



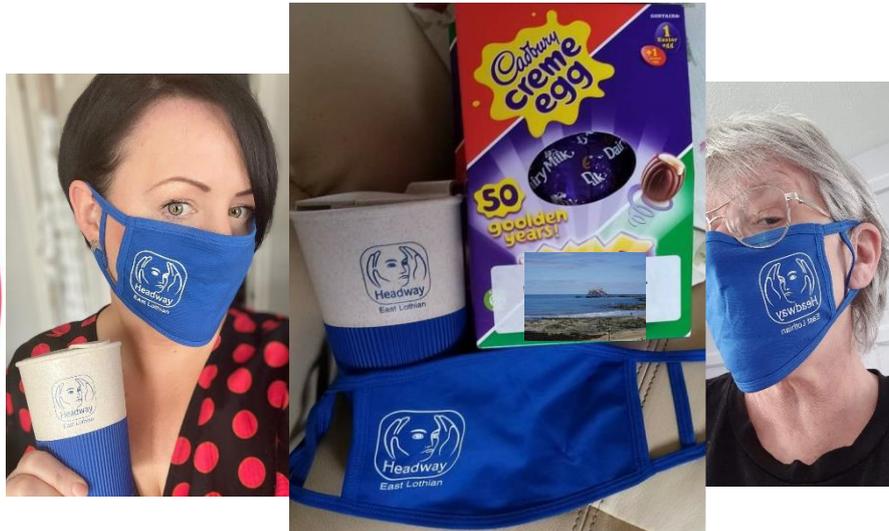
Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 21/04

April 2021



The Easter Bunny came early to HEL and popped round everybody's door with reusable bamboo cups, very smart and much needed face masks, and of course, a wee Easter Egg, just to be a bit spoily! Above are Cat, one of our Trustees and Grace, one of our members and also our Facebook ace (and it now transpires, a very competent amateur artist!)

Up to date and techy or what??



We now have a Headway East Lothian

Instagram

presence

headwayeastlothian41. Install the app to follow photos and videos.

https://www.instagram.com/invites/contact/?i=1mgsp1os57jvo&utm_content=lg1xwpw

Headway UK

Although it is difficult for those not able to access the internet to see all that **HUK** do and all the things that we can share, for those that can, please take a look



For those that can't, we will try to pick out some interesting bits and include them in hard copy Newsletters every now and then. Here is the electronic link for the latest issue of the Headway News: <https://www.headway.org.uk/news-and-campaigns/news/headway-news-magazine/headway-news-spring-2021/>

The spring 2021 edition of Headway News features: "There's nothing minor about any head injury" - Alex's story, Concussion myth-busters, Back behind the wheel, How to tame your anger, Inside your incredible brain, and much more!



Around the House in 80 Days project where you can access short movement snack videos on the [Age Scotland YouTube channel](#).

This was done with a view to encouraging older people to move around more and sit less in their own homes – and to have a bit of fun in the doing under the headings of Bedroom Boogie, Living Room Laughs, Kitchen Capers and Bathroom Banter.

You can still access the 60 plus films on Youtube however they have put together a DVD with 9 of the movement snacks that people can play on their TV without the need for internet access.

You can contact their switchboard directly on 0333 323 2400 if they would like to receive a free copy (or copies)

Parasport www.parasport.org.uk have teamed up with qualified fitness instructor, Kris Saunders-Stowe www.wheelygoodfitness.com , to bring you two short home workout videos. Ideal for disabled people who may not have taken part in sport or activity for a while. No equipment required; you just need a little bit of space to follow Kris's instructions. https://youtu.be/ScS_BQpqlxk

Post Office Card Accounts

DWP is writing to all customers who currently receive their State Pension or benefit payments into a Post Office card account (POca). The letter informs them the POca service is closing and asks them to provide alternative account details.

The dedicated customer service centre is available to take calls from POca customers, to accept new account details or answer any questions. They will ensure all future payments are switched to the customer's new account from the next available payment date and there will be no interruptions with their payments.

For anyone who is unable to open a different type of account or provide new account details, a payment exception service will be available.

