

July 2023



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**ROSKILDE TRIP  
2023**

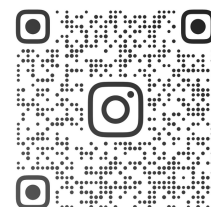
**MEAT OPEN  
DAY**

**APPRENTICE  
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## A WARM WELCOME...

To our second issue of 2023! This issue contains information about our Open Day, Roskilde, our new Level 3 Group, Meat Industry Events and much much more!

Don't forget to follow us on Instagram and Facebook, to receive weekly updates.





# MEAT OFFICIAL OPENING DAY

Jane and the Team would like to say a massive thank you to each and every person who attended our grand opening on Tuesday 18th April 2023! We appreciated everyone who travelled far and wide to attend our open day.

The day was fulfilled with people from all across the meat industry, with the official opening of the premises by Master Andrew Parker from The Worshipful Company of Butchers. Tony, Jamie, Nathan and Charlie from Tony Perkins Butchers showcased their practical skills by demonstrating value-added products. Annie Jones from G Debman Butchers delivered a presentation to guests on livestock.

Guests also had a grand tour of the new premises & preparation room, took part in a quiz answering 36 questions related to MEAT Ipswich and met the team.

We would also like to thank the following businesses for supplying products for our goodie bags!

- Verstegen;
- Innovative Food Ingredients;
- National Craft Butchers;
- Stokes Sauces.





# MEAT OFFICIAL OPENING DAY





# ROSKILDE TRIP 2023



7 Apprentice Butchers travelled to Copenhagen, Denmark from the 5th - 17th March 2023, with trainer Kevin Jaggard, to attend the famous Roskilde Butchery College.

## SUNDAY 5TH MARCH - MONDAY 6TH MARCH

After travelling from all over the UK on Sunday, the 7 learners and Kevin were greeted by Kenneth their tutor for the week at 8:00am Monday morning. They joined a class of Danish students and after an induction, the group were set two tasks, running across the two weeks; to make an international sausage from a different country and to design a sandwich.



## TUESDAY 7TH MARCH

On Tuesday, they made Frankfurters and Danish sausages, followed by cutting a pork middle to the retail specification for Denmark.

## WEDNESDAY 8TH MARCH

On Wednesday, they were tasked in cutting a side of pork to the Danish exam specification, with lots of variation from the English exam specification. The learners used the "buddy up" feedback process on a partner, to assess their cutting skills to the standards that were set out.





# ROSKILDE TRIP 2023



## THURSDAY 9TH MARCH

Thursday was a day highly anticipated by the group with a guided tour of the abattoir facilities, that they have on site at the college. This was followed by the splitting of a pork leg into primals for curing. The cuts were cured by the learners using an automated injector machine.

## FRIDAY 10TH MARCH

Friday, was in the kitchen where the learners made their world sausages. Some interesting flavours created included; Thai, Duck and Mushroom, Boerewors from South Africa, Salsiccia from Italy and Blood Sausage from Poland. The group created, cooked, tasted and adjusted their recipes all before the end of college at 11:00am!



After an early lunch, the learners headed into Roskilde to visit Frimann Butchers, an independent butchers shop to view his range of in-store made fresh, cooked and ready to eat products.

## SATURDAY 11TH MARCH & SUNDAY 12TH MARCH

On Saturday, Kevin and the learners headed to Copenhagen to experience the sights and sounds of the Danish capital.

On Sunday, after a well-deserved rest, the group headed down into Roskilde, looking around the town and had a tour of the Viking Longboat Museum, then met up for a team meal in the evening.





# ROSKILDE TRIP 2023



## MONDAY 13TH MARCH

The second week kicked off with a day in the kitchen, cooking 3 meals. A pasta Carbonara following a recipe with emphasis on the creamy sauce, a sausage recipe created last week using the sausages made on Friday; as well as prepare the Danish Dish "Glaserede Skinke" (glazed ham) with greens and caramelised potatoes.



These 2 dishes had to be presented and ready at the same time!

## TUESDAY 14TH MARCH

Sandwich prep and bread baking day. The meat was prepared ready for cooking overnight with spices and liquor, whilst others were cooking in a sous vide bath. Intertwined with this work, was the complicated process of baking their bread rolls.



## WEDNESDAY 15TH MARCH

Selling time! The group sold their sandwiches between 10:30am - 1:30pm. Pork joints were shredded, salads and coleslaws were decanted, rolls were filled, tables were laid, samples were prepped and displays were created. Free tasters proved very popular with both teams, excelling at good customer service!



