

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 22

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st February 2024



www.hmhb2016.org.uk



CONTENTS



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

Page 3:	Introduction. And photos from HMHB in 2023 - memories!!
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 7-9:	HMHB - Some of our recent news with photos (including HMHB 2023 review)
Page 10:	Brand NEW Recipe: Lazza's Kitchen: "Red Pepper and Tomato Soup" from scratch.
Page 11-12:	Mind-set: Are you Self Sabotaging? What is it?
Page 13-14:	Exercise: Stretching: Some of PT Zombie's favourite stretches.
Page 15-16:	Mind-set: Ways to overcome Self Sabotage.
Page 17:	Brand NEW Recipe: Lazza's Kitchen: "Pork and Chickpea Stew" from scratch.
Page 18:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 19-21:	Nutrition: How nutrition can affect your Gut Health.
Page 22:	Nutrition: Minerals. Sulphur/Sulfur.
Page 23:	Lazza's Page of Recommendations, News, Life.
Page 24:	Lazza's Photo Game Page: An movie actor theme this month.
Page 25:	Brand NEW Recipe: Lazza's Kitchen: "Winter Orange Soup" from scratch.
Page 26-27:	Exercise: Swimming. Why we need to get into the pool.
Page 28:	Exercise: Three Push Up / Press Up Variations for you to try.
Page 29:	Exercise: Three More Push Up / Press Up Variations for you to try..
Page 30:	Lazza's Fascinating Facts to astound your friends.
Page 31:	Health: How Can I supercharge my Mornings? -1
Page 32:	Health: How Can I supercharge my Mornings? -2
Page 33:	Health: How Can I supercharge my Mornings? -3
Page 34:	Health: How Can I supercharge my Mornings? -4
Page 35:	Brand NEW Recipe: Lazza's Kitchen: "Lentil and Bacon Soup" from scratch.
Page 36:	Promoting some of our Partners: Part 1
Page 37:	Promoting some of our Partners: Part 2: plus quiz answers from Page 18
Page 38:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 39:	Quiz answers from P6 and photo game page answers from P24.
Page 40:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



**“Do not stop thinking of life as an adventure.
You have no security unless you can live bravely, excitingly, imaginatively;
unless you can choose a challenge instead of competence.”
Eleanor Roosevelt**

Welcome to Issue 22 of Healthy Minds, Healthy Bods’ New Monthly Health Packs.

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

We then went monthly for 7 issues.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



**I was having a look back at some of our photos.
All these are from this year, yes, 2023.
We have delivered across Islington and beyond. We get referrals to us from the NHS and other projects. Lots of outings, social events, terrific exercise sessions, new walks, and astonishing feedback for our courses. HMHB is getting noticed.**

HEALTH NEWS AND RESEARCH PAGE

Can a drug prevent Hearing Loss? (*From ScienceDaily*)

Researchers have found a gene that links deafness to cell death in the inner ear in humans -- creating new opportunities for averting hearing loss.

A person's hearing can be damaged by loud noise, aging and even certain medications, with little recourse beyond a hearing aid or cochlear implant.

But now, University of California, San Francisco scientists have achieved a breakthrough in understanding what is happening in the inner ear during hearing loss, laying the groundwork for preventing deafness.

The research, published on December 22nd, 2023, in the "*Journal of Clinical Investigation Insight*", links animal studies on hearing loss with a rare type of inherited deafness in humans. In both cases, mutations to the *TMTC4* gene trigger a molecular domino effect known as the unfolded protein response (UPR), leading to the death of hair cells in the inner ear.



Intriguingly, hearing loss from loud noise exposure or drugs such as cisplatin, a common form of chemotherapy, also stems from activation of the UPR in hair cells, suggesting that the UPR may underly several different forms of deafness.

There are several drugs that block the UPR, and stop hearing loss, in laboratory animals. The new findings make a stronger case for testing these drugs in people who are at risk of losing their hearing, according to the researchers.

"Millions of adults lose their hearing due to noise exposure or aging each year, but it's been a mystery what was going wrong," said Dylan Chan, MD, PhD, co-senior author on the paper and director of the Children's Communication Centre (CCC) in the UCSF Department of Otolaryngology. "We now have solid evidence that *TMTC4* is a human deafness gene and that the UPR is a genuine target for preventing deafness."

Elliott Sherr, MD, PhD, director of the UCSF Brain Development Research Program and co-senior author of the paper, partnered with Chan, an expert on the inner ear, to look into what was happening to the mice, which looked like an accelerated version of age-related hearing loss in humans. They showed that mutations to *TMTC4* primed hair cells in the ear to self-destruct, and loud noise did the same thing. In both cases, hair cells were flooded with excess calcium, throwing off the balance of other cellular signals, including the UPR.

But they found there was a way to stop this. ISRIB, a drug developed at UCSF to block the UPR's self-destruct mechanism in traumatic brain injury, prevented animals who were exposed to noise from going deaf.

Understanding *TMTC4* mutations gives researchers a new way of studying progressive deafness, since it is critical for maintaining the health of the adult inner ear. The mutations mimic damage from noise, aging or drugs like cisplatin. The researchers envision a future where people who must take cisplatin, or who have to be exposed to loud noises for their jobs, take a drug that dampens the UPR and keeps hair cells from withering away, preserving their hearing.

HEALTH NEWS AND RESEARCH PAGE: Bipolar Disorder linked to Early Death

Having bipolar disorder -- a serious mental illness that can cause both manic and depressed moods -- can make life more challenging. Stephen Fry, Mariah Carey, Mel Gibson, and Carrie Fisher, are all famous people diagnosed with this disorder.

Having Bipolar also comes with a higher risk of dying early. Now, a study puts into perspective just how large that risk is, and how it compares with other factors that can shorten life. In two different groups, people with bipolar disorder were four to six times more likely as people without the condition to die prematurely, the study finds. By contrast, people who had smoked were about twice as likely to die prematurely than those who had never smoked -- whether or not they had bipolar disorder.

A team from the University of Michigan, home to one of the world's largest long-term studies of people with bipolar disorder, reports their findings in the journal *"Psychiatry Research"*. The stark difference in mortality, and the differences in health and lifestyle that likely contributed to it, should prompt more efforts at preventing early deaths, say the researchers.

"Bipolar disorder has long been seen as a risk factor for mortality, but always through a lens of other common causes of death," said Anastasia Yocum, Ph.D., lead author of the study and data manager of the research program at the Heinz C. Prechter Bipolar Research Program. "We wanted to look at it by itself in comparison with conditions and lifestyle behaviours that are also linked to higher rates of premature death."

Yocum and her colleagues, including Prechter Program director Melvin McInnis, M.D., started by looking at deaths and related factors among 1,128 people who had volunteered for the program's long-term study of people with and without bipolar disorder. They found that all but 2 of the 56 deaths since the study began in 2006 were from the group of 847 people in the study who had bipolar disorder.

With statistical adjustments, their analysis shows that having a diagnosis of bipolar disorder made someone six times more likely to die during a 10-year period than people taking part in the same study who did not have bipolar disorder. By comparison, study participants who had smoked or were over age 60 were more than twice as likely to die in that same time as people who never smoked or were under 60, regardless of bipolar status.

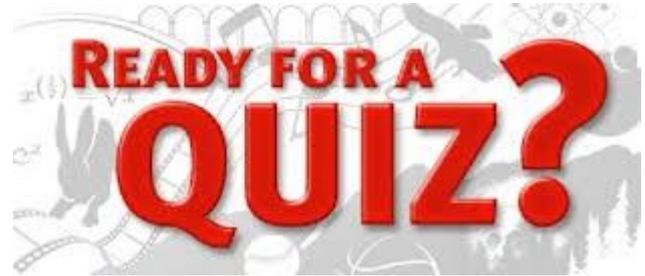
They analysed years' worth of anonymous patient records from more than 18,000 people who get their primary care through Michigan Medicine, U-M's academic medical centre. Among this group, people with bipolar disorder were four times as likely to die during the study period than those with no record of bipolar disorder. The team studied records from more than 10,700 people with bipolar disorder and a comparison group of just over 7,800 people without any psychiatric disorder. The only factor associated with an even higher chance of dying during the study period in this pool of people was high blood pressure. Those who had hypertension were five times more likely to die than those with normal blood pressure, no matter whether they had bipolar disorder or not.

