

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 43

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st December 2025



www.hmhb2016.org.uk



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

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This is our 100th Health Pack since Inception.
 50 weekly packs from 2020 to 2021.
 Then monthly - 7 issues: Then a revamp with this issue 43.
 Thanks for your incredible support and feedback.

Welcome to Issue 43 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

From April 2020 to March 2021, through the Pandemic, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details: www.hmhb2016.org.uk. Then monthly for 7 issues. **So this really is Issue 100.** Our new venture for 2022 onwards is here. A revamped Monthly Health Pack for everyone. All copies are on the website in PDF form. Now an incredible 50 pages. HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

For these packs to happen, there are so many people to thank. That includes Islington Council who print some copies to post to those who have no internet, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom have been HMHB supporters since inception. We also like to thank Islington Giving, the Cripplegate Foundation, and the National Lottery, all of whom have funded our health packs in the past, and continue to do so.

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



Here are photos from our June visit to the Young V&A in Bethnal Green, East London. Perspective at the top in a very strange room. HMHB has delivered across Islington and beyond. HMHB get referrals from the NHS and other local projects. Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

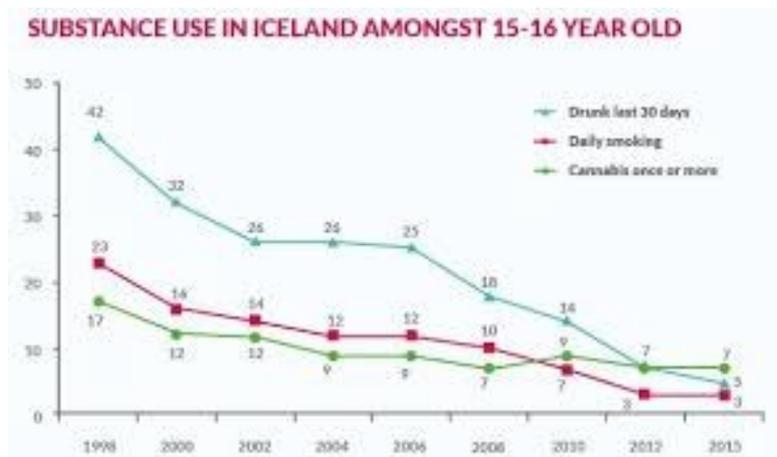
Some recent health research that we find interesting.

In the mid 1990s, Icelandic teenagers were reported to be among the biggest drinkers and smokers in Europe. Today, Iceland is at the top of the European countries where young people (13-19 years old) maintain the healthiest lifestyle. So how did this development come about?

It was in the mid 1990s that Icelandic scientists began to study the biochemical processes that cause addiction.

American Psychology Professor Harvey Milkman, who teaches at the Reykjavik University today, concluded that the choice of alcohol or drugs is closely related to how the human body deals with stress.

It turned out that many different substances trigger biochemical processes in the brain, on which the body can become dependant. The researchers were therefore looking for activities that stimulate the same processes in a healthy way.



Milkman explained: “You can be addicted to tobacco, alcohol, fizzy drinks, energy drinks, or certain foods. We wanted to offer something better to youth. We found that dancing, music, painting, or sports can trigger similar biochemical reactions in the brain - just without the harmful effects. These activities should therefore have the same emotional effect as drugs or alcohol, but instead offer a healthy and sustainable solution.”

So, following that research, Iceland started a huge nationwide program.

Teenagers were offered free courses in sports or artistic disciplines - financed by the state. Each youth was asked to participate for a minimum of three months. However, many of them stayed with the activities provided for years.

At the same time, the Government adjusted the legislation: advertisements for cigarettes and alcohol were banned, and parents organisations were created and worked closely with schools to support any young person with mental health problems.

The results were impressive.

- The proportion of young people who regularly drank decreased from 48% to 5% within 20 years.
- The share of smokers fell from 23% to just 3% in the same 20 years.

Icelandic scientists have, of course, recommended that other countries around the world should implement similar strategies.

The question remains: who is actually going to allow this? Many corporations rely on young people having a liking for nicotine, alcohol, or other stimulants. Would a growing population of young people developing a healthy consciousness be of financial use? As many know, HMHB is very much based around promoting a healthy lifestyle, looking after your bodies, and understanding how you can live longer happy lives.

HEALTH NEWS AND RESEARCH PAGE: Important Facts Around Vaccines

With the Flu Vaccine and new Covid vaccine available (I have had both my shots) I popped out to get proper medical advice from qualified medical professionals (not from YouTube videos of non-medical conspiracists).

Can I catch the Flu from the Flu Vaccine?

No matter what anyone tells you, the answer is NO. You can, however, get an immune response such as a low grade fever, mild inflammation, or local redness and swelling. But this is nothing to worry about. This is actually a good thing. It means that your body is fighting the inactivated virus it has been exposed to and it will build immune cells specific to fighting that virus if it ever sees it again - which is of course the entire premise behind getting any vaccination. It takes your body about two weeks to build fighter cells and for the vaccine to reach its maximum protectiveness. If you get sick within a week or two of receiving the vaccine, then you were exposed to influenza and had not yet received total protection from the vaccine. Just poor timing, that's all. You did not get it from the shot.



Vaccines are extremely safe.

I had a good chat with someone at the UCH on this. The vaccine does NOT cause strokes, auto-immune diseases, or severe allergic reactions. There is a very small percentage of people whose bodies do not react normally and therefore those people should think twice about a vaccine, and talk to their local medical professional about their options. Some people can have a reaction to avocados. That does not mean that avocados are dangerous, but the problem is the person's body, not the food. Likewise, the vaccine is safe but can be dangerous to certain people. It is though, extremely rare for an adverse reaction.

I'm healthy, so do I need a vaccine?

Good for you if you feel healthy. That's terrific. However, that is not the case for many people in the community. And they may be around you. You take the vaccine to not only protect yourself, but also those you come into contact with. When healthy people vaccinate, they protect the newborn babies, the grandparents, the chemo patients, those with immune issues, and the ones who truly cannot receive the vaccine for whatever reasons. It is called "Herd Immunity", and it is the cornerstone of a healthy society.

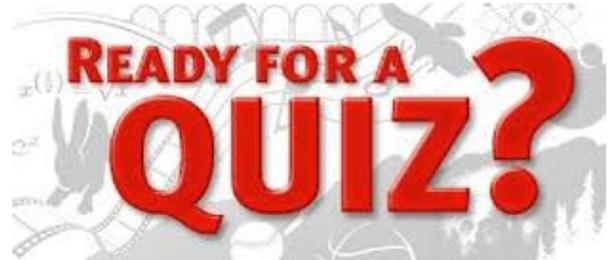
Stomach Flu is not the Flu.

The stomach virus, commonly known as Stomach Flu, is not the flu at all. Stomach viruses are commonly caused by novovirus or norovirus, not influenza. If you have symptoms such as vomiting and diarrhoea with a fever right after receiving the flu vaccine you are just the unfortunate recipient of a sad coincidence. This is not uncommon as peak seasons of the virus' activity overlap. You may try and argue that, but it is science. If you do get "the stomach flu" after getting the vaccine, your vaccine did not fail.

Aren't doctors paid by Pharmas to promote vaccines?

I could not find a single medical person who had received any money for promoting the vaccine (I asked quite a few). The rationale on this is so wrong. Doctors advocate vaccines as they have seen the results when people do not take them. Death. So, if you still have questions, do what I did, go and speak to your Doctor.

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



THE WORLD:

Which are the top 24 most visited countries in the World in 2024 according to figures on Onestep4ward on the Internet?
 How many have you visited yourself.

MUSIC: Name the “original” groups that had these Christmas songs, plus year released?

1. Merry Christmas Everyone
2. White Christmas
3. Last Christmas
4. Have Yourself A Very Merry Christmas
5. Jingle Bell Rock
6. Happy Xmas (War Is Over)
7. Rockin' Around The Christmas Tree
8. Stay Another Day
9. Santa Baby
10. Mistletoe and Wine
11. Feliz Navidad
12. Merry Christmas Everybody
13. I Wish It Could Be Christmas Everyday

FILM: Name the actress who won the Best Actress Bafta for these movies, plus the year they won.

1. Poor Things
2. The Hours
3. Driving Miss Daisy
4. Roman Holiday
5. Judy
6. The Client
7. Educating Rita
8. Lost In Translation
9. Annie Hall
10. Cabaret
11. La La Land
12. The Iron Lady
13. A Streetcar Named Desire
14. Shirley Valentine
15. Tar
16. Three Billboards Outside Ebbing, Missouri
17. Anora

TELEVISION: Who played these characters in these shows from the 1990s?

1. Fox Mulder: The X Files
2. Dale Cooper: Twin Peaks
3. Richie: Bottom
4. Saffron: Absolutely Fabulous
5. Tony Smart: Men Behaving Badly
6. Martin Crane: Frasier
7. Gary Sparrow: Goodnight Sweetheart
8. Monica Geller: Friends
9. Dougal McGuire: Father Ted
10. Debra Barone: Everybody Loves Raymond
11. Maddy: Jonathan Creek
12. Jack: Will and Grace
13. Jim Royle: The Royle Family
14. Hugo Horton: The Vicar of Dibley



SPORT:

According to Sports for Business, what were the ten most watched sports in the world in 2024.

This is maybe tougher than you think. What is popular for you, may not be popular elsewhere.

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

HMHB Activity: Photos and Events from NOVEMBER 2025

Our group joined four Friday Community Engagement Dance/Group Sessions in November.

The first was run by **Akeim Toussaint Buck**, an interdisciplinary performer and maker, born in Jamaica and raised in England. Graduating from The Northern School of Contemporary Dance in 2014, Akeim began creating his own work in 2015. His intention is to create moving, thought provoking, accessible and free-spirited projects. Exploring a variety of themes to challenge, enlighten and entertain audiences in a visceral way, calling on multiple art forms to weave a spectacle. Audiences are invited to not just observe, they are implicit in the experience.



Our Second session was actually a sit down group. The Artistic Director **Sir Alistair Spalding** and Associate Artistic Director **Rob Jones** introduced their upcoming programme for Sadler's Wells Theatre and Sadler's Wells East, as well as the Peacock Theatre, Holborn. We even got some video trailers to wet our appetites. I will be ordering some tickets. I also enquired about a couple of shows for HMHB users to see, including Car Man (Matthew Bourne).



Our third session, we were joined by **Bhungane Mehlomakulu**, dancer with "**Ballet Black**", to teach a ballet workshop. Ballet Black has transformed the landscape of British ballet, creating a prominent platform for dancers and artists of Black and Asian descent, as well as establishing a new canon of ballet repertoire that resonates with audiences around the world. It really was a lot of fun. The choreography, although looking simple, challenged us.



The fourth session was all about movement, and even included us doing drawings with our interpretations of listening to various musical sounds.

Associate Artist **Jules Cunningham**, with Company Producer **Kat Bridge**, joined our Culture Club to share insights from **SLANT** - which is currently performing at the theatre.

It really helped us think about music, and how we translate that in our minds into emotions. HMHB users enjoy these sessions very much.



HMHB Activity: Photos and Events from NOVEMBER 2025

HMHB attended three different afternoon dance sessions at Sadlers Wells East - on the Olympic Park at Stratford this Autumn.

