



Welsh Region Winter
Seminar
27 February 2025
Swansea.Com Stadium
Plasmarl
Swansea
SAI 2FA



2



Please ensure that you have completed the registration form and have a named badge.



-
- In case of fire / alarm sounding
 - Please evacuate the building in a calm orderly manner.
 - Go straight to the meeting point in the main car park.
 - Remain there until you are informed that it is safe to re-enter the building.

4



Good morning &
Welcome to
Swansea.Com Stadium.
This is our first meeting
of 2025

5 COMMITTEE INTRODUCTIONS



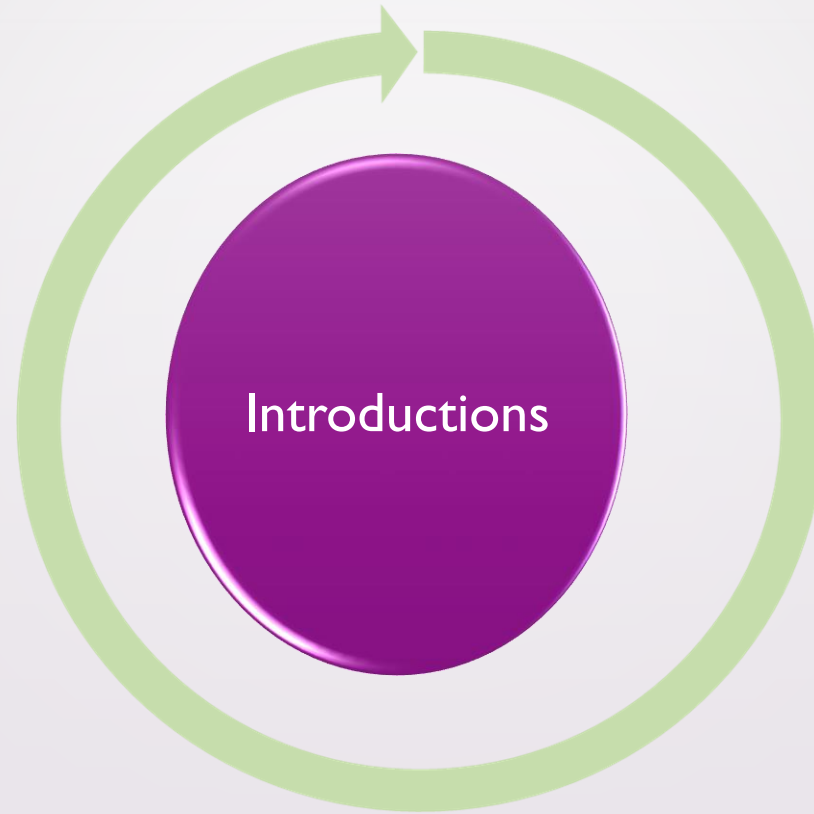
-
- **Melanie Bowen, Vantastec Ltd**
Welsh Secretary
 - **Gareth Edwards, Vantastec Ltd**
Welsh Deputy Chair
 - **Pauline Batty, Monmouthshire Meals and Social and Health Care**
Welsh Chair

6



-
- Thank you to Alan Higginson @ Rational UK for hosting and sponsoring this event.

7 ROUND TABLE INTRODUCTIONS



NATIONAL UPDATES

8



- Celebrating 25 Years and the Launch of NACC Care Chef of the year
- Launched at the House of Lords on 6th February 2025 hosted by Baroness Barker
- Regional heats :-
- Cardiff and the Vale College June 2025

9 CARE CHEF OF THE YEAR 2025



- Closing date for entrants 18 April 2025
- Non-member entrants must be nominated by a member holding current membership of the NACC including group memberships, Members can only nominate one individual into the competition. Alternatively, non-members are welcome to enter for a fee of £80 + vat, this will include a 12-month membership to the NACC. The entry fee is non-refundable. Your nomination will not be accepted if this fee is not paid ahead of the paper judging.
- 1st £1000 Plus trophy
- 2nd £500 plus trophy
- 3rd £250.00 plus trophy



10 CARE CHEF OF THE YEAR 2025

- Finalists £75.00 Highly commended Main
- £75.00 Highly commended Dessert
- £75.00 Health & Hygiene award
- £75.00 Sustainability & waste management



II NATIONAL UPDATES



- Training & Development forum.
- Date 1-2 October 2025
- **DATES:** Wednesday 1st - Thursday 2nd October 2025
VENUE: East Midlands Conference Centre, Beeston Lane, Nottingham NG7 2RJ

A tailored and unique training event for professionals providing catering and related services within the care industry.

Two dynamic days full of workshops, cookery demonstrations, expert speakers, planned meetings and an amazing array of suppliers to the care catering sector.

Invest in this training programme and ensure your care establishment stays ahead of the latest innovations, ideas and guidelines relating to care catering.

EARLY BIRD DISCOUNT!

Book by the 31st March 2025 to receive the early bird discount on selected packages for members AND non-members.

