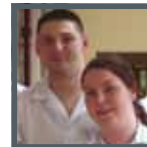
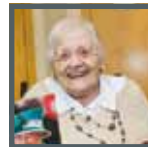
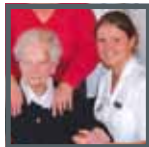




**Meallmore Ltd**  
*Making Care Mean More*



# Meallmore Matters

Winter 2011

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Bessie and other residents celebrate special birthdays.

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## Meallmore staff shortlisted for national award

Twenty-three staff were honoured at our inaugural care awards ceremony, reflecting Meallmore's success in providing high quality, individual care for its residents.

Along with a number of medals, certificates were also presented to staff at the prestigious ceremony, which took place at the Huntingtower Hotel in Perth in August.

In view of the organisation's determination to focus on the individual care provided by all care home staff, Meallmore honoured individual staff who go that extra mile.

Cillian Hennessey, Assistant General Manager of Meallmore, said: "The annual Meallmore awards are a great opportunity to recognise and celebrate the achievements of our staff who often work above and beyond the care of duty. It marks the commitment throughout the organisation to continuously provide a high level of care that Meallmore is so well known for. I would like to thank our winners once more for going that extra mile to provide first class care to our hundreds of elderly and disabled residents."

Winners will now be shortlisted in the Scottish Care National Conference Exhibition and Care Awards ceremony that takes place on Friday, November 18 at the Hilton Hotel in Glasgow.

## Welcome to our inaugural newsletter

This is a quarterly newsletter which provides a personal insight into our homes and business.



We look forward to sharing news, activities, events and achievements that happen within Meallmore across Scotland.

I hope that everyone will enjoy reading "Meallmore Matters".

**Cillian Hennessey**  
**Assistant General Manager**



## iPad evaluation

Meallmore has invested £300,000 in new technology, including iPads to help residents keep their minds healthy and alert.

The iPad's simplicity and portability gives residents the opportunity to gain instant access to the internet and a world of information with ease.

There is an endless list of Apps that can stimulate and allow people of any ability level to participate in areas of interest to them.

One of the primary benefits of the iPad for residents is to help maintain family connections easily.

The iPad is a great tool to help involve clients in stimulating sensory activity. Apps that allow residents to make music are particularly successful in stimulating senses and emotions.

## £3 million investment in Meallmore homes

**Meallmore has spent in excess of £3 million refurbishing three of its care homes.**

Residents at Meallmore Lodge Care Home at Daviot, on the outskirts of Inverness, are even more comfortable now a £1.65 million refurbishment and extension has been completed, while Grove Care Home, located in Kemnay four miles south of Inverurie, has enjoyed a £750,000 refurbishment. Ivybank Care Home in Polmont near Falkirk has also had a complete transformation to the tune of £650,000.

Recognised as a 'home away from home', Meallmore Lodge is a leading provider of health and social care. The new facilities include the new dining areas, relaxing lounges, quiet reading rooms and en-suite facilities in each bedroom. Meallmore Lodge offers luxury living for frail and elderly residents and those suffering from dementia, all of whom are cared for to the highest standard by fully qualified staff. All 40 rooms at the Grove were also decorated and where possible en-suite wet room showers were installed.

John of Meallmore Lodge loves his room and likes having an en-suite toilet/wet room because he doesn't have to leave his room to get washed. He thinks his room looks great now that it is repainted and he loves the view from the window.

Mary of Grove Care Home is really happy her room was painted and loves her new furniture and curtains. It's great having her own shower too, she just wishes she could use it without help. Mary is also a fan of the new garden at the back of the home because she can be outside sunning herself when the weather is nice.

## Bessie celebrates 105th birthday

A Polmont care home resident has 105 reasons to be cheerful. Bessie Cooper, a resident at Ivybank, marked her 105th birthday recently with friends and family.

Bessie wasn't the only person celebrating a special birthday, as three other Meallmore residents reached special milestones recently.

Isobel Sturtevant also marked her 100th birthday and celebrated in style at Redwoods Care Home in Alness with friends and family.

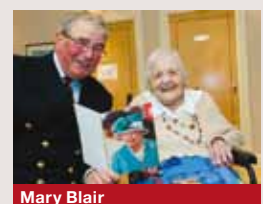
Janet Buchan, who has been a resident at the Grove in Aberdeen for almost 16 years, celebrated her 102nd birthday with staff and relatives.

St Olaf Care Home resident, Mary Blair, celebrated her 106th birthday and it proved to be a memorable day.

Meallmore would like to wish all the ladies a very happy birthday.



