



ADSA IN LONDON: THE CARE 2 CARE PROJECT

In 2024, ADSA received grant funding from Global Health Partnerships for a project focused on improving the mental wellbeing and workplace wellness of health professionals. With the emphasis on capacity exchange, ADSA partnered with The Nutrition Society (UK based). Another partner is the Perinatal Mental Health Project (University of Cape Town) who will be supporting the content development and further implementation of the training. The first phase of the project involved assessing the mental wellbeing and workplace wellness needs of health professionals, through an online questionnaire. More information on the results of the needs assessment will be shared with ADSA members over the course of the project.

As part of the skills exchange, three ADSA representatives visited the Nutrition Society offices in London, United Kingdom, from 21 to 25 January 2025. During this visit, meetings were held with key stakeholders to gain an understanding of the UK's health system and resources available to health workers in support of mental wellbeing and

workplace wellness. Further highlights of the visit include meeting a committee member from the British Dietetics Association, strengthening the partnership with The Nutrition Society and visiting King's College London Department of Nutritional Sciences.

The next phase of the project involves the development of a training programme to enhance mental wellbeing awareness and support provided to health professionals. The training programme will include an open access online component for health professionals and a facilitated workshop aimed at healthcare organisations. ADSA looks forward to welcoming an NHS volunteer from the UK to South Africa later in the year, to participate in the facilitated workshop as a further skills exchange component.

ADSA members and other healthcare professionals can look forward to training material, resources, and support for mental wellbeing and workplace wellness as the final outcomes of this project. More information will be shared as the project progresses.



A training programme on how to take care of those who care for others



STAY IN TOUCH

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

- Website: <http://www.adsa.org.za>
- Email: info@adsa.org.za or coo@adsa.org.za
- Facebook
- X (Twitter)
- Instagram
- LinkedIn
- YouTube



Left to right: ADSA representatives: Dr Estelle Venter, Carla Gerryts, Maria van der Merwe. The Nutrition Society representatives: Tracy Bogan, Mark Hollingsworth

ADSA DIRECTIONS – MARCH

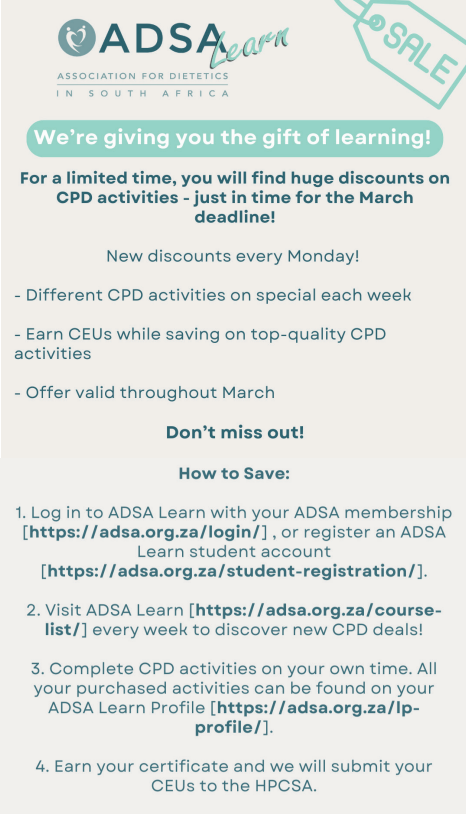
CELEBRATING ADSA LEARN'S FIRST BIRTHDAY!

A year ago, ADSA Learn launched with one goal: to create a space where dietitians and other healthcare professionals could learn, share, and grow together. Today, we celebrate not only a platform but a community - built by dietitians, for dietitians. ADSA Learn hosts a diverse range of CPD activities, offering something for every learning style - webinars, journal articles and insights (short self-directed learning lessons). Here's to our journey so far, and an even brighter future ahead!

In just one year, ADSA Learn recorded over 541 activity enrolments, helping dietitians and healthcare professionals earn 554 CEUs (357 clinical, 197 ethical). There are currently 8 CPD activities available, one CPD activity linked to the ADSA Roadshow, and Open Resources for dietitians. Among the highlights, The Microbiome, Probiotics, and Our Health activity sponsored by Probitec Health drew the largest audience. But numbers only tell part of the story – every insight gained and every idea shared has contributed to this upcoming professional space.

We invite you to help grow ADSA Learn further. Create content to share your knowledge, skills, resources or tools with peers across South Africa. Share your expertise and gain professional recognition – while we handle the rest, from learning design to CPD accreditation.

To mark our first birthday, we're making CPD even more accessible this March. With the HPCSA deadline approaching, remember: "Non-compliance with CPD requirements can lead to suspension or revocation of your registration" – HPCSA, 3 December. Check



ADSA Learn
 ASSOCIATION FOR DIETETICS
 IN SOUTH AFRICA

We're giving you the gift of learning!

For a limited time, you will find huge discounts on CPD activities - just in time for the March deadline!

New discounts every Monday!

- Different CPD activities on special each week
- Earn CEUs while saving on top-quality CPD activities
- Offer valid throughout March

Don't miss out!

How to Save:

1. Log in to ADSA Learn with your ADSA membership [<https://adsa.org.za/login/>], or register an ADSA Learn student account [<https://adsa.org.za/student-registration/>].
2. Visit ADSA Learn [<https://adsa.org.za/course-list/>] every week to discover new CPD deals!
3. Complete CPD activities on your own time. All your purchased activities can be found on your ADSA Learn Profile [<https://adsa.org.za/lp-profile/>].
4. Earn your certificate and we will submit your CEUs to the HPCSA.

your status here: [HPCSA CPD Portal](#). Visit [ADSA Learn](#) throughout the month as we'll have new discounts on activities each week.

Thank you for making ADSA Learn more than just another CPD platform. Here's to another year of learning, leading, and lifting each other up!

ADSA MEMBER BENEFITS FEATURE: PROFESSIONAL INDEMNITY INSURANCE

Professional Indemnity (PI) cover is necessary for all Private Practising Dietitians. PI cover is crucial to protect yourself against potential claims of professional negligence.

ADSA members can enjoy extremely low rates on medical malpractice (PI) coverage.

Intersure Financial Services partnered with Genoa Underwriting Managers to provide members with affordable options.

Applying is made easy and not time-consuming. Mail the completed [Application Form](#) together with proof of your ADSA membership for 2025 to medmal@intersure.co.za.

For more information, email medmal@intersure.co.za or contact Ilona Buys on 011 791 6363. You may also use the WhatsApp number 063 638 2872 to get in touch.

Sum insured	Monthly Debit Order Premium
Cover for Students and / or Intern Members	
R2 500 000	R119.00
R5 000 000	R160.00
Cover Options for Qualified Dietitians	
R2 500 000	R159.00
R5 000 000	R238.00
R10 000 000	R371.00

Feel free to contact Janke Draper at membership@adsa.org.za, for any membership-related information.