

00:52:36 Rob Lawson BSLM Chairman: Starting 915 folks. Welcome

00:56:24 Max: Thanks Rob!

01:01:26 Helen Angel - GP, Health Coach, Marazion, Cornwall: Welcome. We are starting at 9:15

01:02:14 mark lupton: Good morning everyone. Please use the hashtag #bslmkernow if you are tweeting about today's event

01:03:18 Linda reid BSLM Event Director: Good morning and thanks Mark.

01:31:48 jenandrews: Thank you for that lovely relaxation

01:34:17 Tas Sham: Thank you. Lovely energy first thing

01:34:23 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: excellent session. thank ypu very much indeed.

01:34:24 Nicolle Mitchell, The Little Massage Clinic: love the habit stacking principle, integrating good habits is key

01:34:30 Lollie Brewer: Loved it thankyou Anna

01:34:43 Mel Dixon, Nutritional Therapist, Truro, Cornwall: Great start to the week, thank you!

01:34:46 Dr Emma Bebb Gp in Surrey: thank you , great start to the day

01:35:11 Andrew Tresidder: really lovely start on parasympathetic calm

01:35:21 Hannah Farmer Physio Yoga Cornwall: Lovely Anna, 3 minutes was all that was needed.

01:35:27 Alicia Ray Wellbeing: Great to practice pausing on a Monday morning! Thank you :)

01:36:32 Dr Emma Bebb Gp in Surrey: Misty in Surrey

01:36:53 Alicia Ray Wellbeing: Bright blue sky and few clouds in Truro

01:37:15 Hannah Farmer Physio Yoga Cornwall: Wet and windy in Connor Downs

01:37:17 Melissa King - neuro physio, : beautiful and sunny in Newquay, cornwall - couldn't resist a quick sea swim before joining the conference today!

01:37:43 Emma Ward: cloudy in Stockport!

01:38:22 Mel Dixon, Nutritional Therapist, Truro, Cornwall: Looking at the clouds in Truro but some blue skies too! Well done on the early morning swim Melissa!

01:38:24 Helen Angel - GP, Health Coach, Marazion, Cornwall: Cloudy and tide is in at Marazion

01:39:42 Nicolle Mitchell, The Little Massage Clinic: stunning sun & clouds across Carn Brea

01:40:09 Chapmael: bright sky with a swirl of grey cloud and white mackerel sky over Carn Brea

01:43:01 Mel Dixon, Nutritional Therapist, Truro, Cornwall: Hi everyone,

I'm new to this group...qualified as a Registered Nutritional Therapist with the Institute for Optimum Nutrition in Richmond and run a clinic based in my own clinic room in the Health & Wellbeing Innovation Centre in Truro. I see clients face to face or online via zoom and am keen to collaborate with like-minded therapists/practitioners as I work very much within the functional medicine model. You can find out more about me at www.foreshorenutrition.co.uk or contact me at foreshorenutrition@outlook.com!

01:50:16 Hannah Farmer Physio Yoga Cornwall: Blue sky has arrived in Connor Downs :)

01:51:00 Nicolle Mitchell, The Little Massage Clinic: Hi all from me & kitty near the Carn, I am a holistic massage practitioner with special interests in dementia & trauma. I practice at the Blue Lotus Therapy Centre in Scorrier & teach people how to connect through focused touch to enable people living with dementia experience nurturing touch & massage on their terms. Websites www.thelittlemassageclinic.co.uk & www.massagfordementia.co.uk & email massage4dementia@gmail.com it would be my joy to connect with you :-)

02:06:30 Yoga on Prescription: Great feedback and change in lifestyle choices as a result of teaching Yoga on Prescription 10 week programme

02:06:57 Noor Hamad GP Perranporth: The boom in sea swimming/ dipping and the mental health benefits

02:07:04 Jane Davis: working with Alison Flanagan to help women feel their best through menopause

02:07:08 Ashwani Kapila, consultant old age Psychiatrist: Hi, it was good to go through presentation in advance. I did yoga with my wife in the morning.

