



## **MINUTES OF SOUTH WEST NACC MEETING**

**Date:** Wednesday 6<sup>th</sup> November 2013

**Venue:** Bath Rugby Club, 'The Rec', Spring Gardens, Bath, BA2 4DS

### **Attendees:**

John Hilton, Sue Hawkins, Emma Channon, Teresa Lonergan, Fiona Michallat-Cox, Adam Michallat-Cox, Sam Stevens, Gary Brailsford, Tearle Thornhill, Sherrin Wyatt, Steve Watts, Mark Smalley, Tim Watkins, Angela Wildman, Rosanna Butler, Mike Morant

### **Apologies:**

Andy Ward, Bob Wood

### **Opening Address**

Adam Michallat-Cox welcomed the South-West NACC meeting to Bath Rugby club and covered off the 'house-keeping' for the day before handing over to John Hilton who outlined the objectives for the meeting.

### **Officer Elections**

John announced that due to other commitments he was stepping down as Regional Chair. In the subsequent election Adam Michallat-Cox took over this position and Sue Hawkins remained as Deputy Chair. As there was not a nomination forthcoming for the secretary post this is now a vacant position. In recognition of his tremendous efforts over the previous two years in the post, John was presented with a golfing related gift from the region.

### **Matters Arising NACC South West Deputy Chair – Sue Hawkins**

Sue briefly mentioned the forthcoming NACC National Executive meeting and the recent Training & Development Forum which she and Adam attended. She specifically mentioned;

- The move of the 2014 National Training Forum to the East Midlands Conference Centre



- The election of Neel Radia to the position of National Chair and Ros Speight to that of National Secretary
- National Community Meals Week 2013

Sue then introduced the joint NACC, HCA and NPSA plans for the Nutrition & Hydration Week 2014, before welcoming Caroline Lecko the keynote speaker to help launch our region's efforts for the Nutrition & Hydration Week;

## **Presentation**

### **Caroline Lecko – NHS National Patient Safety Lead & NACC Ambassador**

Caroline gave an excellent presentation. She commenced by showing a copy of a very moving film entitled Gillian's Story which highlights the terrible difficulties faced by a former nurse who became unwell.

Caroline followed this by explaining how everybody has a role to play in eradicating such problems and challenged all present to not only raise awareness of the nutrition and hydration issues facing the elderly, but also to start a positive movement to take action to help drive the necessary changes.

A copy of this presentation is available on the NACC website. The links to the films shown by Caroline are listed below;

<http://www.patientstories.org.uk/films/gillians-story/>

[http://www.ted.com/talks/derek\\_sivers\\_how\\_to\\_start\\_a\\_movement.html](http://www.ted.com/talks/derek_sivers_how_to_start_a_movement.html)

<http://commissioningboardintranet.ning.com/video/aurora-a-poem-by-molly-case>

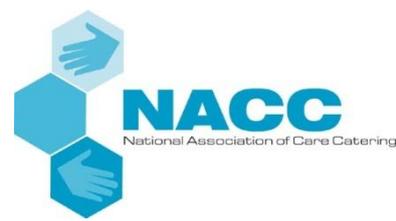


## **Workshop**

Emma Channon from North Somerset gave a brief presentation on the Nutrition & Hydration training initiative being launched by the council in early 2014 to groups of domiciliary care workers and residential home managers.

Those present then set to work in small groups to develop a Nutrition & Hydration Week plan for the region. Sue and Caroline acted as facilitators as the groups sought to find workable ideas that could raise awareness and have positive actions and outcomes. The concept of the Tea Party to reflect the national plans was discussed in considerable detail.

The groups reported back with a general consensus concerning the most workable ideas for Nutrition & Hydration Week. Consequently it was agreed to;



- Arrange the next regional meeting (scheduled to be at Apetito Trowbridge) on the national launch date, namely 19<sup>th</sup> March 2014.
- Consider hosting a tea party as part of the March meeting to maximise impact and PR opportunities.
- Design a poster for regional members to use to promote the campaign. Rosanna, Sam and Fiona agreed to look at this at the first available opportunity.
- Encourage all members to have a tea party in their own locality during the Nutrition & Hydration week.
- Encourage all community meals suppliers to deliver a piece of cake and a tea bag.
- Adam then agreed to look at PR via local press.

### **Presentation**

#### **Rob Fowkes - Head Academy Strength & Conditioning Coach at Bath Rugby**

In the absence of Jameson Mola, who had been called up to the England squad, Rob gave a very interesting and light-hearted presentation on the nutritional requirements of the Bath players and how this is managed and controlled. It was very well received and generated a lot of questions.

### **Charity**

After an excellent Bath Rugby Club 'Classic' lunch a pair of tickets kindly donated by the club for the forthcoming cup game against Exeter Chiefs were auctioned and £60 was raised for the Children's Hospice South West.

### **Closure**

Following the traditional annual event that is *Tim's Big Quiz*, which was resoundingly won by Fiona, John closed the meeting and thanked all participants, speakers, and the wonderful hosts.

### **Date of Future Meetings**

- National Executive Meeting, Solihull, 21<sup>st</sup> November 2013
- Nutrition & Hydration Week – From Monday 17<sup>th</sup> March 2014
- South West Regional Meeting 19<sup>th</sup> March 2014, Apetito, Towbridge, to include the regional Care Cook competition

**Adam P Michallat-Cox**, NACC SW Chair  
18<sup>th</sup> November 2013