



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



Issue 18/03

March 2018

DUNBAR RNLI



Our next outing is a tour of Dunbar Lifeboat station
and a talk by lifeboat crew
then lunch at Dunbar Garden Centre

Friday 23rd March



Lloyds TSB
Foundation for Scotland

Noticeboard



Carer meeting in cafe on Monday 19th March



Next Board Meeting
Wednesday 21st March
Haddington



Monday 2nd April is Easter Monday and the Community Centre in Musselburgh will be closed for the day.

Outings

As you know we always try to ensure that all outings and meetings express your wishes as far as possible and are suitable for most service-users . With this in mind a few service-users have been meeting to plan an itinerary. They hope to announce their list for the next newsletter.



SHIF Conference

Thursday 19th April

9.30am - 4.30pm

Edinburgh City Chambers

'The Tip of the Iceberg'

Recognising hidden cognitive issues

Change to the timings of the Dunbar group

We have made a change to the timings of the Dunbar group to make it easier for people to get lunch before starting the meeting,

Thursdays new times 1.00pm - 3.00pm at Hallhill

Joyce's time at Bleachingfield Centre

Mondays 9.00am - 3.00pm

Tuesdays 11.00am - 3.00pm

Wednesdays 9.00am - 3.00pm

Thursdays Office at home

Fridays Office at home

It's always better to phone to check first in case she is out at meeting

Guess Who? And Where?



Guess What? And Where ?

This month at Headway

1	Thu	Dunbar	Games & Puzzles
2	Fri		
3	Sat		
4	Sun		
5	Mon	Musselburgh	Puzzles, chat & dominoes
6	Tue		
7	Wed	Haddington	'Tuesday Crew + 1'
8	Thu	Dunbar	Arts & Crafts
9	Fri		
10	Sat		
11	Sun		
12	Mon	Musselburgh	Puzzles, chat & dominoes
13	Tue		
14	Wed	Haddington	Arts & Crafts
15	Thu	Dunbar	Relaxation
16	Fri		
17	Sat		
18	Sun		
19	Mon	Musselburgh	Carers in the Cafe
20	Tue		
21	Wed	Haddington	Board Meeting and Slideshow
22	Thu	Dunbar	Games & Puzzles
23	Fri	Outing	Dunbar Lifeboat
24	Sat		
25	Sun		
26	Mon	Musselburgh	Puzzles, chat & dominoes
27	Tue		
28	Wed	Haddington	Games & Wii
29	Thu		

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 We meet at the Hub, Herdmanflat Hospital Aberlady Road Haddington at 6.30pm Tuesday 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 1pm- 3pm for those who live in Dunbar and surrounding area.

Contact Us

Jim Maryniak Convener	07920 195743 jimmaryniak@hotmail.com
Richard Fairbairn Treasurer	077604 95851
Fiona Grant- MacDonald Secretary	feegramac@sky.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 at the following times, and for outreach at other times.

Mon 9.00am - 3.00pm Tue 11.00am - 3.00pm Wed 9.00am - 3.00pm
Thursdays Office at home Fridays Office at home

It's always better to phone to check first in case Joyce is out at meeting

Items for the newsletter to Robert Dalrymple
robert.dalrymple202@btinternet.com Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**.