They are running three a week, every Monday, Wednesday and Friday till the end of the year.

The Monday one is titled “Collective Pulse”.

This session was led by “**Pepa Ubera**” – a London-based artist originally from Madrid, known for her internationally presented choreographic and interdisciplinary work that challenges social structures through embodied movement. She had her own show at Sadlers East in October too. This session invited us to “move, breathe, and connect in a space where joy, play, and presence take centre stage”.



The Wednesday dance session on the Sadlers East dance mat is based on “Funky Social”.

Led by **Sam Haynes** – a powerhouse in Hip Hop and Funk Styles with academic credentials in dance and performance credits including Nike, and Love Supreme Festival - this session has some toe tapping music and songs, and the moves will take you right back to the 70s, 80s, and 90s.

“Each session includes a warm-up, uplifting music, and a playful vibe. You might groove through guided partner work, short choreographies, or even a Soul Train line to finish.”

Sadly, Lazza had hurt his ankle so was not able to actually take part, but he was doing work on the sidelines whilst enjoying the music and dancing.

These sessions are all through the Autumn.

The Friday session was full of energy. It was titled “Soca & Old Skool Dancehall”: This high-energy wellness workshop invited participants to explore the joyful, liberating rhythms of the Caribbean, known for its infectious beats and celebratory spirit.

Led by Tamara Josephine – a Wellness & Dance Specialist who uses movement and mindfulness to inspire connection, resilience, and self-awareness. It was really well attended, and there was a lot of laughter and energy during the hour.



These are every Mon, Wed, Fri this Autumn

HMHB Activity: Photos and Events from NOVEMBER 2025

We had our first ever visit to the Horniman Museum, and here we are sat outside in the bright November sunshine enjoying coffees in their café after a great visit.

The Horniman Museum and Gardens is a museum in Forest Hill, London. Commissioned in 1898, it opened in 1901 and was designed by Charles Harrison Townsend in the Modern Style. It has displays of anthropology, natural history and musical instruments, and is known for its large collection of taxidermized animals.



We had rather a wet rainy trip to the Second Chance Café in November, by St. Mary's Church in Stoke Newington Church Street, but we still managed to get eight around the table for our soups, crumble and custard, cake, and our coffees and teas, all served by the enthusiastic and caring volunteers. We do enjoy our visits very much and hope that they can return to Thursdays for our walks.

Do pop along. The lunch is from 11am to 2pm, all homemade, with a voluntary donation of three pounds.

Thanks to one of Justin's friends for taking our photo on a damp but lovely walk in Clissold on one Thursday in November. The weather has turned of course, but even dampness does not stop our intrepid walkers from our destinations.

The Monday, Wednesday and Thursday walks are going strong. In fact, a Spanish gentleman who joined us three months ago round Finsbury Park, was back in the country and came on our walk specifically because he enjoyed it before. Yay!!!



We had a Crash Course in Immunotherapy lecture at the Francis Crick by Samra Turajlic - the Group Leader of their Cancer Dynamics Laboratory.

Cancer remains one of the most significant health challenges worldwide, affecting millions of people each year. Over the past decade, immunotherapy — treatments that harness the body's own immune system to recognise and attack cancer — has began to transform the landscape of cancer care.

This was extremely interesting for the group.

HMHB Activity: Photos and Events from NOVEMBER 2025

HMHB has delivered several of our courses for users of Change Grow Live in the past, and we approached them again to see if we could do some more work. After an interesting online meeting, where we clarified exactly what our aims are, and how we deliver, I am delighted to say that we have renewed our relationship with CGL and will be delivering more intervention for them in 2026. This sort of agreement shows that HMHB continues to provide a relevant program in the community.



Pictures from two of our November quizzes, with thanks to Justin for the photographs.

Professor Lazza's Quizerium is online every Thursday, with ten rounds designed to confuse, befuddle, educate, and have some fun. There is a lot of guesswork and randomness, and we have plenty of laughs, even at some of the jokes.

Anyone can win, which just adds to the entertainment. I have to say, although I set the questions, the stars of the show are the gang who come along and give astonishing answers.

We had an adventurous journey, which I will not go into, to attend the fairly newly opened V&A Storehouse, situated on the Queen Elizabeth Olympic Park, in Stratford, East London. It is a working museum store that's open for you to explore. The building has been designed to get you closer than ever before to objects in the V&A collection and the behind-the-scenes work of the museum. There is even a Study Centre that allows access to objects and items in storage at Storehouse.



There are four study areas including the Clothworkers' Centre for the Study and Conservation of Textiles and Fashion. The Study Centre also includes the David Bowie Centre. We had a fascinating walk around the three levels, and then ended with a cup of coffee/tea in the café.

The nearest station is Hackney Wick on the Overground from Highbury Islington Station. We will be back for another visit in 2026, and I think the V&A East should be open then too.



HMHB Activity: Photos and Events from NOVEMBER 2025

We had our first ever visit to the Museum of the Home at Hoxton (ex Geffrye Museum). The Museum of the Home is housed in almshouses which were built in 1714. The money to build them came from the legacy of Sir Robert Geffrye. Designers, artists and architects at the time were petitioning for an exhibition space for arts and crafts. We enjoyed the exhibits very much, and it will be interesting to go again in the Summer when the extensive gardens are more available. We do recommend a visit if you wish.



Our exercisers always inspire me. It is such a mixed group of young and old, people with health issues and mobility issues, and so many terrific personalities, but we laugh together, sweat together, and push each other as much as we can. This is an older photo, as although I took individual photos for the January Health Pack (stretch and exercise) I forgot the group pic. We are always welcoming newcomers along too.

What an absolute treat we had at St. James's Church in Piccadilly one lunchtime. I had searched online for free activities in London, and Classical Concerts came up, and HMHB was very interested.

We managed to see, and listen to, the extremely talented Katya Grabova (pictured with us) who played piano pieces by Medtner, Bartok, and Ravel. They sounded complicated with dischordant notes and difficult passages and themes, but Katya made it look very easy indeed. There are more concerts over the next few months and we will be back in Dec and Jan.



We had a very special walk in Clissold Park in November - we were celebrating our 9th Birthday since HMHB first started with users. On November 24, 2016, we had our first ever walk, in partnership with Highbury Grange Medical Practice, and just look how we have grown. We had homemade nibbles, mince pies, coffee and tea, and lots of laughs and fun. What a terrific group we had along, and I really hope we can manage to reach our tenth birthday next year.

HMHB Activity: Photos and Events from NOVEMBER 2025



Using our Cover Photo too, we enjoyed a very informative visit to the Science Museum in South Kensington, as we got 25 free tickets to their Future of Food Exhibition.

It was a fascinating delve into the history of food over the last couple of centuries to see just where we might be heading. We learnt about the way Insects are now being farmed for consumption. We also were taken through how we are creating so much deforestation just so we can plant crops, for both ourselves and animal feed.

It was not sustainable from what we could see. Things have to change, and it has to be quite soon. I did read a report that we may have undercounted the number of humans already on the planet. Being able to feed everyone in around one hundred years is going to be a challenge. Scientists are seeing what they can do, but we as a species need to take responsibility for our actions.



Lazza delivered a fun and informative session at a Carers event managed by AGE UK, held at the Upper Holloway Baptist Church, Islington. Being a Carer can be very stressful and these events help provide information and help for them. Our Lazza delivered on Nutrition and Exercise, but targeting his talk around Carers. The attendees certainly had a fun time, as Lazza included some singing, some interactive movement, as well as providing various pieces of useful information to take onwards. Here he is with Jane Stokes, one of the organisers of the event on the day. Thx for inviting us.



Looking forward to December 2025 - just look at the astonishing line up below.

14 for Sadlers Wells Community Engagement Christmas Party: Classical Concert in Piccadilly.
 HMHB Christmas Social for users at the home of our friend Roz: 20 for the viewing platform Bishopsgate.
 Karaoke at the Coronet, Holloway. A lunch at the Second Chance Café: Xmas Dinner at White Swan.
 10 for Pinocchio at the Globe Theatre: 10 for The Red Shoes at Sadlers Wells Islington.
 10 for The Snowman, Peacock Theatre: 10 for Jack and The Beanstalk (Lyric Hammersmith).
 15 for Cinderella at Richmond: 16 for Mama Goose at Stratford: Karaoke at Famous Cock Tavern.
 Our first visit to the Golden Hinde: 6 for Wicked Witches at Pleasance Theatre: MG Ghost Signs Walk.
 Alongside our three weekly walks, exercise sessions, courses, friends meeting up, and Lazza's Quizerium.

NUTRITION: Lazza's Kitchen Adventure

Venison Stew

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

Ingredients

Venison (amount is up to you) - diced
Onion - diced: Garlic
Root Veg: Carrots, Parsnip: Swede
Baby Potatoes - halved
Baby Plum Tomatoes - halved.
Mushrooms - sliced: Peas
Redcurrants: Worcestershire Sauce
Paprika: Thyme: Bay Leaves
Beef Stock in 400ml: Red Wine 400ml.
Tomato Puree: Salt + Black Pepper

Venison is meat from Deer, and refers to any edible part of the animal.
The word derives from the Latin "venari", meaning 'to hunt or pursue'. This term entered the English language through Norman French "venaison" in the 11th century, following the Norman Conquest of England and the establishment of Royal Forests. It originally described any meat obtained through the process of hunting a wild game animal.
It has a flavour reminiscent of beef.

I had never bought Venison before, or redcurrants, or a swede. But at this time of year (autumn) the price of Venison can compare with that of beef. (I have to thank Ros for the gift of the meat!!)

I cooked the halved baby potatoes in some water for around 15 minutes.

I cooked the venison in some oil first, browning it, and then put to one side.

In the oil I then poured in the diced onion and garlic.

I added in the red wine (generously), and the beef stock.

Into that I added all the root veg - some carrot, parsnip, swede. You can add more.

I then drained the potatoes and added them into the stew.

This cooked for around ten minutes. Then I added back in the Venison.

I then added in the halved baby tomatoes and peas and redcurrants and mushrooms.

Now came the tomato puree, nice dash of Worcestershire sauce, and the herbs.

Finally the salt and pepper seasoning and I let it cook for around an hour, but the time is up to you. I like slightly crunchy vegetables.

This was delicious.



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

MIND-SET: **How Can I Improve My Life Overall?**

It's funny how negative we can always be. Maybe your friends appear to be busier than you, happier than you, or even just getting along with people better than you. Your life may feel as if it is just passing you by, that you are plateauing. It may not feel like you have purpose or meaning. Is there anything you can do?

Look after yourself

The World Health Organisation defines self-care as “the ability of individuals, families and communities to promote their own health, prevent disease, maintain health, and to cope with illness with or without the support of a health or care worker.”

It's okay to put yourself first. And it's not something you need to feel guilty about. Thinking about your own mental wellbeing before others is something a lot of people find hard to do. But living your life to please other people can have a major impact on your mental health. While it's nice to be kind and considerate of other people, you have to find the balance of looking after yourself too.



Think about it. If you fly on a plane, during the pre-flight demonstration the air stewards tell you that if the oxygen mask falls from above you on a plane, you need to put it on yourself first so that you can help the others around you after. How are you meant to help anybody else if you can't help yourself? Your body is the thing that you have to carry with you through life and that's why it's crucial for you to look after it. You should treat your body as if it's the body of someone you love. But do we actually do that?

