolic stimulus.

Whilst walking alone produces moderate metabolic increases, its accessibility and sustainability make it a valuable component of metabolic health strategies. The cumulative effect of daily walking, combined with its cardiovascular and musculoskeletal benefits, contributes meaningfully to overall energy balance and metabolic function over time, as recognised in the UK Chief Medical Officers' Physical Activity Guidelines.

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

EXERCISE/FITNESS:
HMHB Weekly Walks: Monday, Wednesday, Thursday.

conceived & delivered by:




Finsbury Park Health Walks

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

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

supported by:




& local Medical Practices

hmb2016.org.uk
tel: 0796 4430 456




Highbury Fields Health Walks

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

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

hmb2016.org.uk ☺ contact: 07964430456

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







Clissold Park Health Walks

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

We meet Highbury Grange Medical Practice every thursday 11am

hmb2016.org.uk ☺ contact: 07964430456

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






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

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

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

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

EXERCISE/FITNESS:

Let's Try A Workout (focus Arms: Biceps) : thx to Spotebi.com

UP / DOWN PLANK

Start in a plank position, with your wrists under your shoulders and your feet hip-width apart. Bend your left arm, place your left elbow on the mat and then bend your right arm and place your right elbow on the mat. Place your left hand on the mat, straighten your left arm and then place your right hand on the mat and straighten your right arm. Switch sides and repeat this up and down movement. Inhale as you bend your arms and place your elbows on the mat, and breathe out as you straighten your arms.

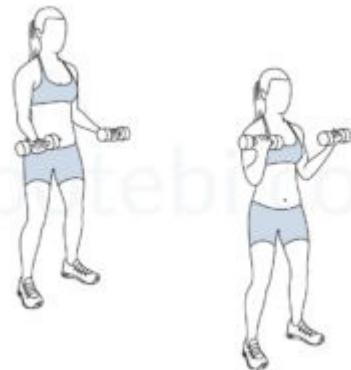
The up and down plank strengthens and tones your core, glutes, arms, wrists, and shoulders. This exercise helps to improve your posture, tightens the midsection, and boosts



BICEP CURLS

Stand straight with a dumbbell (or maybe a heavy can) in each hand, your feet shoulder-width apart, and hands by your sides. Squeeze the biceps and lift the dumbbells. Keep the elbows close to your body and the upper arms stationary, only the forearms should move. Once the dumbbells are at shoulder level, slowly lower the arms to the starting position. Repeat. Breathe out as you lift the dumbbells and maintain your back straight, your shoulders back and your head up

Adding bicep curls to your workout routine helps to sculpt your upper body, shapes and tones the shoulders and the biceps, and also improves arm strength.



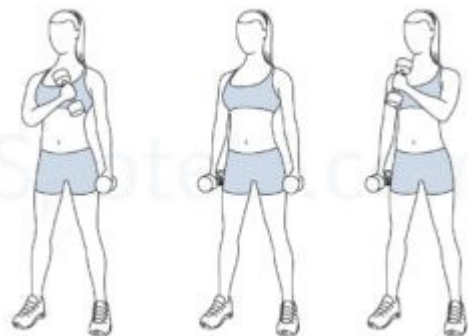
CROSS CHEST CURL

Stand straight with your feet shoulder-width apart and hold a dumbbell in each hand. Squeeze the left biceps and bring the dumbbell across your body and toward your right shoulder.

Lower the arm to the starting position, repeat, and then switch sides.

Open your chest, roll your shoulders back and relax your neck and back. Breathe out as you lift the dumbbell toward the shoulder, keep your elbows close to your body, and don't move your upper arms.

The standing cross chest curl targets the biceps and helps to strengthen and define the front portion of the upper arm.



