

OUR COMMUNITY



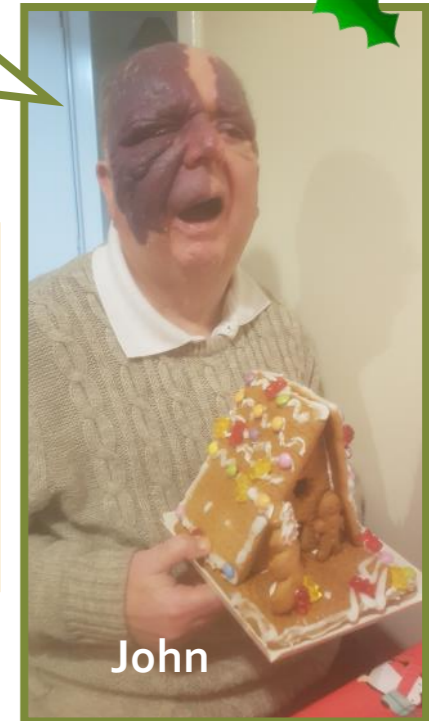
Merry Christmas!



Patsy

Hi everyone. I'm **John**. I made this amazing ginger bread house.

Hi I'm **Patsy**. I made this Christmas decoration of birds, from the Acorns in my garden. I used the wax from Baby bells for the hats and cotton wool for the pom-poms.

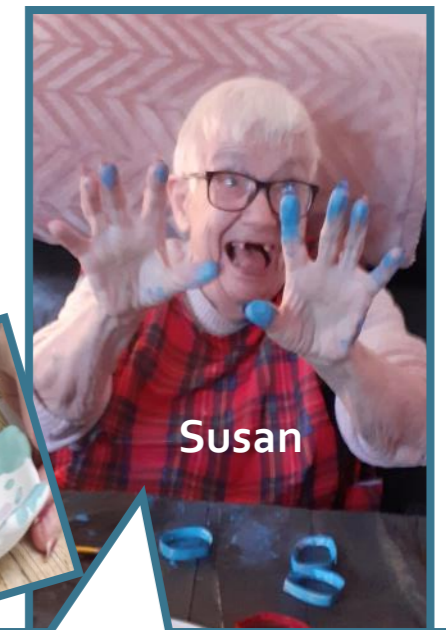


John



Alex

Hi I'm **Alex**. I made this gorgeous Christmas decoration with a jar and lights.



Susan

Hi it's me **Susan**. This is me with my snowman bowl that I have made. I had lot of fun making this and got glitter everywhere!



ELCAP Social Media



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We would very grateful if you would like and share our posts on your own social media.



Thank you all so much for your wonderful pictures.



It's fantastic to see everyone's achievements and to hear all your good news. Please keep emailing in your photos and news

GoodNews@elcap.org



Wishing you all a very Merry Christmas and best wishes for 2022!

Beginning to look a lot like Christmas...



Bella

Hi I'm **Bella**. I had a busy day shopping at Cameron Toll. I love their tree - really got me into the Christmas spirit!



Sandra

Hi I'm **Sandra**. This is me out shopping for Christmas cards and loving all the bright Christmas colours.



Dorothy

Hi I'm **Dorothy**. I hope you like my tree, I'm getting excited now!



Agnes

Hi I'm **Agnes**. This is me with Angel wings!



George

Hi I'm **George**. This is me in my new Christmas shirt!



Hi I'm **Steven**. This is me getting cosy in my Christmas blanket!



Steven

Activities...



Elizabeth

Hello. I'm **Elizabeth**. I had a nice day baking cakes.



Linda

Hi everyone. I'm **Linda**. This is me with the Cheese scones that I baked. They were delicious.



Sarah

Hi I'm **Sarah**. I have been learning to batch cook. This is me making a mixture to go with Chicken for to put into wraps. It was healthy and delicious



Thomas

Hi I'm **Thomas**. I have been enjoying making mats from Hama Beads. It's a very relaxing hobby.



Nicole

Hi it's me, **Nicole**. I have been learning to play dominos and boccia.

Out and About...

Hi, I'm **Mhairi**. I enjoyed picking pumpkins at Balgone Estate. I really enjoyed Halloween.



Mhairi



Lewis

Hi I'm **Lewis**. I had a great holiday to St. Abbs this is me on the grab machine!



Shannan

Hello, it's me, **Shannan**. I have taken up Archery at Meadowmill Sports Centre. I am enjoying it so far.



