



Meallmore Ltd
Making Care Mean More



Meallmore Matters

Spring 2021

Covid update, Mary Preston

Finally, spring has sprung and we're starting to see green shoots both in our gardens and in the recovery from the pandemic.

As we continue to progress our vaccine rollout along with a decrease in virus numbers, we've been delighted to cautiously start welcoming friends and family back into our homes. There have been many happy reunions over the last few weeks, and we look forward to permitting more visitors as we carefully move towards a 'new normal'.

We've been particularly pleased to allow longer visits for many of our residents, with no time restrictions on visits in residents' rooms and the option for those long-awaited hugs to be reinstated. While outdoor visits still have time allocations, in line with Scottish Government advice, we're thrilled to be able to permit six visitors from up to six different households for outdoor visits, allowing more family members and friends to come together at one time.

It has been a real joy to see and hear about so many of these



reunions, with some extra special birthdays and anniversaries finally being celebrated with loved ones. We're also pleased that outings have resumed for some residents, and we can bring non-essential services back into the homes, giving everyone an extra boost – we all appreciate the benefits of getting our hair done...

The recent change in public health guidance is a positive step forward, though we continue to carefully monitor the situation in each of our homes. Residents and

staff safety will always remain the top priority for all of us and we will reconsider the admittance of visitors if we, or Health Protection Scotland, no longer believe it is safe.

We hope the coming months will prove easier for us all, and we can facilitate even more visits for residents and some return to 'normality'. We are continually grateful for your patience and understanding during these exceptionally challenging times. Please stay safe and enjoy these very special times together.



Meallmore's Got Talent 2021

Recently, our residents and staff put their best foot forward for one of the most anticipated events of the year, Meallmore's Got Talent. We asked our people to demonstrate their unique talents and there was an overwhelming response from all our homes across the country. We were delighted to see so many people get involved.

All participants showcased their talents virtually, and we asked our Facebook supporters to decide who they wanted to see in the final. The polls were clear on who the finalists should be: staff member David from Forthland Lodge wooed us with his rendition of 'Delilah'; the care team at Mearns put on their dancing shoes and pulled off the 'Jeruselema' Tik Tok dance challenge; and finally, Pauline from The Oaks gave us a passionate performance of 'I Need A Hero'.

Our Commercial Director, Cillian Hennessey, announced the winner and was delighted to see Pauline from The Oaks take the winning title. "We received so many entries across all of our homes from residents and staff alike. We were so impressed by the quality of all the submissions, and it really was a fantastic competition. Well done everyone."

Pauline was thrilled to be chosen as this year's winner of Meallmore's Got Talent!

Walk All Over Cancer

At Meallmore, we are proud to have teams full of compassionate people who take on philanthropic endeavours above and beyond their day jobs.

Senior Carers, Fiona and Norma, from Redwoods, AIness, decided to 'Walk All Over Cancer' through the month of March in memory of their dear friend and colleague, Denise, who lost her life to cancer last year.



'Walk All Over Cancer' is an initiative set up by Cancer Research UK which encourages people to walk 10,000 steps a day for a month in aid of vital cancer research.

Both women love the outdoors and go hillwalking regularly, so their motivation came from their love of nature and enjoying each other's company.

Their challenge had been straightforward until their last day when they ran into a bit of bother.

"We decided we would walk the lesser travelled route up to the Fyrish Monument. It was pouring with rain and at the beginning of our trek, Norma tripped and fell, hit her face off the road, hurt her thumb and grazed her forehead. We strongly considered turning back at that point, but we were determined to finish what we started. It was freezing at the top and we just felt like crying, but all we could think about was Denise. We like to think Denise was with us that day, every step of the way."

Unbeknownst to Norma, she had broken her thumb and fractured her elbow, as well as having a black eye and bruised knee because of her fall. Their courage and resolve that drove them to finish their challenge is commendable and we are incredibly proud of their achievement.



Redwoods Care Home Manager, Elizabeth Mackenzie, said: "All of us at Redwoods are so proud of Fiona and Norma for taking on this challenge. Their determination to keep going shows that they are made of good stuff and we were happy to support them in their fundraising efforts for our much-loved colleague, Denise."

Fiona and Norma did a fantastic job of collectively raising £1,525 for Cancer Research UK.

The importance of the Covid-19 vaccine

Nearly half of Scotland’s population has now received a first dose of the vaccine against Covid-19. What’s more, over 90% of care home residents and staff have received their first dose of the Covid-19 vaccine too.

The safety of our residents and staff will always be our number one priority. That’s why we fully support the Covid-19 vaccination programme set out by the Scottish government. To those who have already received their vaccine we want to say thank you for helping to fight against the spread of the virus and take us one step closer towards a brighter future; we also urge all staff yet to come forward to seek further information and receive their vaccine.

