



MINUTES OF THE Midlands
Date 2nd December 2015
Venue Oakland Village, Hall Farm Road, Swadlincote DE11
8LH

Present: 30 Attendance sheet forwarded

Apologies: Sarah Gray, Neel Radia

Committee

Chair Jane Coleman

Deputy Sarah Gray

Secretary Carol Harris

Co-opted Members

Simon Parry

Preston Walker

1.	<p><u>Welcome Introduction and Apologies</u> JC welcomed everyone and gave her report (attached) on business matters and of the latest National Executive meeting Jane read out a message from Neel Radia our National Chair thanking members for their enthusiasm and support in recent CMoW week and shared copies of the publicity and press releases which had resulted from the week's efforts; including the Express newspaper telephone voting results</p>	JC
2.	<p><u>Minutes of the last Meeting</u> Copies were circulated</p>	CH
3.	<p><u>Matters Arising</u> Road Relay update / report to be dealt with later in meeting</p>	
4.	<p><u>Update from National Executive</u> (See details in report from JC) Jane C asked Roger Kellow to give an update on the 2014 and future Training and Development Forum and Care Cook planning. T&DF 2015 will be 30th Sept, 1st and 2nd October at Nottingham again. The change of venue to Nottm proved very successful and positive feedback was received from members. Members enjoyed the newly introduced "meet the buyers" event. Training sessions by Westminster</p>	

	<p>College proved very successful so much so that NACC are in talks with the college about rolling it out to regions at meetings. Watch this space! In the new year we hope to be able to provide details of new training opportunities at regional meetings. Members were asked and gave their approval to use the recently awarded £300 prize money towards any expenses which would be incurred in organising the latter training - should it be possible and practical to arrange for 2015</p> <p>Care Cook 2015 some changes were planned to how it is to be coordinated including initial entries to be screened by event managers (Roger K and Mary W) Midlands heat to be held 26 March at Rugby College Members were urged to encourage their colleagues and associates to enter when full details are given out early January</p> <p>More good news about membership since the T&DF we have reached our Chair, Neel's target of over 700 NACC members with approx. 710 members joined.</p>	
5.	<p><u>Committee Elections</u> – Carol Harris explained that Sarah Gray had resigned as Deputy and there was a general discussion of the Regional nomination /election process and an explanation about what commitment is required of cttee members. A nomination had been received (Eileen Jones) for Jane Coleman as Chair and David Grundy nominated Carol Harris as Secretary - Jane Coleman and Carol Harris agreed to return as Chair and Secretary respectively. Simon Parry was nominated (proposer Jane Coleman) and accepted the post of Deputy. Preston Walker and Ros Speight agreed to be co-opted members to assist with the group and a general invitation was given to any members who wished to attend future planning meetings and/ or make contribution and or suggestions for meeting subjects speakers and venues to and with the committee</p>	
6.	<p><u>Speaker - Janie Turner of Thermomix</u> www.UKThermomix.com www.thermomix.co.uk</p>  <p>Trying controls</p> <p>Janie expressed her appreciation and thanks for being able to attend the recent NACC T&DF. She was impressed by the work of the NACC in raising the importance of appropriate and sufficient nutrition and hydration to promote</p>	

quality of life. Thermomix is a thermal blender and processor with pre-set times temperatures and speeds which stirs constantly giving complete control over texture using only one blade.

Janie was keen to give examples of how the product could change the quality of life for some people enabling them to eat properly and appropriately. Processing foods they could swallow in seconds whereas before they had spent many hours sieving and preparing foods to make it suitable for consumption.

Janie gave us a lively demonstration and lots of tasters. Members were treated to spicy sweetcorn puree, fruit smoothie, peanut butter, chocolate ganache, jams and fruit purees and other lovely tastes and smells. Janie demonstrated how the Thermomix cooks and processes food and is capable of very fine textures and powders that can enable those with special diets and or swallowing difficulties to eat a “normal diet”. Even to the extent of enabling sweetcorn to be cooked and smoothed to a puree in seconds. Thermomix is a highly sophisticated kitchen appliance which currently is used both domestically (80% sales) and increasingly is being used in commercial and care setting to adapt recipes and produces for those with special dietary requirements. Members used new digital display and set up recipes. Typical times included 12 minutes for jam, 20 seconds pesto, 4 minutes curried sweetcorn, 40 second carrot cake mix, flavoured oils , peanut and other nut butters in seconds etc. Advantages being that the Thermomix can weigh and prepare as well as cook raw ingredients



Janie in action



Operating the controls

**Speaker - Derek Johnson, National NACC Secretary
National Nutrition & Hydration Week Champion and Co-
Founder**



Nutrition & Hydration Week display

Derek gave a presentation about the origins and future plans for National Nutrition & Hydration Week - collaboration between NHS England, HCA (Hospital Caterers Association) and NACC. The movement has exceeded all expectations on almost no funds using primarily electronic media to spread its success worldwide. The week is based on a social movement to promote and share what we all do i.e.

