

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 41

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st October 2025



www.hmhb2016.org.uk





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

Page 3:	Introduction. And photos from a recent boating trip in Finsbury Park.
Page 4-5:	Health News: Recent Research and News
Page 6:	Lazza's Fiendish Quiz (it's tough, and meant to take some time).
Page 7-12:	HMHB - Our September 2025 events with photos: Plus, what's in October 2025.
Page 13:	Lazza's Recipe: FirstTime Rhubarb and Ginger Crumble from scratch
Page 14-15:	Mind-set: What can affect your Mind-set?
Page 16-17:	Exercise: Stretching: Some Flexibility Yoga Stretches For You
Page 18-19:	Mind-set: More of what can affect your Mind-set.
Page 20:	Lazza's Recipe: FirstTime Sausage and Potato Traybake from scratch
Page 21:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 22-24:	Nutrition: What is a Plant-based Diet, and is it important?
Page 25:	Nutrition: Superfoods: This month - Green Tea
Page 26:	Lazza's Page of Recommendations, News, Life.
Page 27:	Do You Know Your Body?: This month, a brief look at your Bone Marrow.
Page 28:	Lazza's Photo Game Page: An Acting theme this month.
Page 29:	Lazza's Recipe: FirstTime Tomato Macaroni Meatballs from scratch
Page 30:	HMHB recommends places to visit in London.
Page 31-32:	Exercise: Exercising as we get older.
Page 33:	HMHB's Three Weekly Walks: Details and Posters: Hackney, Haringey, Islington.
Page 34-36:	Exercise: NINE Back exercises on the mat (<i>thx to Spotebi</i>)
Page 37:	Lazza's Fascinating Facts to astound people around you.
Page 38:	Health: Common Foot Problems: Achilles Tendon
Page 39:	Health: Common Foot Problems: Athlete's Foot
Page 40:	Health: Common Foot Problems: Bunions
Page 41:	Health: Common Foot Problems: Blisters
Page 42:	Lazza's Funny Joke Page
Page 43:	Lazza's Recipe: FirstTime Apple and Plum Cobbler from scratch
Page 44:	Lazza's Letter Game Page - this week the letter " S "
Page 45-47:	Promoting some of our Partners: Plus fun quiz answers from Page 21
Page 48:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 49:	Tough Quiz answers from Page 6 and photo game page answers from Page 28.
Page 50:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



**"If you do not believe in yourself, no one else will.
You have got to be your own biggest fan,
even when you are your own worst enemy". Ozzy Osbourne.**

Welcome to Issue 41 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

Our new venture for 2022 onwards.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form. Now 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 one of our Boating sessions on the lake in the middle of Finsbury Park. We all miraculously stayed dry.

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.

Gene Therapy Restored Hearing In Deaf Patients

Gene therapy can improve hearing in children and adults with congenital deafness or severe hearing impairment, a new study involving researchers at the Karolinska Institutet in Sweden reports. Hearing improved in all ten patients, and the treatment was well-tolerated. The study was conducted in collaboration with hospitals and universities in China and is published in the journal Nature Medicine.

The study comprised ten patients between the ages of 1 and 24 at five hospitals in China, all of whom had a genetic form of deafness or severe hearing impairment caused by mutations in a gene called OTOF. These mutations cause a deficiency of the protein otoferlin, which plays a critical part in transmitting auditory signals from the ear to the brain.

The gene therapy involved using a synthetic adeno-associated virus (AAV) to deliver a functional version of the OTOF gene to the inner ear via a single injection through a membrane at the base of the cochlea called the round window. The effect of the gene therapy was rapid and the majority of the patients recovered some hearing after just one month. A six-month follow-up showed considerable hearing improvement in all participants, the average volume of perceptible sound improving from 106 decibels to 52. The younger patients, especially those between the ages of five and eight, responded best to the treatment. One of the participants, a seven-year-old girl, quickly recovered almost all her hearing and was able to hold daily conversations with her mother four months afterwards. However, the therapy also proved effective in adults.

“Smaller studies in China have previously shown positive results in children, but this is the first time that the method has been tested in teenagers and adults, too,” says Dr Duan. “Hearing was greatly improved in many of the participants, which can have a profound effect on their life quality. We will now be following these patients to see how lasting the effect is.”

Shingles Vaccine May Reduce Dementia Risk

A study published in “Nature” Magazine has suggested that people who received a newer version of the shingles vaccine, called “Shingrix”, appear to have a lower risk of dementia than people who were given an older shingles vaccine. Shingles is a painful rash that can flare up in people who’ve previously had chickenpox, which is caused by the *Herpes zoster* virus. It’s more common as people get older – about one in five people who have had chickenpox will develop shingles.

Researchers at the University of Oxford and National Institute of Health and Care Research (NIHR) Oxford Health Biomedical Research Centre (OHBRC), which also funded the study, looked at health records of over 200,000 people in the US. They found that those who had received Shingrix had a 17% reduction in the onset of dementia compared to those who received Zostavax. However, experts emphasised that the study only looked back at people’s previous records, rather than following them over time. This means it was unable to prove the vaccine was directly responsible for the reduced dementia risk.

“It isn’t clear how the vaccine might be reducing risk, nor whether the vaccine causes a reduction in dementia risk directly or whether there’s another factor at play,” said Dr Sheona Scales, Director of Research at Alzheimer’s Research UK. “So, it will be critical to study this apparent effect further.”



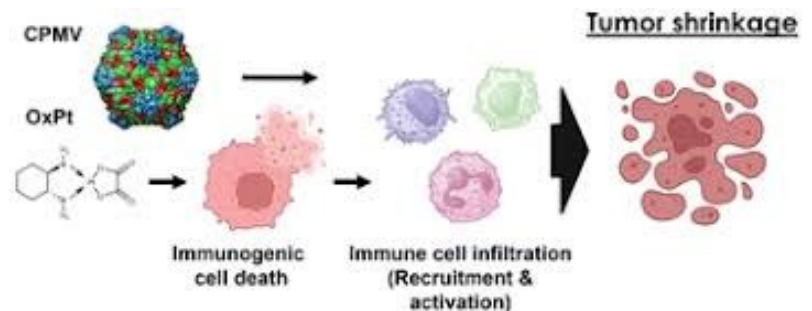
HEALTH NEWS AND RESEARCH PAGE:

More recent health research that we find interesting.

A Black-Eyed Pea Virus May Help To Fight Cancer

An incredible breakthrough comes from researchers at the University of California San Diego, where scientists have discovered that a harmless plant virus, the “cowpea mosaic virus” (CPMV), could become a powerful weapon against Cancer.

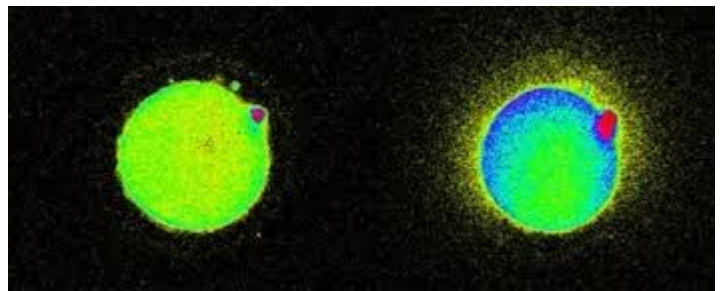
Unlike viruses that affect humans, CPMV cannot harm human cells - instead, it reawakens the immune system, training it to hunt down and destroy tumours anywhere in the body. When injected directly into tumours, it summons an army of immune cells including “neutrophils”, “macrophages”, natural killer cells, B cells, and T cells, creating a lasting memory that keeps fighting Cancer long after treatment.



The secret lies in its unique ability to trigger multiple interferons (a type of protein produced naturally by the body's immune system, primarily by white blood cells, to fight infections and diseases like viruses and cancer) and activate a key immune switch, something no other plant virus has achieved. Low cost, and easily produced with just sunlight, soil, and water, CPMV is now moving toward human clinical trials, offering hope for a revolutionary affordable Cancer therapy.

For the first time, science has captured the spark of life

In a discovery that feels almost like witnessing creation itself, scientists have filmed the exact moment life begins. Using advanced imaging technology, researchers were able to capture a dazzling flash of light that occurs at the instant an egg is fertilised by sperm. This luminous burst, caused by the release of zinc particles, marks the very first spark of a new life coming into existence.



For generations, the start of life has been a mystery hidden deep within biology, known only through theory and fragmented observation. Now, with this visual evidence, science has shown us something truly extraordinary: the precise moment when potential transforms into existence. It is a reminder that life is not just chemistry, but a powerful symphony of energy, light, and possibility.

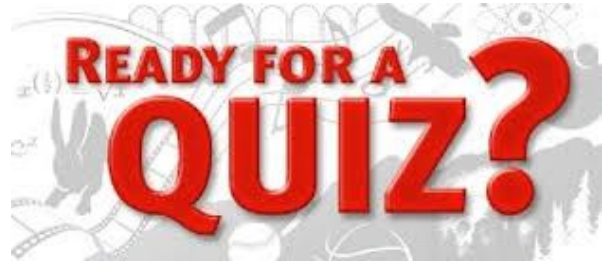
The implications of this discovery are both practical and profound. In medicine, being able to film and measure the spark of life could help fertility specialists identify the healthiest embryos, improving the success of IVF treatments and giving hope to countless families. On a larger scale, it pushes us to reflect on the miracle of beginnings—on how every living being, including each of us, started with a single, radiant spark.

Compared to the past, when scientists could only guess at these first steps, this breakthrough gives us a direct window into the very origins of human development. It blurs the line between science and wonder, showing us that even in the most advanced laboratories, discovery can feel like magic.

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:

As of 2023, 57 Countries Produced Cocoa Beans, the main ingredient in Chocolate.
 But can you name the top 20 that produce the most tonnes?



Music: Name the “original” groups that had these Smash Hit Dance Songs, plus year released?

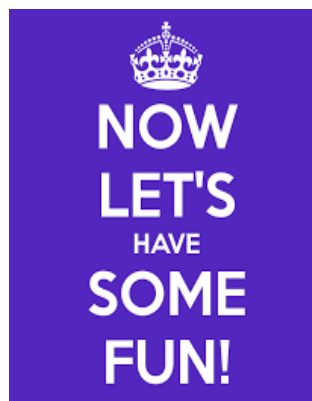
1. Car Wash
2. Heart of Glass
3. Don't Leave Me This Way
4. Knock On Wood
5. That's The Way (I Like It)
6. I'm So Excited
7. Heaven Must Be Missing An Angel
8. Never Can Say Goodbye
9. We Are Family
10. Le Freak
11. Daddy Cool
12. Boogie Wonderland
13. Last Dance

Movies: In which country are these films mainly based, and in what year was the film released?

1. Finding Nemo
2. Parasite
3. Moulin Rouge
4. The Girl With The Dragon Tattoo
5. Schindler's List
6. Trainspotting
7. Bridge Of Spies
8. The Equalizer 3
9. Kung Fu Panda
10. Barry Lyndon
11. The Last of the Mohicans
12. Romancing The Stone
13. Spirited Away
14. Captain Corelli's Mandolin
15. Evita
16. Doctor Zhivago
17. Argo

Geography: Name the country/countries that have land borders with those below.

1. Paraguay
2. Mexico
3. Norway
4. Canada
5. Andorra
6. Nigeria
7. Estonia
8. Vietnam
9. Uruguay
10. Somalia
11. Portugal
12. Qatar
13. Japan
14. North Korea



Geography:

Can you name the top 25 Largest Countries in the world by size.

Some may surprise you, but see what you can do before looking at the answer.

