

Minutes of NACC Wales Regional Meeting  
Sport Wales - 16th October 2013

Present

Paul Bayer  
Dewi Morgan  
Andy Ward  
Mike McDonald  
Benny Esler  
Troy Smith  
Louise Kerton  
Mary Hesford  
Steve Allen  
Rosie Pretorius

Lynette Evans  
Caryl Jones  
Jeanette Benson  
Christopher Butt

Apologies  
Jacqui Spence  
Janet Slade-Jones

1.	Welcome & Apologies @ 10:15am	
2.	<p><b>Minutes of the last Meeting</b> The minutes and apologies were signed off from the previous meeting held at the Cardiff City Stadium on the 16<sup>th</sup> October 2013</p> <p><b>Matters Arising:</b> None</p>	
3.	<p><b>Chairs Report from National AGM held on 11<sup>th</sup> September at the Hilton Blackpool.</b></p> <p>Dewi discussed the matter that there were changes made to the constitution and that there will be further reviews being made over the term of our new chair.</p>	DW
4.	<p><b>Care Cook</b> – Care cook was discussed in full and all attendees were asked if they could look to see if there were any suitable candidates within their authority. Our Welsh 2013 finalist is still considering re entry into this year's competition, however we have a new member who is also keen to enter (details to follow).</p>	
5.	<p><b>Membership Drive</b> It was discussed that the Welsh membership has increased. It was also discussed that we as a region believe that we need to get into a situation that we can get a member from the sector rather than 3 suppliers onto the regional board. We are also looking at a recruitment drive for 2014.</p>	PB, DM, AW

6.	<p><b>Mike McDonald</b> provided a light hearted presentation and update on E &amp; R Moffat. Mike spoke about the Moffat meals on wheels van system. Mike said that the presentation is available for all.</p>	
7.	<p><b>Rosie Pretorius “The Importance of Nutrition &amp; Exercise”</b> Rosie presented a very interesting, informative and eye opening presentation (helped by the aforementioned Mike McDonald) on nutrition and exercise.</p> <p>There was a very interesting section on the amount of added sugar we consume and the amount of exercise we need to do just to burn this off. Rosie also showed ways of helping our clients within the care industry to do light exercise to keep their joints active and to stay fit as well as watch their waist line!</p>	
8.	<p><b>Troy Smith – Oranka Fruit Juices</b> Troy and his colleague Steve Allen did a presentation on the Oranka fruit juice range and the products that are specifically designed for the healthcare industry.</p> <p>We also had some samples of some of their new smoothie range as well as a demonstration of how easy it was to set up and clean one of their free juice dispensers.</p> <p>Troy outlined the work they have been doing within the care sector on hydration and the fact that there is evidence to show that if free fruit juice is available throughout the day there is a reduction in the hydration caused issues within the care homes.</p> <p>At the end of their presentation, Troy discussed the potential for all to enjoy a free trial (inclusive of dispenser, jugs and product), this was taken up immediately by one of our members.</p>	
11.	<b>A.O.B</b>	
12.	<p><b>Next Meeting: March 5th 2014</b> It was discussed that the dates for next year’s meetings will be issued once they have been finalised.</p>	