



NNEdPro Global Centre for  
Nutrition and Health

*Advancing and implementing nutrition knowledge  
to improve health, wellbeing and society*

[www.nnedpro.org.uk](http://www.nnedpro.org.uk)



ERimNN



**2nd Nutrition  
Showcase  
@Brighton  
6th November 2019**

## About this Event

This evening at BSMS Sussex University provides a 2nd opportunity to hear about some of the local food initiatives that are underway, including some innovative work being completed by medical students and the medical faculty to raise the profile of food and nutrition in health care.

It is an opportunity to network and to make local links with people who are working with Food & Nutrition. We will hear the experiences from Heather of using diet in the management of a long term condition and from doctors as they continue to focus on Food & Nutrition in education as well as in practice.

Our medical students will share with you the development of their volunteering project An Apple A Day and we will be joined by Culinary Medicine, Nutritank and NNEdPro to hear of their work further a field

## Menu for the evening

17:00 welcome and registration

17:15 Introduction to the evening Dr Kathy Martyn

17:30 An Apple A Day - the growth of a medical student volunteering project

17:40 Nutritank at Brighton- Ibrahim Hamami

17:50 Brighton & Hove's city-wide approach to food poverty

18:05 Culinary Medicine - Elaine Macaninch

18:10 A Bag of Taste - Dr Jenny Blythe

18:30 Food and Networking

19:00 Managing my health using food - Heather

19:10 The view from here - Chris Smith RD - supporting a child with cystic fibrosis

19:25 Nutrition in head and neck cancer- Sandeepa Soni

19:40 NNEdPro – The Mobile Teaching Kitchens Model – learning from success in India |

Launch of the NNEdPro UK & Ireland Regional Network and The Nutrition Implementation Coalition – NNEdPro Global Centre Leadership

**Close at 8pm.**

**A special acknowledgement to Jorgen Johnsen, Matheus Abrantes and Marjorie Lima do Vale for their inputs to the day and also Emily Fallon and Luke Buckner in absentia for their roles in NNEdPro and NEPHELP.**

## Supporting Organisations



<https://blogs.brighton.ac.uk/erimn/>

### Translating Nutrition science into medical practice.

ERimNN (The education and research in medical nutrition network) was co-founded by Dr Kathy Martyn and Elaine Macaninch to link Brighton and Sussex Medical school with educators, students, researchers and clinicians with an interest in nutrition in medicine. The aim is to encourage collaboration across different professions and community projects to increase capacity for local nutrition education and research. In addition, ERimNN seeks opportunity to join forces with UK and global organisations such as NNedPro, Nutritank and Culinary Medicine UK to share ideas and contacts to widen the conversation around food within medicine and healthcare.



<http://nutritank.com/>

### Bringing nutrition to medicine

Nutritank, founded by Ally Jaffee and Iain Broadley is an information and innovation hub for food, nutrition and lifestyle. Empowering young people and communities to make a change. Their current focus is education. Through their Nutritank university society branches "*Nutritanksocs*", they aim to promote the need for greater nutrition and lifestyle medicine training within medical education. Originating at Bristol Medical School, Nutritank has achieved a growing momentum across the UK, from the development of these Nutritank society branches at over 15 medical schools, to online and social media engagement and the curation of key projects on a local and national scale.



<https://www.nnedpro.org.uk/uk-ireland>

We are an award-winning interdisciplinary think-tank, building upon over a decade of nutrition education, research and innovation. We are anchored in Cambridge (UK) and convene central as well as [regional networks across six continents](#) as part of the International Knowledge Application Network in Nutrition-2025. We develop adaptable and scalable educational models for nutrition capacity building in health systems. We also conduct a range of training courses as well as primary research studies and syntheses to fill key evidence gaps. Read more about our work [here](#).

Our corporate headquarters are in Cambridge whilst our principal hubs of academic activity span four academic institutions: [Ulster University](#), [University of Parma](#), [Imperial College London](#) and the [University of Cambridge](#), our academic collaborations with Cambridge and Ulster going back to our foundation in 2008.

