

BDA EAST MIDLANDS BRANCH NEWSLETTER

Welcome!

- Welcome to the Committee, Sumeya Jakura!
- Summary of the October 2022 meeting
- Survey results
- Information about the next Branch meeting and focus for 2023



Hello from the Committee Members



Alison Scott
(Chair)



Fiona McCullough
(Treasurer)



Ana Paredes
Cimadevilla
(Social Media and
website Officer)



Jane Musson
(Events Officer)



Sumeya Jakura
(Ordinary Member)



Carol Raaff
(Secretary)

Welcome to Sumeya, who joined the Committee this month. She is a freelance dietitian from Leicestershire. We are always keen to welcome new members to the Committee. **If you would like to get involved, please get in touch with Carol by emailing: eastmidlandsbranch@bda.uk.com**

Summary of the October 2022 Branch meeting

The focus of the meeting was 'New opportunities in dietetics: PCNs, FCPs and ACPs' – Primary Care Networks, First Contact Practitioners and Advanced Clinical Practitioners. Alex Harper and Alison Scott spoke about getting started as a PCN Dietitian within Northamptonshire. With new ways of working, it is important to have discussions about the

role and scope of a dietitian, and to ensure that sufficient time for patient appointments, admin time and support, supervision, CPD and dietetic cover are built into the contract. This can lengthen the process but is essential.



Vanessa Henry provided her experiences as a specialist diabetes dietitian in Sheffield, on her journey towards becoming a FCP. She outlined her experiences using the dietetic roadmap with the portfolio route and described the challenges of working in new ways. Top tips included needing to have a vision of how you see the FCP role working and to sell it and then to network, network and network some more!

The BDA has several resources out for comment:

1. Day in the life of a FCP dietitian
2. L7 reflection on a day in the life...
3. Scope of practice tool
4. Roadmap evidence template
5. FAQs: What do I wish I had known when starting out in a PCN?
6. Algorithm for reception for FCP dietitian
7. Points to consider when signing a contract with a PCN
8. FCP dietitian infographic - like this <https://t.co/zij6mm3QQw>

Two sessions have been completed with dietetic managers and the BDA is currently planning an awareness raising campaign, which will include a webinar with the other professional bodies. This is likely to take place in January 2023.

Further information is available through the [BDA website](#). If anyone would like to engage with the BDA primary care project, please email Tanya Rumney: firstcontactdietitian@gmail.com



Bruno Mafrici, specialist renal dietitian in Nottingham, talked about how he became an ACP. He shared how developing opportunities takes time and perseverance. He gained support from his clinical lead, his manager and HR. Success also means that you need to ensure that your business case is patient- and service-focused and fits with the service delivery model for the dietetic department and the wider team that you work in.

[Click here](#) to catch up on the session if you missed it. Following the meeting, we had a short AGM – our first for a while!

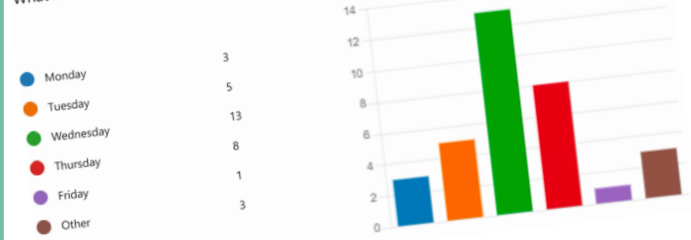
BDA East Midlands Branch member survey results

Thank you for taking the time to complete the survey. We had 23 responses – thank you!:

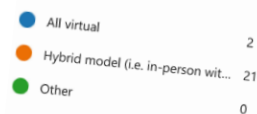
- *Wednesday* is the best time for the meeting. Some suggested varying the day
- Most people prefer a *hybrid* meeting model
- The in-person venue of UoN Sutton Bonington Campus was mostly fine. Someone suggested that UoN main campus would be a greener option. We may need to pay for a room here and the traffic and parking for those not on public transport are difficult.

Can anyone offer a free venue that has better public transport links?

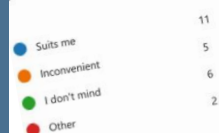
What is the best day to have Branch learning events on?



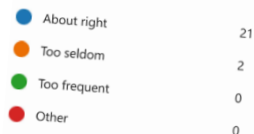
What format do you prefer for learning events?



What are your thoughts on using Sutton Bonington Campus, Leicestershire, as in-person meeting venue? if you have any other suggestions, please make them in the 'other' box:



Branch learning meetings usually take place twice a year (March and October). Is that:



- Most people like the refreshments and would prefer not to pay (so have it sponsored)
- Preferred start time for both online and hybrid events: **6:00 pm**
- Events that last 1.25 – 1.5 hrs is about right
- We had some excellent suggestions for future topics and have taken on board the idea to have more engagement on social media to keep interest. **You have shaped our plans for 2023...see below.**

Save the date! Info about the next Branch meeting and the focus for 2023

Save the date for our next BDA Branch meeting on **Wednesday 15 March 2023**. This will be a hybrid event, and is expected to run from 5:30 – 7:00 pm at Sutton Bonington Campus, Nottingham...we are hoping for Spring time weather this year! Refreshments and in-person networking will start at 5:30 pm.



The theme of the meeting will be **'Dietetics is a diverse profession'**. We are looking for branch members to discuss how they have come into dietetics from diverse backgrounds, new roles they have undertaken and how we are a culturally diverse profession. Nothing is off the table! Please contact: eastmidlandsbranch@bda.uk.com if you would like to be involved.



With the theme of the March meeting being '*Dietetics is a diverse profession*'. We are looking to run your dietetic stories on social media throughout next year. This is to both bring awareness to diversity in dietetics and to celebrate it. If you would like to share your **own pathways and stories** as part of a short social media post on diversity please contact:
eastmidlandsbranch@bda.uk.com.

You can find us at:

Instagram: @BDAAEastmidlands

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

Twitter: @BDAAEastMidlands

Email: eastmidlandsbranch@bda.uk.com