02:07:16 HETAL Talati GP Luton, Bedfordshire: Hi there, thank you, success, helping patient getting pregnant after 7 years of miscarriages using principles of Ayurveda.

02:07:38 Lollie Brewer - Community Engagement Nurse for Cornwall Hospice : We have managed to host our Cafés now on social media and developed a new listening ear service for those experiencing loss, grief and beyond. Really a huge success and growing each week. Feels like its making a huge difference. X

02:07:40 Paula Bright- Physio, Cornwall: Success of the increased virtual assessments creating an effective opportunity to address lifestyle coaching.

02:07:41 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: The developing HOPE programme has been well received in Cornwall. SPLWs and others are now trained facilitators. More groups are happening.

02:07:43 William Sellwood: Walking with my father and son on the coast this weekend. Sun and icy showers. 3 generation success to pass down wisdom...

02:07:47 Mel Dixon, Nutritional Therapist, Truro, Cornwall: Hi all, my success was with a client - as I only qualified in early summer and had always been hand-held by tutors in training clinic, it was pretty daunting to see real clients on my own. I put a client on a low histamine diet having delved into her past and discovered some allergies. Within 10 days all her gut symptoms resolved and she said had felt normal again for the first time in over 10 years. What a confidence boost! and also shows the power of food to heal

02:07:50 Alison Trehwela, YOGA for Healthy Lower Backs, Cornwall: Randomised control trial 2011 - Lead Yoga Consultant Researcher showing that a 12-week specialised yoga programme called YOGA for Healthy Lower Backs was effective and cost-effective for back pain. See lots more at www.yogaforbacks.co.uk 500+

teachers teaching the programme nationwide.

02:08:00 Nicolle Mitchell, The Little Massage Clinic: success was to build the stamina to successfully implement high cross infection prevention standards with our team in the health centre so we could get back to offering bodywork services as safely as possible

02:08:04 Sarah GP Redruth: Great to hear how volunteer Cornwall has been supporting people during the Pandemic. Looking forward to Parkrun restarting

02:08:05 Deborah David Dietitian: Had trouble with my microphone> , but can say here had great success with volunteering cooking sessions as a dietitian helping families with literacy skills and struggling to put food on the table.

02:08:13 Dr Judith Davies GP South Wales: Providing green space, food production and yoga - for staff as well as patients - parkrun

02:08:21 Hannah Farmer Physio Yoga Cornwall: Personal experience- A morning routine with a playlist of mindfulness practice, dancing, hydration and a good breakfast with my husband together.

02:08:30 Sue - OHNA : I've recently finished a mindfulness teacher training course and have been offering it to my local community in my garden; I have also been doing a lot of nature walks and supporting friends.

02:08:41 Andrew Tresidder Dr's Dr for NHSPH, also www.healthandself.care: sharing a teaching resource www.healthandself.care free book download

02:09:09 Jen Andrews - Head of Social Innovation Newquay Orchard: Securing funds for our food hub/The Hive - starting to make progress with food distribution diverting waste food to address food poverty in Cornwall

02:09:50 Bethan Griffiths: That sounds great Jen, I would love to learn more!

02:09:55 Bethan Griffiths: *more

02:16:07 Anna Huetter, GP, LM Health Coach, Perranporth Cornwall: Thanks for posting any questions for Alan Desmond in the chat!

02:16:35 Mel Dixon, Nutritional Therapist, Truro, Cornwall: always being camera shy, I faced my personal fears and anxieties by agreeing to filming with channel 5 in October as a nutritional expert talking about EFAs for a series being aired in March 'Secrets of your Supermarket Shop'

02:16:36 Alison Trehwela, YOGA for Healthy Lower Backs, Cornwall: Fantastic interesting presentation from Dr. Alan Desmond - from a lifelong vegetarian, Thank you. Alison

02:18:09 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: yes

02:18:19 Barrie Phipers, Anaesthetist RCHT: By representing risks in a way that is important to populations but less so to individuals, do we over medicalise some issues? In doing so, do we create unnecessary stress and expectations in patients and undermine our own credibility when dealing with the individual? EG. My life time risk of colorectal cancer is 7%. As such there is a 93% chance I won't get it. If I stop eating meat all together my risk of not getting colorectal cancer is likely to decrease to 92%.

