Are you a carer for someone with a Learning Disability?
Ask their GP Practice for the ‘12 Month Challenge’

The ‘12 Month Challenge’ –
A health improvement tool for People with Learning Disabilities.

The ‘12 month challenge’ is a workbook to help people with learning disabilities to learn and understand more about:

- healthy eating,
- exercise
- and to encourage behaviour change

With a view to them losing weight, increasing their physical activity levels and becoming healthier over a twelve month period.

The workbooks are available from GP Practices or the Strategic Health Facilitation Team. They can be used to raise the issue of weight/weight-loss with the person you care for and encourage them to complete the challenge.

If you would like to know more about the ‘12 month challenge’ or wish to obtain copies, please contact the GP Practice or The Strategic Health Facilitation Team on 01332 268455