

Football stars can help beat obesity says chaplain

The Westminster Diocesan Chaplain for Sport has called on the Government to team up with the FA to tackle child-hood obesity and tooth decay.

Mgr Vladimir Felzmann said football stars could help drive home the right messages on these key issues if "they make clear statements to children that obesity and rotten teeth are not cool – and can be avoided. The culture of gluttony might be defeated by a culture of self-esteem; a healthier and happier country would be the result."

The chaplain's call comes as health leaders, academics and chefs have signed an open letter calling on football associations to end their links with junk food brands.

Some 58 leaders from councils, health organisations, academia and the food industry have signed the letter on behalf of charities Healthy Stadia and Sustain's Sugar Smart campaign asking football associations to 'take action' to protect children from exposure to food and drink high in fat, sugar and salt (HFSS).

The letter highlights concerns regarding childhood obesity being at an all time high and the way in which companies that are known for producing HFSS products link themselves to sports bodies in an attempt to associate their products with a healthy and active lifestyle.

New app helps Young Vinnies pull faith and life together

Anita Boniface

Catholic charity, the St Vincent de Paul Society (SVP England and Wales) has launched an exciting and innovative online webapp called B-Attitude Life.

The website and app provides a user-friendly formation and training programme for 14-18 year olds. It is unmatched in the Catholic Church in England and Wales in terms of its interactivity and sets out to be the first resource of its kind to enable young people to feedback online how they are developing in their faith and life skills.

Claz Gomez, SVP Young Vincentian's co-ordinator who designed and created the app, said the B-Attitude Life uses a forum, language and method that young people are familiar with to achieve three main things.

"First of all, B-Attitude Life forms the young person in the Catholic faith, and in particular in Vincentian spirituality. Second, it trains up their life skills such as leadership, respect and delegation. And third, it guides them in practising all these things they have learnt, through the voluntary work they are already doing through school or parish," said Ms Gomez.

"The idea is to equip young people with a faith-based and life skills learn-



ing that helps them where they are in the here and now – in their daily life and relationships; in their families, schools and communities."

All modules in the app are aimed at young people currently in, or wanting to become part of a Young Vincentian B-Attitude group.

In terms of the underlying message behind the webapp, and behind the B-Attitude groups themselves, Ms Gomez says this is simply about teaching teenagers about "being themselves and being true to their own dignity as a human being". Its foundations are deeply theological: "It's called B-Attitude because it's about 'being'. We are made in the image and likeness

of God, so just by being their best and true selves a young person can they can set the world on fire".

The Archbishop of Southwark, Peter Smith, said: "I think B-Attitude Life is a great resource. It will get young people away from negative websites and apps and help them grow and understand their faith and the social teaching of the Church."

Module one is free and accessible to everyone. Visit *svp-b-attitudelife. online* and log in as a guest to access exercises on personal development. More on the B-Attitude Life, or Young Vincentians, via ClazG@ svp.org.uk, call 0207 703 3030 or see www.svp.org.uk.



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