

October 2025 - Free and Live BANT Webinar with
Helen Seers, Co-Director Meaningful Measures Ltd
and Clare Grundel, Principal Investigator for BANT's
Digestive Health Impact Study

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Using MYMOP to assess impact of Nutritional Therapy on your Clients

**Free and Live BANT Webinar on Friday 17th of October 2025 from
10:00 – 11:00 am with Helen Seers, Co-Director Meaningful Measures
Ltd and Clare Grundel, Principal Investigator for BANT's Digestive
Health Impact Study**

Hello there,

Be part of the revolution! Do you want to prove that your clinical practice has an impact on your client's health? Join this webinar presented by Helen Seers of Meaningful Measures Ltd and Clare Grundel, Principal Investigator of BANT's Digestive Health Research Study as they discuss how you can make use of MYMOP - a tool that is validated by scientific studies and used in the NHS - and get involved with a pioneering BANT research study.

We use data in our practice. Now we need data of our practice. Come and find out more and how you can get involved.

This webinar will include:

- Why the validated MYMOP tool works so well for nutritional therapy
- How it is personalised to your clients' goals and tracks the impact of your recommendations over time
- How is it working in the BANT Digestive Health Research Study - and how you can get involved.

This webinar will be recorded and made available to BANT members through the [BANT Learning Zone](#), *BANT Professional Support Category*.

Join Helen and Clare on **Friday 17th of October 2025 from 10:00 - 11:00 am**. The webinar is free and exclusive to BANT members.

Register for the webinar here!

Please note: we have to manually approve webinar registrations. Please be patient – you will receive a link to join the webinar in plenty of time before the live event. We are unable to guarantee approval of registrations if made within one hour of the start time. When registering, **please always include your BANT membership number** which is available from your BANT dashboard. This speeds up the approval process. **In future, any registration without a BANT number will be considered invalid.**

For any enquiries, please email Clare at clare.grundel@bant.org.uk.

Best wishes,
The BANT Webinar Team

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Dr Helen Seers

Director Meaningful Measures Ltd

BSc, PhD, CPsychol

Helen is an experimental psychologist by training, and, for the past 20 years has worked with voluntary community and social enterprise organisations to support them to understand and communicate the impact of their work. Helen understands the operating environment that many small organisations are facing, and the value that well-designed evaluations can bring to these organisations.

Previously, as Head of Research and Evaluation at Penny Brohn UK (2004-2019), Helen led a highly successful evaluation team who innovated a mixed-methods evaluation evidence base for the integrative healthcare charity. This led to many academic papers being published to evidence the impact of the holistic cancer charity's work on clients. Part of the innovations Helen brought to Penny Brohn UK was expertise using patient reported/patient centred outcome measures.

In particular, Helen focused on the development, validation and use of the person-centred MYCaW® (Measure Yourself Concerns and Wellbeing) tool in collaboration with Dr Marie Polley. In 2020 Helen and Marie, under the umbrella of Meaningful Measures took on board the licence management of MYCaW® and MYMOP® (Measure Yourself Medical Outcomes Profile).



Clare Grundel

MSc, MBANT

Clare is an experienced nutrition practitioner, and a regular speaker on BBC Radio Cambridge. Following a career in international development and finance, she completed a MSc in Nutritional Therapy in 2018. She joined the BANT team in 2017 as the Science and Education Manager, delivering evidence-based resources to the BANT membership and the wider healthcare community. She is the Managing Editor of the Nutrition Evidence Database and regularly represents BANT at exhibitions targeted at the medical community. She is the Principal Investigator for the BANT Digestive Health Research Study, driving forward the agenda of generating impact data for the nutritional therapy profession.



British Association for Nutrition and Lifestyle Medicine (BANT)

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