

Wellington Branch Newsletter September 2018

Hello Wellington members,
Spring is upon us! Hasn't this year gone quickly?
We hope all those who were able to attend the 75th
Jubilee had a fantastic time. A huge thank you to those
members around the country involved in the
preparation of a great few days.

In this newsletter:

- Student Welcome – 16th August
- New member on the Committee – Emily Sycamore
- Restaurant Review – Laundry
- PD recipients
- Report: The Australian Centre for Eating Disorders 'A
Comprehensive Non-Diet Approach for Clients with
Weight Concerns' Course

As always, we value any feedback you may have on this
newsletter or any of our other branch activities. Please
contact one of your branch committee members, or
email us at dnz.wgtn@gmail.com with any feedback or
suggestions.



President
Tania Don

Secretary
Katherine Stern

Treasurer
Rhiannon Jones

Committee:
Kate Boulton
Hayley Horne
Emma Jones
Chelsea Marsh
Victoria Lewis
Emily Sycamore

Student Welcome - 16th August

A few weeks ago, we welcomed the Wellington students in true Dietitian fashion – with a Wellington On A Plate burger! A very warm Welcome to Maggie Chua and Anusara “Mai” Phtecharoen – We hope you enjoy your time in Wellington. Here are a few snaps from the night:



A new member on the Wellington Branch Committee – Emily Sycamore



“This is my first year of involvement with the Wellington Branch and I am excited to see what the year holds. I grew up in Auckland and completed my dietetic studies at Massey University in 2016, having completed my undergrad in Palmerston North. I am currently a Clinical Dietitian at Wellington Hospital in

inpatients and outpatients and have been here for just over a year (timing my move very well with Wellington on a Plate last year and enjoying it so far!). I am new to the Wellington Branch Committee this year and am excited to see what this next year will hold. I enjoy spending time outside and discovering the walking tracks around the Wellington Region, new food jaunts, and road tripping to Hawkes Bay and Palmy to visit friends – suggestions for great day walks would be much appreciated!”

Emily has also kindly completed a restaurant review for us!

Restaurant Review – Laundry

This was my first outing to the funky [Laundry](#) on Cuba St since moving to Wellington and a decent choice if you have any vegetarian/vegan friends (plus they've won WOAP Burger & Beer match 2014-2016). Check out their social media/Instagram feed for mouth-watering pictures of their burger specials.

Atmosphere 4/5

+ Pretty casual vibe and laid back for a dinner spot with funky decor in keeping with the Wellington vibe!

- A bit draughty inside however being seated right by the fire was a positive

- Can get a bit noisy later in the evening with a smaller space to eat in and louder music when transitioning from dining to bar/cocktails

Service 5/5

+ Good quick service with food coming out within 15-20mins of ordering (mind you we were here a bit later at night too and was quieting down with people dining).

+ Our waitress was more than happy to recommend a good beer pairing with their burger special.

Food 4/5

+ Special Burger choice "Still not the meatballs you're looking for" – fennel seed, citrus & confit garlic falafel balls, basil aioli, rosemary & olive tapenade, house made sticky tomato and vodka ragout topped off with crispy fried onion rings – good balance of flavours and sauce as the falafel balls had the potential to be a bit dry.

+ Large portion of handcut potato chips and the burger and beer pairing was very filling (I couldn't finish it all!)

+ Quick service within 15-20mins

+ Excellent choices also catering to vegetarian/vegan.

PD Fund Recipients

Congratulations to the following members who were awarded funding from the Wellington Branch Professional Development fund:

- Alison Pask – support to attend The Australian Centre for Eating Disorders 'A Comprehensive Non-Diet Approach for Clients with Weight Concerns' Course
- Tutangi Amataiti – support to attend the Dietitians NZ Diabetes SIG study day
- Rhiannon Jones – support for her studies towards a Post Graduate Diploma in Māori Public Health

Alison has written a report on the course she attended below.

Report: The Australian Centre for Eating Disorders 'A Comprehensive Non-Diet Approach for Clients with Weight Concerns' Course

The Australian Centre for Eating Disorders 'Psychological Approaches to Obesity' course. This course has recently had a name change and eliminates the word obesity and is now called 'A Comprehensive Non-Diet Approach for Clients with Weight Concerns'.

This 3-Day course teaches specific skills for health professionals working with adults with weight concerns by addressing the practical and psychological factors they may be experiencing. I attended this course in 2017 in Auckland. This was a small course with only six participants which included NZ and Australian dietitians, a family councillor and a primary care nurse.

A non-diet approach formed the basis of the course and the aim was to equip people with skills and solutions they might need to increase self-efficacy and autonomy. The approach taken encouraged individuals to reject weight and shape goals and to concentrate instead on health behaviour change and body acceptance.

Day 1 provided a basic understanding of nutrition and would have been useful for those without any nutrition knowledge. It included looking at the mechanics of weight gain and weight loss, hunger and appetite.

Day 2 included working with ambivalence, motivational approaches, relationship issues, self-sabotage and collusion and dealing with psychological plateaus.

Day 3 mainly concentrated on Bariatric surgery. We had spent 2 days learning about being happy in the weight you are but then we went on to look at supporting someone who had decided to have surgery to address weight concerns. To me the topics were in conflict and in my reflections I haven't managed to marry the two. We were told as health professionals we should support people on the journey they had decided to take.

Health professionals who complete this 3-Day course can become an ACFED approved practitioner. You can also choose to be included in the ACFED database and receive referrals via their website. I choose not to be an approved practitioner.

This organisation also offer a 5-Day Eating Disorders Essentials course and a 3-Day Practical Skills for Eating Disorders Course and I understand these courses offer valuable knowledge for those working in this specialised area.

The course was mainly lecture style from power point with a few discussions. The presenter who had a counselling background, worked in Australia and she was unfamiliar with NZ systems (e.g. health system), had a limited knowledge of NZ dietitians training nor did she show any knowledge of Māori or pacific cultures. The material was targeted at those with adequate finances to afford a private practise health professional.

I appreciate the contribution of funds from Dietitians NZ Wellington Branch toward the cost of cost of attending this course, Thank you. This course was expensive costing approx. \$1000 Australian plus airfares & accommodation in Auckland. Some of the content of the course sparked an interest for me to read more and I am on a journey understanding different perspectives to weight issues and for people living in larger bodies unhappy with their body weight.

Alison Pask, 027 247 1219



Wellington Branch Committee invites you to:

Moving Away From Weight: The Evidence & Approaches Behind the Non-Weight-Centric Model

This talk will cover strategies to improve health outcomes irrespective of weight, including the evidence surrounding weight stigma, BMI and recognising our own privileges. It also asks how this approach fits within the Te Whare Tapa whā model

**Andrea Palmer, Food Habits | Emma Jones, Tu Ora Compass Health
Rosa Bach, Sport Wellington**

Thursday 13th September
6pm - 7.30pm
Nibbles from 5.30pm

Tu Ora Compass Health
Level 4, 22-28 Willeston Street
Wellington

DNZ members: Gold Coin Koha
Non-Members: \$5

RSVP to: dnz.wgtn@gmail.com, or
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