

18<sup>th</sup> April 2013

## Press Release

### **'EAT OUT EAT WELL' AWARD FOR RNHRD**

The Ralph Allen restaurant at The Royal National Hospital for Rheumatic Diseases NHS Foundation Trust (RNHRD) is amongst the first establishments in the region to be awarded an 'Eat Out Eat Well' award. The award highlights places that are making it easier to eat healthily when eating out.

'Eat Out Eat Well' is assessed and managed by Bath & North East Somerset Council in partnership with Sirona Care and Health. The RNHRD's restaurant was evaluated against certain criteria based on the principles of a healthy, balanced diet such as keeping fat, sugar and salt to a minimum, making fruit and vegetables widely available and basing main meals on starchy carbohydrates.

The Bath based hospital, known locally as the 'Min' has an in-house catering team who provide meals for patients. The team also runs the Ralph Allen restaurant in the hospital, which provides a wide range of homemade, hot foods, salads, snacks and drinks for patients, carers, visitors and staff.

Nigel Elwell, RNHRD catering manager said "We are really pleased to receive this award, we recognise the importance of providing healthier choices and we will continue to develop new dishes to make it simple for staff and patients to eat great tasting healthy food."

Following patient feedback in 2012 the RNHRD introduced a new four week menu system to provide more menu choices including more vegetarian options, more gluten free dishes, lighter puddings and an increased variety of salad options.

In the recent Care Quality Commission Adult Inpatients Survey 2012 the RNHRD received a high rating for hospital food with the trust rated as performing better than most other trusts, proving that healthy food can also be enjoyable food.

## Ends

Press contacts:

Royal National Hospital for Rheumatic Diseases NHS FT:  
Marketing and Communications  
01225 465 941 ext 278

## Notes to Editors

- The RNHRD NHS FT is a national specialist rehabilitation and rheumatology hospital based in Bath. Offering services to adults, children and young people, the trust has expertise in general and complex:
  - Rheumatological and musculoskeletal conditions
  - Chronic pain management
  - Fatigue Management (CFS/ME and cancer survivorship fatigue)
  - [www.rnhrd.nhs.uk](http://www.rnhrd.nhs.uk)
- The award scheme is open to all types of food outlets that cater to the general public, and require a satisfactory inspection by Environmental Health.
- More information on the 'Eat Out, Eat Well' awards can be found on the B&NES website [www.bathnes.gov.uk](http://www.bathnes.gov.uk)