

## **Lynne Henderson, NHS Orkney**

### **"Free Swimming Project"**

A presentation on the Kirkwall Free Swimming Project, led by NHS Orkney Health Promotion in partnership with Kirkwall Pool.

*Lynne graduated from Queen Margaret College, Edinburgh in 1998 with a BSc (Hons) Dietetics and her Dietetic career started in Ninewells Teaching Hospital, Dundee. This gave Lynne a good grounding for acute care. However, she soon discovered her interests lay more in primary care and prevention. She then moved to Fife Primary Care, where she enjoyed working in several smaller cottage hospitals. Her areas of development were mental health, rehabilitation and the elderly. She developed specialist interest in diabetes, coeliac disease and obesity. Although having a degree in Dietetics, Lynne felt she wanted to increase her knowledge about the impact of physical activity on disease states and public health. This led Lynne to complete her Masters in Nutrition, Physical Activity and Public Health in 2002 at Bristol University. During this time her cutting edge research project was published by the British Dietetic Association Journal and in 2002 she also won the British Dietetic Research Project Award.*

*Lynne came to Orkney as Senior Dietician in September 2002, where she further developed her interest in nutrition and physical activity on disease states, especially diabetes and obesity, along with her successful community projects. In 2004 she transferred to the NHS Orkney Health Promotion Service where she thoroughly enjoys health improvement projects based around nutrition and physical activity and public health.*