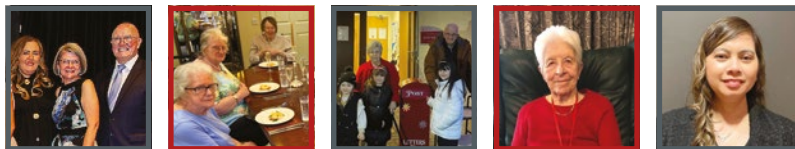




Meallmore Ltd
Making Care Mean More



Meallmore Matters

.....Winter 2022

Farewell message from **Gerry Hennessey**

As 2022 draws to a close and I retire from my role as Managing Director after 35 years, I want to take a moment to acknowledge all the amazing people I have been privileged to care for and work with over the years.



There are far too many to mention any individuals, but you should know how immensely proud I am of all that we have achieved together.

As I have said many times, we have grown and nurtured a fantastic culture across the whole company to create a workplace to be proud of. We care for our residents and their families with kindness and compassion every day of the year while looking after each other as we work side by side.

The reliability of the services we provide and the quality we offer defines us, and I know our standards will continue to improve under Cillian's leadership from 2023.

I retain my position as Chairman of the board of directors, so will remain involved in the business. I am looking to continuing hearing more of the wonderful stories from our homes and services.

So, I want to thank you all for your hard work and commitment as it is our combined strength

that makes us successful as a company.

Please take time to enjoy your plans for celebrating Christmas and Hogmanay with friends and family and, take a moment to look back on your own time at Meallmore with the same sense of accomplishment that we all should feel.

I wish you and your families well.

Protect yourself this winter

We urge both staff and residents to get their flu vaccine and COVID-19 booster this winter. For those who have not yet received their vaccine, for whatever reason, please make sure you get your jab. These vaccinations are to protect yourself and those around you in our care homes, and as we know, it makes a real difference.

Meallmore makes £2,000 Christmas donation to **Alzheimer Scotland**

For Christmas this year, we are donating £2,000 to a charity very close to our hearts, Alzheimer Scotland. Instead of purchasing printed cards for staff, residents and relatives, we are sending out e-cards with details on the savings made being put towards the donation.

Over 90,000 people in Scotland are living with dementia. Alzheimer Scotland provides people affected by dementia with the vital support they need, along with their families, partners and carers, to ensure no-one faces Alzheimer's alone.

Meallmore Staff Awards 2022

It was fantastic to see the return of the Meallmore Staff Awards this year at the Dunblane Hydro. The awards are all about celebrating our incredible people who have made a real difference to the lives of our residents across the country.



This year's award winners include:

- Emerging Talent Award** – Stefanie Bowlzer, Hilton Court
- Excellence in Support Services Award**
- Dan McGonigle, Kincaid House
- Positive Impact Award** – Mark Dolan, Parklands
- Head Office & Field Based Support Team Award**
- Morag White, Quality Support Advisor
- Specialist Service Home Award** – The Oaks
- Elderly Home Service Award** – Antonine
- Nurse of the Year Award** – Gilly Sulabo, Forthland Lodge
- Manager of the Year Award** – Julie Stevenson, The Oaks
- Senior Carer/Practitioner of the Year Award** – Lauren Cuthbertson, Mearns House
- Meaningful Activities Award** – David Lawrie, Kinmylies
- Carer of the Year** – Jenna Corbett, Bayview
- Meals Mean More cooking competition** – Paul O'Brien, St Modans



Congratulations to all of you!

Oaks residents take on language lessons

Two residents at the Oaks have been putting their language skills to the test, with the help of another multi-lingual resident, to receive formal language qualifications. Kirsty Alexander and Lilian (Lily) Hughes took part in a 12-week course with local social enterprise, Lingo Flamingo, to each achieve a SQA National 2 qualification in Modern Languages.

The hard working pair were helped by fellow resident, Ian, who has a degree in French and German. Ian's confidence grew by offering support to Kirsty and Lily during their course. He even joined in on some of the activities himself! Très bien!



Culinary delights at Culduthel

Chefs at Culduthel recently treated residents to a fabulous fine dining experience fit for a Michelin star restaurant. The residents had a wonderful evening socialising in one of the home's dining rooms, with tables set up with the best cutlery and crockery. They tried different culinary delights including a refreshing melon and parma ham starter that was exquisitely carved into the shape of a flower. For main course, they had pan-seared salmon, butter poached asparagus, chive crushed new potatoes and a wonderful caper and citrus beurre blanc butter. Delicious!

Christmas comes early to Airthrey

Airthrey Care Home has set up a magical post box, designed by members of staff, for all local children to send letters to Santa Claus. Staff will empty the post box in the morning and evening to ensure all letters are answered, offering a helping hand to Santa Claus himself.

The care home has also hosted a festive Christmas fair. Featuring stalls from local businesses selling a variety of gifts and treats, the fair also hosted Santa's grotto and a craft corner with Santa's elves.

Staff have also chosen to donate their secret Santa gift to local charity, Families in Need.





Greenan Manor supports local charity for second year

Following the success of last year's partnership, staff and residents at Greenan Manor have chosen to continue to support local Ayrshire charity, the Night Before Christmas Campaign (NB4CC). The charity supplies Christmas gifts to local families living in poverty.

Earlier this year, the home held a summer fete, where they managed to raise an incredible £650 for the charity. The home is continuing its support by collecting gift donations in the run up to Christmas. The home welcomes members of the local community to bring gift donations to reception.

Staff profile: Roselle at Kynnaired

We're thrilled to share the news that one of our respected, longstanding members of the Meallmore team has been promoted. .

In October, Roselle Alberto was appointed as care home manager of Kynnaired House, where she has worked for the last 18 years. Roselle had been working as interim manager before being appointed to general manager back in October this year. Prior to that she was deputy manager for three years.

Roselle joined Kynnaired in November 2004, when she started as a senior carer having moved to Scotland from the Philippines.

Commenting on her experience with Meallmore, Roselle says, "I love my job. There's a lovely culture and I really like the residents and the staff. I didn't know anyone when I moved to Scotland, but everyone was so accommodating and friendly – they became like family. I was homesick to begin with but very quickly I started to feel like I was home at Kynnaired. Now, when I go back to the Philippines to see family, I know I'm coming home when I head back to Scotland."

Speaking about her new role she says, "I never thought I'd end up as manager at Kynnaired – even recently! The team all pushed me to apply and I'm so glad that they did. I feel really proud to be manager and I'm looking forward to developing in my new role. The response from residents, staff and families to me taking on the senior role has been so nice, with people making a special effort to come and congratulate me. Though I feel like I've got a lot to live up to!"

Congratulations Roselle!



*Roselle Alberto,
Care Home Manager
at Kynnaired House*

Greenan Manor resident shares eye-opening account of Blitz survival

For Remembrance Day, a much-loved resident at Greenan Manor shared a remarkable account of surviving the infamous Clydebank Blitz in 1941.

Lorna Graham was only nine years old when she took refuge with her family in an Anderson shelter for two days whilst Luftwaffe bombed the areas of Clydebank and Glasgow. She recalls that it was her father's knowledge of building shelters WWI that kept her family safe.

Her father Andrew, an engineer, dug the base much deeper every day to match the measurements of the former WWI shelter. Lorna states: "My father's actions saved the lives of our family."

When Lorna was asked if the sound of the bombing affected her mental health, she said "No, because when we were hiding in the Anderson shelter my parents continually assured myself and my sister Anne to not be afraid. They told us that it was just a great adventure."

