



Partnerships

Systems approach to Obesity



Supported by People leading **aspiring lives**



The Pro- Active Community

- The Pro-Active Community have been working in partnership with Active Living part of Active Prospects and Surreys Peoples Group around the subject of health
- In April 2021 The Pro-Active Community supported a grant application as part of the Systems approach to Obesity for people with learning disabilities.
- The grant will enable an Obesity project to support four initiatives.

1.Run an Advisory group to support Obesity initiatives in Surrey with stakeholders and partner organisations

We are going to set up an advisory group to meet monthly to discuss and review initiatives across Surrey to support tackling Obesity. We need the following to join us.

- Range of providers
- People being supported
- Health professionals



2.Support and set up accredited courses for people with learning disabilities around healthy eating, exercise, and importance of maintaining a healthy weight

Register courses with OCN London so that people get certified with accreditation.

Design courses with other providers and people we support to ensure meets the needs and aims of the project.



3. Set up community and outdoor initiatives such as an Allotment project.

Set up an allotment or outdoor initiatives to support growing of own vegetables, learning about gardening and how to use in healthy recipes.



4. Collect information and signpost

Review local providers approaches to Obesity and put together a library of information for people with learning disabilities and share ideas.





Discussion and Questions



Do you know anyone who would like to join our Board

- We are looking for people who wish to join our Board from other providers. We welcome people with our learning disability and will support and train them.
- Please contact
- Jade.Vallance@activeprospects.org.uk

