

## Nutrition and Dietetics Service video transcript

0:00:00.480,0:00:07.520

Hello, we are the Nutrition and Dietetic Service.  
We're here to support your health and wellbeing

0:00:07.520,0:00:13.760

or that of your child's through expert nutritional  
care. We provide personalised guidance based on

0:00:13.760,0:00:22.240

the latest evidence and in considering all aspects  
of your lifestyle, age, gender, culture, social

0:00:22.240,0:00:28.720

circumstances, activity levels, food preferences,  
and finally cooking skills. For adults,

0:00:28.720,0:00:34.400

we can provide support relating to conditions such  
as cardiovascular disease, diabetes, irritable

0:00:34.400,0:00:41.200

bowel syndrome, celiac disease, confirmed food  
allergy, or unintended weight loss. For children,

0:00:41.200,0:00:46.640

we can provide help with faltering growth, fussy  
or restricted eating, nutritional deficiencies,

0:00:46.640,0:00:53.760

and confirmed food allergies. We can also help

with tube feeding. Detailed information and

0:00:53.760,0:00:59.360

resources about tube feeding can be found on our web page. We offer both group sessions and

0:00:59.360,0:01:05.440

individual appointments. Individual appointments can be delivered face to face, via telephone or

0:01:05.440,0:01:11.680

online, whatever suits you best. To access our service, you will need a referral from a healthare

0:01:11.680,0:01:17.840

professional as we are currently unable to accept self-referrals. Once we receive your referral,

0:01:17.840,0:01:22.240

we will be in touch to guide you through the next step. If we're not the right service for

0:01:22.240,0:01:27.200

your needs, we will direct you to a service that can help. You can find more information

0:01:27.200,0:01:33.600

about the nutrition and dietetic service and what we offer on our web page. Thank you.