Try to take time and do some things you enjoy. It's obviously harder to do that now than it was before with the cost of things getting higher, but always make time for the things that make you happy. If you are someone that works from home or you're doing online classes, remember to take a step back. Give yourself a break, especially from computer and phone screens. Even with regular breaks from classes, when you feel like you are starting to spiral, don't be afraid to ask for help. It can sometimes feel like you are completely alone, but I can assure you that other people are feeling the exact same thing.

Making sure you have a good and healthy sleep pattern will benefit you massively because sleep is so important for your mental health. Avoid watching the news before you sleep, and try to create a routine so you go to sleep and wake up at consistent times every day. This will help your overall health, and will give you more motivation and energy.

Try and Read every day

Research has shown that reading every day is good for you because it keeps your brain active, improves memory and focus, and helps reduce stress. I like a good crime novel, but it does not matter if it is fiction or non-fiction. You have your own likes and dislikes and that is great. Just find something you enjoy.

Puzzles are good to do because they boost cognitive functions, improve motor skills, and reduce stress. They provide a mental workout, improving memory, attention, and problem-solving skills while also offering a calming, meditative experience. Furthermore, they can enhance fine motor skills, promote social interaction, and help keep the brain healthy to delay cognitive decline.

MIND-SET: How Can I Improve My Life Overall?

Wake Up Early

Now, I know myself how sleep can affect your day. I have had sleep issues for quite a long time now, and it does bother me. There are days I really struggle out of bed. It is one of the reasons that I organise HMHB events for the mornings (like our three walks and the exercise) as it helps to push me out of bed.

But is getting up early good for you. Well, according to research, yes it is. There are several health benefits to waking up early, including improved mental health, a lower risk of depression, more time for exercise and a healthy breakfast, increased productivity, and better metabolic health. Waking up earlier can also lead to better sleep quality by helping to regulate your circadian rhythm and reduce stress.



They do say that an early exercise session can help you avoid skipping it later in the day and allows you to benefit from the endorphin release, which can improve mood and energy levels.

Not only that, studies have shown that early risers may use more fat during rest and exercise and have higher insulin sensitivity, which could lead to a lower risk of developing conditions like Type 2 diabetes. Waking up early also provides an opportunity to eat a healthy breakfast, which can boost energy and alertness.

However, forcing an early wake-up time without adequate sleep can negatively affect hormones and overall health. So, if you are planning on adjusting your routine, do think about taking it gradually. I remember trying to meet my friend Jazz at the gym at 6:30am a couple of years ago and I went straight for it, and failed miserably as I just could not adjust that fast.

Drink More Water

Your body is 96% four elements - Hydrogen, Oxygen, Carbon, Nitrogen. And one of the best ways of replacing the Hydrogen and Oxygen you lose every day is through drinking water (well, your body is around 65% water). But if you want to improve your thinking, decision making, and overall health, you must drink.

How much water should you drink a day? Most people need about five to eight glasses of plain water each day. Some say that equates to around two to two and a half litres per day. But it may be surprising to learn that water intake is an individualised number.

While the daily five-to-eight glasses rule is for generally healthy people, that amount differs based on how much water they take in from other beverages and food sources. Also, certain health conditions, medications, activity level, and ambient temperature influence our total daily water intake.

Unfortunately, many of us aren't getting enough to drink, especially older adults. We need water to survive because it is essential for almost every bodily function, including regulating body temperature, lubricating joints, and helping cells work properly. Water also transports nutrients, removes waste, and is critical for brain function, digestion, and immunity. Without sufficient water, the body cannot function efficiently, which can lead to serious health issues

EXERCISE/FITNESS: STRETCHING

A few Yoga Stretches to start your day (*thx to Spotebi*)

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.

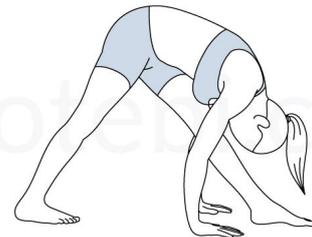
Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

INTENSE SIDE STRETCH

Stand up straight and take a step back with your right leg, align the heels and rotate the right foot slightly out. Bend from the hips, lay your torso on your left thigh and place your hands or fingertips on the floor. Stay in intense side stretch pose for 30 seconds and then switch leg positions.

The intense side stretch pose stretches and lengthens the back of the legs and spine, and stimulates digestion.

This is a soothing pose that also improves your strength, stability, and flexibility.



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.

LOW LUNGE QUAD STRETCH

Kneel on the floor, bring your feet together and open the knees.

Place your hands on the floor between the knees, point your fingers back and extend your neck. Stay in lion pose for 30 seconds to 1 minute.

Relax and inhale deeply as you press your hands against the floor. Lengthen the chest and neck and, if you like, why not roar like a lion as you exhale.

The lion pose stretches the chest and wrists and relieves tension in the neck and face. This is a soothing pose that helps reduce stress and anxiety.



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

EXERCISE/FITNESS:

A few Yoga Stretches to start your day (*thx to Spotebi*)

EAR TO SHOULDER STRETCH

Sit on the floor with your legs crossed and lengthen the spine. Interlace your hands behind your back and bring them toward your right hip. As you exhale gently drop your right ear toward your right shoulder. Make sure you soften the neck and gently drop your ear toward the shoulder without forcing anything. Stay in easy pose with ear to shoulder stretch for 30 seconds, switch sides, and repeat.

The easy pose with ear to shoulder stretch calms and balances your mind and body. This pose gently stretches your neck and shoulders and helps reduce tension and stress.



TORTOISE POSE STRETCH

Sit on the floor with legs extended, then spread your legs a little wider than shoulder-width apart, and bend the knees. Lengthen your torso and fold forward. Slide your arms under the thighs with the palms facing down and reach as far as possible. Stay in tortoise pose for 30 seconds to 1 minute or for as long as it feels comfortable.

Reach your arms toward the sides and, as you exhale, lengthen your torso and deepen the stretch.

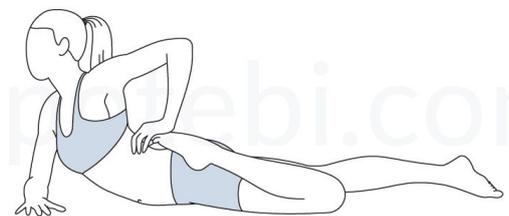
The tortoise is a very soothing pose that strengthens the back, opens the hips, and tones the abdominal organs.



HALF FROG POSE STRETCH

Lie on your belly with your legs extended back and your forearms flat on the floor. Inhale, press your forearms down, and lift your head and chest off the floor. Bend your left knee, reach back with your left hand and clasp your left foot. Stay in half frog pose for 30 seconds to 1 minute, and then switch sides. Keep your knees in line with your hips and gently press the foot toward the buttock. Gaze forward, lift your chest, and keep both shoulders facing front.

The half frog pose stretches the hip flexors, quads, ankles, chest, and abs, and strengthens the back. This pose helps to improve posture and stimulates the abdominal organs.



**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:

More Ways To Improve Your Life Overall.

Cultivate Positive Relationships

This is something we have discussed many times before in these packs, but it is so important. How can you live the best life possible if you are surrounding yourself with people who bring you down?

According to the NHS, “relationships, including the one you have with yourself, are vital to our mental wellbeing. People with healthy, positive and supportive relationships are more likely to be happier and healthier. Creating and maintaining good connections with others can also help to combat loneliness and improve mental health issues, such as stress and anxiety.”

We need to work to build good relationships and keep them that way. Key ingredients to healthy relationships include respecting and supporting others, and having open and honest conversations. Being able to speak openly about the way you are feeling and, in turn, listening to your partner, friend or family member can strengthen relationships, reduce relationship anxiety, and help to protect your mental wellbeing.



Sometimes we have strong feelings about something, think we know what someone else thinks, or let our past affect what is happening in the present. It can help to take a step back and ask yourself the following questions:

- What meaning have I given this situation?
- Is there a difference between the facts and my opinion of this situation?
- What advice would I give to somebody else in this position?
- Is there another way to look at the argument?

Working through these questions with those involved might help everyone to understand each other better and explore ways to say or do things differently.

End Each Day With Gratitude

It is so easy to sink down into feelings of despair and anxiety when things are not going as smoothly as you would like. That can be whatever age. You can feel that way at school, university, work, or even after you retire. And lately it has felt even harder following the Covid epidemic, cost of living crisis, wars around the world, and just the sheer amount of violence that appears to be more commonplace.

Negative feelings can really drag us down. But did you know, feeling positive is good because it improves physical health, mental well-being, and cognitive function. Positive emotions are linked to a stronger immune system, better cardiovascular health, and reduced stress, while also enhancing problem-solving skills, creativity, and resilience when facing challenges.

Medical professionals say it is always good to try and end the day with positive thinking. They say feeling positive at the end of the day is good because it promotes better sleep by reducing stress, and sets you up for a more positive and productive next day. A positive mindset can help you feel more resilient, happy, and prepared to handle challenge. Ultimately, the only person who has any control over this is yourself. So will you allow the strains of the day to take over, or will you challenge yourself to put them aside? It's your choice.

MIND-SET:

More Ways To Improve Your Life Overall.

Have some fun

Look, I know life can be a chore. We have to either work or study. We have to look after our health. Things can happen at any time to knock us off our targets and goals. And life is a serious thing. But we also need to have fun. That is also down to your mindset.

You do not have to have a lot of money. In fact, there are plenty of opportunities around to do things either free, or very cheaply. At HMHB, as you know from our pages of our activities, we love going out together as a group and experiencing life. We go to museums (for free), galleries (for free), and take part in local community events too (many for free). You have to just look around and see what is going on.

I love the cinema - but pay a flat fee ticket that gets me as many films as I want per month. In October I saw fourteen. Seriously. At a cost of less than £1.50 per film. But HMHB also visited the Design Museum, visited an Open Day at a local Community Centre, had our three weekly walks, and more. You just need to push yourself out.

Going out with friends is important for your mindset. It is fun to be with friends because they provide a sense of belonging and happiness, and social activities are often more enjoyable with others than alone. Friends share similar interests, boost our self-confidence, and offer a support system that can help us celebrate good times and get through challenges. This social connection can even improve our health by reducing stress and the negative impacts of loneliness.

Create a Plan

Your Mindset must be about always looking forward, pushing yourself onwards, setting yourself targets, creating a purpose to your life. But do you actually know what that is or are you just bumbling your way blindly through the dark hoping things will happen.

As HMHB say to people, nothing will happen unless you try to do it. There are no guarantees, but it can be fun trying anyway. So if you are a bit unsure of what is happening in your life, or you even want to think about what you want to be doing in the next few years, why not get a piece of paper and draw up a plan?

I saw this quote online: "having a life plan is beneficial because it provides a sense of direction, reduces stress, and increases the likelihood of achieving your goals by making them actionable. It acts as a roadmap to clarify what you want, helps you stay focused, and provides a filter for making decisions that align with your core values and long-term objectives." So what is your plan? What will you do?