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

EXERCISE/FITNESS:

Let's Try A Workout (focus Arms:Triceps) : *thx to Spottebi.com*

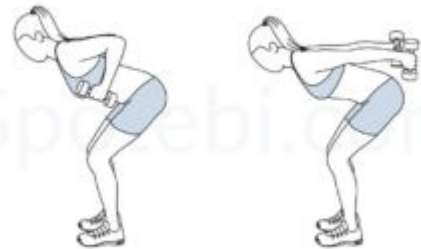
SQUAT TRICEP EXTENSION

Stand with your feet a little wider than shoulder-width apart, hold a dumbbell in each hand and raise your arms up and over your head. Squat until your thighs are parallel to the floor, and lower the dumbbells to the floor. Stand up, lift the dumbbells over your head, bend your elbows and lower the dumbbells to the back. Repeat until the set is complete. Open your chest, engage your core, and maintain your back flat, your hips back and your elbows pointing forward. Inhale as you squat and lower the dumbbells to the floor. Breathe out as you put pressure on the heels to stand up and press your arms up. This is a full body exercise that strengthens the muscles, boosts the metabolism, and improves your endurance and fitness level.



TRICEPS KICKBACK

Grab a set of dumbbells, bring your torso forward and bend your knees slightly. Bring your elbows up, so that your upper arms are parallel to the floor, and kick back until your arms are fully extended. Slowly lower the weights to the starting position. Repeat. While doing the dumbbell triceps kickback keep your back straight. Exhale as you kick back and maintain the upper arms stationary, only the forearms should move. The dumbbell triceps kickback targets the triceps, in particular, its lateral head, which is the most visible of the three heads. This exercise helps to sculpt and tone your arms, increases your physical strength and also helps to trim body fat.



ONE ARM TRICEP PUSH UP

Lie on your right side with your feet, hips and shoulders stacked. Place your left palm on the mat in front of your right shoulder, and hug your waist with your right arm. Straighten your left arm and push your torso up. Bend your arm and lower your torso back to the mat. Repeat, and then switch side. Breathe out as you slowly straighten your arm and push your torso up, and inhale as you bend your arm and lower your torso back to the starting position. The one arm tricep push up targets the triceps and helps to strengthen and sculpt the upper arms. This exercise also shapes and tones your shoulders, biceps, and back, and helps to improve core stability and strength.



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

EXERCISE/FITNESS:

Let's Try A Workout (focus Arms: Shoulders) : thx to Spotebi.com

PIKE PUSH UP

Get down on your hands and feet, with your hands shoulder-width apart, your legs straight and your hips up. Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the mat. Straighten your elbows, pushing your body away from the mat, and return to the starting position. Repeat. Breathe in as you bend your elbows, and lower your body until your head almost touches the mat. Exhale as you straighten your arms and push back to the initial position. The pike push up is a great exercise for building shoulder strength and improving core stability. This exercise works your shoulders, arms, chest, back, and core, and helps to tone and strengthen your entire upper body.



SHOULDER TO SHOULDER PRESS

Stand with your feet shoulder-width apart and hold a dumbbell in front of your right shoulder, with your elbows pointing down. Extend your arms and push the dumbbell up and over your head. Bend your elbows and slowly lower the weight to your left shoulder. Keep alternating shoulders until the set is complete. Open your chest, keep your back straight, neck relaxed and exhale as you push the dumbbells up and over your head.

The dumbbell shoulder to shoulder press targets the shoulders and helps to strengthen and define the muscles. This exercise helps to improve shoulder range of motion and reduces the risk of injury.



LUNGE PUNCH

Stand straight with your feet hip-width apart and hold a dumbbell in each hand. Position the dumbbells at shoulder height with your palms facing each other. Take a step back with your left leg, flex your knees and push your left arm out in a punching motion. Stand back up, switch legs and repeat. Keep alternating legs.

Breathe out as you lunge and push your arm out, and breathe in as you return to the starting position.

The lunge punch strengthens and shapes your glutes, quads, hamstrings, shoulders, core, arms, and lats. This is a compound move that works several muscles simultaneously, speeds up the metabolism and helps with weight loss.



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

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

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

Here are some fascinating facts for you to share.



Yes, you can actually get White Bell Peppers. The smooth skin is firm, glossy, and pale white to ivory, almost appearing translucent when young, transforming to a faint yellow. White bell peppers are an excellent source of vitamin C and contain some vitamins A, E, K, and B6, fiber, manganese, potassium, copper, and folate. Due to the lack of pigment, the peppers also offer small amounts of carotenoids, which provide antioxidant and anti-inflammatory properties.

