



*This is to certify that*

of

attended the following event as a delegate  
National Association of Care Catering  
Conference and Exhibition 2009

9 – 11 September 2009  
and completed a total of CPD hours

Sue Ullmann  
Chair, NACC

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# Programme



## NUTRITION AT THE HEART OF CARE

NATIONAL ASSOCIATION OF CARE CATERING  
CONFERENCE & EXHIBITION 2009

### THURSDAY 10 SEPTEMBER

**08:30 REGISTRATION,  
COFFEE & EXHIBITION VIEWING**

**09:30 Opening Address**  
*Sue Ullmann, Chair,  
National Association of Care Catering*

**09:45 Hungry to be heard and the nutrition  
action plan**  
*Gordon Lishman, Director General,  
Age Concern*

Keynote address to delegates to include comments on the final report of the Nutrition Action Plan Delivery Board and the challenges which are still to be met.

**10:30 COFFEE, WATER &  
EXHIBITION VIEWING**

**11:00 EXHIBITION VIEWING OR CHOICE  
OF WORKSHOP (subject to availability)**  
**1. Reducing harm from nutritional care**  
*Caroline Lecko,  
National Patients Safety Agency*

This workshop will provide delegates with the opportunity to learn about the nutrition related incidents reported to the National Patient Safety Agency and to consider how the nutritional care/ services they deliver has the potential to cause harm to service users. Delegates will have time to identify the barriers they have to delivering safe nutritional care. The final part of the workshop will enable the attendees to consider opportunities within the services they provide for improving the safety of nutritional care.

**2. Nutrition and healthy eating within  
the community**  
*Dr Mabel Blades,  
Dietician and Nutritionist*

Delegates will cover provisions, portions and a practical approach to food and nutrition, together with what is a MUST score of 4? What is soluble fibre? What does BMI mean?

**11:45 EXHIBITION VIEWING OR CHOICE  
OF WORKSHOP (subject to availability)**

**3. Malnutrition in care catering**  
*Dr Marnie Sommerville, The Nutrition  
Training Company*

This workshop will consider:

- Under and over nutrition, common nutrient and other deficiencies, calories and saturated fat focus, modified texture diets relevance to care commission guidance (Scotland) and National Care Standards and Nutrition Action Plan (England).

- Possible future developments in nutrient and food standards.
- Training provision in the marketplace and the role of dietetic audits

**4. Personalisation agenda**  
*Carey Bamber, Personalisation  
Programme Manager, North West Joint  
Improvement Partnership*  
*David Jones, Deputy Regional Director  
for Social Care and Local Partnerships,  
Department of Health.*

In late 2007 the Government published Putting People First - a concordat outlining a new vision for the future of adult social care. Putting People First requires Local Authorities to transform the way local services are commissioned and provided, putting people at the heart of planning - and in control of resources. This workshop will consider:

- The policy context for personalisation
- What progress is being made
- The implications of this transformation
- The opportunities and challenges this presents to care caterers.

**12:30 LUNCH**

**14:00 Mealtimes & nutrition:  
good practice in nutritional care**

*Elaine Cass,  
Practice Development Manager,  
Social Care Institute for Excellence*

This presentation will:

- Raise awareness of the importance of nutrition for vulnerable people using health and social services
- Encourage early identification and prevention of malnutrition through screening and follow up
- Draw attention to the wealth of resources available to support good nutritional care

**14:45 Eating well for dementia**

*Dr Lisa Wilson, Science Director,  
Caroline Walker Trust*

Dr Wilson will discuss the influence that dementia has on food choice and food intake. She will explore the physical, mental, physiological and emotional changes that need to be considered and make recommendations of how to give good nutrition to those suffering with dementia.

**15:30 COFFEE, WATER &  
EXHIBITION VIEWING**

**16:00 Addressing malnutrition  
in sheltered housing**

*Imogen Parry,  
Director of Policy EROSH & Independent  
Sheltered Housing Consultant*  
*Christine Russell,  
BAPEN's Nutrition Screening &  
Independent Nutrition Consultant*

More older people live in sheltered housing than in care homes. The presenters will describe a training programme for scheme managers which includes the use of the 'Malnutrition Universal Screening Tool' ('MUST') and a non-clinical tool for identifying the risk of malnutrition in older people living in sheltered housing and the linked project undertaken to establish the prevalence of malnutrition in sheltered housing. They will also draw on the recently published Good Practice Guide on Addressing Malnutrition.

**17:00 Conference close**

**THURSDAY - 5 CPD hours**

### FRIDAY 11 SEPTEMBER

**09:00 REGISTRATION & COFFEE**

**09:30 Food as treatment**  
*Rick Wilson, Director Dietetics and  
Nutrition, Kings College Hospital, London*  
Rick is a passionate supporter of the benefits that high quality catering services can provide to the well being and treatment of patients in hospital, residential care and the community. Today he will share with us his vision of how we can collectively make a difference.

**10:00 The Friday Kitchen!**  
The chef demo's are back but not as we know it, today's demonstrations will include suggestions for daily meal offerings in line with NACC Standards from our line up of top chefs.

**11:50 Conference close**  
*Sue Ullmann, Chair,  
National Association of Care Catering*

**12:00 LUNCH & DEPART**

**FRIDAY - 2.5 CPD hours**