



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 49

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Plus: quiz, recipe, news, game, fitness classes and more.

Prepared by: Lazza, Oliver, and Dean: Monday 22nd March 2021

www.hmhb2016.org.uk



“You can spend minutes, hours, days, weeks, or even months over-analysing a situation; trying to put the pieces together, justifying what could’ve, would’ve happened... or you can just leave the pieces of the floor and move on.”

Welcome to the 49th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first forty-eight (where were you?) please go to our website, or ask someone to do that, and download PDF copies from our MHP page - **www.hmhb2016.org.uk** - all the packs are there.

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

Life should be fun, with us focusing on responsibility, change, choice and being proactive.



Not long till we can get back to our group exercises sessions in Highbury Fields.

I, for one, cannot wait. I need to get rid of “lockdown tummy”.

This picture from last year. A fine eclectic mix of wonderful people.

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms.

WE WANT TO BE ABLE TO SEND PRINTED COPIES

We were previously delighted to say we could print and post copies to people who wanted a paper copy. Due to Islington Giving Funding, and the National Lottery, we were able to do this. But this funding has now run out. If you know a business that would be willing to sponsor this for the next two months that would be amazing.

Please connect through our website contact page.

Currently, we do our various work as volunteers. HMHB really needs seed funding to cover salaries and overheads.

If you are or know a business to help sponsor, or know grants to cover this, please get in touch.

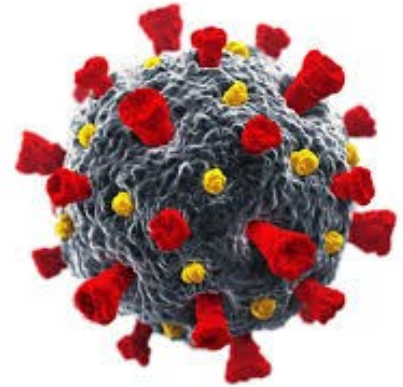
If you can, share on social media our fundraiser www.gofundme/hmhb2016



NEWS PAGE:
Coronavirus mutations and variants.
(info below is from an article in Jan 2021)

The rapid spread of coronavirus variants has put the world on alert. What are these variants and why are they causing concern?

All viruses naturally mutate over time, and Sars-CoV-2 is no exception. Since the virus was first identified over a year ago, thousands of mutations have arisen. The vast majority of mutations are "passengers" and will have little impact, says Dr Lucy van Dorp, an expert in the evolution of pathogens at University College London. "They don't change the behaviour of the virus, they are just carried along."



But every once in a while, a virus strikes lucky by mutating in a way that helps it survive and reproduce. "Viruses carrying these mutations can then increase in frequency due to natural selection, given the right epidemiological settings," Dr van Dorp says. This is what seems to be happening with the variant that had spread across the UK, known as 202012/01, and a similar, but different variant, recently identified in South Africa (501.V2).

The European Centre for Disease Prevention and Control said that there is no evidence so far that either causes more severe disease. "Although there is no information that infections with these strains are more severe, due to increased transmissibility, the impact of Covid-19 disease in terms of hospitalisations and deaths is assessed as high, particularly for those in older age groups or with co-morbidities," the EU agency said. The variants have different origins but share a mutation in a gene that encodes the spike protein, which the virus uses to latch on to and enter human cells.

This was one of the reasons that the lockdown was kept in place. "The UK and South African virus variants have changes in the spike gene consistent with the possibility that they are more infectious," says Prof Lawrence Young at the University of Warwick. But as Dr Jeff Barrett, director of the Covid-19 genomics initiative at the Wellcome Sanger Institute in Hinxton, UK, points out, it's the combination of what the virus is doing and what we're doing that determines how fast it spreads. "With the new variant, the situation changes more quickly as restrictions are relaxed and tightened, and there is less room for error in controlling the spread," he says. "We don't have any evidence, however, that the new variant can fundamentally evade masks, social distancing, or the other interventions - we just need to apply them more strictly."

The Vaccine

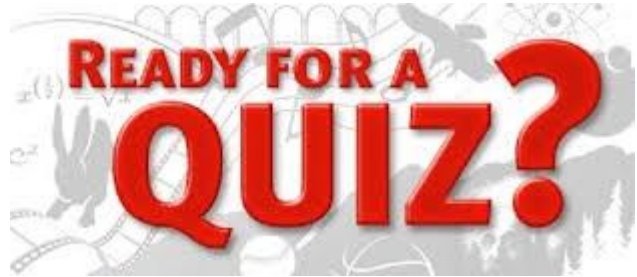
With vaccine roll-out underway, and going well in the UK, scientists are racing to understand the repercussions for vaccines, which are based on the spike protein sequence. There is particular concern about the South Africa variant, which has several changes in the spike (S) protein. Most experts think vaccines will still be effective, at least in the short term. Dr Julian W Tang, a virologist at the University of Leicester, says vaccines can be modified to be "more close-fitting and effective against this variant in a few months. Meanwhile, most of us believe that the existing vaccines are likely to work to some extent to reduce infection/ transmission rates and severe disease against both the UK and South African variants - as the various mutations have not altered the S protein shape that the current vaccine-induced antibodies will not bind at all."

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

US Geography

Eighteen US states have a coastline of over 1000km in length. This is from the North, South, East and West.

How many of these can you name?



UK Music

Only 12 acts reached UK Charts Singles No1 in 1992. Can you name the artist please?

1. Goodnight Girl
2. Stay
3. Deeply Dippy
4. Please Don't Go
5. Abbe Esque
6. Ain't No Doubt
7. Rhythm Is A Dancer
8. Ebenezer Goode
9. Sleeping Satellite
10. End Of The Road
11. Would I Lie To You
12. I Will Always Love You

Films: Name the actor who played these fictional baddies, and the name of the film.

1. Ming The Merciless: 1980.
2. Mr. Freeze: 1997
3. Norman Bates: 1960
4. Jadis The White Witch: 2005
5. Saruman: 2001
6. Thanos: 2019
7. Vito Corleone: 1972
8. Lex Luther: 1978
9. Bane: 2012
10. Ernst Stavro Blofeld: 2015
11. Kylo Ren: 2015
12. Lord Voldemort: 2005
13. T-1000: 1991
14. Scar: 1994
15. Commodus: 2000
16. Agent Smith: 1999
17. Darth Vader: 1977

UK Television

Who played the following soap characters?

