

A word from the chair



DECEMBER
2015

I am not sure whether you made it to our Christmas party but it was wonderful to see so many of you there. It was a great evening as you can see from the photos here and on pages 2-3.

Also many thanks to the many members who wrote to Jatinder and myself saying how much you enjoyed the evening. It was much appreciated and always good to hear that members thought the event was a good one – particularly when it's the Christmas party!

The next biggie in the Guild calendar is the GHW Awards. They have been in the planning for some time and so the process is well under way. The shortlist will be out in mid-January – look out for an update which will be winging its way to all members as soon as the judges have met. Meanwhile, do make sure you put the date of the Awards ceremony in your diary. It's 11 February, at Foyles in Charing Cross Road.

Having seen many of the entries, I can tell you we have some impressive candidates

so it is bound to be a very exciting evening!

On a completely different subject, I would like to give a huge thanks to Jean Elgie and Wendy Hawley who have tirelessly brought us the newsletter, issue after issue. They are both stepping down after years of dedication and I know you'll all agree that they have done a fantastic job. So a very special thank you to both for all their hard work.

Lastly, don't forget we are looking for members to join our committee. If we are going to continue to deliver varied, informative and exciting events we need help – whether regularly or simply for a specific event. Apart from anything else, it gives you a chance to help make the Guild a membership organisation that reflects your needs – as well as the other members.

So, do have a think about it and if you have any questions, or want to know more, please get in contact. Meanwhile, wishing you all a happy, healthy Christmas and New Year.

Michele



Christmas cheer: from left, Frances Ive and Susan Aldridge



From left: Angela Dowden and Janette Marshall



HAPPY CHRISTMAS

Guild members enjoy some festive networking at this year's Christmas do, which was held in the glamorous Salon Noir, at L'Escargot, one of London's most famous restaurants.



Joy Ogden and Corinne Swainger



Jean Elgie, Tessa Hilton and Hilly Janes



Dr Carol Cooper, Jeremy Grundy and Kay Williamson



Michele Simmons and Jatinder Dua



Maggie La Tourelle and David Ward



Eva Gizowska, Mars Webb and Sally Brown

Thanks to **Victoria Health** for kindly sponsoring our Christmas party.

Photographs: **Susan Aldridge** and **Liz Bestic**





HAPPY CHRISTMAS



Madeleine Bailey and Tracey McAlpine



Jane Dean and Trish Lesslie



Maggie La Tourelle and Gill Jacobs



Liz Bestic and Oliver Gillie



Jerome Whitney and Lee Rodwell



Rob Hobson and Suzie Sawyer

Thanks to **Victoria Health** for kindly sponsoring our Christmas party.
Photographs: **Susan Aldridge** and **Liz Bestic**



A DAY IN THE LIFE OF...

Angela Dowden

on eating when hungry, the ebb and flow of work and the joys (and perils) of Facebook

Where do you work?

Most of the time in our tiny two-bedroom cottage. I often start propped up in bed (I know, I know!), transferring to the dining table downstairs later. Mondays are usually spent at my local Jelly co-working group (www.uk-jelly.org.uk) at a pub in Leamington Spa. I've made some good friends there – regular attendees include a translator, a feminist games journalist and a Swedish research dietitian writing up her PhD.

How do you organise your day?

I have a paranoid fear of saying 'no' to anything, but still find writing really hard even after 18 years. It means I just have to keep going until it's done, including evenings and weekends. On a good day, though, it will all go swimmingly and I'll even fit in a run and the Archers. Recently my 14-year-old son went away to school on a sports scholarship so I'm getting used to the extra time afforded by not driving him to training a zillion times a week. The downside is missing him terribly, of course.

Do you start the day with a good breakfast?

I eat when I get hungry – this morning's 'breakfast' was at



10 o'clock and consisted of two slices of toasted fruit loaf, fruit and yogurt. I'd eat eggs if I didn't hate them so much. A good long fast overnight is healthy, so if you don't have to leave the house just eat when you feel ready is my feeling.

Has your work changed over the years?

So much. Some of it just due to the ebb and flow of my life – I've had a baby, been divorced, moved house a couple of times and remarried while freelancing. For me, the late 90s and early 00s were clover days work wise, with new magazine launches, decent rates and everybody wanting to know about nutrition. I never had to pitch, the work just endlessly rolled in. I remember thinking 'I'm earning more than a GP'. Let's just say I definitely do not earn as much as a GP now.

I'm doing all right because I have to, but still trying to make a properly decent living from traditional print media is hard. These days I'm open to doing nutrition consultancy for PR companies and I offer recipe analysis too. Some things never change – being asked to write an LBD diet coming up to Christmas for example.

What are your favourite features to write?

I'm so lucky to have a regular diet spread in *Woman's Own* at the moment. I have preferred editors and publications rather than favourite features. For instance I like writing for the Mirror because it seems to fit my style and there are rarely any edits. It's nice to do general health for a change, as I'm usually pegged as just doing nutrition.

