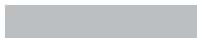


kaizen print.

A5 Booklet 8pp



Bleed: This bleed area extends beyond the edge of your finished artwork. We require bleed to allow for the tolerance of our guillotines (the machine used for cutting your job after printing). If any of your design finishes exactly at the edge of your required finished size, without bleed, when the job is trimmed it can cause unsightly white edges to your finished print. By extending your background colour or image beyond the edge of your finished job the effects of the same deviations are not noticeable. We recommend that elements intended to go to the very edge of your finished job should extend at least 3mm beyond the edge.



Safe Area: We recommend you avoid placing any text within the designated safe area. Text placed in this will run too close to the trim line and may be cut off during the cutting of the artwork.



Trim line: This dashed line shows the finished size of your artwork. Any elements placed outside this area will be trimmed off.

How to create a print ready PDF:

File > Save As >
Format > Adobe PDF (pdf) >
Adobe PDF Present > PDF/X-1a:2001 >
Marks and Bleed >
Select "trim marks" >
Set all "Bleeds" to 3mm

the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation, 2000).

There is a growing awareness of the need to address the needs of people with mental health problems, and a number of initiatives have been developed to improve the lives of people with mental health problems. The Mental Health Act 1983 was amended in 1996 to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated. The Mental Health Act 1996 was introduced to give people with mental health problems more rights and to improve the way in which they are treated.

the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million (1990–2000) and is projected to increase by a further 1.5 million by 2020 (Office of National Statistics 2001).

There is a growing awareness of the need to develop strategies to meet the needs of the ageing population. The Department of Health (2000) has identified the need to develop a 'new paradigm' of care for the ageing population, one that is based on the concept of 'active ageing'.

The concept of 'active ageing' is defined by the World Health Organization (WHO) as:

...the process of developing and maintaining the functional abilities that enable people to participate in society. It is the process of maximizing the opportunities for people to maintain and enhance their physical, mental and social capacities, and to take advantage of these opportunities (WHO 1999).

The concept of 'active ageing' is a key principle of the Department of Health's (2000) *Ageing Well* strategy. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

The strategy also aims to ensure that people aged 65 and over are able to participate in society. The strategy aims to ensure that people aged 65 and over are able to live independently, actively and healthily.

the 1990s, the number of people in the world who are undernourished has increased from 600 million to 800 million (FAO 1996).

There is a growing awareness of the need to improve the nutritional status of the world's population. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The World Health Organization (WHO) has estimated that malnutrition is responsible for 35% of the deaths of children under the age of five. The United Nations Children's Fund (UNICEF) has estimated that malnutrition is responsible for 10% of the deaths of children under the age of five. The World Bank (1992) has estimated that the cost of malnutrition to the world economy is \$100 billion per year.

