

MINUTES OF THE WELSH REGIONAL MEETING

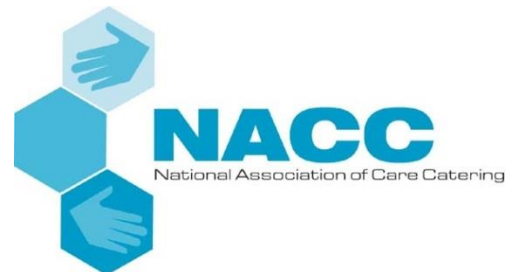
St Monica Trust, Cote Lane, Bristol

Date: Tuesday 21st July 2015

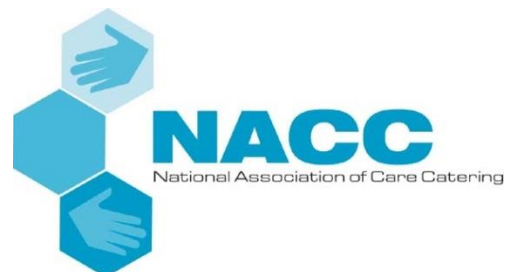
Present:

Simon Ellis – First in Service Ltd
Roger Bayliss
Paul Brunt – St Monica Trust
Gareth Cartledge - St Monica Trust
Gary Ford – St Monica Trust
Jamie Hadley - Unilever Food Solutions
John Hilton - Bristol City Council
Christine Mallett – Verstegen Spices & Sauces UK Ltd
Tim Watkins – Apetito Ltd
Andy Ward - Williams Refrigeration
Tm Withey - St Monica Trust
Jenny Cuper – NSC
Emma Channon – NSC
Geoff Priest – Hobart
Tony Hall - Bristol Dementia Action Alliance
Vicky Freestone – St Monica Trust
Jacqui Ramus – St Monica Trust
Liz Leaman – St Monica Trust

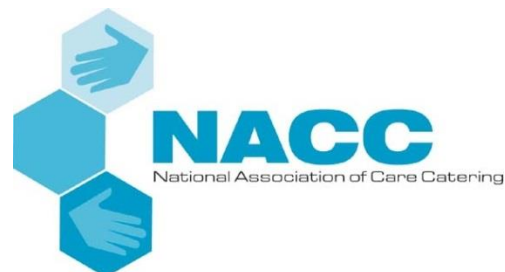
1.	<u>Welcome Introduction and Apologies</u> Emma Channon (SW Deputy Chair) opened the meeting and welcomed everyone present and then passed on the Gary Ford who explained the Fire Procedure in the event of an alarm being raised.	
2.	<u>Election of Officers</u> A nomination for the position of Chairman was made by Adam Michallat-Cox for Gary Ford to be elected and was duly carried. The position of Secretary is to be publicised and will be decided upon in due course	
2.	<u>Minutes of the last Meeting</u> Minutes of the previous meeting were read and approved and it was mentioned that the Squash Stix were felt to be successful and were going down well.	
3.	<u>Meals on Wheels</u> There is to be a relay to move meals across the country and it is necessary to keep the	



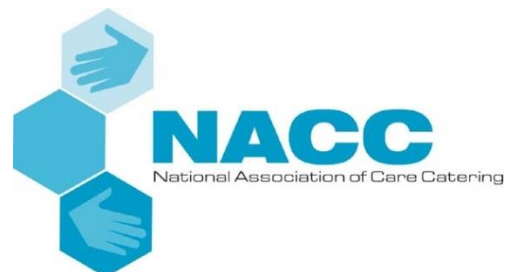
	<p>momentum going for Meals of Wheels this year to raise awareness.</p> <p>To take publicity to the next level it will be necessary for get Age UK and other similar groups behind it.</p> <p>Meals on Wheels week is 9 November and celebrities and dignitaries are to be encouraged to get behind it.</p> <p>Short Video clips are to be recorded saying what the Meals on Wheels service means to people who require it. Ideally recording comments such as ‘I couldn’t live at home without it’.</p> <p>Research to be carried out on the benefits of retaining the service rather than losing it.</p> <p>A Sunday Express poll revealed a 70% response in favour of keeping the service.</p>	
<p>4.</p>	<p><u>Admin Report on the NACC</u></p> <p>Slight decrease in the number of members as there are now less students in the industry. There are now 664 members.</p> <p>Publication sales are however still very good.</p>	
<p>5.</p>	<p><u>Jacqui Ramus – Dementia Care</u></p> <p>Learning objectives</p> <p>To understand sensory changes as we age and particularly in relation to dementia</p> <p>How this can affect persons experience of eating as they age</p> <p>To provide hints and tips for food preparation and food service</p> <p>Normal Age-related Changes in Vision</p> <p>Reduced sharpness – nearby objects become blurred first</p> <p>More light required to see things</p> <p>Reduced peripheral vision</p> <p>Reduced depth perception</p> <p>Changed colour vision</p> <p>Gradual loss of the blue/violet part of the colour spectrum.</p> <p>Colour perception (loss of the blue, purple, green part of the spectrum)</p> <p>Blurring from floaters</p> <p>Food is difficult to see and therefore the use of visually appealing food and the use of contrasting crockery.</p> <p>Swallowing Difficulties – 68% of people living with dementia experience difficulties with</p>	



