



Shared Lives

Midlothian

Inside your summer edition!

A great day at the Railway	3
Come on the Hoops!	6
The Kelpies	8
Linlithgow Loch & Palace	9
Driving with Mr Reid	10
New Suit.....	11
Home Sweet New Home	12
Wordsearches	13
Midlothian Health Fair	16
The 'Pool Champ'	17
Roman Adventures	18
Best singer trophy	19
Birthday Celebrations	20
Fun in the Florida Sun	21
Gala Mannequins	23
A trip to the sea	24
Afternoon Tea	25
Going to Glasgow	26
Legoland.....	27
Contact us	28

A great day at the Railway

Archie, Kevin, Billy and Brenda



We got our tickets online from the Bo'ness & Kinneil Railway website. You get a ticket for the Steam Train which includes the entrance to the museum for £16 or £15 for seniors. Carers go free with their ID. If you just want the train it's £13, but we would recommend the museum if you like trains as it was great and you can get on the old trains there and get up and into the drivers compartment.

There's also a mail train in the museum and you can see how the mail is sorted.

The staff were very helpful and we enjoyed a laugh with them – getting a shot of wearing the station master's hat! There is also a great wee café there that does fab bacon rolls and tea! We went on Easter Friday and all the kids on-board the train also got a free Easter egg. It was like going back in time with the original old seats on the train and the canopy over the platform was the original from Haymarket Station. The ticket office was the original building from Dundee train station. We all enjoyed the smell of the steam and the sound of the engine and the whistle.

Archie and Billy got the first train at 10.30am and Kevin and Brenda bumped into them when they got off as they were getting the next train at 12.30pm – and just happened to be sitting in the exact same seats – Carriage C – seat number 1!



You go on a 5 mile trip through some lovely countryside before the engine turns and you come back. We were lucky to have a lovely day for it and managed to get some sunshine when the train stopped for 15mins and you can go outside briefly to stretch your legs.

There is a café onboard the train so you can buy tea, juice etc and a bite to eat. You can also book the trip with afternoon tea as well if you fancy that. There are also Murder Mystery Evenings as well, which sound great.

There's also of course the gift shop and Archie bought a model train there and Kevin bought a souvenir wallet.

We scored it a 10/10!



Come on the Hoops!

Frank and Jimmy



Frank and Jimmy enjoyed a trip to Parkhead and the whole VIP experience. They had a beautiful meal and stayed in a hotel overnight. Celtic beat Hearts 3-2 which, for Frank, was the icing on the cake!



The Kelpies



You can visit the Kelpies in Falkirk for free. You can walk round them and visit the café and visitor centre or go for a walk along the canal path. There are tours (costing £7.50 for an adult) which take you inside the Kelpies to see how they were made. They are the world's largest horse statues – measuring 100 feet high (30 meters.) They were built by artist Andy Scott.

Over 5 million people a year visit The Kelpies and they cost £5 million! They were modelled from real-life working Clydesdale horses called Duke and Baron. They are a tribute to the horses who worked the canals across central Scotland. They look amazing at night with all the different coloured lights.

Blue badge holders park for free. Depending on the time of year other parking ranges from free to £5 for a car. It takes two buses to get to The Kelpies from Edinburgh or a train and then a bus. Check timetables for up to date information re times etc.

Linlithgow Loch & Palace

Kevin



I'd recommend taking a wee trip to Linlithgow for a walk around the Loch and the Palace. You can see loads of ducks and swans on the Loch.

We parked for free in the 'Water Yett' car park, but you can get the X38 bus there for free if you have a bus pass. Linlithgow also has a train station. The train from Edinburgh which takes about 20 minutes. The Glasgow train and the Dunblane train stop there. I've been through the station a few times on my way to Glasgow and I also walked up from the town centre, on to the platform for a wee look. It's not far to walk.



Linlithgow has loads of wee coffee shops so you won't go thirsty ...or hungry! We went to The Granary Café. We had a baguette and a bagel – you can chose whatever you fancy and they make them fresh. I had my favourite – a luxury hot chocolate with marshmallows and cream...delicious!



Driving with Mr Reid

Nathan



I'm Nathan and I love golf! I am a regular at Melville Golf Range in Dalkeith. I used to practice my putting on the putting green but I mostly use the driving range now.

I've been going to Melville now for over 7 years. My Shared Lives Befriender Billy accompanies me and we enjoy a good laugh with the staff as well as some determined, powerful drives! My favourite golfer is Tiger Woods. My best pals at the range are Tom at reception and John Murray who is the professional.



New Suit

Dapper John

John got his new suit fitted at Slaters on George Street.



Home Sweet New Home

Steven



I gave you a sneak peek at my new home in the Christmas Newsletter and promised that I would update you all. So here it is! My new home sweet home!

