



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 21/01

January 2021

Happy New Year 2021

Since there is no let up in the not so good news (apart from the excellent news that vaccines are starting!!), we are taking the opportunity to put a cheery picture on the cover, as a thanks to all the volunteers, including Santa & his Elf, who deliver goodies and much good cheer right to our door -at a distance of course!
Please make sure you also read the very important information and updates inside



Coronavirus Covid 19 update

Following a significant rise in the number of COVID-19 cases the First Minister has confirmed a further tightening of restrictions, during an emergency recall of Parliament.

The key announcements were:

- 🏠 Everyone who can work from home, must do so. It will only be a reasonable excuse to leave your home to go to work if that work cannot be done from home.
- ✎ Primary, secondary & nursery schools will remain closed until February, except for vulnerable children and the children of key workers. This will be reviewed on mon 18th Jan.
- 🌳 A maximum of 2 people from 2 households can meet outdoors. Children aged 11 and under are not counted in this limit.
- 🚗 Strict travel From midnight Monday 4th and for the rest of the month, there will be a legal requirement to stay at home, except for essential purposes. This is like the lockdown of March last year restrictions remain in place. When you do go out, stay as close to home as possible and avoid crowded places.

We all fully understand these measures are unwelcome but also that unfortunately, they are necessary due to the profoundly serious situation we all currently face. Failure to act swiftly and decisively would create a real risk of our health service being overwhelmed - and more people getting ill and dying.

Please stick to the rules and remember:

 Stay Home
 Save Lives
 Protect the NHS

Due to these new restrictions, we will no longer be able to hold our peer group meetings in the East Lothian Community Hospital on Wednesday afternoons. We will keep you all updated as to when we can return.

Joyce, our Development Officer, will also not be offering any home-based outreach services during this time but will be available on phone, by e-mail, Facebook messenger, Facebook Live, Skype and Zoom for group calls and one-to-one appointments – please contact her to set these up.

Monday afternoons will see the return of our Zoom meetings, a chance to get together, share ideas and information, take part in fun activities, and suggest ideas for future meetings! If you need any help accessing these, let one of us know and we will do our best to get you support, we still have Kindle Fires for use to get online.

Walking for Physical & Mental well-being



Breaking up the day with a walk can be amazing for our physical and mental well-being, focus and creativity. A simple walk can serve as a stress reliever, a workout, or a chance to give our brains a much-needed reset in the middle of an anxious time. I've been trying to get in my steps since spending more time at home during COVID and getting creative about my walking time has made such a difference.

Here are ways you can get more out of your walks during this time; indoors or out! Which of these will you try?

Listen to an audio meditation

"Walks have been an absolute lifesaver for me during COVID-19. I live and work alone, so just being out in nature and seeing others from a distance can really do wonders for my soul. One thing I try to do during my walks is to listen to meditations. You're already in a meditative state while walking on trails you know well, so why not get in a little extra mindfulness? Sometimes breathing fresh air and getting your blood pumping while listening to guided meditations can really help you make a few breakthroughs."

Call a family member

"My regular walks have become the perfect time to call my family. I found out that walking and listening to them really brings me to a peaceful state of mind. Plus, this extra time spent on the phone with them strengthens our family ties. My adorable grandmothers speak about their pasts, sharing feelings and experiences they never talked about before. Their attitude is so impressive. After a chat with them, all obstacles suddenly become such small details."

Explore new parts of your neighbourhood

"I try to plan walks that go through different local neighbourhoods because it's a great way to see something new on a day-to-day basis and get to know my local area. People are always doing interesting things with their homes and gardens, so it can be really refreshing just seeing what's around the corner."

Use it as a way to mark the end of your workday

"I try to do a walk every evening to end my workday and transition into my non-working hours. During my walk, I listen to an encouraging self-development podcast. I also try to incorporate a few minutes during my walk when I am in silence and simply letting my mind wander. I love that my walks help me set a definitive end to my workday while working from home."