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 SEPTEMBER 2025

It was the Regents Canal Open Day Event at the start of September, so of course we had to attend. Justin had his pic with Gunnersaurus, and we took a boat ride around the City Road Basin. We even managed to get in some free kayaking and canoeing, as well as taking part on a boat race, that was very competitive.

City Road Basin used to be a bustling commercial centre for Regent's Canal in London, built in 1820 to transport goods like coal and timber, but later filled in during the 1950s and regenerated into residential buildings with public access provided in 2009.

It is based down City Road, off Graham Street between Angel and Old Street. You cannot miss it as there are some very large developments that have done up at the area. We had a great time looking at the stalls, having some food and drink, and enjoying the atmosphere, and will be back kayaking soon.



More newcomers into our Exercise session at Highbury Leisure - now in Studio 2 - after another energetic, but fantastic, hour of sweating and fun. I am always in awe of this magnificent group as they push themselves to do as much as they can.

We pride ourselves on making the workout as welcoming as possible, so that even people a little nervous around exercise can feel comfortable.

Well done guys - keep it up.

We had a very special walk this month as we were joined by two funders - London Marathon and Walking Cycling Fund - both working with the same fund that has helped us over the last few years for costs. As you can see, at the time of the photo we suddenly had a downpour and the wind picked up, this was despite the fact both before and after it we had bright sunshine. Lol. The funders seemed impressed and we are hoping that more can come from them in 2026.



HMHB Activity: Photos and Events from SEPTEMBER 2025

Lazza presented at Brickworks Community Centre - as below: Do check out this Feedback from his session.

"We were delighted to welcome Lawrence to the Brickworks Community Centre as part of our *"Food for Thought"* workshop series. His talk was not only informative but also warm, engaging, and approachable. Lawrence's delivery struck the perfect balance between sharing valuable knowledge and creating an open, friendly atmosphere where everyone felt comfortable to listen, ask questions, and join in the discussion. His approachable nature and genuine enthusiasm for the topic made the session enjoyable and inspiring for all who attended.

The *Food for Thought* project is all about promoting healthy eating habits, building community connections, and empowering people with practical knowledge for sustainable living. Lawrence's contribution supported this mission beautifully—his insights and engaging style helped bring these values to life in a way that truly connected with our community.

We are grateful to Lawrence for sharing his time and passion with us. His presence made a real impact, and we look forward to welcoming him again in the future."



The Café at Clissold House has finally reopened, after being closed for around a year. So our Thursday walkers, nourished by some delicious homemade cake by Ros, sat down for coffees/teas together.

We have to enjoy the remaining good weather before autumn starts to hit hard and winter is then upon us.

Do get outdoors as much as you can, find some local walking group (we would love you along) and start to exercise and socialise with like-minded others. :-)

We had a Friday night of Karaoke at the Coronet on Holloway Road. A super night of singing, dancing, laughing, and great fun.

Mega thanks to our super singers: Justin, Rob, Ros, Beverley, Jazz, and our very own Lazza.

Not every note may have been correct, but we still joined in, had a good time, and we will be back in October.



HMHB Activity: Photos and Events from SEPTEMBER 2025

We joined the wonderful Mary Gibbs on one of her Guided Walks (this around the Clerkenwell area) for a very interesting look at the borough of Islington. Clerkenwell gets its name from the Clerks' Well, a 12th-century spring where medieval parish clerks performed biblical mystery plays. The area was located just north of the City of London, and the clerks would gather at the well for their performances. Over time, the name of the well extended to the entire area.



We have been so lucky to have had the opportunity to join up with Islington Boating Club over the last couple of months to do Kayaking at City Road Basin as a group, and our final one for this year was on Friday 19th when around 12 of us were there. Going further down the Regent's Canal than ever before, it was a special night as nobody went into the water and we had lots of laughs too.

The instructors have been patient, kind, and allowed us to just enjoy ourselves, and we offer them a huge thank you. We hope we can keep HMHB going for more next year.

It was a welcome (Ed. Was it?) return to Professor Lazza's Quizerium online on Thursday evenings.

After a rest over the summer, Lazza was back with a new PowerPoint delivery, and we had our usual laughs and banter, with excellent guessing and imagination. Anyone can win, the scoring system is iffy, but Quinsan was able to overcome all the odds for a first victory. With True/False, Distance, Year, and other rounds to boot, it is just a fun way to spend a Thursday evening from 7:30pm for one hour. Why not join us?



Yes, I admit this is the photo from our August Zumba session as I completely forgot to take this month. But that should not dampen our enthusiasm, or our thanks to our incredible instructor, Karina, for our one-off Zumba session in September. We had more new faces - and a new venue in Studio 2 (moving from Studio 1) at our partners, Highbury Leisure Centre, with great thanks to them. It's energetic, cool, and all about moving the whole body to the music. Great fun!!!

HMHB Activity: Photos and Events from SEPTEMBER 2025

It was a welcome return, after a summer hiatus, to the Sadlers Wells Community Engagement Friday Dance Sessions - and we fortunately started off with a cracker: Cuban/Salsa.

Five of us joined the large group opposite as we swayed and stepped, swung and swished, shook and wiggled, but most of all it was entertaining.

Massive thanks to Elina, Natasha, and all at Sadlers for arranging these events with expert choreographers taking us on our journey.



**Voluntary
Action
Islington**

Lazza attended a funding event at Voluntary Action Islington, one of our friends/partners we promote on page 47. This was more about the problems around funding, applications, and discussing with other organisations how they deal with issues.

We found it informative and useful. Funding is paramount to so many projects and I have to say the bane of my life. HMHB has such great success with our unique delivery and work, but we have to go begging and pleading to others to ensure we can carry on. It feels very unfair.

We joined a second group guided walk around Islington - taking in filming places, theatres, and book references, with the fantastic Mary Gibbs (there were more of us, but some were shy).

We passed a children's puppet theatre I did not know existed, as well as a place where Harry Potter had filmed for their fifth film.

Islington is such a diverse borough, with a rich history, and lots of streets and alleys that lead to surprising places. Do get out and about yourself.



Big thanks to Jazz for stepping in and being in charge for the second of the Sadlers Community Engagement Friday sessions - this one focusing on exploring "Touch".

One of the beautiful things around these sessions is the incredible diversity of events that they put on - normally around whoever is appearing at the venue that week. Our group said they enjoyed themselves very much.

HMHB Activity: Photos and Events from SEPTEMBER 2025

We headed off to Richmond Theatre for a production of Inspector Morse.

The theatre was designed by the renowned theatre architect Frank Matcham and opened on September 18, 1899. This Grade II listed building is known for its stunning interiors, including its pillar-less auditorium. We had a great time travelling there and back on the Mildmay Overground Line - and there we are having a good laugh together on our return journey.

Do check out the theatre.



Massive thanks to Islington Heritage and the London Archives for a very special afternoon of viewing old maps, books, and documents about London and the local area too.

We had a very knowledgeable talk from someone at the Archives about the exhibits we were able to see, and we felt very fortunate indeed.

The Archives are open to the public, so do go and check them out - can find more details online.

We have to thank David and his team at Southwark Playhouse Borough for welcoming our group to a special abridged 90 minute kids-friendly version of Shakespeare's A Midsummer Night's Dream. Here we are on the set after the magical production which was awesome. We brought the average audience age up nicely. It is one of my favourite plays, with magical mishaps and trickery, and misunderstandings (as always).

The Playhouse is a great venue that we talk about on page 30 of this issue too. Check them out.



With great thanks to Jeremy Corbyn MP, I met with the NHS North London Foundation Trust in September, notably their Chief of Staff, to talk about sustaining HMHB and funding, especially as we get so many referrals from the NHS itself. It seems only fair that we are able to tap into some financial budget somewhere as maintaining HMHB every month obviously costs money and grants do not cover everything we need. I will update when I know more.



HMHB Activity: Photos and Events from SEPTEMBER 2025



We were delighted to return the wonderful Second Chance Café, by the St Mary's Church off Stoke Newington Church Street in September. Sadly, now just the Friday (we used to come along every fortnight as part of our Thursday walk), this terrific resource provides soups, fruit crumble and custard, hot drinks, cakes, all for free (or suggested £3 donation). Amazing volunteers, and welcoming.

We popped along to the Wellcome Collection on Euston Road, and definitely recommend a visit if you have not been for a while. Multiple exhibitions, and all free.

Alongside the Being Human part, which is fabulous, they have special shows around "Finger Talk" (thinking about deaf people), and "Thirst" - exploring our connection with freshwater. Here we are in front of a fascinating human body structure showing various parts of the body.



Four of us had a fascinating and informative evening at the Francis Crick Institute to see a Podcast recording of "The Science of Nutrition", hosted and overseen by the wonderful Professor Brian Cox.

He had a panel of four nutrition experts, and it was very special to be able to see them take questions from the audience (that had been prepared in advance) and then look at the answers from a scientific point of view. We were very lucky, as due to mobility issues we were placed near to the front, which was very helpful to us. And also gave us a great opportunity to see the panel up close. I will look for more FREE events like this.



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

4 x Sadlers Community Dance Sessions at Angel, and 3 x Sadlers Dance Sessions at Stratford.

8 of us heading to the Globe for Shakespeare's Troilus & Cressida: Outdoor Gym with PT.

A trip to the Iconic Images Gallery just down from Piccadilly Circus: Behind the scenes at Sadlers Wells.

A Karaoke night at the Coronet, Holloway: A visit to Kensington's Design Museum.

A return visit to Tate Modern on the South Bank: A Psychosis Lecture at Francis Crick.

An "Apple Day" experience at Gillespie Road Ecology Centre: Jam Making at Hilddrop Community.

A Friday visit to the Second Chance Café: Lazza's Online "anyone can win quiz".

Alongside our three weekly walks, exercise sessions, courses, and friends meeting up.

NUTRITION: Lazza's Kitchen Adventure

Rhubarb and Ginger Crumble

**Lazza has been trying out new recipes for over five years
His first time making: Rhubarb & Ginger Crumble from scratch**

Ingredients

2 x tins Rhubarb: Cinnamon
125g Plain Flour: Ground Ginger
90g Ready Break (fine oats)
90g Demerara Sugar
100g Crushed Mixed Nuts
50g Crushed Walnuts
3 Stem Ginger - diced finely (pls juice)
100g Unsalted Butter

Stem ginger isn't actually a stem. It's a misnomer for the young roots of the ginger plant. These tender roots are peeled, sliced, and then lovingly preserved in a sweet sugar syrup. This process transforms the fiery bite of fresh ginger into a mellow, sweet, and chewy delight. retains ginger's beneficial anti-inflammatory, antioxidant, and anti-nausea properties due to the "Gingerol" in the "Rhizome".

I quite liked designing my own crumble for this dish - which I had not done before.

For the Rhubarb - yes, I used tinned. You can of course cook up your own.

I placed the Rhubarb into the base of my oven baking dish.

I sliced up three stem ginger finely and spread it all over the Rhubarb.

I then poured some of the stem ginger juice over the top too (to your taste).

For the crumble - I first put all the dry ingredients in a large bowl together (flour, ready brek oats, sugar, mixed nuts and crushed walnuts) and stirred them in.

I actually made the butter quite soft (not hard), put it in the dry mix, and stirred and stirred and mixed until it was all coated and lumpy

I then put in a generous amount of ground ginger and some cinnamon and stirred it all together.

I spooned the mix over the rhubarb and patted it down.

I baked at 180C for around 30 minutes.

Wow, this was delicious. Just the right amount of Ginger for me, and very tasty.



