

# OBESITY EMPOWERMENT NETWORK UK

## APPLICATION PACK





Dear Champion,

We are delighted that you are considering joining Obesity Empowerment Network UK. This is a non-profit, user led, advocacy organisation, dedicated to empowering people affected by obesity by giving them a public voice.

Our mission is to improve access to healthcare for individuals with obesity, to increase awareness that obesity is a chronic serious medical condition, to advocate for nationwide obesity prevention and treatment strategies and fight to eliminate weight-bias and discrimination.

In this document, we provide some information about the what your role might be and the support that you can expect from us. Please do feel free to contact us if you have any questions. We look forward to hearing from you.

From the steering committee,

- Maggie Clinton, Lead Champion and Founding Member
- Nadya Isack, Champion and Joint Lead of Communication and Marketing
- Ann Vincent, Champion for Wales
- Tina Osadolor, Senior Business and Innovation Manager, UCL and Charity Treasurer
- Professor Rachel Batterham, Professor of Obesity, Diabetes and Endocrinology, University College London Hospitals NHS Trust and Founding Member of OEN UK
- Professor Sadaf Farooqi, Professor of Metabolism and Medicine at the University of Cambridge and Consultant Physician at Addenbrooke's Hospital in Cambridge, UK.
- Professor Pinki Sahota, Professor in Nutrition and Childhood Obesity at Leeds Metropolitan University Leeds, West Yorkshire (recently retired) and Joint Lead of Communication and Marketing
- Professor John Wass, Professor of Endocrinology at Oxford University
- Dr Jackie Doyle, Consultant Clinical Psychologist, University College London Hospitals and Founding Member of OEN UK

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## 1. Getting to know the charity

OEN UK is a registered charity, registration number 1180108. Our mission is to:

- Engage and empower people affected by overweight and obesity
- Ensure that the people affected by overweight and obesity are at the forefront of driving treatment and research initiatives in this area.
- Eliminate weight bias and discrimination

The role of champion is central to this mission.

### The champions:

- 1) Nadya Isack
- 2) Maggie Clinton
- 3) Sharon Newson
- 4) Paul Chesworth
- 5) Angela Chesworth
- 6) Ann Vincent

### The steering committee:

- 1) Maggie Clinton, Lead Champion and Founding Member
- 2) Nadya Isack, Champion and Joint Lead of Communication and Marketing
- 3) Ann Vincent, Champion for Wales
- 4) Tina Osadolor, Senior Business and Innovation Manager, UCL and Charity Treasurer
- 5) Professor Rachel Batterham, Professor of Obesity, Diabetes and Endocrinology, University College London Hospitals NHS Trust and Founding Member of OEN UK
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- 9) Dr Jackie Doyle, Consultant Clinical Psychologist, University College London Hospitals and Founding Member of OEN UK

We also have a carefully picked group of professional advisors who support our mission and who are available to provide professional advice when needed. A list of these professionals can be found on our website.



## 2. Understanding your role

The role of the champion is very varied and can depend on what you feel confident doing, and your availability. Champion activities will also include speaking at conferences and in the media about your experiences as a person affected by obesity. You may also be involved in lobbying MPs and government bodies in relation to policies and services related to obesity as well as guiding appropriate research initiatives. You may be someone who has struggled with weight personally, or been a parent whose child has struggled or indeed a family member. We are particularly interested in people who are passionate about our mission and who would want to dedicate time to this organization specifically.

Champion meetings will take place 5 times per year, chaired by the Lead Champion and other members of the steering group. Some of the meetings are face to face, others are via teleconferencing. This is an opportunity for you to hear details from the steering committee meeting, what fellow champions have been doing and discuss new directions.

## 3. Understanding how we will support you

We are committed to supporting you in a variety of ways.

**Training:** Since starting this organization, we have had a number of training events for champions on variety of issues, such as understanding the biology of obesity, how to develop a patient involvement role in research and on media training. As part of your induction we will ask you more about what you think your trainings needs are likely to be and we will do our best to ensure that these are met.

**Mentoring:** We now have a number of established champions and if you wish we can allocate you a mentor in your region to help you build confidence in developing the role.

**Champion Well-Being:** Our champions have always spoken very passionately at public speaking events and find these activities to be very rewarding. We are aware however, that sometimes talking about your personal experiences can be exhausting and it can be helpful be aware of the impact that this can have. Jackie Doyle is a clinical psychologist with many years of experience working with people affected by obesity and is well aware of the impact of weight stigma. Individual telephone meetings can be arranged with her to discuss options for support should this be helpful.



