



Your Next Step as a Graduate Member

Emma Brighton & Stacy Tuohy, BDA Membership Team



Coming up...

When will I move to graduate membership?

- Get to know the details

What's different about graduate membership?

- How we support the first steps into your professional career

Can I re-join as a graduate member?

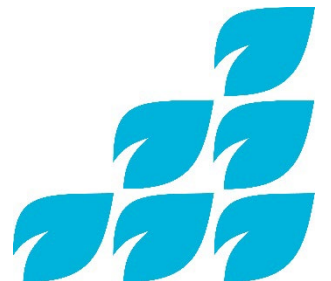
- Learn the logistics of our graduate membership offering

Hear from some of our current graduate members

- Agatha Chan shares her experience

What happens next?

- We talk you through the next steps





Graduate Membership

In this section

[Full Membership](#)[Associate Membership](#)[Student Membership](#)[Graduate Membership](#) >[Student to Graduate
transition](#)[Graduate membership
benefits](#)[Frequently asked
questions](#)

Get ready for the next chapter of your dietetic career!

As you approach the end of your dietetic course and prepare to graduate, BDA graduate membership is here to support you with the next step. Designed specifically for new graduates who hold pre-existing BDA student or associate student membership, this category provides the essential resources, guidance, and community support you'll need as you embark on your professional journey.



Student members are automatically upgraded to graduate membership based on the course end date entered upon your application ([check yours here](#)), removing any unnecessary hassle while you embark on your exciting career journey.



Your Professional Body



Over 12,000 Members

Including 370 graduate members



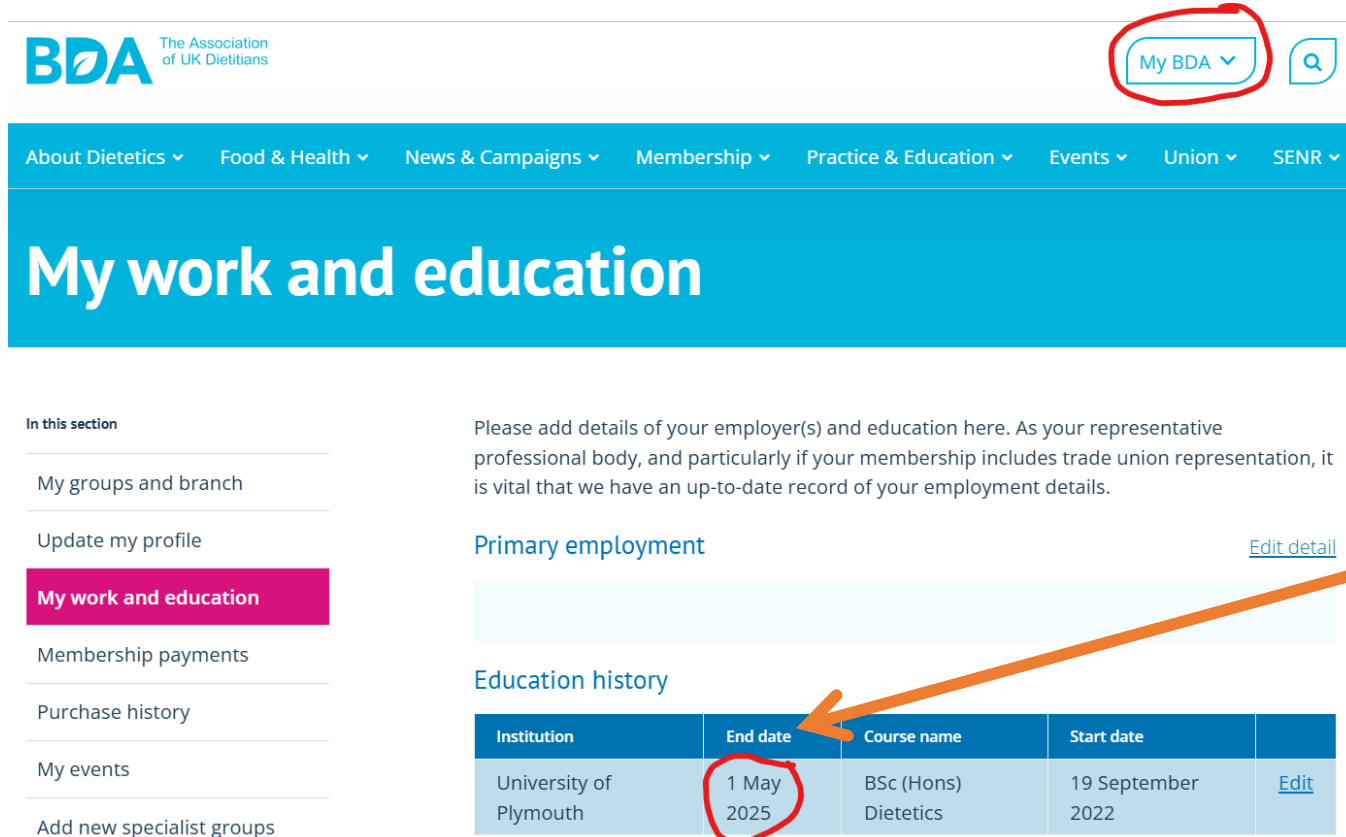
Representing the entire dietetic workforce