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

MIND-SET:

What can affect your Mind-set? - 1

As we have discussed many times in these packs, mind-set is important because it acts as the "lens" through which we perceive and respond to the world, influencing our goals, actions, and overall well-being. Having a growth mind-set (believing abilities can be developed through effort and learning) is crucial for overcoming challenges, fostering resilience, and achieving greater success in life compared to a fixed mind-set, which views abilities as innate and unchangeable.

Making better decisions is vital to our happiness and health. But what actually affects our thinking?

Personality

I quite like this definition I found online:

"Personality is a person's unique and relatively enduring patterns of thinking, feeling, and behaving that distinguish them from others, shaped by innate dispositions, environmental factors, and experiences over a lifetime. It encompasses core traits, interests, values, and emotional patterns that form an individual's adjustment to life."

Simply put, Your personality describes how you think, feel, and behave as you interact with the world. Your unique approach to life forms a fairly consistent pattern that's recognisable to others. You may have heard someone refer to you as "reserved" or "talkative", perhaps, or say that you're "passionate" or "calm." They're describing how they perceive your personality: your typical demeanour and actions.



Personality affects both thinking and behaviour. Some people are dutiful, so they take their responsibilities in life seriously, and always show up prepared and on time. Others are more spontaneous and willing to "go with the flow." They have a carefree approach to life, but sometimes that involves taking unnecessary risks or neglecting obligations.

Personality can also have a significant impact on your social life. You probably know a few people who are stubborn or argumentative, the type you may avoid because they always make you feel like you're walking on eggshells. Then there are people who are just the opposite. They're patient, understanding, and eager to help. The type of people you turn to for support.

- **Openness to experience.** People with high openness are more curious and look for novel experiences. People who are low on openness are more routine-oriented and conventional.
- **Conscientiousness.** Highly conscientious people are more organised, self-controlled, and focused on goals. People with low conscientiousness tend to be disorganised, laidback, and unpredictable.
- **Extraversion.** Highly extraverted people are outgoing, assertive, and expressive. Introverts are more reserved and private. However, people who are introverts are not necessarily shy.
- **Agreeableness.** People who are highly agreeable are altruistic, trusting, and cooperative. People on the other end of this spectrum are more critical and less trusting of others.
- **Neuroticism.** Highly neurotic people are more likely to experience negative emotions and are easily upset. People who have low neuroticism are more emotionally stable and secure.

MIND-SET:

What can affect your Mind-set? - 2

Surroundings

If you work from home, or study from home, do you have a dedicated area you use? That can help to focus you to not be distracted. I do actually have a desk at home in my one bed flat in my lounge. And I enjoy hosting the quiz from there, and do work in the evenings on a lot of occasions, normally with some classical music on - it would be fatal to have the television on. But I actually work from the local Wetherspoons, calling it “my office”, as I can just get on with things without being sidetracked. Plus, it’s £1.70 for a coffee and free refills all day. My mindset is definitely focussed on work.



**KEEP
THIS PLACE
CLEAN
AND ORDERLY**

But your home surroundings can definitely affect your thinking too. If you wake up and head into the kitchen to find washing up, for example. That naturally knocks me, so I do try and make sure every night my kitchen is clear. And the same goes for bathroom, and my washing piles.

I do have to sort out my bedroom and lounge out in coming weeks. The lounge depresses me, as I know I need to do better. I would describe my flat as “lived-in”, but it should be better. So think about your surroundings. Are they affecting your moods, your emotions, your energy?

Understanding Interruptions

I have been running HMHB for nearly nine years now - it feels incredible when I actually type those words. And there has been a lot of ups and downs. Over the last four/five years we have really explored the health benefits of getting people out and about - to galleries, museums, the theatre, zoo, community projects, and much more. That often means getting tickets - and they have to be allocated. That alone can be tricky, as I make sure everyone gets a fair go for events.

The number of times I have had people drop out on the day, sometimes within an hour of a meet, is not small, and this can really stress me out. But, also, I do understand that things happen. I need to chill and relax. We had a Sadlers Community Event today. Two hours before one of my five ticket people had to call off. I was able to replace. It’s sitting back and taking stock.




**KEEP
CALM
AND
BE
PREPARED**

It can happen during your day. You may have planned to complete a certain task and then along comes something to disrupt you. As frustrating as interruptions can be, they can also be a blessing in disguise. I’ve had this happen to me many times. I’ve had my whole day interrupted by surprise visitors, sudden family needs, or my own health at times. In the end, more times than not, it was a good thing.

So, maybe try to view interruptions as blessings rather than frustrations. I know easier said than done, right? It takes time and it doesn’t mean you can do this every time, but as you slowly begin to try to get your mind to stop going down that rabbit hole of frustration and anger and bring it back around to ask, ‘where is the blessing in this?’. Life is too short to allow surprises to overwhelm us.

EXERCISE/FITNESS: STRETCHING

A few 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.

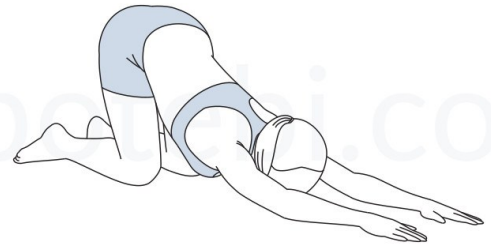
Stretches are something we all need to do every day to stay supple, flexible, and healthy.

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

EXTENDED PUPPY POSE

Start on all fours with your shoulders over your wrists and your hips over your knees. Walk your hands forward, pull your hips back toward the heels and lengthen the spine. Rest your forehead on the mat and relax for 30 seconds to 1 minute.

The extended puppy is a very soothing and relaxing pose that helps to calm the mind and relieves stress and tension. This pose also stretches and improves the flexibility of the spine, hips, shoulders and upper back.



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.

HAPPY BABY POSE

Lie on your back, exhale and bend your knees into the belly. Inhale and hold the outside edge of your feet. Open your knees and bring them up toward your armpits. Hold the pose for 30 seconds to 1 minute. Remember, turn the soles of your feet to face the ceiling and stack your ankles over the knees, keeping your shins perpendicular to the floor. Roll your tailbone toward the floor.

The happy baby pose lengthens the spine, releases tension in the lower back, opens the hips and the inner thighs, and stretches the hamstrings. This pose also helps to relieve stress and fatigue and calms the brain.



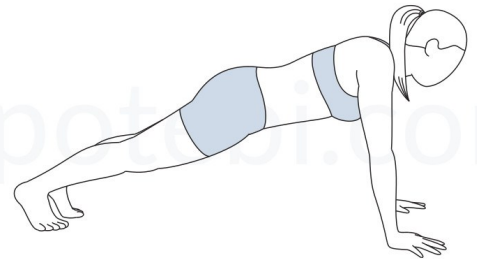
If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS:

A few Stretches for Flexibility (*thx to Spotebi*)

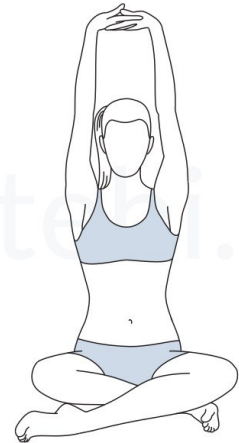
PLANK POSE

Start on your hands and knees with your shoulders directly over your hands and your hips directly over your knees. Press one leg straight back at a time and ground your toes. Stay in pose for 30 seconds to 1 minutes. Remember, keep your arms perpendicular to the floor with the shoulders directly over your hands, and ground your hands and toes on the floor. The plank pose helps to build abdominal strength, improves posture, and keeps your spine aligned and healthy. It also strengthens your arms, shoulders and wrists, and prevents back pain.



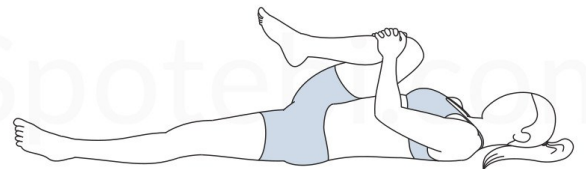
SEATED MOUNTAIN POSE

Start seated with your back straight and arms relaxed. Reach your arms up and overhead, and interlace your fingers. Hold the pose for 30 seconds to 1 minute. Remember, draw your belly button in toward the spine, roll your shoulder blades back and down, and keep your shoulders relaxed and away from the ears. Take deep breaths and feel the tension fading away. The seated side bend stretches the shoulders and back and strengthens the core. This pose promotes calm, releases tension from the upper body, and improves concentration and focus.



WIND RELEASE POSE (*honestly!*)

Lie on your back with your feet together and arms by your sides. Inhale as you lift one leg and bend the knee. Exhale as you pull the knee toward your chest and press your thigh into your belly. Lift one or both legs, clasp your hands around the knees and, as you exhale, tighten the grip, lift your head and chest off the floor, and try touching your knees with your chin. Hold the pose for 30 seconds, exhale as you release, and repeat with the opposite leg. The wind release pose massages the abdominal organs, reduces bloating, eases tension in the lower back and improves circulation. This pose also tones and strengthens your legs, arms, back, and abs.



**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:

What can affect your Mind-set? - 3

Family & Friends

Research has consistently shown that strong social connections are linked to positive mental health outcomes. These relationships can reduce stress, anxiety, and depression, and even improve self-esteem and empathy towards others. The sense of belonging that comes from being part of a community, whether it's family or friends, can provide a buffer against mental health problems.

It's crucial to nurture these relationships and recognise their value in maintaining mental health. Encouraging open dialogue about mental health within families and friend circles can demystify the subject and promote a more supportive atmosphere. Additionally, engaging in activities together, such as exercising, volunteering, or simply enjoying each other's company, can strengthen these bonds and contribute to overall mental wellness.

We have spoken many times that if you have negative people around you it will obviously have a depressing and pessimistic effect on your own thinking and behaviour. Some have destructive activities that can rebound on you, such as drug taking, criminal activities, or violence. You need to nurture people who support you towards your targets, can guide you towards a good direction, and will champion you when you need encouragement.

The best way is to talk to those around you about what you want from life, but also listen to what they would like to achieve. Sometimes people are suffering without sharing. You have no idea what difficulties some friends may be going through. But surround yourself with positive people, inspiring people, motivating people, and hopefully that will rub off on your own behaviour.

I will add - HMHB has shown me the value of friends. Friends play a pivotal role in our lives, often acting as confidants and sources of joy. They provide a different perspective, helping us to see situations in a new light and encouraging personal growth. The camaraderie shared with friends can alleviate feelings of loneliness and isolation, which are common precursors to mental health issues. In times of distress, a friend's empathetic ear or a shared laugh can be a powerful remedy.

Arguments

They say you should never speak on the phone, text someone, or respond on social media, if you are angry, or upset, or stressed. We have all probably said things that we wish we had not said. Looking back, that is true for me. If only I had taken a little time to think first. Because it affects our way of thinking.

- **Take a 15-minute timeout:** go and sit down and close your eyes, and focus on something you love to do. Picture it in your mind. Is it watching a film, listening to some music, or lying on a tropical beach, whatever it is, keep your focus on it for several minutes. If your mind wanders immediately bring it back to what you love to do. This will help you chill.
- **Be active:** I mean maybe go for a walk, or a run, or a bike ride. Pop to the gym, the shops (although again think about what you are purchasing), or see a friend.
- **Talk about it with someone:** If you are angry about someone, or an event, or anything, try and find an independent person you can talk to calmly. They could help you see things from a different perspective.



