

EMBRACING THE EVOLUTION OF THE CARE CATERING INDUSTRY

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Nellsar attend NACC Training and Development Forum

The National Association of Care Catering (**NACC**) Training and Development Forum, held on 4-5 October in Nottingham, was a fantastic event. Myself, Adrian Silaghi (Head of Catering at **Princess Christian Care Home**) and Stuart Knell (Head of Catering at **Abbotsleigh Care Home**) were able to network and learn from the best in the industry. The day exhibited the most current trends and techniques in catering and nutrition within the care industry.

To open the day we heard from the NACC Chairman Neel Radia. We also welcomed Baroness Barker as the new NACC patron and had the pleasure of hearing her speak with passion about the hurdles and challenges we all face in care catering and the importance of all working together to improve the lives of some of the most vulnerable people in the country.

We had the opportunity to speak with leading industry suppliers and sample their work. Cooking demonstrations ran throughout the day showing a variety of techniques we can all be using to produce beautifully presented meals and snacks for those on a dysphagia diet.

The workshops that were particularly useful included:

Dr Ben Hansen, Associate Professor, University College London

Ben ran a workshop on the new IDDSI (International Dysphagia Diet Standardisation Initiative) global standards. The new standardised descriptors are due to roll out in April 2019. The new testing methods and descriptors will allow for consistent production and easy testing of thickened liquids and texture modified foods. Up until now the methods have been very unclear and it has been left to a subjective opinion of what constitutes a 'syrup' or 'custard' consistency, or what 'fork mashable' means. The new standards will be clear and not left up to individual opinion.

Sophie Murray, Head of Nutrition and Hydration, Senior Sunrise Living

Sophie spoke about optimum nutrition and hydration within a care setting and ways of reaching this. The main points she raised were:

- The importance of resident-led menus and working from a robust menu planning framework.
- The crucial role of protein in repair, immunity and digestion.
- Texture modified options – always available and nutrient rich.
- Vitamin D – How to increase availability within a care setting and the importance of vitamin D in bone health and immunity.
- Fibre – Meeting required levels and the routes to take to do this and why.
- Hydration – The importance of staff training and understanding. How to increase fluid intake in the elderly.

Jo Bonser, Managing Director, Health Care Services UK

Jo is passionate about the 'Dining experience' and the importance of the right setting enhancing the health and wellbeing of people living with Dementia. Jo shares her knowledge and experience to promote best practice and innovative fit-for-purpose product solutions, which support the safety, dignity and independence of ladies and gentlemen living in care homes.

Nellsar is becoming known as a group who are embracing the evolution of the care catering industry. We are actively working as a dynamic team to improve standards across our **Homes** and shine a light on the importance of this element across the company – and Leni, Adrian and Stuart are delighted to be individual members of the Association. Thanks to the NACC we are able to reach higher standards with clear guidelines and support from the wider care catering community.

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