



WELSH REGIONAL MEETING

Held at
 Glamorgan Cricket Club
 Sophia Gardens
 Cardiff CF11 9XR

On 24th November 2015

MINUTES

Attendees

Committee:-

- Pauline Batty – Welsh Chairman
- Colin Smith – Welsh Vice Chairman
- Melanie Bowen – Welsh Secretary

Speakers & Sponsors:-

- Kathryn Stephens – Romilly Nursing Home (speaker)
- Mike Ashbridge – Vegetarian for Life (speaker)
- Gillian Dicken – Monmouthshire County Council (speaker)
- John McConnachie - Monmouthshire County Council (speaker)
- Tom Anderson-Dixon – Squash Stix (speaker)
- Hugh Davies - Rational (Sponsor)

Others:-

- Nathan Osbourne – Lainox
- Donna Halasz _ Pritchitts Lakelands Dairies
- Yvonne Cole – Carmarthenshire County Council
- Helen Bailey – Carmarthenshire Country Council
- Robert Wager – Comenda UK LTD
- Rick Solomon – Orders of St John Care Trust
- Daniel Head – Zorba Foods/ Real Soup Co
- Tim Watkins – Appetito
- Lynne Davies – Monmouthshire County Council

1	Minutes of the Last Meeting – Agreed by all	PB
2	<ul style="list-style-type: none"> • Elections – Uncontested re-election of the Welsh Committee for a further year. <p>Pauline Batty – Chairman Colin Smith – Vice Chairman Melanie Bowen - Secretary</p> <ul style="list-style-type: none"> • Note all attendees with the exception of the speakers / committee / sponsors who have not booked their place via the NACC will be receiving a supplementary invoice. 	PB



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3	<p>Update from the National Executive meeting held on 22nd October 2015</p> <ul style="list-style-type: none"> • Successful National Meals week • Rally at House of Commons – calling on industry to save the UK Meals on wheels service. • Petition to protect Meals on wheels services • VIP meals on wheels • Service User Videos can be views via NACC website • Letter sent out to All MPs and Ministers asking for their support. • Press quoted in several local and national press and radio, copies will be available on the NACC website • Continue to raise issues around Malnutrition in our communities. • Training And Development forum will be 5-7 October at the East Midlands conference Centre / Orchard Hotel. Early Bird rates will be released in the New Year. • Care Cook of the Year – Will be sponsored by The Worshipful Company of Cooks and premier foods. Entry forms are available via the NACC website. Final to take place 8th June at the Barking & Dagenham Technical Skills academy • Work goes on tirelessly behind scenes including speaking and stands at Food MATTERS Live, London, Care Catering Forum, Sheffield, Catering Equipment Suppliers Conference, Wembley • NACC are always looking for volunteers 	PB / CS / MB



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	any interest we will inform Roger Denton National Secretary	
4	<p>Speaker - Mike Ashbridge – Vegetarian for Life A talk about vegetarian and vegan diets why they matter to those who have adopted them and the broader benefits of these diets for all older people</p> <p>Interactive quiz indicating whether food items suitable for vegans, vegetarian or neither</p> <p>We all agreed that more knowledge is needed when planning menus to ensure that any vegans / vegetarians are not inadvertently having an ingredient that is animal in origin for example the gelatine that’s used in Jelly.</p> <p>A huge thank you for such an informative and enlightening talk. We all enjoyed the Quiz.</p>	Speaker
5	<p>Speaker – Kathryn Stephens – Romilly Nursing Home – Hydration and Nutritional needs are top priority and are seen as a lifeline in just the same way as medication, all menus are designed taking into account nutritional values and variety .</p> <p>Kathryn explained the process that they use in Romilly, which is both a care & Nursing home and due to individual needs the varied menu planning that is needed.</p> <p>i.e., puree, liquid, normal diet etc.</p> <p>Shown and discussed the various examples of the Menus and the importance on using 5 R’s to ensure that each resident receives exactly the hydration and nutritional aid that they require.</p> <p>We all agree that there is a huge amount of thought and planning that goes into each</p>	Speaker



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	<p>individual care plan. Kathryn kindly offered the Romilly Care Home to hold the Welsh NACC Care Cook off in March 2016.</p> <p>A huge thank you for such an informative and enlightening talk and the generosity in hosting the next venue.</p>	
5	<p>Speaker – Tom Anderson-Dixon – Squash Stix</p> <p>Discussion on Hydration within Healthcare, looking at a variety of factors as the benefits of good hydration, symptoms of dehydration and ways to improve it. Squash Stix, single portions of squash in a tear and pour stick are a great way of boosting hydration levels and a look at the product.</p> <p>Tom kindly discussed and interacted with everyone explaining their product and the ease of use. With Samples and taste testing.</p> <p>A huge thank you for the discussion and samples provided.</p>	TAD
6	<p>Speaker – Gillian Dicken – Environmental Health - Monmouthshire County Council.</p> <p>Interactive talks on food inspections / food standards / food hygiene rating scheme / food poisoning investigations /</p> <p>Gillian explained the criteria used for inspections depending whether the business involved rated A, B, C being 18mths, 12mths and 6mth.</p> <p>The importance of food allergens and labelling systems and how all welsh food places must show their food standard rating or are liable to fines/prosecution.</p>	Speaker



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	<p>A huge thank you for such an informative and enlightening talk.</p> <p>It is so important that if you have a query regarding legislation then contact the Environmental department in individual areas</p>	
7	<p>Break for Lunch – Sponsored by Rational</p> <p>What can we say – Hugh you have exceeded yourself once again! Absolutely delicious.</p>	
8	<p>Speaker – John McConnachie – Monmouthshire Training Officer</p> <p>Interactive training, how we use body language, tone and words and the different way they can be interpreted. Being linked to</p> <ul style="list-style-type: none"> • Who? – Identity • Why? – Beliefs / values • How? – Skills / Capabilities • What? – Behaviour • Where? When? – Environment <p>John explained the differences on how you interact with one another means that you can motivate and instruct your workforce accordingly.</p> <p>We all enjoyed a giggle or two during the training. A huge thank you for the informative and enlightening discussion.</p> <p>If anyone requires additional training Monmouthshire County Council holds an open unique 2 day programme. We would be pleased to pass on John’s details to you if requested.</p>	Speaker



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9	Any other business – Open table – General discussion on how to improve membership and ideas for going forward.	PB / MB
10	Next Meeting date & Care Cook Off 16 th March 2016 – At Romilly Care Home	PB
11	Further meeting Dates <ul style="list-style-type: none"> • 7th June 2016 DATE CHANGE • 23rd November 2016 Venues to be confirmed	PB / MB
12	Close – A sincere thank you to all attendees and speakers and sponsors who made the day worthwhile, safe journey and see you all soon.	PB /MB