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

NUTRITION: Lazza's Kitchen Adventure

Honey Cake with Almond Topping

Lazza has been trying out new recipes for over four years
His first time making: Honey Cake with Almond Topping from scratch

Ingredients

250g Self Raising Flour
75g Ground Almonds
250g Unsalted Softened Butter
100g Brown Sugar
150g Honey: ½ teasp Bicarb of Sod
2 Eggs: Vanilla Essence
100ml Greek Yoghurt
TOPPING
Flaked Almonds - as much as you want
50g Butter: Good squeezes of honey
50g Brown Sugar: 4 tablespoon Double Cream

Honey is sweet because of its high concentrations of the monosaccharides “Fructose” and “Glucose”.
It has about the same relative sweetness as “Sucrose” (table sugar). One standard tablespoon of honey provides around 180 kilojoules (43 kilocalories) of food energy.
It has attractive chemical properties for baking and a distinctive flavour when used as a sweetener.
Most microorganisms cannot grow in honey and sealed honey therefore does not spoil.

I started by mixing the softened butter into the sugar until it is light and creamy.
I squeezed in a generous amount of honey and mixed that in.
Then I added in the two eggs, beating together again.
Then came the yoghurt and the vanilla - mixing, and it feels quite liquid.
I added the flour in three lots, stirring it in carefully.
Then came the ground almonds and the bicarbonate of soda..
The mixture was poured into two loaf tins, and I baked these for around 35 minutes.
At around the 30 minute mark I made the topping. I melted the butter and honey in a saucepan and added the sugar, cream, and almonds until it turned golden brown.
Removing the cakes from the oven I spooned the mix over the top and returned the cakes for a further 10-15 minutes, checking with a skewer the cake is cooked.
I left to cool and then sliced the cake up. Moist and delicious..



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

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

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

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

ROUND ONE: Multiple Choice

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

- | | | |
|-----------------------|--------------------|------------------------|
| Harry Potter Teachers | German Battleships | Agatha Christie Novels |
| Professor Kettleburn | SMS Ludwigsburg | Death Comes At The End |
| Professor Specter | SMS Brandenburg | Final Curtain |
| Professor Krupnik | SMS Rummelsburg | Silent Night |
| Professor Burbage | SMS Mecklenburg | Dumb Witness |

ROUND TWO: Give Me a Number

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

- How many players are there at the start of the Golf British Open?
- In the most common editions, how many chapters are there in Tolstoy's War and Peace?
- How many Staterooms on the Royal Caribbean Cruise ship The Icon Of The Seas?
- As at the 1st Nov 2025, how many known Moons around the planet Uranus?
- How many trains make the fleet for the Victoria Line London Underground?

ROUND THREE: When Did That Happen

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

- The first successful total Hip Replacement operation performed.
- The first commercially available long-playing (LP) album was released.
- The last conscripts entered National Service in the UK.
- "The Times" Newspaper published the first daily weather map.
- The last time French forces actively landed on UK soil.



ROUND FOUR: What specifically links these three letter words?

Bed: Ham: Not: War: Her: Rut:

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

- | | |
|-------------------------|---|
| 1. Smallest by Size: | Andorra: Liechtenstein: Malta |
| 2. Started first: | Fawlty Towers: Porridge: The Good Life |
| 3. Which is the oldest? | Andrew Garfield: Ryan Gosling: Prince Harry |
| 4. Film released first. | Cast Away: Die Another Day: National Treasure |

ROUND SIX: What is the answer to these questions?

- European Country that originated the tradition of Christmas Trees.
- European Country that invented eyeglasses, and the piano.
- European Country with the world's longest Tram line.
- European Country whose language does not include a word for "please".
- European Country has La Tomatina, the world's largest tomato fight.



NUTRITION: Cereals: CORN

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.

Nope. We are not talking the boxes of breakfast cereals that we have at home - be that Corn Flakes to Weetabix, from Porridge to Shredded Wheat. But we are talking about the actual cereal plants that make up the ingredients for those, in some cases, very delicious breakfasts.

Corn (maize)

Corn has plenty of fibre, both soluble and insoluble. The soluble fibre in corn breaks down and forms a gel in the intestines and can play a role in controlling cholesterol. Soluble corn fibre is used in the manufacture of processed foods.

The covering of each delicious kernel of corn is insoluble. This is why sweetcorn can remain intact in the body. Sweetcorn doesn't break down because its outer layer is made of a tough, indigestible substance called cellulose. While the body can digest the starchy inside of the kernel, it doesn't have the necessary enzymes to break down this outer shell, causing it to pass through the digestive system mostly intact. Chewing thoroughly can help break the kernels apart to access the nutrients inside, but the husk itself remains undigested.



Corn can be eaten as a grain or a starchy vegetable. In Latin culture, corn is regarded as a grain. It is harvested once it's fully mature and dried and ground into flour to make tortillas. In contrast, Americans and Europeans are more likely to harvest corn when the kernel is soft and juicy and serve it as a vegetable, steamed, fried or roasted.

Popcorn, made from the dried kernels of a type of corn called flint corn, can be a healthy, filling, whole-grain snack if the benefits of the corn aren't overshadowed by added fat and sodium. Unfortunately, that's a big "if": Many prepared popcorn products and popcorn sold at cinemas and sports events are too high in salt and grease to be good for you. For example, a tub of movie popcorn can pack over 1,000 calories and 2,650 milligrams of sodium.

A common use of Corn is in High Fructose Corn Syrup, which is twice as sweet as sucrose (table sugar). There is little nutritional difference between table sugar, HFCS and other syrups — even trendy, expensive ones such as agave. But because HFCS is so inexpensive to make, it finds its way into a lot of processed snacks and beverages where it contributes to obesity and associated conditions such as metabolic syndrome.

Processed baked goods, sweets and soft drinks made with HFCS are likely to have little or no protein or fibre, so they won't make a person feel full. It may be easy to overeat the types of foods sweetened with HFCS and end up consuming too many calories.

NUTRITION:

Cereals: WHEAT

Wheat

There are two main types of wheat. The most common type is bread or common wheat, also known as *Triticum aestivum vulgare*. Durum wheat, or *Triticum turgidum durum*, is the other type. Most pasta is made from durum wheat.

Wheat flour is a key ingredient in many foods. These include pasta, noodles, bread, couscous, and baked goods like cakes and biscuits.

Wheat kernels have three parts:

- Bran: the outer layer
- Germ: the core of the kernel
- Endosperm: the starchy middle layer



To make white flour, the wheat kernel is stripped of its bran and germ and left with just the endosperm. The layers that are removed are rich in Fibre, B Vitamins, Antioxidants, Phytochemicals and minerals like iron, copper, zinc, and magnesium. The endosperm contains only protein, carbohydrates, and a small number of B vitamins and minerals. This is why it is always good to have “Whole Grain” food.

It is naturally high in carbohydrate which are important to your health. Your body needs carbs to work properly. In fact, experts say that 45% to 65% of your total daily calories should be carbohydrates. Carbs have several functions in your diet. They:

- Provide energy: Your body breaks down the starches and sugars into “glucose” (blood sugar). It uses this glucose for energy.
- Help control your weight: The fibre found in many carbohydrates helps you feel full.
- Protect against some diseases: Whole grains can help lower your risk of cardiovascular disease. You also need fibre for digestion.

Whole grain flours contain many antioxidants, including Lutein and Zeaxanthin which are carotenoids, pigments responsible for the colour of wheat. They’re said to be good for eye health, especially with lowering the risk of cataracts and age-related macular degeneration. These antioxidants are mostly found in the germ layer of the wheat kernel. So you find them in whole-wheat flour, but not in white flour.

Whole grain wheat is common in breakfast cereals because it offers a range of nutrients that help provide sustained energy for the day.

- **Sustained energy:** The complex carbohydrates in whole wheat are digested slowly, providing a steady, long-lasting energy release that helps you feel full longer and avoids blood sugar spikes. This is in contrast to refined carbs or sugary foods that can lead to an energy crash.
- **Rich in nutrients:** Whole wheat contains essential components such as fiber, B vitamins, iron, and magnesium. Many commercial cereals are also fortified with additional vitamins and minerals lost during processing.
- **Supports heart health:** Eating whole wheat grains regularly as part of a healthy diet is associated with a lower risk of heart disease

Shredded Wheat and Weetabix are the two main - but do your own research. You know what you like.

NUTRITION:

Cereals: OATS

Oats

I know we have covered oats a few times, but they are such a good cereal lets have another look.

Porridge is a nutritious, inexpensive and versatile way to incorporate whole grain oats into your diet and help you start your morning off right.

Oats made history in the United States when they became the first food with a Food and Drug Administration health claim label in 1997. This claim was related to heart health and showed that intake of whole oat products decreased blood cholesterol levels.

Oats contain a type of soluble fiber called “Beta-Glucan”, which lowers blood glucose and cholesterol levels and reduces the risk of heart disease and diabetes. Beta-glucan also promotes healthy gut bacteria and intestinal health.



Eating porridge regularly can have weight management benefits, too. One-half cup of rolled oats cooked in a cup of water has 165 calories, 4 grams of fiber and 6 grams of protein. Although in England we do tend to use milk - but try and use half-fat and mix it with some water.

Oats' fibre and protein content contribute to feeling full longer and slowing the release of blood glucose. They're also an excellent source of many vitamins and minerals, including magnesium, copper, thiamine and zinc.

All oat products start out as “Oat Groats” which are whole, toasted oat grains. They have had the hull removed but the nutritious parts - the bran, endosperm, and germ - are still intact. With the bran intact, they take a long time to cook but they retain their shape and add texture to dishes making them a fantastic ingredient for savoury dishes too, like stews.

Most porridge oats we come across in the shops are rolled oats, also called old-fashioned oats. These are oat groats, softened by steaming and then rolled into flakes. They absorb liquid quickly so the cooking time is reduced to 5-10 minutes when making Porridge or they can be *eaten without cooking* for more texture.

Rolled oats come in different thicknesses which affects their cooking time and texture. Jumbo oats are slightly thicker, have more texture and may need soaking or cooking before eating, while thinner options form quick oats which produces a smooth porridge in less than five minutes.

All rolled oats have a long shelf life of several months if you store them in a sealed container in a dry cool place. This is because the oils they contain have been stabilised by the gentle steaming process so they stay fresh.

Oat grains do not naturally contain gluten, but oat products may become contaminated with gluten if they are grown in rotation with other gluten-containing crops such as wheat, barley and rye grains, or if they are processed in the same buildings. This means oats are not considered to be gluten-free and may not be suitable for anyone with coeliac disease.

Nutrition: HMHB looks at “Superfoods”

Today: Spinach

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

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

Spinach belongs to the Chenopodiaceae family (also known as goosefoot), which includes beetroot, chard and quinoa. It shares a similar taste profile with these vegetables – the bitterness of beet greens and the slightly salty flavour of chard. There are three different types of spinach: savoy, semi-savoy and smooth leaf.

Spinach is a powerhouse of goodness, rich in plant pigments “Chlorophyll” and “Carotenoids”. As well as being anti-inflammatory, these plant compounds are important for healthy eyesight, helping reduce the risk of macular degeneration and cataracts.



