

MOMENTS THAT MATTER: THROUGH LIZ AND AMENDRA'S EYES



Welcome to this latest edition of our newsletter, where we continue to highlight the moments of connection, celebration, and personal growth that shape our community. In this issue, we are delighted to focus on a very special milestone, Liz's 60th birthday, a joyful occasion marked by friendship, appreciation, and shared memories.

We are also pleased to reflect on Liz's meaningful involvement at Letham St. Mark's Church, where her weekly visits have become a cherished part of her routine. Through fellowship, worship, and the warmth of familiar faces, these moments offer Liz a sense of peace, belonging, and spiritual connection.

Together, these stories remind us of the value of community, how celebrations, shared experiences, and places of comfort enrich our lives and help us grow. We hope this edition brings inspiration and encourages everyone to recognise the importance of staying connected, embracing new experiences, and finding joy in the moments that matter most.

CELEBRATING A MILESTONE: LIZ TURNS 60

The joy of connection, friendship, and community



This season, we were honoured to celebrate a very special occasion, Liz's 60th birthday, a milestone that brought together friends, colleagues, and members of the wider community in two wonderful gatherings filled with laughter, love, and togetherness.

Liz celebrated her birthday in true style with two elegant parties, one hosted at Brown and Blacks, and another at the Tummel Lounge. Each venue came alive with smiles, music, and heartfelt conversation, creating an atmosphere that perfectly reflected Liz's warmth, kindness, and the many friendships she has built over the years.

Among those who joined the celebrations were Manager Susan Gilruth, team leaders, staff members, customers, and many of Liz's friends from the local community. Their presence made the events specially meaningful, showing how valued and respected Liz is by everyone who knows her.

For Liz, turning 60 was about more than just marking another year; it was about celebrating the people who have walked alongside her, those who have shared in her laughter, her achievements, and her daily joys. Surrounded by familiar faces, Liz reflected on how much happiness and belonging come from spending time with others.

THE POWER OF CONNECTION

Events like Liz's birthday remind us all of something very important, that social connection is at the heart of wellbeing. Sharing moments with others, whether in big celebrations or simple everyday interactions, helps build confidence, strengthen relationships, and bring meaning to our lives.

When we come together as a community, we create spaces where everyone feels seen, heard, and appreciated. Social gatherings are not just opportunities for fun, they are vital moments of human connection that support our mental health and emotional resilience.

Research continues to show that people who maintain strong social networks experience greater happiness, improved health, and a stronger sense of purpose. Liz's 60th birthday was a wonderful example of this, a reminder that joy multiplies when it's shared.

CELEBRATING LIFE TOGETHER

As the evening unfolded at both Brown and Blacks and the Tummel Lounge, there was an unmistakable sense of unity and gratitude in the room. Laughter echoed, stories were shared, and smiles were everywhere. It was a reflection of how community spirit thrives when we come together to celebrate life's meaningful moments.

For many who attended, the event was not only a celebration of Liz's life and achievements but also a chance to reconnect with others, to strengthen friendships, meet new people, and experience the comfort of belonging.



At Capability Scotland, we believe that these social moments matter deeply. They help us all remember that community is built not only through work or routine but through shared experiences, through kindness, encouragement, and joy.

A MESSAGE FROM ALL OF US

Liz's birthday celebration beautifully captured what it means to live connected, to celebrate with others, and to find happiness in shared moments. It was a joyful reminder that every person, every story, and every friendship contributes to the fabric of our community.

FAITH, FRIENDSHIP & PEACE

Liz's Reflections at Letham St. Mark's Church

Every Tuesday morning, Liz begins her day with a familiar and meaningful routine, a visit to Letham St. Mark's Church, where she takes part in a warm and welcoming service that brings her comfort, joy, and connection. What began as a simple weekly visit has grown into one of the most important parts of her week, offering her a space for peace, friendship, and spiritual reflection.

A GENTLE START TO THE MORNING

Before the service begins, Liz enjoys meeting her friends in the church café, a cosy and friendly space filled with laughter and conversation. Over a cup of coffee, she catches up with familiar faces, shares stories, and listens to others. The simple act of sitting together brings a sense of comfort and belonging that sets a positive tone for the day ahead.