# ROSKILDE TRIP 2023

## THURSDAY 16TH MARCH

Exam time! The group were set a mock exam scenario firstly, breaking a pork side to the Danish exam specification, then going on to prepare both the middle and ham (leg). They were assessed on areas such as fat removal, grading of trim/fat, cutting accuracy, uniform portions, ability to maximise profits and organised work stations. Learners received positive feedback, considering it was only the second time they had cut pork the Danish way!



## FRIDAY 17TH MARCH

The final day! Presentation of the learner's projects for sausages, sandwich and meal creations, identifying why those chose that recipe and what findings they discovered.

Certificates were presented to the UK learners for

completing their course goals, and certificates to the Danish learners, identifying traits and funny highlights from the 2 weeks. MEAT Ipswich would like to say a massive well done and thank you to the learners, Kenneth, the Butchery Teaching Team and Karen for their time, knowledge, patience and support.

## DANISH BUTCHERY QUALIFICATION

The Danish Apprenticeship works different to ours, as learners attend college in 2-week blocks over the duration of their 3-year programme. They learn the cutting methods, where they develop these skills back at their shops. As well as the butchery skills, there is big emphasis on product knowledge - knowing what recipes you could create from the products, as well as what wine or accompaniment to pair it with. Once the learners have completed their final exam, then they are entitled to wear the black trilby.



**IF YOU ARE INTERESTED IN GOING TO ROSKILDE IN 2024, PLEASE CONTACT US!**



# LEVEL 3 LEARNERS

We are pleased to announce that we have a new group of Level 3 Learners starting the apprenticeship programme! The 10 new learners attended a two-day induction session here at our premises on Monday 27th March and Tuesday 28th March 2023.

**Laurissa  
BARRIBALL**



Laurissa Barriball from  
Etherington Meats

**DUDLEY  
CARTWRIGHT-JONES**



Dudley Cartwright-Jones  
from Friday St Farm Shop

**HARRIET GIBBS**



Harriet Gibbs from  
Grooms Farm Shop

**STEPHEN NEILL**



Stephen Neill from  
Windsor Farm Shop

**SEAN ROBERTS**



Sean Roberts from The  
Rare Breed Meet  
Company

**OLIVIA SLACK**



Olivia Slack from Crich  
Butchers

**LEAH  
SMALLACOMBE**



Leah Smallacombe from  
Farmer Luxtons

**HARRY THOMAS**



Harry Thomas from  
Millets Farm Centre

**BEN TINDALE**



Ben Tindale from G  
Shearer + Son

**ANDREW HYMAN**



Andrew Hyman from  
Rumwell Farm Shop





# LEVEL 3 BLOCK 1 VISIT

Our Level 3 Learners attended a 3-day block session here at our premises on Monday 5th June - Wednesday 7th June 2023.

The group developed a range of value-added products with an amazing selection of marinades, glazes and seasonings! Examples of products created were spicy beef kebabs, stuffed chicken breasts, stuffed lamb truffles, stuffed loin of pork and stuffed pork corsets.

MEAT Ipswich would like to say a massive thank you to the following organisations which provided the sundries for the block:

- Middleton Foods;
- Raps;
- Pureety;
- Innovative Food Ingredients;
- Verstegen.



The group also took their Level 3 Health & Safety exam, which consisted of 45 multiple-choice questions, and they all passed!





# MEAT INDUSTRY INFORMATION

## VALUE-ADDED COURSE



A group of local Apprentice Butchers attended MEAT Ipswich on Monday 13th March to participate in a value-added course!

- Michael Barnard from Chas Bower;
- Henry Botwright from S J Summers;
- Izaak Farrington from Palfrey and Hall;
- Jamie Goodwin from Great Garnetts;
- Callum Thompson-Browne from D A Browne and Son.

Jane Dale, Managing Director from MEAT Ipswich delivered the course to the learners, and they created a variety of products including, Ballantines chicken thighs with dauphinoise potatoes, spare ribs with a variety of sauces and lamb legs with a range of stuffing.

## GREAT BRITISH BEEF WEEK



One of the nation's favourite foodie weeks, returned from 23rd April - 30th April 2023, and celebrated the 13th year of Great British Beef Week. (GBBW)

This year's GBBW encouraged the nation to enjoy 'naturally delicious' British beef, particularly in one of the most iconic meat dishes - the Sunday beef roast.

## INTERNATIONAL WOMEN'S DAY



International Women's Day was celebrated on 8th March 2023. Here we have L2 Apprentice Butcher Shannon Hamshare from Wellington Farm Shop, showcasing her value-added products; and L2 Apprentice Butcher Charlotte Budgen from Lidstones Butchers with her sausages!

## SMITHFIELD MARKET



A group of Apprentice Butchers had the opportunity to visit Smithfield Market in London on 7th March 2023 with Trainer Eric Reeve.