This is the "Cobra Lily", which gets its name from its unusually shaped leaves, which resemble the rearing head and forked tongue of a cobra. Although native to the US it can be grown in the UK. It is also carnivorous.

The Cobra Lily attracts insects with its scent and the sweet nectar on its 'tongue', which is cleverly highlighted by sunlight shining through a transparent area on its upper lid. Once an insect has ventured inside the lily's tube like leaf structure, the plant's slippery secretions and downward hairs cause the insect to fall into the lily's trap where it is slowly digested.



Those Coffee Beans are from the Black Ivory Company. It is considered one of the world's most expensive coffees, costing around \$170–\$180+ for a small amount, due to the lengthy, low-yield digestive process that removes bitterness. Yes, I said "digestive".

Black Ivory Coffee is an ultra-premium, rare coffee produced in Northern Thailand by feeding Arabica cherries to elephants and collecting the beans from their waste. Yes, they poop them out!! Maybe I'll leave it.

US Dollars are all green in colour. During the Civil War (1860s), counterfeiters were using cameras to reproduce black-and-white currency. The government began printing the backs of "Demand Notes" with a distinct green, chromium-based ink that was difficult to copy and resistant to chemical removal. Green was seen as a colour representing strength and stability, reflecting the perceived credit of the U.S. government. They are green today to maintain tradition.



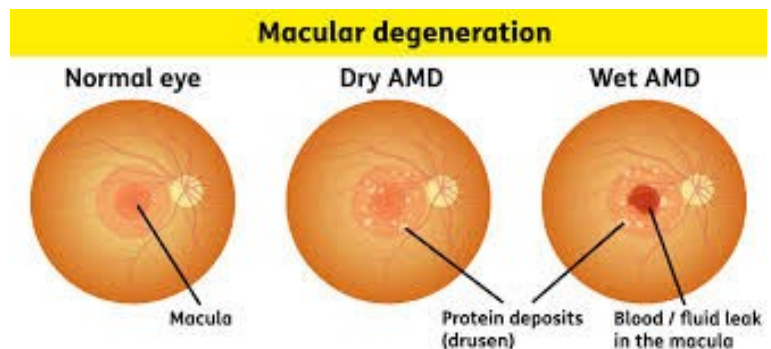
HEALTH / ROUTINE

Common Health Problems: Macular Degeneration

Macular degeneration is a common eye condition where cells in the middle of the retina (the light-sensitive layer at the back of your eye) die or are damaged, making it difficult to see fine details clearly. The most common form of macular disease is age-related macular degeneration (AMD), which generally affects people over 50.

The exact cause of age-related macular degeneration (AMD) is not fully understood, but several factors are known to increase the likelihood of developing the condition

- **Age:** Age is the strongest risk factor. As we get older, the body becomes less efficient at repairing and regenerating cells, which increases vulnerability to macular damage.
- **Family history:** Having close relatives with AMD raises your risk, suggesting genetics play an important role.
- **Smoking:** Smoking harms blood vessels and damages eye tissues. Smokers are up to four times more likely to develop AMD than non-smokers, and in people with certain common AMD-related genes, this risk is even higher. Stopping smoking can also help slow disease progression after diagnosis.
- **Diet and weight:** A diet low in fruit and vegetables may increase risk, as these foods contain antioxidants that help protect cells from damage. Being overweight, eating high levels of sugar or saturated fats, and drinking excess alcohol can also contribute.
- **Blood pressure:** People with high blood pressure are around 50% more likely to develop AMD than those with normal blood pressure.
- **Gender:** AMD affects men and women equally, although more women are diagnosed because women tend to live longer.



Macular degeneration mainly affects central vision. People may notice:

- blurred or distorted vision
- difficulty reading or seeing fine detail
- trouble recognising faces
- dark or blank patches in the centre of vision

Peripheral (side) vision usually remains intact, which means macular degeneration does not cause complete blindness. However, the loss of central vision can have a major impact on independence and quality of life.

There are two main forms:

Dry AMD: The most common type. It develops gradually as waste material builds up under the macula and retinal cells slowly deteriorate. Vision loss is usually mild at first but can progress over time. There is also currently no treatment for dry AMD other than closely monitoring the condition.

