

FAQ Becoming an RNG Committee Member

How do I know what roles are available on the RNG committee?

1. Vacant roles are routinely advertised in the monthly RNG newsletter – if you are not receiving these, then please check your mailing preferences with the BDA.
2. Alternatively – you can check the BDA volunteer opportunities page.
<https://www.bda.uk.com/news-campaigns/get-involved/volunteers/volunteering-opportunities.html>
3. You can also check the RNG committee page of the RNG website – this is kept up to date with the vacant roles.
<https://www.bda.uk.com/specialist-groups-and-branches/renal-nutrition-specialist-group/committee.html>
4. You are always welcome to contact us directly if you are interested in joining us. We may be able to tell you of up and coming vacancies.

How much time do I need to commit to a committee role?

This depends on you, the role you take on in the committee, and any involvement you wish to have in additional projects the committee may be involved with. As a rule, the committee meets **once a month for approximately 2-3 hours**. Outside of this time, you may find your need to **commit 2-4 hours a month** to a committee role.

If you take on a chair role, then this is likely to increase quite significantly, so do consider this. Although being Chair can be highly rewarding.

When and where does the RNG committee hold their meetings?

Committee meetings generally happen once a month via Teams. We do not have a set day or time for our meetings as members of the committee have varying professional and personal commitments – therefore, we vary the day and timings to suit as many people as possible.

We also have a committee group email, and a more informal WhatsApp group, which you would be welcome to join, where we can share ideas and work in between meetings.

Once a year we hold an AGM – which is usually a face to face meeting combined with a study day.

Will I get protected time in my job to do committee work or attend meetings?

This is dependent on your place of work and the clinical demands. We would encourage you to discuss this with your leadership team and try to agree some protected time – although you may find you need to do some committee work in your personal time.

If your leadership don't offer protected time, try negotiating that you are covered to attend the odd meeting in work time, even if it means you make up the hours later. There are so many personal development benefits to joining, which means advantages to both you and your employer.

How do I do a role I'm not trained to do, or have any experience doing?

Many of the committee roles are outside the remit of a renal dietitian; for example, web editor, treasurer, or events co-ordinator, so you may feel inexperienced to take on this type of position. However, this can be a big advantage, providing an opportunity to develop a new skill. Plus, the BDA provide training for any specialist roles, and you will have the full support of the committee members and committee chair.

In addition, the BDA provide a Volunteer Manager – who is there to provide guidance, support and sign-post for more specialist help as needed.

Do I need lots of experience?

Some people join the committee with many years of dietetic experience, while others just a few years. We currently have 3 committee members who are dietetics students.

If you are concerned with your lack of dietetic experience – then joining a specialist group can be hugely helpful with learning and development. And rest assured, you will have something valuable to contribute. Having a variety of views and experiences is what makes our committee work well together.

In addition, anyone that feels they need more support to understand or undertake a committee role will be well supported by the other committee members, the RNG committee chair as well as the BDA volunteer manager.

What if I don't feel ready for a role in the committee or have very little time?

The committee regularly have sub-groups that undertake project work. For example, we have a resources group that meet once a month for 1-2 hours to develop and review resources.

We also regularly form working parties to update consensus statements, develop competencies or update the student handbook.

So, if you're not quite ready to commit to a committee role, then we welcome volunteers to work on these projects. Please view our projects page on the RNG website.

<https://www.bda.uk.com/specialist-groups-and-branches/renal-nutrition-specialist-group/renal-nutrition-specialist-group-project-updates.html>

Alternatively, feel free to email us and highlight a project you think your RNG should support.
renalnutrition@bda.uk.com

How will an RNG committee role benefit me?

Joining the RNG committee can bring hugely rewarding benefits. From shaping national guidelines, toolkits, projects, and resources, to developing leadership skills and project management experience.

There are ongoing opportunities to network on a national and sometimes international level.

Being a committee member also brings a wealth of CPD opportunities.

How do I enquire or apply to join the committee?

Enquiries and or application can be made via the RNG email address. We welcome informal chats about joining the committee, so please do get in touch. If you do decide to apply, simply complete our nominations form ([link](#)) and provide a brief CV.

renalnutrition@bda.uk.com