

foodsense

for all seasons

MAR/APR 2016

THE SENSE OF AGEING
TILLERY VALLEY TEAM GET INVOLVED

EAT THE SEASONS

Fruit & Vegetables All Year Round

A Fond Farewell

David Dobson Retirement Interview

A UNIQUE INSIGHT...

...the Sense of Ageing

Training Course by Age UK

15 members of the Tillery Valley team took part in the Sense of Ageing training by Age UK on February 23rd.

The Sense of Ageing course is both a powerful and unique experiential event. It enabled the team at Tillery Valley to see and feel how the environment, products, equipment, service design and the way we may interact can create barriers for us as we age. It was a very practical experience to discover how their capabilities may be affected by physical and cognitive change as they age and how we can make a difference for service users through simple person-centred adaptations in our approaches.

This programme involved undertaking a series of tasks whilst wearing a range of empathy tools that simulate different effects of sensory and physical change e.g.

- *Visual impairment: Cataracts, macular degeneration, glaucoma, diabetic retinopathy, hemianopia*
- *Impaired sense of balance*
- *Hearing loss*
- *Reduced dexterity, muscle strength and sense of touch*



The practical tasks were devised in consultation with Tillery Valley to help utilise real products from the organisation and thus maximise the benefit of the experience. The tasks evolved around the dining experience of people in later life and brought in aspects such as:

- *Cognition and perception*
- *Lighting and spatial awareness*
- *Impact of colour*
- *Font type and size*
- *Packaging*
- *Manipulating cutlery and crockery*

The Sense of Ageing programme has enabled Tillery Valley to gain a unique insight into the needs of people in later life and recognise the barriers that service design, delivery or environment may present to us as we age.



FIVE -A -DAY

Eat The Seasons

With calls to eat a minimum of five portions, fruit and vegetables take a prominent role in menu planning.

Eating seasonally has health benefits too: foods in season contain the nutrients and minerals our bodies need at particular times of year.

Rhubarb – it's packed with minerals, vitamins and other nutrients that make it ideal for keeping our bodies healthy. Some of these components include dietary fibre, protein, vitamin C, vitamin K, calcium, potassium and magnesium!



Broccoli – it's an excellent source of vitamin K, vitamin C, chromium and folic acid. It's also a great source of dietary fibre, pantothenic acid, vitamin B6, vitamin E, manganese, phosphorus, choline, vitamin B1, potassium and copper!!

Life is like a camera...

Focus on what's important.

Capture the good times,

Develop from the negatives,
and if things don't work out,

Take another shot!



A FOND FAREWELL

Goodbye to David!

After almost 19 years of service with TVF, David Dobson is now ready to enjoy his retirement.

Before his 4 week trip to Australia and many years of happy retirement ahead of him we interviewed David to ask a few questions about his career highlights and plans for the future.

What is the highlight of your career with TVF over the past 19 years?

Winning my first award at the honours club; this was a trip to South Africa on a week's safari. On the trip we crossed a crocodile infested river to get to our hot air balloon, we saw the Big 5 and on our last night the Kenyan National Choir came down to perform for us.

I had no idea I would win sales person of the year, but winning this award was a real highlight. Especially securing my first contract as I'm not from a sales background but operations and to this day they're still a customer to TVF.

What is the biggest change you have witnessed of food provision within the healthcare sector?

I think the move from single discipline to a multi discipline service of catering. When I initially entered the health services absolutely everything was done by nursing. Gradually over the years that's moved to a multi discipline approach. Nurses were more involved with patients and knew individual likes and dislikes, whereas that intimate detail is very far and few between now.

What are your plans for retirement?

It's easy to say I don't have any, apart from my trip to Australia. I've got a pretty open mind about what I am going to do. At the moment my recreational interests are outdoors so hopefully a bit more tennis and windsurfing. It's having more time to do the things you don't have to do when you're working.

Do you have any goals you would like to achieve?

I would like greater proficiency on the guitar. I've recently started going along to classes for a 6



string guitar, and also picked up the base again. You never know I might end up in a band again!

What is the one thing you're going to miss most?

The camaraderie of the teams I have worked with. I don't know I'll miss the hospital visits, I've spent enough of my life in hospitals and now I'm retired I don't want to go back again. After a month or two I'll miss the customer contact, as most of mine have become friends but I am ending on a high.

How do you see the future of catering services within healthcare?

It's a difficult question. I would like to see catering taken away completely from the clinical staff and managed from the start to end of chain by qualified caterers. That's what I would like to see. I think once the meal has reached the patient, then the clinical and nursing teams should be involved, but up to that stage it should be managed by a catering professional. Unfortunately with a fragmented service, food is just one of many tasks so I would like to see the responsibility lie solely with a catering professional, but whether it goes that way and if trusts can fund this is another matter.

What advice do you have for your colleagues?

Don't compromise on your standards. People talk about what they want to do but others doubt the viability. If you organise things you can make things happen.

Do you have any parting messages you would like to share?

One of the hardest decisions I have ever made was to leave the NHS to work with TVF. Leaving the security of what I was used to and coming to TVF was a hard decision but I have enjoyed the variety of the role, working with different hospitals, passing on personal experiences and seeing the change of a hospital from conventional to a delivered meal service.

It's easy to get disheartened with all the negatives in the health service, you just have to rise above it.