MIND-SET:

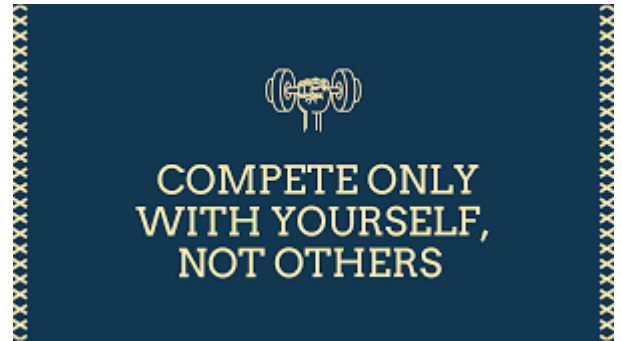
What can affect your Mind-set? - 4

Competition

I am not talking about sports or competition like that. I am talking about feeling competition in life with others, which could be at work, at school, within family dynamics, or around some friends.

If you look online, of all the psychological advice you read, this is probably one the most common ideas: “Don’t compare yourself to others”. But do we really understand what this means? For centuries, humans of every culture have known that this is a recipe for psychological torment, so why do we do it?

Comparisons are a natural human tendency and aren’t inherently bad. In fact, we do it all the time: we compare our current situation with where we came from, we compare our current self with our former self, we compare ourselves with others in our age group, and we compare our knowledge and abilities with others in our field. All of these are good things. It enables us to see where we need to make changes and set targets. This is part of the HMHB ethos. What can we be doing better? The only way to know is to see where we are going wrong.



If you know that you’re doing better than someone else, it can motivate you to continue doing well. If you know you’re doing worse than someone else, it can motivate you to work harder and improve yourself. If you know you’re doing about the same as someone else, it can motivate you to change strategies and tactics and keep doing better.

However, comparisons can be a double-edged sword. They can be a powerful motivator, but sometimes they can be a strong deterrent from doing something. They are also not good for our mental health in the long term. If you think about the people who you consider to be better than you in some way, you can often fall into this trap. You may look at the person and think, “I’ll never be able to do that”, or “I’ll never be as good at that as that person”, or “I’ll never get to that level.” The trick is to instead look at the person and think, “How can I get to that level?”

Comparisons can be a deterrent from doing something, but they can also be a detriment to doing something. If the thing you’re doing is something you enjoy, comparisons can sometimes make you more reluctant to do it. If you see someone doing something you enjoy, like playing sports or writing a novel or playing music, you might perceive that person as being a lot better at it than you are, and not want to do it, because you don’t want to be the worst at it. But that’s not the right way to look at it. You should instead be saying, “I can get better at this, and I will get better at this. Because of that, I should do it and enjoy it, because it will make me happier in the long run.”

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

Sausage & Potato Traybake

Lazza has been trying out new recipes for over five years
His first time making: Sausage & Potato Traybake from scratch

Ingredients

Ten Sausages - I used Cumberland
Red Onion - one or two (I used one)
Garlic
Two Orange Peppers (diced)
Baby Tomatoes (halved)
Baby Mushrooms (sliced)
Baby Potatoes
Tinned Chopped Tomatoes
Beef Stock - in 500ml boiling water
Basil and Parsley
Salt and Pepper: Cream / Greek Yoghurt

Red onions offer superior anti-inflammatory, antioxidant, and cancer-fighting benefits due to higher concentrations of anthocyanins and quercetin compared to white onions. White onions are stronger in flavour but are considered more beneficial for digestion and may boost Vitamin C intake. Ultimately, the "better" onion depends on your health goals and culinary application, but for maximizing antioxidants, red onions are the superior choice.

I first cooked the sausages in the oven - and when almost ready I removed and put aside.
I boiled my baby potatoes for around 15 minutes, so still slightly hard, and put aside.
For the rest:
I fried the chopped onion with some garlic.
Into that I poured the tin of chopped tomatoes. I also added the 500ml Beef Stock.
After stirring I added the chopped and diced peppers, the sliced mushrooms, and the halved baby tomatoes.
I allowed this to cook for around 15 minutes.
I added in some salt, black pepper and a generous amount of Basil.
Into my large oven dish I cut each of the sausages into four and laid at the bottom of the dish.
I sliced the baby potatoes and laid over the sausages.
I poured in the veg mix over the top, patted it down, and added a nice amount of parsley.
I baked in the oven at around 180C for about 25-30 minutes, so bubbling nicely.
I ate it with a little bit of single cream, and added a dollop of Greek Yoghurt that enhanced the flavours.



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?

101 Dalmatians Puppies	Genuine Bird Species	Genuine Australian Television Programmes
Datch	Dunkadoo	Invader Zim
Hatch	Thunderbird	Milo Murphy's Law
Latch	Bushtit	Puberty Blues
Patch	Turul	Why Are You Like This?

ROUND TWO: Give Me a Number

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

- How old was Beethoven when he wrote his First Symphony?
- In feet, how long is the Millenium Bridge in London?
- How many British people have been to space?
- How many full length novels did Agatha Christie's Miss Marple appear in?
- Currently, what is the maximum number of passengers who can travel on a modern cruise ship?

ROUND THREE: When Did That Happen

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

- China move their capital city from Nanjing to Beijing.
- The first Native American is elected to the United States Senate.
- Charlotte Bronte's novel, Jane Eyre, was published.
- The stage premier of the musical My Fair Lady.
- The first Bitcoin transaction took place.



ROUND FOUR: What specifically links these names?

Knox: Hussein: Rudolph: Walker: Howard: Gamaliel: Baines

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

- | | |
|---------------------------------|---|
| 1. Biggest Butterfly (Wingspan) | Chimera Birdwing: Palawan Birdwing: Queen Alexandra's Birdwing: |
| 2. Longest Running Movie | Braveheart: The Green Mile: Troy |
| 3. Longest Running Animation: | Finding Nemo: Monsters Inc.: The Incredibles |
| 4. Book Published First: | Brave New World: Swallows And Amazons: The Hobbit: |

ROUND SIX: What is the answer to these questions?

- In which US State is the Coachella Music Festival currently?
- In which US State is the Sundance Film Festival currently?
- In which US State is the Burning Man Festival?
- In which US State was the famous Woodstock festival held?
- In which US State is the famous New Orleans Mardi Gras?



NUTRITION:

What is a “plant-based” Diet, and is it important?

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.

Plant-based or plant-forward eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. It doesn't mean that you have to be vegetarian or vegan and never eat meat or dairy. Rather, you are proportionately choosing more of your foods from plant sources.

I was at an event recently at the Francis Crick Institute - on Page 12 of this issue - watching a Podcast recording of “The Science of Nutrition”, hosted by Professor Brain Cox, which was fascinating. The overall conclusion from the panel is something HMHB has been saying for years now - whole grain diet, plant-based diet, ensuring protein, fibre, carbs, fats, vitamins, etc. But you can also have dairy - including meat if you want. HMHB does not tell people what foods to eat. Rather it is best to ensure you are getting the right nutrients to enable your body to function properly.



What is the evidence that plant-based eating patterns are healthy? Much nutrition research has examined plant-based eating patterns such as the “Mediterranean Diet” and a “Vegetarian diet”. The Mediterranean diet has a foundation of plant-based foods; it also includes fish, poultry, eggs, cheese, and yogurt a few times a week, with meats and sweets less often.

The Mediterranean Diet has been shown in both large population studies and randomised clinical trials to reduce risk of Heart Disease, “Metabolic Syndrome” (a cluster of five risk factors - abdominal obesity, high blood pressure, high blood sugar, high triglycerides, and low HDL cholesterol - that significantly increase your risk of heart disease, stroke, and type 2 diabetes, Diabetes, certain Cancers - specifically colon, breast, and prostate), depression, and in older adults, a decreased risk of frailty, along with better mental and physical function.

Vegetarian Diets have also been shown to support health, including a lower risk of developing coronary heart disease, high blood pressure, diabetes, and increased longevity.

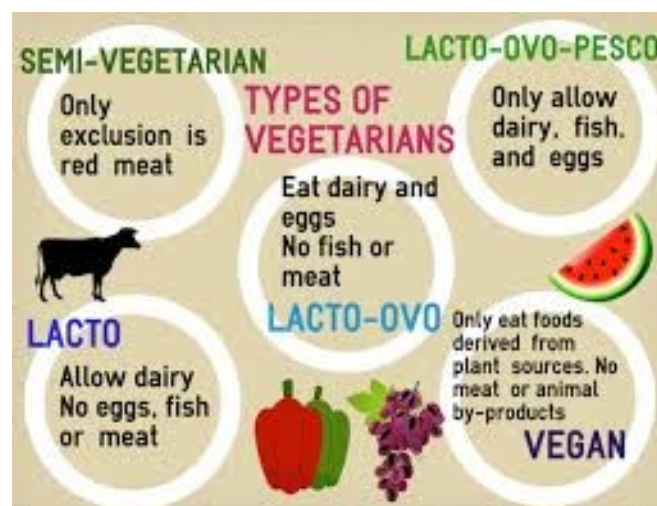
Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins, and minerals for optimal health, and are often higher in fibre and phytonutrients. However, some vegans may need to add a supplement (specifically Vitamin B12) to ensure they receive all the nutrients required. Vegans need Vitamin B12 because it is naturally found almost exclusively in animal products, and is essential for healthy red blood cells and a properly functioning nervous system. A B12 deficiency can lead to anaemia, and neurological issues like fatigue, pins and needles, memory loss, and balance problems.

NUTRITION:

What is a “plant-based” Diet, and is it important?

Vegetarian diets come in lots of shapes and sizes, and you should choose the version that works best for you. Obviously, the items listed are on top of the usual vegetables, fruits, legumes, etc. For those who still like to have some meat, the first one is best.

- **Semi-vegetarian** or “**Flexitarian**” includes eggs, dairy foods, and occasionally meat, poultry, fish, and seafood.
- “**Pescatarian**” includes eggs, dairy foods, fish, and seafood, but no meat or poultry.
- “**Vegetarian** (sometimes referred to as “**Lacto-ovo vegetarian**”) includes eggs and dairy foods, but no meat, poultry, fish, or seafood.
- “**Vegan**” includes no animal foods.



Here are some tips to help you get started on a plant-based diet.

Eat lots of vegetables.

Fill half your plate with vegetables at lunch and dinner. Make sure you include plenty of colours in choosing your vegetables. Enjoy vegetables as a snack with hummus, salsa, or guacamole. You should eat lots of vegetables because they are packed with essential vitamins, minerals, fibre, and antioxidants that help prevent serious diseases like heart disease, stroke, obesity, and certain cancers. Vegetables also promote good gut health, aid in weight management, and provide a nutrient-dense, low-calorie food source to keep you feeling satisfied and energetic.

The best vegetables to eat are nutrient-dense options like spinach, kale, broccoli, carrots, sweet potatoes, Brussels sprouts, and beets, which are packed with essential vitamins, minerals, fibre, and antioxidants which, as we say above, are linked to reducing disease risk and supporting overall health. It is beneficial to eat a wide variety of vegetables, focusing on different colours and types, such as leafy greens, cruciferous vegetables, and root vegetables, to ensure a broad spectrum of nutrients.

Change the way you think about meat.

Have smaller amounts. If you want to have it, do not make it the centrepiece of the dish. You can keep meat in your diet to benefit from its high-quality protein, which contains all essential amino acids, and its rich content of vital nutrients like iron, zinc, and vitamin B12. These nutrients are essential for maintaining muscle mass, boosting energy, supporting immune function, and promoting cognitive health. While moderation is key due to potential links with increased saturated fat, heart disease, and cancer risks, lean meats can be a healthy and valuable part of a balanced diet.

Choose good fats.

