

2025 CN Awards The Winners



The CN Awards recognises excellence & achievement in clinical, medical & health nutrition, and acknowledges the nutrition industry as a whole – individuals, groups and organisations that have gone above and beyond, making a positive contribution and significant difference to the nutrition profession.

Here we reveal our 2025 CN Award winners...

Nutrition Resource of the Year

The Dietitian Café

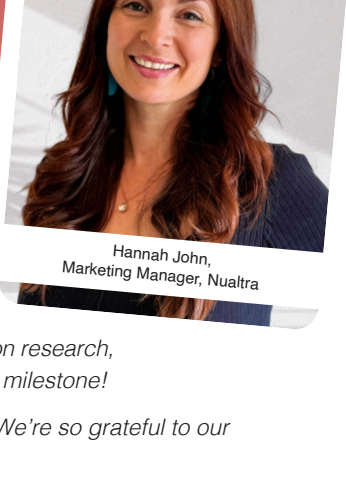
Nualtra – <https://open.spotify.com/show/5idffUV24snm4ghwOvSReZ?si=f331ff60709a46a6>

"Nualtra are absolutely delighted to see The Dietitian Café podcast win the CN Award for Nutrition Resource of the Year. A huge thank you to everyone who nominated and voted for us – it means so much!

We created The Dietitian Café to give dietitians and nutrition professionals a platform to share their voice, promote evidence-based research and champion the profession. Our vision was to build a community of listeners who'd find the podcast an inspiring, go-to resource for insights on the latest nutrition research, hot topics and trends. To now be recognised by CN readers for 'Nutrition Resource of the Year' is a proud milestone!

Since launching in 2020, The Dietitian Café has released over 100 episodes and featured 150+ guests. We're so grateful to our amazing listeners – we've now surpassed 90,000 streams!

The podcast's growth is the result of a fantastic collaboration between Nualtra and HRS Communications – a true team effort. Special thanks to our incredible host, Corrine Toyn, for leading insightful conversations, and to Harriet Smith, who hosted and nurtured its early success." **Hannah John, Marketing Manager**



Hannah John,
Marketing Manager, Nualtra

Paediatric Nutrition Professional of the Year

Dr Kirsty Porter

Paediatric Dietitian, NHS/Freelance – Nutrition4KidsNI

"I'm truly honoured to be named Paediatric Nutrition Professional of the Year. Supporting children and families through their feeding journeys is at the heart of everything I do, and to be recognised by readers in this way means so much. I am deeply grateful to my colleagues, peers and the families I work with for their trust and inspiration every day."

Kindly sponsored by Fresenius Kabi

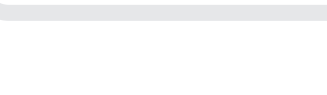
"Fresenius Kabi are delighted to have sponsored the CN Paediatric Professional of the Year Award for 2025! We would like to send huge congratulations to Dr Kirsty Porter!

What an incredible and well-deserved achievement. This award is a testament to Kirsty's unwavering dedication, compassion and impact. Kirsty's tireless work both within the NHS and through Nutrition4Kids has touched countless lives, offering invaluable support to families navigating the challenges of childhood nutrition. Whether it's late-night messages to worried parents, free resources, or her inspiring lectures at Ulster University – Kirsty's passion shines through in everything she does.

Kirsty is not only a role model for aspiring dietitians, but also a beacon of kindness and professionalism in the wider healthcare community. This award is a reflection of her extraordinary commitment, and it couldn't be more fitting.

Fresenius Kabi would like to take this opportunity to commend Kirsty for her ongoing commitment to supporting children and their families. Congratulations from everyone at Fresenius Kabi!"

The Fresenius Kabi Team – www.fresenius-kabi.com/gb



New Product of the Year

ProSource Jelly

Nutrinovo – <https://nutrinovo.com/all-products/prosource-jelly/>

"Wow! What a fantastic honour to win the CN Award for New Product of the Year for ProSource Jelly. We put a lot of work into the relaunch, focusing on what really matters to patients and clinicians, such as an improved mouthfeel and a smoother, consistent texture. This award is a great recognition of that effort, and we are grateful to everyone who voted and supported us. Overall, wonderful validation that we continue to deliver on our promise of producing 'simply innovative nutrition'."



