

A word from the chair



NOVEMBER
2015

Firstly, huge thanks to our terrific speakers who inspired us all during our recent 'How to Reinvent yourself' workshop. Apologies to those of you who couldn't make it. We do know there were many of our members who would have liked to have attended and so you'll be pleased to hear that we will be running a similar event again – but this time we'll give considerable advance warning!

While on the subject of advance warning, please put December 9th in your diary and come and join us for the Guild Christmas party at L'Escargot – London's oldest and most glamorous French restaurant in Greek Street. It kicks off at 6.30 so look out for further information from Jatinder.

Lastly a plea – to all members: your Guild needs you! The Guild has always been dedicated to raising the profile of health

journalism – and of you, the health journalist, as well as offering regular workshops, events and opportunities for networking. However, to continue to deliver varied, informative and exciting events, we need help. We are looking for people to join the committee as well as those who may just be keen to help out on an occasional basis, on a specific event. Apart from being fun it also gives you a chance to help make the Guild a membership organisation that reflects your needs as well as the other members'. More importantly, if we don't have a committee, we won't be able to continue to offer the range of activities that we do so, we really do need your help!

Do have a think about it and if you have any questions, or want to know more, please get in contact. Meanwhile, looking forward to seeing you on the 9th.

Best wishes, **Michele**

The art of reinvention was the theme of a Guild event last month.

Lee Rodwell took notes

First of all, apologies to everyone who had been looking forward to the mammogram debate. We had to cancel when the sponsors – unhappy with the line-up of speakers – pulled out at a very late stage. But it's an ill wind ...

Faced with the prospect of losing the venue booking deposit, the committee decided to stage a different kind of event altogether. And although not everyone who would have liked to attend was able

to make it at such short notice, those who did agreed that How to Reinvent Yourself... and give your career a boost was both enjoyable and inspiring.

The first of the three speakers was **Liz Hodgkinson**. Liz has constantly



reinvented herself to keep her journalistic career going amid rapid changes, both in the market, and her own interests. Her first

'You have to be a bit ahead of the time. Look for the next big thing. Ask yourself: "What is going to be of interest to the reading public? Is that of interest to me?"'

Liz Hodgkinson



The art of reinvention cont'd

Fleet Street job was as a fashion writer, followed by a long career as a health journalist. After that she wrote about property and she is now amusing us with features on various aspects of getting older.



Next up was **John Illman**, a former national newspaper health editor

and medical correspondent, now an author (soon to be publisher) and a visiting lecturer at the universities of Westminster and Cambridge.



The third speaker was **Carole Stone** OBE, broadcaster, journalist and

media consultant who has been called Britain's best-connected woman.

All three speakers had plenty of tips based on their own experiences. See right for just a few of them:

'Remember the Norah Ephron quote: "Everything's copy." How could you ever run out of topics to write about?

Liz Hodgkinson

'Whatever you choose to do, choose something you are passionate about 'Begin with the end in mind – what do you REALLY want? A new career in your mid 50s – or would you rather rent out your property and go and live in India?

John Illman

'Life is like hot air ballooning – you think you know where you are going until the wind changes and you end up somewhere else. But if that's where you end up, make the most of it. Never regret what you've left behind.'

Carole Stone

The GHW Christmas Party 2015

Guild parties are always good fun! So don't miss out on festive cheer and a chance to catch up with friends and colleagues at L'Escargot – London's most glamorous French restaurant.

DATE: Wednesday 9th DECEMBER 2015

TIME: 6.30 – 9.30pm

VENUE: Salon Noir, L'Escargot Restaurant, 48 Greek Street, London, W1D 4EF

TICKETS: £12 for Guild members; £18.50 guests and non-members

Hope to see you there!
Email *Jatinder* at admin@healthwriters.com to book.

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Want to make a difference? Are you bursting with ideas for events, seminars and debates?

**YOUR
GUILD
NEEDS
YOU!**

Then the main committee of the Guild needs you. It's not onerous (we meet around every two months at a central London location) and those who have served on the committee agree that it's really satisfying seeing your ideas come to life at a lively debate or professional development seminar that has got everyone talking.

If you're interested and want to know more, then email Guild chair Michele Simmons at: michelesimmons@btinternet.com for more information.

A DAY IN THE LIFE OF...

Susan Aldridge

on being a hot desker, the joys of blogging and fear of internet trolls

Do you work mainly from home or in an office?