When does graduate membership start?

🍃 The 1st of the following month from your expected course end date

🍃 This is first entered during your online application but can be amended at any point via your MyBDA area at

<https://www.bda.uk.com/my-bda/work-education.html>



BDA The Association of UK Dietitians

My BDA ▼

About Dietetics ▼ Food & Health ▼ News & Campaigns ▼ Membership ▼ Practice & Education ▼ Events ▼ Union ▼ SENR ▼

My work and education

In this section

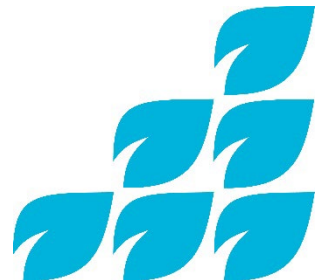
- My groups and branch
- Update my profile
- My work and education**
- Membership payments
- Purchase history
- My events
- Add new specialist groups

Please add details of your employer(s) and education here. As your representative professional body, and particularly if your membership includes trade union representation, it is vital that we have an up-to-date record of your employment details.

Primary employment [Edit detail](#)

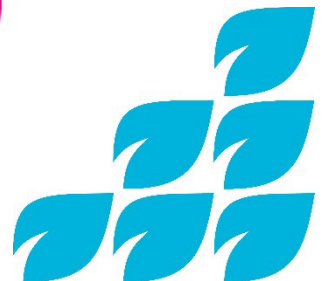
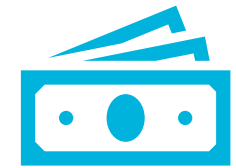
Education history

Institution	End date	Course name	Start date	
University of Plymouth	1 May 2025	BSc (Hons) Dietetics	19 September 2022	Edit



What's different about graduate membership?

- Cost: £167.90 (50% of full membership)
- You can pay monthly instead of all at once (£14.30 a month)
- Full professional indemnity insurance included as standard (a legal requirement to practice as a registered dietitian)
- Trade Union support
- HCPC representation
- Specialist groups become paid – leave them before you renew if you don't want them to continue
- Lasts for one year before renewing onto our full rate



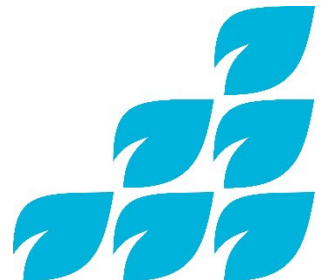
Can I re-join as a graduate member?

It is not possible to join as a graduate member via the BDA website.

This offer is only available to existing student members to transfer to.

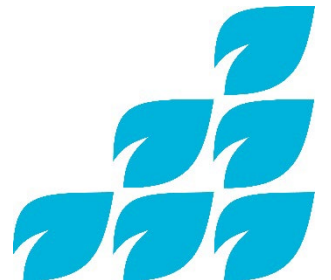
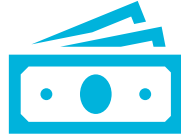
If you cancel your student membership and re-join the BDA when you begin practising, you will have to join as a full member and pay the full amount (£335.80).

Staying on as a graduate member can save over £160 for your first full year of membership as a registered dietitian – extra cash when you need it most!



What are the benefits?

- **Cheaper membership!**
- Extra volunteer opportunities
- Professional indemnity insurance
- Trade Union representation and support
- Dietetics Today delivered to your door
- Access to evidence-based practice and latest research
- CPD and networking opportunities
- Useful resources and toolkits
- Plan your career



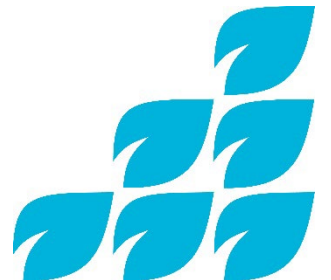
Dietetics Today

Writing for your official members' magazine Dietetics Today can be a great way to get noticed early into your career, share some interesting news or insights with over 12,000 other dietetic professionals, or satisfy your creative urges!

