**Charities**

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1. **Middlesbrough Environment City (MEC)**

A charity dedicated to promoting healthy and sustainable living using the ten principles of One Planet Living. MEC work extensively in and around the Tees Valley to support healthy lifestyles and create sustainable change through community action and events. MEC work alongside a huge array of diverse companies and groups across the local and wider community.

Student dietitians provided

* Staff group education to the MEC team,
* One-to-one sessions with service users from a South Asian background participating in Fitness sessions,
* Group activities for older adults attending community action groups,
* Food and mood sessions with primary school children, and
* Contributed to a recipe book and created nutrition education posters at the request of the Eco shop managers.

The lead practice educator on-site is a Food Partnership Manager with expertise in health inequalities and food poverty. This practice-based learning experience offered real life encounters and service improvement projects over a 13-week role emerging placement with long-arm registered dietitian supervision.

1. **Camphill Village Trust**

Camphill support adults with learning disabilities, mental health challenges and autism to lead a life of opportunity. We encourage and empower them to make informed life choices and contribute to society in a way that brings purpose and meaning. Camphill Village Trusts offers a sense of belonging and community, supporting adults with learning disabilities in ten communities and services throughout England. They provide supported living and day placement opportunities.

Camphill is committed to the benefits that a sense of community brings to everyone, whilst constantly responding to people’s changing lifestyles, health and wellbeing, and support needs.

Student dietitians spent 13 weeks at the Botton Village site. Here, residents live in

households in the village and attend day opportunities both on- and off-site including workshops, and social-cultural and training activities.

Student dietitians undertook preliminary work on identification of nutritional topic / need through

* Menu analysis of residential houses and on-site cafe,
* Village store sales analysis, and
* Discussions with residents and staff.

Interventions included

* E-learning for staff at Camphill,
* Healthy Eating classes for residents
* Creation of a village store dietary education display, including a competition for residents to design a healthy eating icon. This healthy eating icon was then used for a new loyalty scheme (buy 10 healthy items with icon, get 11th healthy item free from shop),
* Role of dietitian questionnaire as the students quickly realised staff were not familiar with what a dietitian does, and
* Individual case review and research on how best to engage both staff and people with a learning disability.

The Lead Practice Educators on-site were the General Manager and the Volunteer Co-ordinator with registered dietitian long arm supervision.

1. **Families First North East**

Families First NE specialises in supporting those with additional needs, disabilities, and autism via an extensive range of services. Services include a residential home for adults with a learning disability, after-school and school holiday clubs, a supported living facility for young people preparing to live independently, domiciliary care, bespoke workshops and a bistro ran as a social enterprise providing opportunities to engage and inspire young people, particularly those who are disadvantaged.

Student Dietitians during a 13-week placement offered support and service improvement by

* Auditing after-school meals against food standards
* Provision of healthy recipes to the residential care home menu. This included provision for an internationally themed food night. The student dietitians recognised during their ‘identification of nutritional topic / need’ work that residents were purchasing a significant number of takeaway meals. To address this, they worked with Occupational Therapy students to devise the themed menu and related day-time educational activities for the residents.
* Facilitating nutrition education sessions with the older persons’ luncheon group.

The Lead Practice Educator on-site was the Chief Executive with long arm dietetic supervision.