Bessie Cooper



Mary Blair



## Meallmore's future looks bright

### Meallmore to build two new luxury care homes in Scotland.

Parklands will be a purpose built care home in Alloa providing expert care for 62 residents in spacious single, en-suite rooms.

Meallmore will be delighted to welcome new residents into the Alloa Park Drive home in the New Year. The home will provide nursing care for elderly and specialist services for residents with dementia, not to mention bringing around 75 new jobs to the area.

Julie Wyllie, who has been appointed manager, said: "I am looking forward to my new role at Parklands Care Home and hope I can add to the already excellent service provided to residents in Meallmore Care Homes throughout Scotland."

Julie trained as a nurse in the Royal Navy and has worked in care home management for over 20 years. Her aim at Alloa is to ensure that all residents lead as full and active lives as possible and families feel welcome and supported.

Work on Antonine House, an 82 bed nursing home on Roman Road in Bearsden, Glasgow, which will offer the finest care to privately funded clients, will start in the New Year.

Gerry Hennessey, Managing Director of Meallmore, said: "We have been working on both the design of our care homes and service delivery to ensure we are continually meeting the needs of our residents."

## Zumba class introduced at care homes

Pensioners will shake their hips and wave their arms when they try out the nation's latest dance craze.

Elderly residents from Meallmore care homes will have a go at Zumba classes as part of a fitness scheme.

Belleaire House in Greenock was the first home to try out the latest Latin-inspired dance craze.

The Zumba class has been designed for over 50s and can be adapted for people with limited mobility. The Zumba class has a range of benefits including improved overall muscular strength and endurance as well as benefiting posture, flexibility, balance and co-ordination.

The dance class aims to promote simple initiatives like regular exercise, that can reduce the risk of falls.



## Twice the joy!

Meallmore would like to congratulate Julia Ramage who is the proud Gran to two beautiful baby girls (pictured).

Julia, who is a laundry assistant at Belleaire House in Greenock, was overjoyed when her youngest daughter gave birth to Niamh and Orlagh on September 12. Niamh weighed seven pounds one ounce and Orlagh weighed five pounds nine ounces.

Julia has been with Meallmore for more than 15 years.



## In brief...

### Full of beans...

Residents and staff at Hilton Court in Rosyth held a Guinness World Record in-house attempt to put as many cold baked beans in their mouth as possible in one minute. They also played the same game but using maltesers.

### Well done to...

Leigh Forman and Nicola Stephen of Sunnybank in Aberdeen who cycled 38 miles from Dyce to Aberdeen to raise funds for the stillbirth and neonatal death charity SANDS.

### Congratulations...

Two long service awards were handed to St Olaf staff in Nairn. Anne Mclean has been a nurse at the home for 20 years and Donna Thomson has worked in catering for 15 years. We would like to take this opportunity to thank both ladies for their hard work and loyalty throughout their career with Meallmore.

### A deserved break...

Alan Sutherland who is a resident at Manor Care Centre enjoyed a trip to the Grant Arms Hotel where he attended the Chain Saw Carving Competition. He also went to Motor mania where he saw over 320 exhibitions from tractors to vintage cars.

### New Appointment...

Lorraine Dray has been appointed Meallmore Lodge Manager.



## SVQ programme sparks ambition

Meallmore staff celebrate after passing a string of SVQ exams.

When Ene Elser, Pawel Wydenka and Alison Macintyre of Meallmore Lodge in the Highlands heard they passed SVQ level two, they celebrated in style, inviting staff and residents to a small ceremony (above).

Caroline Sinclair of Kynnaird House in Fraserburgh, was pleased her hard work and commitment had paid off as she also passed her SVQ level two exam. Tracey Garland and Maureen Cruickshank, both from Sunnybank Care Home in Cruden Bay, achieved SVQ levels two and three respectively. Jill Manning completed SVQ level three At-Home and congratulations also to Alison Czapski of St Olaf who achieved her Registered Managers Award SVQ level four.

Meallmore is committed to ensuring its staff are trained to the highest standard, continuously offering on-going training to its employees.

## Sweet taste of success

A chef at Glencairn Lodge has become one of a select group of people in Scotland to be presented with a prestigious food hygiene award for its on-site restaurant.

Paul O'Brien received the Eat Safe Award, which aims to re-assure residents of the exceptional hygiene standards of catering premises throughout the country.

Paul was invited to Taste of Grampian, Inverurie where top Chef Jean Christophe Novelli presented him with the award, which was launched by The Food Standards Agency Scotland.

Paul said: "Winning this award is an excellent platform to continue to develop the service. Raising food standards is an on-going project within Meallmore care homes. We make sure the food we serve is fresh, cooked from scratch and locally sourced as much as possible."