

# NACC North Region & HCA Winter Seminar



**Title:** Food at the Heart of Care

**Date:** Thursday 20<sup>th</sup> November 2025

**Venue:** AJ Bell Stadium, 1 Stadium Way, Salford, M30 7EY

- 
- |       |                                                                                                                                                                                                   |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09.00 | <b>Arrival, Refreshments and Exhibition Viewing.</b>                                                                                                                                              |
| 10.00 | <b>Welcome, Introduction and Housekeeping</b><br><b>HCA – Update</b><br>Iain Robertson, HCA National Chair<br><b>NACC – Update</b><br>Nick Dutton, NACC Event Organiser                           |
| 10.20 | <b>Nourishment as Treatment</b><br>Idrees Anwar, Lead Dietitian, NHS Supply Chain                                                                                                                 |
| 10.40 | <b>Eat Curious: Shaping the future of nutritious, sustainable, and affordable protein.</b><br>Preyesh Patel, Co-Founder, Eat Curious                                                              |
| 11.00 | <b>Comfort Break</b>                                                                                                                                                                              |
| 11.20 | <b>Cooking Demonstrations - Kitchen Live Feed</b><br><i>Rational Chefs</i>                                                                                                                        |
| 11.50 | <b>Bringing good food and people struggling to eat together, thanks to the Restaurant Card</b><br>Chris Curtis, CEO of the Swallows Head and Neck Cancer Charity<br>Head and Neck Cancer Survivor |
| 12.10 | <b>Nutrition-Led Menu Development in Healthcare Settings</b><br>Heather Dolan RNutr, Nutrition Manager at Bidfood                                                                                 |
| 12.30 | <b>Hospice Catering. Care, compassion, community</b><br>Mark Scott, Catering & Domestic Services Manager, Pendleside Hospice, Burnley                                                             |
| 13.00 | <b>Lunch</b><br><b>‘Christmas Market’ Interactive Exhibition</b>                                                                                                                                  |
| 15.15 | <b>Winners and Prizes</b>                                                                                                                                                                         |
| 15.30 | <b>Seminar Close.</b>                                                                                                                                                                             |

Kindly sponsored by:



## NACC North Region & HCA Winter Seminar

Thursday 20<sup>th</sup> November 2025, AJ Bell Stadium, Salford



### Speaker Profiles

#### Nick Dutton, NACC Event Organiser

Nick Dutton is the Operations Manager at Primrose Bank Care Home, a multi-award-winning, family-run 45-bed care home in Poulton-Le-Fylde, Lancashire. With a background in hospitality and catering, Nick made a bold career transition into health and social care—a decision he describes as life-changing.

Passionate about innovation, excellence, and raising industry standards, Nick is committed to challenging perceptions of elderly care and driving continuous improvements in care catering. He is an active member of the National Association of Care Catering (NACC) National Executive and play a key role in overseeing the prestigious NACC Care Chef of the Year Competition.



#### Idrees Anwar

Idrees Anwar is the lead dietitian in NHS supplychain. Previously worked in hospital wards he now empowers hospitals to improve the food environment for staff, visitors and patients. Whether it's guidelines, standardisation, nutrition knowledge for chefs or sustainability his breadth of work has culminated in winning a food service CATEYS award as well as featuring in and editing two chefs knowledge cook books.



#### Preyesh Patel

Preyesh is the co-founder of Eat Curious, a company focused on creating innovative plant-based protein products that are nutritious, affordable, and sustainable.

With a healthcare background and over 15 years in the dental industry, he brings a unique perspective on the link between food and wellbeing. Passionate about innovation Preyesh is committed to making high-quality plant-based protein more accessible while advancing nutrition and sustainability in the food system.



## Chris Curtis

Chris Curtis is the inspiring CEO and founder of The Swallows Head & Neck cancer Charity, a UK organisation dedicated to ensuring that no one faces head and neck cancer alone.

In 2011, Chris's life changed forever when he was diagnosed with throat cancer. Despite being a non-smoker, he faced an aggressive illness that required 42 sessions of radiotherapy, chemotherapy, and two major neck surgeries. Out of this life-altering experience came an unshakable determination to help others navigate the same daunting path. Just one year later, he founded The Swallows to offer hope, guidance, and around-the-clock support to patients and their loved ones.



Under Chris's leadership, the charity has grown from a local support group into an international lifeline — providing a 24/7 helpline and text service, assisting more than 14,000 patients and caregivers worldwide, and partnering with hospitals and healthcare teams across the globe to improve care and quality of life.

His tireless advocacy and community impact have been widely recognised, including the prestigious Queen's Award for Voluntary Service in 2017.

Today, Chris continues to champion awareness, early diagnosis, and compassionate care, driven by a simple but powerful mission: to ensure that everyone facing head and neck cancer has someone by their side.

## Heather Dolan

Heather is a Registered Nutritionist with over 5 years' experience in foodservice nutrition. She began her career as a Healthcare Nutritionist, working alongside the NHS to improve the provision of catering services, before joining Bidfood in 2023. In her current role as Nutrition Manager, she leads on Bidfood's nutrition strategy, advising the business and customers on nutrition and healthy eating, regulatory compliance and own-brand product reformulation.

She is passionate about health promotion through the provision of healthier food and drink products and breaking down complex scientific information into consumer-friendly content.



## Mark Scott

Mark is an award-winning catering manager and specialist in healthcare & hospitality operations

He is a highly experienced catering Manager with over 30 years in hospitality, including senior roles across healthcare, military, and commercial sectors. For 18 years, he has led the catering and domestic services at Pendleside Hospice in Burnley, Lancashire, overseeing operations, regulatory compliance, and a team of more than 50 staff.

Mark is passionate about delivering high-quality, person-centred food services that make a meaningful difference. He holds advanced qualifications in food safety, nutrition, and leadership, and is known for driving innovation, mentoring teams, and maintaining excellence in care catering.



His initiatives include bereavement cookery courses—six-week programmes designed to support individuals through grief by teaching practical cooking skills and fostering social connection. These sessions have helped many regain confidence in the kitchen and rediscover the joy of food.

Mark's work has been nationally recognised:

2025 NACC Meals on Wheels Award – for outstanding community catering and welfare support.

2023 Michael Howard Award for Hospice Team of the Year – for pioneering a volunteer-led service that expanded hospice care and generated a £35,000 surplus to support patients.

**Kindly sponsored by:**

