



Meallmore Ltd
Making Care Mean More



Meallmore Matters

..... Summer 2021

Covid update, Mary Preston

We have enjoyed a wonderful summer of reunions and fun, thanks to the successful vaccine rollout and increasingly effective management of COVID-19.

It has been extremely pleasing to see that the 'Open with Care' plan has been active in care homes across Scotland. The Scottish Government's latest report, 'Open with Care – supporting people in adult care homes to have meaningful contact with others: Progress with implementation', recognises the excellent work and progress our teams have made in facilitating meaningful contact between residents and their families. I know this has made a huge difference for all involved.

While we remain cautious and continue to monitor the situation in each of our homes, we are also hopeful that things will continue to improve and even more levels of normality can resume.

After such challenging times, we are thrilled to be bringing back our staff awards (albeit virtually) this autumn. There has never been a more important time to celebrate our



people, and we would like to thank all of you who highlighted excellence across our team by nominating staff. We have amazing people and teams that deserve this recognition more than ever, so we thank you for your time and input on this.

It has been a great few months at Meallmore, with plenty to celebrate. We were incredibly proud to win four awards at the Scottish Care Home Awards in May, including Nurse of the Year for the fantastic Kamila at Culduthel; and we've had a brilliant time enjoying the Meallmore Olympics in the last few weeks.

As always, I would like to thank you for your understanding throughout these exceptional times.

We have come a long way since the height of the pandemic and continue to look forward to the further lifting of restrictions across the country.

COVID-19 vaccinations

It is crucial we continue to follow rigorous infection control procedures and hygiene practices within the homes. We urge both staff and residents who have not yet received both doses of their COVID-19 vaccine, for whatever reason, to make sure they get their jab. It's another step in protecting yourself and those around you.



St Modans funds life-saving support

St Modans Care Home has raised £350 for installing a defibrillator machine outside a local nursery. The money raised has been put towards a housing unit for the defibrillator outside Playbarn Nursery.

Manager, Julie-Anne Thomson, said: "After hearing the need to raise funds to install the defibrillator, we knew how important this machine was for people in Fraserburgh.

"The defibrillator's location means both St Modans, Kynnaid House, and neighbours can now have full access to the machine. We are thrilled to make this contribution to potentially save someone's life in the local community."

Staff profile: Kamila Rzepka

We are thrilled to report that we had great success at the Scottish Care Home Awards in May. The Scottish Care Home Awards is a prestigious annual event, which recognises the hard work and devotion that many individuals in the care sector put in to the wellbeing of others.

One of our staff nurses at Culduthel Care Home, Kamila Rzepka, was crowned Nurse of the Year – one of the most coveted awards of the event. The award recognises 'an outstanding individual', representing effective nursing practice. Kamila was commended for providing exemplary care for residents throughout the pandemic; being approachable, knowledgeable and supportive of other members of staff, and keeping her unit running safely and efficiently.

After graduating from the University of Stirling, Kamila joined Meallmore two years ago and places a great deal of importance on self-development. She is currently working on completing Meallmore's nurse development programme to meet even higher standards. Kamila is also involved in Culduthel's mentoring programme, teaching students from the University of the Highlands and Islands.

Speaking on her win, Kamila said: "I was delighted to even be nominated for this award, so to hear that I won is a dream come true. It feels like such a great achievement at the start of my nursing career.

"I love my job and caring for our residents is a great privilege. With the support of Meallmore, I'm gaining skills and confidence every single day and I am so grateful for being part of such a wonderful and caring team."

Denise Scott, care home manager of Culduthel Care Home said: "Kamila has brilliant relationships with residents and is well thought of and respected by her colleagues and our visiting GPs.

"Kamila has played a vital part in keeping everyone in her care safe during the COVID-19 pandemic. Our residents and their families are thrilled to hear that she won this award, and I am so proud of her and our team."



Kamila Rzepka, Staff Nurse

The Meallmore Staff Awards Are Back!

We're very pleased to announce that the Meallmore Staff Awards have returned this year. The ceremony will be streamed on our social media channels on 29 September, hosted by Pop Idol Winner, Michelle McManus.

Our teams have worked hard to keep our residents as safe as possible during the pandemic. They dedicated their time to residents, demonstrating compassion in the face of uncertainty, and supported those who were unable to be with loved ones.

We thank all our staff for their commitment and look forward to the celebrations!