1. Dennis Watts (EastEnders)
2. Rita Sullivan (Coronation Street)
3. Andy Sugden (Emmerdale)
4. Pauline Fowler (EastEnders)
5. Mike Baldwin (Coronation Street)
6. Mandy Dingle (Emmerdale)
7. Peggy Mitchell (EastEnders)
8. Vera Duckworth (Coronation Street)
9. Sadie King (Emmerdale)
10. Dot Cotton (EastEnders)
11. Deidre Barlow (Coronation Street)
12. Eric Pollard (Emmerdale)
13. Gail Platt (Coronation Street)
14. Alfie Moon (EastEnders)



Finance

According to Wikipedia, what are the top 13 Highest Grossing Films of all time?

Clue: Virtually all are 2009 or more recent, except one in 1997.

It's meant to be tough. No peeking online.

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

MIND-SET: Taking Time is okay

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 takes effort.

We all have plans, dreams, targets, and goals, and it never seems as if we can make the time for some of them to happen. How often do we end the day realising that we could have done a lot more? We see tasks that need doing around the house, but leave them for another time, when in reality we could just get on with them?

The truth is, we all have the same amount of time, and it's finite and in great demand. But some of us have made the time for doing the things we love doing, and others have allowed the constant demands and pressures and responsibilities of life to dictate their days. It's time to move from the second group back into the first. Reclaim your time. Create the life you want and make the most of the free time you lay claim to. It's not hard, though it does take a little bit of effort and diligence.

It does boil down to making changes in your life, positive ones. And that comes down to your mind-set. Are you willing to make change, to create an environment around you that can be constructive and help you grow as a person?



Take some time away from it all, so you can plan

An hour is cool, a few even better, or how about a morning or an afternoon? A whole day is ideal. With this block of time, take a look at your life with some perspective.

- Is it what you've always wanted?
- How could you get to where you've always wanted to be?
- What do you enjoy doing, but don't have enough time to do?
- What things actually fill up your day?
- Are there things you could drop or minimise to make more time?

Take a pen and some paper and write your thoughts down. Seeing it written is a great start.

Remember, your health is important. And part of that is being able to relax a little, as well as work hard towards your dreams and wishes. A bit of "me" time is crucial, even though I know how hard that is for some, whereas others are probably fed up with being on their own.

What is essential to you?

Are there things you like to do, but never seem to find time? Well, how about making a list of the top five opportunities you feel you are missing out on.

For example, for me: Cinema visits: Exercise sessions: Seeing friends: Losing weight: Sleep:

These are my five - so I need to work out plans so that I can get them into my life. Obviously a few are affected by lockdown, but that is why I realise how important they are to me. So, I will ensure I find more time for all of these, by making plans for when lockdown is lifted. Crucially, I will stick to that plan. I love films, I want to lose weight (exercise helps), and I've missed my friends. Sleep? Well, let's see!!

MIND-SET: Make more time for yourself

Find your own “time-wasters”

I am not talking about other people who might waste your time, although of course that should be considered in the long run. You need people around you who are supportive, generous with their time, but also allow you to freely express yourself.

No, I am talking about you wasting your own time. What do you spend a lot of your time on that isn't on your essential list? Take a close look at these things and really think about whether they're necessary, or if there are ways to reduce, minimise or eliminate these things.

Sometimes you do things because you assume they're necessary, but if you give it some thought you can find ways to drop them from your life. Figure out what you do simply to waste time: maybe surfing certain sites, watching television you don't actually like, playing games on your phone or tablet for more than half an hour, or meeting people with whom you share little in common. You're going to want to minimise these time-wasters to make room for the more important stuff, the stuff that makes you happy and that you love to do.



Life is far too short to go wasting it away on inane activities. I realised recently that I was constantly using my phone, to either play a game I like, or to watch videos just to pass the time. I could have been using that time far more constructively on many of the jobs that are far more important, but I never seem to find time to get round to completing. I physically changed my routine, started putting down the phone, and was happier.

Plan and Schedule

There is no point in wanting to do your five “essentials” that we put on the previous page, or more if necessary, if you do not plan, and then actually “schedule” time for these events.

One of the best ways is to have a good diary, or weekly planner. At the start of each week make sure you have written in times when you will be taking action on the specific events, like exercise. Maybe you will do it at seven o'clock each morning, or six each evening, or at different times in the day. That goes for all activities, and then work your week around them.



This gets you into a routine, as well as a chance to complete the things that are important for you. Concentrate on making those schedule blocks the central part of your life. That way things can start to improve, your mind-set and well-being are lifted, and that itself brings out happiness.

Your goals and dreams and targets are imperative, but even more so is being proactive to make them happen.

Also, make sure you schedule in downtime and rest too. Have some chill time. Scheduling a gap in your day is just as essential as working on targets.

MIND-SET:

Finding time in the day

Create a “To-Do” list

I have often done this for HMHB, and actually this pack entry reminds me that I should do one again.

To-do lists are awesome. They really are. They’re so awesome that you can collect dozens of them, all different types. There are to-do lists written on sticky notes. To-do lists in notebooks. To-do lists scribbled on napkins. And then there are computers. And the to-do lists typed into memos.

The trick is to have just one, and it can be quite long. However, over time, you add things to the list. Then your priorities change. Or you get interrupted. Or your dog eats your homework. And even though an item is done or no longer relevant, you forget to remove it from your list. Given a few weeks or months, your list is no longer very accurate. It has stuff that’s been done, it has stuff that you no longer need to do, and it has stuff that society expects you to do, but you don’t want to do.

Here the trick is to review the list weekly. Remove what has been done, or has become obsolete, and check on deadlines for other items. It can be a terrific way to stay ahead of the game, and ensure you complete tasks on time.



Create a healthy daily routine

Your daily routine consists of all of your habits. These actions structure your day and make the difference between operating at peak efficiency and struggling to make it through a poorly-planned day. You can have energising, time-saving routines, or you can adopt draining, inefficient routines. The choice is up to you. Don’t feel bad if you know that some unhealthy habits have crept into your day. The important thing is to recognise them so that you can make a change.

