

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 48

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st May 2026



www.hmhb2016.org.uk



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

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“You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand”

Welcome to Issue 48 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

Our current venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



Here are some photos from some of our group outings in 2024. Wonderful memories. Fantastic times.

HMHB has delivered across Islington and beyond. HMHB get referrals from the NHS and other local projects. Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

Some recent health research that we find interesting.

New Toothpaste stops gum disease without killing good bacteria

Periodontitis is a common condition that can affect much more than just oral health. Scientists at Fraunhofer have discovered a compound that specifically blocks the bacteria responsible for this disease while leaving the rest of the oral microbiome intact. This innovation has since been developed into a range of oral care products by the spin-off company PerioTrap.

The human mouth contains more than 700 types of bacteria, but only a small number are linked to periodontitis. These harmful microbes collect in dental plaque, especially along the gum line, where they can trigger inflammation (gingivitis). If left untreated, this inflammation can progress into chronic periodontitis, leading to gum recession and tooth loss.



The risks extend beyond the mouth. When disease-causing bacteria enter the bloodstream, they may play a role in serious conditions such as diabetes, rheumatic disease, arthritis, cardiovascular disease, chronic inflammatory bowel disease, and even Alzheimer's disease.

Traditional oral care products like alcohol-based mouthwashes and chlorhexidine solutions kill harmful bacteria, but they also wipe out beneficial microbes. After treatment, the oral microbiome has to rebuild itself from scratch. In this process, harmful bacteria such as *Porphyromonas gingivalis* often regain dominance quickly because they thrive in inflamed gum tissue. Beneficial bacteria grow more slowly, which can lead to an imbalance known as “Dysbiosis” and allow the disease to return.

Researchers at the Fraunhofer Institute for Cell Therapy and Immunology IZI in Halle identified a substance that targets harmful pathogens without affecting the rest of the microbial community. This compound, called “Guanidinoethylbenzylamino Imidazopyridine Acetate” (literally a mouthful), works by preventing the growth of bacteria like *Porphyromonas gingivalis* rather than killing them outright. Stephan Schilling, Head of the Fraunhofer IZI branch Molecular Drug Biochemistry and Therapy Development, explains: "Rather than simply killing gingivitis pathogens, it inhibits their growth. They are unable to exert their toxic effects, so beneficial bacteria can occupy niches that would otherwise be inaccessible to them. In this way, the substance works in harmony with healthy bacteria to gently rebuild and stabilize the microbial balance in the mouth," says Schilling.

All testing followed Good Laboratory Practice (GLP) standards, ensuring that results meet strict national and international requirements. "Compliance with GLP guidelines was a key element of the project. We didn't just develop a good toothpaste with a new ingredient: we developed a high-quality oral care product of medical-grade standard," says Schilling.

Work on the technology is continuing. In addition to toothpaste, researchers and the PerioTrap team have developed a gel used after professional dental cleanings to block harmful bacteria, support a healthy microbiome, and maintain gum health.

More products are in development, including a mouthwash and other oral care solutions. There is also potential for use in veterinary care, since gum disease in dogs and cats has similar underlying causes.

HEALTH NEWS AND RESEARCH PAGE:

Some recent health research that we find interesting.

Early weight gain is linked to lifelong health consequences.

When people gain weight during life it can play a major role in their health decades later. A large study of more than 600,000 individuals from Lund University in Sweden examined how weight changes between ages 17 and 60 relate to the risk of dying from different diseases. The findings point to a clear trend: gaining weight earlier in adulthood has the strongest impact on long-term health.

Obesity has long been known to increase the risk of many diseases. Instead of focusing only on obesity at a single point in time, this research looked at how weight changes throughout adulthood influence health outcomes.

The most consistent finding is that weight gain at a younger age is linked to a higher risk of premature death later in life, compared with people who gain less weight," says Tanja Stocks, Associate Professor of Epidemiology at Lund University. She is one of the researchers behind the study, which has now been published in "eClinicalMedicine".



The study followed over 600,000 people using data from multiple records. Participants were included only if their weight had been measured at least three times, such as during early pregnancy, military conscription, or participation in research studies. Over the study period, 86,673 men and 29,076 women died.

Researchers tracked how body weight changed between ages 17 and 60 and compared those patterns with the risk of death from all causes and from obesity-related diseases (see fact box below). On average, both men and women gained about 0.4 kg per year.

The analysis showed that individuals who gained weight more quickly during adulthood faced a higher risk of dying from conditions linked to obesity. Those who developed obesity between ages 17 and 29 had about a 70 percent higher risk of premature death compared with people who did not become obese before age 60. Obesity onset was defined as the first time a person's body mass index, a measure based on weight and height (kg/m^2), reached 30 or higher.

"One possible explanation for why people with early obesity onset are at greater risk is their longer period exposed to the biological effects of excess weight," says Huyen Le, doctoral student at Lund University and first author of the study.

Many experts describe today's environment as an "obesogenic society," where everyday conditions make it harder to maintain healthy habits and easier to gain weight.

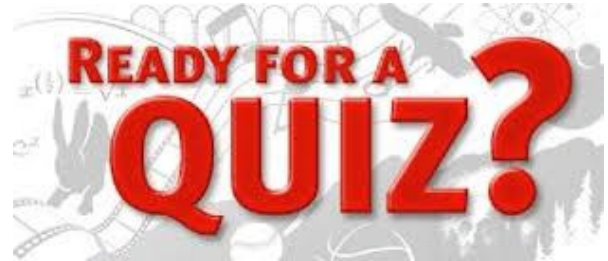
"It's up to policymakers to implement measures that we know are effective in combating obesity. This study provides further evidence that such measures are likely to have a positive impact on people's health."

The longer the body carries excess weight, the greater the damage appears to be. Interestingly, cancer risk in women didn't follow this pattern, suggesting other biological factors are at play.

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

WORLD SPORT:

Can you name the top 20 Olympic Medal Winning Countries from 1896-2024. Not including precursors (Soviet Union or East Germany). See what you come up with.



MUSIC: Who sang these songs that have animals in the titles, and year first released?

1. Crocodile Rock
2. When Doves Cry
3. Eye Of The Tiger
4. Karma Chameleon
5. Hungry Like The Wolf
6. Three Little Birds
7. Who Let The Dogs Out?
8. Octopus's Garden
9. Hound Dog
10. How Much Is That Doggie In The Window?
11. Bat Out Of Hell
12. Cool For Cats
13. Hounds of Love

FILMS: In which film do these songs appear, and when was the film first released?

1. Up Where We Belong
2. I Wan'na Be Like You
3. (I've Had) The Time Of My Life.
4. Some Day My Prince Will Come
5. You're The One That I Want
6. Do You Want To Build A Snowman?
7. Shallow
8. You're Welcome.
9. Stayin' Alive
10. I Just Cant Wait To Be King
11. I Will Always Love You
12. Under The Sea
13. Eye Of The Tiger
14. Be Our Guest
15. (Everything I Do) I Do It For You
16. A Spoonful Of Sugar
17. A Whole New World

LITERATURE: Who write these literary pieces with names in the title, and year published?

1. Jane Eyre
2. Matilda
3. Oliver Twist
4. Rebecca
5. The Picture of Dorian Gray
6. The Adventures of Tom Sawyer
7. Tess of the D'Urbervilles
8. Robinson Crusoe
9. Carrie
10. Dr. Jekyll and Mr. Hyde
11. Dr. Zhivago
12. Stuart Little
13. Waiting for Godot
14. Othello

THE UK:

From 1925-2024:

Can you name the 20 most popular Girl's names during those 100 years? Names go in and out of fashion, but these have been consistent in that time.



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 APRIL 2025

Delighted to attend a matinee performance at the Kings Head Theatre - "In The Print".
A clever play - a 90-minute political thriller detailing the 1986–1987 "Battle of Wapping," focusing on the high-stakes conflict between media mogul Rupert Murdoch and trade union leader Brenda Dean.
Here we are with some of the cast afterwards with coffees as part of their Old Queens Club, and it was terrific to be able to mix with the actors.

www.kingsheadtheatre.com



Here we are on this magnificent staircase on our first visit to Two Temple Place - a stunning Neo-Gothic mansion on London's Victoria Embankment, built for William Waldorf Astor in 1895. Known as "Astor House," it was designed by John Loughborough Pearson with lavish interiors, featuring intricate wood carvings, stained glass, and this famous mahogany staircase. Free to attend it is next to Temple Underground Station and well worth a visit.

www.twotempleplace.org



That's us, having some coffees in the Finsbury Park Café, where we normally stop off on our Monday walk. People are welcome to join us as it is a good start to the week, gets us up and out of the house/flat, and can be very uplifting.

The park is described as a 115-acre (46-hectare) Victorian public park in North London, opened in 1869 to provide recreational space for the working classes. We definitely enjoy our walks there.

www.finsburyparkcafe.co.uk



One of the best finds from the end of last year was discovering the free lunchtime concerts that are dotted around London. Three different venues are highlighted in this Pack - this one being St. James's Church, Piccadilly, handily on the 19 and 38 bus routes.

We are pictured here with Liana Storey - an award-winning Japanese-British pianist born in Kansas City and based in the UK, known for her performances of solo and concerto repertoire. She played a wonderful selection of pieces including a Beethoven Sonata she had used to win a major competition.

www.sjp.org.uk



HMHB Activity: Photos and Events from APRIL 2025

Yes, this is me at the gym. I am using myself to try and encourage fitness and health, and am back losing weight. Something I do struggle with. Highbury Leisure Centre on Highbury Crescent is moments from Highbury & Islington Station bringing great fitness options to North London. The gym covers a full range of equipment including an expanded free weights area, while the 25-metre pool offers lane swimming and a teaching pool for lessons. After training, relax in the sauna or steam room. Group cycle sessions take place in a dedicated studio, and classes include yoga, Pilates, HIIT, boxfit, circuits, strength and conditioning, barre and dance fitness.
www.better.org.uk/leisure-centre/london/islington/highbury



Our first visit for lunchtime concerts at St. Brides's Church, Fleet Street, saw us with Giacomo Tora - a critically acclaimed Italian pianist known for his "sensitive pianism" and debut album, "Hommage a BACH". Based in London, he has performed at prestigious European venues including Queen Elizabeth Hall and Steinway Hall. The level of talent is wonderful and to get the opportunity to hear these players for free is terrific.

www.stbrides.com

The Ned in London is a luxury hotel, private members' club, and dining destination housed in the former Midland Bank headquarters in the City of London. Opened in 2017, it features 250+ bedrooms, 10 restaurants, multiple bars, and a spa, with 1920s-inspired design elements located near Bank station. We were passing it and popped in, and will definitely be back for coffees. It was absolutely beautiful inside. How the posh live!!

www.thened.com/london



Our first ever visit to the London Mithraeum - an immersive, free-to-visit archaeological site located 7 metres below the Bloomberg European headquarters in the City of London. It showcases the reconstructed ruins of a 3rd-century Roman temple dedicated to the god Mithras, discovered in 1954. The Temple ruins are reconstructed on the site of their original discovery, featuring a 3rd-century temple of Mithras (c. 240 CE) with a central nave and side benches. Here we are standing in front of a wall covered in 600 Roman artefacts. Takes your breath away.

www.londonmithraeum.com



HMHB Activity: Photos and Events from APRIL 2025

Another treat at St Bride's Church, Fleet Street, as we discovered Jack Wood, a 28 year old Pianist and Composer, who played several contemporary pieces, including a selection he had written himself.

