



**MINUTES OF THE South West Region Meeting
Date 19th March 2014
Venue Apetito Limited**

Present:

Duncan Levey
Adam Michallat-Cox
Neel Radia
Tim Watkins
Dave French
Andy Ward
Caroline Watkin
Leila Sharkey
Kim Leech
Jean Cattanach
Tanya Wood
Peter Dyer
Mike Biggs
Jackie Bevan
John Hilton
Karen Ferris
Steve Watts
Sarah Parslow
Stefan Wilcock
Gary Brailsford

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Stefan Wilcock
Gary Brailsford
Gareth Cartledge
Emma Channon
Paul Brunt
Julie Robertson
Tearle Thornhill
Sam Stevens
Fiona Michallat-Cox
Teresa Dupay
Sue Baic

Apologies:

Paul Bayer
Sue Hawkins

1.	<u>Welcome Introduction</u> Adam Michallat-Cox, welcomed everyone and then handed over to Duncan Levey for housekeeping	AMC
2.	<u>Housekeeping</u> Duncan Levey (Apetito) no fire drill was expected for today. Told us where the fire exists were and the bathrooms.	DL
3.	<u>Minutes of the last Meeting</u> Minutes were distributed to each attendee. No comments were made.	AMC

<p>4.</p>	<p><u>Local News</u> Date for the next meeting is 24th July. We have a speaker from the Coeliac Society coming along. The venue is at Castlewood and there are parking issues. AMC suggested that we park at his office and he will organise a mini bus to ferry people to and from the venue.</p> <p>Suggestion for the November/December meeting. Were opened to the floor. Trowbridge, Bath, Bristol. A Christmassy feel. Yeo Valley, Taunton Sandy Park. Maybe join up with LACA for a joint venue and meeting. Suggestion of having textured foods served for lunch. We still need help with a venue for our Christmas meeting. Any suggestions, help would be most appreciated.</p> <p>Community Meals Week – 10th – 14th November.</p> <p>We will be presenting each delegate today a CDP certificate.</p>	<p>AMC</p>
<p>5.</p>	<p><u>Update from National Executive</u> We invited our National Chair Neel Radia to speak to us. This is a two year role and Neel’s vision and plans were discussed. Here are the highlights.</p> <ul style="list-style-type: none"> • 6 regions, each have 3 committee members and there are 3 HO staff. • Hold 4 meetings per year. • Admin side is getting up to speed. • Various voluntary groups working on all the NACC documents, to review them, as they are dated. • Two are completed, 1) CQC outcome 5 and 2) How to set-up a luncheon club. (CQC outcome 5 is going out of action in October 2014). • New – there is a 45-meal menu for fortified meals being put together by Preston Walker and Sophie Murray. This will be ready in October for the Training & Development Forum. • How to set up a Community Service, this is being put together by Jane Coleman and Sue Cawthray. • A full review of the constitution is being worked on. A group of past chairs are working on this with Derek Johnson chairing. The group consists of Sue Cawthray, Roger Kellow, Sue Hawkins, Roger Denton, Stuart Long. This will be ready for the AGM 2015. Each region will be consulted at regional meetings as this is a legal document. 	<p>NR</p>
<p>6.</p>	<p><u>Finances</u></p>	

	Run by members for members. Different ways to raise money. Aims to have our documents as the best they can be and members can then purchase them, but need training.	NR
7.	<p><u>Training</u> Training as an Association, that we are to hold first official training days starting in June on CQC Outcome 5 meeting Nutritional Needs. The training is aimed at: management levels, nursing, home managers, care staff, chefs, senior carers, team leaders. Initially holding one training day in each of the 6 regions with additional ones being added depending on demand. The day will be theory based and practical and will demonstrate how to meet CQC Outcome 5 as outlined in our publications (which has now been reviewed and is available to buy).</p> <p><u>Learning Aim</u> To provide an understanding of the requirements to deliver Outcome 5 and the philosophy behind it. Have an appreciation of the evidence that Care Quality Commission would expect for monitoring compliance. Be able to demonstrate compliance with evidence based toolkit. To be able observe and identify staff training requirements commensurate to their role in improving nutritional status hydration and well being. CPD Certificates provided for all NACC members who attend and complete the day course. The South West CQC Training day is likely to be 5th June at Apetito Office. Two retired members Carole Dormer and Stan Donkin are going to roll out the training. Helped by Sue Hawkins and Ross Speight. Questions from EC PD liked the tool kit part of CQC outcome 5.</p>	NR
8.	<p><u>What are we trying to achieve as an Association</u> 4 initiatives as an association per year</p> <ul style="list-style-type: none"> • Nutritional & Hydration Week • Care Cook Off Competition • Training & Development Forum • Community Meals Week <p>Nutrition & Hydration week 2014, We have teamed up with HCA – Andy Jones/NHS – Caroline Lecko Patient Safety. Started 3 years ago from a day, to a week. This year it has now become world wide, starting in Melbourne Australia, India, Holland and UK and many other countries in-between.</p> <p>We need to shout about what we are doing in our region. Case studies, let Neel know and he will help promote you.</p> <p>There is a national lunch today at Bart’s Hospital.</p>	NR