Spinach has long been regarded as a plant that can restore energy, increase vitality and improve the quality of the blood. You just have to think of the cartoon Popeye The Sailor - and there is truth behind why he takes spinach (although maybe not quite to that extent). There are good reasons for this, including its iron content. Iron plays a central role in the function of red blood cells, helping transport oxygen around the body, supporting energy production and DNA synthesis. Spinach also contains high levels of a compound called oxalic acid, which may hamper our absorption of iron. Lightly cooking or wilting the leaves may minimise these effects.

Spinach, like beetroot, is naturally rich in compounds called nitrates; these help improve blood flow and lower pressure by relaxing the blood vessels, reducing arterial stiffness and promoting dilation. A reduction in blood pressure may help reduce the risk of heart disease and stroke.. Research suggests that nitrate-rich foods – especially leafy greens like spinach – may also promote heart attack survival.

Spinach appears to have anti-stress and anti-depressant properties, as it has been found to lower the stress hormone, cortisol, and increase neurotransmitters that regulate mood such as glutamate and glutamine. Again, because this research used animal models, more studies are needed to assess whether these effects are replicated in humans.

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

LAZZA'S PAGE

Recommendations, News, Life!!!

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

I've put this before but at a time of cost of living, and people watching their spending, especially going out and having fun,

I am so pleased I have a Limitless ticket for the cinema.

One payment (under £20 a month) and I can see as many as I want. And I make use of it. In October I watched fourteen films of multiple genres - foreign language, animation, horror, drama, crime, comedy, sci-fi. I just love to be entertained and you get that at the movies. The big screen, visuals, sound, just excite me. I fully recommend.



I really wanted to pay tribute to a lovely lady that we lost in September. Joan - seated front row far left - joined our walks back in 2017 - that pic is from 2019.

She had some health issues and was a little nervous getting out, but said our walks were a god send, and enabled her to build the confidence up to do more.

It just shows that even the smallest action can have far reaching results. We can all do our bit for those around us who may be struggling with life at the moment.

Three of us in December are heading to Paris for the day - as friends, this is not an HMHB trip - as we found a fantastic deal of £78 return for a day trip (travelling at 6am from Kings Cross, and then leaving at 7:10pm from Gare du Nord). We are hoping to see the Eiffel Tower, Notre Dame, Sacre Cour, and the Arc De Triomphe. Paul, Ollie, and myself are thrilled to get that price, but why not treat yourself to something around Christmas?

You deserve some pampering!!!



HMHB Need Help With Funding To Keep Going.

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

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

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

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

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

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

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

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

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

DO YOU KNOW YOUR BODY?

Here are some interesting facts about your body workings.

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

Hallux

This is just a Latin word for your Big Toe. But there is much more about your Hallux than you realise.

“Hallux Rigidus” is a type of arthritis in your big toe. Specifically, it affects your big toe joint — the “Metatarsophalangeal” (MTP) joint. Your MTP joint is where the base of your big toe meets your foot. Arthritis is a general term for a group of more than 100 diseases. It causes inflammation (swelling) in and around your joints. Healthcare providers sometimes call hallux rigidus “big toe arthritis.” Hallux rigidus means “stiff big toe” — the condition’s most common symptom. It causes pain and stiffness in your MTP joint. It’s a form of osteoarthritis (“wear and tear arthritis”).

Most cases of hallux rigidus develop naturally over time without an obvious cause. As you age, normal wear and tear on your joints can add up to damage the cartilage that cushions them. This wear and tear is usually what causes hallux rigidus (and other forms of osteoarthritis). Hallux rigidus likely develops because your big toe joint experiences a lot of stress when you walk. Every step you take places a force equal to twice your body weight on the MTP joint.



Borborygmus

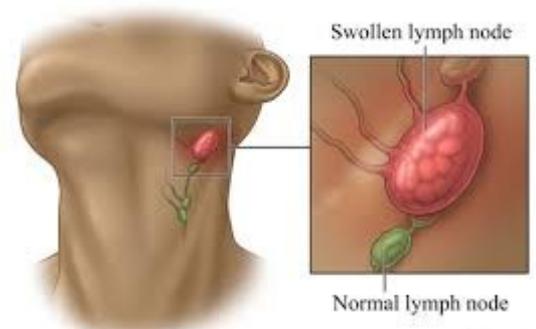
How do you know it's time for dinner? Your stomach just made a growling sound called borborygmus. That's because when the muscles in your digestive system move food, liquid, and gas through your stomach and small intestine, it produces a rumbling sound. Borborygmus can happen any time, but it's louder and happens more often when you're hungry because your stomach is empty. Growl!

To reduce borborygmus, you can eat and drink more slowly, avoid gas-producing or sugary foods, stay active with a walk after meals, manage stress, and eat regular meals to avoid an overly empty stomach. If the rumbling is severe or accompanied by other symptoms, it's best to see a doctor to rule out an underlying condition.



Lymph Nodes

Lymph nodes are little round or bean-shaped bumps that you usually can't feel unless they become swollen. Lymph nodes are like filters that remove germs that could harm you. They contain lymphocytes, which are special cells that fight infection. Sometimes, germs can cause some of the lymph nodes to swell, so you might feel your swollen lymph nodes on your neck when you have a sore throat. But don't worry — swollen lumps usually just mean your body is cleaning up its act!





HMHB's Name Game Page:

Can you name these Father Christmas Actors from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



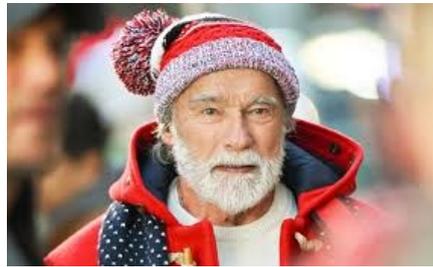
11



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15

NUTRITION: Lazza's Kitchen Adventure

Corned Beef Hash

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

Corned Beef - sliced up
Baby Potatoes halved
2 Yellow Peppers - diced
1 Red Onion - chopped: Garlic
1 Brown Onion - chopped
Tomato Puree
Worcestershire Sauce
Can Baked Beans
Parsley: Salt and Black Pepper

Corned beef is made by curing beef, typically brisket, in a salt brine with spices for several days. For canned corned beef, the meat is then processed into smaller pieces, combined with a binding agent like Gelatine, and sealed in a can before sterilisation. For pre-packaged, fresh, or home-cooked corned beef, the brined meat is simply simmered or braised until tender. The "corns" of salt in the name refer to the large grains of rock salt used in the traditional curing process

This was a very simple recipe. I actually added the baked beans after I had taken the original photo at the bottom, but they were an excellent addition.

First I cooked the halved baby potatoes, drained them and put to one side.

In a casserole pan I cooked the onion and garlic.
I preferred to mix two different onions, the traditional brown and the red.

Into that I then added the sliced up corned beef and the potatoes.
I carefully mixed as I did not want to make too much of a mush.
I also added in the yellow peppers - I put these in for colour and taste.
I should have also added in the beans here - so do that.

This cooks for around 7-10 minutes - make sure it does not stick.

I then added the tomato puree, Worcestershire sauce and the parsley.

I cooked again for around 5-10 mins (you can add a little water if too sticky).

I seasoned with salt and black pepper. I really tasted nice - especially with a splodge of Greek yoghurt.



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

PLACES TO VISIT IN LONDON
HMHB recommends places we have been.

Kings Head Theatre, Islington

Established in 1970, the old King’s Head Theatre was the longest-running pub theatre in London.

The venue operated for 53 years, housed in the back room of the King’s Head Pub on Upper Street. After many successful years, the theatre closed its door on 13th August 2023, all ready to move into its new home.

The new King’s Head Theatre was opened on the 5th January 2024, and is situated directly behind the Kings Head Pub on Upper Street, with entry via the new King’s Quarter.

HMHB has taken a group several times. It is very local, has very competitive prices, puts on great shows, and is well worth a visit.

Attending the theatre offers a much-needed break from the constant distractions of digital screens.

Laughter and emotional release during a performance can help manage anxiety and uplift your mood, providing a healthy escape from the pressures of everyday life.

www.kingsheadtheatre.com



London Museum Docklands

The London Museum Docklands is a free museum located in a historic warehouse in

West India Quay, East London, that explores 400 years of the capital's river and port history. It tells the story of the Thames, the docks, and the people who worked there through its permanent galleries, which cover topics such as trade, slavery, and the docks' role in wartime. The museum includes the Mudlarks gallery for children and is part of the larger London Museum. London's history as a port city dates back to Roman times. Later, the construction of docks facilitated the handling of the large quantities of goods and raw materials that arrived in London by ship. Industries such as sugar refineries, flour mills, and timber yards developed near the docks to process these materials.

www.londonmuseum.org.uk/docklands

EXERCISE/FITNESS

Exercise - how can it help those overweight? - 1

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

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

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

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

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

Firstly, exercise is just a small part of helping people to lose weight. It is mainly around nutrition, and what you are eating. That is another discussion though. We, here, are just looking at how exercise can help. And it definitely can.

Experts often talk about obesity and exercise together, since physical activity promotes the body's ability to burn calories efficiently. Inactivity is linked to rising obesity rates and is possibly even more to blame than increased caloric intake.



However, it is important to acknowledge that there are challenges to exercise that individuals with overweight and obesity often experience. There's much more to the "just move more" advice for weight loss.

Let's be honest, many people do not even do the minimum of 150 minutes moderate exercise a week, that is recommended by the NHS. If you are overweight or obese it is suggested you really need to try a little more. I know this can be tough. I have struggled with my weight for many years - tinkering close to obese for a while.

However, when combined with an energy-restricted diet, the effect of physical activity on body weight enhances weight loss by approximately 20% compared to what is observed with an energy-restricted diet alone. Enhanced long-term weight loss is associated with 200 to 300 minutes per week or less than 2000 kcal per week of leisure-time physical activity.

The right variety and amount of exercise can both reduce body weight and prevent weight regain. In addition, it may improve:

- Endocrine and immune body responses related to adipose (fat) tissue dysfunction, including insulin sensitivity.
- Metabolic, musculoskeletal, cardiovascular, pulmonary, mental, sexual, and cognitive health.
- Body composition and resting energy expenditure.

When we talk about obesity and exercise, we're also talking about physical activity more generally. This can include "Non-Exercise Activity Thermogenesis (NEAT) - daily activities like walking, hobbies, and household chores.

EXERCISE/FITNESS:

Exercise - how can it help those overweight? - 2

For addressing obesity, and for fostering general overall health, a balance of aerobic and anaerobic exercises is best.

According to the Obesity Medicine Association, “evidence does not support that any one single mode of physical activity is superior to other modes for the prevention of weight gain or weight loss, provided that the dose of physical activity is sufficient to result in the necessary effects on energy expenditure and energy balance. Moreover, options for non–weight-supported modes should be recommended to accommodate individual needs when body weight or body size limits the ability to engage in weight supported physical activity.”



Aerobic exercise is any activity that increases the cardiometabolic rate. The exerciser might think of it as anything that causes them to get slightly out of breath. Activities can range from fast walking to swimming, dancing, or sports that entail constant movement. A typical workout might involve a warm-up of some kind with smaller or slower movements, building to the full intensity, then cooling down. It might sound difficult to those not used to too much exercise, but this is what HMHB do in our class, and we have people aged 30 to 85.