He has won competitions and you could see why. Designed by Sir Christopher Wren in 1672 after the Great Fire, St. Bride's church sits on a 2,000-year-old site featuring Roman and Saxon remains in its crypt. It is definitely worth a visit if you are in the area.

www.stbrides.com



A fun and thought provoking lecture at the LSO St Luke's - organised by Gresham College - with Professor Milton Mermikides taking us through the "Music Of The Mind". Using visual aids and music, it helped us see how we can be deceived by how music is written, how it can be used and how we perceive it. Our group joined a large gathering at the venue, and we are looking forward to a follow up lecture he is presenting in May.

www.gresham.ac.uk

As always, our super clever online Quizerium, devised and created by Professor Lazza himself, had our group of quizzers guessing and using their imagination throughout April. With rounds around true/false, a quirky picture, call my bluff, multiple choice, guessing the year or the number, and more, I really enjoy these evenings, which are such a laugh, and I am blown away at just how clever and imaginative the teams can be, as the real answers don't matter.



We hit pot luck in April with an open evening at St. Paul's Cathedral. For many of us it was our first ever visit inside - and I have to say I was completely blown away by the décor, carvings, mosaics, and the glorious interiors. A massive footprint. Designed by Sir Christopher Wren and completed in 1710 after the Great Fire of London, it is a 365-foot-tall iconic Anglican cathedral. Known for its massive dome—one of the largest in the world—and its role in the Blitz, it also houses the graves of Nelson, Wellington, and Florence Nightingale.

www.stpauls.co.uk

HMHB Activity: Photos and Events from APRIL 2025

Here we are surrounded by some of the amazing volunteers that help at the Second Chance Café, off Stoke Newington Church Street, N16.

Tasty food - soups, fruit crumble, cakes - washed down with coffee/tea/water - and even smoothies. Our monthly visits are a joy, and it really helps to pull the community together at a time of people watching their spending and needing to get out of the house. Big thanks to the whole team for their efforts.

www.2ndchancecafe.co.uk



We do like to have a wide variety of activities for our Tuesday exercise sessions - and we were once more delighted to be joined by our wonderful Zumba instructor Karina, who had us swaying and dancing - sometimes at the same time - even trying out a few songs we had never had before.

It really is a great start to the day and being in a group inspires you to do more, and we also have a good laugh, which is just as important.

Thx to Highbury Leisure, and Better Gyms, for support.

It was great to be back on the water in partnership with Better Lives and Islington Boating Club, returning to Kayaking at City Road Basin. We had seven of us with them, and the time just seemed to disappear. The weather was a little chilly, but bright, and the water looked cold. None of HMHB went in, and we had a good diverse selection of people there. Many thanks to Nicola and Tom and IBC, and Alison at BL. Made a big difference to our users, and to me.



We spent a fun Saturday lunchtime in April traipsing around the Southbank Centre, between Waterloo and Charing Cross bridges, searching for various Quentin Blake illustrations dotted around the building. QB is still alive, aged 93, and has provided drawings for over 300 Children's books, most notable for Roald Dahl. They are quite simple, but also a lot of fun, and there was a diverse selection to choose from. Here we are sat in front of a couple of Musicians on the sixth floor of the building.

Just an excuse to visit the Southbank.

www.southbankcentre.co.uk

HMHB Activity: Photos and Events from APRIL 2025

Another brilliant lecture, on a day of tube strikes, as part of Gresham College - this time “Why Do We Love?” - with Professor Robin May.

Our group managed to get to Chancery Lane to listen to a fascinating insight into Love, from the chemical side of it, to the emotional side, and even how the brain reacts to it. We even had the opportunity to ask questions.

I am delighted we found these lectures, and we will be attending three more in May.

Do check out their website for all you can attend.

www.gresham.ac.uk



Here are three of us outside the huge white church near Old Street: LSO ST. Luke’s.

They have free lunchtime concerts on certain days and we managed to catch a wonderful String Quartet, put together by members of the London Symphony Orchestra - two Violins, a Viola, and a Cello, playing pieces by Haydn, Schoenberg, and more modern female composer Montgomery.

We have now found five places that do free lunchtime concerts, and they are worth visiting.

www.lso.co.uk/free-friday-lunchtime-concerts

Our Thursday walk has been delightful lately, due to the cracking weather. We start later than the other two, at 11am, so we can catch the lunchtime sun.

Here we are at the Café at Clissold House, settling down to some delicious home baking by Ros, and some coffees and teas. The House has been in Clissold since the end of the 18th Century, and is one of the few that has not been extended or changed.

Do join us for a walk - check page 33 for details.

www.clissoldpark.com



On a glorious Saturday lunchtime we headed to Battersea Power Station to follow part of the Elephant Trail, over 20 painted elephants to find. We even managed to get to be beside the Thames, and some of the group headed into the local Battersea Park after some coffees and teas.

It’s a fantastic part of London now, and they have spent a huge amount of money doing the area up.

It is worth popping down for a look.

www.batterseapowerstation.co.uk



HMHB Activity: Photos and Events from APRIL 2025

Foundation Voice (SCP)
PDF - 1.7 MB

Open in M

FOUNDATION VOICE
ARSENAL ACTS

The Arsenal Foundation has helped to fund Healthy Minds, Healthy Bods, a local project that helps disadvantaged people live a healthier life through walks, exercise, social events and a course on mindset, health and nutrition. Founder Lazza tells us about it.

"I am Lazza, and I run my own Islington-based health project called Healthy Minds, Healthy Bods (HMHB). From an idea back in 2009, I have been working with users now since 2016 to terrific feedback.

I created HMHB after overcoming a couple of very tough depressions - things happen. But I didn't want people to feel the way I did and knew I could do something. I had come through various recovery routes - and there are some terrific ones in Islington - but they were very focused on dealing with the issues, naturally, and less on me as a person. I decided to see what I could start.

I had a solid work background. I had managed an international charity and had been a financial controller for a retail group overseeing multi-million-pound accounts, so I understood business management and the financial side, as well as working with customers.

We had to prove ourselves, and I'm proud to say we have designed a unique delivery, centred around fun and laughs, but also providing opportunities around fitness and group outings and events. We deliver more social events than any other health project in Islington.

HMHB created a pioneering course intervention to demonstrate that positive thinking, better nutrition, being fitter and understanding your body can all make people stronger, more energised and focused, and happier, and that's adults of all ages. We get referrals from the NHS and other local organisations, as well as delivering our course for AGE UK, MEND, Single Homeless Project, Change Crime Live, Better Lives, Job Centres and others.

HMHB also provide a ground-breaking 50-page Monthly Health Pack - the only one we know of in the country - that reaches thousands of people. I started this when Covid first emerged and the lockdowns meant we had to limit our face to face time with our users. The first of what was weekly issues was just ten pages, quickly rising to 14, then 18. We did 50 issues over the next 50 weeks, the last 30 of which were all 26 pages. I then changed to monthly publications of 36 pages. Towards the end of 2025 I changed to 50 pages every month. It reaches thousands of people around the country.

Our feedback is brilliant. Mary, a user who has cancer, says, "Meeting Lazza changed my thinking. Suddenly I had the info to start accessible exercise classes and take part in various walks and social activities. With a lot of medical appointments and the anxiety that end test results brings, I now had healthy fun activities that could help me both physically and mentally. It has meant a real change in my neurological state. I no longer fall down, have less vertigo, have better coordination and my mental and emotional state is more stable. I've made some lovely friends. All through Lazza's ability to connect us to the fabulous range of activities available. He spends most of his time researching and linking us up and creating accessible classes and events. His dedication is exceptional."

"What he does is take people out of themselves," says another user, Sue. "It puts the emphasis on things to do that are interesting and fun, so that people with caring responsibilities, disabilities, mental health problems, long-term illness and all sorts of difficulties have things to look forward to."

For more information or to donate visit www.hmhb2016.org.uk

A xxx

B The HMHB crew enjoy a day shopping at Islington Boat Club

C xxx

Like many projects, we can only work with funding - and being small we struggle - and that is especially true at this time. All our good work is in the balance. HMHB may have to close this year as we are struggling to obtain the funding we need, which is not a lot. We have great connections with Arsenal in the Community and funding from The Arsenal Foundation enabled us to take the group to a variety of venues and events. It's important because many are low income, but going in a group provides a feeling of belonging, community and lifts confidence and esteem.

We are looking for sponsorship, and if any business or individuals would like to contact us please do so through our website at www.hmhb2016.org.uk. It is so vital at this time and would mean the world if we could chat. I love Healthy Minds, Healthy Bods and I want it to continue. 🙏

It's ok, I realise you can't really read those words. HMHB featured in the Official Arsenal FC Programme on Wednesday 15th April, for their home game against Sporting Lisbon in the Champions League.

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

You can find the article here where you can read it properly:

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

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

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

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

Saatchi Gallery for four Exhibitions: Francis Crick Embryo Lecture: Karaoke night in Islington.

2 x Concert St. Bride's Church Fleet Street: 2 x Concert St. James's Church Piccadilly.

22 attending Lecture "Music of the Body": 8 attending Lecture "Manipulating People's Emotions"

9 attending two Kayaking Sessions with Better Lives: 3 x Sadlers Community Engagement sessions.

8 attending Maths Lecture "How Hard Is Too Hard?"; Our first Fish & Chips at St Luke's Community.

2 visits to Pleasance Comedy for 4 of us each time: Our monthly visit to the Second Chance Café.

Free Concert for 12 at the Royal Festival Hall: First Visit to British Dental Association Museum.

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

NUTRITION: Lazza's Kitchen Adventure

COCONUT/CHOC CHIP COOKIES

Lazza has been trying out new recipes for six years
His first time making: Coconut/Choc Chip Cookies from scratch

Ingredients:

175g of Unsalted Butter (room temp)
75g Light Brown Sugar
75g Demerara Sugar
Vanilla Essence
1 Egg
240g Plain Flour
Level teaspoon Bicarbonate of Soda
Chocolate Chips (you choose how many)
Desiccated Coconut (amount to taste)

Salted and unsalted butter exist primarily to serve different culinary purposes: Salted butter acts as a savoury, long-lasting table butter, while Unsalted butter is preferred for cooking and baking to control salt levels and ensure freshness. Salt acts as a preservative, extending shelf life to over 5 months, compared to about 3 months for unsalted. Unsalted Butter is generally considered healthier because it allows control over sodium intake, containing zero added salt compared to about 60mg per two teaspoons in salted butter.

I have to thank our wonderful friends Win and Rob for this recipe.

I beat together the butter and sugars until just combined.

I then added the Vanilla and the Egg and beat in well.

After mixing the flour and Bicarb I added that to the butter/sugar stirring it all in until it became a dough.

Fold in the chocolate and coconut and then chill it overnight (I did for 48 hours).

I lined two trays with greaseproof paper. I divided the mixture into golf ball size rounds and spaced them on the sheets, spacing well apart.

Bake for around 15 minutes (do keep an eye).

I cooled on the trays for a couple minutes before transferring to wire racks.

Very nice.



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:
Let's look at some Practical Life Skills.

