



Headway  
East Lothian  
SC10  
Newsletter

[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



Issue 19/04

April 2019

Next Outing



National Museum of Scotland  
Friday 26<sup>th</sup> April

Two Fundraisers  
This Month

In Prestonpans  
And  
In Musselburgh

Pages 4 and 6

Join Patricia



Musselburgh  
Monday 15<sup>th</sup> April

Fatigue survey for ABI Week

Read all about it on  
Page 5



## Noticeboard



No carer meeting planned for March



Next Board Meeting

Wednesday 10<sup>th</sup> April Haddington



We are pleased to welcome back to Haddington on 10<sup>th</sup> April, Ronnie Pollock to entertain.



Enjoy arts and crafts with Linda McCann at Dunbar on Thurs 4<sup>th</sup> April



We are pleased to welcome back to Musselburgh on Monday 1<sup>st</sup> April, Andy Brown to entertain.



**Easter Monday Holiday - Monday 22<sup>nd</sup> April - Community Centre will be closed so there will be no Headway meeting that day**



The Daffodil Teas we had at Musselburgh and Dunbar raised £120.00 which we donated to Marie Curie - providing much needed expert care to people with terminal illnesses as well as supporting their families. Many thanks to all who took part by volunteering their time and effort, helping, baking and to all those who came along and had some tea & cakes & gave their donations.

POSTPONED

Visitors - on Monday 1<sup>st</sup> April we will be welcoming 2 of the staff from Headway UK.

We know Maria very well and we will also meet Dawn Wright Director of Services. This will be Dawn's first visit to any of the groups & branches in Scotland as she comes up for a week to meet everyone and see what we do.



Dawn Wright - Director of Services - Dawn is responsible for managing several Headway services including a UK-wide support to the network of groups and branches, the Headway Acute Trauma Support (HATS) nurses, the Training Department and the Headway Approved Provider Scheme



Maria Burnett - Network Support Coordinator - Maria works closely with the Headway Group & Branch Network to support their work and help improve the services available. She works with a wide range of health & social care stakeholders and partners to improve pathways & services for people with brain injury, their families & carers.

An Afternoon of Song  
Saturday 27<sup>th</sup> April 3.00pm  
Loretto Church Hall, Newbigging, Musselburgh EH21 7AJ

Steeton Male Voice Choir, Clark Community Choir, Jamie McBride and Sam Fleming are all joining together to bring you a very special concert for Charity. All net proceeds will be given to Headway East Lothian.



Coming up in May

Wednesday May 1<sup>st</sup> – Tuesday Crew +1  
Friday 3<sup>rd</sup> May – Musselburgh Races – extra outing!  
Friday 10<sup>th</sup> May – Quiz & Music Night at The Goth, Prestonpans  
ABI Week – Monday 20<sup>th</sup> – Friday 24<sup>th</sup>  
Annual Leave – Joyce – Friday 17<sup>th</sup> – Friday 24<sup>th</sup> inclusive  
Wednesday 29<sup>th</sup> May – Head Injury Information Day

## Fatigue survey for ABI Week

As part of our Action for Brain Injury Week campaign, [\*Brain Drain: Wake up to fatigue!\*](#), we are pleased to launch our latest survey of brain injury survivors' experiences.

The survey is designed to be completed by brain injury survivors in order to ascertain the extent to which 'pathological fatigue' (or excessive tiredness) can impact life after brain injury. The results of the survey will enable us to create a report and accompanying materials to help raise awareness of this hidden and misunderstood effect of brain injury. This will include a press release template that groups and branches can use, alongside personal testimonies, to generate local press coverage.

We will be sharing the invitation to partake in the survey on our social media channels in order to encourage people to get involved and help shape our campaign, and we would be extremely grateful if you could circulate it via your members and service users to encourage them to do likewise.

The survey can be completed online at [www.surveymonkey.co.uk/r/fatigueafterbraininjury](http://www.surveymonkey.co.uk/r/fatigueafterbraininjury). Paper copies can also be provided; please contact Amber-Rose Perry, Publications and Research Manager, on [publications@headway.org.uk](mailto:publications@headway.org.uk) or 0115 784 8525 to request these

The survey will remain open until 26 April 2019, with the results published during ABI Week (20-26 May).

## Charity Music Festival

Preston Lodge S6 Pupils have organised a spectacular event in aid of Headway



LOUIS ROBERTSON FL DRUMS & DRONES

AIN'T THAT FUNKY FC UKULELE DUETS

Headway  
All profit goes to Headway Charity

FIONA GRANT-MACDONALD ARTHUR WILSON HEADLINERS

**Charity Music Festival**  
**Saturday 13<sup>TH</sup> April 2019 Noon-10pm**

**@ Lighthouse Hub, Ayres Wynd, Prestonpans**  
**£5 entry for Headway Members**  
*(Carers go free)*

Please come along and support it if you can, there will be music to suit all tastes, you don't have to stay the whole day & can come and go as you like.

If you can't make it on the day but would like to support the event, how about donating a raffle prize or buying a raffle ticket? Contact Joyce for more information.

1	Mon	Musselburgh	Andy Brown
2	Tue		
3	Wed	Haddington	Games & Chat
4	Thu	Dunbar	Arts & Crafts with Linda
5	Fri		
6	Sat		
7	Sun		
8	Mon	Musselburgh	Cycling Without Age - trishaws
9	Tue		
10	Wed	Haddington	Ronnie Pollock
11	Thu	Dunbar	Games & Chat
12	Fri		
13	Sat	Preston pans	Music Festival
14	Sun		
15	Mon	Musselburgh	Exercise with Patricia; Carers meeting
16	Tue		
17	Wed	Haddington	Candle Making workshop
18	Thu	Dunbar	Easter Chocolate Workshop
19	Fri		
20	Sat		
21	Sun		
22	Mon	Musselburgh	<b>HOLIDAY</b>
23	Tue		
24	Wed	Haddington	Film Night
25	Thu	Dunbar	Candle Making workshop
26	Fri	Edinburgh	Outing - National Museum
27	Sat	Musselburgh	Clark Choir Concert
28	Sun		
29	Mon	Musselburgh	Pop up Potting Shed
30	Tue		

We meet in three locations each week

<u>Date &amp; Time</u>	Monday 1pm - 4pm	Wednesday 6.30pm - 8.30pm	Thursday 1pm - 3pm
<u>Venue</u>	Musselburgh East Community Learning Centre, Haddington Road MUSSELBURGH H21 8JJ	Occupational Therapy Department, Herdmanflat Hospital Aberlady Road HADDINGTON EH41 3BU	Hallhill Healthy Living Centre, Kellie Rd, DUNBAR EH42 1RF

Contact Us in any of the following ways

Jim Maryniak Convener	07920 195743 <a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>
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Richard Fairbairn Treasurer	07938 913502	Fiona Grant- MacDonald Secretary	<a href="mailto:feegramac@sky.com">feegramac@sky.com</a>
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Development Officer Joyce Cattanach	07895 193974 <a href="mailto:headwayeastlothian@live.co.uk">headwayeastlothian@live.co.uk</a>
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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 Thurs Office at home Fri Office at home. Better to phone first in case Joyce is at a 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**.