



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 21/07

July 2021

**We had some wonderful news on funding in June  
We are very happy to report that we have been successful in our application  
to**



THE  
**RS MACDONALD**  
CHARITABLE TRUST

**RS MacDonalld Charitable Trust is based in Edinburgh and has agreed to part fund the Development Officer Post over the next three years as part of their Neurological Conditions Theme**

**This is great news for us in many respects. Beyond the very welcome funding which enables us to focus on strategic goals, ie helping our community as best we possibly can, rather than spending lots of time on essential DO funding. RS MacDonalld also offer a wide range of beneficiary support which we are just learning about.**

**We are very happy to have been successful and look forward to building a long term relationship.**

**Look out for ongoing news of our relationship with RS MacDonalld.**



**We were also very fortunate that Joyce's entry to the monthly draw for was successful and we have been rewarded with £500 to help with all the extra expenses coronavirus brings to us.**



**Literally!!!**

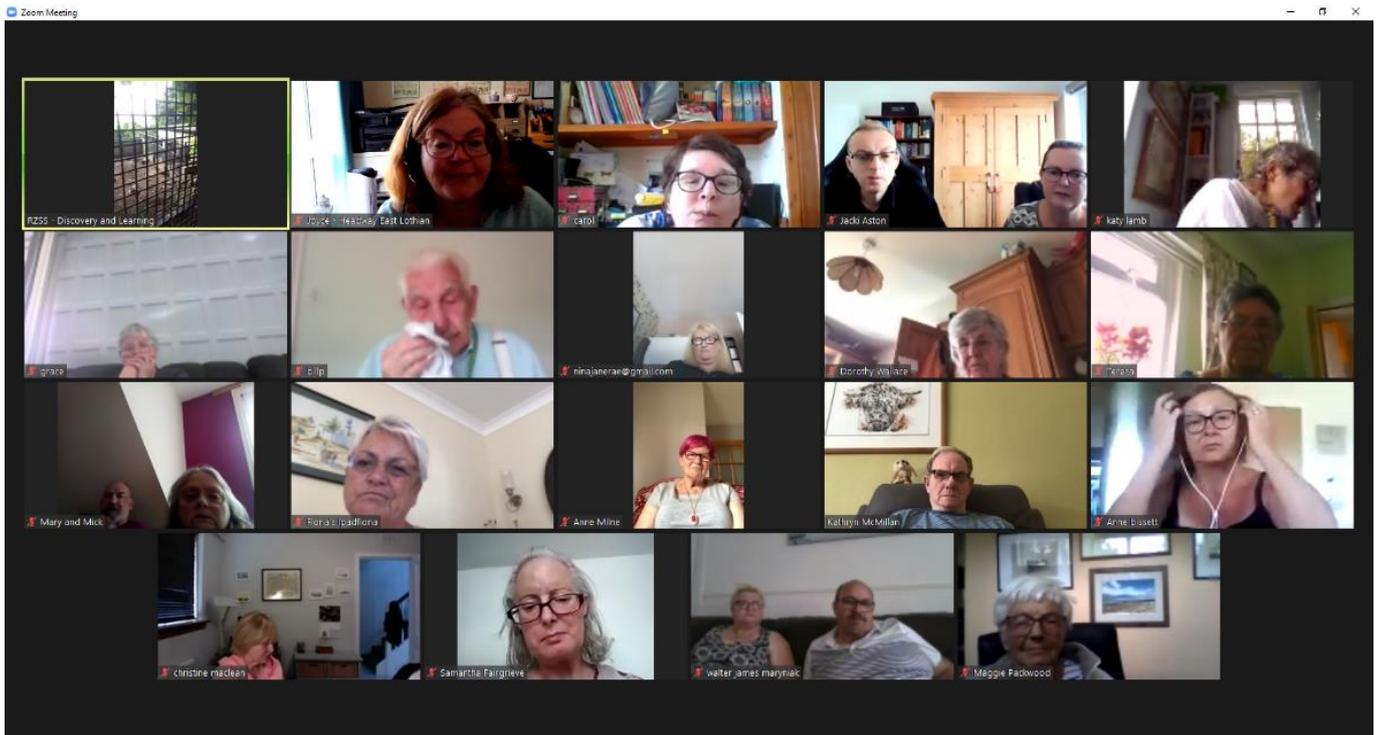


**Joyce stopped the presses to let you know**

**Scottish Conference – Thursday 24<sup>th</sup> March 2022**

**BRAW – Friday 29th April – Sunday 1<sup>st</sup> May 2022**

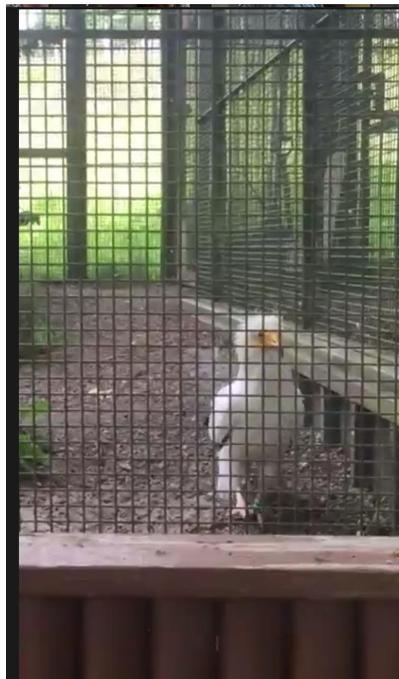
A highlight of June would have to be .....



A great turnout for the visit to the Zoo-M and we didn't even have to climb Corstorphine Hill! It is great to see new faces every time we have a "special" Zoom and thanks to all carers and family who have helped us to keep adding to the numbers in the HEL community who are able to join in with the new, but always friendly and welcoming, virtual Headway East Lothian!



Hmmm, what have we here, and who is watching who?!!!



The pigs in all their glory, farmers friends, ploughing without the effort and free fertiliser!!

What a story about the Egyptian Vulture; can eat carrion that may be infected with rabies & botulinum yet poisoned so easily by a modern anti-inflammatory sometimes as part of the poaching trade for elephant & rhino tusks

Sun Bears – we all know now that Chewbacca, the Wookiee from Star Wars ‘voice’ was made up from recordings of bears, including the Sun Bear, a badger, a seal and a walrus!