Getting through life can be tricky. So having a good hold on some practical life skills can ease that burden and help to bring success. Practical life skills are essential, everyday abilities for independence and self-sufficiency, covering personal care, home maintenance, financial management, and safety. Key skills include cooking, budgeting, cleaning, basic repairs, time management, and effective communication, essential for personal, social, and emotional development.

Practical life skills are essential because they foster independence, self-confidence, and resilience, allowing individuals to navigate daily challenges efficiently. These skills reduce anxiety by providing control over one's environment and build high self-esteem through mastery of various tasks. Furthermore, they lay the foundation for essential executive functions like focus, responsibility, and problem-solving - all of which can help you to achieve goals and targets.



Struggling with life skills - such as organisation, emotional regulation, financial management, and communication - can lead to a cycle of chronic stress, inefficiency, and profound impacts on daily functioning. These difficulties can manifest in both personal and professional life situations, often causing individuals to feel overwhelmed, stuck, or incapable of meeting everyday demands.

So let's take a look at a few and see how you can improve them.

Cooking

We cover Nutrition as one of our core values in every issue, for a very good reason. Decent nutrition is needed for your body to function properly. And one good way to do that is to actually cook your meals, not buy them, especially the huge amount of processed foods that are now available.

I do get it. When I was working in an office I was a “pierce film-lid” man. Pop into the microwave and in a few minutes your meal is ready. However, convenience food is typically high in chemical additives, hormones, sugar, salt, unhealthy fat, and calories, all of which can adversely affect your brain, outlook, and physical health. It can leave you feeling tired, bloated, and irritable, and exacerbate symptoms of depression, stress, and anxiety.

When you prepare your own meals, you have more control over the ingredients. By cooking for yourself, you can ensure that you and your family eat fresh, wholesome meals. This can help you to look and feel healthier, boost your energy, stabilise your weight and mood, and improve your sleep and resilience to stress. It can also help you to save money.

Cooking at home can even take less time than eating out. There are plenty of quick, simple, and wholesome meals you can cook at home in less time than it takes to travel to a restaurant or wait for a delivery.

And maybe use me as an example. The recipes pages I provide in these packs - all the first time I have cooked that particular meal/bake - came about through Covid and a wish to improve my diet. I have really enjoyed creating dishes, and there is a certain satisfaction of eating something that you have cooked yourself.

MIND-SET: More Practical Life Skills.

Budgeting

Learning budgeting skills is essential to gain control over your finances, reduce stress, and ensure you have enough money for both daily expenses and future goals. Budgeting helps you live within your means, avoid high-interest debt, prepare for emergencies, and make informed spending decisions.

I am quite lucky as I come from a financial work background. I was even, at one stage, overseeing multi-million sterling, dollar, and euro accounts for a company, advising them on cashflow and budgets. And it is amazing just how many people struggle with control of their money.

I know this is a time where there has been a “cost of living” crisis. Food, clothing, rent, electricity, etc. Everything appears to be going up. And that can leave us all worrying about paying bills.



The best thing to do is write things down. Work out exactly how much you will be getting into your account every month. This gives you your starting point. Then write down the most important costs first - the Rent (you do not want to be homeless), the Electricity, Gas, Water (you need all of those).

Then you can think of your other essential costs: Food, Phone, Travel. Luxury Costs like Clothing, Holidays, etc, will come last.

Start to think about what you do not actually need to spend. Do you buy a coffee every day when you are out? That can add up in the week to £25-£30 (which is £1250-£1500 a year). Can you make a homemade lunch. Take a water bottle out with you. Can you actually walk to a destination instead of taking the bus/train?

It does take sacrifice. But it does not mean it has to be permanent. Maybe just for a few months you need to cut back. And maybe you can increase your income in some way too?

Cleaning

Now, you might wonder exactly why I have put this, but there is a good reason. Cleaning is an overall heading for both your environment around you, as well as your own self. It is very easy to neglect your health when you are struggling, and allow yourself to drift. I know that, I do it myself!!!

Cleaning skills are crucial for maintaining health, hygiene, and safety, while also fostering productivity, professional presentation, and property maintenance. These skills involve understanding cleaning techniques to remove germs and allergens, properly using tools to prevent damage to surfaces, and applying attention to detail. And ensuring you are lowering the risks to your own health - like Diabetes, Heart issues, etc.

In the morning, do you spend much time on your own body, or is it a dash out of the door quickly moment? In the evening before bed, do you take some time to relax, pamper, and go to bed restful?

In your flat/house, do you ensure rooms are tidy at the end of the day. There is nothing like the feeling of dread when you get up in the morning to a full sink, or a dirty bathroom, or litter around. Take the time to clean up around you - and yourself - and you will be happier and more confident in the day.

EXERCISE/FITNESS: STRETCHING

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

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

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

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

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

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

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

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

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

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

BOUND ANGLE POSE

Sit down on the mat/floor, bend your knees, press the soles of your feet together, and drop your knees out to the sides. Lengthen your torso, grasp your big toes and stay in bound angle pose for 1 minute to 2 minutes. Remember, bring your heels close to your pelvis, press the hips down, lengthen your spine, drop the shoulders down and back and open your chest. The bound angle pose opens and stretches the inner thighs, groins, hips, and chest, and lengthens the spine. This pose also stimulates the abdominal organs and the respiratory system and improves circulation.



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.

EASY POSE

Sit on the floor with your legs stretched out in front of you. Cross your legs, place each foot under the opposite knee and lengthen the spine. Stay in position for as long as you like.

This is a great pose for practicing mindful breathing. It is an extremely relaxing and comfortable pose that allows you to calm the brain and focus on your breath.

The easy pose relaxes and soothes the mind, reduces stress and anxiety levels, and promotes calm and serenity. This pose also improves spinal alignment, stretches the knees and ankles, and relieves hip tension.



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

EXERCISE/FITNESS:

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

SEATED MOUNTAIN POSE

Start in Easy Pose (see previous page) 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 mountain pose stretches the shoulders and back and strengthens the core.

This pose promotes calm, releases tension from the upper body, and improves concentration and focus.



SEATED SPINAL TWIST

Start in Easy Pose (see previous page) with your back straight and arms relaxed. Place your right hand on the left knee and twist your torso to the left. Hold the pose for 30 seconds to 1 minute, switch sides, and repeat. Remember - keep your shoulders and neck relaxed, soften the belly and lift the sternum to lengthen the torso. Take deep breaths, draw your tailbone toward the floor and keep the lower back long.

The seated spinal twist stretches the spine, shoulders, and hips, and strengthens the lower back. This pose massages the abdominal organs and relieves neck and lower back tension.



SEATED EAGLE ARMS

Sit on the floor and cross your left leg over the right, stacking one knee on top of the other. Bend your elbows, raise and cross your forearms, so that the palms of your hands are facing each other. Stay in pose with eagle arms for 30 seconds and then repeat with the arms and legs reversed. Remember - lengthen the spine, open your back and rotate your shoulders inward. Keep your elbows down and maintain your forearms away from your face. Breathe slowly, face forward, and relax.

The pose stretches the upper back and the shoulders, improves posture, and strengthens the spine. This pose also helps to open your hips and stretches the ankles and thighs.



**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: Even More Practical Life Skills.

Digital Literacy

That's a lovely title. What do I mean? Well, we are living at a time of incredible advancements in technology. It was only 19 years ago that Apple launched the first iPhone. It is less than 30 years since Google first started. YouTube only appeared 21 years ago, the first tweet was 20 years ago, and Instagram just 16 years ago. It feels like they have been around forever. I still recall writing letters to reach family - now it's emails and face calls via Whatsapp.

This can all be quite scary, especially for the older generation. Being able to use this technology is becoming more and more important. Ryanair, for example, is the most prominent airline to move to 100% digital boarding passes via their app, which began in November 2025, eliminating traditional paper passes for most routes to reduce paper waste and costs.



Certainly, for many jobs, as well as schools, having digital skills is essential. So much is online now. HMHB use accounts software Sage, and that is all saved via their Cloud, and we have to pay monthly for that privilege, which is expensive. But you have to have clear accounts to run a project.

The good thing is there are many ways to improve your digital literacy - and that can be through free courses online, or even face to face. Many Councils run them at libraries and community centres. Never be ashamed to ask someone for help - and I would suggest your local community centre for that first approach. We all have to learn at some stage.

Time Management

This is something we have covered a few times over the years of this health pack, but it is always worth revisiting, as it is one of the important skills you can learn to improve.

According to one site I saw, "Time management is the process of organizing and planning how to divide time between specific activities to work smarter, not harder. It is crucial for increasing productivity, reducing stress, achieving goals faster, and improving work-life balance. Effective time management allows for better focus, higher quality work, and more opportunities for personal and professional growth".

It is something I have had to really develop myself whilst building HMHB up. Deadlines, applications, events and outings, all of which cannot happen smoothly without good time management. Ultimately, this is you taking control of your life and goals.

There are a few things you can do to improve this:

- **Plan Your Day Ahead:** The night before, sit down and work out what are the most important and pressing things you need to get done, and then put times down when only that is your priority.
- **Learn to Say No.** Sometimes you just need to concentrate on what you are doing and not take on new jobs. Being able to communicate that is a great lesson to learn. It is something I once struggled with.
- **Have Clear Goals:** You have to know what you are trying to achieve before you can plan how that is going to happen. Again, this is best by writing things down. You can then work out the different stages to complete, and the times they take.

MIND-SET:

Even More Practical Life Skills.

Communication

I am sure I have shared this story many times but I used to be very shy (yes, I realise many will be shaking their heads in bewilderment). I would not say boo to a goose (now you can't shut me up). And I played football for an all gay team in London (won the World Cup twice, and European Cup twice, plus Olympic Silver medal - just thought I'd slip that in).

Anyway, I remember travelling down to Southampton to play a match with the first team on the South Coast, and it was one of the first matches I played with them. Coming back afterwards, many have driven but I was catching the train back, as was one other player I did not know at all.

We sat in a carriage and I got my book out. He looked at me and said; "you're not reading all the way are you? Aren't we going to chat?". And I felt this dread come over me as I thought I did not know this guy, my life appeared quite boring. I didn't think we would have much of a conversation.

A couple of hours later we pulled into Waterloo and it had been great chat, lots of laughs, and a new friend. What the hell had I been worried about? It was really confidence that was holding me back.



There are various communication skills that you can improve - and I hasten to add that I still am doing that myself:

- Be clear and concise - unlike myself, as I know I can waffle on, especially when I am talking about HMHB.
- Prepare ahead of time - if you are meeting someone about something then do some research.
- Be aware on Non-Verbal communication - so this is about gestures, facial expressions etc. They say that some of the best actors can convey what is going on with just a look in their eyes.
- Practice active listening - The goal of active listening is to ensure that you hear not just the words the person is saying, but the entire message.

Some tips for active listening include:

- giving the speaker your full and undivided attention
- clearing your mind of distractions, judgements, and counter-arguments.
- avoiding the temptation to interrupt with your own thoughts (I am still trying to improve this one)
- showing open, positive body language to keep your mind focused and to show the speaker that you are really listening
- rephrase or paraphrase what you've heard when making your reply
- Ask open ended questions designed to elicit additional information.

Being a good communicator is such a great life skill to have, and I am constantly learning and changing myself.

