

# NACC North Region Newsletter Winter 2018



## News

Our winter seminar attracted over 70 delegates which was not surprising given the compelling agenda the captivating presentations. We are now busy planning our spring seminar and working hard to secure the very best presenters and content for the day.

## Cold weather - look after those who might need extra support.

As we get older winter can become more of a struggle. So it's really important we look after the people in our care who might need a little extra support. We should all go that extra mile to ensure our vulnerable and elderly customers are kept safe, warm and nourished.

## Reverse Advent Calendar

Please try to take part in our 'Reverse Advent Calendar' initiative. It's an easy concept that encourages people to give as they countdown to Christmas. Simply collect one food bank item each day in December and, before Christmas, donate the whole calendar to a charity or foodbank. If you do take part please spread the word on Twitter using- #ReverseAdventCalendar and @NACCCaterCare

## NACC North Region Winter Seminar, 22 November 2018 'Happy Eating'

The seminar focussed on two distinct themes. In the morning we learnt about the psychology of food and meal times and in the afternoon we learnt about IDDSI.

Dr Jenny Fisher, Head of Department, Social Care and Social Work Manchester Metropolitan University shared her academic research explaining why eating together makes us feel better.

Haleh Moravej, Senior Lecturer in Nutritional Sciences, Manchester Metropolitan University, explained how nutrition can affect mood in older people including which foods are beneficial and which to avoid.

Dave Smithson, Services Manager, Anxiety UK, told us about his organisation and the relevance to the anxiety condition of 'globus hystericus' which can often result in difficulties around eating and swallowing.

During the afternoon session Jamie Clews from Robot Coupe told us about their Dining With Dignity programme and gave a practical demonstration.

The day was finished off by Tony Newton, Regional Finalist, Care Chef 2018. Winner, Care Establishment 2018 giving a practical demonstration on how to test food textures against the new IDDSI framework. Tony also presented Christmas dinners which meet IDDSI level 3, 4 and 5.

All the presentations and other information is available on our website, [www.thenacc.co.uk](http://www.thenacc.co.uk)

The seminar was very kindly hosted by Aimia Foods and sponsored by Robot Coupe.

## Sponsorship opportunities

We are always grateful for sponsorship, if you feel you would like to support any of our forthcoming seminars with sponsorship or provide a venue, please let us know.

## NACC North Region Spring Seminar.

Date: 20 March 2019.

Venue: Manchester Met University

Topics:

‘Care Catering Recruitment, Training and Retention’.

Presentations from industry leaders followed by a panel discussion.

‘Gut Health and Probiotic Foods’.

Presentations and academic research followed by Fermented Foods sampling.

The day also includes a Chef ‘Cook-Off’ for our 2019 North Region Care Chef Competition.

**Thank you for all your support, we wish you a Merry Christmas and Happy New Year and look forward to seeing you soon.**

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