

Welcome back to our first South East newsletter of 2011 and I hope the New Year is going well. This issue of our newsletter we have 2 inspirational articles written by 2 South East members about what they have been getting up too over the past few months. There is also a chance to see what opportunities there are in the South East over the next few months in way of networking and training. So sit back and enjoy the read.

**Neel Radia, South East Chair**



## **FROM THE FOOTHILLS OF KILIMANJARO TO MOMBASA – The Kenya Bike Ride**

**By Barry Gelfand, West House Nursing Home**

In October 2010 I took part on my second charity bike ride with 145 other participants, which has been an incredible experience that words cannot describe.

The bike ride started from the Foot Hills of Mount Kilimanjaro to the coastal town of Mombasa 375 kilometres away. 375 km may not seem to far for many but when you are riding in temperatures of 40 degrees, 8-10 hours a day on the saddle and riding on unmade roads, mountains and sand I can tell you it was no picnic but was worth every minute. Our days started most days at 6am and we contended with dehydration, saddle sore, cut bruises fatigue and a whole host of other things I never knew existed.

I was probably a modest rider who assisted others where I could to make the days more enjoyable. There were guys who stayed with me day after day, pedal after pedal, with absolutely no gain to them selves except to be on a bike longer in the heat than anyone else, and on occasions also help me get through the day.

There were strong riders who took on the task of riding tandem with Norwood residents who suffered with Down's syndrome and many other debilitating illnesses. Watching them not only motivate themselves but to motivate the residents and sometimes ride for two, was one of the many awe inspiring things I saw on this trip. This bunch of people are remarkable, and there can be no adequate words for the selfless acts they carried out hour after hour, day after day, with no benefit to themselves (except the satisfaction on the faces of the residents).

There were the volunteers who organised the trip and looked after us, fed us, watered us, and allowed us to leave our busy brains at home and concentrate on the task ahead, and make sure we had what we needed at all times, and always with a smile on their face.

There were also people there who rode tandems with the residents and when we finally finished the day exhausted with only ourselves to take care of, they had to take care of the residents, bath, feed and tend to their needs before themselves.

The days were long and tiresome with the never-ending sun blazing its rays upon us with little or no shade to hide. The sun tan lotion did not prevent me from burning and blisters appeared on my left arm from top to bottom and the never ending cramp caused by dehydration and lack of salt.

This is now my second ride, which has been an incredible experience that words cannot describe. There were 145 participants who all together raised an incredible 400,000.00 for Norwood Ravenswood (people with learning disabilities).





New Park Day Centre in Highbury Resident with pupils.



2 Pupils with Grace Phillips & Cllr Richard Watts-Executive Member for Children and Families

## London Borough of Islington Incorporate National School Meals Week with Highbury Dale Day Centre to Promote Healthy Eating.

Grace Phillip, Catering Contract Manager from London Borough of Islington and an active member of the NACC took back Islington's older people back to school with pupils from St John's Highbury Vale Primary as part of National School Meals Week.

Shirley Haxell, 76, pictured here with some of the youngsters, was very impressed with the food on offer. She said: "These meals are brilliant — really tasty and there's a good variety. It's so nice to see the children all eating their vegetables too."

Speaking to Grace about why she chose to promote National School Meals Week with a local day centre, she replied " I feel it is important for both the younger and older generation in our communities to come together and so I thought what better way to do this than to do it around the topic of food and nutrition".

More information of this event can be found on the NACC website.

## NACC SE Regional Care Cook Competition/Seminar

23<sup>rd</sup> March 2011

Unilever Head Office, Leatherhead

Preparations are already under way by your committee to welcome you to the South East Care Cook Heats and regional seminar-taking place again this year at Unilever's head office in Leatherhead. 6 chefs will battle it out in the Knorr Kitchen for a place at this years NACC Care Cook of the Year competition.

