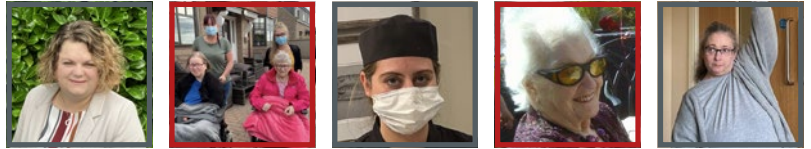




Meallmore Ltd
Making Care Mean More



Meallmore Matters

Autumn 2022

Update from Mary Preston

We have all enjoyed some good weather over summer, both at work and at home which always makes us smile.

It's been a joy to see and hear about the many activities, events and celebrations taking place in all of the homes over the last few months – from big birthdays and anniversaries to baking competitions and sponsored walks. After a challenging few years, it's clear how much we're all appreciating being together with friends and family.

It's giving us great pleasure to be organising the Meallmore Staff Awards as a live, in-person event again, after last year's virtual



We were deeply saddened to learn of the passing of Her Majesty Queen Elizabeth II on 8 September, 2022. Meallmore residents, staff and management extends its heartfelt condolences to the Royal Family at this sad time.

ceremony. We're looking forward to having the teams together in one room to celebrate the incredible work they do to make Meallmore homes such special places to live and work. We've had a bumper year of nominations, so thank you to everyone who got in touch to let us know about individuals who have gone the extra mile over the last year.

We're always very proud of our staff, but it's been wonderful to see some of our colleagues recognised on a national stage for their skills and expertise. Brian Gollan, Head Chef at Ivybank Care Home has made it to the final of the National Association of Care Catering (NACC) Care Chef of the Year 2022 competition. Brian always thinks

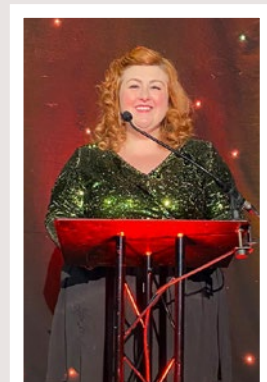


out of the box and continually looks for nutritional solutions to support our resident's wellbeing, so this is very well deserved. We wish him all the best for the final on Wednesday 5 October.

We remain focused on building our staff team and thank all our colleagues for your kindness and commitment. We have an exciting few months ahead, including all of us getting our flu and covid vaccinations to help us keep healthy over the winter months, and we should continue to be proud members of the Meallmore Team.

The Meallmore Staff Awards

The Meallmore Staff Awards 2022 are back and better than ever! We're thrilled to announce this year's awards will be hosted live and in-person by the one and only Michelle McManus on 6 October at the Dunblane Hydro! Our staff all work incredibly hard every day to provide the highest quality care to our residents, and we'd like to say huge congratulations to everyone who was nominated for an award this year. We will see you all in October!



Staff profile: Rachel Gothard

We're delighted to share the news that Rachel Gothard has taken up the brand new role of Meallmore's People & Culture Director.

In her role, Rachel will be responsible for leading and delivering Meallmore's people and culture strategy, with a particular emphasis on employee experience. Building on all we have achieved over the past 35 years, Rachel, who is new to the care sector, will bring a wealth of expertise from her previous roles in retail and manufacturing and move our people agenda forward. This has come at the right time as we continue to work tirelessly in the wake of the pandemic.

Commenting on her new role, Rachel says: "Meallmore has such a great reputation for providing exceptional care and that's what initially attracted me to this role. Since I've started, everyone has been so

welcoming and I'm so glad to be part of the Meallmore family. The company has such a supportive environment and brilliant, family values which they really stick to."

At Meallmore, we pride ourselves on our excellent standards. We were thrilled to achieve the prestigious Investors in People (IIP) Gold Accreditation last autumn, demonstrating our commitment to our staff, and Rachel's role will build on this and beyond.

She continues: "I'll work closely with the recruitment team and the learning and development team to continue to attract and retain the best employees. Whether that's in identifying staff training, implementing company incentives, or helping to attract the best talent, my role is focused on ensuring Meallmore continues to have the best workforce, providing



*Rachel Gothard,
Meallmore's People
& Culture Director*

the highest quality care for our residents across Scotland."

"In this exciting new role, I look forward to supporting team members in all departments, from caring and hospitality, to management and support staff - in their efforts to further develop our aim of being "A great place to live and a great place to work"

*Welcome to
Meallmore, Rachel!*

Bayview takes a step towards garden transformation

Staff and residents at Bayview in Cruden Bay have been putting their best foot forward to raise an amazing £500 towards a new sensory garden transformation after taking part in a sponsored walk.

Six members of staff and seven residents began by making their way from the home towards the shore to watch the boats sail in and out of the harbour. From there, three intrepid members of staff (Lisa Toner, Nikita Rossiter and Jennifer Wetherburn) set off up the coast towards Peterhead and then onto Mintlaw. Together, they bagged an incredible 20 miles in total.

