



NACC South West Regional Winter Seminar

Thursday 6th December

Sunrise of Winchester Stockbridge road Winchester SO22 5JH

Minutes of the Meeting

Present

- Sue Hawkins – Nutritional Care Consultant
- Darryl Catley – Souped Up
- Alistair Morrison – Grange Care Home
- Adam Michallat-Cox – WFF & BDAA
- Lisa Hardy - Wrapex
- Stefan Wilcock - Fosters
- Mark Leter – Hobart UK
- Simon Gardiner – Hobart UK

Sue Hawkins opened the meeting at 10:30 and explained that she was standing in as chair for this meeting.

The positions of chair, deputy chair and secretary were all vacant as the existing members expressed their intention to step down. We had one nomination from Darryl Catley to take up the deputy chair position which was unanimously agreed.

SH clarified the roles and work involved to members that were present and gave a brief history with **AMC** about their previous positions within the south west region.

SH went through the National Exec Report below

NEW NACC Patron

New Patron of the NACC announced at the NACC TDF as Baroness Barker. Baroness Barker took over from Baroness Greengross. Baroness Liz Barker has a long history of influence and interest around improving areas of charities, social enterprises, healthcare and older people, Baroness Barker's knowledge, experience and commitment makes her perfect for the role. As patron, she will share her expertise to help shape campaigns and initiatives and support the work of the association where appropriate.

NACC Training Academy Launched at the TDF:

Listening to you, our members, it's clear that ongoing, relevant training is very important to you. We have taken this on board, and behind the scenes we've been working hard to take the training we offer to the next level.

The academy will provide a platform of NACC-endorsed learning and development throughout the year. Specifically designed for the care catering sector, training days and webinars, delivered by experts in their field, will allow care catering professionals to continually learn and develop their knowledge and skills on a wide variety of current topics and challenges – from chef skills, dining skills, food safety and nutrition and hydration, to specialist areas such as allergens, texture modification, fortification, dementia and dysphagia.

More course information on the academy will be emailed out this month to all attending the seminars.

Due to time restraints to fill the previous dates (21/22nd November) they have now been moved to 13/ 14th February.

SW suggested that progressive training should be encouraged to get more people more often to meetings and allow them to develop their skills over a period of time. The attendees then discussed the importance of targeting speakers towards relevant topics that engage Care staff and Managers and suppliers wishing to understand more about the sector and client groups.

Meals on Wheels Week 2018:

The week is dedicated to raising the profile of the valuable meals on wheels service that includes lunch clubs in helping to reduce malnutrition in our communities. The week this year was marketed in 2 angles. The problem on the Monday and solutions, by Wednesday.

The Problem:

NACC released National Press release & trade press release launching the NACC Meals on Wheels report that highlighted that out of the 212 top tier councils in UK only 42% still provided any meals on wheels service down from 51% in 2016 and 69% in 2014 leaving more of our senior and vulnerable members of community hungry in our communities as well as without social interaction. This article was reported by Guardian on the Sunday.

Reports available for people to take home

Solutions:

A second press release to trade went out on the Wednesday that included case studies from 6 NACC members who are using alternative sustainable Meals on Wheels models to keep services going and were growing in size. This was work done in partnership with charities Sustain & Food Power. Follow link to website for case study booklet

<https://www.thenacc.co.uk/events/meals-on-wheels-week>

Case Study Coverage: we already have confirmation that this case study was circulated to all members of APSE, ADASS, LGA, MPs, The Lords, CSA, MJ Journal, APSE Direct, HCA, NPC.

Baroness Barker/Boycote & Greengross all asked Ministers questions on state of Meals on Wheels and need for ring fencing more funding.

Webinar:

There was a webinar held on the Thursday highlighting 2 case studies (West Sussex CC & London Independent Living Services).

Monday 5th November: David Barker represented NACC at the Launch of the London Food Report where one of the 5 actions for London Boroughs is reinstating Meals on Wheels. The event took place at City Hall, London hosted by Baroness Boycote.

Care Chef of the Year 2019

NACC to launch Care Chef of the Year 2019 in December. Been running for 19 years and is the only Care Chef competition that recognises the talent, Skillman ship of Chefs in our industry. Please do keep a look out and enter chefs.

