Challenging the new normal in care catering

NACC 2023 TDF
Incorporating the CaterCare Expo
East Midlands Conference Centre, Nottingham
4th – 5th October

TWO DAYS of keynote speakers, training workshops, live cookery demonstrations, meet-the-buyer meetings, exhibition viewing and networking



A unique training event for professionals providing catering and related services within the care sector

4th – 5th October 2023 | East Midlands Conference Centre, Nottingham

We've got everything covered!

Our speakers will be challenging the new normal and looking at how you can creatively make a difference with your resources!

- Discover the wider benefits of food for your residents, staff and you – understand how food can improve both physical and mental wellbeing.
- Living with dementia – what's it really like?
- How can the new Integrated Care Systems improve the future of our care landscape?
- Be one of the first to preview the new BDA Care Digest written in conjunction with the NACC to help you meet older adult's nutritional needs as stipulated by The Health & Social Care Act.
- Tackling the catastrophic rise of food allergies and what care caterers can do about it.
- Gain practical management tools you can use to help your team reach their true potential.
- Talking Mats – learn a unique way to enhance the eating and drinking experience of your residents with communication difficulties.
- Hear the latest insights from Government from one of our key champions & lobbyists.
- Why we need Meals on Wheels – the broad and essential benefits for social care and the community.
- See how to combine food groups and ingredients to provide essential nutrients and neurotransmitters to support your residents and service users.
- Unlock a range of innovative techniques to improve the well-being of those in your care.
- Go on a journey where the worlds of nutrition, food science and health psychology converge.
- Learn practical ways to increase nutrient density in your dishes.
- Encourage social interaction with a range of afternoon tea delights and ideas.
- Profile your personality and others to learn how this can help you all become more relaxed and productive in an uplifting and motivational session.

YOU CAN BOOK A FULL RESIDENTIAL PACKAGE OR JUST CHOOSE ONE OF THE DAYS TO ATTEND

Fully loaded – a packed two day programme

WEDNESDAY 4TH OCTOBER

10:30 **REGISTRATION & EXHIBITION VIEWING**

11:00 **WELCOME**
Phil Raynsford, Forum Chair

11:05 **OPENING ADDRESS**
Sue Cawthray, National Chair, NACC

11:20 **CARE CATERING: TIME FOR NEW INGREDIENTS**
Baroness Barker, Member of the House of Lords & NACC Patron

11:35 **OUR LIVES WITH DEMENTIA**
Chris & Jayne Roberts, NACC Ambassadors

11:50 **HOW CAN WE ACHIEVE MEANINGFUL INTEGRATION**
Fraser Rickatson, Policy Officer, Care England

12:20 **COOKERY DEMONSTRATION**
THE NACC MYSTERY BASKET CHALLENGE
Steve Munkley, Consultant Chef & NACC Care Chef Head Judge

12:30 **LUNCH & EXHIBITION VIEWING**

13:30 **MAXIMISING THE WIDER BENEFITS OF FOOD FOR CUSTOMERS, CARERS AND STAFF IN THE CARE SECTOR**
Professor Jane Ogden, Health Psychology, University of Surrey

14:10 **'THE SERVICE… I COULD NOT DO WITHOUT IT': BUILDING THE EVIDENCE ON THE IMPORTANCE OF MEALS ON WHEELS IN THE UK**
Dr Angeliki Papadaki, Senior Lecturer in Nutrition, University of Bristol

14:50 **REFRESHMENTS & EXHIBITION VIEWING**

14:50 **COOKERY DEMONSTRATION**
ADDING BENEFICIAL NUTRIENTS FOR YOUR RESIDENTS
Alex Hall, Executive Chef, Unilever Food Solutions &
Preston Walker, Director, Oak House Kitchen

15:20 **WORKSHOPS** (your choice of 1)

1 **SIMPLY THE BEST**
Phil Raynsford, Trainer & Motivational Speaker, Phil Raynsford Associates

2 **A NEW TRILATERAL APPROACH TO RAISING NUTRITION**
David Titman, Director & **Jenna Mosimann**, Chief Executive Officer, RaisingNutrition

3 **TALKING MATS: IMPROVING THE EATING & DRINKING EXPERIENCES OF RESIDENTS WITH COMMUNICATION DIFFICULTIES**
Amanda Woodvine, Chief Executive, Vegetarian for Life &
Rachel McMurray, Clinical Specialist Speech & Language Therapist

