

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 17

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st August 2023



www.hmhb2016.org.uk



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

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**There will be obstacles. There will be doubters. There will be mistakes.
But with hard work, there are no limits.
You just can't beat the person who never gives up**

Welcome to Issue 17 of Healthy Minds, Healthy Bods' 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.

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, as well as 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 older photos.
All these are from 2020. Year of first Lockdowns.
We were doing outdoor exercise.
We launched our weekly Health Packs.
We had outdoor Zumba for the first time.
We started our recipe pages too.**

HEALTH NEWS AND RESEARCH PAGE

Obesity Linked to Ongoing Mental Disorders

Being obese significantly increases the chances of also developing mental disorders. This applies to all age groups, with women at higher risk than men for most diseases, as a recent study of the Complexity Science Hub and the Medical University of Vienna shows. Results were published in journal: "*Translational Psychiatry*".

"We analysed a population-wide national registry of inpatient hospitalisations in Austria from 1997 to 2014 in order to determine the relative risks of comorbidities in obesity and identify statistically significant sex differences," explains Elma Dervic of the Complexity Science Hub. Consequently, it became evident that an obesity diagnosis significantly enhances the likelihood of a wide range of mental disorders across all age groups -- including depression, nicotine addiction, psychosis, anxiety, eating disorders, and personality disorders.

"From a clinical point of view, these results emphasise the need to raise awareness of psychiatric diagnoses in obese patients and, if necessary, to consult specialists at an early stage of diagnosis," says Michael Leutner of the Medical University of Vienna.



"In order to find out which illness typically appeared prior and subsequently to the obesity diagnosis, we had to develop a new method," explains Dervic. This allowed the researchers to determine if there were trends and typical patterns in disease occurrence.

In case of all co-diagnoses, with the exception of the psychosis spectrum, obesity was in all likelihood the first diagnosis made prior to the manifestation of a psychiatric diagnosis.

"Until now, physicians often considered psychopharmacological medications to cause the association between mental disorders and obesity as well as diabetes. This may be true for schizophrenia, where we see the opposite time order, but our data does not support this for depression or other psychiatric diagnoses," explains Alexander Kautzky from the Department of Psychiatry and Psychotherapy of the Medical University Vienna. However, whether obesity directly affects mental health, or whether early stages of psychiatric disorders are inadequately recognised, is not yet known.

Surprisingly, the researchers found significant gender differences for most disorders, with women showing an increased risk for all disorders except schizophrenia and nicotine addiction. While 16.66% of obese men also suffer from nicotine abuse disorder, this is only the case in up to 8.58% of obese women. The opposite is true for depression. The rate of diagnosed depressive episodes was almost three times higher in obese women (13.3% obese; 4.8% non-obese): Obese men were two times higher. (6.61% obese; 3.21% non-obese).

At present, obesity is a highly prevalent disease worldwide and affects more than 670 million people. The fact that the disease promotes metabolic disorders and serious cardio-metabolic complications (diabetes mellitus, arterial hypertension, and dyslipidaemia - refers to unhealthy levels of one or more kinds of lipid (fat) in your blood) has already been extensively researched.

Since this study now also shows that obesity often precedes severe mental disorders, the findings underscore its importance as a pleiotropic risk factor (producing more than one effect) for health problems of all kinds. This is primarily true for young age groups, where the risk is most pronounced. For this reason, thorough screening for mental health problems in obese patients is urgently needed to facilitate prevention or ensure that appropriate treatment can be given, so the researchers concluded.

HEALTH NEWS AND RESEARCH PAGE: Spiral Signals that organise Brain Activity.

University of Sydney and Fudan University scientists have discovered human brain signals travelling across the outer layer of neural tissue that naturally arrange themselves to resemble swirling spirals. The research, published in "*Nature Human Behaviour*", indicates these ubiquitous spirals, which are brain signals observed on the cortex during both resting and cognitive states, help organise brain activity and cognitive processing. Senior author Associate Professor Pulin Gong, from the School of Physics in the Faculty of Science, said the discovery could have the potential to advance powerful computing machines inspired by the intricate workings of the human brain.

The discovery opens up new avenues for understanding how the brain works and provides valuable insights into the fundamental functions of the human brain. It could help medical researchers understand the effects of brain diseases, such as dementia, by examining the role they play.



"Our study suggests that gaining insights into how the spirals are related to cognitive processing could significantly enhance our understanding of the dynamics and functions of the brain," said Associate Professor Gong, who is a member of the Complex Systems research group in Physics. "These spiral patterns exhibit intricate and complex dynamics, moving across the brain's surface while rotating around central points known as phase singularities. Much like vortices act in turbulence, the spirals engage in intricate interactions, playing a crucial role in organising the brain's complex activities. The intricate interactions among multiple co-existing spirals could allow neural computations to be conducted in a distributed and parallel manner, leading to remarkable computational efficiency."

PhD student Yiben Xu, the lead author of the research from the School of Physics, said the location of the spirals on the cortex could allow them to connect activity in different sections, or networks, of the brain, acting as a bridge of communication. Many of the spirals are large enough to cover multiple networks. The cortex of the brain, also known as the cerebral cortex, is the outermost layer of the brain that is responsible for many complex cognitive functions, including perception, memory, attention, language, and consciousness.

"One key characteristic of these brain spirals is that they often emerge at the boundaries that separate different functional networks in the brain," Mr Xu said. Through their rotational motion, they effectively coordinate the flow of activity between these networks. In our research we observed that these interacting brain spirals allow for flexible reconfiguration of brain activity during various tasks involving natural language processing and working memory, which they achieve by changing their rotational directions."

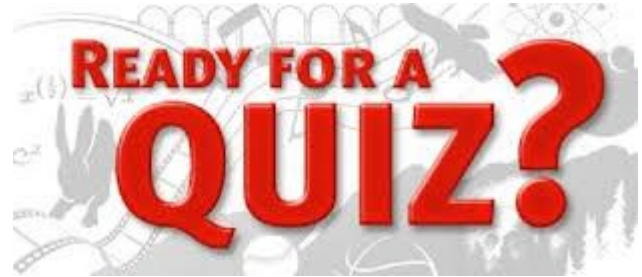
The scientists gathered their findings from functional magnetic resonance imaging (fMRI) brain scans of 100 young adults, which they analysed by adapting methods used to understand complex wave patterns in turbulence. Neuroscience has traditionally focused on interactions between neurons to understand brain function. There is a growing area of science looking at larger processes within the brain to help us understand its mysteries.

"By unravelling the mysteries of brain activity and uncovering the mechanisms governing its coordination, we are moving closer to unlocking the full potential of understanding cognition and brain function," Associate Professor Gong said.

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

The World

According to UN, Seventeen Countries in the world start with the letter "B".
 How many of them can you name?
 Take your time.



People: Give the Age and Country of Birth of these famous people.

1. Keanu Reeves
2. Thierry Henry
3. Steven Spielberg
4. Russell Crowe
5. Claudia Schiffer
6. Freddie Mercury
7. J R R Tolkien
8. Javier Bardem
9. Jean-Claude Van Damme
10. Jorge Mario Bergoglio (current Pope)
11. Mohamed Salah
12. Greta Thunberg
13. Hugh Jackman

Cinema: Name the Actress who won the Best Actress Oscar for these films, and the year of release.

1. Gone With The Wind
2. The Prime Of Miss Jean Brodie
3. Misery
4. Three Billboards Outside Ebbing, Missouri
5. Million Dollar Baby
6. Cabaret
7. Mary Poppins
8. Everything Everywhere All At Once
9. La La Land
10. Annie Hall
11. Gaslight
12. The Accused
13. Erin Brockovich
14. The Iron Lady
15. Moonstruck
16. Shakespeare In Love
17. Fargo

Pop Music: Name the singer/band of these songs with places in the title, and year released.

1. Streets Of Philadelphia
2. Rio
3. Walking In Memphis
4. Belfast Child
5. Rivers Of Babylon
6. Barcelona
7. Africa
8. London Calling
9. Last Train To Clarksville
10. Vienna
11. Waterloo
12. Englishman In New York
13. Viva Las Vegas
14. Put Your Hands Up For Detroit



Sport

20 Teams in the UK Football Championship last season (2022-2023) had played at some stage in the Premier League.
 How many of them can you name?
 It's meant to be tricky!

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

HMHB Activity: News - page 1



HMHB had a fabulous Garden Party, thanks to two of our wonderful friends, Dor and Ted.

On the 1st July we gathered at their property in Islington for a feast of food and drink and friendship.

It is great being able to bring our groups together, as some people only attend the walks or exercise sessions, and will not normally meet everyone else.

Overall we must have had 25-30 people drop in while the party was going on, and even the weather stayed agreeable. I want to thank everyone who came, for bringing stuff with you, and for just making the afternoon very special.

HMHB were invited to attend the Celebration Islington event at the Assembly Hall on Wednesday 12th July. We were given five tickets so I took Selma, Jane, Georg, and Jazz with me. We had a terrific evening of food (yummy), drinks and entertainment (which included drumming, dancing, singing, etc.). I really believe we have a wonderful local community spirit within our London Borough. And my HMHB team and users enjoy working with everyone and all the local projects.



Lazza and Dean are delivering an Ajani course for Change Grow Live in Camden. The venue is the amazing Pirate Castle, which is on the side of the canal just passed Camden Lock. Our first day was Mon 17th, and we are there for three more Mondays - the feedback, as always, has been extraordinary and positive. Really looking forward to the next three weeks, and seeing just what we can achieve.

