

## Elspeth's Summer Holiday

On 30<sup>th</sup> of May I set off on holiday to Tummel Valley in Perthshire for a 3-day break. This was to be my first holiday in eight years and accompanying me was Margaret, my key worker, and Michaela, the Manager at Lismore.

Margaret and my sister, Rena, supported me to choose the location for my holiday. The log cabin I went to was a very similar environment to my own home and this helped me to feel more at ease when I got there. Margaret packed as many of my personal items as possible to help me feel more comfortable and enjoy my stay more. Margaret also remembered to include my food items for my special dietary requirements.

We travelled to Tummel Valley by car and I enjoyed taking in the scenery as we went. Along the way we stopped off for a break in the city of Perth. We had a look around and went for a cup of tea and some lunch. We also took some time to take in the local sights and took a couple of photographs whilst avoiding the rain showers. We then headed off on our journey again.

The views around the loch in Tummel Valley were outstanding and I started to get a bit excited. When we reached the log cabin I felt a bit uneasy as it was a new and strange environment for me, but as the time went on I soon began to relax and enjoy it.

The next morning the weather was beautiful and sunny and we enjoyed a stroll up to the fish ladder, followed by a trip to Athol Castle. After a while we stopped off for a coffee and a small treat which made me feel happy and relaxed. We then headed to Aberfeldy where we took some time to have lunch.

We then headed off to Menzies Castle where we took a stroll around the castle to walk off our lunch. It was at this point that we headed home as I had a long day and packed a lot into it. We had thought to go to the Safari park but decided to give it a miss and head back to the cabin for our dinner.

The following morning we ate a late brunch and took a run to the village of Crieff. It was quite a long journey but I do enjoy travelling on the car, especially when we stop off for coffee and chocolate. It was by this point I was getting really spoiled but that's what holidays are for! We took some photographs as we walked around Crieff and we then headed back to the cabin to get washed and changed, ready for our dinner at the McDonald Hotel at Kinloch, which I really enjoyed.

The last morning we had to pack our things and head back home. I had a lovely holiday and some nice times with Michaela and Margaret.