



**NACC MIDLANDS REGIONAL MEETING
WEDNESDAY 6TH OCTOBER 2010
SOUTHGATE WAY PETERBOROUGH**

Midlands Committee

Louise Lane - Chair
Gina Roche - Secretary
Jane Coleman - Deputy
Carol Harris - Marketing Assistant

Summary

Roger Kellow opened the meeting with a warm welcome to the Hobart showroom and the usual housekeeping. We held our formal meeting in the lecture room /demonstration kitchen fitted to a very high spec and used by Hobart to demonstrate cooking with their appliances. A buffet lunch and refreshments were provided by Hobart UK. Members were also able to tour the adjacent display area where samples of all Hobart production items new and old were on display throughout the day.

We were well fed and watered at the meeting as we also sampled pies courtesy of our other guest speaker and new NACC member, Steve Walker of Holland Pies. Steve bought along pies for us to try which were cooked in the new ECO designed Hobart combi oven. Our third joint speakers from Midlands Co Op, Karen Ball and Sharon Brown gave us a brief history of the Co Op and its work with food and setting up Luncheon clubs for the elderly in their cafeterias in association with Leicestershire County Council.

After all that our very fascinating closing speaker Dr. Kirsty Hunter explained (in between waking us all up) about Prebiotics and Probiotics and explained how our bodies were processing all the food we had just eaten - a sobering thought indeed! We all stayed awake to listen to every word despite all the pies and the lovely buffet.

Business Matters - Report from LL

The minutes of future NACC National Executive Meeting will be posted onto the NACC website for members information.

The National Care Cook 2010 winner was a Midlands representative - Craig Dewhurst of Rashwood Care Home. Plans are already in had to organise the next Care Cook 2011 and all entries for 2011 will have to be registered by 14th January 2011.

Members' plans for National Community Meals Week Oct 11 – 18th 2010 were discussed.

Events

- Nottinghamshire CC
Staff in fancy dress
16 County Councillors to be involved in promotions
5 Luncheon Clubs taking part in celebrations

Army National Heroes (over 75 organisers) are involved in a themed Robin Hood and his Forest celebration

- Leicestershire CC

- Tea Dances with a Battle of Britain Heroes theme
- Visit to Luncheon Clubs by Cllrs. to raise profile
- Articles in local newspapers
- Prize Competition for meals at home service users

'No One Should Go Hungry' - National push from the NACC with funding from most region... campaign will be launched during National Community Meals Week.

10 Key Characteristics – launched at Conference and emailed to all members

Email campaign has highlighted that whilst membership has increased for private sector members, Local Authority provider members are falling and there is an awareness that we need to encourage our local authority members to continue to attend in these difficult times. We all need as much support and networking as possible and being a member for a strong NACC has many advantages not least because the association is pressing to get recognition of care sector catering and raise the profile of community meals on behalf of its members and for the benefit of our vulnerable service users .

Conference

– Feedback from Roger Kellow

The conference has yet again made a healthy profit for NACC. As the main income source for the association it is important that we continue to develop and improve the Conference each year. Roger Kellow and Mary Wedge look very carefully at comments received on the feedback forms, to match as far as possible people's expectations and suggestions. Feedback Forms Analysis is still being processed however, some early evidence is that

- HCI element made it very interesting for their insight into Community Meals abroad.
- All HCI guests had replied with very positive comments on their experiences and admiration of the professionalism of the Conference

Next year's Conference 2011 is at Blackpool again – Roger is mindful that we need to be encouraging more Local Authorities at Conference and meetings. We need the balance of private and public views from the care sector to go forward and to have effective networking at events.

Care Show NEC 10-11th November

Looking for volunteers to assist at the NACC Exhibit Stand at NEC Birmingham for two days. Please let Karen Oliver know names etc.

Hobart UK

As our hosts and sponsors for the meeting Hobart made a short presentation about their new developments in catering products. Roger Kellow introduced John Stewart

- Presentation by John Stewart
- Hobart very keen to train end users and are proud of their training and service support, service history and facilities.
- Free training for life with each machine.

John Stewart introduced the latest *baby* from Hobart a Steam Convector / Combination Cooker

- New machine – ECO designed.
- Built from customer focus groups.
- Easy to use, biodegradable chemical use only, energy/water efficient, eco friendly, reliable and consistent quality.
- Recyclable water used to cool / heat systems, glass door fully insulated, seal easily replaceable.
- Trialled by very large sites with positive results over a twelve month period.
- Can put menus onto programme from PC to load unit automatically cooks.
- Automatic cooking / cleaning system are a closed operation.
- Unique two probe connection for cooking.
- Awarded Friends Cetin Certificate for substantially very quiet kitchen.
- At end of use 91% recycle ability
- Heat recovery system
- Data download onto excel for HACCP if needed.
- Push button operation to descale the machine.
- Canopy option where no exit available for vents .
- More space design for more product area and pull out trays and racks.
- Potentially up to £1000.00 of savings on energy use.