Wet AMD: A more severe form, where abnormal blood vessels grow beneath the retina and leak blood and fluid. This can cause rapid and significant central vision loss if not treated promptly. It can be treated by shining bright lights into the eye to destroy the abnormal blood vessels damaging the macula, or by injecting antibodies into the eye which block the production of chemicals which encourage these blood vessels to grow.

Do look after your eyes, as you only worry when things go wrong!!!

HEALTH / ROUTINE

Common Health Problems: Cataracts

A few years ago I had issues with both my eyes. I woke up one morning and found I only had half vision in my left eye. I popped along to the optician who told me to instantly go to Moorfields Eye Hospital as the back of my eye had ripped with fourteen tears, described as “macular off”. I had an incredible operation the next day. Astonishingly, six months later the identical thing happened to my right eye.

After the operations I was warned that a result could be I would get Cataracts in both eyes, which did happen, so I had surgery in both to correct that.

Cataracts is where the lens in your eye becomes cloudy, causing blurred vision and loss of sight. It usually affects older adults, but can affect the younger generation too.

Symptoms of cataracts usually develop slowly. You'll often have cataracts in both eyes but the symptoms may be different in each eye. Symptoms include:

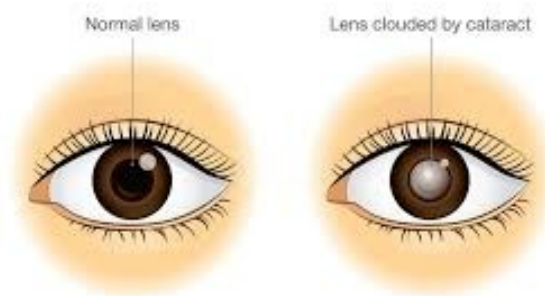
- blurred vision
- difficulty seeing at night
- difficulty reading and watching television
- your eyes being uncomfortable in, or sensitive to, light and glare
- looking at 1 object but seeing 2 (double vision)
- seeing glowing rings (halos) around lights
- colours look faded, especially blue

If you wear glasses, you may notice that you need to change the prescription of your glasses more often than usual.

You may be more likely to get cataracts if:

- you're aged 60 or over
- you've had an eye injury or eye surgery in the past
- you have another eye condition, such as “Uveitis” (a rare condition that causes inflammation inside part of your eye) or being very short-sighted.
- you've taken steroid medicines for long periods of time
- you smoke
- a parent, brother or sister has had cataracts
- you're a woman
- your eyes have been regularly exposed to a lot of sunlight without protection such as sunglasses.

Some long-term health conditions can also increase your risk of getting cataracts, such as Type 2 Diabetes, severe dermatitis and high blood pressure. Cataracts affect your sight and without treatment will eventually cause sight loss. Using stronger glasses and brighter light for reading may help for a while. For most people, cataract surgery will help to improve their vision. Recovery from surgery is quick and serious complications are rare. My surgery was fantastic. They did them on separate days around six months apart, just in case of complications, but my vision has been fine ever since.



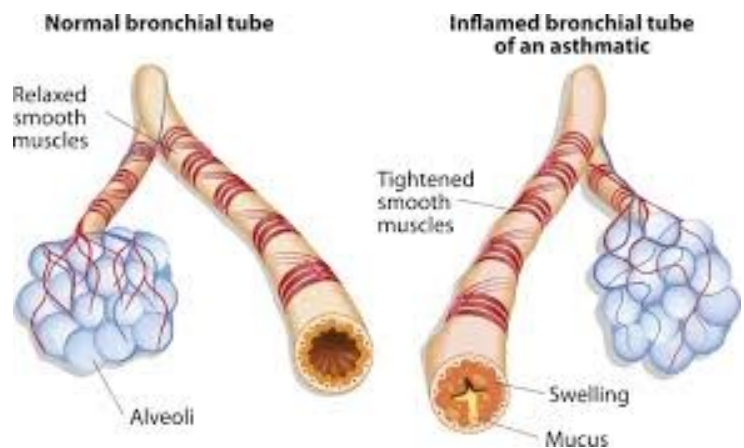
HEALTH / ROUTINE

Common Health Problems: Asthma

I was sixteen, had played football, cricket, and had run cross-country for my school - and then had a serious asthma attack and was in hospital for five days. Since then, I have been fine!! However, for many people asthma is an ongoing issue.

