

# OLDER PEOPLE SPECIALIST GROUP

## Summer 2025

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Welcome to the summer edition of the OPSG newsletter!

We hope you have been enjoying the warm weather and have some time off to look forward to over the next few months.

Our newsletter is packed with our updates from the last few months as well as information about our workstream for this year's BDA Research Symposium. It's a great opportunity to showcase the great work we know our members are doing across the country.

We're on the look out for our next committee members and we're looking to hear from you about what you want out of the Older People Specialist Group. Read on to find out more about our committee vacancies as well as our members survey and how you can win one of three £100 Amazon vouchers!

ATTENTION  
PLEASE!

Share  
your  
Thoughts

## Members' Survey

**Your chance to win one of three £100 Amazon gift vouchers!**

Over the years the Older People Specialist Group has grown and now has over 300 members! We have created our members survey as an opportunity to learn more about our members, your priorities and how we can best focus the work of the committee to benefit you. This survey is an opportunity for you to shape the future of the group and give your opinion on the resources we have available, the content we produce and how we can best support you and the development of your career as well as the older people specialism.

The survey is open to OPSG members and will be open until the 15th of August. As a thank you for completing the survey you can choose to be entered into our prize draw for one of three £100 Amazon gift vouchers.



Enter  
to Win

# Join the OPSG Committee

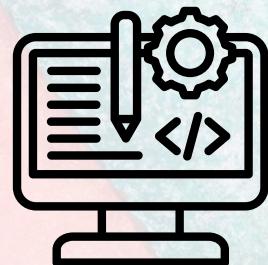
## We're Recruiting

**Could you be our next committee member?**

We have two vacancies on the Older People Specialist Group Committee:



**Treasurer - Co-ordinates all financial matters within the committee**



**Web Editor - Responsible for updating and editing our webpage and co-ordinating and editing our newsletter**

Volunteering with the older people specialist group committee is a great way to develop a wide variety of skills that can help you develop your career and is a meaningful way to contribute to the growth of the older people specialism through education, resource development, and policy improvement.

More information and full job descriptions are available here:

**For a confidential and informal chat about either of these roles you can contact our chair at [jen.grant@thefoodtrain.co.uk](mailto:jen.grant@thefoodtrain.co.uk)**



## Roll of Honour

Congratulations to our members on the Care Home Digest working group who have been awarded the BDA's Roll of Honour 2025! The Care Home Digest was the result of the working groups hard work and dedication to creating a comprehensive resource that can be used to improve food provision in care homes across the UK.

The Care Home Digest can be accessed here:



# BDA Research Symposium 2025

**Wednesday 3 December  
in Birmingham.**



**Abstract submission is now open and is due to close at:  
10am on Tuesday 5 August.**

The 'Healthy ageing, frailty and older adults' stream is supported by the OPSG and we have a number of bursaries available to support our members in presenting at this year's symposium. If you are involved in research, audit or service evaluation/ improvement which aligns with our stream, please consider submitting a short abstract by the deadline above for the opportunity to disseminate your important work.



## Muscle Health Research Study

**Are you a Dietitian currently registered and practicing in the UK, in the field of older persons healthcare?**

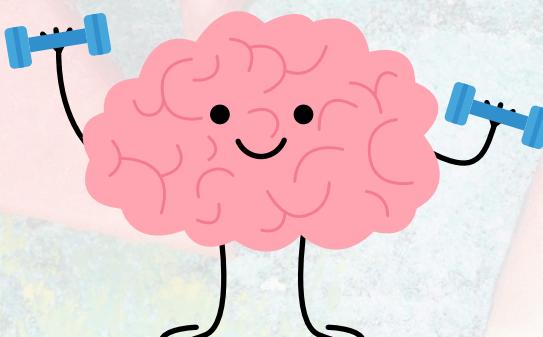
**Would you like to participate in an ethically approved research study with older people and other AHPs to explore how we think about muscle health ('muscle health mindlines')?**

Then read on...

## Brief background to the research:

Over the past 10 to 15 years, our knowledge about sarcopenia and muscle health has grown significantly, and we now have recommendations for the assessment and management of the condition.

Despite this, a diagnosis of sarcopenia is rarely made in healthcare practice, collaboration between healthcare practitioners to identify and address the condition is lacking, and there is a distinct absence of public-facing initiatives to raise awareness of how to prevent or delay a decline in muscle health. These factors pose a barrier to the promotion of healthier ageing.



The term 'Knowledge mobilisation' is used to describe the process of "getting the right information from different places and sharing it" (Health Education England, 2021). A strategy for achieving this, is to influence 'mindlines', the 'flexible, guidelines in the head' that we all use to process and share knowledge, and to make decisions.

This study will seek to work with AHPs involved in the field of older persons healthcare (dietitians, physiotherapists, and occupational therapists), and lay older people, to investigate and establish their mindlines around sarcopenia and muscle health using semi-structured interviews. The researcher will then work alongside the AHPs and older people to co-design ways to influence those mindlines and enable knowledge sharing. It is hoped that this will lead to the development of tools and resources that meet 'real world' needs, enabling the recommendations that we have around sarcopenia and muscle health to become more practical and user friendly.

**If you would like to be involved, or would like further information, please contact Ruth Stow: [ruth.stow2@mail.bcu.ac.uk](mailto:ruth.stow2@mail.bcu.ac.uk)**

# Research in Dietetic Workforce Diversity – Your voice matters!

Request for participants from

Dietitian Sarah Britton

at the Faculty of Health, Medicine and Social Care,  
Anglia Ruskin University

## Join Our Study exploring Diversity in Dietetics

Seeking Dietitians to Explore and understand Diversity in the Field

As part of a PhD research study we are undertaking an important study to understand the experiences of dietitians and their patients in the UK – specifically in relation to workforce diversity. With the profession aiming to expand and strengthen the dietetic workforce under the BDA's Strategic Plan (2024-2034) understanding the diverse perspectives of dietitians has never been more important.

This research seeks to identify themes and patterns that may contribute to low workforce diversity and explore any potential impacts on patient and workforce experience. To do this, the researchers are inviting dietitians from all backgrounds to participate in a 15 mins online survey.

### Why participate?

- Help shape policy for a stronger, more inclusive workforce**
- Ensure diverse voices are heard in research and future decision making**
- Contribute to building a robust evidence base that can drive real change.**

**CLICK HERE**



**SCAN CODE**

For more information contact Sarah Britton via email: [SAB318@pgr.aru.ac.uk](mailto:SAB318@pgr.aru.ac.uk)

# Specialist Group of the Year

We were delighted to be shortlisted for the BDA's Specialist Group of the Year award for projects this year. In conjunction with the Food Services Specialist Group we were recognised for our work on the BDA Care Home Digest, an innovative resource to support residential and nursing care homes to provide high quality food and drink services for residents in their care.



Unfortunately we missed out on the prize this year but 3 of our committee members had a great day celebrating the success of dietitians across the country at the awards ceremony!

If you have resources to share or suggestions for future events, please get in touch. Contact us via our email address or by following us on social media

@bda\_olderpeople

olderpeople@bda.com

