

MINUTES:
ADSA KZN Branch Meeting held at 9h00 on 26th February 2016
at the South Africa Sugar Association, Umhlanga

PRESENT

See Register

IN ATTENDANCE

Nicole du Trevou

1. Welcome

2. Apologies Received

Sharon Hultzer
Jill Meaker
Belinda Cavero
Michelle Alberts
Samantha Nightingale
Varsha Soni
Duduzile Mtuli
Tobela Mabesa

3. Acceptance of Previous Minutes (13th of November 2015)

Megan White
Kerryn Gibson

4. Matters Arising

4.1 ADSA Membership 2016

Email: Andrew Nkosi (andrew@vdw.co.za) or Kerry Ann Dolloway (kerry@healthandbalance.co.za)
Cost: Full member (R590), Student member (R150), Retired member (R290).

4.2 HPCSA registration 2016

R1433 due by the 1 April 2016

HPCSA are providing off site renewal services in the following areas within KZN (with debit and credit payment facilities only or you can do an EFT (Use your DT number as your reference) 3 days prior to going to the site):

- a) King Edward VIII hospital (compound classroom 1) and UKZN Westville campus: 11-15th April between 9am and 5pm.
- b) Greys Hospital PMB: 18-19th April between 9am and 5pm
- c) Ngwelezane hospital: 21-22nd April between 9am and 5pm
- d) Newcastle hospital: 25 - 26th April between 9am and 5pm

You will receive your card at the site provided your fees are reflected in HPCSA's account. Please note that if you are unable to attend the site then you will still receive your card via the post. You are able to send someone to collect your card on your behalf if you would like to.

4.3 UKZN Post Graduate Award

The student has been notified that they have achieved the award but will not be announced until the cocktail party event where the university will publicly announce it has been held.

4.4 Meeting Fees

Remain the same for 2016:

- R75 (members) / R150 (non-members)
- R50 (student members) / R100 (student non-members)

Thank you to those who do process payment via eft as this does help reduce the total amount of cash on hand. ADSA KZN is in the process of registering with zapper for use at the meetings.

4.5 Professional Indemnity

- Compulsary to have the indemnity for all dietitians within all sectors – speak with Darius from Intersure: Darius@intersure.co.za
- 60% of the indemnity is subsidized by ADSA and is a very cost effective rate

5. New Matters

5.1 Chair Persons Report

200 members (down from 209 members in February 2015)

19 CEU's awarded in 2015

5 Branch meetings and 2 PPD meetings

| | Date | Venue | Topic |
|-------------------------|---------------------|------------------------------|---|
| 1st ADSA Branch Meeting | 13th February 2015 | SASA | AGM & Nutrition in the prevention of NCDs |
| 2nd ADSA Branch Meeting | 23rd April 2015 | Nosh @ Giba | Oncology Tool Kit & PEN Training |
| 3rd ADSA Branch Meeting | 19th June 2015 | 3 Cities Hotel Gateway | Latest Developments in Cancer & Diet |
| 4th ADSA Branch Meeting | 18th September 2015 | Protea Hotel Hilton | Improving Hospital Based Outcomes |
| 5th ADSA Branch Meeting | 13th November 2015 | Paradise Valley | Eating Disorder Management & Guidelines |
| 1st PPD Meeting | 29th May 2015 | Homestead Living Hillcrest | Gut Health |
| 2nd PPD Meeting | 25th November 2016 | The Business Centre Umhlanga | Women's Reproductive Health |
| Year End Function | 5th December 2015 | Litchi Orchard | |

5.2 Treasurers Report

Income: R37961.79

Expenses: R35147.71

Surplus: R2814.08

5.3 PR Report

5.3.1 Branch Meeting Evaluation Forms:

| | | Percentage of those who answered evaluation forms |
|--|------------------|---|
| Meeting venue preference | Durban | 74% |
| | Pietermaritzburg | 23% |
| | No preference | 3% |
| Perceived value of ADSA membership | Yes | 97% |
| | No | 3% |
| Use of practice based evidence nutrition (PEN) | Yes | 70% |
| | No | 30% |

Members wanted to see more ADSA advocacy on:

- To include more relevant topics that are trending at the moment
- Tackle controversial issues in nutrition
- To provide an opportunity for more interaction at the meetings
- ADSA should follow dietitians on social media and retweet/like Facebook pages to try and increase reach
- More PPD support needs to be provided
- Allow for locum dietitians / half day posts in government
- Areas or aspects in which dietitians can work.

Future topics for meetings were suggested by members and these were considered when planning the 2016 meeting schedule.

5.3.2 ADSA National Social Media Survey

ADSA KZN also developed material for the National ADSA Facebook and Twitter feeds every day for a week in February. This was part of a February trial period in which ADSA Exec and a number of other branches also contributed to weekly feeds.