I edit a quarterly magazine for Diabetes UK so, when we are producing this, I am office-based in Camden. I have become a hot desker in recent months, as our creative/content team has grown, so I am always careful to leave my desk tidy at the end of the day – a great discipline. At home, my office gets very messy by the end of the year and my Christmas project is always to do a big declutter and start all clean and tidy in January. I really enjoy working in libraries too and often visit the British Library (turn up early to get a desk – it's very popular) or the Royal Society of Medicine (membership is pricey but worth it) if I'm doing work where I really need to focus – I love the quiet of the library environment.

How much time do you spend on Twitter and Facebook?

I like Twitter, though my presence there is intermittent. I have yet to be convinced of the merits of Facebook for getting work or useful contacts. So the answer is – not much at all.



What is your favourite type of writing/editing work?

Anything academic, with loads of references, and a timeline of months, rather than days. I have also discovered the joys of blogging – I write about restaurants, films, dogs and food. But, apart from my A to Z of Superfoods, which is the guest blog on Guild member Frances Ive's Healthy Soul website, these are of very limited circulation – at least at present, because of my fear of fame, money – and internet trolls. I am also working on a novel and excited about the prospect of (eventually) self-publishing it (maybe in 2016).

How has your workload changed over the years?

My work life is much more predictable now and it's therefore easier to plan. I spend less time chasing invoices and meeting unreasonable deadlines, more time doing what I hope I'm good at. However, I sometimes kind of miss the variety of work I've had in previous years.

What is the best thing about freelancing?

The freedom of the freelance life attracted me 20 years ago from a 'steady' job in research and I've never regretted the decision to switch for a moment. In health and medical writing, you have the opportunity to meet – and learn from – the experts and that's always going to be rewarding. There's also the possibility that something you write might actually help someone.

● *We're delighted to report that Susan Aldridge is taking over as editor of HealthWriter online from January 2016. She has some great ideas for future content and would like to hear from members about ideas for features or regular column slots.*

● *Please email your ideas to Jatinder at: admin@healthwriters.com*

MEMBERS' NEWS

Wellbeing calendar

Intended to provide year-round inspiration, blogger and founder of Superwellness, **ANGELA STEEL** has produced a 2016 calendar that includes key health-related campaign dates and recipes.

● Price £8.99 (10% discount for members) from www.superwellness.co.uk/eat-well-at-work/2016-wellbeing-calendar-insider/. Password: Insider. More info from angela@superwellness.co.uk.



Food Matters

Two members feature at Food Matters Live on 17 November at London's Excel exhibition centre.

Adding to her highly successful FreeFrom Awards, which **MICHELLE BERRIEDALE-JOHNSON** launched nine years ago, comes the **FreeFrom Eating Out Awards**. Both aim to raise awareness of the needs of those with food allergies and intolerances, and coeliac disease.

View the shortlist at www.freefromeatingoutawards.co.uk/shortlist-15.html.

Winners will be announced by Antony Worrall Thompson.

● For more info, contact Michelle at michelle@foodmatter.com.



Nutritionist **CHARLOTTE STIRLING-REED** will be giving an overview of the UK guidelines and recommendations on maternal and infant nutrition. Charlotte also produces a monthly newsletter covering her work and the latest nutrition news.

● You can sign up for this at: www.snutrition.co.uk.



Do you know anyone who needs nursing home care?

Respite and post operative care also available



We currently have spaces available at our registered nursing home, Pickering House. Situated on the outskirts of Dorking, a pleasant market town in Surrey, it is located in Green Belt countryside and within a designated area of outstanding Natural Beauty. The Home, itself, is surrounded by approximately three acres of extensive, landscaped and fully accessible grounds.

The Home offers 24 hour nursing care. Residents are encouraged to maintain their independence, assisted and supported by a dedicated staff to help meet their physical, emotional, social and spiritual needs and wishes. Residents are given a choice in the way help is provided and how they spend their time with an emphasis on the quality of life and social activities. Respite care is also available on request.

Eligibility for financial help and accommodation. Applicants need to have made a living for a minimum of 2 years as a journalist or be a relative of a journalist.

Journalists' Charity

Helping journalists in need since 1864

More information: Pickering House Website Contact: Enquiries@JournalistsCharity.org.uk

MEMBERS' NEWS



In the raw

Nutritionist, chef and author

CHRISTINE BAILEY has two new titles out on 7 January 2016.

The Raw Food Healing Diet (£9.98, Amazon) is an introduction to the benefits of giving your cooker a rest and your health a boost by eating foods in their natural state.

For fans of the Paleo diet, Christine's **The Paleo Healing Bible** (£10, Amazon) provides a practical overview of how to get your body back in tune with this processed food-free lifestyle. Complete with recipes and quick reference food chart.

