

MINUTES OF THE Scottish Regional Seminar
Date: 19th September 2018
Venue: Glen Pavillion, Dunfermline, KY12 8QH

Present: Shona Grant (Chair) John Grover Apologies: Laura Robertson
Gary Nicholl (Vice Chair) Stella Stewart
David Nisbet (Secretary) Joyce Gordon
Jensen Bosse (Speaker) Fiona McLaren
Harry Bosse (Speaker) Muriel MacKaveney
Jacqueline Dennis (Speaker)
David Blackwood

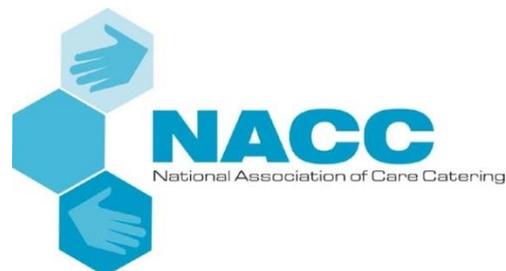
1.	<p><u>Welcome Introduction and Apologies</u></p> <p>Shona – Welcomed everyone and kicked off introductions round table – see sign in sheet.</p> <p>Provided a run down on agenda and information relating to housekeeping.</p> <p>Shona – Noted that our previously planned meeting in June was cancelled due to lack of numbers and put it to members that ideas would be welcomed with regard to increasing attendance.</p> <p>Gary – Thanked sponsors Bosse Interspace for sponsoring and speaking at today’s meeting.</p>	
2.	<p><u>Minutes of the last Meeting</u></p> <p>Minutes reviewed by Shona.</p> <p>Minutes from last meeting proposed by Gary Nichol and seconded by Stella Stewart.</p>	
3.	<p><u>Matters Arising</u></p> <p>None discussed.</p>	



<p>4.</p>	<p><u>Speakers</u></p> <p><u>Bosse Interspace:</u></p> <p>Shona Grant introduced our speakers Jensen and Harry Bosse, Bosse Interspace.</p> <p>Jensen thanked the committee for inviting them to speak at today's meeting.</p> <p>Herbs and spices, season blends and other forms can be introduced to improve quality of taste.</p> <p>Originally used for medicinal purposes and then introduced as flavouring, originally used as a preservative. Spice production is a global industry and will remain in this form as certain spices require specific environments to grow. Analysis of herbs and spices coming to the fore which will stop others from trying to cheat in their production.</p> <p>In Britain the types of food have changed and are more ethnic orientated, main stream herbs were parsley, coriander, thyme, pepper now more eastern herbs and spices required which will continue to increase as peoples taste and trends change.</p> <p>Herbs and spices can be naturally oily, anti-caking agents can be added to some herbs and spices to help when being used in recipes.</p> <p>Market and trend towards as natural as possible, removing salt and manufactured products from Herbs and Spices.</p> <p>Saffron still the most expensive spice on the market, £1,800 per kilo. Open market, main trading centres London, Rotterdam.</p> <p>Brexit cannot have a major effect, 75% of herbs and spices already come from outwith the EU. Majority from Asia. Britain one of 3 major importers of herbs and spices. Supply chain, over 90% still produced as a cottage industry – family farm to regional trader (purchasing from 200-500 farms), this creates an issue as there can be differences in herbs and spices supplied by one farm compared to another. There is a need to ensure farmers understand that the herbs and spices are produced in compliance with standards.</p> <p>Vietnam in 2010 became world's largest exporter of Pepper due to</p>	
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<p>factors, its climate has provided a benefit. Also it is not used in Vietnamese food production and mainly exported. Indonesia produces 25% of world's pepper.</p> <p>Turmeric recognised as a health ingredient, India is the biggest producer and exporter, 2010 – 700,000 tonnes produced. Less than 20% is actually exported, 50-60% used for their own consumption. Other major producers are China, Myanmar, Pakistan.</p> <p>There are very strict guidelines for uses of herbs and spices in UK, Pepper can pick up bacteria when berries.</p> <p>The relevance of herbs and spices with regard to NACC, catering for range of customers. Tastes change from early years, adulthood, elderly. Dealing with NHS has shown that catering for the ill is difficult as the taste of a dish can be different as to when you are healthy. Food producers are now realising that food needs to look and be appetising for the aging population.</p> <p>Example given of developing a pink custard, which is helpful for dementia patients, it triggers a memory that they associate with food that they have enjoyed at some point.</p> <p>Jacqueline Dennis noted that David Blackwood had held tasting sessions in Meallmore homes which have proven to be a great success.</p> <p>Britain are leading the way in relation to Allergens.</p> <p>Example given that a reputable supplier had to recall a product (Cumin) as it was found to contain nut traces, the supplier fought this as they were adamant their supply chain was ok. When challenged it was found that where the spice was sourced, Syria, Apricot stone were also being ground in the same area and created a false positive result (Peanut).</p> <p>Jensen finished by advising that he is happy to attend future meetings, so please keep him informed of future dates.</p>	
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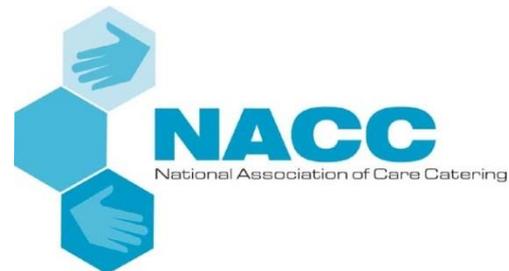
	<p><u>Care Inspectorate – Jacqueline Dennis:</u></p> <p>Thanked us for inviting her to attend today’s meeting.</p> <p>Pushing for a recognised catering award for chef’s/cooks working in the care industry, resistance from Kelvin College, two meetings with NHS Highland/Highland University have been positive and they are pursuing the framework that the NACC have developed and keen to incorporate a Scottish element. This would have a benefit to the NACC in potentially increasing membership. Dieticians are keen to support.</p> <p>Met with Emma and Laura from Food Train Scotland who are offering £5K grants for creating a healthy eating experience. Money is funded by Big Lottery.</p> <p>Working with Royal College of Speech and Language Therapists. Producing film regarding swallowing. This will help front of house staff with regards to assisting persons with swallowing difficulties, eating and drinking with swallowing difficulties and communication with swallowing difficulties.</p> <p>The Care Inspectorate will finally be issuing their 5 key messages via their hub website, which will be a recognised guide for Food and Fluid in care. https://hub.careinspectorate.com/</p> <p>Also launching an eating resource for young people.</p> <p>Working with dieticians in connection with the IDDSI, in an effort to supply the correct information/message/guidance to the industry.</p>	
<p>5.</p>	<p><u>Update from National Executive</u></p> <p>Gary introduced the NACC’s video with regard to its legal and charitable status and played it to members. https://www.thenacc.co.uk/training/training-videos/nacc+charity+status+presentation</p> <p>No objections were raised by members, although a question was tabled if monies were raised in Scotland via an organised charity event, would the money be retained for use by that region?</p> <p>Executive meeting minutes (18/07/18) reviewed by GN.</p>	



