



# NACC North Region & HCA Winter Seminar



**Title:** From Green Choices to Healthy Minds:  
Zeroing In on Sustainability and Mental Health

**Date:** Thursday 21<sup>st</sup> November 2024

**Venue:** AJ Bell Stadium, 1 Stadium Way, Salford, M30 7EY



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- 09.00 **Arrival, Refreshments and Exhibition Viewing**
- 10.00 **Welcome, Introduction and Housekeeping**  
**HCA – Update**  
Ian Robertson, HCA National Chair  
**NACC – Update & Meals on Wheels Week**  
Neel Radia, NACC National Chair
- 10.20 **Sustainable Menu Planning- Health, Environmental and Financial Benefits.**  
Max Kindred Net Zero Carbon Senior Insight Manager NHS England
- 10.40 **National Association for Safety & Health in Care Services**  
Tony Stanway, Pg DIP (Open) Tech IOSH, NASHICS National Executive
- 11.00 **Comfort Break**
- 11.20 **The Burnt Chef project and how you can get involved**  
Jamie Clewes, Ambassador Burnt Chef Project
- 11.40 **Is the NHS ‘Going Green’**  
Philip Shelley, Senior Operational Manager – Soft FM, National Lead for Net Zero Food
- 12.00 **Healthy Gut, Happy Minds: Revealing the critical role of diet in mental health**  
Haleh Moravej, Transformational Leader in Education
- 12.30 **A refreshing change to food supplements**  
Caroline Hill, Freelance Dietitian, and Nutrition Consultancy at Caroline Hill Nutrition
- 12.40 **Fresh v Frozen - A sustainable choice**  
Heather Dolan, Nutrition Manager at Bidfood
- 13.00 **Lunch**  
**Christmas Market Exhibition**
- 15.15 **Winners and Prizes**
- 15.30 **Seminar Close.**

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