I love it! Upstairs/downstairs! I have a nice wee back garden – big enough to sit out in but small enough to take care of. I have a driveway at the front for my car. My neighbours all seem really nice. And the best bit is ...it's quiet! Perfect for me!

I'm pretty settled in now with all my stuff moved from my old house and all my new carpets fitted. I have my new blinds and curtains still to go up but apart from that I'm pretty organised.

I just need some constant rays of sun to shine in that back garden of mine and it will be absolute heaven!



Wordsearches

Shared Lives Moray Activities

U G A C T I V I T I E S K L P S X B
W A O L C A F E S C X O K F U W E O
S R G U V Z C G C H R L S O Z I W K
H D O U T D O O R S O A X U Z M A R
S E P V Y I G Y M C U P F N L M L M
O N C W E B N F H L L P P T E I K U
I I I Y V R H G S D K U P I S N I S
X N N N E M S R S V N S B O N G N I
E G E I N K Q B F U T V K S R G G C
T P M A T B I C Y C L E S K F T U E
P Y A L S C O M M U N I T Y C A A P
B A K I N G B O W L I N G F R F K I

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

ACTIVITIES
BAKING
BICYCLES
BOWLING
CAFES
CINEMA
CLUBS

COMMUNITY
CRAFTS
EVENTS
GARDENING
GYM
MUSIC
OUTDOORS

OUTINGS
PUZZLES
SHOPPING
SUPPORT
SWIMMING
WALKING

Shared Lives

P H H G A L R C C F U N A C N S S P
F R P M N C I E L V S B Z R J D O X
M J E S W O T L S U Q F Q A B Q C J
O A M H E M C I A P B K G F R S I H
R F H A L M L Y V U I S O T E U A E
A J E R L U G I L I G T K S A P L B
Y J A E B N O A V L T H E H K P Z A
R D L D E I G G M E Y I T B S O Y K
W N T K I T Z P Y E S G E E H R T I
O P H A N Y U N T S S G J S R T I N
R J N W G E I M U S I C A R E R S G
M V H A P P I N E S S K S G K N K S

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

ACTIVITIES
BAKING
BREAKS
CARERS
CLUBS
COMMUNITY
CRAFTS

FUN
GAMES
HAPPINESS
HEALTH
LAUGHTER
LIVES
MORAY

MUSIC
RESPITE
SHARED
SOCIAL
SUPPORT
WELLBEING

Shared Lives Moray

L	V	H	A	P	P	I	N	E	S	S	O
I	H	C	S	H	A	R	E	D	V	V	Z
V	M	S	O	C	I	A	L	K	F	X	M
E	L	A	U	G	H	T	E	R	U	V	O
S	V	W	E	L	L	B	E	I	N	G	R
Q	C	A	R	E	R	S	A	T	E	M	A
S	U	P	P	O	R	T	J	J	Q	C	Y
D	C	O	M	M	U	N	I	T	Y	E	I

Find the following words in the puzzle.
Words are hidden → and ↓ .

CARERS

COMMUNITY

FUN

HAPPINESS

LAUGHTER

LIVES

MORAY

SHARED

SOCIAL

SUPPORT

WELLBEING

Midlothian Health Fair

John and Robin

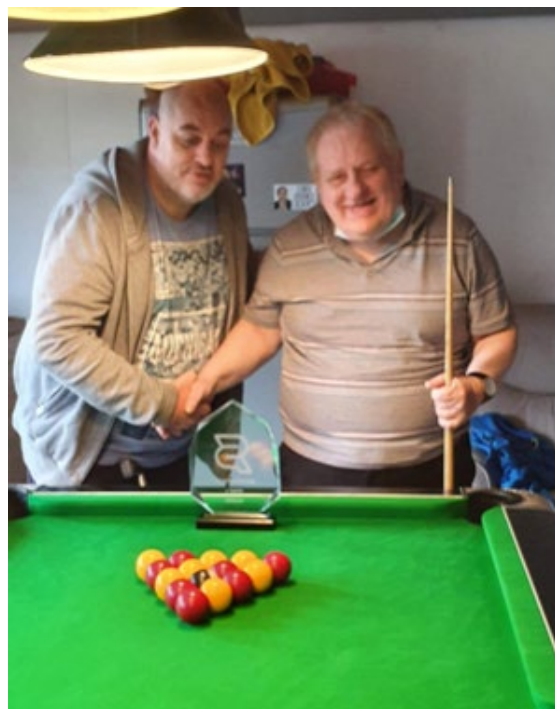
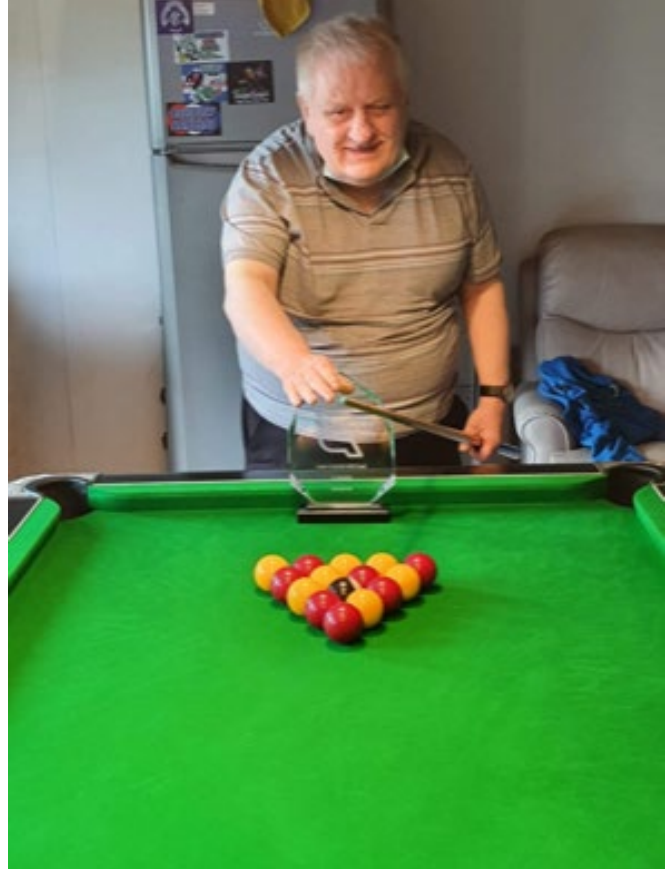


