A five week workshop for everyone, covering physical activity and our mental well-being, including:

- Relationship between physical activity and mental well-being
- Dietary insights
- Psychological well-being and ‘Quality of Life’
- Dopamine and Endorphins
- Networking Opportunities

“MHM’s services have been a life saver for me and the fact that I am getting ongoing support really helps. A top class service from my support worker and the organisation.”

- MHM Service User

To make a referral call: 0300 323 0189

For the Helpline call: 0300 323 0187

Email us at: leicestershire.andrutlandmhm@nhs.net

Elegibility and referrals:
To refer yourself to the service, simply call us to speak to one of our team. Alternatively, your GP or other health/social care professionals can call us to make a referral on your behalf.

If you need information contained in this leaflet in an alternative version such as large print, tape or a different language please get in touch.

The Mental Health Wellbeing & Recovery Service presents:
Active Mindfulness

This service is commissioned by Leicestershire County Council, Rutland County Council, East Leicestershire & Rutland CCG, and West Leicestershire CCG, and delivered in partnership by Mental Health Matters and Making Space.

MHM are a company limited by guarantee, registered in England no. 01786914 and registered charity no. 514829

Making Space are a company limited by guarantee, registered in England no. 01642033 and registered charity no. 512907

Our mission: We help people achieve good mental and physical wellbeing and live life to the full.
Welcome to Active Mindfulness - a 5 week workshop that will be covering key topics centred around the relationship between physical activity/exercise and mental wellbeing.

Week one:
- Initial overview of the full workshop
- Discussion / understanding of the relationship between physical and mental health

Week two:
- Statistical Insights of current issues caused by poor dietary choices
- Common mistakes / myths
- Correct overview of foods and drinks
- Why dietary changes can have positive outcomes for our mental health,
- What foods / drinks are reasonable adjustments?
- Intake calculations for BMIs

Week three:
- Explanations of the 6 dimensions to psychological well-being and ‘Quality of Life’.
- What activities are best suited for each dimension.

Week four:
- Discussions over dopamine and endorphins release
- How to achieve these chemical reactions.
- What activities are best and the duration needed

Week five:
- An overall conclusion and recap of the previous weeks.
- Information booklets.
- Navigation to other services.
- Q&A on topics covered in previous weeks