



**NACC Midlands meeting - Thursday 20th June 2013
Twycross Zoo**

Present:

Committee Members

Jane Coleman, Chair, Carol Harris Secretary, Simon Parry Co opted

39 Attendees including speakers

46 Bookings (7 no shows)

23 pledges for photos to promote mow week by T&D Forum

The day began with welcome from Jane Coleman, Chair followed by her Chair's Report and matters of business.

Karen Oliver National Chair gave a short briefing of recent events and discussions at the National Exec Meetings and the outcome of the member consultation over the post of Deputy Chair. Some Q & A followed to clarify points for members.

At this point both KO and Ros Speight were escorted from the room by Joan Hynd as we were to discuss elections and nominations

Midlands Secretary CH led the discussion on nominations for the posts of National Chair and Secretary and full details of the posts were available for all on display.

After discussions Chris Beesley Reynolds proposed that both existing post holders be put forward for nomination by the region; this was seconded by members Sheila Mingay Sales and Robyn Vine

Secretary CH then also asked for confirmation by a show of hands which was unanimously for the proposal to nominate both Karen Oliver and Ros Speight from the Midlands region. No one voted against or declined to vote

- Chris Beesley .Reynolds proposed
- 2nd Sheila Mingay Sales & Robyn Vine

JC then also asked members to consider recommending Honorary membership for Joan Hynd

Chair Jane Coleman proposed,

Seconded by Gary Newbold and Chris B.R seconded

The Chair then explained that a case for this proposal would be presented to members of the Executive Cttee. at the next meeting for consideration

RS, KO & JH returned to the meeting and were then informed of our decisions

Next Midlands meetings:

22nd August

5th December

Preparations for Community Meals Week Celebrations Nov 11-17th 2013

JC asked everyone to take a photo with pre printed CMW logos and/or a meal in the Midlands for display on a large publicity map of the UK at the T&DF in Blackpool, September and for help with publicity for our Midlands NACC celebrations

JC Mooted idea of taking a meal around the Midlands on a planned route and asked for volunteers to assist at the planning meeting after the meeting.

JC then invited Preston Walker to tell members about his Cost Sector experience his recent work with Guild of Chefs and cookery presentations. Preston is passionate about cooking and care for the elderly. He highlighted that many of his clients eat very little – food fortification very important as is texture modification He went on to explain about some of his work experimenting with food textures and an odour system to boost appetite He has taken part in experiments with 'Ode' part of trial over UK about weight gain. For dining and eating well – the whole experience is important at his home e.g. they are investigating blue glasses for water as some have difficulties seeing clear glass.

JC introduced the proud runner up of National Care Cook '13 our Midlands regional winner who works at a Hereford nursing home 42 residents. Jaroslaw explained what the competition meant to him showed his winners plate and certificate and wore his wining whites. He started his career as a soldier abroad then began work in the UK in Scotland in the hotel industry and in England pub restaurants. He thought work in care catering would be easier! – how wrong he was and how challenging it was to become, but he loves the work. As he said restaurant customers vote with their feet but care home residents cannot and their needs are much more varied and interesting for a chef to attain. He aims to provide what they all want and changes his menu 4 x a year. He uses as much seasonal produce as possible and minimise use of processed and frozen produce wherever possible. He also talked about the importance of presentation. His winning dessert of floating islands was particularly well presented in a beautiful old fashioned tea cup and saucer.

Greenfields Skills Centre WHM Work Connections

1st Speakers powerpoint attached

Liz Wells and Helen Mansell came to speak about their ground breaking work at the Greenfields Skills Centre. They brought along fellow workmates Anthony Hardwick and Russell Harrison to give a first hand account of their experiences too. Their aim is to teach people with learning difficulties and disabilities how to return or start work – life skills

Attendees are called workmates and range between 18-71 years of age School children and elderly people and whole village community take part and visit the centre in Seagrave, rural Leicestershire.

WHM is an Enterprise Scheme – working with animals – cooking, gardening, bird boxes (woodwork), office skills, environmental work, and help with CV's to obtain work placements and generally sets out to support people into work.

Working very closely with the family and friends of those who attend the organisers have set up lots of small enterprises including car washing, laundry and ironing services, a lunch club etc which make money that is returned to the group and reinvested into more enterprises. Workmates also work with the

Dogs Trust Charity nearby sending a volunteer group, another volunteer group works at the nearby Great Central Railway

Enterprises include

- Gardening services
- Car washing
- Cleaning
- Ironing
- Bicycle Repair
- Luncheon club
- Hanging Baskets
- Jams Pickles and preserve sales

We were introduced to Anthony who a result of his experiences with WHM is now employed full time as the site maintenance worker at Greenfields.

He is off benefits and now has an apprentice working with him. Anthony did not want to address us en masse but later spent time answering lots of questions with members who were keen to chat. Liz told us of his wonderful work ethic – he rides 3 buses to work, gets up at 4.00am and has never let them down. Helen then spoke more about the ethos of the group and what they got up to and then introduced us to Russell.