When you do something and no immediate harm comes to you, your subconscious mind assumes that it’s safe to continue doing the activity. Overcoming a poor daily routine that feels comfortable to you requires impressive amounts of willpower. Reaching for a snack or scrolling through social media can sabotage healthy plans by flooding your brain with dopamine, a feel-good neurotransmitter. That dopamine release causes you to want to continue the action whether or not it’s good for you. This is one of the reasons I struggle with my weight.



There may be quite a few things that ought to change in your life. Changing too many habits at once can be difficult and discouraging. On top of all that, we only have so much mental bandwidth to devote to making decisions. When decision fatigue sets in, we’re likely to revert to whatever is easiest, even if we know it’s unhealthy.

Upgrading your daily routine is a commitment. By starting small and being realistic, you can develop healthy rituals and efficient routines that help you get the most out of life.

MIND-SET:

Making best use of your time

Do your difficult tasks first

Each day pick the three most important tasks for that day. Of these three tasks you choose for the day, pick the biggest one, or the one you're dreading most, and do that first.

Otherwise you'll put that off as much as possible and fill your day with less important things. Don't allow yourself to even check email until that "big Rock" is taken care of. It starts your day with a sense of major accomplishment, and leaves you with a lot of free time the rest of the day, because the most important thing is already done.

In these packs, we have discussed the benefits of sleep at length, but we have not looked at the positive effect that good energy management throughout the day has on performance. Our daily biological clocks, known as our circadian rhythm, ensure that we are often at our most alert at about 10am before we suffer a mid-afternoon slump. The harder a task is, the more energy and focus we need to complete it. It therefore makes sense to do the hardest and most important tasks early because starting them when you are tired is more difficult and often results in putting them off for another day.



Recent surveys indicate that 75% of students consider themselves procrastinators, with 50% doing so regularly and to a level that is considered problematic. People are more likely to procrastinate on tasks they find difficult. Getting the hardest task done early in the day is one method to overcome procrastination and will make you more productive overall.

Cut out distractions

One of the easiest ways to do this is to put down your phone, or at least turn off notifications. We all use it far too much, and probably over depend on them.

Many people, especially during this pandemic, have had trouble sleeping. I am one of them. But it can cause problems. This "sleep debt" can build up over a long period of time. Sleep deprivation can actually be counterproductive to staying focused and completing tasks with the highest level of skill. Getting some rest may help you increase your focus and improve your overall health.



Non-work and screen activities can help free your brain up to focus later on a new task. For at least 30 minutes a day, consider working out, going for a run or bike ride, playing sports, doing puzzles or playing chess. Remember that a healthy body means a healthy mind (mm, a good name for a business, me thinks!!). It can be difficult to focus when the body is sick or the mind is depressed.

**Being able to find time for yourself is vital for well-being
Here we have included a few tricks for you to achieve this.**

Mind-set is not all about action and adventure.

Believe in yourself, trust yourself, and success can be the outcome.

NUTRITION:

Healthy Nutrient Rich Foods (1)

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.

There are some foods that the experts encourage people to include in your diets, as they are jam-packed full of vital nutrients to keep us all healthy. So HMHB thought we would have a good peek at a few of them, and you can then decide whether or not you can either continue with them, or introduce them into your diet.

Spinach

The dark green colour of spinach leaves indicates they contain high levels of “Chlorophyll” and health-promoting carotenoids including Beta Carotene, Lutein, and Zeaxanthin.

Carotenoids, also called “Tetraterpenoids”, are yellow, orange, and red organic pigments that are produced by plants and algae, as well as several bacteria, and fungi. Carotenoids give the characteristic colour to pumpkins, carrots, corn, tomatoes, canaries, flamingos, salmon, lobster, shrimp, and daffodils.

As well as being anti-inflammatory and anti-cancerous, these phytonutrients are especially important for healthy eyesight, helping to prevent macular degeneration and cataracts.

Spinach has long been regarded as a plant which can restore energy, increase vitality, and improve the quality of the blood. There are good reasons for this, such as the fact that spinach is rich in iron. This mineral plays a central role in the function of red blood cells which help transport oxygen around the body, supports energy production and DNA synthesis.

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



Brussel Sprouts

Brussels sprouts get a bad rap, but their nutrient profile will set the record straight.

One cup cooked provides 195 percent daily value of vitamin K, which is crucial in helping your body absorb calcium, and 125 percent of vitamin C, which plays an important role in the formation of collagen, the main support system of skin, which helps to reduce wrinkles.

Plus, they offer more than 10 percent of your vitamin A, vitamin B6, folate, potassium, and manganese needs for the day. Chefs suggest you try roasting brussels sprouts with olive oil and then tossing in balsamic vinegar or Dijon mustard (mmmm nice) to enhance their flavour. They are not just for Christmas day.



Overall, Brussels sprouts are high in fibre, vitamins, minerals, and antioxidants, making them a nutritious addition to your diet. They may also come with added health benefits, including the potential to reduce the risk of cancer, decrease inflammations, and improve blood sugar control.

NUTRITION:

Healthy Nutrient Rich Foods (2)

Almonds

The almonds you can buy in shops usually have the shell removed, revealing the edible nut inside. They are sold either raw or roasted. They are also used to produce almond milk, oil, butter, flour, or paste, also known as marzipan.

Almonds boast an impressive nutrient profile.

A 1-ounce (28-gram) serving of almonds contains:

- Fibre: 3.5 grams
- Protein: 6 grams
- Fat: 14 grams (9 of which are monounsaturated)
- Vitamin E: 37% of the RDI
- Manganese: 32% of the RDI
- Magnesium: 20% of the RDI
- They also contain a decent amount of copper, vitamin B2 (riboflavin) and phosphorus.

This is all from a small handful, which supplies only 161 calories and 2.5 grams of digestible carbohydrates.



It is important to note that your body does not absorb 10–15% of their calories because some of the fat is inaccessible to digestive enzymes.

Almonds are also high in “Phytic Acid”, a substance that binds certain minerals and prevents them from being absorbed. Should be noted, while phytic acid is generally considered a healthy antioxidant, it also slightly reduces the amount of iron, zinc, and calcium you get from almonds.

Turnip Greens

Turnip greens probably aren't on your regular grocery list, but they definitely should be. These leafy greens are packed with just about every nutrient your body needs, excelling in vitamin K, vitamin A (in the form of beta-carotene), vitamin C, folate, copper, manganese, dietary fibre, vitamin E, and vitamin B6. One cup cooked even provides 20 percent of your daily calcium, which is important for strong bones and is one of seven nutrients that helps increase muscle tone. Enjoy turnip greens raw in a salad or sandwich, sautéed as a side dish, or added to soups.