We are also closely allied with a number of specialist organisations: the [British Dietetic Association \(BDA\)](#), since our inception in 2008, in our 10th anniversary year along with the British Medical Journal (BMJ) group, we became co-founders of [BMJ Nutrition, Prevention and Health](#); we work closely with the [Laboratory of the Government Chemist \(LGC\)](#) on developing international knowledge networks and strengthening research; For projects with charitable objects we work through with our official charity partner, the [Lord Rana Foundation Charitable Trust](#); for over a decade we have also been affiliated with the [Society for Nutrition Education and Behaviour \(SNEB\)](#) with which we recently developed a joint membership/mentoring scheme; most recently we have formed a strategic partnership to develop knowledge application models with the [Swiss Re Institute](#).

We are an associate member of [Cambridge University Health Partners \(CUHP\)](#) as well as an advisory member of [One Nucleus](#) in Cambridge, an international member of the [Global Open Data Initiative for Agriculture and Nutrition \(GODAN\)](#), a supporting member of the [Royal Society of Biology \(RSB\)](#), an Innovate-2-Succeed Member of [St John's Innovation Centre \(SJIC\)](#) in Cambridge.

In addition to our work with key strategic partners, we have significant collaborations with over fifty institutions and organisations across our central and regional networks. Together, our centrally and regionally managed networks provide an unparalleled range of interdisciplinary knowhow supporting our thinktank to advance and implement nutrition knowledge to improve health, wellbeing and society.

**In 2018, along with the British Medical Journal (BMJ) Group, NNedPro became co-founders of BMJ Nutrition, Prevention and Health.**



# Culinary**Medicine**

<http://www.culinarymedicineuk.org/>

## **Teaching Health professionals the foundations of nutrition and how to cook**

Using the kitchen as the classroom, Culinary Medicine teaches the foundations of nutrition and cooking skills with an aim to inspire and empower health professionals to increase conversations around food, nutrition and behaviour change.

Modules are run by the Chef, Doctor and a registered Dietitian/ Nutritionist. Modules are accredited by the Royal College of General Practitioners and each is worth 6 CPD points with a diploma of Culinary Medicine awarded after the successful completion of relevant modules.



<https://bhfood.org.uk/>

## **The Brighton & Hove Food Partnership is all about food**

We're a non-profit organisation helping people learn to cook, eat a healthy diet, grow their own food and waste less food.

We aim to connect and inspire individuals, community groups and organisations. We believe food is more than just fuel, it brings people together and changes lives.

## Presenters

### Dr Kathy Martyn



Dr Katharine (Kathy) Martyn has worked with BSMS for 10 years and in Nutrition related teaching and research of nearly twenty years. A firm believer in the importance of improving food access and nutrition in the population her particular interests are related to nutrition education, the nutritional assessment and support of older people, people who have mental health difficulties and disadvantaged populations more generally. In 2012 Kathy worked with the ICGN in the development of the nutrition curriculum for undergraduate medical students and this led to a review of the Food and nutrition related content at BSMS. Following this review she identified and secured the funding for a Research and Education Dietitian with a joint appointment with BSMS and Brighton and Sussex University Hospitals. This post was announced at the NNEdPro Summer School in 2015 and Elaine Macininch was the successful applicant.

Since then Kathy has continued to collaborate with NNEdPro and co-founded, with Elaine, the Education and Research in Medical Nutrition Network (ERiMNN) to bring together like-minded people engaged in Nutrition Education within medical schools in the South East. ERiMNN is collaborating closely with NNEdPro to address National and International concerns related to Nutrition Education in Medicine and health professionals more generally.

Kathy was awarded a Lottery Fund Grant to deliver a sustainable cooking and healthy eating project into rural primary schools, the Kids Kitchen. Kathy has researched and presented at many conferences, both in the UK and nationally, on a range of topics related to both Nutrition and supporting disadvantaged populations.



## Elaine Macaninch



Elaine currently works for Brighton and Sussex Medical School as a Nutrition Medical Educator helping to integrate nutrition into the curriculum. She maintains a clinical role as a Registered Dietitian, specialising in diabetes in pregnancy and is also a director and nutrition lead for Culinary Medicine UK.

