



foodsense

MONTHLY NEWS & VIEWS

January 09 issue

A Happy New Year to All Our Customers

The Team at Tillery Valley Foods would like to wish all customers a happy and peaceful New Year.

Real Time Technical Update

Following a successful pilot of the RTT system - which gave us plenty of useful feedback, our thanks to all the informants! – we are now making improvements using the current Excel platform. The overwhelming feedback from both the “test pilots” and the Over to You sessions was that people would prefer we go straight to web based, with a CD version for those of you without internet access. So while we are waiting for the new TVF website to become operational, we have decided to run a second pilot on the upgraded system to see if the amendments meet customer expectations. So we will be re-contacting our pilot group to review the changes, and anyone else who would like to be involved, please let us know.

To compensate for the delay in launching, we can release copies of the Excel version to anyone who needs current data prior to the launch of the web version. Please send an email to angela.wilson@tvf-online.co.uk and we will gladly send a copy. Please also contact Angela if you want to be a “test pilot” for the second stage.



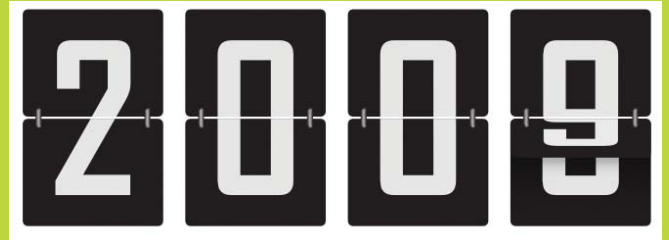
MEET THE TEAM

Over the next couple of issues, Foodsense will introduce customers to recent key additions to our staff based at Abertillery. This month features our Low Risk Production Manager, Russell Lane.

Russell joined TVF in May 2008 and his role covers the management of Goods In, the Pastry and Butchery sections and general food preparation prior to it moving into High Risk. Russell has over 20 years experience in various sectors of food manufacturing supplying Marks and Spencers and other major food retailers and brings to Tillery Valley a wealth of food manufacturing experience.



Russell Lane
Low Risk Production Manager



DIETITIANS' NEW YEAR RESOLUTIONS

The British Dietetic Association New Year Media Release says:

At a time when diet-experts are springing up all around, Pauline Douglas, Chairman of the BDA is keen to set dietitians apart:

“As a New Year brings with it an opportunity to resolve to take care of our health, diet is frequently the top of people’s list. Consequently we know that there are many sources offering advice about diet and health, sometimes leading to dangerous effects. Good nutrition is a critical component of good health and we want to remind those working to improve the public’s awareness of health and diet that dietitians are the only independently-regulated experts who can translate the complex science of nutrition into practical guidance. Dietitians enable people to make appropriate lifestyle choices, taking into account an individual’s lifestyle, budget and health and we want to make sure that people recognise and understand what dietitians do – and that their advice is to be trusted.”



The BDA’s top 5 New Year diet resolution tips are:

- Drink sensibly. 6-8 glasses of fluid, or about 1.5 - 2 litres per day is enough for most people
- Keep a diet diary for a week – be honest and record everything, then have a look at the areas where you can make changes
- If you need to make changes to your diet do so gradually – make small changes that you can stick to (e.g. eat one extra portion of veg or fruit each day, or have breakfast daily)
- Plan your meals – make a shopping list based on the meals you plan to have for the week ahead – it will also save money as you’ll be less likely to waste food
- Visit the BDA’s website www.bdaweightwise.com for free resources, meal plans, and strategies to improve your nutritional health

The BDA has a series of fact sheets designed to help people make sense of a whole range of nutrition issues, including fact sheets on fluid and are free to download at www.bda.uk.com/foodfacts” (source: BDA Media Release, Dietitians slam ‘detox’ as nonsense; 1st January 2009)

ROYAL COLLEGE OF NURSING NUTRITION NOW CAMPAIGN

Nutrition Now is collaboration between RCN, BAPEN and NPSA, aimed at improving nutritional care, and is supported by Abbott Nutrition. In a nutshell, it aims to improve multidisciplinary practice within health and care settings around issues of patients' food and beverage services – i.e. their nutrition and hydration - with particular regard to the role of the nurse and patient safety.

The workshops being held around England are encouraged to be multi-disciplinary, and a notice for these was given in last month's Foodsense. The more multi-disciplinary the workshops, the more barriers can be broken down, and professionals can better share thoughts in a 'safe' setting, and hence understand and respect each others' views and practice.

The workshop content is based on the growing amount of data on patient safety being collected by the NPSA. They complement the subsequent work that NPSA are doing with regard to the issues involving food and fluids that will be progressively disseminated from NPSA to the NHS.

Of particular interest are the three short (2 minute) but meaningful film clips designed for Age Concern, that make useful resources for training and /or to include in presentations. Topics covered are: protected mealtimes, effective use of red trays and using trained volunteers to help reduce malnutrition. They are obtainable via U-Tube and www.ageconcern.org.uk/htbh

nutrition
now

The workshop provides course handbook, facilitator pack and CD of presentations, which includes those prepared by NPSA and BAPEN and the use of the MUST tool. The handbooks contain quizzes, tools and interactive worksheets designed for both group and personal use. The facilitator information pack provides clear and structured sessions that can be used as stand-alones, as a series or a whole day event, and covers: scene setting, patient safety issues, observations of care and improving service delivery, working in teams, nutritional screening and action planning; techniques to encourage reflection and closing the session with a view to some future action!

And a bonus - it was said that if the principles of protected mealtimes are applied enthusiastically at lunchtime, then it naturally follows that the ethos becomes part of ward good practice and they are also applied at breakfast and supper.

Improving Nutrition within Primary Care

The National Reporting and Learning Service, a division of the National Patient Safety Agency, will be holding a series of workshops to raise awareness of nutrition as a safety issue within Primary Care.

The workshops will be run in partnership with the Royal College of Nursing and the WRVS and will aim to identify the barriers to providing nutritional care within Primary Care environments and will highlight the key safety issues related to the provision of nutritional care.

Delegates will have opportunity to explore the current provision of food services to their client group and to learn about areas of good practice and innovation in improving the health and well-being of service users and individuals.

There will be five workshops which will take place across England and Wales on the following dates:

28 January 2009 – Burlington Hotel - Birmingham

03 February 2009 – Novotel - Cardiff

11 February 2009 – The Wellcome Collection Centre – London

19 February 2009 – De Vere Heritage University Arms – Cambridge

05 March 2009 – The Ramside Hall Hotel – Durham

Who should attend?

The workshops are intended for all members of the healthcare team that are responsible for the delivery food services and nutritional care to people across a wide variety of settings, from care homes to an individuals own home.

This could include care home managers, community matrons, caterers, dietitians, speech and language therapists, district nurses and commissioners.

Spaces are limited to 30 delegates at each venue.

To find out more or to register to attend please contact Gloria Taplin on 020 7927 9564 or via e-mail at gloria.taplin@npsa.nhs.uk

Email addresses change frequently -

If you change your email address please be sure to advise our

Customer Services Manager Michelle Brown:

michelle.brown@tvf-online.co.uk

Tillery Valley Foods Limited, Cwmtillery Industrial Estate, Abertillery, Gwent NP13 1LZ
Telephone: 01495 211555 Fax: 01495 213839 www.tvf-online.co.uk

