

Community Health Champions

Community Newsletter

July 2025



This month we focus on what's going on in July, including a new 'Mission to the Moon' campaign, Holiday Activities and Food schemes ahead of the summer holidays, and information on the potential upcoming reforms and cuts to disability benefits.

For more information on any of these topics, please speak to your local Community Health Champion.

Mission to the Moon: Move More, Feel Better

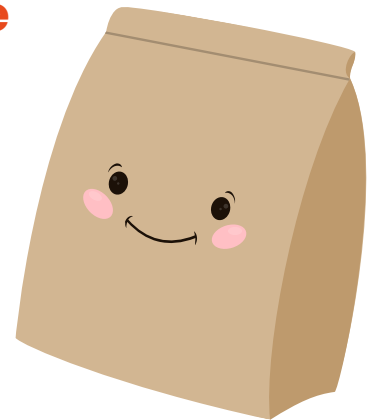
Join the Mission to the Moon! It's a fun and inclusive challenge where every movement counts. Royal Stoke's NHS Trust (UHNM) are hoping, together, we can travel the distance to the Moon (that's **238,855 miles!**), all while spreading the word about the importance of staying active, tackling the danger of deconditioning (physical decline due to inactivity or prolonged bed rest). Visit chc.vast.org.uk/tothemoon and share your journey on social media with **#MissionToTheMoon**. If you need some help, please speak to your local Champion.



Summer Holiday Activities and Food Scheme

The school Summer holidays are coming up and that means that the local Holiday Activities and Food (HAF) scheme will be starting soon too. If you are entitled to free school meals, then you should be able to book places on the HAF scheme for your little ones. HAF is provided by The Hubb Foundation in partnership with Stoke-on-Trent City Council. This scheme runs from Monday, 21st July to Sunday, 31st August and is bookable through their website: thehubbfoundation/haf. For more information, please call 01782 656 050.

Ask your child's school to see if they are running their own scheme too!



Potential Benefits Reforms

We're aware that there are many people in our local communities are worried about the potential upcoming reforms to both the health element of Universal Credit (UC) and Personal Independence Payment (PIP).

If you are worried about the impact of these changes might have on your life, and your physical and mental health, there is support available for you. You can contact Citizens Advice on **0808 278 78 76** or pop into Advice House, 13-15 Cheapside, Hanley. You could also speak to a Locality Officer at your local Community Lounge find yours at: communities-together.co.uk. You can also contact your local MP, express your concerns and enable them to represent your views.



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

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Mission to the Moon!

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Potential Benefits Reforms/Cuts

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