In addition she is an executive member of NNedPro Global Centre for Nutrition.

She has a distinction PGCE in Medical Education and is a member of the Academy of Medical Educators (MAcadMED). She is currently studying for her MSc Med Ed, researching gaps in nutrition education from the perspective of medical students and junior doctors.

Elaine has a career spanning over 20 years, a BSc(hons) in Nutrition and Dietetics and postgraduate qualifications in diabetes, research, critical appraisal, behaviour change and communication. She is passionate about the need for collaboration and communication across professions to scale up nutrition education, to help prevent and treat chronic disease and to advocate for better access to healthy affordable food for all.

## An Apple A Day



"An Apple A Day is a student-led health and nutrition teaching programme, working with year 7 pupils at BACA. The programme aims to promote health equality by targeting the discrepancies between health outcomes in those from different social backgrounds. Our teaching sessions educate students about health and equip them with skills empowering to make informed decisions about their health. Medical students from second, third and fourth year act as teaching mentors as well as running and coordinating the programme."

### **Ibrahim Hamami Medical Student**



Hi. My name is Ibrahim and I am the President the BSMS Nutritank society. We are a branch of the growing Nutritank community nationwide, and we are advocating for greater nutrition and lifestyle medicine training within medical education.

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### **Emily O'Brien, Policy and Partnership Manager at Brighton and Hove Food Partnership**



Emily O'Brien is the Policy & Partnerships Manager at Brighton & Hove Food Partnership (BHFP). BHFP is a national and international trailblazer, pushing the boundaries on local food work both as a service provider running for example a successful [Community Kitchen](#), and at a strategic level via a city-wide cross-sector [food strategy and action plan](#), the most recent of which has 200 actions, and nearly 100 partners including 26 separate city council departments.

Emily has been developing closer links with colleagues in the academic community. There is a list of current research requirements seeking collaborators at <https://bhfood.org.uk/food-strategy>. BHFP have undertaken a range of practical research projects, and produced several reports and publications, which can be browsed at <https://bhfood.org.uk/resources-archive/>.



**Dr Jenny Blythe, Senior Clinical Lecturer and Senior Internal Examiner**  
**Barts and the London School of Medicine and Dentistry**



I am the Year 3 GP Modules Lead for Barts and The London as well as an East London GP with special interest in complexity and multimorbidity. We have been expanding the nutrition undergraduate programme at Barts in a variety of ways over the past 2-3 years, focussing additional learning on what we viewed as gaps in the curriculum-primary care based nutrition issues, concepts of wellness and using nutrition teaching as a way of introducing our students to broader public health and inequality issues.

**Chris Smith, Clinical lead Senior Paediatric Dietitian**



Chris has 15 years' experience in clinical dietetics. Following his training in London he worked at the Royal Free Hospital for many years then moved to the Children's Hospital in Brighton in 2007. Currently Chris is the clinical lead [Gastro and Cystic Fibrosis \(CF\)](#) paediatric Dietitian [working](#) in a team of 10 specialist dietitians. Chris has specialised in CF for the last 11 years. He is the current joint chair for the European CF Nutrition group as part of the European Cystic fibrosis Society (ECFS) and recently co-authored the infant nutrition section in the latest ECFS textbook. Chris also has worked over the last 6 years with the charity CF Europe on various projects around Eastern Europe including Latvia, Estonia, Greece, Romania and Bulgaria. This work has given him first-hand experience of the disparity of nutrition status and treatments in CF healthcare.

In his spare time Chris runs a taxi service for his 2 children.

**Sandeepa Soni, Macmillan Head and Neck Oncology Dietitian**



Sandeepa works for the Royal Sussex County Hospital as a specialist head and neck oncology Dietitian. She has been a registered dietitian for 12 years. She currently has a clinical role as a lead dietitian, caring for patients with head and neck cancer who undergo surgery, radiotherapy and chemotherapy. She has worked in this field for the last 9 years. In this role she also provides teaching to healthcare professionals, provides specialist cooking workshop for cancer patients with swallowing difficulties and works closely with oncologists, ear, nose and throat and maxillofacial surgeons. She is member of the specialist oncology dietitians group and is a Macmillan professional.

