

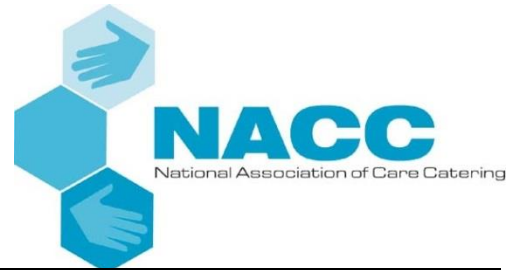
**MINUTES OF THE South East Winter Regional Seminar**  
**Date: 29<sup>th</sup> November 2019**  
**Venue: The Beaumont Estate, Old Windsor, Berkshire**

**Present:** Mark Taylor; Chair, Cathy Amos; Deputy, Vivien Rose; Secretary, Karl Adams, Helen Archbold, Angelique Atre, Tony Ball, Trisha Bennett, Tara Butler, Domenico Cassano, Natalie Childs, Colin Clarke, Jamie Clews, Ellen Crossan, Anne Dudley, David Grundy, Troy Smith, Donna Steeden, Sadie Varley, Louise Wagstaffe, Mary Wedge,

**Speakers:** Christine Lewis, Alina Pa'un, Judith Scurr, Helen Simpson, Kieren Walton, Sarah (Zumba session)

**Apologies:** Lisa Humphreys, Paul Wright

<b>1.</b>	<p><b><u>Welcome Introduction and Apologies</u></b></p> <p>Mark Taylor opened the meeting by welcoming everyone on behalf of the SE Committee to Beaumont Estate, Old Windsor, and with special thanks to Get More Vits for sponsoring the seminar.</p>	MT
<b>2.</b>	<p><b><u>Minutes of the last Meeting</u></b></p> <p>Minutes of the previous SE Regional Summer Seminar meeting, held on 20<sup>th</sup> June 2019 at Westminster Kingsway College, London.</p> <p>No amendments or changes.</p> <p>Minutes were agreed by members.</p>	VR
<b>3.</b>	<p><b><u>Matters Arising:</u></b> None</p>	VR
<b>4.</b>	<p><b><u>Regional Officers Posts</u></b></p> <p>Under the NACC Constitution, Regional Officers are in post for one year. Nominations were requested from members. One nomination has been received for each of the South East regional posts. Chair-Mark Taylor, Deputy-Cathy Amos, Secretary-Vivien Rose, therefore the Officers posts will continue unchanged for a further year.</p>	VR
<b>5.</b>	<p><b><u>Update from National Executive</u></b></p> <p>The last National Executive meeting was held on 13<sup>th</sup> November 2019. The Association finances are doing well. The 2019 TDF did not have as many Premier Partners as previous years but the budget and target has been met for a profit return for the Association. There was an increase in the number of attendees. Feedback from the 'Meet the Buyer' sessions continues to be successful.</p> <p>There is a new NACC Guide, Menu Planning and Dining in Care Homes.</p> <p>Entries for next year's Care Chef Competition opens on 9<sup>th</sup> December 2019. Regional Cook off's will take place in March 2010 and the final will be held on 3<sup>rd</sup> June 2020, at Stratford College.</p>	MT



	<p>Mark thanked the following Speakers at this meeting:</p> <p>Alina Pa'un, TLC Care Group.</p> <p>Christine Lewis, Coeliac UK.</p> <p>Helen Simpson, North Hampshire CCG, Healthy Eating and Drinking as we age.</p> <p>Kieren Walton, Get More Vits.</p> <p>Judith Scurr, NACC National Secretary, Social Eating and Weight loss, Wetherby Manor Care Home.</p> <p>Motivational Session, Chair Zumba with Sarah.</p>	
<p>6.</p>	<p><b>AOB</b> Dates for Diaries for 2020</p> <p><b>11<sup>th</sup> March</b>- Spring Seminar and Care Chef Competition.</p> <p><b>18<sup>th</sup> June</b>-Summer Seminar.</p> <p><b>26<sup>th</sup> November</b>-Winter Seminar</p> <p>Mark thanked all members for attending, meeting closed</p>	<p>MT</p>