

We are now 5 months into 2011 and so much has been going on within the South East Region. Although we are unable to capture all the moments, here are a few we would like to share. Happy Reading...

Neel Radia, South East Chair

CARE COOK OF THE YEAR SOUTH EAST HEATS 2011!!!

The South East Care Cook heat this year took place & was sponsored by Unilever for the 2nd year running alongside the South East Regional Seminar. Attended by over 55 members we saw 5 chefs from around the South East battle it out in the Knorr Kitchen to win a place in the Care Cook of the Year competition 2011. The South East finalists were:



Fiona Waddell

Broadlands Residential Home
Green sleeves



David Hales

Ashley House, Borden
Sanctuary Care



Edward Zammit

Avenance



Pawel Kulon

Four Seasons Health Care



Mark Ord

Wantage Nursing Home
Sanctuary Care

Edward Zammit who works for Avenance, Elior in Essex had the recipe for success winning the South East Regional Selection of the NACC Care Cook of the Year competition. Edward came up trumps with a menu of, Ballotine of Chicken served with Potato Cake followed by Chocolate Fondant with Caramel Sauce.

In an interview after the competition Edward was asked why he chose to become a chef in the Care Sector to which he responded, "Becoming a care Chef has changed the way I think about cooking. There's lots of care and thought to be taken when cooking for our residents, taking into account different dietary requirements, changes in tastes and personal preferences. It's not just throwing food in pans and on to plates. The different needs that our residents have keep me motivated to strive and improve my cooking and the way I present food. I believe it is essential to use fresh ingredients so residents can fully benefit from the foods nutritional values. It is a challenge everyday to try to please everyone. I know we can't please all the people all the time but that is what I aim to do by always challenging my staff and myself and talking to my residents.

Edward will be representing the South East Region at the NACC Care Cook Finals at Unilever, Leatherhead on 6th July 2011.

SE Care Cook Heats sponsored by:



Pictured Right: James Allred, Edward Zammit and Neel Radia





One of our members **Troy Smith** from **Oranka** has been supporting our industries charity Hospitality Action for over 7 years now and in fact sits on the charities London Board. As a board they have raised over £600,000 over the past 6 years, so this year Troy has decided to personally

contribute to the cause directly by entering the Great British 10km London Run on July 10th. Troy commented 'Hospitality Action is our industries Charity and they do fantastic work for people specifically connected to this wonderful industry who unfortunately for what ever reason fall on hard times'.

As well as running 10km Troy will be carrying 10kg of added weights further challenging himself and encouraging sponsors to donate more money.

Troy has already raised over £350 so far but would like to get to £1000 by July. To sponsor Troy please visit him at:

<http://www.justgiving.com/Troy-Smith>

DEHYDRATION IN OLDER PEOPLE WEEK 6th – 12th June 2011

This year sees the launch of the Dehydration in Older People Week, and it is hoped the event will become an annual event. The aim is to draw attention to the importance of good hydration in a care setting. Good hydration enables service users to enjoy a good quality of life, and prevents many illnesses which can often lead to hospitalisation. The week will provide a range of important information for carers, social care professionals and service users, plus training aids to further raise awareness across the whole care sector.

We want to know what you are doing in the South East to promote this initiative. Email Neel Radia on info@thenacc.co.uk

Resources to help you promote this week can be found on www.thenacc.co.uk/events/DehydrationinOlderPeopleAwarenessWeek



SOUTH EAST MEMBERSHIP DRIVE

Last month you would have received an email in regards to the South East Membership Drive. We currently have 160 members in the South East and have a target of exceeding the **200 mark by 25th November 2011**. But this cannot be achieved without **YOUR** help. Please let your committee know what you are doing to promote NACC Membership. Thank you to the following members for your support of this drive:

- Era Varellas from **London Borough of Haringey** for sending an invitation to your day centres and suppliers.
- Steve Goddard from **Thomas Ridley Food Service** for sending out an invitation and membership form to your care home customers.

If you haven't yet received the invitation letter then please visit the NACC website

www.thenacc.co.uk/regions/southeast



South East Regional Seminar Wednesday 15th June 2011

Event Sponsored by Rational UK
Lunch sponsored by 3663

£15 for NACC Members

Please Book in Advance to avoid disappointment



**IOH London Branch & NACC South East
SUMMER NETWORKING BBQ**
The Montague on The Gardens Hotel
Bloomsbury, London, WC1

**Tuesday
12th July
2011**



**6.30pm
-
11pm**

- Pimms Reception
- Generous, delicious full BBQ inc Dessert/Coffee
- Wine with BBQ

Tickets: £35 per person
More Information Contact:
neel@rajfoods.com



Congratulations to John Figgin, Senior Contracts Manager from East Sussex County Council for winning the Social Care Award at the Cost Sector Awards in April 2011. John is pictured above with Helen Lederer, actress and comedian, with Ian Stone from the Award sponsors.
Other winners of the evening included NACC for the marketing Award.



**NACC Affiliated
members of Institute
of Continuous
Professional
Development**

Please remember to let your South East Regional Officers know if you require a CPD Certificate for attending your South East Regional Seminars and Training Days.

The South East supports Continuous Professional development



**NACC NATIONAL TRAINING
& DEVELOPMENT FORUM '11**

14th - 16th September 2011, Hilton Hotel, Blackpool

Follow the South East
Region on:



Dates for your Diary:

15th June 2011
Royal Windsor Race Course
SE Seminar

12th July 2011
The Montague Hotel
Summer BBQ

28th Sept. 2011
Letchworth Hall Hotel
SE Seminar

25th November
Christmas Seminar &
Celebrations

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