

# MILNGAVIE HERALD



## BURNS NIGHT BONANZA

We marked Burns Night in style this January with celebrations both in the home and out with our friends at Douglas Academy.

The festivities began with a visit from two young musicians Conal and Rory Macdiarmid who arrived with their bagpipes and accordion to give a special performance. The brothers played a selection of songs before resident Billy Allen delivered a traditional Burns Night reading for the delighted audience.

"The music captured the spirit of Burns Night beautifully, it was a very moving performance," enthuses Home Manager Susan McElhinney Leung. "The combination of the Macdiarmid brothers and then Billy's reading meant it was an unforgettable Burns celebration here."

For three of our residents, the fun didn't stop there as they attended the Burns supper at Douglas Academy. Leisure & Wellbeing Officer Arlene Harrison and Homemaker Rosaline Douglas took residents Eileen Brooks, Helen Pettigrew and Bette Ellison to the festivities at the school.

The evening involved a four-course menu of delicious Scottish food – including smoked salmon, Scotch broth, haggis, neeps and tatties in a whiskey sauce and a Scottish raspberry trifle. The environmentally-conscious team

made sure that the majority of the food was locally sourced to ensure the event was as sustainable as possible.

As well as traditional Burns Night entertainment, the students took time to chat with their guests and tables were mixed so everybody could get to know somebody new. The Milngavie Manor ladies were joined by residents of other care homes on their table.



"What a wonderful night – the food, the company and the entertainment was all first class," says resident Eileen. "It's great to see young people carrying on Burns Night traditions and leading the way in being kind to the planet. We loved being their guests."



### "THERE'S SO MUCH PLANNED FOR 2020!"

Welcome to the second edition of the Milngavie Herald, I hope you've had a great start to the New Year.

Winter is always a busy season for us, and as you'll see in these pages, there have been many social gatherings, community partnerships and fantastic events going on. Milngavie is a wonderful place to live and work, so building those friendships and connections with people in the local area is incredibly important to us.

Here at the home, I was delighted to present staff nurse Gail McCann with the Employee of the Year award for her work in 2019. Gail is a credit to the team, and everybody enjoys working with her. As well as being a bubbly personality and a very hard worker, Gail's caring approach has made her a firm favourite among the residents. Congratulations Gail, you are a very worthy winner.

I'm lucky the entire team at Milngavie Manor is committed to making this a fantastic place to live. There's been a lot of thought put into our 2020 programme – there's so much planned already! Make sure you stop by and join us at one of the many events coming up. We'd love to welcome you to our happy home.

**Susan McElhinney Leung**  
Home Manager

# TOP STORIES FROM TEAM MILNGAVIE

Take a look at what's been happening here this winter.



## SHARING SKILLS

A joint learning project between Milngavie Manor and Clobber Primary School has got underway this winter – focussed on skill sharing.

The children, aged between seven and nine-years-old, are part of the school's 'eco group' and spending time learning new things with older people is one of their 2020 challenges.

The purpose of the project is to boost wellbeing for residents and the children, promote intergenerational friendships and participate in shared learning.

So far, the group has completed therapeutic colouring exercises and cake decorating, with knitting, crocheting and sewing sessions ahead.

Following the textile skills sessions, the plan is to host a fashion show at Milngavie Manor. The residents will model fashions they would have worn in previous decades to give the children a flavour of vintage styles. It promises to be a great event.

"I look forward to the children coming in – they are really open to learning new things," says resident Helen Pettigrew, 83. "What's nice is that we can pass on knowledge to them and we also get to pick up new skills by learning together."



## MAKING MUSIC!

2020 is going to be the year of song at Milngavie Manor, thanks to the start of our new house band.

On the first Friday of every month, we'll be joined by local musicians the Dega Band for singalongs that both residents and staff can participate in.

The toe-tapping four-piece can play a bit of everything – from the Beatles to Beyonce, from Abba to Taylor Swift. They are happy to take requests so residents and visitors can make sure they have the chance to sing to their favourite tunes.

"The house band sessions are going to be fun – we have some very keen singers at the home!" smiles Susan McElhinney Leung, our Home Manager. "Residents love it when the staff get up and perform during musical activities. They enjoy seeing another side to the people who care for them every day. It's fantastic entertainment for everyone."

The House Band Fridays will take place at the home each month, either during the afternoon or later in the evening. Refreshments and snacks will be served throughout, so it's an excellent way for residents to end the week by socialising and singing together.





## STATE OF THE ART

Milngavie Manor is one of 30 care homes to be picked for a unique Arts in Care programme developed by Luminate, Scotland's creative ageing organisation, in collaboration with the Care Inspectorate, Creative Scotland and the Baring Foundation.

This programme will see artists going into care homes across Scotland, delivering high quality creative activities for residents and staff alike.