"Asthma" got its name from the Greek word *ἄσθμα* (*âsthma*), which literally translates to "panting," "short-drawn breath," or "gasping". It was used in Ancient Greek to describe the, often noisy, laboured breathing associated with the condition.

Asthma is a common condition that affects your breathing. It cannot currently be cured, but if it's well treated you should not have problems with symptoms.



The main symptoms of asthma are problems with breathing, such as:

- wheezing
- coughing
- shortness of breath
- your chest feeling tight

Asthma symptoms can be mild or severe. They usually come and go. They may be worse at night and early in the morning. An asthma attack is when you have severe symptoms and it's difficult to breathe, which can be life-threatening. Symptoms can be triggered by different things including exercise, high levels of air pollution, cold air, or contact with something you're allergic to, such as pollen, dust, mould or animals. Asthma usually starts in children, but it can happen at any age.

If you have asthma you'll be supported by a care team including a GP or nurse, and sometimes a specialist hospital doctor. Your care team will explain how and when to use your medicines, how to monitor your asthma, ways to avoid triggers and reduce your symptoms, and what to do if your symptoms get worse. This will be recorded in your asthma action plan, which you'll need to take to all your asthma appointments. You'll be given a printed or digital copy, or both. You should have check-ups at least once a year to see how well your treatment is working. These will include checking that you're using your inhalers correctly and your asthma action plan is up to date.

Asthma is often a life-long condition (so I don't know what happened to me), although asthma in young children sometimes goes away by the time they're teenagers or adults. Asthma affects everyone differently. How it affects you depends on your symptoms, what they're triggered by, and how well your treatment works. For most people, inhalers work well to prevent or reduce symptoms if they're used correctly, and asthma has only a small impact on their daily life. But some people have more severe symptoms that are harder to control, and they need other treatment.

An asthma attack can be life-threatening. But getting the right asthma treatment reduces the risk.

HEALTH / ROUTINE

Common Health Problems: Bleeding Gums

Bleeding gums are the number one symptom of “Gingivitis” and other forms of Gum Disease. But bleeding from your gums can also point to other health issues, including hormone fluctuations, vitamin deficiencies, blood-clotting disorders, and even stress.

There are several reasons why your gums might bleed. In most cases, oral health-related issues cause it. But it can also be a symptom of other health conditions. Dental causes include:

- Poor Oral Hygiene: includes daily brushing and flossing. In addition, you should see your dentist regularly for dental exams and cleanings.
- Smoking: Just stop!!!
- Gingivitis: early-stage gum disease - happens when plaque and bacteria build up on your teeth and cause infection
- Periodontitis: moderate to advanced gum disease - left untreated, periodontitis can lead to tooth loss, bone loss, bad breath and other oral health problems. You can manage mild periodontitis with a deep dental cleaning. More severe cases require surgery.
- Trench Mouth: severe gum disease - causes ulcers or lesions between your teeth and kills gum tissue. Without treatment, trench mouth can destroy gum tissue and then spread into nearby tissues such as your cheeks, lips or jawbones.



Other causes can include: Diabetes: Hormone changes: Vitamin K Deficiency: Pernicious Anaemia (an autoimmune condition that prevents your body from absorbing vitamin B12. Left untreated, pernicious anaemia can cause serious medical issues, including irreversible damage to your nervous system):

Thrombocytopenia (this occurs when your bone marrow doesn't make enough platelets. Platelets are blood cells that form blood clots to help stop bleeding. People with this condition may bleed a lot and the bleeding may be hard to stop): Haemophilia: HIV/AIDS: Stress: Leukaemia.