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

PECAN & HONEY SQUARES

Lazza has been trying out new recipes for over four years
His first time making: Pecan & Honey Squares from scratch

Ingredients

BASE: 225g Plain Flour
115g Golden Caster Sugar
225g Unsalted Butter (cold ish)
1 Egg
FILLING:
175g Unsalted Butter
75g Clear Honey
50g Demerara Sugar
115g Dark Brown Sugar
100ml Thick Double Cream
450g Pecan Halves Nuts

Pecans are the only major tree nut native to North America, cultivated for thousands of years by indigenous peoples across the southern U.S. and Mexico. Derived from the Algonquin word "pacane", they became a vital food source before European exploration, with commercial cultivation starting in the 1880s following successful grafting techniques in the mid-19th century.

Pecans are highly nutritious, functioning as a nutrient-dense powerhouse packed with heart-healthy monounsaturated fats, fiber, protein, and essential minerals like copper, thiamine, and zinc.

For Base: Mix the flour and sugar together, and then, with your fingertips, rub in the butter until the mixture has the consistency of coarse breadcrumbs.

Add the egg (you can add some grated lemon rind if you want) and blend together.

Into your large tin spoon the mixture in. Press the pastry down with fingertips so even.

Prick the pastry all over with a fork and chill for 10 minutes.

Bake at 190C for around 15 minutes, and take out oven (but leave oven on).

For Topping: Melt the Butter, Honey, and two sugars. Bring to the boil and then avoid stirring for two minutes. Remove from the heat and stir in the cream and the pecans. Pour over the crust and bake for further 25 minutes. It'll come out bubbling and runny - so make sure something under the tin in oven.

Leave to cool, and then chill overnight in the fridge. Cut up in the morning.



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?

| | | |
|-------------------|----------------------------|---------------------------|
| Caribbean Islands | Names of Mozart Symphonies | Promoted by David Beckham |
| Banana Island | Prague | Nutrition Powder |
| Rat Island | Vienna | Air Fryers |
| Lionfish Island | Salzburg | Warburtons Bread |
| Lobster Island | Paris | Red Bull |

ROUND TWO: Give Me a Number

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

1. Within Greater London, how many bridges cross the River Thames?
2. How long is a Marathon in metres?
3. In Kilometres, what is the "straight line" distance between John O'Groats and Lands End?
4. From Pavement to top of the Cross, how tall, in feet, is St. Paul's Cathedral?
5. How old was Elvis Presley when he achieved his first national US Number One hit?

ROUND THREE: When Did That Happen

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

1. Dr J Bedford was the first person cryonically preserved.
2. The very first Post-It notes were released.
3. Viagra was approved for the treatment of erectile dysfunction.
4. The first infrared photograph was taken in Rochester, New York.
5. The first active volcanoes discovered outside of Earth on Jupiter moon IO



ROUND FOUR: What specifically links these people?

Johnny Depp: Leonard Di Caprio: David Copperfield: Mel Gibson: Ricky Martin: Bear Grylls

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

1. Largest Sea by Size: Coral: Mediterranean: South China
2. Most Calories in 330ml Can: Coke: Fanta: Pepsi
3. Born in the 1800s: Enid Blyton: Salvador Dali: Walt Disney:
4. Bird that lays Blue Eggs: American Robin: Cassowary: Great Tit

ROUND SIX: What is the answer to these questions?

1. In which European City is the Venus Di Milo statue?
2. In which European City is the Egyptian Nefertiti Bust?
3. In which European City is Rembrandt's The Night Watch painting?
4. In which European City are the Parthenon Marbles?
5. In which European City is Michelangelo's David statue?



NUTRITION:

How can Nutrition help with Cholesterol?

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.

Cholesterol is a waxy, fat-like substance (lipid) produced by the liver and found in all body cells, essential for building cell membranes, producing hormones (like sex hormones), and vitamin D. While vital, excessive levels, often from diet or genetics, lead to high cholesterol, a condition forming artery-blocking plaque that increases risks of heart disease and stroke.

High cholesterol generally has no signs and symptoms, so many people are unaware that they even have it. That’s why it’s important for cholesterol levels to be checked.

There are 2 ways of having a cholesterol test.

Taking blood from your arm

Some blood will usually be taken from your arm with a needle. This is sent to a lab to check your cholesterol level. You should get the result in a few days. You might be asked not to eat anything (to fast) for up to 12 hours before the test. But most people do not need to fast.

Finger-prick test

If you're over 40, you may have a test during your NHS Health Check - something that HMHB say you should do at least once a year. You can also get this check at a pharmacy. This is a check-up that can help spot early signs of problems like heart disease and diabetes. The test can be done by pricking your finger. A drop of blood is put on a strip of paper. This is put into a machine that checks your cholesterol in a few minutes.

What you eat can affect the amount of cholesterol circulating in your blood. Your Liver produces enough cholesterol to support your body’s processes. So, you don’t need to get it from food (and it’s not an essential nutrient). The cholesterol you gain from your diet is extra and unnecessary, like adding sand to a beach. That being said, your diet only affects about 20% to 30% of the cholesterol in your blood.

There are certain foods that cause your “bad” cholesterol (LDL) level to rise higher than normal. On the other hand, other foods can help lower your LDL level. Knowing which foods to eat and which foods to avoid can help you manage your cholesterol levels and lower your risk of heart disease.

The major nutritional source of cholesterol (called dietary cholesterol) is animal products. These include meats, cheeses and dairy products. When it comes to lowering cholesterol levels, research shows it’s not dietary cholesterol we should worry about. Instead, two types of unhealthy fats — saturated fat and trans fat — are the culprits behind elevated bad cholesterol. It just so happens that many of the foods high in dietary cholesterol also may contain these unhealthy fats. There are even some countries in the world that have banned Trans Fats due to the health risks they bring.



NUTRITION:

How can Nutrition help with Cholesterol?

Add more soluble fibre to your diet

Some ingredients help lower your LDL cholesterol. The main one to know is “Soluble Fibre” This is a form of fibre that’s water-soluble. Soluble fibre binds around bile (which is composed of cholesterol) and removes it with your body’s waste. Aim for 10 to 25 grams of soluble fibre per day. But if you get an opportunity do chat with a nutritionist at your local medical practice if you have any questions. You can add more soluble fibre to your diet by eating:

- Beans & Pulses:
- Oats and Barley: Rich in beta-glucan - a type of soluble fibre.
- Vegetables: Carrots, sweet potatoes, broccoli, and Brussels sprouts are all great, but any vegetables are good for you.
- Fruits: Pears, apples (with skin), citrus fruits (oranges, grapefruit), and nectarines. I also love adding Berries.
- Seeds:
- Brown Rice



Be aware, cooking methods like boiling or steaming can increase the solubility of fibre in vegetables. And all experts HMHB have come across recommend consuming a mix of all the above.

Limit the amount of Saturated Fat you intake

Saturated fats are a type of dietary fat, typically solid at room temperature, that lack double bonds between carbon atoms. Found mainly in animal products and tropical oils, high intake can raise "bad" (non-HDL) cholesterol, increasing the risk of heart disease and stroke.

Common sources of saturated fat include:

- Processed meat, including hot dogs, sausage, bacon and pepperoni.
- Fatty cuts of meat, including ribs, poultry with the skin and highly marbled meat.
- Full-fat dairy products, including butter, heavy cream, cream cheese and sour cream.
- Coconut oil and palm oil.
- Fried food.
- Baked goods like pastries, biscuits, and cakes (It’s always the nice things!!!)



Do know, your body needs some saturated fat to be healthy. But it can be easy to eat too much if you’re not checking nutrition labels. The best thing is to do some research and learn how much saturated fat is in some of your usual foods and that can help you find ways to cut back.

Most health organisations recommend limiting saturated fat to less than 10% of total daily calorie intake. For an average 2,000-calorie diet, this means a maximum of 20g–22g per day for women and roughly 30g per day for men. The focus should be on replacing saturated fats with unsaturated fats. Ultimately this is you being responsible and realising that what you put into your body will affect your overall health.

NUTRITION:

How can Nutrition help with Cholesterol?

Avoid Trans Fats as much as possible

Trans fat is a type of dietary fat. Of all the fats, trans fat is the worst for your health. Too much trans fat in your diet increases your risk for heart disease and other health problems.

Trans fats are made when liquid oils are turned into solid fats, like shortening or margarine. These are called partially-hydrogenated oils (PHOs).

Because of the health risks from these fats, the United States Food and Drug Administration (FDA) has banned food manufacturers from adding PHOs to foods. Industrial trans fats are not explicitly banned by law in the UK. Instead, the UK government relies on voluntary measures, encouraging food manufacturers and retailers to remove them. However, these voluntary efforts have been highly successful, with voluntary guidelines and industry action leading to a significant reduction in trans fats, making them virtually absent from most UK processed food.

Although the food industry has greatly reduced the use of trans fat in recent years, this type of fat may still be found in many fried, packaged, or processed foods, including:

- Anything fried and battered
- Shortening and stick margarine
- Commercially baked cakes, pies, and cookies
- Refrigerated dough

Animal foods, such as red meats and dairy, have small amounts of trans fats, which is not cause for concern in its natural form. Most trans fats are artificially made and come from processed foods.

Eating these Trans Fats increases your risk for health problems.

Cardiovascular disease risk:

- Trans fats raise your LDL (bad) cholesterol.
- They lower your HDL (good) cholesterol.
- High LDL along with low HDL levels can cause cholesterol to build up in your arteries (blood vessels). This increases your risk for heart disease and stroke.

Weight gain and diabetes risk:

- Many high-fat foods such as baked goods and fried foods have a lot of trans fat.
- Like all fats, trans fat contains 9 calories per gram. Consuming a lot of fat can lead to unwanted weight gain. Excess weight increases the risk for diabetes, heart disease, and other health problems.

Eat Balanced Meals

When trying to reach healthy cholesterol levels with your diet, it's important to eat meals that contain a balance of:

- Fruits.
- Vegetables.
- Grains.
- Protein foods.
- Dairy/dairy alternatives.
- Fats



Nutrition: HMHB looks at “Superfoods”

Today: Cabbage

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 initial origin of the cabbage is unknown because it descends from the Brassica family which is grown all around the world. The most common theory is that it originated from Britain and continental Europe thousands of years ago. It is thought its wild predecessors had dense leaves that could retain water, allowing them to endure colder environments.

The early Romans regarded headed cabbages as a luxury and called it brassica as it was thought of as superior to all other vegetables and we don't blame them!

The cabbage was first taken to America by Jacques Cartier in the 16th century and introduced to Australia during the late 18th century. However, in East Asia, cabbages have been enjoyed since BC and were cultivated in North China, but the variants were non-heading cabbages such as kale and pak choi.



Even though cabbage is very low in calories, it has an impressive nutrient profile. That includes Vitamin K, Vitamin C, Folate, Manganese, Vitamin B6, Calcium, Potassium, Magnesium. Cabbage also contains small amounts of other micronutrients, including vitamin A, iron, and riboflavin.

As you can see in the list above, it is rich in vitamin B6 and folate, both of which are essential for many important processes in the body, including energy metabolism and the normal functioning of the nervous system. In addition, cabbage is high in Fibre and contains powerful antioxidants, including “Polyphenols” and sulphur compounds.

This crunchy vegetable is full of gut-friendly “Insoluble Fibre”, a type of carbohydrate that can't be broken down in the intestines. Insoluble fibre helps keep the digestive system healthy by adding bulk to stool and promoting regular bowel movements.