HMHB Activity: News - page 2 (DWP Feedback on our Courses)

Over the last few months we have completed seven of our Ajani Mind-set courses, focusing on Mind-set, Nutrition, Exercise, and Health. On this page we are looking back at some DWP Job Centre feedback. Currently we get Zero NHS funding - and Zero DWP funding. After reading this, why not???

This is feedback from Genevieve – the Disability Employment Officer at Kentish Town Job Centre – and it makes for terrific reading.

“I am a Disability Employment Advisor based in Kentish Town JCP. I supported Lawrence by identifying and referring suitable clients to his Healthy Minds, Healthy Bods (HMHB’s) Programme which was run at Queen’s Crescent Community Centre for four weeks with weekly sessions. I was fortunate to attend twice and was extremely impressed with the service and support provided. Indeed, HMHB’s course provides an invaluable service to people with mental health issues, especially people struggling with depression and anxiety. Inasmuch, that the programme centres not only around well-being and mindset activities, but there is also a focus on nutrition, exercise, and health.



As someone who suffers with depression myself, I cannot express how important exercise is to me, to help me manage my condition. However, unlike most Universal Credit claimants, I’m fortunate to be able to afford gym fees, the occasional personal training session or specialist fitness classes like Pilates, Zumba, or Yoga etc. The Covid-19 Lockdown followed by the Cost-of-Living crisis has resulted in an unprecedented rise of people, especially those in receipt of benefits, with mental health problems. And though GP’s can refer people to the gym it is not uniform across the Borough (ed. Not in Islington). The fact that HMHB’s course is free, and it provides structured and informal exercise activities in a safe and supportive environment to local residents, cannot be overstated.

Furthermore, Lawrence provides a wrap-around service to all participants going above and beyond to not only support them with their mental health issues but also with housing, funding, training courses etc. In conclusion, I believe that Health Minds, Healthy Bods provides a uniquely invaluable complimentary service, supporting vulnerable and underrepresented people within the community that might otherwise fall through the net, and potentially reducing the pressure on an extremely strained NHS system and local GP services.”

This is feedback from Barbara Elliott - Disability Employment Officer from Finsbury Park Job Centre:

“I am a Disability Employment Advisor at Finsbury Park Job Centre. I believe that the Healthy Minds Health Bods programme fills a gap in the current services available for people with mental health issues in Islington. Research on how exercise positively affects our mental wellbeing is abundant, however there seems to be no provision that specifically targets this area for unemployed on UC. Although GP’s can refer people to the local gym many people with mental health issues may find walking into a gym intimidating and unsafe. The fact that Healthy Minds Healthy Bods meet people beforehand and create a supportive and nurturing atmosphere removes this barrier so that people feel safe and included. The service offered is unique and I fully believe it is beneficial for individuals on UC and the local community.”

HMHB Activity: News - page 3



Tuesday Gym Class continues to grow, and we are also getting NHS referrals.

This photo demonstrates the full diversity of our group. It was taken on Jul 18 - after a particularly good session. Every Tuesday we go in at 9:30am to use the main studio at our partners Better Gym Highbury Leisure Centre.

Do join us. It's a great start to the day.

On a Friday evening, there was a "Jazz In The Garden" event at St. Mary Magdalene Church off Holloway Rd.

A few of us headed down and were entertained by a wonderful trio of musicians.

The gardens got quite full, and it was a lovely evening performance and we should have more of that kind of event. Thanks to the group who came along.



Saturday 22nd July saw us take 20 people to the Sky Garden, at 20 Fenchurch Street.

We have been before and it was sadly wet and overcast, but that did not dampen our spirits, and we had a good time looking at the 360 degree view of London.

It is well worth the visit, but do book in advance, and be aware they ask for names on the tickets.

We were treated to an incredible performance of Macbeth at the Globe Theatre on the banks of the Thames on Tuesday 25th July.

Ten of us stood for two and a half hours, for an incredible £5 a ticket, taking in Shakespeare's "Scottish Play" full of gore, murder, etc.

Acting as always was superb, and this was the third production we had caught this year.

Do treat yourselves. Wow!!!



HMHB: Busy in August

We finish our eighth course - this in Camden with Change Grow Live. Two major funding reports need to be delivered, one of which should mean further money for next year.

We will be visiting the National Portrait Gallery, Rowan's Bowling, and our first ever cinema visit too. HMHB are launching a new walk in Finsbury Park for Mondays. Some savoury recipes to enjoy in pack.

So another busy month ahead. Plus Lazza applying for major Lottery funding for salary.

NUTRITION: Lazza's Kitchen Adventure

Cappuccino Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Cappuccino Traybake from scratch

Coffee makes chocolate taste more like chocolate, it balances out brown sugar and adds a unique bitterness to baked goods. Both good cocoa powder and coffee should be a bit bitter, and they will often have subtle fruit and spice notes. You can also infuse hot coffee with spices or dissolve instant in vanilla rather than water for an extra flavour hit. The traditional German "Kaffee und Kuchen" is a social ritual where friends and family gather to enjoy coffee, cake, and conversation.

Ingredients

Sponge: 225g Unsalted Butter (softened)
225g Self Raising Flour
150g Golden Caster Sugar:
4 Eggs: 2 teasp Baking Powder
Strong coffee in tablespoon of water
Icing: Tub Mascarpone: Caster Sugar
Tub Philadelphia Cream Cheese
Strong Coffee in tablespoon of water
Topping: Walnuts

Preheat the oven to 180°C/ 160°C (fan). Grease and line a 8" square baking tin with baking parchment

It's really easy.

For the sponge, combine all the dry ingredients and mix up.

In a separate bowl, combine the eggs and the coffee.

Pour into the dry ingredients and whisk up well.

Gently pour the mixture into the prepared tin and smooth the top with the back of a spoon

Bake in the pre-heated oven for 35-40 mins until golden and risen (if in doubt test with a skewer). Allow the cake to cool in the tin for 5 mins before turning out onto a wire rack to cool completely.

For the icing, mix the mascarpone, cream cheese, sugar (amount to your taste) and coffee. Really whisk this together well. Only when the cake(s) are cool, spread over and then top with the walnuts.



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: Do you get annoyed quickly?

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.

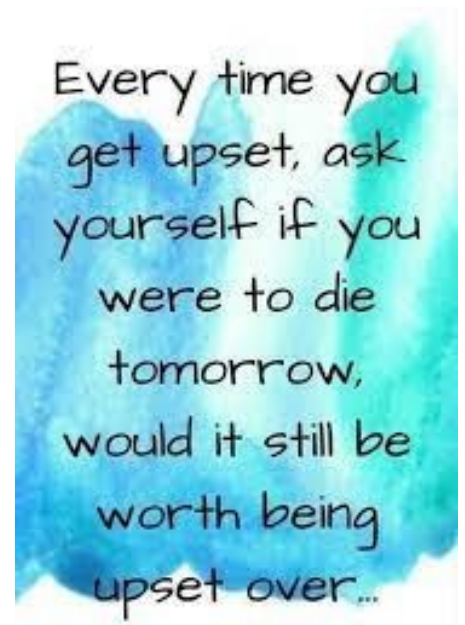
HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical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

It can happen to us all. Sometimes the smallest things can really irritate us. It can be something extremely petty, and probably nothing important. But it can rattle our cages.

HMHB is attached to quite a few social media accounts. It helps us to publicise what we are doing, what we propose to do, and to market ourselves. It can be very useful.

However social media can also be a hive of negativity, and it certainly feels like there are some people who just want to push your buttons, not even sure why.

For example: and I know this is ridiculous. There is a Facebook page called "everyday problems" - and it posted something saying - "The biggest lesson work has taught me: efficient employees get punished with more work." I sincerely hope, like me, you see just how stupid that statement is. So silly me added a comment: "No. Efficient employees get given more work, not punished with more work. Why punished?" a fatal decision. Someone replied to me - "because it is more work for the same pay. Lazy employees do much less work for the same pay." Again, I sincerely hope you see the utter absurdity of that work ethic.



I then got into a back and forth spat. Why? I do not know. It just riled me. But I think they were deliberately goading me at the end. And of course I was falling for it.

But we do that in life too. Something completely inane will make us sigh, make us angry, and off we go. We could be shouting, causing problems. For nothing.

I was chatting to one of our users about this and I said that several times I have had to actually physically sit back and delete some typing, as I was just getting involved in conversations that are affecting my own mental health. Anger at simple stuff can easily overflow into other parts of our lives.

I think that graphic above says it all. Is it really worth getting upset? Is it worth wasting your time over things that can be frivolous? Think about why you are angry. Think about what has upset you.

"Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it"

MIND-SET:

Relax: Unnecessary Anger can be trouble

I covered this subject in these two pages because of something I read that made me sit back and think. I saw it and thought just how people can get caught up with unwarranted thoughts, and that they can escalate into much bigger problems.

It was an interesting take on the First Men's Ashes Test in Cricket between England and Australia. England lost narrowly by two wickets in a cracking game.

Ben Stokes - the England Captain - was quoted as saying "Wasn't that a lovely game?"

Can you imagine Harry Kane saying that if England lost to Germany in the World Cup? There would be uproar. There would probably be effigies of him burned online and I am sure the abuse would be vitriolic. Look at the abuse Mikel Arteta got when Arsenal finished a very respectable second in the Premier League this year, just because they had led most of the way. "Bottlers" was one of the kinder online quotes, amongst a lot of abuse.

But did it really matter? Was the anger necessary? I know football has tribalism, local rivalries, and for some there appears to be a general feeling that it is more important than life or death. But maybe just watching great sport is a privilege. You cannot win everything.

