



WEEK 7

LET'S TALK ABOUT MAKING CHANGES

Our talking points today	Time (mins)
Welcome and recap from last week	10
Ice Breaker - can you think of one thing that you have done or not done in the past 24 hours that you would change if you could?	10
<p>Discussion – the barriers to changing our behaviour, especially around food and exercise.</p> <p>Useful links:</p> <ul style="list-style-type: none"> • Mental health Know Diabetes • Breaking down the cultural barriers • Is it easier or harder to lose weight in self isolation? Know Diabetes 	30
Wrap up	5