



EARLY CAREERS ONLINE NETWORKING EVENT

28<sup>TH</sup> MARCH 2025 12-1PM

# CONNECTIONS

Please feel free to reach out and connect with those you meet at today's event.

**Dr Lauren Devine**

**Sector/Role:** Postdoctoral Research Fellow

**About me:**

Dr Lauren Devine is a Post-Doctoral Research Fellow within the Institute of Food and Health, UCD. She was awarded her PhD in Human Nutrition in 2023 from NICHE, Ulster University. In her current role, Lauren leads research on a European-funded project, PLAN'EAT; an applied research project that aims to understand how environmental, social, cultural, and individual factors influence university students' dietary choices and to co-design solutions to support university students' transition towards more sustainable and healthy dietary behaviours using a Living Lab approach. Lauren has published her research in peer-reviewed journals and has presented at scientific conferences, for which she has won several awards. Lauren also has lecturing experience with Dietetic/Human Nutrition/Food and Nutrition undergraduate/postgraduate students and successfully completed the Higher Education Academy Associate Fellowship in 2021. Lauren is a NS ECM Committee member and co-leads the communications for the NS Publications and NS ECM social media accounts.

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**Ms Lucy Jessop**

**Sector/Role:** Type 2 Diabetes (NHS) & Recipe Development/Nutritional Analysis

**About me:**

I'm currently working as a Senior Health Coach, specialising in Type 2 Diabetes Remission and Weight management for OVIVA UK (NHS). This patient-facing role involves providing one-to-one support for patients aiming to achieve diabetes remission, via clinically significant weight loss and forming sustainable, positive lifestyle behaviours. With a keen interest in Cardiometabolic health, I am focused on expanding my CPD in this area. I use various skills, experience and know-how in this role including: - Behavioural change techniques, Motivational interviewing, Personalised SMART goal setting, Clinical skills, Nutrition knowledge and Practical food, cooking and recipe knowledge. As an experienced Food Writer, my freelance work involves, recipe development, creating meal plans optimised for specific dietary needs, writing evidence-based nutrition and health claims, translating complex nutritional science into accessible tips/advice and analysing recipes for nutrition for various brands. I'm also a NS ECM Committee

member and keen to support and collaborate with early-career professionals in promoting evidence-based nutrition.

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**Dr Louise Durrant**

**Sector/Role:** Food Industry (Retail)

**About me:**

I'm a dietitian with a PhD in nutritional sciences and over 10 years' experience across the food industry and charitable sector, having spent time at Yakult, the British Nutrition Foundation, Quorn Foods and now working as Healthy and Sustainable Diets Manager at Sainsburys. I'm also currently Editor-in-Chief of the Gazette (the Nutrition Societies members magazine) and Co-Director of the European Nutrition Leadership Platform (ENLP) Essentials Programme.

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**Dr Oliver Shannon**

**Sector/Role:** Academia

**About me:**

Dr. Oliver Shannon is a researcher and lecturer in human nutrition and ageing at Newcastle University. His research is funded by UKRI, charities including Alzheimer's Research UK and industry bodies and explores the impact of plant-based diets and fruits/vegetables on cardiovascular and cognitive health. He was the 2024 recipient of the Julie Wallace Award for early-stage scientific excellence and is the Chair of the Nutrition Society Early Career Members Section.

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**Dr Martina Rooney**

**Sector/Role:** Academia

**About me:**

I have a strong background in nutrition education and research. Currently I am the Research Programme and Grants Manager for the Co-Centre for Sustainable Food Systems. I am a member of the Nutrition Society ECM Committee and a Communications Lead for the NS Publications social media accounts. I look forward to meeting more ECM through the Section and seeing how we all grow and advance together.

