

Fighting Fit

**Manchester Learning Disability Partnership**

[www.mldp.org.uk](http://www.mldp.org.uk)

# Accessible FF

Health promotion resources (physical activity, healthy eating and weight management) that are accessible to people who are learning disabled

**Please Cascade**

# Accessible FF

## Introduction

Listed below are the details of a number of accessible booklets, pamphlets, DVD's, cassettes, websites, teaching aids, models and replicas, training and resource packs. All provide information relating to the **promotion and education of physical activity, healthy eating and weight management for people who are learning disabled**. You will find a summary of the resource, the price, and how to acquire it. **Most are available to view or to borrow on a short-term loan** from the physiotherapy staff at Chapman Place. The two Manchester Public Health Development Resource & Information Centres also hold many of these resources (see website).

- Chapman Place  
Chapman Street  
Gorton  
M18 8UA  
0161 2239901
  
- North: Victoria Mill  
Lower Vickers Street  
Miles Platting  
M40 7LJ  
0161 8612913
  
- South: Old Withington Hospital  
Cavendish Road  
West Didsbury  
M20 2LR  
0161 6113642

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Please cascade this flyer, and forward information concerning additional accessible resources to: [michael.craven@manchester.gov.uk](mailto:michael.craven@manchester.gov.uk)

- Websites

**www.easyhealth.org.uk** Many accessible resources covering many health and social issues.

**www.manchesterpublichealthresources.nhs.uk** The website of Manchester Public Health Resource & Information Centres. The catalogue details numerous games, teaching packs, models, etc.

**www.dsscotland.org.uk/publications/learning-disability/** (see 'Diet, weight and exercise below)

**www.wales.gov.uk/healthchallenge** (search accessible information). Download the 4 steps to better health. Numerous pictures and symbols in relation to exercise and diet.

**www.bristollearningdifficulties.nhs.uk** (search health resources -> healthy eating). Excellent website with numerous pictures and symbols of meal ideas, and many photographs of various foods.

**www.bild.org.uk/pdfs/01news/look\_cook.pdf**

A 28-page guide to healthy eating produced by Oldham PCT. Lots of photographs and meal ideas.

**www.5aday.nhs.uk/original/locally/publications.aspx** (search Easy Read) This 15-page booklet full of photographs covers the 5-a-day message (fruit and vegetables)

**www.ncpad.org** (search intellectual disabilities / videos). This comprehensive website for the National Centre of Physical Activity and Disability USA contains a vast collection of photographs, videos and images of almost all sports and exercise opportunities.

**www.manchestermencapcharityskills.net**

The website contains all details of the physical activity project, the Health in Transition project (HIT) and the newsletter.

**www.sogb.org.uk**

The Special Olympics GB website contains many photographs of sporting activities in the photo library. You will need to register to access this.

- Physical Activity Resources

**Step to It (a 10-week walking pack using a step-o-meter)**

The pack encourages people to walk more and contains week by week recording charts, numerous symbols, personal story sections, target charts and tips for success. Costs £5.75, send cheque payable to 'HM Paymaster General', to "Step to it", The Knoll Resource Centre, Westbourne Road, Lancaster, LA1 5EF. Or telephone 01524 586192.

**Enjoying Sports and Exercise**

By Sheila Hollins and Caroline Argent and illustrated by Catherine Brighton, is a full-colour A5 picture book published in the Books Beyond Words series. The book tells the story of three people with learning disabilities who want to take up a sport and are supported to do so. Text at the back of the book includes guidelines for carers, service providers and supporters and information about where to find help and advice and useful reading. Published at £10 (including p&p) in July 2008 by RCPsych Publications, Royal

College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG. Tel: 020 7235 2351, ext 146. Online ordering in July: [www.rcpsych.ac.uk/bbw](http://www.rcpsych.ac.uk/bbw).

