



**NACC North Spring Seminar**  
**Wednesday 15th March 2019**  
**Trafford College**



**Speaker Profiles**

**Lola Docherty**

Trafford College

Twitter: @TraffordCollege @traffordaspire

Our hosts today is Lola Docherty, Hospitality Lecturer at Trafford College



The location today's seminar is Aspire Restaurant. Trafford College's bespoke restaurant offers learners on it's hospitality and catering courses the opportunity to showcase their talents in a real-life restaurant setting. As such, Aspire offers customers a dining experience where everyone from the trainee chefs to waiting staff try just that little bit harder to impress — perhaps the reason why Aspire has awarded Highly Commended in the AA College Rosette Scheme and named one of Trafford's best places to eat.



**Simon Cleaver**

Director of Membership—CTH

Twitter: @cthawards1



The Confederation of Tourism and Hospitality (CTH) is the UK's leading specialist professional awarding body for qualifications in the growing hospitality and tourism sector. Over the last 30 years, CTH has focused on developing and adding value to careers globally in the Hospitality, Culinary & Tourism industries. Established in 1982 as a specialist professional awarding body, it's mission is to focus on the training needs of new entrants and existing industry professionals. They now have a network of over two hundred Approved Teaching

Centres worldwide delivering industry-relevant CTH qualifications to thousands of new students each year.

CTH is the awarding body for the new Level 2 Specialist Award for Chefs in Health & Social Care, Offered in partnership with the renowned Institute of Hospitality this is a unique qualification specifically designed for people who cater for patients and residents in a health and social care setting and aims to develop their awareness of diet and appetite issues that may arise in this environment.

It was specially developed by the Institute of Hospitality in association with the Hospital Caterers Association (HCA) and National Association of Care Catering (NACC). It therefore embodies the very best practice in this specialist field.

This qualification has been custom-designed for people who cater for patients and residents in a health and social care setting and aims to develop their awareness of diet and appetite issues that may arise in this environment.

It covers the importance of nutrition and hydration in maintaining health and well being, how multi-professional teams work together to provide the level of nutritional care needed by different people, the needs of Dysphagia sufferers and how the condition impacts on diets and menus, how to cook food and amend menus for Dysphagia sufferers, the role of appetite and its influencing factors, and how to cook and hold food to maximise its effect on appetite.





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**Paul Nugent**

**Regional Broker Development Manager—BHSF**

Twitter: @BHSFOfficial

BHSF Limited is a market-leading not-for-profit health insurer which can trace its history back to a charity which started in 1873, The Birmingham Hospital Saturday Fund, set up to help fund Birmingham hospitals.

BHSF was founded by an eminent Birmingham surgeon, Joseph Sampson Gamgee, who encouraged payroll contributions to support local hospitals (a practice which continued until the advent of the NHS in 1948) and the running of a convalescence service. The Company later developed into the provision of health cash plans and has since grown to be a significant health insurer.

Now, BHSF insures 375,000 people through 225,000 policies. Most of these help customers with their everyday health costs - that do not come free or easy on the NHS - such as optical, dental, therapies, health consultations and much more. Also, BHSF has brought its not-for-profit philosophy to the marketing of other health-related products and HR services including absence management, employee assistance programmes, personal accident insurance, annual travel insurance, Care4 life insurance and Plan4Life cancer insurance.



**Sarah Restall**

**Employer Engagement Manager—Time To Change**

Twitter: @TimetoChange

She works with employers to tackle stigma and discrimination against mental health problems in the workplace and assists across all sectors with developing plans to drive activity by offering expert advice, coaching and support. Sarah works with teams across Mind and Rethink Mental Illness, and contributes to external forums as a speaker, panellist and panel facilitator.

Time to Change is a growing social movement working to change the way we all think and act about mental health problems. We've already reached millions of people and begun to improve attitudes and behaviour.



let's end mental health discrimination

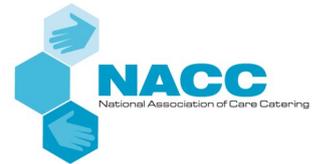
Despite the progress we've made, we know that many people still don't consider mental health relevant to them. They don't believe mental health problems are likely to affect them or people they know.

But the reality is that mental health can affect anyone. Statistically, 1 in 4 of us will fight a mental health problem in any given year. That's why our work is so important. No one should have to fear being treated differently because of a mental health problem.





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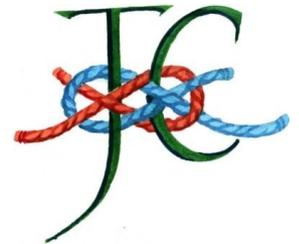
**Speaker Profiles**

**Adam Purnell**

**Domiciliary Manager—Kepplegate Care Services & John’s Campaign Ambassador**

Twitter: @AdamDPurnell @kepplegate @johnscampaign

John’s Campaign was founded in November 2014 by Nicci Gerrard and Julia Jones. Behind its simple statement of purpose lies the belief that carers should not just be allowed but should be welcomed, and that a collaboration between the patients and all connected with them is crucial to their health and their well-being. John’s Campaign applies to all hospital settings: acute, community, mental health and its principles could extend to all other caring institutions where people are living away from those closest to them. In the time since the campaign was founded, over 1000 institutions have pledged support and a lot of progress has been made - but there is a lot yet to be done.



**Jana Sremanakova**

**SENr Nutrition Research Assistant, University of Manchester**

Twitter: @advancedeating

Jana Sremanakova currently works at the Faculty of Biology, Medicine and Health, The University of Manchester. Jana contributes to projects in nutrition and cancer research. Their current project is development of supportive pack on healthy eating and active lifestyle for colorectal cancer survivors.





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**Haleh Moravej**

National Teaching Fellow of Higher Education Academy 2018, Senior Lecturer in Nutritional Sciences at Manchester Metropolitan University, Founder MetMunch

Twitter: @halehmoravej @MetMUnch



Haleh Moravej is a multi-award winning senior lecturer in Nutritional Sciences at Manchester Metropolitan University, a nutrition entrepreneur and senior fellow at Manchester Food Research Centre as well a highly experienced media nutritionist.

Haleh has been a senior food consultant working with food industry and small to medium size enterprises at Manchester Food Research Centre. She has been instrumental in many brands going from inception all the way to supermarket recent research projects are future food trends, healthy diets and exploring links between health, nutrition, food waste and sustainability.



shelves. Her

Haleh is the founder of MetMUnch, an international award winning student social enterprise bringing community, creativity, employability and sustainability together while enhancing the student experience and belonging at MMU. MetMunch ([www.metmunch.com](http://www.metmunch.com)) is an award winning globally-recognised, student-led social enterprise based at MMU, which promotes sustainable, healthy and nutritious food. They educate, inform and entertain through food and fun, providing skills and training that develop MetMunchers into confident, passionate global citizens (@MetMUnch). They apply knowledge learned in the lecture theatre to university and community events, providing on-the-spot nutritional advice, running pop-up stalls, cooking nutritious meals and leading fun, interactive activities around food, nutrition and food waste. MetMunch's commitment to sustainable food saw them win the national and international 2014 green gown awards for student engagement.