Hollands Pies

Holland Pies Based in Basingstoke

Sample tastings at lunch of – Potato and meat pies

- Steak and Kidney puddings

- One million pies per week sold online.
- Employ 350 people.
- 84% share of pie sales in the North West of England
- Short crust pastry not puff pastry – secret recipe which uses less fat warm water used in mix. This makes it smoother and does not break up in the hand.
- Fillings cooked traditionally – slowly in large pans
- Other brand name Fleur de leys – these are made using puff pastry and include vegetables, cheese, corned beef and meat free sausage rolls.
- Mini steak and Kidney pies – good small product useful for the elderly at tea time for small but tasty attractive calorie laden snacks for the malnourished - those needing to increase their calorie intake

Midlands Co-op

Presentation from Sharon Brown and Karen Ball who work in the Midlands area which covers 400 Co-operative outlets in Derby, Leicester and Birmingham.

- Democratic organisation with elected members on a committee that can affect the business and take it forward.
- 1844 first Co-operative set up in Rochdale during the hungry 40's – 28 men grouped together to sell pure and honest food.
- Cost £1 to join, which in those days was a week's wages and it is the same fee today.
- Dividends are agreed by members, which are paid to both members and employees.

- Link in a lot with the local communities by offering the 'Community Dividend' which is used to refurbish Village halls or create disabled access etc.
- They encourage members in affairs of the private, cultural and educational facilities for members.
- £33.00 for a 10 week course – both affordable and accessible.
- Grant given to each Co-op region for local work.

Karen had met Carol Harris from Leicestershire County Council Social Care Service at a meeting explaining how co operatives work. Through talks arranged to start 2 luncheon clubs set in co op supermarket cafes .The clubs meet monthly and are run with local volunteer bureau providing transport and meals are provided by the co op and subsidised by the local authority. The clubs have been very successful and staff also take members around stores offer assistance with shopping, provide speakers on home safety, trading standards etc.

Nottingham Trent University

Dr. Kirsty Hunter gave a talk on how changing the guts microbial population using diet may improve the quality of life generally but more particularly in a Care Home setting. She is a nutritionist in the sports and science department, and has research projects in nutritional health underway.

The University has "Environmental Chambers" to simulate temperature and humidity for world events so that athletes can train for worldwide events in simulated environments. She talked about the causes and effects of ageing and how it is connected with her work, apparently:-

- 75% due to controllable factors - diet, environment, sun exposure and alcohol.
- 25% due to genetics.
- As we age so our bodies become more susceptible to increased illness / malnutrition.
- Good nutrition can improve health; promote repair and increase life expectancy / quality of life.
- Causes and consequences of malnutrition are interlinked.

The body contains bacterial flora – 1 kg bacteria which is considered by experts to be another "organ" of the body and scientists have come to appreciate that this flora which put simply contains a balance of good (beneficial) and bad (pathogenic) organisms can have far reaching consequences on our health. In effect, if the gut flora is not balanced and healthy, neither is the body. Lower gut activity (where the majority of this gut flora lives) can be affected by ingesting probiotics and prebiotics through food.

- Kirsty's work with pre and probiotics has been carried out to discover what affects these food supplements can have on the body gut flora
- Prebiotics are metabolically very active because of their long lasting activity but have to be taken daily for their good effects to last .
- Muller vitality yoghurt contains pre and probiotic bacteria
- Prebiotics (eaten as a food supplement in the form of a tasteless, heat stable white powder made form natural sources) have been shown in limited trials with healthy adult athletes/hospital patients to increase calcium absorption, ward off infection by improving the bodies natural defence mechanisms, assist with improving digestion, by helping the body absorb food and assimilate . Probiotics have a potential part to play in reducing malnutrition and could be a useful food supplement for the frail, elderly and vulnerable especially those in care settings or hospital.

- Prebiotics are supplied as a dry food supplements as opposed to probiotics which are a live culture and short lived having to be stored under refrigeration and have a short shelf life as they usually come in the forms of drinks or yoghurts or smoothies.

The meeting ended with discussion about how the NACC can help Kirsty in providing potential trials for her work and investigations which could have major benefits e.g. in reducing malnutrition and common infections such as flu and winter vomiting within care settings. Then most members darted off to the nearest Boots to buy Bimuna – the prebiotic supplement!

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