

Health/Wellbeing Case Study

Inch View Care Home
Edinburgh

Stuart McKenzie



I'm Stuart McK and am here to present a Case Study of a project I'm involved with at Inchview Care Home in Edinburgh. I'm not yet a resident but they have promised me a good room.

I checked what a Case Study was and found this...

"Case studies are analyses of persons, events, decisions, periods, projects, policies, institutions, or other systems that are studied holistically by one or more methods. The case that is the *subject* of the inquiry will be an instance of a class of phenomena that provides an analytical frame — an *object* — within which the study is conducted and which the case illuminates and explicates."

So, I thought I'd show you some pictures instead...



Inch View was opened in 2011 and is a purpose-built Care Home specialising in looking after residents with Dementia and behaviour challenges. It was designed after consultation with the residents about how they wanted it to be. It has 60 rooms, all ensuite, divided into 4 x 15 bed 'houses' with their own lounge and dining room.



The home surrounds a large garden on three sides. Back in 2011, I was asked what could be done with two huge raised beds - put simply, the home couldn't afford to buy plants to fill them.

I have an allotment and therefore spare seeds – so let's grow vegetables.



The residents really took to vegetable growing, many had missed their own gardens, so it provided a familiar environment and the chance to potter about and pull a few weeds out.



Here's John who was over 90 when I met him.



Potatoes were always very popular and successful as you'll see.



John also grew a mean cabbage.



When the home officially opened we were photographed and the picture ended up on the leaflet Edinburgh Council sent out explaining their charges. You can imagine the stick we took – “no we didn’t buy seeds from the Council Tax”.



Then the Chickens arrived! Six eggs were incubated in the reception area of the home. They hatched and spent their youth growing up in a small coop before moving outside in their own space.



They now lay an egg apiece every morning.



Time passed and this is David in 2014 with his stunning harvest of potatoes. We estimated about 70 kilos, all enjoyed by everyone who commented on how fresh they tasted.



We also grew flowers. The sweet peas were given to the receptionists and manageress – all traded for a kiss. Plenty of improved self-esteem there.



We even built half people just for fun. The residents love them and occasionally contribute fresh clothes when they get too tatty and a bit risqué.



Then things got serious. The home became the first in Scotland to qualify for a Silver Food for Life accreditation from the Soil Association. This ensures the home serves fresh and healthy meals made with seasonal, local and organic ingredients. Everything supplemented by food grown themselves.

The Soil Association suggested building a polytunnel which was funded by them, the home and a tax rebate from a charity I'd been involved with.

So, on a chilly day in March this year, we started to put up our polytunnel.



This short video shows what it looks like now but also shows the value of volunteers to such a project.

<https://youtu.be/iFIXRWTau5E>

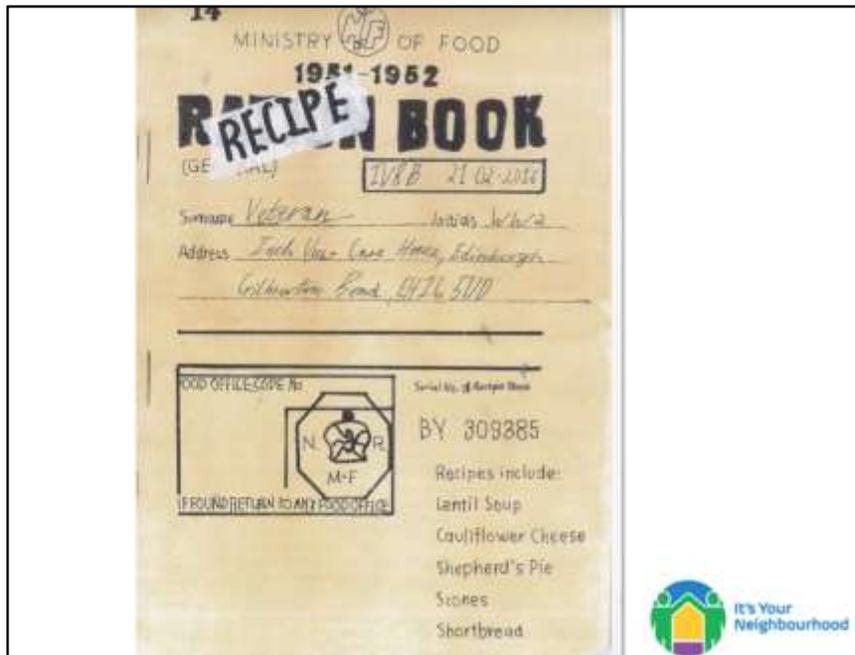
Plenty of food grown there and Michael really enjoys just sending time outside in the fresh air watching it all grow, picking it and proudly taking to the kitchen.



Our partnership with the Soil Association also included Liberton High School, just down the road. Pupils made invitation cards, sent them to residents and invited them along to the school for a daffodil tea.



The pupils made everything from soup to cakes – and served it up themselves. Now one pupil is interested in making Social Care his future and another enjoyed cooking so much he's wanting to become a chef...value to both parts of a partnership.



They also asked residents for recipes and put this cook book together. Realising their past thrift during the war, the pupils designed this cover.

Catherine Robertson's Lentil soup

- 1 Ham shank or alternatively ham ribs
- 20 carrots
- small bag of lentils – leave to soak in cold water over night then rinse
- salt & pepper to taste
- 1 onion

Add Ham shank or ribs to a large pot of water with the onions and lentils bring to the boil.

Grate carrots and add to the pot with salt and pepper to taste, simmer for 3 1/2 hours.

Serve with bread and butter.



During the war money was tight, my mum used to tell me to ask the butcher for a bone for the dog as we could not afford one with meat on for the soup.



Here's a typical page. Each attributed to a resident along with their own memory of the dish. Maybe you can't read it at the back. The recipe for lentil soups needs a ham bone. Catherine commented that "during the war money was tight. My mum used to tell me to ask the butcher for a bone for the dog as we couldn't afford one with meat on for the soup." We've also held a French lunch where vegetables were taken one day to La Garrigue restaurant in Edinburgh where they made a tasty soup, a main dish of ratatouille in a baked potato followed by crème caramel flavoured with lavender from the garden. This was delivered for lunch the following day, all served up with wine and panache by a proper French Chef. They loved it! We've also taken advice from our It's Your Neighbourhood Assessor Mairi, and sold small bags stuffed with our lavender seeds at our Summer Garden Party. The residents also got painting pieces of slate to create logos of Keep Scotland Beautiful and the Soil Association. You'll see these later.

To sum up...

Scottish Dementia Awards 2016



So, how to summarise? We were nominated for an award at the Dementia Awards this year. A very high profile gathering from NHS Scotland, Scotland Social Services Council and Alzheimer's Scotland. I think they did a great job of documenting the partnership... <https://youtu.be/VnTQ1QInFXY>



The garden now. It includes a summer house, where the residents have had to create a booking system as it's so popular in the summer. A row of apple trees against the fence replaced the trees that were planted when the home opened – and no thought to water them. There's Michael looking pretty proud. Note the painted slate logos, all done by the residents with a little encouragement and help. A second Care Home in Edinburgh has just had a polytunnel installed and the Soil Association are keen to help other homes do likewise. Another measure of success has arrived in a slightly odd way recently. The family of one past resident who enjoyed gardening and sitting beside the raised beds would like to scatter his ashes amongst the potatoes. What a perfect way to spend eternity. I hope I've shown you what can be achieved quite easily by volunteering in your local Care Home to bring both stimulation and fresh food to residents who really benefit from having a renewed interest in growing their own food.