You can even grow your own turnips. Turnips are biennial plants that require winter chill to produce flowers and seeds. As a root crop, the plants become bitter when left in the ground during hot periods. Greens can be grown at any time in spring or fall as long as the soil is warm enough for germination. The leaves are tastiest when harvested young. The method on how to harvest turnip greens is simple and you can continuously harvest the leaves as they appear. This will inhibit turnip bulb formation but ensure fresh tender leaves for your recipe.

**Turnip Greens are not a common vegetable used in the UK.
But it can be exciting to try out foods we don't know.
Why not give them a try?**

NUTRITION:

Healthy Nutrient Rich Foods (3)

Cauliflower

Apart from cauliflower cheese, or maybe using them mixed in with other vegetables, I imagine most of us do not use the cauliflower very much. Certainly not buying a whole one at the supermarket.

Of the 100 grams of cauliflower in one serving, 92 grams are water. That means this veggie can help keep you hydrated. It's also a good source of fibre.

Cauliflower has a group of substances known as "Glucosinolates". As you chew and digest it, these substances are broken down into compounds that may help prevent cancer, as they help protect cells from damage and have anti-inflammatory, antiviral, and antibacterial effects.

Who ever said that dark leafy greens are the only veggies worth eating? Cauliflower cooked packs 73% of daily value of vitamin C, 19% of vitamin K, 14% of folate, 12% of vitamin B12, 11% of choline, and 11% of dietary fibre in just one cup: phew! Additionally, it consists of small amounts of thiamine, protein, riboflavin, niacin, and magnesium.



Raspberries

Raspberries are enjoyable all year long, whether they're fresh or frozen. These gorgeous gems aren't just delicious and versatile; they have an impressive nutritional profile that makes them one of the healthiest choices in the produce aisle.

One cup of raspberries provides over 50% of the minimum daily target for Vitamin C, which supports immunity and skin health and helps produce collagen. Raspberries also contain manganese and vitamin K, which both play a role in bone health. And they supply smaller amounts of vitamin E, B vitamins, magnesium, copper, iron, and potassium.

Raspberries are also one of the lowest-sugar fruits, at just 5 grams per cup fresh, compared to about 20 grams in one medium apple. This makes them a great option for anyone with a sweet tooth who wants to minimize their overall sugar intake.



Raspberries are antioxidant powerhouses. These health-protective compounds have been tied to lower rates of heart disease, cancer, diabetes, and obesity. Raspberry antioxidants also help reduce inflammation, a known trigger of premature aging. The natural protective substances in raspberries are also linked to better DNA repair and blocking enzymes that trigger arthritis pain.

Raspberries help counter oxidative stress, which is essentially an imbalance between the production of cell-damaging free radicals and the body's ability to fight off their harmful effects. Because oxidative stress is a causative factor in diseases like Alzheimer's and Parkinson's, raspberries are a top brain-supporting food. The flavonoids in berries have also been shown to help improve coordination, memory, and mood. And berries help with general brain "housekeeping" by clearing out toxic proteins tied to brain dysfunction.

NUTRITION:

Healthy Nutrient Rich Foods (4)

Sweet Potatoes

We should say that all potatoes are good for you. However, sweet potatoes (the orange, yellow and purple varieties of the root vegetable) are lower in calories and carbohydrates than the average spud. They're also higher in vitamin A, an antioxidant that boosts immunity and helps you maintain healthy skin and vision. One sweet potato provides far more than 100% of your recommended daily allotment of vitamin A.



Sweet potatoes are also rich in vitamin C and vitamin B6, which is important for brain and nervous system health. They're also a good source of potassium and magnesium, which help improve heart health by helping to regulate blood pressure.

Even better, one sweet potato has about four grams of plant-based fibre, which helps you maintain a healthy weight and lowers risk of chronic diseases such as type 2 diabetes and high cholesterol.

As starchy root vegetables, sweet potatoes do have more carbohydrates than non-starchy vegetables like broccoli. But that may be just another reason to embrace them, not to fear them. Sweet potatoes provide more energy than non-starchy veggie alternatives, making them an exceptional fuel source for daily activity and especially athletic performance.

The bottom line is that all vegetables, so long as they're not fried, are healthy options to work into your diet and offer a range of vitamins, minerals, and antioxidants.

Lentils

The humble lentil has officially transcended soup and is popping up everywhere: from gluten-free pastas and chips, to pet food. The United Nations once named them the food of the year. Even trendsetting Prince George is known to eat them.

For the uninitiated, lentils are tiny round legume (aka a seed that grows in a pod) that come in a variety of sizes and colours, including black, brown, yellow, red, or green. They've long been a staple in Indian cuisine (dal, anyone?) as well as vegan cooking as a plant-based protein source.



They are full of nutrients: Carbohydrates, Protein, Fat, Fibre, Thiamine, Niacin, Vitamin B6, Folate, Pantothenic Acid, Iron, Magnesium, Phosphorous, Potassium, Zinc, Copper, Manganese.

Lentils are rich in polyphenols. These are a category of health-promoting phytochemicals. Some of the polyphenols in lentils, such as procyanidin and flavanols, are known to have strong antioxidant, anti-inflammatory and neuroprotective effects.

Essential Nutrition: HMHB look at Vitamin B5

**In earlier packs we looked at the various vitamins.
Here we add more information about these essential nutrients.**

Vitamin B5 is a water soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in our diet.

Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic level.

Vitamin B5 is also known as “Pantothenic acid”.

It is widely found in both plants and animals including meat, vegetables, cereal grains, legumes, eggs, and milk.

Pantothenic acid is frequently used in combination with other B Vitamins in vitamin B complex formulations and supplements. Vitamin B complex generally includes vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin), and folic acid. However, some products do not contain all of these ingredients and some may include others, such as biotin, para-aminobenzoic acid (PABA), choline bitartrate, and inositol.

Vitamin B5 is commercially available as D-pantothenic acid, as well as “Dexpanthenol” and calcium pantothenate, which are chemicals made in the lab from D-pantothenic acid.

Early research suggests that taking dexpanthenol by mouth daily or receiving dexpanthenol shots can help treat constipation.

