



**MINUTES OF SCOTTISH BUSINESS MEETING AND AGM**  
**Date: 18<sup>th</sup> November 2015**  
**Murrayfield Stadium**  
**Edinburgh**

**Acting Chair:** **Gary Nicholl**

**In Attendance:**

Gary Nicholl	Deputy Chair	Hobart UK
Kate Boyce	Secretary	NHS / Life-Strong Learning Limited
Roger Denton	National Secretary, NACC Executive Committee	
Sandy Thomassen		Rational
Laura Robertson		Nutrition Training Company
Joyce Gordon		East Lothian Council
David McPherson		E&R Moffat Ltd
Julie Moore		Thistle Healthcare
Eileen Welch		Thistle Healthcare
Paul Burton		Meallmore Ltd
David Blackwood		Meallmore Ltd
Caroline McKenzie		NHS Tayside
Shona Grant		Fife Council

**Apologies:**

Bill Kennedy	Tayside Contracts
Margaret Clarke	Voluntary Sector Gateway
Brian Le Combre	Apetito Ltd
Fiona McLaren	Bield Housing Assoc.

<b>1.</b>	<p><b>Welcome, Introduction and Apologies</b></p> <p><b>Gary Nicholl</b></p> <p>Gary welcomed everyone to the meeting and introduced Roger Denton, NACC National Secretary, attending on behalf of Neel Radia, National Chair. Apologies as above. Kate Boyce gave previous regional chair Margaret Clarke’s apologies and conveyed Margaret’s wholehearted thanks to the NACC Scotland region members for their wonderful support whilst Margaret was regional chair. Members also expressed the high regard with which Margaret is held. Gary spoke on behalf of the committee to say what a devoted, enthusiastic and passionate chair Margaret had been. Gary and Kate have stepped into the breach since Margaret had to step down part-way through the year and acknowledged that she had left ‘big shoes to fill’. Gary also thanked to Kate for her hard work for today’s seminar.</p>	<b>Actions</b>
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<p><b>2.</b></p>	<p><b>Minutes of the last Meeting</b></p> <p><b>Gary Nicholl</b></p> <p>Proposed: Laura Robertson, Nutrition Training Company</p> <p>Seconded: Shona Grant, Fife Council</p>	
<p><b>3.</b></p>	<p><b>National Executive Update</b></p> <p><b>Roger Denton</b></p> <p>Roger introduced himself as being a previous national chair for 6 years. He recently went away on holiday and came back to find he was national secretary, after offering his help to Neel Radia 'if necessary'! Roger informed the meeting that National Meals on Wheels Week is very close to his heart, having been involved in organising it a few years ago and trying to inject new life into it.</p> <p>The NACC had a successful National Meals on Wheels Week and the executive committee would like to thank all members who supported in achieving this success. There were a lot of pro-active awareness campaigns taking place both nationally and locally to raise awareness of the valuable service and the outcomes of these will be shared in due course. Some highlights of the week included:</p> <p><b>NACC addressed National Pensioners Parliamentary Rally.</b></p> <p>Neel Radia had the opportunity to address the Rally at House of Commons on Wednesday 4<sup>th</sup> November and spoke alongside Nick Thomas Symonds MP Pensions Minister and Kelvin Hopkins. Further information available via <a href="http://bit.ly/1Mx9GYF">http://bit.ly/1Mx9GYF</a></p> <p><b>Petition</b></p> <p>The event at House of Parliament prompted the NACC to launch a petition calling on government to protect Meals on Wheels services and make it statutory in law. If you have not already signed the petition please do so via <a href="https://petition.parliament.uk/petitions/111854">https://petition.parliament.uk/petitions/111854</a> and share with your contacts.</p> <p><b>VIP Meals on Wheels</b></p> <p>The ongoing initiative has seen industry leaders and important people including MPs and journalists go out on Meals on Wheels rounds across the country to see for themselves why supporting this service is so important. This was covered in all industry press and will continue to be covered in the year ahead as many more have approached us to experience the service as well. If you are a local authority member and are happy for VIPs to go out on your meal rounds please let us know.</p> <p><b>Service User Videos</b></p> <p>The NACC launched daily short videos on social media of service users who receive meals on wheels and share why the service is so important to them. If you missed any videos they can be viewed via the NACC website. Thanks to all members who sent in service user</p>	<p><b>Sign Meals on Wheels petition</b></p>



