



Meallmore Matters

Spring 2019

Ready, steady, grow with **Meallmore** in Bloom!

Our hugely popular gardening competition Meallmore in Bloom is back, and this year, we have made some changes to ensure that we are making the most of our outdoor spaces all year round.

It has been wonderful to watch all of our care homes rolling up their sleeves and digging their way to victory over the years and we have had some incredible entries so far.

Going forward, there will no longer be a set time for judging care home gardens. Instead, homes will be judged on a 'Mystery Shopper' basis, where members of the senior team will visit anytime between 1 May 2019 to 30 April 2020 to score gardens and take photos.

We want the competition to be as fair and inclusive for all of our homes, regardless of size, so the maximum garden area to be creatively designed and maintained will now be capped at 20m².



We will also select the annual theme homes should develop in their garden and embrace through spring, summer, autumn and winter.

This year, we have chosen a theme at the very heart of our business: health and wellbeing. Homes can experiment with plants that have uplifting scents or sensory textures or herbs that can be used in food and drink recipes. Rosemary, lavender, lemon balm, mint or cherry blossom all boast powerful health benefits.

Homes are encouraged to work

with the local community, as well as residents and their families to develop their beautiful gardens. A prize will then be awarded to the winning home, as well as two runners up.

For those looking for more information, further guidance is available from any member of your operations team. Advice on planting and garden design can be gained from our facilities manager and support with herb gardens and general design is available from our development chefs and hospitality manager.

Staff Member Profile: Ruth Kinnear from Leven Beach

There's nothing we like more than celebrating the wonderful people who work in our care homes and the commitment and dedication they show to our residents. Leven Beach recently marked its 25th anniversary (more on this on page 3) and with it, so too did Ruth Kinnear, the care home's incredible manager. Ruth has been at Leven Beach since day one, and has been instrumental in making it a fantastic place to live and work.

Ruth started her career working for the NHS, before joining Leven Beach as an enrolled nurse. While working, she undertook her diploma and, once completed, became a staff nurse. From there, she progressed to deputy manager and finally to the position of

manager which she holds today.

"There are so many highlights and stories from the past 25 years, I don't even know where to start!" she says. "One of my favourite parts of the job has always been the relationships that we build with residents and their families, and we've had so many unforgettable characters with us over the years who it has been such a pleasure to get to know."

Ruth has seen many changes take place in her time at Leven Beach, from updated uniforms to changes in the different job roles, but one of the biggest developments has been in food and nutrition.

"Meallmore sees good food and nutrition as being hugely important to residents' health and wellbeing and is committed to making sure



Ruth Kinnear,
Leven Beach

care home meals aren't boring. It's wonderful to see the residents enjoying good quality food that is full of flavour and made using fresh, seasonal ingredients. It makes all the difference to their quality of life."

So how does she feel to have celebrated her 25th anniversary? "It's incredible!" she says. "I honestly can't believe it's been 25 years. I'm so proud of everything that Leven Beach has achieved and especially the fantastic reputation that we have built with the local community. Here's to the next 25!"

Animal Antics!

There's no doubt that animal therapy has a hugely positive effect on all our residents and we just love to see their faces light up when all manner of furry friends come to visit!

Shetland pony Edward was the 'mane' attraction at Culduthel recently when he popped in to make some new friends. Care home manager, Denise Scott, commented: "It's not every day you get a pony wandering through the home, so it was lovely for the residents to have an opportunity to enjoy his company. He really lifted everyone's spirits and was completely adorable!"

Meanwhile, residents at Grove care home had a hoot thanks to a special flying visit from Bobs Buddies, who brought along their hand reared owls for a fun and educational afternoon. Airthrey also welcomed some fluffy guests from Bunny & Co and spent the day in the company of rabbits, guinea pigs, ducks, roosters and hens.

Finally, Cooper the dog provided a very paws-itive pet therapy experience for residents at St Olaf. Everyone really looks forward to Cooper's visits, and who can blame them?



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Every Day's a School Day at Antonine House

Residents at Antonine House have been proving it's never too late to learn a new language by taking up French lessons.

The care home has teamed up with Glasgow-based social enterprise Lingo Flamingo, who visit once a week to provide interactive language classes. Language learning in later years has been shown to have a number of benefits. It is believed that speaking multiple languages can delay the onset of dementia by up to five years. The classes help to improve residents' cognitive ability, communication skills and well-being, as well as build their confidence.

The course material is designed to be accessible and the classes are very interactive, focusing on speech as well as using props



to introduce sensory learning through touch and smell. Through the topics covered, such as food and drink, travel and school, residents are inspired to share their memories and stories. They also enjoy singing French songs together, such as Frère Jacques.

Bobby Dougan, care home manager at Antonine House, said: "We run a number of activities in the care home to encourage residents to interact and have fun and there is no doubt that the French language workshops are one of their favourites.

"We have had 16 lessons so far and it has been wonderful to see residents become more and more engaged as the weeks have gone by. As well as learning the language, they have also found it really interesting to learn about French culture and customs.

"We find even the quietest residents find their voices when we work with numbers or days of the week and they can join in. There's no worry of having 'forgotten the words' because everyone is at the same stage."

Très bien tout le monde!

25 Years of Leven Beach!

The charming Leven Beach care home has officially celebrated its 25th anniversary! Opened in 1994, the care home is a pillar of the local Leven community and a wonderful home from home for residents.

The celebrations were, of course, very fitting, featuring canapés, cake, fancy hats and plenty of fizz! An incredible day and we cannot thank our amazing staff team enough for all their efforts and dedication over the years.

Here's to the next 25 years of being a great place for people to live and work.





Work Gets Underway at Langcraigs

We are pleased to announce that work has now started on the development of our newest, 32 bedroom care home in Langcraigs, Dumbarton.

Located at the site of the former Langcraigs Residential Care Home on Gooseholm Road, we are in the process of building a brand new state of the art care home. Preparatory works are well underway with the main construction starting on the site later this year.

Once complete, the new care home is expected to create 37 full-time equivalent jobs, help relieve pressure on hospital services and reduce bed-blocking and support West Dunbartonshire Council in addressing the demand for services in the local area.

It will be similar to our care homes The Oaks, in Baillieston and the Hilton Court in Rosyth.



Meallmore Employees see Huge Success with UpSkill Academy

At Meallmore, we are committed to supporting the career development of our employees, which is exactly why we launched our Good to Great UpSkill Academy, of which there are currently two programmes: Leadership and Management and Senior Care Worker Programme.

We are very excited to announce that the first three groups – a total of 19 employees - have now successfully completed the Leadership and Management programme, which is aimed at upskilling individuals to become deputy managers or managers. 26 employees have also completed the Senior Care Worker programme, with 14 of these celebrating their success this month within the central region of Meallmore. We held special presentations across all areas to congratulate all 26 colleagues on this fantastic achievement.

The UpSkill Academy aims to grow and develop employees across Meallmore to move up in their career. Successful candidates undergo training in areas such as leading teams, pain management and medication, first aid and clinical assessment and analysis skills, budgeting skills, and personal effectiveness. They also work closely with a mentor who they shadow in order to learn the role.

Karen MacDonald, learning and development manager, said: "We would like to say a huge congratulations to everyone who has successfully completed the Upskill Academy programmes.

"This is an excellent achievement and it's wonderful to see so many employees committed to developing themselves in their career with Meallmore.

"These are fantastic programmes which provide people with the exact tools they need to develop their skills, knowledge and personal strengths for leadership potential. We would encourage anyone interested in undertaking the programmes to speak to their care home manager for further details."