



## **NACC Northern Regional Spring Seminar**

**Wednesday 20<sup>th</sup> March 2019**

**Trafford College, Altrincham**

### **Apologies**

Amanda Woodvine

### **Welcome by the NACC North Committee and Business Meeting – David Barker**

David welcome and thanked everyone for attending the meeting and thanked Lola Docherty from Trafford College for hosting and providing Lunch for today's event. David also thanked BHSF for sponsoring the days event

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

David Barker – Northern Chair

Nick Dutton – Deputy Northern Chair

Judith Scurr - Secretary

Ellen Clayton, Rachel Dutton, Ellie Murphy

David then explained about the NACC membership Drive that is currently happening and how people could join the NACC and the benefits for them. David then asked people to save the date and register for the Summer Northern meeting being held on the 20<sup>th</sup> June 2019 which is to focus on Dementia and titled Advances in Dementia Care. Chris and Jayne Roberts, Ambassadors for the NACC will be speaking and attending the meeting alongside Wendy Mitchell, bestselling author

### **Northern Regional Final Care Chef competition**

David welcomed the chefs to the venue, and they introduced themselves and described what they were intending to cook. David informed everyone that it was a challenge for the Chefs to cook under competition standard and they had to produce a main course and dessert for £2.25 in under 90 minutes.

David introduced the 4 Judges;

Mathew White – Chair, The Universities Catering Organisation

Louise Wagstaff – Senior Culinary Advisor, Premier Foods

Molly Shafer – Chair, Professional Association for Catering Education

Janine Nelson – Editor, Stir it Up Magazine

David thanked them for their assistance in judging the competition

### **Introduction by Lola Docherty, Trafford College**

#### **Lola Docherty is a hospitality Lecturer at Trafford College**

Lola explained about the courses on offer at Trafford College and the awards they have won in hospitality and catering. Lola also explained that obtain funding from various sources to assist with the training at the College

Following Lola's presentation the following question was asked;

- Can multiple sources of money be used to fund a learner to undertake a course?  
Unfortunately not, we work with various people to fund courses, but these are tailored towards the courses not the individual

### **Level 2 Specialist Award for Chefs in Health and Social Care – Simon Cleaver**

#### **Simon Cleaver is the Director of Membership at The Confederation of Tourism and Hospitality**

Simon explained about the award and the partnership with the NACC, he explained that this was a qualification that is much needed for chefs working within Health and Social Care and that it is the first course to support the new IDDIS framework. It is especially designed for chefs that have professional cooking experience but wish to learn about Dysphagia and nutrition within Health and Social Care environments. Simon and Nick (Dutton) explained that we need people to express interest in this course so that it can be rolled out countrywide. Nick explained that they are currently looking at streams for funding this and is actively working alongside the NACC to work with Skills for Care, CCGs and Public Health

There were several questions following Simon's presentation;

- Many congratulations for this course as it will benefit many and will help to aspire people to work in this industry. Can I ask if it is going to teach Nutritional values and analysis of food as well?  
This is not part of the syllabus at present as a pre requisite of the course is that the chef has prior knowledge of working and catering so should already be aware of this, however we may need to look at this
- You have said there will be 90 hours of educational teaching, 65 hours of which will be classroom based, how will that work out? Will it be one day a week? A Block of one week?  
That will be up to the training company or College to set and decide how they will deliver the hours so can be variable

### **Time for Change – Sarah Renstall**

**Sarah is the employer engagement officer for Time to Change. She works alongside employers to tackle the stigma associated with Mental Health issues.**

Sarah introduced herself and conducted an interactive session incorporating scenarios regarding what people would do in certain situations and whether they would discuss their mental health issues with others or not, this was to illustrate the 'stigma' that surrounds mental health. She then asked why people would disclose physical health issues such as Cancer but not mental health issues.

Sarah explained that Time for Change offer free support within the hospitality field to help stop the stigma surrounding mental health. They are working alongside chefs Andrew Clarke and Doug Sanham with their charity Pilot Light to make mental health awareness in hospitality and catering more dominant.

<http://www.pilotlightcampaign.co.uk/>

<https://www.time-to-change.org.uk/>

Sarah explained that Time for Change had worked alongside the Caterer magazine with their survey into mental health issues within the hospitality and catering profession

<https://www.thecaterer.com/articles/539181/mental-health-in-hospitality-the-caterer-investigates>

Following Sarah's presentation there was several questions;

- Is it really as easy as going onto the web site to help with this issue in the workplace?  
Yes, it is, just go to the bottom of the page and click on the employer's button
- If I suspected someone is struggling with their mental health how would I address it as an employer?  
You must address it not ignore it, it may be just as simple as an email to say 'I have noticed you have not been yourself. are you ok?' Or it can be mentioned in a 1-1 basis or during the supervision process, just don't not say anything
- By law we must have qualified first aiders within the work place so why don't we have mental health first aiders by law?  
The problem is that there is still a huge stigma surrounding mental health and until we address this it won't be useful. This being looked into but culture within a workplace must change first
- Does the time for change website show employers how to look for triggers with their employees that their mental health is not great?  
Yes it has lots of resources to help employers including posters, research and leaflets  
If you look at <https://www.mentalhealthatwork.org.uk/> that will also sign post people to gain more information

