



Sky 539 : Virgin TV 233 : Freeview 87

Community Channel: Body Matters factsheet

The Big Issue

The reality is as a nation we are getting bigger. For some this may mean a stone or two overweight and for many others it can be a whole lot more. Whether you are happy with your size or not, finding anything from good clothing to current information about health matters can be very time consuming and frustrating. The authorities are viewing the need for change but often there can be a negative image and little support.

Let's Get Physical!

Regular exercise is an important part of a healthy lifestyle. Regular exercise can help protect you from heart disease and stroke, high blood pressure, non insulin-dependent diabetes, obesity, back pain, and osteoporosis.

Exercise is good for your mental health too. People who introduce regular physical activity into their routines report improved mood, better sleep, lower levels of stress and anxiety and positive changes to their self-perception. For some people with depression, physical activity can be as effective as talking treatments or medicines.

How much is enough?

The recommended healthy level of physical activity is 30 minutes of moderate cardiovascular exercise three or more times each week and some type of muscle strengthening activity and stretching at least twice a week. If you have been inactive for a while, you may want to start with less strenuous activities at a comfortable pace. Beginning at a slow pace will allow you to become physically fit without straining your body. Once you are in better shape, you can gradually do more strenuous activity.

Which type of exercise?

The type of exercise you choose depends on how fit and healthy you are and what you want to achieve. The key to making sure you reap the benefits of exercise is regularity. The best way to do this is to make exercise part of your daily routine. Try not to see exercise as a chore, but choose something you enjoy.

Please note that if it's been a while since you undertook any form of exercise you should consult your doctor before embarking on an exercise programme.

Obesity Self Help Groups

British Obesity Surgery Patients Association (BOSPA)

BOSPA (British Obesity Surgery Patients Association) provides support and information to the thousands of patients in the UK for whom obesity surgery can provide an enormous benefit. BOSPA is a national patient charity run by patients, for patients. BOSPA provides information about what obesity surgery involves and educates you about how to achieve your desired result from surgery.

Address: PO Box 805, Taunton, Somerset TA1 9DH

Tel: 08456 02 04 46

Email: enquiries@bospa.org

Website: www.bospa.org

OWLSS (Obesity Weight Loss Surgery Support)

OWLSS are a patient led group that provide support for anyone thinking of having or has already had weight loss surgery. OWLSS offer monthly meetings to members at different areas around the UK. They also have a dedicated helpline for members. In addition, they provide online website support including forum and chat room. They also have leaflets for members who can't attend meeting or don't have internet access. There is a mentor scheme for those members who are pre-op and need extra support. The Aims of Owlss go towards achieving the objectives set out by BOSPA for affiliated patient support groups.

Address: 110 Newton Court, Hedon Road, Hull, North East Lincs, HU9 1SP

Tel: 07948017144

Email: info@owlss.org.uk

Web Address: www.owlss.org.uk

WLS info

WLSinfo (Weight Loss Surgery Information and Support), is a registered charity that helps people in their journey from obesity through weight loss surgery, to post operative living. They provide a weight loss surgery overview; patients' weight loss surgery success stories; weight loss surgery news, latest developments and research and information for healthcare professionals.

Address: Wessex House, Upper Market Street, Eastleigh, Hampshire SO50 9FD

Tel: 0151-222-4737

Helpline Number: 0151-222-4737

Helpline Hours of operation: 24/7

Website: www.wlsinfo.org.uk

Obesity Support

Big Matters

Big Matters is a voice for people who live daily with a weight problem. It looks at all aspects of daily life not just weight loss alone. Living as a bigger person can have many different 'knock on' effects. This can be your health, your happiness, your confidence or even your comfort. The site offers a positive approach and gives centralized information on diet, lifestyle and fitness and also provides links to some support organisations and helplines.

Email: info@bigmatters.co.uk

Website: www.bigmatters.co.uk

Weight Concern

Weight Concern is a registered charity that tackles the rising problem of obesity in the United Kingdom. The charity provides self-help programmes, self-help support groups and family-based childhood obesity treatment. They advance public knowledge about the causes, consequences and treatment of weight problems. They provide education and training for health professionals, in the care of overweight patients. Weight Concern also work towards helping people improve their health and feel good about themselves, whatever their weight.