The café has become a special place for Liz, not only for the delicious coffee but also for the companionship and support it offers. It's a space where everyone is welcome, where kindness flows easily, and where genuine connections are made. Liz often says that these Tuesday mornings remind her how valuable it is to spend time with others and to be part of something bigger than herself.



WORSHIP AND TOGETHERNESS



After coffee, Liz joins the congregation for the morning service, a time filled with singing, prayer, and reflection. The familiar hymns and gentle rhythm of worship bring a sense of calm and unity to all who gather.

Liz loves joining in the singing. The music fills the church with warmth and harmony, lifting everyone's spirits and creating a shared sense of joy. Through song and prayer, Liz finds comfort, meaning, and connection, not only to her faith, but also to the community around her.

The service also includes thoughtful conversations and shared moments of reflection. These discussions often inspire Liz, reminding her of

life's blessings and the importance of gratitude, empathy, and hope.

A PLACE FOR CALM AND SPIRITUAL REFLECTION

Attending Letham St. Mark's Church offers Liz the opportunity to quiet her mind and focus on spiritual things. The peaceful setting helps her find balance and perspective, allowing her to let go of the stresses of everyday life and reconnect with what truly matters.

For Liz, faith and reflection are deeply intertwined with wellbeing. Taking time to think, pray, and listen provides her with strength and clarity. It helps her to approach each week with renewed energy and a calm, positive outlook.

As she often shares, these Tuesday mornings are a time for her to reset, to slow down, breathe, and find peace within herself and her community.

THE IMPORTANCE OF SOCIAL CONNECTION

What makes these mornings so special isn't only the service itself, but the connections that grow from it. Spending time with others, sharing laughter, and participating in meaningful activities all play a vital role in supporting emotional and mental wellbeing.

Liz's experience beautifully illustrates the power of socialising and community involvement. Studies have shown that people who stay socially active and connected often enjoy greater happiness, stronger mental health, and a better sense of purpose. Liz's weekly visits reflect this perfectly, a balance of spiritual nourishment and social connection that brings her joy and fulfilment.

Through her time at church, Liz has built lasting friendships and found a strong sense of belonging. The community at Letham St. Mark's is one that supports, listens, and celebrates together, values that mirror the inclusive and caring spirit we hold so dear at Capability Scotland.

FAITH AND FRIENDSHIP HAND IN HAND

The warmth and connection Liz experiences at church each week are gentle reminders that faith and friendship go hand in hand. Together, they create a powerful sense of wellbeing, one rooted in kindness, understanding, and shared purpose.

Whether it's enjoying coffee and laughter before the service, joining in song and prayer, or simply sitting quietly among friends, each moment adds meaning to Liz's week. The relationships she has built there have given her confidence, joy, and a renewed appreciation for the strength of community.



A HEARTFELT THANK YOU

Before we conclude, we would like to express our sincere appreciation to Susan Gilruth, Manager of the Rosiebank and Tummel Units, for her unwavering dedication and thoughtful leadership. Our gratitude also extends to the wonderful team leaders, the committed staff members, and our valued customers, whose kindness, hard work, and shared spirit of community enrich every moment we celebrate.

Your support, encouragement, and compassion make all the difference, and we are truly grateful for everything you bring to Rosiebank and Tummel Unit.

CLOSING THOUGHTS

As we bring this edition of our newsletter to a close, we are reminded of the many ways in which connection, celebration, and community enrich our everyday lives. From marking Liz's 60th birthday to recognising the comfort and joy she finds at Letham St. Mark's Church, these moments reflect the spirit of togetherness that lies at the heart of all we do.



Every story we share reminds us that wellbeing grows through friendship, kindness, and the simple act of showing up for one another. Whether through a shared celebration, a weekly gathering, or a quiet moment of reflection, each experience strengthens the bonds that unite us.

Thank you for taking the time to journey through these pages with us. We look forward to the months ahead filled with new milestones, continued growth, and the many moments of joy that come from being part of a caring and connected community.

With gratitude and warmest wishes,

Liz Donnachie

Amendra Konara