



Headway
East Lothian
SC10
Newsletter

www.headway-astlothian.org.uk



Issue 16/05

Honorary President
Dr Alasdair Fitzgerald

May 2016

ABI Week 9th - 13th May

During ABI Week 2016 we will be focusing on the hot topic of **concussion in sport**. While we have taken numerous opportunities to speak out in the national press about poor concussion protocols at elite-level sport, the priority for our concussion in sport campaign has always been to target those who participate at the grassroots and junior levels. To reduce the number of short and long-term brain injuries sustained as a result of the mismanagement of concussion, we need to continue to raise awareness in community sports clubs and academic institutions. The idea will be to encourage sports players/clubs/spectators to pledge/publically acknowledge concussion and the risks it presents. Under the general campaign banner of ***If in doubt, sit it out!*** we will ask people to put their name to a simple message stating 'I am/we are concussion aware'. In doing so, they will be given a Headway-branded digital badge or stamp that clubs/schools/colleges etc. and individuals can put on their websites and social media profiles. The badge/stamp would simply state 'We are concussion aware'. A similar version will be made available for individuals, stating 'I am concussion aware'.



Volunteer Friendly Award



Lloyds TSB
Foundation for Scotland



Hats for Headway at Musselburgh

Come along & join the fun as we encourage all our service users to wear a hat for the day; the wackiest and wickedest the better! There will be photo opportunities, prizes and the chance to enter the national competition run by Headway UK.

Hats for Headway at Dunbar

Dunbar members have been saving hard and have decided to put their money to good use by having a social lunch at Hallhill to coincide with Hats for Headway; they too will have photos with the best hats being entered for the national competition!

Head injury information Day

A FREE event for professionals and for people affected by all types of acquired brain injury and head injury, including families and carers.

Location: The Grand Central Hotel, Floor E, next to Central Station, Glasgow
(99 Gordon Street, Glasgow, G1 3SF) Wheelchair access via Central Station

Date: Wednesday 11th May 2016

Time: 9.30am - 3pm
Refreshments available

Find out about:

- The effects of head injury and brain injury
- Different services you can access
- Support and help that is available to you

No need to sign up in advance, but if you would like more information please contact:

David on 0141 566 9520 or David.Hendrie@digbybrown.co.uk

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Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting

There are two meetings in May

Wednesday 4th May

Wednesday 25th May

Both at Haddington

Annual Leave

Joyce will be on holiday from Monday 2nd May -
Monday 9th May inclusive, also Friday 20th May



For news and photos check out our website

www.headway-eastlothian.org.uk

Musselburgh Riding of the Marches 2016

Riding of the Marches 2016 is one of the most ancient ceremonies in the UK; although it is thought to date back to the 5th Century, it was first recorded in 1682. But, as the first Musselburgh RoM of the 21st Century, this year's festivities look forward to fresh changes, as well as celebrating its rich history. The Town Champion, Turf Cutter, Turf Cutter's Assistant, two Squires and two Halberdiers have all been chosen, including Fiona Grant-MacDonald, the first woman to take a major role in the event, which is held once every 21 years. All were chosen for their good work in the town and community.



All the Principals will take part in the official RoM ceremony, which is the central occasion in a week of celebration. This commemorates the marking of the ancient boundaries of the Burgh, and highlights the unique history and heritage of the Honest Toun of

Musselburgh. The party ride out under the close protection of the armour-clad Town Champion, and stop at 12 boundary stations around the town to cut a sod of turf and proclaim "it's a' oor ain!". The ceremonial aspect of the week-long event - which runs between July 24-30 - also includes a huge procession, a pageant, an exhibition, a civic ball, a concert with the Scottish Chamber Orchestra, as well as various sporting events, and entertainment for young and old. The week will conclude with a spectacular Lumiere at the mouth of the River Esk and a huge fireworks display. Artists from Musselburgh are also making their mark and street art and yarn bombing are already popping up throughout the town. The highlight of this will be the Riding of the Marches Horse Parade, with 10 life-sized model horses decorated mainly by school kids appearing at prominent positions.

Headway East Lothian will be contributing to the art work by producing some stone felt, we will be crafting this on Monday 2nd may at the Musselburgh meeting.

his month at Headway

1	Sun		
2	Mon	Musselburgh	Riding of the Marches craft, stone felting
3	Tues		
4	Wed	Haddington	May Day Picnic (indoor); Board meeting
5	Thu	Dunbar	Games & puzzles
6	Fri		
7	Sat		
8	Sun		
9	Mon	Musselburgh	Hats for Headway at Musselburgh
10	Tues		
11	Wed	Haddington	Daniel Allison Storyteller
12	Thu	Dunbar	Hats for Headway Lunch
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Dominoes & chat; Carers meet in cafe
17	Tues	Edinburgh	Headway Regional Meeting, Edinburgh
18	Wed	Haddington	Fatigue after brain injury discussion
19	Thurs	Dunbar	Fatigue after brain injury discussion
20	Fri		
21	Sat		
22	Sun		
23	Mon	Musselburgh	Puzzles & quizzes galore
24	Tues		
25	Wed	Haddington	Puzzles & quizzes; Board meeting
26	Thurs	Dunbar	Puzzles & quizzes; SHIF - Joyce
27	Fri	Borders	Outing - Borders railway trip
28	Sat		
29	Sun		
30	Mon	Musselburgh	Dominoes & chat
31	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 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 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**