The group had a tour of the market, to see what's available from different suppliers across the meat industry, and finished off with breakfast.





# MEAT INDUSTRY INFORMATION

## YOUNG FARMERS EVENING

On Wednesday 10th May 2023, MEAT Ipswich had the pleasure of welcoming 22 young farmers from Hadleigh, to attend a butchery demonstration with Managing Director Jane Dale and Trainer Eric Reeve.

Eric carried out a lamb carcass breakdown and combined testing the farmers knowledge about lamb production and various terms. They also carried out a costings exercise to determine how much the lamb cost and how much profit the butcher made.



Here we have Level 2 Apprentice Butcher Zachary Henson from The Newt in Somerset, who completed his first Lamb practical assessment!



## WOMEN IN THE MEAT INDUSTRY



## DINGLEY DELL FARM VISIT

4 local Apprentice Butchers attended MEAT Ipswich on Monday 22nd May. The learners broke-down a side of pork to exam specification with guidance from trainer Eric Reeve. Then, they visited Dingley Dell Farm, where they were provided with an in-depth tour.



Here we have Grace Morton from Willowbrook Farm Shop and Leah McGill from Frasers Butchers, who have recently joined the Level 2 Butchery Apprenticeship Programme!





# MEAT INDUSTRY INFORMATION

## ASHFORD MARKET



A group of Apprentice Butchers attended Ashford Livestock Market on Tuesday 13th June 2023. Trainer Eric Reeve, took the learners on a tour around the market and discussed different carcass selection, and tested their knowledge on cattle and sheep breeds.



## NATIONAL BBQ WEEK

The National BBQ was back for a record-breaking 27th time, as well as returning to their traditional end-May slot from 29th May - 4th June 2023.

Here are some BBQ hacks to make sure your BBQ goes off without a hitch!



Wait until the charcoal is white. Once it's changed colour you will know it's hot enough to start cooking.



Grease the grill before adding food. It's an obvious one but it's one we sometimes forget - greasing the grill prevents food sticking to it.



Marinate the meat. Marinating overnight is the best way to ensure flavours permeate the meat.

## FOOD MANAGEMENT INDUSTRY AWARDS

The annual Food Management Industry Awards took place in London on the 6th June 2023.

The awards included several voting and product categories, ranging from Food Manufacturer of the Year and Best Training Initiative to Best Red Meat Product and Best Bakery Product.

## WOMEN IN MEAT INDUSTRY AWARDS 2023

This year's Women in Meat Industry Awards will take place on 17th November 2023.

The Awards are designed to recognise the vitally important contributions that women make to the meat sector. This unique awards initiative is driven by reader nominations and votes, with an expert judging panel gathering to select the overall Meat Businesswoman of the Year recipient.

If you would like to nominate someone, use this link below:  
<https://womeninmeatawards.com/nominate/>





## ENGAGEMENT



A big congratulations goes to our Administrator Hannah and her partner Andrew on their engagement! Back in April, Andrew popped the question on the beach in Mexico.

We are thrilled for them both and hope their future together is filled with infinite happiness, laughter and love.



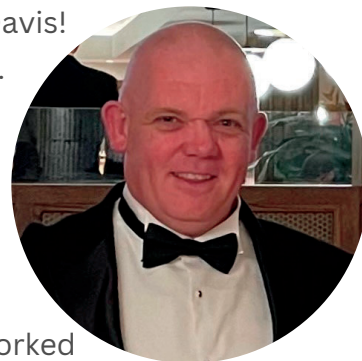
## BIRTHDAY CELEBRATIONS

Trainer Dave Munden celebrated his big 60th Birthday with the team in May!



## MEET THE TEAM

Introducing one of our Trainers Stuart Davis!  
Let's find out a little bit more about him.



### **Stuart, how did you get into the meat industry?**

I was 12 years old when I first started in the meat industry, working as an afterschool / Saturday boy cleaning. I worked for a local family butchers with multiple shops throughout Birmingham and the West Midlands. After a short period of time, I found love and a passion for the trade, along with the social element of working in a retail butcher shop.

### **How has your career progressed over the years?**

I joined the Youth Training Scheme (YTS) and after a short period of time, I'd worked my way up to Assistant Manager, Relief Manager then onto managing a shop full time. I have also worked on the catering side of butchery and paeline boning. Finally, joining MEAT Ipswich just over 9 years ago, and am lucky enough to be able to pass on my own knowledge and train butchers of the future!

### **What do you enjoy about your role?**

I love seeing learners grow and flourish, along with a great sense of achievement with the journey they develop during their apprenticeship. It feels me with a sense of pride, knowing that I've played a part in helping learners succeed.