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**Mr Charles Msigwa**

**Sector/Role:** Public Health Nutrition (Project Officer - Nutrition, Catholic Relief Services)

**About me:**

Charles Msigwa is a dedicated public health nutritionist with over five years of experience, currently working with Catholic Relief Services (CRS) in Tanzania. He specializes in maternal,

infant, young child, and adolescent nutrition, collaborating with international and local organizations to strengthen health systems and improve nutrition outcomes. His research interests include stunting prevention, non-communicable diseases (NCDs), Social and Behaviour Change (SBC) strategies, and health system strengthening. He is particularly focused on leveraging community-based approaches, SBC strategies, and digital health tools to enhance nutrition outcomes in resource-limited settings. As the International Representative for Early Career Members at the Nutrition Society, Charles is committed to collaborating with early-career public health nutritionists worldwide, driving innovative strategies to combat malnutrition and promote sustainable public health nutrition interventions.

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**Dr Bahareh Mansoorian**

**Sector/Role:** Academia

**About me:**

Dr. Bahareh Mansoorian is a lecturer and co-programme lead in Nutrition and Dietetics at Glasgow Caledonian University. She previously worked as a programme lead at Queen Margaret University and as a lecturer at the University of Glasgow. Her research spans gut microbiome interactions, food matrix effects, and the development of proteomic biomarkers for early disease detection, combining her interests in nutrition, systems biology, proteomics, and metabolomics. She is also interested in sustainable nutrition, food system resilience, and the intersection of nutrition and psychology, particularly the impact of screen dysmorphia on eating behaviour and physical activity.

Bahareh is passionate about science communication and engagement. She founded the Curious Club and co-founded Trig Point to foster cross-disciplinary collaboration.

As an assessor for the AfN and the Scottish Representative for Early Career Members at the Nutrition Society, Bahareh is committed to promoting the profession, supporting early-career professionals, and advocating for evidence-based nutrition.

**Ms Bells Hann**

**Sector/Role:** Food Industry (Science Communications Specialist)

**About me:**

I graduated from the University of Roehampton, London, in September 2024 with a first-class honour's degree in Nutrition & Health. Throughout 2022–2024, I acted as the U.K. and Ireland Student Representative for The Nutrition Society Student Section and am now in the Early Careers Committee. I'm very passionate about combining science and creativity and have experience in writing evidence-based articles, chairing webinars, and leading group workshops.

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**Miss Brittany King**

**Sector/Role:** Nutrition and Catering

**About me:**

I started my role as a Nutritionist for Eures for the Uber London site less than a month ago. I recently completed a MSc in Nutrition and Behaviour at Bournemouth University.

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**Dr Rebecca Finlay**

**Sector/Role:** Academia - Postdoc

**About me:**

I'm a postdoctoral researcher on the Co-Centre for Sustainable Food Systems project working with Prof. Eileen Gibney on the UCD Platform 3 team - Nutrition and Health. My current work is focused on improving the interoperability of nutrition data in Ireland by aligning current datasets with the FAIR data principles. I will also conduct a diet modelling study focusing on sustainability and health outcomes.

I completed my PhD in 2024 in the area of Nutritional Metabolomics with the Nutrition, Biomarkers, and Health research group under the supervision of Prof. Lorraine Brennan. My PhD aimed to identify food intake biomarkers of green vegetables as a more objective dietary assessment method.

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**Dr Aaron Hengist**

**Sector/Role:** Nutrition and Metabolism Research

**About me:**

My work investigates how manipulating dietary macronutrient composition influences energy balance and metabolic health in humans. We aim to understand the integrated physiology of these responses using a combination of whole-body and mechanistic measures. My current project is investigating how switching to a ketogenic diet impact sleeping energy expenditure, substrate oxidation, and hepatic metabolism in an inpatient feeding setting. We are also exploring the potential for Nicotinamide Riboside supplementation to augment these effects.

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**Mrs Annabel Kibble**

**Sector/Role:** Contract Catering

**About me:**

I am a registered nutritionist with over 9 years' experience in the food industry and contract catering. I have previously worked in workplace wellbeing and my current role is to support a group of independent schools with nutrition workshops, menu development, training and allergen management

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**Dr Cathal O'Hara****Sector/Role:** Academia**About me:**

Cathal's research focuses on various aspects of digital technology and artificial intelligence for use in nutrition and dietetics and more broadly for health promotion and healthcare. He completed his PhD in 2024 with his work focusing on developing novel digital methods of dietary intake assessment. In addition to research, he has also tutored and lectured on topics relating to population health, nutrition, dietetics, and biostatistics. Previously, he has worked as a dietitian in both acute and community healthcare settings in the NHS in the UK, the HSE in Ireland, and in private practice. He has also worked in nutrition and health research in both academia and industry on various topics including dietary intake assessment, healthy aging, nutrition supplement product development, and food and nutrition regulatory affairs.