Customer Service Centre: Telephone: 0800 085 7133 Textphone: 0800 085 7146



Changes is an East Lothian Community Health Project here to help you achieve and maintain positive mental health and wellbeing.

Services are free and open to anyone over the age of 16, living, or registered with a GP in East Lothian.

We can help with a wide range of challenges which may include stress, panic, low mood, low self-esteem, anxiety, worry, depression, and negative thinking. Our groups and courses are friendly, welcoming, and inclusive and offer opportunities to meet new people, get active and get involved in your local community.

Therapy

One-to-one Counselling

One-to-one Cognitive Behavioural Therapy (CBT)

Groups and Courses

First Steps to Positive Wellbeing Course (5 weeks via Zoom)

Mindfulness Course (6 weeks via Zoom)

Men's Peer Support Group (6 weeks via Zoom)

Creative Changes (ongoing via Zoom)

Healty Living Activities

Gentle Exercise (6 weeks via Zoom)

Tai Chi (6 weeks via Zoom)

Post Beginners Ukulele (5 weeks via Zoom)

Cycling, Nordic Walking, Buddy Walking and Feel Good Walks returning as soon as government guidance allows

Mental Health Training

Crisis Handling Awareness Training CHAT (2 x 1.5 hour sessions via Zoom)

Gain skills and confidence in supporting others through crisis, including the crisis of suicide

COVID-19: Mental Health - How do We Cope? (45 minute session via Zoom)

COMING SOON!

Explore why we feel the way we feel living through a pandemic, signs and symptoms and what you can do to help yourself.

CONTACT US FOR DATES AND TO EXPRESS INTEREST.

PLEASE NOTE: BOOKING IS REQUIRED FOR ALL ACTIVITIES - PLACES ARE LIMITED, ALL ACTIVITIES ARE REPEATED.

For information or to request support contact 0131 653 3977 or email

info@changeschp.org.uk

Open Monday to Friday 9am to 5pm



Fionna Balfour (Fionna with 2 n's)

Like everyone else I have been finding this whole pandemic and subsequent lockdown a real pain. My siblings live in England, Thailand and China and although my parents, children and grandchildren are local or near enough it has still been a long time since I have seen many of them. Early on last year we had no idea that this would go on for so long whereas now the whole staying in thing has just become the norm. I miss my family, my friends, my groups, my coffee and cake outings and even the fish teas down in Eyemouth!

Adapting to the circumstances has meant that we have had to think 'outside the box' so we adapted our veranda to be



a little 'sit-oot-erie'

with socially distanced benches, a table, candles, pretty strung lights and even some artificial grass! For the wet and windy weather there is a tarpaulin hung from the frame which makes it cosy but still safe. We even managed to have a friend over for tea outside – courtesy of the West Port chippy delivery service.



I have been lucky during this pandemic in that I have quite a few hobbies that involve sitting in the house. Aside from reading and doing puzzles I have produced

a huge rainbow coloured crochet blanket that I had to learn lots of new stitches for

I



as well as lots of
crochet toys as requested by my grandchildren (dinosaurs, minecraft characters and suchlike).



I also helped with creating
a knitted farm for Gill's granddaughter
– I did the farmhouse and the people and a number of other friends did the playmat and various animals, hay bales, apple trees..... It was good fun and a real community effort. One of the pals who contributed animals thinks it would be a great project for her great-niece who lives on a farm!

I am currently doing my Silver level of the Discovery Award (a bit like the Duke of Edinburgh but for the over 50s) and have been stuck with what to do for my volunteering. I had started at Dunbar library but after a few weeks we went into lockdown.



So, when the local Linus co-ordinator asked for
quilts I offered to do some
(Linus donate quilts for sick or vulnerable kids). She suggested I do a technique called English Paper Piecing which is trickier than basic quilting which I can already do. Bit of a steep learning curve but it has been good to do.