By contrast, smokers were twice as likely to die as never-smokers in this sample, and those over age 60 were three times as likely to die, both regardless of bipolar status. "To our major surprise, in both samples we found that having bipolar disorder is far more of a risk for premature death than smoking," said McInnis, a professor of psychiatry at the U-M Medical School.

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

Sport

This Year is the Football European Championships. There have been 16 tournaments (every four years). Can you name every winner and year? *(a real toughie for fans!!)*



The World: Name the Country from the letters provided *(alphabetically)*

1. AAABEIJNRZ
2. ADHNORSU
3. CEEHILNNSTT
4. ADHNOSSTUU
5. AEIMNTV
6. AGLOPRTU
7. AEHIIOPT
8. AABBDORS
9. AGKNRSTYYZ
10. ADEEHLNNRST
11. DDEGIKMNNOTU
12. AACCIORST
13. &AADEIIIKNNSSSTTTV

Music: Which Film Musical are the following songs from, and what year did the original film premier?

1. I Could Have Danced All Night
2. Lady Marmalade
3. Climb Ev'ry Mountain
4. Look At Me I'm Sandra Dee
5. Never Enough
6. Think
7. Luck Be A Lady
8. Food Glorious Food
9. Maria
10. If I Were The King Of The Forest
11. Getting To Know You
12. Let's Go Fly A Kite
13. Pure Imagination
14. Hushabye Mountain
15. Over At The Frankenstein Place
16. Tragedy
17. If I Were a Rich Man

Places: In which English County are these cities? *(apologies to our foreign friends).*

1. Sheffield
2. Ipswich
3. Plymouth
4. St. Albans
5. Chichester
6. Carlisle
7. Bradford
8. Truro
9. Chelmsford
10. Salisbury
11. Milton Keynes
12. Peterborough
13. Sunderland
14. Southampton



USA History:

Can you give the first names of the last 9 USA Presidents, alongside the first names of their first lady.

Tougher than you think!

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

HMHB Activity: Photos and Events from January 2024



We revisited the wonderful and creative 2nd Chance Café, attached to St Mary's Church, in Stoke Newington Church Street. As we walk in Clissold, very close to the church, on Thursdays, we popped in for soup, pudding, and cake, all washed down with coffee and tea. It's a fabulous service. Open Thursday and Friday from 11am to 2pm, and is free if you cannot afford a donation, which they suggest at £3.

The Clissold Café must love us. We normally walk down to the ponds on a Thursday to feed the ducks before heading to the café for coffees/teas/chocolate. And just look at us crammed into the space. We have to commandeer tables and chairs to get us all together, but what a fabulous group. It has been a bit colder lately, but that has not affected our numbers. We also walk Monday in Finsbury Park and Wednesday in Highbury Fields.

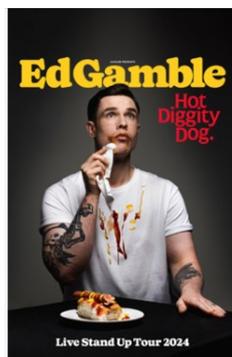


We have been lucky enough to see some wondrous performances over the last two years, and January did not disappoint with a visit to the English National Ballet at the London Coliseum.



Giselle was our performance. Several of the group had never been to see a ballet before, so it was terrific to be able to give them this opportunity. The dancing was, of course, superb. The music and staging were both astonishing. Here we are outside the Coliseum.

I was very lucky to catch an advert for a show with Ed Gamble at the Pleasance Theatre, Islington. He is doing a tour of the country with his show and was trying out material, so we managed to go for an excellent price. Five of us enjoyed the hour show, and we laughed a lot. What an opportunity to see a television comedian live.



HMHB Activity: Photos and Events from January 2024



HMHB are really proud of our continuing FREE weekly exercise sessions, and the picture opposite is from one of our Tuesday sessions at Highbury Leisure Centre, these run by our PT Zombie (Dean).

The group always inspire me.

We get people aged 28 to 88, and they give their all every week, regardless of weather or health.

Zombie is very good at making it accessible to all.

We also run one on Saturday mornings at the Sobell Centre, both in partnership with Better Gyms.

Thanks to everyone that comes along, tries their best, and let's reach our targets together.

Ten of us were very lucky to see the incredible Alan Davies at the Pleasance Theatre in North Road, Islington.

We thanked them on Twitter and amazingly Alan replied himself, and started following us online.

Was a thoughtful and funny show, touching on delicate subjects, but handled really well.

Thanks to those who came along.



Here are our group at the magnificent
British Library.

We were so lucky to be invited to come along and get a free tour, which took in areas that the normal public cannot reach.

Yes, we went behind the scenes.

Led by the fantastic and interesting Dan Price, our group discovered areas of the library that they did not know existed.

The Library, on the Euston Road, is free entry for people, and they do have fascinating free exhibitions you can enjoy, as well as paid ones.

It is also a great place to take your laptop and work during the day if you just need to sit down and get on with work – maybe I should try it.

It's a great place for entrepreneurs too.

Do go and visit.

HMHB Activity: Photos and Events from January 2024



Our unique and fun quiz returned in January, after a short break over Christmas. Quizmaster Lazza has created a pioneering quiz that is more about learning, guessing, but having a laugh at the same time. His questions are inventive, ambiguous, and interesting. We welcome new people and if you are interested in receiving the online link (quiz every Thursday at 7:30pm) do let us know.

Lazza, Jazza, and Georgazza had a personal visit to the Pleasance Theatre towards the end of the month to see the first performance of a very funny play.

Focusing on the Gwyneth Paltrow court case around a skiing accident, it involved puppets, skiing, audience participation, and lots of laughs.

“Gwyneth Goes Skiing”.

Do get tickets while you still can.

Fully recommended.



AJANI
"It's Your Choice"

Delighted to say we have once again got a grant from Islington Giving Community Chest to run some of our Ajani Mindset Courses in Islington.

We have started contacting the various organisations we will be working alongside, and this includes Job Centres, mental health projects, and others.

This is so exciting, and makes nonsense of being turned down for funding from the local Voluntary Community Sector just because we didn't word an application form correctly.

Lazza's weight loss Corner

So I have restarted my weight loss journey. This was something I started way back in 2020 when I first developed and delivered the weekly Health Packs.

It's interesting that I did the self-sabotage pages in this issue on Mind-set, as I think part of me at the time did not actually believe I could reach my targets. This is why I featured the pages in this pack.

As many know, my weight issues go back a long way, and psychology comes into it. I want to be around 77kgs - 12 stone. That is my ideal, and what I want. I am 108kgs.

This is down to eating when ill, having knee issues that needed surgery, and not looking after myself, ironic considering these packs. Putting my weight each month here should incentivise me to my goals.

NUTRITION: Lazza's Kitchen Adventure

Red Pepper and Tomato Soup

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Red Pepper and Tomato Soup from scratch

The cherry tomato is a type of small round tomato believed to be an intermediate genetic admixture between wild currant-type tomatoes and domesticated garden tomatoes. They may help in losing surplus weight by keeping you satiated and hydrated. Cherry tomatoes are an incredible source of vitamins A, C, and E as well as B vitamin folate. Cherry tomatoes range in size from a thumb-tip up to the size of a golf ball.

Ingredients

Onion(s) chopped (can use red onion)
Chopped Garlic:
Cherry Tomatoes
Vine Tomatoes
3 Red Peppers (chopped)
Salt and Pepper
Olive Oil
Parsley, Basil, Mixed Herbs
Vegetable Stock (with 500ml hot water)

Put the chopped onion, garlic, and tomatoes into a roasting tin or dish.
Pour olive oil, and cook at 180C in the oven for around 30 minutes.
Take out to slightly cool.

In a cooking pot, put some more oil and the chopped red peppers and cook for around 5 minutes.
Pour in the hot stock.
Then add the onion/garlic/tomato mix from the roasting dish.

Season with some herbs - I used Parsley, Basil, and some Mixed Herbs.
Add some salt and black pepper.

Leave to simmer for around 20 to 25 minutes, stirring.
Then blend the soup before serving. Creates a lovely texture.



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

MIND-SET: Do you self sabotage?