Karen

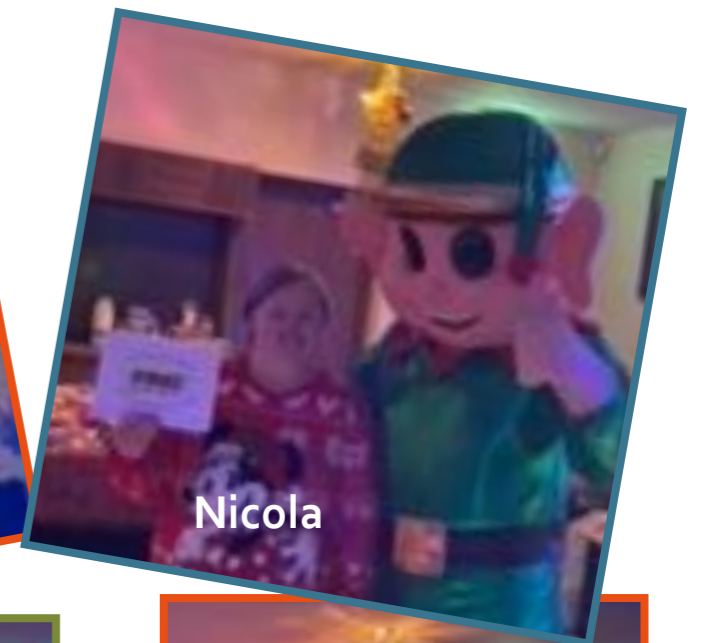
Hello, everybody. I'm **Karen**. I enjoyed a trip to Edinburgh Playhouse to see Beauty and the Beast. It was fantastic!



Chris, Nicola, Lynn, Colin, Liz and Nicole enjoying Starz Christmas Disco.



