

MINUTES OF SOUTH WEST NACC MEETING

Date: Tuesday 5th March 2013

Venue: Apetito Headquarters, Canal Road, Trowbridge, BA14 8RJ

Thank you to Apetito for hosting both this meeting and the Care Cook Competition.

Attendees:

John Hilton, Emma Channon, Fiona Michallat-Cox, Adam Michallat-Cox, Tim Watkins, Roger Hargreaves, Christine Hamilton, Jacklyn Case, Gill Russe, Stephen Watts, Sam Stevens, Mark Ord, Kim Leech

Care Cook Competition – Judges:

Phil Rimmer, Apetito – Head Judge
Sharon Sexton, Bristol NHS
Stan Donkin, Sanctuary Housing
Helen Blunn, Apetito

Care Cook Competition – Contestants:

Amanda Smith, Greensleeves Homes Trust, Alton, Hampshire
Kamil Strzezek, Four Seasons Healthcare, Jersey
Maria Lowe, Notaro Care Homes, Taunton
Chris Hill, Sanctuary Care, Bridgewater

Apologies:

Sue Hawkins, Howard Porteous, Matthew Roberts, Hilary Hadley, Andy Ward, Sarah Parslow, Mike McDonald

Opening Address

Roger Hargreaves from Apetito welcomed the South-West NACC meeting to the facility.

John Hilton (NACC Regional Chair) welcomed the attendees and thanked Apetito for their hospitality, especially Phil Rimmer (Head Chef) and Tim Charles (New Product Development Manager) for their contribution.

John also thanked Sam Stevens (Apetito Marketing Executive) plus Adam and Fiona Michallat-Cox for organising the event, and to Apetito/Wiltshire Farm Foods for providing the Care Cook Competition trophies for 1st, 2nd and 3rd place, together with champagne for the winner.

John mentioned the format for the day including the care cook competition.

Matters Arising NACC South West Chair – John Hilton

John advised that the last set of NACC Executive minutes were available to view. Adam Michallat-Cox and Sue Hawkins attended from the region. As Sue wasn't present, John invited Adam to give a brief summary. He specifically mentioned;

- The success of the 2012 National Training Forum in Blackpool and that the event will move to the East Midlands Conference centre from 2014
- The progress with the Malnutrition Task Force, represented by Sue Hawkins from our region
- Hydration Forum update

Adam and John discussed the role of the National Executive compared to the regions and reminded all those present that regional officers can be asked to lobby on behalf of local members if there are specific issues people feel strongly about.

The various meetings attended by regional officers during 2012 were discussed, including the Bournemouth Care Show, the Bristol 'Food Matters' Conference and the Bristol Food Policy Group Meeting at Yeo Valley. Members were encouraged to 'wear their NACC hats' if attending similar events and were reminded that we have two banner stands, plus literature available should it be needed.

They also mentioned the possibility of cancelling the June regional meeting and combining this with the Midlands meeting in August, hopefully in Bristol or somewhere close by on the M5 corridor. This was unanimously supported.

There were no further matters arising.

Presentations

Steve Reynolds - NAPA

'Making Mealtimes Fun'

Steve gave a very interesting talk into how small changes can make a big difference in the presentation of meals within a care environment, which led to good debate.

Sarah Herbert & Lynn Mockridge – Avon & Wiltshire Mental Health Partnership
'Nutritional care of patients with Dementia'

Sarah (Dietitian) and Lynn (Advanced Mental Health worker and Nutrition Advisor) gave a very informed presentation on the specific challenges working with patients suffering acute forms of dementia, especially concerning diet and nutrition. This again triggered some very interesting debate.

Iain Mortimer – Group Technical Manager, Apetito
'Due Diligence'

Iain's presentation was both engaging and relevant given the recent 'horsemeat' situation. He gave good insight into the 'known' and 'unknown' issues' that food manufacturers have to deal with and the procedures that are in place for mitigating risk.

The three presentations will be available to view and download on the NACC website;

<http://www.thenacc.co.uk/regions/southwest>

Care Cook Competition:

- The standard of the competitors was extremely high and the judges were very impressed with the quality of the food produced.
- After a very close contest, Richard Ring, Financial Director Apetito UK declared the results and presented trophies and certificates as follows:
 - 1st Place – Amanda Smith
 - 2nd Place – Kamil Strzezek
 - 3rd Place – Maria Lowe
 - 4th Place – Chris Hill
- The Nutritional Award was awarded to Amanda Smith
- Amanda will now go through to the national final at Unilever on 12th June
- Thanks were given to all the cooks for an excellent contest carried out in a great spirit and to the judges for their time and expertise.

Around the Regions

- Emma Channon gave an update on the work being done with North Somerset Council
- Adam Michallat-Cox mentioned that Wiltshire Farm Foods had helped to provide a three course meal for 130 senior citizens in the Portishead area the previous evening, supported by police volunteers, police and St John's Ambulance cadets and local sixth form students. He especially thanked NACC member Tim Watkins for his role as 'chef' for the event.
- John Hilton encouraged all members to work more closely together and asked how members can help each other

Date of Future Meetings

- Care Cook Final 12th June 2013, Leatherhead
- NACC Training & Development Event, Blackpool, 11th to 13th September