



WELSH REGIONAL MEETING

Glamorgan Cricket Club
 Sophia Gardens
 Cardiff CF11 9XR
 26th March 2015

MINUTES

Attendees

Pauline Batty – Monmouthshire County Council
 Colin Smith – Vantastec Ltd - (Presentation/ speaker)
 Melanie Bowen – V Group
 Linda Davies – Monmouthshire County Council
 Tim Watkins – Apetito Ltd
 Paul Bayer – Falcon
 Tina Aplin – Blaenau Gwent Borough Council
 Claire Edmunds – Blaenau Gwent Borough Council
 Kathryn Stephens – Romilly Nursing Home
 Andy Ward – Williams Refrigeration
 Mike Ashbridge – Vegetarian for Life
 Katie Smith – Nestle Health Science Wales/ S Eng (Presentation/speaker)
 Stephanie Bosley – Monmouthshire County Council
 Hugh Davies – Rational
 Helen Bailey – Carmarthenshire County Council – School Meals
 Sara Edwards – Carmarthenshire County Council – School Meals
 Gareth O-Hara – Sunrise Senior Living (presentation/speaker)
 Lyn Morrish – Wiltshire Farm Foods (Presentation/speaker)
 Rory Thomas – Wiltshire Farm Foods (Presentation/speaker)
 Camilla - Dementia Friends (Presentation/speaker)

1	Minutes of the Last Meeting – Agreed by all	MB
2	Update on Road Relay	PB CS
3	Update from the National Executive meeting held in February The NVQ 2 qualification at Barnet South Gate College – Professional Cookery Healthcare Constitution & By Laws – Agreed by all	PB
4	Care Cook of the Year – Gareth who was through to the final last year – Coming 3 rd Place. This year he discussed his market research and entry requirements and demonstrated his skill and knowledge with a Classic Menu	



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	<p>Breast of Chicken stuffed with Apricot Stuffing, Romanesque Cauliflower with a cheese sauce With a puff pastry parcel with a cranberry centre. Rainbow Carrots and Fondant Potatoes with a Bone Marrow Demi glaze followed with a Dessert of Peach Melba with a peach preserve and seasonal fruit peaches and raspberries.</p> <p>He discussed his knowledge of how dementia patients respond to certain foods</p> <p>A worthy winner for the Welsh Region</p>	
5	<p>Presentation by Katie Smith Nestle Health Science On how important that people living with Dysphagia manage their nutrition.</p> <p>Resource ThickenUp clear - provides clear benefits</p> <ul style="list-style-type: none"> • Visually more appealing – helps support compliance and hydration. • Does not change odour or taste – helps to maintain appetite appeal. • Thickens rapidly and does not continue to thicken over time Amylase resistant – helps to improve patient safety. <p>Easy dissolution, even in oral nutritional supplements, which can be difficult to thicken using starch based thickeners</p> <p>Sample taste testing</p>	
6	<p>Lunch Kindly Sponsored by Hugh Davies at Rational</p> <p>A big thank you from all</p>	
7	<p>Presentation by Colin Smith at Vantastec Ltd Discussion on the new generation vehicles and demonstration with a current model</p>	CS
8	<p>Meeting Date confirmed for the next regional meeting of 29th July 2015-03-27</p> <p>Discussion on speakers</p> <p>Open table – General discussion on how to improve membership and ideas for going forward.</p>	<p>PB</p> <p>CS</p>



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9	<p>Presentation by Lyn Morrish and Rory Thomas From Wiltshire Farm Foods on Soft and Pureed Products</p> <p>Samples for all to taste</p>	
10	<p>Presentation by Camilla -Dementia Friends – Five Key points</p> <ul style="list-style-type: none"> • It's not a natural part of ageing • It's caused by diseases of the brain. The most common of these is Alzheimer's. • It's not just about losing your memory- it can affect thinking communications and doing everyday tasks. • It's possible to live well with dementia. <p>All those attended agreed to be a Dementia Friends</p>	
11	<p>Close – Thank you to all attendees</p>	<p>PB CS</p>