The Geoff Simmonett 'Commitment to Patient Care' Award

Becca Murphy

Advanced Dietetic Practitioner, Salisbury NHS Foundation Trust

"I'm genuinely honoured to receive the The Geoff Simmonett 'Commitment to Patient Care' Award. It really is a privilege to do this role and I feel lucky to work for a Trust who can see the value dietitians can bring outside their usual scope of practice. I also want to acknowledge the other brilliant professionals who were shortlisted – it is great to be able to showcase the amazing nutritional care that we are providing for our patients.

I'd also like to recognise Clare Lewis who originally set up this service – her vision and hard work created the foundation we continue to build on today. I'm really proud to carry that forward and to keep doing everything we can to give patients the best care possible.

I really would like to say a heartfelt thank you to everyone who voted for me – it means a lot to me to be recognised in this way."

Kindly sponsored by Nutricia Homeward

"Huge Congratulations, Becca! We're absolutely delighted to celebrate your win of the 'Geoff Simmonett Commitment to Patient Care' Award! Your dedication to improving long-term enteral tube care at Salisbury District Hospital is truly exceptional. From pioneering patient education tools like your PEG care video, to advocating for personalised, compassionate care – you consistently go above and beyond.

Your ability to innovate, educate and advocate has not only earned you multiple SOX awards and Trust-wide recognition, but has also made a lasting impact on patients, families and colleagues alike. The incredible outcomes, including a 0% 30-day mortality rate, speak volumes about your clinical excellence and thoughtful decision-making.

This award is a testament to your tireless efforts, and we congratulate you for your work recognised at this level.

Congratulations again from the team at Nutricia Homeward!"

The Nutricia Homeward Team – www.nutriciahomeward.co.uk



Student of the Year

Lucy Potter

Apprentice Dietitian, Mersey Care NHS Foundation Trust/Sheffield Hallam University

"I am incredibly proud to have won the 2025 CN Award for Student of the Year. This recognition means so much to me. My time as an Apprentice Dietitian has been full of learning, challenges and rewarding moments, and receiving this reward feels like a really special milestone. I am truly grateful to have my journey recognised in this way. A huge thank you to my mentor, Emma, for the nomination, and to everyone who voted – your support means the world!"

CN Writer of the Year

Gemma Stewart

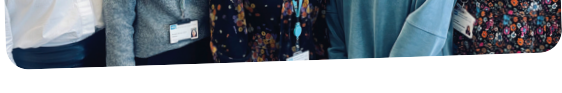
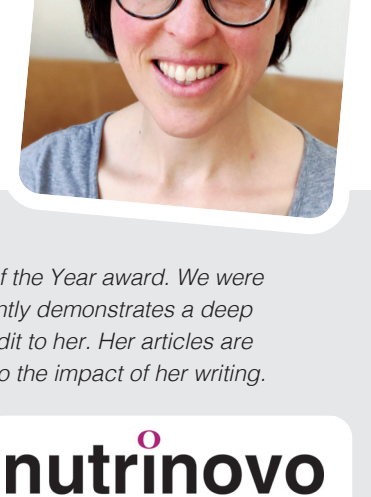
Burns Dietitian, Queen Elizabeth Hospital, University Hospitals Birmingham

"I am committed to furthering dietetic practice in burn care, and I am fortunate to collaborate with some amazing dietitians across the UK who have the same aim. As part of that aim, I have been keen to share my knowledge and practice with a wider audience through my writing. It is wonderful to have it acknowledged that CN readers have found my writing on this topic valuable. Thank you to the CN team for my nomination and to everyone who voted for me."

