

## Medication Management

2 November 2021 2pm-4pm (Online)

The aim of this workshop is to provide an understanding of your medications, physical health monitoring, common side effects, medication compliance for example actions you can take to help with managing medication intake. There will be an opportunity to discuss any questions you may have in relation to your medication.

**If you wish to discuss something but do not feel comfortable raising this in the group then you can let us know your query prior to the workshop by emailing [brentphram.cnwl@nhs.net](mailto:brentphram.cnwl@nhs.net).**

## Food & Nutrition

10 November 2021 2-4pm (Online)

A workshop covering how our body uses food, the relationship between diet and health and how food affects our mental and physical state. You will also learn the different range of nutrients your body needs and discover which foods to avoid.

## Access to workshops

For online workshops:  
Please visit [www.zoom.us](http://www.zoom.us) click join and type Meeting room ID: 243 677 2183

### Support available to access digital equipment for online workshops

For face to face workshops:  
Room 25 (ground floor)  
15 Brondesbury Road,  
London  
NW6 6BX

Please arrive at least 15 minutes before the start of the workshop.

Attendee's are advised to follow social distancing and wear masks when accessing the premises.

**No Pre-registration or Bookings required.**

## Contact us

If you have any questions about Physical health workshops, please get in touch we'd be delighted to hear from you!

 **07775697854**

 **[brentmentalhealth@rethink.org](mailto:brentmentalhealth@rethink.org)**

# Physical Health Workshops

Workshops are available to people using Brent Community Mental Health Services, their family and carers, and CNWL NHS staff.

  
**Central and  
North West London**  
NHS Foundation Trust

  
**Rethink  
Mental  
Illness.**

 **Brent**

 **Change  
Grow  
Live**

# About our workshops

This group of physical health workshops are designed to provide:

- A direct introduction to specialist professionals in each area.
- Opportunity to ask questions and get your individual needs met.
- Information and referrals to Brent Services to meet your physical health needs.

## Workshops Available

- Physical Health
- Healthy Changes
- Smoking Cessation
- Substance Use
- Diabetes Management and Prevention
- Medication Management
- Food & Nutrition

## Physical Health

28 September 2021 2pm-4pm (Online)

Metabolic syndrome is the medical term for a combination of diabetes, high blood pressure (hypertension) and obesity. This workshop will cover the symptoms of metabolic syndrome, how you can prevent or reverse this diagnosis and access to services which will support you.

## Healthy Changes

05 October 2021 2pm-4pm (face to face)

This workshop will look at how we make healthy changes to our day-to-day that are meaningful and sustainable. The workshop will cover, what supports people to make change, and what to avoid, SMART Goal setting and review. You will also learn how to build change in your daily routine, and ensuring these changes are achievable.

## Smoking Cessation

13 October 2021 2pm-4pm (Online)

Smoking is found to be a highly addictive behaviour and most smokers find it hard to quit or give up without any help. This workshop will deliver an understanding of what is inside cigarettes, risk associated with smoking and common withdrawal symptoms. Guidance will be offered on medication to support smoking, and body recovery once you quit. You will also have the opportunity to access the Brent tobacco dependency services.

## Substance Use

19 October 2021 2.30pm-4pm (face to face)

This workshop will cover the effects of alcohol and drug use, especially in relation to Mental Health. You will receive information on the support available from Brent services, how to get your voice heard and options available to help you cut down, stop or change substance use.

## Diabetes Prevention

26 October 2021 2pm-4pm (Online)

## Diabetes Management

29 October 2021 2pm-4pm (Online)

Delivered by NHS diabetes Prevention Programme (NDPP), this workshop will provide you with an understanding of diagnosis of diabetes, symptoms, how it happens, risk factors and remission. You will receive guidance on lifestyle changes to reduce risk, and details and resources to access NHS programmes including how to make referrals to NDPP.