

The NACC champions the power of the Luncheon Club with new essential guidance document

The NACC (National Association of Care Catering) has published the guidance document ***How to Set Up a Luncheon Club*** to empower care providers and communities with the right knowledge and tools to set up a Luncheon Club.

Luncheon Clubs are an informal way to support older and vulnerable people to remain living independently, with confidence and enjoyment, within their own community.

The essential guide has been written by experts within the membership of the NACC, concerned by the number of older and vulnerable people that no longer have access to social contact and good nutritious meals. The guide contains comprehensive and easy-to-follow information, advice and tools to explain and simplify the processes and ensure that this vital community service continues and grows.

Luncheon Clubs provide a lifeline for many people who may otherwise find themselves socially isolated, lonely and lacking regular nutritious meals. Although coming in many different guises, with varying frequency, venues and activities, every Luncheon Club fulfils the basic and fundamental role of offering those that need it, the opportunity of an affordable and nutritious hot meal outside of the home, and the opportunity to meet with others in a social setting. In addition, they can also act as a crucial access point to many other services and signpost advice and information provided by other agencies.

How to Set Up a Luncheon Club covers seven core topics that need to be properly understood and addressed in order to start and run a successful, safe and legitimate Luncheon Club, which reflects the needs of each locality and community.

The seven core areas are:

1. *Members* – including data protection, attendance and payment records
2. *Funding* – including insurance
3. *Venue* – covering choice of venue, basic requirements, registration and venue safety
4. *Staff/Volunteers* – addressing CRB checks, insurance and food hygiene training/induction
5. *Food* – encompassing food safety, nutrition versus malnutrition, malnutrition and nutritional screening and menus
6. *Transport* – including transport, travel and volunteer drivers

7. Policies and Procedures.

To further support care providers and communities the guide features a valuable implementation pack including essential information, forms and procedures, together with useful checklists. Presenting all the information and tools in one easy-to-follow document removes the difficult, time-consuming (and often daunting) task of information gathering.

Karen Oliver, Chair, NACC, comments: “The NACC understands and respects the important role that Luncheon Clubs can play within the community, supporting individuals to live independently and well. It is because of this that we are committed to helping those that want to set up and run Luncheon Clubs, giving them all the information and tools they need. Our aim is to make the job of starting a Luncheon Club as straightforward and painless as possible, so that the vulnerable in society can benefit from this vital support mechanism as quickly as possible.

“It is a sad fact that recent research has highlighted the high number of older people in the community who are malnourished and not eating enough to maintain their health and wellbeing. In an environment where local authority services are increasingly stretched, community-led Luncheon Clubs need to be encouraged. These volunteer-led clubs are a necessary presence in today’s society as they can offer older and vulnerable people living in their own homes a regular hot and nutritious meal. But they are much, much more than just a meal. Luncheon Clubs also bring people together within their local communities, help people to feel safer, reduce social isolation, and promote independence and inter-generational support. That is their strength, and that is why we should do everything in our power to encourage and support those launching and running Luncheon Clubs so that they continue to be a regular and valuable feature in our communities.”

How to Set Up a Luncheon Club is available from the NACC at the cost of £20. Visit www.thenacc.co.uk or contact the NACC administration office on info@thenacc.co.uk / 0870 748 0180 for a copy.

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Notes:

The NACC

The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector

www.thenacc.co.uk

For further information contact: info@thenacc.co.uk / 0870 748 0180 or berenice.pretlove@gmail.com / 07508 146 118.