



Headway
East Lothian
SC10
Newsletter

www.headway-eastlothian.org.uk



Issue 19/03

March 2019

Happy 10th Birthday
Dunbar



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A Big Fundraiser
In Prestonpans



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OUTINGS 2019

For plans
See pages 6/7/8

Volunteers Required

Please spread the word that
Headway East Lothian
are looking for some.



Funded by



Volunteer Friendly Award



Noticeboard



No carer meeting planned for March



Next Board Meeting

Wednesday 13th March Haddington



We are pleased to welcome back to Haddington on 6th March, Ronnie Pollock to entertain. Ronnie will be doing a musical workshop.



Enjoy arts and crafts with Linda McCann during March at Dunbar and Haddington



We are pleased to welcome back to Musselburgh on 18th March, Patricia Eckersley with more exercises



Joyce will be off on annual leave
Monday 18th March- Friday 22nd March inclusive



Happy Birthday to Headway in Dunbar - 10 years and still going strong!

To celebrate this, we are having a Party to which you are all invited!

Thursday 7th March 1.00pm - 3.00pm at Hallhill Centre, Kellie Road, Dunbar

The original notice from the newsletter of March 2009

Headway opens in Dunbar

To determine the demand for our service in the Dunbar area, a meeting will take place on the first Thursday of each month commencing

Thursday 5 March

at

Hallhill Healthy Living Centre, Dunbar

from

11.30am-1.30pm



Charity Music Festival

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

Noticeboard

We have been very kindly donated these items and are looking to find them new forever homes. If you would like to make an offer on either item, please contact Joyce. These items are still in their original packaging and have not been used.

Greenhouse – 6ft x 6ft polycarbonate



Camera – Canon EOS 2000 SLR plus lens



Outings 2019

January 25th - Wednesday - Burns Supper

March 1st - Friday - 10 Pin Bowling

March 7th - Thursday - Dunbar 10th Birthday

March 29th - Friday - Dobbies Garden Centre/Butterfly World

April 13th - Saturday - Music Festival

April 26th - Friday - National Museum of Scotland

April 27th - Saturday afternoon - Clark Community Choir

- Loretto Church Hall

May 10th - Friday - Quiz Night

May 16th - Thursday - ABI & Hats for Headway

May 29th - Wednesday - Head Injury Information Day, Edinburgh

June 7th - Friday - Safari Park

June 10th - Monday - Wednesday - set up art exhibition

June 13th - Thursday - Preview Day

June 14th - Friday - exhibition open to public through to

June 28th - Friday - close

June 29th & 30th - exhibition take down

July 5th - 7th - Friday - Sunday - Way Ahead Conference, Stone

July 12th - Friday - BBQ

August 17th - Saturday - Alt 3 Peaks & Sponsored Walk

August 31st - Saturday - Golf Tournament,

Winterfield Golf Course, Dunbar

September 13th - Friday - Mystery Tour

September 20th - 22nd - BRAW Weekend, Tulliallan

October 3rd - Thursday - Challenge Day/Activity Day

October 25th - Friday or 1st November Friday, - Christmas Shopping

November 29th - Friday - 10 Pin Bowling or Cinema/shopping/meal

Christmas Lunch - Monday 9th or 16th December

1	Fri	Outing	10 pin Bowling
2	Sat		
3	Sun		
4	Mon	Musselburgh	Dominoes, games & chat
5	Tue		
6	Wed	Haddington	Ronnie Pollock
7	Thu	Dunbar	Birthday Party
8	Fri		
9	Sat		
10	Sun		
11	Mon	Musselburgh	Pop Up event
12	Tue		
13	Wed	Haddington	Board Meeting; Linda - crafts
14	Thu	Dunbar	Pop Up event
15	Fri		
16	Sat		
17	Sun		
18	Mon	Musselburgh	Patricia Eckersley - exercise
19	Tue		
20	Wed	Haddington	Games & chat
21	Thu	Dunbar	Linda - Arts & Crafts
22	Fri		
23	Sat		
24	Sun		
25	Mon	Musselburgh	Dominoes, games & chat
26	Tue		
27	Wed	Haddington	Linda - Arts & crafts
28	Thu	Dunbar	New Age Kurling
29	Fri		
30	Sat		
31	Sun		

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>	Musselburgh East Community Learning Centre Haddington Road MUSSELBURGH	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
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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**.