



WELSH REGIONAL MEETING

Peters Food Service Ltd
 Unit 1 Greenway
 Bedwas
 Caerphilly
 CF83 8XP

MINUTES

Attendees

Committee:-

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

New Committee – Daniel Head – Welsh Chairman

- Kathryn Stephens – Welsh Vice Chairman ** Apologies**
- Gareth Thomas – Welsh Secretary

Sponsors:-

Ken Blackman – Peters Food Service Ltd

Speakers:-

Michael McGuire – Diabetes UK Cymru
 Richard Barwick – Hobart
 Lolita Byfield Moore – Nestle Health Science
 Gary Brailsford – Nestle Health Science – Dining with Dignity

Others:-

Sarah Barnes – Nisbit’s Plc
 Nigel Weston – Nisbit’s Plc
 Susan Evans – Carmarthenshire County Council
 Helen Bailey – Carmarthenshire Country Council
 Ivan Perkins – Drywite Ltd

1	<p>Welcome by the Welsh Committee</p> <p>Apologies on behalf Kate Stephens who were unable to attend today’s meeting.</p> <p>Apologies from Peters Food Service that the tour was unable to go ahead due to technical problems however could be rescheduled at a later date.</p>	PB/ CS / MB
2	<p>Minutes from the last meeting all agreed</p>	MB



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3	<p>Update from the Executive meeting :-</p> <p>Training Development Forum</p> <p>Care Cook of the Year</p> <p>Team NACC</p> <p>Associations 30th Anniversary Celebrations</p> <p>NVQ level 2 Health & Social Care Catering</p> <p>NEW CQC Fundamental Standards</p> <p>Meals on wheels week</p>	PB
4	<p>Speaker – Michael McGuire – Diabetes Uk Cymru</p> <p>Diabetes type 1 – Pancreas doesn't produce Insulin. Controlled by Insulin and Total Carbohydrates.</p> <p>Diabetes Type 2 – Not enough Insulin / Doesn't work properly. Can be controlled by losing 5-10% weight, exercise and counting carbohydrates means patient can go into Remission.</p> <p>Complications of both types include– Angina, Cardiac, Retinopathy, Stroke, Renal Replacement Therapy, Amputations.</p> <p>Did you know that Diabetes 3 x higher than Cancer (2008-2014), 183,000 people in Wales have Type 2. 10% NHS Budget £500 million per year is spend on diabetes</p> <p>1 in 4 people in Care homes have Diabetes and this increases with Age.</p> <p>This session ended with a Multiple choice Quiz – Diabetes in Care Homes.</p> <p>For more information and FREE on line courses Visit www.diabetes.co.uk</p>	



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	<p>Tel 02920 668 276 wales@diabetes.org.uk</p> <p>A big thank you to Michael very informative, interactive Quiz enjoyed by all.</p>	
<p>5</p>	<p>Speaker Gary Brailsford – Dining With Dignity (Nestle Health Science)</p> <p>Discussion on Dysphagia – medical name for swallowing difficulties, especially for people that have underlying conditions including stroke, head injury, learning disabilities, Alzheimer’s disease and neck cancer.</p> <p>With Dysphagia, the muscles do not work properly to close off the windpipe to protect your lungs. Food and fluid can trickle through your vocal cords into the lungs.</p> <p>Some of the symptoms that a person may experience:- Coughing or choking, recurrent Chest Infections, Voice sounding gurgly, bubbly or wet after eating or drinking. Runny nose or eyes during or immediately after meals, Feeling that food is stuck in your throat or chest, Unexplained Weight loss, Pouching of food in the cheeks.</p> <p>To be diagnosed a Speech & Language Therapist will assess what is making their swallowing difficult and advice on what food and drink is safe to have.</p> <p>Consistency of food</p> <p>Thin Puree – Food is Smooth, moist and pourable texture.</p> <p>Thick Puree – Food that has a moist, thick puree texture. It does not need chewing, it may need sieving. It will hold its shape on a plate. Food must be an even consistency with no lumps.</p> <p>Pre-Mashed – Food that is soft, tender and moist</p>	<p>Speaker</p>



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	<p>and needs very little chewing. It has been mashed. It usually needs a very thick smooth sauce or gravy.</p> <p>Fork Mashable – Food is tender and moist but needs some chewing. Food can be easily mashed with a fork. It usually needs a thick smooth sauce or gravy.</p> <p>How each consistency can be checked by the prongs of a fork?</p> <p>How to ensure that the meals look appetising and similar to other residents who may not have Dysphagia. How important to train chefs in this style of cooking and presentation.</p> <p>Sample Taste & Texture – Black Forest Gateau that matched Thick Puree, Pre-mashes and Fork Mashable requirements.</p>	
<p>6</p>	<p>Speaker Lolita Byfield Moore – Nestle Health Science</p> <p>Continuing on from Gary explained how to use Resource ® ThickenUp™ Clear</p> <p>Put Powder in a clean dry glass, Use Measuring scoop from inside tin. Follow instructions exactly.</p> <p>Add the correct measured volume of liquid.</p> <p>Stir Briskly and wait 1 minute before drinking. For Water wait 1 minute before drinking. For hot drinks wait 3 minutes before drinking.</p> <p>Then enjoy.</p> <p>Sample of squash with added thickener to show that taste doesn't alter only the consistency.</p> <p>Explained the importance of all carers being</p>	



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	<p>trained to ensure each person that has dysphagia is aware of the dangers in given food or drink that has not been thickened.</p> <p>We all agreed that both Gary & Lolita gave a presentation that shows there is a definite requirement for more awareness and training for Care Staff in dealing with people Dysphagia.</p> <p>Anyone who wants more information can Contact Gary Brailsford At Dining with Dignity or Lolita Byfield Moore at Nestle Health Science.</p>	
7	Lunch kindly prepared by Peters Food Service.	
8	<p>Speaker – Richard Barwick – Hobart</p> <p>Presentation on Cooking Solutions – what types of units available.</p> <p>History of the company starting in Middletown Ohio in 1883. In 2011 segmented into separate divisions (ware washing, Cooking & Service.)</p> <p>Their cookers delivers 25 to 100,000 meals a day from Restaurants, Hotels Health & care, Education, Staff Canteen, Airlines Cruise Ships.</p> <p>They can support in all phases from design and manufacture to after sales support.</p> <p>Vertical Cooking, Modular Cooking & Suites, Bulk – Pans & Kettles</p> <p>For more information or trials Contact</p> <p>Richard Barwick at Hobart</p>	
9	NACC regional attendee questionnaire	ALL
10	<p>Confirmation of voting for the new Committee</p> <p>Daniel Head – Chairman Welsh Region</p>	PB



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	Kate Stephens - Vice Chairman Welsh Region Gareth Thomas – Secretary Welsh Region	
11	Any other business	all
12	Thankyou from the Welsh Committee for all the support given over the last two years and that we will continue to support the new Committee in all that they do.	PB CS MB
13	Thank you to all sponsors and speakers who made the day enjoyable to all, good interactions made by all.	