Self-sabotage is when people do (or don't do) things that block their success or prevent them from accomplishing their goals. It can happen consciously or unconsciously. Self-sabotaging behaviours can affect our personal and professional success, as well as our mental health.

The term sabotage means to deliberately damage, block, or impair something so that it doesn't work as intended. Even though we rarely block ourselves deliberately from getting what we want, we still might do or say things to get in our own way. To others, it can even seem deliberate.

I can honestly say that I know I sometimes do it. Even though I maybe do not recognise it as self sabotaging. A great example is my weight problems. I think, no—I know, that I don't believe one hundred per cent I will reach my goals. I am not sure why, psychologically, but it is definitely true. So sometimes I will go and pig out knowing it is not sensible.



Have you ever had a sneaking suspicion that you're getting in your own way, or has someone pointed out a pattern of behaviour that you don't particularly like.

No one wants to admit that we sabotage ourselves, but we all do it to some degree. Everyone has done things that took them out of step with a goal that they're trying to achieve or behaviour that they want to change. That's okay, when we're aware of it.

When we're not aware of our self-sabotaging behaviours, life can seem impossible. We can feel like we're playing a game where we don't understand all the rules. It may seem like we'll never achieve the goals we want or live the kind of life we want to have.

When you're trying to create a change in your life, it's helpful to look at what you can control, rather than what you can't. Fortunately, your behaviour is something that you can change.

Although we usually talk about self-sabotaging behaviour, it's also possible to have self-sabotaging mindsets and patterns. Becoming aware of what causes self sabotage is key to breaking these patterns.

Did you know, we get a boost in dopamine (the feel-good neurotransmitter) by setting goals. But when it's time to complete them, the fear of failure triggers avoidant behaviour. In order to avoid the "threat," we subconsciously start to shy away from our goals. This is called the "approach-avoidance" conflict.

Self-sabotaging happens when there's a mismatch between our values and our behaviour. It's most likely when we have to either do something that doesn't align with what we really want. Conversely, it might be that we know what we want but do something that doesn't help us get there.

“Having self-confidence is the beginning of having everything”

MIND-SET: Identify Self Sabotage

There are many different patterns associated with self-sabotage. One of the most essential steps in identifying self-sabotaging behaviour is to develop self awareness. Self-awareness, or introspection, is critical to noticing unhelpful patterns of behaviour and strengthening the ability to stop them in their tracks.

Striving to be perfect might sound like a good thing, but it often gets in the way of being effective. Perfectionists often struggle with getting started on projects, and when they do get started, obsession with the details keeps them from finishing. Perfectionists also tend towards all or nothing thinking. They tend to be especially harsh on themselves and talk themselves out of potential opportunities before they even get started.



People who struggle with moderation often have difficulty setting boundaries. This behaviour might look like people-pleasing (which causes them to say “yes” to too many things). Or it might be a lack of moderation in other areas of their lives, like one too many drinks on a night out. There are other, more subtle ways of “overdoing it,” like staying up all night watching TV or working out to exhaustion at the gym. Although overcommitting can look like a strong drive to achieve, it often masks an underlying fear of success.

Everyone’s guilty of procrastinating now and again, especially when it’s a project they don’t really want to do. But putting off your responsibilities can actually indicate a lack of self-confidence. When you procrastinate, you prevent yourself from having the time and the resources you need to do your best work. Procrastination often goes hand in hand with perfectionism. Perfectionists will often delay starting a project if they feel they can’t do it perfectly.

When we’re not aware of our negative thought patterns and how they affect our behaviour, self-sabotage can run our daily lives. We might feel hopeless about the future or achieving our goals. We may think that there’s something wrong with us and that we’re just not capable of success. When this happens, these negative behaviours can become ingrained. They can amplify our insecurities. Self-sabotaging behaviours drain our motivation, enthusiasm, and self-esteem. Because the evidence of our “failures” starts to pile up, we no longer think we’re good enough. This self-doubt begins to perpetuate a cycle. When we’re (inevitably) pushed to do something outside of our comfort zones, we panic. Those uncomfortable feelings and scared inner voices lead us to act against our own best interests. And when it causes us to burn a bridge that really matters to us, it’s heartbreaking. Next, we will look at ways to combat this.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don’t allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.

HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

EXERCISE/FITNESS: STRETCHING

HMHB's PT Zombie takes us through some stretches - 1

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

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

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

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

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

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

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

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

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

OPEN ARM CHEST STRETCH

It’s a simple stretch, but that does not mean it is not effective.

Stand upright, straight back, slight bend in knees.

Holding arms wide, with small bend at the elbow.

Just bring the arms back, staying erect, and allowing the chest to come forward.

In addition to improving your posture, strengthening and lengthening chest muscles helps to support deeper breathing.



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.

SIDE BEND STRETCH

Simple is great.

As you can see, Zombie stands upright and grabs his right wrist with the left hand, arms above his head, and just leans over. Try and hold the stretch for five to ten seconds before moving to the other side.

Incorporating oblique stretches into your regular workout routine can contribute significantly to your overall health, fitness, and injury prevention. By keeping your oblique muscles flexible and strong, you can ensure proper spinal alignment and improve posture.



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

EXERCISE/FITNESS:

HMHB's PT Zombie takes us through some stretches - 2

STRAIGHT LEG STRETCH

Stand with one leg straight in front with the other slightly bent. If you can try and keep your knees close together. Reach down the straight leg, or you can rest your hands on your bent knee. Try and get low, and feel the stretch on the hamstring of your straight leg. Then, as in second picture, you can lift the toes of your straight leg. You will feel a gorgeous stretch all the way down the straight leg. Stretching your calves activates the muscles, stimulates blood flow, and can increase your short-term range of motion and flexibility.



BEND REACH STRETCH

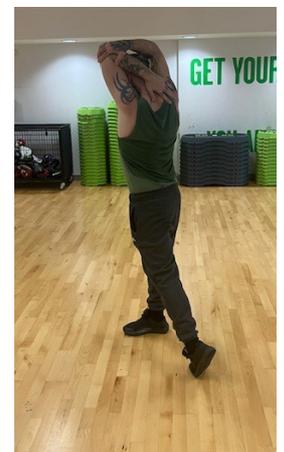
Another simple, but effective stretch. Standing upright, reach your hands above your head. Take a deep breath. As you exhale bend forward, keeping your legs straight, hands next to each other, and stretch all the way to the floor. Hold that pose for 15-20 seconds. Repeat a couple of times. Stretching can minimize and prevent back spasms and stiffness, as well as be used to treat piriformis syndrome. This occurs when the piriformis muscle grows too tight and weak, which can cause pressure on your sciatic nerve.



TRICEP STRETCH

This standing stretch works the triceps as well as all parts of the shoulder and upper back. As you can see, Zombie stands upright, placing one hand behind his neck, pulling in on the upper elbow. By holding that position it stretches the triceps muscle, as well as the shoulder area.

Triceps stretches improve flexibility, lengthen muscles, and increase range of motion. Plus, they can help to prevent tight muscles, loosen connective tissue, and boost circulation, all while using no or minimal equipment.



**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: Overcoming Self-Sabotage - 2

Realistic Goals

One of the biggest reasons we self sabotage is that we set ourselves goals that are probably out of our reach, and because we do not feel we are getting anywhere we then give up.

Breaking your big ambitions down into smaller realistic goals will help you to get there one step at a time. When your goals are realistic and achievable, you're more likely to complete them. And with each step forward, you'll get a sense of achievement that will motivate you to do even more.

It's also important to have goals that include fun activities. Achieving fun and pleasurable goals releases happy hormones in your brain, helping you make positive connections and motivating you to do more.

Fun goals might include:

- going for a day out with friends or family
- joining a local activity group
- cooking your favourite meal once a week
- Getting to the cinema or theatre occasionally



Little things like this can add up to big, positive changes in your life. But for this to happen, your goals need to be clear and realistic. If they are too hard, you are more likely to find a way to stop them from happening.

You may have heard of the SMART way to look at goals. It is quite famous, so lets have a peek.

1. **Specific:** What exactly do you want to do?
2. **Measurable:** How will you know when you've done it?
3. **Achievable:** Can you realistically do it?
4. **Relevant:** Does the goal relate to something important in your life?
5. **Timely:** When do you want to achieve it?

