

February
2025



NEWSLETTER



Welcome to ELCAP

Welcome to ELCAP, Graeme Fitzsimmons, who joined our team back in October as our Head of Operations and Registered Manager. Graeme oversees our care at home, visiting support, and short-break homes. Graeme ensures high-quality service, personalised care, and support for all individuals accessing our services, which reflect individuals' mental health and physical needs and are culturally appropriate and in line with our core values. Graeme manages our operational leads and is responsible for over 250 support workers.

Thank you to all our staff teams for your hard work and dedication over the last couple of months as it's been really heartening to see. We hope that you have enjoyed the Trauma informed sessions with CALM. Thank you for your participation we look forward to getting the first teams on the CALM Core Theory training in the coming months.

**THANK
YOU!**



Mhairi got a surprise when her staff team organised a night out to see Taylor Swift in Edinburgh!

Mhairi was only feet away from her favourite singer being right at the front of stage.

Mhairi is the biggest Swifty! Knowing all the songs and had an amazing night dancing the night away. This was the first time Mhairi had ever visited Murryfield or been to a gig so it was an extra special moment for her.



Tad and Helen went on bus trip with the 'Bite n Blether' group to Eyemouth for a fish tea and a walk along the harbour.

Tad enjoyed a walk along the beach while they were there and had a lovely day out!



Patsy has been enjoying getting out to see lot's of visitor attractions
This is Patsy at Alnwick enjoying the beautiful grounds.



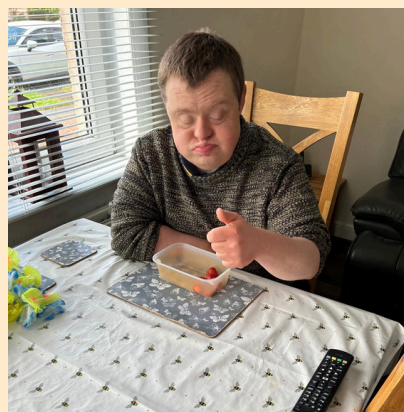
Ronnie was on holiday at Seton Sands Caravan Park recently where he enjoyed the lovely walks down to the beach. Ronnie enjoyed his time there very much.



Lynsey went along to the doghailes event and enjoyed seeing all the lovely pooches take part in all the activities. Looks like you had a great time Lynsey!



Nicole had a great day visiting The 5 Sisters Zoo. There were penguins to watch and Nicole enjoyed getting her picture taken with the giraffes.



Sam enjoying his strawberries that he grew himself in his garden.
They look delicious
Sam, well done!



George has been finding instruments that he hasn't played for a while. He has thoroughly enjoyed making music again. This is George with his tambourine.



Chris is volunteering at the Fraser centre who are showing 'the minion movie' in their cinema room on Fridays. Looks like lots of fun Chris!



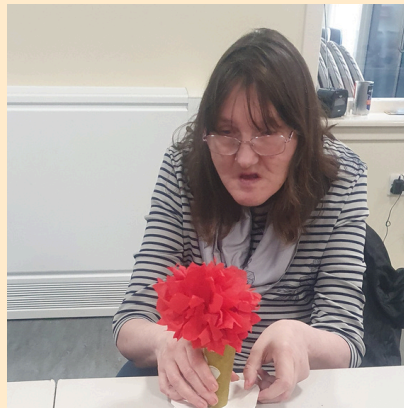
Steven enjoyed his visit to the New Forrest Garden in Tranent with his mum and found a Womble!



Karen enjoyed a foot spa and massage followed by getting her nails done by her Nakita. Love the colour Karen they look fantastic!



Alex and Lewis completed a sponsored walk for the Scott Glynn Foundation. What a wonderful thing to do. Huge well done to you both!



Lynn with a gorgeous flower she made at her art group. Lynn enjoys the creative arts and loved making her decoration. It's beautiful Lynn, well done!



Ian enjoyed a windy day out at North Berwick beach. The beach wheelchairs are fantastic for getting around on the sand and getting you closer to the sea! Smile say's it all!



Graham and Nicola having a great time making cheesecake at the baking group. George enjoyed making Shortbread. They all look forward to attending the group and to sampling their baking! Looks delicious!



I hope you have all enjoyed reading our new look newsletter.

If you have any pictures or good news to share please drop us an email to

GoodNews@elcap.org

Feedback and ideas are also welcome!



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