

## How can I get referred to the service?

Your GP or other health professional can refer you to our service by letter or referral form.

## If you cannot attend your appointment

If you are unable to attend your appointment please contact us as soon as possible on 01226 438817.

If you miss your appointment and have not informed us, unfortunately you will be discharged from our service and will need a new referral before we can see you again.

Letting us know if you are going to miss an appointment as soon as possible makes the best use of NHS resources and gives us the opportunity to offer your appointment to another person, so we appreciate your co-operation.



## Contact us

*Community nutrition and dietetic service*

The Cudworth Centre  
Carlton Street,  
Barnsley, S72 8ST

**Telephone: 01226 438817**

**Fax: 01226 438888**

[www.barnsleytherapy.co.uk](http://www.barnsleytherapy.co.uk)



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### Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about our service. Please speak to a member of staff or contact our Customer Services team on 0800 587 2108. If you would like help understanding this information, please also contact us on this number.



## Community nutrition and dietetic service

*Information for patients*

We assess, diagnose and treat dietary and nutrition related problems.

Alongside treatment we also provide health promotion and education to patients, health professionals and carers on nutrition and diet related conditions.

[www.barnsleytherapy.co.uk](http://www.barnsleytherapy.co.uk)

**01226 438817**



With all of us in mind

## What is a dietitian?

Registered dietitians are qualified health professionals that assess, diagnose and treat dietary and nutritional related problems. We do this for individuals but also at a wider public health level. We use the most up to date scientific and evidenced based information about nutrition and food, and translate this into practical dietary advice.



## What do we do?

Our service is available to any age group who have a health condition in which food and nutrition plays a part in their ongoing management or treatment.

The team provides a range of services and we see people with a wide variety of nutrition related conditions, some of which include:

- ▶ Diabetes Mellitus and impaired glucose tolerance

- ▶ Undernutrition / poor nutrition / underweight caused by illness
- ▶ Children with feeding problems / growth faltering / selective eating
- ▶ Gastrointestinal disorders eg. coeliac disease, Crohn's disease, ulcerative colitis, irritable bowel syndrome
- ▶ High cholesterol
- ▶ Food allergies and intolerances eg. cow's milk protein intolerance
- ▶ Nutritional deficiencies eg. iron, vitamin D, calcium
- ▶ Eating disorders
- ▶ Stroke

In addition, dietitians support people who are unable to meet their nutritional needs through oral diet and require feeding through a tube (enteral feeding).



## What will happen?

Dietetic consultations are one to one, however we also run education sessions for groups of people with a similar condition eg. diabetes education.

We see patients in outpatient clinics, at home or in a care home.

Once you are referred to our service, you will be contacted usually by letter or telephone to arrange a suitable clinic appointment or time to visit.

At the first contact with the dietitian, an initial assessment will be carried out. Following this assessment we will work with you to agree achievable goals for dietary changes.

It may be necessary for you to have follow-up appointments; this will be discussed with you at your appointment.

## What can't the service provide?

We are unable to provide a service for weight reduction, however there is a weight management service in Barnsley. Speak to your GP or health professional about this service or give them a call on 01226 737060

Exceptions to this include people with learning disabilities who will need to be seen by our specialist dietitian for learning disabilities.