

Gastric sleeve surgery sees heavyweight father lose more than half of his body weight

# Jumbo dad shifts 14 stone and now faces marathon!

AN OBESE dad decided to take action after his daughter voiced concerns - shifted 14 stone and is now preparing to run a marathon.

At his heaviest Terry Barber reached 25 stone, but his scales only went up to 23 stone so most of the time the only thing showing on the dial was "error".

Now, 14 stones lighter and preparing to take part in his first marathon, Mr Barber has said his decision to lose weight has changed his life completely.

The 41-year-old banker from Rayleigh, said: "I completed my first half marathon in October and I now have my eyes on the Brighton Marathon in April. When I think back to the 25 stone me I just can't believe I ever let myself get like that."

Mr Barber pursued endless diets and weight-loss regimes before opting for surgery.

He said: "I lacked the self-discipline - the moment I wasn't concentrating on being on a diet I found I was eating something."

"In the end my daughter Katie, being worried about her daddy's 'big tummy' is what made me de-

By **ROBYN PIERCE**  
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cide to take more drastic action."

Mr Barber booked into Spire Wellesley Hospital in Southend and had a gastric sleeve fitted.

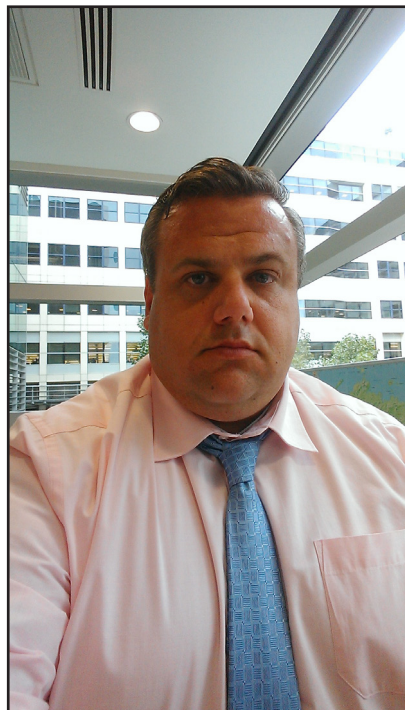
He said: "Before the operation I'm afraid beer and pizza were my weaknesses, but afterwards my eating regime changed completely. Now I keep an eye on what I am eating and really see food as a fuel rather than a pastime."

Now he weighs in at just over 11 stones Terry is targeting the Brighton Marathon in April.

He said: "One of the best things is I can now keep up with my daughter when we are playing games, we all love going for family bike rides and I don't break out in an embarrassing sweat at the first sign of exercise."

Consultant surgeon Kesava Reddy Mannur said: "Terry was dangerously overweight and very keen to do something about it."

"So I suggested that a gastric sleeve would be his best choice of treatment."



■ Chunky - overweight Terry Barber



■ Tight squeeze - Terry Barber and daughter Katie fit in old suit

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■ New way of life - Slimmed-up Terry Barber can now play with, and go out biking with, his daughter Katie

## February themed on architecture

FEBRUARY will see architecture celebrated in Southend's year as the Alternative City of Culture.

Sir David Amess, MP for Southend West, whose thought up the project, said it would be a great opportunity to reveal and revel in some of Southend's rich history.

Talking about February's events, Sir David said: "Whilst many residents are critical of 1960s buildings and the

loss of some of our older buildings, we have much to celebrate in the town.

"I am very delighted that Ken Crowe is organising a number of walking tours around Southend.

"They include Porters and Shoe-bury Garrison.

"We have so many wonderful churches in our town. This month a number of those churches that feature in Pevsner's Buildings of England Se-

ries: Essex, have generously agreed to offer tours of their buildings.

"It will be a great opportunity to hear members of the local community reveal Southend's architectural and historical sites"

February will also include tours on different churches in the town.

For more details and information on events, visit [southendculture.com/whats-on](http://southendculture.com/whats-on)