When starting an exercise routine, some people neglect balance and flexibility. They might think about stretching for a minute or two before an intense workout but not fully include this component of fitness. Optimising balance can help reduce falls and might even open a person to different forms of exercise that demand balance, like paddle boarding or dance. The benefits of flexibility include reduced risk of injuries, greater range of motion, increased blood flow to muscles, and greater ease in daily activities. So while balance and flexibility may not impact obesity, or those overweight, as directly as other elements of exercise, they can support a productive physical activity regime overall.

Walking is a particularly useful entry point into moving more. The adult recommendation can be easily obtained by walking one hour a day. Many find walking easy, safe, and enjoyable. Effective for both the weight loss and maintenance stages of weight management, it can help improve cardiovascular fitness, and is consistently shown to improve mortality. However, walking itself (or exercise in general) is not a great weight loss tool. Exercise tends to actually reduce, not increase metabolism, plus it can make one more hungry, which leads to increased intake. Therefore, it's important to encourage a person with obesity to find other forms of activity they enjoy as well.

Many people, of all body types, report feelings of self-consciousness when they exercise. Add to that the stigma and self-esteem challenges of being overweight, or obesity, and people may wish to avoid exercise entirely. Ultimately it is up to you to put aside what others think. Who cares to be honest? Find a local group - like HMHB - where you do not need to feel out of place, where you fit in, where you are welcomed.

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

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

conceived & delivered by:




Finsbury Park Health Walks

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

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

supported by:




& local Medical Practices

hmb2016.org.uk
tel: 0796 4430 456




Highbury Fields Health Walks

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

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

hmb2016.org.uk ☺ contact: 07964430456

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







Clissold Park Health Walks

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

We meet Highbury Grange Medical Practice every thursday 11am

hmb2016.org.uk ☺ contact: 07964430456

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






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

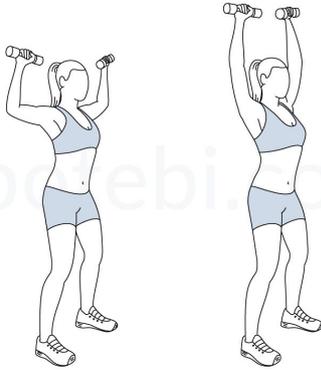
With help from the Walking/ Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs: Islington, Haringey, and Hackney.

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

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

EXERCISE/FITNESS:

Shoulder exercises holding weights (*thx spotebi.com*)



SHOULDER PRESS

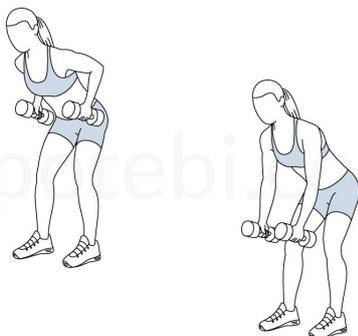
Stand with your feet shoulder-width apart and hold a dumbbell in each hand. With your palms facing forward and your elbows under your wrists, position the dumbbells at your shoulders. Push the dumbbells up and fully extend your arms. Lower the dumbbells back down to your shoulders and repeat the movement until the set is complete. Keep your back straight, open your chest, face forward, and exhale as you push the dumbbells up and over your head. Engage your core muscles to give back support, and maintain your hands shoulder-width apart

The dumbbell shoulder press strengthens your upper body and helps to tone and slim down your arms, shoulders, and back.



PUSH PRESS

Stand with your feet shoulder-width apart and hold a pair of dumbbells in front of your shoulders with your elbows pointing down and your palms facing each other. Extend your arms and push the dumbbells over your head. Bend your elbows and slowly lower the weights to the starting position. Repeat this movement until the set is complete. When doing the dumbbell push press, Keep your heels flat, knees bent, chest up, and shoulders back. Breathe out as you push the dumbbells over your head, maintain a neutral back and keep your elbows close to your body. The dumbbell push press is a great exercise that strengthens and defines the shoulders, improves range of motion, and reduces the risk of injury.



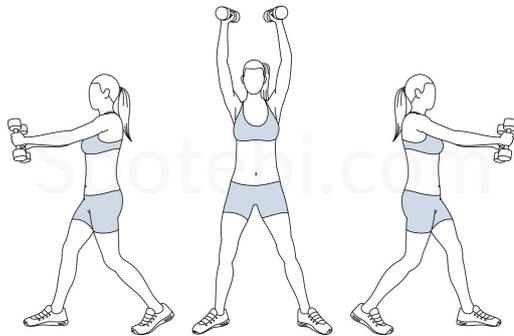
BENT OVER ROW

Grab a set of dumbbells, bend your torso forward and keep your knees slightly bent. Pull the dumbbells toward your waistline, while squeezing your shoulder blades. Slowly lower the weights to the starting position. A 1-second pull, 1-second pause, 2 second down count is ideal. Repeat. While doing the dumbbell bent over row, pull the shoulders back, keep your head up and facing forward and maintain your back straight. Exhale as you pull the dumbbells toward the waist and keep the elbows close to your body during the entire movement. Adding the dumbbell bent over row to your workout routine helps to sculpt your back, shoulders, biceps, and forearms. This exercise also strengthens your core.

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

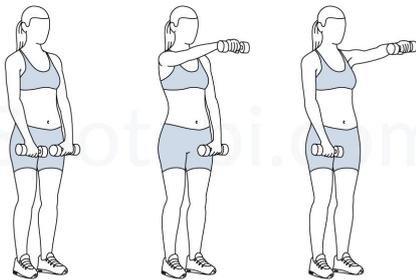
EXERCISE/FITNESS:

Shoulder exercises holding weights (*thx spotebi.com*)



OVERHEAD RAINBOW

Stand straight with your feet wide and hold a dumbbell in each hand. Rotate your body to the right and bring the dumbbells up to shoulder height, with your hands facing each other. As you rotate your body to face front, bring the dumbbells up and over your head. Lower the dumbbells as you rotate your body to the left. Rotate your body again to face front, lift the dumbbells and repeat the exercise until the set is complete. The dumbbell overhead rainbow targets the shoulders and helps to improve muscle strength and range of motion. By rotating your body to the sides, you're engaging your core and improving stability and balance. This exercise also helps to tone and sculpt the arms and increases upper body strength.



FRONT RAISE

Grab a set of dumbbells and stand straight. With your palms facing down, lift one dumbbell until your arm is slightly above parallel to the floor. Pause and then slowly lower the arm back to the starting position. Repeat with the opposite arm and keep alternating sides until the set is complete. Keep the elbows slightly bent, engage your core and maintain your back straight. Breathe out as you lift the dumbbells, keep the movement slow and smooth and breathe in as you lower the dumbbells back to the starting position.

Adding the dumbbell front raise to your workout routine helps to shape and sculpt the anterior portion of your shoulders and your chest. This is a great exercise to add to an upper body strength training routine, especially if you want to target your arms and your shoulders.

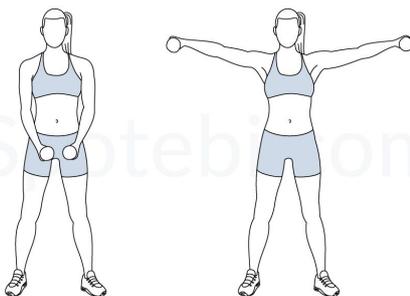
LATERAL RAISE

Grab a set of dumbbells and stand straight. With your palms facing down, lift the dumbbells and raise your arms out to the sides.

Once your elbows are at shoulder height, pause, and then slowly lower the arms back to the initial position. Repeat. While doing the dumbbell lateral raise exercise keep your core engaged, your back straight and face front.

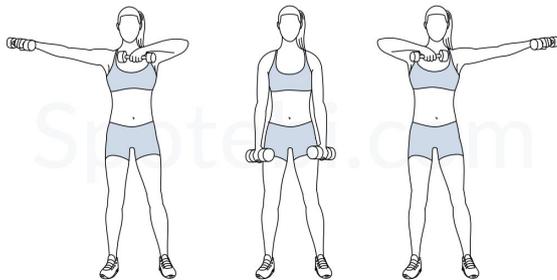
Inhale as you lower the dumbbells and maintain your elbows and your knees slightly bent.

Adding the dumbbell lateral raise to your workout routine helps to shape and sculpt the middle portion of your shoulders. This exercise also strengthens your arms, upper back, and chest.



EXERCISE/FITNESS:

Shoulder exercises holding weights (*thx spotebi.com*)

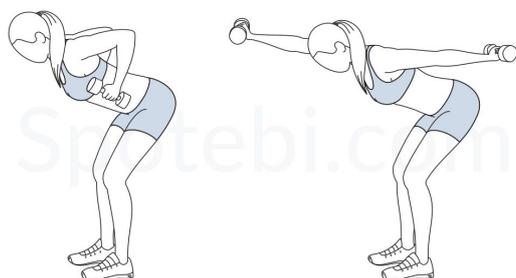


SIDE SWINGS

Stand straight and hold a set of dumbbells in front of your thighs. Pull the left dumbbell toward the chest and raise the right dumbbell out to the side. Lower the dumbbells, reverse the arms and repeat. Keep your back flat, your neck relaxed, open the chest and breathe out as you slowly lift the dumbbells. Squeeze your shoulders and your back at the top of the lift, maintain your core tight, and inhale as you lower the dumbbells back to the initial position.

The dumbbell side swings targets the shoulders and the upper back, and helps to strengthen and tone your arms, shoulders, chest, back, and lats.

This exercise also enhances the symmetry of the upper body and helps to improve your posture.

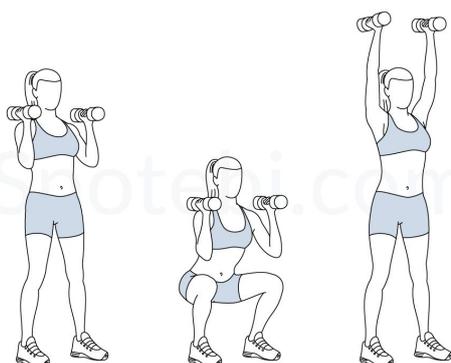


FRONT BACK PUNCH

Grab a set of dumbbells, bend your torso until your chest is nearly parallel to the floor, and bring the dumbbells close to your rib cage with the palms facing your torso. Punch to the front with your right arm while rotating your palm to the floor, and push your left arm back in a punching motion, rotating your left palm to the ceiling. Return to the starting position, reverse arms and repeat. Maintain your feet hip-width apart, knees slightly bent, and keep your spine neutral with your head, neck, and back in line and relaxed.

Distribute your weight equally between both feet, breathe out as you punch, and keep your torso static and your core engaged

The bent over front back punch targets and strengthens your shoulders, upper back, chest, and arms.



THRUSTERS

Stand with your feet shoulder-width apart and hold your dumbbells in front of your shoulders. Squat down until your thighs are parallel to the floor. Stand up and extend your arms over your head. Bend your arms, return to the starting position and repeat the exercise. Dumbbell thrusters are not appropriate for beginners and you need to pay special attention to your form to prevent any injuries. Keep your chest up, the core engaged, the hips back and inhale as you squat. Put pressure on the heels, push yourself back up, and exhale as you press your arms up. The dumbbell thrusters is a compound exercise that combines the squat with the shoulder press. This is a very complete and versatile exercise that strengthens your entire body.