Early research shows that applying drops containing dexpanthenol reduces eye pain and discomfort after surgery to the retinal. But applying dexpanthenol ointment doesn't seem to help improve wound healing after surgery to the cornea.

Early research suggests that using a nasal spray containing dexpanthenol after sinus surgery reduces discharge from the nose, but not other symptoms.

It is not impossible to overdose on Vitamin B5. Excess Vitamin B5 intake may lead to diarrhoea, heartburn, nausea, dehydration, oedema, joint pain, calcification in blood vessels, or depression



Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.

Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.

NUTRITION: Lazza's Kitchen

Coq Au Vin (Chicken with wine)

Lazza is still trying out new recipes
Today - he makes his first ever Coq au Vin

Various legends trace Coq Au Vin to ancient Gaul and Julius Caesar, but the recipe was not documented until the early 20th century.

It is generally accepted that it existed as a rustic dish long before that. A somewhat similar recipe, "*poulet au vin blanc*", appeared in an 1864 cookbook.



The chicken is marinating in the bowl

400g shallots (or onions)
3 garlic cloves
600ml of red wine
Chicken Breasts (skinless and boneless)
Oil and Butter: salt and black pepper
3 tablespoon of plain flour
350g of lardons (or bacon cut up)
400g button mushrooms
1 tablespoon of tomato puree
1 tablespoon of brown sugar

In a bowl, marinate the chicken in the sliced shallots/onions, crushed garlic, pinch of salt, crack of black pepper and the red wine. Leave for an hour to soak. Then strain over a saucepan, separating the chicken, and also separating the shallots. In a deep frying pan, cook the chicken in the oil and 50g butter until browned. Then set aside the chicken.

Boil the red wine in the saucepan. Add the flour (mixed with 150ml water). Mix well and put aside. Add bacon to the frying pan, cook for 5 minutes, then add shallots, cook for 10. Add the hot wine sauce and tomato puree and sugar, to bacon. Cook for five minutes then add chicken. Then pour into an ovenproof dish and cook in oven at 160C for around 30 minutes. Half way through, cook the mushrooms in butter and add to the dish. Serve with mash and veg. Lovely!!!



Wow!!! Totally delicious.
The smell from the kitchen (which was mostly the red wine) was terrific.

It was such a mix of onion and mushrooms, with the chicken and red wine.

Very proud of myself with this one.

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!



HMHB's Name Game Page - trickier than you think.

Name these famous top selling authors from their photos.

Answers at bottom of quiz page answers (page 25)



1



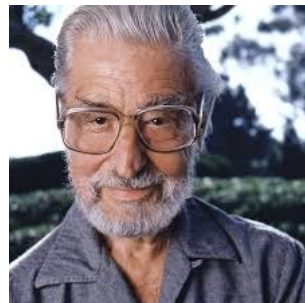
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10



11



12



13



14



15

EXERCISE/FITNESS

Let's get more active

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 are part of two health walks in Islington, one of these 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 March lockdown.

We had restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting these as soon as we possible can.

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

Be active, be safe, and go for it.

Group exercise is around the corner (from the 29th March), and the gyms will be back open in April too. So, now is a great time to plan how you are going to get more active.

Getting active doesn't need to be about doing traditional exercises. It can just be about doing things that fit into your daily routine, as and when you can.

Every way you get moving genuinely matters. Things like taking the stairs at home, walking to and from the supermarket, or taking your dog out for a stroll around the block, all add up. And even little things you can do around the house still count, like getting on your feet during a TV ad break or stretching while making a cup of tea.

There might be other ways that being active can fit into your day to day routine, especially as we are spending more time at home. Many people find that being active fits naturally into spending time with those that they live with, such as family, housemates, and pets, and helps with keeping motivated. Our very own Marie has found that walking her dog Angel is something she genuinely enjoys doing. She also finds that Angel provides a natural motivation to leave the house and get moving, even on her not-so-good days. Marie and Angel have even joined in our exercise sessions and Zumba!!

Using your at-home routine as a starting point for being active can be a great way to ensure what you do doesn't feel inconvenient. Finding little ways you can move more around your home can allow you to go about your day pretty much as usual, while still feeling the benefits of moving more. You could turn the TV ad break into a chance to do some seated exercises from the couch, for instance, or do a bit of stretching while you wait for the kettle to boil.

Healthy Minds, Healthy Bods is restarting our outdoor sessions on Highbury Fields from the start of April, and we are also looking forward to getting back in with our friends Better Gym at Highbury, Sobell, and Pancras, if they will allow us. Whatever opportunities you have, taken them.



EXERCISE/FITNESS:

Let's do some more bodyweight exercises. *(you can do it)*

Who needs a gym when there's the living room floor, or a large expanse of park nearby? Bodyweight exercises are simple, effective ways to improve balance, flexibility, and strength without gym machines or equipment. You can do all these bodyweight exercises at home, or outdoors (and with the weather improving, why not?).

Bodyweight workouts are exercise routines that use a person's own bodyweight to create resistance and improve strength, flexibility, and endurance, as well as coordination. You've probably done a push-up before. Well, you've already met bodyweight exercises. While there are bodyweight exercises you can do in a gym (pull-ups, anyone?), having a calisthenics (exercises that don't rely on anything but a person's own body weight) or plyometrics (training that uses speed and force of different movements to build muscle power) routine means you can stay in shape without the need for a gym membership or expensive equipment.

Benefits:

- **They are efficient:** You can get impressive results from short workouts alone, and they can work alongside other types of exercises to boost performance.
- **They are both strength and cardio:** Keep your heart pumping while building muscle and flexibility.
- **They are crazy good for burning fat:** The burn continues long after the workout. For example, one study found that a 45-minute workout increases how fast your body burns fat for 14 hours.
- **You can switch up:** No wiping down and changing machines, and no restrictions on how to exercise based on your ability level. You are unlikely to get bored during a bodyweight workout.
- **There is no excuse not to exercise:** In the immortal words of the wonderful Shakira, "whenever, wherever", you don't need to be in a gym. You just need enough space to move around a bit.
- **They are free.**
- **The results:** Bodyweight exercises may help you get results. They use compound movements that engage several joints and muscles with each move. This makes exercises like push-ups and lunges super effective for improved strength and performance.



Bodyweight exercises work the whole body. I hasten to add that is not me in the pictures.

