Bariatric patient conference a ‘Recipe for success’

NHS Ayrshire & Arran hosted a ‘Recipe for success’ conference for people undergoing bariatric surgery at the Gailes Hotel in Irvine on Thursday 12 November 2015.

The event was planned by Pam Lindsay and Lee Rogerson from the Bariatric Surgery Team at NHS Ayrshire & Arran and a group of post-operative bariatric patients to provide insight into their experiences and to launch the NHS Ayrshire & Arran bariatric recipe book, ‘Recipes for life’.

The recipe book was the idea of the patient group. It includes ideas of things to cook before and after weight loss surgery that are suitable for all of the family, are low in fat and high in protein, and that use few ingredients that are easily sourced. It also provides information about following a modified consistency diet for the recovery period after bariatric surgery and hints and tips for preparing, shopping and managing portion sizes.

Gillian Dick, Dietetic Assistant Practitioner and Pam Lindsay, Bariatric Dietitian from NHS Ayrshire & Arran planned and developed the recipe book with the patient group’s input and received support from the endowment fund to have it printed.

More than 125 service users, families and NHS Ayrshire & Arran staff attended the event for the launch of the recipe book. They listened to key note speakers on exercise and motivation, and visited stalls displaying samples of meals from the booklet, and information about local authority exercise schemes.
Maureen Murray, Dietetic Service Manager -South said: “The event was a great success. The service users have been very much involved in deciding what would go into the recipe book and in arranging the conference.

“It was very motivational and informative for the people who are at earlier stages of their bariatric treatment to hear stories of how far others have come since their surgery and how they have managed their diet and recovery.

“We are all very pleased with the recipe book and hope that it will be a great help to our bariatric service users and their families and carers.

“I would like to thank everyone involved in the event, and Pam in particular, for the great commitment she has shown to her group and the service.”

There were some wonderful stories from patients and some of them formed a choir to sing ‘The Climb’ by Miley Cyrus – a song that has given many of them great inspiration to continue on their own journey towards a healthier way of life.

Liz Frew from Ayr had bariatric surgery in 2012 and has lost more than four stones. Liz commented: “I realise looking back that I had to make a great personal commitment to myself to become educated in diet, exercise and goals for the surgery to continue to be successful. The surgery is not a magic solution in itself.

“The ‘Recipes for life’ book is an excellent way to give bariatric patients advice and support that will help them change their lifestyle after surgery, so that it is successful in changing their life in the way it has changed mine. I am proud to have been a part of its creation.”

If you would like to find out more about the ‘Recipes for life’ book, please contact Pamela Lindsay, Bariatric Dietitian, NHS Ayrshire & Arran on 01292 614589 or at pam.lindsay@aapct.scot.nhs.uk.
Media information

For immediate use

Date of release: Friday 20 November 2015

Photograph 1: Staff, patients and their family members listening to one of the inspiring patient stories.
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Photograph 2: One of the stalls with samples of meals from the recipe book.

For further media enquiries about this topic, please contact:

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