

MINUTES OF THE BANT AGM JUNE 12TH 2004

Kings College, Franklin Wilkins Building, 150 Stamford St, London, SE1 9NN

1 Welcome

Emma Stiles (recently married – congratulations Emma) welcomed those present and the exhibitors and thanked them for their support. Exhibitors were Biocare, Nutri, Equazen and Wheat & Dairy Free Supermarket.

2 Minutes of the last meeting

The minutes of last years AGM were accepted. Proposed Emma Stiles. Seconded Amanda Whitewood

3 Chairs Report

ES reported on a huge increase in membership. In 1997 it was at 100 with council at 6 people. Now it is at 967 with the same number of council positions. She expressed concern over the amount that such a small council can do to furnish the needs of such a membership and reminded members that council was continuing to work for them all and the trade of the Nutritional Therapist.

She thanked all committee members. Council is considering a means of paying attendance fees to council members in order to make it a little easier for people to take part. She reported that we were seriously short of members willing to give some time to being a council member. Benefits include being part of an energetic team of dedicated workers and feeding off their enthusiasm, taking part in some really high profile meetings and generally getting to know the grass roots of the business.

Anyone willing to be involved is invited to contact us outlining their particular interests and strengths. Committees include PR, Education & Training, Ethics and we feel there is a need to form a Supplements Committee.

As we grow so does the cost of administration which will be reflected in the streamlining of the current database and website in general in order to improve communication.

4 Nutrition Therapy Council

Tracy Callis ('TC') reported on the NTC. The NTC website will be up soon.

NTC continue to work towards voluntary regulation (Statutory Regulation was not deemed necessary for NT's but this may soon be changing). Once regulated we can approach the private health companies and request that they cover the costs of clients using NT.

The NTC Core Curriculum (CC) will be finalised later this year. NTC is responsible for ensuring the colleges meet the required standards to meet the CC and NOS (National Occupation Standards) and the colleges are now streamlining their curriculum in advance of receiving the final CC.

The NTC will set the CPD requirement. At present BANT's requirement is voluntary.

5 Education and Training

Amanda Whitewood reminded everyone that the NOS would need updating within the next 2 years and that everyone should now be familiar with their contents. They can be downloaded from www.skillsforhealth.org.uk. She reported that the CC is out for consultation now and the next process was for accreditation of training establishments by the NTC. She pointed out that BANT was not an accrediting body itself. Many colleges have approached us to become recognised training establishments allowing their students access to membership of BANT on qualification. She assured those present that every effort is made to ensure that the prospectus for all courses fit the CC and NOS but no actual process of accreditation will have taken place at present. She assured members that those colleges listed on BANT website were the only courses recommended by BANT and that we did not approve 6day/6 week courses.

6 CPD

CPD has been a huge growth industry for BANT. However as NT is not regulated at present any CPD we do is not enforceable but voluntary. Therefore BANT continues to advise members to do CPD and keep their records straight in preparation for any need of proof of past CPD in the future to back up regulation either voluntary or statutory.

Included in current CPD credits are generally Solgar, Biocare and Nutri seminars, Mushroom symposiums, Food and Mood conferences, Metabolics, Nutrilink and Nutricentre seminars.

CPD logging will be available to download from the website shortly. It is important for members to rate seminars on a scale of 1-5 where 5 is highly informative remembering that everyone has different strengths and knowledge so a seminar valued at 5 for one person may be a 1 for another.

7 PR

Jayne Nelson reminded members that PR was directed at the members and the public. As we grow so do the number of enquiries from members and the public. This reinforces the need expressed by the Chair at the beginning that BANT needs more of its members to come onto council and onto subcommittees.

On display was the BANT exhibition stand used at the Brighton Natural Trade fair and the WDDTY Cancer Conference and the BANT banner. Members were notified that there will be a BANT meeting at the Harrogate Natural Trade Fair particularly to make it easier for northern members to meet council and network. We hope that members support this event and turn up in good numbers. We will be reporting back from this AGM and answering questions raised. Look out for your invitation in the CAM magazine. [Harrogate Meeting Natural Trade Show September 20th from 13.15 – 15.30.]

