



**Leicester, Leicestershire
and Rutland**
Health and Wellbeing Partnership

Healthy living toolkit for people with a learning disability

Easy Read version



This toolkit has been developed by the Leicester, Leicestershire and Rutland Learning Disability and Autism Collaborative.

Leicestershire Partnership NHS Trust leads the Learning Disability and Autism Collaborative which works alongside the Leicester, Leicestershire and Rutland Integrated Care Board, University Hospitals of Leicester, Leicester City Council, Leicestershire County Council, Rutland County Council, as well as the local voluntary sector and primary care services.

Working together, the Collaborative's aim is to transform services to improve outcomes for people with learning disabilities and autistic people in the community.

Learning Disability and Autism Collaborative Our Vision

for people who live, work or study in Leicester, Leicestershire and Rutland, and their families



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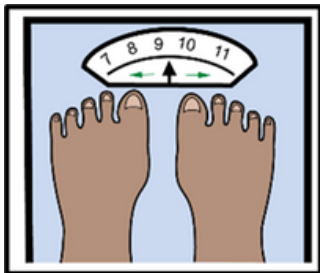
What is in this guide?

Eating well and living well



This toolkit has been made to help you keep healthy.

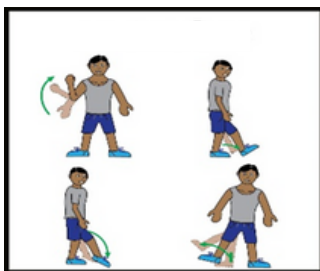
This toolkit will give you information on:



- a healthy weight



- a healthy diet

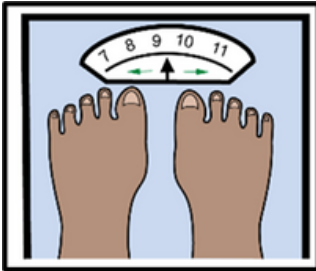


- physical activity



- where you can get help to keep you healthy

Why should you have a weight check?



A weight check can tell you if:

- you are a healthy weight
- you are overweight
- your weight is too low



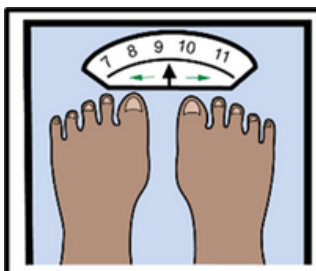
A healthy weight is important for your health.



Being underweight can cause you to get sick easily, feel tired and weak.

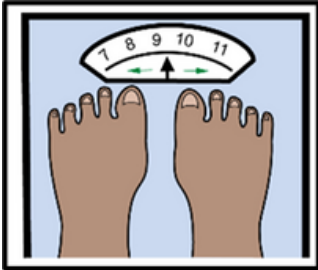


Being overweight can cause health conditions like type 2 diabetes, heart disease and some cancers.



You will have a weight check at your annual health check.

When to talk to your doctor or nurse



Talk to your doctor or nurse if:

- you are overweight
- if your weight is too low
- if you have lost weight without making any changes



Talk to your doctor or nurse if you do not feel hungry or feel full easily.



Talk to your doctor or nurse if you always feel sick or are sick a lot.



Talk to your doctor or nurse if you:

- have poo that is loose
- have blood in your poo or when you wipe
- are not having a poo everyday or every other day



Talk to your doctor or nurse if:

- you have stomach pain
- your stomach feels hard



Talk to your doctor or nurse if you:

- have problems swallowing
- are coughing when you have food and drinks
- are choking when you have food and drinks



Talk to your doctor or nurse if you:

- are needing to wee a lot
- are waking up at night a lot to wee



It is important to speak with your doctor or nurse if you have any of these problems.

Underweight or losing weight without trying



It could be a sign of a health problem if:

- your weight is too low
- you are losing weight without trying

Speak to your doctor or nurse if your weight is too low or you are losing weight without trying.

When should you talk to a doctor or nurse?



Talk to your doctor or nurse if you do not feel hungry or feel full easily.



Talk to your doctor or nurse if you feel sick or are sick a lot.