(BUT..don’t forget SOME of us have NEVER seen Star Wars!!)

BUT, also don’t forget that some of us are zoologist to trade and will now show off !

This is a Gibbon and, as we were told, they can swing at speeds up to 30 miles per hour through the trees using their extremely long arms!

Brachiation (from "brachium", Latin for "arm"), or arm swinging, is a form of moving through the trees in which primates swing from tree limb to tree limb using only their arms. During brachiation, the body is alternately supported under each forelimb. This form of locomotion is the primary means of locomotion for the gibbons of southeast Asia. Gibbons in particular use brachiation for as much as 80% of their locomotor activities.

Even more interesting is the fact that in 1975, in celebration of brachiation, the Goodies “Funky Gibbon” reached No 4 in the Charts.

Now if that ain’t interesting, I don’t know what is!!





It's feeding time at the Zoo – literally! With the Gentoo penguins

Is this Kevin the Gentoo? Banned from the penguin parade as he gets over excited by people's footwear! He is also named after Kevin McAllister as his first-timer parents left him 'Home Alone' like in the film series

Not sunbathing penguins but a purpose-built nesting area!

I have to say that when it came to the penguins we got VIP treatment. A second feed had been laid on and we were privileged to have Erica to show us round the wee ones and we got a lot of peeks that the public would not have had!



Brigadier Sir Nils Olav III is a king penguin who resides in Edinburgh Zoo, Scotland. He is the mascot and colonel-in-chief of the Norwegian King's Guard. The name 'Nils Olav' and associated ranks have been passed down through three king penguins since 1972 – the current holder being Nils Olav III.



Here is one of his many media shots inspecting the guard!!



The rhinoceros, seemingly not very smart, ran into a wall and broke his tooth!

Not to be confused with the very smart and totally devoted Barry

Our intrepid explorer led us across continents; through the deserts and jungles and the wilderness of Corstorphine Hill with his trusty I-pad so that we could all get a glimpse of the rare and exotic creatures of the natural world.