### **Exercise for People with Learning Disabilities**

A 4-page leaflet summarising the benefits of exercising, tips on increasing your activity level, staying safe, how much and how often, and what type of activity is best. See [www.sportex.net](http://www.sportex.net) (leaflets). Tel (020) 8287 3312

### **The Non-Competitive Activity Book**

This handbook features 100 activities that are non-competitive, 20 of which require some physical effort. Examples include; freeze, action story, musical exercises, follow the leader, hand gestures, keep the ball in motion, and moving target. Costs £31.75. Call 0845 2302777 or visit the website [www.winslow-press.co.uk](http://www.winslow-press.co.uk).

### **I Feel Good: Get out, get active**

This DVD shows you lots of great ideas to get more exercise when you are at home or out and about. Cost £28. Contact [dvd@speakup.org.uk](mailto:dvd@speakup.org.uk) or call (0303) 123 7013.

- Teaching Aids (Models / Replicas)

Examples include ‘consequences of obesity display model’, ‘body fat vest’, ‘portion plates’, ‘occluded artery model’, ‘food replicas’, ‘food pyramids’, ‘consequences of diabetes’, and much more. Many of these items are available on loan from Manchester’s Public Health Development Resource Libraries & Information Centres. You can also view all items in the ‘Nasco Nutrition Catalogue’. Copies can be ordered on (01202) 813500.

- Weight Management

#### **Do you want to stay fat?**

This new and excellent 6-page booklet is designed to help people to make an informed choice. Numerous symbols and pictures help to explain that “if you are fat you may get..... chest pains, sweaty, constipation, unable to take part in activities you enjoy, etc”. A pack of 10 costs £12.47. Available from [www.caledonian.ac.uk/sndri/primary\\_current.html](http://www.caledonian.ac.uk/sndri/primary_current.html)

### **WOW! Watching our weight club – for people with learning disabilities**

This DVD covers information about the Lancaster based WOW club. The club aims to address the issues of healthy menus in an accessible language, practical food sessions, weigh ins, personal stories and video diaries. Contact Dr Jeff Bartley on (01524) 586 192, or [jeff.bartley@northlans.nhs.uk](mailto:jeff.bartley@northlans.nhs.uk)

- Exercise, Diet and Weight Management

#### **A Practical Guide to ..... with people with learning disabilities**

Can help you to organise a weight management program, a keep fit group and healthy eating sessions. This 122-page manual contains 30 pages of photocopiable materials including many photographs, pictures and charts. The manual takes you through many practical activities, takes you through the planning stages, addresses safety issues, and much more.

### **Food, Fitness Fun DVD**

Produced by Norfolk LD Service this 15 minute DVD is delivered by people who are learning disabled. It contains examples of nearly 25 different activities e.g. skiing, athletics, hydrotherapy, wheelchair football, canoeing, etc. It also follows the group on a supermarket shopping trip and making healthy juices with a focus on 5-a-day. We then see the group prepare, cook and enjoy their meal. Available from Michelle Savage, [www.shellytelly.co.uk](http://www.shellytelly.co.uk), (07985) 409873, [shelly@shellytelly.co.uk](mailto:shelly@shellytelly.co.uk), and the cost is £28 to professionals, £14 to advocacy groups, and £7 to people with learning disabilities.

### **Diet, Weight and Exercise**

A workbook about health, weight and diet for people with Down's syndrome. The 14 pages contain several pictures, food and exercise diaries, and cover 'Is your weight right for you', 'food facts', 'how to lose weight', etc. The booklet costs only £1.50 and can be ordered on (0131) 3134225. Alternatively the whole booklet can be downloaded at [www.dsscotland.org.uk](http://www.dsscotland.org.uk) (see websites)

### **Food, Fitness, Fun**

A training pack in weight management for people with learning disabilities. The 106 pages cover fact-finding, body size and shape, balance of energy, content of meals, choices, mealtimes, and regulation of eating. Many pictures, diagrams, chart and tables are included in the worksheets and exercise sheets. Costs £79.95, available from Pavilion Publishing [www.pavpub.com](http://www.pavpub.com) (search 'food') or call (01273) 623222.

