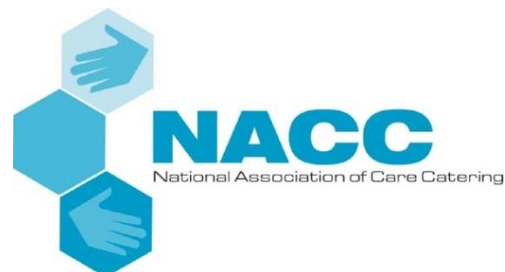


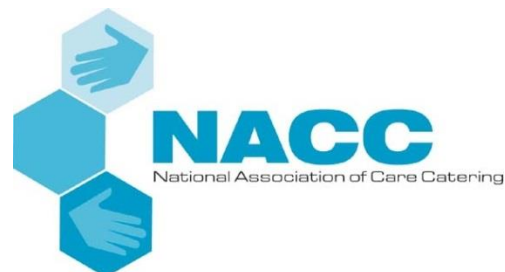
MINUTES OF THE **Scottish** Regional Seminar  
**Date: 6<sup>th</sup> December 2017**  
**Venue: Westerwood Golf Resort & Hotel**

Present: Shona Grant (Chair) John Grover Apologies: John Hewitt  
Gary Nicholl (Vice Chair) Stella Stewart  
David Nisbet (Secretary)  
Joyce Gordon  
Brian La Combre  
Kim Stringer  
Muriel Mackaveney  
Una Doolan

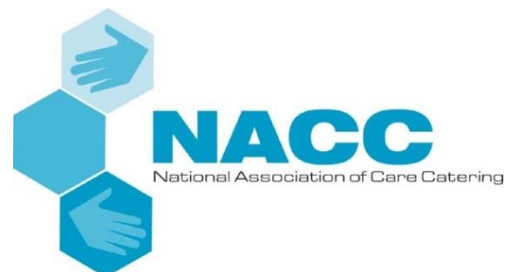
1.	<b><u>Welcome Introduction and Apologies</u></b>  Shona – Welcomed everyone and thanked sponsors Apetito & Hobart. Provided a run down on agenda and information relating to housekeeping.  Introductions round table – see sign in sheet.  Problems with email communications for executive, still no correspondence – Kim Stringer (Vegan for Life), Fiona McLaren (Bield Housing).	
2.	<b><u>Minutes of the last Meeting</u></b>  Minutes reviewed by DN  Minutes from last meeting proposed by John Grover and seconded by Joyce Gordon.	
3.	<b><u>Matters Arising</u></b>  None discussed	
4.	<b><u>Regional Office Nominations</u></b>  Election of committee members tabled by GN.  Positions are elected each year with no set time frame for being in post.	



	<p>Voting taken forward as per nominations:</p> <p>Shona Grant, Chair re-elected          Gary Nichol, Deputy Chair re-elected          David Nisbet, Secretary re-elected</p>	
<p><b>5.</b></p>	<p><b><u>Update from National Executive</u></b></p> <p>Executive meeting minutes (31/10/17) reviewed by DN.</p>	
<p><b>6.</b></p>	<p><b><u>Round the Regions</u></b></p> <p>Round the region, each member introduced themselves and provided background on their job roles, challenges and their thoughts on the NACC.</p> <p>Shona Grant – Meals on Wheels week five 700 meals per week delivered. Children went out with vans to deliver meals. Promoted within staff restaurants through local authority, serving food to customers generally Finance are trying to increase cost from £3.72 for a 2 course hot lunch to be to full cost recovery £5. Introducing High Tea at Home (Sandwich, Fruit Item &amp; Cake Item), zero delivery cost, priced at £2.50, starting January, being piloted in one area with a view to roll out throughout Fife.</p> <p>Kim Stringer – Released new publication Dinners to your Door of providers for Vegan/Vegetarian diners. Launched Meals on Wheels Week and World Vegan Week. Talking heads video to be launched. Also Talking Heads video for sites that cater for Vegan and Vegetarians. UK list is over 1200 in UK, 200 in Scotland. V for Life new business name. APPG regarding vegetarians and vegans. V for Life Catering Excellence awards won by</p> <p>Stella Stewart – Opened a new 60 bed care home, responsible for laundry, catering and domestic. Took over from managers two years ago from managers who do not necessarily have experience. One day care centre. Emergency cover for care home in Kincardine which burnt down. Standardising menu offer, with a soft option included. Meals on Wheels menu refreshed to include lemon chicken and curries to coincide with age group of residents which differs now from previous</p>	



