

AUGUST 2015

A word from the chair



If you joined us for this year's summer party I hope you'll agree it was a perfect evening:

fantastic location, fabulous food and one of those glorious hot, balmy evenings you can only hope for. A huge thank you to Boehringer Ingelheim for their very generous sponsorship – and their continued support.

With grey skies and what seems like endless rain at the moment it doesn't feel very summery, but things are certainly hotting up on the Guild front. Kicking off on 6th October, at the King's Fund, we'll be debating the controversial issue of breast screening. It will be an evening not to

be missed with top experts revealing the latest thinking on screening. Do put the date in your diary as it promises to be a fascinating event.

We are also hoping to reschedule our health and fitness event (more info soon) but at the beginning of February I am delighted to announce that we will be running the Guild Awards! Jatinder will be sending out information shortly on the categories and how to enter so look out for the alerts. Meanwhile, it may be time to get those cuttings on order...

Looking forward to seeing you in the autumn.

Michele

SAVE
THE DATE

BREAST SCREENING: help or harm?

WHERE: THE KING'S FUND Cavendish
Square, London W1G 0AN

WHEN: Tuesday 6 October 2015

TIME: 6.30pm

Baffled, confused and frustrated by the great mammogram debate? As this is Breast Cancer Awareness Month, come and hear the latest thinking on this subject. It's also your chance to put your questions to top experts and generate winning stories, so put the date in your diary.

- Kindly sponsored by The Really Healthy Company and HB Health
- To book your place please email Jatinder at: admin@healthwriters.com.



EDITOR ALERT

We're looking for a new editor to take over Health Writer online from January 2016.

Produced six times a year, the job involves coming up with ideas, commissioning willing members to produce informative features on areas that matter to us all, editing members' news and liaising with the chair and designer.

Talking of which, we're also recruiting a new designer to take over at the same time.

At present the newsletter is produced in InDesign but it may be possible to convert the format into an email template.

Interested? Please email Jatinder at: admin@healthwriters.com

SUMMER NIGHTS!

A good time was had by all at this year's summer party, held at Duke's Hotel, in Piccadilly...



From left to right: Michele Simmons, Lindsay Morgan, Jill Palmer, Charles De Wit (Medical Director UK & Ireland, Boehringer Ingelheim)



From left to right: Jane Dean, Jill Leslie, Jan Fairfax and Barbara Rowlands



From left to right: Judy Hobson, Pat Hagan and Jo Willey



From left to right: Carole Stone, Michele Simmons and Jo Waters



Sara Dawson and Avni Trivedi



Jatinder Dua and Nicola O'Connell



Helen Cowan and Jill Palmer



Oliver Gillie and Heather Maisner



Eva Gizowska and Karen Evennett



Jane Symons



Helen Foster

PHOTOS: RUPAL SHAH-SEKHAWAT

With thanks to Boehringer Ingelheim for their generous sponsorship



The 2016 Health Writing Awards

Yes, it's finally happening! We're delighted to announce that the sponsors are in place, the categories sorted and the date (11 February) for the return of this prestigious awards event. Jatinder will email full details in the next three weeks, but meanwhile, get those cuttings and PDFs sorted of the best of your work published in print or online between 1 March 2014 and 26 October 2015 (so there's still time to produce that winning entry!).

For further information on Members' News and forthcoming events visit www.healthwriters.com

A DAY IN THE LIFE OF...

Victoria Goldman

...on when to ban social media, a wish for more hours and the benefits of being a freelancer

Do you work mainly from home or in an office?

Until I had children, I used to work in an office for part of the week, but now I'm based at our dining table. I'm usually surrounded by books, folders, my Macbook and whatever my children have left lying around that morning. Sometimes I head to the settee for a change of scenery. That's as adventurous as it gets. Both of my sons (14 and 12) are now at secondary school, and this has made a big difference to my working hours. It can be difficult to concentrate in the school holidays, but I've learnt how to tune out the noise.

How much time do you spend on Twitter and Facebook?

Definitely too much time. I start off my day checking both Twitter and Facebook. I see if anything's happened overnight that's relevant to health features I'm working on, but then tend to get sidetracked. I have a book reviews blog (*off-the-shelfbooks.blogspot.co.uk*) and publish something on there at around 8.00/8.30 most mornings. I tweet the link and post it on some Facebook



This is the busiest I've been since my eldest was born. As well as writing features, I'm one of BUPA's freelance health editors. I review, reference and rewrite the BUPA website health information. I devote at least one day a week to this. One minute I'll be researching asthma and the next it will be stoma care. The work is very varied, but requires my full attention. I actually ban social media from my dining table on those days to make sure I concentrate.