SH confirmed that the South West "Cook Off" will be on 14th February - venue TBC. **AMC** willing to chair this meeting. **SH** distributed leaflets to members and asked them to promote the competition through their own contacts and clients. **SH** shared her own experience of entering the competition with former colleagues and how it raised moral, showcased their service and brought many benefits to the organisation as well as the individuals. **LH** said she should be able to assist in finding local chefs to participate and **AM** is hoping to enter a chef from his establishment.

Dates for the diary

National Training Development Forum is set for 9-11th October in Nottingham

National Executive Meeting at Brakes Covent Garden – 17th January 2019

South West Regional meetings:

20th June 2019 – Venue TBC

21st November 2019 – Venue TBC

Venues

Members discussed the need for venues for regional meetings - **LH** happy to host a meeting at Wrapex with a factory visit in Bristol. It was also suggested that the venues should be as central to the SW region as possible to enhance attendance numbers.

AM expressed his disappointment that the meeting wasn't very well attended and that there weren't many care operators, chefs and catering professionals which led onto an open discussion of how to increase awareness of the region and what topics/speakers should be included. **SW** also suggested sending electronic invites to ensure attendance and availability and a way of showcasing the content of future meetings. These could also appear to be by invitation only and therefore more exclusive. Corporate sponsorship is also a great way of assisting with cost and attracting attendees.

SH to check with National Exec to see if we can arrange an introductory meeting whereby members can bring a guest from the industry to help attract more members.

Topics for Meetings

Suggestions for topics / speakers included; Charlotte Proctor, Frailty and tools to measure this, Mental capacity to manage early inheritance syndrome - Forensic Accountant who specialises in this field, Dementia and how the food provider can assist, Person Centred Care – personal choices, Allergens – Celiac UK, Specialised Nutrition, Food labelling, Dysphagia and texture modified foods (demonstration?) including software systems like Nourish, motivational speakers

11:30 – Tour of Sunrise with Ian Garland Dining Experience Co-ordinator

Ian guided us through the restaurant, showcased how their three choices of menu appeared on the plate and then took us to the reminiscence area for those residents with dementia. It was an impressive service.

https://www.sunrise-care.co.uk/lp/community-lp?ou=63263&DS_C=Paid_Search&mediaphone=&utm_source=google&utm_term=%2Bsunrise%20%2Bwinchester&utm_campaign=Sunrise+UK+-+Brand&utm_medium=cpc&utm_content=sOoyA40Ju|pcrid|315351807027|pkw|%2Bsunrise%20%2Bwinchester|pmt|b|pdv|c|slid|&gclid=EAlaIqobChMlyM2wgbuQ3wIVEvIRCh2MEQXwEAAYASAAEgJ53vD_BwE

12:00 – Presentation by Adam Michallat-Cox - Specialised Dining – IDDSI

To view a copy of the presentation please see the downloads on the South West Regional Page, visit <https://www.thenacc.co.uk/what-we-do/south-west>

13:00 – Lunch provided by Sunrise

13:30 – Presentation – Doing the right thing - Adam Michallat-Cox

Adam discussed how he remodelled his business to become dementia friendly.

It was triggered by the fact that whenever Adam asked his Father how he was, the answer was always “Fine” and it wasn't until his Father passed away that he realised how much care his Mother, who had dementia needed, and his father wasn't “Fine” he was struggling. The average age of WFF customers is 81 and it was obvious that they too could need help, so it was time to make some changes and *Do the right thing* in caring for their clients.

He explained some of the changes he made to his company and some of the obvious and not so obvious benefits his staff, clients and the business achieved.

To view a copy of the presentation please see the downloads on the South West Regional Page, visit <https://www.thenacc.co.uk/what-we-do/south-west>

Adam also mentioned recent presentations at the BRACE annual conference – some of the interesting facts about possible cures and Brain Training recommendations for people in their 50's like learning a new language, learning a musical instrument, as well as the possible links of poor dental hygiene and Dementia.

SH Thanked the members for coming and closed the meeting at 14:20

14:20 – Meeting Closed