



WELSH REGIONAL MEETING

Glamorgan Cricket Club,
Sophia Gardens, Cardiff CF11 9XR
07.06.2016

MINUTES

Attendees

Committee:-

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

Speakers & Sponsors:-

Gareth Thomas – Rational
Kevin Cole – British Lion Eggs
Tristan Humphreys – Coeliac UK
Daniel Head – Zorba Foods/ Real Soup Co ***** Stepped in to speak

Others:-

Susan Evans – Carmarthenshire County Council
Helen Bailey – Carmarthenshire Country Council
Tim Watkins – Apetito
Ivan Perkins – Drywite Ltd
Susan George – Abbey fields
Claire Edmunds – Blaenau Gwent Borough Council
Tina Aplin _ Blaenau Gwent Borough Council

1	Welcome by the Welsh Committee Apologies on behalf of Raglan Project who were unable to attend to speak due to unforeseen circumstances,	PB/ CS / MB
2	Minutes from the last meeting all agreed	MB
3	Update from the Executive meeting :-	PB
4	Update on Care Cook through to the finals:- Kevin Beebe Carmarthenshire County Council – Y Plas Care Home	MB



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	Simon Harris – Claremont Court Nursing Home	
5	<p>Speaker Kevin Cole – British Lion Eggs</p> <p>Presentation on the changing advice and what it means for care homes. how safe are the eggs that we are eating, how to store and various government legislation</p> <p>A very interesting topic who knew that the shells are porous and that strong smells can be transferred to the egg through the shell.</p>	Speaker
6	<p>Speaker – Tristan Humphry’s. From Coeliac Uk</p> <p>An enlightening talk on how the conditions impact on people with an intolerance or allergy to gluten. How items should be stored and how to get tested. Tristan and his colleagues are available for further training.</p>	
	<p>Lunch kindly prepared by Gareth Thomas from Rational who hosted the venue.</p> <p>As always exceptional to the last bite.....</p>	
9	<p>Speaker – Daniel Head Real Soup</p> <p>Daniel kindly stepped in at last minute and discussed the various flavours available made from fresh ingredients providing important nutrients for the consumer.</p> <p>Their Soups are now available for vending machines and come with a specially patented protective sleeve when warmed in a Microwave oven.</p> <p>A soup made in Wales and available to all.</p> <p>Thanks once again for Daniel stepping in with this demonstration.</p>	



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10	<p>Demonstration by Gareth Thomas – Rational</p> <p>A presentation on Easy food made even easier with Rational.</p> <p>How different food groups can be cooked at the same time without picking up any contamination from any other food in the oven.</p> <p>Saving both time and space in the kitchen. Once again a visual art.</p>	
12	Open Table	ALL
13	Any other Business	ALL
14	NACC regional attendee questionnaire	ALL
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/ CS / MB