

Job title: Registered Nutritionist (Public Health)

Current employer: Self-employed

Sector: Healthcare, children and families

Tell us about your current role and organisation.

I work freelance as a Registered Nutritionist (Public Health) with children and families for my own consultancy, Just add water®. I provide 1:1 nutritional advice and carry out dietary assessments, nutritional analyses and create food composition diet sheets and nutrition resources. I support children who compete in sports and run group training sessions for young athletes, coaches and their parents on nutrition and hydration. I also deliver training on different nutrition topics to other groups in the community. For example, I run group sessions for students who participate in the Duke of Edinburgh Award on the best way to support their expeditions through nutrition. Lastly, I have a website <https://justaddwaterblog.com/> and write a blog with recipes for family meals and for pre/post sport meals.

What sort of person would this role suit? (i.e. personal skills, qualities and values)

This role would suit someone who is personable and empathetic to work with children and families, some of who may be under stress. To work freelance, you need to be organised, determined, patient and willing to do things that are new to you and may be out of your comfort zone.

What does a normal working day look like for you?

It varies and can range from working 1:1 with clients to writing articles, developing training resources, planning group sessions or reaching out to other organisations to form alliances and find potential work.

How did you get to where you are now? (i.e. what are the entry-level roles graduates would apply for to get where you are?)

I worked as Outreach Worker in a children's centre, a Community Nutrition Assistant for a Primary Care Trust and a Dietetic Assistant for the Paediatric Dietetics Department for the NHS.

How would you go about getting experience (placements, work experience, internship) in the industry you work in?

I worked as a volunteer for many of the roles for which I was eventually paid. I think that it always helps to speak to someone doing the job you would eventually like to do and ask how you can get more experience.

What are the biggest challenges you face in your work?

My biggest challenge is finding work and clients and publicising what I do.

What's the progression like/where do you see yourself going from here?

I hope to work with more organisations in the community and grow as a consultancy. I would also like to publish an accompanying cookbook to my website.

What top tips would you pass on to students interested in this type of work? (i.e. any particular skills, knowledge, experiences, volunteering, extracurricular activities)

Try to get experience through volunteering, if you can afford to and ensure that you keep your registration as a Registered Nutritionist up to date.