



Headway
 East Lothian
 SC10 035535
 Newsletter

www.headway-eastlothian.org.uk



Issue 20/12

December 2020

GREAT NEWS!

Wednesday Afternoon Peer Group Support Meetings



We have been given the go-ahead to restart meetings, with restrictions, at the East Lothian Community Hospital. These will start on Wednesday 9th December 1.00pm – 3.00pm. Numbers will be limited, meetings will be very different with social distancing, wearing of face coverings and enhanced hygiene measures but it will be good to see people together again. If you would like to attend please let Joyce know via text, e-mail or call & we will do our best to accommodate everyone, possibly on a rota basis. Places will have to be booked, there can be no drop in but we do have transport available for those who require it.



Happy Birthdays  in December to

To

Nina-Jane 19th, Paul Hamilton 24th

&

 JOHN ROBERTSON 16th December 1930-2020 



Two pages of Headway East Lothian Talents



Judgement Day

Far away in a distant land
Evil woke to stalk the lands
Taking people wherever he went
Now it seems he's everywhere
Coronavirus is his name
Covid nineteen they're just the same
Cough three times and he'll be there
Sign up for his army of the dead
In a little while he'll call your name

In wet markets where he was born
Disease and death were the norm
Untill technology gave him wings
The world is doomed we can't win
Now the world's waiting for his call
And there is nothing we can do
No-one knows when he will call
That's the thing that hurts the most of all
'Cause as of yet we haven't a cure

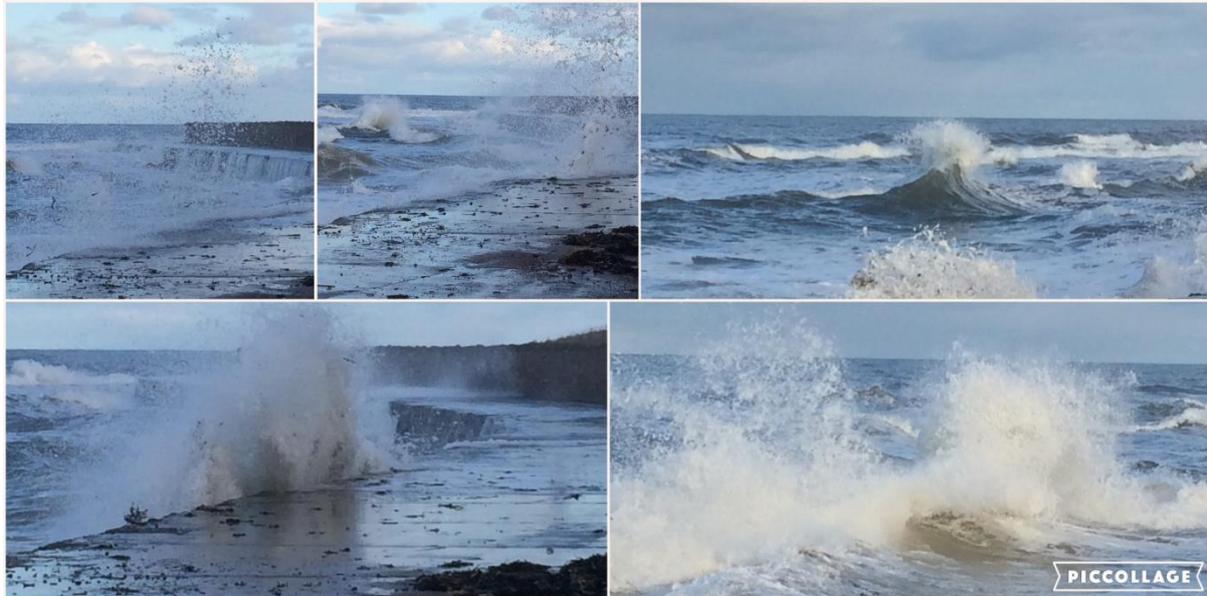
I know he'll be coming to town
Maybe to knock on my door
But I know I'm clean as clean can be
No-one will be touching me
Nowhere to run nowhere to hide
Guess all we can do is pray
He'll not come to yours tonight
I think he'll come upon judgement day
Time to get down on your knees and pray

by Dominic Davidson

Digby Brown Christmas Card and Calendar Competition

Thanks to all of you who sent in entries for this year's competition – the standard was so high they had difficulty choosing their winning selection!

Congratulations to Fionna Balfour for her winning entry of The High Seas at Dunbar that will be in Digby Brown LLP 2021 corporate calendar



Fionna will receive a framed certificate, a gift voucher and will be attending the Virtual Award Ceremony at the same time as enjoying a lovely Afternoon Tea provided by Digby Brown.

Here are the other entries we received for the competition



Fionna Balfour



Fionna Balfour



Grace Porter



Mary wood



Mary Wood



Mary Wood



zooming up to Christmas

All that on line training mentioned in last month's Headway News must have done good! Joyce hosted the first Zoom session on Monday 23rd November. It was great fun with quite a few joining and plenty to keep the interest up, everybody's chit chat, news, and a wee bit of fun and wee quizzes. Let me know if you would like to join us on a Monday afternoon & I can send the link to you by text, e-mail, or Facebook. It is nice to catch up with people face to face as it were, a chance to talk to friends, take part in quizzes & games, enjoy some fun & music

Monday 7th December Zoom Meeting – join in at 1.00pm for a *Christmas Music Quiz* with Ronnie Pollock – fun and interactive – optional to wear a Christmas jumper!



For those of you who are not familiar with Zoom, this is what it looks like
Wish we had a picture from Monday so you would have known the faces!! You visit folk in their own homes and is a great run up to the Christmas Party.
In fact Monday brought Christmas that wee bit nearer as Gillian had turned her room into an early Christmas grotto



and was able not only to let all see bu t also hear the fruits of her labour! – Don't know how she got Jim into that bauble!

