



Headway
East Lothian
SC10
Newsletter
www.headway-astlothian.org.uk



Issue 17/01

Januaryr 2017

Welcome
2017
Happy New Year

First Meetings in 2017

Mon 9 Jan Musselburgh
Wed 11 Jan Haddington
Thur 12 Jan Dunbar

Outings 2017

As in previous years, we hope to publish a full list of outings for 2017 in the February newsletter

Our New Year Appeal
Vountleers Required

Especially drivers for Wednesday evenings and session leaders for all groups. If you or someone you know might be inteested, speak to Joyce. Contact details on back page.



Lloyds TSB
Foundation for Scotland

Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



First Outing 2016
Fort Kinnaird
- cinema/shopping/lunch



Burns Supper
Haddington
Wednesday 27th January



Next Board Meeting
Wednesday 18th Jan
Haddington

Headway News



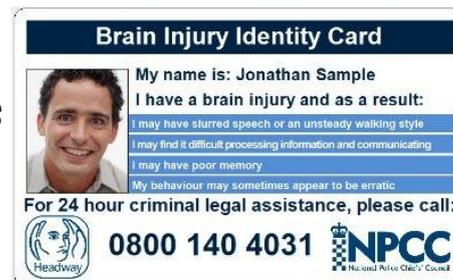
Bitesize

Want to keep up-to-date with the latest news from Headway? [Sign up to Headway News Bitesize](#), our monthly email newsletter.

ID Cards

We're delighted to announce that following a highly-successful pilot project, brain injury survivors from all Headway groups and branches [are now welcome to apply](#) for one of Headway's new brain injury cards.

The aim of the card is to provide people with brain injury with support and confidence in social situations as well as any interactions with emergency services.



The card has been developed as part of the Justice Project, the objective of which is to raise awareness of brain injury throughout criminal justice systems across the UK, and has the backing of the National Police Chiefs' Council, Police Scotland and the Police Service of Northern Ireland.

The card displays a criminal legal assistance number that can be called to request specialist legal advice or representation. It also displays the Headway helpline number and website details.

Feedback from the pilot stage of the project, to which 259 brain injury survivors from 17 groups and branches contributed, has been very positive and the card is already helping people with their day-to-day lives:

- "I was getting confused in a shop and the card helped."

- "I was in B&Q and was struggling how to explain what I needed the assistant was very upstanding when saw my ID card and took his time with me."
- "It makes me feel safer should I get into problems."
- "A young lad was refused a taxi as the driver assumed he was drunk. He showed his card and the taxi driver apologised and took him home."

[Applications can be made online or via the post.](#)

The card is free-of-charge and the application can be made by a brain injury survivor or somebody else can apply on their behalf. A passport-sized photo of the survivor is required and brain injury verification and confirmation that the survivor receives support from your group or branch.

Please let Joyce know if you are interested.

Brain Injury information Directory

Digby Brown solicitors have been running Head Injury Information Days across Scotland for a number of years. Time and time again at these events, people have said to us "If only I'd known about these services sooner".

I am delighted to let you know that we have launched a new website www.hiid.org.uk to help signpost people in Scotland to support services they may require following a brain injury. This should also be a useful tool for people working in the field of brain injury to quickly and easily find other services.

This month at Headway

1	Sun		
2	Mon		HOLIDAY
3	Tue		
4	Wed		HOLIDAY
5	Thu		HOLIDAY
6	Fri		
7	Sat		
8	Sun		
9	Mon	Musselburgh	Welcome Back!
10	Tue		
11	Wed	Haddington	Welcome Back!
12	Thu	Dunbar	Welcome Back!
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Carers in the Café
17	Tue		
18	Wed	Haddington	Board Meeting
19	Thu	Dunbar	New Age Kurling
20	Fri		
21	Sat		
22	Sun		
23	Mon	Musselburgh	Dominoes, chat & quizzes
24	Tue		
25	Wed	Haddington	Burns' Night Celebrations
26	Thu	Dunbar	News review
27	Fri	Outing	The Fort; cinema, shopping & lunch
28	Sat		
29	Sun		
30	Mon	Musselburgh	Dominoes, Forward Planning
31	Tue		

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 evenings 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

Charity No **SC035535**