**Break to attend Kitchens to view and taste Northern Final Chefs food**

### **Improving Staff Wellbeing and Increasing Retention – Paul Nugent**

**Paul is the regional development manager for BHSF. BHSF is a non profit organisation founded in 1873 which provides health insurance for companies across the UK.**

Paul explained that BHSF is interested in the health and wellbeing of employees in the current workforce. He explained that for the past 30 years they have supplied health cash plans to employers for their employees however during the past 6 years they have expanded and now have 9 occupational health companies throughout the UK.

Following Paul's presentation the following questions were asked;

- You provide occupational health services to organisations. What qualifications do the staff you have hold? Are they qualified to do this?  
Yes, we employ Nurses, GPs and other professionals. We also have a GP helpline that employees can access which saves them waiting for 2-3 weeks for an appointment with their GP
- I work in the private sector and am a small provider but have been asked by CCG and CQC if I provide Occupation health services, which I haven't been able to find, is this what you do?  
Yes, it is exactly what we do, and it is cost effective. Nick (Dutton) confirmed that he signed up for this service for his staff two years ago and as such has found it cost effective as it has reduced his staff sickness rate

### **Care Chef of the Year North Region Results**

David thanked the chefs and Judges for their hard work and asked Mathew White and Louise Wagstaff to present the awards to the winners. All the Chefs present received a certificate to congratulate them for reaching the final of the North Region.

Highly Commended Main Course – Matt Trotter

Highly Commended Dessert – Jeanette Pearce

Reginal Winners – David Oswin and John Naylor

Congratulations to them both and all the judges praised the chefs for their standard of food and cleanliness within the kitchen environment. David (Barker) once again thanked the Judges for their time.

### **Introduction to Johns campaign – Adam Purnell**

**Adam is an ambassador for Johns Campaign which focuses on the role of friends and family in caring for loved ones in health and social care settings.**

Adam gave real examples of how people with dementia can experience difficulties within the hospital and care home environment and how this can be alleviated if a family member can actively be involved with providing care and assistance. He discussed the campaign and its benefits and encouraged people to join the campaign.

<https://www.theguardian.com/society/series/johns-campaign>

Following Adams presentation the following questions were asked;

- You have stated that you promote and encourage relatives to attend mandatory training in such things as manual handling, infection control so that they can assist with care needs, have you ever considered encouraging the service users to also attend this training?  
There is a place for this, but we must be mindful of an individual's needs and their capacity to understand what and why the training needs to happen. We want the relatives to be involved as this can benefit both the resident and them.

- What do you think to protective meal times?

This is an archaic practise now, the social aspects of eating and the benefits it can bring out weighs this. However I think everyone would agree that GPs and district nurses etc wanting to see someone whilst they are eating has no benefit. Moving someone away from eating to do a dressing and then putting them back is not beneficial we all know they won't eat again. It is important that relatives are involved with meal times, that people eat together as they probably always have done.

### **Gut Microbiome and how it affects Human Health – Jana Sremanakova**

**Jana is a senior research assistant at the University of Manchester and contributes to many research projects on Nutrition and Cancer.**

Following Jana's presentation the following question was asked;

- You mentioned milk, is it better to have 'live' milk? Is this more beneficial to gut help?  
Yes as it is not pasteurised, however you still need to be careful as it may harbour other infectious germs. This is usually only obtained from farms directly

### **Using Fermented foods in a care environment – Haleh Moravej**

**Haleh Moravej is a multi-awarding winning senior lecturer in Nutritional Science at Manchester Metropolitan University in Manchester.**

Haleh distributed various fermented products to everyone present for them to taste and give their views on. Haleh explained that there is a Facebook page called 'fermented friends' people can join to access more information on this subject.

Haleh also explained that there is also information on gut health on the gut stuff website,

<https://thegutstuff.com/>

There were several questions following Haleh's presentation;

- Is there any information on the use of fermented foods / products and immunosuppressant therapy?  
Unfortunately not that I am aware of currently, but it certainly is an interesting question. I will certainly look into this and let you know if I find anything if you can let me know your details
- If I want to make my own Kimchi what should it look like? Would the vegetables be soft?  
They wouldn't be firm, may be limpish but with a little crunch

Following this question Haleh asked if anyone present would be interested in doing a masterclass in making Kimchi, to which it was agreed it should be looked into to organise in the future.

### **Close – David Barker**

David thanked everyone again for attending the meeting, Trafford College for hosting the event, BHSF for sponsoring the day, the Judges and chefs for their time and great food.

David explained that details of the NACC and what it does and represents is on the web site and in the delegates bags, it also showed people how to join the NACC both as corporate and individual members.

Meeting Closed – 15.00hrs