Talk to your doctor or nurse if you:

- have poo that is loose
- have blood in your poo or when you wipe
- are not having a poo everyday or every other day



Talk to your doctor or nurse if:

- you have stomach pain
- your stomach feels hard



Talk to your doctor or nurse if you:

- have problems swallowing
- are coughing when you have food and drinks
- are choking when you have food and drinks



It is important to speak with your doctor or nurse if you have any of these problems.

What can you do if you need to gain weight?



Try to have three regular meals.



You may find it easier to have smaller meals more often.



Have full fat and full sugar foods and drinks.



If you have diabetes, speak to your doctor, nurse, or dietitian before making diet changes.



Have a snack between your meals.



Some snack ideas are:

- full fat yoghurts
- cheese and crackers
- peanut butter or egg on toast
- a scone with butter and jam



High energy drinks like full fat milk, hot chocolate and milkshakes can help.



Try adding four tablespoons of skimmed milk powder into a pint of full fat milk (568ml).

You can drink it or add it to your cereal.

Healthy eating



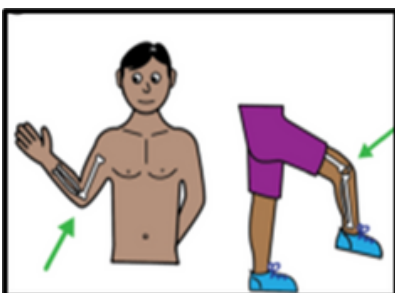
A healthy diet keeps your weight and body healthy.



A healthy diet helps to keep your heart healthy.



A healthy diet keeps your muscles strong.



A healthy diet keeps your bones and joints strong and healthy.



A healthy diet is good for your teeth.



Try and eat three healthy meals every day.



Try to eat foods from each food group on the Eatwell Guide.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



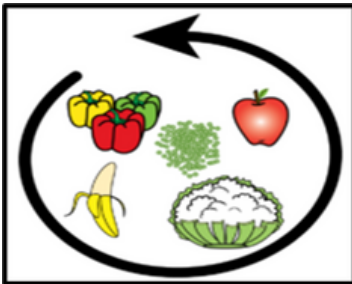
Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Fruits and vegetables



Have vegetables and salad with your meals.



Try to have at least five vegetables and fruits a day.



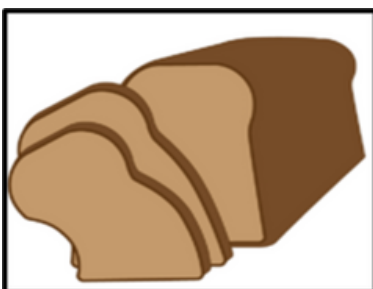
Try to pick different colours of fruits and vegetables.

Carbohydrates



Carbohydrates are foods like potatoes, cereals, bread, pasta, and rice.

Have carbohydrate foods at every meal.



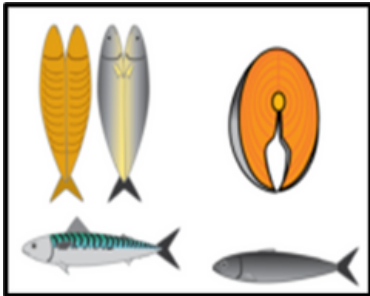
Brown bread, brown pasta and wholegrain cereals have more fibre which is good for you.

Protein



Protein are foods like chicken, meat, eggs, fish, beans, and lentils.

Have protein foods at every meal.



Try to eat two portions of fish every week.

One portion should be oily fish like salmon.

Dairy



Dairy are foods and drinks like milk, yoghurts, and cheese.



Have three portions of dairy a day.

A portion of dairy is:

- one glass of milk
- 150g pot of yoghurt
- a matchbox-size piece of cheese

Fats

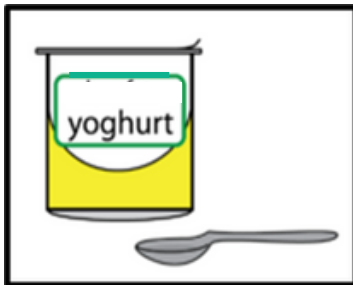


Fats like oil and butter should be eaten in small amounts.