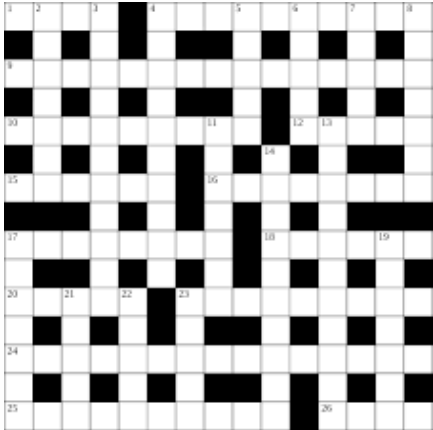
In addition, eating cabbage may even help lower the risk of certain diseases, improve digestion, and ease inflammation. Plus, cabbage makes a tasty and inexpensive addition to a number of recipes.

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.

Are you prepared if something happens and you need to contact emergency services or housing people?
 I found water dripping - then pouring - into my flat because the guy above me left a tap on and then went out. I had to contact the emergency number of my housing association, and the Fire Brigade. I realised though that I did not have his number, which would have been useful. Anything can happen. It is good to know all emergency contacts, just in case. Are you ready?



I have discovered large crosswords online and on apps that keep my mind active - and I know a couple of other people who use various different puzzles and games to help with their focus and memory.
 As we get older it is very important we keep our cognitive functions ticking over.
 Our brains really are astonishing, when you consider just what it does, its size, and how it is created.
 How do you look after yours? Do think about ways to keep it active and engaged.

HMHB has been finding many places to visit lately for the first time, and in fact May we will be doing more of the same. We can get into a routine of just going back to the same places again and again, which is not a bad thing of course. But London is full of a wide variety of museums and galleries, parks, and events, and I really enjoy discovering new venues and experiences.
 So, next time you say you are bored, and do not know what to do, find something local and get out. :-)



HMHB Need Help With Funding To Keep Going.

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

In 2025: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:
 HMHB delivered over 10 courses -working with over 120 people in attendance.
 HMHB produced and delivered 12 Health Packs.: HMHB delivered 150 weekly health walks:
 HMHB delivered 50 weekly exercise sessions: HMHB grew their Pack email list to over 700 addresses.
 HMHB organised, delivered, or took part in over 110 social outings/events (many of which were FREE)
 HMHB delivered over 40 online zoom quizzes – unique delivery and fun.
 HMHB made many home visits to our older more isolated users.

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

DO YOU KNOW YOUR BODY?

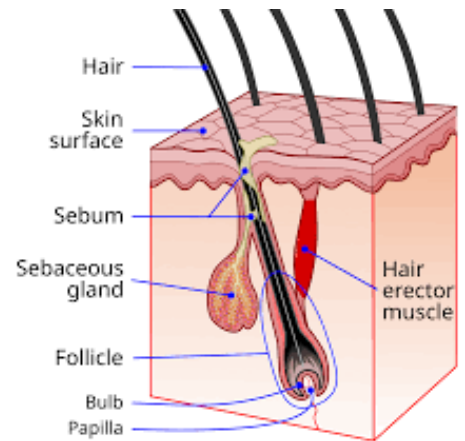
HAIR

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

Your body has millions of hair follicles, about the same number as a chimpanzee, humanity's closest living relative. Like chimps, humans have hairless palms, soles, lips, and nipples. However, unlike a chimpanzee, most of your hair is lightweight and fine.

The hair on your body is coarser and longer to help hold in body heat. Puberty brings about a surge of sex hormones that stimulate hair growth in the "Axillary" (armpit) and pelvic regions and, in males, on the face and neck. Women with hormonal imbalances can develop facial hair too.

A hair raises in a "hair follicle", a small tube made up of epidermal cells that extend down into the dermis to take advantage of its rich blood supply. Like the epidermis, cells at the bottom of the hair follicle, called the "Papilla", continually divide to produce new cells that are added to the end of the hair and push the older cells up through the layers of the epidermis. On their way up and out, the hair cells become keratinised. By the time you see it, the hair is mostly completely flattened, dead cells full of keratin. The curvature of the follicle causes the shape of the exposed hair, ranging from tight curls to stick straight.



Each hair follicle has a tiny "Arrector Pili" muscle. When these smooth muscles contract, the previously bent hair shafts become erect. This movement causes the epidermis to be pushed to the side, and a goose bump appears. When you are cold or frightened, the sudden tightening of the arrector pili muscle causes the hair to rise up, and as a result, air is trapped between the hair and skin. When you are cold, the trapped air acts as insulation - the same way a coat keeps you warm. When you are frightened, the hairs standing on end serve to make you look scary to whatever is scaring you, a form of signalling used by many mammals.

The hairs on your head live about three to four years before you shed them, and eyelashes live about three to four months before falling out. People do not go bald overnight. Baldness (called "Alopecia") occurs when follicles go dormant and do not reactivate.

According to the experts, most people should wash their hair every 2–3 days, though this varies by hair type. Fine, oily hair often requires daily washing, while thick, curly, or dry hair can be washed once a week. Generally, wash when your hair feels oily, dirty, or has significant product build-up.

Did you know, hair colour is determined by the amount of a pigment called melanin in hair. An abundance of one type of melanin, called eumelanin, gives people black or brown hair. An abundance of another pigment, called pheomelanin, gives people red hair.

Finally, a single strand of human hair can support up to 100 grams of weight—meaning a full head of hair can theoretically support up to 10–12 tons, or roughly two elephants. Furthermore, your hair is mostly dead; the only living part is inside the follicle, and the hair you see on your head is entirely composed of dead cells.



HMHB's Name Game Page:

Name the Building and its City 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



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4



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14



15

NUTRITION: Lazza's Kitchen Adventure

MACARONI BACON CHEESE

**Lazza has been trying out new recipes for over four years
His first time making: Macaroni Bacon Cheese from scratch**

Macaroni - around 500g
Two Cheese Mix (Mozzarella and Cheddar)
Red Leicester grated cheese
Baby Plum Tomatoes halved
Plenty of Bacon Lard Ons
75g Unsalted Butter
75g Plain Flour
1 litre Full Milk
Garlic: English Mustard: Horseradish
Salt and Black Pepper: Paprika

Bacon lardons are small, thick strips or cubes of cured pork, usually cut from pork belly or fatty bacon, measuring roughly 1cm wide and 2-3cm long. Commonly smoked or unsmoked, these "little matchsticks of bacon" are used to add savoury, salty flavour to salads, stews (like *coq au vin*), and pasta. They are distinct from bacon slices in that they are designed to be crispy on the outside and tender on the inside, rather than completely crunchy

I wanted to make a special macaroni cheese, and love tomato with it.
I cooked the bacon lardons in a pan with the garlic and then put them to one side.
I first cooked the macaroni in hot water as directed on the packet.
Meanwhile, I melted the butter in a large saucepan and then added the flour and stirred for 30 seconds.
I then gradually added in the milk, whisking away, so that it was not lumpy.
I also added in a teaspoon of English mustard, and a teaspoon of Horseradish.
I allowed the mix to get thicker. When near boiling I took off the heat.

I added in a good large amount of grated cheddar and mozzarella (I like it cheesy).
Stirring this all in, I added the bacon lardons and the halved tomatoes.
I sprinkled over some paprika, a little salt, and some black pepper.
I added the Pasta and stirred all together before placing into two bowls (you can use casserole dish).
Topped that with grated Red Leicester and was back in the oven at 180C for 15-20 minutes.



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

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

London Zoo

ZSL London Zoo opened on April 27, 1828, in Regent's Park, initially for scientific study by members of the Zoological Society of London (founded 1826). It is the world's oldest scientific zoo and opened to the general public in 1847 to raise funds. It was the first zoo to feature a public reptile house (1849), public aquarium (1853), and insect house (1881).

We were very lucky to be part of the Community Outreach Scheme that enabled us to bring over twenty people both times, and we had some excellent treats, seeing many animals with babies. In February 1965, London Zoo's male golden eagle escaped and spent nearly two weeks enthraling press photographers, birdwatchers and the general public as he glided around Regent's Park. That is the only recorded animal to make a successful escape. Do make a visit. It can be expensive, but where else could you get a glimpse of these extraordinary animals.

www.londonzoo.org



Here we are at the top of the Monument, by the side of London Bridge, near the Thames. The Monument to the Great Fire of London (often just "The Monument") is a 202-foot-tall Doric column near London Bridge, built between 1671 and 1677 to commemorate the 1666 Great Fire. Designed by Christopher Wren and Robert Hooke, it stands exactly 202 feet from where the fire started on Pudding Lane, acting as a permanent memorial. It is a popular tourist site where visitors can climb a 311-step narrow spiral staircase to a viewing platform, which provides 360-degree, panoramic views of the city. There is a small cost, but it is well worth it, if you can manage all those stairs of course.

We were very lucky as the weather was terrific the morning we went in 2025. As you can see, there is metal netting up as it had been used by some as a place to jump to their deaths.

Well worth a climb we feel.

www.themonument.org.uk

EXERCISE/FITNESS

Understanding Physical Activity

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.

Physical activity is any deliberate muscle movement that uses energy. It can be structured exercise — like sports, a gym session, or going for a run — or part of your work, your leisure time, or any other movement you do during your day.

There are different types of physical activity, and they're often categorised based on the kind of movement they involve and how intensely you do them.

Physical activity can be divided into the following types:

- **Aerobic:** like running, swimming, or going for a brisk walk. This can be broken down further into low, moderate, and vigorous intensity.
- **Strengthening:** such as push-ups, lifting weights, or digging in the garden.
- **Flexibility:** for example, stretching exercises or yoga.
- **Balance:** including yoga, tai chi, or walking heel to toe.

Each type of physical activity brings its own health benefits, and it's important to try to include them all in your weekly routine.

Some of the health benefits of being physically active include a lower risk of heart disease, stroke, type 2 diabetes, and certain cancers, as well as improved mental health and better sleep.

Being physically active is one of the key ways to take care of your health, along with diet, sleep, mental health, and social and lifestyle habits.

So looking at that above, "Aerobic" exercise also known as cardiovascular or "cardio," includes anything that gets your breathing and heart rate up. Everyone can benefit from this type of movement, regardless of their age or physical abilities.

Aerobic exercises can help improve blood pressure, cholesterol, and your sleep. Over time, these exercises can also reduce your risk of developing many chronic conditions such as heart disease and type 2 diabetes.

Cardio (aerobic) exercise strengthens the heart muscle, allowing it to pump blood more efficiently with less effort. It lowers resting blood pressure and heart rate, increases "good" HDL cholesterol, reduces "bad" LDL, and helps manage weight.



EXERCISE/FITNESS: Understanding Physical Activity

As well as aerobic exercises, it's also important to include muscle-strengthening exercises in your workout routine. These exercises help maintain muscle and bone mass and are an important part of healthy aging. Women in particular can benefit from strengthening activities, as bone and muscle loss are common during and after menopause.

Strengthening exercises can be done with or without equipment, in a gym, or at home. There are many different activities that can help strengthen your muscles, so choose which work for you and your lifestyle. Some examples include:

- lifting weights
- working with resistance bands
- doing push-ups or sit-ups
- doing heavy yard work or gardening
- doing some forms of yoga



Just as with aerobic activities, make sure to start at a comfortable level and slowly increase the amount you do. Pregnant women, older adults, and those with health conditions should discuss which strengthening activities are most appropriate with their doctor.