It just made me sit back and think about my own life and what makes me angry - things do. Incompetence annoys me. Deliberate lying annoys me. Not being able to lose my weight quickly annoys me!!! But is all that life changing? Do I allow it to be a factor in my life?

I think the first thing is coming to realise just why a situation has made you angry, and then is it really worth your while trying to deal with it. Seeing something online that annoys you? Just go to the next posting, the next picture, the next tweet. Why do you feel you need to be involved? Is it really going to help? This goes the same for people around you. Your family, friends, or work colleagues will inevitably annoy you at some stage. Even the quietest most easy-going person will eventually cause an issue. Is it really worth your while causing a scene?

It does not mean you have no right to be angry at something. Or that you must never say something. The only way to resolve situations is to have conversation. But there is a way to do it in a sensible proper fashion. Even if you feel that anger is reasonable. Don't forget, we are trying to cover unnecessary anger.

When you feel yourself rising needlessly, take a breath, relax, and maybe remove yourself from the situation. Turn off the telly if that has annoyed you, or change channels. Why not put your phone away, if that was the cause of the problem, and meet up with friends. It's amazing just how good other people can make you feel. And that annoying issue will just be forgotten.

There is that famous quote - Life Is Too Short. It is true. Instead of harbouring pointless anger, why not get out and create experiences that will give you good memories and thoughts instead.



The Secret
to Dealing
with your
ANGER

EXERCISE/FITNESS: STRETCHING

Seated Core Stretches: 1 (californiamobility.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.

Seated Knee to Chest

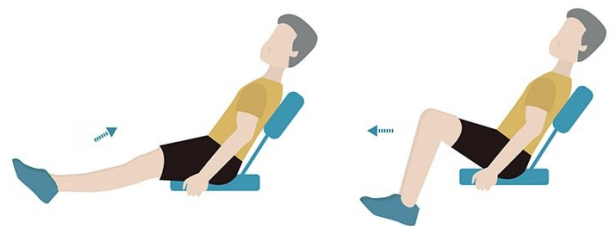
Sit comfortably at the edge of the chair.

Keep the back straight and the core tight.

Stick the chest out. Place both hands at the sides of the chair and grip the seat to keep stable.

Place both feet far out in front of the body and point the toes to the ceiling. Both feet should be diagonal to the hips. Slowly, raise both legs closer to the body while bending the knees.

Get to as close to the chest with both knees as possible.



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.

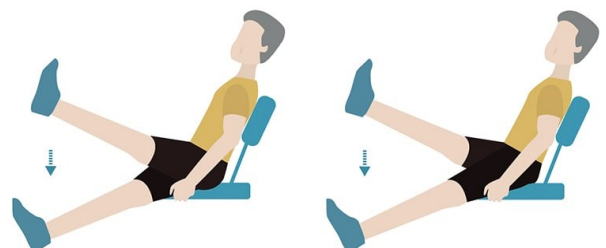
Extended Leg Raises

Sit comfortably at the edge of the chair.

Keep the back straight and the core tight. Stick the chest out.

Place both hands at the sides of the chair and grip the seat to keep stable. Place both feet far out in front of the body and point the toes to the ceiling. Both feet should be diagonal to your hips. Lift one leg up to the highest point possible (optimal range ending at the hips) without moving the centre of the body.

The other leg will stay in starting position. Slowly lower the leg back to starting position then repeat with the opposite leg.



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

EXERCISE/FITNESS:

Seated Core Stretches: 2 (californiamobility.com)

Leg Kicks

Sit comfortably at the edge of the chair. Keep the back straight and the core tight. Place both hands at the sides of the chair and grip the seat to keep stable. Place both feet far out in front of the body and point the toes forward. When shifting both feet in front, slowly lean the upper body backward to stabilize. Lift one leg up to the highest point possible without moving the centre of the body. Slowly lower the leg back to starting position then switch with the other leg. You can pretend that the person is swimming, kicking their legs in the water.



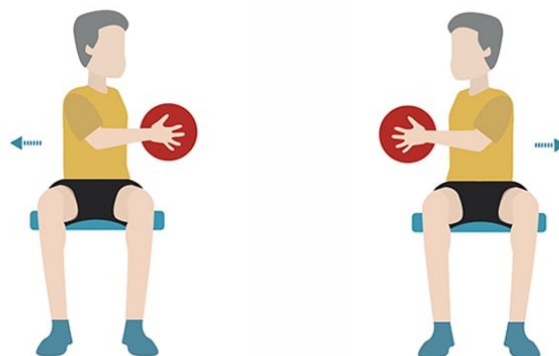
Modified Plank

Stand to face the chair straight with the body. Place both hands on the sides of the chair's seat. Keeping both arms slightly bent at the elbows, shift both feet backward a couple of feet until the body is in a diagonal position in front of the chair. Make sure that the buttocks are not high in the air, nor that the back is arched. The body should be in a straight line from shoulder to heel. If you are feeling resistance (tension) in your core, then you are in the correct position. Keep in this position for 30 seconds (or however long is comfortable without pain) then stand up or sit down to take a slight break.



Tummy Twists

Grab a medicine ball (or something similar). Sit comfortably in the chair toward the edge of the seat for extra room. Keep the core (abs and lumbar) tight. Stick the chest out. Both hands should be in front of the body gripping the sides of the medicine ball (or whatever), with elbows bent. Lift the ball a couple inches off the lap then rotate the upper body to the right, keeping the ball in front of the body. Rotate to the middle of the body then rotate to the left, finish by rotating back to the middle.



**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:

Develop and Entrepreneurial Mindset: 1

Since people starting focusing on Mindset, there have been lots of headings around them. For me, one of the most intriguing is the “Entrepreneurial” Mindset. Maybe because I started my own project. Maybe because I like to be my own boss. But the traits that surround that mindset are not solely for the work environment. The skills are easily transferable into your daily life.

Positive Attitude

When it comes to running HMHB, it pays to have a positive attitude. The way I act around challenges and obstacles will reflect on the way I conduct business. This also affects how our users see us. If I was to fall apart the moment I faced a setback (and it is very tempting), our wonderful users would not have that much confidence in me. Having a positive attitude allows me to tackle problems and obstacles head-on without the clouded judgment brought about by negative emotions.

It is possible to adjust your attitude and thinking. However, behaviour change is complicated and complex because it requires a person to disrupt a current habit while simultaneously fostering a new, possibly unfamiliar, set of actions. This process takes time. Usually longer than we prefer.

Researchers continue to explore the effects of positive thinking and optimism on health.

Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illnesses
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer
- Reduced risk of death from respiratory conditions
- Reduced risk of death from infections
- Better coping skills during hardships and times of stress

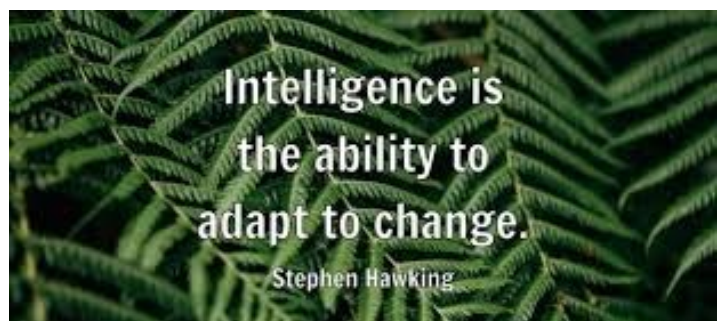


It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

Be Open to Ideas

Running HMHB is unpredictable, just like life. I have to be prepared for what's to come, even if I think certain situations are unlikely to happen. As a budding entrepreneur, I need to be able to take everything in my stride and roll with the punches.

In entrepreneurship, you need to be able to adapt to the changing environment of businesses. A good example here was being able to change when the Covid pandemic hit. HMHB could not do our face to



face courses, so we adapted, started a health pack, used zoom, arranged daily outdoor fitness sessions.

MIND-SET:

Develop and Entrepreneurial Mindset: 2

Be Resilient

Every business sees times of hardship and difficulties, especially during a global pandemic. But that also crosses over into life. How often do we feel we have received a setback? Something has gone wrong somewhere. There will always be days where all seems lost, but if you think about quitting, don't. Take the time to rest, recharge and get back on your feet to try once more. Tenacity and resiliency in the face of adversity are your two biggest driving forces to succeeding in any industry.



Self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your strengths and accomplishments. Becoming more confident about your own ability to respond and deal with crisis is a great way to build resilience for the future.

Having caring, supportive people around you acts as a protective factor during times of crisis. It is important to have people you can confide in. While simply talking about a situation with a friend or loved one will not make troubles go away, it allows you to share your feelings, gain support, receive positive feedback and come up with possible solutions to your problems. The activities we engage in with friends help us relax and have a laugh. It boosts the immune system that is often depleted during stress.

Be Accountable

This definitely crosses over from business into life. Accountability is often a trait that gets ignored or forgotten by a lot of people. As the creator of HMHB, I have to understand that everything is, and will be, my fault.

It's me who's going to give the go-signal to do this and that. It's me who's going to decide what to do and what not to do. And if things do not work out it is me who has to put his hand up and take it on the chin.

Ownership of my actions means I am not only taking possession of HMHB, but also the responsibilities that go along with it. It drives me to make this project more successful.

But I also look at aspects of my life. For example, my constant weight issues. It is only when we take full responsibility that we are truly accountable. It is so easy to blame others for things that go wrong in our lives. But actions have consequences.

Have Passion.

