

Information for volunteers at PBHP UK events

Thank you so much for volunteering for Plant-Based Health Professionals UK (PBHP UK). When carrying out voluntary work for PBHP UK you are also a representative for the organisation. You're responsible for presenting a positive image of PBHP UK and communicating our values including compassion, inclusivity and equity.

We would be grateful if you could familiarise yourself with the information below as this will really help with communications at our events. If you have any questions, please do ask Shireen Kassam (shireen@pbhp.uk)

Our mission

Plant-based Health Professionals UK provides education and initiatives on whole food plant-based nutrition and lifestyle medicine for the prevention and treatment of chronic disease, as well as for supporting planetary health.

Organisational information

We are a [community interest company](#), which means we are a limited company, with special additional features, created for the use of people who want to conduct a business or other activity for community benefit, and not for private advantage.

Founded in 2018 by Shireen Kassam

Funding is from membership fees, grants and philanthropic donors

Lifestyle medicine

We have partnered with the International Board of Lifestyle Medicine (IBLM) to offer the [International Lifestyle Medicine Certification](#). This is open to medical doctors and allied health professionals with a Masters level degree or above.



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Conferences and events

Our conferencing brand is called Nutrition and Lifestyle Medicine Conference (NLMC). We offer in person and online CPD accredited conferences. In addition, we hold ad hoc events during the year relevant to nutrition and lifestyle medicine. Our CPD accredited events can be used towards the lifestyle medicine certification and also for maintenance of certification through the IBLM.

Website: <https://nlmc.org.uk>

Membership

Our [membership programme](#) is open to everyone, not just health professionals. We have 4 tiers for annual membership. Full (£65) for doctors and vets, Allied health professionals for nurses, dietitians, nutritionists, midwives, physiotherapists, psychologists (£45), General public (£25) and full-time students (£15).

We have around 1000 members, two thirds are doctors or allied health professionals, the remainder are general public supporters.

We have a number of member perks including:

- Regular evidence-based nutrition and lifestyle medicine updates and newsletters
- Access to a 'closed' facebook group and a WhatsApp community with new conversations every day and a thriving community
- Regular webinars and exclusive access to previous recordings with CPD hours
- Regular online members events and socials as well as in-person socials
- Regular journal club and book clubs
- Listing in an online 'Speakers Bureau' for those who'd like to give talks on plant-based nutrition
- Listing in our plant-based health professionals directory to help promote your private practice
- An opportunity to get involved with our work

Free resources to highlight

[21-day plant-based health challenge](#) with daily emails to your inbox

[In a Nutshell – the PBHP UK's podcast](#)

[Factsheets](#) (free and downloadable)

[Articles](#)

Videos, mainly on our [YouTube channel](#)

Live free CPD accredited webinars

Social media accounts – Facebook, Instagram, LinkedIn



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Other resources to highlight

[Books](#) by our team and members

[Courses](#)

What to wear

Please wear an item of clothing with the PBHP UK logo. The current range can be found [here](#). Please let Shireen Kassam know what you prefer, and this will be ordered for you.

Do

Be kind, courteous and welcoming

Don't be on your phone

Ask people to sign up to the website for regular newsletters using the iPad provided

Ask for feedback from those who have used our website and resources

Do not

Give individualised health or medical advice, even if pushed by the person asking. You can instead highlight our directory of healthcare professionals

If in doubt, say you don't know

Email address

Info@pbhp.uk

Website

Plantbasedhealthprofessionals.com or pbhp.uk