

Obesity UK

Peer Support Group

Further information and resources to
signpost group members to



Information Resources

About Obesity UK

- The Reality of Obesity: A Podcast from Obesity UK: <https://www.obesityuk.org.uk/our-work>
- Obesity UK Support Group Video Library – a compendium of videos of Obesity UK meetings: <https://www.redhotirons.com/form/obesity-uk-support-group-video-access#form>

Weight bias and stigma

- Obesity: England's most pressing healthcare challenge? From the Royal College of Physicians: <https://www.youtube.com/watch?v=VmxpjRveEy4>
- Weight Stigma from the World Obesity Federation: <https://www.worldobesity.org/what-we-do/our-policy-priorities/weight-stigma>

Weight related communication

- Language Matters from Obesity UK: https://static1.squarespace.com/static/5bc74880ab1a6217704d23ca/t/612e32f5d423b36012a1bb16/1630417666068/FINAL_Obesity_UK_Language_Matters_2020.pdf
- People First Campaign from the European Coalition for People Living with Obesity (ECPO): <https://euroobesity.org/campaigns/people-first/>
- People First Language from Obesity Action Coalition (OAC): <https://www.obesityaction.org/advocacy/what-we-fight-for/people-first-language>
- World Obesity Healthy Voices Language Guidelines – The do's and don'ts when talking about obesity: https://www.worldobesity.org/downloads/healthy_voices_downloads/HV_Language_guidelines.pdf

Weight management and treatment

- Causes of obesity – the Foresight Obesity System Map: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/296290/obesity-map-full-hi-res.pdf
- Obesity as a chronic relapsing disease from the World Obesity Federation: <https://www.worldobesity.org/about/about-obesity>
- Health conditions associated with obesity – NHS: <https://www.nhs.uk/conditions/obesity/>
- Obesity treatment – NHS: <https://www.nhs.uk/conditions/obesity/treatment/>
- NHS Digital Weight Management Programme: <https://www.england.nhs.uk/digital-weight-management/>
- My best weight: <https://www.mybestweight.ie/>

Further information and resources to signpost group members to



Equality, diversity and inclusion

- Equality, Diversity and Inclusion in 2021 what's it all about?: <https://www.youtube.com/watch?v=maw6hmlNh44>
- How can you promote inclusivity and respect in peer support groups?: <https://www.linkedin.com/advice/0/how-can-you-promote-inclusivity-respect-peer>
- Inclusion: Sharewell Peer Support Training: <https://www.youtube.com/watch?v=WYVNeVM4cTc>

Looking after yourself and your mental health

- Self-care for mental health problems from Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/>
- Our Best Mental Health Tips Backed by Research from the Mental Health Foundation: <https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips>
- Burnout from Mental Health UK: <https://mentalhealth-uk.org/burnout/>

Peer support group learning resources

- Developing peer support in the community: a toolkit from Mind: <https://www.mind.org.uk/media-a/4247/peer-support-toolkit-final.pdf>
- Let's Do Peer Group Facilitation guides from The Scottish Recovery Network: <https://scottishrecovery.net/resources/lets-do-peer-group-facilitation/>

National Support Organisations

Support for living with obesity

- Obesity UK: <https://www.obesityuk.org.uk/>
- UK Coalition for People Living with Obesity (UKCPO): <https://www.ukcpo.org/>
- All About Obesity (AAO): <https://allaboutobesity.org/>
- Irish Coalition for People Living with Obesity (ICPO): <https://icpobesity.org/>
- European Coalition for People Living with Obesity (ECPO): <https://euroobesity.org/>
- British Society & Metabolic Surgery Society (BOMSS): <https://bomss.org/>
- British Obesity Society (BOS): <https://www.thebos.org/>

Mental health support

- Mind: <https://www.mind.org.uk/information-support/>
- Rethink Mental Illness: <https://www.rethink.org/>
- Anxiety UK: <https://www.anxietyuk.org.uk/>
- Bipolar UK: <https://www.bipolaruk.org/>

Further information and resources to signpost group members to



- Campaign Against Living Miserably (CALM): <https://www.thecalmzone.net/>
- Mental Health Foundation: <https://www.mentalhealth.org.uk/>
- OCD Action: <https://ocdaction.org.uk/>
- OCD-UK: <https://www.ocduk.org/>
- YoungMinds: <https://www.youngminds.org.uk/>
- Papyrus Prevention of Young Suicide: <https://www.papyrus-uk.org/>
- SANE: <https://www.sane.org.uk/>
- No Panic: <https://nopanic.org.uk/>
- NHS Better Health Every Mind Matters: <https://www.nhs.uk/every-mind-matters/>

Free listening services that offer confidential support from trained volunteers

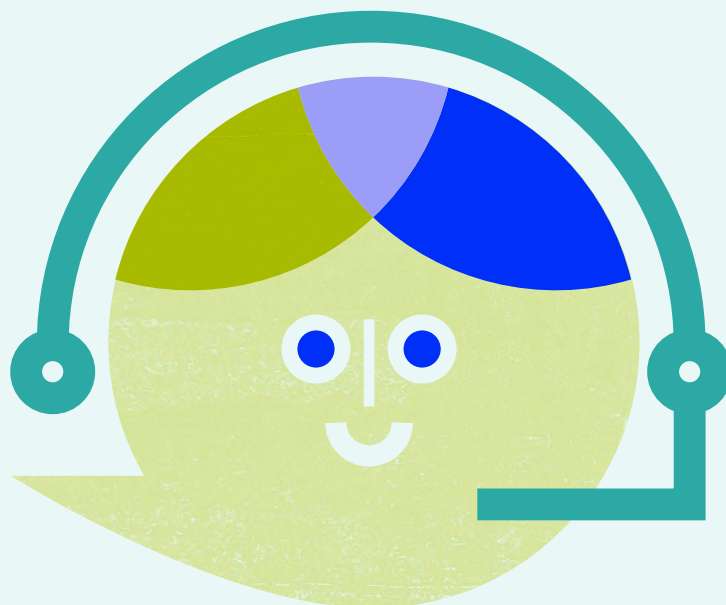
- Samaritans: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- Call 116 123 or email: jo@samaritans.org for a reply within 24 hours.
- SHOUT: <https://giveusashout.org/> Free Text “**SHOUT**” to 85258 to contact the Shout Crisis Text Line or text “YM” if you’re under 19.

Eating disorders support

- Beat Eating Disorders: <https://www.beateatingdisorders.org.uk/>
- Seed Eating Disorder Support Service: <https://seed.charity/>
- National Centre for Eating Disorders: <https://eating-disorders.org.uk/information/>
- Overeaters Anonymous Great Britain: <https://www.oagb.org.uk/>

Other support organisations

- Alcoholics Anonymous Great Britain: <https://www.alcoholics-anonymous.org.uk/>
- Al-Anon Family Groups UK and EIRE: <https://al-anonuk.org.uk/>
- Drinkline – free confidential helpline for people worried about their own or someone else’s drinking. Telephone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).
- Smart Recovery Life Beyond Addiction: <https://smartrecovery.org.uk/>
- Refuge for women and children against domestic violence: <https://refuge.org.uk/>



How to get in touch

At Obesity UK we are happy to chat with you and answer any questions you may have.

We would be happy to hear your feedback and ideas for this resource.

We can also connect you with other people facilitating peer support groups for people living with obesity.

Please get in touch

Contact us: <https://obesityuk.org.uk/contact/>

Contact us on Facebook: <https://www.facebook.com/Obesityuk>