	<ul style="list-style-type: none"> - Financially the organisation is on a good footing. - Two colleges now offering Care Award Certification and trying to find others that will take the course on board, any contacts - Meals on Wheels (MoW), VIP/Celebrity on Wheels story. Executive keen to receive information relating to members own initiatives for MoW week. <p>David Blackwood tabled organising John Grover (Care Chef of Year) to provide meals locally into the community or inviting dignitaries into the home to have lunch with residents.</p> <p>Waiting on Duchess of Cornwall to acknowledge if she will be involved.</p> <p>APSE to provide data on who is still providing MoW, no support from government.</p> <ul style="list-style-type: none"> - Preston Walker will be discussing IDDSI at TDF, there will also be webinar events, details to be advised. - John Grover will be attending TDF event. - New website launched. Executive keen to receive stories to be included on website. - Membership – ways of engaging members to attend meeting, ideas are welcomed, topics/venues/speakers. <p>David Blackwood noted providing sound bites for speakers at upcoming meetings or promotional literature etc to garner the interest of attendees.</p> <p>Gary Nichol enquired if NACC Scottish Region should take a stand at the Scottish Care Show to promote the organisation and increase membership.</p>	
6.	<p><u>Round the Regions</u></p> <p>Shona Grant – MoW in Fife, article in the Herald specifically looking at the Royal Voluntary Service who are still prevalent in providing MoW, however, due to lack of funding they are looking to pull out. Various local authorities are looking at what they will do, such as Food Train or Wiltshire Farm Foods. NACC promoting that UK government make MoW as a statutory provision on a daily basis. Glasgow City Council starting a two course provision, bucking the trend.</p> <p>Fife is self-referral providing up to two or three courses, soup/main/dessert, costs to customer £3.75. 1000 clients in Fife, deliver on average 670 meals per day. Staff will enter housing and</p>	



<p>plate meals. Carry out welfare checks. MoW not just about food, it's a lot more. In June introduced a packed tea delivered along with hot lunch. Currently looking at promoting the MoW's service, to NHS practitioners, social work staff and the public.</p> <p>Joyce Gordon – MoW seen as a low-level service, does not have a statutory status, however, it is a beneficial service. East Lothian has a simple frozen service delivered once a fortnight. Implemented a price increase from £3 to £3.45 for two courses in May 2018. Currently undergoing a home care review under which meal service falls. Trying to have an article included in a 'Living in East Lothian' publication promoting the meal service. Trying to set up a self-referral service online.</p> <p>Stella Stewart – Fife have been running homes for three and a half years, taking over 16 homes which were traditional style and run by managers who were autonomous. Just opened a third care home which have more than one use. Lunch clubs and cafés included in these homes where the provision of the food is the same as in the home. Involved in a care village which is intergenerational, nursery/care home/café, scheduled for 2020 opening.</p> <p>Fiona McLaren – Bield have now closed their care homes, four taken over whilst the others have closed outright. Review of organisation, half of what the previously used to be. Still providing a meals service to tenants which will also be reviewed.</p> <p>John Grover – Meallmore in Aberdeenshire has been quite quiet recently. Providing a Sunday breakfast between 8.30 to 10.30, all food used. John believes this should be offered on a daily basis.</p> <p>David Blackwood – Meallmore have started a WhatsApp group for Chef's to provide peer support. Also trialling bringing in family members to show Chef's how they would have cooked for them, normally in homes where they have open serveries. Chef then sits with the resident and family member to discuss the meal.</p>	
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7.	<u>Regional Office Nominations</u> Election of committee members tabled by DN. Positions are elected each year with no set time frame for being in post. Forms will be sent out by the NACC administration by the end of September to be returned by the 5 th November. Hard copy of form provided at today's meeting.	
8.	<u>Closing Remarks</u> Shona wrapped up the meeting, summing up earlier points of discussion.	
9.	<u>AOB</u> Ideas would be welcomed to increase membership. Members Meals on Wheels initiatives that can be communicated to NACC Exec. Next meeting scheduled for 5 th December 2018 (Xmas Meal) at Central Hotel, Glasgow.	