



Cambridgeshire dietitian wins national Allergy Hero Award

A dietitian from Cambridgeshire has been recognised for her work to help children with allergy as part of Allergy UK's Allergy Hero Awards.

Patricia Herbert was awarded the Healthcare Professional Allergy Hero Award at Allergy UK's Allergy Hero awards last week. She works with schools across Cambridgeshire to provide menus for school dinners. As part of this role she has worked tirelessly with parents, GPs and clinical dietitians to ensure that children with food allergy don't miss out on a hot school meal and most importantly, are not sat apart from friends.

To do this, she adapts menus to provide over 120 different combinations of the same menu for over 500 children, catering for a range of allergies.

She works with closely with parents and caterers to provide peace of mind and hundreds of children have benefited from her single minded determination to provide a fully inclusive service for all children in her area regardless of their food allergy or intolerances.

Patricia said, "I was really honoured to receive this award. It's been a pleasure to help lots of children across Cambridgeshire as it's something I am really passionate about."

Allergy UK's Allergy Hero Awards recognise and celebrate unsung heroes who have either shown great support for someone living with allergy; done amazing things despite suffering from allergy themselves; or who have helped the 21 million allergy sufferers in the UK by doing their best to raise awareness and understanding of this often debilitating condition or have provided innovative research and treatments to improve symptoms of the disease.

Carla Jones, Chief Executive of Allergy UK said,

"Allergy has a huge impact on the lives of the people that live with this disease every day and their families. Around 21 million people in the UK with some form of allergic disease, and the number is rising, particularly children with food allergy and yet it remains misunderstood and even trivialised.

The Allergy Hero Awards are a fantastic opportunity to both create awareness about allergy and also to celebrate our Allergy Heroes. It's a chance for us to celebrate inspiring people like Patricia – who has gone to great lengths to ensure that children with allergies feel included. This is a fantastic step and it would be wonderful to see other people follow her lead."

The event was also the launch of Allergy UK's new video to help raise awareness and generate more understanding of the seriousness and impact allergy has on people with allergy. The video features a number of case studies with different allergic conditions speaking of their experiences. View the video here (<https://www.allergyuk.org/support-us/case-studies/655-living-with-allergic-disease-video>)

For more information, visit www.allergyuk.org/allergyheroes

Press enquiries:

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Notes to Editors

Allergy UK is the leading national charity which provides advice and support to people with allergies. Allergy UK acts as the 'voice' of the UK's millions of people with allergy, representing the views and healthcare needs of those affected by this multi-organ disease.

The Healthcare professional Allergy Hero Award was one of seven Allergy Hero awards. The full list of winners are:

- **Allergy UK's Life Time Achievement Award** – Dr William Frankland
- **Child Allergy Hero Award** – Arlo Gillard-Moss
- **Allergy Hero Innovation Award** – Milk Allergy in Primary Care Team
- **Community Allergy Hero Award** – Over the Wall UK Charity
- **Friend, Family or Colleague Allergy Hero Award** – Natalie Pullen
- **Hospital Clinical Team Allergy Heroes Award** – Imperial College London Paediatric Research Unit Team
- **Healthcare Professional Allergy Hero Award** – Patricia Herbert