I discovered a company called FutureLearn who do free on-line courses, often just 3 to 6 weeks. As I have done some genealogy I signed up for a 6 week course, run by Strathclyde University, which was hard work and far more hours than stated but was really interesting. From that I did a wee 3 week course on Old Scottish Handwriting so that I could maybe decipher a document I was given from the 1600's (I think) that would appear to be about some of my Orkney relatives. That was fascinating. I did pay for that course though so that I could retain access to it as I never got right through it.

I must also mention my jigsaw addiction. To me, there is nothing better for losing yourself for hours than a big jigsaw. I have loads in the house and managed to get a few in the charity shop before they shut again. I knew of the Wasgij range of jigsaws but hadn't felt confident enough to try them – however, this seemed the right time to give it a go. I have loved doing them and almost feel an ordinary one is less fun. Basically, the picture on the box is not the picture you are making. Some ask you to consider what happens next or in the future and with others you need to imagine what the view is from behind. Yes it's a harder puzzle but again it passes the time. Highly recommend them if you like jigsaws.

Not all my activities have been seated. I started early last year trying to get out walking with the aim of getting fitter and more mobile. I just did about 15 minutes at a time and went round the block, once or twice a day for 3 or 4 days a week. I have gradually built it up until I can now do an hour or so and walk roughly 3 miles. I put on the Scottish Dance music program Take the Floor or Your Requests and walk out Dunbar along to Broxburn, round the Golf course spare ground at Deerpark and back home. Over the months I have added bits in to lengthen the route using an app called Map my Walk which records the speed, length and time you do. More recently I heard of these Virtual Walking challenges so had a look at them. After much deliberation I decided to do



the Ring of Kerry as I had actually done that for real, in a car, many years ago. You have to pay to join, which made me hesitate, but you do get the online route map which tracks your progress, you can see a satellite or street view of the place you are at and you get a route specific medal at the end. They do claim to plant a tree for every 20% of the route you cover so there's your eco bit! I also grudged paying extra for the postage of the medal but having really enjoyed the challenge am now considering buying a wooden holder thing to display it. This really has motivated me to get out and keep walking even when I was down and didn't feel like moving out the chair never mind the house. I have a walking DVD which I can use if I can't get out. You walk on the spot or do basic one or two-step moves but at quite a fast pace so that you can 'walk' a mile in roughly 12 minutes. Like the outside walking I have built it up and have gone from doing 2 miles with that to the full 5 miles which fairly moves me along that Ring of Kerry!

Despite being quite busy myself, I have loved and really appreciated the activities that have regularly arrived from Headway EL. It took me a bit of time to work up the courage for the zoom meetings but it has been great to see folk and I enjoy the craic even though I don't always have the confidence to join in much. I love the quizzes and I really enjoy the chaos they often descend into.

I have to give a huge THANK YOU to the EL Headway team for all the work they are putting into organising and delivering packages (the Burns bag was particularly amazing), the regular phone calls, offers of help and contributions to the zoom meetings. My Kindle too, despite some initial issues, has been brilliant. I have been downloading and reading a range of books, used it for my FutureLearn courses and find it more reliable for zoom meetings than my laptop!

If you haven't yet joined the meetings I would recommend you give them a try. They keep you in touch with headway friends, providing a safe friendly place and plenty of friendly faces.

I know that this won't last and that we will eventually get back to seeing people for real, getting out and about and building up again those activities that some of us worked really hard to get to. For now, we just need to do whatever it is that keeps us safe and happy to get through all this and look forward to better times.

