



MINUTES OF NACC SOUTH – WEST REGIONAL MEETING

Date – Tuesday 9th December 2009

Venue – Exeter Chiefs Rugby Club, Sandy Park, Exeter.

Thank you to Electrolux and Allsop and Pitt for sponsoring this meeting.

Attendees – Alison Pugh, Sue Hawkins, Sarah Parslow, Sue Helliker, Anna Statham, Sheren Wyatt, Mike Kendall, John Hilton, Tim Watkins, Andy Ward, Paul Bayer, Adam Michallat – Cox, Jerry Pearson, Jason Hector

Apologies – Alison Innes – Farquhar, Bryan Jackson, Muriel Blades, Cheryl Stocks, Maureen Strong, Roger Kellow, Richard Clark, Andy Pugh, Marion Webb, Paul Howell, George Nardell

National Executive Update

Tim & Alison attended.
No Minutes as yet circulated.
See website for latest press releases.
Next meeting on 20th January 2009.

Deputy Chairs Report

Year book 2009-
sponsorship advertising space sent to members last week (PDF)
National Community Meals on wheels
2009 dates agreed at meeting
Duchess of Cornwall hope continue with her support

Care Cook
Winner 2008 Gareth Cartledge of St Monica Trust youngest ever
Winner Patrick Moore our Care cook 2007 & Gareth Cartledge at Birmingham show
5th & 6th November 2008 also launched of Care Cook 2009 at show
Forms sent to members and on website
Care Cook 2009 Closing date 14th Feb 2009 year
Cook off booked for our regional meeting 6th May near Exeter
Finalist to national office by 11th May

Regional Meeting

Elections

Regional Chairperson – Alison Pugh – Proposed by Tim Watkins, seconded by Sue Helliker

Deputy Regional Chairperson – John Hilton – Proposed by Mike Kendall, seconded by Alison Pugh

Secretary – Tim Watkins – Proposed by Alison Pugh, seconded by – Sue Hawkins

Minutes Secretary – proposed by Jerry Pearson – seconded by Sue Hawkins

Matters Arising

There were none.

Presentations

Our First speaker was Sheren Wyatt the Catering Adviser from Bristol City Council. She told us about Jigsaw a Supported Employment scheme they have run since 2000... It runs as a cooperative and allows adults with disabilities to get paid employment and receive the support and training they need. They run cafes for council staff. It was an emotional and thought provoking presentation where Sheren put across the barriers that adults with disabilities have in getting paid employment and the success stories. One gentleman now aged 70 got his first paid job at 63. Another young man aged 25 is the first of their scheme to get sufficient employment to be able to come off benefits and claim working tax credit.

Next we had a brief presentation from Allsop and Pitt, a locally based catering equipment distributor on their company. This was followed by a delicious Christmas buffet and Tim's famous quiz. Paul Bayer and Sue Helliker were neck and neck after a nail biting climax. Paul was victorious in the ensuing tie breaker but in an incredibly noble and festive gesture offered the prize to his conquered contender Sue Helliker, who gladly accepted. Full marks to PB for promoting inter regional relations.

Following an excellent lunch provided by Sandy Park Catering, the presentation of the afternoon was from Hannah Baker from Yakult on Probiotics and health. Everyone soon saw why we had put this slot after lunch when we talk about bacteria, bowels, gut and explosive diarrhoea. However, the presentation was very informative and thought provoking about the use of Probiotic bacteria when someone is on antibiotics to help protect the gut. The consumption of Probiotics in care homes and hospitals both overseas and in the UK has been shown to reduce the incidence of C diffi infections. These are a major health issue in care homes and hospital more so then other hospital acquired infections. By taking Probiotics during antibiotic use and 2 weeks after helps maintain health. Over 65's should be encouraged to take them before going into hospital or care home to build up their natural immunity. We have the debate of cost as it is classed as a food however it can be prescribed by GP's. And if it reduces the cost of the clean up after an outbreak of C diff it is money well spent and perhaps could be funded from elsewhere. C diff is a spore forming bacteria so very hard to destroy and rooms can be unoccupied for days while it is disinfected. Perhaps we will soon have the campaign on water, probiotic and 5 a day keep the doctor away.

For further information – email science@yakult.co.uk Tel. 020 8842 7600

Dates & Topics for Future Meetings –

NACC National Conference - 9th – 11th September 2009, Hilton Hotel, Blackpool

National Community Meals on Wheels Week – 5th – 9th October 2009

Regional Meetings – Wednesday 11th February 2009 – St. Monica's Trust, Bristol

Wednesday 6th May 2009 – Ringswell Avenue, Exeter

Wednesday 21st October 2009 – Winchester, venue TBC

Friday 27th November 2009 – Joint meeting / S. East, venue TBC