



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



Issue 17/05

May 2017



**ACTION FOR
BRAIN INJURY WEEK 2017**
8-14 MAY

The thoughts, feelings & experiences of brain injury survivors, carers and family members will be at the heart of this year's Action for Brain Injury Week campaign.

A New Me will provide a platform for people to creatively share their

experiences in order to challenge misperceptions of brain injury while demonstrating the value of having access to the right help, at the right time - such as the support provided by Headway groups and branches.

"We know that brain injury is generally misunderstood, while those whose effects are largely hidden can struggle to get the help and support they need", said Luke Griggs, Director of Communications. "Through the power of social media, a targeted press campaign, and local events across the UK, we hope to increase the public's understanding of brain injury and ensure the voices of people living with brain injury are heard"

Keep an eye on our campaign website at www.ANewMe.org.uk and our social media sites for more information.



Lloyds TSB
Foundation for Scotland

Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Outing

Boness Steam Railway
Tuesday 30th May
– please give your names to Joyce – places may be limited



Next Board Meeting

Wednesday 10th May
Haddington

Annual
Leave

Annual Leave - Joyce will be on annual leave from Monday 1st to Friday 5th May inclusive



ABI Week; Hats for Headway Day
– join us on Thursday 18th May at Hallhill, Dunbar from 12.00pm – 2.00pm for a chance to chat about life after brain injury – wear a hat to join in the fun and games!



BRAW 17 (Badaguish Relaxation & Activity weekend) and will be held from Friday the 5th - Sunday the 7th of May 2017 at the Speyside Trust Badaguish Activity Centre near Aviemore.

This will be the first event of its kind to be held in Scotland. It will be a celebration of the achievements of brain injury survivors as well as an opportunity for all to take part in activities and events designed to further their social rehabilitation. There will be 65 brain injury survivors participating in the weekend from across Scotland, along with staff & volunteers providing support.

Brain injury affects people in many ways; as well as physical, cognitive skills can also be impaired or it can lead to emotional and behavioural changes, and many suffer from social isolation which can result in a loss of confidence and difficulties in communicating or interacting with others.

This weekend is to help brain injury survivors to re-build their confidence and self-worth and to re-learn social skills in a safe and supported environment; to help them realise that there is life after brain injury and it can still be an enjoyable one, some doing things they thought no longer possible.

Badaguish is a safe and relaxing environment where attendees can participate in a range of new experiences and activities they may not have experienced prior to their brain injury. Activities on offer over the weekend include a trip on the Strathspey Steam Railway from Aviemore to Broomhill return; canoeing on Loch Morlich, Archery, walking football, arts & crafts, walking groups and also time to relax with neck & back massages, reflexology and mindfulness sessions.

Badaguish Relaxation/Activity Weekend - Kindly sponsored by Thompsons Solicitors Scotland, Slater & Gordon Lawyers, Greg Mackie Financial Planner & Investors, Elite Care, Tilney Financial Planners & Investors, Irwin Mitchell Solicitors, Thorntons Solicitors. Donations gratefully received from Brodies Tea & Coffee Merchants, Highland Spring, the Co-operative Group and the Edrington Group

Head Injury Information Day

- supported by Digby Brown Solicitors
- Hilton Edinburgh Grosvenor – 9.00am – 3.00pm

No Wednesday Haddington Meeting on 17th May due to Head Injury Information Day

Outing – Scottish Parliament Tour

- Friday 2nd June – rearranged tour – names to Joyce please
(may yet be subject to change due to General Election)

The Way Ahead 2017 Conference

30th May - 2nd June

Yarnfield Park Training and Conference Centre, Staffordshire

Full details on accompanying information sheets

For record purposes and in case you thought a newsletter had not been sent to you last month, we did not publish one in April

1	Mon	Musselburgh	Chat, Puzzles & Dominoes
2	Tues		
3	Wed	Haddington	'The Steamie'
4	Thu	Dunbar	Games & Puzzles
5	Fri		BRAW 17
6	Sat		BRAW 17
7	Sun		BRAW 17
8	Mon	Musselburgh	Dominoes, Puzzles & Chat
9	Tues		
10	Wed	Haddington	Board Meeting
11	Thu	Dunbar	Table Games & puzzles
12	Fri		
13	Sat		
14	Sun		
15	Mon	Musselburgh	ABI Week - Carers in the Café
16	Tues	Edinburgh	Regional Meeting - Jim attending
17	Wed	Edinburgh	Hd/In Info Day- no Wed meeting
18	Thu	Dunbar	Hats for Headway Day
19	Fri		
20	Sat		
21	Sun		
22	Mon	Musselburgh	Dominoes, Puzzles & Chat
23	Tues		
24	Wed	Haddington	Games & Chat
25	Thu	Dunbar	Map the World
26	Fri		
27	Sat		
28	Sun		
29	Mon	Musselburgh	Dominoes, Puzzles & Chat
30	Tues	Boness	Outing - Steam Railway
31	Wed	Haddington	The Tuesday Crew + 1

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

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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**