Sandeepa previously worked in Nottingham in a split role working with patients with head injuries, neurological problems and motor neurone disease. The other part of the role involved working in the gastroenterology team on a specialised nutrition unit providing personalised parenteral nutrition for patients with bowel problems such as crohns disease, bowel cancer and post bowel surgery.

In the new year Sandeepa will be leaving her role in oncology to work on the gastroenterology unit at the Royal Sussex to pursue her desire to work in gut health.

## Professor Sumantra Ray

NNEdPro Founding Chair and Executive Director, Co-Founder and Chair of BMJ Nutrition, Prevention and Health PA – Matheus Abrantes [m.abrantes@nnedpro.org.uk](mailto:m.abrantes@nnedpro.org.uk)



Sumantra (Shumone) Ray is a Licensed Medical Doctor as well as a Registered Nutritionist (Public Health), with special interests in Nutrition Education in Health Systems and Cardiovascular Disease Prevention. Since 2008 he has been Founding Chair and Executive Director of the NNEdPro Global Centre for Nutrition and Health. In 2018 he became the Co-Founder and Chair of BMJ Nutrition, Prevention and Health.

Shumone is cross-appointed in Cambridge as a Governing Body Fellow of Wolfson College and Co-Lead for the Food, Nutrition and Education Work Package for the TIGR2ESS Programme in India (2017-21) led by the University of Cambridge and supported by UK Research and Innovation's Global Challenges Research Fund. Additionally, Shumone holds a fractional personal chair appointment as Professor of Global Nutrition, Health and Disease at Ulster University as well as several honorary/visiting professorial appointments more widely including Imperial College London in the UK. Over 2017-19 he was appointed as Course Director in Nutrition Science at the University of Cambridge Institute of Continuing Education.

From 2008-10 Shumone was an NIHR Public Health Fellow and Corfield Scholar at Selwyn College Cambridge. Following this from 2010-18, he also held a Senior Clinician Scientist position with the Medical Research Council focussing on nutrition and vascular studies, heading up a dedicated experimental medicine facility for human nutrition studies and also functioning as the Lead Clinician for the UK National Diet and Nutrition Survey (c/o Public Health England) as well as working clinically at Cambridge University Hospitals. From 2010-2018 Shumone led undergraduate Nutrition teaching in the Cambridge clinical/medical curriculum and he was a University of Cambridge Senior Clinical Tutor from 2015-18.

In 2013, Shumone received the Josephine Lansdell award from the British Medical Association in support of work in the area of Nutrition and Cardiovascular Prevention. In 2014, he was elected to the award of Honorary Lifetime Associateship by the council of the British Dietetic Association (BDA). Shumone was also elected as Deputy Chairman of the 2015 BMA Conference of Medical Academic Representatives (COMAR). In 2015 Shumone was elected as a governing body Fellow of Wolfson College. In the same year, NNEdPro won the Complete Nutrition Outstanding Achievement Award and Shumone was appointed as Adjunct Professor at University of Waterloo in Canada as well as receiving a Griffith University Visiting Fellowship from Australia. In 2016, Shumone was appointed as Visiting Professor at Imperial College London as well as Ulster University in Northern Ireland and NNEdPro was a finalist and runner-up in the 2016 BMJ Awards. Also in 2016, Shumone published the Oxford Handbook of Clinical and Healthcare Research aimed at strengthening basic research skills across the global health-related workforce and became Programme Director for the Cambridge Summer School in Applied Human Nutrition. In 2017 Shumone was elected to an Honorary Professorial Fellowship at the University of Wollongong Australia whilst NNEdPro won the Medical Nutrition Industry International Award in conjunction with the European Society for Parenteral and Enteral Nutrition. In 2018, Shumone became the Founding Chair, along with the British Medical Journal (BMJ) Group, of BMJ Nutrition, Prevention and Health. He was also invited to lecture at the University of Brunei Darussalam under their 'Eminent Visiting Professorship' scheme in 2018.