	<p>videos and the Hub PR for editing all 30 with compliments.</p> <p>NACC would like to keep up the energy and asks organisations to send in videos – visit the NACC website to find out what to do. Members asked about gaining consent from service users – Roger said NACC is intending to come up with a consent for to be used, but organisations are free to use their own.</p> <p><b>Letter to MPs</b> Last week the NACC sent out on your behalf a letter to all MPs and Ministers to share with them why Meals on Wheels was so important and ask for their support. A copy of the letter can be found here <a href="http://bit.ly/1LhRDnn">http://bit.ly/1LhRDnn</a> Roger urged the membership to send a letter to their local MP to further promote this campaign.</p> <p><b>Press</b> The NACC was quoted in several local and national presses as well as speaking on local and national radio about importance of the service. Copies of these articles are being collated and will be available on the meals on wheels page on NACC website. Copy of the press release here: <a href="http://bit.ly/1OyWyYJ">http://bit.ly/1OyWyYJ</a></p>	<p><b>Contribute a service user video promoting Meals on Wheels</b></p> <p><b>Send a letter to your local MP</b></p>
<p>4.</p>	<p><b>Annual General Meeting and Election of New Committee</b></p> <p><b>Gary Nicholl</b></p> <p>Gary informed the meeting that the positions of Regional Chair and Regional Secretary are vacant and that is prepared to continue as Deputy Chair.</p> <p>Nominations as follows: -</p> <p><b>Regional Chair:</b> Bill Kennedy, Tayside Contracts – 1 nomination</p> <p><b>Regional Deputy Chair:</b> Gary Nicholl, Hobart UK – 1 nomination</p> <p><b>Regional Secretary:</b> No nominations – position remains vacant.</p> <p>Kate agreed to continue to fulfil as much of the role as time permits, but she is currently setting up her own business as well as working part-time, so cannot promise full commitment.</p> <p>Roger suggested that if anyone wishes to take on a more committed role within NACC that they should speak Bill or Gary.</p>	<p><b>Volunteer to take on a more formal role within NACC</b></p>

