



Headway
East Lothian
SC10 035535
Newsletter
www.headway-eastlothian.org.uk



Issue 20/06

June 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 may even do a wee quiz one day – there's another teaser below 😊

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

1. Name the French hero who was burned at the stake on 30 May 1431.
2. In terms of the military alliance, what does NATO stand for?
3. The American state of Georgia is famous for what fruit?
4. Who was the first Norman King of England, reigning from 1066 until 1087?
5. How many sides does a nonagon have?

6. What colour makes up the highest percentage of the Union Jack flag?
7. Fe is the chemical symbol for which element?
8. In which continent would you find Lake Titicaca?
9. Which is bigger: a squash ball or a golf ball?
10. Which South Pacific Island country is named after a biblical king?

[Answers to previous quiz](#)

1. Guilder; 2. Madagascar; 3. Lord of the Flies; 4 The Last Supper; 5. Tibia; 6. The Great Fire of London; 7. The Blue Whale; 8. World War Two; 9. Romeo and Juliet; 10. Davis Cup.

Anne's Top Tips for Self-isolation

Coronavirus is a pandemic reaching far across the world. Many of us are being asked to self-isolate for the first time and that can be a scary thought with a lot of uncertainty.



Anne Johnston - otherwise known as AJ - has been living with the effects of her brain injury for two years and says that self-isolation has been a big part of that. AJ is a great friend of many at Headway East Lothian through attending the BRAW event and is a member of Headway Dundee & Angus.

You can read more about AJ's story here

<https://www.headway.org.uk/about-brain-injury/individuals/brain-injury-and-me/annes-top-tips-for-self-isolation/> and follow her recovery journey on her blog –[Finding My Sparkle](#)– and her [YouTube channel](#).

★HAPPY★ BIRTHDAY!

We hope you will join us all in wishing all our friends below a Happy Birthday – they all had their special days in May – if you would like us to send you Birthday wishes then please let one of the contacts know your Birthdate

Fiona Grant-MacDonald, **Bill Paylor**, **Fiona Dickens**, **Caroline Cook**,
Gillian Maryniak, **Joyce Cattnach** and **Jim Maryniak**

Coming up in June we would like to wish the following an incredibly Happy Birthday when it comes!

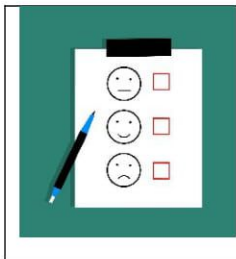
Gordon Wallace, **Ann Milne**, **Jackie Armstrong**, **Violet Wardrop**,
Anne Bissett and **Carolyn Giralda**



Get well soon!

To all those struggling just now with physical and mental health issues, we wish you all well and safe.

A special get-well message to a special person – we would all like to wish **Robert Dalrymple** a speedy recovery and let him know that we are all thinking of him! Robert has been a bit poorly, non Covid 19 related but is doing well now 😊



Thanks to all those who helped us by taking part in the phone survey with Katy, Jim, Christine, and Teresa. We are working on how to take all your answers forward to offer you a more personalised approach from our volunteers. This will include phone calls, newsletters, a quiz booklet, arts & crafts, use of digital technology and will hopefully allow you to engage with other Headway people as we work on sharing contact details securely and with the proper permissions.

All meetings, events & outings in June 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.



This is the second half of a musical called Invisible which was performed by members of the Scottish Head Injury Music Support group.

https://youtu.be/RuRK_ogUPw4

Invisible at the Beacon Art centre
Greenock 2019

For up to date information please look at the following website
<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>
www.headway-eastlothian.org.uk

www.facebook.com/headwayeastlothian



Improving life after brain injury