02:18:22 Dr Alison Flanagan LM + personal coach, Cornwall: feel free to post questions for Alan

02:19:27 Bethan Griffiths: I would be interested to know of thoughts on the increase of vegan 'fast food' - processed plant based products and whether this

is helpful to health in a busy lifestyle, or exchanging one problem for another.

02:22:41 Margriet Gringhuis GP Helston Medical Centre: I joined this trial and really made me understand it a lot better and therefore help patients.

02:22:58 Laura, Cornwall: Anecdotally I see a lot of people and have a lot of friends who have got IBS type symptoms for many years following a tropical infection. I have a bit of an interest in trop med and know that generally our secondary care/lab based 'standard' screens aren't ideal in the UK...they tend to get 'parasite negative' on one stool sample and written off...have you done any work/research, or what are your thoughts on this issue. Trop med/infectious diseases knowledge is not what it used to be, yet so many people go on gap years etc and I don't know that we're covering this population group overly well... be good to know whether you think there is anything in this...

02:23:12 Mel Dixon, Nutritional Therapist, Truro, Cornwall: do you think that the NHS will move towards incorporating nutritional therapy into its services in the future, looking at individual lifestyle and environmental factors rather than a one size fits all dietary approach?

02:24:13 Alison Trehwela, YOGA for Healthy Lower Backs, Cornwall: I was in the EPIC study - Cornwall.

02:25:25 Dr Alison Flanagan LM + personal coach, Cornwall: how would you advise people with IBS who feel they can't eat too much fibre because of bloating

02:26:26 Ashwani Kapila, consultant old age Psychiatrist: I BS is life style illness

02:28:09 Rhys Martin - GPST3 - Cheltenham: What would be the best resource for patients to be referred to in GP practice?

02:28:13 Erika - GP, Public Health MSc student, Somerset: Do you have any tips for discussing plant-based diets with patients? How do you find people react?

02:28:22 Alan McDonald dipBSLM, Surrey, UK: Looking forward to the new book in January.

02:28:48 Deborah David Dietitian: Please remember there is the facility to refer to qualified specialist dietitians, studied for 4 years in the NHS clinical setting, and many specialist postgrad, post doc dietitians and nutritionists available for advice?

02:28:59 Kawita Schur GP: Can you remind me of the name of the book pls?

02:29:39 Alan McDonald dipBSLM, Surrey, UK: https://www.amazon.co.uk/Plant-Based-Diet-Revolution-happier-healthier/dp/1529308682/ref=asc_df_1529308682/?tag=googshopuk-21&linkCode=df0&hvadid=463110226547&hvpos=&hvnetw=g&hvrand=15097612174340866270&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1006460&hvtargid=pla-970534184301&psc=1&th=1&psc=1

02:29:55 Mel Dixon, Nutritional Therapist, Truro, Cornwall: could always suggest support from a Nutritional Therapist too!

02:30:21 Margriet Gringhuis GP Helston Medical Centre: <https://www.waterstones.com/book/the-plant-based-diet-revolution/dr-alan-desmond/bob-andrew/9781529308686#:~:text=Alongside%20clear%20explanations%20of%20the,plant%2Dbased%20diet%20for%20yourself.>

02:34:43 Nicolle Mitchell, The Little Massage Clinic: my partner was wondering what the hell was going on upstairs ... "I'm shuffling!" lol

02:34:58 Dr Alison Flanagan LM + personal coach, Cornwall: feel free to post questions for Darryl

02:41:18 Rob Lawson BSLM Chairman: Completely agree. Create the right environment to facilitate movemn

02:41:36 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: How can the cards be accessed?

02:42:07 Dr Judith Davies GP South Wales: With learning for many going on line - how can we address inactivity

02:43:49 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: totally agree.