While there are some beginner bodyweight exercises, you can scale up the difficulty of any exercises in a more controlled and gradual way with bodyweight exercises.

One of the most important benefits of bodyweight exercises is its ability to improve your cardiovascular endurance and muscle strength all at once. Frequently changing your position keeps the heart rate elevated, while body weight and gravity work together to strengthen muscles

EXERCISE/FITNESS:

Bodyweight for you to try (1)

Burpees

One of the most effective full-body exercises around.

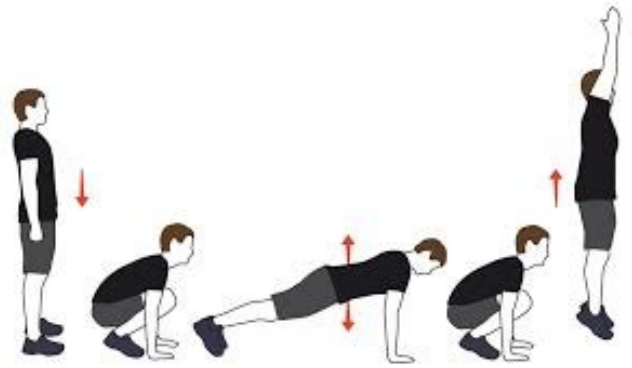
This one starts in a low squat position with your hands on the floor.

Next, kick your feet back to a push-up position.

Complete one push-up, then immediately return your feet to the squat position.

Leap up as high as possible before squatting and moving back into the push-up portion of the show.

A standard burpee works to strengthen the muscles in your legs, hips, buttocks, abdomen, arms, chest, and shoulders



Staying on the same spot

Inchworm

Stand up tall with your legs straight, making sure your knees aren't locked.

Slowly lower your torso toward the floor, then walk your hands forward.

Once in a push up position, start taking tiny steps so your feet meet your hands.

Continue bugging out for 5 to 10 reps.



Walking Feet Forward

It helps to increase strength and flexibility in the body.

This exercise requires no equipment. It works on the core, arms, upper back, and chest

Prone Walkout

Start with your feet hip-width apart. Bending from your hips, reach for the ground and place your palms on the floor in front of your feet .

Slowly shift your weight onto your hands and begin walking them forward until your body is in on straight line from your head to your heels.

Keep walking until your body is in a straight line from your head to your heels, bracing your core and making sure your hands are stacked directly under your shoulders.

Pause for a few seconds. Then slowly return to start position in same way.



Feet do not move

**These can be tough exercises if you are not used to moving.
But persevere. Never give up. Build up to a good routine.
All three are good all round ways to improve your fitness levels.
More fun with others, and outdoors. Find a way!!**

EXERCISE/FITNESS:

Bodyweight for you to try (2)

Single Leg Deadlift

Start in a standing position with your feet together.
 Lift your right leg slightly.
 Lower your arms and torso while raising your right leg behind you.
 Keep your left knee slightly bent and reach your arms as close to the floor as possible.
 Raise your torso while lowering your right leg.
 Switch legs.

Single-leg deadlifts work the hamstrings, gluteus maximus, gluteus medius, ankles, and the core



Concentrate on Balance

Contralateral Limb Raise (now that's a name)

Lie facedown with your arms outstretched and your palms facing each other.
 Slowly lift one arm a few inches off the floor, keeping it straight without rotating your shoulders and keeping your head and torso still.
 Hold the position, then lower your arm back down. Repeat on the other side.
 For an extra challenge, lift your opposite leg a few inches off the floor at the same time.
 When done correctly, it can effectively target your buttocks, legs, lower body, shoulders and upper body.



Keep looking down

Sprinter Sit Up

Lie faceup with your legs straight and your arms by your sides with your elbows bent at a 90-degree angle.
 Now, sit up and bring your left knee toward your right elbow. Return to the starting position.
 Repeat on the other side.

This is just another variation on a simpler exercise. You can find many variations for the basic exercises, like squats, lunges, plank, etc. It just makes routines more interesting and shows you that there are many ways to enable you to incorporate movement and flexibility into your life.



**We can soon start exercising outdoors in a group.
 Why not find a local free session you can join.
 HMHB will be running one in Highbury Fields, Islington.
 Its fun, you do more, and you feel great after (maybe not during)**

HEALTH / ROUTINE

Organ Donation

This is very much a personal decision, and we at HMHB are not here to say that people either should or should not consider donating their organs. But we wanted to look at the facts around the subject, and people can then make their own minds up.

An Organ Donor Card is a great way to show you're committed to saving lives. You can carry your card in your purse or wallet as a symbol of your decision to help others.

However, you don't need to carry an Organ Donor Card for your organs to be donated as medical staff will always consult the NHS Organ Donor Register if your organs could be used to help others when you die. Before the removal of organs takes place, NHS Blood and Transplant would ask your family to support your decision to donate and to provide important information about you.



If you are signed up as a donor and have a donor card, please remember to tell your family and make clear to them that you want them to help honour your decision if you can donate when you die. Ask them if they want to be organ donors too.

Healthcare professionals have a duty of care to save your life first. However, if death is inevitable, organ and tissue donation will be considered as end of life care discussions start with your family, friends, and next of kin. Only when end of life care planning is started is the NHS Organ Donor Register accessed by a specialist nurse for organ donation and the possibility of organ donation discussed with your family.

There are strict criteria in place in the United Kingdom to help those caring for the dying, by providing safe, timely, and consistent criteria for the diagnosis of death. Organs are never removed until a patient's death has been confirmed in line with these criteria.

Death is confirmed by doctors who are entirely independent of the transplant team and this is done in the same way for people who donate organs as for those who do not. If organ donation is a possibility, the specialist nurses will check to see whether an individual is on the NHS Organ Donor Register, and the family of a potential donor will always be consulted.

Most people do not die in circumstances that make it possible for them to donate their organs. In fact, only around one in 100 people who die in the UK are usually able to be donors. Donors are typically those who have died in a hospital intensive care unit or emergency department.

When I think back on my life just four years ago, the circumstances were dire. I wasn't sure if I would still be alive in six months. Now, I'm a mommy, all because someone said yes to being an organ donor."

"The decision to become a donor can save up to eight lives and enhance many more: men, women, and children who depend on the generosity and sacrifice of others. I encourage individuals of all ages and backgrounds to consider this unique opportunity to help those in need and to discuss this choice with friends and family." -Barack Obama

HEALTH / ROUTINE

More about Organ Donation.

