

MINUTES OF NACC SOUTH WEST REGIONAL MEETING

Date: Wednesday 17th July 2013

Venue: Yeo Valley HQ, Rhodyate, Blagdon, BS40 7YE

Attendees:

John Hilton, Sue Hawkins, Emma Channon, Teresa Lonergan, Fiona Michallat-Cox, Adam Michallat-Cox, Sam Stevens, Matthew Roberts, Dave French, Faye Anstee, Abbey Hookey, Ros Speight, Zelijko Pavlica, Darren Hemsley, Gary Brailsford, Paul Brent, Tearle Thornhill, Hilary Hadley, Laura Barnett, Sarah Parslow, Louise Reynolds, Cheryl Harvard, Sherrin Wyatt, Claire Craner-Butley, Dorothy Greaves, Jan Cornett, Liz Fox, Karen Ferris, Jeff Priest, John Stewart, Simon Buck, Christine Storry

Apologies:

Andy Ward, Paul Bayer, Steve Watts, Leon Goddard, Steve Marriott

Opening Address

Adam Michallat-Cox welcomed the South-West NACC meeting to the Yeo Valley HQ and outlined the objectives for the meeting, before handing over to Rachel from the Yeo Valley team who explained the specific plans for the day.

Matters Arising NACC South West Deputy Chair – Sue Hawkins

Sue discussed the last NACC National Executive meeting she attended on behalf of the region, together with Adam. She specifically mentioned;

- The plans for the 2013 National Training Forum in Blackpool
- The forthcoming elections for national officer positions in the roles of National Chair and National Secretary
- The annual year book

Rose Speight, current National Secretary, who was also present at the meeting mentioned the success of the recent Care Cook Final and said that the standard was outstandingly high.

There were no further matters arising.

Presentations

Sue Hawkins – Malnutrition Task Force

Sue gave the audience a very thorough update on the excellent work that has been carried out by the task force. As she had personally represented the NACC on this working party, it was very beneficial to have first-hand feedback.

The presentation covered an outline of the scale of the issue, the contributing factors, the costs to society, and how investing in solutions can ultimately save cost. Sue also discussed the challenges that need to be overcome, such as raising awareness, getting parties to work together, identifying malnutrition and managing/evaluating the outcomes.

Sue distributed a copy of the paper that had been completed.

A copy of this presentation is available on the NACC website.

Christine Storry – Sustainable Food Procurement

Christine, from Bristol City Council Strategic Commissioning and Procurement Service, presented on the local authority's strategy for local sourcing and food sustainability.

The presentation explained 'what is sustainable food' and what this means in reality from social, economic and environmental perspectives, with an aim being 'social value'.

Christine discussed the steps that have been taken, the initial results, the challenges, the opportunities, and the benefits to both users and suppliers.

A copy of this presentation is also available on the NACC website.

Sam Stevens – Value of Meals on Wheels Report

Sam, from Apetito's marketing team, presented the findings of this comprehensive report which has been sponsored by Apetito.

The report looks at the real value of community Meals on Wheels and how to meet the wider funding challenge.

The headline statistic of the report is that if just an extra 10% of the projected future elderly population remained in their homes between now and 2020, it could potentially save Britain as much as £1.7bn, by easing pressure on other services, such as care homes and the NHS, offset against the comparatively low cost of subsidised Meals on Wheels services.

The report also highlighted the impact of malnutrition and dementia amongst the elderly, plus the less tangible benefits of a community meals service.

Copies of this report were distributed to all and can be downloaded from;

<http://www.apetito.co.uk/Documents/apetito-value-of-meals-on-wheels-report-2013.pdf>

Simon Buck – The 7 Keys to a Winning Team

Simon, a consultant with Action Coach, gave a very interesting and enlightening presentation on 7 ways to create a winning team.

He identified potential barriers to change, a formula for change plus aspirations and goals, with the presentation outlining each of the 7 ways;

- Strong Leadership
- Common Goal
- Rules of the Game
- Action Plan
- Support Risk Taking
- 100% Involvement
- Communication

The powerpoint slides are also available to view on the NACC website.

After a superb lunch provided by Yeo Valley, a raffle was held on behalf of the Children's Hospice SW and an incredible £180 was raised. This has since been passed to the hospice and a letter of thanks received.

The group then travelled up to Wills Barn, a restored building designed to showcase environmental and sustainable design higher up in the Mendips with views of both local lakes plus the coast. Here we were met by Garth Clark, Managing Director of Holt Farms, plus his colleague Katie. Garth gave an incredibly well-informed presentation on the history of the land and buildings, the background of Holt Farms

and Yeo Valley, the practices of organic farming and the environmental work constantly being carried out by the organisation, absolutely supported by the Mead family.

This work was plain to see during a walk amongst the cattle and across the surrounding land, where Garth continued to share his experiences and enthusiasm for organic and sustainable farming.

These talks carried on back at the Yeo Valley HQ with Katie, prior to the meeting coming to an end.

John Hilton, local Chair, closed the meeting and thanked all participants, speakers, and wonderful hosts.

Date of Future Meetings

- NACC Training & Development Event, Blackpool, 11th to 13th September
- South West Regional Meeting 6th November 2013 Venue TBA