<p><b>5.</b></p> <p><b>5.1</b></p> <p><b>5.2</b></p> <p><b>5.3</b></p>	<p><b>Any other Business</b></p> <p><b>Attendance Numbers</b></p> <p>The relatively low turn-out for the meeting/seminar was discussed. Reasons suggested were:</p> <ul style="list-style-type: none"> <li>• Perhaps people can only commit to a half-day. Maybe this could be considered as an option in future (Laura Robertson)</li> <li>• Perhaps we could encourage a ‘dip in and out’ culture, where people can opt to attend the whole day, or attend for the presentations of specific interest (Shona Grant)</li> <li>• Another option might be to arrange a survey monkey to ask the membership (Roger Denton)</li> </ul> <p>Gary said it would be something for the new chair to consider.</p> <p><b>Meals on Wheels Campaign</b></p> <p>Roger informed the meeting that enamelled Meals on Wheels badges will be available to purchase soon, priced £1.</p> <p><b>Care Cook Competition 2016</b></p> <p>The Scottish Heat will take place on 17<sup>th</sup> March. There was discussion about possible venues, with Gary suggesting the Cook School in Kilmarnock – apparently it has good facilities, but lacks meeting rooms. Other possible venues were the Tennents Cook School in Dennistoun, which is probably not big enough; West Lothian College, where it has been held for the past few years and which is quite expensive; the Martin Wishart Cook School in Edinburgh.</p> <p>Other comments:</p> <ul style="list-style-type: none"> <li>• It would be helpful for competitors to know in advance what type of cooking facilities they will be using.</li> <li>• For the national finals in England: <ul style="list-style-type: none"> <li>- Would it be possible to provide general utensils for the chefs to avoid having to carry so much luggage</li> <li>- Again, information about the type of cooking facilities will be available</li> <li>- Purchase of food – times local markets open, etc. to avoid having to take all food with them</li> <li>- Comment from last year’s national finals in England – judges didn’t appear to talk to the chefs about their choice of food etc. This should be part of the judging process</li> <li>- Would it be possible to have a Scottish (and possibly Welsh) judge to represent the UK.</li> </ul> </li> </ul>	<p><b>Enter the NACC Care Cook Off Competition 2016 – closing date for entries 05/02/16</b></p>
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<p><b>5.4</b></p>	<p><b>Dates for Your Diary</b></p> <p><b>Regional Meetings for 2016</b></p> <p>17<sup>th</sup> March</p> <p>23<sup>rd</sup> June</p> <p>30<sup>th</sup> November</p> <p><b>Nutrition and Hydration Week 2016</b></p> <p>14<sup>th</sup> – 20<sup>th</sup> March</p> <p><b>Training and Development Forum 2016</b></p> <p>5<sup>th</sup> – 7<sup>th</sup> October, East Midlands Conference Centre, Nottingham</p> <p><b>National Meals on Wheels Week 2016</b></p> <p>7<sup>th</sup> – 11<sup>th</sup> November</p>	<p><b>Regional Meetings 2016</b></p> <p>17<sup>th</sup> March</p> <p>23<sup>rd</sup> June</p> <p>30<sup>th</sup> Nov</p> <p><b>N&amp;H Week</b></p> <p>14-20/03/16</p> <p><b>TDF</b></p> <p>5-7/10/16</p> <p><b>MoW Week</b></p> <p>7-11/11/16</p>
	<p><b>Date of Next Meeting</b></p> <p>Wednesday, 17<sup>th</sup> March 2016</p> <p>Venue to be confirmed</p>	
	<p><b>Close of Meeting</b></p> <p>Gary gave thanks to members for a productive year. Wished them all a prosperous 2016.</p> <p>The meeting closed at 11.15, followed by a stimulating and energetic seminar.</p>	
	<p><b>PRESENTATIONS</b></p> <p><b>The Impact of Nutrition on Bladder and Bowel Health</b> <b>Kate Boyce, NHS / Life-Strong Learning Limited</b></p> <p>Kate gave a thought-provoking presentation, which prompted a lively discussion about everything from pelvic floor exercises, foods and drinks that irritate the bladder and bowels, to causes of constipation. The take-home messages were:</p> <ul style="list-style-type: none"> <li>• Incontinence is a symptom, not a disease</li> <li>• Bladder and bowel health can be significantly improved through paying attention to diet and fluid intake</li> <li>• Individualised, person-centred care will help improve outcomes</li> </ul> <p><b>Working together to get the best outcomes for people using and accessing registered care services – promoting continence and links to nutrition</b> <b>Jackie Dennis, Care Inspectorate</b></p> <p>Jackie gave a very informative presentation, covering:</p>	

