

Community Health Champions Community Newsletter June 2026



New guide for people who take weight-loss drugs

A new guide has been produced for people taking medications for obesity.

The guide has been produced by the British Dietetic Association to support people who are taking medications such as Mounjaro, Saxenda, and Wegovy. It does not include advice on other medications for obesity like Orlistat.

Co-designed with people living with obesity, the guide includes practical advice on what to eat and drink, how to stay well while taking medications for obesity and managing side effects.

It also breaks down how the medications work and what people need to be aware of and keep a eye on, and working alongside healthcare professionals.

The guide will soon be available in Welsh, Polish, Urdu, Spanish and Arabic, as well as for people who are deaf or blind.

Download your guide by scanning the barcode.



Medications for obesity

A guide to eating and living well while taking medications for obesity



Free NHS Health and Wellbeing Event

Saturday 20 June 2026
9am-1pm

NO APPOINTMENT NEEDED

- ✓ Blood pressure checks
- ✓ Vaccination information
- ✓ Lifestyle advice
- ✓ Cancer screening information
- ✓ Friendly, confidential advice

City Central Mosque, Regent Rd, Hanley,
Stoke-on-Trent, ST1 3AY



Help to shape support for families with babies

If you are currently pregnant or have a child under one in your family, you are asked to complete a 5-10 minute survey.

The online survey can be completed by mums, dad, nans, grandads, and anyone who cares for a baby.

Every family's journey is different and your views will help to inform what's working well – and what could be better. This will inform how support can be improved for parents, caregivers, and babies locally.

The survey has been developed in partnership with Stoke-on-Trent City Council and the Stoke-on-Trent and Staffordshire Integrated Care Board.

Scan the QR code to complete the survey by 15th June.



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