If you have bleeding gums that don't improve within two weeks, you should schedule an appointment with a dentist. They can determine whether gum disease is the culprit. In the meantime, here are some things you can try to stop bleeding gums at home:

- Brush two to three times a day.
- Floss once daily.
- Use a soft-bristled toothbrush.
- Rinse your mouth with warm saltwater.
- Use an antibacterial mouthwash.
- Avoid smoking

Bleeding gums can get worse over time if you ignore them, especially if gum disease is the culprit. Left untreated, gum disease erodes the tissue, ligaments, and bone that support your teeth. This can lead to a continuing cycle of infection, bad breath, and even tooth loss. If another health issue causes bleeding gums, your symptoms may worsen as the underlying condition worsens. It's best to see a healthcare provider so they can give you a proper diagnosis and begin any necessary treatment.

Laughter is the Best Medicine

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

"What's the difference between a hippo and a zippo?"

One is really heavy and one's a little lighter."

"A guy goes to the doctor and says, "Hey doc, I've got a problem. I think I'm going deaf."

The Doctor replied, "Oh, that's really unfortunate. Can you describe the symptoms for me?"

The man thought for a moment and said, "Yeah, Homer is a fat yellow man and Marge has blue hair.'"



A man walked into a bar, sat down, and ordered a beer. As he sipped the beer, he heard a soothing voice say, "Nice tie!" and "Beautiful shirt", but when he looked about he could not see anyone.

He turned to the barman and explained what happened.

"Don't worry" said the barman, "it's the peanuts. They're complimentary."

"I took the shell off my racing snail to make it go faster.

If anything, it just made it more sluggish."

There was once an Island Nation where everyone lived in houses made from Grass, and they were all fabulously wealthy, but had little to spend their money on, which made their King angry. He wanted to show off his wealth. He went to the elders who suggested he build a magnificent throne. The King said his house was too small. The elders came up with a solution. Using ropes and pulleys, they could lower the throne during the day in the house for the King to sit, and at night it would be raised up out the way so his bed could be lowered into the same space for him to sleep. Unfortunately after a few months of constant use, the ropes frayed and one night, while he slept, the ropes gave way and the throne crashed down on top of the King, killing him instantly. The Elders recognised the lesson in this experience and added a new law to the Island:

People who live in Grass Houses should not stow thrones.

NUTRITION: Lazza's Kitchen Adventure

Lazza's Rich Chocolate Desserts

Lazza has been trying out new recipes for over four years
His first time making: Lazza's Rich Chocolate Desserts from scratch

Ingredients

CUSTARD: 300ml Cream
500ml Whole Milk
5 x Eggs (yolks) Vanilla Essence
2 large tablespoon Cornflour
80g Caster Sugar
150g Dark Chocolate
MOUSSE: 20g Caster Sugar
150g Dark Chocolate
5 x Eggs (whites):
Lemon Juice: Grated Chocolate to decorate

Cooking chocolate (baking chocolate) has a higher cocoa solid content and very little or no sugar, resulting in a bitter, intense flavour designed for baking, whereas normal chocolate is sweetened and contains milk or other fat additions for a smoother, enjoyable flavour when eaten directly.

Cooking chocolate helps control sweetness in recipes, while normal chocolate can make baked goods too sweet or sugary.

I used Dark Chocolate in this recipe.

I quite like Gu Puds - so had quite a few glass containers, but I am sure you can find other things in shops.

Also - use just five eggs - split the white for mousse and yolks for custard.

Custard: I put the milk, cream, and vanilla essence in a pan to heat up.

Meanwhile I put the 5 egg yolks (keeping whites aside) into a bowl with the sugar and the cornflour and mixed it together to remove all the lumps.

With the milk/cream mix warm, I whisked it into the egg mix and then returned it all into the pan to boil: I also now put in the 150g Chocolate and whisked it continually until it thickened into a lovely chocolate custard.

I put a generous spoon into the base of each ramekin to half fill.

Mousse: I whisked up the egg whites, sugar, and splash of lemon, into soft peaks.

I melted the chocolate (can use microwave or in a bowl over water). I put a large spoon of the whites into the chocolate and mixed in. I then added the rest of the whites and folded it all in using a metal spoon.

I topped the custard with a large spoon of mousse, flattened it down, sprinkled over grated chocolate (or I used shop bought choc pieces), put in fridge overnight (once all cooled) and absolutely 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.

LAZZA's Letter Game:

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

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

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Lazza's Letter Game

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

Keep coming back to it.