In 2019, Shumone has also been appointed as a presidential Council Advisor at the University of Parma School of Advanced Studies on Food and Nutrition. Most recently, in 2019, he was appointed as Honorary International Dean to the Cordia Colleges in India and recognised through invitation to speak as an 'International Visiting Professor' to the University of Sao Paulo in Brazil. From December 2018 to July 2019 Shumone served part-time as a Consultant on special assignment to the Nutrition Directorate of the World Health Organization Headquarters in Geneva leading on the development of a strand of work in nutrition and healthcare capacity building within the United Nations Decade of Action on Nutrition 2016-25.

Most recently Shumone has also been appointed as a Director of Research in Food Security, Health and Society at the University of Cambridge.

Dr Minha Rajput-Ray, NNEdPro Medical Director

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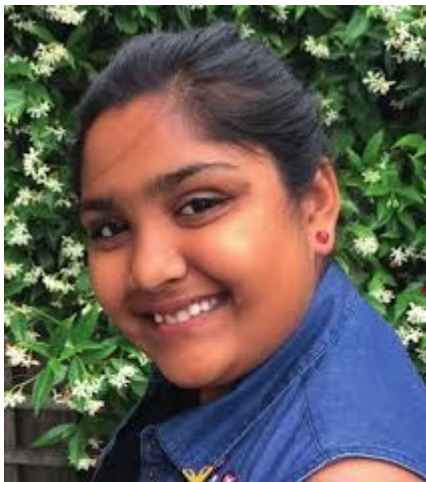


Dr Minha Rajput-Ray is Medical Director of NNEdPro, an Occupational and Disability Physician holding registration with the General Medical Council (GMC) and a UK Registered Osteopath. Following osteopathic studies in London and gaining a first class honours degree, she obtained her undergraduate degree and basic medical training in Dundee and then held an NIHR Academic Clinical Fellowship in rheumatology and general medicine at the Universities of Manchester and Cambridge and its associated teaching hospitals. She then took further qualifications in occupational and disability medicine.

Within the NNEdPro medical director role, Dr Rajput-Ray assists to develop and deliver grassroots nutrition education research projects both in the UK and overseas; as aligned to the United Nations Decade of Action on Nutrition (2016–2025) and the United Nations Sustainable Development Goals. In addition, Dr Rajput-Ray provides clinical/medical advisory input with a specific emphasis on inter-professional patient focussed learning (bringing together medical students, junior doctors and allied health professions in the community).

She also has lead responsibility within NNEdPro, for wellbeing and performance. Dr Rajput-Ray also heads the wellbeing at work initiative with a focus on nutrition and hydration in promoting healthier workplaces, reducing sickness absence and improving staff performance. She is an elected Wolfson College Research Associate/Scholar at the University of Cambridge. Dr Rajput-Ray was awarded the 2015 Mobbs Corporate Fellowship of the Royal College of Physicians Faculty of Occupational Medicine and the Golden Jubilee Fellowship of the Society for Occupational Medicine and serves as Chair of the Scientific Committee on (Unemployment, Job Insecurity and Health) of the International Commission on Occupational Health (ICOH).

**Nikitah Ray, Junior NNEdPro Ambassador**



At our 10th Anniversary in 2018 we launched our ambassadors and outreach programme with our first junior ambassador, **Nikitah Ray**.

Over 2019/20 we will be identifying further junior and senior ambassadors drawn from different sections of the community, to provide greater outreach to NNEdPro. To express an interest in applying to this programme please email: [info@nnedpro.org.uk](mailto:info@nnedpro.org.uk).



Many thanks to all of our speakers,  
Participants, to Neil Macaninch  
[www.neilmacphoto.co.uk](http://www.neilmacphoto.co.uk) for the  
photography and to Kathy Martyn  
[www.oakfield-farm.co.uk](http://www.oakfield-farm.co.uk) for the food .

A special thanks to [Brighton and Sussex  
Medical School](#) for hosting and for all the  
support for Nutrition education.