

Our Community

Well Done!



Sam

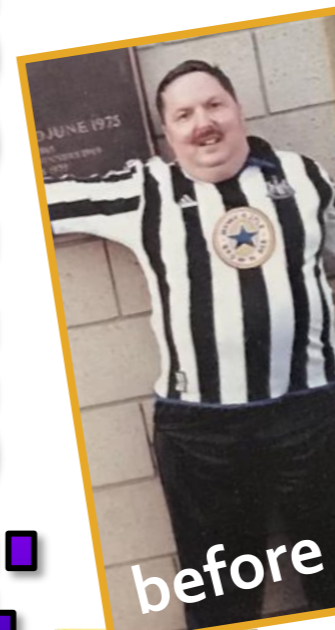


Hi, I'm **Sam**. I have been upcycling an old canvas print. I painted it black with silver stars, planets and added lights to create a night light feature for my bedroom.

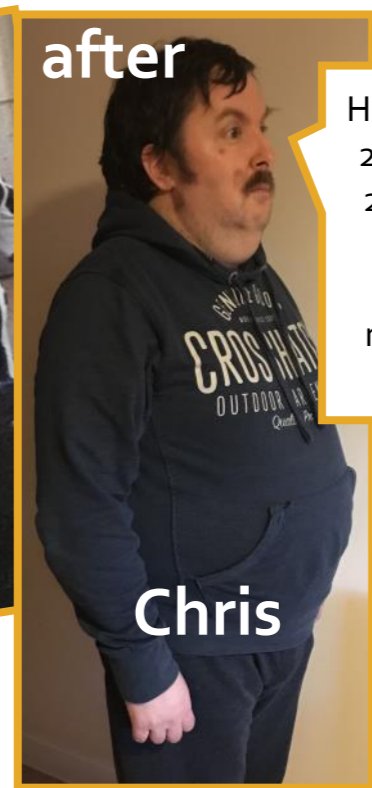
Looks amazing Sam, well done!



after



before



Chris

Hi everyone, I'm **Chris**. I have lost 2 stone in weight since October 2020. I have been watching my calories and exercising. I was worried about my health and mobility and have set a goal to work towards.

Looking good Chris, fabulous news.



Have you visited our:



Facebook page?

<https://www.facebook.com/ELCAPCommunity/>



Our Twitter page?

<https://twitter.com/ELCAPCommunity>

Thank you all so much for your wonderful pictures. It's fantastic to see everyone getting out and about again and hearing all your good news. Please keep sending in your photos, news and information to: GoodNews@elcap.org

Happy Birthday...



Lynn

Hi, I'm **Lynn**. I had a wonderful day celebrating my 60th birthday. I had a lot of fun opening my presents, eating cake and bursting balloons!



Peter

Hello, I'm **Peter**. I had a lovely day celebrating my 45th birthday.



Dorothy

Hello, I'm **Dorothy**. I enjoyed a lovely chocolate cake for my birthday. I had a lovely day and faceted my friend Janice.



Activities...

Hi everyone. I'm **Elizabeth**. I have been reminiscing through some old photographs of me when I was younger. It has cheered me up as I haven't changed a bit!



Elizabeth



George

Hi everyone. I'm **George**. I love baking, especially banana loaf- it's delicious. I also really enjoyed the pancakes I made on Pancake Tuesday.



?Quiz time?...

KAREN'S ANIMAL QUIZ

1. What is the difference between a jaguar and a leopard?
2. Name 5 garden birds.
3. What's the difference between an alligator and a crocodile?
4. What type of animal is a fossa?
5. What is another name for a snow leopard?
6. What is a male donkey called? And what is a female donkey called?
7. What type of Dog is this?
8. Why do meerkats stand on their hind legs?
9. Why is a giraffes tongue purple?
10. How long does a penguin incubate its eggs for?



Karen

Please join in with the fun and see how many questions you get right.
Email your answers to: GoodNews@elcap.org



Cooking up a Storm...



Hi, I'm **Lizzy**. This is me making pancakes at Potter's Path. I enjoyed them a lot with fresh fruits and berries. They were tasty!



Lizzy



Hello. It's me, **Lynn**. I have been very busy lately. As well as painting rocks I have been making pancakes. That was a laugh, but they were scrumptious.



Lynn



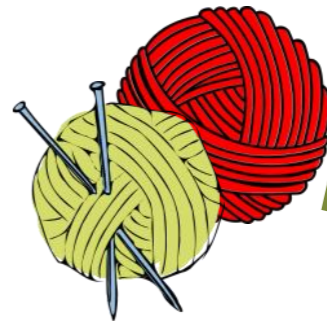
Ann

Hi, I'm **Ann**. I had a great time making fairy cakes. They were delicious.



Linda

Hi, I'm **Linda**. This is me teaching Kara to crochet. She might need to practice more!



Hello, I'm **William** I enjoyed a lovely day out wandering around a very quiet North Berwick.



Danny

Hi, I'm **Danny**. I had a great day out in Dunbar and got to see this amazing giant bear sculpture dedicated to John Muir!



Lorraine

Hi I'm **Lorraine**. This is me cutting lino for my front door. Using the kerb as a straight edge. Just got in done in time before the rain.

Winter Wonderland...



Karen enjoyed a trip to see the lights at Edinburgh Zoo. Karen also joined in the fun of making a fab snowman during our recent snowy weather.



Lynn
Enjoying the snow in her garden, **Lynn** made this wonderful snowman, complete with facemask to keep him safe from COVID-19.



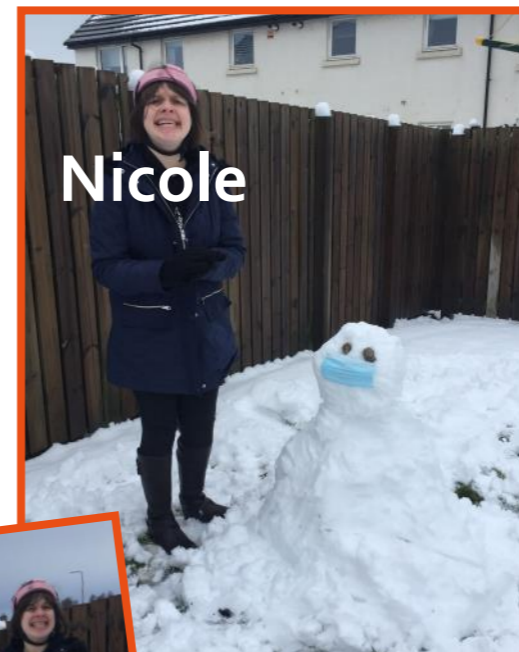
This fantastic snowman was made by **Andrew, Yvonne & Carol** at our Midlothian respite centre.



Tad & Vicky made this amazing snowman and gave him a glamorous touch of tinsel.



Karen & Daniel had a lot of fun making this special ELCAP snowman at Woodbine Cottage.



Nicole
Nicole made these two brilliant snowmen and even kept them at a social distance from each other!



Lynsey and Shannan made a lovely snowman in their garden. Shannan also enjoyed a walk in the snow with Nicole.



Patsy made this gorgeous snow-globe using her cherub and birdbath. Such a lovely creation.

