

NACC MIDLANDS REGION

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NACC



Newsletter Summer 2011



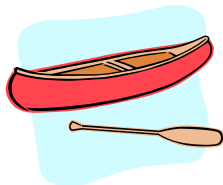
Welcome to the Summer Edition of the Midlands Newsletter

NACC Meeting Rock UK
At the Frontier Centre, Northants.
www.rock.org

A tale of daring activities!! The day dawned in glorious sunshine ready for our meeting at the Frontier Centre. The centre was idyllic, nestled in a beautiful green valley. There below us was the Activity Lake and rock climbing area ready and waiting for the intrepid NACC members. Would the brave members enthusiastically be fit for the challenge? Did they climb, kayak and hit the spot with arrows? You will have to read the minutes to find out.....

Suffice to say it was a fantastic day with some members reaching new heights and targets and others just getting wet!

Many thanks to our sponsors of the day **Gram** and **Rational** for their support and the great BBQ!



March 17th Midlands Meeting

As it was St Patrick's Day the theme was *Going Green* at the Old Rose & Crown Hotel, Rose Hill, Lickey, B'ham and a few people were very green indeed when it came to answering the Irish quiz see if you are any better (answers on the last page)

1. **What is Boxy?**
2. **What is the difference between Colcannon and Champ?**
3. **March 17th is the day that St. Patrick was a) Born? b) Died? Or c) Christened?**
4. **Patrick was actually Scottish - True or False?**

Care Cook - Midlands in the frame again...

L-R Donna Frosdick – Churchills; James Allred – Unilever; Derek Johnson – NACC National Chair; Malcolm Shipton – Care Cook Winner 2011, Wren Hall Nursing Home; Andy Bridgeman – Rational UK; Paul Anderson – Gram A/S and Glenn Roberts – Gram UK





Care Cook 2011 Malcolm's Midlands Success

Yum, Yum & Hooray for the Midlands! Congratulations to Malcolm Shipton, of Nottinghamshire. Our Midlands finalist won Care Cook 2011. Malcolm is seen here being presented with his award by Derek Johnson, National Chair

Dehydration in Older People Awareness Week 11th - 17th June 2012

This year saw the launch of the DOPA 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. We heard about work going on at the June Midlands meeting if you missed the meeting – let us know what you did in your area?



Food for Thought – Unlearn Your Thinking???

There is a widely held misconception that older people need to eat less than their younger counterparts. They may have a reduced requirement for calories due to decreased activity and a change in body composition, but their requirements for all other nutrients remain the same. The fact that many eat less can mean that particular attention must be paid to the nutritional content of the meals to make sure nutritional needs are being met within a reduced quantity of food.

In 1953, the Journal of Exercise Physiology proclaimed that 'the human being is incapable of covering a mile distance in less than 4 minutes. The oxygen carrying capacity required (within the human skeletal and muscular set up) is simply not possible'.

In 1954, Roger Bannister ran a mile in three minutes and 59.4 seconds. When times change, existing knowledge and widely held thinking can quickly become outdated. What individuals and organisations see as their strengths may actually be holding them back. It is vital that they discard obsolete knowledge and routines to enable them to fully embrace new and different ideas.

Source Jonathan Zneimer, practice director, Lane4 [Future of work](#) / 08 June 2011

HAPPY BIRTHDAY to Roger Kellow who reached a (milestone) birthday while shooting his arrows at our 14th June meeting at Rock. He was presented with a bottle of *something bubbly* from us all & sing song!



FOOD FOR THOUGHT?

Depression has been correlated with weight loss in many studies. People with Alzheimer's disease lose more weight than other people of the same age without dementia. There are several factors that can influence this, among which are upsetting of feeding behaviour and dependency upon being fed. Medication - some medication or combinations can affect appetite.

