



## ELCAP Social Media



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[www.twitterELCAPCommunity](https://www.twitterELCAPCommunity)



[www.instagram/elcapcommunity](https://www.instagram/elcapcommunity)

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!

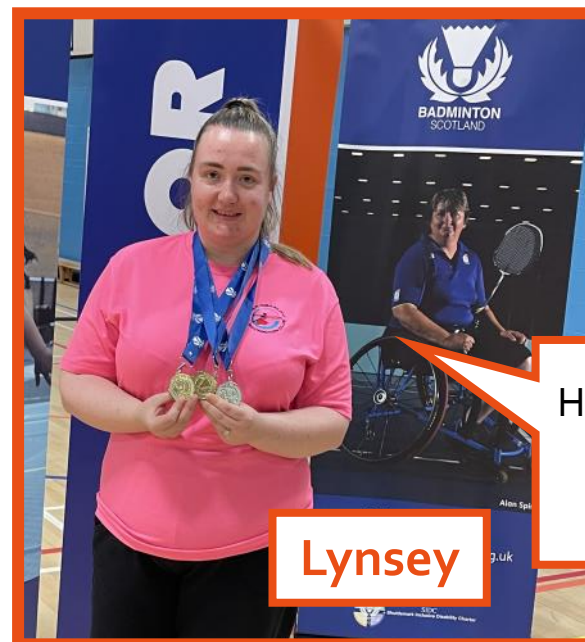
Please keep sending in your photos and news to:

**[GoodNews@elcap.org](mailto:GoodNews@elcap.org)**

Issue 1– 2023



# Our Community



**Lynsey**

**Well done!** ★★ ★

**Well done Lynsey, we are all super proud of you!**

Hi I'm **Lynsey**. I won two gold medals and one silver at the Scottish Badminton Championship.



**Claire**

We are delighted to welcome **Claire Macdonald** as our CEO and newest member of our Senior Management Team in ELCAP. She brings with her valuable knowledge and experience and we know that she is excited to work with our charity.

It is always difficult navigating a new role but we are committed to assist Claire to learn about ELCAP as a charity, the journey of the individuals we support, our committed staff team and link with the families who rely on the service we provide. We know that Claire is excited about embracing the journey and shaping ELCAP's future.

Claire has shared that she is keen to meet as many people in ELCAP as soon as possible and we are sure that everyone will make her feel very welcome.

We would like to thank all the Individuals who use our service, our staff, our Operational Leads, our Admin and Finance teams and our External Stakeholders for the support that they have provided during the transition period following the departure of Paul White (CEO).





# Valentine Craft Day!



Huge thank you to everyone who came along and took part in our Valentine's craft day. You are all very creative and made amazing Cards and Pictures.



Nicole



Nicola



Lynn



Rebecca



Hi everybody. I'm **Lewis**. This is me learning to cook with UPMO. I have also been busy with the Tranent Wombles and have been clearing out our back yard.

Hi I'm **Jimmy**. This is me enjoying the sound of the autumn leaves rustling.

Jimmy



Hi I'm **William**. I had a fantastic time seeing the Swans down at Belhaven.

William

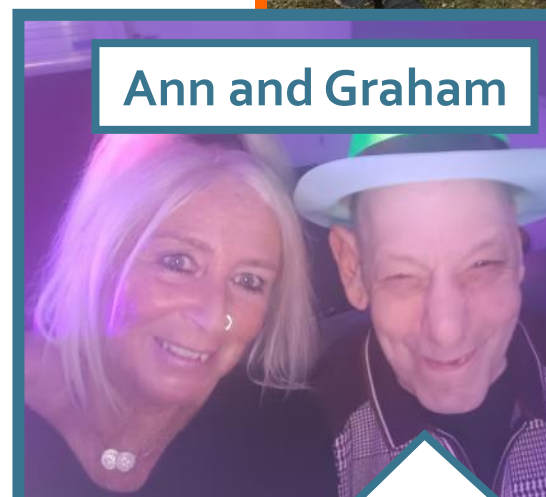


Sandra



Hi everyone. I'm **Sandra**. This is me enjoying the sound and scent of the sea in the sunshine at Dunbar.

Ann and Graham



Hi everybody, it's me, **Graham**. I had the best time at the Starz disco in Prestonpans. I was up dancing all night.