5.3.3 KZN PR Initiatives for 2016

- Learners – Presentations / stands at school career days
 - Call to dietitians to advise Wendy Girven of any career days of which you are aware
 - “How to become a dietitian” brochure to be distributed
- Dietitians
 - KZN branch bi-annual newsletter
 - Dietitians to forward photographs of any dietetics or nutrition related events in which you have been involved to Wendy Girven
 - A question on possible PR ideas is included on 2016 ADSA AGM evaluation form to gather input from members
- Public
 - National Nutrition and Breastfeeding weeks - call to dietitians to share what they have done at hospitals / clinics / in the community
 - National Diabetes month – stand at Diabetes South Africa (Durban) walk to be explored
 - Comrades - water stand (if free of charge)

- Good Food and Wine show – stand (if free of charge)
- Corporate wellness events – stands / presentations
- Dietitians to inform WG of any opportunities of which they are aware in their workplace
- Businesswoman's Association breakfasts – offer speaker at event / stand at health day
- INP symposium – stand (if free of charge)

5.4 Secretary's Report

Please can everyone ensure that if they have rsvp'ed that they commit to their attendance or that they at least notify the committee if they are unable to attend (even if it should be the night before).

5.5 Feedback on Tim Noakes Trial

The case has been suspended until the 16th of October. There are questions and answers (Q & A's) on the ADSA website regarding the trial. It is advised that everyone views the Q & A's to ensure that when you are asked about the trial that everyone is providing the same message to the public.

5.6 Mentorship programme

Please put your names forward to committee if you would like to be a mentor and we will direct you through the process of applying. Mentors are in great need within the rural / outlying areas, if you are within outlying areas (food service / clinical / community dietitians) and are willing then please let the committee know.

5.7 ADSA Spokesperson

ADSA is looking for spokespeople that are representative of spectrum of dietitians in that ADSA represents and the languages represented by South African dietitians. Any dietitian interested in becoming an ADSA spokesperson, who meets the following criteria is to e-mail the ADSA executive office a short motivation, your CV, preferred area of interest and two examples of media work done in the last year.

Criteria are:

- Be an ADSA member
- Have a minimum of two years' experience in working with the news media (television, radio, print and/or electronic) (If you do not have 2 years' experience in working in the media and are interested in being a spokesperson, please still apply).
- Demonstrate strong communication skills
- Have sufficient flexibility to be able to have a quick response time to media requests
- Must be registered with the HPCSA.

All applications should be sent to:

jackie@liquidlingo.co.za or

catherinejanepereira@gmail.com

6.0 Future ADSA Meetings

| | Date | Time | Venue | Topic |
|-------------------------|----------------------|---------------|----------------------------------|--|
| 1st ADSA Branch Meeting | 26th February 2016 | 8:30 - 13:30 | SASA | AGM: PACSA Project and Behavioural Change |
| 2nd ADSA Branch Meeting | 6th May 2016 | 8:30 - 13:00 | iThemba Lethu | Neonatal & Paediatric Nutrition Human Breast milk donation & storage |
| 3rd ADSA Branch Meeting | 21st July 2016 | 17:00 - 21:00 | Durban - Piggly Wiggly/ Kloof CC | Book Club |
| 4th ADSA Branch Meeting | 13/14th October 2016 | 8:30 - 13:00 | PMB | Vitamin D in Sports Nutrition |
| 1st PPD Meeting | 13th April 2016 | Morning | Hillside Church | Plant Sterols |
| 2nd PPD Meeting | 17th August 2016 | Evening | Hillside Church | Allergy Update |
| Year End Function | 2nd December 2016 | Afternoon | | |

ADSA KZN Committee 2015 – 2017 – contact emails

| | |
|--------------------------------|--|
| ADSA KZN Committee | adsakzn@gmail.com |
| Nicole du Trevor (Chairperson) | ndutrevou@gmail.com |
| Kerry Hillermann (Secretary) | kerry@hillermann.co.za |
| Megan White (PPD & CPD) | info@meganwhite.co.za |
| Wendy Girven (PR) | wendy.Girven@sasa.org.za |
| Joanne Lerwick (Treasurer) | jo.lerwick@telkomsa.net |
| Megan Lee (Membership) | meganlee@futurelife.co.za |
| Priya Seetal (Sponsorship) | priya.Seetal@sasa.org.za |
| Hlanzeka Mpanza (Sponsorship) | hlanzeka.Mpanza@unilever.com |
| Philippa Barnard (Ad Hoc) | philippa.spence@gmail.com |

7.0 Congresses

- Treating the Emotional Eater by Minding the Food Space. Registration by 14 March 2016 via www.mindthefoodspace.co.za
- Allergy Continuous Medical Education. 3-4 June 2016 in JHB @ Bryanston Country Club. Contact Nutritional Solutions
- SAAHE Conference 2016. 22-24 June 2016 in PE. Contact www.saheconf.co.za
- Nutrition Congress 2016. Lord Charles Hotel in Somerset West 3-5 September 2016. Contact www.nutritioncongress.co.za
- Nutritional Solutions CNE 2016: 16/17th May 2016. Contact: Esse@corporatexposure.co.za
- CNE 2016 Stellenbosch. 22nd / 23rd June 2016. Register before the 1st of April for reduced early bird fees www.cneupdate.co.za

8.0 General

- No job opportunities reported except for those that have been circulated on the weekly mailers. View weekly mailers.
- PEN contributions are absolutely vital otherwise our annual ADSA fees will increase further.
- Please view the ADSA website and all the new exciting features and functionality.

9.0 Closure

The meeting closed at 9h30am

DATE OF NEXT MEETING

6th of May 2016

