



MINUTES OF THE MIDLANDS
Date: 8th December 2016
Venue: Florence Shipley Residential & Community Center

Present:

- Jane Parke
- Simon Parry
- Carol Tuck
- Preston Walker
- Dave Grundy
- Peter Glossop
- Carol Harris
- Rob Wager
- Anita Carthew
- Justin Clarke
- Jo Bonser
- Jane McKay

Apologies:

Speakers:

- Malcolm Shipley – Wren Hall
- Sheila Murdoch – Derbyshire CC
- Preston Walker – Premier Foods
- Phil Godard - Superkitchen

1.	<u>Welcome Introduction and Apologies</u> JC – Welcomed all attendee’s and presented the days agenda	
2.	<u>Minutes of the last Meeting</u> Minutes of the last meeting were provided to all – nothing arising	
3.	<u>Matters Arising</u> N/A	

4.

Update from The Chair:

JP: Chairman's Welcome

I would like to say a huge thank you to Sheila and her team for providing such a lovely venue for our Christmas meet. 3 years ago we visited one of her other establishments and it was so impressive we have asked to come and look at another. Also a big thank you to our sponsors Premier Foods and to all of you for your continued support and attending.

The meetings are designed to be informative, interesting and relevant. Providing an opportunity to network and share good practice. So any ideas you have of venues, topics or speakers please put them forward.

We started the year with our first meet at Bidvest where we looked at from the farm to the plate with Red Tractor; Owen Taylor's the butchers, Tony Goodger and a presentation on nutrition covering what we buy and how services have involved within catering in the care sector.

Our summer meet was at Brakes in Grantham where we all completed an endurance test just to arrive. The meeting covered some of the challenges we face in providing services. Fresanius Kabi gave a presentation on dysphagia and how we can adapt our menus, The Coeliac Society looked at the allergens and British Lion Eggs dispelled the myth of the runny egg.

Today we are at a venue that provides excellent services and we have presentations from a super kitchen and the dysphagia care chef of the year as well as looking at food solutions moving forward.

Punctuated with this have been Nutrition and Hydration week in March when we separately within our workplaces organised events. Care Cook our Midlands heat in Rugby sent two finalists to Barking and Dagenham college where Martin was runner up. The very successful TDF and more recently Meals on Wheels week.

JP: Feedback from Nat Exec

Training Development Forum

Huge success this year, delegate and exhibitors numbers up on previous year. We have 20 Premier Partners now which is our limit. Next year the NACC will be holding the TDF from 4th – 6th October which will also mark the Associations 30th Anniversary. The event will

commence with a service of thanks giving.

Care Cook of the Year competition is now called Care Chef of the Year in recognition of the incredible talent and skills chefs in our sector demonstrate daily. The price will go up as well from £1.50 to £2.25 in accordance with Caroline Walker Trust.

Team NACC that consisted of Neel Radia, National Chair, Sophie Murray, Deputy Chair, Preston Walker from Oak House Residential Care, Oliver Smith from Hadrian's Healthcare and Billie Moore from McCullough Moore. Took part in a tandem skydive at 10,000ft to kick start the associations 30th anniversary and raise money for 2 incredible charities the Food Chain and Alzheimer's Society. They have raised between them just under £6k. The team wish to thank all for all their support and contributions.

Associations 30th Anniversary Celebrations – we are doing lots throughout year to celebrate this milestone including service of thanks giving at TDF and regional events in June for the seminars. More info soon to come. There is a special anniversary logo we ask members to use.

NVQ Level 2 Health & Social Care Catering – Institute of Hospitality have joined the partnership between NACC, HCA and Barnet Southgate College as we start application for accreditation with OffQual. It's still a long process but we are working towards delivery. At the TDF Gala Awards dinner we saw some of the pilot students awarded their NVQ at a special graduation ceremony.

NEW CQC Fundamental Standards Guidelines will launch in February 2017. Will be available both in hard copy and CD Rom.

Meals on Wheels Week was a huge success from 7th November – 11th. The association commissioned the Association of Public Sector Excellence to research the current provision of Meals on Wheels in UK. The association had immense media coverage including TV appearance on BBC South Today and BBC North West today for Lunchtime and Evening News, 17 National and local radio station interviews and newspaper coverage including the Guardian, The Express and Daily Mail.

The week has also engaged a lot of MPs who contacted association after a letter was sent to them from National Chair. NACC are looking at organising a round table discussion with MPs to discuss the next best step.

The NACC has also launched a series of Case Studies from innovative meals on wheels services being offered around the UK that ensures the service runs cost effectively. These have been compiled in partnership with Sustainable Food Cities and charity Sustain. Copies are being distributed to LA decision makers.