Anyone who knows me knows just how passionate I am about HMHB. Getting me to shut up about it is not easy. In this day and age, it's all about being able to help people and make a difference in their lives. When you are passionate, you are genuinely motivated to come up with solutions and ideas for your business and for the people around you.

And that has to be life too. Are you passionate about what you do on a daily basis? If not, why not? What is going to feed that fire?



NUTRITION: Lazza's Kitchen Adventure

Cowboy Pie

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Cowboy Pie from scratch

Ingredients

8 Sausages - you can choose what type you like
Mashed Potato: Cooking Oil.
2 Onions: 3 Cloves of Garlic.
2 x tins Baked Beans
Grated Cheddar Cheese to top the potato:
I made my own homemade BBQ sauce - using
Ketchup, Brown Sauce, Worcestershire Sauce,
Parsley, Thyme, Mixed Herbs, Olive Oil,
Paprika, Turmeric, Salt, Pepper

According to chef and food historian Walter Staib, baked beans had their roots as a Native peoples dish in the Americas long before the dish became known to Western culture.

In the northeast of America various Native American peoples, mixed beans, maple sugar, and bear fat in earthenware pots which they placed in pits called "bean holes" which were lined in hot rocks to cook slowly over a long period of time.

Cook the Sausages until evenly golden and cooked through.

Cut into bite-sized pieces.

Cook Mashed Potato (I normally would do from scratch, but I wanted to demonstrate that you can use shop bought mashed potato too if you want - which I did in microwave).

Heat the oil in a frying pan over a high heat. Fry the onions and garlic for 5-6 mins until lightly golden.

Remove from the heat and stir through the sausages, baked beans and BBQ sauce and season. (I made my own sauce, but naturally you can buy shop sauce too).

Tip into a large ovenproof dish .

Top with the mashed potato, swirling it with a fork to encourage a crispy finish.

Sprinkle over the cheese and grill for 10 mins until golden and bubbling.

I did mine in the oven at 180C for 20-25 minutes.

As you can see from the pic, looks amazing. Serve with vegetables.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
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 one of the choices are correct: which one is it?

NOT a Real Bird Species	DID win a Euro Football Cup	WAS NOT a world politician
Monotonous Lark	Everton	Dick Swett
Athenian Strix	Derby County	Young Boozer
Spangled Drongo	Wolves	Krystal Ball
Tinkling Cisticola	Burnley	Ludwig Von Baldass

ROUND TWO: Give Me a Number

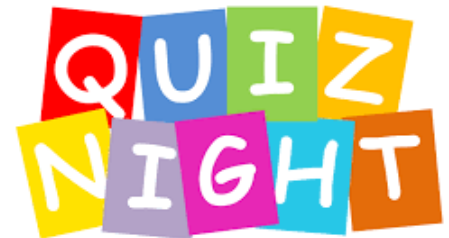
Every answer to the question is a number. Can you get close?

- How many Rolls Royce Automobiles were sold in 2022?
- How high, in metres, is Mount Kilimanjaro?
- How many Popes have there been?
- What was the average weekly wage in the UK in 1970?
- How many counties in the Republic of Ireland?

ROUND THREE: When Did That Happen

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

- The first US Aircraft Carrier launched - USS Langley.
- The first documented people to reach the summit of Mt Kilimanjaro.
- The first Oscars Ceremony took place in Hollywood.
- London's Metropolitan Police Force is founded.
- Eton College for Boys is founded in Berkshire, England.



ROUND FOUR: What specifically links these famous people? Hint: Movies

Viggo Mortenson: Sean Connery: Elvis Presley: James Cameron: Chevy Chase: Charles Bronson

ROUND FIVE: True or False. Can you decide correctly on these statements?

1. On its original release, "E.T. The Extra Terrestrial" ran for over 2.5 hours.
2. The Pan American Highway in the U.S.A. is the world's longest highway.
3. The U.S.A.'s southernmost state is Texas.
4. After you drink alcohol, it takes your brain 6 minutes to start reacting to it.
5. Pirates believed that having a 'calico' (three-coloured) cat on board their ship brings bad luck.
6. Although they love to drink it, cats are lactose intolerant to cow's milk.
7. Writer Agatha Christie's real name was Mary Westmacott
8. Human skin cells divide only once.
9. The speed of sound is constant.
10. The most conductive metal is Silver.



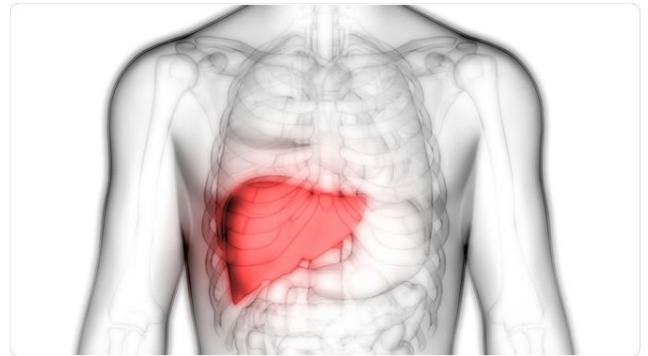
NUTRITION:

How does Nutrition affect your Liver?

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 healthy and balanced diet is essential for maintaining normal liver function. Since the liver is a vital organ for digesting food and filtering toxic substances from the blood, good nutrition is particularly important for both preventing liver damage or slowing the progression of liver disease.



Food nutrients like carbohydrates, fat, and protein are absorbed into the bloodstream from the gastrointestinal tract. These nutrients are then carried to the liver, which subsequently processes them to either store or use to support important physiological functions in the body. In addition, the liver also detoxifies potentially harmful substances, for example alcohol, and prevents their accumulation in the body. Thus, maintaining a healthy liver is a prerequisite for preserving overall body homeostasis (the state of steady internal, physical, chemical, and social conditions maintained by living systems).

A well-balanced diet, generally defined as a diet which is low in fat, sugar, and salt, and high in fibre, is important to reduce the metabolic burden on the liver. Choosing a diet from a wide range of foods is essential to ensure that the body is providing all essential nutrients.

In general, a balanced diet that is good for the liver should include a variety of fruits and vegetables, starchy carbohydrates (potato, rice, bread, and pasta), milk/soy drinks, beans and pulses, meat (fish and egg), and unsaturated oils.

Food items that are high in fibre are good for optimal liver functioning. In addition, consuming a lot of water/fluid is vital for preventing dehydration and maintaining normal liver function.

Interestingly, many studies have revealed beneficial effects of drinking coffee on liver health. According to the British Liver Trust report, drinking moderate amount of coffee daily can reduce the risk of liver fibrosis, cirrhosis, and liver cancer. Moreover, in patients with liver disease, consumption of coffee can reduce the progression of the disease.

Fried/fast foods that are high in fat and sugar are extremely harmful for liver health. In addition, consumption of high-salt foods can lead to fluid-buildup and swelling in the liver.

In case of severe liver damage, the organ cannot digest proteins properly, which subsequently causes accumulation of toxic waste products in the blood. In such cases, reducing protein intake and increasing carbohydrate intake can be beneficial

NUTRITION:

How does Nutrition affect your Kidneys?

The Kidneys are a major powerhouse that keep your entire body healthy by filtering out toxins and extra fluid in your blood. They also make hormones that keep your bones strong and your blood healthy. If they start to fail, harmful wastes will build up in your system and lead to the demise of other organs. Damage to the kidneys is often irreversible, so people who don't take care of their kidneys could face significant health risks.

Sodium, a main ingredient of salt, is a natural mineral found in many foods and table salt. People with kidney problems may find sodium and fluid build up in their body, leading to swollen ankles, increased blood pressure, shortness of breath, and potentially fluid around the heart and lungs.

The National Kidney Foundation recommend healthy people consume no more than 1,500mg of sodium per day. People should limit their intake of salted snacks, cured meats, and processed foods. Processed foods include pizza, instant noodles, and convenience meals designed for the microwave. These foods typically contain high levels of salt, sugar, and fat.

Potassium is another mineral found in foods. Healthy kidneys balance the blood's potassium levels, but those with Chronic Kidney Disease (CKD) may need to limit their intake.

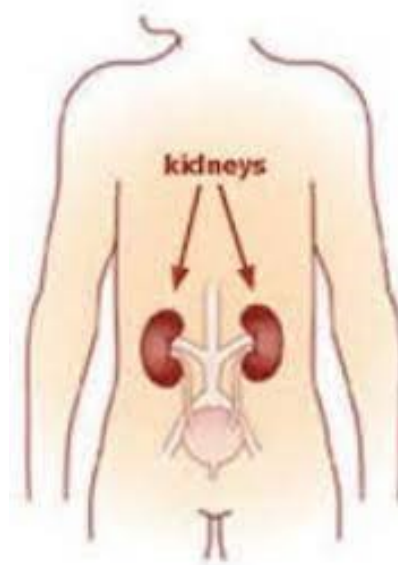
In this case, they should avoid the following high-potassium foods:

- dried apricots
- bran and granola
- chocolate
- lentils and beans, including canned baked beans
- milk and yogurt
- molasses
- nuts and seeds
- peanut butter
- salt substitutes.

Although fruits and vegetables are generally very healthy to include in the diet, certain vegetables are high in minerals that people with kidney disease may need to limit.

These include:

- **Avocados:** Avocados are high in potassium. One avocado weighing around 200 g contains 975g of potassium, almost half of the daily recommended amount for those with kidney disease.
- **Bananas:** A large banana may contain 487mg of potassium, or a quarter of someone's recommended daily amount.
- **Oranges:** Oranges and orange juice are high in potassium. A 250 gram glass of orange juice may contain as much as 441mg of potassium.
- **Dried fruits:** Dried fruits are concentrated sources of many of the nutrients found in fresh fruits, meaning it can be easier to exceed recommended daily intakes. People following a renal diet should avoid apricots, dates, prunes, and raisins, which are all high in potassium.



