

Nutrition in Sheffield – Terms of Engagement (incorporating Terms of Engagement devised by BANT)

The nutritional consultation process aims to work with you on a nutritional strategy to optimise your wellbeing and build the body's natural strength and resistance. It is very important to underline that **Sophie Leicester is not a medical professional**, and is **therefore not permitted to diagnose or claim to treat any health conditions**. Any advice given by Sophie Leicester is **not a substitute for professional medical advice or treatment**.

Registered Nutritional Therapist – Sophie Leicester

- Nutrition advice will be tailored to health concerns identified and agreed between the two parties.
- Fees for each visit will be payable at the end of each consultation in line with agreed tariffs.
- Sophie Leicester's standards of professional practice are governed by the British Association of Nutritional Therapists (BANT) code of practice and she is a member of this professional body. Sophie Leicester is also registered with the Complementary and Natural Healthcare Council (CNHC), which is a voluntary regulatory board.
- 3 working days notice is required for a cancellation or a rearrangement of an appointment. A cancellation fee of 50% is charged if less than 3 working days notice is given; a flat fee of £10 is charged for appointments that are rearranged to a different day with less than 3 working days notice given. Appointments that are missed without cancellation are charged at the full price. Working days are considered Monday to Friday.
- Sophie will answer brief urgent queries by text, email or phone during business hours of Monday to Thursday 9am to 6pm. For more in depth queries, Sophie charges £10 per email, or is happy to book a half hour phone / Skype call at her usual rates.

The client

- You are responsible for contacting your medical practitioner with any health concerns, and you should inform your GP or any health or medical practitioner involved in your care of the nutritional strategy provided by your Nutritional Therapist, including changes to diet, lifestyle or any supplements you take.
- It is important that you do tell your Nutritional Therapist about any medical diagnosis, medications, herbal medicines or food supplements you are taking as this may affect the nutritional strategy.
- Sophie Leicester may suggest nutritional food supplements to support you with your health concerns. You must contact her if you wish to continue any specified supplement for longer than the original agreed period, to avoid any potential adverse reactions.
- Sophie Leicester has no underlying business interest in any specific manufacturer or supplier. If Sophie organises the purchase of nutritional supplements for you, or you use a Practitioner code of Sophie's to obtain a discount on a specific website, or you choose to buy supplements at The Beauty Clinic, 777 – 779 Abbeydale Road, Sheffield, she may receive a small commission to compensate for her time in researching and putting together the supplement programme. However, this service is entirely optional and you are not obliged to buy supplements you do use in these ways, or to use any supplements at all.
- If you are unclear about your nutritional strategy programme, please do contact Sophie Leicester promptly for clarification.
- Please do report any concerns about your nutrition consultation promptly to Sophie Leicester for discussion and action.
- All information that you give Sophie Leicester about your health, symptoms, previous medical history or personal information must be true to the best of your knowledge.
- You must not record any of the consultations in any way without Sophie Leicester's written permission.
- The written information Sophie Leicester gives you is written by her, under her copyright, personalised for you, and should not be reproduced in any way, or be shared with other people as a form of advice for them.

Data Protection - In order to be able to assess and advise you a Questionnaire may need to be completed. This and other information gathered during our discussions is recorded in writing. Such information includes personal data relating to your health record. Sophie Leicester will process and hold this information on file for future reference and will take every measure to keep such information secure. Sophie Leicester will not disclose it to any third party without your written consent. Sophie Leicester will use other (non-medical) personal information provided by you (or your parent or guardian if under 18 years) for the purposes of administration only. Returning this form duly signed constitutes your express consent to the processing of such data.

We understand the above and agree that our professional relationship will be based on the content of this document.

Client: _____

Nutrition consultant: _____

Date: _____