



NACC Northern Regional Meeting

Wednesday 15th November 2017

Makro, Manchester



Speaker Profiles



Alison Smith

Keynote Speaker: Under nutrition, MUST screening and complying with CQC regulations

Alison is employed by Aylesbury Vale and Chiltern CCGs as a Prescribing Support Dietician, a role focussed on helping GPs and other healthcare staff to achieve appropriate identification and treatment of malnutrition and cost-effective prescribing of nutritional products.

Alison has specialised in community nutrition support with particular interests in older people, malnutrition, care homes, dysphagia, and dementia

Alison is the chair of the British Dietetic Association Older People Specialist Group

Andrew Milne, The Booker Group

Booker's Care Catering Solution

Our sponsor Booker Makro Group will be demonstrating their catering solutions for the care home sector



Oliver Smith, Group Executive Chef, Hadrian Healthcare, NACC Care Chef 2015

Personalised Nutritional Fortification

The care sector has been one of my most challenging roles in my life. the learning curve is great and the rewards are equal. the direct impact of my passion and skill is what keeps this role so interesting to me, we are constantly challenging ourselves, asking if we are providing the best, what can we do differently. As a chef we are always trying to please our residents and make sure they are eating well. fundamentally we achieve this by providing great tasting food, but we also have to introduce fortification to our meals, but how do we achieve this?

William Seddon, Sous Chef at Wetherby Manor for Hadrian Healthcare

Personalised Nutritional Fortification

I've been in the catering industry since I was 16, working for the RAF as a mess hand till I got the opportunity to become a RAF Civvies' chef apprentice at age of 21, working in all the messes and cooking anything from mass catering, ala carte lunches and dinners, royalty dinners, weddings, Fine dining functions and big events. Then my time was to move on to a new challenge and I've now worked in the care industry since January 17 and I have learned so much about care catering, dementia care, dysphasia food, and fortified food which is a way of adding extra nutrients and extra calories for the people who need it to help with recovery and weight gain, for example adding skimmed milk powder to milk and making seed and nut breads to increase calories and vitamins.





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Dr Laura Brown, Lecturer in Psychology, The University of Manchester
Ageing well, and eating well: The role of food and mealtime behaviours in supporting older adults wellbeing

Dr Laura Brown is a Lecturer in Psychology in the School of Health Sciences at the University of Manchester. Her research involves understanding the psychological experiences associated with ageing, and in developing interventions to help improve health and wellbeing in later life. Her current projects include finding ways to improve the experiences of older people living in residential care homes, and in supporting older adults to benefit from social eating opportunities.



Alistair N. Sandall FIH
Head of Professional Development at Institute of Hospitality
Level 2 Award in Professional Cookery in Health and Social Care

Alistair previously worked as a general manager with Macdonald Hotels & Resorts, Thistle Hotels, and Hanover International Hotels and Clubs for over twenty years. He also spent three years with Southern Sun Hotels in South Africa and joined AA **Hotel & Hospitality Services** in 2006 and was ultimately Commercial Manager. He continued to inspect hotels and restaurants for a period of over 11 years as well as heading up the training and consultancy division and looked after key client relationships. He took the HCIMA Final Membership qualification at Ealing Technical College as his route into the hospitality industry and has been a member of the Institute of Hospitality throughout his career. He is well-versed in the range of professional development resources he manages, and brings the necessary experience to develop the industry's next generation of managers and leaders.



Martin Rollett, InHouse Manager
Nutritional Analysis in the kitchen

Martin has been an integral part of the Inhouse Manager team for the past 11 years. He is responsible for the day to day running of several large contracts, including two care home groups as well as single sites and a large hospital. Martin has a catering background, having worked previously in the hotel trade. Inhouse Manager is a catering management software system that supports your catering operation to reduce administration and wastage, increase profits and put you back in control, leaving you to concentrate on providing a catering service that excels. The system includes the catering management module, ward / meal ordering, allergens, and a brand new, fully integrated nutritional analysis module.



Apetito
Dysphagia and other special dietary needs



Over 300,000 people within the UK are affected by a swallowing difficulty known as dysphagia. Aspiration can occur when food and drink goes down the wrong way into the lungs, instead of the stomach and can accidentally be breathed in. When left untreated, over time it can lead to malnutrition, dehydration and aspiration pneumonia.

Apetito will discuss their range, which includes over 70 nutritionally balanced softer foods for breakfast, lunch and dinner, all blended to a consistent texture that meet the BDA and National Descriptor Guidelines for dysphagia diets.