🔗 Get in touch with our Editor – editor@bda.uk.com

As a graduate member, Dietetics Today will be delivered directly to your door unless you opt in to receive only the digital version.

Make sure your home address is up to date via your MyBDA area to make sure you're not missing out!

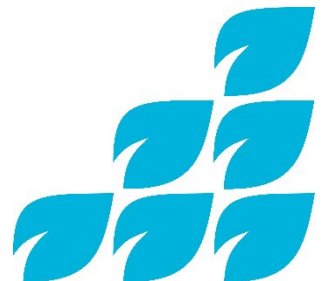


Specialist groups



Build your network through our specialist groups

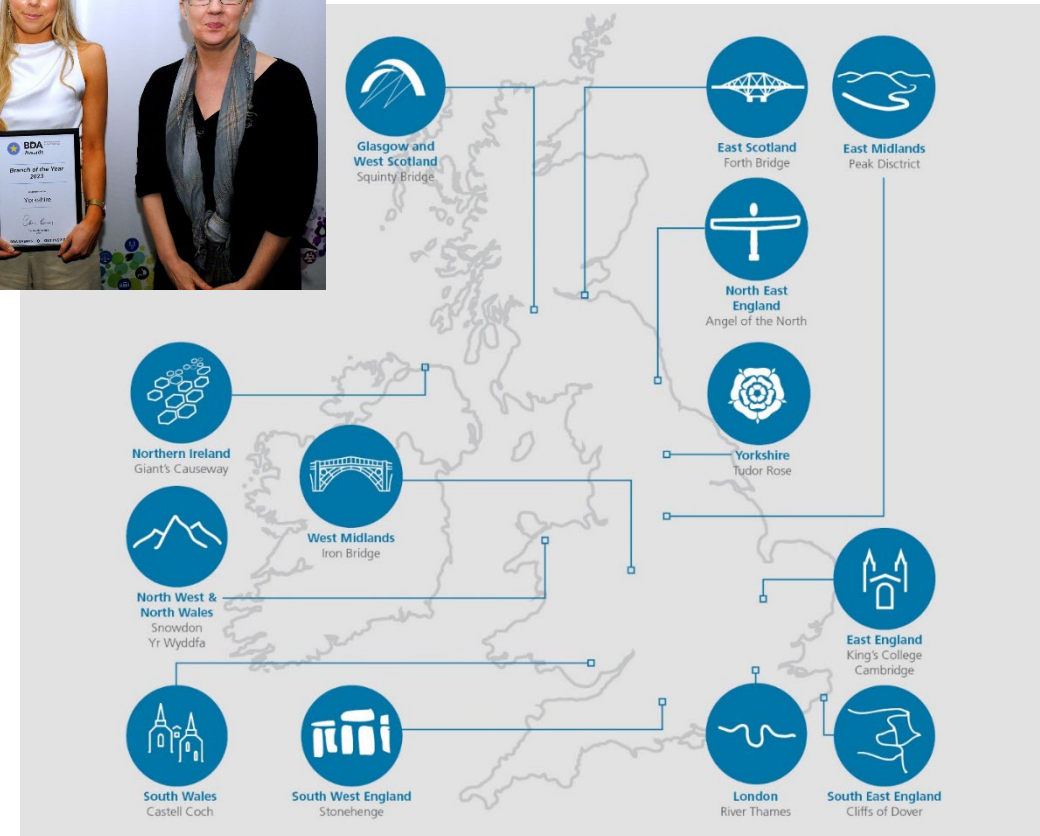
- Develop your career opportunities and establish relationships with likeminded members of the dietetic workforce in your area of interest
- Learn from experienced professionals and leaders in your field
- Attend free and discounted events and classroom courses delivered by your specialist groups and others
- Volunteer and gain extra CPD through playing a vital role in the running of a specialist group



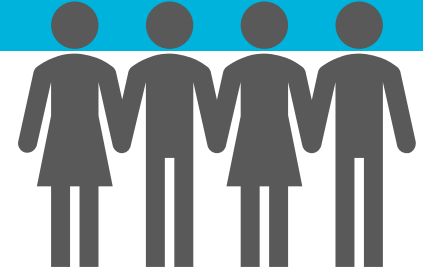
BDA branch events

Get to know your local dietetic network (including other graduates in your region!)