If you could change one thing about your working day, what would it be?

I know everyone says this, but I need more hours. On most days, I work from around 8.30am until my kids come home at 4.30pm. I carry on working for another couple of hours if I have a deadline coming up. Once or twice a week, I pop to a supermarket during the day, which is a benefit of being freelance. But I very rarely meet up with friends. I started writing a novel a while back, but now struggle to fit that in. I'm hoping to get myself into a better routine after the summer. I'm also sent a lot of fiction books to review, so I end up reading late into the evening. I would love to get paid by a magazine to review books, as this would give me an excuse to read during the day!

book clubs too. I also chat to authors, publicists and other book bloggers on Twitter throughout the day and evening – it's become an addiction.

What are your favourite features to work on?

I write a lot of features for pharmacy trade magazines, but steer clear of NHS policy. I much prefer writing about health topics such as allergies, digestive problems, women's health and pain management. I write for some consumer magazines too – I love this work but it isn't regular. I usually avoid writing about celebrity health, cosmetic surgery and weight loss. I also edit a quarterly newsletter on the menopause for The Menopause Exchange.

How has your workload changed over the years?

MEMBERS' NEWS



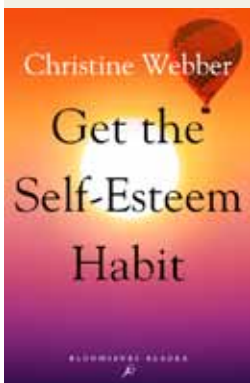
What's new with fibre?

There can't be many of us who don't know about the revised (downwards) recommendations on sugar intake from the Scientific Advisory Committee on Nutrition (SACN). But what about the new advice on fibre? Check out nutritionist **CHARLOTTE STIRLING-REED'S** blog post.

● www.snutrition.co.uk/2015/08/fibre-sacns-new-recommendations



“*Let food be thy medicine and medicine be thy food.*”
Hippocrates



Feel good about yourself...

...with **CHRISTINE WEBBER'S** latest title for Bloomsbury Reader (£4.99, www.bloomsbury.com). A practical, how-to book based on cognitive behavioural methods, this is the third of Christine's out-of-print self-help books that she has rewritten and updated. 'I'm sure that many members have got old titles, which could benefit from an update and then be published again one way or another,' recommends Christine. 'it brings in a modest revenue and raises your profile.'



Go for green

Following on from her successful Supercharged Juice & Smoothie Recipes book, **CHRISTINE BAILEY'S** new title, **Supercharged Green Juice & Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-supplements** includes a choice of a three-day detox, a week-long diet or a 30-day programme.

● Available from Amazon, £9.55. More details from www.christinebailey.co.uk.



Almost a winner!

JEROME BURNE, who edits the blog **HealthInsightUK.org**, was one of the the three nominees for blogger of the year. He was highly commended after losing out to the BBC. Jerome's blog is a forum for those interested in shifting the heavy emphasis on drugs as the best way to tackle those with chronic lifestyle diseases, to a more serious and well-funded focus on tackling underlying causes.



MEMBERS' NEWS



Fun in the sun

Dinosaur Douglas tackles the growing vitamin D deficiency problem in children in **HEATHER MAISNER'S** latest title **Dinosaur Douglas Has Fun in the Sun** (£4.99, www.dinosaurdouglas.com). In picture book format, Heather joined forces with two paediatric consultants to tackle the subject in an appealing yet informative way.

Remember me...



...is the theme of September's World Alzheimer's month and **MAGGIE**

LA TOURELLE will be a guest on Anthony Peake's **Consciousness Hour** radio programme on 13 September.

● Check her website for full details and other events <http://thegiftofalzheimers.com/>



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Dr Carol Cooper

INTERESTED IN FERTILITY?



DR MARILYN GLENVILLE

is hosting a fertility retreat at **Champneys Tring** in November and is offering health writers interested in covering the subject a complementary one-day place on 14 November. A unique

opportunity to learn how nutrition can boost fertility and prevent miscarriages, fertility expert Dr Glenville will also explain how to improve chances of successful IVF.

● Places for journalists are limited, so let Erica at: CCD PR (Erica@ccdpr.com, 020 7434 4100) know if you can attend asap.

Erica is also best contact for expert comment from Dr Glenville.

Medicines overuse



ANNETTE SHAW is assisting The Council for Evidence Based Psychiatry (CEP) to raise awareness of the growing problem of over-prescription of psychiatric medication. The CEP is offering five free places to Guild members at a one-day conference on the subject at the University of Roehampton on Friday 18 September.

● Email Annette at annettesthaw08@btinternet.com for details.

● For the programme visit, cepuk.org/moreharmthangood.