	<ul style="list-style-type: none"> <li>• Update of the changes at the CI within the Health Team</li> <li>• National statistics that link to nutrition</li> <li>• The Promoting Continence resource launched on 5<sup>th</sup> June 2015 This resource has 5 key messages</li> <li>• Know me and what's <b>important in my life</b> and do what's <b>best for me</b></li> <li>• Know me and how I <b>communicate</b></li> <li>• What do I <b>need</b> to stay continent, how <b>you can</b> help</li> <li>• Create an <b>environment</b> that supports me to be <b>independent</b> and <b>promotes continence</b>.</li> <li>• Look for every <b>opportunity</b> to <b>promote</b> my continence – <b>Be creative</b></li> </ul> <p><b>The resource is available from the Care Inspectorate website:</b> <a href="http://hub.careinspectorate.com">http://hub.careinspectorate.com</a></p> <ul style="list-style-type: none"> <li>• What's next? – working together <ul style="list-style-type: none"> <li>- How do we work together?</li> <li>- Bladder &amp; Bowel Health promotion events in February 2016</li> <li>- Care Home 'cook book'...</li> <li>- Veggie cook book</li> <li>- Snacks for Older People</li> <li>- Local contacts</li> <li>- Sharing best practice</li> </ul> </li> </ul> <p>Jackie's presentation also promoted plenty of discussion and volunteers who wanted to be involved with creating a Care Home Recipe Book.</p> <p><b>Rational Modified Diet Meal Regeneration</b> <b>Sandy Thomassen, Rational UK</b></p> <p>Sandy talked about the Rational Self-Cooking Centre, after which we were treated to a short cooking demonstration by Chris Coombe, with an opportunity to sample broccoli, carrots and fish cooked using it. Everyone agreed they had never seen such green broccoli!</p> <p><b>An Introduction to the Food for Life Catering Mark</b> <b>Sarah Duley, The Soil Association</b></p> <p>Sarah gave us an introduction to the Soil Association and where it came from.</p> <p>She then went on to talk about the Catering Mark, its criteria and principles: -</p> <ol style="list-style-type: none"> <li>1. Sourcing environmentally sustainable and ethical food</li> <li>2. Making healthy eating easy</li> <li>3. Championing local food producers</li> </ol> <p>... and how it works in care settings: -</p> <ul style="list-style-type: none"> <li>• Boost in morale/motivation for kitchen staff</li> <li>• Greater recognition for the catering service</li> </ul>	
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	<ul style="list-style-type: none"> <li>• Helps provide reassurance to residents and their families</li> <li>• Health and wellbeing benefits for residents – nutritionally and socially</li> <li>• Can reduce costs by taking control of your supply chain</li> <li>• Provides an opportunity to share your story with media</li> <li>• Benefit the local economy: £3 return on investment for every £1 spent on Catering Mark menus.</li> </ul> <p>Foods which are off the menu:</p> <ul style="list-style-type: none"> <li>• Genetically modified ingredients</li> <li>• Undesirable additives or trans-fats</li> <li>• Meat with no farm assurance</li> <li>• Endangered fish</li> </ul> <p>Supplier scheme and support - membership benefits for suppliers:</p> <ul style="list-style-type: none"> <li>✓ Find new routes to market</li> <li>✓ Demonstrate commitment to meeting caterer’s needs and adding value</li> <li>✓ Marketing and PR value</li> </ul> <p><b>Healthy Diet and Lifestyle for Ethnic Minority Older People</b> <b>Charles Chisholm and Rohini Sharma Joshi, Trust Housing</b></p> <p>Charles and Roshini gave a fascinating account of the most recent information resource they have developed with the aim of encouraging and maximising benefits and service uptake for black and minority ethnic older people.</p> <p>They received lottery funding for the project and worked in partnership with Bield and Hanover Housing Associations.</p> <p>They even came up with a Multi-Cultural Food Plate along similar lines to the Eatwell Plate.</p> <p>The resource can be found at <a href="http://www.equalityscotland.com">www.equalityscotland.com</a> under the publications section.</p> <p><b>The Care Cook – Competitor’s Perspective</b> <b>Paul Burton, Meallmore Ltd</b></p> <p>Paul was winner of the Scottish Heat of last year’s Care Cook Off competition and represented the Scottish Region at the national finals of the competition. He gave an entertaining account of his experiences.</p> <p><b>Power Point presentations from the seminar can be found on the Scottish Region page of the NACC website.</b></p>	
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