



Learning
disability
allies

The 1.5 Christmas Challenge



1.5 represents the
1.5 million learning
disabled people in the UK

This December, we're inviting you to take
on a festive version of The 1.5 Challenge
inspired by either the number 1.5 or 15,
and help raise vital funds to support
learning disabled adults.

You could run or walk 1.5 miles
each day, or bake 15 Christmas
cup cakes. Whatever you do,
have fun!

Sign up today
and take on The 1.5
Christmas Challenge!



Scan me!



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

