

♦ "This class and learning about computers keeps me going." ♦

♦ "I've been trying to get rid of that for 2 months. I come here and it's gone in 2 minutes." ♦

# Healthy Generations

The charity formally known as  
Registered Charity No. 1128902

MUSIC for People



January 2016 ♦ [www.healthygenerations.org.uk](http://www.healthygenerations.org.uk) ♦ 0798 114 2376

## Save money & make your computer work



**S**martphones, laptops, tablets, broadband – how do you get the best out of them?

Healthy Generations has a weekly, "Connect!" class helping you make your technology work – and save you money.

If you have any problems with any aspect of computing, including smartphones – then come along.

As well as finding solutions, Connect! sessions show how to best protect yourself from fraud and keep your passwords secure.



Grab a bargain when you shop online!

The classes teach you how to use Google and find solutions on your own. There is a huge store house of information out there.

Skype, too, lets you talk to people face to face for free – just the thing for catching up with loved ones.

Connect classes run on Fridays at 4pm at Hilldrop Community Centre, N7 0JE – there's a £2 optional donation. If you like, only pay when we save you money! And it's open to all, just turn up! Or ring: 0798 114 2376.

## School's Christmas meal of love

**T**he festive season's message of love, hope and giving to others was at the heart of a Finsbury Park school's Christmas meal for pensioners.

Students at Islington Arts and Media School cooked up a treat for a hundred senior citizens – their tenth year of Christmas dinners for the elderly, and donated gifts for a raffle.

After the meal students laid on a musical extravaganza – and Healthy Generations' house band Retro Abyssmo launched the celebrations with Christmas carols and showstoppers. "People are



Christmas celebration: plenty of festive cheer at Islington Arts and Media School.

so pleased to see such polite, respectful and helpful children,"

said Ashley Grey, community arts co-ordinator.

## Smoking kills – your looks



Face facts: the toxins in smoking cause deep wrinkles to form on the lips and mouth.

**I**f looks could kill – well, did you know smokers are killing their looks when they feed their deadly habit.

Tobacco smoke damages our skin's collagen and elastin – the fibres which give skin its strength and elasticity.

It means that smokers' skin-sags and wrinkles prematurely.

A tell-tale sign is the deep creasing on the upper lip from years of pursing the mouth when inhaling.

As we get older we lose fat under the skin. Over time the little fibrous bands between the muscle and the skin are moving and the skin's thickness, is thinned.

The toxins in tobacco weaken the muscles further – especially around the mouth.

In a nutshell, smoking accelerates the ageing process. And the damage to our skin from smoking is worse for women than men.

The risks of smoking – cancer, heart disease, strokes, osteoporosis – are well known. The annual cost of smoking 20 a day is over £2,000.

Now Healthy Generations is working together with top clinical hypnotherapist Marie Maio to help people in Islington quit smoking.

Marie personally assesses everyone to provide an individually tailored plan – all fees are donated to charity.

For more details call 0207 607 6444 or: [smoking@healthygenerations.org.uk](mailto:smoking@healthygenerations.org.uk)

### TUESDAY KEEP-FIT

Tuesdays 1.30-2.30pm

Drovers Centre  
North Road  
London N7 9EY

Join our top fitness instructor  
Liz Wood

£2

Run in partnership with  
Age UK

### WEDNESDAY THIN 4 HEALTH

Wednesdays 6.30-7.30pm

Manor Gardens Welfare Trust  
6/9 Manor Gardens  
London N7 6LA

Lose weight and keep it off  
with latest dietary research

£8 to join £4 a week

One of Healthy Generations'  
latest initiatives

### THURSDAY KEEP-FIT

Thursdays 6.30-7.30pm

North Library  
Manor Gardens  
London N7 6JX

Feel a lot fitter, with more energy with  
subtle and gentle exercises

£3

Run with thanks to  
Islington Libraries

### FRIDAY COMPUTER CLASS

Fridays 4.00-5.00pm

Hilldrop Community Centre  
Community Lane, Hilldrop  
Road, London N7 0JE

Computers, Smartphones,  
Tablets and I pads & save money

£2 optional donation

Run in partnership with Islington  
Pensioners' Forum & Hilldrop CC

♦ "I can now skype with my family." ♦ "I had problems with my printer for 3 weeks. Now I can print things, the printer is working. Thank you!" ♦