	<p>Thank you to everyone who has supported the week in any way.</p> <p>Moving forward.....</p> <p>Next year meetings have been arranged at:</p> <p>22.3.17: Rugby College, sponsored by The Real Soup Kitchen</p> <p>21.6.17: The Marmite Factory at Burton, sponsored by Unilever</p> <p>6.12.17: Venue to be arranged.</p> <p>8.3.16: Care Chef</p> <p>It is now time for elections, I am standing down due to work commitments after 18yrs in the NACC and 10 on the committee I will still be a member and support the Midlands and the NACC.</p> <p>Elections:- Chair Jane Parke standing down</p> <p style="padding-left: 40px;">Deputy Simon Parry</p> <p style="padding-left: 40px;">Secretary Carol Tuck</p> <p>Nominations received For Preston Walker for Chair and Simon Parry for Deputy and Carol Tuck for Secretary agreed by all present.</p>	
5.	<p><u>Speakers:</u></p> <p>First Speaker:- Malcolm Shipton (Chef at Wren Hall Nursing Home and Premier Foods Dysphagia Chef of the Year):</p> <p>Malcolm has been a chef all his life starting in the hotel trade mainly working in the South of England and Northern Ireland. In the year 2000 Malcolm took over the tenancy of a Public House, but after 4 years and feeling physically and mentally exhausted, he decided to look for a ‘nice easy job with no evenings’ and started as a Chef at Wren Hall his introduction to Care Catering.</p> <p>His manager was very encouraging and supportive and Malcolm’s enthusiasm and ideas started to shine through.</p> <p>Malcolm started to enter competitions to see what the standard was elsewhere, he had no idea how complex catering in the care industry was.. He has worked extremely hard to make the whole dining experience better for all 53 residents but his passion is with the pureed food for the dysphagia residents. Malcolm uses techniques including moulding and quenelling food to enhance the presentation on the plate. Wren Hall has dementia patients</p>	

at four different stages of severity.

Dietary preferences are discussed with family and they are looking at making the main meal in the evening with a snack for lunch to improve the food intake. Malcolm has promoted the whole dining experience with carers offering a choice at each table and sitting with the residents.

There is no budget set which Malcolm recognises as a big benefit where the NHS set £18 per week.

Second Speaker:- Phil Goddard (Project Manager at the Derbyshire Super Kitchen):

This is a charity Udinorma set up by Marcie Smith to promote 'Empty Bins Full Bellies'. They receive 4 million tonnes of surplus food each year (not out of date but short life). There are 45 kitchens within Derbyshire Nottinghamshire, Warwickshire and Cambridgeshire that serve over 4000 meals a week under this scheme. 6 tonnes of food a year is received from Fairtrade. Social eating is very important to reduce loneliness and depression.

Run by volunteers people purchase a meal for £2.50, children under 12 eat free . Anyone or business can set up a superkitchen for £1850, within this all marketing, banners, leaflets and training is provided.

The idea is to become self-sufficient. People can donate to the super spoon for £2.50 anyone can then collect the spoon at participating kitchens and eat for free. Food is delivered to the kitchens once a week the day before service and the kitchen decide what to make and serve, many of the volunteers use Community Centres.

The charity also runs a hunger bus during the school holidays that offers children a free meal when not at school. The charity concentrates on people who need food, company and the social experience.

Third Speaker:- Preston Walker (Premier Foods):

Preston brought along some new products from Premier and provided a presentation, demonstration and tasting (we were all groaning more food at this point).

Bisto have now brought out a gluten free gravy granule. We also had samples of pizza and made with the Hovis new half and half bread mix this had been mixed with grated vegetables to

	<p>encourage children to have more vegetables in their diet.</p> <p>We also samples some pin wheel rolls made with the soft bap mix with cranberry sauce, turkey and stuffing added to give it a festive touch. This was followed by Panettone using the pizza base mix enriched with sugar, butter and mixed fruit.</p> <p>Preston covered various other popular versatile mixes such as the Birds Ice Cream Mix and shared with us the various training sessions Premier foods provide Preston is about to start with education.</p> <p>Care Catering Solutions Guide is a new publication to cover a gap in the market with people with dysphagia. This was shared with all and contained Malcolm’s winning dish</p> <p>Presentation and tour of Florence Shipley by Sheila Murdoch(Derbyshire County Council):</p> <p>Sheila provided a very interesting and informative overview of the history of the home, the work with Sterling and the choices made with every aspect being linked to the resident and dementia, down to colourings, tiling, lighting windows and sink heights.</p> <p>Thank you to all our speakers.</p>	
<p>6.</p>	<p>Committee and AOB:</p> <p>A reminder of Food and Nutrition week and also to share what we do.</p> <p>An invite to Care Chef at Rugby to support the chefs and view the way they work as well as taste the samples.</p> <p>Reminder of the 30th anniversary, Anita offered to bake a cake, Jo is interested in producing a booklet about mealtimes and the changes in aids to assist eating with dignity.</p> <p>Sheila raised a concern that 80% of chicken that is not labelled Red Tractor is Halal, this is not being declared on labelling and Trading Standards have stated it is not a legal requirement.</p> <p>Sheila stated that the consumer has a right to know and it should be labelled clearly, after discussion the meeting was closed and all present went home with a goody bag.</p>	
<p>8.</p>	<p><u>Date of Next meeting:</u> 22.3.17 at Rugby College</p>	