The organ donation process involves a specialist team who ensure that donors are treated with the greatest care and respect during the removal of organs and tissue for donation.

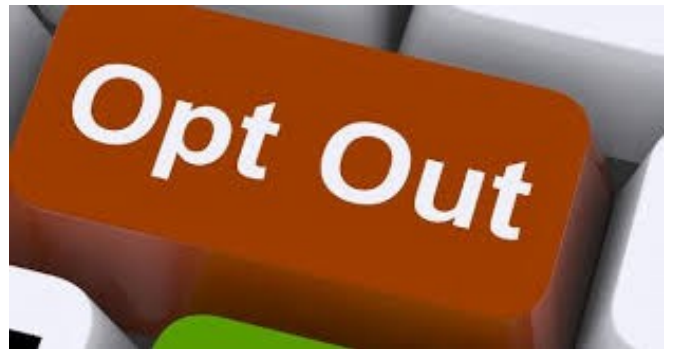
The retrieval of organs takes place in a normal operating theatre under sterile conditions, and is carried out by specialist surgeons. Afterwards the surgical incision is carefully closed and covered by a dressing in the normal way.

Only those organs and tissue specified by the donor and agreed with the family will be removed.

In the UK, Organs cannot be bought or sold. Organ donation is a precious gift that saves lives. Transplant laws in the UK expressly prohibit the sale of human organs or tissue.

A number of countries within the UK have moved, or are moving, to an 'opt out' system for organ donation, to help save and improve more lives.

Within an opt out system the decision about whether or not you choose to donate your organs is still yours to make. If you don't want to donate, it's really quick and simple to record your decision on the NHS Organ Donation Register.



If you request that your details are withdrawn from the register, the organ donation decision you had previously recorded (whether to donate or not to donate) will be removed from the NHS Organ Donor Register along with your personal details. This will mean that there is no longer any recorded decision for you on the Register.

In an 'opt out' system, if there is no recorded decision for you, it will be considered that you agree to donate your organs after death unless you are in an excluded group, or you have let your friends or family know your organ donation decision and they pass this on to the team involved in your end of life care.

If you record an opt out decision, you are recording your decision not to donate your organs and tissue after death. Your decision is added to the NHS Organ Donation Register, and will be respected in the event of your death.

Who is on the excluded group list?

- Those under the age of 18.
- Those who lack the mental capacity to understand the new arrangements and take the necessary action.
- Visitors to England, and those not living here voluntarily.
- People who have lived in England for less than 12 months before their death.

“I am alive due to the generous Gift Of Life from my heroes: organ donors. Words alone cannot express my thanks to anyone and everyone who makes the decision to be an organ and tissue donor. You may never meet the person whose life you have saved, but you will always be a hero for saving a life.”

HEALTH / ROUTINE

Organ Donation: Faith and Beliefs

All the major religions and belief systems in the UK are open to the principles of organ donation and transplantation and accept that organ donation is an individual choice. The NHS understand that you may have questions about whether your faith or beliefs affect your ability to become an organ donor. In fact, the NHS has worked with faith leaders and communities to build trust, raise awareness, explore questions around organ and tissue donation, and discuss how organ donation can proceed in line with faith or beliefs.



When you register as an organ donor on the NHS Organ Donor Register, you have the opportunity to say whether or not you would like the NHS to speak to your family, and anyone else appropriate, about how organ donation can go ahead in line with your faith or belief system. This is an optional part of the registration process, but any response you give will be part of your NHS Organ Donor Register record.

The NHS specialist nurses will respect the decision recorded on the NHS Organ Donor Register and will discuss what this means with the family as part of end-of-life care conversations. During the conversation, they will answer any questions and seek further guidance or support from additional family members and/or representatives from your faith or belief if required.

When you register your organ donation decision, you may provide information about your religion and ethnicity within the additional information section. This information is entirely optional, and is only used by NHS Blood and Transplant for analysis of the NHS Organ Donor Register. It is not stored against your registration.

If you register a decision to donate some or all of your organs, and also state that you would like the NHS to speak to your family, and anyone else appropriate, about how organ donation can go ahead in line with your faith or beliefs, this information will be recorded against your registration. This information will be available to our specialist nurses, to enable the conversation about your requirements to take place with your family. The specialist nurses will not see any information about what religion or belief system you belong to, they will only see whether or not you wish for the NHS to speak to your family about how organ donation can go ahead in line with your faith or belief system.

The most common types of deceased organ or part organ transplants include kidney, liver, heart, lung, pancreas and small bowel. Many kinds of tissue can also be donated after death including skin, tendons, bone, heart valves and eyes. We hope this has maybe interested you, and you can think about your own decision.

HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.
www.healthymindshealthybods.blogspot.com

We try and add entries every week. Please log on to have a read.
We will be adding information as often as possible.



Why not try an exercise class!!!

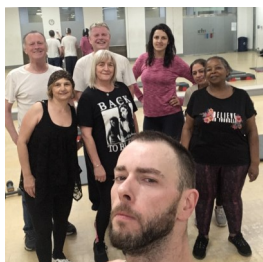
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

HMHB is partaking on Sundays, so why not join us.

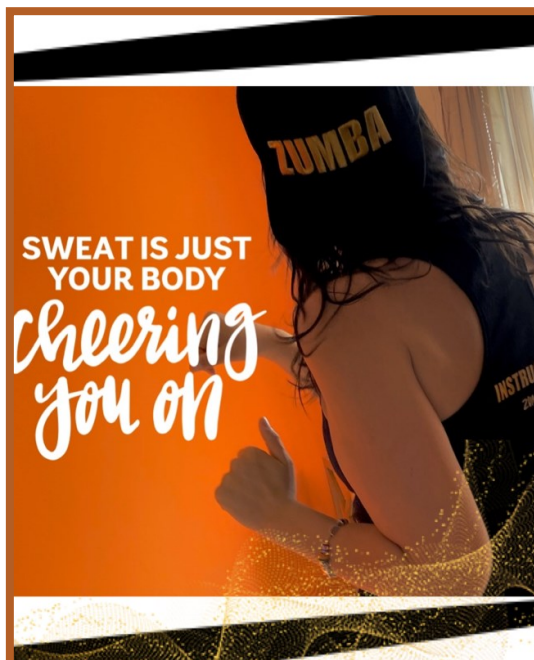
Karina is based in Islington, but her online classes are fabulous.

