

NACC Northern Regional Seminar

Thursday 22nd November 2018

Aimia Foods, Haydock

Present

Click here to see full attendance list. [Link to list](#)

Apologies

Anita Carthew – Northern Regional Secretary

Caroline Hill – IDDIS Training UK

Welcome

David Barker, Chair NACC North opened the meeting by welcoming everyone and introducing himself.

He then introduced the Members of the Northern Region of the NACC;

Nick Dutton – Deputy Northern Chair and Co-opted members Ellen Clayton, Rachel Dutton, Amanda Woodvine and Judith Scurr

David then introduced and thanked Carol Tuck from Aimia Foods for hosting and providing Lunch for today's event. David also thanked Robo Coupe for also sponsoring the day's event.

David then gave an opening address.

Click here to see full presentation. [Link to presentation](#)

Business Meeting

David explained that each year the Northern committee members must be elected to their positions. David Barker, Chair and Nick Dutton, Deputy Chair are happy to continue for another year but Anita Carthew is stepping down as Secretary.

As only one nomination for each of the positions was received an election wasn't necessary.

The NACC North Region Positions for the coming year are:

Chair, David Barker

Deputy Chair, Nick Dutton

Secretary, Judith Scurr

Although an election process wasn't necessary David asked if NACC members would propose and second the positions as ratification, this was done by Ellen Clayton and Rachel Moore consecutively.

David then talked about the Delegate bag saying it contains lots of useful information and few small gifts. He asked everyone to take some time over the next few days to look through everything.

He went to say we usually hold a charity raffle our winter meeting but this year we thought we'd like to try something different. He asked everyone to use their empty delegate carrier bag as a reverse advent calendar. The basic idea is that every day in the run up to Christmas you place an item in the bag and then take it to a charity or food bank.

David Then talked about Meals-on-Wheels week, Level 2 Specialist Award for Chefs in Health and Social Care, The Nacc Academy, the Training and annual Development Forum and our New Patron, Baroness Barker. – See Presentations

Introduction by Carol Tuck, Aimia Foods

Carol Tuck is the National Account Manager for Aimia Foods and is also the current Secretary for the Midlands Region of the NACC

Carols presentation included what Aimia Foods do, make and package, she gave examples of the major corporate companies they work with and the companies they own. Carol also explained they are in the process of publishing a book of recipes using Horlicks as this can be used to fortify food and not just used as a drink.

Click here to see full presentation. [Link to presentation](#)

Why Eating Together Makes Us Feel Better – Dr Jenny Fisher

Dr Jenny Fisher is an interdisciplinary academic and researcher with a focus on social aspects of ageing, including asset based community engagement, community spaces, formal and informal care in communities, sense of place, loneliness and wellbeing.

Jenny's research studies have been published in peer-reviewed journals and presented at both national and international conferences.

Jenny's presentation focused on what and why we eat and the aspects of aging and loneliness '1/3 of people over the age of 70 eat alone every day'. Jenny is currently working on evaluating the 'men in sheds' <https://menssheds.org.uk/>

[Click here to see full presentation. Link to presentation](#)

There were several questions following Jenny's presentation;

- Has there been any research conducted into the social aspects of intergeneration eating within the care setting?
This would definitely be something that would be interesting to explore in the future.

- You have talked about the social aspects, have you looked at the cost implications of eating out for the elderly?
Again this is something we didn't set out to do but research we conducted did highlight some things, such as people thinking £10 for a meal may be a lot but they were willing to save up to treat themselves once a month. It didn't really seem to make a difference, but it is something we would explore in the future. Currently it appears that Morrisons (Supermarket) do this very well. Whether it is the layout they have or cost? It appears they do smaller portions including ½ sandwiches maybe that's why.

- This topic transfers into other aspects of care home living, certainly in my experience staff eating with residents helps with weight gain and stability
Yes this is true however there are still some Homes that have a long way to go in this regard and of course some people do chose to eat in their rooms on their own.

- In my experience when I have taken someone to a luncheon club and then sat with them to eat my lunch people have enjoyed the experience more.
This is so true, Schools are also opening to do luncheon clubs for the elderly and hospitals are also opening to assist with this. Hopefully moving forwards with the issue of the reduction of meals on wheels within our community it may be a case schools and the pupils could do this to assist the delivery of meals to the elderly people in their community.