The website will be undergoing reconstruction in order to streamline procedures for keeping the database up to date and provide more direct contact for the members. We anticipate a level of interactive access also.

The number of regional co-ordinators increased a little in response to the last newsletter but there is still a great need for more so that we can get information out directly and easily to members. For example there are frequently opportunities to do TV, radio and journalistic work but these usually are at short notice and without the regional co-ordinators we cannot get the information out quickly. A bonus is that regional co-ordinators also are clearly highlighted on the web which provides them with more publicity than other members.

BANT accompanied Stephanie Sang, a Petersfield mother with secondary progressive MS, on the first of a double marathon on the day of the London Marathon 2004. We started at 2am in the Mall, got to Blackheath at around 9.30 and then Stephanie started again at 10 and finished around 5.15pm. Look in Junes CAM magazine for a short report.

BANT continues to enjoy exposure at high profile seminars run by the Westminster Diet & Health Forum and the Parliamentary Food & Health Forum.

8 Ethics

John Hitch, Chair of Ethics, reported on 7 "complaints" referred to this committee in 2004. 4 were clients were unhappy with the service they had received – all were dealt with satisfactorily. Two issues are currently in hand: A trade association complaint about the apparent constraints placed on their membership set by the BANT codes, and a NT company website that is misleading by stating, incorrectly, how their BANT members conduct consultations. The seventh item requested of Ethics was: could the BANT Codes be taken and used, by non-members, in another workplace – the answer given was "no".

JH reported that all codes have been fully looked at with a view to updating them. 23 have now been deleted, 40 not changed and the remaining 100 will have some change. 4 new codes have been inserted. All members are urged to ensure they have Codes to hand at all times and the Ethics Committee will issue updates to be inserted as and when available.

Regarding commission payments: Code 4.8 currently gives permission to act as a retailer. Provided this 'interest' is disclosed to the client then the trade discount can be retained. It remains impermissible at this time to receive commissions from 'down-line' (unknown users who are not clients) as in multi-level marketing. However practitioners are free to purchase such products, when considered best suited to the needs of their clients, by providing them directly to **current** clients whilst part of a programme agreed with, and regularly reviewed with, the client – preferably on a face to face basis..

The four new Codes cover the 1) EU requirement for labelling supplements, 2) the requirement to meet current Health and Safety legislation, 3) the requirement to meet the 'First Aid for the Appointed Person' and 4) adequate insurance cover for all practices.

Any complaints or questions for Ethics should be referred through the Administrator.

9 Finance Report

Copies of the financial report were circulated. (enclosed)

Total income for 2003/2004 was £66702. The expenses, including the NTC subscription were £59900. That has left a surplus of £6802 in the account. Administration services account for 60% of BANT expenditure. These include things like the cost of the administrator, stationery, postage, web maintenance and telephone costs. Public Relations services and advertising account for 8% of BANT expenditure. Total membership is running at 976 with full membership at 512 and students at 457. Of the students 140 are from ION, 91 from Westminster, 58 from BCNH, 47 from Kevala, 41 from CNE and 37 from Rayworth. Both full and student membership is expected to increase substantially over the next couple of years.

10 Election of Officers

There were no officers to elect.

11 AOB

11.1 Boundaries Report

BANT has, over the past few years, continued to work with other parties in the nutrition industry including the British Dietetic Association and the Nutrition Society in order to understand the differences between the dietician, the nutritionist and the nutritional therapist. BANT have welcomed the Boundaries Report commissioned by the government which outlines the perceived and actual differences between these three groups. (The publicising of this report will be useful in order to clarify misperceptions such as those stated in the recent article in the Body and Soul Times supplement May 8th 2004). BANT council have prepared a comprehensive response to the report.

In essence the findings of this report will form evidence to be presented to government regarding whether nutritional therapy should or should not become a regulated profession similar to the dietician. The definition of a regulated profession is if it has potential to be a danger to the public. Several years ago the government reported that Nutritional Therapy did not fit this definition and therefore did not need statutory regulation. This report may show that perceptions have changed.

In addition, members may know that the government is keen to form a CAM council on similar lines to the Health Professions Council. BANT Council feel that we should come under the umbrella of CAM and not HPC.