4 **FOOD FOR THOUGHT: INCLUSIVITY, MOOD FOOD, NUTRITION AND WELLBEING**
Paul Mannering, Principal, **Mark Belford,** Vice Principal, **Pauline Batey,** Training & Development Specialist & **Rebecca Ashley,** Training & Development Specialist, HIT Chef Academy

16:30 **NACC AGM**

17:30 **EXHIBITION CLOSE**

19:30 **NETWORKING THEMED DINNER – ANCIENT ROME**

THURSDAY 5TH OCTOBER

09:00 **EXHIBITION OPEN**

09:30 **MEET-THE-BUYER APPOINTMENTS**
ONE-TO-ONE MEETINGS BETWEEN DELEGATES AND EXHIBITORS

12:30 **LUNCH & EXHIBITION VIEWING**

12:45 **COOKERY DEMONSTRATION**
AFTERNOON TEA WITH ESSENTIAL CUISINE
Gary Kilminster & Robin Dudley, Business Development Team, Essential Cuisine

13:30 **FOOD ALLERGIES, NATASHA'S LAW & BEYOND**
Nadin Ednan-Laperouse & **Tanya Ednan-Laperouse**, Co-Founders, The Natasha Allergy Research Foundation

14:00 **BDA MENU PLANNING GUIDANCE FOR CARE HOMES**
Helen Ream, Healthcare & Foodservice Dietitian, Compass Group & **Alison Smith,** Registered Dietitian

14:30 **WORKSHOPS REPEATED** (your choice of 1)

1 **SIMPLY THE BEST**
Phil Raynsford, Trainer & Motivational Speaker, Phil Raynsford Associates

2 **A NEW TRILATERAL APPROACH TO RAISING NUTRITION**
David Titman, Director & **Jenna Mosimann**, Chief Executive Officer, RaisingNutrition

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15:30 **REFRESHMENTS**

15:30 **COOKERY DEMONSTRATION**
FROM DESSERTS TO DRESSINGS
Steve Munkley, Consultant Chef, EasiYo Yogurt

16:00 **EXHIBITION CLOSE**

16:00 **OPPORTUNITIES AND CHALLENGES: WHERE TO NOW FOR LOCAL GOVERNMENT**
Mo Baines, Chief Executive Officer, APSE

16:30 **ARE YOU A CHARISMATIC LION OR AN EASYGOING BEAR? DISCOVER YOUR PERSONAL PROFILE**
Dr Shelley James, Director, Age of Light Innovations

17:30 **CLOSING ADDRESS**
Sue Cawthray, National Chair, NACC

19:00 **NACC GALA DINNER & AWARDS DRINKS RECEPTION**

19:30 **NACC GALA DINNER & AWARDS 2023 & NACC CARE CHEF OF THE YEAR PRIZE GIVING 2023**

Please note: *speakers, topics and times are subject to change.*

NINE Informative & thought-provoking presentations

Wednesday 4th October

HOW CAN WE ACHIEVE MEANINGFUL INTEGRATION?



Fraser Rickatson
Policy Officer, Care England

The Opening address will look to contextualise the current landscape of the sector and social care reform. Fraser will then look to what the future of our care sector could be, with the opportunities that are presented with Integrated Care Systems and the challenges facing us in the future.

OUR LIVES WITH DEMENTIA



Chris & Jayne Roberts
NACC Ambassadors

Jane and Chris will discuss their work with the Welsh Government and the Wales Dementia Action Plan; Jayne's work with the charity Dementia Carers Count; Chris's work with Alzheimer Europe as Chair of the European Working Group of People with Dementia; and of course, where we are now in Chris's progression.

MAXIMISING THE WIDER BENEFITS OF FOOD FOR CUSTOMERS, CARERS AND STAFF IN THE CARE SECTOR



Professor Jane Ogden
Professor in Health Psychology, University of Surrey

Food is not just about nutrition but plays many other roles in our daily lives. This talk will explore the many roles of food including emotional regulation, social interaction and communication and highlight the ways in which food can be used to build relationships, have fun, create a sense of security and improve both physical and mental wellbeing.

