



Headway  
East Lothian  
SC10  
Newsletter

www.headway-astlothian.org.uk



Issue 18/10

October 2018

October Outing

Christmas Shopping to Livingston



Friday 26<sup>th</sup> October  
See Inside

New Funders

We are very pleased to let you all know that we have received a grant of £12500 for the Development Officer Post from the Robertson Trust.

We have also received a further £2000 from Foundation Scotland towards the same salary costs.

We continue to seek funding from other sources as well as doing our own fundraising to cover the cost of activities and projects.

Living Well in Later Life

Free Event

Loch Centre, Tranent on Wednesday  
10<sup>th</sup> October from 1.00pm - 4.00pm

Details inside

See Noticeboard  
for lots of  
activities you can attend



Funded by



## Noticeboard

<p>Living Well in Later Life</p>	<p>Come along to this Free drop-in event where you can find a range of ways to make the most of your later life. Try out activities such as Zumba, Kurling and Tea Dancing; find out what social groups are in your area; get advice and info on a range of physical health matters, from your eyes to your feet! This will take place in the Loch Centre, Tranent on Wenesday 10<sup>th</sup> October from 1.00pm - 4.00pm. the event aims to provide information from a variety of sources and is for everyone that lives in East Lothian aged 50+ years.</p>
<p>Shakespeare Theatre Classes</p>	<p>Little Shakespeare Company in partnership with East Lothian Council present an opportunity for mature adults who are young at heart, to join our fun pilot Shakespeare classes and perform at The Brunton, Musselburgh. Taught by industry professionals activities include: theatre games, stage craft, mime, physical theatre, script work, stage combat, voice work, character development and Improvisation. As well as developing your performance skills, Shakespeare text is a fantastic tool for: Keeping the brain active, personal development, expressing yourself, connecting with new people, learning to be more confident, having FUN Classes take place every Tuesday from 2 October 2pm - 4pm at The Brunton, Musselburgh (rehearsal room) £6 per session, bookable online at <a href="http://www.eastlothian.gov.uk/youththeatre">www.eastlothian.gov.uk/youththeatre</a> or phone 0131 665 9900</p>
<p>Pilates</p>	<p>Do you have a long-term condition and find it hard to exercise? Do you feel exhausted at the end. If so there may be a class for you: Gentle Seated Pilates Haddington Library Star Room Friday morning 10.40 - 11.30 £5.00 per class. Pilates is a fantastic approach to exercising your body, strengthenin core muscles and improving your posture. It also has the added benefit of improving your sense of wellbeing.</p>
<p>Zumba Gold</p>	<p>Slower than ordinary Zumba and not quite so energetic but with the same Latin inspired music - join Ruth at her classes across the county; Dunbar at the Bleachingfield 11.30- 12.15 Thursdays £3.50</p>

- ✓ Our annual Christmas Shopping trip is on Friday 26<sup>th</sup> October to Livingston.
- ✓ The bus will leave the Musselburgh East Community Learning Centre at 10.00am sharp to allow us as much time as possible there.
- ✓ If you would like to come along please let Joyce or Dottie know.
- ✓ If you require a mobility scooter please let us know and either bring along your registration card for Lothian Shopmobility at the Almondvale Centre or bring 2 forms of ID with you on the day to register there.



Ratho Barge - an all together more relaxing day out - we all arrived early so left on our day cruise down the canal nice and early.

Tea, coffee and biscuits were the first order of the day followed by a good chat, some reminiscence about days gone by and people we miss. It wasn't the brightest of days, a bit showery but there were still a few hardy souls went out on deck to get the best view of our course. Lucky they were holding on when Charlene took over the helm! We had a lovely sharing picnic lunch on board followed

by even more tea & coffee and then back to Ratho at the end of our day out.

Thanks to the Seagull Trust as always for their wonderful work and hospitality.

Mystery Tour - a great day had by all, it certainly was a Mystery!

We had the bus breakdown before we had even left the Community Centre car park - the bus driver got lost and took us on a real mystery tour - we arrived nearly 2 hours late at New Lanark so missed our walking tour! On the bright side, we had a lovely lunch, a sit-down audio-visual presentation from a young gentleman who really recommended the Jaffa Cake Ice cream made there at New Lanark - a wander round the shop and some of the mill area and a 'ride' on the Anne McLeod experience.



A great day out and a quicker journey home - here's to next year - ideas on a stcard please 😊

## BRAW 18

A great weekend away at Tulliallan Police College; a good contingent from Headway East Lothian made up the 100 delegates - a mixture of Brain Injury Survivors and carers from all over Scotland.



Activities over the course of the weekend included a trip on the Falkirk Wheel, all-ability cycling with Beyond Boundaries East Lothian, team building exercises such as archery and problem solving with Venturing Out ending with a grand finale team challenge of building gliders using canes, black bin liners & sellotape which had to be strong enough to fly & to carry a raw egg in a cradle with an egg helmet on! Other activities on offer were Arts & Crafts, New Age Kurling, swimming, walking football, mindfulness & massage therapies. We also had a chillout area in the on-site Starbucks café where games, dominoes & puzzle books were available.

Evaluation has been good so look out for details of BRAW 19 coming up shortly!

Who knew we had Cher in our group? As part of the entertainment we had The BRAW Factor competition - all those who got up to show us their talents were amazing and all winners!

## This month at Headway

1	Mon	Musselburgh	Dominoes, puzzles & chat
2	Tue		
3	Wed	Haddington	Arts & Crafts with Linda
4	Thu	Dunbar	Exercise & relaxation
5	Fri		
6	Sat		
7	Sun		
8	Mon	Musselburgh	Dominoes, Autumn Quiz & chat
9	Tue		
10	Wed	Haddington	Board meeting
11	Thu	Dunbar	Arts & crafts with Linda
12	Fri		
13	Sat		
14	Sun		
15	Mon	Musselburgh	Dominoes, puzzles & chat
16	Tue	Edinburgh	Scottish Development Committee Meeting
17	Wed	Haddington	Arts & crafts with Linda
18	Thu	Dunbar	Games & puzzles
19	Fri		
20	Sat		
21	Sun		
22	Mon	Musselburgh	Cycling without Age - trishaws
23	Tue		
24	Wed	Haddington	Sing-a-long-a-Fee
25	Thu	Dunbar	Arts & Crafts with Linda
26	Fri	Livingston	Christmas Shopping Trip
27	Sat		
28	Sun		
29	Mon	Musselburgh	Carers in the café
30	Tue		
31	Wed	Haddington	Hallowe'en Party

## 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** We meet at the Occupational Therapy Department, Herdmanflat Hospital Aberlady Road Haddington at 6.30pm Wednesday 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 <a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>
Richard Fairbairn Treasurer	077604 95851
Fiona Grant- MacDonald Secretary	<a href="mailto:feegramac@sky.com">feegramac@sky.com</a>
Development Officer Joyce Cattanach	07895 193974 <a href="mailto:headwayeastlothian@live.co.uk">headwayeastlothian@live.co.uk</a>

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



Improving life after brain injury

Charity No **SC035535**.