Try not to look the answers up.

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

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



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

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

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

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

www.healthygenerations.org.uk

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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 2



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

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

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



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

They are especially aimed at our work in promoting an active lifestyle, but making it fun and accessible. Thank you so much for your incredible faith and support.

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



Change Grow Live



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

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

www.sadlerswells.com

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 3



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022 and 2023.

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

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

**Voluntary
Action
Islington**

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

- Round One: 1 Hei / Hej 2 Dooms / Paras 3 Arg / Chile
 Round Two: 1, 28: 2, 126: 3, 113: 4, 500: 5, 362:
 Round Three: 1, 2002: 2, 1966: 3, 1948: 4, 2010. 5, 1921.
 Round Four: None of them actually existed - legends and myth and even fake names.
 Round Five: 1 Pike: 2 Whopper: 3 Wolly: 4 Kunming:
 Round Six: 1 Glasgow: 2 London: 3 Paris: 4 New York: 5 Berlin:



Quiz Answers from Page 6 + from Page 28

See if you can beat your family and friends

MUSIC: The singers of those songs that have a Country/City in the title, and year first released?

1. 1981: Barry Manilow
2. 1968: The Beatles
3. 1982: Toto
4. 1981: Kim Wilde
5. 1983: David Bowie
6. 1984: Bruce Springsteen
7. 1970: The Guess Who
8. 1984: Alphaville
9. 1976: Julie Covington
10. 1966: The Beatles
11. 1986: The Bangles
12. 1979: The Clash
13. 1958: Max Bygraves

FILMS: Which Actor won the Best Actor Oscar starring in these films, plus year released?

1. 1948: Laurence Olivier
2. 1962: Gregory Peck
3. 1992: Al Pacino
4. 2007: Daniel Day Lewis
5. 2022: Brendan Fraser
6. 1984: F. Murray Abraham
7. 1959: Charlton Heston
8. 2014: Eddie Redmayne
9. 1988: Dustin Hoffman
10. 1972: Marlon Brando
11. 1956: Yul Brynner
12. 2025: Michael B. Jordan
13. 2018: Rami Malek
14. 2008: Sean Penn
15. 1991: Anthony Hopkins
16. 1986: Paul Newman
17. 1980: Robert De Niro

NAMES: Those Capital Cities from their letters - plus the Country.

1. Canberra: Australia
2. Copenhagen: Denmark
3. Nairobi: Kenya
4. Reykjavik: Iceland
5. Wellington: New Zealand
6. Stockholm: Sweden
7. Washington DC: United States
8. Madrid: Spain
9. Islamabad: Pakistan
10. Valletta: Malta
11. Baghdad: Iraq
12. Ottawa: Canada
13. Zagreb: Croatia
14. Tallinn: Estonia

WORLD NEWS:

Top 20 Natural Gas Country Producers

United States: Russia: Iran: China:

Canada: Qatar: Australia: Norway:

Saudi Arabia: Algeria: Turkmenistan: Malaysia:

Brazil: Indonesia: United Arab Emirates: Argentina:

Nigeria: Egypt: Oman: Uzbekistan:

QUIZ ANSWERS

Names 1960s Actresses: Did you name them? from Page 28 (how well did you do? Tough wasn't it?)

- 1: Sophia Loren
- 2: Audrey Hepburn
- 3: Vanessa Redgrave
- 4: Elizabeth Taylor
- 5: Faye Dunaway
- 6: Liza Minelli
- 7: Anne Bancroft
- 8: Bette Davis
- 9: Debbie Reynolds
- 10: Julie Andrews
- 11: Janet Leigh
- 12: Angela Lansbury
- 13: Goldie Hawn
- 14: Maggie Smith
- 15: Judy Garland

THE WORLD:

20 most populated cities

Shanghai; Delhi; Kinshasa
Mumbai; Beijing; Karachi
Shenzhen; Guangzhou;
Kano; Chengdu; Istanbul
Bengaluru; Kolkata
Lagos; Lahore; Moscow
Chennai; Jakarta
Tianjin; Johannesburg

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

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

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

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

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

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

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

Lawrence: Official Nominee Mayor Civic Award 2023

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



Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well

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