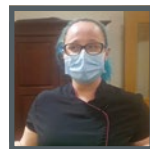




Meallmore Ltd
Making Care Mean More



Meallmore Matters

.....Summer 2020

An update from Gerry Hennessey

The last few months have undoubtedly been difficult for everyone.

The coronavirus pandemic has impacted all of us, and not being able to spend time with those we love has proved particularly hard. Some of us have lost friends and loved ones, and we offer our most sincere condolences to those who have been affected.

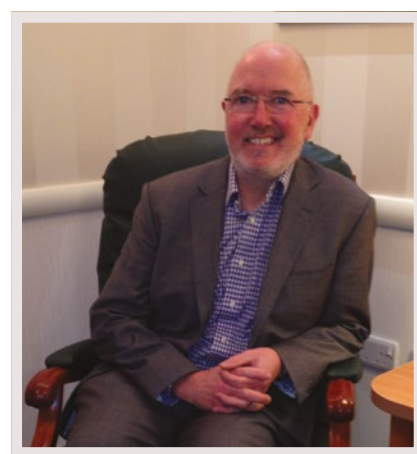
While the COVID-19 virus is still a major concern, we are learning how to live and operate during a global pandemic. Our dedicated team continues to ensure staff have access to PPE and that they follow the latest Government and Health Protection Scotland guidance and rigorous infection control measures. COVID-19 testing kits are also readily available to test all residents and staff in line with government guidance.

Thanks to the progress being made across the country, the

Scottish Government is permitting care home residents to have some outdoor visitors, and in the coming weeks, we should be able to welcome indoor visits of one designated friend or family member where possible.

It has been wonderful to see and hear about our residents' reunions with loved ones, and we look forward to seeing many more. The pandemic is truly teaching us what is important in life, and these special moments with family and friends are hard to beat.

Although it has been a worrying time, we're so proud of our fantastic teams which have gone above and beyond to reassure residents and relatives, and have made sure that residents are safe and happy. There have been plenty of fun, socially distanced activities



taking place in all our homes, and I hope you have enjoyed seeing pictures of these on social media. The inaugural Meallmore Olympics has been a real highlight and was very much enjoyed by all who participated.

Once more, we thank you for your support and patience in these unprecedented times. We are hopeful that we will all be together again soon, with a bigger appreciation for it than ever before.

Introducing our improved refer a friend scheme for staff

We're looking for more people to join our teams across Scotland including hospitality and retail professionals who can help with food service and housekeeping duties around our homes. We have a range of roles to suit people with different levels of experience.

We have expanded our 'refer a friend' financial incentive scheme to staff. Any existing staff member who successfully refers a friend into the Meallmore staff bank receives £50. Staff can speak to their care home manager for more details.

Current opportunities are available on our website: www.meallmore.co/work-with-us

Staff Profiles: Mark Lilley and Angela Martin

We've recently welcomed two new faces to our team – Mark Lilley at Manor Care Centre, and Angela Martin at Parklands Care Home, who have both joined as care home managers.

Mark

With over 28 years' experience in the care industry, Mark started his career helping vulnerable people to find housing, and later in addiction services. His career then moved into managerial roles, specialising in supporting individuals with learning disabilities and mental health problems.

Mark says: "I have always wanted to help people. In one of my first jobs working in Zimbabwe, my actions were able to completely change someone's life for the better and ever since I've strived to do this."

Meallmore's ethos attracted Mark to Manor: "It's rare to find a company that sticks to its values, but Meallmore does everything the management say they will, and more. It's so important."

Mark has been blown away by the encouragement from the management team and the resilience of the staff during the pandemic. He says: "I'm amazed at how supportive the company are and so impressed with how adaptable the staff are. The team have given their all to make sure residents continue to receive exemplary care and have made such an effort to ensure they have the best experience possible. Seeing this makes me realise why I am in this profession."

Angela

Angela brings over 20 years' experience of care home management to her role. She qualified as a Registered General Nurse in 1991 and joined the care sector in 1993.

"When I joined Meallmore, I immediately felt part of the Parklands family. Even though inductions and introductions were all done remotely, everyone welcomed me with open arms – virtually of course!" she says.



"Parklands is a lovely, comfortable home and the team here are warm and welcoming; every day they strive to make a difference. The team has been fantastic these past few months and continue to provide exceptional care for our residents."

Parklands have recently facilitated outdoor visits. Angela explains: "During lockdown all communication to family was over email and phone but reunions with loved ones have instilled a sense of normality back. Residents look forward to them enormously and it's great to see their smiles. It's been really special."

Welcome to the Meallmore family, Mark and Angela. Wishing you all the best in your new roles.

Antonine House takes on cycling challenge for local foodbank

This summer, the team at Antonine House raised money for their local foodbank by collectively cycling the distance of the Tour De France.