### **Healthy Eating and Gentle Exercise**

This new 6 page booklet contains numerous symbols and pictures covering what makes you fat, healthy food choices, and exercise ideas. It comes with suggested guidelines when using the booklet. Each pack of 10 costs £14.67. Available from [www.caledonian.ac.uk/sndri/primary\\_current.html](http://www.caledonian.ac.uk/sndri/primary_current.html)

### **Exercise and Nutrition Health Education Curriculum**

This was developed in America and is a curriculum with a 12-week interactive program. It is ideal for an educational environment, but can easily be adapted by all staff and health professionals. Each 1-hour sessions covers attitudes towards health, food and exercise, gaining skills, identifying preferences, participating in food preparation and exercise, and locating community facilities. CD ROM version costs \$25, see [www.uic.edu/orgs/rrtcamlr](http://www.uic.edu/orgs/rrtcamlr)

- [Healthy Eating Resources](#)

#### **5-A-Day DVD**

This dvd lasts 5 minutes and explains what 5-a-day is, why eat 5-a-day, how to include 5-a-day in your diet, and provides an example of a shopping trip purchasing fruit and vegetables. The dvd costs £10 and is available from Skelmersdale Community Food Initiative, call (07966) 484565.

#### **5 A Day (Easy Read)**

This 15-page booklet full of photographs covers the 5-a-day message (fruit and vegetables). One copy held at Chapman Place. Or see website above.

### **Healthy Eating (I've got it taped)**

This audio visual healthy eating guide comes with a cassette (10 minutes) and a 14-page booklet. It contains many photographs, looks at each aspect of a balanced diet, and provides ideas for breakfast, lunch and dinner. The guide costs £4.99 and is available from dieticians at Birmingham Learning Disability Service on (0121) 4658755. One copy held at Chapman Place.

### **Your 5-A-Day Food Diary**

Clear pictures of fruit and vegetables and daily diary sheets help you to keep track of your 5-a-day. From [www.bhf.org.uk/heartmatters](http://www.bhf.org.uk/heartmatters) or available from Chapman Place.

### **Artie Beat's Healthy Cookbook**

45 fun recipes produced by the British Heart Foundation. Available as an attachment from Fighting Fit staff at Chapman Place.

### **Milford Menu**

22 large photographs of different foods. To help people to choose what they would like to eat. Includes pork chops, minced beef, roast chicken, sausages, fish, curry, veg chilli, eggs, pasta, cheese bake, chips, potatoes, carrots, cabbage, peas, salad. Available as an attachment. Copy held at Chapman.

### **Sample Menus**

An extension of the Milford Menu. Over 20 recipes combining a large photograph, the ingredients, and the preparation method. Includes casserole, fish pie, vegetable lasagne, tuna bake, risotto, curry and rice, and spaghetti bolognese. Available as an attachment. Copy held at Chapman Place

### **Healthy Cooking for Me**

Produced by Cambridgeshire LDP. This recipe book includes food storage, hygiene, basic first aid, and easy to prepare, healthy recipes for 1-2 people using symbols and photos to enable people to understand the recipes. This promotes independent cooking skills. This is an excellent resource. One copy held at Chapman Place. Contact Angela Bennett (01223) 885771 or via e-mail [angela.bennett@cambsmh.nhs.uk](mailto:angela.bennett@cambsmh.nhs.uk)

### **Healthy Eating**

This booklet is linked with 'Healthy Cooking for Me'. The 35 pages filled with symbols and pictures cover eating a healthy diet, how to plan meals, planning a menu, and vitamins. One copy held at Chapman Place. Contact Angela Bennett (01223) 885771 or [angela.bennett@cambsmh.nhs.uk](mailto:angela.bennett@cambsmh.nhs.uk)

### **Eating and Drinking**

This 12-page booklet with pictures throughout covers the need to eat different kinds of food, how much, overweight, underweight, money, storage, cooking, drinks, height and weight chart, and things to remember. Costs £8, BILD Publications, call (0845) 3700067.

