

DIETITIAN RESOURCE DOUBLED

From July our dietetic resource has been doubled with **Julie Lardie** joining TVF as a member of our nutrition and dietetic team.

Julie will work alongside Anne Donelan to provide nutrition and dietetic expertise to our customers and colleagues.



Jeff Dunlop

We are pleased to announce that **Jeff Dunlop** has accepted the role of senior manager within the Engineering Department having successfully managed the department for the past three months.

Jeff brings a wealth of electrical knowledge to Tillery Valley, having completed his electrical apprenticeship in early 1980 during which time Jeff had exposure to a number of roles across a range of sectors.

Jeff's new role as Operations Manager encompasses both High Risk and Engineering reflecting the dedication, commitment and hard work to delivering his business objectives.

Jeff will now build upon our existing core skills and competencies in order to devise and implement a strategic response to his customer demands and will continue to report directly to Phil Hall as part of the Tillery Valley Operations team.

I hope you will join me in congratulating Jeff on his new role.

Raising Our Standards

The following is an extract from an internal communication bulletin. We were so delighted we wanted to share it with you:

"Tillery Valley is a great example of how well continuous improvement can work and what can be achieved as a result. They were recently awarded the **Carbon Trust Standard**, after taking on climate change and improving carbon efficiency by 19.5% per tonne of product manufactured, over a three year period.

An accredited assessor from the Carbon Trust Standard gathered the required data from the three main energy sources to demonstrate how carbon efficiency has improved over this period.

Following on from this, they have also just achieved the **ISO14001** accreditation, which covers environmental management, and formally recognises the controls and the work undertaken by the Management Team in striving for ever greener standards.

The four day audit was carried out by SGS (a recognised organisation by the NHS) who were extremely complimentary about the site team and the progress they had made in a short period time.

Chris Woodbridge (Technical Director) and Cath Lillow (Technical Manager) headed the project with excellent support from the Operations team. Jeff Dunlop was singled out by Chris for his efforts surrounding Engineering Controls which have helped reduce waste and energy across the site.

Each of the departmental heads were allocated certain areas as part of the project team in order to demonstrate the controls and commitment at TVF, which has now resulted in TVF's third major accreditation in 6 months; BRC – Grade A, Carbon Trust and ISO14001 – clear indications that TVF are driving towards operational excellence".



Nutritional Know How meets Tillery Valley Times

Our first Q&A Session: Julie Lardie

Tell us a bit about yourself

I am originally from Northern Ireland and studied at the University of Ulster. I graduated in 2003 with a BSc (Hons) degree in Human Nutrition and Dietetics. My final placement year was at Ipswich Hospital and I have lived in England since then. I now live in Fleet, Hampshire.



What did you do leading up to joining TVF?

Prior to joining Tillery Valley Foods, I worked for ISS Mediclean in a national support role. I provided a dietetic service to around forty hospital contracts throughout the UK and my responsibilities included menu development, menu analysis and special diet

training. I also helped implement the company's healthier eating initiative in the hospital retail outlets and regularly contributed to the dietetic newsletter. I first became involved with catering services when I worked for Aramark, where I covered a wide variety of different services in hospitals, care homes, hostels for the homeless, schools and higher education.

Have you worked as a hospital dietitian?

Like most dietitians in the UK my career started in the NHS as a clinical dietitian. I held positions at both Queen Mary's Hospital in Sidcup, Kent and the Princess Royal Hospital in Bromley, Kent. My inpatient specialities included care of the elderly, oncology, orthopaedics and mental health. I also led a variety of outpatient clinics covering the areas of diabetes, coeliac disease, food allergy, irritable bowel syndrome and obesity.

Career highlights so far?

One of my proudest achievements to date was winning the Acorn Scholarship in 2007 and I am the only dietitian to have achieved this title. The scholarship is awarded to individuals within the catering and hospitality industry. It aims to help develop careers through a variety of methods including professional training and mentoring opportunities with some leading names in the industry. I used my scholarship award to fund an Open University course – the Professional Certificate in Management which I completed in 2008.

More recently I was delighted to receive the Jackie Smith Award in 2009. It was set up in memory of ISS Mediclean's first dietitian who sadly died last year. The aim of the award is to recognise an employee each year who has made a significant improvement to patient food.

Anything else?

I am a member of the British Dietetic Association and belong to 'Food Counts', their specialist group for dietitians working within the catering industry. I am also part of the professional group, 'Nutritionists in Industry'. I am also an active HCA member. You may have seen me at Conference and in Hospital Caterer, as I was secretary of the HCA Greater London Branch for the past three and a half years.

How do you see your new role in taking nutrition and dietetics forward in TVF?

I hope to continue making a difference to healthcare catering in my new role. It's going to be really interesting working on the 'other side of the fence' so to speak! I've been on the 'catering' side for the past five years and I'm excited to have this opportunity to now experience the 'supplier' side. I'm particularly interested in product development and hope to influence TVF's priorities for expanding their services based on the most common challenges I came across as a caterer.



What else do you like doing when you're not being a dietitian?

I love my holidays and try to get away as often as possible. I like exploring new places but also return to Northern Ireland regularly to visit family. I used to live in London and go there quite often for shows and dinner. I also enjoy cooking and try to have a go at a new recipe every week.

Do you practice what you preach?

Whenever I admit to being a dietitian my menu choices are under close scrutiny! I'm sure most dietitians would agree. There's not many foods I would actually avoid but if I choose something that's not the healthiest I'd rather cut down my portion size slightly than avoid it altogether. I'll always try to balance a meal out with some vegetables or salad. On the exercise front I'm not so good – does Will fit count?!

What would be your perfect meal?

I love spicy food – the hotter the better, which is funny really as I didn't have my first curry until I was 20 years old! Took a while to get there but now I'm hooked. My favourite cuisines are Thai, Indian and Mexican.

I'm sure I'll meet many of you over the coming weeks and months.