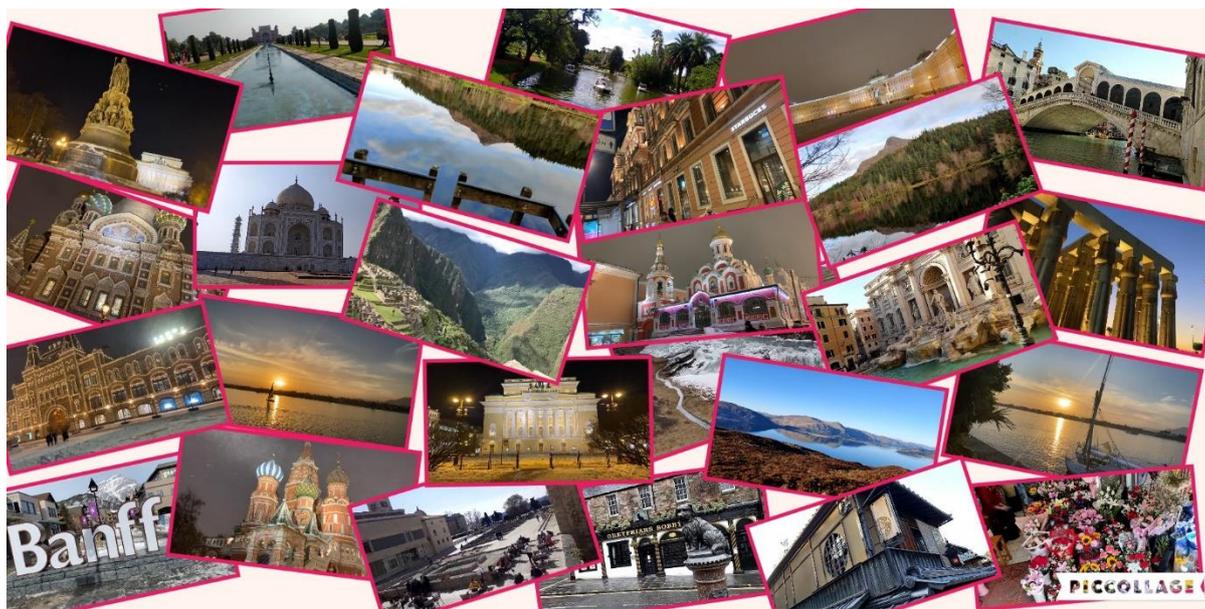
Virtual Trips

<http://www.virtualtrips.io>

Just go into the website, free sign up, book a trip & start travelling, listen to the wonderful guides and take lots of postcards. There is a facility to do this while you're travelling along. It is very very clever.

Personal recommendations from Irene, Katy, Joyce, Mary and Grace – now all very well-travelled! Grace does like sending me pictures of Starbucks around the world as she knows I am missing a coffee!!

See how many places you can recognise in the photo below – answers on a postcard please 😊



DWP to recognise Headway ID card

Survivors of brain injury face discrimination on a daily basis as a result of the effects of their injury being misunderstood. It is vital that staff working for the DWP have a better awareness of the effects of brain injury and how to support them

Staff in Jobcentres across the country have been provided with information on the ID card and instructions on how to 'pin' this information to customers' records. This will ensure everyone involved in a customer's support is aware of their condition and the support they receive can be tailored appropriately

Director General for Work and Health Services in the DWP, John Paul Marks, said: "We are committed to understanding more about the conditions affecting the people we support on a day-to-day basis and ensuring they receive the best possible support

April Diary

Monday 5th			Easter Monday – Holiday!
Thursday 8 th 	2.00pm 2.40pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 12 th 	1.00pm - 3.00pm	Fiona Johnston Palace of Holyroodhouse	Throne Room 
Thurs 15 th 	2.00pm 2.40pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 19 th 	1.00pm - 3.00pm	Paul Dickens New Zealand	
Thurs 22 nd 	2.00pm 2.40pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 26 th 	1.00pm - 3.00pm	Ronnie Pollock Music Workshop	
Thurs 29 th 	2.00pm 2.40pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Friday 2 nd , 9 th 16 th 	2.00pm	Fiona Grant - MacDonald	Last three Live in Lockdown before, like all good girls, Fiona has to go back to school! 😊😊😊😊😊😊
Friday 30 th 	3.00 pm	HEL Board meeting	All the boring bits!

