



Fond Farewells



This month sees us saying goodbye to Kirsty Robinson, who has been our PR Officer for the last 4 years and has done an amazing job of proactively suggesting our input into lots of areas of the media, even if nutrition in older age isn't seen as a very sexy subject! Kirsty has continued to champion the importance of good nutrition based on food for older people, whether they are in hospital, a care home or in their own home in both her day job and on the OPSG committee. Kirsty is undoubtedly going to bring the same enthusiasm and knowledge to her new day job in NHS Tayside and we will miss her hugely on the committee. We wish Kirsty the best of luck and we look forward to working together in the future.

Dove Yu (whose fabulous infographics you are likely to have seen on Instagram and Twitter) has agreed to step into Kirsty's shoes as our new co-opted PR Officer until we can officially vote her in at our AGM in November.

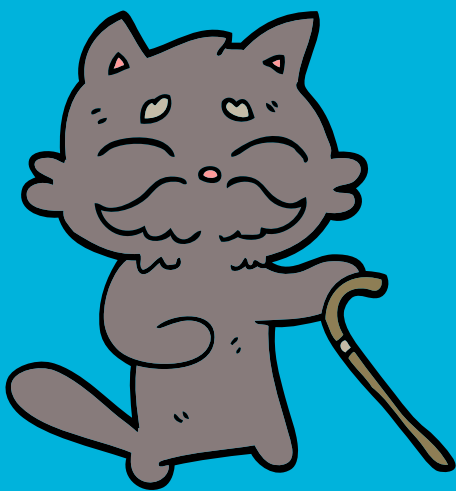
Alison's Updates



August sees the end of my 4 years as chair & I'm honestly not sure where the time has gone.

Looking back over my tenure we've had 2 amazing study days, another that didn't happen thanks to Covid (but we're working on something in the interim...) & we've represented & championed older peoples nutrition everywhere we can on so many different national bodies & in national resources, our social media presence has grown enormously & we keep you all updated with our amazing monthly newsletters. Very little of that is down to me alone as it takes a fantastic team to make the OPSG committee work, & I have been privileged enough to lead a fantastic team for the last 4 years - thank you to all committee members over this time for supporting OPSG & continuing to champion nutrition in older people as a specialism on a par with any other area of dietetic expertise. And finally I couldn't be happier than to hand over the chairs role to Vittoria Romano who I think will take OPSG onto even greater things!

Thank you Alison!



On behalf of the BDA OPSG committee and our members we would like to say a BIG thank you Alison for your leadership of our OPSG. Throughout your tenure we have seen a strong voice for evidence based nutritional care in the older adults. We are thankful for your common sense approach in navigating some really complex challenges. Whilst you may be stepping down as Chair we know that your commitment to evidence based nutritional care will continue. Despite recent challenges you have kept us going in the new world online (including cats). We have all learnt from your tenacity and passion for working with older people and excited to continue working with you in the future!

Active August

The 'We active challenge' is a twitter campaign run by Public Health England in the month of August and has ran for the past 4 years. It encourages AHPs, Nurses and other healthcare professionals to get active in a 30 day challenge. Health care professionals are encouraged to post photos, stories, blogs and share evidence in a bid to support the making every contact count initiative for encouraging people to get physically active. @WeAHPs and @WeNurses battle it out to see who can post the most activities using the hashtag #AHPsActive or #NursesActive. Last year, the Nurses pipped the AHP's to the post, however this year, the AHPs are back in force to win the top spot! Our committee members have also been taking part in the #Weactivechallenge, in a range of activities from cycling, hiking, fruit picking to scuba diving! See some of our pictures and dont forget being active is not just restricted to August! #AHPsActive #WeActivechallenge



Free Specialist Group Webinar



Protein Needs and Muscle Maintenance: Implications for Prescribing in Primary Care

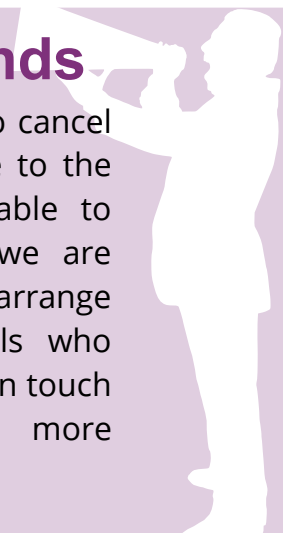
Tuesday, 8 September 2020
10am – 11am

Webinar Hosted by BDA Optimising Nutrition Prescribing Specialist Group

For more information follow the link [here](#)

Study Day Refunds

We were very disappointed to cancel our study day in March. Due to the current climate, we are unable to guarantee a new date so we are working with the BDA to arrange refunds for those individuals who purchased tickets. We will be in touch with you shortly, with more information!



Welcome to Vittoria

I am really excited to join the committee at a time when there is a huge emphasis on boosting primary and community services. I currently work as a prescribing support dietitian in Luton and South Bedfordshire and my role includes supporting and influencing system-wide improvements to managing malnutrition, including a specialist interest in care homes. I qualified as a dietitian from Leeds Metropolitan University and also achieved an MSc in Dietetics (Advanced Practice) from the University of Hertfordshire. More recently I completed a fellowship with the AHP Leadership Team in NHS England and NHS Improvement and in that time gained a greater understanding of the NHS Long Term Plan including the Ageing Well Programme and the importance of personalised care. I strongly believe dietitians contribute an important role in helping individuals and populations age well and support those living with frailty. There are huge opportunities for dietitians and I am committed to support OPSG members realise their future potential. I would like to take this opportunity to thank Alison Smith for her exceptional leadership over the last 4 years and I am delighted that Alison will continue supporting the committee.



Requests for help

The BDA, NHS England & NHS improvement and PHE are working together to develop their AHP Sustainability Plan, which will feed into the wider NHS Net Zero agenda. As an association we are leading a sub group on food and sustainability. In order to continue this work the BDA needs our help by sharing any case studies we have on:

- Reduced need for pharmaceuticals
- Reduced need for hospitalisation
- Reduced need to travel to hospital / be admitted to hospital

Please share with Tom Embury: t.embury@bda.uk.com

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK are holding an Online Research Conference on 24th & 25th September 2020. Registration closes on the 15th of September and you can find out more [here](#)

James Faraday is a SLT & PhD student at Newcastle University. He's working on an NIHR-funded project to develop a training programme to improve mealtime care for people living with dementia. He is organising a series of small workshops to help design the training. They will focus on the content and format of the training, and look at current evidence. He would like to invite a range of people to take part in the workshops, who have insight and experience on the topic – including Dietitians. This will help the training to be relevant and effective.



1. The workshops will take place in Autumn 2020, and will be on-line (e.g. via Zoom)
 2. There will be 3 different workshops in total – you can attend any or all of them
 3. Each workshop will last a maximum of 2.5 hours (with a comfort break!)
 4. He will try to choose dates and times that suit as many people as possible
 5. Everyone taking part can be reimbursed for their time
- If you are interested in taking part or would like more information, please contact James on j.faraday@newcastle.ac.uk or 07751 730701.



Save the Date

WEBINAR:

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Nov 2nd 2020

6pm

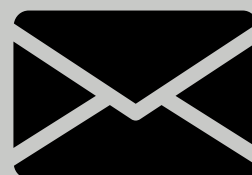
Keeping in Touch

If you have something to share with the OPSG community, we would love to hear from you.

@BDA_olderpeople



olderpeople@bda.com



Editor: Simone Roberts