



**Minutes of the NACC North Regional Meeting and Regional Care Cook Competition
Wednesday 20 March 2013 at Harrogate College**

Present: Garry Allitt, Robert Dyson, David Paul, Tony Kelly, Graeme Lumsden, Rebecca McAveney, Matt Gomersall, Rob Cooper, Michelle Ougnell, Alan Chandler, Chelsey Jackson, Frank Turnbull, Simon Lawrence, Howard Beasley, Victoria Sterling, Ian Lucas, Oonagh Boon, Matt Healy, J Ward, A Rogerson, Gill Thrush, Mike Burns, Ellie Cook, Mark Cook, Sue Cawthray, Jan Royle, Alan Drayton, David Barker, Kevin Smith, M Annersley, Ismail Uyumaz, Neil Greer, Sean Finnerty, Hayden Hendry, Hayley Scott, Pete Glossop, Amanda Smitheringale, Paul Carpenter, Margaret Rae, Karen Brimble, David Paul, Sean Harvey, John Fraser, Nigel Argyle, Claire Morris.

Apologies: Ellen Clayton, Paul Bowers, Derek Johnson.

Sue Cawthray, Chair, North Region, welcomed everyone to Harrogate College especially members for whom this was their first meeting, and started off the Regional Final of the Care Cook competition. This event helps to promote nutrition in care homes and the standard is increasing year on year.

Then followed an interesting presentation and training session on marketing by Nigel Argyle, and Claire Morris, from Elygra Marketing Services Imagery and Creativity. We gained a valuable insight into how marketing practices can help achieve communication objectives within a business.

Business meeting

National executive meeting news:

The annual Training and Development Forum will be in Blackpool September, 2013. Over 20 exhibitors so far. The layout of the exhibition area is being changed. Venue for 2014 is possibly in Nottingham at the Conference Centre. Dates 1-3 October.

Individual member numbers are down but there is an increase in Corporate membership.

NACC publications are doing well.

Holding our own with finances, both regionally and nationally. Sponsors required for venues in the North Region please, up to 30 people for coffees and lunch.

Bookings for all regional meetings now being managed through McCullough Moore there appears to be some teething problems.

Discussion about retaining membership of HCI, which is costing £400 p.a. NACC sends rep to conferences abroad. Benefits are access to info outside of UK, and promotion of members through HCI newsletter. Constitution would have to be changed if NACC pulled out of HCI. No opinions on for or against from the meeting.

Today is the first NACC/HCA Nutrition Day and there is a lot of activity focusing on this around the country.

Hydration task force being convened, with action plan to raise profile of hydration with standards to be set and bringing it to attention of government. Looking for sponsors (see Sue if interested).

National Community Meals Week-A Guinness World Record was achieved of 526 hot meals served in 16 locations at the same time on 1 October 2012, and an entry in the Guinness Book of Records. The work of the project group and the outcome has been submitted to Cost Sector Catering and shortlisted for the Marketing Award.

In April this year's campaign will be launched and the theme is -Anytime Anyplace We Care, which will be held week beginning 11/11/13. With the focus on how the service is supported by both young and old and aiming to achieve armed forces and Royal involvement. Packs will be issued to everyone in April.

Locally, ideas are welcomed for promoting membership.

Next Regional meeting is a joint one with HCA on June 26 2013 and we are looking at a possible venue of Halton, St Helens.

Xmas meeting will be on 27 November 2013 at Total Foods, Clitheroe. Possibly microbrewery, quiz. Ideas/help required, please see Gill Thrush. But will definitely be alcohol based!

Sue welcomed the Mayor and Mayoress of Harrogate to our meeting, to present the prizes for the cook off. The standard of entries was phenomenal this year and the winners are as follows:

Best winner overall – Simon Lawrence, Executive Chef, Hadrian Healthcare.

2nd place – Matt Gomersall, Donnithorpe Hall, Leeds.

3rd place – Tony Kelly, Elixir UK.

Best main course – Simon Lawrence (Oatcrumbed mackerel and sweet potato fishcake with pea puree and roasted thyme potatoes with homemade horseradish sauce)

Best dessert – Simon Lawrence (Panacotta with roasted rhubarb and caramelised figs)

Well done Simon!

Simon will represent the North Region in the National Finals and we wish him the very best of luck.

Sue went on to thank the competitors who had worked tremendously hard, and thanked the Mayor and Mayoress for presenting the trophies to the winners. She also thanked the judges particularly David Barker who had kindly provided the trophies. Also thanks to Harrogate College for a fabulous venue and lunch.

There then followed a presentation by John Ward and Andrew Rogerson, from Total Foods on work for a family business and provides fresh, chilled and frozen foods. They are launching very soon a

Nutmeg Menu Planning system which has been developed to help chefs/cooks ensure that their clients receive the correct nutrients within their meals whilst mindful of budget constraints.

Information about both presentations will be on the NACC web site.

Finally Sue closed the meeting wishing us all a safe journey home.