



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



Issue 16/07

Honorary President
Dr Alasdair Fitzgerald

July 2016

Headway East Lothian Awards 2015-2016

Celebrate Success

Wednesday 7th September, 7.00pm

Doughty Centre, Haddington

Help us Celebrate Success by nominating the person or person's you think have contributed the most to Headway East Lothian. This does not mean in a financial way but by giving their time, effort, patience, skills either directly at any of the groups & outings, or by their fundraising efforts and dedication to supporting people with Acquired Brain Injury, their families & carers.

All nominations will be looked at by a panel of 'experts' (Joyce and Maria) and the entries with the top numbers of nominations will be selected for final judging by an independent party.

L

Lothian Accountancy & Bookkeeping Services Ltd, through Susan Wilson (Board member) have very kindly donated a wonderful 1st Prize and will pay for 4 Nights' Accommodation Friday - Tuesday for 2 people at the Tormaukin Hotel near Gleneagles. This wonderful prize includes double room, breakfast and dinner, choose whatever you want from the menu. However drinks etc will be paid for separately by the lucky winner! See over for more details.



Lloyds TSB
Foundation for Scotland

Tormaukin Hotel!



In Gaelic, "Tor" means Hill and "Maukin" means Hare.

Tormaukin Hotel was named after the hill that lies directly behind this old Drovers' Inn.

Built in the 18th Century, this Country Hotel near to Gleneagles, has been welcoming guests to this beautiful part of Perthshire for many years.

Whether you are visiting for a restful stay in the quiet Perthshire countryside or to eat in the Restaurant (featured in Michelin Eating Out Guide 2015) you can be assured of the warmest of welcomes and attentive service.

Nomination forms available at all meetings and below, to be returned to Joyce by Friday 19th August

Winner will be announced at our Headway East Lothian Awards Ceremony - Celebrating Success Awards will be presented in other categories on the evening too!

Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting

Wednesday 27th July

Haddington

HOLIDAY

Monday

18 Jul 2016

MECCA is closed on this date

so there will no meeting

ANNUAL

LEAVE

Joyce will be on annual leave from Monday 11th

July - Friday 22nd July inclusive

NEXT

OUTING

Friday

29 th July

Scottish Seabird Centre

North Berwick

Growing Art Seeds



The North Light Arts, Growing Art Seeds Programme was a years programme of environmental art workshops funded by Awards for All, working with a range of local groups including: Dunbar Day Centre, Headway, Changes, The Cove and Dunbar Dementia Carers Support Group.

This arts programme matched six artists with people with disabilities to explore ways of engaging people in creative activity and reconnecting them to their environment and local community.

The groups and artists involved were:

Dunbar Day Centre
Kirsty Law and Irene Blair

Headway
Emma Quayle and Rosalie Monod de Froidville

Changes
Alexander Champion

Dunbar Dementia Carers Support Group
Fiona Hermse



NORTH
LIGHT
ARTS


East Lothian
Council

 
LOTTERY FUNDED

Growing Art Seeds



North Light Arts, Growing Art Seeds programme employed six artists with a strong record of participatory practice. They worked with local groups using a broad range of creative approaches including: growing plants, singing, making sensory work, walking, creating textiles, painting and gathering stories and memories.



ORTH
GHT
RTS


East Lothian
Council


LOTTERY FUN



North Light Arts would like to invite you to the
Growing Art Seeds Exhibition and Presentation
Starting at 11am on Saturday 11th June 2016
at The Bleachingfield Community Centre, Dunbar

Including a small exhibition of work by the following groups: Dementia Carers, Dunbar Day Centre and Headway created during the Growing Art Seeds programme. We will also have songs by Kirsty Law and an opportunity to take part in a short seed bombing walk led by Alexander Champion.

Free refreshments will be provided by The Ridge Cafe including lovely coffee, cake and canapes.



This month at Headway

1	Fri	Seton Mains	BBQ at Seton Mains
2	Sat		
3	Sun		
4	Mon	Musselburgh	Domino Competition - Joyce
5	Tues		
6	Wed	Haddington	Exercise & relaxation
7	Thu	Dunbar	Exercise & relaxation
8	Fri		
9	Sat		
10	Sun		
11	Mon	Musselburgh	Dominoes/Chat
12	Tues		
13	Wed	Haddington	Games, Wii & puzzles
14	Thu	Dunbar	Games & puzzles
15	Fri		
16	Sat		
17	Sun		
18	Mon	Musselburgh	HOLIDAY
19	Tues		
20	Wed	Haddington	Games, Wii & puzzles
21	Thu	Dunbar	Games & puzzles
22	Fri		
23	Sat		
24	Sun		
25	Mon	Musselburgh	Dominoes/puzzles/Carers meeting
26	Tues		
27	Wed	Haddington	Board Meeting
28	Thu	Dunbar	Cognitive issues after ABI
29	Fri	North Berwick	Outing - Seabird Centre
30	Sat		
31	Sun		

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

Jim Maryniak Convener	07920 195743 jimmaryniak@hotmail.com
Richard Fairbairn Treasurer	077604 95851 james.fairbairn123@btinternet.com
Development Officer Joyce Cattanach	07895 193974 headwayeastlothian@live.co.uk

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
robert.dalrymple202@btinternet.com Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**