

Headway
East Lothian
SC10
Newsletter

www.headway-eastlothian.org.uk



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August 2019

The Annual Golf Tournament



will this year be held
on Saturday 31st August
at Winterfield Golf Course, Dunbar.

Alt 3 Peaks and
Sponsored Walk



Saturday 17th August

Next Outing



Mystery Tour

Friday 13th September

AGM

Occupational Therapy Department,
Herdmanflat Hospital, Haddington,
EH41 3BU

Wednesday 21st August at 7.00pm

Funded by



Noticeboard



No carer meeting planned for August



AGM



As you may know Dottie runs a Bonus Ball Scheme to boost funds each week. Bonus Ball numbers have become available so if you would like to join in please contact us on any of the usual details. It's £1.00 per week per number & you can win £35.00!



Joyce will be on **annual leave** Friday 26th July to Friday 9th August inclusive - start back on Monday 12th August



The raffle for the Twin Dolls was drawn at the BBQ, was won by Fionna Balfour and raised £92.00

We held a raffle on the day of the BBQ and raised £88.00

The 'Guess the lollies in the tub' brought in £21.00
Stocks and colour chalking £30.00



Many Thanks to Aleashia Brown for completing the Tough Mudder and raising a wonderful amount of £275.00 + Gift Aid.

Fundraising

Alt 3 Peaks and Sponsored Walk

Saturday 17th August



Fiona Grant-MacDonald is yet again organising, leading and participating in the Alternative 3 Peaks Event. If you are a confident and able cyclist then please get in touch, take part & raise money for Headway East Lothian. Brain Injury Survivors, their friends and families and all welcome to join in with the Sponsored Walk part of the day. Meeting up with the cyclists at 5.00pm at Fisherrow Harbour we will all walk to the Masonic Lodge for some much-needed refreshments. Sponsor forms will be available from Joyce; or try setting up a Virgin Just Giving Page linked to Headway East Lothian; or create an event on Facebook where your friends can donate online directly too.

<https://uk.virginmoneygiving.com/alternative3peaks2019> - to donate

<https://uk.virginmoneygiving.com/giving/> - to create your fundraising event, look for Headway East Lothian

The Wallace Clan Friends and Family are taking part on a tandem! To help them on their way please go to the web-address below.

<https://uk.virginmoneygiving.com/GordonWallace>

The Annual Golf Tournament
will this year be held
on Saturday 28th July
at Winterfield Golf Course,
Dunbar.



Many thanks to Kate & Davie Dickson and Jackie Armstrong for continuing to support us by organising this each year.

Raffle Prizes - if you have anything that would be suitable for the prize draw on the day then please hand it in to any of the organisers or any of the group meetings - thanks 😊
Raffle tickets will be available to buy at all the group meetings.

Mystery Outing

Friday 13th September



Mystery Outing - Friday 13th September - if you would like your name on the list for the bus then please let Joyce, Dottie or Teresa know please. Bus will leave Musselburgh East Community Learning Centre at 10.00am sharp before making its way to our secret destination. The bus driver does know where he is going this year and how to take the quickest route.

Cost - £5.00 non-refundable deposit; this may be the full cost depending on numbers

Lunch - stopping for lunch, will be pre-ordered, choices available with cost shortly!

If you prefer you can bring a packed lunch but can't guarantee the weather and the facilities for sitting outside!

This month at Headway

1	Thu	Dunbar	Fiona Grant-MacDonald
2	Fri		
3	Sat		
4	Sun		
5	Mon	Musselburgh	Dominoes, Chat & Puzzles
6	Tue		
7	Wed	Haddington	Digby Brown entries
8	Thu	Dunbar	Digby Brown entries
9	Fri		
10	Sat		
11	Sun		
12	Mon	Musselburgh	Rem Pod - Beach
13	Tue	Glasgow	Scottish Development Committee
14	Wed	Haddington	Beach Party
15	Thu	Dunbar	Rem Pod - Beach
16	Fri		
17	Sat	All over!	Alt 3 Peaks & Sponsored Walk
18	Sun		
19	Mon	Musselburgh	Digby Brown entries
20	Tue		
21	Wed	Haddington	AGM
22	Thu	Dunbar	Games & Puzzles
23	Fri		
24	Sat		
25	Sun		
26	Mon	Musselburgh	Dominoes, chat & puzzles
27	Tue		
28	Wed	Haddington	Preparation for moving!
29	Thu	Dunbar	Outdoor Fun or Movie Day
30	Fri		
31	Sat	Dunbar	Golf Tournament

We meet in three locations each week

<u>Date & 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 jimmaryniak@hotmail.com
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Richard Fairbairn Treasurer	077604 95851	Fiona Grant- MacDonald Secretary	feegramac@sky.com
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Development Officer Joyce Cattanach	07895 193974 headwayeastlothian@live.co.uk
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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 Tel 01620 844020



Improving life after brain injury Charity No **SC035535**.