NUTRITION:

How does Nutrition affect your Muscles and Bones?

Physical activity and nutritional factors, such as calcium and vitamin D intake, have been shown in numerous studies to be beneficial to musculoskeletal health at different points in the lifetime of humans. However, the evidence that physical activity and nutrition may act together for benefit is far more sparse; the best data come from studies that consider calcium, vitamin D or creatine supplementation in combination with physical activity interventions to promote better musculoskeletal health. Some observational data also suggest that a 'healthier' lifestyle, characterised by a more 'prudent' diet and higher reported levels of physical activity, is also associated with better musculoskeletal health in late adulthood.

As the population ages, the need to promote good musculoskeletal health throughout the lifetime increases. Physical activity and adequate nutrition are known to be beneficial to bone and muscle at all ages. It is well recognised that physical activity and nutrition in childhood and adolescence contribute to bone and muscle development. These factors may have a direct influence or act indirectly through effects on linear growth and body composition.



At the opposite end of lifetime, preventive measures, including nutritional optimisation, food supplements and regular resistance-training physical exercise, are widely recommended in elderly subjects and may improve musculoskeletal health by reducing or delaying the development of muscle wasting.

A 'prudent' dietary pattern during adulthood is characterised by greater intake of low-fat milk and yogurts, whole-grain bread and breakfast cereals, fruits, and vegetables, and lower intake of sugars, sweets, processed foods and animal fats. Such a diet has been shown to be associated with better bone health in women, though no association has been found in men. Specifically, calcium intake has been extensively linked to bone health, with evidence of benefit of adequate intakes throughout life, with other vitamins (K and E) also implicated for bone health. A healthier diet in later life has similarly been associated with lower risk of decline in physical performance in older adults. In a cohort of older UK adults, higher diet quality at age 60–64 was associated with faster chair rise speed and with longer balance time.

The subject of possible synergy between nutrition and physical activity in promoting musculoskeletal health throughout the lifetime is an attractive one, but perhaps not a new concept. A previous excellent review highlighted that although exercise and nutrition have contrasting influences on the tissue-level processes responsible for bone health, both can influence various circulating hormones, growth factors and inflammatory cytokines, which have been implicated in the pathophysiology of bone and muscle loss. To date, while the evidence for a beneficial effect of physical exercise on muscle mass, strength or physical performance is a compelling one, far fewer data are available to support a role for dietary supplementation for additional benefit.

Calcium: You need around 700mg a day. You can get all from your diet.

- milk, cheese and other dairy foods
- green leafy vegetables, such as broccoli, cabbage and okra, but not spinach
- soya beans, tofu
- plant-based drinks (such as soya drink) with added calcium
- nuts, bread and anything made with fortified flour
- fish where you eat the bones, such as sardines and pilchards

Nutrition: HMHB looks at Minerals

Today: Sodium

**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.

Sodium is a macromineral. The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. It is estimated that we need about 500 mg of sodium daily for these vital functions.

The words “table salt” and “sodium” are often used interchangeably, but they do not mean the same thing. Table salt (also known by its chemical name, sodium chloride) is a crystal-like compound that is abundant in nature. Sodium is a mineral, and one of the chemical elements found in salt.



As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavour (including the flavour of other ingredients), and as a preservative. Some common food additives, like monosodium glutamate (MSG), sodium bicarbonate (baking soda), sodium nitrite, and sodium benzoate, also contain sodium and contribute (in lesser amounts) to the total amount of “sodium” intake.

Surprisingly, some foods that don’t taste salty can still be high in sodium, which is why using taste alone is not an accurate way to judge a food’s sodium content. For example, while some foods that are high in sodium (like pickles and soy sauce) taste salty, there are also many foods (like cereals and pastries) that contain sodium but do not taste salty. Also, some foods that you may eat several times a day (such as breads) can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium.

There is some evidence that too much salt can damage the heart, aorta, and kidneys without increasing blood pressure, and that it may be bad for bones. So watch your intake carefully.

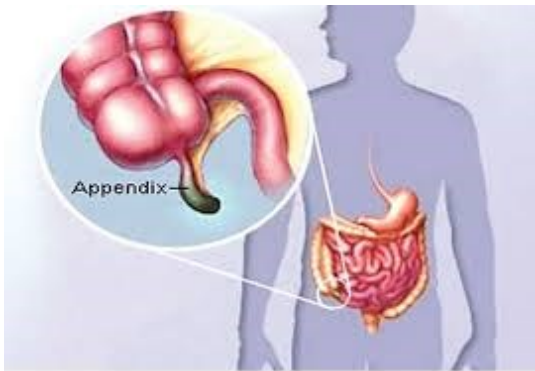
**Like all Minerals, these are Elements that are “essential for life”.
Your body can’t create them (they are inorganic). You have to get them through your diet.
Why not research Minerals this month, and what foods you need to consume?
It’s your body, and your choice.
Make sure your choices are the best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

When I was in my thirties I was fortunate to be able to travel around the world a little. That dried up, but following some compensation two years ago for something that happened over ten years ago, I was very lucky to be able to visit a few places last year. One favourite was a wonderful trip to Norway. Yes, that's me atop a mountain - was a cable car, not climbing!!! The views were astonishing and I travelled on a huge cruise ship. I consider myself very blessed to have had the opportunity. Following Covid I was determined to live my life to the fullest. Experience things!!!



Five years ago I was very lucky. I had an emergency appendectomy. In fact, my appendix burst on the operation table. Your appendix does not perform any important function and removing it does not cause any long-term problems. However, if your appendix bursts, the lining of your abdomen (peritoneum) will become infected with bacteria. This is called peritonitis. It can also damage your internal organs. Another reason I feel like living life to the full, experiencing what I can.

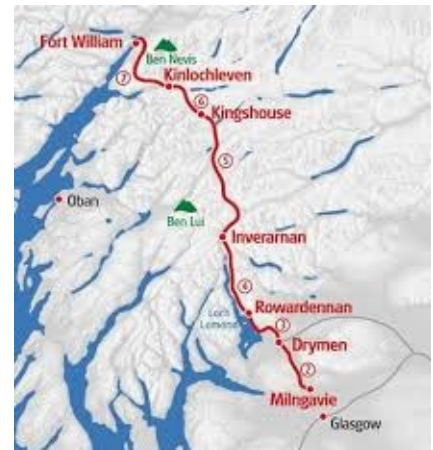
I am trying to remember just when I did the West Highland Way walk - from Milngavie (north of Glasgow) to Fort William (in the Scottish Highlands) - maybe 10-12 years ago?

My friend Ollie and I did it over a week, travelling the 154km on foot.

Despite it being in August, the weather was a little inclement, but the views were breathtaking, especially around Loch Lomond.

We took old Roman Roads and country footpaths, and it was a terrific time - staying at B&Bs or hotels along the way.

I would fully recommend this for people wanting a walk holiday.



I feel fortunate to live in Islington, North London. Despite its small size it is one of the most densely populated boroughs in London. Terrific travel links into and out of the city, green areas, lots of amenities, and even Harry Potter's house (well, the one that came to him when Sirius died - spoiler alert!). All my local councillors over the time of working with users have been fully supportive of HMHB, as has Islington North MP Jeremy Corbyn.

I have lived here since June 1999, through a Housing Assoc, following an inside burglary at my previous property. What was a terrible event in the end created this chance, and in fact I am grateful to the guy for doing it, otherwise I would not be here.



HMHB's Name Game Page:

Can you name these Sporting Stars from the 1980s?
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

Florentine Biscuits

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Florentine Biscuits from scratch**

Although many people believe these biscuits come from Florence in Italy, it appears there may be a different story. Florentine cookies were most likely created in the late 17th century kitchens of French royalty in honour of their Tuscan in-laws. Centuries on, Florentines are still enormously popular cookies world-wide, but a visit to the best of Florence's pastry shops for these cookies will leave you empty-handed. But this is up for discussion.

Ingredients

For Biscuit

175g Unsalted Butter: 85g Caster Sugar

225g Plain Flour: Vanilla Extract

Teaspoon Cinnamon:

For Topping

50g Unsalted Butter: 50g Honey or Syrup

50g Light Brown Soft Sugar: 50g Plain Flour

100g Glace Cherries: 50g Flaked Almonds

50g Chopped Hazelnuts

150g Melted Chocolate (Dark or Milk)

To make the biscuits, put the butter, sugar, and vanilla in a bowl and beat with an electric whisk until creamy. Add the flour and cinnamon, and combine with a spatula to make a soft dough. Form into a ball, wrap in cling film and chill for at least 1 hr. It is exceedingly sticky!!!

In a saucepan, melt the butter, sugar, golden syrup and salt. Remove from the heat and whisk in the flour, then stir in the cherries and almonds and nuts. Set aside to cool and firm up a little. Heat oven to 180C/160C fan/gas 4 and line a baking sheet with parchment.

Tip the dough onto a floured work surface (important) and roll out to the thickness of a £1 coin. Using a 6cm fluted cookie cutter, stamp out as many circles as you can, then scrunch up the trimmings, re-roll and stamp out some more. Transfer to the baking sheet, and spoon some of the Florentine mixture onto each biscuit until it's all used up. Bake on the middle shelf for 12-15 mins until the biscuits are golden and the topping has melted. Leave to cool on the sheet for at least 15 mins.