I am probably going to finish this part by looking at myself, and using myself as a prime example.

People see me as someone who is very confident, outgoing, friendly, approachable, and such like (well, I hope they do). And I guess I am those things a lot of the time. What they do not see is the insecure me, the fragile me, the frustrated me. I put on this smiling face and push on.

I will be honest, I do not self sabotage a lot. But I think I do around my weight issues. I was talking to a friend about this problem just the other day - it is what put it into my mind that I would use it as my Mindset subject in this health pack.

I said that I did not believe I could actually reach my weight targets. Parts of me are not confident. And I think I therefore will go and eat something stupid as I consider that I will just fail anyway. I know that is true. I also know how ridiculous it is. Swings and roundabouts.

I will finish with this: it's okay to be nervous: it's okay to worry. The only way you can achieve is to keep going. Don't find ways for things not to happen. Start believing. They may not happen, but at least you tried.

NUTRITION: Lazza's Kitchen Adventure

Pork and Chickpea Stew

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Pork and Chickpea Stew from scratch

Ingredients

Olive Oil: 4 Pork Medallions
1 Onion Chopped: Garlic
1 Red Pepper chopped
1 Courgette chopped:
1 bag baby carrots: Bag Cherry Tomatoes
400g Tin Chickpeas
400g Tin Chopped Tomatoes
1 Chicken Stock
1 teaspoon Paprika
Salt and Black Pepper

Nutritionally, Pork possesses a wide range of essential nutrients like energizing B vitamins, choline for developing babies, and iron for healthy red blood cells. A 3-ounce serving of lean pork is loaded with protein and low in fat. Pork is rich in protein which contributes to the maintenance and growth in muscle mass and is needed for normal growth and development of children's bones. Pork is a source of zinc, selenium and vitamins B12 and B6, these help the immune system to work normally. Eating lean pork daily can be a part of a well-balanced, high-nutrient diet.

Heat the oil in a large non-stick frying pan or wide-based casserole.

Season the pork with salt and pepper and fry over a medium heat for 2 minutes until lightly browned.

Remove from the pan and set aside on a plate.

Add the remaining oil, the onion, pepper, chopped cherry tomatoes, chopped carrots, and courgette to the pan.

Cook for 5 minutes, or until softened and lightly browned, stirring regularly.

Add the garlic, paprika, chickpeas and tinned tomatoes.

Half-fill the empty tomato tin with water and add to the pan.

Crumble in the stock cube and add the cooked pork, cut up into small pieces.

Bring to a gentle simmer for 15-20 minutes, or until the sauce has thickened and the pork is tender, stirring regularly.



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, meal to prepare.

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

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

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

ROUND ONE: Multiple Choice

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

Breeds of Cattle	American Sports Stars	Moons of Uranus
British Longhorn	Dick Felt	Margaret
British Jersey	Dick Trickle	Elizabeth
British Friesian	Dick Warmer	Brenda
British White	Dick Duck	Belinda

ROUND TWO: Give Me a Number

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

- How many times did Wayne Rooney play for England?
- How long, in metres, would the original Star Trek Enterprise have been if it had been real?
- In Star Wars, Episode IV A New Hope, how many women had speaking parts?
- How many lines on the London Underground?
- How many words in the song Bohemian Rhapsody?

ROUND THREE: When Did That Happen

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

- The first performance of Romeo and Juliet.
- The year Leonardo Di Caprio was born.
- The first self-service petrol station opens in London.
- Madame Butterfly premiers in Italy.
- Notts County, the oldest Association Football club, is formed.



ROUND FOUR: What specifically links these books?

Catch 22: Jane Eyre: To Kill A Mockingbird: Frankenstein: The Catch In The Rye:

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

1. Nominate Best Film Oscar 1980: Gandi: The Elephant Man: Terms of Endearment.
2. South American Country Benin: Sierra Leone: Suriname.
3. Born in 1954: Denzel Washington: Osama Bin Laden: Liam Neeson
4. NOT a Welsh City Wrexham: Aberystwyth: Bangor.

ROUND SIX: Which Person is it?

1. The most number one UK singles number ones.
2. The fourth in line to be the next English sovereign.
3. The current host of University Challenge:
4. Sang "All Time High" - the theme tune for James Bond's Octopussy.
5. The current Chancellor of the Exchequer.



NUTRITION: Looking after our Gut.

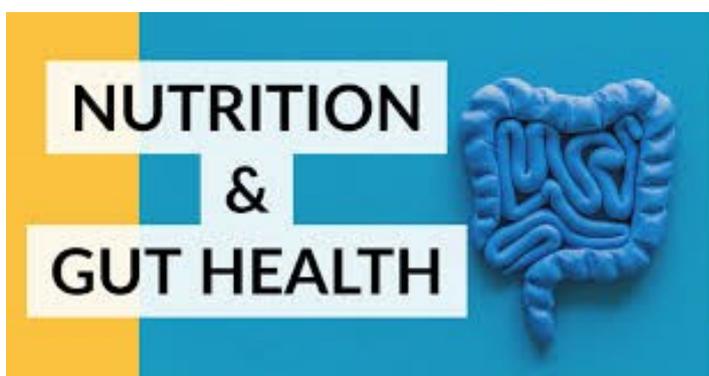
There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

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.

Your gut is your gastrointestinal system and includes your stomach, intestines and colon. It digests and absorbs nutrients from food and excretes waste. There is no clear definition of gut health, and it can mean something different for researchers, medical professionals and the community.

About 200 different species of bacteria, viruses and fungi live in your large intestine. The bacteria and other micro-organisms in your gut are known as your gut microbiome. The bacteria help to break down food, turning it into nutrients your body can use.

Certain types of bacteria in your gut may contribute to some diseases. Some microorganisms are harmful to our health, but many are beneficial and necessary for a healthy body.



We are learning that the variety of bacteria in your gut is an important indicator of the health of your microbiome. The health of your gut can impact both your physical and mental health.

Many factors, including the foods you eat, can impact the type of bacteria found in your digestive tract. What we eat can have short-term and long-term effects on our gut microbiome environment.

The gut breaks down the foods you eat and absorbs nutrients that support your body's functions. The importance of the gut to our overall health is a topic of increasing research in the medical community. Research is showing us that our gut microbiome can affect every organ in our body.

It is understood that there are links between gut health and:

- The Immune System
- Mental Health
- Autoimmune Diseases
- Endocrine disorders – such as Type 2 Diabetes
- Gastrointestinal disorders – such as Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease
- Cardiovascular Disease
- Cancers
- Sleep
- Digestion

NUTRITION:

How do I know if I have gut problems?

Many factors affect your gut health, like your family and genetic history and how your body is built. There are also factors you can control, like stress and diet. When your gut functions properly, there's a good balance of bacteria helping your body process and get energy from the foods you eat, clear toxins, fight against disease, and boost your mood. You're also free of symptoms like diarrhoea, constipation, loose stools, gas, bloating, and abdominal pain.

Upset Stomach

Frequent discomfort, gas, bloating, constipation, diarrhoea, and heartburn could be signs that your gut is having a hard time processing food and eliminating waste.

Tired a lot?

People with chronic fatigue may have imbalances in the gut. One study found that almost half of people with fatigue also had Irritable Bowel Syndrome.

Poor Sleep

An unhealthy gut can cause insomnia and poor sleep, which leads to fatigue. The majority of your body's serotonin, which affects mood and sleep, is produced in the gut. So, when there's bacteria or inflammation in the gut, your sleep may be affected as well.

Food Intolerance

Food intolerances may be caused by poor quality of bacteria in the gut. You may have a food intolerance if you struggle to digest certain foods. This can cause bloating, gas, diarrhoea, nausea, and abdominal pain.

Cravings, especially sugar.

Eating too much sugar can cause too much "bad" bacteria in the gut. High amounts of sugar, especially high-fructose corn syrup, are linked to inflammation in the body and puts you at risk for other diseases.

Weight Issues?

When your gut is imbalanced, your body may struggle to absorb nutrients, store fat, and regulate blood sugar. Weight loss or gain may be caused by bacteria overgrowth or lack of nutrients.

