



**NACC Midlands Meeting - Royal Crown Derby
Wednesday 4th December 2013**

Members gathered in the beautiful reception with displays of fine china including a china water fountain and Christmas tree decorated with china ornaments

The meeting opened with a welcome from Chair Jane Coleman and a reminder about future diary dates including meetings and the next Training & Development Forum 2014

Jane then gave a report on the most recent National Executive meeting including the Challenges for 2014 from our new chair Neel Radia who wants to encourage us all to make a contribution to the association however, diverse. A copy of the minutes was available at the meeting and is on line for those who wish to study them at leisure.

Our year at the NACC centres on our local meetings and 4 main events:

1. T&DF venue at Nottingham Oct 1-3rd 2014 Next year we are looking forward to the new venue and new format for suppliers, which have been designed to give suppliers more opportunities for quality time with conference attendees. Uniquely we will have the whole hotel complex, exclusively for the NACC. The popular themed fancy dress evening will still take place on the 1st evening of T&DF
2. National Nutrition & Hydration Week 17-23 March 2014 a Campaign leaflet will be circulating shortly with regular updates. Members are encouraged to sign up as champions for the week and take part by organising events and encouraging others to do so. Scones jam and cream are the order of the day!
3. Care Cook Final Cook off 11th June 2014 Members are urged to encourage their cooks and/or those of establishments they visit to enter this competition The event raises the profile of the association and each year standards are getting higher. We have a new venue for 2014 finals and the prize money has been increased; the winner receives £600 plus gifts, £400 2nd and £200 3rd prize. Mary Wedge has secured Barking & Dagenham Technical Skills Academy which has excellent facilities for our finalists. So get those entries in ASAP. Closing date 14th February 2014
4. Jane discussed the events that had taken place over CM Week 2013 and described the official London Launch she attended and the successes around the regions. The photos of the logo for the meals week were on display with the NACC UK map as well and the Meals Relay organised by Midlands members had been made into a video by Sarah Gray and the members were to be allowed a sneak preview at the end of the meeting.

1st Speaker - Amanda Woodvine - Vegetarian for life

Amanda Woodvine, VfL Co-ordinator (England)

Registered charity number 1120687 | Company number 6294709

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www.vegetarianforlife.org.uk

V for L is a charity working with the providers of care for the elderly who are vegetarian – it is free to sign up to the organisation. The main criterion is that you must be clear that you understand what the terms *vegetarian* and *vegan* mean.

The charity organisation supports the elderly in care by providing catering resources and advice such as cookery and menu lessons.

Amanda gave us information about what vegetarians and vegans need to eat everyday including 5 to 10 portions of fruit and veg, 2 to 3 portions of seeds, pulses etc. and vitamin B12(see power point on website for full details).

It is a Myth that vegetarians struggle to eat sufficient protein. The main source of proteins = nuts, beans, cereals, grains, pulses, tofu, quorn etc. It is easy to achieve from a varied diet- main issue is to eat enough calories if you are vegetarian or vegan.

Omega 3 vital- Lots of oils are very good source of Omega 3 which is vital to good health and very little is required. In plant world Flax/Linseed oil, hemp, rapeseeds oil are sources of Omega 3 - but to maximise its benefits you should eat it raw - not cook with it or expose to sunlight as this destroys the vitamins. Need to grind many of the seeds to enable body to absorb them otherwise it just "passes through".

Sufficient Fibre intake is easily achieved by eating as vegan and vegetarian by selecting a wide variety of wholegrain foods.

Vitamins and minerals - generally those older than 50 need Vit B12, advised but no more than 100% RDA - do not overdose. In care homes or hospitals amongst the elderly National Survey stats found most common nutrient deficiencies where Vitamin C and Iron, Folate, B1, B12, Vitamin D and (too much Vitamin A).

Iron - no more risk associated with anaemia as a vegetarian/vegan than usual diet. Iron can be found in grains, pulses, figs, eggs, green veg (curly kale). Bran flakes typical portion size (40g) contains 9.7mg iron - daily intake; other good sources tofu, red lentils, pasta. Use orange juice to absorb iron e.g. serving fruit juice with breakfast cereal and avoid tea/coffee until afterwards as this can block absorption of iron.