Thanks very much Barry, it was a lovely trip!



## July Birthdays

Very few, (November must be a miserable month!)



Sheryl Brown 6<sup>th</sup> July

David Farquhar 22<sup>nd</sup> July

HAPPY BIRTHDAY

## Pause & Breathe



Susie Hooper is the co-founder of Pause & Breathe CIC - a social enterprise that believes in making wellbeing accessible to everyone. She worked as a Criminal Justice Social Worker for over 20 years, bringing mindfulness into her work with clients. Susie is trained in Trauma Sensitive Mindfulness, helping to make mindfulness even more accessible to people who may otherwise not be able to benefit from it. She has a thriving online community and hopes to get back to some face-to-face teaching soon too.



Email: [Paul.McLennan.msp@parliament.scot](mailto:Paul.McLennan.msp@parliament.scot)

Contact at the Scottish Parliament: The Scottish Parliament, Edinburgh, EH99 1SP

Phone: [0131 348 5083](tel:01313485083), Text relay calls welcome.

**Paul McLennan MSP will be joining us live at the Haddington group - so please everyone bring along your burning issues; even if they are from the West side of the county he can pass them on to Colin Beattie MSP**

## July Diary

Mon 5th <b>zoom</b>	1.00pm - 3.00pm	Your choice of a visit to either the Tower of London or the High Street, Edinburgh	Joyce
Wed 7 <sup>th</sup> <b>zoom</b>	10-11am <b>3-5.00 pm</b>	Zoom drop in Cuppa & a Chat <b>Haddington Group Meeting -see above</b>	Joyce <b>Paul McLennan MSP</b>
Thurs 8th	1.00-2.00	<b>FEEL, Fun,Energy,Exercise &amp; Laughter</b>	Headway Dundee & Angus
Monday 12 <sup>th</sup> <b>zoom</b>	1.00pm - 3.00pm	NTS Glencoe	
Wed 14th	3-5.00pm	Haddington Group Meeting	Joyce
Thurs 15th	1.00-2.00	<b>FEEL, Fun,Energy,Exercise &amp; Laughter</b>	Headway Dundee & Angus
Mon 19th	1.00pm - 3.00pm	Pause & Breathe <b>See above</b>	
Wed 21 <sup>st</sup>	10-11am 3-5.00pm	Zoom drop in Cuppa & a Chat <b>Haddington Group Meeting, see above</b>	Joyce <b>Pause &amp; Breathe</b>
Thurs 22nd	1.00-2.00	<b>FEEL, Fun,Energy,Exercise &amp; Laughter</b>	Headway Dundee & Angus
Monday 26 <sup>th</sup>	1.0 pm 3.0 pm	Tower of London or High Street, Edinburgh or let's find out about Trees for Life	
Wed 28 <sup>th</sup>	3-5.00pm	Haddington Group Meeting	Joyce
Thurs 29th	1.00-2.00	<b>FEEL, Fun,Energy,Exercise &amp; Laughter</b>	Headway Dundee & Angus
<b>Every Friday</b>	<b>2.00 -3.30</b>	<b>zoom Singalong with Kirrie Connections</b>	

**Always remember, if you are feeling low or having negative thoughts you can contact:**

**Headway Nurse-Led Helpline**, offering support and advice on the effects of brain injury. Open Monday to Friday 9am to 5pm (freephone: 0808 800 2244 or email [helpline@headway.org.uk](mailto:helpline@headway.org.uk))  
The team can offer reassurance and a friendly voice.

**Headway HealthUnlocked**, is an on-line community for anyone affected by brain injury. It provides you with a chance to connect and share with people who understand brain injury and its effects in a friendly, safe and mutually supportive environment. <https://healthunlocked.com/headway> can be additional source of support.

For local support please feel welcome to contact Joyce or any of the Board or volunteers 😊



### **RSPB Nature on Your Doorstep**

Last summer, many of us were treasuring our outdoor spaces like never before. Not only did they help us through an extraordinarily harrowing time, but the wildlife we encountered was an inspiration. One way to encourage more wildlife is through what we do in our gardens, balconies, backyards and even window boxes. And happily, the RSPB can help! They have launched a new section on their website called [Nature on Your Doorstep](#), with loads of easy tips and tricks for making your outdoor space, happier and greener. A boost for nature could be a boost for you too! The RSPB are helping us all to create affordable spaces which are wildlife friendly on a small budget easy for beginners and green fingers alike.