While the biscuits cool, melt the chocolate in a small heatproof bowl suspended over a pan of gently simmering water, or in short bursts in the microwave. Stir every 30 secs or so to ensure it doesn't burn. Dip each biscuit about a third of the way into the chocolate, then return to the sheet to set (I just spread my choc on the base). You may need to spoon the chocolate over the final few. Will keep for up to four days in a sealed container.



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.

EXERCISE/FITNESS

How does exercise help with Stress?

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.

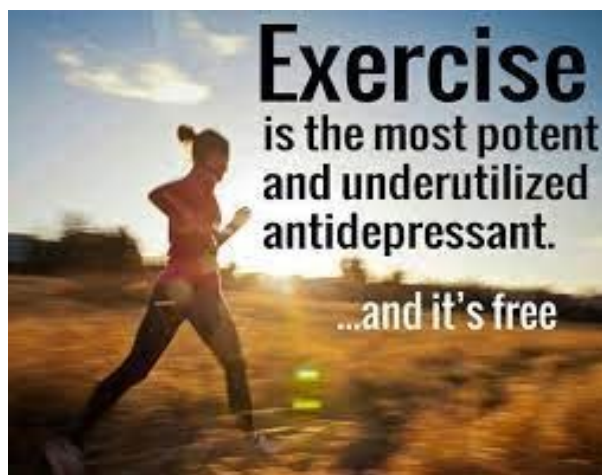
We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza.

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.

Let's be honest, what with the pandemic, the financial crisis, strikes, and general day to day life, stress can be inevitable. In fact, it has been reported that seven out of ten adults say they experience stress or anxiety daily, and most say it interferes at least moderately with their lives.

According to the World Health Organisation, "Stress" can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree."



It's impossible to eliminate, but you can learn to manage stress, and most people usually do. According to a poll, some 14 percent of people make use of regular exercise to cope with stress. Others reported:

- talking to friends or family (18 percent);
- sleeping (17 percent);
- watching movies or TV (14 percent)
- eating (14 percent)
- listening to music (13 percent).

While all of these are well-known coping techniques, exercise may be the one most recommended by health care professionals. Most popular was Walking (29 percent), then Running (20 percent), and Yoga (11 percent) are their preferred strategies.

The physical benefits of exercise (improving physical condition and fighting disease) have long been established, and the medical profession has always encouraged staying physically active.

Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

EXERCISE/FITNESS:

Exercise and Stress - just start doing something?

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. So it stands to reason that if your body feels better following a good fitness session, so does your mind. Exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress. Meditation, acupuncture, massage therapy, even breathing deeply can cause your body to produce endorphins. And conventional wisdom holds that a workout of low to moderate intensity makes you feel energized and healthy.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.

How do you start?

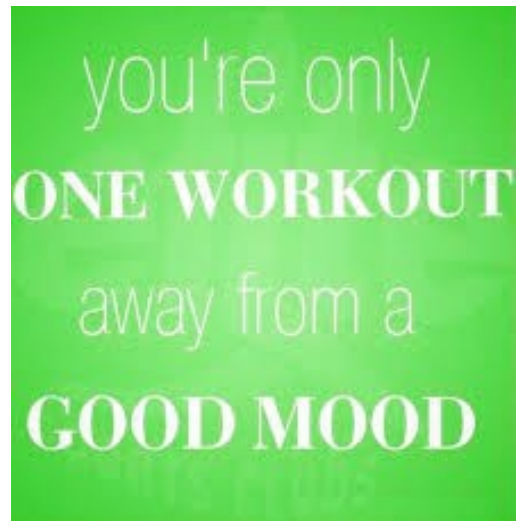
Consult with your doctor. If you haven't exercised for some time or you have health concerns, you may want to talk to your doctor before starting a new exercise routine.

Walk before you run. Build up your fitness level gradually.

Excitement about a new program can lead to overdoing it and possibly even injury. For most healthy adults, the Department of Health recommends getting at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, a week, or a combination of moderate and vigorous activity. Examples of moderate aerobic activity include brisk walking or swimming, and vigorous aerobic activity can include running or biking. Greater amounts of exercise will provide even greater health benefits. Also, aim to do strength training exercises for all major muscle groups at least two times a week.

Do what you love. Almost any form of exercise or movement can increase your fitness level while decreasing your stress. The most important thing is to pick an activity that you enjoy. Examples include walking, jogging, dancing, cycling, yoga, tai chi, gardening, weightlifting and swimming. And remember, you don't need to join a gym to get moving. Take a walk with the dog, try body-weight exercises or do a yoga video at home.

Pencil it in. In your schedule, you may need to do a morning workout one day and an evening activity the next. But carving out some time to move every day helps you make your exercise program an ongoing priority. Aim to include exercise in your schedule throughout your week.



"Your present circumstances don't determine where you can go; they merely determine where you start."

**Whatever you do, you must make time to get a suitable amount of exercise in every week.
Your body needs movement and flexibility. It needs you to provide it.
Sedentary lifestyles are starting to affect our overall health.
It is your responsibility to make sure you give your body every chance to be healthy.**

EXERCISE/FITNESS:

Gentle Exercise to help you De-Stress - page 1

EXERCISE NUMBER ONE

RELAX BY BREATHING

TO HELP DESTRESS

When you're feeling anxious, you might notice that your heart rate and breathing get a bit faster. You may also begin to sweat and feel dizzy or lightheaded

Sit in a quiet and comfortable place. Put one of your hands on your chest and the other on your stomach. Your stomach should move more than your chest when you breathe in deeply.

Take a slow and regular breath in through your nose. Watch and sense your hands as you breathe in. The hand on your chest should remain still while the hand on your stomach will move slightly.

Breathe out through your mouth slowly.

EXERCISE NUMBER TWO

RELAX BY VISUALISING

TO HELP DESTRESS

Have you ever heard the "finding your happy place" expression? Painting a mental picture of a place that makes you feel relaxed can actually calm your brain and body.

When you start to feel anxious, sit in a quiet and comfortable place. Think of your ideal place to relax. While it can be any place in the world, real or imaginary, it should be an image that you find very calming, happy, peaceful, and safe. Make sure it's easy enough to think about so you can return to it in your mind when you feel anxious in the future.

Think of all the small details you'd find if you were there. Think about how the place would smell, feel, and sound. Envision yourself in that place, enjoying it comfortably.

EXERCISE NUMBER THREE

RELAX YOUR MUSCLES

TO HELP DESTRESS

Sit in a quiet and comfortable place. Close your eyes and focus on your breathing. Breathe slowly into your nose and out of your mouth. Use your hand to make a tight fist. Squeeze your fist tightly. Hold your squeezed fist for a few seconds. Notice all the tension you feel in your hand. Slowly open your fingers and be aware of how you feel. You may notice a feeling of tension leaving your hand. Eventually, your hand will feel lighter and more relaxed. Continue tensing and then releasing various muscle groups in your body, from your hands, legs, shoulders, or feet. You may want to work your way up and down your body tensing various muscle groups. Avoid tensing the muscles in any area of your body where you're injured or in pain, as that may further aggravate your injury.

EXERCISE/FITNESS:

Gentle Exercise to help you De-Stress - page 2

EXERCISE NUMBER FOUR

RELAX BY COUNTING

TO HELP DESTRESS

Counting is a simple way to ease your anxiety. When you feel anxiety washing over you, find a quiet and comfortable place to sit. Close your eyes and slowly count to 10.

If necessary, repeat and count to 20 or an even higher number. Keep counting until you feel your anxiety subsiding.

Sometimes this relief occurs quickly, but other times it might take a while. Stay calm and patient. Counting can relax you because it gives you something to focus on besides your anxiety. It's a great tool to use in a crowded or busy space like a store or train where other anxiety exercises might be more challenging to carry out.

EXERCISE NUMBER FIVE

RELAX BY STAYING PRESENT

TO HELP DESTRESS

Mindfulness is the practice of being present in your current state and surroundings, gently and without judgment.

Staying present can help you create a calm state of mind when you feel your thoughts racing and anxiety building. To bring yourself outside your thoughts into the present:

- Find a quiet and comfortable place to sit and close your eyes.
- Notice how your breathing and body feel.
- Now shift your awareness to the sensations you observe in your surroundings. Ask yourself "What's happening outside of my body?" Notice what you hear, smell, and feel in your environment.

EXERCISE NUMBER SIX

RELAX BY BREAKING ANXIETY

TO HELP DESTRESS

Sometimes anxious thinking can make us believe harmful thoughts that are untrue or make us do things that make our anxiety worse. It can be helpful to break or interrupt your anxious thoughts so you can think clearly and react appropriately to your thoughts. Ask yourself whether endless worry is a problem for you. If the answer is yes, it's good to be aware of that. Try different ways of interrupting your anxious thought process, such as: Singing a silly song about your anxiety to an upbeat tempo, or speaking your anxieties in a funny voice.

Choose a nice thought to focus on instead of your anxiety. This could be a person you love, your happy place, or even something you look forward to doing later that day, such as eating a nice dinner.

Listen to music or read a book

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.



Singapore have "The Human Organ Transplant Act" (HOTA) which allows for the kidneys, heart, liver, and corneas to be removed, for the purpose of transplantation, in the event of death from any cause. HOTA covers all Singapore Citizens and Permanent Residents 21 years old and above, who are not mentally disordered, unless they have opted out.

Yes, you read that right. When you turn 21 you are automatically registered as an organ donor unless you choose not to be in the scheme. A wonderful idea.

Have you seen the Toy Story films? They are terrific.