Set mini movement goals

“Going for a morning walk works like a complete stress-buster for me. I’ve been setting mini movement goals, like hitting 7000 steps in forty minutes. Crushing these goals not only gives me a sense of achievement, but also acts as an energy-booster for me.”

Listen to an upbeat playlist

“I created a playlist that I listen to. It’s my form of meditation. One of my favourite songs right now is ‘Dynamite’ by BTS. It’s such a happy song, and when I have bad days, I can go on a walk while listening to it, and it really lifts me up.”

Reconnect with yourself

“I take walks with myself, at least once a week, and most often, I walk in silence. I don’t listen to anything except my own thoughts. I simply allow the thoughts to come and go. I observe them, I get curious about them, but I keep in mind that no judgement is permitted. In other words, I act as though I am taking a walk with a good friend — but that friend is me. The moments of reconnection with myself are rare in a world full of technology, especially while working from home. These walks with myself have been a lifeline.”

Take in your surroundings

“My walk in nature is always the best part of my day. I’m fortunate that a lovely river walk is nearby, and the nature walk puts me in the most amazing frame of mind to kick off my day. I also take photos, and they become an easy emotional getaway throughout the day if it’s stressful. Meditation has so many benefits and I sincerely believe that when I am communing with nature, I’m in that state of quiet awareness. There’s so much power in getting outside, even if it’s only for a short time.”

Connect with your partner

“During the pandemic, I’ve had the opportunity to have many more walks than I did before. I used to walk on my own, but due to us working from home, my husband has joined me on my walks. We have had conversations that were long overdue and conversations about the everyday stuff that we didn’t always get to fully explore. It’s become a meaningful ritual for us to connect at the end of the workday.”

Take photos of your surroundings

“I love going for photo walks! While they have been especially helpful during these times we’re living in, I’ve been photo walking for years. When I’m stuck, stressed, or ruminating about something, going for a photo walk pretty much clears the issue and helps me recharge. Taking photos during the walk is not only a way to be creative in the moment, but the camera gives me a reason to slow down, be mindful, and pay attention. It helps me see the world as a beautiful place, no matter what the setting is. I have taken just as many photos of not-so-obvious beauty: cracks in the pavement, wheelie bins and rusted cars, as well as the more obvious beauty: mountains, rivers, sunlight and shadows.”

You can do so many of these from the comfort & safety of your own home and garden, however much mobility you have, any movement is good along with some fresh air, even from the window or back door. Share your tips with us please?

CHANGES Community Health Project promotes the positive mental health and wellbeing of adults in East Lothian.

Contact us 0131 653 3977
info@changeschp.org.uk

Stress, anxiety, panic, depression, low mood, worry, low self esteem

Free, confidential, non-judgemental support for adults in East Lothian

CHANGES Programme January - March 2021

To find out more and/or register interest in any of the below activities, call 0131 653 3977 or email info@changeschp.org.uk
 For information on each activity see our website: <http://www.changeschp.org.uk/activity-guide/>