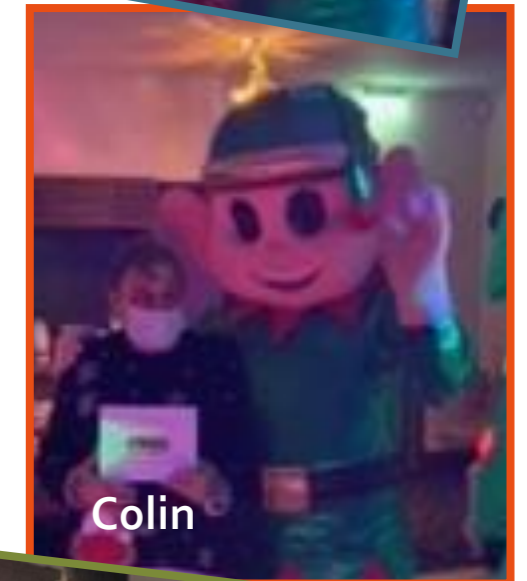
Chris



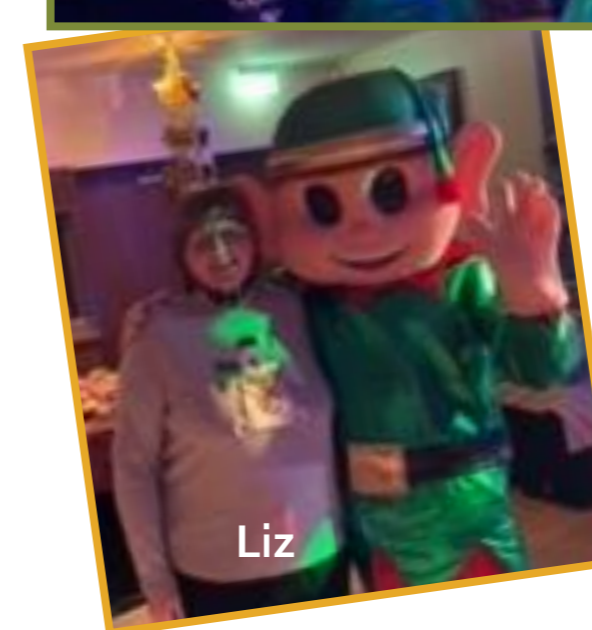
Nicola



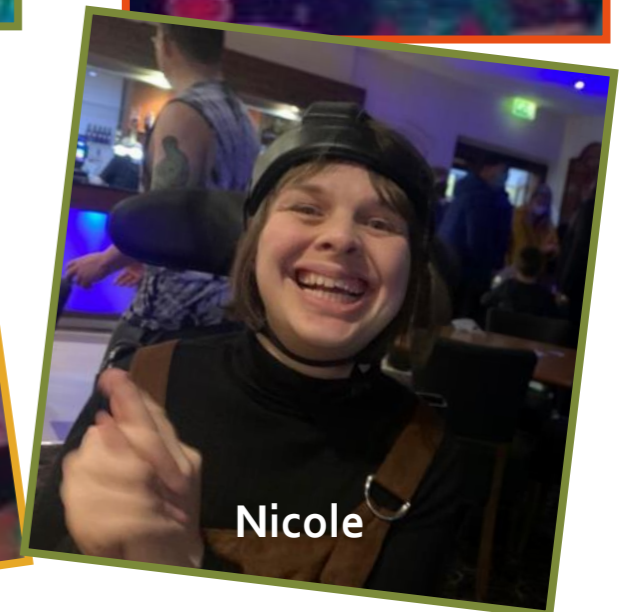
Lynn



Colin

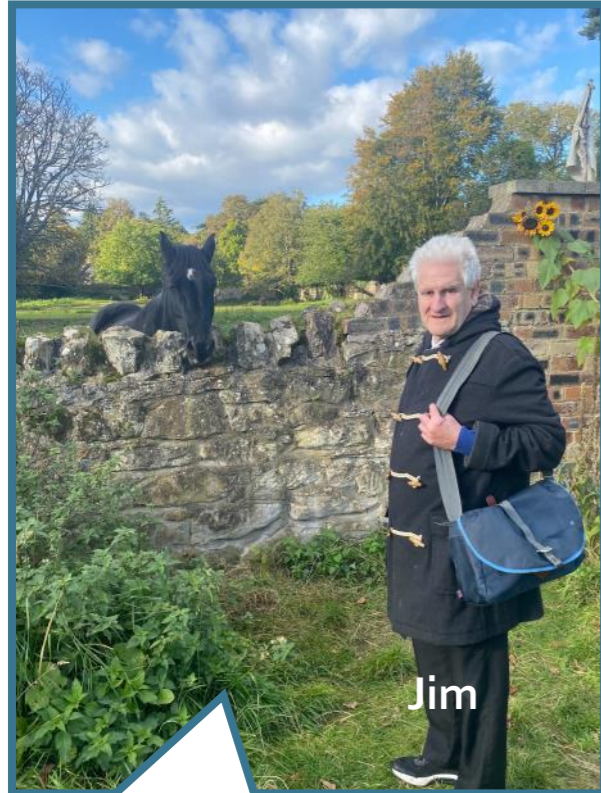


Liz



Nicole

Out and About...



Jim

Hi my name is **Jim**. I enjoyed a lovely walk up to Inveresk Gardens. I had a nice day walking around seeing the animals and still some flowers around.



Chris

Hi everyone. I'm **Chris**. I hope you like my Kilt, I had it made for my cousin's wedding in Loch Lomond. It was magical.

Hi everyone, I'm **Tad**. The cold weather is not putting me off my ice-cream!



Nicola

Hi everyone. I'm **Nicola**. This is me on my first day back at Muirfield Riding Therapy. I had the best day ever!



Bryan

Hello I'm **Bryan**. I like being outdoors with my football.



Cathy

Hi I'm, **Cathy**. I am really enjoying getting out for walks. I love the colours of the Autumn leaves that have been falling. They are truly beautiful.

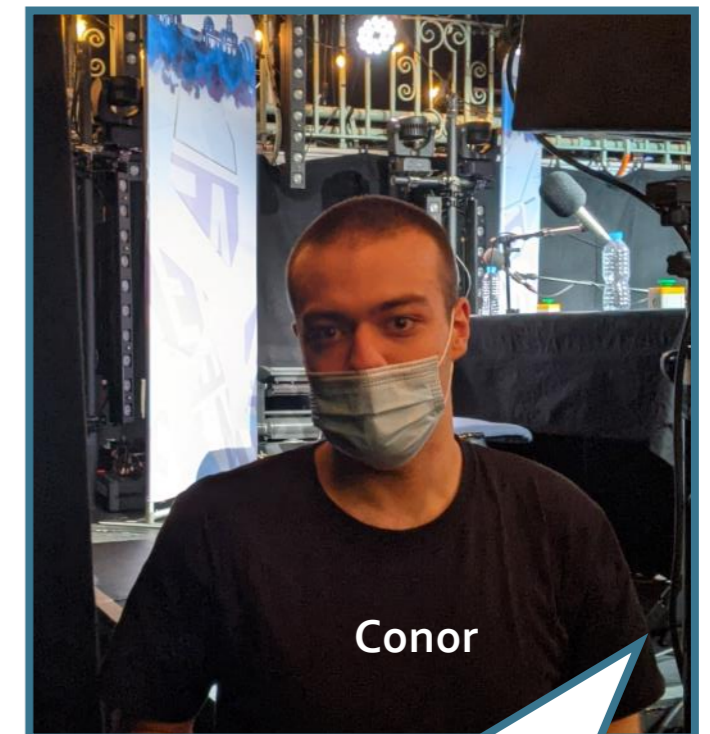


Colin

Hi it's me, **Colin**. My friend Calum is in the Musselburgh Sea Cadets and they were really happy to let me get a photo with them all.



Tad



Conor

Hi my name is **Conor**. I went to the recording of 'Breaking News'. I was excited to meet my favourite comedian, Jay Lafferty.