



**Minutes of the Joint Wales and the South West Regional Seminar**  
**Date: Thursday 28 November 2019**  
**Venue: Sophia Gardens, Cardiff CF11 9XR**

Present: Pauline Batty, Stephanie Bosley, Gail Brain and Carl Close (Monmouthshire County Council); Sue Scarpetta and Claire Edmunds (Blaenau Gwent County Borough Council); Gareth Thomas (Rational); Daryl Catley (APT Catering); Adam Michallat-Cox, Fiona Michallat-Cox and Craig McLaren-Kennedy (Wiltshire Farm Foods, Bristol); Fran Thomas (Holdsworth); Simon Garrett (Fallon Food); Sue Hawkins (Dorset Healthcare); Oliver Bragg (Vegetarian for Life).

Apologies: Andy Ward (Williams Refrigeration), Tim Watkins (Apetito)

Guest Speakers: Cheryl George, Alzheimer's Society Cymru

<b>1.</b>	<p><b><u>Welcome and Introduction</u></b></p> <p>On behalf of himself and Pauline, Adam welcomed everyone to Sophia Gardens - the home of Glamorgan County Cricket Club - for what was a joint Wales and the South West Regional Seminar and outlined the programme for the day.</p>	
<b>2.</b>	<p><b><u>Election of Officers for the Wales and the South West Regions</u></b></p> <p>Single nominations had been received for each of the posts of Chair, Deputy Chair and Secretary for both regions.</p> <p>In compliance with the NACC rules, the following were duly elected:</p> <p><b><u>The South West Region:</u></b>          Chair - Daryl Catley          Deputy Chair - Adam Michallat-Cox          Secretary - Anne Dudley</p> <p><b><u>The Wales Region:</u></b>          Chair – Pauline Batty          Deputy Chair – Carl Close          Secretary – Gareth Thomas</p>	

3.	<p><b><u>Update from National Executive</u></b></p> <p>Pauline gave a brief update on the recent meeting of the National Executive held on 13 November in Stratford:</p> <ul style="list-style-type: none"> <li>• Sue Cawthray is the new National Chair, with Neel Radia moving to lead the Training Academy</li> <li>• The Care Chef 2020 competition will launch on 11 December with the Final taking place at Stratford College on 3 June. The closing date for entries is 31 January. The regional cook offs will take place in March.</li> <li>• Training and Development Forum – whilst an update wash up meeting is scheduled for this week, attendance was very similar to last year and overall very positive feedback has been received from attendees. The 2020 TDF takes place between 7-9 October.</li> <li>• The early indications are that the recent Meals on Wheels week had been a great success, both locally and nationally.</li> </ul>	
4.	<p><b>The Alzheimer’s Society “Dementia Friends” initiative – Cheryl George</b></p> <p>Cheryl George, the Community Fundraiser for the Alzheimer’s Society Cymru, and a Dementia Champion herself, widened our knowledge of this cruel disease and described the tremendous impact that the society’s successful Dementia Friends initiative is having in supporting sufferers and their families.</p>	
5.	<p><b>“From Feeding Strangers to Visiting Friends” – the Continuing Journey of Monmouthshire Meals – Carl Close</b></p> <p>Carl Close, from Monmouthshire County Council (and the new deputy chair of the Wales Region), took us on Monmouthshire Meals continuing journey - “From Feeding Strangers to Visiting Friends”. This initiative enables Meals on Wheels staff to spend more meaningful time with service users in an effort to help combat the loneliness and social isolation that many are experiencing.</p> <p>Presentation slides available <a href="#">here</a></p>	
6.	<p><b><u>Lunch</u></b></p> <p>The lunch break provided a totally unexpected but very welcome first “Xmas” dinner of the festive season for most attendees, with the Welsh secretary , Gareth Thomas preparing and serving a superb turkey dinner...with all of the trimmings!</p>	

	A big thanks to Gareth and <b>Rational</b> who sponsored the lunch.	
<b>7.</b>	<p><b>“The Malnutrition Wheel” – Sue Hawkins</b></p> <p>Sue Hawkins, the Malnutrition Programme Manager at Dorset Healthcare (and an NACC member of course), described the extent of the problem of malnutrition across the UK and introduced us to the Malnutrition Wheel – a new interactive tool which helps to identify malnutrition in older people and to start what can be difficult conversations around nutrition.</p> <p>Presentation slides available <a href="#">here</a></p>	
<b>8.</b>	<p><b><u>Seminar Quiz</u></b></p> <p>The final session of the day involved everyone taking part in a “fun” quiz which also tested what had been learned from the earlier presentations, with “seasonal” prizes going to the top three participants.</p>	
<b>9.</b>	<p><b><u>AOB</u></b></p> <p>There being no other business Adam thanked everyone for attending what was a very successful joint venture for the two neighbouring regions, where already strong working relationships had been developed even further.</p>	
<b>10.</b>	<p><b><u>Date of Next Meetings</u></b></p> <p>Wales Region Seminar (including the regional Care Chef 2020 competition) – 13 March 2020 at Bridgend College, Cowbridge Road, Bridgend CF31 3DF</p> <p>South West Region Seminar (including the regional Care Chef 2020 competition) – 12 March 2020 at Apetito, Canal Road, Trowbridge BA14 8JR</p>	