

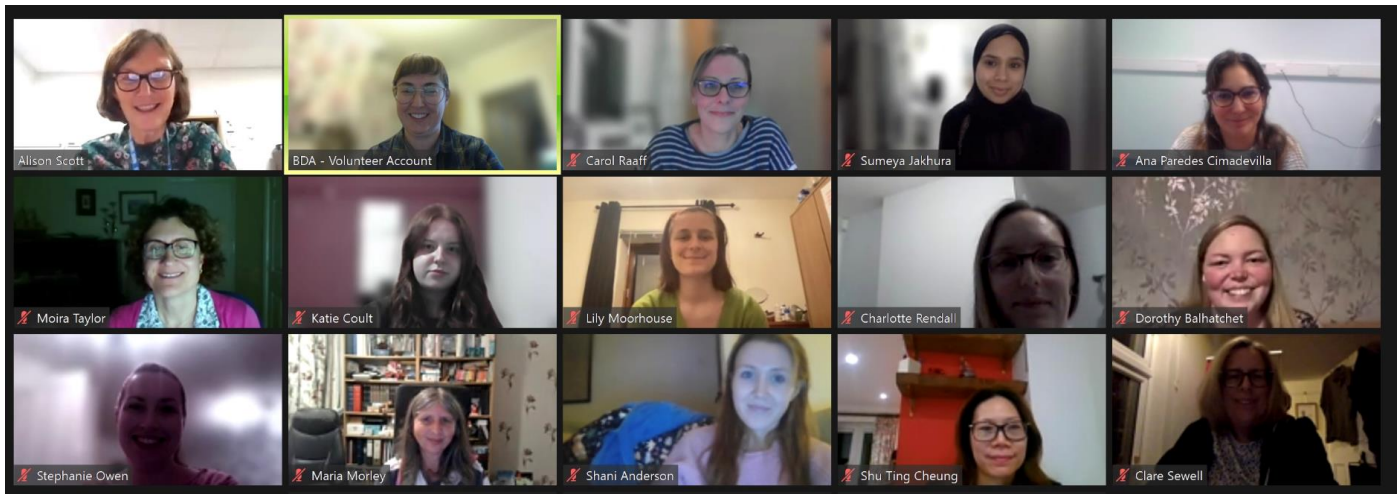
BDA EAST MIDLANDS BRANCH NEWSLETTER

Welcome!

- Summary of the October 2023 meeting
- Information about the next meeting: March 2024
- Volunteering for the Branch – we need you!
- The BDA Dietetic Strategic Plan



BDA East Midlands Branch Meeting – 12 October 2023



We discussed Neurodiversity in Dietetics. Our speakers provided an interesting and Informative perspective into the lived experience of dyslexia, dyspraxia, ADHD and autism. We had both the student dietitian view and what is it like as a dietitian working in secondary care and academia.

Our theme tonight is ...neurodiversity in dietetics

- Introduction and welcome *Alison Scott*
- 6:05 pm – Our CEO introduction *Liz Stockley*
- 6:10pm – Being neurodiverse in dietetics - A focus on strengths and supportive strategies *Lily Moorhouse and Jane Musson*
- 6:35pm – Autism – Personal reflections and a brief overview of the Oliver McGowan mandatory training on learning disabilities and autism *Katie Coult and Carol Raaff*
- 6:55pm Q&A session
- 7:05pm AGM
- 7:15pm Good night!



BDA East Midlands Branch Meeting – 12 October 2023 cont...

Thank you to Lily Moorhouse and Katie Coult (Dietetic Students) and Jane Musson, Assistant Professor in Dietetics (University of Nottingham) who spoke so openly and clearly. They told us about both their strengths and challenges, with ideas about support and how we can improve learning and work environments to be more inclusive and empowering. Top tips included being more aware of the challenges staff face and how to overcome them. Be an ally and an advocate for colleagues so that we attract and retain staff who tend to bring innovation and an ability to 'think outside the box'.

Carol Raaff (Nottingham and Nottinghamshire ICB) talked about the Oliver McGowan Mandatory Training for Learning Disabilities and Autism – training that all health and social care staff are required to undertake. There was an overview about the two Tiers of training and the delivery model. It is intended to raise awareness of the needs of autistic service users and people with a learning disability, but will also improve understanding of some of the challenges autistic colleagues have in the workplace.

Listen to the recording here: <https://www.bda.uk.com/specialist-groups-and-branches/east-midlands-branch/previous-events.html>

Save the date for our next BDA Branch meeting on **Tuesday 12 March 2024**. This will be online and is expected to run from 6:00 – 7:00 pm.

We are going to focus on **'Eating your way around the world in 60 minutes'** – Differences in cultural dietary choices, customs and norms, ultra process foods, eating naturally, and how food links with celebrations and religious festivals.

SAVE THE DATE!
Our next meeting
– Tuesday 12 March 2024
@ 6:00 pm
Online



If you would like to get involved, please contact us at: eastmidlandsbranch@bda.uk.com

Have you thought about joining our Branch committee?

**NEW COMMITTEE
MEMBERS NEEDED**

It's a great way to promote dietetics and understand more about how the BDA works. No experience necessary – it's just great to have new people involved to help with sustainability of the Branch!

The committee is supportive and informal, and being on the committee is not a big time commitment; with the meetings on MS Teams usually lasting about 30 mins (about 6 times/year).

One of our vacancies is for an ordinary member which provides a great opportunity to learn more about the committee and see how your skills can be best used. If you are interested, please feel free to contact:

eastmidlandsbranch@bda.uk.com **We would love to hear from you.**

And finally...

BDA Strategic Plan

An invitation to shape the future of dietetics over the next 10 years



BDA The Association of UK Dietitians

Strategic Plan

Join us on our journey to shape the future of dietetics

The banner features a series of colorful icons representing various aspects of dietetics: a person with a gear, a person with a book, a person with a magnifying glass, a person with a computer monitor, and a person with a balance scale. These icons are arranged in a row, with a rainbow-colored line connecting them.

The BDA's draft **Strategic Plan** (from 2024) covers both three and ten-year ambitions and commitments. It highlights vision, values, key pillars of activity and cornerstones.

The BDA want all members to feel represented within the Strategic Plan, so need to know that our professional needs will be met and that what the BDA will be delivering will make a difference to members, the profession and food and nutrition as a whole in the years to come.

All the information you need is in the [Strategic Plan Consultation Hub](#) :

- The draft Strategic Plan
- An Executive Summary
- Accessible text-only versions
- Explainer videos

This consultation is open until the 4 December for feedback. There is also a prize draw to win **one of two £50 Love2Shop vouchers!**

Your BDA Branch Committee Members

Chair:	Alison Scott
Secretary:	Carol Raaff
Treasurer:	Fiona McCullough
Social Media and Website Officer:	Vacancy
Events Officer:	Jane Musson
Ordinary Member:	Sumeya Jakura
Ordinary Member:	Vacancy
Student member:	Ruby Dalziel

A big thank you to Ana Paredes Cimadevilla. Ana served as the Social Media and Website Officer for 2 years and recently step down from the role. Thank you for all of your help, Ana!

Interested in becoming involved in your local BDA Branch Committee, or have thoughts about future Branch meetings? To contact us, please email: eastmidlandsbranch@bda.uk.com