



## **South East Regional Report 2008**

2008 has been another successful year for the South East Region as we saw an increase in membership by 44% compared to the previous year as well as many more new faces joining us at our regional meetings from around the care sector. The South East also saw the launch of its first new newsletter SE Connect giving members a chance to catch up on meetings and information they may have missed and to see what their colleagues in other areas are up to.

Our first meeting of the year was held at Quantum Care Head Office in Welwyn Garden City where we all met before boarding a coach to head over to Medirests Steamplicity factory in near by St Albans. Here we were split into 2 groups and each group given a tour of the Medirest factory whilst the second group received a presentation. We were then provided lunch by Medirest in their Cuisine Centre before heading back to Quantum Care for our regional business meeting.

After the business meeting we were joined by Donna Steeden of Quantum Care who gave us a fantastic presentation on a training day she had organised for her catering teams from across their care homes the day before. Her presentation 'Focus on Nutrition' went down really well with those present who were inspired by Donna's enthusiasm and dedication to the training and the training manual Donna had put together.

June's meeting was hosted at London South Bank University where members joined us for the day. After morning coffee and pastries Dr Ken Spear Head of London South Bank Universities Food Centre formally welcomed us to the university and spoke to us about how the universities food centre is run.

John Savage from Foster's Refrigerator gave us a presentation on Fosters and how they recycle old machinery and use their parts to make other every day goods. After lunch and our regional business meeting Kate Harrell a Speech and Language Therapist from Kings College Hospital gave us an informative presentation on Dysphasia Management and symptoms. Next we were joined by a representative from Fresenius Kabi who gave us a practical demonstration on their 'Thick and Easy' drinks and food soaking solutions giving members an opportunity to try the foods out. The day ended with a tour of the Universities Food Centre.

Septembers regional meeting took place at stunning Whitely Retirement Village in Weybridge kindly hosted and sponsored by Cater Plus. Mike Roycroft, the Villages warden gave us an interesting history of the village's set up, the requirements you need to qualify to live there and how the village is funded and run today.

Sue Ullmann, National Chair for NACC was our special guest of the day. Sue gave the region a very interesting insight into her life as a mother, Chief Executive of Harrogate Housing Association and National Chair for NACC and how she got to where she is today.

After a delicious lunch and business meeting, Ian Clementine from Cater Plus took the stand to give us insight into Cater Plus and their services before we headed out for a tour of Whitely Village.

Simon Gardener and his team at Hobart's Head Office in London hosted the Christmas meeting. The day started with a round of Speed Networking where 40 members were given 2 minutes to network with the person opposite before moving along the row to speak to the next. Networking could never have been so easier and fun!!

Ros Speight from Leicestershire County Council followed this by giving us an informative presentation on the current positioning of the Nutritional Action Plan.

The second part of the morning saw our 2 regional finalists London Borough of Redbridge and Haringey compete for the 'Tina Welch Community Meals on Wheels South East Award 2008'. Both boroughs gave us a presentation on their Meals on Wheels week activities that saw London Borough of Redbridge taking home the memorial trophy. The day ended with a prize giving ceremony and Catherine's Christmas quiz.

This year the South East Region held their first Christmas Social taking place at London's St Katherine Dock where members dressed in Medieval attire and joined King Richard and his knights at a Medieval Christmas Banquet.

It has been a great pleasure to chair the South East Region in 2008 and I look forward to the year ahead. My sincere thanks go out to Catherine Kidd and Simon Ellis my regional executives for their hard work this year. Most importantly I owe a big thank you to all the members who have supported us by sponsoring events/meetings, arranging speakers, bringing along guests and attending regional meetings. It's with out your support and dedication we would not be where we are today.

I look forward to a successful 2009.

Neel Radia  
Chair South East Region