- The BDA has 13 branches geographically spread across the UK who act as the regional representatives of the BDA. Branches support members at a local level by providing excellent CPD and networking events, alongside a local focus for BDA activity and communication.
- A full list of regional branches is available [on our website](#)
- Moved somewhere new for your first role? Joining your local branch can be a great way to meet new people!

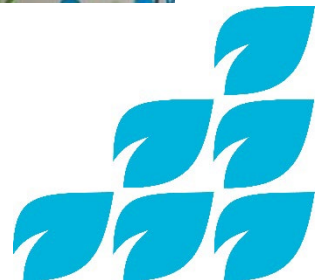


How to get involved



Opportunities for graduate members

- Support with social media promotion
- Become an events rep
- Carry out a literature review
- Choose a paper for a journal club which you can co-present with a fellow committee member
- Produce a resource pack for members
- Collate the latest key research for the group newsletter
- Write an article on a study/training day for Dietetics Today



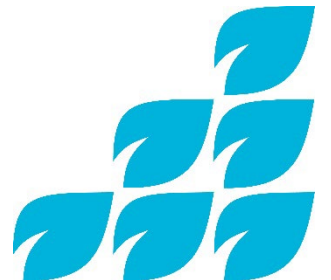
Campaigns



Take part in a campaign

Dietitians Week, New Year, Black History Month, policy work like Free School Meals etc.

- There are lots of opportunities!
- Perfect for getting experience of being in front of the camera, being interviewed etc.
- Case studies, videos, blogs, DT articles, Q&As
 - Are you keen to be involved but need an idea or maybe you already have a brilliant idea? –
Get in touch – pr@bda.uk.com

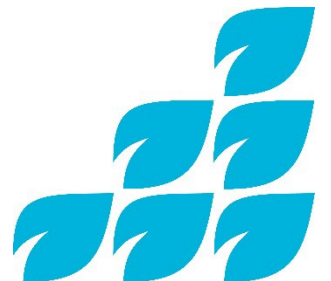


PENG pocket guide



What is PENG?

- PENG stands for Parenteral and Enteral Nutrition group and is your pocket guide to clinical nutrition. Available at a discounted price of **£25**, the PENG pocket guide is there to assist you with assessing, planning, treating and monitoring patients who require nutritional support while on placement.
- **Here's what our members have to say:** *"It contains all the information we require in order to assess patients on the wards. I would really struggle to do my job effectively without it."*
- [Visit our website to learn more](#)



Now it really can fit in your pocket!

Introducing the new PENG e-Pocket Guide - your essential and much-loved resource now in a user-friendly format.

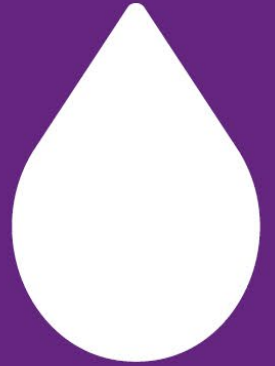
Access it easily, anywhere and at any time.

bda.uk.com/shop →



The Association
of UK Dietitians

FREE
for PENG
members




Hear from current graduate members




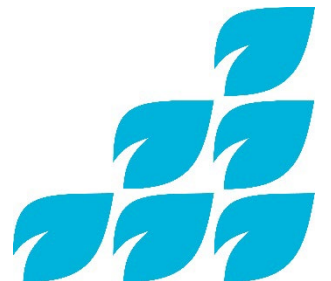
Agatha Chan ✓ She/Her · 3rd

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Cambridge, England, United Kingdom · [Contact info](#)

 Colchester Hospital University
NHS Foundation Trust

 University of East Anglia



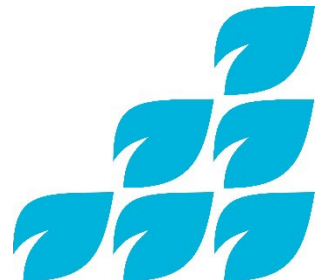
Next steps

I'm an existing student member - when will I become a graduate member?

- ▀ Your graduate membership will begin on the first of the month following your course end date

When will my first payment be collected?

- ▀ On the day that your graduate membership begins (first of the month). You'll receive an advanced direct debit notification at least 10 working days prior via email to let you know exactly when the payment will be taken.
- ▀ Most students pay by annual direct debit. If you would prefer to pay via monthly instalments, please email membership@bda.uk.com at least one month prior to your graduate membership start date.
- ▀ If you pay by credit/debit card, you'll be emailed a month prior to your upgrade, inviting you to log on to the website and make payment online.



Next steps

I'm not currently a BDA member – how can I become a graduate member?

