



Headway  
East Lothian  
SC10  
Newsletter

[www.headway-astlothian.org.uk](http://www.headway-astlothian.org.uk)



Issue 17/02

February 2017

## Digby Brown Christmas Card & Calendar competition







As you know, Nina-Jane Rae's entry was selected as one of this year's winners!

She is pictured here showing her winning entry to those at the Christmas Lunch at The Quay in Musselburgh and receiving a certificate from Joyce.



Lloyds TSB  
*Foundation for Scotland*

## Noticeboard

	Carer meetings held on Mondays as required
	Relaxation classes held on Mondays as required
	<u>Next Outing</u> Dunbar Garden Centre Friday 24 <sup>th</sup> February
	<u>Next Board Meeting</u> Wednesday 1 <sup>st</sup> Mrch Haddington

### Outings & Events 2017

January - 25th - Wednesday - Burns Supper  
          27th - Friday - Fort Kinnaird (shopping/cinema/lunch)

February - 24th - Friday - Dunbar Garden Centre

March - 31st - Friday - Scottish Parliament Tour

April - 17th - Easter Monday Holiday  
         28th - Friday - 10 Pin Bowling

May - 30<sup>th</sup> - Tuesday - Boness Steam Railway

June - 30th - Friday - Mystery Tour

July - 28th - Friday - BBQ

August - 20th - Sunday - Alternative 3 Peaks & Sponsored Walk

September - 18th - Holiday Monday  
                 29th - Friday - Newtongrange Mining Museum

October - 13th - Friday - Christmas Shopping

November - 24th - Friday - Outing to be confirmed

December - 8th or 11th - Friday or Monday - Christmas Lunch  
             18th - Monday - Christmas Party & Raffle - Musselburgh  
             20th - Wednesday - Christmas Party - Haddington  
             21st - Thursday - Christmas Party - Dunbar



## Our trip to Rhwanda

About 4 months ago a few family and friends went out to Rhwanda to help in a primary school and they are coming along to Haddington on the evening of 22<sup>nd</sup> February Wednesday to tell us about their experiences.

The population is young and predominantly rural, with a density among the highest in Africa. Rwandans are drawn from just one cultural and linguistic group, the Banyarwanda, although within this group there are three subgroups: the Hutu, Tutsi and Twa.

The Twa are a forest-dwelling pygmy people descended from Rwanda's earliest inhabitants. Scholars disagree on the origins of and differences between the Hutu and Tutsi; some believe differences are derived from former social castes within a single people, while others believe the Hutu and Tutsi arrived in the country separately, and from different locations.

Christianity is the largest religion in the country; the principal language is Kinyarwanda, spoken by most Rwandans, with English and French serving as official languages.

Rhwanda's economy suffered heavily during the 1994 Rwandan Genocide, but has since strengthened. The economy is based mostly on subsistence agriculture. Coffee and tea are the major cash crops for export. Tourism is a fast-growing sector and is now the country's leading foreign exchange earner.

### SAVE THE DATES

#### Head Injury Information Days

These events are **FREE**

WEDNESDAY 10TH MAY 2017

#### **WEST CENTRAL SCOTLAND HIID**

DoubleTree by Hilton Hotel,  
36 Cambridge Street, Glasgow G2 3HN

WEDNESDAY 17TH MAY 2017

#### **EDINBURGH AND LOTHIAN HIID**

Hilton Edinburgh Grosvenor,  
5-21 Grosvenor Street, Edinburgh EH12 5EF



## This month at Headway

1	Wed	Haddington	You choose!
2	Thu	Dunbar	You choose!
3	Fri		
4	Sat		
5	Sun		
6	Mon	Musselburgh	Quizzes, dominoes & chat
7	Tues		
8	Wed	Haddington	Newspaper review
9	Thu	Dunbar	Newspaper review
10	Fri		
11	Sat		
12	Sun		
13	Mon	Musselburgh	Quizzes, dominoes & chat
14	Tues		
15	Wed	Haddington	
16	Thu	Dunbar	February Fling
17	Fri		
18	Sat		
19	Sun	Haddington	
20	Mon	Musselburgh	Carers in the Café
21	Tues		
22	Wed	Haddington	Our trip to Rhwanda
23	Thu	Dunbar	Music appreciation
24	Fri	Outing	Dunbar Garden centre
25	Sat		
26	Sun	Haddington	
27	Mon	Musselburgh	Quizzes, dominoes & chat
28	Tues		

## Meetings

**Monday** The Musselburgh East Community Association (MECA) building, Wallyford Road, just up from Levenhall roundabout 1pm - 4pm. A chance to meet over a cup of coffee. There is a café where lunch or a snack can be purchased.

**Wednesday** The Doughty Centre Herdmanflat Hospital Aberlady Road Haddington at 6.30pm every evening with a speaker etc. The meeting finishes at 8.30pm. We are not connected to the hospital.

**Thursday** we meet at Hallhill Healthy Living Centre, Dunbar on a Thursday 12 noon- 2pm for those who live in Dunbar and surrounding area.

## Contact Us

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Joyce is also available at The Bleachingfield Centre, Countess Crescent, Dunbar, EH42 1DX, by appointment, Mondays, Tuesdays & Wednesdays and for outreach at other times.

Items for the newsletter to Robert Dalrymple  
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Improving life after brain injury

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