



Meallmore Ltd
Making Care Mean More



Meallmore Matters

..... Summer 2022

Covid Update Mary Preston

Summer is here and we welcome the longer (and hopefully sunnier) days with open arms.

We all continue to be busy here at Meallmore however we are delighted to highlight that we have been able to remove the visitor booking system from all Meallmore homes and adopt a more 'normal' approach to visiting. This is a really positive step and moves us closer to our day-to-day visits we had in place pre-pandemic.

Coronavirus has not gone away so we continue to remain vigilant, but embracing this normality has been seen, and welcomed, in all our homes. Once again, we are regularly opening our doors; whether that's for visits from local musicians or furry friends, or welcoming more friends and relatives into our homes.



The smiles on our residents' faces say it all - we're glad to have them back.

We are thrilled to be bringing back our Meallmore Staff Awards this autumn – and even better that it will be an in-person ceremony! It will have been three years since we were all together in the same room to celebrate our people so the countdown is on. We have amazing teams across the whole

country and we are looking forward to recognising and commending all they do.

On announcing our staff awards, it seems timely to once again thank our brilliant staff for their hard work. We've come a long way since the height of the pandemic but everyone continues to go above and beyond to deliver the best care every single day for our residents. Thank you.

Our Awards Are Back!

The Meallmore Staff Awards are returning this autumn. We're thrilled to announce the ceremony will be taking place in person on Thursday 6 October 2022 at the Dunblane Hydro and we cannot wait to be reunited with everyone to celebrate.

Staff across the country have continued to work tirelessly over the past year to keep residents safe, and we cannot wait to honour those who have gone that extra mile to deliver an exceptional service.

More information is coming soon!



Staff profile: Gillian Weissenborn

With the Meallmore Staff Awards taking place this autumn, everyone has a chance to nominate a colleague who they believe has gone above and beyond in their role. There are many different categories to enter, including Emerging Talent, Manager of the Year and Support Staff Award.

We recently caught up with Gillian Weissenborn, who won Carer of the Year at last year's awards ceremony. Gillian has been working at Daviot Care Home as a carer for more than 25 years.

During last year's ceremony, host Michelle McManus praised Gillian for her kindness and dedication in going 'the extra mile' for residents and doing all she can to make their lives easier. Michelle also highlighted Gillian's ongoing commitment to fundraising for local charities at the home. This has since been seen

again when earlier this year, Gillian organised a fundraiser by knitting Easter eggs for Maggie's Highland.

She comments: "I was in complete shock to hear I had won Carer of the Year. We all work in such a close-knit team so it was a real surprise to know I had been nominated by one of my colleagues. It was incredibly heart-warming and encouraging to win this award. Admittedly, it was quite emotional too!

"The ceremony was a fantastic day; every home received a party pack meaning we were able to celebrate with our residents at Daviot."

For 2022's ceremony, Gillian is encouraging staff at every Meallmore home to nominate their colleagues for an award.

She continues: "It's so important to nominate your colleagues. It's



*Gillian Weissenborn,
Carer of the Year,
Daviot Care Home*

a great feeling to know that hard work has not gone unnoticed. If there was a particular event where a team member exceeded in their role, or if there is someone that makes your day a little bit better, be sure to highlight their amazing work at the upcoming staff awards. It's a fantastic way to give feedback and to hopefully build the confidence of the nominee.

"Good luck, everyone!"

Creature Comforts at Parklands

Staff and residents at Parklands have recently been making acquaintances with all creatures great and small after a visit from Animal Man Mini Zoo.

After a fantastic visit from Annie the Alpaca back in December 2021, the team wanted to bring even more friendly creatures into the home for an afternoon of fun. Everyone met a variety of different animals from ducks and hens to a tortoise. Some residents were brave enough to face their fears by petting snakes, lizards, and even meet a tarantula!

Residents had the chance to hold some of the critters. Fan favourites of the day were Daffy the duck and rabbit-duo, Jack and Victor.

The visit was organised by Parklands' Activities Co-coordinator, Corri. The team at Parklands have found animal-assisted therapy is incredibly impactful for residents, and having the opportunity to hold and pet animals can be very relaxing and comforting.