Fats in olive oil, olives, nuts and nut butters, seeds, and avocados are particularly healthy choices. You need good fats - unsaturated fats - because they provide essential fatty acids, support brain function, aid in the absorption of fat-soluble vitamins (A, D, E, K), help regulate hormones, and contribute to a feeling of fullness, which aids in weight management. They also help maintain healthy cholesterol levels, protecting against heart disease.

NUTRITION:

What is a “plant-based” Diet, and is it important?

Cook a vegetarian meal at least one night a week:

For people who have read many of these packs, where I cook meals, desserts, and bakes I have never cooked before, I have found a real love for cooking in the last few years. Something I never really concentrated on before the Covid epidemic hit.

You should consider cooking vegetarian meals if you want a diet lower in calories, saturated fat, and cholesterol, with more fibre, potassium, and Vitamin C, which can lead to a lower weight and reduced cancer rates. It's a good choice if you're looking to increase your intake of fruits, vegetables, and other nutrient-rich plant foods like legumes, nuts, and whole grains. To start, you can gradually reduce meat consumption and increase plant-based foods to create a balanced and healthy vegetarian diet.



To cook with legumes for the first time, start with canned beans to avoid the soaking and long cooking times for dried beans and focus on simple, versatile recipes like hummus, salads, and chilis. If using dried beans, always soak them overnight, check for stones, and rinse them thoroughly before cooking. Cook them until tender, never raw.

Just experiment. Have some fun. Cooking can get addictive, and you know what you are putting into your bodies.

Include whole grains.

We have covered whole grains many times in these packs. And for good reason. You should use wholegrain ingredients to improve heart health, lower your risk of type 2 diabetes and certain cancers, and support healthy digestion and weight management. Wholegrains are rich in fibre, vitamins, minerals, healthy fats, and polyphenols that provide essential nutrients and benefits for your body. In contrast, refined grains have their bran and germ removed, stripping away most of these valuable nutrients.

The risk of heart disease, stroke and type 2 diabetes may be up to 30% lower in people who regularly eat wholegrains as part of a low-fat diet and healthy lifestyle.

The risk of developing cancer of parts of the digestive system such as bowel cancer may be reduced with higher intakes of wholegrains. Some of the fibre in wholegrains moves food along more quickly and easily, reducing the time that damaging substances are in contact with the gut wall.

Some of the fibre provides a food source for ‘friendly’ gut bacteria. This helps them to increase and produce substances which are thought to protect the gut wall, such as short-chain fatty acid.

To Conclude

To eat a plant-based diet, focus on fruits, vegetables, whole grains, legumes, nuts, and seeds, incorporating them into every meal and snack. You can transition gradually by adding vegetarian meals, using plant-based proteins like beans and tofu, and making small swaps, like choosing porridge over eggs for breakfast. You do not have to get rid of meat or fish entirely, that is your choice. But do your own research.

Nutrition: HMHB looks at “Superfoods”

Today: Green Tea

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.

The main difference between green tea and black tea is their processing, specifically the level of oxidation. Green tea is unoxidised, halting the oxidation process early with heat, resulting in a fresh, vegetal flavour and green colour. Black tea is fully oxidised, developing a richer, maltier flavour, a darker colour, and higher caffeine content. Green tea contains a type of “Polyphenol” called a “Catechin”. Catechins are antioxidants that help prevent cell damage and other health benefits. Research suggests that drinking green tea may benefit cognition, mood, and brain function, possibly due to compounds in green tea like caffeine and “L-Theanine”. A 2020 study also suggested that green tea is linked with a 64% lower chance of cognitive impairment in middle-aged and older adults.



A 2022 Review found that green tea’s ability to positively influence metabolism is enhanced with aerobic or resistance exercise. That said, the National Institutes of Health Office of Dietary Supplements suggests that while some studies do show an ability for green tea to improve how your body breaks down fat, its overall effect on weight loss is likely to be small.

Green tea comes from the leaves of the *Camellia sinensis* plant, which is native to China. While China is the original home of green tea, the plant is now cultivated and processed in many Asian countries, with China and Japan being the top producers. Tea may be considered “better” than coffee because it provides a gentler, more sustained energy boost without the jitters and crash often associated with coffee’s higher caffeine content, due to the L-theanine in tea. Tea also offers a diverse range of beneficial antioxidants, like catechins and flavonoids, linked to various health benefits, and is less acidic, which is often better for digestion and sensitive stomach.

Flavoured green teas are generally considered healthy, especially when made with natural ingredients like fruits, herbs, or spices, as they often retain the benefits of green tea, such as antioxidants and anti-inflammatory properties. However, it’s crucial to check the ingredient list for added sugars or artificial ingredients, which can diminish the health benefits and make the tea less healthy

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 have probably mentioned this before here - I know I have on the health pages - but I certainly recommend a health check every nine to twelve months, even if you are not feeling ill at all. It helped me recently with my blood pressure (which was quite high, but now back to normal), but also, as we get older, can help prevent future issues by noticing things early.

Just pop into your medical practice and ask!!



There are probably people saying “why are you even mentioning Christmas?”, but I do it to show that there is still plenty of time to work towards your 2025 goals and targets that you hopefully made in January.

It's thirteen weeks - lots of days - so do not think about waiting for the new year, but go hell for leather now and see just what you can achieve.

Have faith in yourself. Go for it.

London is fascinating. And I have seen a fair bit of it over the last three months - due to my desire to lose weight, as well as walk a million steps in 100 days. I actually achieved my goal in 51 days, and one of my favourite walks involved Regent's Park.

Here I am opposite, posing beside some fantastic wooden carvings that I found in there.

There really is a lot to see if you actually put some effort in. I hear people say they are bored with nothing to do, so why not just get outdoors and start investigating your local area and beyond?



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?

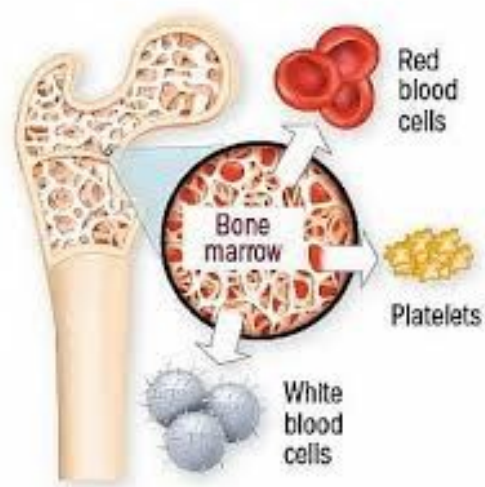
Bone Marrow

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

Bone marrow is the soft, fatty tissue inside of bone cavities. Components of your blood including red and white blood cells and platelets form inside of your bone marrow.

Bone marrow makes nearly all the components of your blood. It's responsible for creating billions of red blood cells daily, along with white blood cells and platelets.

Red blood cells bring oxygen to the tissues in your body and release carbon dioxide to your lungs for you to exhale. Oxygen turns into energy, which is an essential function to keep your body healthy. Bone marrow also stores fat that turns into energy as needed. White blood cells are a part of your immune system that protects your body from infection. These cells circulate through your bloodstream and tissues to respond to injury or illness by attacking any unknown organisms that enter your body. Platelets are cell fragments and the smallest component of your blood. Their primary job is to stop the bleeding if you're injured. If a blood vessel is damaged, platelets cluster together to form a plug first and then a clot to stop the blood loss.



Did you know, you can donate bone marrow? Yes, bone marrow and the healthy cells it produces are necessary for humans to live. Often, cell mutations harm healthy bone marrow cells, and a bone marrow transplant would be a treatment option for people diagnosed with blood cancers like leukaemia. A bone marrow transplant takes healthy cells from a donor and puts them into your bloodstream. The donor's cells help your body grow healthy red and white blood cells and platelets.

There are three parts to the anatomy of your bones: compact bone, spongy bone and bone marrow. Compact bone is the strong, outer layer of your bones. Spongy bone makes up the ends of your bones. Bone marrow is in the centre of most bones and in the end of spongy bones in your body. Bone marrow and blood vessels fill cavities in your bones, where they store fat and stem cells and produce blood cells that make your whole blood.

Bone marrow is made of stem cells. These stem cells make red bone marrow, which creates blood cells and platelets for your blood. Yellow bone marrow consists mostly of fat and stem cells that produce bone and cartilage in your body.

Therefore, bone marrow is the foundation of your bones, blood and muscles. Keeping your bone marrow healthy focuses on supporting components of your body that grow from bone marrow cells. You can keep your bone marrow healthy by:

- Eating a diet rich in protein (lean meats, fish, beans, nuts, milk, eggs).
- Taking vitamins (iron, B9, B12).
- Treating medical conditions where bone marrow abnormalities are a side effect



HMHB's Name Game Page:

Can you name these US Drama 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



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Tomato Macaroni Meatballs

**Lazza has been trying out new recipes for over five years
His first time making: Tomato Macaroni Meatballs from scratch**

Meatballs - I got 24 beef/pork
Chopped Onion: Garlic
Macaroni: Baby Plum Tomatoes
Tin Chopped Tomatoes:
Tomato Passata: Tomato Puree.
Mozzarella to slice up.
Basil, Oregano, Parsley
Chicken Stock (200ml)
Salt/Pepper: Greek Yoghurt to serve.

Parsley, is a species of flowering plant in the family “Apiaceae” that is native to Greece, Morocco, and the former Yugoslavia. It has been introduced and naturalised in Europe and elsewhere in the world with suitable climates, and is widely cultivated as a herb. It was brought to England and apparently first cultivated in Britain in 1548, though literary evidence suggests parsley was used in England in the Middle Ages as early as the Anglo Saxon period.

You can of course make your own meatballs, but I saw some in the supermarket and wondered what I could do with them - hence the pack.

I cooked the meatballs most of the way through in oven, and then put them aside.
I also put the macaroni on to cook, as per the instructions. You can choose your own amount as per your own taste.

For the vegetable mix, I first put the chopped onion and garlic into a pot to cook in some oil until tender.

I added in the 200ml chicken stock and the passata and gave a good stir.

I then put in the tinned chopped tomatoes, and the halved baby plum tomatoes.

I allowed this to cook away for several minutes.

I then added in a generous amount of Basil, Oregano, with salt and pepper to season.

After around 20 minutes - I put the meatballs at the base of my oven dish, covering them up with the macaroni.

I spooned the tomato mix evenly over both of them, adding sliced Mozzarella over the top of that.

Finally I sprinkled on some parsley and cooked the lot at 180C for around 25-30 minutes. 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, meal to prepare.**

PLACES TO VISIT IN LONDON

HMHB recommends places we have been.

The **Museum of Brands**, close to Ladbroke Grove, describes itself as “a nostalgic journey through 200 years of social change, culture and lifestyle. It is an exciting new way of looking at history through the things that generations of families have thrown away. It’s a journey back through the memories of your childhood, all brought back to life again by the Time Tunnel: a fascinating insight into how we have lived since Victorian times.”

There is an entry charge, so do check their website, but they were very kind to us, as we are a community project, offering us a wonderful discount that enabled us to take a group of 15. And they were right in their description, it was a real walk back through the history of a variety of products and innovations. We had people in their 20s to their 80s, so there was definitely something for everyone to enjoy. Including, a lovely garden area for coffees/teas/nibbles.

We thoroughly recommend a visit.



Southwark Playhouse Theatre - with two venues close to each other (Borough and Elephant) close to Elephant & Castle Station - it is a venue for cost friendly theatre tickets, and puts on some fantastic shows. “Southwark Playhouse curates and produces a diverse program of theatre throughout the year, focusing on telling thought-provoking stories from various voices. It also runs a free, year-round participation program that provides theatre-making activities for all ages, focusing on access, diversity, and inclusion”.