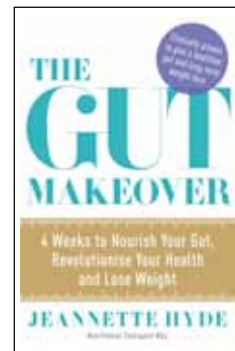


The era of the gut

Judging by the number of books on the gut in recent months, 2016 is set to

continue exploring the link between good health and the gut microbiome. Medical nutritionist **JEANNETTE HYDE's** new book explores how to make over your own diet to ensure beneficial gut bugs bloom and thrive.

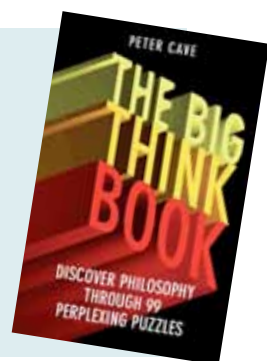
- Due out early January, **The Gut Makeover** costs £14.99 and is published by Quercus.
- For more info, extracts and interviews with Jeanette, contact Hannah.robinson@aquercusbooks.co.uk or call 020 3122 7073.



Wonderful to weird

Philosophy lecturer and author **PETER CAVE'S** latest book, **The Big Think Book**, contains 99 puzzles to help readers discover philosophy in an engaging and humorous manner.

- Price £9.99, a 15% discount and free p&p is available from the publisher One World at: oneworld-publications.com, quote code THINK15.

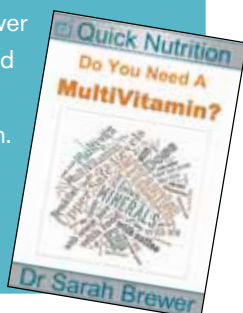


FREE EBOOK

Do you need a multivitamin?

DR SARAH BREWER'S latest 46-page **Quick Nutrition guide** covers vitamins and minerals and why they're vital for optimum health. Covering the health complaints that result from deficiencies in these micronutrients, Dr Brewer describes how much you need and includes a guide on how to select the right multivitamin.

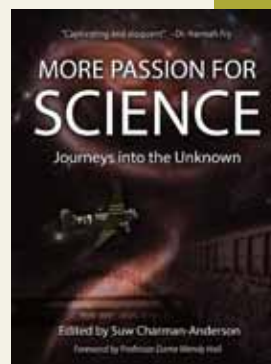
- Download it from: nutritionupdates.subscribemenow.com.



Women in science

Celebrating the often-unsung achievements of women in science, technology, engineering and maths, **More Passion for Science: Journeys into the Unknown**, includes a chapter on Russian mathematician Sofia Kovalevskaya by **MANDIP AUJLA**.

- Just £1.99 from Amazon, it was released on Ada Lovelace day, 13 October 2015.

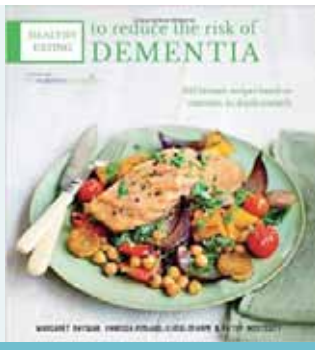


MEMBERS' NEWS

It's a winner!

Healthy Eating to Reduce the Risk of Dementia, co-authored by **PATSY WESTCOTT** with Prof Margaret Rayman and dietitians Vanessa Ridland and Katie Sharpe won Highly Commended at the BMA Book Awards in October.

- *Kyle Books £14.99.*



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Fertility outreach



Poundbury Fertility's Medical Director **MICHAEL DOOLEY** recently

announced a collaboration with The Lister Fertility Clinic and membership of the Infertility Network UK (INUK) Clinic Outreach Scheme. This collaboration will help the Poundbury Clinic further support patients by hosting patient support groups and being involved with INUK's activities and events.

Michael Dooley has also just been appointed as the only UK member of the International Olympic committee on pregnancy and the elite athlete.

Eat well starts at school



Following the success of her Facebook page, The Food Teacher **KATHARINE TATE** has just released her first two books. **No Kitchen Cookery for Primary Schools (£17.23)** and **Heat-Free and Healthy (£8.58)** provide teachers and children with easy recipes that can be prepared in the classroom.

- Available from Amazon, at Food Teacher events and from Katharine's website.

Explore more at facebook.com/thefoodteacher or email Katharine at info@thefoodteacher.co.uk.



When I was me...

..is the title of **HILARY FREEMAN's**

seventh young adult novel, published in September.

- Published by Hot Key Books, it costs £6.99.