



Siân Riley MSc

Registered Dietitian

Director of Red Pepper Nutrition



Professional Profile

I am the owner and director of Red Pepper Nutrition LLP as well as an experienced Dietitian, with a Master's degree in Nutrition and Dietetics.

I am passionate about improving people's health and well-being through a holistic approach to nutrition, prioritising the social and psychological aspects of food to ensure dietary changes are effective for my clients.

I love spending time with clients and pride myself on having full involvement in their care – from face to face engagement to communicating with their support team, relatives and the wider rehabilitation team.

Building a relationship with my clients and their team is imperative to providing an effective and efficient service. I consider this continuity of care and communication vital in delivering a first-class dietetic service to my clients.

Contact

✉ sian@redpeppernutrition.com

☎ 07731 783068

🌐 www.redpeppernutrition.com

🐦 @RedPepperNutri

in www.linkedin.com/in/sianriley

Expertise

- Specialist expertise and interest in communicating & educating adults & adolescents living with neuro disabilities & neuro diversities. Dietetic expertise to optimise rehabilitation, health & quality of life for all.
- Communication of 'made to measure', evidence-based nutritional advice through individual dietetic consultations, training presentations, blogging, podcasts and dietetic article writing for the Spinal Injury Association's FORWARD magazine and Headway newsletter
- Wide-ranging dietetic expertise through acute hospital work, individual dietetic consultations & varied freelance projects.
- Specialist expertise in nutrition & lifestyle for chronic disease areas such as Irritable Bowel Syndrome, allergies & intolerances, heart health, weight management & eating disorders.
- Delivery of motivational skills through an empathetic, positive & pragmatic approach, as evident in all my communication styles.
- Strong service & delivery focus with excellent organisational skills, essential in managing a freelance dietetic business. I take particular pride in ensuring all my deadlines are met & clients are responded to in a prompt & comprehensive manner.

Current Role

I work as a specialist rehabilitation dietitian undertaking varied nutritional roles for individuals, clients, businesses and charities. Examples include:

- presentation to allied health professionals on 'Food for the Brain' and Anosmia Awareness after head injury
- presentation to a Headway patient group on 'Balanced Eating'
- dietetic input for a local disability residential school & college
- nutritional training for support workers
- multidisciplinary team involvement
- client consultations for a range of disease areas, specialising in traumatic injury rehabilitation

Project Portfolio

Dietetic Nutritional Advice for Traumatic Injury & Neuro Disability Clients: April 2014 - present

Communicated nutritional advice to clients with complex medical needs, disabilities & learning difficulties. Provided education & support to optimise nutritional status, weight, diabetic control & heart health, through individual dietetic consultations, multidisciplinary meetings & group training for support staff.

Dietitian for the Priory Hospital: January 2015 - April 2018

Dietitian for the Adolescent Eating Disorder Day Care Team. Provided specialist dietetic advice to the multidisciplinary team & one-to-one nutritional consultations with adolescent clients & their families.

Clinic-Based Private Dietitian: December 2017 - present

Communicate & educate private clients on clinical nutrition topics including women's health, Irritable Bowel Syndrome (IBS), disordered eating, Poly Cystic Ovary Syndrome (PCOS), diabetes, & coeliac disease.



Career Progression

Owner of Red Pepper Nutrition LLP

May 2015 – present

Freelance dietitian providing evidence-based pragmatic nutritional education to individuals, families, charities & businesses. Work previously done under 'The Internet Dietitian.com' business was transferred into 'Red Pepper Nutrition LLP' to further specialise and deliver focused nutritional education to traumatic injury clients, their support staff and the wider multidisciplinary team.

Founder of 'The Internet Dietitian.com'

May 2013 – June 2019

Freelance dietitian providing evidence-based pragmatic nutritional education to individuals, families, businesses & private hospitals.

Dietitian, Priory Hospital, Altrincham

Jan 2015 - April 2018

Dietitian providing dietetic care to outpatient adolescents, their families & the wider multidisciplinary team with eating disorders & complex food aversion conditions.

Dietitian, Macclesfield District General Hospital, Macclesfield

Oct 2007 – Jan 2014

Provided dietetic care to specific acute wards including general medical, surgical, gastrointestinal, respiratory, stroke, orthopaedics & rehabilitation. Established & ran a structured evidence-based dietetic outpatients clinic for clients with Irritable Bowel Syndrome & other gastrointestinal conditions. Promoted & improved practice through audit and abstract submission.

Research Bioscientist, AstraZeneca Pharmaceuticals, Alderley

Sept 1997 – Aug 2004

Responsible for identifying new pharmacological treatments for Type 2 Diabetes & Obesity through the application of biological expertise. Developed strong organisational, leadership & communication skills through being a member of a professional multidisciplinary research team.

Education

MSc Nutrition & Dietetics

Chester University 2004 - 2007

BSc Applied Biological Sciences - 1st Class Hons

The Manchester Metropolitan University 1997 - 2002

A-Levels: Mathematics (A), Physics (A), Chemistry (A), AS Further Maths (B)

Fallibroome High School 1995 - 1997

Memberships

Member of British Dietetic Association (BDA)

Member of Health Care Professions Council (HCPC - DT21428)

Courses & CPD

Nov 2020 - Food Hygiene Certificate Level 3

Jan 2020 - Understanding Childhood Acquired Brain Injury

Nov 2019 - Neurologic Trauma BDA Study Day

Nov 2019 - Autism BDA Study Day

July 2019 - Paediatric First Aid Training Course Level 3

May 2019 - Gastroenterology Dietitian Study Day

Nov 2018 - Obesity BDA Study Day

Nov 2018 - Autism BDA Study Day

Sept 2018 - Headway Wirral Conference

Jan 2018 - GDPR Training Workshop

Nov 2017 - Obesity BDA Course

Aug 2017 - Counterweight Plus Training: Total Meal Replacement for Obesity

Feb 2017 - Head Injury Study Day

Dec 2016 - Eating Disorders Study Day

June-Dec 2013 - Low FODMAPs at King's College, London