“ Create a global movement that will reinforce and focus energy , activity and engagement on nutrition and hydration as an important part of quality care , experience and safety improvement in health and social care settings”

The success has been its “Hook” of a world-wide tea party of scones and afternoon tea which appears to be a popular activity in all countries. 2015 events ideas

Social media will continue to play a vital role in communication about the week – twitter, face book and the web page as well as newsletters and a campaign handbook will all be used again to give participants idea and suggestions for activities to promote N&H Week.

Last year 96 countries visited the web site which had 61,083 visits and the movement had 3 million twitter followers

This year the week falls 16th – 22nd March and the theme will be tea party again , promoting positive news about N&H and the global theme will be Canadian (Canada were leaders in the promotion of the scheme 2014)

Members were urged to start to think now about what they could do in their areas and at work and most importantly to let Derek and his colleagues know what take place so it can be featured on the web site and circulated to raise more publicity and awareness

Web site address www.nutritionandhydrationweek.co.uk

Twitter #NHWeekie

Xmas Lunch



Members then adjourned to the dining room with their *unlucky dip* present. We enjoyed a wonderful Christmas dinner of turkey and boozy Christmas pudding, mince pies and coffee. All presented and served beautifully in the busy and attractive restaurant, by our hosts. Crackers popped and presents were opened and displayed tastefully (and not so tastefully) Fortified and very full we all returned to listen to our next speaker James Ball

Speaker James Ball - Finalist Care Cook 2014

James spoke about his experience in care catering and how it has led him to become instrumental in producing a new NVQ Level 2 qualification specifically designed for care catering workers. James wants to encourage school and college leavers to choose to take up care catering rather than it be an incidental career path. He experienced difficulties himself in getting the right staff and obtaining appropriate training for them which is why he had been so enthusiastic about this development. He wants career advisers and colleges to recognise care catering and is working with colleges in his area but more particularly for the NVQ with London Hospitality College. We await developments early in the new year when it is to be hoped all the hard work will bear fruit with an emergence of a fully

	<p>accredited NVQ2 course with modules that are appropriate to the care sector</p> <p><u>Tour of the Facility</u> http://www.housingcare.org/housing-care/facility-info-159951-oakland-village-swadlincote-england.aspx</p> <p>www.trident-ha.org.uk</p> <p>Extra care housing -88 flats. Built in 2012. Sizes 1 or 2 bedroom Extra Care scheme with 24 hours / 7 days), non-resident management staff and community alarm service, lift, lounge, restaurant, garden, activities room, shop, Jacuzzi, bar/pub Rent (social landlord) and Shared Ownership and Leasehold</p> <p>After our last speaker the group divided into two for a tour of the Village site and its facilities which were stunning in their vision. Designed by the architect to maximise quality of life for all its inhabitants of all abilities. The building has self-contained living accommodating, residential and respite care facilities and many community rooms activities and resources open to the public. The site is obviously well used with busy restaurant, bistro bars, shop and hair dressers, gym and activity rooms. The facility is light and spacious and surprising cosy and inviting for the number of occupants it houses. Sitting centrally in the heart of the community the unit is a shared enterprise between the local authority, NHS and private enterprise and appears remarkably popular. Members were impressed and thanks went to member Sheila Murdoch of Derbyshire County Council for suggesting it as a meet venue.</p> <p><u>Community Meals Week Celebrations 2014</u> The meeting finished with a review and discussion of the events of National Meals Week and in particular the Midlands part in the road relay. Jane thanked all those who took part and members enjoyed a film show accompanied by discussion of the highlights of week.</p>	
7.	<p><u>AOB</u></p> <ul style="list-style-type: none"> • Members were reminded to let cttee members know if they failed to receive communications about future meetings. Jane is aware that some members had not been receiving communication about meetings • Members were reminded to forward suggestion/offers for future venues and subjects for meeting • Members were asked to note a change of date for the next Midlands meet from 12th to new date 17th 	

	February was venue to be the same	
	<u>Diary Dates</u> <ul style="list-style-type: none">• Date of next meeting Tuesday 17th February 2015 Hobart UK, Peterborough• T&DF 2015 30th Sept, 1st and 2nd October at Nottingham• Nutrition & Hydration Week 2015 16th – 22nd March• Midlands heat Care Cook 2015 26th March at Rugby College	