Activities and Courses	Format	Start Date	Day	Time	Finish Date	No of Weeks
Mindfulness Drop-in Taster Session	ZOOM	18/01/2021	Monday	10:00 – 11:00am	-	1 week
Mindfulness Course	ZOOM	01/02/2021	Monday	10:00 – 11:30am	22/03/2021	6 weeks
First Steps to Positive Mental Health	ZOOM	15/02/2021	Thursday	6:00pm – 7:30pm	28/03/2021	5 weeks
Creative CHANGES	ZOOM	14/04/2021	Thursday	4:00pm – 5:00pm	-	Ongoing
Men's Peer Support Group	ZOOM	25/01/2021	Monday	7:00pm – 8:30pm	01/03/2021	6 weeks
Men's Peer Support Group	ZOOM	15/03/2021	Monday	7:00pm – 8:30pm	19/04/2021	6 weeks
Healthy Living Activities						
Gentle Exercise	ZOOM	27/01/2021	Wednesday	1:45pm – 2:45pm	17/03/2021	8 weeks
Follow-on Cycling	Musselburgh	19/01/2021	Tuesday	10:00am – 1:00pm	23/02/2021	Ongoing
Cycling – Beginners Follow-on	Musselburgh	20/01/2021	Wednesday	10:00am – 11:30am	24/02/2021	6 weeks
Cycling – New Beginners	Musselburgh	10/03/2021	Wednesday	10:00am – 11:30am	14/04/2021	6 weeks
Nordic Walks Level 1	Musselburgh	23/02/2021	Tuesday	2:00pm – 3:00pm	27/04/2021	10 weeks
Nordic Walks Level 2	Musselburgh	22/02/2021	Monday	2:00pm – 3:00pm	26/04/2021	10 weeks
Buddy Walks/Buddy Nordic Walks	Various	Ongoing	Various	Days/times vary	-	20 weeks
Feel Good Walks	Various	Ongoing	Various	Days/times vary	-	Ongoing
Tai Chi *	ZOOM	14/01/2021	Thursday	11:00am – 11:50am	18/02/2021	6 weeks
Post Beginners Ukulele **	ZOOM	25/01/2021	Monday	3:00pm – 4:00pm	22/02/2021	5 weeks
Training						
Crisis Handling Awareness Training ***	ZOOM	20/01/2021	Wednesdays	10:00am – 11:30am	27/01/2021	2 weeks
Crisis Handling Awareness Training ***	ZOOM	18/02/2021	Thursdays	2:00pm – 3:30pm	25/02/2021	2 weeks
Crisis Handling Awareness Training ***	ZOOM	23/03/2021	Fridays	6:00pm – 7:30pm	30/03/2021	2 weeks
1-1 Counselling and Cognitive Behavioural Therapy (CBT) services available						

- * In partnership with Ageing Well. To book or for further information contact Christine Dadson at cadadson@btinternet.com, or call 07769835623
- ** Must have own Ukulele
- *** Clients must attend both dates to complete the course



COEL Winter Wellness online events programme for carers from January to March 2021 full online programme can be viewed [here](#).

Highlights include:

- Taster yoga and Pilates sessions for carers
- Dementia course for carers with the Dementia Development Services Centre at Stirling University
- Play, Care, Cope workshop for adult carers with arts in health organisation Hearts & Minds
- Continuation of Just Sing! Online group for carers

All events are FREE for unpaid carers but require advanced booking. To book, please call 0131 665 0135 or email centre@coel.org.uk.

All events will be delivered on Zoom.

Just Sing! - restarting Tue 19th Jan, 1:30 to 2:30 pm

Join us for a weekly sing-a-long session with choir leader Anya Bisset. No previous singing experience necessary. Drop-ins welcome. Sessions will continue for eight weeks up to and including until Tue 9th Mar.

Gentle Years/ Seated Yoga* - Mon 18th Jan, 10:30 to 11:15 am

Join us for a gentle yoga session with instructor Sue Northop, Revitalise Yoga. This taster class is suitable for carers who have never done yoga, people with long term conditions, older people or anyone who likes their yoga relaxed and slow.

Relaxing Yoga* - Wed 20th Jan, 2 to 2:45 pm

Join us for a relaxing yoga session with instructor Sue Northop, Revitalise Yoga. This taster class is open to all carers, regardless whether you've done yoga or not. Adaptations will be suggested for people with health conditions.

Pilates Taster* (morning slot) - Tue 26th Jan, 9:50 to 10:40 am Pilates Taster* (evening slot) - Thu 4th Feb, 5:20 to 6:10 pm

Join us for a friendly and upbeat Pilates session with instructor Johanna Dollerson, Lark Pilates. Morning or evening slots available - no need to attend both. The beginner level tasters will focus on stretching and relaxation with some core strengthening and shoulder work too.