Certainly helped put Pixar on the map.

Did you know that back in 1998, during the production of Toy Story 2, some poor, thankfully unnamed, worker at Pixar was in the internal file servers doing some standard file clearance, when they mistakenly put in a deletion command on the root folder for the film. All the character models and assets began erasing.

Thankfully, Galyn Susman, a producer, had taken a copy home and they were able to save the film, otherwise all would have been lost.

She was laid off in May 2023. Amazing!!



A Leech does not look like much, but they are fascinating. Not all leeches suck blood and not all bloodsucking leeches seek the blood of humans. One desert variety lives in camels' noses; another feeds on bats. Some eat hamsters and frogs. The Giant Amazon leech feeds by inserting a proboscis – like a 10cm-long straw – into its prey. They can have 10 stomachs, 32 brains, nine pairs of testicles, and several hundred teeth that leave a distinctive bite mark.

HMHB have enjoyed fascinating outings to the National Gallery, Tate Modern, and the Saatchi Gallery.

We have loved seeing various forms of Art.

But check out the painting opposite, completed in 1953 by an artist called Barnett Newman: It's called Onement VI.

What would you pay? Well, in 2013, the head of Sotheby's contemporary art department worldwide and an auctioneer, Tobias Meyer, sold the blue canvas to an anonymous bidder for a total of \$43.8 million. I kid you not.



HEALTH / ROUTINE

What causes Body Odour?

It is a common misconception that sweat itself causes body smells. In actual fact, human sweat is almost odourless. Body odour occurs due to bacteria on a person's skin breaking down protein molecules within sweat and producing odour as a result.

Body odour is a common problem, but it can severely affect a person's quality of life. Although its root causes are often down to a person's hygiene practices, body odour can indicate a more serious underlying condition in some instances.

The human body can produce a range of substances that carry a smell, known as odourants. Many of these are important for regular bodily function and, in small quantities, do not lead to unpleasant odours. However, an excessive accumulation of these compounds on the skin can cause noticeable smells.

Body odour usually becomes more evident during puberty, as hormones and sweat glands become more active at this time. People with obesity and individuals with certain medical conditions, such as diabetes, are also more susceptible to having body odour.

The rapid multiplication of bacteria and their breaking down of sweat into acids can cause unpleasant smells. As a result, people who sweat a lot, such as those with "Hyperhidrosis (also known as polyhidrosis or sudorrhea, a condition characterized by excessive sweating) may be more susceptible to developing body odour.

Body odour is most likely to occur in the following places:

- the feet
- the groin
- the armpits
- the genitals
- pubic and other hair
- the belly button
- the anus
- behind the ears



A person's diet, natal sex, health conditions, and medications help create a unique body odour. Some research suggests that people, and more so animals, are adept at identifying individuals by these smell profiles.

Although there is no universal treatment for the causes of body odour, taking the following steps may help to control the problem.

- **Washing:** A person should wash regularly with soap and ensure that they dry themselves thoroughly.
- **Shaving:** Having hair in areas such as the armpits can slow down the evaporation of sweat, giving bacteria more time to break down proteins and create odorants. Shaving can help body odour control in that area.
- **Using antiperspirants:** Antiperspirants can reduce the intensity of a person's body odour by changing sweat volumes and altering the amount and activity of odour-causing bacteria.

HEALTH / ROUTINE

What causes Dandruff?

Dandruff occurs, essentially, when small bits of dry skin are shed from the scalp. You might spy these flakes in your hair or on your shoulders. Dandruff may make your scalp itchy, too. It's a common problem, but it isn't as simple as it seems. Dandruff is actually quite tricky to define because it overlaps with "Seborrheic Dermatitis" (SD) - a chronic form of "Eczema" - and other skin conditions that lead to a scaly scalp.

It's caused by dry skin, or the buildup of oil. Skin conditions like the above seborrheic dermatitis, a weakened immune system, and certain neurological disorders, such as Parkinson's disease, can also cause dandruff.

It's not usually the sign of a serious medical problem, but if it's a chronic condition due to something like a skin issue it requires treatment.

It can't be cured, and can be chronic, but in some cases, a change of habit, for example, washing your hair more often, can clear up flakes fairly quickly.



People with oily skin are often more prone to dandruff. The reason: A yeast called "*Malassezia globosa*" feeds on oils on the scalp. Some people's bodies perceive this breakdown of oil as an irritant, so the scalp reacts by upping the speed at which skin cells renew, causing dandruff.

For those without dandruff, it takes a whole month for new skin cells on the scalp to mature, die, and shed. But for those with dandruff, this process occurs in a mere two to seven days, according to a report in the "*Journal of Medical Chemistry*".

If cold winter air dries out your skin all over, including your scalp, then dry skin may be the cause of your dandruff. When dry skin causes dandruff, the flakes are usually smaller and less oily.

Dandruff often begins at puberty and peaks around age 20, becoming far less prevalent among folks over 50 years old, according to a review published in the "*Journal of Clinical and Investigative Dermatology*".

Androgen hormones, such as "Testosterone", stimulate activity in the sebaceous glands (these are located in the mid-dermis and almost always develop alongside a hair follicle, with an outlet emptying into the follicular canal). More oil means an increased chance of an inflammatory reaction and dandruff. Men are more frequently affected by dandruff than women.

Parkinson's Disease, Alzheimer's Disease, Epilepsy, Traumatic Brain Injury and spinal cord injury are among the conditions that elevate one's risk of SD, including dandruff. Those with Parkinson's disease, for example, have an impaired autonomic nervous system that helps to control things like oil gland secretions, which can lead to an overproduction that leads to dandruff, according to the American Parkinson's Disease Association.

According to the experts, the most effective way to treat most dandruff is to use an over-the-counter shampoo. If only there were some companies who did adverts on telly for anti-dandruff shampoo!!!. :-)

HEALTH / ROUTINE

What causes Stomach Aches?

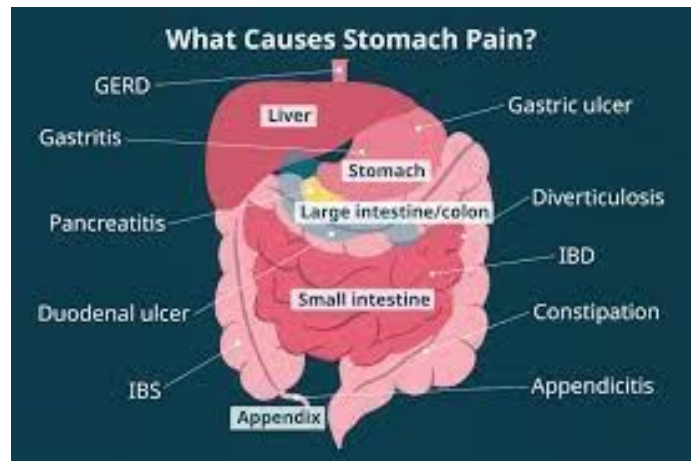
Almost everyone has pain in the abdomen at some point. Most of the time, it is not serious.

How bad your pain is does not always reflect the seriousness of the condition causing the pain. For example, you might have very bad abdominal pain if you have gas or stomach cramps due to viral gastroenteritis.

Abdominal pain is pain that occurs between the chest and pelvic regions. Abdominal pain can be crampy, achy, dull, intermittent, or sharp. It's also called a stomach ache. Localised pain is limited to one area of the abdomen.

Usually, stomach pains are harmless conditions caused by overeating, gas, or indigestion.

Frequent or recurring sharp stomach pain often is due to stress and worry, even in children.



But it can point to more serious medical problems like pancreatic diseases. Let's take a look.

You really need to go and see your GP if:

- a stomach ache gets much worse quickly
- stomach pain or bloating will not go away or keeps coming back
- you have stomach pain and problems with swallowing food
- you're losing weight without trying to
- you suddenly pee more often or less often
- peeing is suddenly painful
- you bleed from your bottom or vagina, or have abnormal discharge from your vagina
- you have diarrhoea that does not go away after a few days

Serious causes of sudden severe abdominal pain include:

- appendicitis: the swelling of the appendix means your appendix will need to be removed - this is an experience I had five years ago.
- a bleeding or perforated stomach ulcer
- acute cholecystitis: inflammation of the gallbladder, which may need to be removed
- kidney stones: small stones may be passed out in your urine, but larger stones may block the kidney tubes, and you'll need to go to hospital to have them broken up
- diverticulitis: inflammation of the small pouches in the bowel that sometimes requires treatment with antibiotics in hospital
- ectopic pregnancy: when a fertilised egg develops outside the womb. An ectopic pregnancy can be very serious if it isn't treated

If your GP suspects you have one of these conditions, they may refer you to hospital immediately.

Sudden and severe pain in your abdomen can also sometimes be caused by an infection of the stomach and bowel (gastroenteritis). It may also be caused by a pulled muscle in your abdomen or by an injury.

HEALTH / ROUTINE

What are the signs of Dehydration?

Dehydration occurs when your body loses more fluid than you take in. When the normal water content of your body is reduced, it upsets the balance of minerals (salts and sugar) in your body, which affects the way it functions.

Water makes up over two-thirds of the healthy human body. It lubricates the joints and eyes, aids digestion, flushes out waste and toxins, and keeps the skin healthy.

Some of the early warning signs of dehydration include:

- feeling thirsty and lightheaded
- a dry mouth
- tiredness
- having dark coloured, strong-smelling urine
- passing urine less often than usual

A baby may be dehydrated if they:

- have a sunken soft spot (fontanelle) on their head
- have few or no tears when they cry
- have fewer wet nappies
- are drowsy



Dehydration is usually caused by not drinking enough fluid to replace what we lose. The climate, the amount of physical exercise you are doing (particularly in hot weather) and your diet can contribute to dehydration.