‘Enjoy Your Health, Enjoy Yourself!’

That was the theme of the health fair at the Beacon in Gorebridge. There were workshops, stalls, activities and colourful displays of ideas and suggestions about how to stay fit and healthy to enable us all to lead as full and independent a life as possible.

The 'Pool Champ'

David



Roman Adventures

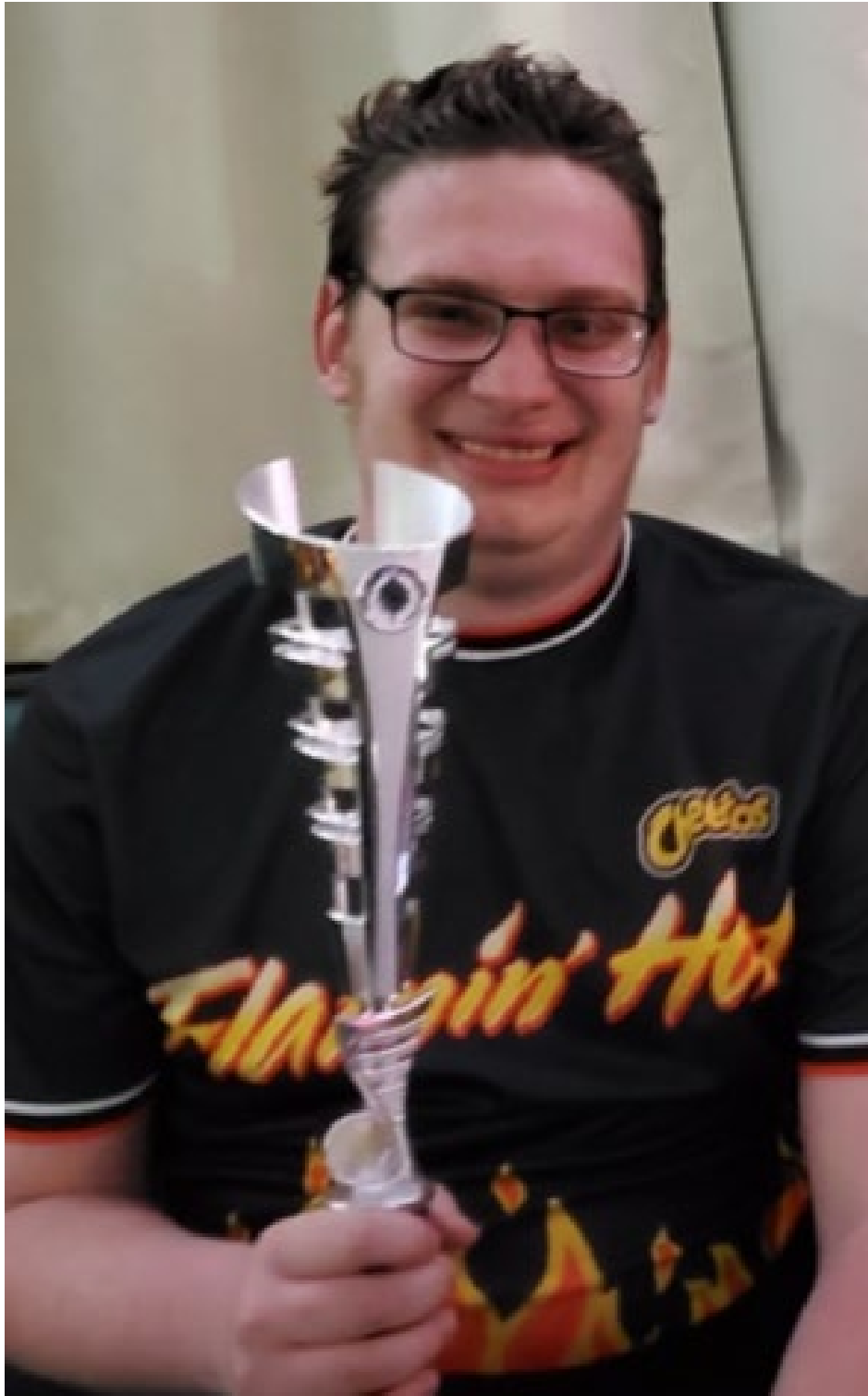
John and Robin



Best singer trophy

Jonathan

Jonathan won the best singer trophy at Easthouses Bowling Club Disco. The winning song was Hey Ya!



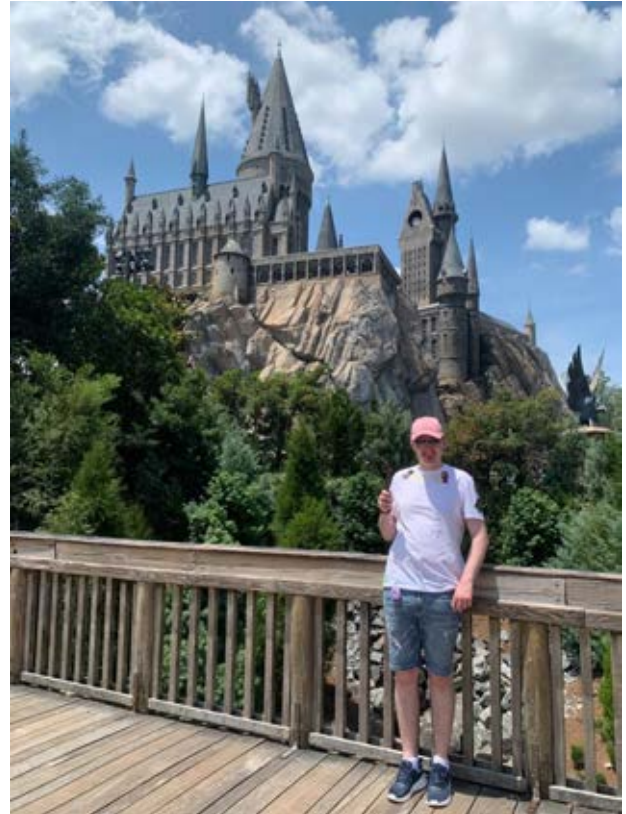
Birthday Celebrations

Claire



Fun in the Florida Sun

Drew





Gala Mannequins

Amanda and Anne

It's Amanda and the Mannequins... no it's not the latest pop band, it's Amanda helping Anne make mannequins for the 100th Gorebridge Gala! Amazing work!