How much time do you spend on Twitter and Facebook?

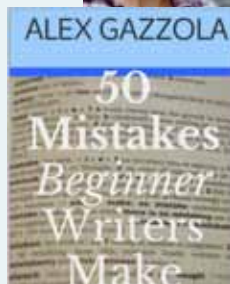
When I first started tweeting I was a bit addicted to it. I now use it only for work and find it very useful for connecting with dietitians and nutritionists. I'm less into it now than I was and probably don't tweet enough. However, I'm a terror for looking at Facebook (my personal account) the minute I lose concentration on something, which happens too many times a day. I beat myself up because I don't blog or have a particularly strong social media presence. It's always on my list of things to get round to, as is an update of my website.

MEMBERS' NEWS

50 shades of mistakes

ALEX GAZZOLA has published a new ebook, *50 Mistakes Beginner Writers Make*, aimed at new and aspiring magazine and newspaper journalists. As well as his own health journalism, Alex has been teaching writing and journalism via correspondence courses for 10 years, and the book is a distillation of all the key advice he has given to students.

● Available on Amazon (£1.99), or through his blog www.mistakeswritersmake.com



Food Matters

Since presenting at Food Matters Live on UK Maternal and Infant Nutrition policies, nutritionist **CHARLOTTE STIRLING-REED** has written two blogs on maternal nutrition, one for *Harpers Bazaar*.

● More info at www.srnutrition.co.uk



The art of reinvention

Following our recent event on **How to Reinvent Yourself**, **CHRISTINE MICHAEL** reveals she has been blogging about The Archers on her **The Ambridge Observer** (<http://ambridgeobserver.blogspot.co.uk>). Started in January this year, it now has more than 100,000 views and is promoted by the BBC's social media. Next up is a plan to turn it into a book to convert a labour of love into a paying proposition.



The art of rebranding

HELEN FOSTER has rebranded her award-winning blog Health-e-Helen. Now called **Not Your Normal Health Blog**, it's aimed at the average woman who just wants to make being healthy part of a normal life. She's happy to do guest posts on relevant websites or provide quotes for any New Year fitness or motivation features.

● <http://notyournormalhealthblog.com>



The white stuff

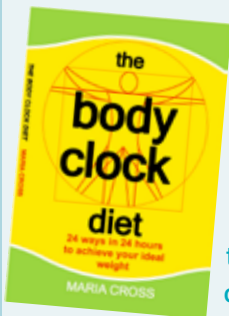
What's the link between sugar and obesity? What are the facts behind the headlines? **MICHAEL BABER** attempts to answer both questions in **Healthy and Wealthy**, the result of a research project he led to explore the health and economic implications of mass-produced junk food.

● Free to download from www.agewatch.org.uk/assets/documents/h-w-5



MEMBERS' NEWS

Eat in tune with your body



The Body Clock Diet: 24 Ways in 24 Hours to Achieve Your Ideal Weight (£7.99, Amazon) by nutritionist

MARIA CROSS is out on 2 January. Divided into 24 sections, the aim of this

weight loss guide is to show readers how to eat, drink and exercise in harmony with the body's

circadian rhythms and metabolic hormones.



Arts and health

HILLY JANES is working with a new social enterprise that promotes the value of the arts and culture in creating better health. Aesop

launches at the Royal Festival Hall on 5 February

with a day of performances and debates, showcasing

24 arts-in-health organisations.

Jeremy Hunt will be there along with leading health commissioners and decision-makers, who will hear about Aesop's new evaluation framework and a 'dating site' that hooks up commissioners with arts organisations.

● More information: www.ae-sop.org



Wellbeing weekends

DR MARILYN GLENVILLE is running another series of her Women's Wellbeing Weekends and Day Retreats at luxury health spa Champneys' Tring. **Fat Around the Middle – how to lose it for good** is on Saturday 23 January and on Saturday 20 February is **Natural Solutions to the Menopause and Prevention of Osteoporosis**.

Numbers are limited leaving plenty of time for questions.

● email: donna.gambazza@glenvillenutrition.com

Ask the expert

Friend of the Guild, **MICHELLE REDMOND** has taken on the PR for the British Herbal Medicines Association (BHMA). For expert interviews and quotes, contact Michelle at michelle@minxpr.com

MAIN COMMITTEE

Michele Simmons
Honorary Chair

Janet Horwood
Honorary Secretary

Jean Elgie
Honorary Treasurer

Eva Gizowska
Membership Secretary

Lee Rodwell
Georgina Bentliff
Karen Evennett

ADMINISTRATOR
Jatinder Dua

GUILD PRESIDENT
Dr Carol Cooper

Welcome to our new members

Dr Tony Rao, NHS Consultant and freelance writer, and Ann Robinson, freelance writer, are full members. Founder and Editor of **Fighting Fifty**, Tracey McAlpine, is an associate member.

SAVE THE DATES

The Guild awards on
11 February 2016
The Guild AGM on
27 April 2016