You can also become dehydrated as a result of an illness, such as persistent vomiting and diarrhoea, or sweating from a fever.

If you're dehydrated, drink plenty of fluids such as water, diluted squash or fruit juice. These are much more effective than large amounts of tea or coffee. Fizzy drinks may contain more sugar than you need and may be harder to take in large amounts. If you're finding it difficult to keep water down because you're vomiting, try drinking small amounts more frequently.

Infants and small children who are dehydrated shouldn't be given large amounts of water alone as the main replacement fluid. This is because it can dilute the already low level of minerals in their body too much and lead to other problems. Instead, they should be given diluted squash or a rehydration solution (available from pharmacies). You might find a teaspoon or syringe can be helpful for getting fluid into a young child. If left untreated, severe dehydration can be serious and cause fits (seizures), brain damage and death.

Contact your GP, out-of-hours service or NHS 24 on the 111 service straight away if you have any of the following symptoms:

- extreme thirst
- feeling unusually tired (lethargic) or confused
- not passing urine for eight hours
- rapid heartbeat
- dizziness when you stand up that doesn't go away after a few seconds

NUTRITION: Lazza's Kitchen Adventure

Bonèt (Italian Dessert)

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

Bonèt is a traditional Italian dessert that can be traced back to the 13th century.

In some places, it's made with chocolate, in others with hazelnut.

The name of the dish means *hat*, referring to the original shape of this treat (round with a hole in the middle), but some say that it can also refer to the fact that bonèt is the last thing that is consumed for dinner, just like a hat is the last thing one puts on the head before leaving.

Ingredients

200g Crushed Amaretti Biscuits
35g Cocoa Powder: 4 Eggs (+one yolk)
300ml Single Cream: 200ml Full Fat Milk
100g Granulated Sugar
50g Golden Granulated Sugar
2-3 Tablespoons of Amaretto
Pinch Salt.
Caramel: 3 Tablespoon Hot Water
150g Granulated Sugar

For caramel: In a small saucepan, combine 3 tablespoons of water and 150 grams (3/4 cup) of sugar. Stir to dissolve as much of the sugar as possible. Then turn on the heat and bring to a boil without stirring. From the time it starts boiling, within 2-3 minutes the sugar will start to caramelize. That is, it will begin to colour until it takes on the characteristic amber-orange colour. PLEASE NOTE: Be careful not to let it get too dark. You would risk burning it and it would taste too bitter. When the caramel is ready, pour it into the mould you have chosen and set it aside.

In a bowl, place the whole eggs and one egg yolk. Add the sugar and stir with a whisk (do not actually whisk, as you want to avoid adding air).

Now add the cocoa and a pinch of salt and stir it in well.

Now add the crumbled amaretti and the Amaretto Disaronno.

Mix the cream and milk and then slowly pour in this liquid a little at a time. Keep stirring. Now the mixture for the Bonet is ready. Pour the mixture into the mould where you put the caramel.

Place the mould in a larger baking dish that can hold it. Pour in very hot water until it reaches about halfway up the mould. This will allow the Bonèt to bake very gently in a bain-marie. Bake at 160°C (320°F) for about 60 minutes. Allow the Bonèt to cool completely in the mould, first at room temperature and then for several hours (I left mine overnight) in the refrigerator. Once cold, remove from the mould.



Note, I missed Milk and Cream off photo!!



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

HMHB 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

North London Cares brings older and younger people together to share time, laughter, new experiences and friendship .

They want to try and combat loneliness and isolation by providing opportunities for people of all ages to get to know each other and their community.

They run a lot of events and social clubs, and HMHB has provided some circuit training events, which had terrific feedback.

Do check them out: www.northlondoncares.org.uk



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 Athenian Stix 2 Everton 3 Ludwig
 Round Two: 1, 6021: 2, 5895 3, 266: 4, £18.37: 5, 26:
 Round Three: 1, 1922: 2, 1889: 3, 1929: 4, 1829. 5, 1440.
 Round Four: They have all been truck drivers in the past.
 Round Five: 1 False: 2 True: 3 False: 4 True: 5 False
 6 True: 7 False: 8 False: 9 False: 10 True



Review of Challenges and Targets

Mind-set:

So why did I mix getting rid of “unnecessary anger” with developing an entrepreneurial mindset. Well, successful people who develop projects don’t allow themselves to be distracted by inane rubbish. How often do you get annoyed with clickbait on social media, which needs people to respond. I have been guilty myself of allowing it to annoy me. But now, I take a moment, relax, realise that there are far more important things in my life, and move on. It takes practice. You can do it.



Nutrition.

Yes, we need to eat to keep our metabolism working and our bodies healthy. But do we actually think about how our body works? How our Liver, Kidneys, Bones and Muscles, for example, depend on us eating and drinking the right stuff?

Out of sight, out of mind, I know it has been for me for a long time, and I am still fighting my own eating disorder at the moment.

You were given an extraordinary responsibility when you were born, to look after your incredible body. Do the right thing!!



Exercise.



The importance of exercise is not adequately understood or appreciated by patients and mental health professionals alike. Evidence has suggested that exercise may be an often-neglected intervention in mental health care.

Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. We have included a few very simple things you can do to help, but just get out and do something.

Health.

Our bodies are truly miraculous, but that does not mean that things do not go wrong.

In this issue we looked at four different topics around our body health, from body odour and dandruff, to stomach aches and dehydration. Very often we can do something to alleviate our suffering. That can also be preventive as well as constructive.

As always, it can come down to lifestyle.

Are you doing everything possible to look after yourself?

Occasionally, when things go wrong, it can be something more serious, so always check with a doctor if you have concerns.



**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 + 1980s Sports Stars from Page 24

See if you can beat your family and friends

People: The Age and Country of Birth of those famous people.

- | | | | |
|-----|-----------|----|--------------|
| 1. | KR | 58 | Canada |
| 2. | TH | 46 | France |
| 3. | SD | 77 | America |
| 4. | RC | 59 | New Zealand |
| 5. | CS | 52 | Germany |
| 6. | FM died | 45 | Tanzania |
| 7. | JRRT died | 81 | South Africa |
| 8. | JB | 54 | Spain |
| 9. | JCVD | 62 | Belgium |
| 10. | JMB | 86 | Argentina |
| 11. | MS | 31 | Egypt |
| 12. | GT | 20 | Sweden |
| 13. | HJ | 54 | Australia |

Cinema: The Actress who won the Best Actress Oscar for those films, and the year of release.

- | | | |
|-----|------|-------------------|
| 1. | 1939 | Vivien Leigh |
| 2. | 1969 | Maggie Smith |
| 3. | 1990 | Kathy Bates |
| 4. | 2017 | Frances McDormand |
| 5. | 2004 | Hilary Swank |
| 6. | 1972 | Liza Minnelli |
| 7. | 1964 | Julie Andrews |
| 8. | 2022 | Michelle Yeoh |
| 9. | 2016 | Emma Stone |
| 10. | 1977 | Diane Keaton |
| 11. | 1944 | Ingrid Bergman |
| 12. | 1988 | Jodie Foster |
| 13. | 2000 | Julia Roberts |
| 14. | 2011 | Meryl Streep |
| 15. | 1987 | Cher |
| 16. | 1998 | Gwyneth Paltrow |
| 17. | 1996 | Frances McDormand |

Pop Music: The singer/band of those songs with Places in the title, and year released.

- | | | |
|-----|------|---------------------------|
| 1. | 1994 | Bruce Springsteen |
| 2. | 1982 | Duran Duran |
| 3. | 1991 | Marc Cohn |
| 4. | 1989 | Simple Minds |
| 5. | 1978 | Boney M |
| 6. | 1988 | F Mercury & M Caballé |
| 7. | 1982 | Toto |
| 8. | 1979 | The Clash |
| 9. | 1966 | The Monkees |
| 10. | 1981 | Ultravox |
| 11. | 1974 | ABBA |
| 12. | 1987 | Sting |
| 13. | 1964 | Elvis and the Jordanaires |
| 14. | 2006 | Fedde Le Grand |

The World

According to UN, these are the Seventeen Countries in the world start with the letter "B".

Bahamas, Bahrain, Bangladesh, Barbados, Belarus, Belgium, Belize, Benin, Bhutan, Bolivia, Bosnia & Herzegovina, Botswana, Brazil, Brunei, Bulgaria, Burkina Faso, Burundi

QUIZ ANSWERS

Film: 1980s Sporting Stars - from Page 24 (how well did you do?)

- | | |
|-------------------|---------------------|
| 1: Ayrton Senna | 2: David Gower |
| 3: David Platt | 4: Eric Bristow |
| 5: Steffi Graf | 6: Nadia Comaneci |
| 7: Zola Budd | 8: Tom Watson |
| 9: Lester Piggott | 10: Bryan Robson |
| 11: Joe Johnson | 12: Tessa Sanderson |
| 13: Graham Gooch | 14: Robin Cousins |
| 15: Ivan Lendl | |

Sport

Those 20 ex Premier League Teams in last year's Championship:

Birmingham City, Blackburn Rovers, Blackpool, Burnley, Cardiff City, Coventry City, Huddersfield Town, Hull City, Luton Town, Middlesbrough, Norwich City, QPR, Reading, Sheffield United, Stoke City, Sunderland, Swansea City, Watford, WBA, Wigan Athletic.

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*)

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: Nominee 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



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website