We’ve been catching up with staff at The Oaks Care Home and Greenan Manor to hear why they have chosen to get the vaccine:

“The reason why I have opted to take the vaccine is for personal reasons to protect my family, the residents and my fellow co-workers.”

Pam, Staff Nurse at The Oaks Care Home

“The reason for me taking the vaccine is to protect myself, to protect the vulnerable people I work with and my family, especially my grandparents. I would encourage everyone to have the vaccine to hopefully see care homes fully opening back up to visitors.”

Jamie, Administrator at Greenan Manor

“The reason I took the vaccine was to protect vulnerable people that I work with, to protect my family and to hopefully get society back to normal as soon as possible.”

Catherine, Support Worker at The Oaks Care Home

“The reason I am taking the vaccine is because I work with the most vulnerable in society. This is our only way out of this pandemic and I want to be part of the light at the end of the tunnel!”

Sheena Martin, Staff Nurse at Greenan Manor

Reunions at St Modans

In February, the Scottish Government released its ‘Open with Care’ guidance, which meant our teams welcomed back relatives into our homes.

St Modans hosted a fantastic day of celebrations and the team was able to speak with residents and their families about how they felt on such a special occasion.

Resident, Jimmy, and his wife, Mary, have been married for 59 years and have hardly spent a day apart. Mary devotes her time to visiting her husband every day and when the restrictions were imposed at Christmas, it was challenging. Mary had to resume window visits and was unable to see her husband indoors. After weeks of outdoor visits, the team were delighted to

inform Mary that indoor visits could resume. On reopening day, Jimmy met his wife at the front door, welling up at the sight of her, and said, “Oh wow”. The team did a fantastic job of facilitating Mary’s visit to the home, and Jimmy was very chatty, making it the perfect day for them both.

Minnie, another resident at St Modans, joined the care home during the height of the pandemic. Her son, John, felt extremely emotional after surprising Minnie with a visit, as he had not been indoors with his mother since October. John was relieved that Minnie had settled in so well and was delighted to receive a huge welcome from the team and his mother.



John commented: “The organisation and team spirit you have at St Modans is exceptional. It must have been a very emotional experience for everyone. Please stay safe and continue with the work that you do.”

Our teams across the country worked hard to ensure our homes were prepared and made as safe as possible, and were delighted to reunite families after such a long time apart.

Good luck, **Pinky!**

The Oaks has recently said a bittersweet farewell to the lovely Pinky, who has moved out into the community to her own flat, after five years at the home.

Since Pinky moved into The Oaks, staff have focused on supporting Pinky's recovery journey through helping her manage her mental health, developing living and domestic skills, building on her self-esteem, and giving her confidence back.

Whilst at The Oaks, Pinky slowly built up relationships and responsibilities, including caring for a pet and making friendships. Pinky has had such a positive impact on both residents and staff, and has been an incredible source of fun and friendship for so many.

We all wish Pinky the best of luck in her new home.



Alderwood House welcomes first residents

Last month, Alderwood House opened its doors to its first residents, offering specialist care for adults with mental health difficulties and acquired brain injuries. The new 32-bed residential home in Dumbarton offers care for adults with enduring mental health needs to help with rehabilitation and their journey to recovery.



Heading things up at Alderwood House is new manager Barbara McDonald. With over 30 years' experience, Barbara brings a wealth of expertise in developing and managing mental health facilities. After qualifying as a mental health nurse, she worked in a range of NHS, voluntary and third-sector roles across the west of Scotland, specialising in continuing care, rehabilitation and community psychiatric nursing, as well as developing specialist mental health and learning disability services in the community.

Barbara commented: "There is a real need for specialised residential care facilities across Scotland to support people with complex mental health issues and provide rehabilitation opportunities, and we are proud to open this new service in Dumbarton.

"What has impressed me so far about Meallmore is the company's dedication to investing in its staff. All staff at Alderwood House have undergone weeks of stringent training to support residents with specific mental health needs. All of our staff are looking forward to welcoming residents to Alderwood House."

As part of the Alderwood House opening, Meallmore has been working closely with local mental health organisations including See Me Scotland, Scottish Association for Mental Health and local advocacy services, to help reduce discrimination around mental ill-health.

Fools in love at Culduthel

Eddie and Rita recently celebrated their 60th wedding anniversary at Culduthel Care Home, where they have both lived together since May 2019. The couple married on April Fool's Day in 1961 and when asked their top tips for staying together, their advice was to always have a good sense of humour. They say laughter is the best medicine for a long and happy matrimony.

As visits to care homes had resumed, Eddie and Rita's daughters visited them to help celebrate their diamond wedding anniversary. They all enjoyed a special afternoon tea prepared by Culduthel's chefs. Congratulations!