Adding movements that help with your flexibility is also important for your overall health. These activities can help prevent injury, reduce body aches, and increase range of motion.

Examples of flexibility exercises includes

- Stretching
- Yoga
- Pilates
- Tai chi



Make sure to get your muscles warmed up with 5–10 minutes of movement before stretching them. This sends blood and oxygen to your muscles and allows them to stretch more easily. You could also do your flexibility exercises after other physical activity or as part of your cool down. Remember, stretching should not be painful. To avoid injury, only push your muscles as far as is comfortable.

Understanding physical activity is essential because it is a "miracle cure" that can prevent or manage over 20 chronic conditions—including type 2 diabetes, cancer, and heart disease—while improving mental health and daily function. It allows you to make informed decisions to live a healthier, longer, and more independent life by moving from a sedentary lifestyle to one that includes regular, purposeful movement.

Physical activity stimulates chemicals in the brain that leave you feeling happier, more relaxed, and less anxious.

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

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

conceived & delivered by:




Finsbury Park Health Walks

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

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

supported by:




& local Medical Practices

hmb2016.org.uk
tel: 0796 4430 456




Highbury Fields Health Walks

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

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

hmb2016.org.uk ☺ contact: 07964430456

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








Clissold Park Health Walks

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

We meet Highbury Grange Medical Practice every thursday 11am

hmb2016.org.uk ☺ contact: 07964430456

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






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

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

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

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

EXERCISE/FITNESS:

Let's Try A Workout (focus on Core): *thx to Spotebi.com*

BALANCE CHOP

Stand straight with your feet wide and hold a dumbbell (or equivalent) with both hands. Rotate your torso to the left and raise the dumbbell above your head. Lift your right knee as you rotate your torso to the right, and bring the dumbbell diagonally across the body until it's close to your right hip. Repeat and then switch sides. Remember, tighten your core, keep your feet and knees pointing in the same direction, and breathe in as you raise above your head. Exhale as you lift your knee and bring hands close to your hip. The balance chop improves the flexibility of the spine and keeps the core strong and stable. This exercise also improves your balance and posture and strengthens the upper and lower body.



BOAT TWIST

Sit down on a mat with your knees bent, extend your arms out to the sides and lift your feet off the floor. Twist your torso to the right, and then reverse the motion, twisting it to the left. Repeat this movement until the set is complete. Remember, twist your torso only from the ribs up, tighten your core and make sure your back is straight at all times. Keep your feet off the floor and, if you can, bring your legs up until they're parallel with the floor. Breathe out as you twist your torso. The boat twist engages your whole core and strengthens the abs, obliques, and lower back. This exercise helps to trim down the waist and improves your balance, stability, and posture.



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. Remember, 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.



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

EXERCISE/FITNESS:

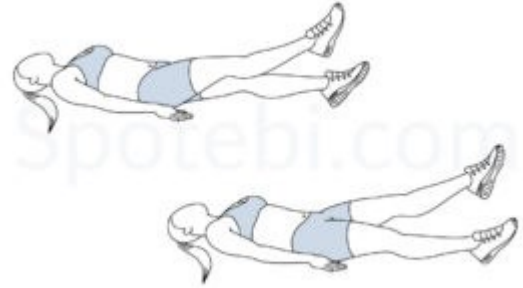
Let's Try A Workout (focus on Core): *thx to Spotebi.com*

FLUTTER KICKS

Lie on your back with your hands by your sides or place them underneath your glutes. Alternate stacking your feet on top of each other. Repeat until set is complete.

Remember, maintain your abs and core engaged at all times and keep your lower back pressed against the floor. Breathe slowly and keep your chin off your chest, your head in a neutral position and your legs straight.

Adding flutter kicks to your workout routine helps to increase core strength and definition, and improves your endurance and flexibility. This exercise targets the abdominal muscles and helps to define and slim down your waist.



OPEN THE GATE

Stand with your feet hip-width apart and place your hands at the waist. Lift your left knee up to waist level and then move it out to the side. Return to the starting position and repeat with the opposite leg.

Remember, tighten your core, squeeze your glutes and keep your back and neck relaxed. Roll your shoulders back, open your chest and exhale as you slowly move your leg out to the side.

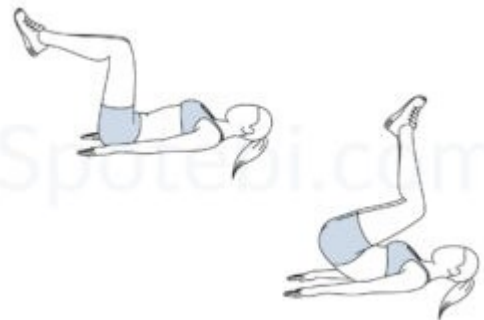
The standing open the gate targets the inner and outer thigh muscles and strengthens your core and glutes. This exercise also enhances your balance and stability and warms up the hip flexors and groin area.



REVERSE CRUNCHES

Lie on your back with your hands by your sides. Lift your knees until your thighs and calves form a 90-degree angle and your calves are parallel to the floor. Lift your hips and bring your knees, as far as you can, toward the chest. Hold and then slowly return to the starting position. Repeat. Keep your hands and lower back flat on the floor and do all the movements slowly and in a controlled manner, one vertebra at a time. Breathe out as you lift the hips off the mat and breathe in as you slowly return to the starting position.

Adding reverse crunches to your workout routine helps to increase ab strength and definition, and improves core and lower back stability.



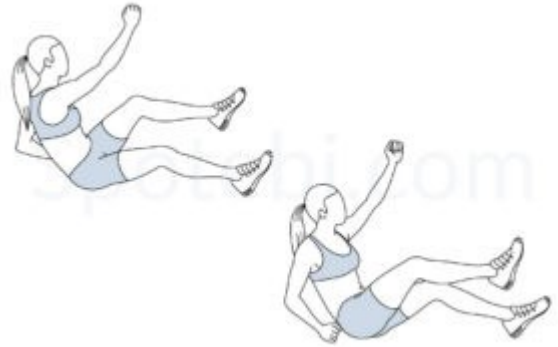
**“Fitness is not about being better than someone else.
It’s about being better than you used to be.”**

EXERCISE/FITNESS:

Let's Try A Workout (focus on Chest): *thx to Spotebi.com*

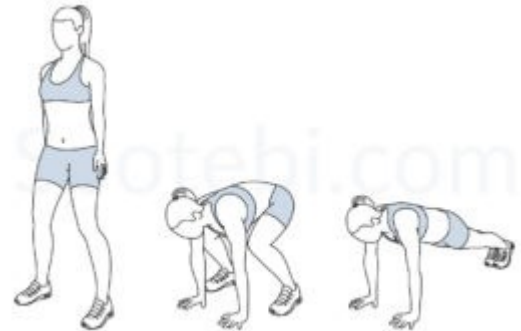
ROPE CLIMB CRUNCHES

Sit down on the floor with your knees slightly bent and lean your torso back. Extend your right arm toward the ceiling and bring your left knee up. Switch sides, moving your arms as if you were climbing a rope, and repeat. Keep alternating sides until the set is complete. Remember, tighten your core, keep your spine neutral, your neck relaxed, and breathe out as you crunch and reach your arm toward the ceiling. Maintain a steady pace throughout the entire exercise, and inhale as you lower your leg and arm to the starting position. The rope climb crunches actively engages your core, increases strength, coordination, and flexibility, and helps to trim down your waist.



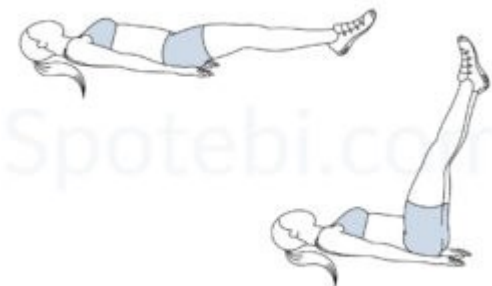
SQUAT THRUSTS

Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back and get into a push-up position. Jump again, bringing the legs toward your palms, and stand up. Repeat until the set is complete. Remember, keep your back straight, your core engaged, and maintain a smooth and steady breathing pattern. Squat thrusts are a modified and simplified version of the burpees exercise, perfect for someone who is just starting to work out. The squat thrust is a complete exercise that works the entire body. It increases the heart rate, boosts metabolism, and improves both agility and strength. It's also a great exercise for losing weight and improving cardiovascular endurance.



STRAIGHT LEG RAISE

Lie on your back with your hands by your sides or underneath your glutes. Keep your legs straight or just slightly bent. Raise your legs until your body is in an L shape. Pause, lower both legs slowly and then return to the starting position. Repeat until set is complete. When doing the straight leg raise, keep your abs engaged at all times and keep your back, head, and shoulders pressed against the floor. Breathe in as you lower your legs and, if you feel any discomfort on your lower back, reduce the range of motion by lowering your legs only halfway. Adding the straight leg raise to your workout routine helps to increase the strength and definition of your abs and also improves your overall flexibility and stability.



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

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

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

Here are some fascinating facts for you to share.



Another cute animal, this one underwater. The red-lined bubble snail ("Bullina Lineata") is a small, striking marine gastropod mollusk known for its translucent, white, bubble-shaped shell with vivid red, dashed, or dotted lines. Found in the tropical Indo-Pacific and temperate Australasia, it has a blue-edged mantle that glows as it glides over sandy seabed surfaces. They are considered an evolutionary link between shelled snails and shell-less nudibranchs.

The national flag of Nepal is the world's only national flag that is non-quadrilateral in shape. The flag is a simplified combination of two single pennons, the vexillological word for a pennant. Its crimson red is the colour of the rhododendron, the country's national flower. Red is also the sign of victory in war. The blue border is the colour of peace.

Until 1962, the flag's emblems, the sun and the crescent moon, had human faces. They were removed to modernise the flag. The faces remained on the sun and the moon on the Royal Standard until the abolition of the monarchy in 2008.



White baneberry, often called "doll's eyes," is a highly toxic, herbaceous perennial plant native to North American woodlands, known for its distinctive white berries with black, pupil-like dots. All parts of the plant, especially the berries and roots, are poisonous to humans (not birds though) and contain cardiogenic toxins. Ingestion can cause immediate sedation of the heart, cardiac arrest, and death in humans, along with severe gastrointestinal distress.



The fastest commercial train in service is the Shanghai Maglev (431-460 km/h or 268-286 mph), while the fastest overall train speed ever recorded is 603 km/h (375 mph) by Japan's experimental L0 Series Maglev. These trains use magnetic levitation to eliminate wheel friction.

