



Headway  
East Lothian  
SC10 035535  
Newsletter

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



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November 2020



### **Online Training – Information Days**

Would anyone be interested in taking part in online information sessions? These could be brain injury related, Covid 19 related, Health & well-being, mindfulness, exercise & relaxation, cooking, art, music – the list is endless!

Please get in touch with Joyce and let her know, we could even set up a trial via Zoom to see what would work!

# THANKS

To

**Supporting Communities**

and

**Alpkit Foundation for funding received**



## Face Mask Information

As we know, face masks have become law to wear in public spaces. Below you will find some essential information on where to wear a mask and exemptions.

Physical distancing, hand hygiene and respiratory hygiene are the most important and effective things we can do prevent the spread of the coronavirus.

The wearing of face coverings must not be used as an alternative to any of these other precautions.

When applying or removing a mask, it is important that you wash / sanitise your hands first and avoid touching your face. After each use, you must wash the face covering at 60 degrees centigrade or dispose of it safely.

### ***Where is wearing a mask mandatory?***

Retail – Must be worn in shops when open to the public.

Transport – Must be worn by all passengers and staff in train services, bus services and the Edinburgh tram, taxi and private hire, ferry and airline services.

***Exemptions*** - you have a health condition or are disabled and a face covering would be inappropriate because it would cause difficulty, pain or severe distress or anxiety or because you cannot apply a covering and wearing in a proper manner safely and consistently. - Eat or drink - Taking medication - Communication with someone who relies on lip reading - A relevant person such as police asks you to remove your face covering COVID-19

***If you require an exemption card then please contact Joyce***

## Shielding Information

***Am I being asked to go back into shielding?*** No, people are not advised to go back into shielding again. Strictly follow the guidance on physical distancing, face coverings and regular handwashing, also consider the number of people you are in contact with. Test and Protect will contact you if you have tested positive or been in close contact with someone who has tested positive, you should then follow the instructions and self-isolate.

***Why am I not being asked to shield?*** Those who are at the highest risk will be feeling particularly anxious. Keeping you safe is at the forefront of decision-making and shielding has had a huge negative impact on people's mental and physical health. These new restrictions are designed to help reduce the spread of the virus in communities and are an extra level of protection for you. Please follow the guidance with great care.

***I am concerned about the increase in cases, what should I do?***

Remember to strictly follow the FACTS advice: • Face coverings – wear a face covering in shops and on public transport • Avoid crowded places • Clean your hands regularly • Two metre distance – maintain physical distancing from people out with our household • self-isolate and book a test if you have symptoms

***How can I stay up to date with what is happening?*** There is lots of information which is updated regularly at [www.mygov.scot/shielding](http://www.mygov.scot/shielding) including information on case numbers from Public Health Scotland – the Public Health Scotland's dashboard.

***Will the new restrictions affect the flu vaccination?*** No. The new restrictions will not affect people's ability to leave their house and attend an appointment for a seasonal flu vaccination. Both you and your household members will be offered a free flu vaccination this year. It is important that you get your flu jab for three reasons: Flu can be serious and life threatening. Every year thousands of people in Scotland are hospitalised with flu. People with health conditions are 18 times more likely to die from flu than those without health conditions. To reduce the risk of spreading flu to friends and family. To help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

To help keep yourself safe and further guidance on national restrictions you can visit [www.mygov.scot/shielding](http://www.mygov.scot/shielding)

Stay safe and well and keep connecting with us!

### Annual Leave

Joyce will be on Annual Leave from Thursday 26<sup>th</sup> November until Tuesday 1<sup>st</sup> December – starting back on Wednesday 2<sup>nd</sup> December

## Your Food Get-Togethers John Muir Alpacas

J 'Felt safe in every way things were done  
I was asked if I needed transport but decided I will drive myself  
Was really a great day all around even slept like a log  
The food was absolutely excellent  
The volunteers couldn't do enough for you and always friendly  
Outing was very well organised'

K 'The health & safety aspect was really good. Was better to be safe than sorry.  
Taxi was really good. Day was really good, hell aye, slept well and definitely nice  
to see & speak to everyone. The food was really lovely. The volunteers were  
really good, strict but friendly just the same'

C 'The safety aspect was just felt normal and we felt safe. Taxi was nice journey.  
It was really nice to see everyone again, it made you feel normal & not isolated.  
The food was delicious & tasty. Volunteers were helpful & friendly enough.'

A 'All the protection & things that went with it didn't bother me. Transport was  
delightful, a pleasant journey. Definitely didn't feel as lonely & isolated. It really  
felt good to be with people. I slept like a log that night, enjoyed speaking with  
people at the table. The food was spectacular. The volunteers were very friendly  
& helpful at all times, couldn't fault them'

M 'I really felt safe with the guidelines, it didn't bother me. Taxi was very  
satisfactory. Was lovely to be with friends again, slept very well. The food was  
fantastic, faultless. The volunteers were very friendly and helpful as always.'