Address: Brook House, 1-19 Torrington Place, London WC1E 7HB

Tel: 020 7679 1853 (no helpline service available)

Fax: 020 7679 8354

E-mail: enquiries@weightconcern.org.uk

Website: www.weightconcern.org.uk

Weight-Management Information

Weightwise

The Weightwise website has been developed, and is managed by, the British Dietetic Association (BDA), the organisation that represents registered dietitians in the UK. The website's content is written by registered dietitians. Weightwise provides unbiased, easy-to-follow hints and tips - based on the latest evidence - to help you manage your weight for good. It will help you take a look at your current eating habits and physical activity levels, and offer a practical approach to setting your own goals for lifestyle change.

Email: info@bda.uk.com

Website: www.bdaweightwise.com

Exercise Charities

Cyclists Fighting Cancer

Cyclists Fighting Cancer (CFC) awards shiny new bikes, tandems and specially adapted trikes to children and young people who have been affected by cancer throughout the UK and Northern Ireland. CFC encourage cycling as the best form of exercise based rehabilitation for those children undergoing and recovering from cancer treatments.

Address: Regus Building, Central Boulevard, Blythe Valley Business Park, Solihull B90 8AG

Tel: 03452 579840

Website: www.cyclistsfc.org.uk

Right to Play UK

Right To Play is the leading international humanitarian and development organization using the transformative power of sport and play to build essential skills in children and thereby drive social change in communities affected by war, poverty and disease. Our programmes uses sport and play as tools for learning in four development impact areas: Basic Education and Child Development; Health

Promotion and Disease Prevention; Conflict Resolution and Peace Building; Community Development and Participation.

Contact Person: Kate Burt (National Director)

Address: 175-185 Gray's Inn Road, London WC1X 8UE

Tel: + 44 (0) 207 812 0635

Email: kburt@righttoplay.com

Website: www.righttoplay.org.uk

Sports Leaders UK

Sports Leaders UK use the medium of sport to help people to learn to lead. The personal journeys that people undertake whilst learning to lead, stand them in good stead for their future careers and life itself. Gaining a Sports Leaders UK award or qualification can be a lifechanging experience. They learn the essential skills of leadership: communication, organisation and motivation; in addition they grow in confidence and self-belief.

Address: 23-25 Linford Forum, Rockingham Drive, Linford Wood, Milton Keynes MK14 6LY

Tel: 01908 689180

Fax: 01908 393744

Email: contact@sportsleaders.org

Website: www.sportsleaders.org

United Through Sport

United Through Sport is a UK registered charity that supports sport and recreation projects in Developing World countries. Sport is central to everything they do. The values of sport – fitness, fair play, teamwork, the pursuit of excellence - are universal. Sport is a global language understood and loved by all. When coupled with development, sport can work as a powerful force for good to help improve the health, education and well-being of those in need.

Address: Midgham Croft Cottage, Midgham Green, Berkshire RG7 5TT

Email: info@UnitedThroughSport.org

Website: www.unitedthroughsport.org

Fit 4 Nothing

Improve your mind and body through exercise! It is universally accepted that improving fitness through exercise is a key to improving personal physical and mental health. In general it is also accepted that it is never too late to start exercising!! Fit 4 Nothing is charity that helps to develop local projects and organised activities which are essentially free to users with the aim of changing lifestyles to ones where exercise forms a normal part of our daily routines.

Website: www.fit4nothing.org

The Community Channel

Community Channel is broadcast 24 hours a day on Sky 539, Virgin TV 233 and from 5am to 8am on Freeview 87. It is dedicated to engaging people with the charitable and voluntary sector, showcasing stories and issues that inspire action and encourage involvement. The channel broadcasts original

shows, the best of terrestrial TV and showcases the work of new directors and community programme makers. It is the place for real-life stories from communities around the world.

Address: Community Channel, 3rd Floor, Ugli Campus, 56 Wood Lane, W12 7SB

Email: info@communitychannel.org

Website: www.communitychannel.org

Community Channel is not responsible for material contained on exterior websites. This information is provided for information only and the Community Channel cannot be held liable for any loss or damage resulting from inaccuracies in the information above.

For more information you can always give us a call on our audience hotline on 08708 505 500.

Community Channel, 3rd Floor, Ugli Campus, 56 Wood Lane, W12 7SB

www.communitychannel.org info@communitychannel.org