02:43:54 Beth Chapman: standing desks, activity breaks and walk/ talk telephone meetings are a little start but agree that on-line learning and work is draining through its inactivity.

02:49:42 Dr Alison Flanagan LM + personal coach, Cornwall: julie

02:49:58 Dr Alison Flanagan LM + personal coach, Cornwall: Julie Darryl's website is primal play and cards are available there

02:51:37 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: thanks

02:51:50 Rob Lawson BSLM Chairman: Discovered difficulty of exercising with ear phones!

02:55:11 Dr Alison Flanagan LM + personal coach, Cornwall: thanks Darryl

02:57:05 Darryl Edwards: Yes Beth standing desks and walking meetings are great. Anything we can do to break up sedentary time is great.

03:08:17 Dr Emma Bebb Gp in Surrey: thanks to my group , could have chatted longer on yoga ,

03:08:53 Andrew Tresidder Dr's Dr for NHSPH, also www.healthandself.care: lovely people, feel supported, good top have like minded peers

03:08:54 Claire Atterbury Lecturer: thanks all!

03:08:58 Dr Judith Davies GP South Wales: Challenge is Covid and loneliness and mental health

03:09:04 Rhys Martin - GPST3 - Cheltenham: The conversation with colleagues and patients can be a real challenge. There is a lot of noise between evidence. Almost have to prove benefit before people are open to change

03:09:18 Yoga on Prescription: talking to people whether it seems out of context as they may just need your insight and direction

03:09:58 Alison Trehwela, YOGA for Healthy Lower Backs, Cornwall: Thorns. Deep-rooted problem where the general public do not realise they CAN help themselves. Our YOGA for Healthy Lower Backs evidencebased programme still finds people love it once they actually begin, BUT motivating them to start is the challenge. A big educational push about LM is needed for referrers and general public.

03:10:10 Andrew Sharp, GP, Carn to Coast, Cornwall: interesting to find out how people have set up new services/models of care which feels like one of the biggest barriers - to attract funding!

03:10:37 Mel Dixon, Nutritional Therapist, Truro, Cornwall: challenge of

collaborating with NHS services for referrals to a private nutritional therapist as an alternative to a dietician - we offer a wide range of functional testing and nutraceuticals but mainstream medicine still doesn't recognise these despite there now being more awareness of functional or lifestyle medicine

03:10:43 Laura, Cornwall: Baselines understanding and education regarding healthy lifestyle may be even worse than you think! The time to then address this well isn't currently available in most GP/secondary healthcare settings

03:10:44 Daranee Boon: The challenges with working within our culture and the influences of that. Also poverty makes things difficult for people to access healthier choices which may be more expensive. How do we reach out to them?

03:12:05 Nicolle Mitchell, The Little Massage Clinic: challenge for me was to get back into the headspace where I could give my best service to my clients. It took 2 months for me to love my job again & feel like I could truly hold space & give great massages - having not been able to practice for months it was awful for a while thinking will I ever love my job again due to all the additional protocol ... but I am dancing with joy with clients again & now feel I am loving my job again & getting the most amazing feedback.

03:13:04 Hannah Farmer Physio Yoga Cornwall: In terms of yoga for healthy backs please link in with your local physiotherapy department, as they may have a commissioning and referral pathway that may support your yoga for healthy backs class. Physiotherapists diversely experienced depending upon their special interests but many physiotherapists are first contact practitioners and will need to screen for serious spinal pathology before a referral is made. Modern physiotherapy practice is changing and we are firmly biopsychosocialists when it comes to persistent pain management and combined movement approaches, incorporating pain neuroscience

03:13:38 Ashwani Kapila, consultant Older Adults psychiat: My worry is that western medicine supported by greedy pharma industry spoiled the whole of emerging economy world in terms of their focus on health, local foods and remedies and now reinventing the wheel and taking moral stance

03:14:54 Darryl Edwards: Thanks everyone for your thoughtful questions and feedback as always a pleasure to be involved with the LM mission! Unfortunately I have to leave but have a wonderful day. -Darryl, PrimalPlay.com