Skin Problems

Some skin conditions like acne, eczema, and psoriasis may be related to gut issues.

Headaches?

There may be a link between headaches and gut health, especially if you experience nausea or vomiting with migraines. Studies suggest that people with frequent headaches are more likely to have gastrointestinal disorders too.

Autoimmune problems?

Some "bad" gut bacteria may trigger autoimmune conditions like thyroid issues, rheumatoid arthritis, multiple sclerosis, and Type 1 Diabetes.

Mood Changes

Gut problems and inflammation in the nervous system can lead to anxiety and depression.

NUTRITION:

How can nutrition help keep my Gut healthy?

Your gut bacteria are influenced by what you eat. It is important to give them the right fuel to have a balanced gut microbiome.

The best way to maintain a healthy microbiome is to eat a range of fresh, wholefoods, mainly from plant sources like fruits, vegetables, legumes, beans, nuts and wholegrains.

Fibre is important for our gut health for many reasons. Fibre can affect the function of our gut, for example, the digestion and absorption of nutrients, how quickly or slowly things move through and the quality of our stools. The breakdown of fibre by our gut bacteria can also create important products which can influence the development of gastrointestinal conditions such as bowel cancer.



Fibre has other benefits to our health apart from the gut, for example, reducing our risk of developing heart disease and type 2 diabetes.

Fibre is only found in foods that come from a plant. Foods that are high in fibre include:

- Vegetables
- Beans and legumes
- Fruit
- Bread and Cereals
- Nuts and Seeds

Prebiotic fibres, which are not found in all high fibre foods, may be especially helpful for our gut microbiome, as they can act as a fertiliser for the healthy bacteria in our gut. They are found in some types of:

- Vegetables – for example leek, onion and garlic
- Legumes – for example chickpeas, beans and lentils
- Wholegrains – for example rye bread, barley and oats
- Nuts – for example pistachios, cashews and almonds

Polyphenols are plant compounds that may beneficially impact our gut microbiome. Foods rich in polyphenols include:

- Herbs and spices
- Colourful fruits and vegetables
- Nuts and seeds
- Green and black tea
- Coffee
- Cocoa and dark chocolate

I do take a Probiotic. There are several around. I remember visiting a friend in hospital and they were giving them out, so I thought it would be good. They're usually added to yoghurts or taken as food supplements, and are often described as "good" or "friendly" bacteria. They are thought to help restore the natural balance of bacteria in your gut (including your stomach and intestines) when it's been disrupted by an illness or treatment.

Nutrition: HMHB looks at Minerals

Today: Sulphur (Sulfur)

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

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

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

Sulphur is a Macromineral.

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Both of these amino acids are present in your skin, hair, and nails where they help to make these tissues strong and flexible.

Your body needs sulphur to build and fix your DNA and protect your cells from damage that can lead to serious diseases such as cancers. Sulphur also assists your body to metabolise food and contributes to the health of your skin, tendons, and ligaments.



Dietary sulphur comes in many forms. It was once thought that animal-based proteins were the primary source of sulphur, but we now know that it's also found in a variety of plant-based foods and non-protein foods.

Turkey, beef, eggs, fish, and chicken are animal-based sources of methionine, the essential amino acid that must be consumed through your diet since it cannot be synthesised by your body. Chickpeas, couscous, eggs, lentils, oats, turkey and walnuts are good sources of getting cysteine through your diet. Allium vegetables are one of the main sources of dietary sulphur. These vegetables include garlic, leeks, onions, scallions, and shallots and are associated with benefits in cardiovascular health, bone health, blood sugar control, and detoxification. The cruciferous group of vegetables are also good sources, and they include broccoli, cauliflower, cabbage, and kale. Whole grains are a good source of sulphur in the form of thiamine.

Like all Minerals, these are Elements that are “essential for life”.

Your body can't create them (they are inorganic). You have to get them through your diet.

Why not research Minerals this month, and what foods you need to consume?

It's your body, and your choice.

Make sure your choices are the best ones you can make.

LAZZA'S PAGE

Recommendations, News, Life!!!

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

Working with HMHB, our email is bombarded with scams. I probably receive at least ten a day, sometimes more. It nearly always consists of some kind of contact where I would need to click a link to get something. Naturally I do not. I block and delete.

But I was scammed by a so-called friend in the past (although I got all the money back, and extra, through the courts). And I know a couple of our users have too through online activities. These groups can be very persuasive. I have just today been helping a friend of mine who has been scammed out of most of his life savings (a six figure amount) by people pretending to be Cryptocurrency investors - cracking website, believable material, and he was taken in. I have worked with finance and thankfully I saw something and caught the scam, saving him even more losses. Simple searches would have shown him it was wrong. But we trust!!!



Please please be aware. On texts, WhatsApp, emails - if people ask you to click a link NEVER do it. Always check up. Never send money to someone you do not know. If someone calls you saying they are your bank or HMRC or any financial institution, then go to a branch or office and deal directly if you think it may be real. There are hundreds of thousands of scams on Facebook, Twitter, Instagram, and more. Always be aware.



I am known for catching a deal, and boy was I lucky recently. In the Metro paper they have these short trip adverts - I saw the one for Prague - three nights B&B, plus flights, for £129pp. Okay, I had to pay a small extra single person supplement, but it was still amazing value.

So here am I at Namesti Miru Station - it was very close to my hotel. The escalators at this station (that translates to Peace Square in English) are the longest escalators in the European Union. Seriously!!! They are 87m in length, have 533 steps, and it takes an incredible 2 minutes and 15 seconds to ascend!! The station is also the deepest in the European Union. I love a good deal, always searching, and this was a cracker!!!!

I do love the Theatre, always up for a good deal, and the new Kings Head Theatre has opened - behind the pub in Upper Street - and there are very decent prices. I have already seen "Exhibitionists" and "Godot Is A Woman", and have more booked - I think I paid £10 a ticket. Do give it a look. There are other local theatres in Islington too, and they need our custom to keep going. Treat yourself!!!





HMHB's Name Game Page:

Can you name the Actor playing these famous villains?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Winter Orange Soup

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Winter Orange Soup from scratch**

Sweet potatoes are high in beta carotene, vitamins E and C, iron, potassium and vitamin B6. Avoid storing sweet potatoes in the refrigerator, which will produce a hard centre and unpleasant taste.

Instead, store your sweet potatoes in a cool, dry, well-ventilated container.

For best results, store them in a basement or root cellar away from strong heat sources.

Sweet potatoes can be stored for up to two weeks.

Ingredients

2 x chopped onions. Garlic.
1 chopped sweet potato
2 chopped carrots
3 x chopped peppers.
Chopped tomatoes
3 oranges (grated rind, and juice)
Worcestershire Sauce
Basil, Parsley, Turmeric, Paprika, Cayenne Pep
Salt and Pepper
Vegetable Stock

Heat oven to 220C. In a roasting tin or dish, put the onion, garlic, sweet potato, carrot and tomatoes, sprinkle with oil, and roast for 30-35 minutes.

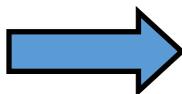
When the above is nearly ready, in a large pan add some oil and add the chopped peppers. Cook for around five minutes.

Take the roasted veg and add to the pan.

Add the hot vegetable stock - around 500ml should be fine. Give a good stir. Add the grated rind and juice of the oranges - gives a lovely citrus kick.

Now add the Worcestershire sauce (about one teaspoon) and the spices you like. I put in Turmeric, Paprika, and a half teaspoon of cayenne pepper to give it a kick, but not overwhelm the palate. I then added some herbs with parsley, sage, and some mixed herbs too, and some seasoning. Cook for another 20 minutes before blending.

This was really really tasty. My own take on Sweet-Potato and Carrot.



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

EXERCISE/FITNESS

Swimming

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

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

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

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

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

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

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

Be active, be safe, and go for it.

It's Winter in the UK. That means people like to stay indoors a little more. And that can directly affect the amount of exercise you do. Walking or running means getting into the chilly wind. But why not go indoors to your local pool and have a swim?

Swimming is a great all-round form of physical activity. It's ideal if you want to be more active and stay healthy, whatever your age or fitness level. Just a few 30 to 45 minute sessions of moderate to vigorous intensity swimming per week is a great way of working towards your recommended levels of physical activity.



