

### DECEMBER 2025

#### Happy Holidays

As 2025 grinds its way to an end it's given me time to reflect on the amazing achievements of UKCPO given the short time we have been operating. I would like to thank all of our volunteers

and supporters who give of their time so freely often behind the scenes.

It's great that we now have more treatment options for people living with obesity, but there is a lot of work to be done making them more available on an equitable basis.

Our relationship with the Obesity Institute, Leeds Beckett University and many more PPIE projects bodes well for the future.

We have a new group of new volunteers to match with roles and this will take us into mid January. If you want any further information please do not hesitate to contact me using enquiries@ukcpo.org So little remains for me to do apart from wishing you a restful peaceful holiday and a healthy 2026.

Best wishes  
Ken Clare

#### Christmas Quiz

🎄 Thank you to everyone who joined our Christmas Quiz! 🎅

A huge congratulations to our winners:

Jo Jo – First Place

Lorri – Second Place

Julie – Third Place

Selina - Forth Place

Well done to all participants for making it such a fun and merry event!

## SAVE THE DATE

# 7th March

# 2026

More details to follow.  
Keep an eye on our  
Facebook pages for updates.



### UKCPO Attends Training Session in Budapest

Helen was fortunate enough to attend the ECPO Science of Obesity conference in Budapest at the end of November. The two-day event focused on respectful, evidence-based approaches to obesity care.

Key sessions highlighted the importance of using person-first, non-stigmatising language and asking individuals what terminology they prefer. Speakers also emphasised that obesity is not a single condition but includes different phenotypes that require more personalised care.

Day two explored the complex causes of obesity, showing how biology, genetics, the brain and environment all play a role. Obesity was described as a chronic disease rather than a matter of willpower, with a strong call for long-term, holistic care that focuses on health, not weight alone. Women's health was another key theme, with discussions on hormones, menopause, PCOS and lipoedema, highlighting the need for tailored assessment and treatment.

The conference closed with shared discussion on national priorities and the support needed to improve obesity care across Europe.



## Welcome Our New Volunteers!

We're thrilled to introduce Ann Vincent and Lorna Campbell to the team!

Ann Vincent brings a wealth of experience in obesity advocacy and will be focusing on our application to join the Obesity Health Alliance.

We're excited to have their passion and expertise on board as we continue to make a difference together!

Lorna Campbell is a working mother of two young children and 6 months post OAGB. Lorna has already helped cover Zoom meetings as and when needed and created the UKCPO newsletter. She'll be taking on more exciting opportunities in the New Year!

### Group facilitators training.

In January we will be rolling out our pilot training program. A mixture of experienced group members and newly appointed we are looking forward to sharing our experience and learning together. The group will be facilitated by Mandy Philips a member, who is a person with lived experience of obesity and bariatric surgery. This times nicely with our planned rollout of new groups in 2026.

### New Board Member – Louisa Ells

I am a Professor of Obesity, and Co-Director of the Obesity Institute at Leeds Beckett University. I am also a proud co founder of Obesity Voices – our National lived experience hub, that helps to ensure all our work and that of our trusted partners, is founded in the voices of lived experience. I am a registered public health nutritionist and Fellow of the Royal Society for Public Health, with a specialist interest in multi-disciplinary, cross-sector applied obesity research that addresses real world obesity priorities, driven by my passion to make a real and tangible difference to the lives of people living with obesity.



Becoming a UKCPO board member is such a heartfelt privilege. Having struggled with my own weight and seen first hand the impact of living with obesity has had on my close family and friends – I feel humbled to become a board member of an organisation that is dedicated to supporting people living with obesity, and championing the voice lived experience. Only by working together can we drive the move to compassionate non stigmatising support and person centred care for everyone living with obesity.



World Obesity Day is a global campaign to raise awareness about obesity, its impact on health, and the importance of prevention and treatment. Next year's theme focuses on creating healthier environments and supporting individuals on their weight management journeys.

### Volunteer Spotlight: Netty

A big thank you to Netty, one of our dedicated volunteers! She moderates our Facebook pages, keeps conversations flowing, and loves connecting with people.

Netty began her weight loss journey in 2006 and continues to inspire others by sharing stories and celebrating achievements.



## In-Person Support Groups

### New Leeds Face to Face Support Group

Meet Our Leeds Support Group Leaders Kirsty and Phil:

Kirsty had sleeve surgery in April 2025 and no longer has sleep apnea or high blood pressure. She's also a proud "cricket widow" with a family of cricket enthusiasts!

Phil is two years post-One Anastomosis Gastric Bypass and enjoying life as a new grandfather.

Please join them at their first Leeds Support Group meeting on Tuesday, 27th January 2026 at The Village Hall, Church Lane, Swillington, Leeds, LS26 8DX..




### Halton Face to Face Support Group

Our Halton Support Group, led by Erica, meets every second Tuesday of the month from 7:00 PM to 9:00 PM at Palace Fields Community Centre, The Uplands, Runcorn, WA7 2UA.


All are welcome!

## 🎄 Liverpool Face-to-Face Meeting 🎄

Thank you to everyone who joined us in Liverpool! It was another fantastic evening filled with invaluable information and lived experiences. As our last meeting of the year, it was wonderfully festive, full of laughter, and a great opportunity to see friendships blossom within our community.

 [17](#) Next Face-to-Face Meeting ran by Jimmy, Ken and Helen

### 19th January – All are welcome!

 Bridge Chapel (Booth Hall), Heath Road, Liverpool L19 4XR



## New Membership System – Launching January

We are pleased to launch the new UKCPO website alongside our updated membership system. This new platform gives members early access to resources, information, and updates before they are shared more widely. It is an important step in strengthening how we support people living with obesity, by making trusted information easier to find and by keeping our members informed and connected.