Some Christmas surprises to come



Monday 7th December please be there for a delivery made to each of you at some point during the day, or at a time that is convenient.

Monday 14th December – we would have been joining together for our Christmas Lunch 😞 😞 😞BUT.....we can still.....

.....say hello and have a good time



Monday 14th December – You should have had an invitation through the post for a special event to be held that day!

We hope that everybody that wants to say “hullo” will be able to whether by landline, mobile, Whats App, Facetime, Zoom or joining in on the HEL Facebook live. You will be contacted before the 14th to make sure you are OK with arrangements.

Please make sure you are at home early afternoon to take delivery of an incredibly special package from a special delivery person and that you follow instructions for the day.

Easy Quiz **Christmas Quiz**



Be ready with your answers on the 14th 😊

1. Who played Buddy in the 2003 Christmas classic Elf?
2. Complete the lyrics: “On the tenth day of Christmas, my true love sent to me...”
3. Which author wrote How the Grinch Stole Christmas in 1957?
4. How many of Santa’s reindeer begin with the letter D?
5. What is Scrooge’s first name in the Charles Dickens novel A Christmas Carol?
6. The song ‘Walking In The Air’ features in which classic Christmas film?
7. In which decade did Slade have a Christmas number 1 with ‘Merry Xmas Everybody’?
8. What is the name of the singing snowman in Frozen?
9. London’s annual Winter Wonderland celebration is found in which park?
10. What time is the Queen’s speech traditionally broadcast on Christmas Day?



Hard Quiz

Christmas Quiz



Be ready with your answers on the 14th 😊

1. On Christmas Eve 1990, a film called A Grand Day Out introduced us to which iconic British duo?
2. Which of these festive classics is the only one to have been a UK Christmas number 1?
A: Last Christmas – Wham!
B: All I Want For Christmas is You – Mariah Carey
C: Merry Christmas Everyone – Shakin' Stevens
D: I Wish It Could Be Christmas Every Day – Wizzard
3. Which Australian pop megastar appeared in a Doctor Who Christmas special in 2007?
4. In 1996, a record 24.3 million people watched the Trotters finally become millionaires in the Christmas special of which TV comedy?
5. In 2008, which country set the current record for the world's tallest snowman?
A: Germany
B: Canada
C: USA
6. Widow Twankey traditionally appears as a character in which Christmas pantomime?
A: Aladdin
B: Dick Whittington
C: Jack and the Beanstalk
7. In which fictional world, created by CS Lewis, is it always winter but never Christmas?
8. The Christmas tree in Trafalgar Square is traditionally given by which Scandinavian country each year?
9. In which language is Father Christmas known as Père Noël?
10. By what name is St Stephen's Day better known in the UK?



FIRE AND RESCUE SERVICE

Scottish Fire & Rescue Service: A new online fire safety quiz has been launched by the Scottish Fire and Rescue Service to support people to stay safe at home – and potentially save lives. The 'Fire Safety in the Home - Self Assessment' survey asks a series of simple questions and then automatically generates a home fire safety report for them. People are also encouraged to sign up for a free Home Fire Safety Visit from firefighters who can provide further safety advice, check smoke detectors and fire evacuation plans. These visits would be conducted in line with present social distancing and safety restrictions. [FIRE SELF ASSESSMENT](#)

The Coronavirus pandemic means that most of us will be spending more time at home. We want to ensure your home is as safe from fire risk as possible and would therefore encourage you to go through our questionnaire and follow our advice and guidance.

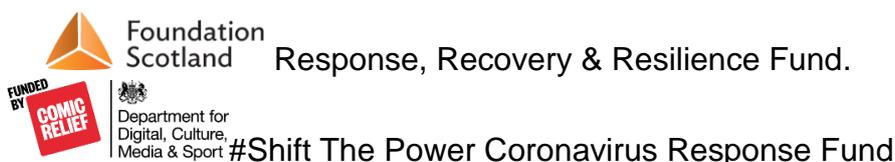
When answering each question, you will get some useful tips for each topic. Once you have completed the questions, you can download a bespoke PDF that provides additional advice and links to further information. If you feel that you require further, more detailed advice, you can request a free Home Fire Safety Visit from our trained crews.

Due to the current Social Distancing restrictions, we are currently only providing Home Fire Safety Visits to those at highest risk - identified by answering a few questions when requesting a visit. If you don't fit into the highest risk criteria we will still take your details and arrange a Home Fire Safety Visit in the future once our full Home Fire Safety Visit programme has recommenced and restrictions have eased.

To book a Home Fire Safety Visit please call us on: [0800 0731 999](tel:08000731999)

Thanks

to the following funds, transport can be provided to help overcome isolation and safely take you to and from your destination whether that be a meet up, an appointment, a shopping trip or anything we are currently allowed to do! They are also helping HEL in all kinds of ways no only to communicate during Covid -19, but also with initiatives to keep spirits up!
(These are in addition to those mentioned in earlier Newsletters)



SPOT THE DIFFERENCES



Annual Leave

Joyce will be on Annual Leave Friday 27th November, Tuesday 1st December, Friday 18th December, Thursday 24th December to Tuesday 5th January 2021

Don't forget, you can call any of the numbers below for advice or just a chat.

Joyce Cattanach
Jim Maryniak
Gordon Wallace
Dottie Wallace
Teresa Martin
Katy Lamb

07895 193974
07920 195743
01875 853491 or 07880 825529
01875 853491 or 07788 500014
07471 339211
01877 387264

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Improving life after brain injury