One of the best reasons to swim, although you may not have considered it, is that it's a lifesaving skill! By swimming regularly, whether for fitness or pleasure, you keep the skill fresh in your mind and without even realising it, every time you swim you strengthen the muscles and therefore become a stronger, slightly more skilled swimmer, ready for when you might need it. Probably never, but who knows?

Another physical benefit? Swimming is a really great, yet fairly easy way to tone up.

Did you know, water is 784 times denser than air, so swimming is a very effective way of toning your muscles, more than any other form of cardiovascular exercise done on land. Working out in water provides resistance, which has the similar effect as using weights. However, submersion in water creates an even, controlled resistance on the body, perfect for those who are not confident with lifting weights. Even the science says swimming is good!!

Aside from toning, swimming also provides a good cardiovascular workout – cardiovascular, or “cardio”, means your heart really gets pumping which is good for heart health, making you fitter and burning calories, thus enabling weight loss.

“Nothing is impossible. With so many people saying it couldn't be done, all it takes is imagination”. Michael Phelps

EXERCISE/FITNESS: Get down to the pool and swim

If you are nervous about starting any kind of exercise, it is important to have your doctor's approval before beginning or resuming. Swimming can be a safe exercise option for most people with:

- arthritis
- injury
- disability
- other issues that make high-impact exercises difficult

Swimming may even help reduce some of your pain or improve your recovery from an injury. Studies have shown that people with osteoarthritis reported significant reductions in joint pain and stiffness, and experienced less physical limitation after engaging in activities like swimming and cycling.

People with "Multiple Sclerosis" (MS) may also find swimming beneficial. Water makes the limbs buoyant, helping to support them during exercise. Water also provides a gentle resistance.

In one study, a 20-week swimming program resulted in significant reduction of pain for people with MS. These people also showed improvements with symptoms like fatigue, depression, and disability.

Swimming is an efficient way to burn calories. A 160-pound person burns approximately 423 calories on average an hour while swimming laps at a low or moderate pace. That same person may burn up to 715 calories on average an hour swimming at a more vigorous pace. A 200-pound person doing the same activities would burn between 528 and 892 calories on average an hour. A 240-pound person might burn between 632 and 1,068.

To compare these numbers to other popular low-impact activities, that same 160-pound person would only burn around 314 calories on average walking at 3.5 miles per hour for 60 minutes. Yoga might burn just 183 calories on average per hour.

Swimming may have the power to help you sleep better at night, something I can definitely get help with. In one study on older adults with Insomnia, participants reported both a boost in quality of life and sleep after engaging in regular aerobic exercise.

Nearly fifty percent of older persons experience some level of insomnia, so this is excellent news. The study focused on all types of aerobic exercise, including the elliptical, Stairmaster, bicycle, pool, and exercise videos. Swimming is accessible to a wide range of people who deal with physical issues that make other exercises, like running, less appealing. Swimming is a good choice for older adults looking to improve their sleep.

Amazingly, researchers surveyed a group of swimmers immediately before and after swimming at a YMCA in New Taipei City, Taiwan. Of the 101 people surveyed, 44 reported being mildly depressed and feeling stress related to fast-paced life. After swimming, the number of people who still reported feeling stressed decreased to just eight. While more research needs to be done in this area, the researchers conclude that swimming is a potentially powerful way to relieve stress quickly.



EXERCISE/FITNESS:

Three Press Ups/Push Ups Variations (*outsideonline.com*)



Strict (Military) Push-Up/Press Up - basic

Great push-up form starts with a rigid plank. Your arms should be fully extended, with your hands, elbows, and shoulders all in line, and your feet should be no more than 12 inches apart.

Breathe in as you bend your elbows: keep them tracking back alongside your body: to lower your chest to slightly below the level of your bent elbow, and then breathe out as you push back up to the starting position for one repetition.

Strengthens the upper body - primarily the chest, shoulders, and triceps - as well as the core and back muscles.



Wide Hands Push Up / Press Up

Great push-up form starts with a rigid plank. Your arms should be fully extended, with your hands, elbows, and shoulders all in line, and your feet should be no more than 12 inches apart.

Do a strict push-up, as described in the basic one above, but with your hands farther out to each side, roughly 2.5 to three feet apart (the farther apart, the more difficult).

Keep your elbows tracking back throughout the movement

Strengthens the upper body and core, with more focus on the pectoral muscles



Triangle (Diamond) Push-Up / Press Up

Begin in a plank position, with your hands together and angled inward at 45 degrees so that your index fingers and thumbs touch to form a triangle (or diamond). Keep your elbows tight to your body and bend them to lower your chest toward the triangle. Reverse the movement to the starting position for one repetition. Keep the triangle directly below your chest throughout the movement.

Strengthens the upper body and core, with more focus on the triceps

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

EXERCISE/FITNESS:

Three More Press Ups/Push Ups Variations (*outsideonline.com*)



Pike Push Up / Press Up

Begin in a downward dog yoga position, with your feet and hands just wider than shoulder width. Keep your hips high, heels low, and maintain the inverted-V position as you bend your elbows and lower your head toward the floor between your hands. Reverse the movement to the starting position for one repetition.

The main pike push-ups benefits include strengthening of your muscles. In the pike position, your serratus anterior and inferior (ribs), pectoralis (chest), triceps, trapezius (upper back), and deltoids (shoulders) get strengthened.

Super (Hindu) Push-Up / Press Up

Slowly swoop from downward dog to cobra pose: from the downward dog position, bend your elbows and lower your nose to the floor between your hands, like a pike push-up, but then, without rising, continue moving your torso forward to slide your chin, chest, and then rib cage between your hands. As your ribs meet your hands, begin to arc your head and torso upward. Continue this upward arc until your arms are straight, hips are pressed toward the ground, and your back is hyperextended in cobra pose. Reverse the movement exactly until you're back in downward dog.

Works the shoulders, triceps, and core and improves flexibility.

Spiderman (Side Kick) Push Up / Press Up

Assume a standard push-up position. As you lower yourself toward the ground, simultaneously bring one knee out to the side and up to touch your elbow, with your leg parallel to the ground. Your knee should touch your elbow at the lowest point of the push-up. Reverse the movement to the starting position and repeat on the other side.

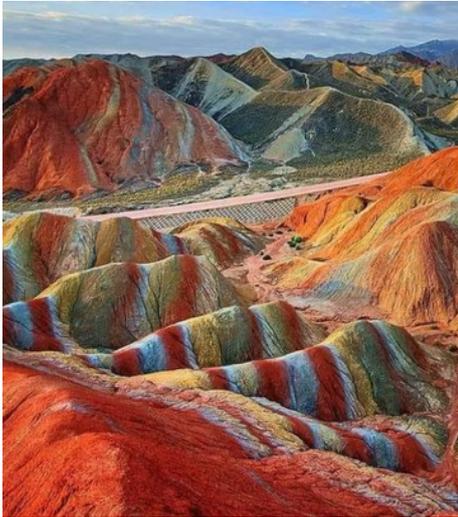
Spiderman push-up build strength throughout your upper body, especially in your triceps, forearms, deltoids, and upper pecs. 3. Spiderman push-ups can improve core strength and stability. As you lift your leg during the exercise, you activate core muscles to stabilize yourself more than a regular push-up.

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.



The Rainbow Mountains in China are cretaceous sandstones and siltstones that were deposited in China before the Himalayan Mountains were formed. What was once a layered horizontal and flat stratigraphy was disrupted by the Indian Plate colliding with the Eurasian Plate approximately 55 million years ago. This folded what was once flat sandstones into the Rainbow Mountains we see today. This process uplifted mountains and exposed sedimentary rocks that were otherwise hidden well below the surface of the earth. Weathering and erosion removed the overlying layers of continental siliciclastic rocks and exposed underlying formations with different mineralogy and chemistry. This causes the striking variation in colours seen across the Rainbow Mountains.

This is the magnificent Charles Bridge in Prague, named after King Charles IV.

I love this legend story.

Czech legend has it that construction began on Charles Bridge in 1357, on the 9 of July, at 5:31am, with the first stone being laid by Charles IV himself. This exact time was very important to the Holy Roman Emperor because he was a strong believer in numerology and felt that this specific time, which formed a palindrome (1357 9/7 5:31), was a numerical bridge, and would imbue Charles Bridge with additional strength.