03:16:14 Mel Dixon, Nutritional Therapist, Truro, Cornwall: agree re big pharma, funds most of the research out there and there's no money in lifestyle and dietary changes so very difficult to get research into these areas to push the point to the wider audience

03:18:04 Alison Trehwela, YOGA for Healthy Lower Backs, Cornwall: Thanks, Hannah, Get in touch via yogaforbacks.co.uk

03:18:14 Ashwani Kapila, consultant Older Adults psychiat: Individual empowerment via societal change is the way forward

03:19:49 Dr Judith Davies GP South Wales: enabling everyone to have a basic income sufficient to live a health lifestyle

03:21:52 Alison Trehwela, YOGA for Healthy Lower Backs, Cornwall: Perhaps LM programmes and projects need their own HealthEase funding outside of NHS funding for DisEase (but linked with relevant care pathways).

03:26:36 Alicia Ray Wellbeing: What a great forum of interesting people and ideas...feeling inspired! I'm a clinical psychologist and wellbeing practitioner interested in integrating holistic approaches (yoga, fitness, mindfulness and compassion) into health care. I currently work as service lead for Cornwall pain management service and am passionate about infusing yoga and Eastern science

ideas with current Western evidence-based models. I would love to network more with people from this group, unfortunately I can't stay for the rest of the conference but you can contact me on social media Alicia Ray Wellbeing (www.aliciaray.uk) or you can email me hello@aliciaray.uk. Thank you for an inspiring start to Monday!

03:30:24 Adam G Pearson: Rebecca are you in touch with Nikki Ridgment who teaches tai chi in Newquay>

03:31:05 Emma Figures: brilliant! thank you Rebecca :)

03:31:08 Jen Andrews - Head of Social Innovation Newquay Orchard: The Orchard would be a wonderful place for Tai Chi in Newquay :)

03:31:17 Mel Dixon, Nutritional Therapist, Truro, Cornwall: I might have missed it, how could I refer a client to the programme?

03:32:08 Beth Chapman: Well done Rebecca. Excellent presentation and research. I wonder if it is even more beneficial if done outside like in the picture?

03:32:26 Laura, Cornwall: There was the pilot in heartlands...near Redruth but I think lockdown stopped it...don't know if there's an update now...

03:32:27 Jen Andrews - Head of Social Innovation Newquay Orchard: Thank you Rebecca

03:32:32 Hannah Farmer Physio Yoga Cornwall: I find this idea of parasympathetic tone, how is that measured?

03:32:43 Hannah Farmer Physio Yoga Cornwall: *interesting

03:33:27 Adam G Pearson: That was super succinct and great to know in brief what the literature is and isn't saying. Especially for someone who doesn't have access to academic papers.

03:33:30 Adam G Pearson: Thank you.

03:33:55 Paula Bright- Physio, Cornwall: Heart rate velocity is a measure Hannah, not sure if validated as yet.

03:34:16 Anna W: excellent , Rebecca - very well presented and as for closing the gap, perhaps you can contact Alicia Ray?

03:45:17 Joe Taylor: joe@waveproject.co.uk

03:46:05 Adam G Pearson: Happy to share experiences, answer any questions and chat about the amazing experiences and results of The Wave Project adam@newquayhypnotherapy.com

03:46:10 Hannah Farmer Physio Yoga Cornwall: Call out to physio's or AHP's who are considering completing the diploma this year. I'm looking for study buddies to support learning, create a community and share resources. :) Also of course sea swims, shuffles and good food could be incorporated into the study meet ups.

03:46:27 Hannah Farmer Physio Yoga Cornwall: a-new-leaf@hotmail.co.uk

03:47:30 Anna Huetten, GP, LM Health Coach, Perranporth Cornwall: why Lifestyle Medicine is needed now more than ever

03:48:51 Anna Huetten, GP, LM Health Coach, Perranporth Cornwall: That sounds amazing Hannah, I would love to be in your study group if I had not done the diploma already! Definitely recommend it!