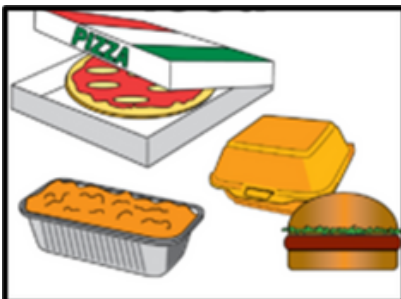
Snacks



Try to eat less chocolate, cakes, sweets, crisps and chips.



Choose healthier snacks like a piece of fruit or a no added sugar yoghurt.



Try to have less takeaways as these can be very high in fat, sugar and salt.

Drinks



6 to 8 drinks a day

Have six to eight drinks a day.

Choose healthier drinks like:

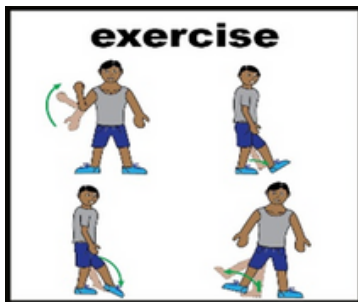
- water
- no added sugar or diet drinks

Physical activity



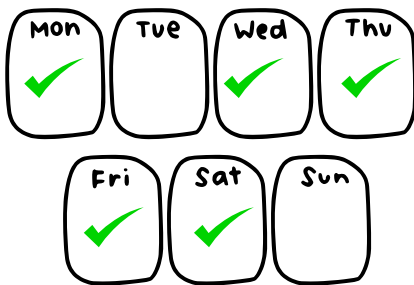
Moving your body can help with your:

- health
- sleep
- energy levels
- mood



Exercise can lower the risk of:

- heart disease
- type 2 diabetes
- strokes
- some cancers



Try to exercise for 150 minutes a week.

That could be five times a week for 30 minutes.

These are some exercise and activities you could do:



weight lifting



It is important to keep your muscles strong by doing strength training.

Here are some ideas:

- lifting weights
- bodyweight exercises like push-ups, squats and sit-ups

press up



It is great to move your body every day and be active.

Try:

- walking
- climbing stairs
- gardening

walking



Try and sit down less if you can.



You can speak to your care team or doctor if you need help with your health.



Healthy lifestyle (weight management and physical activity) support services



There are a number of support services available. Please ask the service or referrer if you need reasonable adjustments to be made. Please do ask for help if needed when reading pages 18 to 31.

Service and information

Joining and contact information

Live Well Healthy Lifestyle Programme by Leicester City Council

- People living in Leicester City only.
- 12-week free programme.
- The team will support you to help you achieve your physical activity and health goals.

Referral by GP or healthcare professional

Website: <https://livewell.leicester.gov.uk/>

Healthy4Me by Leicestershire County Council

- Healthy4Me is a fun group programme for people with a learning disability living across Leicestershire County
- You will meet every week and the course is eight weeks long.
- You will learn about food and how what you eat can affect your health and how you are feeling.

There is set criteria to be accepted on to the course. Contact the team to find out more. You can refer yourself or ask your GP to.

Call: 0116 305 0730

Website:

<https://www.leicestershirewms.co.uk/healthy4me>

Active Together

- Your local team can give you advice and support you to become more active.

Website: www.active-together.org/yourlocalteam

NHS Weight Loss Plan

- Download the free 12 week NHS Weight Loss Plan to help you start healthier eating, be more active, and start losing weight.

Link to website to download the app:
<https://www.nhs.uk/better-health/lose-weight/#download>



Service and information	Joining and contact information
NHS Digital Weight Management Programme ◦ For people living with obesity and have diabetes, high blood pressure, or both. ◦ A 12-week free programme. ◦ You must have a smartphone, tablet, or computer with internet access. ◦ Watch this video to find out what to expect: https://www.youtube.com/watch?v=slyk4QNsAoE	GP or pharmacist can refer you.
NHS Diabetes Prevention Programme ◦ A free service, available to all people at risk of type 2 diabetes who are registered with a GP at supported locations. ◦ It is a 9-month programme.	Call: 0333 577 3010 Email: info@preventing-diabetes.co.uk Website: https://preventing-diabetes.co.uk/locations/leicester
Nutrition and Dietetic Service ◦ Dietetic support for people with type 2 diabetes.	Referral by GP.

