



NACC launches training workshop to improve the mealtime experience for those living with a dementia

The National Association of Care Catering (NACC) has launched a dedicated training workshop to support the care sector with the challenges of catering for people living with a dementia, whilst helping to enhance their life quality.

Delivered by Dr David Sheard, the CEO and founder of Dementia Care Matters and respected expert in the field, the one-day training workshop will teach care caterers and providers how to look beyond the serving of food and turn mealtimes into beneficial, meaningful experiences.

The first training workshop takes place on **Thursday 1 December 2016** at Aimia Food Limited in Haydock, Merseyside, and the second is on **Friday 3 February 2017** at Brakes in Covent Garden, London.

Participants will gain valuable understanding, knowledge and tools to help them move away from mechanical, task-driven dining and implement person-centred, quality care during mealtimes for people living with a dementia.

The interactive workshop has been specifically designed to: ensure participants are clear on what person-centred dementia care looks, sounds and feels like; enable an emphasis on quality of life at mealtimes and not on tasks; seek to make sense of people's emotional memories, why feelings matter most in dementia care and their relevance to the meal experience; inspire participants to re-think their current practice and commit to an action-based approach that their teams embrace; and achieve real improvements in the atmosphere, assessment skills, quality of engagement and nutritional value of meals for people living with a dementia.

Neel Radia, national chair of the NACC, said: "It's been widely reported that the number of people living with a dementia is rising. It's therefore so important that all care providers, whether in a residential care home or in the community, are fully-equipped with the right knowledge and tools to give meaningful, life-quality-enhancing care. Mealtimes play a huge

role in this. The difference between an experience- and task-driven mealtime is enormous, with the former having an immensely positive impact on an individual with a dementia.

“Training is vital when it comes to meeting the specific challenges of catering for older people who may be vulnerable and the NACC is committed to supporting the sector with relevant, progressive information and guidance. The new workshops will challenge the status quo and offer new perspectives and approaches to ensure those people living with a dementia thrive through positive food and mealtime experiences. Dr David Sheard is inspirational and I guarantee the sessions will be enjoyable and emotional, and most importantly beneficial to those living with a dementia entrusted to our care.”

The one-day training workshop costs £130+VAT for NACC members and £199+VAT for non-members*. Booking are being taken now via the NACC office on 08707 480 180 / info@thenacc.co.uk.

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Notes to editors:

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*The non-member price includes one-year individual membership to the NACC.

The NACC

The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- Promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- Provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- Facilitate the exchange of information, experience and expertise
- Promote the development of professional standards among those involved in catering for the care sector
- Commission research into matters relating to catering for the care sector
- Publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector

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