The Queen's Jubilee

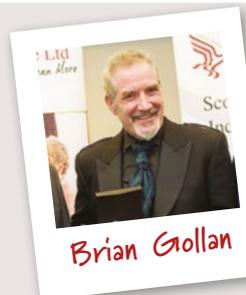
This June was a significant moment in history, as Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee after 70 years of service. We were thrilled to have a week-long programme of events on the run up to the Platinum Jubilee Central Weekend to celebrate her Majesty's historic reign.

Highlights included a Jubilee Singalong, Jubilee cake making and a Jubilee afternoon tea. The week culminated with a Jubilee Garden Party at each home for residents, family and friends. A brilliant week was had by all. Here's a snapshot of what we got up to...

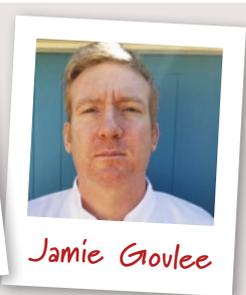


Meallmore chefs nominated for prestigious industry award

Two Meallmore chefs are putting their culinary skills to the test after being shortlisted at this year's National Association of Care Catering (NACC) Chef of the Year competition. Jamie Goulee at Daviot Care Home and Brian Gollan at Ivybank have both successfully passed the written entry of their awards submission. They are now preparing and practicing their menus ahead of the Scottish final on 30 June, which will be held in Westhill, Aberdeenshire. If successful, one of the chefs could find themselves at the national final later this year! Good luck Jamie and Brian.



Brian Gollan



Jamie Goulee

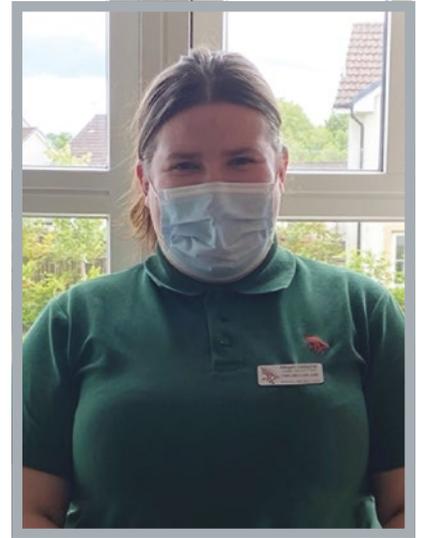
International Nurses Day

On 12 May we celebrated International Nurses Day 2022. Our nurses – along with all staff members in our homes – go above and beyond to deliver the best care every single day. We're grateful for all they do throughout the year, but we used it as an opportunity to say an extra special thank you. Our homes were sharing the love to mark the day, with thank you cards, gifts and treats – and even a very clever nurse-themed afternoon tea at Kynnaird House! Thank you, nurses, today and every day.



Meet one of our future stars!

Earlier this year, we signed up to the Kickstart Scheme. We're delighted that we've welcomed the first Kickstarters into the company. These 'Meallmore Future Stars' are learning about the rewarding careers available, including those in catering, hospitality, administration and care. We're delighted to have a new generation join the Meallmore family to discover and develop their career with us.



One of our future stars is Megan Gallagher, who is at Parklands Care Home. She said:

"I'm really enjoying working within the care home. The staff have been very helpful and welcoming and I've already learnt so much since I joined at the end of March.

"I'm currently on the care assistant rotation and I truly love my role, and helping the residents in all aspects of their day-to-day life is really rewarding. I've been enjoying getting to know each of them and I've formed some strong relationships.

"I hope to become a carer which is something I hadn't envisioned before the Kickstart Scheme. Previously I'd worked in childcare, so this is something really different and I'm surprised at how much more I enjoy it. I'd love to stay at Parklands after the Kickstart scheme and develop my career with Meallmore."

Having a ball!

Some of our residents in The "Antonine Athletic" team and "Mearns Marvels" team have been showing off their sporting skills in Fitbaw sessions. These are football-themed exercise classes which are always full of fun, music and a good amount of banter.



The classes are a mixture of movements and stretches using footballs and activities such as dribbling, penalties and passing. Each session works on upper body movements for the residents and helps to improve fitness levels. There's a social aspect too – new friendships in the homes are forming both between the residents and their new coaches. Keep it up!