

Summer
2024



NEWSLETTER

Well Done Everyone!



Colin was presented with certificates from Roots & Fruits where he has volunteered now for 15 years!



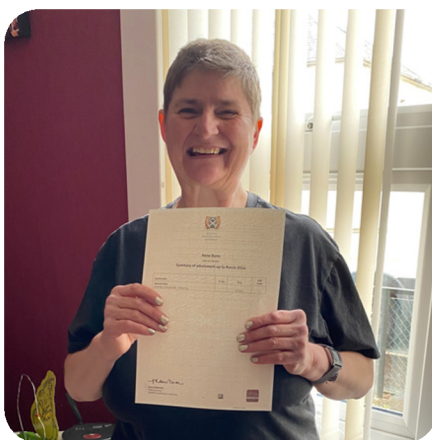
Christopher received his training certificate for Safety.



Ryan was delighted with his certificate of appreciation from Fa'side Kitchen where he works as a volunteer in the community!



Nicola got a certificate for taking part in a show 'Fishy Tales & Salty Songs' to celebrate 200 years of RNLI.



Ann with her certificate for numeracy and measurements.



Angela took part in her college concert commemorating 200 years of RNLI.



Thank You!
MacTaggart Scott

Sam took part in the activity days organised by MacTaggart Scott and had a wonderful time!

Sam enjoyed the Lagoons although it was too windy to go on the water he joined in and enjoyed their other activities. He went to North Berwick where Sam opted to help out by holding the safety line. It was good for Sam to be out and meeting people and he enjoyed his adventure so much. Thank you MacTaggart Scott.
 That's awesome Sam, what a treat!



Danny had an amazing day out the Royal Highland Show! He loved the tractors, farm vehicles and machinery. Looks fab Danny! Glad you enjoyed your day out.



Nicole enjoying Art Class.
 What a beautiful vase and flowers Nicole!

Darren and Colin had an excellent day out at Prestonpans Gala and came 'Highly Commended' for their efforts. Darren is dressed up as a Rabbit and Colin is dressed as the incredible Hulk. Well done guys!



Chris enjoying the bikes at **Beyond Boundaries East Lothian.**



Dorothy had a lovely day out and a nice lunch and a lush mocktail!
 Good to see you Dorothy!



Eileen had a fantastic day out shopping in Dunbar, a walk around and a chippy tea! Doesn't get better than that Eileen!



Ronnie enjoyed cooking banana bread which he had with his afternoon tea. Amazing Ronnie!



Colin enjoyed a short break to Seton Sands Holiday Park and went to meet George from Seaside Squad! Fabulous Colin!



Eileen and John ready for walking group, kitted out for the bad weather!



Happy Birthday Gillian!
Gillian has been enjoying baking and also had a lovely pamper session with staff.



Iain has been enjoying learning the guitar and jamming with Brian! We hope to hear a tune soon Iain!



Jason attended his first All-ability bike session at Saughton Park. He really enjoyed every minute and is looking forward to returning.



Lewis looking so handsome, all ready for his cousin's wedding!

Mhairi has been busy growing seeds and planting fruit bushes and vegetables in her garden! She is looking forward to seeing everything grow. Well done Mhairi!





Alan has been enjoying baking and baked this amazing cake. I'm sure you will agree this looks delicious!



Tad has been busy baking & cooking but not too busy to drop by the supermarket and make a donation to the 'Tickled Pink' charity!



Lyn enjoyed a visit to the Jacobite Museum in Prestonpans town hall. Lyn had a lovely guided tour and loved the exhibition.



George and his friends put on a wee show at the Fraser Centre. They were all amazing! Well done George.



Hector enjoyed a stroll around Archerfield and their fairy garden. He had a lovely picnic and enjoyed the sunshine!



Amanda all ready to watch the football. You look lovely in your Scotland top Amanda. It was good while it lasted!



Patsy has been so busy living life to the max! This is Patsy at the Falkirk Wheel. Patsy also visited the Kelpies and enjoyed a day out in Glasgow, as well as nearer to home - Fox Lake! Patsy loves her own garden and has been busy getting all ready for the summer! As many of you know Patsy also enjoys the theatre and had an amazing time seeing 'Madagascar' - it's wonderful to see you enjoying life Patsy!

Join Our Gardening Group



At Woodbine Cottage
4.30pm until 6pm
Every Tuesday



**Andrew Spurling
Finance Officer**



I would like to introduce you to Andrew Spurling, Andy has come on board as a finance officer at HQ and will work with Heather in our finance team.

A warm welcome to you Andy! We are delighted to have you with us and look forward to working with you.

Well Done!

On completing your qualifications:

SVQ 4 in Health & Social Care

Meg Corner

SVQ 3 in Health & Social Care

Caroline Notarangelo

SVQ 2 in Health & Social Care

Libby Aitchison

Caron Forrest

Stewart Dobbie

Cameron McLeod

Marcin Piechnik

Melissa Savage

Sharon Simpson

Rachel Stead

Conor Watt-Douglas

Zack Anderson

Ross Dickson

I hope you have all enjoyed reading our newsletter.



If you have any pictures or good news to share please drop us an email to [**GoodNews@elcap.org**](mailto:GoodNews@elcap.org)

Feedback and ideas are also welcome!



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We are registered with the Care Inspectorate.