It's also said there were eggs, wine, and milk added to the mortar to strengthen the bridge!!!



Did you know that Penguins have a specialised gland, called the "Supraorbital Gland", that allows them to desalinate seawater, making it suitable for consumption?

This adaptation is crucial for their survival in harsh, often icy, environments where freshwater is scarce. By filtering out the salt and excreting it through their beaks, penguins can hydrate themselves with seawater, showcasing a remarkable evolutionary trait that supports their life in challenging habitats.

Nature is astonishing.



HEALTH / ROUTINE

How Can I supercharge my Mornings? -1

You may feel tired in the morning if you're not getting enough sleep. It may also relate to your mental or physical health. If you have serious concerns around this issue, do speak with your local medical practice to find the cause. In the meantime, making a few lifestyle changes may help you fight morning fatigue.

We've all had those mornings when we just can't shake a feeling of sluggishness, even when we've technically gotten enough sleep. In an effort to perk up on tired days, many of us load up on cup after cup of coffee. But over-caffeinating can leave us jittery and anxious (not to mention perpetually running to the bathroom). Perhaps there's a better way to banish morning fatigue and get on with your day with the energy you need.

Stop Pressing "Snooze"

Whoever invented the snooze button did not have your best sleep interests in mind. The innocuous-looking bar that tempts you with 5 or 10 more minutes of rest in fact wreaks havoc on your natural sleep cycle. It also sets you up to be tired and cranky for the rest of the day rather than high performing or productive as you'd likely prefer. Contrary to popular belief, or at least popular habits, it's a myth that those extra minutes of sleep will be meaningful — and in fact may do more harm.



When you hit the snooze button, your brain starts to initiate a new sleep cycle, which can make you feel groggy and disoriented when you wake up again. The feeling of grogginess that occurs when you wake up in the morning is called "Sleep Inertia". Hitting the snooze button repeatedly can intensify the effects of sleep inertia, especially if you are awakened during deep sleep. This can cause you to oversleep or throw off your sleep cycle, which can further affect your metabolism and energy levels. Pressing snooze repeatedly may actually make someone feel more disoriented and tired after they get out of bed.

Did you know, when you wake up without hitting snooze, you signal to your body that it's time to start the day. This prompts your brain to release hormones that promote wakefulness and alertness, making it easier to transition from sleep to being fully awake.

Consistent wake-up times help regulate your body's internal clock, which plays a vital role in maintaining overall health. A regular sleep schedule can improve various aspects of your physical health, including metabolism, immune function, and cardiovascular health .

Hitting snooze is unlikely to help you catch up when you haven't had enough sleep or enough quality sleep. Hard as it might be to break the habit, hitting snooze is bad for sleep health. If you want to get more rest, you might need to get more hours of sleep from an earlier bedtime. That way you can wake up after getting the time you and your body need to recuperate for another action-packed day. So stop pressing that snooze button and get up!!!

**"I'm so good at sleeping
that I can do it with my eyes closed."**

HEALTH / ROUTINE

How Can I supercharge my Mornings? -2

Drink some water when you wake up.

There are several reasons for this. One is that you obviously have not drunk any water during the night, although you may have had to wake and go to the loo, therefore releasing water from the body. You could be slightly dehydrated. Your body does need water to function properly.

Dehydration is strongly linked to decreased mental performance, meaning that completing tasks, such as memorising or learning new things, becomes more difficult. Research shows that mild dehydration corresponding to 1–2% of body weight can negatively affect alertness, concentration, short-term memory, and physical performance. Hence, some argue that if you want to stay focused and alert, you should drink a glass of water upon waking.



Another common belief holds that drinking water in the morning helps your body flush out toxins. Your kidneys are the primary regulators of fluid balance, and they do require water to eliminate waste from your bloodstream. Yet, your kidneys' capacity to clear your body of a given substance is determined by how much of the substance is present, not by your water intake or drinking schedule.

If a substance is present in an amount greater than your kidneys can handle, they induce the production of a large volume of urine. This is called osmotic diuresis and is different from water diuresis, which happens when you drink too much water.

There are also claims that drinking water boosts skin health. Given that your skin contains approximately 30% water, drinking it in the morning is thought to minimise acne and give it a moisturised look.

Have a good stretch

You may have wondered why we have a couple of pages near the front of the pack that focused on stretching. Here is another good reason why.

When you sleep, muscles relax, blood flow decreases, and your heart rate slows. If you are lying in the same position all night, your muscles tend to tighten up. Humans, like other animals, instinctively stretch after sleeping to get the blood flowing and wake up the muscles. Stretching after sleep and increasing blood flow also just feels good for all parts of the body.



Beyond the morning stretch, you can help your body and mind even more by developing a stretching routine. No matter what your daily routine is, whether you're moving a lot or sitting at a desk, you still need to stretch.

Overall, the benefits of stretching are numerous and morning stretches should not be ignored.

You can affect your flexibility if you ignore simple stretches. After waking up from a long night's sleep, stretching will aid your mobility, help you avoid injury, and help you focus throughout the day.

HEALTH / ROUTINE

How Can I supercharge my Mornings? -3

Eat some Breakfast

I know some people skip breakfast. There are various reasons that happens, but if you want to stay focused and energised it is essential to recharge. Here is why.

The body's energy source is glucose. Glucose is broken down and absorbed from the carbohydrates you eat. The body stores most of its energy as fat. But your body also stores some glucose as glycogen, most of it in your Liver, with smaller amounts in your muscles.

During times of fasting (not eating), such as overnight, the liver breaks down glycogen and releases it into your bloodstream as glucose to keep your blood sugar levels stable. This is especially important for your brain, which relies almost entirely on glucose for energy.



In the morning, after you have gone without food for as long as 12 hours, your glycogen stores are low. Once all of the energy from your glycogen stores is used up, your body starts to break down fatty acids to produce the energy it needs. But without carbohydrate, fatty acids are only partially oxidised, which can reduce your energy levels.

Eating breakfast boosts your energy levels and restores your glycogen levels ready to keep your metabolism up for the day. Skipping breakfast may seem like a good way to reduce overall energy intake. But research shows that even with a higher intake of energy, breakfast eaters tend to be more physically active in the morning than those who don't eat until later in the day.

Studies show that people who eat breakfast generally have more healthy diets overall, have better eating habits and are less likely to be hungry for snacks during the day than people who skip breakfast. Children who eat an inadequate breakfast are more likely to make poor food choices not only for the rest of the day, but also over the longer term.

People who skip breakfast tend to nibble on snacks during the mid-morning or afternoon. This can be a problem if those snacks are low in fibre, vitamins and minerals, but high in fat and salt. Without the extra energy that breakfast can offer, some people feel lethargic and turn to high-energy food and drinks to get them through the day.

Try and avoid the sugary breakfasts though - although sometimes as a treat that is nice.

A normal good breakfast can be:

- Porridge
- Wholegrain Cereals
- Fruits
- Wholemeal, wholegrain or sourdough toast, or English muffins or crumpets with baked beans, poached or boiled eggs, tomatoes, mushrooms, spinach, salmon, cheese, avocado or a couple of teaspoons of spreads such as hummus or 100% nut pastes (such as peanut or almond butter).

HEALTH / ROUTINE

How Can I supercharge my Mornings? -4

Get Outdoors

When Covid came along it suddenly became advantageous to work from home. I know a couple of people who managed to get that so-called perk, and at first they really enjoyed the experience. But very soon they noticed that they were now getting up later, and even staying in their pyjamas. They turned on the television, sat in front of their computers, and some days never left the house/flat. In fact, after a while they said that they were looking forward to getting back to their place of work.

From a stroll through your local park to a day spent walking around your area, maybe to the shops and back, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders, and even upturns in empathy and cooperation. Most research so far has focused on green spaces such as parks and forests, but researchers are now also beginning to study the benefits of blue spaces, places with river and ocean views.

Sunlight bumps up your body's serotonin levels, leading to improved sleep and, therefore, increased daytime energy. And, according to a series of studies, spending time in nature "makes people feel more alive." Sounds like a very good reason to carve out a portion of your morning in the great outdoors.

