

Obesity UK

Support & Information Meeting

Bariatric Surgery Support Group



Ground Rules

- ❖ Confidentiality – what is said in the room stays in the room. Not everyone tells people what they are preparing to do. Especially family!
- ❖ Supportive
- ❖ Respectful
- ❖ Listening and sharing.
- ❖ Please remember to mute if not speaking – we can mute you but we can't unmute you. Background voices and noises can be disruptive and off putting to other members when they are talking.
- ❖ Webcams optional but they may help – its always nice to put a face to the name!

Points to Note –

- ❖ Sessions run by volunteers with lived experience of obesity. [Tonight you have Helen, Jimmy, Joanne and myself.](#)
- ❖ Peer support is not a substitute for professional advice – [none of us are professionals here tonight.](#)
- ❖ The time available will be shared equally where possible. We want everyone who wants to, to get a chance to speak so please bear that in mind.
- ❖ If you have been asked by your bariatric team to come to these meetings and have been asked for proof of attendance can you private message Helen Atkinson in the chat your name and email address. We only issue certificates on a Sunday.
- ❖ No email address = no certificate. Please give Helen a few days to get these out to you.
- ❖ You can turn camera off – if want to ask a question raise hand or type it in chat and one of the team will raise your point.
- ❖ Clinical speakers cannot give out personal advice.

How the Meetings Work

- ❖ Grab yourself a pen and paper – most important!
- ❖ Brief introductions – name, where from, pre or post op – No more and no less!!
- ❖ Remember there is never a stupid question.
- ❖ Use the chat box to ask questions or raise hand.



Frequently Asked Questions

- Tiers
- LRD
- BMI
- Sleep Apnoea
- Medication
- Dumping
- Abbreviations
- What to take into hospital
- Food groups
- Top Tips
- Non Scale Victories



Obesity UK Media Showcase

New video's
being added!



The banner features a blue background with a cluster of colorful balloons (blue, purple, pink, yellow, green) on the left. On the right, the Obesity UK logo is displayed above the text 'We're launching our Support Group Video Showcase today!'. Below this, the text 'REGISTER NOW FOR ACCESS' is presented in a light blue box. At the bottom left, the hashtags '#WorldObesityDay' and '#WOD2024' are shown. The website address 'WWW.OBESITYUK.ORG.UK' is at the bottom right.

Obesity UK

We're launching
our Support
Group Video
Showcase today!

**REGISTER
NOW
FOR
ACCESS**

#WorldObesityDay
#WOD2024

WWW.OBESITYUK.ORG.UK

Leeds Beckett – Obesity Institute

Obesity Voices – Amplifying the voice of lived experience

- <https://www.leedsbeckett.ac.uk/research/obesity-institute/>



Future Speakers

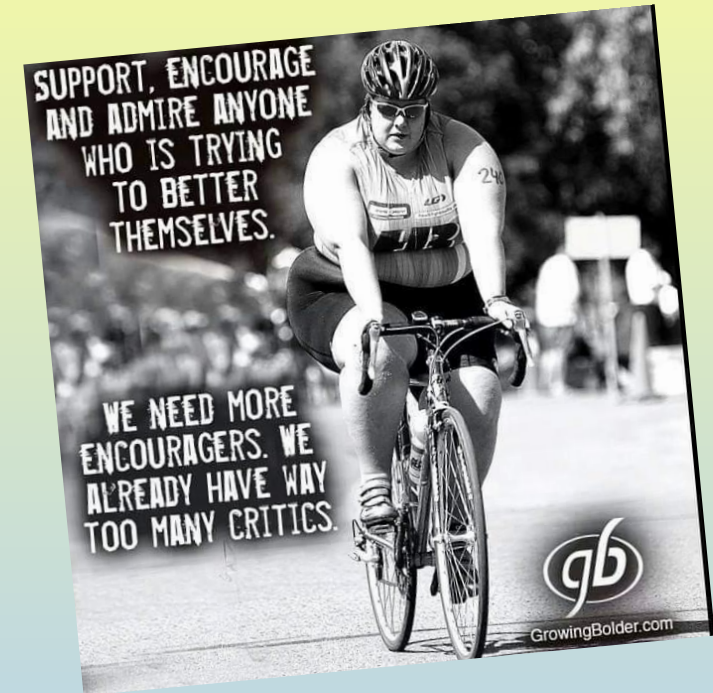
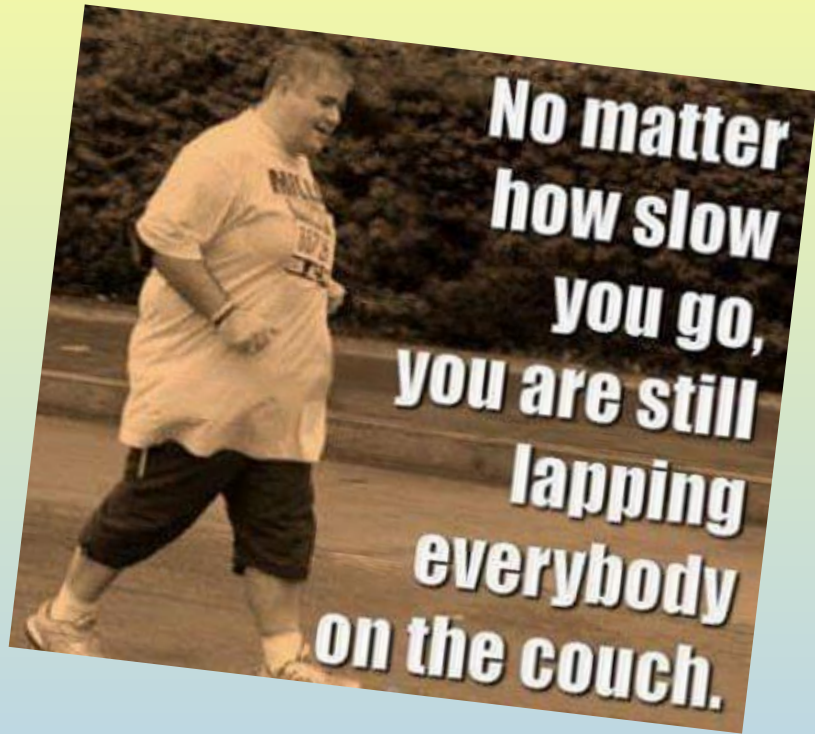


24 for 2024 (or just 5 things)

1. To live my life!
2. Take my son on holiday –
3. Open water swimming
4. Horse riding – ride my horses again –
5. Paddleboarding
6. To walk to the front door
7. Hire a rowing boat
8. Dance, Salsa, Zumba –
9. Do a Spin class –
10. Indoor sky diving
11. Walk the dog
12. Zip lining and Go-Ape at Caesars Palace
13. Theme parks – Alton Towers
14. Being able to Run



Any exercise is better than nothing!



Close of Meeting

- ❖ Thank you all for your attendance and participation
- ❖ Remember about confidentiality
- ❖ Remember our Facebook groups available

Thank you and good night!



Facebook Group – General Support

