

CASE STUDIES ON VOLUNTEERING FOR BANT

Case Study - Louise Jenner Clarke- Head Regional Co-ordinator Team Leader

Working part time as a nutritional therapist gave me the opportunity to become more involved with BANT. I became the Regional Co-ordinator for the Sutton and Merton PCT area and found it rewarding working with practitioners in my local area. It was rewarding because you begin to realize that as a Practitioner you experience many of the same challenges and if shared can often find solutions together. After graduating and setting up as a Practitioner on your own it can be an isolating experience. As a regional co-ordinator I made friends with other NTs, and ended up collaborating with them on nutritional projects that boosted both our nutritional therapy businesses. I then took this position further and became the Deputy Regional Co-ordinator Team Leader and then the Head Regional Co-ordinator Team Leader.

Case Study - Ann Sinclair - Marketing Team Leader

I became a volunteer with BANT while I was completing my degree in Nutritional Therapy. I was keen to share my experience working in marketing as I knew BANT Council were keen to develop their communication and promotional activity and were looking for people with those skills to contribute their expertise. I have been working in the Marketing team for about a year now and have seen a big change in BANT's attitude to how it goes to market and supports its members - I'm excited to continue working in this team and help turn some of the ideas we have been working on into action. As a student NT I was frustrated that BANT didn't do more to support its members in training so I approached the Regional Co-ordinator team and volunteered to set up a student group. Within a few months we had 120 members and were running regular presentations and events.

As a result I've met lots of different people, have developed my own understanding of my new profession as an NT, and have made some great friends. I'm now developing a new support network for new practitioners - people like me - in the hope that we can build a supportive community that will help us all be more successful practitioners over the coming months and years. Some weeks it is hard to find time to fit it all in - but I get so much benefit out of the experience in terms of contacts, shared knowledge, and doing interesting work, I think it's worth the effort.

Case Study - Daniel O'Shaughnessy - External PR Team Member

I was coming to the end of my time with The Institute for Optimum Nutrition and still working full-time in a job I didn't particularly enjoy. I was desperate to change career so thought the best way to do this was getting involved in as many aspects of Nutritional Therapy as possible. The volunteer position arose and I hadn't had much experience in any of the communication branches but still I decided to apply. After discussing the potential role with BANT on the phone, I was suitably placed where I could use my existing skills but also develop new ones. Volunteering at BANT has helped me keep my mind constantly on the goal of changing career but also it feels great to be part of BANT at one of the one exciting times for Nutritional Therapy.

Case Study - Andrea Atherton - Marketing Team Member

After working in the aviation industry as cabin crew for 15 years I decided I needed a change of career and a new and exciting challenge. I have always been interested in nutrition, so after completing a Science Foundation course in 2008, I began a distance learning course with the UK College of Nutrition and Health (BCNH), in conjunction with Greenwich University, reading a BSc in Professional Practice in Health and Social Care (Nutritional Health). I undertook this four year study programme whilst juggling work commitments. I am happy to say that I have graduated this year. Although it has been very hard work, I have thoroughly enjoyed the experience.

I am about to embark on a final year with BCNH, which is the clinical practice phase. The successful completion of this phase would see me qualify as a Nutritional Therapist. Although this is something I have been working towards for a long time, the prospect of how I am best to use my nutritional knowledge, to set up a business and make a living is daunting. Therefore, volunteering with BANT will not only provide an opportunity to get an insight into the industry but also allow me to gain valuable experience from others who had once been a new graduate and now made a success of their business.