Please contact her.

They are fun, but also great for your overall health. Treat yourself!!



ZUMBA



ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links. They are fabulous. Please have a go!!

www.activewithin.com



TIME TABLE	
MON/18.30/YOGA	
TUES/11.00/YOGA	
TUES/18.30/BOOTCAMP	
WEDS/18.30/YOGA	
SAT/10.00/YOGA	
SUN/10.00/ABT	

HMHB Izzwalkz is part of the “Walk With A Doc” network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them.

[Check out their website for more information.](http://www.walkwithadoc.org)

“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

HMHB are proud to be part of their network.
Let's walk!!!!

www.walkwithadoc.org



PILATES

The amazing Emma Ahlstrom is providing some terrific online Pilates classes.

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

Here at HMHB we are constantly promoting that active, positive mind-set, but it is just as important to take some time off for yourself to recover and plan.

If you are constantly pushing yourself, you sometimes cannot see what is going on around you.

So think about how you give yourself time, and allow yourself the opportunity to relax and chill.

You are special and important. Treat yourself as such.



Nutrition.

I guess we call them superfoods, but there are some foods that have more macronutrients and micronutrients than others.

We have highlighted a few here in this pack. They seem to contain a large number of the essential items that keep us alive and kicking.

Good nutrition not just helps you by quenching your hunger and thirst, but also by providing your body with all the chemicals and minerals to help it function.

That is your responsibility. Choose wisely.



Exercise



It won't be long till we can start sessions outdoors with friends or family, a terrific opportunity to bring exercise into your daily routine.

Bodyweight exercises are ones you can do without equipment, and boost your whole body.

I am very much looking forward to our HMHB outdoor sessions restarting, both on Highbury Fields, as well as walks and working with Better Gyms too. I need it after expanding my waistline over the last few months. Join me, either with us, or with others, outdoors. Push hard!!!

Health.

We decided to take a look at Organ Donation this week.

The law changed recently which meant we are automatically “opted-in” but this is still very much a personal choice. We just wanted to offer the relevant information so you can make your own informed choice.

I totally understand the pros and cons for everyone.

There is no guarantee because you say you want to donate that this will happen. It all depends on timing, opportunity, etc.

We do urge you to think about it though. You can then decide.



**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 4 + Authors from Page 15

See if you can beat your family and friends

UK Music

Only 12 acts reached UK Charts Singles No1 in 1992. These were the artists.

- | | | |
|-----|-------|----------------------|
| 1. | GG | Wet Wet Wet |
| 2. | S | Shakespeare's Sister |
| 3. | DD | Right Said Fred |
| 4. | PDG | KWS |
| 5. | AE | Erasure |
| 6. | AND | Jimmy Nail |
| 7. | RIAD | Snap |
| 8. | EG | The Shamen |
| 9. | SS | Tasmin Archer |
| 10. | EOTR | Boyz II Men |
| 11. | WILTY | Charles and Eddie |
| 12. | IWALY | Whitney Houston |

UK Television

These actors played the soap characters?

- | | | |
|-----|----|-----------------|
| 1. | DW | Leslie Grantham |
| 2. | RS | Barbara Knox |
| 3. | AS | Kelvin Fletcher |
| 4. | PF | Wendy Richards |
| 5. | MB | Johnny Briggs |
| 6. | MD | Lisa Riley |
| 7. | PM | Barbara Windsor |
| 8. | VD | Liz Dawn |
| 9. | SK | Patsy Kensit |
| 10. | DC | June Brown |
| 11. | DB | Anne Kirkbride |
| 12. | EP | Chris Chittell |
| 13. | GP | Helen Worth |
| 14. | AM | Shane Richie |

Films: These actors played those fictional baddies, and here is the film for that year.

1. Max Von Sydow: Flash Gordon
2. Arnold Schwarzenegger: Batman and Robin
3. Anthony Perkins: Psycho
4. Tilda Swinton: CON: Lion/Witch/Wardrobe
5. Christopher Lee: LOTR: Fellowship of Ring
6. Josh Brolin: Avengers Endgame
7. Marlon Brando: The Godfather
8. Gene Hackman: Superman
9. Tom Hardy: The Dark Knight Rises
10. Christoph Waltz: Spectre
11. Adam Driver: Star Wars VII; The Force Awakens
12. Ralph Fiennes: Harry Potter and the Goblet of Fire
13. Robert Patrick: Terminator 2: Judgement Day
14. Jeremy Irons: The Lion King
15. Joaquin Phoenix: Gladiator
16. Hugo Weaving: The Matrix
17. David Prowse: Star Wars (voice - James Earl Jones)

US Geography

Eighteen US states have a coastline of over 1000km in length.

Alaska: Florida: Louisiana: Maine: California:

North Carolina: Texas: Virginia: Michigan:

Maryland: Washington: South Carolina: New York

Georgia: New Jersey: Massachusetts

Oregon: Hawaii

QUIZ
ANSWERS

List of Best-Selling Author - from Page 15

(it's meant to be tricky - how well did you do?)

- | | | | |
|----|------------------|--|---------------------|
| 1 | Roald Dahl | 2 | Barbara Cartland |
| 3 | Enid Blyton | 4 | William Shakespeare |
| 5 | Dr. Seuss | 6 | Agatha Christie |
| 7 | Charles Dickens | 8 | J K Rowling |
| 9 | Stephen King | 10 | James Patterson |
| 11 | John Grisham | 12 | Beatrix Potter |
| 13 | Ian Fleming | 14 | C S Lewis |
| 15 | Michael Crichton | <i>(Apart from BC, I have read books by all)</i> | |

Finance

Top 13 Highest Grossing Films of all time?

Avatar: Avengers Endgame:

Titanic:

Star Wars 7, Force Awakens:

Avengers, Infinity War:

Jurassic World: The Lion King:

The Avengers: Furious 7:

Frozen 2: Avengers Age of Ultron:

Black Panther: Harry Potter 8:

THE LAST PAGE

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

We would love to incorporate some items from you in next week's pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

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

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

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

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

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

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

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

**All copies of our Mental Health Packs can be downloaded from our website.
And we can post copies to you. Please get in touch.**

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well