



WELSH REGIONAL MEETING

Llantarnum Lodge Care Home  
 Pentre Lane  
 Llantarnum  
 NP44 3AP

**MINUTES**

Attendees

Committee:-

- Pauline Batty – Welsh Chairman
- Colin Smith – Welsh Vice Chairman
- Melanie Bowen – Welsh Secretary

Speakers & Sponsors:-

- Kathryn Stephens – Llantarnum Lodge Care Home /Romilly Nursing Home (sponsor)
- Daniel Head – Zorba Foods/ Real Soup Co (Speaker)

Others:-

- Susan Evans – Carmarthenshire County Council
- Helen Bailey – Carmarthenshire Country Council
- Gareth Thomas – Rational

Care Cook Competitors

1	<p>Welcome by the Welsh Committee</p> <p>Apologies on behalf of Raglan Project and Coeliac UK who were unable to attend to speak due to unforeseen circumstances, but will reschedule for later meetings.</p> <p>Also apologies from Justin Clarke of Nestle who couldn't attend covering colleagues absence in School catering Competition</p>	PB/ CS / MB
2	Minutes from the last meeting all agreed	MB
3	<p>Update from the Executive meeting :-</p> <p>Meals on wheels – badges, Ongoing petition.</p> <p>How to improve membership, Training etc.,</p>	PB CS
4	<p>Introduction to the Welsh Region Care cook competitors :-</p> <p>Kevin Beebe Carmarthenshire County Council – Y Plas Care Home</p>	PB / CS / MB



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	<p>Mandy Bundy – Y Plas Care Home</p> <p>Simon Harris – Claremont Court Nursing Home</p> <p>Orientation of the Kitchen</p> <p>Rules for competition</p> <p>The Judges:-</p> <p>Kate Stephens (Romilly Nursing Home)</p> <p>Gareth Thomas – Rational</p> <p>Daniel Head – Zorba foods</p> <p>Care cook competition – under way</p>	
5	<p>Speaker – Daniel Head – Real Soup</p> <p>Enlightening talk on how Soup can be beneficial for those in care, education and for health. Soups are made fresh then chilled by their own Michelin chefs.</p> <p>Approximately 18 flavours to choose from all having nutritional values with a premium taste.</p> <p>Can be supplied in different sizes making portion control easier. All labels contain allergen advice. Along with a full nutritional advice i.e., sodium etc.</p> <p>We all agreed that there is more to Soup than you first think, it can provide your daily nutritional requirements for those on a strict calorie intake. Whilst as a starter for those requiring a higher daily calorie intake.</p> <p>An enjoyable speech. Many thanks Daniel</p>	Speaker
6	<p>Open Table – General discussion on what type of speakers they would like to hear from, and consensus for meeting venues and areas.</p> <p>Gareth Thomas from rational offered to host our next meeting and to arrange a demonstration on their ovens.</p>	All



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7	<p>Care cook competition Presentation:-</p> <p>Mandy Bundy          Main:-          Smoked Cod Fish Cakes, Cheese &amp; Chive Mash and Green Beans.          Dessert:-          Apple &amp; Pear Crumble.</p> <p>Kevin Beebe          Main:-          Chicken Croquettes with carrot rolls, vegetables and gravy.          Dessert:-          Plums with cheesecake mousse.</p> <p>Simon Harris          Main:-          Smoked River Cobbler Florentine          Dessert:-          Summer Fruit Pudding</p> <p>We all agreed that each contestant menu and finished dishes were a sight to be savoured.          Good luck to the judges in finding our two finalists.</p>	
8	<p>Lunch kindly prepared by Laszlo Kovacs a previous entry in the Welsh Region Care Cook Competition, now working as Head Chef in Llantarnum Lodge &amp; Romilly Nursing Home Group.</p> <p>Very tasty meal and we look forward to his entry in next year's care cook competition.</p>	
9	<p>Judging</p> <p>Daniel, Kate &amp; Gareth, evaluate the contestants</p>	
10	<p>Awards for the Competitors</p> <p>Mandy, Kevin &amp; Simon presented with their Certificate for participating in the Welsh Regions Care Cook off.</p>	CS / MB



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11	<p>First finalist announced awarded to</p> <p>Simon Harris from Claremont Court Nursing Home.</p> <p>Presented with glass trophy</p>	CS / MB
12	<p>Second finalist announced awarded to</p> <p>Kevin Beebe from Carmarthenshire County Council Y Plas care Home</p> <p>Presented with glass trophy</p>	CS / MB
13	<p>Best Main &amp; Best Dessert winner announced</p> <p>Simon Harris</p> <p>Presented with both Certificates</p>	CS/ MB
14	<p>Applause for the contestants and the two finalists that go on to represent Wales :-</p> <p>Care Cook Final @ Barking &amp; Dagenham Technical College on the 8<sup>th</sup> June 2016</p>	PB
15	<p>Close –</p> <p>A sincere thank you to all attendees and speakers and sponsors who made the day worthwhile, safe journey and see you all soon.</p>	PB