

Food Safety & Nutrition Live

A National One Day Conference
Wednesday 14 March 2012 • Glasgow

A **"MOUTHWATERING"** event for all those who wish to **keep up to date** with the **latest knowledge** and **best practice** on **food safety** and **nutrition** within the **catering setting**.



Main Conference Partners



BOOK NOW!



MEDICACPD



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carolyn@medicacpd.com



details on registration form

PLUS
Nutrition and
Healthy Eating
for People with
Learning Disabilities
A Half Day Training Course,
Thursday 26th April 2012, Glasgow

Food Safety & Nutrition Live

A National One Day Conference • Wednesday 14 March 2012 • Glasgow

About The Conference

Food safety and nutrition are two essential ingredients for anyone working in the catering sector and this conference will provide you with a knowledge refresher, an update on all the current developments as well as providing practical information to take away.

Through a lively mix of presentations and question & discussion sessions we will ensure your learning is interesting as well as enjoyable. We do hope you will join us!

Some Great Reasons To Attend

- Benefit from the latest updates and guidelines on food safety and ensure you are in touch with current developments
- Gain practical information and improve your own food safety practices
- Benefit from a greater understanding and knowledge of nutrition and how to apply the principles of good nutrition and health in practice
- Hear from and meet key experts
- Debate and discuss hot topics
- Network with others
- Learn about new products, services and educational resources
- Certificates of Attendance

Who Should Attend

This conference is ideal for all those working in –

Catering and Hospitality - Catering managers, chefs and cooks, local authority caterers, hospital caterers, school caterers, care home caterers, college and university caterers, contract caterers, hotel & restaurant managers and staff & work place caterers.

Food Safety – Food safety officers, trainers and managers, environmental health departments and staff.

Education – those who teach nutrition, food safety, health or catering.

Care Settings – Managers and staff working in day centres or residential homes, nursing homes, schools, nurseries and in home care settings.

Health Care Settings – such as public health and health promotion specialists, nursing staff, dietitians and nutritionists.

All other professionals interested in nutrition and food safety within the catering setting are very welcome to attend.

Conference Details

Date: Wednesday 14th March 2012

Venue: Glasgow Royal Concert Hall, 2 Sauchiehall Street, Glasgow G2 3NY, Tel 0141 353 8000

Time: The conference will commence promptly at 10.05am and finish approximately at 4.00pm.
Registration will be from 9.15 - 10.05am with refreshments on arrival.

Registration

By Post - To register for this conference, please download the registration form on the leaflet, complete and return no later than **Thursday 1st March 2012.**

Book online - www.medicacpd.com

Telephone - 0141 270 8098 or 07966 561474 / 07967 479152

Registration cost - £195.00 including lunch and refreshments.

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you.

If you have not received confirmation within ten days of submitting your booking, please contact Carolyn on the above numbers or email carolyn@medicacpd.com.

Accommodation

Glasgow has a wide range of accommodation to suit every budget. For further information and ideas please visit www.seeglasgow.com

Certificate of Attendance

All delegates will receive a Certificate of Attendance.

Exhibition and Promotion Opportunities

We have several exhibition and promotional opportunities available, please call Riikka Gonzalez on 07967 479152 / 0141 270 8098 or email riikka@medicacpd.com for more information.

About the Conference Organisers

Medica Cpd Ltd specialises in health related conferences and training courses. Both Carolyn Fraser and Riikka Gonzalez bring a wealth of experience in developing and organising high profile events and have provided CPD training for over 19,000 professionals from health, social care, education and catering settings.

This conference follows on from the highly successful "Nutrition and Catering" conferences held in 2006/2008 organised by Carolyn and Riikka for the CPD Unit, College of Medical, Veterinary and Life Sciences, University of Glasgow.

