

SHAPE

Hello all,

It has been a busy few weeks here at Shape. The team have been busy collating data from the groups running from Christmas until Easter in Malvern, Worcester and Redditch. The results are looking very promising from the information collected so far. In general, the groups have all highlighted weight loss, lowering of blood pressure and pulse and reduction in waist measurements. A standout result for one participant was an 11 cm reduction in waist measurement between January and March. During this Shape cohort we have also begun to monitor Wellbeing and this too showed a marked improvement with a highest recorded improvement of 240%. This was highlighted by a participant talking about developing their idea of a "Walk and Talk" group outside of their Shape commitments. Other participants in the groups have taken up the "Couch to 5K" challenge. At Shape we like to encourage and enable participants to bring their own ideas and creativity to the groups.

Other Shape related activities taking place are new groups for Bromsgrove and Kidderminster. The Bromsgrove group is held on a Monday 13.00pm – 14.30pm, at Bromsgrove Leisure Centre, School Drive. Many thanks to the staff at Bromsgrove for making us feel very welcomed and supported. Within the next few weeks we will also be starting a Shape group in Kidderminster.

We are also developing a Smoking Cessation Referral Pathway and Intervention. For more information please contact the Shape team.

Chris and Marie have also been busy attending a Mental Health Awareness day at Bromsgrove's David Lloyd Centre.

You can now follow Shape on twitter ([@SHAPEWorcs](https://twitter.com/SHAPEWorcs)) where you can find lots of information and pictures to keep you up to date with all things Shape!

Now the weather is improving (hopefully!!) time to get outside, enjoy the sun and get active.

Teresa Anderson
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