<p>years. Change in management and staffing</p> <p>Brian LaCombre – attended HS Conference, Crieff and also Procurex, Glasgow. Working with local authority that is removing/redeploying cooks and introducing portion which has been interesting. Mini meals extra (condensed meals) for smaller appetites, 200G portion, which has been well received.</p> <p>Una Doolan – North Ayrshire new focus on care homes, 2 homes (Kilbirnie &amp; Arran), Kilbirnie provides respite with service users with Dementia which provides a challenge given the short duration of their stay. Arran’s manager was inspired by June’s meeting, introduction of Chef serving meals which has been a success, notably in weight gain of residents due to Chef interaction. More engagement with residents and relatives. Christmas to be served carvery style to again provide that interaction between staff and service users. Staff morale has improved.</p> <p>Joyce Gordon – Home meals service and lunch clubs upheld grade 4’s despite budget restrictions. Expecting price increase as of April 2018, currently £3 for 2 course meal (frozen service), discussion on whether to recharge cost of equipment.</p> <p>Muriel Mackevney – Hoping to expand</p> <p>Fiona McLaren – Bield are currently in the process of closing care homes due to lack of funding, 12 in total, 3 by end of March others by July 2018. Also decision to be take on day care. Bield focusing on sheltered housing only. Possibly another care provider will pick up 4 standalone homes.</p> <p>John Grover – Mealmore held their staff awards at Perth Racecourse, purchased Culduffel Home in Inverness, 7 kitchen refurbishments. John’s own home had a recent inspection and upgraded to 3 5’s and a 4. John takes active interest in interacting with residents and will personally visit if ill. Textured meals are challenging to provide. Vegetarian option added to menu.</p> <p>Gary Nichol – New care machine launched into the market and focus on local authority nursery provision.</p> <p>David Nisbet – No new products, good, better, best offer. Minijet</p>	
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	<p>could be of interest to smaller sites based on features and benefits. Also focus on local authority nursery provision.</p>	
<p><b>7.</b></p>	<p><b><u>Speaker</u></b></p> <p>Shona Grant introduced our first speaker Anne McWhinnie, Dementia Friends Scotland.</p> <p>Initiative providing a little information which turns into understanding and hopefully action.</p> <p>5 Common forms of Dementia, Alzheimer’s, Vascular Dementia, Lewy Body Disease (live with vivid halucinations), Frontotemporal Dementia and Korsakoff Dementia.</p> <p>Affects all daily living skills.</p> <p>No cure currently for Dementia. Lots of research, normally 10-12 year cycle.</p> <p>Environment has a huge impact on someone with Dementia i.e. a black rug in the middle of a floor can be perceived as a hole. Adapting environment makes it possible to live well with Dementia.</p> <p>At recent conference a study into friendship was undertaken and 97% of people consulted responded that they had lost friends due to diagnosis of their condition.</p> <p>55,000 dementia friends in Scotland, aim to have 90,000 which is one friend for every person diagnosed.</p> <p>Anne asked the group to participate in an interactive demonstration to highlight People’s perception of Dementia. The group were give an envelope with a card describing a person with Dementia and then provided scenarios and asked if this person would be able to...it was then revealed that the group all had the same person, however, our responses to the scenarios and this person’s ability all varied.</p> <p>The effects of word choice – Positive and Negative Language.</p> <p>The group individually registered their Call to Action and were given certificates to acknowledge we were now a Dementia Friend as well as badge.</p>	



<b>8.</b>	<b><u>AGM Matters</u></b>  None	
<b>9.</b>	<b><u>Closing Remarks</u></b>  Shona wrapped up the meeting, summing up earlier points of discussion	
<b>10.</b>	<b><u>AOB</u></b>  Gary Nichol asked the question of the group if there were interested parties regarding 2018's Care Chef of the Year and David Nisbet highlighted that the competition was launched yesterday (5 <sup>th</sup> December). As a past entrant, John Grover, Meallmore provided an insight into the competition.  Next meeting scheduled for 13 <sup>th</sup> March 2018 (Care Chef Cook Off).	