Physical activity opportunities

Service and information	Further information
Active Leicester by Leicester City Council Lots of options like swimming pools, gyms, one climbing wall and several dedicated football pitches.	Sports and leisure centres include: ◦ Aylestone Leisure centre ◦ Braunstone Leisure Centre ◦ Cossington Street Sports Centre ◦ Evington Leisure Centre ◦ Leicester Leys Leisure Centre ◦ New Parks Leisure Centre ◦ Saffron Lane Athletics Stadium ◦ Spence Street Sports Centre Website: https://www.leicester.gov.uk/leisure-and-culture/sport-and-leisure/
Everyone Active Various opportunities offered such as: ◦ No Strings Badminton ◦ No Strings Badminton Women ◦ Senior Badminton ◦ Disability Swim ◦ Adult Quiet Swim ◦ Good Boost Aqua ◦ PAN Football ◦ Walking Football ◦ Dementia Friendly Football ◦ Forever Fit ◦ Pickleball ◦ Back to Netball ◦ Community Café	Carers are able to obtain a free 3 month pass to support an individual upon proof of carer status. A concession membership can be purchased if carers want to be physically active too. Find your nearest centre: https://www.everyoneactive.com/centre/
Joy app Joy helps you to find activities, groups and support offers near you.	Website: https://services.thejoyapp.com/



Service and information	Further information
Leicester City in the Community The health and wellbeing team deliver activities aimed at adults from 18 years. Health and wellbeing activities include: ◦ weight loss league ◦ social football ◦ walking football ◦ active women (female-only activity groups) ◦ running groups Plus more!	Website: https://www.lcfc.com/community/health Email: community@lcfc.co.uk
Leicestershire and Rutland Cricket Foundation The Foundation offers a range of free physical activities for people under the age of 25 years.	Website: https://www.leicestershireccc.co.uk/foundation/communitys
Leicester Tigers Foundation The Leicester Tigers Foundation aims to provide a wide range of programmes, delivered expertly, that will engage and unite our diverse community.	Websites: https://www.leicestertigers.com/community/foundation/programmes-events-foundation https://www.leicestertigers.com/community/foundation/send-schools-programme
Menphys The Menphys Hub offer a range of services and facilities. They run regular events and services at the Hub and welcome anyone to join the Menphys Community.	Websites: https://menphys.org.uk/the-menphys-hub/ https://menphys.org.uk/support-for-you/ Call: 01455 323020 Email: info@menphys.org.uk

Service and information	Further information
Leicester Wheels 4 All The team provides cycling events for all abilities and ages. Based at Saffron Lane Athletics Stadium, Leicester.	Website: https://www.leicesterwheelsforall.org/ Email: events@leicesterwheelsforall.org
Active Together Your local team can give you advice and support you to become more active.	Website: www.active-together.org/yourlocalteam
Better Outdoors The organisation supports mental health and wellbeing by working with and in the wider natural world.	Website: https://betteroutdoors.org/events
FTM Dance FTM Dance provides performing arts and creative arts related activities, sessions, and workshops for individuals with a range of needs and abilities.	Location: Embrace Arts Centre, LE1 7HB Website: http://www.ftmdance.co.uk
Inside Out Tennis A tennis coaching group that coaches players with all kinds of needs, both physical and mental, offering wheelchair tennis, learning disability tennis, deaf tennis and visually impaired tennis.	Location: Loughborough Lawn Tennis Club, Ingle Pingle (off Forest Road), Loughborough, Leicestershire, LE12 9PG Website: http://www.insideouttennis.com/ Call: 07970 277338 Email: info@insideouttennis.com
Leicester City Directory A list of various activities available for people with a learning disability to explore on their website.	Website: https://mychoice.leicester.gov.uk/Search?CategoryId=331&SM=ServiceSearch&SME=True