We have been a few times, as you can see opposite, and they very kindly recently donated some free tickets to a couple of their productions, which was very kind of them, and I know our users enjoyed both (The Trials & A Midsummer Night’s Dream)

www.southwarkplayhouse.co.uk

EXERCISE/FITNESS

Exercising as we get older. - 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.

This was advice I found online through a BUPA Therapist that I thought was very relevant.

“Being active is an important part of a healthy lifestyle for everyone, but especially as we get older. As you age and perhaps begin to have aches and pains, or develop a health condition, you may be put off doing exercise. But staying active may be the key to keeping healthy, mobile and independent. It can also stop existing health problems getting worse, and reduces your risk of developing new ones.”

Getting enough exercise can benefit your physical and mental health.

Doing regular exercise can reduce your risk of getting:

- High Blood Pressure
- Heart Disease
- Stroke
- Type 2 Diabetes
- Osteoporosis
- Osteoarthritis
- Back Pain
- Some Cancers, such as breast cancer and bowel cancer.



Exercise can also improve the strength of your muscles and stability of your joints. This means you're less likely to have an accident or a fall and hurt yourself.

Regular exercise can also help:

- your ability to continue with everyday activities and be independent
- how well your brain works and your memory
- to boost your feelings of wellbeing and self-esteem.

You should aim to be as active as possible.

- Aim for 150 minutes (two and a half hours) of moderate intensity aerobic activity every week, building up gradually from what you do now. During moderate exercise, your breathing and heart rate are faster, and you feel warmer, but you'll still be able to talk.
- Do some activities that make your muscles stronger and help with balance and flexibility, at least two days every week.

If you're just getting started, take it easy at first and gradually increase how much activity you do to build up your fitness. The most important thing is to spend as little time as possible being inactive. Any activity is better than none – more is better still.

EXERCISE/FITNESS:

Exercising as we get older. - 2

If you're already regularly active, you could try doing 75 minutes of vigorous exercise spread over the week. If you're doing vigorous exercise, your breathing will be much deeper and quicker, and your heart rate will increase quickly. You'll find it harder to talk too. Or you could do a combination of moderate and vigorous activity.

Your aerobic fitness shows how healthy your heart and lungs are. As you get older, your aerobic fitness tends to get lower naturally. But you can stop this by doing any activity that increases your heart rate and makes you slightly breathless. You may find it helpful to use a pedometer or step counter. This can help you decide whether you could be more active, especially at certain times of the day or on certain days of the week. You can do as many steps as you want but the more the better. This is a guideline:

- Doing 10,000 steps a day means you're very active
- Doing 5,000 to 10,000 steps a day means you're moderately active.
- Doing less than 5,000 steps a day means you're inactive and could try to walk more if you can.



Here are some ideas to get more aerobic exercise.

- Bike ride to the shops.
- Brisk Walking – make it more interesting by listening to an audiobook or podcast while you walk.
- Swimming – try doing more lengths each time you go. Swimming is low-impact, so a good choice if you have hip or knee pain
- Aquarobics is a good activity for everyone – water supports your weight while you exercise.
- Dancing – this could either be a class, or simply put on some music and dance in your house if you have space.
- Gardening which you might enjoy and is great exercise.

Your muscles lose strength as you get older, but it's possible to limit how much strength you lose. Try building up your muscles with some strengthening exercises. Keeping them as strong as possible will make it easier for you to carry out daily activities and prevent falls. You can strengthen your muscles with everyday activities .

Here are some ideas of strengthening activities.

- Pilates - this gentle exercise with slow movements will boost the strength of some of your major muscle groups.
- Tai chi - this gentle, Chinese martial art may boost your flexibility and balance.
- Yoga - some types are more demanding than others, so ask your instructor about the different types and classes.
- Swimming or water aerobics. This type of exercise can help maintain muscle mass and strength, while being low-impact.
- Carrying shopping - this has the hidden benefit of working your muscles.
- Heavy gardening like digging - gives fresh air and work your muscles at the same time.
- Going to the gym and lift light weights - an instructor can advise you on what exercises to do
- Balance Exercises - balance is very important for maintaining health as you get older. Studies should that if you can balance on one leg for 10 seconds it is associated with lower risk of premature death. Try dancing or bowls for improving balance.

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

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
   **BETTER**
www.better.org.uk





Clissold Park Health Walks

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

We meet Highbury
Grange Medical Practice
every Thursday 11am

RmR62016.org.uk 😊 contact: 07964430456

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

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

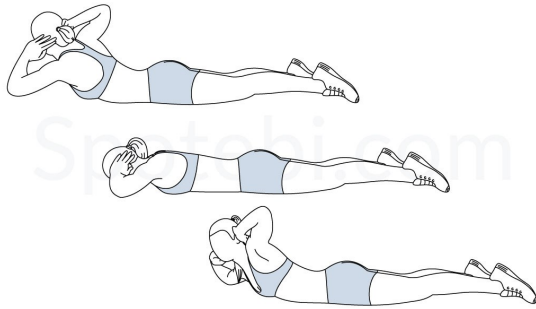
With help from the Walking/Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs:
Islington, Haringey, and Hackney.

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

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

EXERCISE/FITNESS:

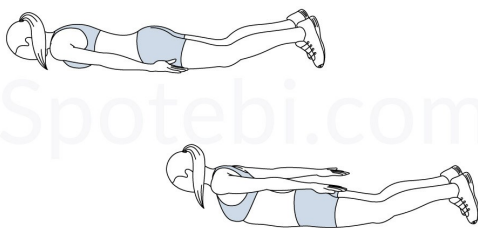
Let's Try Some Mat Exercises for your Back (*thx spotebi.com*)



SUPERMAN TWIST

Lie on your stomach with your legs fully extended, arms bent, and hands behind the ears. Lift and twist your upper torso to the side and pause for 2 seconds. Return to the starting position and repeat, twisting your torso to the opposite side. Keep your core tight, your spine neutral and engage your back muscles. Exhale as you twist your torso to the side and move only from the ribs up. Pause for 2 seconds and then breathe in as you slowly return to the starting position.

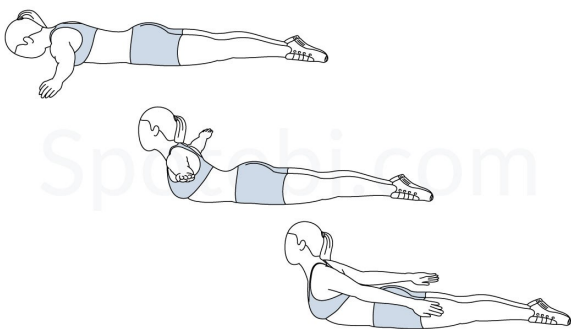
The superman twist targets the back muscles and is an excellent exercise to improve your posture and give you a taller and slimmer-looking appearance.



PRONE BACK EXTENSIONS

Lie on your stomach with your legs fully extended and your arms extended back. Engage your back muscles and lift your torso. Pause for 2 seconds, then return to the starting position. Repeat until the set is complete. Maintain your head and neck in a neutral position, look down and keep your chin away from the chest. Breathe out as you lift your torso, pause, and inhale as you return to the starting position.

The prone back extension targets and strengthens the back muscles, improves posture, and gives you a taller, slimmer-looking physique. This exercise also enhances your core strength and improves the stability of the spine.



T PRESS

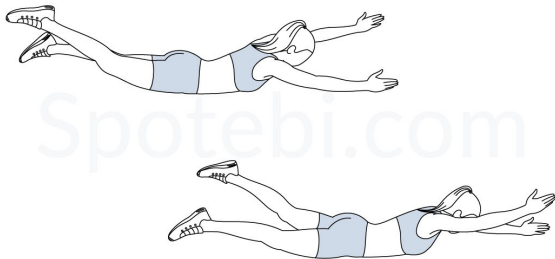
Lie on your belly with your legs fully extended and your arms forming a T shape with your body. Engage your back muscles to lift your torso and arms off the mat. Bring the arms to the sides, squeeze the shoulder blades, and pause. Return to the initial position and repeat. Keep your head, spine, and neck neutral, and maintain your arms and legs fully extended. Breathe out as you lift your torso and squeeze the shoulder blades, and pull the shoulders away from your ears. The T press strengthens the back and engages the deep abdominal muscles, which improves body alignment.

This is a good exercise to add to your routines if your goal is to tone your back muscles, improve core strength and promote good posture.

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

EXERCISE/FITNESS:

Let's Try Some Mat Exercises for your Back (*thx spotebi.com*)

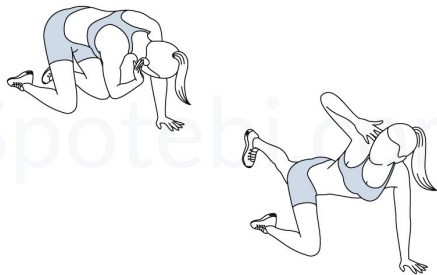


PILATES SWIMMING

Lie on your belly with your arms and legs fully extended. Raise both arms and legs off the mat and lift your head and chest. Flutter your arms and legs and keep alternating sides for the entire duration of the set.

Keep your arms and legs fully extended, maintain a neutral spine and elongate your body. Breathe slowly, pull your abs in, keep your core muscles tight, and maintain your hips and upper body stable.

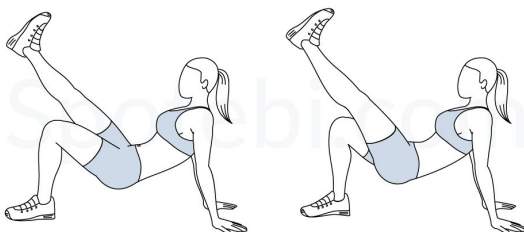
The Pilates swimming strengthens your back muscles and improves your posture, mobility, and stability. This exercise challenges the core and engages the deep abdominal muscles helping you improve body alignment.



DONKEY KICK TWIST

Start on your hands and knees, with the hands under the shoulders and the knees under the hips, and place your right hand behind your head. Extend your left leg to the back and rotate your torso to the right. Bend your left leg, bring your right elbow toward your left knee, and crunch. Repeat, and switch sides. Keep your head, neck, and spine neutral, relax your shoulders and engage your core. Breathe in as you extend your leg, and twist your torso only from the ribs up. Exhale as you bring the knee toward the elbow and crunch.

The donkey kick twist targets your abs, obliques, and lower back, and helps to sculpt and tighten your entire core. This exercise improves your posture and balance and stabilizes your lumbar spine.



CRAB KICKS

Sit on the mat with your knees bent, feet together, and place your hands behind you with your fingers facing backward.

Lift your hips off the mat and kick your right leg up.

Switch legs and repeat.

Keep alternating legs until the set is complete.

Keep your core engaged, your hips as high as possible, and switch legs as quickly as you can without losing form or using momentum. Maintain a steady breathing pattern, relax your neck and stay in control.

Crab kicks are a great exercise to develop core strength, improve your agility and increase your fitness level

If done quickly this exercise can also help you lose weight, improve your cardiovascular endurance and boost your metabolism.

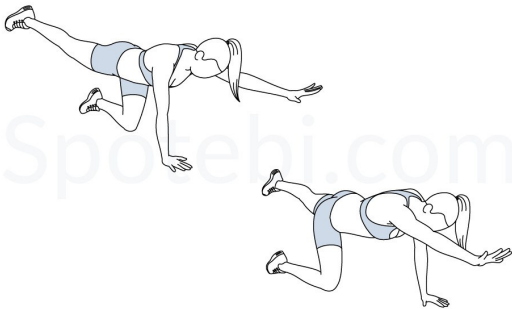
EXERCISE/FITNESS:

Let's Try Some Mat Exercises for your Back (*thx spotebi.com*)

BIRD DOG

Start on your hands and knees with the hands under the shoulders and the knees under the hips. Extend one leg and the opposite arm at the same time. Pause for 3 to 5 seconds, return to the starting position, and switch sides. Continue alternating sides until set is complete.