A trip to the sea

Neil and Billy

Neil enjoyed the lovely weather and the sea air down in Musselburgh.



Afternoon Tea

Steven

Steven enjoyed afternoon tea at Melville Castle



Going to Glasgow

Kevin

Kevin got the 900 bus from St Andrews Square Bus Station in Edinburgh to Buchanan Street Bus Station in Glasgow. After a look in a few shops in Buchanan Galleries and along Sauchiehall Street, he walked all the way to Kelvingrove Museum and Art Gallery, which is just under 2 miles. After that, it was straight to the café for a cuppa! It's free entry and it's within a beautiful park as well - perfect for a wander or for sitting outside with a picnic.

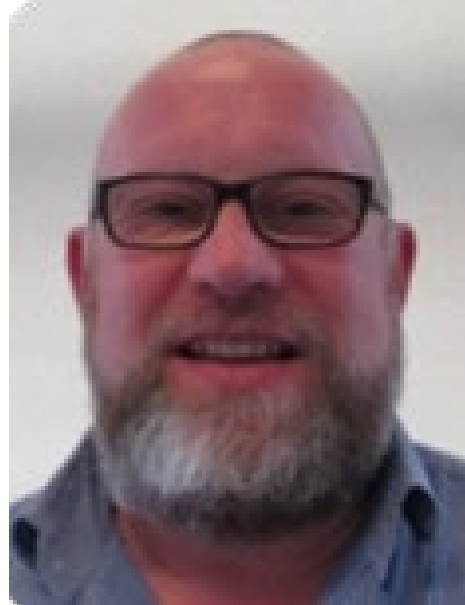


Legoland

Karl



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