NUTRITION SOLUTIONS

Some suggested solutions to tackle poor appetite for those adults at Nutritional Risk

Lack of interest in food

Try appetite stimulants e.g. orange juice, sherry

Dislikes type of food or eats limited variety

Involve in menu planning/offer alternatives and between meal drinks and snacks

Over faced by portion sizes/full meal

Offer smaller portions of more nutrient dense foods

Physical difficulties make eating tiring

Offer assistance. Use modified cutlery. Check consistency. Use heat retaining equipment/crockery to keep food hot

Lacks concentration.

Give regular gentle reminders. Allow time

Encourage people to eat together

Taste changes

Check seasoning/temperatures. Modify recipes



HOT NEWS FROM MEETINGS

Our Speaker Chris Beesley –Reynolds gave members a fascinating insight on how to obtain funding for courses - in collaboration with training colleges - using the Learning Aims Database

<http://providers.lsc.gov.uk/lad/default.asp>



- 8.3 million tonnes of food and drink wasted in the UK every year...
- Food Waste costs the average family with children £680 a year, or up to £50 a month
- Each tonne of avoidable food waste is equivalent to 4.5 tonnes CO2.
- Reducing food waste would result in a CO2 decrease equivalent to taking 1 in 4 cars off the road.
- Food sent to landfill rots and releases methane, a powerful greenhouse gas

Quiz – Answers

1. **What is Boxty? Boxty** (*bacstaí* or *arán bocht tí* in Irish meaning "poor house bread") is a traditional Irish potato pancake.
2. **What is the difference between Colcannon and Champ?** Colcannon is a dish made traditionally of potato and curly kale, or sometimes cabbage. Champ consists of mashed potato into which chopped scallions (spring onions) are mixed.
3. **March 17th is the day that St. Patrick was**
b) Died
4. **Patrick was actually Scottish - True or False?**
TRUE! He was born in Scotland to a Scottish mother and an Italian father

THE BACON TREE

A STORY ABOUT HYDRATION FRENCH-STYLE

3 French Legionnaires are walking through the desert under a baking sun, fully equipped with water for days and food aplenty. On the shimmering horizon, mirages come and go again. They see visions; swimming pools and stalls full of ice-creams.

However, the Legionnaires do not crack. Instead they keep marching solidly on. Suddenly, one of them freezes, "Pssst" he says. They all halt, straining their eyes to where the first Legionnaire is pointing.

"Le voila, Regardez mes amis, isn't zat a bacon tree on ze 'orizon?" and sure enough, there it was, proud and defiant, in the middle of the desert, **a true bacon tree.**

Slowly, they creep forward towards the far off mystery object. Inch by inch, until they are a stone's throw of the bacon tree.

Ever nearer they creep until suddenly! A shot rings out, dropping one of the Legionnaires in his tracks. The other Legionnaires hit the ground as bullets thud into the sand around them.

The other two return fire and give first aid to their wounded companion. Even as they bandage him and pour water over his face, they can hear his faint voice, "Zat was no Bacon Tree," he gasps.
"Zat was an 'Ambush."



News Highlight

14/6/11 Ros Speight, Nat. Secretary attended an event filmed for the BBC Hairy Bikers Community Meals programme at Westminster. MP's, Meals providers and various dignitaries took a ride on a London Routemaster bus to promote community meals. The programme will be aired Sept/Oct 2011



How to Reduce Household Food Waste Practical tips

- Portion control
- Effective storage
- Knowing your dates
- Planning meals
- Making the most of leftovers



STOP PRESS! STOP PRESS! STOP PRESS! NACC National Chair, Derek Johnson wins Catey Award 5th July 2011

The **Public Sector Caterer Award** was presented to Derek Johnson, Principal Catering Manager, Leeds City Council. The Public Sector Caterer Award goes to an individual or organisation who has made an outstanding contribution to the cost sector. The winner will possess the ability to combine innovation with sound financial performance, as well as being able to demonstrate clear achievements. The individual or organisation will have contributed to the cost sector in the areas of healthcare, education or institutional catering. Well done Derek!



follow link for more details

[Derek Johnson wins Catey Award 2011](#)

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details at www.https://thenacc.org.uk/