	<p>swallowing, which can lead to reduced food intake and possible malnutrition/dehydration.</p> <p>Aspiration – food or fluid entering the airway.</p> <p>Texture modified diets.</p> <p>Sense of taste and smell declines in people living with dementia.</p> <p>Visual Impairment</p> <p>Jacqui then provided a variety of different products to demonstrate the effect of different types of visual impairment.</p> <p>Practical Food Preparation</p> <p>Colour contrast in food and its presentation</p> <p>A variety of Nutritious Finger Food</p> <p>Keeping food warm for people with swallowing difficulties.</p> <p>Smaller food portions with additional food available if required.</p> <p>Attractive Modified Meals</p> <p>Photographs of food or sample plates are often more useful than a written description of a menu is often more useful for people living with dementia.</p>	
6.	<p><u>Hydration Project – Gary Ford</u></p> <p>Gary demonstrated a number of different types of drinking vessels including Safe Sip Covers. It is essential to monitor the quantities of fluids residents are consuming each day. A demonstration was given of various natural flavours which can be added to water to make it more appealing to residents, including water melon, mint, fresh lemon etc.</p>	
	<p><u>Liz Leaman – Nutrition and CQC</u></p> <p>The Care Quality Commission is the independent regulator of health and adult social care in England.</p> <p>It monitors, inspects and regulates services including performance ratings to help people to choose care.</p> <p>Fundamental standards are those below which your care must never fall and a number of mandatory Key Lines of Enquiry are set and must be used by the inspectors on every comprehensive inspection. These are, Safe, Effective, Responsive, Caring and Well led.</p> <p>Regulation 14 – Meeting Nutritional and Hydration needs.</p> <p>Assessments of needs and ongoing review including Risk Assessments.</p> <p>Nutrition and Hydration Strategy</p> <p>Consent and best Interests</p>	



<p>Advanced decisions and refusal Variety and Choice.</p> <p>What CQC is looking for:</p> <p>People are supported to eat and drink enough to maintain a balanced diet Meals are appropriately spaced out and flexible How are people supported to have a balanced diet How are peoples nutritional needs monitored and managed Is food served at the correct temperature</p> <p>How is food presented Is the appropriate equipment and tools provided to help them eat independently. Water must be available at all times and other drinks provided periodically. Meals should be made available at different times if required. Snacks and other food should be available between meals. Residents should be involved in choosing menus, environments and meal times.</p> <p>Keeping Records – Consent and Capacity</p> <p>Individual Care Records Food and fluid intake charts Nutrition, Hydration and Swallowing assessments. Risk Assessments – environment Weight management records Speech and Language Reports Modified diets audits Menus Choices</p> <p>Liz then conducted a guided tour of the St Monica Trust Cote Lane site.</p>	
<p><u>Tony Hall – Bristol Dementia Action Alliance</u> <u>Is Bristol a Dementia Friendly City?</u></p> <p>Tony summarised the work of the Society and advised that many businesses in the area are becoming dementia aware. Bristol Airport could be the first airport in the country to become Dementia aware.</p> <p>Community Groups – these include Action for the Blind, St Peters Hospice and Knight Stone</p>	



	<p>Partnership.</p> <p>Bristol Dementia Action Alliance have produced a handout which it passes to GPs to distribute to people newly diagnosed with Dementia giving them details of where they can obtain help with such issues as Power of Attorney, Fobs to find Dementia suffers if they are lost etc, and a fridge magnet.</p> <p>Memory Café 6 November 4-6 pm.</p>	
7.	<p>AOB - Venue for next Meeting (December) - City of Bristol College</p>	