



**NACC CHRISTMAS MEETING**  
**Rock UK, Frontier Centre, Addington Road, Irthlingborough , Northants NN9 5UH**  
**10TH DECEMBER 2009**

**Committee Members**

**Karen Oliver, Gina Roche, Louise Lane, Carol Harris**

		<b>Action</b>
<b>1</b>	<p><b><u>Introduction and Welcome</u></b></p> <p>Richard Sewell, Centre Director of The Frontier Centre, Rock UK was the day's host and made us all very welcome in his introduction to the centre and its work. Richard even arranged for the beautiful sunny day we enjoyed!</p> <p>The Frontier Centre is a beautiful 120 acre site with 50 staff. It can provide a service for up to 2,000 children in its adventure centre and lakeside cabins.</p> <p>A few facts</p> <ul style="list-style-type: none"> <li>• Has 40 seat conference centre</li> <li>• Undertakes indoor and outdoor activities for team building, which are challenging and aims to take people out of their comfort zone.</li> <li>• Activities include kayaking, archery, climbing and open caving. They see challenge as a hurdle not a road block.</li> <li>• Rock UK is a Christian based organisation with its own web site <a href="http://www.rockuk.org">www.rockuk.org</a></li> <li>• Activities are generally for an age range of 8–13 years but Richard is hoping to open the centre to more <i>mature</i> guests such as our members in the future.</li> <li>• As a charity Rock UK provides a bursary for children to experience the centre activities</li> <li>• Looking for sponsors for a bridge over the site's river to link it with the nearby lakes, at a cost of £300,000.</li> </ul> <p><b><u>Xmas Raffle</u></b></p> <p>Money from our Xmas Raffle £101.00 was donated to the Centre to fund their bursary system for disadvantaged children</p> <ul style="list-style-type: none"> <li>• Raffle prizes included an M&amp;S hamper / kitchen knives donated by Rational / selection box / wash kit etc .</li> </ul>	
<b>2</b>	<p><b><u>Formal Business Meeting</u></b></p> <p><b><u>Elections</u></b></p> <p>Karen Oliver our current and retiring chair announced the results of the recent elections for the Midlands region. Louise Lane is now our</p>	

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	<p>Chair.  Jane Coleman – Deputy, Gina Roche is still Secretary and Carol Harris – agreed to stay on as Minute taking /Marketing Assistant.  Retiring Chair Karen gave her thanks to members for everyone’s support and said how much she had enjoyed her role. She has taken on the role of National Deputy for one year.</p> <p><b>News from the Executive Committee</b></p> <p>Sue Ullmann, Derek Johnson and Karen Oliver went to London to present the Duchess of Cornwall, Camilla, with her honorary membership of the NACC and to thank her for her work in this year’s MOW week. The meeting was very positive and we are hoping that that the Duchess will work with us to promote community meals services in the future.</p> <p>Birmingham NEC Care Show – went very well – especially the Care Cook nutrition kitchen.</p> <p>Bournemouth / Midlands Care Shows have proved to be better for NACC than London venues and we will stick to these venues</p> <p>Community Meals Summit – to be led by Baroness Greengross in Jan 2010 aims to raise issues such as malnutrition.</p> <ul style="list-style-type: none"> <li>• Derek Johnson on Radio 4 - about closure of Flowfoods.</li> <li>• Care Cook - paperwork going out in the new year, looking for competitors</li> <li>• Membership figures up slightly.</li> <li>• Good response from new members via Care Show (8 new members)</li> <li>• Nat. Deputy Chair now manages Catercare magazine – needs articles from members.</li> <li>• 2010 Conference – to be at Blackpool again – similar format.</li> <li>• 2009 Conference – more delegates than usual – exhibitors sold out. Blackpool event provided £32,000. profit,</li> <li>• Poor survey response from delegates. Only 1/3 of suppliers responded need their input to get it right for all – fine balance for getting it right.</li> <li>• NACC will mailshot local area and provide free tickets for Wed afternoon only. (Restrict invitations to enable stand holders to be released to network at speeches etc).</li> <li>• Need to spread word to stand holders and make them aware they can attend speeches/workshops at conference too.</li> <li>• Kitchen was biggest attraction on Friday.</li> <li>• <b>Hosting HCI event in 2010. Start 2010 Conference</b> with a lunch and hope people mix and network with our HCI guests <ul style="list-style-type: none"> <li>➢ Monday study tours by Derek Johnson.</li> <li>➢ Tuesday evening Board Meeting and dinner for HCI.</li> <li>➢ Wednesday join NACC for lunch.</li> <li>➢ Thursday – national lunch - each table will have HCI and NACC Exec. Member.</li> <li>➢ Wednesday evening – Ice breaker – tram tour from the Hilton touring the lights with drinks then return to the ‘Best of British’ evening.</li> </ul> </li> </ul>	

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	<ul style="list-style-type: none"> <li>• Mabel Blades has offered to do work on reviewing NACC Nutrition Standards for Delivered meals. <ul style="list-style-type: none"> <li>➤ Out of date</li> <li>➤ Do not match current developments in nutrition.</li> </ul> </li> </ul> <p>Volunteers Carol Harris (Leics.County Council), Julie Moakes (Sodexo) and Anne Diamond (Tillery Valley Foods Nutritionist)</p>	
3	<p><b><u>Rational Presentation</u></b></p> <ul style="list-style-type: none"> <li>• Rational generously sponsored the meeting providing the food and catering equipment as well as the 2 super cooks Andy Bridgeman and Paul Anderson</li> <li>• Rational brought in their oven especially for the day, provided a prize set of knives and cooked our meal.</li> <li>• Andy and Paul gave a detailed account of the cooking qualities of Rational equipment.</li> </ul>	
4	<p>Our <b>Speaker for the Day</b> was an exceptional lady. Heather Roberts, who had discovered at 50 that she had Alzheimer's disease. A tireless and fascinating speaker particularly for the rights of the younger suffers of this disease. She gave us an insight on the disease and how it had affected her life and her relationship with her husband. Many members took the opportunity to discuss matters with Heather and her husband, face to face over lunch.</p>	
5	<p><b>Our meal</b> was provided by Rational - the day's menu was Beef Chilli / Chicken Fricassee / Veg Crumble followed by Mince Pies / Xmas pudding. Over lunch we all completed our prize Xmas Film Quiz and then following Karens's piece de resistance, we all took part in the <b>Team building exercises</b> devised for us. We had a choice of archery, kayaking or climbing – all outdoor activities were undertaken bravely with our charming guides and helpers who managed us very well. Despite the screaming and shouting everyone agreed it had been well worth the effort and the instructors actually said they enjoyed the challenge of teaching adults (or were they just being polite). Anyway in true NACC Midlands style we all had a good time - even those of us who got very wet indeed!!!!.</p> <p><b>Date of the Next Meeting</b> Thursday March 11<sup>th</sup> @ The School of Artisan Food</p>	