

Minutes of Midlands Regional Meeting 15/05/08

Ingenuity at Enjinuity

at

Ironbridge Gorge Museum, Coach Road, Coalbrookdale, Telford

Midlands Committee

Karen Oliver	Chairman
Louise Lane	Deputy
Gina Roche	Treasurer
Carol Harris	Minutes Secretary

Special Guests

- Radio Shropshire interviewing Renu about the work of Telford and Wrekin meals service and the NACC. Renu arranged a 3 pronged publicity trail for the day with the radio station - before the meeting she was interviewed with a service user about MOW, nutrition and the “Meals Experience” - they traced a meal from preparation to presentation covering temperature checks in the kitchens and talking to residents, cook, staff and managers in a care home and service users in their own homes. The interviews were featured on 7.30 /8.30 news items.
- Telford and Wrekin Council’s Richard Webb (Director of Adult & Consumer Care
- Telford and Wrekin Council Leader ,Councillor Andrew Eade

Welcome and Refreshments



<http://www.telford.gov.uk/>

Councillor Andrew Eade introduced the day welcoming the National Association of Care Catering to Ironbridge

Richard Webb gave an entertaining welcome presentation “Working Together” (attached) about work underway in Adult and Consumer Care to set the scene for us by giving us some background information about the services in their portfolio. He concentrated on current changes in Social Care nationally and locally and the need to comply with Food Safety Regulation as well as Social Care legislature. He cited the need for integrated sustainability to help people live their lives independently and with wellbeing. He said we all need to help people work in harmony to enjoy life by delivering better services, products and outcome. We also need to remember that we have good reasons to be cheerful – older people are increasingly “on the agenda” and the social care

agenda is changing. He asked us to consider, “thinking outside the box” and “What do we want in our old age?”

“Putting People First” – government web site prompted radical changed to social services which are increasingly now – outcome based, designing personal care packages and letting people have a say in their care. Getting early interventions in place improves health & wellbeing. We need to get basics (Nutritional Hydration & Food Safety) right. Information and accountability will be increasingly key in the future of social care.

See attached power point presentation

Business Meeting

- Minutes of last minutes approved.
- Newsletter from Midlands was circulated with details of care cook and other news.
- NACC Awards – offers were invited to assist with submissions and Karen summarised the new award category.
- Booking forms for next Conference and our next Midland’s meeting discussed/circulated. Apologies again for email problems and late delivery of invitations.
- The NACC web site is being improved.
- Care Cook Report - 8 finalists were chosen to attend the semi finals “cook off” at West Nottinghamshire College, Mansfield. Anna Stanforth of Notts. County Council was judged 1st and will go forward as our Midlands representative at the Care Cook finals. Runners up were Elaine Fisher and Sheila Mingay-Sales.
- News from the National Executive :
 1. Chris Jackson has announced his retirement as National Treasurer any prospective volunteers please let Karen O. know.
 2. MOW Week has been announced for 6 – 12th October 2008 with the theme “a community meal a day keeps the doctor away”.
 3. Midlands Region will now be known as Midlands NACC.
 4. Karen O. to circulate constitutional changes for members to comment before July and the final approval by Executive Cttee – via e mail. There is now draft response on web site asking for comments to s.hawkins@dorset.uk

Speakers for the Day



Mark Moran – Hydrate for Health www.hydrateforhealth.co.uk

Mark gave a short presentation about his invention, the Hydrant. He was inspired by his “Camel Back” which he used for sporting events to provide himself water. Camel Backs make having a drink easy – that is the secret of their success but cleaning a Camel Back Bladder is not easy and they are difficult to keep hygienic.

The hydrant is an invention to give patients and service users' independence of water intake in hospitals and care settings. He was in bed with a back injury and it took busy nurses half an hour to come and attend to his thirst so he made sure he had his own supply of water to hand. We all know the vital importance of water for general good health preventing falls, dementia, constipation and aiding nutrition - but he became convinced that his constant hydration gave him a quicker recovery in hospital.

As an intervention water supply is very simple – but its effect can be dramatic. Hydrants use tap water, can be clipped to bed/chair and then a tube gives instant access to water. Ideally they should be positioned above head height on a bed the user needs to only bite the tube and liquid is moved via gravitation – there is no effort to suck if “weak”. The hydrant has a Grip (so no shakes) which can assist self drinking without the tube & can be clipped to chair). He demonstrated how it is easy to clean & sterilise and cheap to replace the tube.

