



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 20/07

July 2020

Another newsletter with a difference 😊

Hope you are all as safe and healthy in these troubling times as you can be? Although Joyce is not 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.

**Jim Maryniak**  
**Gordon Wallace**  
**Dottie Wallace**  
**Teresa Martin**  
**Katy Lamb**

**07920 195743**  
**01875 853491 or 07880 825529**  
**01875 853491 or 07788 500014**  
**07773 056542**  
**01877 387264**



If you are on Facebook then please check out our page; a chance to catch Fiona on Monday afternoons at 2.00pm for some sing-a-longs, dance away at home & she even does requests! Please – not the slosh again!!



Trivia Quiz (No cheating – no googling – answers next issue!)

1. Who wrote 20,000 Leagues Under the Sea?
2. Edvard Munch, who painted “the Scream” was born in which country?
3. What type of animal does cashmere come from?
4. Which country has the larger population – Cuba or the Netherlands?
5. How many novels did Roald Dahl write: A) 19; B) 29; C)39
6. Which mountain range translates from Sanskrit to mean “Abode of Snow”
7. In ancient Greek mythology, what is the name of the river that separates earth from the underworld?
8. The microstate of San Marino is surrounded by which country?
9. What is the capital of Solvenia?
- 10.TED, as in Ted Talk, stands for Technology, Entertainment and what else?

## [Answers to previous quiz](#)

1. Joan of Arc nicknamed "The Maid of Orléans" 2. North Atlantic Treaty Organisation 3. Peaches 4. William the Conqueror 5. 9 6. Red 7. Iron 8. South America 9. A squash ball 10. The Solomon Islands.

## **Are you dealing with long-term, mounting stress? Are you feeling unable to cope?**

People can feel at crisis point for many reasons, including:

- Money or debt worries
- Unemployment or problems at work
- Housing issues
- Changes in your health
- Family or caring concerns

Whatever the issue, **1st Response** can support you to resolve your crisis.

### **How can they help?**

1st Response provides face-to-face support throughout East Lothian. The team will listen to you and help you resolve your crisis. They will provide you with sensitive and non-judgmental support based on your needs and help you to access other services. They will support you to plan and manage your next steps. They will provide you with information about other organisations which could help (such as health services, social work, benefits advice, and other support), and they will help you to develop skills to manage your mental health.

### **The team**

1st Response is run by specially trained practitioners and peer workers - people who use their own experience of mental health difficulties to help others achieve recovery.

### **Who can use the service?**

1st Response is open to anyone aged 18 years old and over who lives in East Lothian and is experiencing distress and reduced mental wellbeing.

### **Accessing 1st Response**

Appointments are available Monday – Friday at a variety of locations across East Lothian.

To make an appointment call and leave a message on 07966 526 452 (standard service charges will apply)

Please leave your name and number, speaking slowly and clearly. Messages will be picked up between 11am – 1pm Monday –Friday and we will call you back to arrange an appointment for you to speak to someone face to face.

### **Help in an emergency**

If you feel that you need to talk to someone straight away, phone:

- Breathing Space - 0800 83 85 87 (free)
- Samaritans - 116 123 (free)

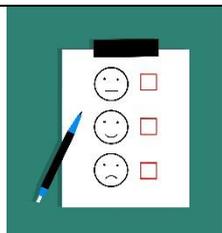
## Congratulations to Gillian and Jim Maryniak on their 40<sup>th</sup> Wedding Anniversary



Hope this wee picture brings back the memories and we wish you lots of years to come to make new ones xx



The very best Birthday wishes are sent to **Sheryl Brown**, **Sharon Brown** and **David Farquhar** who will be celebrating their Birthdays in July – it's an extra special Birthday for **Sheryl** but we won't divulge the number 😊



Vouchers, activities, digital support – we do hope you enjoy all your deliveries from our wonderful team of volunteers – please let us know if we can support you in other ways

All meetings, events & outings in July have been cancelled & we will let you all know when we can start up again as soon as we know it is safe to do so, following Government guidance. The current restrictions are likely to be in place for some time and even when they start to be lifted this is likely to be on a phased basis. It may well be some months before we are meeting together again as previously.



Joyce's work desk 😊

The committee is looking at producing a special lockdown version of the newsletter. We wonder if it would be possible for you to send a simple photograph (using a smart phone would do), of yourself, family, pets, garden etc as we are looking to put together a Headway Family Photo collage. If you would prefer to send an image you have created or images of your views from your window or walks, then please do. Send to any volunteer via mobile phone, to the Facebook page or the e-mail address:  
[headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk)

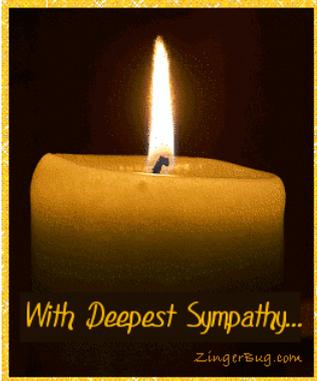


**Get well soon Andy Matthew – we are all thinking of you**



For up to date information on the Coronavirus regulations in Scotland please look at the following website  
<https://www.gov.scot/coronavirus-covid-19/>

## In Loving Memory



Our Condolences go out to the families of Carolynn Girdaldas and Elizabeth (Liz) Holland both of whom sadly died recently. We have so many memories of them both and have put together these photo collages to remember some of these moments. I'm sure we will be able to get together in the future to raise a glass to them both and share our memories, tears, and laughter.

### Carolynn Girdaldas

27th June 1969 – 7th June 2020

Our sympathies go to her sister Nicola & Brother in law Michael, son Michael & grandchildren, nephews, nieces & friends



# Elizabeth (Liz) Holland

23th March 1965 – 13th June 2020

Sincere condolences to her husband Mick, daughters Kerry and Claire, their partners & grandchildren Callum, Alex, Dylan, Megan, Emily and new baby Alexander



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Improving life after brain injury