At the seminar we have organised a **presentation/training session with Diane Johnson on Menu Planning within Care worth 1.5hours CPD points.** Followed by a session with James Allred from Unilever on how Unilever can work with you to bring together tasty, nutritionally analysed menus that fit with your client needs.

Further information and booking forms are available on the New NACC website [www.thenacc.co.uk](http://www.thenacc.co.uk)



## DATES FOR YOUR DIARY 2011

**23<sup>rd</sup> March 2011** (All Day)

South East Care Cook Heats/Regional Seminar  
Unilever, Leatherhead

**May/June 2011**

RSPH Diploma (Level 4) Nutrition & Health in the Community

**15<sup>th</sup> June 2011** (All Day)

South East Seminar  
Royal Windsor Race Course – Rational UK

**6<sup>th</sup> July 2011**

National Care Cook Finals

**7<sup>th</sup> July 2011** (Evening)

South East Summer Social

**14 – 16<sup>th</sup> September 2011**

NACC National Training & Development Forum  
Hilton Blackpool

**25<sup>th</sup> November 2011**

South East Christmas Party  
Park Inn Hotel, Heathrow



## RSPH Diploma in Nutrition and Health in the Community (Level 4)

After many requests by South East members last year we have now organised members to sit this course at heavily discounted prices if you are a member of the NACC.

The aim of this qualification is to equip candidates with a Level 4 knowledge and understanding of the principles of good nutrition and healthy eating and to ensure they are able to apply these principles in a practical and responsible way in the course of their daily work and lives.

The course will take place over 4 weeks (1 day a week) in March followed by examination. If you are interested to take part please contact Neel Radia on 020 8965 6533 or by email on [neel@rajfoods.com](mailto:neel@rajfoods.com) or visit the NACC website. Offer closes 1<sup>st</sup> March 2011.



### LOOK CLOSER.

What do you see nurse, what do you see ?  
What are you thinking when you look at me ?  
A crabbit old woman, not very wise,  
Uncertain of habit with far away eyes.  
Who dribbles her food and makes no reply:  
When you say in a loud voice, "I do wish you'd try."  
Who seems not to notice the things that you do,  
And forever is losing a stocking or shoe.  
Who quite unresisting lets you do as you will;  
With bathing or feeding the long day to fill.  
Is that what you're thinking, is that what you see?  
Then open your eyes nurse, you're not looking at me.  
I'll tell you who I am, as I sit here so still,  
As I move at your bidding, as I eat at your will.  
I'm a small child of ten...with a father and mother,  
And brothers and sisters who love one another.  
A girl of sixteen with wings on her feet;  
Dreaming that soon a true lover she'll meet.  
A bride soon at twenty...my heart gives a leap;  
Remembering the vows that I promised to keep.  
At twenty five, I have young of my own,  
Who need me to build a secure and happy home.  
A woman of thirty, my young now grow fast,  
Bound to each other with ties that should last.  
At forty, my young ones have grown up and gone:  
But my man stays beside me to see I don't mourn.  
At fifty, once more babies play round my knees;  
Again we know children, my loved one and me.  
Dark days are upon me, my husband is dead...  
I look at the future, I shudder with dread;  
For my young are all busy with young of their own,  
And I think of the years and the love that I've known.  
I am an old woman now, and Nature is cruel,  
'Tis her jest to make old age look like a fool.  
The body, it crumbles, grace and vigor depart,  
There now is a stone where I once had a heart.  
But inside this old carcass a young girl still dwells,  
And now and again my battered heart swells.  
I remember the joys, I remember the pain,  
And I'm loving and living life over again.  
I think of the years...all too few, gone too fast,  
And accept the stark fact that nothing can last.  
So open your eyes nurses, open and see..  
Not a crabbit old woman,  
Look closer...see..ME.

PHYLLIS McCORMACK



More information on the campaign  
will be given on the 23<sup>rd</sup> March  
2011 at our next Regional  
Seminar

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