The sensory garden will offer a range of experiences for the residents to enjoy, such as wind chimes and specialist seating, while an old flower bed is also being converted to make space for a bowling green. The transformation comes after the home recently received a £1,000 donation towards garden furniture from local community group, Peterhead Pensioner's Association.

We hope you enjoy many sunny days in the new garden!





Kincaid House raises over £975 at Family Fun Day

At Meallmore, we love to host a party! Especially when residents, family members and staff can join us to celebrate special occasions.

Last month, Kincaid House hosted a fantastic family fun day in aid of the home's resident fund. There was something for all the family to enjoy including, raffle stands, games, a bouncy castle, face painting and a delicious BBQ to make sure everyone was well-fed! The home managed to raise an incredible £975.05, which will go towards future activities for the residents at Kincaid House.

Meallmore Bake Off Competition

Bake Off will soon be back on our TV screens, and what better way to kick off festivities than with our Meallmore Bake Off 2022 competition.

Our homes recently put their baking skills to the test to enter the annual competition and win the coveted 'Star Baker' prize. Out of 30 individual entries, it was Emma Ferrante, Head Chef at Greenan Manor who was crowned the winner of the Meallmore Bake Off 2022, with her 'supper' lifelike recreation of 'Fish & Chips' made entirely out of cake.

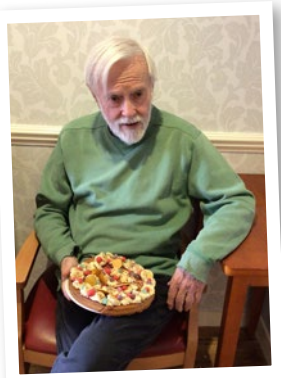
Emma's creation was inspired by living near the South Ayrshire coast and the popularity of 'fish Friday' amongst the residents at Greenan Manor. The creation took approximately six hours to complete and consisted of a lemon and vanilla sponge topped with a layer of raspberry jam, vanilla buttercream and fried in a sweet batter to create the 'fish'. The cake was accompanied by lemon shortbread 'chips', fondant for both the 'peas' and 'lemon wedge', and finally, a mixture of double cream, lemon and pistachios to make the 'tartar sauce'.

Emma commented on her win: "I am completely ecstatic to be crowned the winner of the 2022 Meallmore Bake Off competition. I couldn't have hoped for a better result, and I'd like to thank staff and residents at Greenan Manor for their kind words of encouragement and support."

The competition was open to all 26 care homes across the country with a number of different categories. Other winners from different categories included:

- St Modans' Blossoming Rainbow Sponge made with multi-coloured layers and decorated by the whole team
- Resident, John, from Forthlands' impressive Banana Split Cake
- Culduthel's Old Sweet Shop Sponge inspired by childhood sweets
- Alderwood's Team Cake Selection of tray bake favourites

Well done to all the Meallmore Bake Off 2022 winners and participants!



Feeling Zen

Those living at the Oaks are now enjoying regular in-person yoga classes, after initially starting virtual sessions via Zoom during the pandemic. The sessions are held fortnightly and combine stretching and strengthening postures with deep breathing and relaxation, and have proved really popular with residents. Yoga has many benefits for people living in care homes as it improves both physical and mental wellbeing in residents and reduces agitation and anxiety.

"Yoga is one of my favourite things to do at The Oaks"

Lillian

"I find Yoga really relaxing. It helps my anxiety"

Gus



Marjorie turns 105!

The lovely Marjorie, who currently lives at Culduthel, celebrated her 105th birthday in August and has shared her secret to a long and happy life. 'A good wee dram', plenty of laughter and keeping active were some of the explanations she credits for her 105 years.

Marjorie is the oldest resident in the care home and commemorated her milestone birthday with four generations of her family.

Marjorie was born in 1917 and spent her childhood and adulthood in the small Scottish village of Conon Bridge. Marjorie was educated locally before she began a career in the Civil Service as a Secretary. Marjorie married the local vet and together they had two children. She now has many grandchildren and great grandchildren of various ages.

Cut out quote: Denise Scott, manager of Culduthel said: "Marjorie is an amazing lady and it was an absolute honour to celebrate her 105th birthday with her and her family. 105 is an incredible age and it was great to see the joy on her face as her friends and family joined her to mark her special birthday. Marjorie continues to live a very full life and her positive outlook and can-do attitude stands her in good stead."

Meallmore Joins Football Memories Association

We have recently become members of a charitable organisation close to our hearts, the Football Memories Association. The charity works in partnership with Alzheimer's Scotland to provide football reminiscence resources and sessions for those living with dementia.

Our membership spans across all of our care homes and gives us access to old football images from a digital archive and a special weekly magazine to support with reminiscence. We can even arrange free group visits to the Scottish Football Museum at Hampden Park up to four times per year. To find out more, contact your care home manager.

