



Headway
East Lothian
Newsletter



Issue 15/111

Honorary President
Dr Alasdair Fitzgerald

November 2015

Digby Brown Christmas Card & Calendar Competition

We have a winner!

Paul Hamilton

We again invited service users to use their imaginations and enter their designs for the annual Christmas Card & Calendar competition.

One of our newest members, Paul Hamilton, has had one of his entries chosen to be the design for the Christmas Card. Paul will be going through to Glasgow to receive his award certificate and a £50 Marks & Spencer gift voucher. The Group co-ordinator or representative will be presented with a cheque for £300 for our group funds.



Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting

Wednesday 25th November

Haddington

Annual

Leave

Joyce will be off Monday 9th November until Monday 16th November both dates inclusive



Headway are holding their Scottish Brain Injury Conference 2016 on Tuesday the 22nd of March at Murrayfield Stadium in Edinburgh.

Further details to follow.

Noticeboard

Christmas lunch



Monday 14th December at The Craighouse, Inveresk Road, Musselburgh, 12.00pm for 12.30pm . 2 courses £9.99, 3 courses £11.99, Menu available from Joyce, Dottie & Gordon, please pre-book so we can arrange transport if necessary.

"Nice to meet you"



Regional Meeting - Perth Tuesday 3rd November

If anybody would like to come along and find out what the other groups & branches across the East of Scotland are doing then please let Joyce know.



Bag Packing at Marks & Spencer Fort Kinnaird

- thanks to all who took part in this over the 2 days, the total for the whole weekend came to just under £2000 which will go into the pot to be shared between Headway Edinburgh & ourselves.



We will be having our usual Christmas raffle and would be very grateful for any donations, large or small; all proceeds go directly to our front-line services.



REMINDER

Flu Jabs for Carers

and young carers this winter.

NHS Lothian is offering FREE flu vaccinations for all carers and young carers this winter.

Be prepared and help protect yourself and the person you care for sooner rather than later. Being vaccinated will reduce the risk that you cannot continue caring and the risk that you might pass on the illness. The earlier you have the jab the better.

To arrange a jab contact your GP practice
explain that you are a carer.

Christmas Holidays

There will be no meetings on the following dates

December - Wednesday 23rd

Thursday 24th

Monday 28th

Wednesday 30th

Thursday 31st

January 2016 - Monday 4th

We will resume with the Haddington Meeting on Wednesday 6th
January 2016

This month at Headway

1	Sun		
2	Mon	Musselburgh	Dominoes and Carers Meeting
3	Tues	Perth	East of Scotland Networking Meeting
4	Wed	Haddington	Autumn tales and puzzles
5	Thurs	Dunbar	Autumn tales and puzzles
6	Fri		
7	Sat		
8	Sun		
9	Mon	Musselburgh	Dominoes, crafts and chat
10	Tues	Perth	Headway Training
11	Wed	Haddington	Games and Wii
12	Thurs	Dunbar	Games and Puzzles
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Dominoes and chat
17	Tues		
18	Wed	Haddington	Music & Memories
19	Thurs	Dunbar	Rosalie & Emma - Lochend Woods
20	Fri		
21	Sat		
22	Sun		
23	Mon	Musselburgh	Dominoes, crafts and chat
24	Tues		
25	Wed	Haddington	Board Meeting
26	Thurs	Dunbar	A bit of do!
27	Fri	OUTING	10 Pin Bowling
28	Sat		
29	Sun		
30	Mon	Musselburgh	Christmas crafts, memories & music

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
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Brian Hyslop Secretary	07989 974 855 bryanhislop@aol.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**