

NACC North Region Spring Seminar 2025



Title: **British Dietetic Association's 'Care Home Digest'**
An in-depth exploration of this newly launched game-changing resource for food service in care homes.

Date: **Wednesday 7 May 2025**

Venue: **St Catherine's House, Doncaster, DN4 8QP**



TO ATTEND FREE - [CLICK HERE](#)

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- 09.30 **Arrival and refreshments**
 - 10.00 **Welcome, Introduction and Housekeeping**
NACC – Update and Care Chef Competition
Nick Dutton, NACC Event Organiser
 - 10.15 **BDA Care Home Digest: Overview**
Helen Ream, Healthcare Dietitian, Compass Group UK & Ireland
 - 10.30 **Nutrition and hydration needs, screening for malnutrition and care planning**
Helen Ream, Healthcare Dietitian, Compass Group UK & Ireland
 - 10.45 **Sponsor Presentation**
 - 10.55 **Comfort Break**
 - 11.15 **Delivering a positive mealtime experience**
Simon Lawrence, Director of Culinary and Hospitality, Avery Healthcare.
 - 11.30 **Menu planning and design**
Monica Compton, Dietetic Prescribing Advisor for Northamptonshire ICB
Laoise Bennis, Dietetic Apprentice
 - 12.00 **Sponsor Presentation**
 - 12.10 **Special diets**
Laura Barker, Clinical Specialist Dietitian & Dysphagia Practitioner, RDaSH
 - 12.30 **Lunch & Networking: VE Day 80th Anniversary Street Party**
 - 13.30 **Case Study**
 - 13.45 **Interactive Workshop**
 - 14.45 **Q&A Panel Discussion**
 - 15.15 **Close**



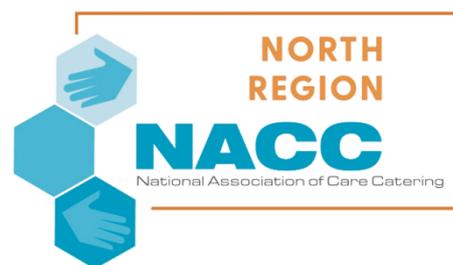
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Speaker Profiles

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 plays a key role in overseeing the prestigious NACC Care Chef of the Year Competition.



Helen Ream

Helen is a highly experienced dietitian with an extensive background spanning clinical roles, management, and food services. After a successful career in the NHS, where she worked until 2014, Helen transitioned to the Compass Group UK & Ireland in 2015, where she has played a pivotal role in enhancing nutritional care across care homes and hospitals.

As Vice Chair of the British Dietetic Association (BDA) Food Services specialist Group (FSSG), Helen is a strong advocate for improving food services and nutrition in patient and residential care settings. She has led the development of key industry resources, including the 2nd Edition of the BDA Nutrition & Hydration Digest (2017) for hospitals, and most recently, she chaired the working group that created and launched the BDA Care Home Digest (2024).



Monica Compton

Monica Compton is a highly accomplished dietitian, with a career spanning over three decades across both the United States and the United Kingdom.

Starting her career in the U.S., Monica served as a Regional Nutritional Manager for Sodexo, USA, overseeing dietetic care across multiple healthcare settings in three states. She played a key role in developing a five-week cycle menu program, which included diet applications, cost analysis, and recipe development.



Since relocating to the UK in 1998, Monica has worked across multiple roles within Northamptonshire's Nutrition and Dietetic Department, specializing in home enteral nutrition, clinical nutrition teams, and dietetic prescribing advisory. She currently supports the ICB's Medicines Optimisation Team as a Dietetic Prescribing Advisor.

As an active member of the British Dietetic Association (BDA) and a committee member of the Optimising Nutrition Prescribing Specialist Group (ONPSG), Monica ensures best practices in nutritional prescribing. She was also a key contributor to the BDA Care Home Digest (2024).

Laoise Bennis

Laoise is a Dietetic Apprentice at Northamptonshire Healthcare Foundation Trust (2023-2026) and a student representative at Sheffield Hallam University. Her diverse training has given her hands-on experience across multiple specialties, including acute care, care homes, home enteral feeding, renal nutrition, paediatric diabetes, and weight management.

Most recently, Laoise designed and piloted a 1:1 nutrition consultation service for a private sector company as part of her leadership placement. She also collaborated with Monica Compton on the nutrition analysis and portion size section of Chapter 3 in the BDA Care Home Digest.



Laoise holds a BSc in Human Nutrition from University College Dublin and is a Registered Associate Nutritionist (ANutr). Her passion for sports nutrition has led her to work with the Limerick U20 Hurling Team and contribute to the EU-funded LifeAge study. She has also developed nutrition resources and recipe books for student-athletes at the University of Limerick.

Before pursuing her dietetics training, Laoise worked as a Contract Nutritionist for Chartwells, Compass Group, overseeing school food provision on the Isle of Wight.

Laura Barker

Laura is a BSc Hons Registered Clinical Specialist Dietitian, a qualified Dysphagia Practitioner, and the Lead Allied Health Professional for the Neurorehabilitation Directorate within Doncaster Physical Health & neurodiversity Care Group.

Since qualifying from Leeds Beckett University in 2015, Laura has dedicated nearly ten years to Rotherham, Doncaster, and South Humber NHS Foundation Trust, building extensive expertise in oral and enteral nutrition support. She is also trained in dysphagia assessment and management, working at a level comparable to a Speech and Language Therapist.

Passionate about improving patient care, Laura has been instrumental in transforming the approach to oral nutritional supplement prescribing across Doncaster. Alongside her colleagues, she has led a borough-wide culture shift, equipping health and social care staff with the knowledge to identify malnutrition using validated screening tools and implement evidence-based 'Food First' strategies. This initiative spans care homes, private residences, inpatient wards, and multidisciplinary teams—including nursing, GP, and allied health professionals—ensuring better nutritional care for those at risk.

Laura's expertise extends beyond clinical practice. She is a co-author of the British Dietetic Association's newly released 'Care Home Digest', where she played a key role in developing the dementia, dysphagia, vegetarian/vegan, and religious and cultural diet chapters.

A dedicated leader and advocate for nutrition-focused care, Laura continues to drive innovation and best practices in dietetics, improving the lives of patients across multiple healthcare settings.



Simon Lawrence

As Director of Culinary and Hospitality at Avery Healthcare, Simon is the driving force behind the exceptional dining experiences across all Avery homes. Passionate about innovation and well-being, he ensures that every meal not only meets high culinary standards but also enhances the lives of residents and staff alike. His team's dedication to food safety were recently recognised as they achieved 100% 5 Star ratings across all the 102 care homes.

Supporting and guiding teams of over 106 head chefs and regional support chefs, Simon has spearheaded groundbreaking initiatives that redefine dining in care settings. From introducing Hydration Drinks menus to hosting specialised Dysphagia and Cooking for Vegetarians workshops, his approach prioritises both nutrition and enjoyment. One of his standout projects, Food For Thought, championed alfresco dining during the summer months, encouraging residents to savour meals



outdoors, this alongside workshops for Sous chefs to ensure that we are developing the Head chefs of tomorrow.

Simon is a previous winner of Care Chef of the year at the National Care Awards 2009 and NACC Care Chef of the Year in 2013. Avery's culinary teams have also earned award-winning recognition for their dedication, winning the Care Home Award for Best Food Nutrition and Dining Services in 2018, 2022 and 2023

At the heart of Simon's leadership is a commitment to providing nutritious, seasonal, and thoughtfully crafted meals that nourish both body and soul, making Avery's dining experience truly exceptional.

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