- Join us today as a student member and enter your course end date during the application process. You'll be automatically upgraded to graduate membership the following month.
- If you have already graduated but were previously a BDA student member, please email membership@bda.uk.com.

Is there anything else I need to be aware of?

- Update your email address!** Many students sign up with their university email, however you'll soon lose access to this once you've graduated. Make sure to log in to your MyBDA portal before graduation to change your email address to a more permanent one that future BDA updates can be sent to. - [Update my email address](#)
- Don't forget to **update your home address** too so you can receive physical copies of DT! - [Update my home address](#)
- Add your employment details** to your MyBDA portal when you find a job. This will ensure you can take part in NHS pay consultations and have a say in the future of the profession. - [My work and education - BDA](#)
- Leave any specialist groups you no longer want to be a part of** at least one month prior to your renewal! They will become payable.

BDA The Association of UK Dietitians

Your exciting membership journey starts here...

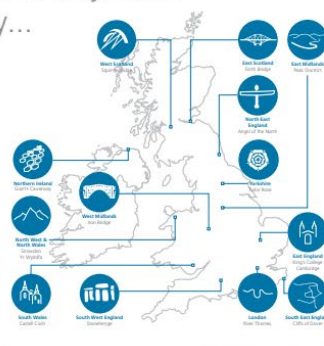
We're supporting you with 50% off your membership fee as a new graduate. Don't forget you'll renew onto full membership in a year's time!

Questions? Email us: membership@bda.uk.com

You're part of a dynamic community...

Keen to learn more about a specialist area?

Join one of our specialist groups and open the door to many opportunities to learn, liaise and share ideas with fellow members working, specialising, or interested in a professional area.



Get involved with your local BDA branch

Learn, engage, network and develop with other dietetic professionals local to you.

bda.uk.com/groupsandbranches

Why not volunteer with us?

As a BDA volunteer you'll gain invaluable experience, add to your CV and learn new skills. It's a great time to get involved and we'll support you every step of the way!



WELCOME TO THE BDA COMMUNITY

Giving you more...

Member rates for BDA and partner events, providing CPD opportunities, enabling you to learn and develop throughout your career.



bda.uk.com/events



bda.uk.com/memberbenefits

FREE legal representation and advice at HCPC hearings & investigations.

Professional Indemnity Insurance (PII) included with BDA membership up to £10 million in any one claim and up to £20 million in aggregate for the membership year.

Every step of the way...



Reduced membership rates if you're taking a break, returning to work, retiring, or going on parental leave.

If you ever have to face a problem at work related to restructuring or redundancy, disciplinary, sickness, grievance, workload or discrimination, the BDA trade union's dedicated team of experts are on hand to provide free advice and support.

REPRESENTING AND PROTECTING YOU

Welcome packs

Bespoke for graduate members

bda.uk.com/MyBDA

The membership association for the dietetic workforce, providing affordable solutions to all your professional needs under one roof.

Member resources and discounts...

FREE PEN Access - Your key resource for evidence-based nutrition and dietetic related topics

Unlimited access to the latest nutrition and dietetic research in the Journal of Human Nutrition and Dietetics (JHND).

Access exclusive discounts on our many publications including the Manual of Dietetic Practice, the PENG pocket guide and more!

Unlocking Your Potential

TODAY, TOMORROW, AND IN THE FUTURE

Share our handy evidence-based BDA Food Fact Sheets with your patients.

Share the gift of membership! Recommend us and you and the person joining will get a £10 John Lewis voucher!

Did you know? If you are employed on a freelance, contracted or consultative basis you can obtain an enhanced DBS check through your BDA membership.



Be the expert dietetic voice...

Grow your own social profile and join the conversation on social media, using the evidence-base to help us myth-bust nutritional misinformation online.

Campaign & influence with us...

As the only representative body for the UK dietetic workforce, one of the key roles of the BDA is to influence on issues important to our members, their patients, and the public.



Join us in:

Strengthening the dietetic workforce including fighting for fair pay in the NHS

Extending Free school meals provision

Developing UK-wide Food Strategy

Promoting the dietetic workforce during BDA Dietitians Week ...and more!

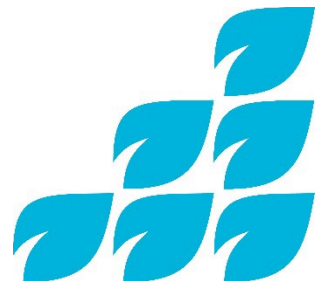
#WeAreDietetics

...and more!

Any questions?



Email membership@bda.uk.com





Thank you for your time!

membership@bda.uk.com