	There is going to be a newsletter, highlighting what you have been up to.	
9.	<p><u>Community Meal Week</u></p> <p>The NACC's 6 regions are running a National Road Relay. Delivering as many meals as possible, via any type of transport. We need to think outside of the box. Some suggestions, tandem, serve a meal in the first class of virgin trains, Moto service stations, radio, helicopter, mobility scooter etc.</p> <p>The SW region are starting the week off on Monday 10th November. We need as many volunteers as possible, in every county within our region. We are all using the same logo as last year which is 'Any time, any place, we <u>care</u>'. There is a small sub-group, to help coordinate the SW region relay. Adam Michallat-Cox, Teresa Dupay, John Hilton, Emma Channon, Fiona Michallat-Cox. JH suggested that we use the One Show route, or the Olympic Torch route.</p> <p>JH suggested that the British people love to give money to this sort of event. However, the aim of the CMW national road relay is to raise awareness.</p>	NR
10.	<p><u>Training & Development Forum</u></p> <p>The venue has moved from Blackpool to Nottingham. We have 18 premier partners. The annual awards have been reviewed. There is a £300.00 cash incentive for some awards. The early bird booking is still available until 31st March. You will save £100.00. Please go onto the NACC website to book your place so that you are not disappointed. We need to get together to win the region award for this year.</p>	NR
11.	<p><u>Care Cook Off Competition</u></p> <p>The SW region only had 12 chef/cooks enter this year. Although there was a big push from the NACC, who even wrote to non-members. Sanctuary Care and Four Seasons Care Homes have internal cook competitions. EC/JH/AMC have been going around the region with their NACC hot on to help promote the NACC.</p>	AMC
12.	<p><u>Presentations</u></p> <p>There were two very good presentations from Sue Baic and Teresa Dupay. You will be able to view these on the NACC website under the SW Region tab.</p>	SB TD
13.	<p><u>Nutrition & Hydration Week 'Tea Party'</u></p> <p>In the afternoon we had a marvellous tea party in the Apetito canteen. There were 30 local elderly people ferried in to enjoy the party. There were an abundance of cakes, tea and coffee. We have a piano player and Sam Stevens even sang. We had a few people even dancing.</p>	ALL

14.	<p><u>Care Cook Off Awards</u></p> <p>The standards this year were extremely high. We had six wonderful finalists from around the region.</p> <ul style="list-style-type: none"> • Anthony Proffitt – Kimberely Court, Anchor • Chris Hill – The Rosary Nursing Home, Sanctuary Housing • Marie Metaj – Ladymead, Four Seasons Health Care • William Marsh – Brandon House of Brandon Care Limited • Amanda Smith – Borovere of Greensleeves • Marie Lowe – Aspen Court of Notaro Homes <p>The awards were given by Ben Haynes from Apetito and Neel Radia.</p> <p>This year two of the finalists will go through to the finals which is being held at Barking College on 11th June. The winners were – Anthony Proffitt and Chris Hill. The nutrition award went to Amanda Smith. Congratulations to all of the finalists.</p>	NR JH BH
15.	<p><u>Viewing of the Care Cook</u></p> <p>We were all invited to view the wonderful display of food that the chefs/cooks had produced. The cost for a two course meal could net exceed £1.50.</p>	ALL
16.	<p><u>Dates for your diary</u></p> <p>24th July, next SW meeting</p> <p>10th November CMW national road relay</p>	