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.



A rare piece of Mars was sold this year for an incredible \$4.3 million in New York - the largest Martian meteorite ever found on Earth. It was discovered in Niger in 2023 and is 70% larger than any other known piece from the red planet. Only around 400 Martian meteorites have been recovered. This one, called NWA 16788, was sold to an anonymous bidder. It was 27.4kg in weight and discovered in Nigeria's Sahara Desert.

I need to start looking in my garden, just in case.



The greater prairie chicken, also known as the pinnated grouse, is a North American grouse species that was once widespread but is now critically rare due to hunting and habitat loss. These birds are famous for their elaborate mating displays, which take place in communal leks known as booming grounds. During courtship, male prairie chickens gather on open grasslands, raising their ear-like feathers above their heads and inflating vibrant orange throat sacs. Female prairie chickens, or hens, visit the lek to observe the males and choose the fittest mate.



Paisley Abbey was founded around 1163 by Walter FitzAlan, a knight of Breton origin, who had been brought to Scotland by King David 1 and made the first High Steward of Scotland. Under royal patronage, the Abbey became wealthy and influential and evidence exists of extensive trade between Paisley Abbey and commercial centres throughout Europe. The Abbey was also a centre of learning and it is believed that William Wallace, who played a prominent part in the Wars of Independence in the 13th century, was educated by the monks of Paisley Abbey. In 1991, 12 of Paisley Abbey's gargoyles were replaced due to severe deterioration. Among the new set of gargoyles, there are "see no evil," "speak no evil," "hear no evil," and even an "Alien." The Alien gargoyle (far right three rows down) now sits above the arch doorway of the abbey, adding an intriguing modern touch to this historic site.

HEALTH / ROUTINE

Common Hospital Visits: Appendicitis

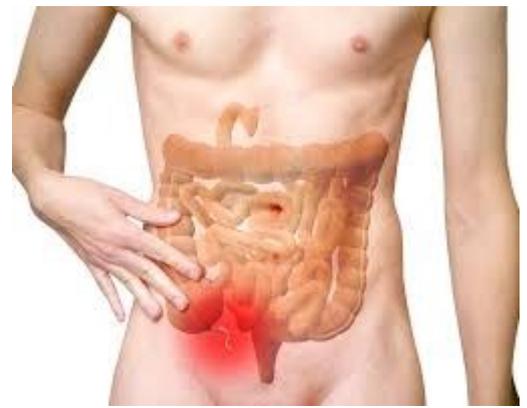
This is slightly topical for me as I had an emergency appendectomy just a few years ago at UCH. In fact, the surgeon afterwards told me that my appendix disintegrated as they started the procedure and it took a while to make sure I was totally clean inside. Comforting!!!!

Symptoms of appendicitis usually start with pain in the middle of your abdomen (tummy), around your belly button. After a few hours the pain usually moves to the lower right side of your abdomen, and gets worse. The pain may feel worse when you move, cough or press on the area. It may feel slightly better when you pull your knees up to your chest. This is certainly what happened to me.

Some people with appendicitis do not have the usual pain symptoms. For example, you might have pain that's less severe, develops more slowly, or in a different place. This can be more likely if you're pregnant and in young children and older people.

Other symptoms of appendicitis can include:

- feeling or being sick, or loss of appetite
- a high temperature
- constipation or diarrhoea
- peeing more than usual
- sudden confusion (in older people)



If appendicitis is not treated quickly, your appendix can burst. If this happens your pain may suddenly get better for a short time. You'll then usually have severe pain that spreads to the whole of your abdomen. It may be very painful to move. It is very dangerous and can be fatal.

If you have symptoms of appendicitis, a GP or hospital doctor will feel your abdomen (tummy) to check for pain and swelling. You'll need to go to hospital for tests and treatment. Tests you may have include:

- blood tests
- testing a sample of your pee
- scans such as an Ultrasound Scan or CT Scan to check for swelling in your appendix
- a pregnancy test if there's a chance you could be pregnant

There's no test that can always show if you have appendicitis. It can be hard to diagnose because the symptoms can be similar to other conditions. Sometimes doctors will try waiting a few hours to see how your symptoms develop in hospital. I recall popping into my local doctors and he sending me straight to hospital where they operated first thing the next day. I was in awful pain, especially that night.

The appendix likely functions as a "safe house" for beneficial gut bacteria, which can help repopulate the digestive system after illnesses like diarrhoea. It is also a component of the immune system, especially in early life, containing lymphoid tissue that helps fight infections by training immune cells. Although a person can live without an appendix without long-term problems, its removal can have immune system implications, and its presence may influence the risk of certain diseases like ulcerative colitis.

You should not be overly worried about appendix surgery, as serious complications are rare and it is a commonly performed and safe operation. However, like any surgery, there are risks, including wound infection, bleeding, scarring, and in rare cases, more serious issues like abscesses or injury to other organs.

HEALTH / ROUTINE

Common Hospital Visits: X-Rays

X-rays are a type of radiation that can pass through the body. They can't be seen by the naked eye and you can't feel them. As they pass through the body, the energy from X-rays is absorbed at different rates by different parts of the body. A detector on the other side of the body picks up the X-rays after they've passed through and turns them into an image. Dense parts of your body that X-rays find it more difficult to pass through, such as bone, show up as clear white areas on the image. Softer parts that X-rays can pass through more easily, such as your heart and lungs, show up as darker areas.

X-rays can be used to examine most areas of the body. They're mainly used to look at the bones and joints, although they're sometimes used to detect problems affecting soft tissue, such as internal organs.

Problems that may be detected during an X-ray include:

- bone fractures and breaks
- tooth problems, such as loose teeth and dental abscesses
- scoliosis (abnormal curvature of the spine)
- non-cancerous and cancerous bone tumours
- lung problems, such as pneumonia and lung cancer
- dysphagia (swallowing problems)
- heart problems, such as heart failure
- Breast cancer



X-rays can also be used to guide doctors or surgeons during certain procedures. For example, during a coronary angioplasty (a procedure to widen narrowed arteries near the heart) X-rays can be used to help guide a catheter (a long, thin, flexible tube) along one of your arteries.

You don't usually need to do anything special to prepare for an X-ray. You can eat and drink as normal beforehand and can continue taking your usual medications. However, you may need to stop taking certain medications and avoid eating and drinking for a few hours if you're having an X-ray that uses a contrast agent.

For all X-rays, you should let the hospital know if you're pregnant. X-rays aren't usually recommended if you're pregnant unless it's an emergency. It's a good idea to wear loose comfortable clothes, as you may be able to wear these during the X-ray. Try to avoid wearing jewellery and clothes containing metal (such as zips), as these will need to be removed.

People are often concerned about being exposed to radiation during an X-ray. However, the part of your body being examined will only be exposed to a low level of radiation for a fraction of a second. Generally, the amount of radiation you're exposed to during an X-ray is the equivalent to between a few days and a few years of exposure to natural radiation from the environment.

Being exposed to X-rays does carry a risk of causing Cancer many years or decades later, but this risk is thought to be incredibly small. For example, an X-ray of your chest, limbs or teeth is equivalent to a few days' worth of background radiation, and has less than a 1 in 1,000,000 chance of causing cancer.

Obviously, if you have any queries about any procedure to speak up when you are at the appointment.

HEALTH / ROUTINE

Common Hospital Visits: Scans

Ultrasound Scan

An ultrasound scan is used to see images of the inside of your body, such as muscles, organs, or a baby in your womb. It's usually done in hospitals or clinics.

This is what happens. “Ultrasound” waves are produced by a transducer, which can both emit ultrasound waves, as well as detect the ultrasound echoes reflected back. In most cases, the active elements in ultrasound transducers are made of special ceramic crystal materials called “Piezoelectrics”. These materials are able to produce sound waves when an electric field is applied to them, but can also work in reverse, producing an electric field when a sound wave hits them. When used in an ultrasound scanner, the transducer sends out a beam of sound waves into the body. The sound waves are reflected back to the transducer by boundaries between tissues in the path of the beam (e.g. the boundary between fluid and soft tissue or tissue and bone). When these echoes hit the transducer, they generate electrical signals that are sent to the ultrasound scanner. Using the speed of sound and the time of each echo’s return, the scanner calculates the distance from the transducer to the tissue boundary. These distances are then used to generate two-dimensional images of tissues and organs. I hope that’s clear.

During an ultrasound exam, the technician will apply a gel to the skin. This keeps air pockets from forming between the transducer and the skin, which can block ultrasound waves from passing into the body.

MRI Scan

An “Magnetic Resonance Imaging (MRI) scan is a painless test that produces very clear images of the organs and structures inside your body. MRI uses a large magnet, radio waves and a computer to produce these detailed images. It doesn’t use X-Rays (radiation). Healthcare providers use MRI to help diagnose or monitor the treatment for many different conditions. There are also different types of MRIs based on which area of your body your provider wants to examine.



An open (or “open bore”) MRI refers to the type of machine that takes the images. Typically, an open MRI machine has two flat magnets positioned over and under you with a large space between them for you to lie. This allows for open space on two sides and alleviates much of the claustrophobia many people experience with closed-bore MRI machines. However, open MRIs don’t take as clear images as closed-bore MRI machines. Closed-bore MRI machines have a ring of magnets that forms an open hole or tube in the middle where you’d lie to get the images. Closed-bore MRIs are narrow with tight head-to-ceiling space. This can cause anxiety and discomfort for some people, but these MRI machines take the best quality images.

CT Scan

The term “Computed Tomography”, or CT, refers to a computerised x-ray imaging procedure in which a narrow beam of X-Rays is aimed at a patient and quickly rotated around the body, producing signals that are processed by the machine’s computer to generate cross-sectional images, or “slices.” These slices are called tomographic images and can give a clinician more detailed information than conventional x-rays. Once a number of successive slices are collected by the machine’s computer, they can be digitally “stacked” together to form a three-dimensional (3D) image of the patient that allows for easier identification of basic structures as well as possible tumours or abnormalities

HEALTH / ROUTINE

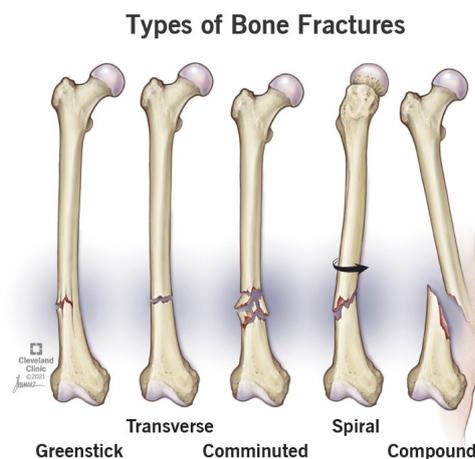
Common Hospital Visits: Broken Bones:

Bones are your body's main form of structural support. They're made of hard, strong tissue that gives your body its shape and helps you move. Your bones are like the frame under the walls of your home. If you've ever watched *Homes Under The Hammer*, or *DIY SOS*, and seen the internal structure of a house, that's what your bones are. They're the supports and beams that keep your body strong and stable. Your bones are living tissue like any other part of your body. It might not seem like it. But they're constantly growing, changing and reshaping themselves.