Dehydration – people are aware it's a problem but very little research has been done. Recent research using the hydrant reduced A&E admissions by 50% - “quote by education staff and residents”. Through his contact with the NACC and attendance at care exhibitions, Mark has come to realise the hydrant has applications for care homes, in care, hospitals as well as people looked after in their own homes by carers. Mark claims to have seen the hydrant have a dramatic difference to life styles, he calculates increased self aided (by whatever method) water consumption can save hospitals money - increase efficiency (reduced ward/care staff time) and save time – 10% 15 minutes a day = £45,000 saving. Reduced hospital stays – Average stay is 4-5 days. This can be reduced time by half a day by proper hydration being available. Therefore could save potentially £44 million per week by prevention. C complications due to de hydration cause hospital admissions. He agrees with Water UK – we need to advocate the use of water to prevent admissions by encouraging the public to drink more.

Electrolux



<http://www.electrolux.co.uk/index.aspx>

Ross Emery – Electrolux were our generous sponsors for the day's events. Ross gave us a general overview to demonstrate the range of products from Electrolux. This well known international company produces over 40m electrical appliances per year. The company encompasses many sub divisions including Electrolux Commercial & Electrolux Professional – the latter offers laundry and food service solutions for the business sector. Statistics from 2006 show there were approx. 3,273 Electrolux team members and products are sold in 50 countries from 5 factories in Europe - the main factory being in Italy near Venice (we did ask for a site visit for our next NACC meeting but he didn't think he could do it!). Electrolux calculate that globally

approx. over 1000,000,000 are meals cooked on their products. Brands include – Zanussi, Dito, Electrolux, Moffeni (French). “Electrolux – thinking of you”, is their slogan and research is an important part of their work.

They are currently launching compact solutions for areas where there is an extraction problem e.g. display cooking or school cookery classes, called Libero Point, a simple plug in unit which is proving very popular. They have researched and produced a larger fridge with bar code reader and invented a draught beer system for Carlsberg “air o speed” (which apparently required extensive testing – of the brew of course!!) and the “fastest combi oven in the world”. The company has a strong green spirit.

Ros Speight – NACC Secretary Executive Cttee and Midlands Member

Ros works for Leicestershire County Council, within its Adult Social Care Department. She has worked for Leicestershire Social Services more than 19 years, initially as a manager of an older person’s day care unit, followed by a period as Team Manager for Home Care Services. In 1997 Ros was appointed Principal Assistant, Transport, Catering and Health & Safety. Since August last year she has had a temporary job as the Business Support Manager; a post that reports to an Assistant Director.

Her interests within the NACC have led her to participate in a number of working groups including Benchmarking, the National Minimum Standards for Care Catering Checklist, Hydration Toolkit, The Council of Europe Alliance (Food & Nutritional Care in Hospitals) and Sustainability. Most recently Ros has chaired a government initiated Interagency Roundtable Meeting looking at nutrition training and standards. In 2008 she was invited to sit on the Nutrition Summit Deliverance Board and chair the training sub-group - or more accurately the Interagency Group!

In her usual inimitable style Ros gave us a run down of all the current projects which she and the Executive committee members are involved in for the NACC. It is amazing to think she still has a day job to do! The NACC is going from strength to strength with increasingly high profile work and Ros has recently been invited to speak at Westminster workshop on nutrition standards and training in the care industry.

Ingenuity at Enjenuity

http://www.ironbridge.org.uk/our_attractions/enjenuity/

After a very pleasant buffet lunch in the surroundings of the museum and its glorious country setting (it is after all a world heritage site) we all gathered to meet up in the museum workshops. We mercilessly heckled the poor, young, man who had the misfortune to be leading our afternoon workshop on rocket making. Much double entendre followed and competitive spirits were high. The messages on some of those rockets do not bear repeating here - but suffice to say we had a great afternoon. The winners of the rocket competition who launched their design and hit the target were Ros Speight and Jackie

Spence (NACC Wales Chair) - please note the women beat the men hands down - I can see a grudge match starting! Some of the hardier members also took up the offer to visit the rest of the exhibition and get hands on with the technical displays and exercises "for the family" visitors.

Our hosts Telford and Wrekin were given copious thanks (particular thanks went to Renu, of course) for a great day out which was a fantastic balance of information, news, networking and fun for all.

- ❖ Date of next meeting "Windy Miller" – Tuesday, 14th October 2008
At Green's Mill, Nottingham @ £35.00. It will be a green themed meeting sponsored by tbc.
- ❖ Xmas meeting Wednesday, 3rd December 2008 – Venue to be arranged