

NELLSAR NUTRITIONAL THERAPY PLANS FOR 2020

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Big plans ahead for the year...

2020 is looking like an exciting year for Nellsar, and our work to improve **Nutrition and Hydration** provisions for our 13 Homes continues.

Last year saw the success of our Chef Masterclass which bonded our Chefs from across the company with an informative and innovative workshop.

Masterclasses

This year, the wheels are already in motion to expand on our **Masterclasses** and we will be offering them to our dining teams, with a focus on the most appropriate dining experience and dining environments for those living with Dementia. We know that there isn't a specific one-fits-all diet for people living with cognitive illness. However, we do know that environment and interaction are paramount to whether a person with Dementia feels comfortable enough and supported enough to sit and eat.

Adrian Silaghi, Nellsar's Head of Catering, and I are teaming up in a wider capacity. Adrian's primary

care home is Princess Christian in Woking, Surrey. Their recent CQC Inspection earned them an 'Outstanding' rating overall and Adrian's skill and the efforts of his team played a significant part in this fantastic achievement.

We are now looking at how we can drive improvements though the rest of Nellsar with innovative ideas, workshops and tailor-made coaching to fit each individual Home and the people living and working in them.

There are some exciting things in the pipeline...

- Katja, Our Nutrition and Dining Champion at Lulworth House Residential Home, will be attending the **CQC Compliance for Nutrition and Hydration Conference** in London on the 6 February. Adrian and I will be attending with Katja, as will the Nutrition Champion and Cook from Princess Christian Care Home.
- **Vegetarian for Life** – the leading authority on diet and healthy living advice for older vegans and vegetarians – are booked to visit our Nellsar Homes throughout this year, starting with Bromley Park Care Home in the spring. They will provide coaching and training for our Chefs and care staff on what it means to be an elderly vegetarian or vegan in Care, and how we can best support them.
- Our **Nellsar Learning Hub** trainers will continue to train staff in Nutrition and Hydration in Care. This continues to be developed and is such a positive in-house resource, providing training across the board (eg in moving and handling, infection control) as well as focused catering training in areas such as food safety.

Now you have had a sneak peek at some of what is in store; I look forward to sharing more as Nutrition and Hydration in Nellsar evolves over the next 12 months. *Watch this space!*