We are monitoring the situation and will keep members informed as and when we have information to share.

11.2 In response to the Times article BANT council will be responding directly to the author clarifying a few points and pointing out BANTs correct name. The response had been delayed whilst waiting for the Boundaries Report to be released.

11.3 In order to protect yourself with regards to insurance BANT suggest that if you use invasive testing even if you do not perform it yourself e.g pinprick tests and results. Advise your clients to perform the test in their own home and bring/report the results to you.

11.4 A member, an original member, from the SPNT days, thanked the council for all their hard work and reflected on how informative the meeting had been.

11.5 A final year student requested participants for her research project. Council reported that they will include a Surveys menu on the web and urge members to assist these students in getting their research done. BANT will not send out research detail but will provide the detail for members to **contact the researcher** direct. Please support these students.

11.6 Please be advised that questions to council can take time to respond to since we are all giving time voluntarily in the midst of our own busy lives. Hence the need for more volunteers for council and committee.

11.7 ES reported that the survey done by Westminster early in 2004 will be published in August.

11.8 Members are urged to perform a self audit using MYMOP. This is a standardised audit program accredited for GPs. Details are available through search engines but will be posted on the web too.

11.9 AW suggested members may wish to approach their GPs and request that they present at the (usual) weekly GP lunch meeting (often the lunch is funded by a drug company). Offering to speak on the nutritional approach to diverse conditions is a means to break into the GP network.

11.10 A member reported on a Penny Stone, asking members to advertise in an NHS directory. Details given (thanks to a concerned member) include:

- a government campaign in which they've invested £4.3 million
- the publication will be out in October and the website in August
- it's an NHS endorsed publication by MIS (can't remember what this stands for but fairly sure the first word is Medical or Medicine)
- the forward of this publication is by the Secretary of State for Health
- the reference entry costs £800 for the first year
- this is all linked to the campaign against obesity
- I was told I was only 1 of 2 nutritionist contacted in my region. When I asked how they made that decision, I was told they have excellent researchers. My response was if the researchers were that excellent, they'd realise that I only work with athletes...

BANT suggest members take care when being approached by such people.

11.11 The NHS Directory that BANT has worked with is published by the NHS Trusts Association. (Copy held by BANT PR). This directory is available in hard back or online but listings of any CAM practitioners are only available to GPs and the Nutritional Therapists listing in the hard copy will be available in the next edition. Entry to this costs £50 and you will be provided with a certificate to display saying you have been accepted as a member of the NHS Directory of Complementary & Alternative Practitioners. David Selwym, Secretary to the trust association, hopes that the online facility will become accessible by the public in the future. If you are interested in being included contact David Selwym, mail@apcgt.org or call 0208 665 1138 and request the forms.

11.12 We will be asking your help also to allow students to sit in on your sessions to gain experience. Please look out for a tick box on your renewals form where you can indicate your willingness to participate.

11.14 EM then shared an amusing fact about the verb 'to bant'. This information can be accessed from the web at www.quinion.com/words/weirdwords/ww-ban2.htm

BANT means 'to diet'....a Victorian precursor of the fashionable Atkins high-protein diet. William Banting was a Victorian cabinet maker and undertaker to royalty (his firm buried Prince Albert and organised the funeral of Queen Victoria). Banting was overweight, but neither diet nor exercise helped him. Finally he consulted a doctor, who told him to cut out carbohydrates from his diet. This was so successful that Mr Banting published a booklet in 1864, *A Letter on Corpulence Addressed to the Public*, extolling its virtues, which sold some 60,000 copies (he made no money from this, not wanting to profit from sufferers; he gave early printings away and the income from later editions was donated to medical charities). His diet became as widely known and controversial in Britain (and later in America) as the Atkins one is in our century, so much so that people took his name to be a participle and created from it—by a process called back-formation—the verb *to bant*.

The meeting closed for lunch.

Mr R Verkerk Director of the Alliance for Natural Health www.alliance-natural-health.org spoke about the legal challenges to the EU Food Directives. He urged us all to continue to visit the website to keep abreast of the fight and also to please support financially the huge challenge. Visit the website and find out how you can help.

BANT thanks the exhibitors for their support of the event.