

The 1.5 Challenge

1.5 represents the 1.5 million learning disabled people in the UK

The 1.5 Challenge asks you to do something around the numbers 1 and 5, throughout the month of August. This could be a run or a walk for 1.5 miles each day, skip for 15 minutes each day, dance for 15 minutes or bake 15 fairy cakes or read 15 books – do anything you like as long as it raises vital funds to support learning disabled people!



Sign up today
and take on
The 1.5 Challenge



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www.hft.org.uk/1-5-challenge/



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