### **What do you enjoy doing outside of work?**

I enjoy spending quality time with my family, walking along the sea front!

### **What is the best thing about working for MEAT Ipswich?**

The best thing about working for MEAT Ipswich is being part of a wonderful working family that all gel and get on very well!

### **What is your favourite type of meat?**

As you can see from my size, I'm not a small portion kind of guy! I do like slow cooked foods, such as Brisket and pulled pork. If I was to have a steak it would be Ribeye.



# APPRENTICE RESOURCES

## SELF-CARE

When things are challenging, we often think about everyone else and forget to look after ourselves. Self-care is about meeting your basic needs so you can be physically and mentally healthy.

Self-care is not selfish or self-indulgent. We need to take care of our own needs first then we can start to think about supporting others. Here are a few tips on looking after yourself:



## OFF-THE-JOB TRAINING DIARY

A gentle reminder to our learners, to make sure that you are filling out your off-the-job training diary weekly. This could include the following:

- Teaching of theory - Workbooks online or hard copies, AHDB units, assignments, case studies and researching;
- Practical training: Watching and taking part in learning skills e.g., sausage making, value-added, breaking down carcasses for retail sale.

## MENTAL HEALTH SUPPORT

THE MIX



UK's leading support service for young people. They are there to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job. Talk online, social or their free confidential helpline. [www.themix.org.uk](http://www.themix.org.uk)

KOOTH

Free, safe and anonymous online support for young people. [www.kooth.com](http://www.kooth.com)

YOUNGMINDS

Online support for young people and parents. <https://www.youngminds.org.uk/>







# APPRENTICE ACHIEVEMENTS



## APRIL 2023



Peter Clinton from Lacey's Craft Butchers has been awarded with Learner of the Month for April.

## MAY 2023



Kane Skeels from Hartlands of Kinver has been awarded with Learner of the Month for May.

## JUNE 2023



Jamie Goodwin from Great Garnetts has been awarded Learner of the Month for June.

## JULY 2023



Oliver Gilding from Chessington Garden Centre has been awarded with Learner of the Month for July.

## DRIVING TEST



Learners who have passed their driving test recently:

- Albi-J Allum
- Curtis Clayton
- Harvey Cuff
- Jessica Boughton

## NEW BABY



Congratulations to the following learner who has welcomed a new baby:

- Joshua Webber - Baby Boy



## LEVEL 3 EPA RESULT



A massive congratulations to Jamie Perkins from Tony Perkins Butchers who has achieved a Distinction with his Level 3 Advanced Apprenticeship!



## EPA RESULTS



The following learners have become qualified Level 2 Butchers since March 2023!

Jack Bishop  
 Finlay Bland  
 Matthew Brown  
 Oliver Caddock  
 Curtis Clayton  
 Ryan Craddock  
 Angus Dundas  
 Isaac Edis  
 Joshua Ellison

Rory Gaff  
 Alfie Hards  
 Alexander Harrison  
 Daniel Henderson  
 Jack Hibberd  
 Richard Hudson  
 James Hunter  
 Annie Jones  
 Louie Kaye

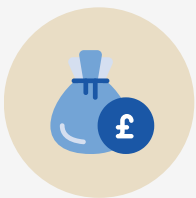
Alfie McKenna  
 Alfie Milsom  
 Neil Owen  
 Henry Pearce  
 Joseph Pechey  
 Emily Preston  
 Elliott Read  
 Kane Rich  
 Michal Roszkowiak

Iain Sanderson  
 Benjamin Searle  
 Alexander Seeley  
 Harry Shaw  
 Jenson Sorrell  
 Shaun Streeter  
 Christopher Tancock  
 Callum Thompson-Browne  
 Charlie Walsh



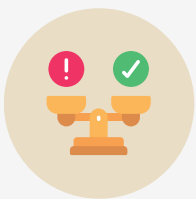


# BEST WAYS TO SAVE MONEY



## CREATE A BUDGET

Creating a budget will help you clarify all the details of transactions that have been carried out each month. A budget will also help you summarise expenses as measured by total income.



## DISTINGUISH BETWEEN WANTS AND NEEDS

You need to differentiate between wants and needs to save more money and reduce expenses. The reason is, unknowingly most people spend their money on things that are not.



## WATCH YOUR EXPENSES CAREFULLY

The key to being frugal is keeping an eye on the money you spend. Therefore, it is necessary to keep spending well. You should always check where your money is going on a daily or monthly basis.



## MAKE A SHOPPING LIST

This needs to be done so that you don't buy goods or other things that are not needed. In other words, if a certain item isn't on your shopping list, you most likely don't need it.



## SAVE REGULARLY

Make it a habit to save every month. You don't need a large amount, you just need to be consistent when saving.