Food for Thought: Nutrition and Mood in Older People – Haleh Moravej

Haleh is a multi-award winning Senior Lecturer in Nutritional Sciences at Manchester Metropolitan University and founder of student-led social enterprise MetMUnch.

Haleh has recently been awarded a National Teaching Fellowship, which celebrates and recognises exceptional teaching each year. Nominated for her enthusiasm, commitment and dedication to students, both in and out of the classroom, Haleh is one of only 55 people in the country to receive the accolade.

Haleh thanked everyone for being so very passionate about nutrition and providing care and catering, Haleh explained her background in Nutrition and that she had once owned a Nutritional clinic in Sheffield and worked with Care groups in the community.

Haleh Mentioned several research and papers that related to this topic, links below;

<https://www.foodforthebrain.org/media/229766/FHF.pdf>

[https://www.fabresearch.org/uploads/itemUploads/6687/100045A5Crime and Nourishment%20\(2\).pdf](https://www.fabresearch.org/uploads/itemUploads/6687/100045A5Crime_and_Nourishment%20(2).pdf)

<http://worldhappiness.report/ed/2018/>

Click here to see full presentation. [Link to presentation](#)

There were several questions following Haleh's presentation;

- We are all aware of 'food first', do you think in the future this kind of concept could be used to reduce the use of medications such as antidepressants?
Yes in the future this could occur there is certainly some research that changing diet may assist with increased cognition and memory. We would like to look at this alongside working with Anxiety UK, there is some credence to lower caffeine and anxiety.
https://wisemindhealthybody.com/collective-evolution/woman-with-dementia-memory-back-after-changing-diet/?c=jer&utm_term=jer
- Thank you that was an amazing presentation. There have been a lot of interesting theories regarding our fruit intake of 5 a day and it is now 8 a day however should we not be looking at the benefits of using herbs and spices?
Absolutely turmeric and saffron for example are really good mood enhancers and these can not just be used in food but also in tea for example. We should be looking at the more diverse foods.
- It appears that we see more of foods like Kimchee and sour krout in the South as good foods but this is yet the normal in the North
Whilst I can agree with this to a certain extent, I was recently in Edinburgh and found that they had really diverse foods and good foods readily available. Apparently, Grimsby has been found to be the most unhealthiest town in Britain. Some of these foods can be a lot more expensive.
- My daughter has decided she only wants to have almond milk and soya milk, this seems to be a trend. What are your thoughts regarding this?
A lot of young people are also now becoming vegetarian and vegan and to some extent this is not bad for them, however I have found that as this is a 'fashion trend' some of these foods are actually becoming healthier for us as they contain far too much additives and salt. It really is a balance.

- I think as a country we are quite diverse in terms of food, however what is a balanced diet, and actually should we be focusing on how to have a healthy relationship with our food? We have a long way to go with this
You are very right, the 1940's were the best in terms of eating healthily were everyone worked together to produce and share food. We really must think 'what is eating at us before what are we eating'

An Introduction to IDDIS - Nick Dutton

Nick is the Deputy Chair of the Northern Region of the NACC and Operations Manager of the Award-winning Primrose Bank Care Home in Lancashire

Nick explained that IDDIS was introduced to standardise the description of dysphagia foods and drinks throughout the world, meaning that no matter where you were if you had dysphagia then the consistency would be the same. The IDDIS framework is also transferable across age groups and not just for the elderly. It is due to be fully implemented throughout the UK in April 2019, however at this time all authorities are at different stages of the implementation process.

IDDIS is not legislation it is a toolkit and we must use it as a resource.

Anxiety and Eating – David Smithson

Dave is Anxiety UK's Services Manager, he is responsible for the oversight of Anxiety UK's roster of therapists as well as the charity's therapy service provision. Dave works alongside the Membership Manager to ensure that those seeking to benefit from the charity's services receive the support they need

Dave talked about anxiety what it is and how it can affect people, he gave a presentation around Globus Hystericus.