Coral's recovery at Kynnaired

We have recently heard from staff at Kynnaired House about the remarkable story of one resident who has made a full recovery after arriving at the home in a critical condition nearly two years ago.

Coral arrived at Kynnaired House in December 2019, very unwell. Staff were quick to care for her and to make sure she was well looked after. With the ongoing support from the care home's staff, Coral has now made a full recovery and is thriving in the home.

These days, Coral enjoys trips out of the home, often going to Wetherspoons for lunch. She also enjoys spending time with her friend Jessie, who joined the home three years ago. Both friends are now living life to the fullest, and supporting each other every day.

Coral said: "I'm extremely happy at Kynnaired and all the staff are very



nice. When I first came to Kynnaired, not only I was unable to walk, but I was only five stone; I didn't know what I was doing or where I was, and I was bedbound.

"I'm pleased that my family brought me to Kynnaired as I am now fully 'compos mentis'. I'm able to walk with the aid of my walker and I can go out on day trips with my family in my wheelchair."

Elaine Crawford, Manager at Kynnaired House, commented: "We are all so proud of how far Coral has

come on her journey to recovery. When she first arrived at the home, we made sure she received all the support she needed to regain her strength, and now she is full of life and happiness.

"What's more, Coral has now found a friend in one of our other residents, Jessie. The pair are always getting up to all kinds of mischief, like two schoolkids! We are thrilled they have managed to find a friend in each other to help along this road to recovery."

Antonine's Charity Fun Day

Antonine House held a charity fun day in June. Mixed teams of staff and residents took part in an afternoon of games, competitions and a talent competition, to help raise money for a local Bearsden charity, North West Foodbank. Local MSP, Rona Mackay also attended to thank staff and to meet residents.

Amanda King, Care Home Manager said:

"Everyone at Antonine House has had such a positive impact on the care home this year, and we cannot be more thankful for everyone's commitment to ensuring the care home remains a safe working and living environment."

The fun day raised £300.00 for North West Foodbank.



Willow Lodge now open

Willow Lodge in Falkirk opened its doors last month. The 32-bed residential home offers care for adults with enduring mental health needs to help with rehabilitation and their journey to recovery.

Heading things up is new manager, Tam McNamara. Tam brings a wealth of expertise. He has worked in the mental health sector for 30 years, in a range of NHS and community-based multidisciplinary mental health teams.

Tam said: "There is a real need for specialised residential care facilities across Scotland to support people with complex mental health needs. The new facility is a breath of fresh air, and we're proud to open it."



An International Nurse's Experience at Meallmore

At Meallmore, we employ highly trained nurses from all over the country and further afield, and we celebrate our diversity. We offer comprehensive training programmes to help people progress on their career path.



We spoke with some of our international nurses from Daviot, Bayview and Kynnaird about living in Scotland, working at Meallmore, and life in our care homes.

Our nurse at Bayview said, "What I love most about living in Scotland is the beautiful scenery and the Scottish people in general; they are so friendly."

"My care home manager was so helpful when we moved from the Philippines... They bought us groceries, sim cards and provided us with 'welcome cash' to help us settle into our new homes."

One of the main struggles for our international nurses is the Scottish weather: "I struggled with the cold weather during winter because I am not used to it. I also found the Scottish accent a bit challenging, but it has got easier to understand." (Patricia, Daviot).

When asked for one piece of advice to share with anyone considering a move to Scotland, Angelica from Bayview said, "Follow your dreams because you will never regret it."

To learn more about our international nurses, take a look at our latest video [here](#).

The Competitive Spirit Burns as the Meallmore Olympics Returns!

The Meallmore Olympics officially began with the Opening Ceremony and the passing of the ceremonious torch to each of our homes. This very special version of the Olympic Games offers a range of activities for residents, from paper plane flying to synchronised hoovering!

Jody Marshall, our Group Hospitality Manager said, "I am impressed by all our teams' commitment to the Meallmore Olympics. We had such a fun and exciting week, with a surprising amount of competitiveness, and lots of laughs along the way."

We'd like to say a special congratulations to the overall Meallmore Olympics winners from both our Specialist Services and our Elderly Care Homes. Well done to Daviot the Brave at Daviot Care Home [The Drumboe Unit] and Clyde Warriors at Belleaire House for their achievements. Congratulations to all competitors on your fantastic efforts during the Meallmore Olympic Games 2021. You've all done your homes incredibly proud. You can read more and see the winners on our website [here](#).