Adults have between 206 and 213 bones. Babies are usually born with more than 270 bones that grow together and fuse into their adult skeletons. It might be surprising to learn that some people have more bones than others. The range comes from differences in people's skeletons. Some people have a different number of ribs. Or you may have fewer bones in your spine than usual.

Bones are made of cells and proteins. They have two main layers:

- The **Cortex** (compact bone) is the tough, hard outer layer. It's the thick shell you see in most illustrations or photos of bones.
- The **Cancellous** bone (spongy bone) is inside the cortex. It's much less dense and is more flexible. This is where bone marrow is made and stored.



So what happens when they break? Well, that depends on which bone it is, and how bad.

A "Fracture" is the medical name for a broken bone. Any bone can break. It's more common for smaller, weaker bones. Breaking stronger bones can happen during a serious trauma like a car accident. Go to the emergency room if you think you have any kind of fracture, no matter which bone is broken.

When you get examined they will classify your fracture as either open or closed. If you have an open fracture, your bone breaks through your skin. Open fractures are sometimes referred to as "Compound Fractures". Open fractures usually take longer to heal and have an increased risk of infections and other complications. Closed fractures are still serious, but your bone doesn't push through your skin.

Displaced or non-displaced are more words your provider will use to describe your fracture. A displaced fracture means the pieces of your bone moved so much that a gap formed around the fracture when your bone broke. Non-displaced fractures are still broken bones, but the pieces weren't moved far enough during the break to be out of alignment. Displaced fractures are much more likely to require surgery to repair.

If your fracture is mild and your bones did not move far out of place (if it's non-displaced), you might only need a splint or cast. Splinting usually lasts for three to five weeks. If you need a cast, it will likely be for longer, typically six to eight weeks. In both cases you'll likely need follow up X-rays to make sure your bones are healing correctly. More severe breaks may require a closed reduction to set (realign) your bones. During this non-surgical procedure, your provider will physically push and pull your body on the outside to line up your broken bones inside you. To prevent you from feeling pain during the procedure you'll receive an anaesthetic. Most people will make a full recovery though. Your body is amazing!!!

Laughter is the Best Medicine

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

I'm thinking of starting an Airline specifically for people going bald.

I'm going to call it Receding Airlines.

A woman rushed her son to the hospital after he had swallowed ten pound coins.

He was rushed into surgery and the mum was left frantic. After half an hour, she saw a nurse come out of the operating room, so she asked her how he was.

The nurse said, "There's no change yet."



A guy walks into a bar and sees three pieces of meat hanging from the ceiling.

He asks the bartender, "What's up with the meat?" The bartender explains, "If you can jump up and hit one, you drink for free tonight. If you miss, you have to buy everyone else a drink. You want to try?"

The guy says, "No thanks, the steaks are too high."

I used to have a job at a calendar factory, but I got fired because I took a couple of days off.

Two friends are walking through the forest, and as they're walking along they come upon a huge hole in the ground. They approach it and are amazed by the size of it. One says, "Wow, that's some hole. I can't even see the bottom. I wonder how deep it is?" His friend says, "I don't know, let's throw something down and listen and see how long it takes to hit bottom." "Hey", says one. "There's an old fridge over there, give me a hand and we'll throw it in and see". So they pick up the fridge and carry it over, and count one, and two and three, and throw it in the hole. They are standing there listening and looking over the edge when they hear a rustling in the bushes behind them. As they turn around they see a large dog come crashing through the brush, run up to the hole with no hesitation, and jump in headfirst. While they are standing there looking at each other, then gazing into the hole, and trying to figure out what that was all about, an old farmer walks up. "Say there", says the farmer, "You fellers didn't happen to see my Great Dane around here anywhere, did you?" "Funny you should ask", said one guy, "but we were just standing here a minute ago and a large dog came running out of the bushes doing about a hundred miles an hour and jumped headfirst into this hole here!" And the old farmer said... "But that's impossible, I had him chained to an old fridge!"

NUTRITION: Lazza's Kitchen Adventure

Coconut Fairy Cakes (Cupcakes)

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

Ingredients

250g Unsalted Butter (softened a lot)
275g Self Raising Flour
200g Brown Sugar
4 Eggs
100g Desiccated Coconut
Vanilla Essence

It's as simple as that!!!

In the early 19th century, there were two different uses for the term “cup cake” or cupcake. In previous centuries, before muffin tins were widely available, the cakes were often baked in individual pottery cups, ramekins, or moulds and took their name from the cups they were baked in. This is the use that has remained, and cupcake now refers to any small, round cake that is about the size of a teacup. While English fairy cakes vary in size more than American cupcakes, they are traditionally smaller and are rarely topped with elaborate frosting.

Well, astonishingly I have made a lot of muffins, and cakes, but not many fairy cakes.

This was astonishingly easy, with a Victoria Sponge like mix.

I added the softened butter (very soft) into the sugar and gave a great mix.

Into that I added the Vanilla Essence.

After that mix I added the eggs one at a time, mixing after each.

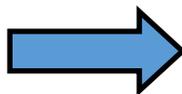
Into this liquid mix I folded in the flour gradually till a lovely dough formed.

I did also electric whisk this.

I then added in the coconut (generously - we want to taste - I probably added a little more than 100g)

I added a nice dollop into the fair cake cases and baked at 180C for around 20 minutes.

They were lovely - light sponge with great coconut flavour.



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.

LAZZA's Letter Game:

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

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

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Lazza's Letter Game

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

Keep coming back to it.

Try not to look the answers up.

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

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



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

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

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

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

www.healthygenerations.org.uk

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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 2



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

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

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



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

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

This is just a proposal at the moment, but we are very anxious to work with the Shaw Trust on the Government Employment Programme “Work Well” and have put in a proposal to them after speaking with their Director of Well-Being. The whole reason HMHB came into existence was to improve the intervention available to people who were out of work, to try and prevent mental health issues from growing, as well as combatting them, getting people back to work happier and healthier.

We will let you know news when it happens.



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

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

www.sadlerswells.com

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

- Round One: 1 Kett / Burb 2 Bran / Meck 3 DCATE / DW
 Round Two: 1, 156: 2, 361: 3, 2805: 4, 28: 5, 43:
 Round Three: 1, 1962: 2, 1948: 3, 1960: 4, 1875. 5, 1797.
 Round Four: They all start the spelling of UK Counties.
 Round Five: 1 Liech: 2 Por: 3 Gosling: 4 Cast:
 Round Six: 1 Germany: 2 Italy: 3 Belgium: 4 Denmark.: 5 Spain:



Review for this month's Challenges and Targets

Mind-set:

Our lives are short, so why do we sometimes stop pushing ourselves, why do we stop challenging ourselves, who do we stop looking for new experiences? It is so easy to get into a rut.

Olympic athletes, at the peak of fitness and ability, are always looking to see how they can be faster, stronger, more agile, etc. And that is the attitude we need to succeed and be happy.

And that is all down to our thinking and self-belief. There are tricks we can all learn to improve our lives. But do we bother. Surely the ultimate goal is to do the best we can every day?



Nutrition.

Cereal crops are fundamentally important for nutrition because they are a primary, affordable source of energy (carbohydrates), protein, and crucial fibre, vitamins, and minerals for billions of people worldwide. They form the dietary foundation for most populations, especially in developing countries.

Consuming whole grains, in particular, offers a wide range of nutrients that support health, contribute to feeling full, and are often an affordable and accessible source of nutrition, especially for those in "nutrient deserts. Are you getting enough?



Exercise.



Exercise helps with weight loss by burning calories and increasing your metabolism, especially through a combination of cardio and strength training. Cardio exercises burn calories during the workout, while strength training builds muscle, which boosts your resting metabolic rate, causing you to burn more calories even when at rest.

Creating a calorie deficit by both burning calories through exercise and reducing your caloric intake is the most effective strategy for weight loss.

Health.

The odds are that all of will probably at some stage have to attend a hospital for something. It may just be a basic scan or test, or something more pressing like surgery or even following an accident. In this issue, we took a look at just four common reasons people go to a hospital. X-Rays, Scans, and Broken Bones, and a common surgery to remove your appendix. We are lucky in the UK with our amazing NHS. Whatever the reason for your visit, stay calm, ask questions, and good luck!!!



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

Quiz Answers from Page 6 + from Page 28

See if you can beat your family and friends

Music: Name the “original” groups that had these Christmas songs, plus year released?

1. 1985: Shakin’ Stevens
2. 1942: Bing Crosby
3. 1984: Wham!
4. 1944: Judy Garland
5. 1957: Bobby Helms
6. 1971: J Lennon and Plastic Ono Bd
7. 1958: Brenda Lee
8. 1994: E17
9. 1953: Eartha Kitt
10. 1988: Cliff Richard
11. 1970: José Feliciano
12. 1973: Slade
13. 1973: Wizzard

FILM: Name the actress who won the Best Actress Bafta for these movies, plus the year they won.

1. 2023: Emma Stone
2. 2002: Nicole Kidman
3. 1990: Jessica Tandy
4. 1953: Audrey Hepburn
5. 2019: Renee Zellweger
6. 1994: Susan Sarandon
7. 1983: Julie Walters
8. 2003: Scarlet Johansson
9. 1977: Diane Keaton
10. 1972: Liza Minnelli
11. 2016: Emma Stone
12. 2011: Meryl Streep
13. 1952: Vivien Leigh
14. 1989: Pauline Collins
15. 2022: Cate Blanchett
16. 2017: Frances McDormand
17. 2024: Mikey Madison

TELEVISION: Who played these characters in these shows from the 1990s?

1. David Duchovny
2. Kyle MacLachlan
3. Rik Mayall
4. Julia Salwalha
5. Neil Morrissey
6. John Mahoney
7. Nicholas Lyndhurst
8. Courteney Cox
9. Ardal O’Hanlan
10. Patricia Heaton
11. Caroline Quentin
12. Sean Hayes
13. Ricky Tomlinson
14. James Fleet

The World: The 25 most visited countries in 2024.

France USA: Spain: China: Italy:
UK: Germany: Mexico: Thailand: Turkey:
Austria: Malaysia: Hong Kong: Greece: Russia:
Japan: Canada: Saudi Arabia: Poland: South Korea:
Netherlands: Hungary: UAE: India: Croatia

QUIZ ANSWERS
IONS

Father Christmas Actors: Did you name them? - from Page 28 (how well did you do? Tough wasn’t it?)

- | | |
|------------------------|---------------------------|
| 1: Tim Allen | 2: Richard Attenborough |
| 3: Lloyd Bridges | 4: Jim Broadbent |
| 5: Bryan Cranston | 6: Nick Frost |
| 7: Paul Giamatti | 8: John Goodman |
| 9: Leslie Nielson | 10: Mickey Rooney |
| 11: Kurt Russell | 12: J K Simmons |
| 13: Ricky Tomlinson | 14: Arnold Schwarzenegger |
| 15: Billy Bob Thornton | |

SPORT:

These are the 10 most watched sports in 2024

Football: Cricket:
Field Hockey:
Tennis: Volleyball:
Table-Tennis
Baseball: Golf:
Basketball:
American Football.

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

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

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

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

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

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

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

Lawrence: Official Nominee Mayor Civic Award 2023

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



Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well

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