CARE CATERING: TIME FOR NEW INGREDIENTS



Baroness Barker
Member of House of Lords, NACC Patron

Baroness Barker, the NACC's patron and long-term supporter and member of the House of Lords, will update delegates on her ongoing lobbying to Government on behalf of the NACC and the broader care catering sector. She will share her continuing plans to influence the care sector as an experienced and important voice who is able to engage and influence the necessary bodies and Government.

THE SERVICE... I COULD NOT DO WITHOUT IT: BUILDING THE EVIDENCE ON THE IMPORTANCE OF MEALS ON WHEELS IN THE UK



Dr Angeliki Papadaki
Senior Lecturer in Nutrition, University of Bristol

Meals on Wheels deliver meals to older adults, and those in need of care and support, who might otherwise not be able to acquire and prepare their own meals. The benefits of the service are widely recognised and extend beyond nutrition. However, the service is hugely under-researched in the UK, and more evidence is required to support decisions on its continuation and enhancement at local, regional, and national level. This presentation will use findings from University of Bristol studies on Meals on Wheels to dissect implication for social care practice and policy.

meals on wheels™ more than just a meal

A RANGE OF DELEGATE PACKAGES AVAILABLE WITH PRICES STARTING FROM £215 +VAT

Thursday 5th October

FOOD ALLERGIES, NATASHA'S LAW & BEYOND



Nadmin Ednan-Laperouse & Tanya Ednan-Laperouse
Co-Founders, The Natasha Allergy Research Foundation

The catastrophic rise of food allergies in our society in the last 20 years, what lies ahead and what can be done about it?

BRAND NEW BDA MENU PLANNING GUIDANCE FOR CARE HOME CATERERS



Helen Ream, *Healthcare & Foodservice Dietitian, Compass Group*



Alison Smith
Registered Dietitian

The Health and Social Care Act requires all care homes to meet residents nutritional needs, however there is currently no national guidance available to support caterers about how to do this. The British Dietetic Association is working with NACC to produce the first ever freely available, national food-based guidance designed to support care home chefs to understand how to meet older adult residents nutrition needs using food. Helen and Alison will discuss the planned guidance together with planned timelines for launch.

OPPORTUNITIES AND CHALLENGES: WHERE TO NOW FOR LOCAL GOVERNMENT



Mo Baines
Chief Executive Officer, APSE

An overview of the impact of national funding on local government budgets and the opportunities and challenges for the delivery of care catering.

ARE YOU A CHARISMATIC LION OR AN EASYGOING BEAR? DISCOVER YOUR PERSONAL PROFILE



Dr Shelley James
Director, Age of Light Innovations

Discover your personal profile and shine a light on how this powerful cycle drives every cell in your body and brain from the first weeks in the womb.

Explore simple ways you can harness your unique preferences to boost sleep, improve mood and pinpoint the perfect time to work, rest and play.

Learn how understanding your colleagues' profile can help you all to be more relaxed and productive.

Take away your own personal moments and enter a quiz for a chance to win a prize at the Gala dinner.

FOUR Educational and interactive workshops

One hour workshops that are repeated on Wednesday & Thursday afternoon – you can choose your top two!

1 SIMPLY THE BEST



Phil Raynsford, *Trainer & Motivational Speaker, Phil Raynsford Associates*

As managers and leaders, how can we best help our teams recognise and reach their true potential in an increasingly challenging environment? Join Phil for some practical takeaways in a workshop guaranteed to be informative, interactive and, very importantly, fun!

2 A NEW TRILATERAL APPROACH TO RAISING NUTRITION





David Titman, *Director &* ***Jenna Mosimann****, Chief Executive Officer, RaisingNutrition*

Join the social enterprise RaisingNutrition for an interactive workshop that will take you on a journey where the worlds of nutrition, food science, and health psychology seamlessly converge, raising the bar on nutritional standards. Where the provision of great nutrition needs to be managed alongside technical challenges (eg texture modification), and meeting individual food choices, this integrated approach comes into its own. Through relevant examples and case studies you will be introduced to innovative techniques, research-driven insights, and practical strategies for improving the well-being of those in your care. If you take nutrition seriously, join us to find out more.

