



ELCAP Social Media



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We would be 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, you are all superstars and we like to have a peak into your busy lives!

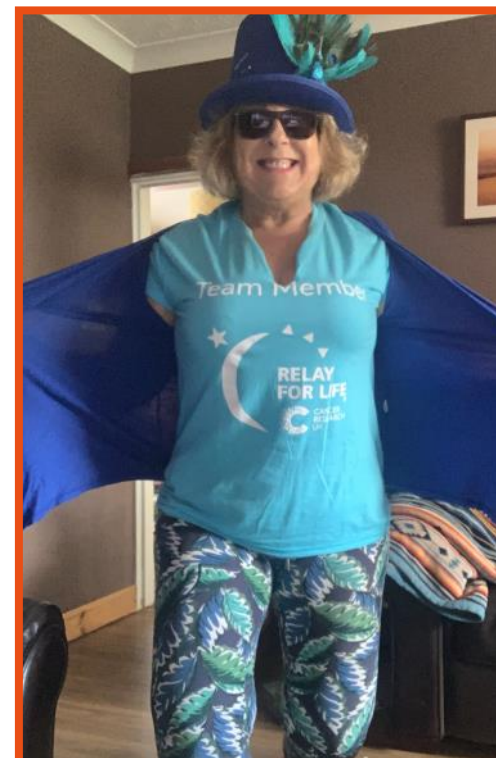
Please keep sending in your photos and news to:

GoodNews@elcap.org

Issue 3 - 2022



Our Community



★ **Well done!** ★

A big "Well Done" is in order for Helen who took part in the Relay for Life in aid of Cancer Research UK. The event in total has raised over £41,000 which has made all of us here at ELCAP very proud of Helen for taking part in this fundraiser for such a good cause.

Fun!Fun!Fun!



Sandra, Tad, Michael and Brian came along to cheer Helen on, and had a super fun day out!



Happy Birthday

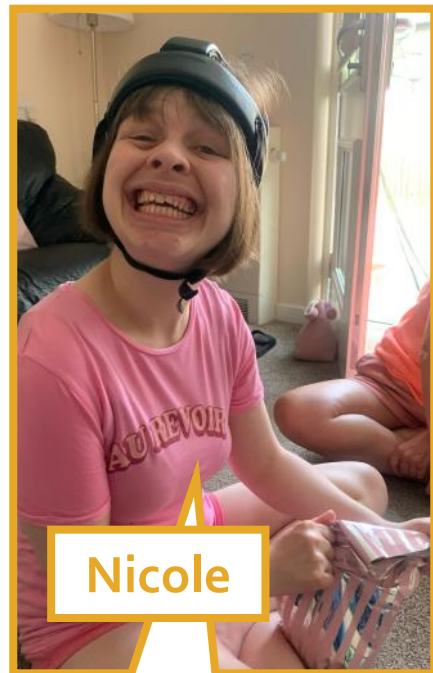


Graham

Hey there, I'm **Graham**. I had a birthday meal with my friend George at the Coffee Lounge. It was great!



David enjoyed celebrating with his friends at Mingulay. From left to right we have Eileen, David, James, John and John.



Nicole

Hi I'm **Nicole**. Here I am opening up my birthday presents! I had an amazing day!



Patsy

Hi, it's **Patsy**! I recently celebrated my birthday and spoilt with some brilliant gifts!



Nicola & Linda

Hey, I'm **Linda**. I had a lovely day out with Nicola celebrating my birthday and enjoying a mocktail!



Karen

Hello. My name's **Karen**. I loved my time in Edinburgh with my cousin.



Nicola

Nicola made this fantastic 'under water' craft picture from lovely fabrics.



Sandra

Hey, it's **Sandra** here. I love the sensory "movement" of the bus.



Patsy

Hi I'm **Patsy**. I have been busy on my travels to Eyemouth, Archerfield & the Haddington Show. This is me just chillin'.



Lesleyanne

Hey, I'm **Lesleyanne**. I loved my recent pamper night. I had the best time!

Hi it's me **Ben**. Here I am at the 'Bridge to Nowhere' in Belhaven. The view is stunning.



Ben



Morag & Bryan

Morag & Bryan love getting out and about in their hometown, Prestonpans. If you see them stop and say hello!

Hi, I'm **Mhairi**. I had a great time seeing the Lion King at the Playhouse.



Mhairi

All about you...



Nicola

Hi I'm **Nicola**. This is me dancing my socks off at the end of term show!

Hey, I'm **George**. I've been out watching the football cheering on my local team



George

Hello, I'm **Steven**. I've been enjoying going to basketball and have been getting out and about a lot more.



Steven

Hi I'm **Ronnie**. I went to my cousins house for lunch. I has such a good time!



Ronnie

Hi Everyone. My name's **Lynn**. This is my finished jigsaw puzzle. I also got new glasses, I hope you like them? They helped me see my jigsaw better.



Lynn



Hello, I'm **John**. This is me with my Dad and my horses, Marionella and Enzo.



★★★★★ Well done! ★★★★★



Colin

Colin received a certificate for his hard work volunteering with Roots and fruits!



Ryan

Ryan has been a superstar by delivering lunches for the Fa'side Community Kitchen!

Tad enjoys helping others by donating to the Asda foodbank while doing his weekly shop. Tad also sponsored a seat at the Dunbar United FC and got his name on a plaque!

TADEUSZ JANOWSKI



Tad



Our Dalkeith respite service won £100 in gardening goodies from Dunelm! Our staff are delighted and can't wait to put them to good use!

Out and about!...



Cathy

Hi Everyone. My name's **Cathy**. I have been enjoying the summer with trips to Melrose and a day out at Blair Drummond Safari park. This is me getting a well earned rest on a lovely swing seat!



Mary

Hi Everyone. I'm **Mary**. I had a day out shopping for new clothes with a stop off at Gifford Park on the way home.

Hey, I'm **Lewis**. Here is me with a triceratops I met at Newhailes Park.



Lewis



Thomas & Linda

Thomas and **Linda** enjoyed a trip to Stirling. They had a great day out and can't wait to go back.

John, James & Eileen



John, James & Eileen enjoyed a trip to Manchester to see the Coronation Street Studios.



Alex

Hi, I'm **Alex**. Here is me with a hungry looking dino at the exhibition in Newhailes Park.



Susan

Hi it's me, **Susan**. I enjoyed getting my hands dirty potting my plants in the garden.



Martin

Hi, I'm **Martin**. I have been taking care of my favourite horse; Darragh! Thanks to Karele Equine.



Danny

Hi. My name's **Danny**. I went to Craigentenny Train depot and got shown around by Victor and Ian who let me sit in the front of the train!



Keith

Hi everyone, I'm **Keith**. I met my favourite speedway racer; Sam Masters!



Sylvia

Hi it's **Sylvia**. The Dalkeith Music festival was so much fun!



Lee & David

Hi it's me **David**. I had a great day out to Berwick with **Lee**.



Robert

Hello, I'm **Robert**. I enjoyed a trip to Alnwick Castle on a beautiful sunny day.