Service and information	Further information
Live Well Healthy Lifestyle Programme by Leicester City Council - People living in Leicester City only. 12-week free programme. - The team will support you to help you achieve your physical activity and health goals.	Referral by GP or healthcare professional Website: https://livewell.leicester.gov.uk/
Outdoor gyms Free to use outdoor gyms. Multiple Locations	Outdoor gym locations: https://www.leicester.gov.uk/media/185206/outdoor-gym-locations-august-2018.pdf
SideKick Dance SideKick Dance offer inclusive dance classes for youth and adult groups with disabilities in the Leicestershire area.	Location: Curve Theatre, Rutland Street, Leicester, LE1 1TQ. Email: charlotte@sidekickdance.co.uk
We are Undefeatable The team supports people with a range of long-term health conditions.	Website: https://weareundefeatable.co.uk/
Wenlo Riding Offers adults and children with physical and/or learning disabilities an opportunity to ride, carriage drive or look after horses.	Website: https://www.wenlorda.org/ Landline: 01509 646361 Mobile: 07860 245675

Dietary and activity information

Topic	Owner	Easy Read?	Link
Asthma and lung health			
Healthy eating with a lung condition	Asthma and Lung UK	No	https://www.asthmaandlung.org.uk/living-with/healthy-eating_ https://shop.asthmaandlung.org.uk/collections/health-advice-resources
Bone health			
Bone health	Leicestershire Partnership NHS Trust	No	https://www.leicspart.nhs.uk/wp-content/uploads/2019/02/658-Bone-health.pdf
Calcium	British Dietetic Association	No	https://www.bda.uk.com/resource/calcium.html
Coeliac disease			
Coeliac disease	British Dietetic Association	No	https://www.bda.uk.com/resource/coeliac-disease-and-gluten-free-diet.html
Coeliac disease	Coeliac UK	No	https://www.coeliac.org.uk/home/
Bowel health			
Constipation	Mencap	Yes	https://www.mencap.org.uk/easyread/constipation-easy-read
Constipation	NHS	No	https://www.nhs.uk/conditions/constipation/



Topic	Owner	Easy Read?	Link
Diabetes			
Living with type 1 diabetes	Diabetes UK	No	https://www.diabetes.org.uk/living-with-diabetes/eating/i-have-type-1-diabetes
Type 1 diabetes	NHS	Yes	https://www.england.nhs.uk/wp-content/uploads/2024/03/decision-support-tool-diabetes-easy-read.pdf
Type 2 diabetes	Learning Disability Service; Leeds and York Partnership	Yes	https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/your-health/my-health-a-z/diabetes/diabetes/
Type 2 diabetes	Easy Health	Yes	https://www.easyhealth.org.uk/pages/17-diabetes
Dysphagia and eating/drinking difficulties			
Dysphagia	IDDSI	No	https://iddsi.org/framework
Eating and drinking difficulties and healthy living advice for autistic people	Leicestershire Partnership NHS Trust	No	Chat service: https://www.leicspart.nhs.uk/autism-space/beyond-diagnosis/chatautism-text-messaging-support-service/ Website: https://www.leicspart.nhs.uk/autism-space/health-and-lifestyle/eating-and-drinking-difficulties-for-autistic-people/



Topic	Owner	Easy Read?	Link
Eating disorders			
ARFID support	ARFID Awareness UK	No	ARFID Awareness UK
Eating disorder support and information	BEAT Eating Disorders	No	Downloads and Resources - Beat
Heart health			
Keeping your heart healthy	British Heart Foundation	Yes	https://www.bhf.org.uk/information-support/publications/easy-reads/keep-your-heart-healthy-easy-read-booklet
Preventing heart disease	British Heart Foundation	No	https://www.bhf.org.uk/information-support/heart-matters-magazine
Healthy eating			
Eating well: children and adult with learning disabilities	Caroline Walker Trust	No	https://www.cwt.org.uk/downloads/
Health and well-being support for autistic people	Leicestershire Partnership NHS Trust	No	https://www.leicspart.nhs.uk/autism-space/
Healthy cooking videos	Cookability	Yes	https://youtube.com/playlist?list=PLI79ZsuMB5bYbVZduF8_-jI_fPwpMqsCv&si=H_8R4Y2Sd9plMaKZ_



