

## Circle of Support

### Healthy Lifestyles Training for Family Members

**A friendly and practical session for families and carers supporting an adult who is learning disabled or autistic.**

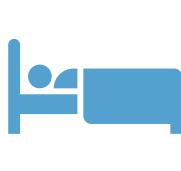
#### What the session covers:



Simple, achievable steps to support healthy eating in everyday life



Building confidence with movement and exercise that works for all abilities



Improving sleep, hydration and wellbeing in fun and realistic ways



Understanding sensory needs around food, routines and physical activity



Ideas for small goals that make a big difference

#### Why join?



Support your family member with practical tools that genuinely work



Learn in a relaxed, friendly environment



Ask questions, share ideas and gain confidence



Take away resources, tips and a personalised next-steps sheet

#### What to expect:



Easy-to-understand information



Visuals, handouts and practical examples



A supportive space with no judgment



Interactive activities

#### How to book:

This session is run online and in person at The Old Fire Station in Gipton. If you are interested, please contact Al on **0113 244 3729** or email [al.mayes@peopleinaction.org.uk](mailto:al.mayes@peopleinaction.org.uk)