Because maglev trains (magnetic levitation) levitate above the track, they have no wheels, axles, or friction, resulting in a very smooth ride that is often quieter and more stable than conventional trains at high speeds



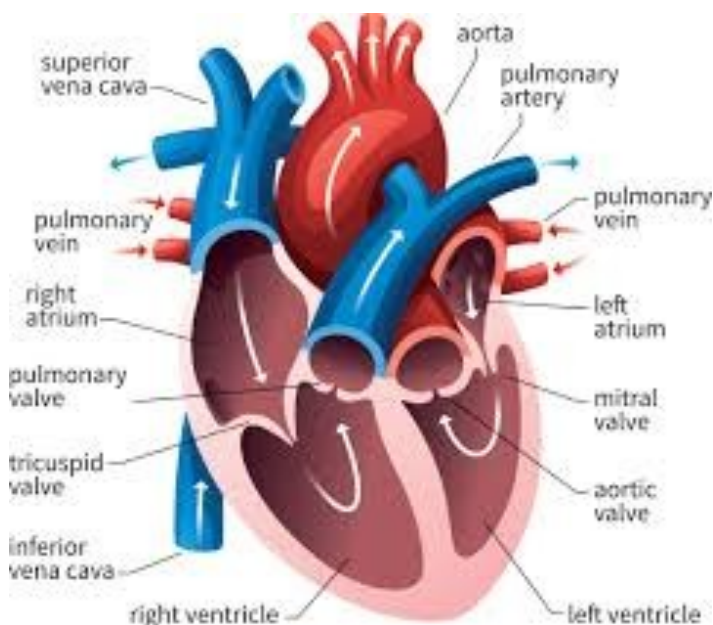
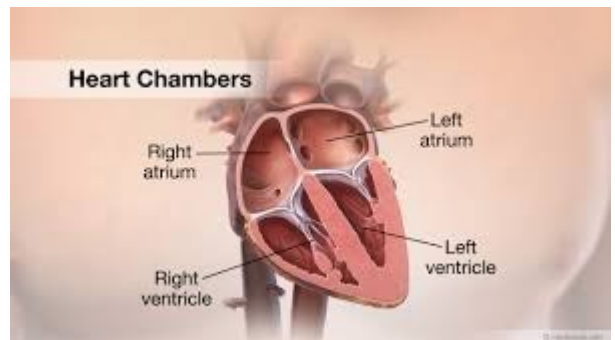
HEALTH / ROUTINE

Your Heart - let's take a look.

Your heart is shaped like a cone and is about the size of your fist in width and about two fists in length. It lies between your lungs, just behind (posterior to) your sternum. In most individuals the heart is situated slightly to the left of centre of the body. This is because the left ventricle is larger and stronger, responsible for pumping blood to the whole body, causing it to lean leftward.

The four hollow spaces of the heart are called its “Chambers”. The heart is divided anatomically and functionally into both left and right sides. Each side has one “Atrium” and one “Ventricle”, each with a separate function.

A thin layer, called the “Interatrial Septum” separate the two atrium, and a thicker and more muscular layer called the “Interventricular Septum” separates the ventricles. However, the contraction of the heart muscle pumps blood into and out of all four chambers in a rhythmic pattern. I'll explain their uses soon.



Between the Chambers are “Valves” that allow measured quantities of blood to flow into the chambers and keep blood flowing in the right direction. The valves names tell you their anatomical location and characteristics.

The two “Atrioventricular Valves” (Mitral and Tricuspid) lie between the atrium and ventricle. The “Semilunar Valves” (Aortic and Pulmonary) are shaped like half moons. They open and close to allow blood through.

During one heartbeat, blood fills the right atrium. It then passes through the Tricuspid valve to fill the right ventricle. It is then pumped through the Pulmonary Valve and into the Pulmonary Artery, At the same time, the left atrium is being filled from the pulmonary veins. Blood then moves through the Mitral valve into the left ventricle, exiting through the Aorta valve into the aorta.

Think about it. The normal resting heartbeat for a human is 60-100 beats per minute. That is happening all the time. It's extraordinary.



“The human heart is often described as the seat of emotion, courage, and true understanding, representing both profound vulnerability and immense strength”

HEALTH / ROUTINE

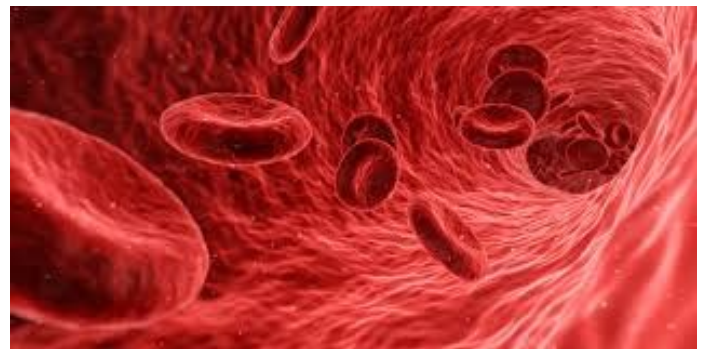
More Detail of Blood Flow Through the Body

Let's take a deeper look at how blood flows through the body.

You need continuous blood flow through your heart and body to stay alive. Your Heart is a powerful muscle that pumps oxygen-rich blood out to your body. Once it leaves your heart, this blood flows through many blood vessels to reach every part of your body, from the major organs (like your brain) to the smallest tissues at the tips of your toes. Your blood is always on the go, and it has two main jobs while it's flowing through your body:

- It delivers oxygen and nutrients to all your organs and tissues.
- It removes carbon dioxide and other waste products from those same places.

The blood then returns to your heart once it's low on oxygen and full of waste products. It needs to get filled with oxygen and get rid of carbon dioxide so your heart pumps it out to blood vessels in your lungs. Your blood gains oxygen and gets rid of waste in your lungs before flowing back to your heart. Your heart gratefully accepts this refreshed blood and pumps it back out to your body.



In addition to its role in delivering oxygen and nutrients, blood also contains infection-fighting cells called white blood cells. White blood cells are crucial in protecting the body from infection. Your white blood cells circulate throughout your body and respond to infections and foreign materials.

This circulation of blood continues over and over, every second of every day. Your heart and blood vessels make it all happen, and that's why together they're known as your "Circulatory System". The many parts of your circulatory system work together like a top-notch delivery service to keep blood moving through your body on schedule.

Blockages in your blood vessels (like blood clots) or other slowdowns can disrupt this system and lead to health issues. So, it's important to learn how blood flows through your heart and body. You can then do whatever you can to keep this powerful system, invisible to you as you go about your day, going strong.

So, your blood returns to your heart after circulating through your body. It enters your right atrium and then directly flows into your right ventricle. From your right ventricle, your blood can't immediately go to the two chambers on the left side of your heart. It first needs to make a pit stop at your lungs to get rid of waste and pick up more oxygen. So it leaves your heart and goes to your lungs. After leaving your lungs, your blood enters your left atrium and from there flows into your left ventricle. Your left ventricle then pumps this blood out to your body, where it makes the rounds before returning to your heart.

I really think this should make us all sit back and consider the miracle of the human body. We take all this for granted. Your heart is beating so many times every minute with no conscious actions from ourselves. Your brain is controlling everything and you do not have to do anything except provide your body with the right tools and equipment to function. It is a real miracle right in front of our faces.

HEALTH / ROUTINE

More about the Blood and your Heart

Let's really get into the nitty gritty of what is going on.

For every heart beat, this happens on the right side.

- Oxygen-poor blood from all over your body enters your right atrium through two large veins, your superior vena Cava and inferior vena cava. These veins drain blood from your upper body and lower body, respectively, and directly empty it into your right atrium.
- Your tricuspid valve opens to let blood travel from your right atrium to your right ventricle.
- When your right ventricle is full it squeezes, which closes your tricuspid valve and opens your pulmonary valve.
- Blood flows through your main pulmonary artery and its branches to your lungs, where it gets oxygen and releases carbon dioxide.

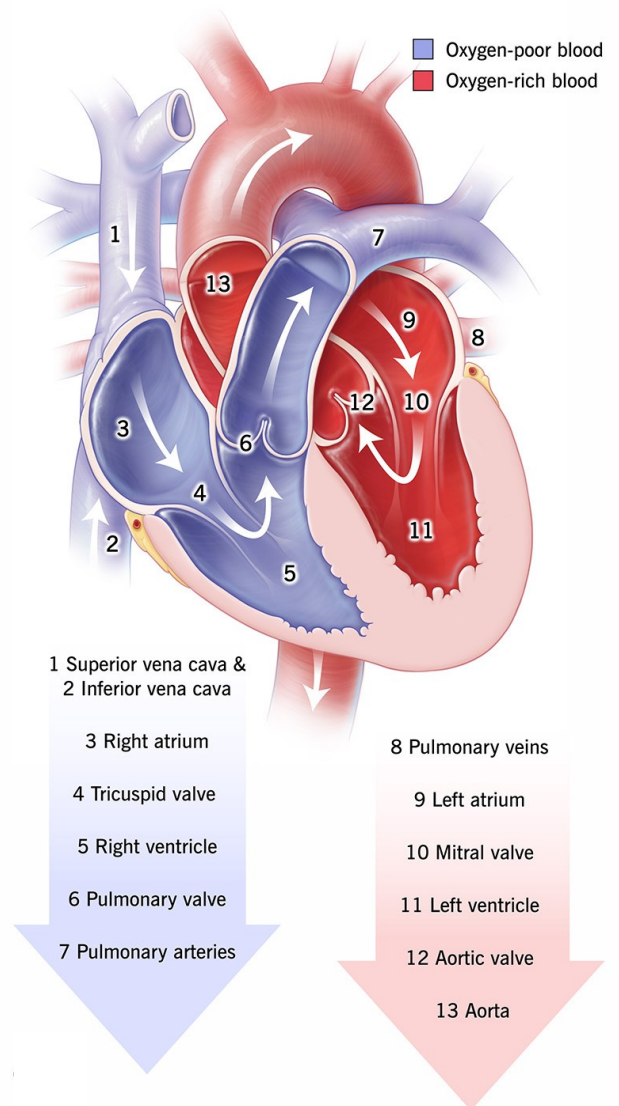
This happens on the left side.

- Oxygen-rich blood travels from your lungs to your left atrium through large veins called pulmonary veins. These veins directly empty the blood into your left atrium.
- Your mitral valve opens to send blood from your left atrium to your left ventricle.
- When your left ventricle is full it squeezes, which closes your mitral valve and opens your aortic valve.
- Your heart sends blood through your aortic valve to your aorta, where it flows to the rest of your body.

Some Fun Facts about your Heart

1. Your heart pumps about 2,000 gallons of blood each day. That's enough to fill an 8-by-10-foot swimming pool.
2. It beats around 100,000 times daily. In an average life span of almost 79 years, your heart beats nearly 2.9 billion times.
3. A newborn's heart rate is around 70 to 190 beats per minute. The average adult should have a resting heart rate between 60 and 100 beats per minute. If your resting heart rate is higher or increases over several years, it could be a sign of current or impending heart problems. Athletes, who regularly train, will have a very slow resting heart rate around 40 to 60 beats per minute. Women also have faster heart rates, on average, than men because their hearts are smaller in size and need to beat more to pump the same amount of blood
4. Different civilizations and historical time periods had different meanings for the heart. The belief that the heart controlled all thought and emotion was the general assumption in ancient civilizations. They also believed that the brain was completely useless. Over time, the idea that love came from the heart stuck in popular culture

Blood Flow Through the Heart



HEALTH / ROUTINE

How can I look after my Heart Health

I decided to do my research here with the experts: The Heart Foundation.

There are many risk factors that can affect your heart, and you have a lot of control over them. There is no guarantee that you will not have heart disease, or a heart attack, but you can definitely lower the risk of those things happening.



