

Edinburgh care home shortlisted for national award

A care home in Edinburgh is celebrating after being nominated for a prestigious national award.

Care UK's Murrayside, on South Beechwood, has been shortlisted in the 'Best Dementia Care Home' category in the National Dementia Care Awards 2024, after being rated 'very good' by the Care Inspectorate.

The awards celebrate outstanding practice in dementia services and recognise a commitment to deliver outcome focussed, person centred care for people living with dementia.

The nomination commends the team for their commitment to getting to know residents on a personal level. Before residents move in, team members learn about their hobbies, interests, skills and life history, this includes compiling a 'playlist of life' based on residents' favourite songs from across the decades.

The home also has a Wishing Tree, an initiative that allows residents to reconnect with a past hobby or try something completely new – no wish is too big or too small. Through this initiative the team has taken residents to the theatre, to Edinburgh Zoo, and to Oriam to meet the Scotland Rugby squad.

The nomination also highlighted the Namaste programme, which was introduced earlier this year to engage residents living with dementia through their senses and emotions, such as using

hand massage techniques and playing soft, relaxing music. 'Namaste' is a Hindu greeting, meaning 'to honour the spirit within', reflecting the person-centred approach at the heart of the scheme.

All team members are dementia trained by the home's Dementia Champion, Evelyn Heron, which has been key to their success. This includes creating 'destination points' within the home to encourage residents to independently take up hobbies such as birdwatching and DIY.

One relative said: "The home is an exceptional standard, and all the staff are very caring and very friendly. Nothing is too much trouble for the residents or family. We are extremely happy."

A local GP said: "There is always a very cheerful and happy environment...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're thrilled to be shortlisted for the 'Best Dementia Care Home' and recognised nationally for all our hard work.

"Whether it's organising a trip to Oriam to meet the members of the Scotland Rugby Squad, or taking residents to the theatre or zoo, there's nothing team members won't do to ensure residents lead happy and fulfilling lives.

"Working alongside Evelyn, our Dementia Champion, and such a wonderful team is always such a pleasure – they go above and beyond to support residents. I am really proud of everyone's dedication, passion and help in making Murrayside a wonderful place to call home.

"We are all keeping our fingers crossed for a win later this year!"

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.

careuk.com/murrayside



Murrayside Care Home has received a 'Very Good' rating from the Care Inspectorate.

L-R David McLachlan, Gemma MacIness, Manager Suzanne Welsh, Stefanie Neyer, Annie Obubikpe, Nicky Welsh, Lynda Goodfellow, CRM Cliona Roberston, Tendai Nyabadza, Resident Wilma Dickson, Damilola Oyadeyi, Hannah Mitchell, Lara Ganiyu, AJ Morales, Shakiru Odutayo and Oscar Lula.

Pic Neil Hanna