Care staff pedalled over 2,000 miles on an exercise bike to fundraise for the Drumchapel Foodbank. The team raised an amazing total of £795 which will be used by the foodbank to support local families.

Activities coordinator Samantha Dougan said: "I am so proud of my colleagues who took on this challenge to cycle thousands of miles, and our residents loved cheering them on along their 'journey'. During the coronavirus pandemic the local community were so kind, encouraging and supportive to our care home, and this is our way of giving something back."





Meallmore Olympics 2020

The Tokyo 2020 Olympics may have been postponed but we're excited to have brought you the latest coverage from the Meallmore Olympics which took place recently. Featuring lots of fun, socially distanced activities that enabled staff and residents to take part and join in across all our different homes, the inaugural Meallmore Olympics proved to be quite the hit. Of course, what would a sporting event be without some top class analysis and highlights? So with this in mind, we take a look back at our favourite challenges:

Day one – Come Fly With Me

Ladies and Gentlemen were requested to fasten their seatbelts for the 'Come Fly With Me' paper plane competition. Many fantastic designs were produced with the winner being the plane that flew the furthest.

Day two – Hole in One

You didn't need to be eagle-eyed or have a birdie to tell you that the Meallmore Olympics golf was a huge hit! With a brilliant variety of courses, showcasing plenty of creativity, everyone had lots of fun getting involved with a few incredible holes in one.

Day three – Laundry Basketball

The basketball event proved to be a real slam dunk with competitors racing to see how many baskets could be scored in 2 minutes.

Day four – Know When to Fold 'em

Speed and precision were key in this event, where competitors had to take a duvet cover, sheet and pillow case and race to be the fastest folder. Timing from the first fold, the quickest folder won – with neatness of folds being taken into account.

Until next time...

Congratulations to all Meallmore competitors on your fantastic efforts. You've all done your homes incredibly proud and thanks to the Meallmore Olympic Committee for organising a brilliant event.

Family reunions

Some of our care homes have recently been able to welcome family members and friends back to visit loved ones in our gardens.

These visits have been a major step forward and have such a positive impact. At these reunions there has been lots of love and laughter and it's been wonderful to see bigger smiles on our residents' faces. Thank you to all our staff who are working so hard to coordinate these visits.

Where allowed, homes will continue to facilitate visits that adhere with the latest Scottish Government guidance. You can read more about phasing in the re-introduction of visiting on our website www.meallmore.co.uk/coronavirus/



Keeping healthy this winter

The health, safety and wellbeing of our residents, our staff and their families continues to be a priority at Meallmore.

The COVID-19 virus hasn't gone away and we continue to follow rigorous infection control measures.

For ways to stay safe during the COVID-19 pandemic, don't forget FACTS for a safer Scotland:

- F** - Face coverings
- A** - Avoid crowded places
- C** - Clean your hands regularly
- T** - Two metre distance
- S** - Self isolate and book a test if you have symptoms

Unfortunately the flu is also an unpredictable virus. As all our team play a role in caring for our residents, this autumn, eligible Meallmore staff can receive the flu vaccine in order to protect themselves and others.

We will be arranging flu vaccinations at all of our care homes in the next few months. Staff will receive further information from their Care Home Manager in the coming weeks.

Flu symptoms come on very quickly and can include symptoms such as:

- fever (temperature above 38°C)
- aches
- tiredness or exhaustion
- headache

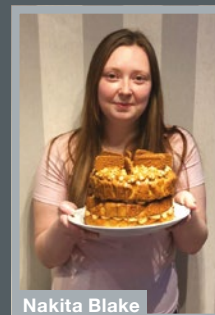


Green Light for Meallmore's New Site in Aberdeen

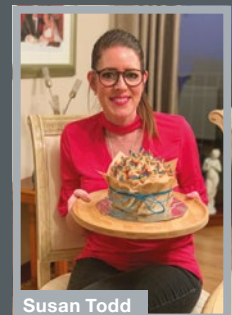
We're thrilled that our plans for a new 65-bed care home in Aberdeen have been given the go-ahead. The new purpose-built home is being designed with the comfort and safety of residents in mind, with excellent facilities.

We're looking forward to increasing our offering of high-quality care to people in Aberdeenshire. The much-needed facilities will also benefit the local community by providing a range of job opportunities.

Great Meallmore Bake Off 2020



Nakita Blake



Susan Todd

Earlier this year our care homes held the Great Meallmore Bake Off, as part of World Baking Day 2020. Staff across the country baked and submitted entries which were virtually assessed by a strict judging panel. All entries blew the judges away and they were really impressed with the quality they saw.

Well done to all who entered the competition, especially to our winners and runners up. Congratulations to Nakita Blake from Meallmore Lodge, who won with her 'Biscote We Care Cake'. Well done also goes to our support winner, Susan Todd, with her entry 'Giant Chocolate Cupcake with Salted Caramel'.

We hope you enjoyed baking and eating your creations.