03:49:07 Ashwani Kapila, consultant Older Adults psychiatrist: The costs of curative medicine and greed of pharma industry is in the up and prevention is

the way forward in conjunction with NATURE

03:50:09 Joe Taylor: Thank you Alison and everyone for listening. Please stay in touch

03:50:44 Marianne Volunteer Cornwall: HOPE (Helping Overcome Problems Effectively)

03:51:32 Marianne Volunteer Cornwall: HOPE contact-
marianne@volunteercornwall.org.uk

03:52:14 Dr Alison Flanagan LM + personal coach, Cornwall: please post any questions

03:52:42 Andrew Tresidder Dr's Dr for NHSPH, also www.healthandself.care: Nature is so powerful!, lucky everyone who lives in Cornwall

03:57:14 Rob Lawson BSLM Chairman: Thinking of MSK a comment about wisdom of presenteeism and absenteeism?

03:58:44 Ashwani Kapila, consultant Older Adults psychiat: This

04:00:07 Ashwani Kapila, consultant Older Adults psychiat: Is complex area with individual and systemic factors influencing presenteeism

04:05:56 Cathy English Psychiatrist: just a shout out for Cornish gig rowing as great for msk health and mental health!

04:07:53 Sue - OHNA : Thank you for this morning, its been great insight into what is happening to support individuals through troubled times. I need to leave now but good luck to everyone on your good work !

04:08:25 Anthony Woolf: Link to Joint Pain Advisor
<https://healthinnovationnetwork.com/projects/joint-pain-advisor-exploring-a-new-model-of-care-for-chronic-joint-pain/>

04:10:28 Jen Andrews - Head of Social Innovation Newquay Orchard: Thank you so much for this morning. Really inspiring and wonderful to see so many thinking holistic social change

04:29:40 Helen Angel - GP, Health Coach, Marazion, Cornwall: Please post your next steps in the chat

04:30:27 Adam G Pearson: Next step: continue to connect and have conversations, randomly but productively!

04:30:39 Tess Healthy Lifestyles Public Health and Wellbeing West Cornwall: starting a forest garden, looking for people in west Cornwall

04:30:53 Melissa King - neuro physio, cornwall: thankyou! this has been a fantastic opportunity!

04:30:56 Adam G Pearson: Celebrating a great breakout chat!

04:31:10 Mel Dixon, Nutritional Therapist, Truro, Cornwall: looking to start an online programme for anyone seeking dietary change, need to find help with the IT side of things as a self-employed business owner so need to seek expert help on this side of it while I sort the content

04:31:11 Emma Figures: toothbrush - one small step - breathing, headstand and then a little celebratory dance

04:31:23 Adam G Pearson: I have learned about vestibular activation (and why I love being thrown about by waves!)

04:31:31 Melissa King - neuro physio, cornwall: I cant wait to soeak with more of my collegues about joining this forum

04:31:34 Jen Andrews - Head of Social Innovation Newquay Orchard: More walking team meeting and sharing inspirational tips from today on our Winter Wellbeing countdown to christmas socials online :)

04:32:07 Hannah Farmer Physio Yoga Cornwall: My own experience has lead me to explore lifestyle medicine approach towards trying to conceive. I would love to speak to others in Cornwall. I have been this year immersing myself in growing flowers and creating floral aspects.

04:32:16 Adam G Pearson: Big up Newquay Community Orchard!

04:32:19 Nicolle Mitchell, The Little Massage Clinic: I have just launched a "Donate a Massage" project so anyone who is excluded, forgotten or marginalized can access my service can benefit - it works just like a suspended coffee scheme & I have treatments ready to give away to those who need it the most but find accessing it most difficult. I would be very happy to link up with people who feel their patients, clients would benefit from holistic email message4dementia@gmail.com

04:32:38 Adam G Pearson: Amazing Nicolle. Beautiful.

04:33:21 Mel Dixon, Nutritional Therapist, Truro, Cornwall: does anyone know how we copy & save the chat box please?

04:33:26 Anthony Woolf: Lots of great initiatives and ideas. Need to ensure we continue to share them and enable people to benefit

04:33:33 Cathy English Psychiatrist: good luck to simon and his community cooking project!

