

**Notes from the Patient Group Meeting
Held via zoom conferencing.
April 19th, 2023, at 10am**

Welcome and Introductions

There were 6 attendees including Jenni Rodgers, Chair, Maria and Val Newey, Vice Chairs

There were four apologies including Hannah Matheson, Operations Manager

Next Patient Group Zoom Meeting will be held on Wednesday, May 18th, 2023, at 7pm.

Notes from the last meeting were read and approved.

General Discussion

Those in attendance of this zoom meeting discussed how they were coping with their own health and wellbeing.

One patient found a great benefit in Tai Chi classes and other regular exercise.

Another said that after her Pulmonary Rehab classes she was offered to join a gym for £1.00 a year and each gym session now only costs her £2.88 for a one session.

We talked about how to control diabetes and some recent newspaper articles have been published which were very interesting including how a soup and shake weight loss diet has greatly reduced the onset of diabetes. Over the past 15 years type 2 diabetes has doubled and there are now more than 5million people who have been diagnosed. To try and drastically reduce these figures, the NHS have now decided to prescribe a low-calorie food replacement in the form of either a soup or a shake which they hope will help diabetics to lose 2 stone in 3 months.

It was noted that covid seems to be on the rise but there is no monitoring to show exact figures unless you're on the vulnerable and at-risk list.

Chair thanked all those for attending and the meeting ended at 7.35pm

**The next meeting is scheduled for
18th May, at 7pm on Zoom**

The above notes were compiled and published on April 27th, 2023

