

# BDA EAST MIDLANDS BRANCH NEWSLETTER

## Welcome!

- Summary of the March 2023 meeting
- Information about the next meeting: October 2023



## BDA East Midlands Branch 2<sup>nd</sup> Hybrid Meeting -22 March 2023

Diversity in Dietetics was the topic of our March 2023 meeting, with 11 members in the room at Sutton Bonington Campus and 16 online.

Annette Mansell-Green, Trade Union Director provided an update on steps taken to improve diversity in the BDA:

- Dietetic support workers are being recruited to employment for wider representation
- Diversity in the BDA workforce has been prioritised for improved recruitment and retention
- EDI within pre-registration training has become a spotlight; ensuring thar delivery is more integrated and inclusive



Two internationally-trained dietitians – Sofia from South America and Adenike from Nigeria -spoke about their experiences. The job interview process in the UK is supportive and helpful, providing useful and specific feedback that helps candidates to perform better next time. Personal challenges exist for those who go through the process of HCPC registration independently – it is costly and time-consuming and applicants can find that their visa expires before they are able to start work. Cultural adjustment takes time and can be stressful; getting used to local food and dialect.

These challenges translate into the working environment but include getting to grips with admin processes and systems. Positives are that UK dietitians are more integral to MDTs and have a respected voice within healthcare. There are also a larger number of opportunities for development and specialism, and dietitians can work in a range of different areas.

**Internationally-trained staff need help and support from mentors and 'buddies', especially when they start out. This could be from within the team or externally – we could think about support from the ICS, regions or the BDA.**

Sumeya went on to speak about setting up private practice. There are lots of challenges but the attraction for her was 'quality over quantity' and an improved work-life balance. Considerations are the importance of social media – fun but time-consuming, income can be inconsistent and going freelance includes lots of unpaid work. You also need to be prepared for working in isolation sometimes. Sumeya has become a personal trainer, which has complemented what she can offer as a dietitian.

For Ramadhan, Sumeya talked about needing to prepare physically and mentally. There is an earlier start to her day and she starts to reduce exercise and caffeine in the weeks before Ramadan. Healthy eating includes reducing fat such as through air-frying or grilling samosas and reducing portion sizes.

Save the date for our next BDA Branch meeting on **Thursday 12 October 2023**. This will be online and is expected to run from 6:00 – 7:00 pm, followed by a short AGM. A good opportunity to get involved in the committee!

The theme of the meeting will be about neurodiversity in the dietetic workforce – understanding challenges that staff face and accessing help. Look out for social media posts of how you can get involved. Alternatively, please get in touch if you are interested in contributing: [eastmidlandsbranch@bda.uk.com](mailto:eastmidlandsbranch@bda.uk.com)

**Instagram:** @BDAAEastmidlands

**Facebook:**

<https://www.facebook.com/BDAAEastMidlandsBranch>

**Twitter:** @BDAAEastMidlands

**SAVE THE DATE!**  
**Our next meeting**  
**- Thursday 12 October 2023**  
**@ 6:00 pm**  
**Online**



## Your BDA Branch Committee Members

Chair: Alison Scott

Secretary: Carol Raaff

Treasurer: Fiona McCullough

Social Media and Website Officer: Ana Paredes Cimadevilla

Events Officer: Jane Musson

Ordinary Member: Sumeya Jakura

**Interested in becoming involved in your local BDA Branch Committee, or have thoughts about future Branch meetings? We would love to hear from you.**



**Achieve** – Our volunteers help us to achieve as much as possible as the only body representing the whole of the dietetic profession in the UK.



**Discover** – You can get involved through a number of interesting volunteering opportunities with us.



**Learn** – You'll learn new transferable skills, meet new people, add to your CPD and advance your profession.

**Our Specialist Group and Branches network are actively recruiting volunteers to a range of exciting and rewarding roles.**

**Now is a great time to get involved, and we will support you every step of the way.**



“Volunteering as Chair for the Critical Care Specialist Group has been an incredibly valuable and rewarding experience. I am inspired by those volunteering in the committee constantly, we all work as a team to achieve our objectives as committee members. I highly recommend volunteering.”

– Emma Gaskin,  
Chair of the BDA Critical Care  
Specialist Group

**Find out more & get involved:**



[volunteers@bda.uk.com](mailto:volunteers@bda.uk.com)



[bda.uk.com/sgb\\_volunteering](http://bda.uk.com/sgb_volunteering)