NATIONAL EVENTS



12

- Aims of meals on wheels week campaign.
- To highlight the social, economic, psychological and preventative benefits of Meals on Wheels and Community Meals services in the UK, whether delivered to homes or via day centres and luncheon clubs.
- To encourage public support for local Meals on Wheels and Community Meal Services.
- To address and increase awareness of loneliness, social isolation and the wellbeing of older and vulnerable people living in the community.

NATIONAL EVENTS



13

- What is Meals on Wheels Week?
- Meals on Wheels Week is an initiative that brings together Health and Social Care sectors, caterers, service providers, food suppliers, volunteers, carers, older people, policy makers and the public to raise awareness about the importance of meals delivered in the community – whether via Meals on Wheels services, day centres or lunch clubs for older and vulnerable people.
- Meals on Wheels and Community Meal services afford older and vulnerable people nutritious food, friendly human interaction and wellbeing checks – all vital ingredients which allow people to live independently in their own homes.

NATIONAL EVENTS



14

- It keeps people nourished and hydrated with nutritious daily meal (in many cases the only one that they will eat each day) and provides essential preventative service that reduces the costly malnutrition-related admissions to hospital which are adding to the terrible strain on the NHS
- For the majority of service users, Meals on Wheels is so much more than just a meal. It's a lifeline that eases the devastating effects of isolation and loneliness. The delivery of a meal brings regular social interaction, which for many may be the only human contact they enjoy. It also provides a much-needed wellbeing and safety check, again, crucial for those who may not see anyone else each day.

NATIONAL EVENTS



15

- As an Association, we recognise the challenging times we are living in with the cost-of-living crisis, rising food costs, volunteer and staff recruitment challenges and the shortfall in social care funding. Because Meals on Wheels is not a statutory requirement, many Local Authorities are no longer financially supporting these services and closing them permanently.
- With further austerity measures on the horizon, we believe this year's Meals on Wheels week is important than ever. We need to stand strong and together, to raise the banner for this vital service that affords access to nutritious meals and well-being checks delivered to the door of those living independently in our communities. We urge everyone to join us, in any way you can to support us in delivering our message.

REGIONAL EVENTS



4th – 8th November 2024

LAST YEAR

16

- Yr Wyddfa – Eryri Iconic Summit. / Snowden Highest Mountain in Wales
- Yr Wyddfa is Eryri's highest peak, and although there are several mountains over 3,000 feet in the National park, the popularity of this famous mountain is far and above the rest.
- Yr Wyddfa is a challenging mountain to climb. Venturing to the summit should not be taken lightly. Factors such as the seasons, your fitness level, your mountaineering skills, your preparations beforehand and the mountain's popularity can all affect your experience of Yr Wyddfa.

REGIONAL EVENTS



4th – 8th November 2024

17

After weeks of training and to be able to shout the message from Wales highest point that “Meals on wheels is more than just a meal “

Gareth Edwards

Reached the summit of Yr Wyddfa and the money raised meant everyone had free Welsh Cakes in Monmouth, Caerphilly, Torfaen, Cardiff and surrounding areas.

18 SPEAKER: DEBBIE STORR MÜLLER YOGURT & DESSERTS

- Debbie Storr: National Account Manager at Müller Yogurt & Desserts since 2019.
- Her whole career and experience has been in Foodservice. Since leaving University with some iconic companies and brands, Kerry Foods & Business Account Manager at Nestle Professional for 15 years, Predominantly working closely with end-users to understand their needs and placing the right product solutions.
- Müller is established in providing everyday appealing choices which bring moments of joy to patients with specific dietary requirements can be challenging, Whether their need be for low-fat, energy-dense, or calcium-rich choices, or for more specific dietary considerations such as dysphagia, Müller has a range to suit all. Let her tell you more,

19 SPEAKER: PROFESSOR KEVIN MORGAN : CARDIFF UNIVERSITY

- Sustainability and innovation in Wales
- Kevin Morgan is Professor of Governance + Development at Cardiff University. One of his key research interests is sustainable food procurement in public sector institutions, a subject which he has been working on for over 20 years. The results of this research will appear in his new book - *Serving the Public: The good food revolution in schools, hospitals and prisons* - which is published by Manchester University Press in January 2025.

20 PRESENTATION

RATIONAL UK



21

LUNCH



22 MISC



23 SPRINGTIME QUIZ ROUND

1. What date is Saint Patrick's Day?
2. To the nearest million, how many Easter eggs are sold every year in the UK?
3. What spring flower is often associated with Wales?
4. What is the spring holiday period for college students in the United States known as?
5. Which is the meteorological first day of spring?
6. Which breed of rabbit is known for the thick tufty fur around its head?
7. What UK holiday commonly takes place on May 1st?
8. In Japan, what type of tree famously produces blossom in the spring?
9. How many months are female sheep pregnant for before they give birth to a lamb?
10. Which small white flowers are amongst the first to emerge in the UK spring?

