



Headway
East Lothian
SC10
Newsletter

www.headway-astlothian.org.uk



Issue 19/02

February 2019

Our first outing

The first outing of the year will be to the 10 Pin Bowling allmey at Fountainpark on Friday 1st March - names to Joyce or Dottie please by Monday 25th February. We will try to keep the cost down as much as possible by making a group booking. Please bring money for both the bowling, refreshments and lunch. If you can make your own way there then please let us know and we can arrange a meeting time; if you can offer anyone a lift, again, please let us know.



Last year



Funded
By



Noticeboard

	<p>Carer meeting in cafe on Monday 18th Feb</p>
	<p>Next Board Meeting Wednesday 13th Feb Haddington</p>
	<p>We are pleased to welcome back to Haddington on 13th Feb, Ronnie Pollock to entertain. Ronnie will be doing a musical workshop.</p>
	<p>Enjoy arts and crafts with Linda McCann during February at Dunbar and Haddington</p>
	<p>We are pleased to welcome back to Musselburgh on Monday 3rd Feb, Andy Brown to entertain.</p>
	<p>Joyce will be off on Thursday 21st & Friday 22nd February Monday 18th March - Friday 22nd March inclusive</p>



Best Relaxation & Activity Weekend 2019

Save the Date!

Friday 20th – Sunday 22nd September 2019

Tulliallan Police College

Sporting Memories Open Day

**Monday 11th February Port Seton Community Centre 1.30pm - 2.30pm
and Prestonpans Community Centre 3.30pm - 4.30pm**

Using the rich history and heritage of sport, Sporting Memories clubs are open to any people over the age of 50 who enjoy reminiscing about their experiences of watching or playing it. The clubs take place each week and are a friendly, welcoming environment that is open to all. Many of the members attend to enjoy the company of other older sports fans, some of the members live with dementia or have memory problems, some have experienced depression, they may

have had a stroke or live with Parkinson's, all have one thing in common, a love for sport!

.Do you remember?

Who can you remember from

Sept 2014

5yrs ago



THIS MONTH AT HEADWAY

1	Fri		
2	Sat		
3	Sun		
4	Mon	Musselburgh	Andy Brown entertains
5	Tue		
6	Wed	Haddington	Arts & Crafts with Linda
7	Thu	Dunbar	Quizzes & Puzzles
8	Fri		
9	Sat		
10	Sun		
11	Mon	Musselburgh	Cycling without Age
12	Tue		
13	Wed	Haddington	Ronnie Pollock music workshop
14	Thu	Dunbar	Be my Valentine
15	Fri		
16	Sat		
17	Sun		
18	Mon	Musselburgh	Carers in the Café
19	Tue		
20	Wed	Haddington	Arts & crafts with Linda
21	Thu	Dunbar	Games & chat
22	Fri		
23	Sat		
24	Sun		

25	Mon	Musselburgh	Chat, dominoes & games
26	Tue		
27	Wed	Haddington	Quizzes & puzzles
28	Thu	Dunbar	Arts & crafts with Linda
1	Fri	Outing	10 Pin Bowling

We meet in three locations each week

<u>Date & Time</u>	Monday	Wednesday	Thursday
	1pm - 4pm	6.30pm - 8.30pm	1pm - 3pm
<u>Venue</u>	MECA Wallyford Rod MUSSELBURGH (Cafe for lunch or snacks)	Occupational Therapy Department, Herdmanflat Hospital Aberlady Road HADDINGTON	Hallhill Healthy Living Centre, Kellie Rd DUNBAR

Contact us in any of the following ways

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 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**.

Monday 11th February

Massage Therapy

Cat Bailey will be coming along to offer the following, bookings will b taken Monday 4th at group meeting.

“Looking forward to Volunteering on Monday the 11th of February for Headway ♥☐”

I will be offering onsite chair massage

Indian head massage

Emotional stress release

Stem cell healing

Shoulder/neck and head massage

Compression massage

Hand/arm/shoulder massage

Monday 11th February

Cycling Without Age Musselburgh

How about a Trishaw ride along the banks of the River Esk in Musselburgh? All wrapped up in a blanket, waving to the passers-by as you whizz past them, piloted by the wonderful Fiona Grant-MacDonald? The Trishaw takes 2 people at a time with a round trip taking about 30mins, come along to MECLC for 1.00pm and we will get you to the start point. Unfortunately, they do not have a wheelchair accessible trishaw yet (fund raising taking place) but if you can weight bear & transfer then give it a go!

Monday 18th February

Exercise Class with Patricia Eckerslie

We are so pleased to welcome Patricia back for a block of exercise sessions at our Musselburgh group. Patricia has worked with Headway East Lothian for a few years now and always makes her classes accessible, fun & energetic.

Monday 11th February

Massage Therapy

Cat Bailey will be coming along to offer the following, bookings will b taken Monday 4th at group meeting.

“Looking forward to Volunteering on Monday the 11th of February for Headway ♥☐”

I will be offering onsite chair massage

Indian head massage

Emotional stress release

Stem cell healing

Shoulder/neck and head massage

Compression massage

Hand/arm/shoulder massage

Monday 11th February

Cycling Without Age Musselburgh

How about a Trishaw ride along the banks of the River Esk in Musselburgh? All wrapped up in a blanket, waving to the passers-by as you whizz past them, piloted by the wonderful Fiona Grant-MacDonald? The Trishaw takes 2 people at a time with a round trip taking about 30mins, come along to MECLC for 1.00pm and we will get you to the start point. Unfortunately, they do not have a wheelchair accessible trishaw yet (fund raising taking place) but if you can weight bear & transfer then give it a go!

Monday 18th February

Exercise Class with Patricia Eckerslie

We are so pleased to welcome Patricia back for a block of exercise sessions at our Musselburgh group. Patricia has worked with Headway East Lothian for a few years now and always makes her classes accessible, fun & energetic.