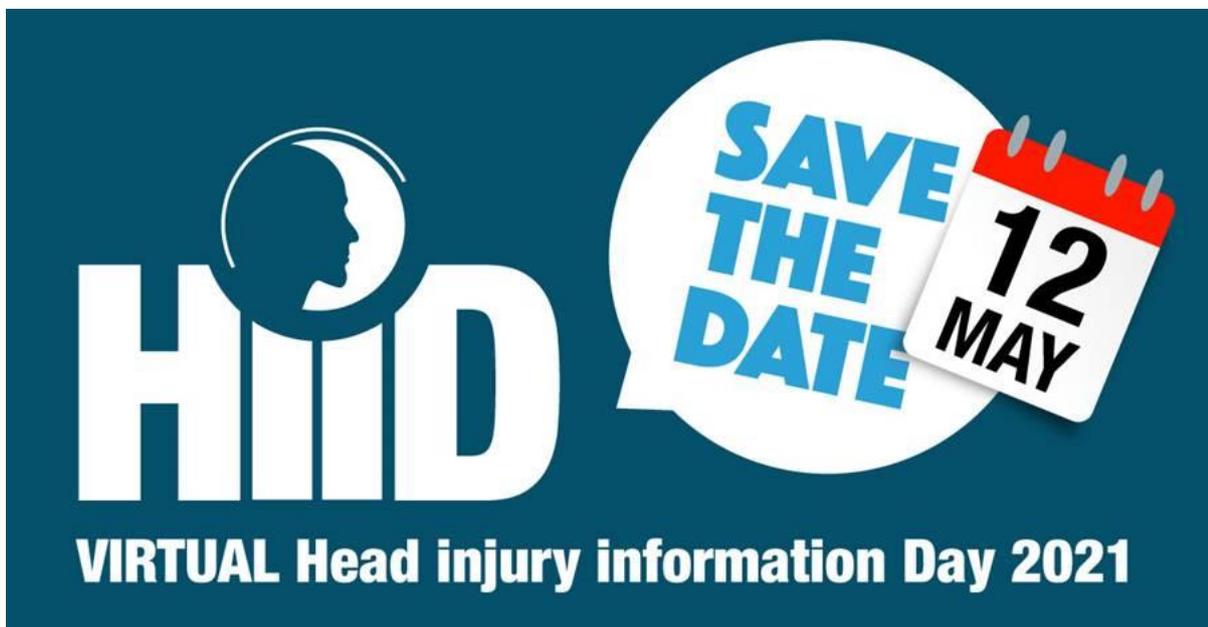


Many thanks Fee for all your Lockdown Lives– so much fun 😊 Will be published as an event on our Facebook page and you can even go back and catch up with weeks you might have missed!

<https://www.facebook.com/headwayeastlothian> Please, if you can, like our Facebook page and join in from the comfort of your own chair each week. If you would like more online sessions for talks or just for a blether just let us know and we can schedule them in! Remember Joyce is available for one-to-one chats over Zoom, WhatsApp, Facebook messenger, or just the good old telephone if you need any advice, information or just a catch up 😊

Answers to March Quiz

1. Very small drinks. *Shots*
2. Stupid chips. *Dumfries*
3. Won't find hot water here. *Coldstream*
4. Two parts of your face. *Eyemouth*
5. Trip outside the church. *Falkirk*
6. One of your parents is fit and heathy. *Motherwell*
7. Good looking card game. *Bonnybridge*
8. Murder with a garden tool. *Kilsythe*
9. Not in a medal position. *Forth*
10. Can't live without this. *Ayr*
11. Not staying. *Leven*
12. Church surrounds. *Kirkwall*
13. You and I are fit and healthy. *Bothwell*
14. Use a spoon for this fish. *Stirling*
15. Popular drink from the Abbey. *Buckie*
16. Adds up to 21. *Dyce*



April Birthdays



Oh Dear! In trouble again, a tiny wee Birthday managed to slip through the net in March!

Very sorry **Jacki**, hope you had a very Happy Birthday last week, 26th March

Stephen Cook 7th

John MCMillan 16th

Jim Armstrong 18th

Jeanine McNaught-Philip 29th

David Dickson 30th



Don't forget, you can call any of the numbers below for advice or just a chat.
Joyce and most others are also happy to help on "on line" stuff and have Zoom calls, Whats App,
Face Time etc.

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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