



Headway  
East Lothian  
SC10  
Newsletter



Issue 15/09

Honorary President  
Dr Alasdair Fitzgerald

September 2015

## Alternative 3 Peaks



We at Headway East Lothian would like to add our own thanks to all those who were part of the challenge and especially to Fiona Grant-MacDonald for coming up with the idea, leading and inspiring us all to engage and help out and carrying it through to the end. The very idea of such a challenge was extremely daunting and we are all so proud of your achievement, **THANK YOU!**

## A letter from Fiona



*"I don't know how to thank you all. What a day!! From cyclist to walkers to the support team and the caterers, I am in awe of you all. I know without you I would have never made it round, I'm still not sure how I did..... ;-) With nearly 100 people involved on the day, I hope you'll agree it really turned into a cracking event.*

*There are so many special mentions and thanks and I hope I don't miss anyone out, but here goes....*

### *Our sponsors*

*- without whom we wouldn't have been able to run the event and been so well fed and looked after on the way round:*

*Alison Grant-MacDonald RED Driving School for cash donation towards the lunch*

*Cat Baillie - First Aid and Sports Massage all day and provision of Hamish, one of the event mascots!*

*Kerry Taylor - Forever Living: First Aid and goodie bags at the end*

*Prestoungrange Gothenburg: for the stovies and the goths hospitality at the end*

*Becca McInally - Sports Massage at the Goth*

*Neil Wilson, Wilsons Fruit & Veg: bananas, oranges and those amazing nectarines!*

*Ace Bike Co. Musselburgh - all the energy gels and drinks supplements.*

*Sainburys Meadowbank - £30 gift voucher*

### *Driver support team*

*- who managed to be where they should have been at the right time for most of the day :-)*

*(when they didn't get lost lol; Alison Grant-MacDoanld, Cat Baillie, Irene Grant, Kerry Taylor, Frankie Grant, Laura Lim, Gordon Wallace, Margaret Duff, Matt Duff, Katrina Gibson*

*They all kept in touch with each other and made sure we had enough water available all the way round. They all picked up people who were only doing short runs and in some cases had to find other drivers who were lost in the country haha :-)* but by all accounts they had a great day and had lots of stories to tell in the Goth last night! We really couldn't have asked for a better support crew, so awesome job folks!

*For the catering, baking and hosting:*

*Kirsty Robertson, first stop at Musselburgh - amazing spread of breakfast and baking, the bunting was an awesome touch :-)*

*Joyce Cattanach - Headway Development Officer who opened her doors in West Barns to everyone.*

*Dotty Wallace, Grace Porter -who trailed around shops to pick up our lunch and supplies!*

*All at Headway East Lothian who helped Joyce and Dotty with the preparation of lunch and who also decorated the memorial pebbles which were scattered on Berwick Law by all at the top.*

*Laura Lim who overcame jet lag to bake those awesome marshmallow thingys! Nom nom...*

*The Goth: Thanks to Carol and Anne for allowing us the upstairs space, stovies, locking the bikes away, and opening the bar especially for us. They have also had a sponsor form behind the bar for weeks and have raised well over £100 from their regular customers, (thanks Jinty!) a few of which joined us there.*

*Transport:*

*Claire Hamid who collected the minibus during the day from SMC and met us in Prestonpans (and other points on the route) then drove several cyclists back into Edinburgh!*

*T-Shirts:*

*The t shirts were bought by Headway and with the help of Julie Moffat (fellow cyclist) the branding was meticulously ironed on at the beginning of the week. Thanks to Julie for helping me with this, I really would have struggled to get them done on time :-)*

*To all cyclists:*

*I cannot emphasise enough how your spirit and sense of fun pulled me round a very challenging day for me. From stopping with me when I had a headache to the banter on the way round, it was all just brill! I especially enjoyed the*

*unscheduled ford stop..... :-)*

*Our thanks should go to Stuart Jackson and Robin Miller for their expert marshalling with leading and staying behind us.*

*To all the climbers at Berwick Law;*

*Thank you for sharing what was a special moment for Claire & I. The pebbles were names of people we have known through Headway sadly no longer with us, and of those who Headway members wanted to remember in a fitting tribute to all at the group.*

*Entertainment at the Goth*

*Clark Community Choir - a local charity who perform for other charities and organisation for free*

*Louis - a local lad, at only 15 years old an amazing talent to watch out for in future; provided through Stuart Wilson School of Musical Youth.*

*Thank you to Colin Beattie MSP for coming along to Musselburgh and supporting the event.*

*Thank you to Graeme Brown and Simon Love at ESMS for allowing us the use of the mini bus, trailer and the walkie talkies.*

*Of course, thank you to those who turned out to cheer us on at various points, especially at the end. It was amazing to see you all there to welcome us.*

*I hope that is everyone, please pass this on to those who came along I may have missed or don't have an email address for and I will forward to others who I have no doubt missed of the list!*

*Great job everyone! What's next ;-)*

*Fiona"*

## Sponsored Walk

Thanks to all those who took part in the Annual Sponsored Walk that took place on Sunday 23<sup>rd</sup> August in Queens Park, Holyrood.

It was a great day with lovely, sunny weather and a good turnout for the walk. Thanks to the volunteer drivers; Gordon, Dottie & Jim for all their time & effort, to those who supported in the background by sponsoring the walkers and emotionally supporting them to take part.



## Don't forget

Monday 21<sup>st</sup> September is a MECCA holiday so there will be no Headway meeting at Musselburgh that day.

## Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting  
Wednesday 30<sup>th</sup> September  
Haddington



'Next Outing  
Mystery Tour  
Friday 25<sup>th</sup> September, places limited so let Joyce know  
if you would like to come along



There are Bonus Ball numbers available, £1.00 per number per week, £30 to the winner and £19 to Headway East Lothian each week, please contact Joyce or Dottie if you would like to support us in this way.

## This month at Headway

1	Tues		
2	Wed	Haddington	Ele from CAPS - Jim
3	Thu	Dunbar	Ele from CAPS
4	Fri		
5	Sat		
6	Sun		
7	Mon	Musselburgh	Ele from CAPS
8	Tues		
9	Wed	Haddington	Daniel Allison (to be confirmed)- Joyce
10	Thurs	Dunbar	Games Day
11	Fri		Scottish Head Injury Forum - Joyce
12	Sat		
13	Sun		
14	Mon	Musselburgh	Dominoes & Chat
15	Tues		
16	Wed	Haddington	Patricia Eckersley - Joyce
17	Thurs	Dunbar	Patricia Eckersley - Jim
18	Fri		

19	Sat		
20	Sun		
21	Mon	Musselburgh	<b>HOLIDAY</b>
22	Tues		
23	Wed	Haddington	Games & Wii - Jim
24	Thurs	Dunbar	Autumn Arts & Crafts
25	Fri		Mystery Tour
26	Sat		
27	Sun		
28	Mon	Musselburgh	Autumn Arts & Crafts
29	Tues		Scottish Development Committee - Joyce
30	Wed	Haddington	Board Meeting

## 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

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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 [robert.dalrymple202@btinternet.com](mailto:robert.dalrymple202@btinternet.com) Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**

**Affiliated to Headway - the brain injury association**