Luminate and the Care Inspectorate were inundated with applications from the 886 care homes in Scotland, but only a small number were successful.

Being accepted onto Arts in Care means that we have professional musician Ruth Rowlands working with us this Spring. Residents and staff will learn about the benefits of creativity and music and receive support to deliver sessions themselves going forward.



## ALL THAT JAZZ

Residents enjoyed a night of fantastic music in December – courtesy of the Allander Jazz Band.

The well-loved group delivered a show full of popular jazz and swing classics for our appreciative audience. Residents had a wonderful time singing along with the band, as the talented six-piece filled the home with top tunes.

"It was a gig to remember, everyone loved their set," enthuses David Holbrook, Regional Community Relations Lead. "It was the perfect way to get into the party spirit ahead of Christmas."



## GOING GREEN

Plans are progressing for a new sensory garden in the Milngavie Manor grounds, thanks to gardening for wellbeing charity, Trellis.

Joan Wilson from Trellis has already conducted an audit of the grounds and identified the ideal place to develop the therapeutic area.

The next stage is involving the residents in a more detailed planning session, and Trellis are also offering to deliver a gardening workshop for us to learn more.

The new sensory garden will be a wonderful place for all residents to enjoy being outside, and also provides therapeutic benefits for people living with dementia.

"Having an outdoor space where there are wonderful aromas, different textures to touch and colours can boost wellbeing for people living with dementia," explains project advisor Joan.



## CHRISTMAS CHEER!

The children of Green Forrest Nursery delivered the gift of Christmas cheer in December.

The class of 2 and 3-year-olds have become firm friends with our residents after regularly visiting the home as part of an intergenerational learning programme.

So, as the festive celebrations got underway, the children made a stop at Milngavie Manor to deliver gifts to their friends here and to sing their favourite Christmas songs.

"It was so sweet to hear the children singing Jingle Bells, Rudolph the Red-nosed Reindeer and some other favourites," smiles David Holbrook, our Regional Community Relations Lead.





## PUPPY LOVE!

**Meet the new face who is making a name for herself here.**

Milngavie Manor is a home full of dog lovers, and for ages, both staff and residents have been longing to have a pet pooch here.

So, imagine how delighted we all were when Leisure & Wellbeing Officer Arlene Harrison made our dreams come true by adopting a new puppy, Roxie.

Arlene decided to adopt the adorable Shichon (Bichon Frisé and Shih Tzu cross) herself, on the agreement that she could bring Roxie into the home every day and train her as a therapy dog for residents.

This was the perfect solution for us all, and now Roxie is everybody's new best friend.

"When Roxie comes into the room, the residents light up – they just love her!" smiles Arlene. "She has got to know everyone here really well and spends most of her days sitting on a lot of laps for cuddles. It's wonderful to see how much positivity and happiness she brings both the residents and the staff. She's such a good girl."

Arlene got Roxie from local breeders who also rescue dogs. They had already saved Roxie's parents Teddy and Bailey, who went on to mate and had a litter together.

The breeders also work as mental health nurses, so they were overjoyed to discover that Roxie the puppy was destined to work in a care home. So much so that they agreed to prioritise giving one of the litter to Arlene and Milngavie Manor before other customers.

Now she's happily settled in, Roxie has begun the training that will help her to become a therapy dog. She has a year of sessions to go through, before taking her exam at 1-year-old.

"Roxie is doing really well so far," enthuses Arlene. "She's been learning to lie down and stay in a lying position either beside people or on their laps. There's also been work done on keeping Roxie calm in different situations and she's responded well to that. We think she's going to make a big impact on the lives of our residents."

Every night Roxie heads home with Arlene to spend time with her and her children, but she's bright-eyed and ready to go every morning.

"It's so sweet to see her walk in and boost everybody's morning just by being herself," says Arlene. "Everyone is so pleased to see her, and Roxie just laps up the attention!"

## DATES FOR THE DIARY

### UPCOMING EVENTS

#### Saturday 22nd Feb

Gamelan Naga Mas Music Therapy Session at Gartnavel General Hospital

Cathy Struthers' Musical Memories & karaoke afternoon

#### Wednesday 11th March

Bunny & Co. pet therapy

#### Tuesday 17th March

St Patrick's Day Party with music from James McCreight

#### Sunday 29th March

'Care for a Ceilidh?' event

### REGULAR COMMUNITY EVENTS

#### Tuesday 3pm (weekly)

Dementia Cinema Club

#### Wednesday 2:30pm

(the first of the month)

Ceartas De Café

#### Thursday (weekly)

The Music Machine Milngavie Choir

#### Thursday 10:30am

(the third Thursday of the month)

Macular Support Café

#### Friday (every week)

Move It or Lose It with PT Meg Smith

#### Sunday 2-4pm (the first of the month)

Re-engage Tea Party and Book Group