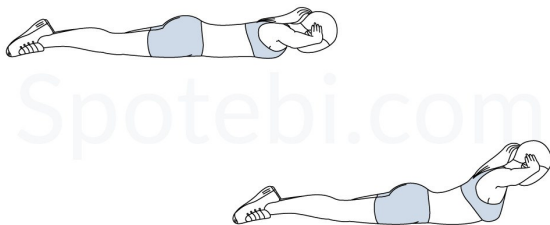
When doing bird dogs keep your spine in a neutral position, with your head and neck in alignment, and relax your shoulders. Breathe in as you lift your arm and the opposite leg, and maintain your torso stable by engaging your core. The bird dog is a great exercise to add to your workout routine if your goal is to strengthen your core and improve posture and balance. This exercise can also improve the stability of your lumbar spine and prevent lower back pain.



BACK EXTENSIONS

Lie face down on a mat, with your legs fully extended and your hands supporting your head. Lift your torso up with the help of your back muscles. Hold for a count of 2 and return to the starting position. Repeat until set is complete endurance, and fitness level. Use your hands to support your head and remove all the pressure from your neck. Engage your core muscles, keep your chin up and breathe out as you lift your torso up. Keep the movement smooth and within a comfortable range of motion.

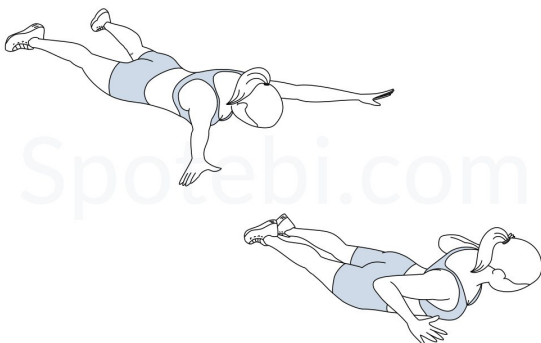
Adding back extensions to your workout routine helps to strengthen the back muscles and to improve posture and balance. In order to have a strong core, it's important to work not only your abs and obliques but also your back muscles.



COBRA LAT PULLDOWN

Lie on your stomach with your legs and your arms fully extended. Raise your upper body, bend your arms and bring your shoulder blades together. Lower your upper body and extend your arms. Repeat the movement until the set is complete. When doing the cobra lat pulldown keep your head in line with your spine and keep your abs tight. Breathe out as you lift your torso and, as you bend your arms, pull your shoulders away from your ears and squeeze your shoulder blades.

It's very important to add back exercises, like the cobra lat pulldown, to your core workout. Strengthening your back muscles helps to keep your spine aligned, improves your posture, and prevents lower back pain.



Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

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

Here are some fascinating facts for you to share.



The Kings in a pack of cards are generic, reflecting the royal courts of medieval Europe rather than individuals. However, back in the 16th Century, French and Spanish decks sometimes reflected four past leaders.

Clubs - Alexander the Great: Spades - King David:
Diamonds - Julius Caesar: Hearts - Charlemagne:
Although it is rumoured this continues, actually the naming of the court cards was a temporary practice that was eventually discontinued by the late 18th century.

Wearing headphones, especially outdoors, has become very common. It is nicer for people around you too.

But did you know, you could actually be hurting yourself? You cover your ears from the natural air when you wear headphones which increases the production of bacteria by 700% in 1 hour. Your eardrum cannot bear influx of bacteria in that much quantity so it starts to react by pain or hearing loss in long term. To minimise risk, regularly clean your headphones, avoid sharing them, and allow your ears to breathe by taking breaks and cleaning them regularly.



Yes, the photo is right: some lipsticks contain fish scales. Some lipsticks contain "Guanine", a crystalline substance derived from fish scales, to give products a pearlescent or shimmery effect. You can tell if a lipstick contains fish scales by checking the ingredients list for "guanine" or the cosmetic ingredient number "CI 75170".

Pearlescence comes from commercially fished herring. There are synthetic versions available and these are becoming more widely used.

This incredibly cute animal is a "Tarsier". The tarsier's an animal that seems to be taking the phrase 'eyes bigger than your stomach' as a literal challenge. The little, leaping primates have massive eyes, long, thin alien-like fingers and heads that rotate like they're auditioning for a part in a remake of The Exorcist. Sadly, their cuteness has made them popular over the years as pets or as props forced to pose for tourist photos, causing them distress.



HEALTH / ROUTINE

Common Foot Problems - Achilles Tendon

As some may know - I decided to take on a walking challenge this summer - a million steps in one hundred days. I started on Monday 23 June, as that would have taken me to finish on the Tuesday 30 September. The average number of steps per day, as you probably have realised, was 10000 steps a day. I thought it was ambitious. But I smashed it. I completed the million on day 51 - August 12th. And lost one and a half stone while I did it.

But it made me focus on my feet. And even now I am still feeling the lasting effects of the walking - especially on the base and the Achilles on my heel. So I thought I would take a bigger look into what I may have done, and also other common foot ailments.

Achilles Tendon

I really noticed my Achilles tendon as it got quite sore - and in fact still is a bit.

The Achilles tendon is the tendon at the back of your leg right above your ankle. In fact, it is the thickest and strongest tendon in your body. It connects your calf-muscles to your heel bone (calcaneus). Calcaneal tendon is the medical name for the Achilles tendon. Tendons are cords of strong, flexible tissue that connect muscles to bones throughout your body.

The Achilles tendon gets its name from Achilles — a hero in ancient Greek mythology who was invulnerable to any injuries except for one spot on the back of his heel.

When you contract (squeeze) a muscle, its tendons pull the attached bone, making it move. They're like levers that help bones move when your muscles contract and expand. Your Achilles tendon lets you move your heel and foot. When your calf muscles contract, your Achilles tendon lifts your heel. You use your Achilles tendon when you walk, run, jump, climb stairs, and stand on your tiptoes.

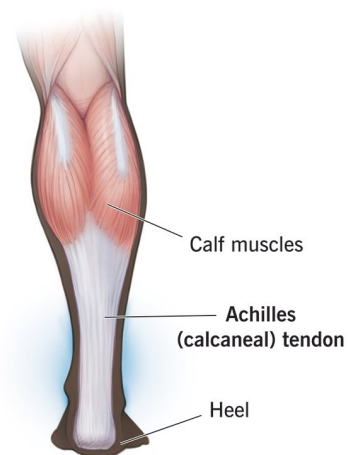
The Achilles tendon is made of two types of proteins — collagen and elastin. Collagen is the most common protein in your body. It's around one-third of your body's total protein. It gives your tendons strength. Elastin is stretchy and helps your tendons extend and bounce back to their original shapes as you move. Your Achilles tendon gets blood from two blood vessels in your lower leg. Two nerves — the "Sural Nerve" and "Tibial Nerve" — control the Achilles tendon and give it feeling (sensation).

You might not always be able to prevent Achilles injuries, especially if they happen when you fall, jump or are playing sports. In general, you can follow these tips to reduce your injury risk:

- Wear the proper protective equipment for all work, sports and physical activities.
- Don't "play through the pain" during or after physical activity.
- Give your body time to rest and recover after intense activity.
- Stretch and warm up before playing sports or working out. Stretching your Achilles tendon takes pressure off your ankle joint and is the best way to prevent injuries.
- Cool down and stretch after physical activity.

Visit your local medical practice as soon as you notice pain in or near your Achilles tendon.

Achilles tendon



HEALTH / ROUTINE

Common Foot Problems - Athlete's Foot

Athlete's foot is a common fungal infection (caused by a fungus). Athlete's foot causes an itchy, stinging, burning rash on the skin on one or both of your feet. Athlete's foot is most common between your toes, but it can also affect the tops of your feet, the soles of your feet and your heels. Your skin may become scaly and cracked or develop blisters. Sometimes, your feet smell bad.

Athlete's foot is a form of ringworm. "Tinea pedis" is another name for athlete's foot. "Tinea" is another name for ringworm, and "pedis" means foot or feet.

Athlete's foot can affect the skin between your toes, the bottoms of your feet, the tops of your feet, the edges of your feet and your heels. Your skin may appear irritated (red, purple, grey or white), scaly or flaky.

Athlete's foot is common. Estimates suggest that 3% to 15% of the population has athlete's foot, and 70% of the population will have athlete's foot at some time in their lives. Although Athlete's foot affects everyone, it is most common in males and people over the age of 60. You may be more likely to develop athlete's foot if you have:

- Diabetes
- Obesity.
- A weakened immune system.
- Tissue damage or wounds on your feet.



Athlete's foot is contagious. It's a fungus that grows on or in your skin. Fungi (plural form of fungus) need warm temperatures and moisture to grow. People often wear socks and tight shoes every day, which keep their feet warm and moist. This is the perfect environment for athlete's foot to grow.

Athlete's foot can spread across the bottom of your foot. This is moccasin athlete's foot. In feet with moccasin athlete's foot, the skin on the bottoms, heels and edges of your feet are dry, itchy and scaly.

In severe cases of athlete's foot, you may develop fluid-filled blisters or open sores. Blisters often appear on the bottoms of your feet, but they may develop anywhere on your feet. Open sores often appear between your toes, but they may appear on the bottoms of your feet. Your feet may also smell bad.

Athlete's foot doesn't typically go away on its own. If it's left untreated, it can spread to other areas of your body, including your:

- **Nails:** Fungal nail infections can be more difficult to treat. They're often more resistant to many treatments.
- **Hands:** A similar fungal infection can spread to your hands. This happens when you scratch your infected feet or use the same towel to dry off your infected feet and hands.
- **Groin:** The same fungus that causes athlete's foot can also spread to your groin. It's a condition called "jock itch". The fungus typically spreads from your feet to your groin after using a towel to dry off after bathing or swimming.

Keep your feet clean, always wash your socks, bedding and towels in hot water, dry your feet thoroughly, and wear flip flops in communal changing rooms, pools, saunas, and showers.

HEALTH / ROUTINE

Common Foot Problems - Bunions

A bunion is a bony bump that forms at the base of your big toe. Bunions develop on the inside edge of your big toe joint — the “Metatarsophalangeal” (MTP) joint. The MTP joint is where the base of your big toe meets your foot. The medical term for bunions is hallux valgus. Visit your local medical practice if you notice a bump on your big toe, especially if you’re experiencing pain, stiffness or numbness in your toes or feet.

Bunions are very common. In fact, bunions on your big toe from extra pressure are the most common, but they can form on other toes and for other reasons, too. Other types of bunions include:

- Congenital bunions (congenital hallux valgus): Some babies are born with bunions.
- Juvenile or adolescent hallux valgus: These are types of bunions that affect people younger than 18.
- Tailor’s bunion (bunionettes). Tailor’s bunions form at the base of your little (pinkie) toe. They’re usually the result of wearing shoes that don’t fit correctly or doing an activity that presses your little toe in toward your other toes.



The most obvious symptom of a bunion is the growth that forms at the base of your big toe. You can usually see and feel the bony bump. But a bunion can cause other symptoms, including:

- Pain or stiffness in your big toe.
- Swelling.
- Discolouration or redness.
- An inability to move or bend your big toe (you might feel pain or a burning feeling when you bend your toe).
- Difficulty wearing certain types of shoes, or pain that gets worse when you’re wearing shoes.
- Corns or Calluses (thickened skin).
- Hammertoes (painful, tight toe tendons and joints).
- Numbness in or around your big toe.