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Hello! I'm a nutrition graduate working in a retail pharmacy, where I'm gaining valuable experience in medication-supplement interactions and product recommendations. I'm passionate about exploring diverse career paths within nutrition and am eager to connect with professionals in food science and R&D. I'm particularly interested in child nutrition. I'd love to learn more about your career journey and any insights you might have.

**Contact:**[firzanah.tafkir97@gmail.com](mailto:firzanah.tafkir97@gmail.com)**LinkedIn:** Nor Firzanah Mohd Tafkir**Dr Martha Redway****Sector/Role:** Food Industry**About me:**

I currently work for Danone UK & Ireland as a Nutrition and Science Communication Manager looking after our Alpro and First Diets portfolios. I transitioned into food industry after several years completing my PhD and working in academic research, focusing on plant-based diets and micronutrients. I have also held several roles in marketing and digital communications, including as a Social Media Editor for the Nutrition Society and as the Communications & Engagement Officer for the Scottish Alliance for Food.

**Contact:**[martha.redway@danone.com](mailto:martha.redway@danone.com)**LinkedIn:** <https://www.linkedin.com/in/martharedway/>**Dr Alice Gilmour****Sector/Role:** Researcher in Food System Analysis**About me:**

Currently doing a postdoc looking at the food system across Ireland and the UK (Co-Centre for Sustainable Food Systems). Previously did a postdoc funded by Public Health Wales analysing

school food in Wales. Before this, had an InvestNI-funded postdoc helping small and medium-sized food and drink businesses in Northern Ireland understand market intelligence.

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**Dr Larisa Constantinou**

**Sector/Role:** Nutrition consultancy

**About me:**

A registered associate nutritionist with PhD research experience and a university teaching portfolio. I am interested in a career path that combines carrying out interdisciplinary research and teaching with opportunities to engage with the public. I have a deep passion for exploring plant bioactive compounds, precision nutrition, metabolic heterogeneity, molecular mechanisms underlying relationships between diet and health, as well as nutritional approaches that prevent, treat, and manage diseases and promote wellness.

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**Dr Toluwalope Emmanuel Eyinla**

**Sector/Role:** Academia

**About me:**

Dr Tolu Emma Eyinla is a lecturer of the science and applications of Foods and Human Nutrition. His research is focused on the nutritional and food security assessment of individuals in order to make inferences at community and population levels. His educational background covers the areas of community and public health nutrition and over his post-PhD years he has developed strong expertise in the areas of executing nutritional assessment (especially dietary intake surveys). His specific areas of research have sought to answer questions of how food intake relates to health outcomes and implications for nutritional epidemiology and diet-related non-communicable diseases with focus on the vulnerable groups including infants and young children, older people, pregnant women, athletes, adolescents. He has been involved in community-based research activities in the areas of nutrition, agriculture and public health, through which he has acquired skills in teaching, planning, implementation and evaluation of nutrition and health programmes.

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**Dr Remco Peters**

**Sector/Role:** Academia

**About me:**

Remco is a post-doctoral researcher affiliated with the University of Bristol. He is currently applying systems approaches to complex health challenges, including malnutrition in all its forms, globally.

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**Ms Angela Camacho Vandia**

**Sector/Role:** Public

**About me:**

Working with perimenopause and menopause nutrition.

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**Dr Holly Neill**

**Sector/Role:** Industry

**About me:**

I am the Assistant Science Manager at Yakult UK and Ireland where I communicate the latest evidence surrounding the gut microbiome, probiotics and health. Before transitioning to industry, I completed my PhD in vitamin D and postdoc in polyphenols.

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