### **Menu Planning Pack**

The pack includes a bound, laminated menu book, sheets of laminated food photos, and notes and guidance on how to introduce the pack to people. Priced £35 (+£5 p&p) from Surrey & Borders Part. NHS Trust. Call Christine Gibbons (01483) 782940 or e-mail at [christine.gibbons@sabp.nhs.uk](mailto:christine.gibbons@sabp.nhs.uk)

- Local Activities

#### **Manchester Leisure Saturday Multi-Sports Clubs**

The flyer contains photographs of various activities enjoyed on Saturday mornings at three clubs citywide i.e. Wythenshawe, Burnage, and Blackley.

#### **Saturday Sports Club**

The flyer is in an easy read format containing details of this Saturday afternoon club at Belle Vue Leisure Centre.

#### **Mencap Project Activities**

Numerous leaflets and newsletters with photographs and pictures detail the many Mencap activities available i.e. football, boccia, yoga, walking groups.

#### **Accessible FF Directory**

This booklet contains 18 photographs of local activities, many of which can be found in the FF Directory e.g. Wheel for all, allotments, sports clubs, rebound.

- Alcohol

#### **Alcohol and Smoking**

This 12-page booklet with pictures throughout covers the issues of what alcohol is, why people drink, effects of drinking too much, and the need to be careful. It covers why some people smoke, that it is hard to stop, the health impact, the cost, and the effect on other people. Costs £8, BILD Publications, call (0845) 3700067.

#### **Coming For A Drink?**

Produced by the Elfrida Society, this 16-page booklet covers which drinks have alcohol, units, safe drinking and limits, advice, why people drink, what alcohol does, do you have a problem, what makes people drink too much, and where to get help. Costs £8. Call (020) 73597443.

- Diabetes

#### **Type 2 Diabetes DVD – Speak Up**

Helps people to understand what diabetes is and how to live a healthier life; eating the right things, getting active and living your life by taking your medicine. Visit [www.speakup.org.uk/diabetes.htm](http://www.speakup.org.uk/diabetes.htm) or you can e-mail [diabetes@speakup.org.uk](mailto:diabetes@speakup.org.uk)

#### **You have diabetes**

This 22-page booklet is full of photographs and details the symptoms of diabetes, what diabetes is, eating well, going to the clinic, other tests, and a quiz. Available from Derbyshire PCT on (01629) 593024.

### **Diabetes and Insulin**

The 22 pages full of photographs cover testing and insulin, effects of low blood sugar, and an injection recording chart. Available from Derbyshire PCT on (01629) 593024.

### **What to do when you have Type 1 diabetes (Diabetes UK)**

A 22-page leaflet with diagrams throughout. Covers who to see, what is blood sugar, choose the right foods, check-ups, etc. Available from Diabetes UK on 0845 1202960.

### **What to do when you have Type 2 diabetes (Diabetes UK)**

A 22-page leaflet with diagrams throughout. Covers what is diabetes, see a doctor, will I feel better, exercise is good for you, and what to remember. Available from Diabetes UK on 0845 1202960.

### **Healthy Eating ideas for people with Type 2 diabetes**

A 7-page attachment with photographs produced by Nena Elliott (Community Dietician Manchester). Covers breakfast ideas, light meals, drink ideas, main meals, pudding ideas, and some extra tips. Copy held at Chapman Place.

### **Type 2 Diabetes**

Nurses and SLT's within MLDP produced this 14-page booklet. Numerous symbols help to explain what diabetes is, the two types, what you need to do, how you will feel, what is blood sugar, check ups, and the need for exercise and healthy eating.

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