Kindly sponsored by Nutrinovo

"Nutrinovo would like to offer a huge congratulations to Gemma Stewart, the winner of the CN Writer of the Year award. We were delighted to sponsor this award and celebrate a writer who truly stands out. Gemma's work consistently demonstrates a deep understanding of clinical nutrition, and her ability to communicate that knowledge effectively is a credit to her. Her articles are not only informative but also highly practical for professionals in the field. This award is a testament to the impact of her writing. Well done, Gemma!"

The Nutrinovo Team – <https://nutrinovo.com/>



Community Nutrition Professional of the Year

Kathryn Duff, Shelley Hannon, Michelle Graham-Steele, Ursula Quinn, Katherine Hudson & Elizabeth Armstrong

Northern Health and Social Care Trust

"We are absolutely delighted to be bringing the award of Community Nutrition Professional of the Year back to Northern Ireland. In Northern Ireland, ONS expenditure has surged by £1.7 million over the past four years, reaching £9.7 million in 2023-2024. This growing financial burden on primary care is further exacerbated by long community waiting times for dietetic assessments, delaying appropriate nutritional support.

Our pilot programme addressed these challenges by providing a rapid-response follow-up for patients discharged from two district general hospitals who were identified as at risk of malnutrition and prescribed ONS. Within 4-6 weeks post-discharge, a Prescribing Support Dietitian conducted tailored nutritional interventions with a 'food first' approach, prioritising accessible, everyday food choices that aligned with each patient's lifestyle and preferences.

This initiative redefines how services can operate – delivering timely, targeted interventions within existing resources while ensuring long-term sustainability. By pioneering new clinical pathways, it creates a blueprint for change.

This work has the power to revolutionise dietetic care at regional and national levels – reshaping services, optimising resources and delivering better outcomes for patients and healthcare systems alike."

Kindly sponsored by Abbott

"Abbott is delighted to recognise Kathryn Duff, Shelley Hannon, Michelle Graham-Steele, Ursula Quinn, Katherine Hudson & Elizabeth Armstrong at the Northern Health and Social Care Trust, voted this year's winner of the Community Nutrition Professional of the Year by Complete Nutrition readers.

They have all been instrumental in creating a successful programme focused on providing a rapid-response follow-up for patients discharged from hospitals who were identified as at risk of malnutrition, to ensure early and individualised dietetic support and tailored nutritional intervention.

A big congratulations to the winners on their fantastic achievements in delivering outstanding patient care in the field of nutrition."

Rebecca Stevenson, Medical Director, Abbott's Nutrition business – www.proconnect.abbott/uk/en/home.html



Social Media Personality of the Year

Dr Kirsty Porter

Paediatric Dietitian, NHS/Freelance – Nutrition4KidsNI

"I am absolutely delighted to receive the Social Media Personality of the Year award. Social media has given me a platform to connect with families, share practical strategies and raise awareness about mealtime and feeding challenges with kids. To know that this work resonates with so many is incredibly encouraging, and I'm very thankful for the support of such an engaged and caring community."

Kindly sponsored by Nestlé Health Science

"A well-deserved congratulations to Dr Kirsty Porter, the winner of 2025 CN Award for Social Media Personality of the Year!

Nestlé Health Science proudly congratulates Dr Kirsty Porter, winner of the CN Magazine Award. We celebrate her outstanding work and the profound impact of her social media platform, Nutrition4KidsNI, on the dietetic community and beyond.

Dr Porter has become an invaluable resource, providing a wealth of free, accessible advice for parents on children's nutrition. Her content is not only informative but also presented in a fun, relatable and play-based format, making it easy for families to implement at home.

She works tirelessly to support families who may not have access to private nutrition services and those whose first language is not English, with clear, video-rich content. Her collaborative efforts with other healthcare professionals further enhance the support and knowledge available to parents. This award is a testament to her dedication, expertise and commitment to making a real difference in the lives of families. We wish her continued success in her inspiring work."

The Nestlé Health Science Team – www.nestlehealthscience.co.uk



Pictured: Josh Dhanraj, Liz O'Dell, Jack Brearley & Noia Blackburn

Sustainability Initiative Award

The Nutrition Team at Royal Derby Hospital

University Hospitals of Derby and Burton

"We're absolutely delighted to receive this award and to have our work recognised on a national stage. This project was a real multidisciplinary effort, bringing together the skills and perspectives of our gastroenterologists, nurses, pharmacists and dietitians.

