

Edinburgh care home shortlisted for national award

A care home in Edinburgh has been nominated as a finalist for prestigious national award.

Care UK's Murrayside, on South Beechwood, has been celebrating after being shortlisted for 'Best for Nursing Care' in the Care Home Awards 2024, which recognise teams and individuals that epitomise excellence, innovation, dedication and outstanding contributions within the care sector.

Specialising in dementia care, Murrayside introduced Namaste care last year, which aims to engage residents living with dementia via their senses and emotions using hand massage techniques and soft, relaxing music. 'Namaste' is a Hindu greeting meaning 'to honor the spirit within', reflecting the person-centered approach at the heart of the scheme.

The team has received specialist dementia training from Murrayside's Dementia Champion, Evelyn Heron, who was named Care UK's Carer of the Year and has helped develop a range of techniques to enable residents to live fulfilling lives. This includes creating 'destination points' within the home to encourage residents to independently take up hobbies such as birdwatching and DIY. A 'playlist of life' featuring residents' favourite songs has been created, which can be played through speakers across the home and every room contains framed pictures and mementos to prompt conversation.

Residents can also make wishes – both big and small – on the

home's Wishing Tree, enabling them to reminisce about past hobbies and interests, or take on new challenges. As part of the initiative, the Murrayside team have taken residents to the theatre, Edinburgh Zoo, and even to the Orium Sports Performance Centre to meet members of the Scottish rugby squad.

A local GP commented: "I attend on a weekly basis... there is always a very cheerful and happy environment... They all show a high level of regard and care for their residents and have excellent communication links with their relatives... Their dementia unit is excellent... I would be very happy for a family member of mine to be nursed there and may book a place for myself in 30 years!"

Suzanne Welsh, Home Manager at Murrayside, said: "We are thrilled to have been shortlisted for the 'Best for Nursing Care' award at this year's Care Home Awards.

"Here at Murrayside, we pride ourselves on our nursing and dementia expertise, and are always looking for new ways to enable residents to lead fulfilling lives. The impact of our Namaste sessions has been instrumental to our success and we truly couldn't have done it without our Namaste trainers, Evelyn and Gemma's hard work and specialist training.

"I am really proud of the whole team and what they achieve on a daily basis through their dedication, patience and passion for the residents. We are all keeping our fingers crossed for a win later this year!"

The winners and finalists will be celebrated at the Royal Garden Hotel, London, on Friday 17th May.

Murrayside care home, which provides full-time residential, nursing and dementia care, has been specially designed to enable residents to live active and fulfilled lives, while also promoting independence. The care home incorporates space

for hobby and leisure activities, and has its own cinema, hair salon, café and Namaste rooms.

To find out more about Murrayside, please contact Customer Relations Manager, Cliona Robertson, on 0131 516 2487, or email cliona.robertson@careuk.com

For more general information, please visit careuk.com/murrayside



Murrayside Care UK, Edinburgh. Home Manager, Suzanne Welsh and her team celebrate their CI report. L-R Murray the Elephant mascot, Gemma MacInnes, Aniekpeno Obobilepe, Cliona Robertson, Kirsty Watson, Suzanne Welsh, Hannah Mitchell, Anna McLeod and Sharon Whitecross PHOTO Neil Hanna for Care UK



Murrayside Care UK, Edinburgh. Home Manager, Suzanne Welsh and her team celebrate their CI report. L-R Suzanne Welsh, Cliona Robertson, Gemma MacInnes, Angela Valente, Anna McLeod, Abbie Brownlee, Murray the Elephant mascot, Sharon Whitecross, Kirsty Watson and Aniekpeno Obobilepe. PHOTO Neil Hanna for Care UK