04:33:41 Jen Andrews - Head of Social Innovation Newquay Orchard: Nicolle this is wonderful

04:33:50 Dr Alison Flanagan LM + personal coach, Cornwall: to save chat click on 3 buttons next to file

04:34:31 Claire Atterbury Lecturer: 12 week 'walking at lunchtime' starting at Cornwall College Camborne - Free programme, can join online

04:34:52 Adam G Pearson: Is there any talk of doing K-BSLM things on other platforms other than WhatsApp?

04:35:54 Melissa King - neuro physio, cornwall: if the whasapp group exceeds 250 people I think no more can join....some of the groups I am in have had to move across to telegram

04:35:57 Yoga on Prescription: need a weekly forum to deliver short egs of our skills to others

04:35:58 Anna Huetten, GP, LM Health Coach, Perranporth Cornwall: Adam, which were you thinking?

04:36:28 Melissa King - neuro physio, cornwall: yoga on precription love that idea

04:36:47 Anna Huetten, GP, LM Health Coach, Perranporth Cornwall: Thanks Melissa the is good to know!

04:37:28 Adam G Pearson: Anna - something with some visual aspect perhaps. I find words a bit harder to engage with.

04:41:11 Anna Huetter, GP, LM Health Coach, Perranporth Cornwall: Please email Linda.reid@bslm.org.uk if you would like join kernow Bslm emails & whatsapp group!

04:41:14 Nicolle Mitchell, The Little Massage Clinic: thank you to everyone for making this happen, what an inspiring innovative & resilient bunch of folk

04:41:33 Margriet Gringhuis GP Helston Medical Centre: How can we join the Kernow Whatsapp group?

04:41:40 Julie Pollard, Volunteer Cornwall Social Prescribing Co=Ord.: Fab conference all thank you and for the movement inputs too. So much better than just sitting, staring at the screen!

04:41:52 Lana: thank you very much !!

04:42:14 Marianne Volunteer Cornwall: A VERY WELL DONE Alison, Anna, Helen and team..

04:42:15 Dr Judith Davies GP South Wales: Thank you very much from Wales

04:42:20 Bethan Griffiths: Thank you all - if anyone is in South Wales and would like to share ideas, please get in touch; b.griffiths1@nhs.net

04:42:22 Adam G Pearson: Still shuffling :) haha

04:42:30 Nicolle Mitchell, The Little Massage Clinic: yes Julie the movement was fun & made it work so well

04:42:47 Dr Shaila Kotian CellPath Buckshealthcare NHS: Great conference. Thank you for all the inputs

04:42:49 Daranee Boon: Thank you everyone for a great and inspirational morning

04:42:52 Jess Merivale, Social Prescriber/Health&Wellbeing Coach, Falmouth: Thank you for a really interesting and well put together conference, despite the pandemic!

04:42:53 Anna Huetter, GP, LM Health Coach, Perranporth Cornwall: KBSLM Whatsapp Group & Email distribution list please email linda.reid@bslm.org.uk

04:42:55 Lauren Pearce GPST2 Cornwall: Thank you!

04:42:58 Melissa King - neuro physio, cornwall: Brilliant morning! thank you all. Will be able to go over and re-visit some of the talks and previous lectures?

04:43:01 Laura, Cornwall: Are the presentations going to continue to be available for a few days?

04:43:28 Adam G Pearson: Thank you team - really great to talk, think, move and connect. Really valuable.

04:43:29 Paula Bright- Physio, Cornwall: Thank you everyone! Get in touch if you'd like to join the MSK special interest group and you can be added to the whats app group. There will be a meeting very soon!

04:44:02 Anna Huetter, GP, LM Health Coach, Perranporth Cornwall: Yes presentations will be available more info will be shared via email!

04:44:35 Catherine Downes: Ooh it won't let me unmute and put video on!! But I'm waving! Thank you all for a fab morning!

04:45:14 Louise GP Exmouth, Devon: Thanks sorry not been able to save chat . is it possible to email it ?