

# BDA Chair Caroline Bovey hosted our Annual Awards Dinner on the evening of 2 July in Birmingham

Forward for pictures



The BDA External Affairs team had a very difficult time this year picking a winner from a long list of very worthy candidates. Our thanks to all the branches, boards and groups that nominated people – there are some fantastic ambassadors working in all areas of the UK and across all specialisms, often without having a great impact on behalf of the BDA and profession.

## Ambassador of the Year

Presented by Marc Seale, Chief Executive, HCPC

Our Ambassadors work with governments, parliaments and assemblies, organisations, charities and professional bodies to represent the BDA, influence policy and advocate for dietetics. This award recognises ambassadors who went above and beyond in that role.

Shortlisted for the Award:

Denise King and Heather Norris  
Duane Mellor, Julie Taplin and Paul McArdle  
Ursula Arens

Ursula Arens has been a truly tireless ambassador for both the BDA and the profession of dietetics during 2018/19. She has been involved in not just one but two major BDA projects – our One Blue Dot toolkit on sustainable diets and our campaign to introduce folic acid fortification of flour alongside partners SHINE and the RCOG. Both these projects have involved a huge amount of time and commitment, and in both cases are helping to shape national policy and ensure that the dietetic profession is at the heart of the conversation. Ursula has attended and spoken at conferences and events on our behalf (often at her own initiative), always feeding back to head office and providing useful leads and contacts. She has also manned BDA stands at events such as New Scientist Live and Food Matters Live, as well as contributing to DT and other external publications on behalf of the BDA. A constant fount of knowledge and good advice, the BDA head office team are always very grateful for Ursula's willingness to help!

Nominees – Denise King and Heather Norris

Denise King and Heather Norris have been nominated in recognition of their joint role leading on the development of the BDA's promotion of breastfeeding, and critically, our engagement with UNICEF and related organisations. In such a sensitive but important area, Denise and Heather have been enormously helpful in taking forward multiple pieces of work, which will hopefully continue developing in the coming months and years, including improved training and CPD relating to breastfeeding for paediatric and public health dietitians.

Nominees – Duane Mellor, Julie Taplin and Paul McArdle

Paul McArdle, Duane Mellor and Julie Taplin have been nominated for ambassador of the year at least in part of their bottomless patience and expertise on the topic of diabetes and in particular low-carbohydrate diets. This is a topic that has rarely been out of the news or missing from the social media discussion, and Julie, Paul and Duane have provided invaluable advice to the BDA to help us ensure we have a proportionate and evidence-based response. This has often been a thankless and frustrating process, and we are very grateful for all their help.

## Media Spokesperson of the Year

Presented by Kate Halliwell, Head of UK Diet and Health Policy, Food and Drink Federation

Our media presence and influence continues to increase through our volunteer media spokespeople who offer evidence-based nutritional information across TV, radio, digital and print media. This award recognises someone who has shown great commitment to this work.

Shortlisted for the Award: Clare Thornton-Wood and Emer Delaney

Clare has earned this year's award through her consistency and willingness to help. Her work has included high profile and last-minute TV calls (BBC News, Food Unwrapped). She has been flexible, available and quick to respond throughout the year, as well as friendly and professional when dealing with staff and journalists. This flexibility has meant that we have been able to get a dietitian into media spaces which would have otherwise been filled with someone less-qualified.

Nominee – Emer Delaney

Although this is always a really hard choice to make – with so many hard working spokespeople giving up their time and going above and beyond to get evidence-based nutrition messages into the media – our two nominees have been nominated for the sheer volume of high-quality work they have done for the BDA in the last year. This has included hi-profile TV and radio work as well as lots of written pieces for printed and digital media.

## The Mary Turner Award

(Trade Union Representative of the Year)

Presented by Tony Rupa, BDA Legal

BDA Trade Union Reps stand up for BDA members and dietetics. Our former President Mary Turner understood the importance of the workplace trade union rep. The Mary Turner Award recognises a rep who has shown excellence and commitment in their role.

Shortlisted for the Award: Hazel Cheung and Susan Walsh

Hazel Cheung and Susan Walsh are two experienced Trade Union Reps who supported BDA members within their department with complicated personal cases, and represented them at hearings. They have assisted members through TUPE and merger processes within the Liverpool area. Their effort are valued and appreciated in ensuring fairness of process, and we thank them for their time and efforts by recognising them with the Mary Turner Award.

## Branch of the Year

Presented by Shumone Ray, NNEdPro

Our 13 branches are our regional support and development network. They are vital, providing members with CPD events and opportunities to network, learn and share best practice with their dietetic peers at a local level. This annual award recognises one Branch which has typified excellence and best practice in their region.

Shortlisted for the Award: South Wales and Yorkshire

The Yorkshire branch successfully implemented several strategies to enhance membership engagement and promote dietetics in the local area. They were willing to listen to the needs of their members and put their members firmly at the heart of everything that they deliver. The branch has embraced technology and social media to raise the profile of dietetics and communicate with members, the public and the wider BDA. The Yorkshire branch has continued to innovate their approach to engage their members and the dietetic community and have enjoyed great success in their approach.

Nominee – South Wales Branch

Since relaunching in 2018 the South Wales branch has enjoyed a great deal of success. The branch has used technology and social media to engage with local dietitians and to promote its outstanding events. They have successfully collaborated with allied health professionals and the BDA to deliver informative and interesting events, which always have a little bit of flair!

Nominees – Paediatric Specialist Group

The Paediatric Specialist Group completed an outstanding range of projects, working across a variety of areas and collaborated with different professions. Not only has their work benefited Paediatric dietitians but also the dietetic profession as a whole and the lives of babies and young people across the UK.

## Elizabeth Washington Award

for a published/presented educational work

Carbs & Cals Gestational Diabetes book

The book is now widely recommended by dietitians across the UK and is the only published book for gestational diabetes that is useful for Dietitians and other healthcare professionals. It also provides meal and snack ideas whilst also providing evidence-based information on how to manage the condition.

We thank the following people for their involvement in the Award and Honour presentations:

Caroline Bovey, Joanne Fillingham, Kate Halliwell, Lord Balfe, Marc Seale, Ruth Crowder, Steve Jamieson, Sue Acreman and Tony Rupa



## GET Awards

Sue Acreman and Ruth Crowder presented awards to the General Education Trust Award Winners

## Rose Simmonds Award

for a published piece of work in a peer reviewed journal

Pre-operative oral nutritional supplementation with dietary advice alone in weight-losing patients with colorectal cancer: single-blind randomized controlled trial.

Despite a wide range of entries the judges were unanimous in their decision for a number of reasons. The study demonstrates clear patient benefits that can be achieved at relatively low cost. The study intervention that could be incorporated into routine dietetic practice.

Outcomes can easily be recorded and measured by ICP and other members of the MDT. The methodology can easily be applied to other areas of dietetics and the research has high potential to raise the profile of dietetics.

Nominee – Parenteral and Enteral Nutrition Specialist Group

The Parenteral and Enteral Nutrition Specialist Group has shown an exceptional demonstration of both membership engagement and raising the profile of the dietetic profession. They have worked on significant projects, including the essential PENG Pocket Guide to Clinical Nutrition, which will have a lasting impact on how dietitians practice within the area of nutrition support.

## IBI Solutions Limited Award

for a published/presented educational work

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