

An Introduction to Good Food, Good Moves

See [website](#) for further information, introductory video, links for learning and recipe book.

Eating Well, Managing Weight & Improving Well-being

Eating Well & Healthy Living:

[Eating Well: Supporting Adults with Learning Disabilities](#) – The Caroline Walker Trust

[Healthy Living Tool Kit](#) – Leicester, Leicestershire & Rutland Learning Disability & Autism Collaborative

[What is Good Health?](#) (Easy Read)

[A Healthier Me](#) – Mencap

Weight:

[About Weight](#) (Easy Read)

[Worried About Weight?](#) – NHS

Portion Control:

[Portion Sizes: Everything You Need to Know](#) – British Heart Foundation

[The Eatwell Guide](#) – NHS

Eat Well/ Portion Posters:

[5-a-Day Week Planner](#) – NHS

[5-a-Day Portions](#) – NHS

Healthy Eating: – NHS (Easy Read)

[Sheet 1](#)

[Sheet 2](#)

[5 Food Groups](#)

Fruit & Vegetables: – NHS (Easy Read)

[How to Have More Fruit & Vegetables](#)

Salt: – NHS (Easy Read)

[Too Much Salt](#)

[Foods High in Salt](#)

[Foods Low in Salt](#)

Hydration: – NHS (Easy Read)

[Drinking Enough Fluid](#)

Constipation: – NHS (Easy Read)

[Preventing Constipation](#)

Alcohol & Smoking: (Easy Read)

[Coming For A Drink?](#) – The Elfrida Society

[What Happens When You Drink Too Much](#) – Manchester Learning Disability Partnership

[Smoking & Alcohol](#)

Diabetes: (Easy Read)

[What is Diabetes?](#) – NHS

[Diabetes – An Introduction](#) – NHS

[How to Look After Your Feet](#) – Advocacy 2 Engagement

Blood Pressure: (Easy Read)

[Blood Pressure – An Introduction](#)

[High Blood Pressure](#)

[Having Your Blood Pressure Taken](#)

Cancer (Easy Read)

[How Can You Help to Prevent Cancer](#) – NHS

[Bowel Cancer](#) – NHS

Female Health

Breast Screening: (Easy Read)

[An Easy Guide to Breast Screening](#) – NHS

[Let's Talk About Breasts](#)

Menstruation: (Easy Read)

[Help! I've Started My Periods](#) – NHS

[Menstruation – A Guide](#) – NHS

Menopause: (Easy Read)

[Menopause – A Guide](#) – NHS

Male Health

Testicular Cancer: (Easy Read)

[Testicular Awareness](#) – NHS

[How To Look After My Balls](#) – NHS

[Testicular Cancer](#) – NHS

Mental Health

[Helping People Look After Their Mental Health](#) – NHS

[Helping People Look After Their Mental Health](#) – NHS (Easy Read)

Movement & Exercise:

[An Introduction to Sport for Confidence](#)

[Let's Get Active](#) – English Learning Disability Sports Alliance

[Exercise](#) (Easy Read)

[Move It: A Guide to Physical Activity](#) – NHS

Sensory Integration & Movement:

[Movement for Sensory Joy](#)

Hospital/GPs Appointments & Annual Health Checks

[Health Awareness Pack](#) – NHS (Easy Read)

[Questions to Ask](#) (Easy Read)

[Going to the Doctor](#) (Easy Read)

[Learning Disabilities: Annual Health Checks](#) – NHS

[Reasonable Adjustments Letter](#) (Easy Read)

Capacity

[Mental Capacity Act 2005 Summary](#) – NHS (Easy Read)

[Deprivation of Liberty Safeguards & You](#) – NHS (Easy Read)

[Making Decisions](#) – Office of the Public Guardian (Easy Read)

Additional Resources

- [Diabetes UK](#). Meal plans and diabetes.
- [NHS Better Health](#). Lose weight.
- [British Heart Foundation](#). 7 days of healthy meals on a budget.
- [The Association of UK Dietitians](#). Patient Resources.
- [British Nutrition Foundation](#). Eating healthily on a budget.
- [Easy Health](#). For more accessible health information.
- [NHS Cancer Screening](#).
- [Mencap](#).
- [Foundation for people with learning disabilities](#).
- [British Institute for Learning Disabilities](#).
- [NHS Bristol Learning Difficulties](#).
- [Department of Health & Social Care](#). For useful publications and guidance.
- [Mental Health Foundation](#).
- [Devon Partnership](#). See publications/easy read/mental health information.
- [The Association of UK Dietitians](#). Eating, drinking and ageing well.
- [Belfast Health and Social Care Trust](#). Healthy Eating – Easy Read downloads.
- Northumberland, Tyne and Wear and Tees ESK and Valley NHS Foundation Trusts. [A Weight off Your Mind](#).
- [DSActive](#). Down's Syndrome Association.