*Please note you will be sent a health form to complete and return to the instructor in advance of any yoga or Pilates session to help keep you safe and comfortable. This is an essential requirement of taking part in a taster class.

Dementia Course for Carers - starting Mon 1st Feb, 2 to 3pm

Join us for an accessible and engaging course for carers in association with the Dementia Services Development Centre at Stirling University. The course will consider: understanding dementia; communication; changes in behaviour and the ageing body; and environmental impacts. The course will take place over three weeks on Mon 1st, Mon 8th and Mon 15th Feb, 2 to 3 pm.

Play, Care, Cope Workshop (adults) - Thu 18th Feb, 10:30 to 11:30 am Join arts in health charity Hearts & Minds for a session exploring playful ways to destress. This is a great opportunity to have a giggle and to re-connect with yourself and other carers.

Gentle Moves (seated exercise) - Thu 11th Mar, 11 am to 12 noon

Join Ageing Well coach Tracey Young for an online seated exercise class and social chat for older carers focusing on staying active in later life. Please sit on a straight-backed stable chair e.g. dining chair for this class.



Happy Birthdays in January

To

Mary Wood 10th

David Brown 15th

Alba Surridge 27th

Lynn Martin 29th

Robert Dalrymple 30th

not forgetting a special



HAPPY 70th

to

BILL Leishman



Burns Night



There will be no 'live' Burns supper this year but look out for some exciting activities and special deliveries heading your way to help us all 'gather together' even if remotely, in the spirit of Robert Burns and to celebrate his legacy.

Who was Robert Burns?

Robert 'Rabbie' Burns sits proudly atop the pantheon of Scottish poets. From 'Auld Lang Syne' to his 'Address to a Haggis', Burns's work is intrinsically linked with Scottish culture.

His journey from humble rural beginnings to international renown tells the story of a man inspired by nature, class culture and love.

Early life

Burns was born in Alloway in 1759, in a cottage that his father built. He was the eldest son of tenant farmers William Burnes and Agnes Broun, but despite their modest status Robert's parents insisted he was educated. He was encouraged to read from an early age, and even attended one year of mathematics schooling.

The young Burns was more interested in things that gave him pleasure – poetry, nature, women, drink – than he was in farm work. When his father died in 1784, Robert and his brother Gilbert took over the farm, but within a few years they were in financial trouble. To make matters worse, Burns was already the father of an illegitimate child – the first of his 13 children.

Relationships with women

Burns pursued love as energetically as he did poetry, and his passion for women defined his life and work in equal measure. From his teenage years through the peak of his career, he engaged in many illicit relationships, sometimes overlapping with each other.

However, there was one woman who was a constant in Burns's adult life: Jean Armour. They would go on to spend most of their lives together, but when they first tried to marry, Armour's family tore up the contract. Outraged, Burns supposedly tried to flee to the Caribbean with another woman called Mary Campbell (also known as 'Highland Mary'), but was eventually convinced to stay in Scotland as by then his poems were beginning to attract plenty of attention.

Work & inspiration

Despite his domestic chaos, Burns managed to publish his first collection in the summer of 1786 – it made him a literary superstar at the tender age of 27.

Poems, Chiefly in the Scottish Dialect was the result of an incredible poetic outpouring between 1784 and 1786. It was made up of all manner of works, including poems like 'To a Mouse' and 'Address to the Deil', that reflected Burns's upbringing, his connection to rural life and above all his interest in the human condition.

After the success of this first collection, Burns spent some time in Edinburgh before officially marrying Jean Armour in 1788 and moving to Dumfries. In 1790, he penned the great narrative poem *Tam o' Shanter*, a mock-heroic tale about a feckless farmer, that was rooted in Burns's love for Scottish culture. This work immortalised Alloway Auld Kirk, Souter Johnnie and the Brig o' Doon.