3 TALKING MATS: IMPROVING THE EATING & DRINKING EXPERIENCES OF RESIDENTS WITH COMMUNICATION DIFFICULTIES





Amanda Woodvine, *Chief Executive, Vegetarian for Life &* ***Rachel McMurray****, Clinical Specialist Speech & Language Therapist*

Talking Mats is a communication tool that can benefit a wide range of people experiencing communication difficulties – not least, those living with dementia. Extensive research supports the use of Talking Mats to support person-centred planning and practice in health and social care. Talking Mats users report that the Mats foster closer relationships between residents and care givers; enhance work satisfaction; and motivate residents towards social activities, eating, exercise, and more.

Rachel as a Speech and Language therapist will show how Talking Mats can enhance the eating and drinking experiences of residents with communication difficulties in this interactive workshop.

4 FOOD FOR THOUGHT: INCLUSIVITY, MOOD FOOD, NUTRITION & WELLBEING









Paul Mannering, *Principal,* ***Mark Belford,*** *Vice Principal,* ***Pauline Batey,*** *Training & Development Specialist &* ***Rebecca Ashley,*** *Training & Development Specialist, HIT Chef Academy/Connect2Care*

In this workshop, the team will explore the direct correlation between mental health, wellbeing, nutrition and what you eat! Learn how to combine ingredients and food groups to provide essential nutrients and neurotransmitters to better support your service users and staff. Food should be inclusive, nutritious and delicious - this workshop will help you get the best out of fresh food and be creative with your culinary offer. Connect2Care and HIT's Chef Academy will deliver an engaging and interactive workshop with the opportunity to sample some of the featured dishes and take part in a Q&A.

6 **PICK UP SOME TOP TIPS, SKILLS AND KNOWLEDGE ON ESSENTIAL INGREDIENTS AND THE BEST WAY TO INCORPORATE THESE INTO YOUR MENUS**

FOUR Inspiring cookery demonstrations

Watch our amazing culinary demonstrations, and gain ideas and inspiration to take back to your kitchens



THE NACC MYSTERY BASKET CHALLENGE

Steve Munkley
NACC Care Chef Head Judge & Consultant Chef

Chair of the NACC Chef of the Year Steve Munkley will be challenged to create a dish from a basket of ingredients supplied on the day from the kitchens of Primrose Bank. Whilst cooking he will deliver an overview of the merits in signing up and using the Grande Cuisine Academy's free online training platform for chefs.





ADDING BENEFICIAL NUTRIENTS FOR YOUR RESIDENTS

Alex Hall
Executive Chef, Unilever Food Solutions

Preston Walker
Director, Oak House Kitchen

Preston and Alex will be showcasing how to increase nutrient density in dishes, featuring Preston's Beef and barley stew, with parsley dumplings and an IDDSI option for you to try!



AFTERNOON TEA WITH ESSENTIAL CUISINE

Gary Kilminster
Business Development Chef, Essential Cuisine

Robin Dudley
Business Development Chef, Essential Cuisine

Afternoon Tea delights to encourage social inclusion for residents and family get togethers. Ideal for the summer but also for those long winter days when we all dream for the sun again.



FROM DESSERTS TO DRESSINGS

Steve Munkley
Consultant Chef, EasiYo Yogurt

Steve will be showcasing how easy it is to make EasiYo Yogurt and how versatile the product is for any care sector kitchen application, from curries to dressings and even served as a dessert on its own.









EIGHT Meet-the-buyer appointments

Your opportunity to choose a selection of suppliers you would like to meet on a one-to-one basis – just like speed dating. Always popular with both our delegates and exhibitors.







NB: for packages including Thursday day booked after the 8th September, you may not receive a full meet-the-buyer itinerary due to limited spaces with exhibitors. If you are a supplier booked as a delegate, unfortunately you will be unable to participate in the meet-the-buyer sessions.

Numerous networking opportunities where you can exchange ideas with like-minded colleagues

Wednesday

- Refreshment breaks & lunch
- Dedicated exhibition viewing times
- NACC AGM
- Networking Themed Dinner – Ancient Rome





Thursday

- Meet-the-buyer one-to-one meetings
- Refreshment breaks & lunch
- Dedicated exhibition viewing times
- Gala Dinner, NACC Awards and Care Chef of the Year





