



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



Issue 18/06

June 2018



Cycling Out with Beyond Boundaries East Lothian

Wednesday 6th June 6.30pm - 8.30pm

Have a go on our fleet of standard bikes, tandems and adapted bikes (as shown)

'Cycling Out' in East Lothian is setting up regular All - Abilities cycling groups for people with disabilities and mental health issues aged 16 and over living in East Lothian using various cycling routes across East Lothian

Meet at Tynebank Resource Centre, 16 Kirk View, Haddington EH41 4AP
We will be having a trial of the accessible cycles; all appropriate safety kit will be supplied & yes there will be refreshments 😊



Noticeboard



Carer meeting in cafe on Monday 18th June



Next Board Meeting
Wednesday 13th June
Haddington

Annual Leave

Joyce will be on holiday from
Monday 2nd July - Friday 13th July
inclusive



HOLIDAY MONDAY
Monday 2nd July will be a holiday for the Monday
Musselburgh group.



Come along & join in the tea party,

- use your imagination and enter the spirit of summer (if the weather holds out)
- sandwiches, cakes & scones along with tea & coffee will be provided
- you can dress to impress if you like 😊

Outing
Friday 29th June



If a lovely day we will be off to the Botanic Gardens in Edinburgh; if not so good, we will head for the Scottish National Gallery of Modern Art - if you would like to come along please contact Joyce - bring a picnic or enjoy lunch from one of the cafes.

Musselburgh Races

We had an enjoyable day at the races; even a few winners to be had! Thanks to all who helped and to Musselburgh Racecourse for donating the tickets and making our day go smoothly.



This month at Headway

	Fri		
	Sat		
	Sun		
4	Mon	Musselburgh	Pop Up Pod - 'Café'
5	Tue		
6	Wed	Haddington	Cycling Out
7	Thu	Dunbar	Pop Up Pod - 'Café'
8	Fri		
9	Sat		
10	Sun		
11	Mon	Musselburgh	Dominoes, puzzles & quizzes
12	Tue		
13	Wed	Haddington	Board Meeting
14	Thu	Dunbar	Games & Puzzles
15	Fri		
16	Sat		
17	Sun		
18	Mon	Musselburgh	Carers in the Café
19	Tue		
20	Wed	Haddington	Arts & Crafts
21	Thu	Dunbar	New Age Kurling
23	Sat		
24	Sun		
25	Mon	Musselburgh	New Age Kurling
26	Tue		
27	Wed	Haddington	Party Night
28	Thu	Dunbar	Arts & Crafts
29	Fri	Edinburgh	Botanic Gardens/Modern Art Gallery
30	Sat		

Meetings

Monday The Musselburgh East Cunity 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 We meet at the Hub, 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 1pm- 3pm for those who live in Dunbar and surrounding area.

Contact Us

Jim Maryniak Convener	07920 195743 jimmaryniak@hotmail.com
Richard Fairbairn Treasurer	077604 95851
Fiona Grant- MacDonald Secretary	feegramac@sky.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 at the following times, and for outreach at other times.

Mon 9.00am - 3.00pm Tue 11.00am - 3.00pm Wed 9.00am - 3.00pm
Thursdays Office at home Fridays Office at home

It's always better to phone to check first in case Joyce is out at meeting

Items for the newsletter to Robert Dalrymple
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Improving life after brain injury

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