P 'I felt safe with everything, it all feels normal in daily life. The minibus was fine.  
I felt really good, slept fine that evening, enjoyed talking & seeing everyone. The  
food was really good. The volunteers were really very helpful & friendly'

G 'The precautions didn't phase me as this is the new normal. The taxi down  
was enjoyable. It was really nice to see the others again, was good to feel less  
isolated. I slept well that night. The food was really excellent & tasty. The  
volunteers couldn't do enough for you, very friendly & helpful'

J 'Noticed one volunteer with face mask dropped below nose while moving  
around premises. Transport was very good and punctual. Really enjoyed the  
outing, have a lovely video of stroking one of the alpacas & smiling so happily,  
needed this. The food was excellent. Critically speaking, not enough volunteers  
for event, volunteer wasn't able to retain information for hot drinks, quite blunt  
when asked a question.'

All feedback has been looked at carefully – number of volunteers was more than  
required but can always improve on what our expectations are, what specific  
roles & responsibilities are and make everyone aware of these. The use of Face  
masks is especially important and this will be raised at formal review.

**A huge thanks to Joyce for organising this - the sign of good organisation is  
when you don't think it is at all complicated as it works so well!**

WELL, I can assure it was complicated and Joyce deserves a medal but it was  
only made possible thanks to the brilliant volunteers and our wonderful funders,  
and of course, yourselves!



## Pumpkin Soup Recipe



### Ingredients

- 2 tbsp olive oil
- 2 onions finely chopped
- 1kg pumpkin or squash (try kabocha), peeled, deseeded and chopped into chunks
- 700ml vegetable stock or chicken stock
- 150ml double cream

### For the croutons

- 2 tbsp olive oil
- 4 slices wholemeal seeded bread, crusts removed
- handful pumpkin seeds

### Method

- **STEP 1**  
Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.
- **STEP 2**  
Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
- **STEP 3**  
Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is incredibly soft.
- **STEP 4**  
Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency, you can pour the soup through a fine sieve. *The soup can now be frozen for up to 2 months.*
- **STEP 5**  
To make the croutons: cut 4 slices wholemeal seeded bread into small squares.
- **STEP 6**  
Heat 2 tbsp olive oil in a frying pan, then fry the bread until it starts to become crisp.
- **STEP 7**  
Add a handful of pumpkin seeds to the pan, then cook for a few mins more until they are toasted. *These can be made a day ahead and stored in an airtight container.*
- **STEP 8**  
Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

## Bird song at your fingertips



Sadly, we can't all listen to bird song as regularly as we once could. To listen to bird song at the touch of a button, play on this site, <https://www.rspb.org.uk/get-involved/campaigning/let-nature-sing/birdsong-radio/> stream on Spotify or download the Birdsong Radio app. All you need is an internet connection.

### The benefits of bird song

From helping you relax to boosting productivity, listening to bird song has so many benefits

You could use it:

To help you switch off and de-stress

As an alarm clock, for a gentle way to start the day

To help you focus while studying or working

As a soundtrack for meditation

To bring some calm to your daily commute

However you choose to listen, we hope that bird song will brighten your day.

### Cuddle Throws

Caroline Cook has crocheted these beautiful throws that she has donated to Headway East Lothian – if anyone would like one to keep them cosy going into the dark, winter evenings then please let us know & we will get one to you!



## National Wellbeing Hub

A National Wellbeing Hub has been created through Promins (a collaboration between NHS Lothian and NHS Greater Glasgow & Clyde) which has a section dedicated to unpaid carers. Given that carers are likely to be under additional pressure during this time, there is a section on how to look after your wellbeing - see link below for useful tips:-

<https://www.promis.scot/resource/unpaid-carers/>

## Answers to Previous Quiz

1. One shilling. It was a 48-mile round trip by British rail between Leicester and Loughborough for a temperance meeting: 2.All were dyslexic: 3.It painted giant eyes on the engine intakes to discourage birds from approaching: 4.Philip Dormer Stanhope, the fourth earl of Chesterfield. The Chesterfield coat and sofa are named for him.:5.The vacuum cleaner--which could be converted into a hair dryer by attaching a hose to the exhaust.:6.A bear, in 1962. It was parachuted from 35,000 feet to a safe landing on earth: 7.Strongman Charles Atlas :8.In a 1949 Donald Duck comic, in which Donald and his nephews raised a yacht using ping pong balls :9.Sir Francis Bacon, philosopher, courtier, statesman, essayist :10.Buster Keaton : 11.Chang and Eng, born in 1811 :12.They were all red heads



Birthdays – don't seem to have any in November!



Bonus Ball Fundraising – just an update to let you all know that the scheme is still suspended!

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

**Joyce Cattanach**

**07895 193974**

**Jim Maryniak**

**07920 195743**

**Gordon Wallace**

**01875 853491 or 07880 825529**

**Dottie Wallace**

**01875 853491 or 07788 500014**

**Teresa Martin**

**07471 339211**

**Katy Lamb**

**01877 387264**

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Improving life after brain injury