24 SPRING WORDSEARCH ANSWERS

1. 17TH March
2. 80 million
3. The daffodil
4. Spring Break
5. 1st March
6. Lionhead Rabbit
7. May Day
8. Cherry tree
9. 5 months
10. Snowdrops

25

SPEAKER : WAYNE BARNARD THE BURNT CHEF PROJECT

- The Burnt Chef Project

26 REMINDERS : MEMBERSHIP BENEFITS

- Access to relevant resources
- Annual training & Development forum reduced rates for members
- Regional meetings to discuss key issues
- Connect with other members via the NACC website
- Members rates for accredited publication
- Career progression and acknowledgement
- Influence and lobby government
- Use and display the NACC logo
- Advertise job vacancies on our job board

27 REMINDERS : MEMBERSHIP



-
- **Individual Membership** = £96.00 Inc VAT
 - Open to any individual engaged in any aspect of catering within the care sector. Individual members may attend meetings in any Region but can only vote in the Region to which affiliated. May hold National or Regional Officer Posts.
 - **Group Membership** = **£330.00 Inc VAT**
 - Open to any company or other organization engaged in any aspect of catering within that sector. Corporate Membership includes up to four members, each of whom may attend meetings in any Region. However, Corporate Members are only entitled to one vote and only one member may hold office in the NACC.
 - **Retired Membership** = £48.00 Inc VAT
 - Open to any Individual Member who has retired from normal employment. May attend meetings in any Region but can only vote in the Region to which affiliated.
 - May hold National or Regional Officer Posts.
 - There are 3 easy ways to apply for membership
 - 1) **Complete the online registration**
 - 2) Download the membership form and return to:
 - 3) email info@thenacc.co.uk

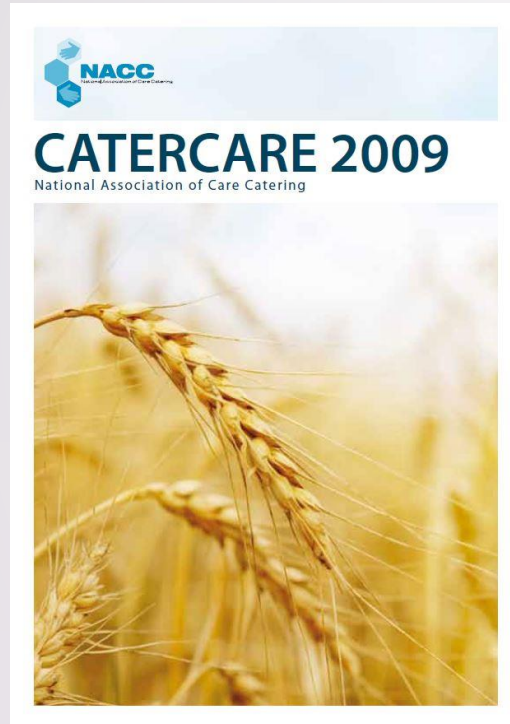
28 SHARE KNOWLEDGE – WEBSITE DOWNLOADS

- Creating a fortified diet for care home caterers.
- Finding the fun in Dementia
- Food Nutrition and wellbeing an intrinsic link
- Social Media are you missing out
- Dysphagia: the ongoing implementation of IDDSI
- The digital road ahead
- PPDS Labelling – will it affect your service
-
- Sustainability – do we care
- Think proactive not reactive?
- Time for Creativi-tea
- IDDSI in the care sector
- Dining with Dementia
- Nutrition & Hydration stations at Primrose bank

29 SHARE KNOWLEDGE – WEBSITE DOWNLOADS

- Afternoon Tea delight
- Natasha's Law
- Seasonality & the chef
- Passion for foraging
- How does your garden grow.
- Improving oral health for adults in care homes,
- Hot weather flyers
- Are you drinking enough water – Poster
- Adding the NACC website to your mobile device
- Almond and Cherry Shake
- A practical guide to healthy aging
- 10 key characteristics for good nutritional care
- Case study Meals on Wheels

30 YEARBOOKS AVAILABLE ON LINE 2009 - 2024



3 | BECOME A PREMIER PARTNER

- The annual Premier partnership pack
- Exhibition stand at National training & Development Forum (TDF)
- 2 delegate places at entire event
- Up to 8 dedicated one to one appointments for meet the buyer
- Logo on all screens, opening video and promotion materials for NACC TDF
- ¼ page ad in the NACC TDF conference guide alongside highlighted company entry and logo in the exhibitor list
- Logo included on the NACC newsletter (emailed to prospective TDF delegates , exhibitors and members.
- 2 dedicated emails to NACC members
- Social media welcome post and new posts across all platforms
- Group membership for 4 members
- Logo and company profile included on NACC website
- Full page advert in NACC yearbook
- Full page advertorial in NACC Yearbook
- Entry into the care catering suppliers' section of the yearbook and website
- View our premier partner package to find out more.
- All for £5500.00 + vat



QUESTIONS

QUESTIONS OPEN TABLE

33 CLOSE



WE WOULD LIKE TO THANK YOU
ALL FOR ATTENDING.



SAFE JOURNEY AND LOOK
FORWARD TO SEEING YOU NEXT
TIME.