



PROFESSIONAL FEES

Exploratory Meetings With New Clients

There is no charge for an initial exploratory meeting with new clients regarding provision of nutrition services. However, all subsequent meetings, written proposals & administration time are subject to professional fees, in addition to travelling & printing expenses where applicable.

Details of consultancy fees available on request

NOTES:

- Invoices will be submitted monthly for fees & expenses
- Deposit (50%) may be required when booking presentations
- Large scale projects: fees to be paid in instalments, with 50% deposit or retainer due on commencement (based on approx. total cost of the overall project)
- Cork Nutrition Consultancy is not currently VAT registered, so VAT will not be applied to invoices
- Terms: 30 days
- It is the policy of this practice to issue invoices and/or receipts in respect of all fees
- Fees include professional indemnity insurance
- Fees are subject to review annually

Cancellation policy

A 50% Cancellation fee applies per event/presentation cancelled within 10 working days, or less, of the agreed date.



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Consultant Dietitian & Clinical Nutritionist

BIOGRAPHY

Cork Nutrition Consultancy, inspired & lead by Consultant Dietitian Niamh O'Connor, offers a unique concept on how to educate individual patients, groups of workers, health professionals & businesses about diet and nutritional issues. Niamh is an honours graduate of Trinity College Dublin, and has practiced as dietitian in Ireland since 1993. Niamh has worked in all areas of her profession (clinical, community, lecturing, media, marketing, scientific writing & research) and brings this wealth of 18 years experience to all her clients & patients.

This full-time private practice & nutrition consultancy was the first of its kind in Cork, and remains the longest established Nutrition Consultancy Company in the Southern Region. Cork Nutrition Consultancy has gone from strength to strength since its inception & humble beginnings in 1999, and has a comprehensive portfolio of Corporate Clients from the food industry, pharmaceutical industry, health insurance companies, health promotion agencies, occupational health organisations, educational establishments, catering companies, the retail sector and PR firms.

Confidential Corporate Client List, References & Testimonials Available On Request.

Cork Nutrition Consultancy is based at
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WORKPLACE WELLBEING & Health Promotion Programme

A workplace that supports healthy lifestyles offers enormous benefits to its employers and employees.

Given the length of time that people now spend in the workplace, it can be a significant influence on their lifestyle habits & is recognised as an appropriate setting for health promotion. Addressing diet and physical inactivity in this setting can serve to improve the health status of workers.

Dietitian-led nutrition education programmes are a well documented & cost-effective investment for your organisation, and the people who work for you.





WHY INVEST IN WORKPLACE HEALTH PROMOTION (WHP)?

The benefits of introducing a wellbeing campaign into your organisation are well researched & documented. (*Preventing Non-communicable Diseases in the Workplace through Diet and Physical Activity* World Health Organisation and the World Economic Forum, 2008.)

BENEFITS FOR EMPLOYERS

- Improved staff morale
- Increased productivity
- Reduced absenteeism due to illness/stress
- Enhanced Corporate Profile
- Retention of staff
- Improved health and well being of your staff
- Direct cost saving to employers (reduced health care costs)

In the UK there is an estimated return of £3.73 on every £1 invested in workplace health promotion initiatives.

(Ref: World Economic Forum, Working Towards Wellness, 2007)

BENEFITS FOR EMPLOYEES

- Improved concentration
- Lower risk of an accident at work
- Lower stress levels
- Reduced risk of developing chronic diseases
- Improved health overall
- Nutrition knowledge for life
- Ability to make informed decisions about food
- Increased awareness of the advantages of good nutrition and physical activity

BENEFITS TO HEALTH INSURERS

- Significant reduced healthcare costs

All of the major health insurers in the Irish market offer workplace health promotion initiatives, including nutrition education. It is vital that all the nutrition elements of such initiatives are designed & delivered by qualified dietitians (clinical nutritionists) who are registered members of the I.N.D.I., and who are the experts in the field of nutrition & dietetics.

ATTITUDES TO HEALTH IN IRELAND (TNS / MRBI, 2005)

It is pivotal to any health promotion initiative to review current attitudes to health among Irish adults, before designing and/or delivering any health promotion campaign, either nationally or for an individual business or organisation. The following are some of the results from an in-depth attitudinal survey carried out on behalf of the Nutrition & Health Foundation of Ireland:

- **49% of consumers believe that Irish people are less healthy now compared to 20 years ago**
- **Cancer was cited as the biggest health concern (31% of respondents)**
- **Only 5% of people were concerned by overweight & obesity (yet it affects two thirds of Irish adults & up to one third of the nation's children)**
- **The majority (55%) said that if their employer offered a healthy lifestyle programme, they would participate in it.**

KEY AREAS OF CONCERN

There is ample nutrition & health information available, but the issue which is rarely addressed is the fact the qualified dietitians and clinical nutritionists are not the first port of call when definitive nutritional advice is sought.

From research findings & years of experience, Niamh believes that there is a **palpable level of confusion** among Irish adults as to what constitutes a healthy diet. The constant flow of conflicting messages from non-dietetic health advisors is a major contributor to dietary misinformation. If it were simply a case of 'All common sense' or 'Everything in moderation', why then have we witnessed such a sharp decline in our health, as we await an epidemic of diabetes*? Why are Irish children suffering adult illnesses, and why have health experts predicted that in this generation, children may well die before their parents?

****(The incidence of diabetes is predicted to rise by 40% by the year 2012, and will cripple an already over-stretched health service.)***

Cork Nutrition's range of evidence-based nutrition presentations and seminars are fun, interactive & up to the minute with cutting edge science presented in an easy-to-understand practical way by an experienced health professional.

Contact Niamh today on **087 2655975** or email corknutrition@eircom.net to discuss your organisation's requirements for nutrition consultancy & health promotion strategies.

CORPORATE NUTRITION SERVICES AVAILABLE

- On-site interactive Health Promotion Seminars & presentations on a comprehensive range of nutrition & health topics
- Health screening blood tests for Diabetes & Cholesterol
- On-site one-to-one Dietetic Clinics (1-hour individual consultations) – **Fees are tax deductible on Med 1 and are covered by all major private health insurers**
- Off-site health promotion initiatives (eg canteen Intranet presentations, point-of-sale nutrition education programmes, poster campaigns and much more...)
- Consultancy for food companies / pharmaceutical industries including market research, product launches, press releases, nutritional analyses & food labelling
- Nutrition & dietetic research and/or Project design
- Preparation of written material & leaflets for company newsletters and health promotion campaigns
- Media & PR work: Regular contributor to local & national Radio & Television programmes, and print media
- Consultancy for retail sector:
 - Supermarket Tours for specific groups eg. Diabetics, Coeliacs, allergies
 - In-store Nutrition information stand
 - Shopping guidelines/lists for special diets

Other Services Provided:

- Catering services
 - Menu auditing, assessment, planning
 - Nutrition intervention programmes in residential units & community hospitals
- Sports Nutrition:
 - Team presentations & Individual consultations
- Weight management programmes (individual / group rates)

PRIVATE NUTRITION CLINIC

One-to-one consultations available. Niamh is the practice leader in Blackrock Hall Nutrition & Dietetic Practice, Skehard Rd., Blackrock, Cork. Fees are covered by all major health insurers & may be included in the Med. 1 form for tax relief. Phone **021-4231166** for appointments.