By combining innovation with sustainability, we've been able to improve patient care, reduce waste and cut costs, demonstrating what can be achieved when the team works towards a shared vision. We hope our experience can inspire similar initiatives across the NHS."

Kindly sponsored by Nutricia Flocare

"Congratulations to the Nutrition Team at Royal Derby Hospital!

Your award-winning project is a shining example of how innovation and sustainability can go hand in hand to transform healthcare. By digitalising patient records and optimising parenteral nutrition stock management, you've not only improved clinical efficiency and reduced costs, but also made a significant impact on environmental responsibility.

Eliminating paper records and reducing bespoke PN orders has cut waste, lowered carbon emissions and created a scalable model for greener healthcare delivery. This initiative sets a powerful precedent for sustainable practice within the NHS – enhancing patient care while reducing environmental impact.

Well done on this outstanding achievement!"

The Nutricia Flocare Team – www.nutriciaflocare.com/Flocare2020/index.php



Clinical Nutrition Professional of the Year

Gemma Stewart

Burns Dietitian, Queen Elizabeth Hospital, University Hospitals Birmingham

"I am both proud of, and passionate about, my work as a dietitian. I am privileged to co-lead the burns dietetic service as part of an exceptional multidisciplinary team and to be part of an incredible team of dietitians at the Queen Elizabeth Hospital in Birmingham who continue to support me in all aspects of my career, from my clinical work to my research aspirations. I was honoured to have been nominated, and it is amazing to have won and to have the impact of my work recognised by all of you. Thank you to everyone who voted for me."

Kindly sponsored by Baxter

"Baxter is delighted to recognise Gemma Stewart's outstanding dedication to advancing the field of burns dietetics and her tireless efforts to enhance patient care that have earned her the 'Clinical Nutrition Professional of the Year' award.

An outstanding example of this is her establishment of the National Burns Dietitians Network, created to foster collaboration and knowledge-sharing among professionals. Her achievements also include presenting her work at an international burns care conference, playing a key role in updating the burns chapter in the BDA Manual of Dietetics and mentoring junior dietitians to shape the next generation of professionals.

Her leadership, contributions to research development and patient dedication are shining examples of excellence in clinical nutrition, and she is a well-deserved recipient of this award. Congratulations Gemma!"

The Baxter Healthcare Team – www.baxter.com



Outstanding Achievement

Zoe Griffiths

Registered Nutritionist (Public Health), ZG Nutrition

"I am incredibly proud to have won the CN Award for Outstanding Achievement. Thank you so much to all the CN readers who voted for me.

It is an absolute privilege to work in the nutrition profession, working on projects I am passionate about and supporting the next generation of nutrition graduates into jobs.

This award is the impetus I need to keep pushing forward with my work and I could not be more grateful for it."

Kindly sponsored by Yakult Science

"Yakult Science are proud to sponsor the 2025 CN Award for 'Outstanding Achievement' and to celebrate this year's recipient... Zoe Griffiths! With over three decades as a registered Nutritionist, Zoe is a respected and influential figure within the profession. Her dedication to helping those early in their career, along with her work on public health, the food industry and school food programmes, highlights her commitment to advancing the nutrition field.

At Yakult Science, we're committed to supporting healthcare professionals through evidence-based knowledge and so we are thrilled to present this award to such a deserving candidate. Congratulations Zoe – we look forward to seeing the continued impact of your work!"

The Yakult Team – <https://hcp.yakult.co.uk/>



Congratulations to all the 2025 CN Award winners and compliments to all those that were shortlisted.

The CN Team would like to **THANK** everyone who has been involved in this year's Awards – sponsors, nominators, nominees and all the readers of CN Magazine. Your combined support is what makes the CN Awards so successful year-on-year.

The CN Awards are *your* Awards to recognise *your* profession.

Kindly sponsored by...