Programme

- 09.15 - 10.05 **Registration and refreshments**
- 10.05 - 10.10 **Welcome and opening comments from the morning chair**
Nick Nairn, *Restaurateur, Entrepreneur and Celebrity Chef*
- 10.10 - 10.35 **"The ABC of nutrition - from curry to pizza"**
- Impact of diet on health
- Government initiatives on health and diet
- Key healthy eating principles
- How the University of Glasgow is working with caterers to make some of our favourite foods healthier – curries and pizza
Mike Lean, *Professor of Human Nutrition, University of Glasgow*
- 10.35 - 10.45 **Questions and discussion**
- 10.45 - 11.10 **Feeding patients in hospital and the provision of special diets**
- What you should know about the complexities of feeding patients in hospitals
- Catering for special diets
Alison McCree, *Associate Director Facilities, County Durham and Darlington NHS Foundation Trust/ National Secretary – Health Estates Facilities Management Association (Hefma)*
- 11.10 - 11.20 **Questions and discussion**
- 11.20 - 11.50 **Refreshment break and sampling healthy snacks**
- 11.50 - 12.20 **A menu for success -
Designing healthier balanced meals**
Unilever Food Solutions produces some of the UK's most recognised and best loved brands. Recognising this responsibility to adapt existing products to meet nutrient guidelines while not compromising either quality or taste, it has developed initiatives such as 'Eat4U' and 'Live Better'. This session will provide you with advice on planning healthier menus and meeting nutritional guidelines.
Unilever Food Solutions
The challenges of modern day school meals
With more and more eating establishments available to pupils, how do you get them to use the school catering facilities?
David Melvin, *Managing Director, Cordia (Services) LLP*
- 12.20 - 12.45 **Round table discussion**
Your chance to get all your burning questions and issues discussed with our experts from the morning session.
- 12.45 - 13.50 **Lunch**
- 13.50 - 13.55 **Opening comments from the afternoon chair**
Graham Walker, *Director of Training, Royal Environmental Health Institute of Scotland (REHIS)*
- 13.55 - 14.20 **Food safety in the news**
Controlling cross-contamination and other hazards in a catering environment.
Peter Midgley, *Head of Enforcement Team, Scotland, Food Standards Agency*
- 14.20 - 14.30 **Questions and discussion**
- 14.30 - 14.40 **De stress and stretch session**
- 14.40 - 15.40 **Food safety in practice ... keeping it real!**
There are 2 million cases of food borne illness each year in the UK, so let's prevent it together! This interactive session will provide you with simple procedures and practical information on things you can do when you go back to work...promote food safety with passion!
Stuart Moffat, *Director, Raising Standards, UK*
Serving up sustainability
The real costs of food production in a world of diminishing natural resources and a growing population
Dominic Dyer, *Chief Executive, Crop Protection Association, UK*
- 15.40 - 16.00 **Take home messages and questions**
- 16.00 **Close and refreshments on departure.**

Supporting Partners



healthy living award
the sign of healthier food



Plus - New Course

Nutrition and Healthy Eating for People with Learning Disabilities



A Half Day Training Course

Thursday 26 April 2012 • Glasgow



MEDICACPD



University
of Glasgow

Momentum

Investing in People, Changing Perspectives



About The Course

People with learning disabilities face the same nutrition & health related problems as the rest of the population. There is much more information on healthy eating available today, but many people with learning disabilities cannot read the information or have difficulty in understanding to make informed choices.

This course has been designed to provide those who care and support people with learning disabilities with a greater understanding of this area and current issues, improve practises and provide practical information which can be implemented.

Who Should Attend

This course should be of interest to caterers who supply meals for people with learning disabilities, those working in health and social care support settings, staff working in schools and nurseries, voluntary and charity organisations. Others with an interest are welcome to attend.

About Your Tutors

Our tutors are highly qualified, skilled and extremely knowledgeable and most importantly have the ability to pass on their knowledge to provide you with a highly interactive, stimulating and enjoyable day.



Dr Catherine Hankey is a State Registered Dietitian and Senior Lecturer in Human Nutrition, University of Glasgow and her interest is in the dietary management of disease, particularly obesity. She has carried out extensive research in these areas and is currently working on a project on the adaption of weight management approaches to those with intellectual disabilities.