Russell spoke about his experience working with animals and being head waiter at the lunch club. He is now training to take a City and Guilds on animal care so he can gain formal qualifications to supplement his work experiences at the centre and find employment. Russell was keen to tell us how professional and dedicated the staff all are at the centre and how much he enjoys working there. He told us he looks after the diners at the lunch club and the local villagers tell him it feels like the Ritz, because they are looked after so well!

Members were thoroughly heartened and impressed by the scheme and successes of the staff who are improving lives and giving people vital life skills for their independence.

After a refreshment break CBR then undertook our training session (CPD points awards to follow)

Chris Beesley Reynolds presented training - Nutrition in Care Homes

Poor understanding of nutrition and hydration is not just limited to care homes – hospitals are just as likely to be guilty of poor nutrition. CBR gave examples of poor practice and perceptions he had come across, being very careful to say present company excepted as he was of course in the presence of our care cook regional winner and Preston Walker care home of the year award winner

Nutrition and Diet

We all need nutrients even though we are not active in order to fuel all functions of body e.g. breathing, chewing talking etc

Enthusiasm of cook and staff is vital. Choice is vital as are suitable and appropriate choices though equally a daily treat is important

Carbs. – Although desirable Brown and wholegrain bread is hard to digest – compared to white bread. Choice and control are important clients not force fed.

Fat – In moderation, is not harmful and useful for extra calories

Helps brain function – Alzheimer's

Olive oil is not always popular

Cheaper saturated fats stay solid at room temperature e.g. poor quality ice cream, lard etc.

Too much of the wrong type of fat being cheap and easily available is often used for budget reasons whereas Good fats add taste and makes food more palatable e.g. butter, cream

Fish and chips – butter, milk and cream, full fat mayonnaise etc. can all be useful and welcome additions to menus for the elderly to boost calories and make meals more attractive and thus more likely to be eaten

CBR's tuition was informative and dispelled some myths about "healthy" foods. Members showed their appreciation

Lunch – networking was a buffet provided by the Zoo catering team

- After lunch JC asked for Ideas for future meeting venues and talks and Venue at Oswestry was mooted, Prime life – Vicky Shaw, De Veer Homes Group made offers
- Amanda gave information to members about HCA – November conference and free training for members if they contacted her for bookings

Our next speaker, Merleen started by complimenting us on a great meeting and telling us how impressed she was by the obvious care for the vulnerable shown by members. Merleen Watson our speaker came as a representative from Hearing Dogs for the Deaf and gave a fascinating and thought provoking presentation. Marlene told us she is deaf herself; and she said, "I don't hear, I see what you say!" As she said most people will not tell you they are deaf so it is important to be aware. She is often told – "You don't look deaf!"

Deafness is invisible and isolating and affects balance - groups and crowds can be intimidating for a deaf person. Deaf people can often be interpreted as stand offish remember if a deaf person cannot see someone talking to them they cannot respond. Lip reading is a tiring, difficult and intense process.

Communication is free, just takes time and care.

Deaf people often find communication tiring and distressing.

TIPS

- Attract the attention of person, sit them next to the best communicator
- Keep light on your own face
- (mirror) sit if they are sitting
- Turn off background noise
- Speak with normal phrasing
- Introduce the topic first
- Don't shout
- Be careful with body language
- Avoid jokes about hearing loss
- Does a hearing loop work? Invariably they don't or staff do not know how to work them or where they are / settings need to be fine tuned, can be fitted on TV's.

Hearing dogs can provide – independence, confidence, companionship

Lots of different types are used – Yorkies, Cockerpoos, Labradoodles, Labradors etc. Training, for dogs is intense and includes socialising – fallen angels are chosen for other career paths

Alert by paws on knee or nose to nudge knee – there is no snooze button on a dog alarm. Dogs need to learn how to differentiate between safe / normal and alarm sounds which are emergencies

Can take up to 5 years to match a dog and person Costs upwards of £45,000 to train a dog

Our hosts gave the final presentation of a brief History of the Zoo which specialised in primates at its inception. Started as a sanctuary for returned pets in 50's and in 1963 work began for for conservation of primates. Started by 2 lady pet shop owners, the original owners retired in 1984, Zoos are still important to preserve and propagate research. The captive breeding programmes provide babies and suitable mates to and from other zoos by way of a coordinator (matchbook.com)

New born baby mammals have enabled the zoo to repopulate barren areas and re habitat. Members were then free to take a tour of the zoo before they returned home



Thanks went to our sponsors

all our speakers and to member, Zita Eszter Szamosvölgyi, Customer Marketing Executive of Unilever Food Solutions who arranged a donation of free t bags for the day; appreciated by our members and speakers alike



Greenfields Skills Centre

Learn valuable work and life skills in....

- Animal care
- Growing fruit and vegetables
- Catering
- Office work
- Retail
- Gardening
- Conservation



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