

Rugby League Returns!

JOIN US FOR A
TRIPLE HEADER OF
RUGBY LEAGUE IN
AUGUST



SATURDAY 14TH AUGUST 2021



12PM - TEAM COLOSTOMY UK vs INVICTA PANTHERS

1.30PM - INVICTA PANTHERS vs ROBBIE'S ROOS

3PM - ROBBIE'S ROOS vs TEAM COLOSTOMY UK



WEAVERING WARRIORS RFC, BICKNOR ROAD, KENT, ME15 9PS

The bar will be open to sell refreshments all day and you're welcome to come along to cheer the team on! Team Colostomy UK merchandise will be available to purchase on the day.

We're always on the look out for new players or helpers so if you'd like to get involved email Giovanni: Giovanni.Cinque@ColostomyUK.org. For more information about Colostomy UK visit www.colostomyuk.org or call: 0118 939 1537 (09.00-17.00).



Will you Step Up for Stomas in September?

Colostomy UK are going to 'Step up for stomas' this September and we would love you to join us!

We're inviting you to walk, run, jog, skip, crawl or hop 160,000 steps in the month of September to help you get more active, and to raise funds to help us better support ostomates and those who care for them.

Why 160,000 steps, we hear you ask?

There are 160,000 people in the UK with a stoma so we'd like you to take a step for every single one of them.

You can undertake the challenge on your own or combine your steps with others to form a team and reach the target together. It doesn't matter if you're active already or just looking to get fitter; either way, taking our Step Up for Stomas challenge can only be a good thing!

Step Up for You

It's no secret that exercise is good for both your physical and mental health. Walking can help your mental health by reducing anxiety, depression, and a negative mood. It can also boost self-esteem. Walking and running are some of the easiest ways to get more active and become healthier and you don't need lots of equipment or a gym membership! As long as you have a trusty pair of trainers or walking shoes, you can Step Up for Stomas and start getting fitter.

The NHS states that adults should do some type of physical activity every day. Any type of activity is good for you and the more you do the better. To cover 160,000 by yourself, you need to do about 5,300 steps a day, which is about 2.5 miles. This equates to about 50 minutes of walking or 30 minutes of running each day.

Moderate aerobic activity such as a brisk walk can:

- **Burn calories**
- **Strengthen the heart** (walking at least 30 minutes a day, five days a week can reduce your risk of coronary heart disease by about 19%)

- **Lower your blood sugar**
- **Ease joint pain**
- **Boost immune function**
- **Boost your energy levels**
- **Improve your mood**

Step Up for Ostomates

Colostomy UK is a self-funding charity so every £1 we raise really matters!

As part of this challenge we would also love it if as many of you as possible could try to raise £160 or more.

All funds generated will go towards supporting our key projects and services including our 24-hour stoma helpline, our new befriending service, and the continued production of Tidings magazine. It will also allow us to train more volunteers, encourage more ostomates to get active, and help us to campaign for a more stoma aware United Kingdom.

How to sign up

- ▶ To take part in 'Step Up for Stomas' you can register online at colostomyuk.org/active-ostomates/step-up-for-stomas/
- ▶ We will then email you our activity guide full of loads of hints and tips to help you reach the 160,000-step target.
- ▶ We'll also send you details of how you can set up an online fundraising page or request a sponsorship form.
- ▶ The first 50 registrations will receive a complimentary pedometer to help you count those 160,000 steps.