Dr Laura Stewart has a long standing interest in obesity (both adult and childhood). Through her work with the Children's Weight Clinic (CWC) she has provided training in obesity across the UK and beyond. She is also the Team Lead for Paediatric Overweight Service Tayside, NHS Tayside. Laura worked in Lothian with adults with learning disability for 9 years based at Gogarburn Hospital and then with children with special needs for 10 years based at the Sick Kids Hospital, Edinburgh.

Programme

- 12.30 - 1.00 **Registration and refreshments**
- 1.00 - 1.40 **Introduction to the course**
Common nutritional problems people with learning disabilities have:
- General nutritional problems
 - Undernutrition and overweight
 - Feeding problems
- Healthy eating and good nutrition**
Dr Catherine Hankey, *Senior Lecturer in Human Nutrition and Registered Dietitian, University of Glasgow*
- 1.45 - 2.00 **Questions and discussion**
- 2.00 - 4.15 **What can we do and what works?**
- Food choice and promoting a healthy lifestyle for people with learning disability
 - How do we communicate the messages
 - Raising health issues
 - Practical ideas and advice on establishing healthy eating patterns
- Dr Laura Stewart**, *Independent Consultant Dietitian, The Children's Weight Clinic*
- 4.15pm **Close**

Training Course Details

Date: Thursday 26th April 2012

Venue: Yorkhill Hospital, Dalnair Street, Glasgow G3 8SJ

Time: The course will commence promptly at 1.00pm and finish approximately at 4.15pm.
Registration will be from 12.30 - 1.00pm.

Registration cost: £87.00 including refreshments.

Registration

By Post - To register for this course, please download the registration form on the leaflet, complete and return to:
Carolyn Fraser, Medica Cpd Ltd, Caledonia House, Thornliebank Industrial Estate, Glasgow G46 8JT

Book online - www.medicacpd.com

Telephone - 0141 270 8098 or 07966 561474 or 07967 479152

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you.

If you have not received confirmation within ten days of submitting your booking, please contact Carolyn on the above numbers or email carolyn@medicacpd.com.

Certificate of Attendance

All delegates will receive a Certificate of Attendance.



Registration Form

To Register –

1. Please fill in the form and post to: **Carolyn Fraser, Medica Cpd Ltd, Caledonia House, Thornliebank Industrial Estate, Glasgow G46 8JT**
2. Register online at www.medicacpd.com
3. Register over the phone **0141 270 8098** or **07966 561474 / 07967 479152**

I wish to attend (*please tick the appropriate box*)

- Food Safety & Nutrition Live, 14th March 2012: £195.00**
- Nutrition and Healthy Eating for People with Learning Disabilities, Training Course, 26th April 2012: £87.00**
- I wish to attend both dates: £250.00**
If you wish to book both these events together please call the office on 0141 270 8097 to book.

Your Details

Surname	Title
Forename	
Job Title	
Organisation	
Email (required)	
Address	
Postcode	
Telephone	
Fax	
Special diets/mobility	
How did you hear about the conference?	

- Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post please tick this box. If you do not receive confirmation of your booking within 10 days please call **079 6656 1474** or email Carolyn@medicacpd.com

How to Pay

It is the responsibility of the delegate to ensure payment is made prior to attendance of the event (*please tick the appropriate box*)

- By Cheque:** I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address above.
- By Credit Card:** Please book online at www.medicacpd.com
Please note: A small charge of 3.4% will be added to all credit/debit card payments

- By Invoice:** Please send invoice to –

Name: (in BLOCK CAPITALS) _____

Job Title _____

Organisation _____

Address _____

Postcode _____ Telephone _____

Email _____

Purchase order number (if relevant) _____

An invoice will be sent to the appropriate person by email.

- If you would prefer to receive an invoice by post please tick this box.

Payment: 30 days from invoice date or before the event date (whichever comes sooner). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Group Bookings –

Please call Carolyn on 0141 270 8098 / 07966 561474

Terms and Conditions

1. Your registration constitutes a legally binding agreement. Payment must be received before the event.
2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 14th January 2012. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are liable for the registration fee.
3. The organisers reserve the right to change the programme, speakers and venue as required.
4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection

The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



MEDICACPD

Medica Cpd Ltd

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Registered in Scotland No: SC404764

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