



# THE BODY HAPPY ORGANISATION CIC

## GOVERNING DOCUMENT

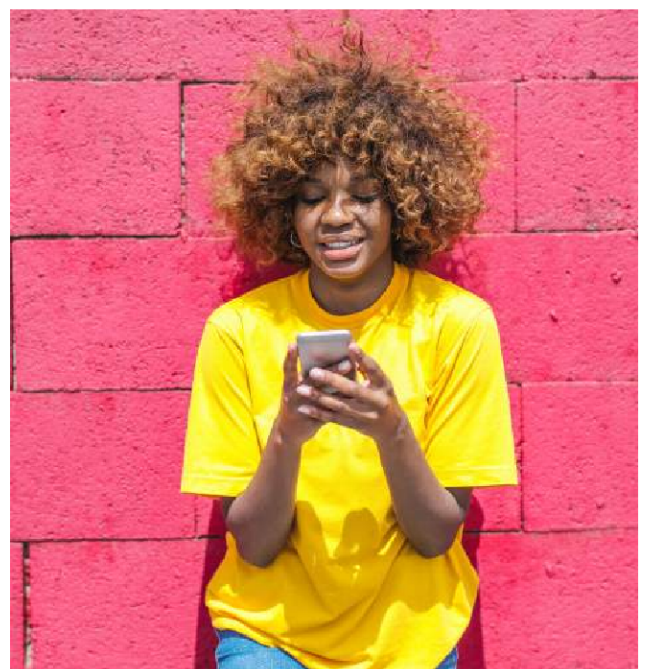
The Body Happy Organisation CIC

Companies House Number: 13010062



## ABOUT US

The Body Happy Organisation is a Community Interest Company dedicated to providing resources and training for adults, to create environments that nurture the body image, wellbeing and self-esteem of children and teens. We are a social enterprise specialising in workshops, online and physical resources and advocacy campaigns to create body happy settings for children and young people to thrive in. Our resources and training programmes are created and delivered by experts in the fields of body image, nutrition, physical education, mental health and education.



---

## OUR WHY

Body image is the way we think and feel about our body. It has a direct impact on our mental and physical health, and a wider impact on the way we interact with others.

Research shows children who have a positive body image are more likely to engage in health-promoting behaviours, such as sport and movement, more likely to raise their hand in class and less likely to engage in risk-taking behaviour such as smoking or binge drinking during the teenage years.

However, the messages children receive both from the mainstream media, social media – and even in some of the places they should be safe from body ideals such as school, the doctor's surgery and at home – can negatively impact the way children feel about their body. The Body Happy Organisation CIC is here to change this, by providing straight-forward, evidence-based resources for teachers, parents and carers, to help create "body happy" settings for children and young people to thrive in.



## WHAT WE DO

Through CPD training for adults who work with children, online learning for parents, as well as digital and physical resources, we help all adults who are ever around children create "body happy" settings for children and teens to thrive in. We sell lesson plans and learning activities, digital activity packs, books and gifting products for adults to use with the children in their care to help them be friends with their bodies.

## OUR TEAM

We are a multi-disciplinary team made up of campaigners, psychotherapists, fitness trainers, nutritionists and teachers. Our Exec Director is Molly Forbes, author of the critically acclaimed *Body Happy Kids: How to help children and teens love the skin they're in*. We also regularly consult with experts in related fields to ensure our resources and training is based on the latest evidence and research, offering the very best impact outcomes.



# Our Structure

## The board:



**Molly Forbes**

**Executive Director**

Molly is the author of the critically acclaimed book *Body Happy Kids*, *How to Help Children and Teens Love the Skin They're In*. She is also a journalist, campaigner and public speaker, and is regularly called to comment on the subjects of body image and mental health in children and teens in the media, with appearances on outlets including BBC Breakfast, Woman's Hour and This Morning,



**Dr Tosin Ajayi-Sotubo**

**Non-Exec Director**

Tosin is a medical doctor specialising in General Practice. She is also the founder of the educational health platform *Mind Body Doctor*. Tosin's work has been featured in *Vogue*, *Glamour*, *Metro*, *Women's Health*, *BBC News* and *Refinery29*.



**Chelsea Cox**

**Non-Exec Director**

Chelsea is an award winning Business Consultant and Strategist, and founder of *Chelsea Cox Business Strategy*. As a Business Manager Chelsea has worked for *L'Oreal* and *The Telegraph*, with her work winning her the *Tamara Montgomery Award*. As a consultant, Chelsea specialises in working with female-led businesses and brands .



**Rachel Hobbs**

**Non-Exec Director**

Rachel is a Communications Consultant with a background in Communications for the charity sector in the areas of health, mental health, young people and prison reform. Prior to working in Communications Rachel was a broadcast journalist for the UK's largest commercial radio company.

## The team:

We work with a multi-disciplinary team of freelancers and volunteers to deliver our services and projects. Specialisms included on our team are teaching, nutrition, counselling, fitness training and coaching.



**Faye Capp**



**Denise Sanderson**



**Amy Snelling**



**Aya Wingate**



**Jeanette Thompson-Wessen**



**Emily Robson**



**Emily du Feu**



## OUR STRUCTURE

We are a Social Enterprise, which means we are dedicated to creating positive social change. We operate like a business but are regulated by the CIC Regulator to make sure profits are reinvested back into the community we serve: those wishing to create positive body image environments for children. Because we are a Community Interest Company this means we don't have large dividends or big bonuses. We do this work because we believe in it and we genuinely want to make a difference. Any surplus income goes directly into funding the creation of free resources and bursary training schemes, so that all children can benefit from our work, regardless of background.

### Asset Lock

The Asset Lock is a fundamental feature of CICs. It's designed to ensure that the assets of the CIC are used for the benefit of the community.

The Body Happy Organisation's named asset-locked body is The Mix UK, a charity for young people. This means that, should Body Happy Org ever be wound up, and there are surplus assets in the account, these would be transferred to The Mix UK and not used for the personal financial gain of any one private individual, or organisation.

## OUR ETHOS

We believe in equal rights, opportunities and inclusion for all people, regardless of how their bodies look or function. This ethos underpins all our training programmes and resources and is the core value by which we run as a social enterprise. While we recognise we need to generate an income in order to do the work we do and create social change, we are committed to people over profit and strive to create environments that value all those we work with and deliver services to with respect and compassion.



The Body Happy Organisation CIC

- Training
- Resources
- Advocacy

[www.bodyhappyorg.com](http://www.bodyhappyorg.com)