There’s not just one reason why bunions develop. It’s thought that a combination of factors - like family history, abnormal bone structure, increased motion and shoe choice - can cause them. When something puts extra pressure on your big toe joint for a long time (usually years), that pressure can push your joint out of its natural alignment and toward your other toes. Eventually, a bunion forms on your MTP joint when your body compensates for your toe being pushed out of its usual place. The most common causes of extra pressure on your big toe joint include:

- Wearing narrow or pointed shoes that crowd your toes (shoes with a narrow toe box).
- The way you walk (your foot mechanics).
- Health conditions that cause inflammation (like Rheumatoid Arthritis or Lupus - an autoimmune disease that makes your immune system damage organs and tissue throughout your body).
- Standing for a long time or working on your feet

Since bunions are caused by a combination of several different reasons, they can be difficult to prevent. That being said, wearing well-fitting shoes may help reduce the progression of bunions.

HEALTH / ROUTINE

Common Foot Problems - Blisters

Your skin consists of three layers: the “Epidermis”, the “Dermis” and “Subcutaneous (below the skin) Fat”. A blister forms under the epidermis as a fluid-filled sac. Typically, it may be filled with clear liquid or blood, depending on the injury that damaged your skin.

Blisters may be painful or itchy. If a blister gets infected, it will fill with milky-white pus. Blisters most often show up on the feet or hands, but they can appear anywhere on the body.

You can get blisters in several different ways, including some diseases. The most common types of blisters include:

- **Blood blisters:** You can get blood blisters when something pinches your skin. Instead of clear liquid, blood floods the area from broken blood vessels and damage to the lower layers of the skin. The blood pools and forms a blister.
- **Friction blisters:** Caused by rubbing on the skin, friction blisters form when clear fluid builds up in the upper layers of skin. Many people get friction blisters from walking too much in poor-fitting shoes or by not wearing socks. You can also get them on your hands from holding things like shovels or other tools.
- **Heat blisters:** You can get these blisters from burns or sunburns. They may also form after you warm up from frostbite. Blistering skin is part of a second-degree burn.



They are not something to normally worry about. Blisters generally do not need a medical professional to look at them. There are no tests or diagnostics for blisters. If a burn or frostbite caused your blisters, a healthcare provider may need to treat the underlying cause. You may also need to see your provider if a blister shows signs of infection, such as:

- Pus (yellowish or greenish discharge).
- Hot or painful area around the blister.
- Red streaks around the blister.

Blisters generally heal on their own within a few days. You can do a few things at home to make them more comfortable:

- Wash the area gently with a mild soap.
- Apply antibacterial cream or ointment.
- Cover the blister with a bandage or gauze

Be sure to change the bandage at least once a day. And resist the temptation to pop or break a blister or peel it off. The skin on the blister protects deeper layers of skin from infection.

How can you help prevent the friction blisters you get - especially on your heels?

Friction blisters result from repeated rubbing. To prevent them:

- Make sure your shoes fit well and do not rub.
- Break in new shoes before wearing them for extended periods
- If your feet get sweaty, change to dry socks as soon as possible
- Apply sports tape, such as moleskin, to susceptible areas like heels or toes to reduce friction.

Laughter is the Best Medicine

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

I got twenty per cent off a tent in the sales, and slept in it from December to January. It was the Winter of My Discount Tent.

Something that is not commonly known is that Leather is rated based on its texture.

Cows with abundant water sources have softer hides and are rated A.

But hides from cows living in hot, dry climates are D-hide-rated.



Ghandi walked barefoot most of the time, producing a large set of impressive calluses on his feet. He also ate very little which made him rather frail, and he ended up suffering with bad breath from a poor diet.

This made him a Super Calloused Fragile Mystic Hexed With Halitosis.

I was going to tell a time-travelling joke, but you guys did not like it.

One day, Einstein has to speak at an important science conference. On the way there, he tells his driver that looks a bit like him, "I'm sick of all these conferences. I always say the same things over and over!" The driver agrees: "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the conference in your place". "That's a great idea!" says Einstein.

"Let's switch places then!" So they switch clothes and as soon as they arrive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it. But in the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So this guy stands up and interrupts the conference by posing his very difficult question. The whole room goes silent, holding their breath, waiting for the response. The driver looks at him, dead in the eye, and says, "Sir, your question is so easy to answer that I'm going to let my driver reply to it for me".

NUTRITION: Lazza's Kitchen Adventure

Apple and Plum Cobbler

**Lazza has been trying out new recipes for over five years
His first time making: Apple and Plum Cobbler from scratch**

Ingredients

FRUIT: 2 x cooking apples: 8-10 plums
100g Brown Sugar: 100g Softened Butter
Vanilla: Lemon Juice: Cinnamon.

COBBLER: 1 x Large Egg: 100ml Milk
300g Plain Flour: 100g Brown Sugar
150g Softened Butter
Large Teaspoon Baking Powder
Vanilla Essence
Cinnamon: Ginger: Mixed Spice

Plums are likely to have been one of the first fruits domesticated by humans. An article on plum tree cultivation in Andalusia (southern Spain) appears in Ibn al-'Awwam's 12th-century agricultural work, "Book on Agriculture". Plum cultivation is recorded in medieval monasteries in England. A garden with 'ploumes' and 'bulaces' is referred to by Chaucer. In the late 18th century, the word plum was used to indicate "something sweet or agreeable", probably in reference to tasty fruit pieces in desserts as in the words "Sugar Plum".

To make the softened fruit for the base.

Slice up the apples and plums. In a saucepan, melt the butter with the sugar, and add in the fruit, with a splash of vanilla, sprinkle of cinnamon, and splash of lemon. Let that cook away till the fruit is beautifully softened.

Meanwhile in a bowl add the dry ingredients and stir together (flour, sugar, baking powder, ginger, cinnamon, mixed spice).

In a jug, whisk the egg into the milk and vanilla essence.

Pour that into the dry mix and whisk hard till it comes together like a cake mix.



Place the fruit into the bottom of your oven dish and spoon the cobbler mix on the top. It does not need to connect as the juices can then push through. Sprinkle a little brown sugar over the top too.

Bake in the oven for around 25-35 minutes, until the cobbler mix is cooked through.

I served with some Clotted Cream - and this was really 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.**

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: **S**

(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



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.

The Shaw Trust logo, featuring the words "shaw" and "trust" in a bold, dark blue, sans-serif font, stacked vertically on a light blue rectangular background.

The Sadlers Wells logo, featuring the words "SADLERS WELLS" in a white, bold, sans-serif font, arranged in three rows (SADL, ERSW, ELLS) on a red rectangular background.

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 Latch / Patch 2 Dunk / Bush 3 Puberty / WAYLT
 Round Two: 1, 29: 2, 1066: 3, 7: 4, 12: 5, 1600:
 Round Three: 1, 1403: 2, 1907: 3, 1847: 4, 1956. 5, 7600.
 Round Four: All Middle Names of US Presidents.
 Round Five: 1 QAB: 2 TGM: 3 TI: 4 SAA:
 Round Six: 1 California: 2 Utah: 3 Nevada: 4 New York.: 5 Louisiana



Review for this month's Challenges and Targets

Mind-set:

You can change your mindset by learning and choosing to believe that your characteristics are not predetermined. Your mindset can be affected by internal factors such as personality, health, and self-talk, as well as external influences like your environment, social connections, and life experiences, including stress, trauma, and major life changes. Developing a positive and flexible growth mindset can help you overcome challenges by consciously changing your focus and challenging negative thought patterns.



Nutrition.

A plant-based diet can improve health by lowering the risk of heart disease, type 2 diabetes, obesity, and certain cancers due to its rich content of fiber, vitamins, and minerals and lower levels of saturated fat and cholesterol. It also promotes a healthy immune system, helps with weight management, and has been linked to longer lifespans. It's crucial to ensure the diet is well-planned and includes a variety of whole foods like fruits, vegetables, whole grains, and legumes to avoid nutrient deficiencies.



Exercise.



It is never too late to start moving. It's important. You need to keep exercising as you age to prevent and manage chronic diseases like heart disease, stroke, and diabetes, improve strength and balance to reduce falls and injuries, enhance mental health by boosting mood and cognitive function, and maintain independence for a higher quality of life in later years. Regular physical activity helps your body function more efficiently, boosts your immune system, and can even increase your life expectancy.

Health.

How often do you think about your feet? Considering you are on them all day, they are vital. To look after your feet, wash and dry them daily, especially between the toes, to prevent infections. Regularly check for cuts, sores, or redness. Trim toenails straight across to prevent ingrown nails, and use a foot file or pumice stone to manage hard skin. Apply moisturiser to the skin, avoiding between the toes, and wear well-fitting, supportive shoes to protect your feet and prevent injuries.



**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: The “original” groups that had those Smash Hit Dance Songs, plus year released?

1. 1976: Rose Royce
2. 1978: Blondie
3. 1976: Harold Melvin & Blue Notes
4. 1966: Eddie Floyd
5. 1975: KC & The Sunshine Band
6. 1982: The Pointer Sisters
7. 1976: Tavares
8. 1971: The Jackson Five
9. 1979: Sister Sledge
10. 1978: Chic
11. 1976: Boney M
12. 1979: Earth Wind & Fire (Emotions)
13. 1978: Donna Summer

Geography: The country/countries that have land borders with those previously named.

1. Bolivia, Brazil, Argentina
2. Belize, Guatemala, United States
3. Finland, Russia, Sweden
4. USA, Denmark (look it up)
5. France, Spain
6. Benin, Cameroon, Chad
7. Latvia, Russia
8. Cambodia, China, Laos
9. Argentina, Brazil
10. Djibouti, Ethiopia, Kenya
11. Spain
12. Saudi Arabia
13. Nobody
14. China, Russia, South Korea

Movies: The country where those films were mainly based, and the year that the film was released?

1. 2003: Australia
2. 2019: South Korea
3. 2001: France
4. 2009: Sweden
5. 1993: Poland
6. 1996: Scotland
7. 2015: Germany
8. 2023: Italy
9. 2008: China
10. 1975: Ireland
11. 1992: United States of America
12. 1984: Colombia
13. 2001: Japan
14. 2001: Greece
15. 1996: Argentina
16. 1966: Russia
17. 2012: Iran

The World: The Top 20 Cocoa Bean Producers.

Ivory Coast: Ghana: Indonesia: Ecuador: India
Brazil: Cameroon: Nigeria: Peru: Dominican Republic
Columbia: Papua New Guinea: Uganda: Mexico
Democratic Republic of the Congo: Venezuela:
Guinea: Madagascar: Liberia: Sierra Leone.

QUIZ ANSWERS

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

- | | |
|------------------|----------------------|
| 1: Courtney Cox | 2: Brian Cranston |
| 3: Kevin James | 4: Kirstie Alley |
| 5: Ray Romano | 6: David Hyde Pierce |
| 7: Sean Hayes | 8: Steve Carell |
| 9: Martin Sheen | 10: Chris Pratt |
| 11: Jon Hamm | 12: Peter Dinklage |
| 13: Pedro Pascal | 14: James Gandolfini |
| 15: Halle Berry | |

Geography:

The Top 25 largest countries by Area Size

Russia, Canada, China, USA
Brazil, Australia, India, Argentina
Kazakhstan, Algeria, Dem Rep of Congo,
Greenland, Saudi Arabia, Mexico,
Indonesia, Sudan, Libya
Iran, Mongolia, Peru, Chad
Niger, Angola, Mali, South Africa

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



ISLINGTON

Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well



Link to our Website