



#smallchanges

All you need to know

Thank you for downloading your #smallchanges pack! You have already made your first #smallchange 😊

What to do next:

1. Think about what #smallchange you would like to introduce into your daily routine – the idea is that small changes lead to bigger ones so we hope that a small change is something you can stick at so think of something that will suit you!
2. Write your #smallchange pledge on the pledge form and upload a picture of you with it onto our facebook page – search Reduce Your Risk or go to www.facebook.com/tacklingcancersouthtees
3. Get going with your #smallchange and keep track of your progress in the first couple of weeks so you can share it with us using the sheet provided
4. Check in on Facebook to share your progress and any tips for others

If you don't use Facebook you can still get involved!

Send your pledge and update posts to via email to becky_james@middlesbrough.gov.uk. Please note these will be shared on social media so please let us know if you do not wish for this to happen.