STOP Smoking /Vaping

Smoking, and Vaping, have both short- and long-term effects on your heart and blood vessels. This includes:

- Raising your heart rate and blood pressure immediately after smoking.
- Making your blood 'sticky', or more likely to clot, which can lead to heart attack or stroke.
- Increasing the levels of bad cholesterol in your blood, which increases your risk of heart attack, stroke, peripheral artery disease and other heart diseases.
- Making your blood vessels stiffer and less able to move blood around your body properly. This can increase your risk of a heart attack, stroke or chest pain (angina).
- Reducing the amount of oxygen that your blood can carry by replacing the oxygen with harmful carbon monoxide.
- Contributing to the build-up of fatty deposits, or plaques, in your arteries leading them to become narrowed or blocked (atherosclerosis). This can slow or stop blood supply leading to heart attack or stroke.

Concentrate on Healthy Eating

Healthy eating helps your heart by lowering blood pressure, reducing "bad" (LDL) cholesterol, managing weight, and decreasing inflammation, which collectively reduce the risk of heart disease, heart attacks, and strokes.

It includes plenty of vegetables, fruit, wholegrains, healthy proteins and fats, and using herbs/spices instead of salt. Nobody is saying you should not have treats, but it is important that your regular every day diet is healthy. This style of eating is naturally low in unhealthy fats, salt, and added sugar and rich in healthy fats, proteins, and vegetables along with wholegrains, fibre and antioxidants.

Make sure you Exercise

Regular exercise is one of the most effective ways to look after your heart, acting as a "magic bullet" to strengthen the heart muscle, improve circulation, and lower the risk of heart disease and stroke by up to 35%. As a muscle, the heart benefits directly from being worked, becoming more efficient at pumping blood and oxygen throughout the body.

Mix it up. Do some cardio to get the blood and oxygen and nutrients flowing through the body, as well as strength training. This all contributes to health benefits around blood pressure and cholesterol levels too.

At HMHB, we promote getting a regular health check - I like a couple of times a year. You can book at your local medical centre with the nurse, and they will check weight, blood pressure, cholesterol, blood sugar, and it gives peace of mind too, as well as an opportunity to pick up anything early. It's your body and your choice.

Laughter is the Best Medicine

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

Did you hear about the actor
who fell through the floorboards?

He was just going through a stage!!

A 14 yr old came home from school and said that they had been doing DNA tests as an experiment at school and he was adopted. His mum said he was silly and called the dad. He said to her; "of course he's adopted. It was your idea. Remember that first night in the hospital? The baby would not stop screaming and you told me to go and change him? Well, I think I picked a good one."

A good idea to stop ants from coming into your house from outside is to put down a saucer of milk.

The adult ants drink it and it has an effect on ant reproduction. The young ants are born without toes so they cant walk into your kitchen.

The effect is called "lack toes in toddler ants".



I had to send my son to his room the other day for saying Jim Morrison was a terrible musician. Sorry, but we do not slam The Doors in this house.

Three women die together in a traffic accident and go to heaven. When St Peter arrived he told them; "there is only one rule in heaven .. do not tread on the ants." But it seemed really difficult to do.

The first woman quickly accidentally stepped on an ant. St Peter turned up with the ugliest man she had ever seen. "Your punishment for stepping on an ant is to spend eternity changed to this man". The next day the second woman also stepped on an ant. St Peter immediately arrived with a very ugly man, chained them together, and gave the same speech to the woman.

The third woman now was very very careful, and a month later had not stepped on any ants. St Peter turned up with an extremely beautiful man, tied them together, and left. The woman said to the man, "this is amazing, I wonder what I have done to spend eternity with such a man." The man replied; " I don't know about you, but I stepped on a bloody ant."

NUTRITION: Lazza's Kitchen Adventure

RASPBERRY/POMEGRANATE MUFFINS

Lazza has been trying out new recipes for over four years
His first time making: Raspberry & Pomegranate Muffins from scratch

Ingredients

300g Plain Flour
1 tablespoon Baking Powder
115g Caster Sugar
1 Egg
250ml Buttermilk
4 tablespoon Vegetable Oil
Vanilla Essence
Large Punnet Raspberries
Punnet of Pomegranate Seeds

Historically, buttermilk was the sour, cultured liquid byproduct left over from churning butter out of fermented cream, originating in ancient times to prevent waste. Before refrigeration, this method allowed milk to sour, providing a, nutritious, and tangy drink. Modern buttermilk is not "milked" from a cow, but rather produced by fermenting pasteurized milk with beneficial lactic acid bacteria, which thickens it and creates a tangy flavour. It is cultured similar to yogurt.

Preheat the oven to 200C, and get your muffin tray with paper cases ready.

I added the flour, sugar, and baking powder into a bowl and mixed well.
In a different bowl I mixed the egg, buttermilk, oil, and vanilla essence.

I poured the runny mix into the dry ingredients, and mixed together quickly.

I added both the raspberries and pomegranate seeds and folded them into the mix.

I spooned the cases 2/3rd full with the mix and baked for 20-25 mins (poss longer).
Use a skewer to ensure the mix is cooked through.

Leave out to cool on a wire rack and serve.



Once Again I accidentally forgot to take a photo of the ingredients.

My fullest apologies



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 : **H**

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Lazza's Letter Game

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

Keep coming back to it.

Try not to look the answers up.

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

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



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

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

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

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

www.healthygenerations.org.uk

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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 2



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

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

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



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

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



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



Change Grow Live



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

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

www.sadlerswells.com

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

- Round One: 1 Rat / Lobster 2 Prague / Paris 3 NP / AF
 Round Two: 1, 35: 2, 42,195: 3, 970: 4, 365: 5, 21
 Round Three: 1, 1967: 2, 1981: 3, 1998: 4, 1931. 5, 1979.
 Round Four: They all own their own Private Islands.
 Round Five: 1 Coral: 2 Coke: 3 Blyton: 4 Robin:
 Round Six: 1 Paris: 2 Berlin: 3 Amsterdam: 4 London: 5 Florence



Review for this month's Challenges and Targets

Mind-set:

Essential practical life skills include managing personal finances (budgeting, banking), basic household maintenance (cleaning, cooking, minor repairs), and interpersonal abilities like communication, emotional regulation, and problem-solving. Mastering these, along with time management and health basics like cooking and first aid, builds independence, confidence, and long-term well-being. The great thing is these are all things we can develop and grow over time.



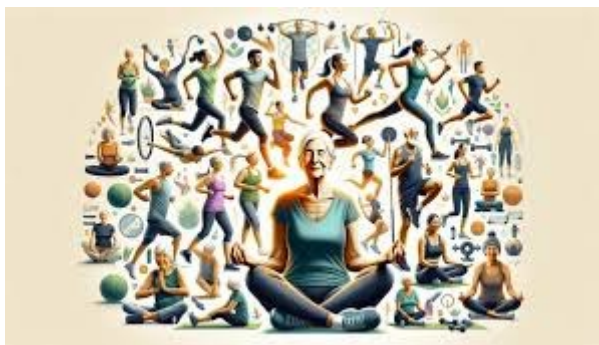
Nutrition.

One of the great things about nutrition is how it can have a direct impact on our health.

Nutrition plays a vital role in managing cholesterol levels. Lowering LDL ("bad") cholesterol is achieved by reducing saturated and trans fats, increasing soluble fibre intake, eating oily fish (omega-3s), and consuming plant stanols/sterols. Key dietary shifts include replacing butter with olive oil, eating oats, and consuming nuts. Plenty of vegetables and fruit too, in fact all the usual things that we have been promoting in these packs for the last few years.



Exercise.



Understanding exercise is essential because it is a "miracle cure" that, when practiced regularly, can reduce the risk of major illnesses - such as heart disease, stroke, type 2 diabetes, and cancer - by up to 30%. Beyond merely managing weight, exercise strengthens the body's physical, mental, and cognitive functions, allowing for a higher quality of life and increased independence as we age. Many of us know we have to move more, and improve our fitness, without understanding the basics behind that argument. It's your body. Do what you can.

Health.

The human heart is an amazing organ because it works continuously without rest, beating roughly 100,000 times daily to pump 2,000 gallons of blood. Roughly the size of a fist, it acts as a tireless, self-powered engine, driving blood through 60,000 miles of vessels and capable of operating independently even outside the body. We take a deeper look into how it functions in this issue, but it is up to you to look after it and give it everything it needs to stay healthy and keep you alive. Please, make good choices!!!



**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 singers of those songs that have animals in the titles, and year first released.

1. 1972: Elton John
2. 1984: Prince
3. 1982: Survivor
4. 1983: Culture Club
5. 1982: Duran Duran
6. 1977: Bob Marley & The Wailers
7. 2000: Baha Men
8. 1969: The Beatles
9. 1953: Big Mama Thornton
10. 1953: Patti Page
11. 1977: Meat Loaf
12. 1979: Squeeze
13. 1985: Kate Bush

LITERATURE: The writers of those literary pieces with names in the title, and year published.

1. 1847: Charlotte Bronte
2. 1988: Roald Dahl
3. 1838: Charles Dickens
4. 1938: Daphne Du Maurier
5. 1891: Oscar Wilde
6. 1876: Mark Twain
7. 1892: Thomas Hardy
8. 1719: Daniel Defoe
9. 1974: Stephen King
10. 1886: Robert Louis Stevenson
11. 1957: Boris Pasternak
12. 1945: E. B. White
13. 1952: Samuel Beckett
14. 1604: William Shakespeare

FILMS: The films where those songs appear, and the year the film first released.

1. 1982: An Officer And A Gentleman
2. 1967: The Jungle Book
3. 1987: Dirty Dancing
4. 1937: Snow White & The Seven Dwarfs
5. 1978: Grease
6. 2013: Frozen
7. 2018: A Star Is Born
8. 2016: Moana
9. 1977: Saturday Night Fever
10. 1994: The Lion King
11. 1992: The Bodyguard
12. 1989: The Little Mermaid
13. 1982: Rocky III
14. 1991: Beauty And The Beast
15. 1991: Robin Hood: Prince Of Thieves
16. 1964: Mary Poppins
17. 1992: Aladdin

WORLD SPORT:

Top 20 Olympic Medal Winning Countries 1896-2024.
United States: China: Great Britain: France:
Italy: Germany: Japan: Hungary:
Australia: Sweden: Russia: Netherlands:
South Korea: Finland: Romania: Cuba:
Canada: Poland: Norway: New Zealand:

QUIZ ANSWERS

Names/Cities for those Buildings: Did you name them? from Page 28 (how well did you do? Tough wasn't it?)

- 1: Athens (Parthenon)
- 2: Paris (Notre Dame)
- 3: Barcelona (Sagrada F)
- 4: New York (Chrysler)
- 5: Berlin (Brandenburg G)
- 6: Prague (Fred A/Ginger R)
- 7: Toronto (CN Tower)
- 8: Agra (Taj Mahal)
- 9: London (Westminster A)
- 10: Rome (Pantheon)
- 11: Moscow (St. Basil's C)
- 12: Taipei (Taipei 101)
- 13: Singapore (Marina Bay)
- 14: Budapest (Houses Parliament)
- 15: Sydney (Opera House)

THE UK:

The 20 Girl's Names:

Mary, Patricia, Jennifer
Linda, Elizabeth, Barbara
Susan, Jessica, Karen
Sarah, Lisa, Nancy
Sandra, Ashley, Emily
Kimberly, Betty, Margaret
Donna, Michelle

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



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