For more information visit **www.thenacc.co.uk**

@nacccatercare thenacc @TheNACCCaterCare @NACCCaterCare #NACC2023

Delegate Booking Form 4th – 5th October 2023

MEMBER RATES (PER PERSON)	RATE	TOTAL
2 night residential package, includes training forum, accommodation and networking evening on Wednesday, training forum, Meet-the-Buyer, accommodation and awards dinner on Thursday.	**£555.00**	
1 night residential package (Wed AM) includes training forum, accommodation and networking evening on Wednesday. Depart Thursday morning, prior to training forum commencing.	**£455.00**	
1 night residential package (Wed PM) includes training forum, accommodation and networking evening on Wednesday and training forum on Thursday.	**£505.00**	
1 night residential package (Thursday) includes training forum, accommodation and awards dinner on Thursday.	**£455.00**	
Gala Dinner with accommodation (Thursday)	**£270.00**	
Day delegate (Wednesday) includes training forum, workshops, cooking demonstrations and expert speakers.	**£215.00**	
Day delegate (Thursday) includes training forum, workshops, cooking demonstrations and expert speakers.	**£215.00**	

NON-MEMBER RATES (PER PERSON)		
2 night residential package, includes training forum, accommodation and networking evening on Wednesday, training forum, accommodation and awards dinner on Thursday. Why not save £145 and enjoy member rates for the event for only £70+VAT	**£700.00**	
1 night residential package (Wed AM) includes accommodation and networking evening on Wednesday and forum on Thursday	**£499.00**	
1 night residential package (Wed PM) includes training forum, accommodation and networking evening on Wednesday and training forum on Thursday.	**£549.00**	
1 night residential package (Thurs) includes forum, accommodation and awards dinner on Thursday and half day forum on Friday	**£555.00**	
Gala Dinner with accommodation (Thursday)	**£270.00**	
Day delegate (Wednesday) includes training forum, workshops, cooking demonstrations and expert speakers.	**£315.00**	
Day delegate (Thursday) includes training forum, workshops, cooking demonstrations and expert speakers.	**£315.00**	
If you would like to share a room, please tick the box		☐

Subtotal		
VAT		
Total		

Please return completed registration form to:
info@thenacc.co.uk

T: **0870 748 0180** F: 0870 748 0181

For details of membership please visit our website
www.thenacc.co.uk

BOOKING TERMS AND CONDITIONS: Up until 31st July 2023 all cancellations will incur an administration fee of £25 +VAT. No refunds will be made after 31st July 203 although substitutions can be made at anytime. Any changes to accommodation bookings must be made in writing. Residential packages include bed, breakfast, lunch and dinner. Delegates are personally responsible for settling accounts for telephone, newspapers and other personal expenses before leaving the hotel.

In the event that suppliers choose to attend the event as a delegate, they are not permitted to solicit business. This expressly includes the showing and distribution of their products and interaction with delegates in any areas covered by the NACC TDF.

The information you provide may be used for direct marketing purposes by us, and in particular your contact details will be given to the NACC Premier Partners. If you do not wish it to be used for such purposes, please tick this box ☐.

GDPR The information you supply to us will be used to administer this event. We may also contact you in the future about NACC events. For further information on how your information is used please see our Privacy Policy at https://bit.ly/NACCPrivacyPolicy

If you do not wish to be contacted about future NACC Events, please tick this box ☐.

Please complete in BLOCK CAPITALS using one form per person

Delegate Name:

Job Title:

Company/Authority Name:

Company/Authority Address for Correspondence:

Postcode:

Tel (Day):

Email:
(required for correspondence)

Member: ☐ Non-Member: ☐ (please tick one)

Membership Number:

Please state special dietary requirements:

If sharing a room with a colleague, please state colleagues name and Authority/Company:

PAYMENT INSTRUCTIONS

Full payment must accompany your booking form unless a purchase order number is given

Please invoice and quote purchase order number: ☐

Accounts contact name:

Accounts email:

☐ My cheque is enclosed please send a receipt

☐ Cheques payable to McCullough Moore Ltd

☐ My card details are below

Card Type: (please tick/circle) VISA ☐ Mastercard ☐

Card Number:
(long one on front of card)

Expiry Date:

Security code:

Name as it appears on card:

Billing Address: (address where statements sent)

Postcode:

Please note a 1.6% handling fee will be added to the net cost on ANY card transaction

PAYMENT TERMS

Payment terms are 15 days from date of invoice & must be paid to McCullough Moore's bank, details will be provided on the invoice. Please do not pay the NACC directly. All delegate fees must be paid in full prior to the event.