



Headway
East Lothian
Newsletter



Issue 15/10

Honorary President
Dr Alasdair Fitzgerald

October 2015



Christmas Shopping

At the Almondvale Centre, Livingston

Friday 23rd October, bus leaving MECLC at 10.00am

Please give your name to Joyce if you would like a place on the bus or to book a scooter.



Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting

Wednesday 28th October

Haddington

Staff Holidays

Joyce on Annual Leave

Friday 2nd - Monday 5th October inclusive

Monday 9th - Monday 16th November inclusive

Noticeboard

M&S Bag packing



Volunteers required, please help out if you can, even for 1 or 2 hours on either day, Friday 9th 10.00am onwards at Marks & Spencer, Fort Kinnaird, Edinburgh

"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.

Sorry

Dear All

Sorry your newsletter was a little late this month but I had vision problems and couldn't complete it. Hopefully normal service will be resumed next month.

Robert



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
and explain that you are a carer.

This month at Headway

1	Thurs	Dunbar	Café Blether
2	Fri		
3	Sat		
4	Sun		
5	Mon	Musselburgh	Holiday
6	Tues	Edinburgh	Carer's Parliament - Joyce
7	Wed	Haddington	Silk Painting with Ros - Joyce
8	Thurs	Dunbar	Games - Joyce
9	Fri	Fort Kinnaird	M&S Bag Packing
10	Sat		
11	Sun	Fort Kinnaird	M&S Bag Packing
12	Mon	Musselburgh	DVD "Recovery" - Joyce
13	Tues		
14	Wed	Haddington	Games & Wii - Richard
15	Thurs	Dunbar	Halloween Crafts - Joyce
16	Fri		
17	Sat		
18	Sun		
19	Mon	Musselburgh	Halloween Puzzles & Crafts - Joyce
20	Tues		
21	Wed	Haddington	Halloween Puzzles & Crafts - Jim
22	Thurs	Dunbar	
23	Fri	Livingston	Christmas Shopping
24	Sat		
25	Sun		
26	Mon	Musselburgh	Dominoes Tournament
27	Tues		
28	Wed	Haddington	Board Meeting/Halloween
29	Thurs	Dunbar	Halloween Surprise
30	Fri		
31	Sat		

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
Gordon Wallace Treasurer	01875 853491 csgordon.wallace@virgin.net
Gordon Wallace Acting Secretary	
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



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