# Fun!Fun!Fun!



Ishbel

Hi I'm **Ishbel**. I enjoy arts and crafts at the Bridge Centre. I made this calendar to celebrate Chinese New Year!



Bella

Hi everyone, I'm **Bella**. This is me in my new car! My sister Wilma and I enjoyed a lovely day out in North Berwick.



Ronald

Hi I'm **Ronald**. I enjoyed a visit to the Museum and took a lovely stroll around other attractions in Edinburgh. So much wonderful things to see on our own doorstep!

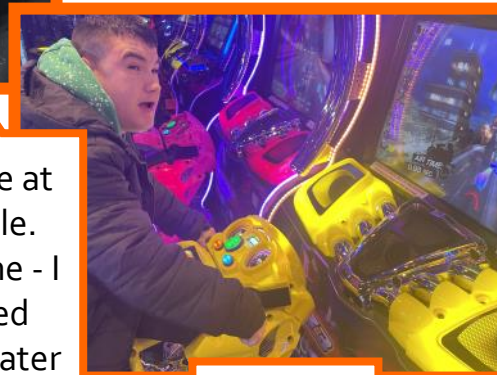
Hi I'm **Ryan**. I enjoyed a delicious fish dinner at the Brig in Tranent. I would highly recommend it!



Ryan



Hello, I'm **Ben**. This is me at the arcades in Newcastle. playing a motorbike game - I came 2nd. I also enjoyed throwing stones in the water at Skaterow beach.



Ben



Lynsey

Shannan

Lesley-Anne



William





# Happy Birthday



Ronnie

Hey there, I'm **Ronnie**. I had an amazing time celebrating my 70th birthday. I got lovely gifts and a spectacular birthday cake!



Hi I'm **Paul**. This is me celebrating my birthday. My good friend Willie came to visit. I got a lovely cake and had a nice day.



Paul

# Fun!Fun!Fun!

Hi It's me **Patsy**! I have been busy as always. I have been to the Museum to see the Dr Who exhibit. I have also been to the Royal Yacht Britannia, Museum of Flight, Dynamic Earth and Gorgie Farm! I'm looking forward to summer so I can chill in my garden!



Patsy



Thomas

It's me, **Thomas**. This is me making diabetic doughnuts and blueberry muffins in my new air fryer!



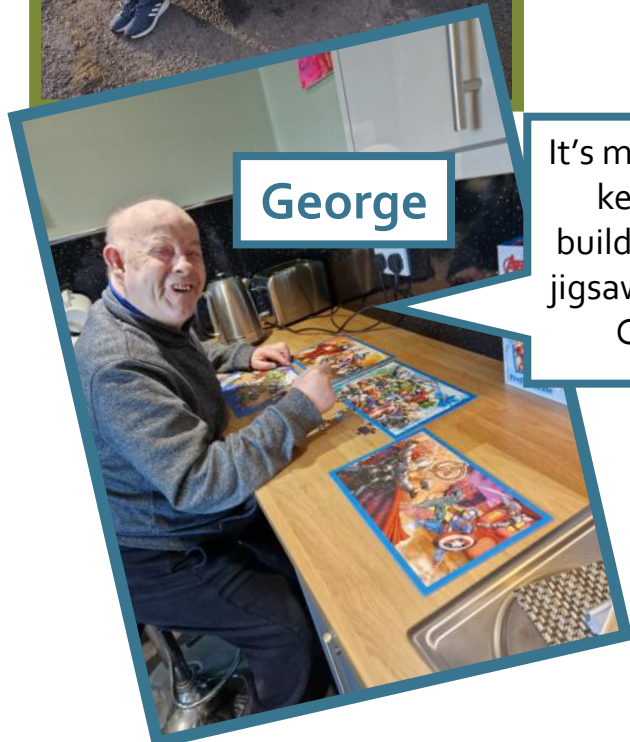
Colin

Hi I'm **Colin**. This is me with the new van for my volunteer work delivering fruit and veg boxes for Roots and Fruits.



Amanda

Hello, my name is **Amanda**. This is me enjoying the Curling at the Fraser Centre.



George

It's me, **George**. I'm keeping busy building all the fab jigsaws I got for my Christmas!



Sharon

Hi I'm **Sharon**. I enjoyed a lovely day out to the Cinema and then to Toby Carvery for a lovely meal.