This is one of the reasons our HMHB walks are so successful. All are in the mornings, with two of them starting at 9:30am. Our exercise sessions are also in the mornings. We want to get people up and about and actually feeling better about themselves.

Look into your mental health

It is possible that your tiredness in the mornings is an actual disorder. Here is what I discovered. Morning depression is a symptom experienced by some people with major depressive disorder. With morning depression, you may have more severe depression symptoms in the morning than in the afternoon or evening. These symptoms can include extreme sadness, frustration, anger and fatigue.

Morning depression is also known as diurnal variation of depressive symptoms or diurnal mood variation. It's different from Seasonal Affective Disorder (SAD) which is related to changes in seasons. Experts used to consider morning depression as a clinical diagnosis on its own, but now they consider it one of the many possible symptoms of depression. They suggest:

- going to bed and waking up at the same time every day
- eating meals at regular times
- refraining from taking long naps
- creating an environment that promotes sleep, such as a dark, silent, cool room
- avoiding substances that can prevent a good night's sleep, such as caffeine, alcohol and tobacco.
- exercising often, but avoiding strenuous exercise for at least 4 hours before bedtime.

Taking these steps can help stabilise your circadian rhythm so that your body makes the correct hormones at the right time. And that should help improve your mood and other symptoms. But if you are worried, always speak to a medical professional at your local practice.



NUTRITION: Lazza's Kitchen Adventure

Lentil and Bacon Soup

A Brand NEW Recipe from Lazza's Kitchen.
This was Lazza's first ever Lentil and Bacon Soup from scratch

The oldest known carbonised remains of lentils from Greece's Franchthi Caves are dated to 11,000 BC. In archaeobotanical excavations carbonized remains of lentil seeds have been recovered from widely dispersed places such as Syria, Jordan, Turkey, and Iran, among other places. Lentils improve the physical properties of soils and increase the yield of succeeding cereal crops.

Ingredients

1 x Onion. Garlic.
2 Potatoes: Baton Carrots: 2 Peppers
Plum Tomatoes
Olive Oil
Bacon Lardons
Bacon Rashers
300g Red Lentils
Parsley, Basil, Black Pepper, Salt
Vegetable Stock

I took the usual soup recipe and added my own twist. The beauty of Soups is you can make them personal.

In a roasting dish I placed the chopped onion and garlic, chopped potatoes, chopped carrots, halved tomatoes, and poured some oil on top.

I cooked these in the oven at 200C for 35 minutes.

Around 20 minutes into the roast, I cooked the bacon lardons and chopped bacon in a casserole pot.

Into that I then added the chopped peppers and cooked for further five minutes.

I added the roasted vegetables taken from the oven.

Meanwhile I am cooking the red lentils as per the pack - in hot water for around 6-10 minutes.

To the veg and bacon I added 750ml.

When the lentils were ready I added them into the pot, with parsley, basil and salt and pepper.

Cooked for another 10-15 minutes before blending.

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 dish to prepare.

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



Age UK are both national, international, and local. They do tremendous work, especially with older people, running many classes around health and well-being, as well as helping people with care and support, financial and legal matters, education and retirement. Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK, and look forward to more collaboration.

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in (see last pack!!!). www.healthygenerations.org.uk You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

Round One: 1 Friesian/White 2 Felt/Trickle 3 Margaret/Belinda
 Round Two: 1, 119: 2, 288 3, 2: 4, 11: 5, 333
 Round Three: 1, 1597: 2, 1974: 3, 1962: 4, 1904. 5, 1862.
 Round Four: They were all debut novels.
 Round Five: 1 Terms: 2 Suriname: 3 Denzel: 4 Aberystwyth
 Round Six: 1 Elvis: 2 P Louis: 3 A Rajan: 4 R Coolidge: 5: J Hunt



Review of Challenges and Targets

Mind-set:

Self-sabotage can happen consciously or unconsciously, negatively impacting your goals and/or well being. I have noticed it sometimes in my own behaviour, especially around my weight problems. If you don't actually believe you can accomplish something, that can mean you find a way to destroy it. Ultimately it comes down to recognising what you are doing and changing the perception.

We all need to believe in ourselves more. Take action. When things go wrong, then reassess and start again. But keep going.



Nutrition.

Having good gut health is linked to fewer sick days and lower risk of allergies and autoimmune conditions. Even if you put the healthiest food into your body, if you don't have a healthy intestinal lining to digest it, you won't get all the benefits of what you are eating. So look after your gut. Eating for your gut is one important way to promote digestive health and prevent symptoms. Making better food choices involves eating a balanced diet that is rich in fruits and vegetables. These foods provide the fibre needed to build good bacteria and guard gut health.



Exercise.



While it's often thought of as a chest exercise, the Press up, also known as a Push Up, also works the triceps, anterior deltoids, and core muscles, as well as the pectoralis major and minor. Notable benefits of performing push-ups include building upper body strength, reducing the risk of cardiac events, and improving body composition.

In this pack we look at the basic move, and then five different variations for you to try. Some are harder than others. I find this exercise difficult, but with practice you can improve.

Just do what you can.

Health.

Mornings can be very important, but many of us can feel fatigued. By why is this, and is there anything we can be doing to help ourselves?

In this pack we look at underlying issues that could be causing this health problem, as well as things we can be doing better to improve the situation.

A lot can come down to just believing in ourselves more and giving us a reason to get up and push onwards.

That is down to us. We can point fingers and blame others. Ultimately it is up to us to do the right things.



**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

Quiz Answers from Page 6 + Actors from Page 24

See if you can beat your family and friends

The World: The Names of the Countries from the letters provided.

1. Azerbaijan
2. Honduras
3. Lichtenstein
4. South Sudan
5. Vietnam
6. Portugal
7. Ethiopia
8. Barbados
9. Kyrgyzstan
10. Netherlands
11. United Kingdom
12. Costa Rica
13. St Kitts & Nevis

Music: The Film Musical those songs are from, and the year the original film premiered?

1. 1964: My Fair Lady
2. 2001: Moulin Rouge
3. 1965: The Sound Of Music
4. 1978: Grease
5. 2017: The Greatest Showman
6. 1980: The Blues Brothers
7. 1955: Guys & Dolls
8. 1968: Oliver!
9. 1961: West Side Story
10. 1939: The Wizard Of Oz
11. 1956: The King & I
12. 1964: Mary Poppins
13. 1971: Willy Wonka & The Chocolate Factory
14. 1968: Chitty Chitty Bang Bang
15. 1975: The Rocky Horror Picture Show
16. 1983: Staying Alive
17. 1971: Fiddler On The Roof

Places: The English County for those cities? (*apologies to our foreign friends*).

1. S: South Yorkshire
2. I: Suffolk
3. P: Devon
4. SA: Hertfordshire
5. C: West Sussex
6. C: Cumbria
7. B: West Yorkshire
8. T: Cornwall
9. C: Essex
10. S: Wiltshire
11. MK: Buckinghamshire
12. P: Cambridgeshire
13. S: Tyne & Wear
14. S: Hampshire

Sport

Football European Championship Winners
1960 Soviet Union: 1964 Spain: 1968 Italy:
1972 W Germany: 1976 Czechoslovakia: 1980 W Germany
1984 France: 1988 Netherlands: 1996 Germany
2000 France: 2004 Greece: 2008 Spain:
2012 Spain: 2016 Portugal: 2020 Italy

QUIZ ANSWERS

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

- | | |
|-------------------|---------------------|
| 1: David Prowse | 2: Christoph Waltz |
| 3: Tom Hardy | 4: Robert Patrick |
| 5: Oliver Reed | 6: Hugo Weaving |
| 7: Robert Englund | 8: Ian McDiarmid |
| 9: Andy Serkis | 10: Ralph Fiennes |
| 11: Glenn Close | 12: Imelda Staunton |
| 13: Alfred Molina | 14: Javier Bardem |
| 15: Bela Lugosi | |

USA History:

President and First Ladies

Joseph/Jill Biden
Donald/Melania Trump
Barack/Michelle Obama
George/Laura Bush
Bill/Hillary Clinton
George/Barbara Bush
Ronald/Nancy Reagan
Jimmy/Rosalynn Carter
Gerald/Betty Ford

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website