



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 20/09

September 2020

Hope you are all as safe and healthy in these troubling times as you can be? Joyce is now working part-time so is available for help & advice. Although on Annual Leave from Friday 17<sup>th</sup> – Monday 31<sup>st</sup> August. 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.

**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**

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

Our questions this month jumble up the letters of well-known Scottish place names – see if you can identify the correct Scottish City, town, or village.

1. B Are Need, 2. Can Log From Us, 3. Meter On Now, 4. G Big Posh Ribs, 5. Birch Reader, 6. Net Has Oven, 7. Car Hut Reader, 8. Hone Quest Rye Furs, 9. Fed Robin Rage, 10. The Red Ape, 11. Was Not Roy, 12. Sent Moor, 13. Hat Or Bar, 14. Nude Ed, 15. Send Straw, 16. Ban Grate Foot, 17. Ten Met Wipe, 18. Burn Maul CD, 19. So Hurt, 20. You Theme

### Answers to previous Trivia quiz

1. True; 2. Pyongyang; 3. Light-Emitting Diode; 4. South Africa; 5. Spanish; 6. 1994; 7. Iceland; 8. Chai; 9. Pittsburgh; 10 False.

happy  
Birthday

Belated Birthday wishes to **David Aston** and **Maggie Packwood**; hope you both enjoyed your days 😊

A very Happy September Birthday to **Grace Porter** – and a thank you for helping keep our Facebook page & website up to date

Thank  
YOU!

**Fiona Grant-MacDonald** for entertaining so many of us over the weeks on a Monday afternoon on Facebook Live. Your incredibly special selection of music and requests, friendly interaction with viewers and just being yourself made each event different yet great!



We would like to thank all our funders large and small

The Robertson Trust, The Corra Foundation, Comic Relief Shift the Power, Foundation Scotland, Wellbeing Fund, Covid 19 Resilience Funding, Tesco Bags of Help, Food for Life Get-togethers, The Co-op and all of you who have donated through our Facebook or Virgin Money platforms.



A Simple Solution to a tricky conversation  
Contact Joyce for further information or

Apply online at

<https://www.headway.org.uk/supporting-you/brain-injury-identity-card/>

The Headway Brain Injury Identity Card is designed to help police officers and staff more easily identify brain injury survivors and ensure that they receive an appropriate response and support. The card can also provide brain injury survivors with added confidence in everyday social scenarios.

Each card is personalised, helping the card holder to explain the effects of their brain injury and request any support they may need.

## John Muir Alpacas

Friday 25<sup>th</sup> September



How about a wee socially distanced outing? Anyone wanting to put their names down for a visit to the Alpacas along at John Muir Country Park, a wee trek in the park & a picnic. They have indoor & outdoor facilities so good for all weather! Please get in touch and let us know if you would like to come along, and if you need transport or can get there by yourself. Once we know the numbers, we can work out the times for your visit & get the picnic bags ordered! All organised according to latest Government guidelines & restrictions of course so subject to change!

## The Digby Brown CHRISTMAS CARD & CALENDAR COMPETITION



Still waiting on your entries for this year's competition!

Christmas card Entries should be either a drawing or a painting. Calendar Entries can be: A drawing or painting A photograph A sentence or short phrase A short poem. Entries are open to people living with an acquired brain injury (ABI) who are members of Headway or other organisations in Scotland providing support specifically for people living with an ABI.



The Government has pledged to create a new era for cycling and has encouraged alternative ways to travel, such as walking and cycling, to relieve pressure on public transport. Headway East Lothian is asking cyclists to remember not only their safety in terms of social distancing, but also their head safety before getting on their bikes.

Joyce Cattanach, Development Officer said: “It is encouraging to see the introduction of dedicated cycle lanes in major cities. This will improve cycle safety as will the wearing of cycle helmets.”

“Rule 59 of the Highway Code states that all cyclists should wear a cycle helmet and we hope that the Government will encourage people to follow the Highway Code.”

In addition, traffic levels which had fallen in the last three months are set to rise again.

Joyce added: “We all think ‘it will never happen to me’, but every three minutes someone in the UK is admitted to hospital with a head injury – the effects of which can be devastating and life-long.

“The benefits of an active lifestyle cannot be understated, and cycling is a great way of keeping fit and healthy. As schools shortly go back, we want to encourage families to cycle but it is important that they do so wearing a helmet.

“Following safety advice and wearing a helmet will reduce the risk of brain injuries and help to reduce the demands placed on the emergency services.”

According to a Transport Research Laboratory study; assuming that they are a good fit and worn correctly, cycle helmets should be effective at reducing the risk of head injury.

That is why cyclists are being urged to take charge and ‘to use their head and use a helmet’ if they cycle to ensure they and their families stay safe.

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Improving life after brain injury