

BDA Volunteer Corner

Alison MacGregor, Treasurer with the BDA's Glasgow & West of Scotland Branch, explains the benefits of taking on a volunteering role

Volunteer name: Alison MacGregor
Place of work: NHS Borders
Position: Specialist Dietitian – Child Healthy Weight
BDA Volunteer role: Treasurer – Glasgow & West of Scotland Branch

Q How and why did you get started volunteering with the BDA?

A I had been a fairly regular attendee at branch events in Glasgow for many years, and so I figured I was probably due to give something back! I was working in a fairly small team, so getting involved with the branch would be an opportunity to meet dietitians from other teams and health boards. When the Treasurer role was advertised in 2019, I felt that it would be well suited to me, so it seemed like the right opportunity at the right time.

Q Briefly describe your BDA volunteer role

A Ahead of the financial year, I will put together a budget, based on projected costs for and income from our planned events schedule, as well as regular running costs. The pandemic made budget planning tricky in recent years as we didn't know if or when we may hold face-to-face events. Month to month, I will submit details of any income and expenditure to Accounts and check our monthly accounts summary to ensure everything has been assigned correctly. I attend our regular committee meetings and link in with our Chair, Meetings Organiser and Engagement Officer regarding sponsorship, honoraria etc.

Q What's the best thing about volunteering for the BDA?

A Our Branch Committee are such an enthusiastic group to work with and were so welcoming when I joined the team. Likewise, it was so nice to meet people from other specialist groups and branches at the volunteer support day in June.

From a treasury point of view, Accounts have always been helpful with regard to any queries and being able to attend finance training when I first began the role was really valuable – there is good support from the BDA.

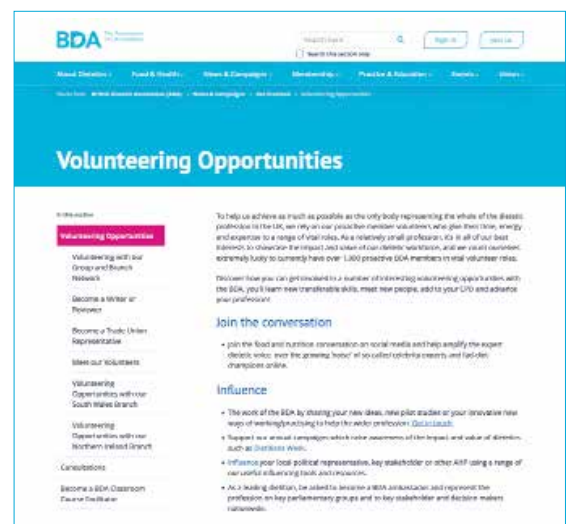
Q What didn't you know about the BDA before you started volunteering?

A When simply attending West of Scotland events, I hadn't really understood how the branch integrates and works with the BDA, for example how branch activity is planned to link to the BDA strategic plan, how the branch links to the BDA Scotland Board etc. This is something that the branch has been raising awareness of more recently.

Q Would you encourage other members to volunteer for the BDA?

A Absolutely – there is a range of volunteering roles so there really will be something for everyone. Depending on what you're looking for from volunteering, you may want to lean into your interests and share expertise and/or use volunteering to build new skills and network.

Having now moved away from Glasgow, I have been able to continue in my volunteer role as most of our meetings are on Zoom; one of our newest committee members lives on the Islands so location really needn't be a barrier to getting involved.



WANT TO VOLUNTEER?

Why not check out our volunteer opportunities online: bda.uk.com/news-campaigns/get-involved/volunteers.html and look out for vacancies in our Members' Monthly ezine.