[Click here to see full presentation. Link to presentation](#)

Following his presentation David was asked the following question;

- I had a really bad time suffering with anxiety and CBT (cognitive behavioural Therapy) really helped me, it didn't work at first, but I persevered.
Differently things work for different people. Some people respond better to counselling, some to medication. We are now promoting acupuncture as this is also been seen to assist with anxiety. There is no one thing that will help all.

Using Technology in Dysphagia Assessments – Veronica Southern

Veronica is a multi-award winning health professional. She is Digital Health Clinical Lead and former Speech and Language Therapy Clinical Lead at Blackpool NHS Teaching Hospitals. She is digital Leader at the North West Integrated Care System and Co-Founder of Teleswallowing® Ltd .

Veronica explained that there is a delay of dysphagia assessments taking place and that this can be anything up to 14 weeks, this is found to be unacceptable and decided to come up with a solution to try and reduce this time delay in the process. The use of Teleswallowing is a much quicker [process and reduces the waiting times for the people affected to be assessed. Blackpool is a very large area and as speech therapists couldn't get to people to assess them in a long time many just ended up in hospital needlessly just to get assessed. Veronica is also currently looking to expand the service into other aspects of care including access to hospital services such as end of life and GP consultation via face to face technology.

[Click here to see full presentation. Link to presentation](#)

There were several questions following Veronicas presentation;

- We are already using care technology to access GP services using face time etc, do you think this is the way forward?
Definitely it is, it reduces time and resources that can then be used in different more essential areas in the healthcare system.

- I love this, did you come across many barriers from the speech and language teams and Nurses?
Yes, we did, no one likes to change, and everyone has a sense of professional obligation to do things themselves however over time and with explanation they could see that it enables people to get assessments quicker and is more sustainable moving forwards. It also helps everyone to work together for the best and quicker care needs of the individual

Dine with Dignity – IDDIS texture modified foods – Jamie Clews

Jamie is the key account manager for Robot coupe.

Jamie explained that Robot Coupe invented the food processor in 1960 and that they also produce the magimix processor. He explained the range of sizes of the robot coup and the new Blitzler range that is used in the preparation of food for textured modified foods. It is important that people requiring this type of foods can have exactly the same meals that everyone else have. The blitzler has a different kind of blade which chops food more finely

and a scraper on the lid to help puree the food. It works extremely fast and holds onto the nutritional value of the food as foods do not have to be overcooked prior to using the blitzer.

Jamie then Demonstrated how to prepare texture modified Spaghetti on toast and texture modified chocolate muffins which can be used as snacks.

Jamie had catalogues available and his card for anyone who would be interesting in trialling the product at their own Care Home and explained that training is offered free of charge. Robot Coupe also have provided recipe books in the delegate packs for everyone.

It was commented on that the presentation of texture modified foods is much improved now in many care settings

IDDIS in practise – Nick Dutton and Tony Newton

Nick and Tony are operations director and Head Chef at the award-winning Primrose Bank Care Home in Lancashire. Tony also was a regional finalist in this year's Care Chef Competition and he went on to represent our North Region at the final.

Nick demonstrated how the flow test for fluids work using a 10ml syringe and what the different consistencies of fluids should flow at. He reminded all present that the flow test does not have to be conducted every time a drink is prepared but it is used to check and reassure yourselves that it is the right consistency. It is a toolkit to be used.

Tony demonstrated how to prepare a Christmas dinner with all the trimmings in the different texture levels

Close – David Barker

David reminded everyone that attendance certificates for the IDDIS were available to collect on the way out.

He said he hoped everyone had found it enjoyable, interesting and thought provoking and if they're involved in any aspect of care catering and not already a member of the NACC then please consider joining us.

He said Membership details can be found on our website and there is also information in the delegate packs.

He then thanked again the fantastic speakers, Jenny, Haleh, Dave, Veronica, Jamie and Tony, and also to his team for all their hard work organising this seminar – Nick, Anita, Judith, Amanda, Ellen and Rachel.

He then thanked Carol, Mark, Karen and everyone at Aimia for their kind hospitality and great lunch.

And finally he thanked everyone for coming today and wished them all a safe journey home.

Meeting Closed – 16.00hrs