Topic	Owner	Easy Read?	Link
Healthy eating			
Healthy eating	Leicestershire Partnership NHS Trust	Yes	https://www.leicspart.nhs.uk/wp-content/uploads/2024/07/Easy-Read-Healthy-Eating-document.docx
Healthy eating	A Picture of Health	Yes	https://www.apictureofhealth.southwest.nhs.uk/healthy-life-styles/diet/
Healthy eating	Learning Disability Service; Leeds and York Partnership	Yes	https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/move-more/healthy-diet-and-eating-well/
Healthy eating	Belfast Health and Social Care Trust	Yes	https://belfasttrust.hscni.net/healthy-living/eating-well/healthy-eating-easy-read-downloads/
Healthy eating	Mencap	Yes	https://www.youtube.com/results?search_query=%23cookwithmencap_
Healthy eating and lifestyle	Easy Health	Yes	https://www.easyhealth.org.uk/pages/easy-read-health-leaflets-and-films https://www.easyhealth.org.uk/pages/easy-read-health-leaflets-and-films
Healthy eating and lifestyle	Mencap	Yes	https://www.mencap.org.uk/sites/default/files/2022-02/Healthy%20Eating%20Resources%20%282%29.pdf



Topic	Owner	Easy Read?	Link
Healthy eating			
Healthy eating and lifestyle	Macmillan	Yes	Healthy diet: https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/11971-10061/eat-a-healthy-diet.pdf
Healthy eating and lifestyle	Macmillan	Yes	Drink less alcohol: https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/4215-source?
Malnutrition and support to maintain a healthy weight			
Malnutrition	Malnutrition pathway	No	https://www.malnutritionpathway.co.uk/leaflets-patients-and-carers
Malnutrition and nutrition support	Leicestershire Nutrition and Dietetic Service	No	https://www.lnds.nhs.uk/_PatientsandPublic-DietandLifestyleAdvice-NutritioninIllness.aspx
Managing weight with a learning disability	NHS Choices	No	https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/managing-weight-with-a-learning-disability/
Eating, drinking, and ageing well	British Dietetic Association	Yes	https://www.bda.uk.com/resource/eating-drinking-ageing-well.html



Topic	Owner	Easy Read?	Link
Menopause			
Menopause	SeeAbility	Yes	https://www.seeability.org/resources/menopause-easy-read
Menopause	Mencap	Yes	https://www.mencap.org.uk/easyread/menopause-easy-read
Oral and dental health			
Dental health	Dental Health	No	https://www.dentalhealth.org/
Oral health	Leicester City Council	No	https://www.leicester.gov.uk/media/180972/oral-health-for-adults-leaflet.pdf
Physical activity and exercise			
Physical activity	Mencap	Yes	Get moving in and around your home with these physical activity cards. Fitness activities - https://www.mencap.org.uk/sites/default/files/2020-07/Fitness%20exercises.pdf Walking activities - https://www.mencap.org.uk/sites/default/files/2020-07/Walking%20activities.pdf

Topic	Owner	Easy Read?	Link
Physical activity and exercise			
Exercise	NHS England	Yes	https://assets.nhs.uk/nhsuk-cms/documents/Exercise_guidelines_Easy_Read_final.pdf
Exercise	Leicestershire Partnership NHS Trust	No	https://www.leicspart.nhs.uk/wp-content/uploads/2019/02/657-Benefits-of-exercise.pdf
Practical advice, tips, activities, and resources.	NHS	No	www.nhs.uk/change4life
Prader-Willi syndrome			
Prader-Willi syndrome	NHS	No	https://www.nhs.uk/conditions/prader-willi-syndrome/living-with/
Practical portions for Prader-Willi syndrome	Prada-Willi Syndrome Association UK	No	https://www.pwsa.co.uk/practicalportions#:~:text=Practical%20Portions%20for%20PWS%20is,while%20maintaining%20a%20healthy%20weight
Prader-Willi syndrome diet support	International Prader-Willi Syndrome Organisation	No	https://ipwso.org/information-for-families/dietary-management/

Thank you to <https://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/> for the use of images in this guide.