Burns's passion for Scotland and its cultural traditions came to the fore during the last decade of his life, when he worked on *The Scots Musical Museum* and *A Select Collection of Original Scottish Airs*. Putting words to traditional folk songs as well as composing his own tunes, Burns contributed hundreds of songs and lyrical poems to these volumes, including 'Auld Lang Syne', 'A Red, Red Rose' and 'A Man's a Man for A' That'.

Death & legacy

Robert Burns died at the age of 37, in 1796, from a rheumatic heart condition. Jean Armour gave birth to their last son, Maxwell, on the day of her husband's funeral. Burns's legacy lives on across Scotland and around the world – in many countries it's now traditional to sing 'Auld Lang Syne' when seeing in the new year. Over the centuries, Burns's work has inspired poets such as Wordsworth, Coleridge and Shelley, and has seen him celebrated in songs, paintings and even stamps.

On 25 January 1859, on the centenary of his birth, memorial events were held all over Scotland, and now Burns Night is virtually a national holiday! In honour of our greatest poet, we sing songs, read aloud, drink plenty of whisky and address Scotland's national dish using Burns's own poem 'To a Haggis'.

Auld Lang Syne

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot,
and auld lang syne?^[a]

Chorus:

For auld lang syne, my jo,
for auld lang syne,
we'll tak' a cup o' kindness yet,
for auld lang syne.

And surely ye'll be your pint-stoup!
and surely I'll be mine!
And we'll tak' a cup o' kindness yet,
for auld lang syne.

Chorus

We twa hae run about the braes,
and pou'd the gowans fine;
But we've wander'd mony a weary fit,
sin' auld lang syne.

Chorus

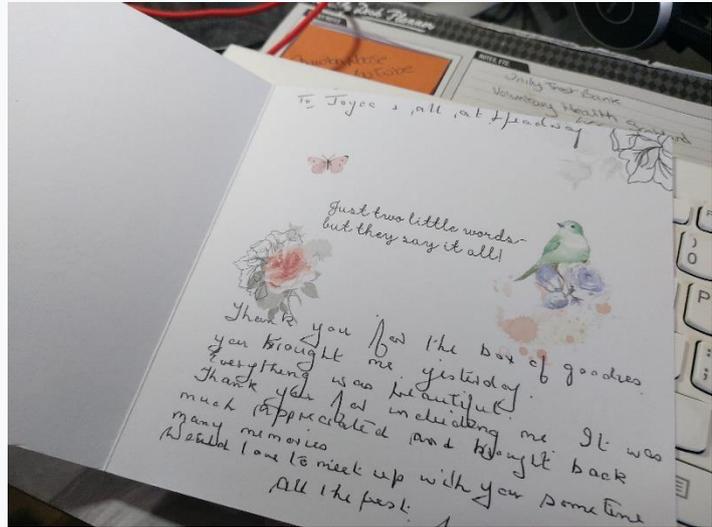
We twa hae paidl'd in the burn,
frae morning sun till dine;^[b]
But seas between us braid hae roar'd
sin' auld lang syne.

Chorus

And there's a hand, my trusty fiere!
and gie's a hand o' thine!
And we'll tak' a right gude-willie waught,
for auld lang syne.

Chorus

Christmas Lunch reviews



“Thank you so much for the lovely Christmas party yesterday. Also for the food which was absolutely excellent, again. Thanks for all the running around, Joyce. We really do appreciate everything you have done” J&D

Thanks go to our wonderful, friendly, local bakers, The Filling Station for the foodie delights



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HEL BIG CHRISTMAS PARTY

ZOOM/FACEBOOK/PHONE IN/FACETIME



Christmas Eve Sing-a-Long

Thanks to Fiona Grant-
so much fun and joy in the lead
great to 'see' so many people
with the requests 😊



with Fee

MacDonald for giving us
up to the Big Day! It was
there and to sing-a-long

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