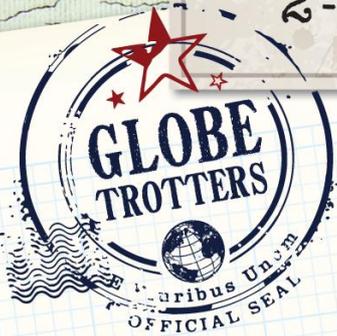


MOVE IT WEEK

2-8 JULY 2012



FAQs

1. What is Move It Week?

Move It Week runs alongside National Childhood Obesity Week (2 – 8 July 2011). It aims to spread the positive message about the benefits of physical activity by encouraging families to spend more time being active together.

Move It Week is an opportunity for MEND programmes to celebrate their success and share the achievements of their MEND families with the local community.

2. How does MEND Move It Week fit in with National Childhood Obesity Week?

NCOW is a national awareness week created by MEND and Move It Week always takes place at the same time.

3. What is MEND doing for National Childhood Obesity Week?

We want to raise awareness of childhood obesity and the importance of bringing up the subject of weight during this year's NCOW. MEND is hoping to get lots of positive media coverage with the results of our 'Let's talk about weight' survey.

4. I'm running my Move It Week event in the park. What are the health and safety risks of holding an event in a public place?

Please consult with your organisation's health and safety representative when you are planning your activities. The Park Manager should be able to provide support in terms of Health and Safety procedures. You will most likely have to do a full risk assessment in advance of your Move It Week event.

5. Do I need to get special permission to hold an event in a public park?

Some public parks and local authorities do ask that you book in advance so it is a good idea to check. However, most public parks will allow access for small events.

6. What if it rains?

We suggest you have a 'Plan B' location just in case it rains. If you're planning to hold your Move It Week event during your normal MEND programme session, you may be able to use your regular programme venue for your event. Alternatively, you may wish to contact your local leisure centre to see if they can provide a venue for the event. If they know you are inviting VIPs and publicising the event they are more likely to provide the venue free of charge!

