

Community Health Champions

Monthly Newsletter | February 2025



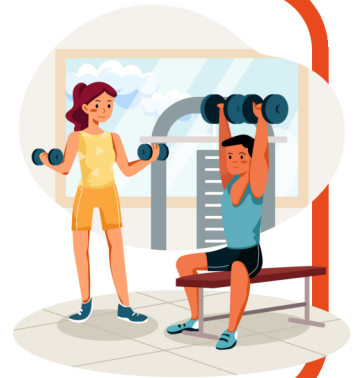
In this issue

- 12 Week Gym Membership
- Loneliness Questionnaire
- Youth Vaping | The facts

12 Week Free Gym Membership | CAFAG

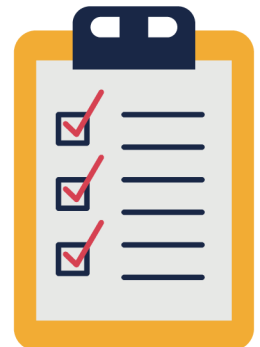
CAFAG Community Gym offers a 12-week gym membership programme to support individuals with personalised fitness and nutrition advice, full gym access, free attendance to fitness classes, weekly check-ins with a team member.

This program aims to give tailored assistance and encourage holistic well-being. Interested? Chat to your Community Health Champion for more information!



Loneliness Questionnaire

The Ageing Well Partnership is a collective of 17 organisations, which have come together with an aim to help address key issues which impact older people. As part of this partnership, a short questionnaire has been developed to help understand what loneliness actually means to older communities in Stoke-on-Trent and Staffordshire. Want to have your say? Printable versions of the questionnaire are available, just ask your Community Health Champion!



Youth Vaping | The facts

Vapes are intended for adults who want to quit smoking cigarettes – and it's illegal in UK for those under 18 to buy them. Despite this, the number of young people vaping has increased notably in recent years, raising concerns. A new report by NHS England shows that almost 1 in 10 young people (aged 11-15) in England are frequently using vapes, while a quarter have tried them. Whilst vapes are less harmful than cigarettes, they are not harmless – especially for young people as their lungs and brains are still developing.



We have lots more information available. If you're looking for local health information or support, chat with your local champion.

Contact us on 01782 683 030

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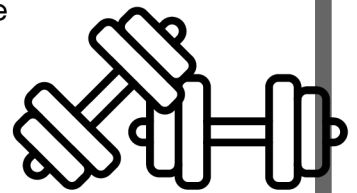
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