

2nd January 2026

Dear colleagues

RE: Lack of Community Dietetics Services from January 2026

Please be advised that due to vacancies starting from 1st February 2026, there will be limited community dietetics services in the London Borough of Newham. We will have to reduce several services, and in some cases, services will be put on hold as listed below.

Reduced services:

Nutrition support cases

Nursing Home visit

On hold services:

Type 2 Diabetes cases

Obesity and Weight Management

General Dietetics (including women's health & fertility)

East Ham Care Centre

We are hoping this will be for a short time, however depending on recruitment, this could be up to 16 weeks.

For patients requiring nutrition support

We will be prioritising urgent and complex nutrition support referrals, however the waiting times for routine referrals may increase to approximately 30 weeks due to changes in clinic structure during this period. Therefore, any dietetic intervention for nutrition support we recommend cannot be suitably monitored.

If your patient is already on an oral nutritional supplement (ONS),

1. Consider continuing this or changing to first line product on your formulary and monitoring weight change using the NEL guidance on treatment and management of malnutrition (link: [NEL-ONS-Guidelines-Sept-25-V1.2-ratified.pdf](#))
2. Use MUST (Malnutrition Universal Screening Tool) to screen (link: ['MUST' Calculator | BAPEN](#))
3. Encourage food fortification using link below for appropriate resources [Food First/Food Enrichment | BAPEN](#)

If your patient is not on ONS

1. Consider food first then first line ONS as per your formulary
2. Encourage food fortification
3. Monitor weight change and use MUST

Due to limited capacity, we will only be accepting referrals for patient with a MUST score of 3 or more and will not be able to provide home visits unless a patient is on artificial feeding or tube feeding.

Other dietetics clinics

There will be no clinics for services listed below during the recruitment process:

Type 2 diabetes

Obesity and weight management

General dietetics including women's health and fertility

We estimate the waiting time will increase to approximately 15 weeks.

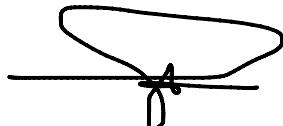
Nursing homes

All nursing home cases cover will reduce to once every 3-4 months depending on caseload of each individual home and the numbers of patients referred.

East Ham Care Centre

Unfortunately, we will not be able to provide cover for patients referred from this centre during this time.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Gabby Ramlan'.

Gabby Ramlan
Interim Deputy Head of Therapy & Clinical Lead Dietitian
Barts Health NHS Trust (Newham Hospital)