

April
2026



NEWSLETTER

WALK FOR AUTISM



Individuals and staff from Haddington were part of this years walk for autism. To raise money for autism initiatives the group collectively walked 93,000 steps which also included a scavenger hunt and raised over £300.

The Scavenger hunt saw the group search for a Park Bench, Ducks or Swans, Riverwalk Signs, Flowers in Bloom, Lamppost, Clouds, Water, Twigs and Leaves and of course - searching for each other! Great fun was had by all for a very worthy cause.



Back L-R: Sandra, Kara, Lewis, Paul, James, Shirley, Kaylah, Megan, Chris
Front L-R: Ishbel, Keith, John.



Thank you to Eddie Paton, support practitioner for organising the Walk for Autism and the brilliant scavenger hunt. It's above and beyond and we are very grateful to you.

THANK YOU



WELL DONE

top L-R: Ross, Colin, Eddie, Ian, Rachel, Ishbel.

Front L-R: Lewis, Paul, Chris, James.

LYNN



Happy Birthday

Lynn also enjoyed her 65th birthday and celebrated it with her friends at Longniddry Inn. Many happy returns from us all at ELCAP Lynn!



NICOLE



Nicole loves arts and crafts and loves to go along to Fisherrow Hub where she made this gorgeous picture. We love your artwork Nicole, very creative!

AMANDA & GRAHAM

Amanda enjoyed dancing at Boogie & Brew in the Fraser Centre. Graham also enjoyed it and had a wee dance with the singer. He can't wait to go back.



SAM

Newtongrange gym has been refurbished and Sam has been enjoying going. It's helping with his fitness and he enjoys it a lot. Keep it up Sam, you are looking great!



THOMAS



NAOMI & NICOLA



GRAHAM



Thomas, Nicola and Graham love going to the baking group and have all become really good friends. They have made everything from tray bakes, cakes and sweets to savoury treats and learning to make things from new recipes each time they go along.

EILEEN



Eileen spent two nights in London and loved every bit, especially seeing Abba Voyage! Amazing! Glad you enjoyed your time away Eileen!

SHANNAN & LYNSEY

Shannan and Lynsey enjoying the chair massage after watching the Chinese New Year parade at St. James Quarter. Looks like a great laugh. Glad you both had fun!



PATSY

Patsy went along to The Edinburgh Playhouse to see Faulty Towers. It's a fantastic play! Patsy used to watch the show on repeat on her TV.



RONNIE



Ronnie likes to go around East Links Farm aboard their train. This way he can see all the various animals which make him smile.

JOHN



John had a lovely day out in North Berwick and had a great time at the Seabird centre. Sounds like a fun day out John!



Our New Office

We have officially moved to our new premises! While we are sad to be leaving Woodbine Cottage, we are looking forward to working in Musselburgh from our new base. Hercules House is more accessible and on a better bus route for staff and individuals.



I hope you have all enjoyed reading your newsletter
If you have any pictures or good news to share please
drop us an email to:  GoodNews@elcap.org



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