

# ALD MONTHLY NEWSLETTER

FEBRUARY 2025

This month the people we support have been getting out and about despite the cold weather and continuing to achieve their goals!

## ALEX CAFE! by Jincy Joseph

Alex moved to his new house and went out with his Mum and discovered a cafe called 'Alex's cafe'!

"Good food, great company, and heartfelt conversation - these are the ingredients for a perfect lunch"



## MOLLIE'S TRIP TO NORFOLK

by Gaurav Malik

Mollie had an amazing trip to Norfolk, filled with exciting adventures and unforgettable moments. She explored Amazona Zoo, where she got up close with fascinating animals.

The highlight of her journey was a visit to Horsey Gap Beach, where she watched seals resting on the shore, a truly magical sight. The fresh sea breeze, the sound of waves, and the playful seals made it a perfect day.

Mollie had a fantastic time, making beautiful memories in Norfolk!



## ACHIEVING GOALS

This month Sophie and Anna have been achieving some goals!

**Anna** - who has made remarkable progress in developing her life skills, particularly in indoor cycling!

**Sophie** - being independent in making her own coffee everyday!



## MAKATON SIGN OF THE MONTH



Beach



[www.ald-support.co.uk](http://www.ald-support.co.uk)

## A TRIP TO MADAME TUSSAUDS

David went on a trip to London and visited Madame Tussauds! He enjoyed taking photos with the many celebrities figures.

