

# **NACC North Region Newsletter - Summer2018**

## **Welcome**

Following on from the success of our summer seminar we are now busy planning our winter seminar. We have listened to you, our members, to guide us on the themes and topics for the seminar and we are working hard to secure the very best presenters and content for the day. As you will see from the information below, we are, for the first time, issuing attendance certificates for the IDDSI information session in the afternoon.

In addition to the official North Region officers we are very lucky to have a hard working team of co-opted helpers who make a huge contribution to the success of our events. I would just like to take this opportunity to thank Ellen Clayton, Amanda Woodvine, Judith Scurr and Rachel Dutton for all their support. If you would like to join our team please get in touch, as the old adage goes, 'many hands make light work'.

## **Warm weather, time for a drink**

Keeping hydrated is always important, but particularly so during periods of hot weather. With the heatwave forecast to continue it is important we all go that extra mile to ensure our vulnerable and elderly customers are being kept hydrated.

## **NACC North Region summer Seminar, 26 June 2018 'Achieving Nutritional Excellence'**

We had a great attendance with lots of new faces. In addition to regular NACC members we were pleased to welcome a wide range of healthcare and social care professionals –the full delegate list is available on the NACC website.

We've had some great feedback with everyone agreeing the day was relevant, informative and thought provoking. All the presentations, speaker profiles, minutes and details of forthcoming seminars are available on the NACC website.

Our Keynote Speaker was Elaine Lane, HCPC Registered Dietician, Member of the BDA Older People Specialist Group, BDA Public Health Nutrition Network and registered Nutritionist. Elaine spoke about Nutritional screening and interpreting scores, critical thinking in assessing eating disorders, swallowing difficulties, poor eating and drinking skills, environment, diabetes, etc. She also explained how to use The BDA Nutrition and Hydration Digest as a resource to support nutritional analysis of menus and 'Food First' practical ways to address identified needs.

Our aim is to provide meetings, seminars and workshops that are relevant, interesting and valuable to our members. We really appreciate your feedback and would be grateful if you could email us with any comments (good or bad) about the summer seminar or suggestions for future seminars.

For further information on the Northern region please [click here](#).

## Sponsorship opportunities

We are always grateful for support, if you feel you would like to sponsor any of our forthcoming seminars please let us know.

In particular we are currently seeking a partner for the delegate packs / goody bags we give away at seminars. This would be a 12 month sponsorship (three seminars) and include: Company Logo on the bags, literature in the bags, pop-up banner at the three seminars and a presentation slot at one seminar. If you would like further information please contact us.

## Coming soon

### **NACC Training and Development Forum. 3rd October 2018 - 5th October 2018**

The NACC Training & Development Forum brings together care catering professionals from across the UK for a festival that inspires learning, the sharing and challenging of ideas, and new perspectives.

For further information on the Training and Development Forum please visit our [website](#).

### **The NACC Awards. 4th October 2018 - 5th October 2018**

The NACC Awards are a real cause of celebration for care catering. They recognise those that continually demonstrate excellence, dedication, innovation and exceptional service across the sector.

### **Meals on Wheels Week. 5th November 2018 - 9th November 2018**

Meals on Wheels Week is an initiative that brings the Care Industry together to raise awareness of the importance of meals delivered in the community – whether Meals on Wheels services, day centres or lunch clubs.

For further information on Meals on Wheels Week, please [click here](#).

## NACC North Region Winter Seminar. 22 November 2018

Please note the date for this seminar has changed from 14 November.

We are being hosted very kindly by Aimia Foods at their Head Office in Haydock. Our working title for the seminar is 'Happy Eating' and in the morning we will be learning about the psychology around food and meal times. We have secured some leading academic experts to tell us about their work in this area and we can now announce that Haleh Moravej, Senior Lecturer in Nutritional Sciences, Manchester Metropolitan University will be our keynote speaker. Haleh will be looking at how food can affect mood and in particular the effects some foods can have on anxiety.

After lunch we will be learning about the new International Dysphagia Diet Standardisation Initiative, IDDSI. We will have a presentation by a leading industry expert followed by a practical demonstration of the new textures by our sponsor Robot Coupe and a top care Chef. We are planning to issue attendance certificates for this part of the seminar.

For further information and to book your place, please [click here](#).

**Thank you for all your support and we look forward to seeing you soon.**

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