



Headway  
East Lothian  
SC10  
Newsletter

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



Issue 20/04

April 2020

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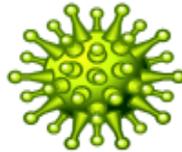
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## Message from Jim Maryniak

“As I am sure you will be aware, Headway East Lothian has been supporting local people living with acquired brain injury in our area for over 15 years. We are proud of what we do and work hard to provide the best possible support to survivors and their families.

We have taken the appropriate decision to close our centres to our service users, following the official guidance issued by the Government in



relation to the COVID-19 Pandemic. Although our face-to-face services are important to our clients, we feel the need to protect the health of vulnerable adults is a priority. I'm sure we can all find creative ways in which we can support each other remotely.

We wish you all well and want to assure you that we are still here to listen and communicate with you. Please do not hesitate to ask for help from myself, any of the Board members or volunteers.

We are also no longer able to continue the outreach programme & all outings, events and conferences are also cancelled or postponed – further details of new dates to follow.

Please all be safe out there, stay at home, follow the self-isolation & social distancing notices and wash your hands often 😊”

For up to date information please look at the following website – also in easy read format with visuals.

<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>

## Development Officer – Joyce Cattanach

Headway East Lothian will be applying to take up an offer from the UK Government to help us through this difficult time. This is a Government Job-retention scheme under which the state will pay 80% of the wages of staff placed on temporary leave – or furloughed. A ‘furloughed worker’ is someone who remains employed but is not provided with work. The aim of the scheme is to ensure that employers who cannot afford to pay staff wages do not make redundancies. This would mean that Joyce **will not** be working whilst we are in this situation. The scheme is not yet fully in place & would be continually reviewed. We will keep everyone updated & will be in contact throughout this time – we have lots of volunteers ready & willing to pick up the phone, Facetime, Skype, Zoom, Instagram, WhatsApp and snail mail 😊 – use whatever communication means we can.

Although Joyce will not be available please be reassured that there is help available if you need it; you can call any of the numbers below for advice or just a chat

<b>Jim Maryniak</b>	<b>07920 195743</b>
<b>Gordon Wallace</b>	<b>01875 853491 or 07880 825529</b>
<b>Dottie Wallace</b>	<b>01875 853491 or 07788 500014</b>
<b>Teresa Martin</b>	<b>07773 056542</b>

## **John Halliday**

It is with a very sad heart that we share the news with you that one of our founder members & our former Chairman, John Halliday passed away on Sunday 22<sup>nd</sup> March, peacefully at Fidra House in North Berwick. Our thoughts and love are with Carol & the family. Without John pushing people all those years ago, there would be no Headway East Lothian now. He was so helpful to all our members, a guiding light on the Board and a calm source of information and knowledge.

## **Betty Paylor**

We had to say goodbye to our lovely Betty who sadly passed away on Monday 2<sup>nd</sup> March. Betty will be very sadly missed at the Dunbar group for her wicked sense of humour, her fun attitude and her willingness to join in & chat to everyone. Our thoughts and best wishes are with Bill and all the family. Bill and Brian chose to have a funeral collection in aid of Headway East Lothian & donated £372.30 from this along with £350.00 from a Facebook appeal. We will work with Bill and Brian to work out a way to use this money in a way that Betty would have wanted.

## **Celebrate**

We look forward to the day when we can come together to celebrate the lives of all the people we have lost and to thank all those who have been such a big influence to Headway East Lothian over the years.

Here is some information from the therapists at one of the brain injury rehabilitation centres that you may find useful in the coming days, weeks and possible months.

1. Establish a daily routine. Routines provide structure and purpose.
2. Balance your weekly routine so you have a good mix of work (activities that must be done), rest and leisure.
3. Think about the regular activities that are most important to you. What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. Set daily goals to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get around to?
5. Identify the triggers that make you feel low and look for ways to reduce or manage them.
6. Talk with family, friends and neighbours to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
7. Take care of yourself. Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels.
8. Avoid staying still for too long. Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your “desk.”
9. Have a good sleep routine. If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
10. Keep in touch. Arrange to speak to someone most days on the phone or through social media. Age UK and Silverline have people to speak to.

## HealthUnlocked

HealthUnlocked is a specialist online community tailored for people with a brain injury, their families and carers. This is a safe online environment to talk about all aspects of life with a brain injury.

You can use HealthUnlocked Forum-Headway-Brain Injury on Facebook to:

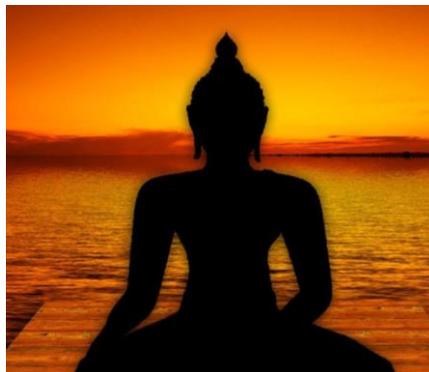
**Discuss:** In the discussion forum, you can post a new question, reply to someone else's question query or just read through the forum to find information that may help you.

**Share:** Use the community's blogging area to share your experiences of brain injury, and support others by commenting on their blogs.

**Engage:** Help keep the community active by taking part in our polls, reading Headway's blogs and commenting on other posts.

**Here's the link** <https://healthunlocked.com/headway>

## Wellbeing



Sit in a comfortable position and adopt a relaxed posture

- Pick a short focus word that has significant meaning for you and that you associate with relaxation (e.g. relax, smooth, calm, easy, float, etc.)
  - Slowly close your eyes
  - Relax all the muscles in your body
  - Breathe smoothly and naturally, repeating the focus word
- Be passive so that if other thoughts enter your mind, dismiss them with, 'Oh well' and calmly return to the focus word - do not concern yourself with how the process is going

## Progressive Muscular Relaxation

- 1) Sit in a comfortable position, with eyes closed. Take a few deep breaths, expanding your belly as you breathe air in and contracting it as you exhale. Pause for 5 seconds.
- 2) Begin at the top of your body and go down. Start with your head, tensing your facial muscles, squeezing your eyes shut, puckering your mouth and clenching your jaw. Hold, then release and breathe. Pause for 5 seconds.
- 3) Tense as you lift your shoulders to your ears, hold for 10 seconds, then release and breathe.
- 4) Make a fist with your right hand, tighten the muscles in your lower and upper arm, hold, then release. Breathe in and out. Repeat with left hand. Pause for 5 seconds.
- 5) Concentrate on your back, squeezing shoulder blades together. Hold for 10 seconds, then release. Breathe in and out. Pause for 5 seconds.
- 6) Suck in your stomach, hold for ten seconds, then release. Breathe in and out. Pause for 5 seconds.
- 7) Clench your gluteus maximus (bottom muscles), hold for ten seconds, then release. Breathe in and out.
- 8) Tighten your thighs by pressing your knees together, as if you were holding a penny between them. Hold for about 10 seconds, then release and breathe. Pause for 5 seconds.
- 9) Now flex your feet, pulling your toes towards you and feeling the tension in your calves. Hold for about 10 seconds, and relax, feel the weight of your legs sinking down. Pause for 5 seconds.
- 10) Next, curl your toes under, tensing your feet. Hold for 10 seconds, release and breath slowly in and out. Pause for 5 seconds.
- 11) Take 10-15 seconds to pause and notice how physically relaxed your body is. Continue to slowly breathe in and out.

## Exercises from Caroline



Keep well everyone and stay safe – see you all as soon as I can!

Joyce

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**