#### **4. Understanding our agreement with you and codes of conduct**

If you decide to join our OEN UK, you will be asked to read through the details of our agreement and sign the code of conduct documentation. This is our way of ensuring that we can all work with each other in a safe and harmonious manner. This can be found in the appendix.

For more general information on how charities are run, please go to the Charity Commission <https://www.gov.uk/government/organisations/charity-commission>

## WHAT NEXT?

If you think you may be interested in becoming a champion, please answer the following questions and send to [enquiries@oen.org.uk](mailto:enquiries@oen.org.uk), with “Champion Application” in the subject heading. If you would like to discuss this first you can contact us via the email provided .

|   | OEN UK CHAMPION APPLICATION FORM |
|---|----------------------------------|
| Name  |                                  |
| Preferred method of contact, phone or email. Please see statement below re: use of your information |                                  |
| Reason for applying:  |                                  |
| Which region of the UK would you represent?   |                                  |
| Is there any specific support you think you might need as part of being a champion?                 |                                  |
| Are you a member of any other charities/organizations relating to Obesity?                          |                                  |

For more information or an informal discussion, please contact us at [enquiries@oen.org.uk](mailto:enquiries@oen.org.uk)  
Once we have received your details, you will be contacted for an informal interview.

### Use of your information:

Your name and preferred contact details will be used for the purposes of contacting you about becoming a Champion. If you or we decide not to proceed, this information will be destroyed.



## **APPENDICES**

### **Obesity Empowerment Network UK: Champion Agreement**

#### **Sample code of conduct details**





## Champion Agreement & Code of Conduct

**Name of champion:**

**Key responsibilities:**

Varied but likely to include

- Attendance of at least 3 champion meetings per year
- Attending OEN UK annual general meeting
- Lobbying parliament
- Speaking at public events
- Reviewing documents related to obesity
- Providing expert opinion in relation to matters related to obesity

**Period of Agreement:**

There is no minimum or maximum term in relation to this role and we understand that that there may be times where people have to or want to scale down their activities. We do ask you, however, to continue to join at least meetings a year so that you can remain in touch with us.

**Accountability**

The Champion will be accountable to Champion Lead, who in turn is accountable to the Chair of OEN UK.

**Other information**

There is no payment available for this role. **This contract does not represent terms of employment or an intention to employ in the future.**

**Please note** that no champion will be asked to incur any personal costs in relation to tasks requested. If it transpires that a task requested does incur a cost e.g. request to attend a face to face meeting, the volunteer should let the Lead Champion know before proceeding.

Finally, OEN UK has a strict code of conduct for all members of the organisation. Please read this before signing the document.



I **AGREE** that in all interactions (face to face meetings, email or other ICT communication) with other members of the group, member of the public or stake-holders with whom we may be working on behalf of the **“Obesity Empowerment Network”**, I will:

- 1) Behave in a respectful, empathetic and polite manner, even in times of disagreement. I will not raise my voices or behave in a threatening manner
- 2) Respect differences, and where necessary, challenge the statement not the person.
- 3) Listen to others and be aware of times when I might be dominating the conversation or talking over others.
- 4) Respect confidentiality. No identifying or sensitive information about the organization, group members, or projects on which we are working should be shared with others beyond the group.
- 5) Be aware of communication (email/telephone) that is outside of usual working hours/patterns. If this needs to happen when making the contact, I will check that this is appropriate and acceptable to the person I am contacting.
- 6) Perform all tasks agreed in between meetings or let the Chair know in advance if this is not possible.
- 7) Avoid personal beliefs resulting in discrimination against others on the grounds of age, sexual orientation, class, religion or issues of “difference”
- 8) Represent the views of the “Obesity Empowerment Network”, rather than personal beliefs when working or speaking on behalf of the Network
- 9) Not undertake activities of the group whilst under the influence of alcohol or controlled substances
- 10) Not engage in illegal activities or activities which could adversely affect the credibility and reputation of the group.
- 11) Declare any potential conflicts of interest e.g. when we are serving on other boards, or engaging in other activities relating to obesity, paid or unpaid that are not related to activities agreed by the group.
- 12) Respect health and safety directives or premises in which working.
- 13) Request support or advice from the Chair if it appears that the code of conduct is being broken or may be broken.



What to do if someone is breaking the code of conduct:

- Politely remind the person about the code of conduct, and the expectation that we all adhere to it.
- If action 1 does not change the person's behaviour, request advice from one of the leads. If necessary, they will have an informal conversation with the person in question.
- In rare circumstances, where all avenues of support have been exhausted a member may be asked by the Chair to leave the group and this decision will be final.

Name in Capitals:      Champion:

Champion Lead:  
Ms Maggie Clinton

Signature:

Date: