



**Minutes of the NACC Northern & Scottish Regional Meeting – 5th & 6th June 2008
The Geddes Room, Mansion House, Edinburgh Zoo, Corstorphine**

Present:

Graham Russell	Dawson MMP
Trevor Moolman	Crown Foods
Gill Thrush	Harrogate Neighbours
Scott Brown	Fretwell-Downing Hospitality
Andrew Markwell	Fretwell-Downing Hospitality
Ellen Clayton	apetito
Shona Strachan	Fife Council
Paul Haughey	E & R Moffat
Robert Beveridge	Thermo-box
Peter Dicker	WRVS
Marnie Sommerville	The Nutrition Training Company
Euan Ronald	Robot Coupé
Joyce Gordon	East Lothian Council

Attendees:

Dr Gordon McDougall	The Scottish Crop Research Institute
Mr Gary Rankin	Kettle Produce Ltd

Apologies:

Gillian Allison	Sheffcare Ltd
Steven Scragg	BGL Rieber
Alan Drayton	BGL Rieber
Paul Maquire	Falcon Food Services Equipment
Lorna Muir	Renfrewshire Council
Laura Robertson	The Nutritional Training Company
Mark Russell	Russell Catering Equipment
Maureen Balmer	Dundee Social Work Department
Brian La Combre	apetito
Gary Conway	Tayside Contracts
Bill Kennedy	Tayside Contracts
Colin Kennedy	City of Edinburgh Council
Gary Nicholl	Hobart UK
Ewan Cairns	Foster Refrigeration

Welcome

A warm welcome to the Mansion House at Edinburgh Zoo, particularly to those travelling from the North of England, and of course Scotland. A special welcome was conveyed to new members. Shona also introduced and extended the welcome to both speakers in attendance; Dr Gordon McDougall joining us from the Scottish Crop Research Institute in Dundee and Mr Gary Rankin from Kettle Produce in Fife.

Breeding Crops for Healthier Foods

Dr Gordon McDougall

The Scottish Crop Research Institute (SCRI) is internationally recognised for undertaking research on plants and plant products for their interaction with the environment, pests and pathogens. It is the UK's lead centre for research on potatoes, barley and soft fruit crop, (blackberry, blackcurrant, raspberry and strawberry).

The SCRI is responsible for breeding crops with improved quality and nutritional value, promoting a healthy sustainable environment. It aims to enhance the health benefits of foods to the public. Breeding targets not only include yield, shape and size but also taste, colour, appearance and overall the healthier options. Dr McDougall gave us an overall view of the current research for healthier tatties (or 'potatoes' as the Sassenachs amongst us know this vegetable), barley bread and berries.

Recent research involving the Commonwealth Potato Collection, includes familiar varieties such as Pentland Javelin and Desiree. A potato from Peru has been selected, named 'Phureja' which taste better, cooks in half the normal time and has eight times more carotenoid content (vital for good eye sight). The inherited DNA has been used to map and cross breed a potato suitable for growing in Scotland/UK. Look out for 'Mayon Gold' available in the shops during the summer season.

Studies are currently being undertaken to develop a healthier bread containing barley. Its high level of anti-oxidants and B-glucan content reduces heart disease and cholesterol. Barley is primarily grown for the whisky industry, but research has shown we are missing out on the health benefits.

Berries can also have a significant effect on human health protecting us from cancers, cardiovascular diseases and strokes, diabetes. Interesting facts quoted were Blackcurrants have the highest vitamin C content; strawberries have more vitamin C than oranges, while Blueberries have been misquoted and are not high in Vitamin C. Berries aid the digestion of starch; helping to prevent diabetes. Raspberries have been proven to assist with the fight against cancer. Berry juices can boost immune systems and support recovery in elite athletes. The juices prevent damage to the gut surface thus protecting against infection. Frozen berries have the same goodness as fresh. Recently a study has been commissioned in conjunction with Scandinavian research to investigate if berry juices improve the memory of Alzheimer sufferers. Watch out for the conclusive results.

An interesting presentation, which generated lots of questions from the floor.

Kettle Produce Ltd

Mr Gary Rankin

Kettle Produce Ltd was established in 1985, but has been trading since 1976 as a family business between The McIntyres and The Samsons. They are now the largest agricultural employers in Fife, and the largest prepared pre-packed vegetable supplier in the UK providing to multiple retailers. (M&S, Tesco, Somerfield etc.) Kettle Produce Ltd work in conjunction with growers in Scotland, France and Spain. They have a portfolio of over 60 prepared lines, including combinations of carrots, parsnips, leeks, swede, turnip, broccoli, cabbage range, Brussel sprouts, iceberg and speciality lettuces. A full programme from field to shop is in operation to ensure crop management techniques and good agricultural practices are followed to protect the environment as well as the crops. Quality Assurance Schemes operate throughout the supply chain from seed selection to consumption, e.g. Farm to Fork (M & S) and Natures Choice (Tesco), show traceability conforming to food safety standards, with robust HACCP principles meeting E U requirements. Soil management, Pollution control, Pest Management and Health & Safety for employees are also to the forefront of running a thriving

business. There are two main sites in Fife dedicated to preparing produce with mechanical technology, large vacuum chillers and high-speed wrapping and labelling facilities. In 2003 'KP Espana' expanded to Murcia.

Kettle Produce is committed to the workforce, the key to future success, encouraging self-development and training, showing recognition and rewarding fairly.

Gary was pleased to answer questions and gifted us a few samples of seasonal produce that quickly disappeared.

BUSINESS MEETING

Ellen, Chair of the Northern Region was happy to be in charge of the agenda.

Research on Community Meals

We had the opportunity to view the Power Point Presentation compiled by Robin Norton from GRASP UK. NACC members had concerns that the trends to provide a 'Meals on Wheels Service' was on the decrease and numbers were dropping despite more care being provided in the community. The NACC commissioned GRASP UK to conduct a national survey: The findings varied from Local Authorities, some contradicting the trend, others depending on resources and subsidies.

Peter (WRVS) asked if the presentation would be distributed to members and requested a copy of the report to follow.

Nutritional Action Plan

In March 2008, Ivan Lewis hosted the first National Summit to discuss the issue of Older People and Nutrition, during which he announced the development of an Action Plan. The NACC has been involved in producing this NAP, which was published on 30th October 2007.

The 5 key priorities of the plan are

1. to raise awareness of links between nutrition and good health, and that malnutrition can be avoided.
2. to ensure accessible guidance is available across all sectors.
3. to encourage nutritional screening for all people using health and social care services, especially the vulnerable.
4. to encourage provision and access to training for frontline staff and managers on the importance of nutrition.
5. to clarify standards & strengthen inspection and regulation.

More information can be found on our website: www.thenacc.co.uk and the full document is available on the Department of Health website: www.dh.gov.uk/publications

National Executive Meeting - held on Tuesday 22nd April 2008 in Birmingham.

Care Cook of the Year 2008 – Encouraging to have more nominations than previous years. Finals are being held at the Birmingham College of catering, Tourism & Creative Studies on the 3rd July 2008.

Exhibitions – The Care Show, Bournemouth (1/2 April 2008) and Hotelolympia were very successful. Volunteers needed to staff the NACC Stand at the Care Show at NEC Birmingham on 5th & 6th November 08.

Community Meals on Wheels Week – furthering discussions at the National Executive to reinvent the 'Meals on Wheels' logo, it has been renamed as 'National Community Meals on Wheels Week' with a view to drop the 'Meals on Wheels' at a later date.

Admin Report – System has been updated. Regions are actively contacting members who are not attending. We need a membership drive.

Some members have had difficulty accessing information for meetings. Booking form could not be completed on-line, can it be sent as a 'word doc' rather than 'pdf'?

Marketing – Suggestions were made to have

- a marketing pack /tool
- links with other associations
- exhibitions and presentations
- an informative website.

Treasurers Report - funding required for new website and marketing.

National Treasurer

As Chris Jackson is stepping down, the position of National Treasurer has become vacant, anyone wishing to stand please notify the National Executive. Ellen has already expressed interest.

National Deputy Chair

Derek Johnston would like to continue as National Deputy Chair. A vote of support was nominated by Paul Haughey and seconded by Peter Dicker.

Recommended Standard for Community Meals

Sections are being reviewed and updated. Volunteers required for working party.

National Conference 2008 – a Changing climate

Hilton Birmingham Metropole 10th – 12th September. Bookings for this year's conference are ahead of this time last year. Exhibitors form is available on the website. The Exhibition will be open to outside visitors.

NACC Constitution Changes

There has been extensive updating to the Constitution. The proposed changes were read and points highlighted. Full details are available to download from the NACC website.

Regional agreement was proposed by Peter Dicker and seconded by Robert Beveridge. Changes will be formalised at next National Executive meeting in July.

Notices -

Northern Region

- Care Cook of the Year Finalist – Paul Kirby from Sheffcare
- It was an honour for Ellen to present a cheque for £115 to Val Bedford for The David Bedford Head and Neck Charity. Final decision to be made at September meeting for this year's nominated charity.

Scottish Region

- Care Cook for the Year Finalist – Alan Innes from Appen House, Fife.

Dates for your Diary –

Northern Meetings

- 25th September 2008 - Holton (Widnes) Joint HCA & LACA

- 11th December 2008 - Coalminers Museum

Scottish Meetings

- 3rd September 2008 - Greenock Prison

- 3rd December 2008 - to be confirmed

Care Cook of the Year Final - 3rd July 2008

NACC Conference & Exhibition - 10th- 12th September 2008

The Care Show, Birmingham - 5th & 6th November 2008

Round the Regions

Harrogate Neighbours -Gill Thrush rushing back to join in a 1940,s Theme Day tomorrow.- 'wear it green ' Cancer Awareness Day! An article published in the 'Stir it up' magazine promoted growing our own vegetables in our allotment.

Sue Ullman says 'Hello' and sends her regards to everyone.

Dawson MMP - Graham Russell representing suppliers of food Service equipment, from Dishwashers, to Refrigeration, Cooker Ranges and Combo-ovens. Invitation extended to the HCA Conference, LACA and the NACC.

WRVS – Peter Dicker representative for Scotland and the North of England. Currently running a pilot in North Yorkshire. Successful new contract underway in Redcar, Cleveland.

Crown Foods – provides caterers with a wide range of main meal solutions, supplying frozen individual portions to Local Authorities and moving into Residential Care. Trevor Moolman would be delighted to discuss the full product range and like to be more involved in Scotland. See you at the NACC Conference.

E & R Moffat – is one of the most respected brand names in the catering industry with a reputation for quality and innovation built over 40 years. The company is based in Bonnybridge, Central Scotland, and is steadily expanding and maintains sound profitability, while ensuring competitive pricing. Our workforce is highly valued and a multi-skilling policy allows for manufacturing flexibility providing energy ideas and improvements. Paul Haughey invites you to visit the stand at the NACC Conference.

East Lothian Council - have agreed to extend their contract with apetito for another year. Single Status causing low moral amongst staff. Workforce not given a lot of choice either required to sign agreement to except new contract or resign by 31st May. Individuals will have the opportunity to appeal later.

Fife Council - Shona Strachan, Meals on Wheels Manager expressed there could potentially be big changes if the Meals & Wheels Service is transferred from the Social Work Department to Catering and Cleaning Services: an interesting few months ahead. We are still experiencing recruitment problems. The restructure of the assessment process has seen a drop in the number of meals provided, as referrals are on the descent, and the waiting list is going up.

apetito - Like all Caterers, apetito are presently facing the challenge of global rising food price, energy and transport costs. This is having a knock-on effect on us all and increases will inevitably be passed on to service users. On a more positive note, apetito has successfully won a new contract with Knowsley Council.

As previous minute, Ellen Clayton would like to stand for National Treasurer, if successful the Regional Chair for the Northern Region would become vacant. Anyone interested in standing for Northern Chair should contact Ellen.

Thermobox UK - Robert Beveridge gave us a short demonstration on new 'heat pads,' the latest in a line of products designed to keep food hotter during transport in their insulated boxes and containers. These are mostly marketed for the transport of Meals on Wheels and School Dinners. The Thermo-boost pads can be heated in the oven to 150° and placed in base of box. A 'Duvet cover' - heat 'shield' is available to place on top and a handy 'Duvet Pouch' holds a main meal and dessert when delivering direct to clients at home. Thermobox UK is also feeling the pressure of rising prices, due to the value of the pound to the euro.

AOCB - Arrangements made for Thursday evening programme and Friday visit.

Appreciation was given to the Scottish Region for hosting our two-day event.