Vitamin C - can tell if a veg or fruit contains Vit C as by cutting into it will release watery substance which will contain this water soluble Vit.

Vitamins and minerals found in a lot of daily essentials.

B12- can be absorbed from soil- marmite, soya milk etc.

B12 more easily absorbed from fortified food.

Vitamin A - can be found in tomatoes and plant forms. In care homes often too much can be supplied through animal fats.

Vitamin D - sunlight

How V4 life can help caterers: - provides a list of homes which are veggie friendly. Downloads from websites – free leaflets including

- Guide to catering leaflet- menu planner/recipes.
- Better for all- case studies
- Can offer independent living funds for vegetarians living at home.
- Vegetarian Christmas guides
- Cooking on a budget guide
- Cordon Bleu cookery school links
- Wall charts.

Free DVD demonstrating cookery lessons and interviews.

Altringham and Bath College Centre - organise courses £25- full day per person

2nd Speaker - John Mohin – The work of the Royal Crown Royal Derby Factory est. 1750.

RCD has a unique and historic background and Englishness is at the core of the company. Queen often presents gifts from Royal Crown Derby to foreign dignitaries.

George 3rd granted a royal warrant 1765.

RCD has now merged with Steelite bringing in commercial expertise and prestige to add to the history and romance of Royal Crown Derby. The aim is to work in luxury settings in the world is our future- marketing prestige tableware called “Royal Crown Derby Entertains”- a range which gives pleasure and prestige to its setting. The factory is influenced by heritage but governed by design and technology.

The members were treated to a tour around the factory and access to the museum and displays which was fascinating although it was very hard work not to touch the items on display as we had been told on our factory floor tour. We had great fun with our tour guides who were very knowledgeable, helpful and obviously very proud of their work at the factory. The skill and unique nature of the workers was appreciated by all

We were all given a gift bag containing a Crown Derby Plate and a discount voucher for the shop how tempting for a lot of us - money was spent!

Jane and Carol described the Midlands meals on wheels relay that had taken place to celebrate national community meals week. We played the DVD and there were a few tears shed at the pictures of the final destination and the lovely couple who were served the meal at the end of the journey. The day was an astounding success which produced lots of publicity for the association and members showed their appreciation of all the efforts that had been taken to set it in motion. We hope to have the completed DVD in circulation before too long and it will be on the web site too if possible.

Next year we take a meal over the UK !! Watch this space

3rd Speaker Annette Forbes: Leicestershire County Council (LCC), Compliance Manager

Annette talked about how a local authority manages providers that operate care services - such as care homes, domiciliary service etc.

Annette explained how an officer looks at the care provided to service users and measured standards, against records and documentation to get a full picture of care. They will then produce a report including actions required. Only CQC can close a care home - but a local authority can remove the provider's Contract. Officers in Leicestershire can work with homes using their QUIT team to sort issues. In Leicestershire they have adopted Dignity in Care standards by merging them into our contract compliance requirements and also recognising and awarding good standards. Recognising good standards is important and LCC - want to celebrate good/excellent care.

In LCC they produce a Care Directory which is currently - Advertising spaces for 2014 issue.

Presentation of Steelite Freedom Range

Jo Derbyshire of Steelite wants to work in partnership in future with NACC. She applauded efforts of Midlands NACC. Tableware manufacturer and luxury goods supplier can fit in all parts of care provider market. Her role is to focus on hospitality and Steelite is market led and has ranges to fit different care provider sectors.

Vitrified china product with very strong body - cost vs. use will benefit long term because of durability of Freedom range which integrates with other crockery-plate and cup. Designed for service and dexterity for those who need assistance. Looks nice not institutionalised - for presentation purposes. At the end of her presentation Jo kindly presented Joan Hynd with 2 plain white china owls (she had been hinting all through the factory tour that she could not see any of her favourite birds without patterns!).

Our meeting was held in the RCD cafeteria. Over a tasty buffet, provided by the RCD café and eaten on lovely china (of course) we enjoyed our usual networking and banter as we opened last year's pledges and had fun opening the £1 unlucky dip presents.

Meeting closed and happy, full tummies and empty purses we journeyed home.

NB

Next meeting Tuesday 13th March 2014 at, Girffiths Laboratories, Somercotes