Click the link below Click the link below [Your greener garden](#)



### National Trust Recipe For Strawberry Squares.

#### Ingredients

##### For the base

- 300g self-raising flour
- 300g light brown sugar
- 150g butter

##### For the topping

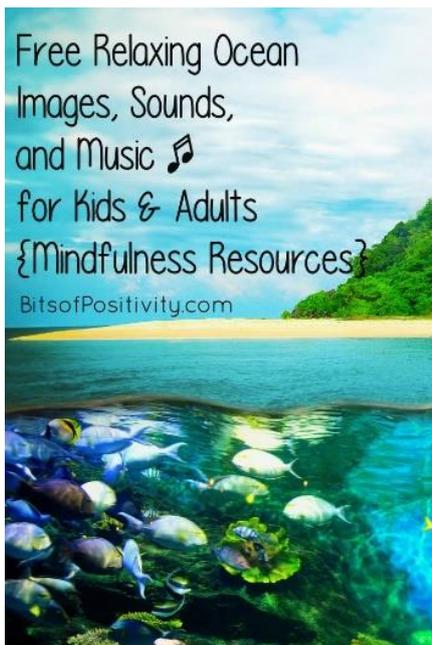
- 2 eggs
- 300g sour cream
- 150g strawberries, roughly chopped

#### Method

1. Preheat your oven to 160°C or gas mark 3, and line a 30cm by 20cm deep-sided baking tray with parchment paper.
2. **For the base**, mix the flour and sugar, and 'rub in' the butter until you have a sandy texture.
3. Spread half of this mixture in your lined tray and press down gently with a spatula or back of a spoon until you have an even layer.
4. **For the topping**, add the sour cream and eggs to the remaining flour mix and stir until just combined and with only a few lumps remaining.
5. Pour this mixture over the base in your tin and spread evenly. Top with the chopped strawberries, arranging them evenly over the surface.
6. Place in the oven and bake for 35 - 40 minutes or until golden and set.
7. Once cooked remove from the oven. Let your bake cool completely before cutting.

Click the link below: Further down on this site you will find more lovely recipes, ideal for eating outside in parks and gardens and share with small groups of friends:

[https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.nationaltrust.org.uk%2frecipes%2fstrawberry-squares&c=E,1,5GSXALbv2Jog6CA7L\\_DibmlqnUm0dQaKe4K7Gxxo4SLrG0\\_F9el9aDwDY\\_xDr9StA0KT4aBJQV2Hi8e48F0zLicijyL7sk3puizd\\_I7DHZSTTug27M.&typo=1](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.nationaltrust.org.uk%2frecipes%2fstrawberry-squares&c=E,1,5GSXALbv2Jog6CA7L_DibmlqnUm0dQaKe4K7Gxxo4SLrG0_F9el9aDwDY_xDr9StA0KT4aBJQV2Hi8e48F0zLicijyL7sk3puizd_I7DHZSTTug27M.&typo=1)



In today's turbulent times, turning on a soundscape/podcast can help you power down your mind, that is because soothing sounds can activate your brain stem, thalamus, and auditory cortex, as a result your brain releases a chemical called oxytocin. Produced by your pituitary gland and "often associated with empathy, trust and building relationships". According to medical news today, studies show that oxytocin can reduce stress and anxiety. The relaxing sounds of nature, music or white noise can help drown out undesirable background sounds, making meditation podcasts perfect for unwinding or to help you sleep.

Allow Yourself 5 minutes to slow down; relieve stress and anxiety with this calm relaxing music. Sit or lie down, close your eyes, if that feels comfortable, take a few deep breaths, and allow yourself to concentrate on the music to clear your mind, even better if you listen with headphones.

Click the link below or copy it into your search bar:

[5 Minute Calm Down - Relaxing Music for Panic Attacks ...www.youtube.com › watch](https://www.youtube.com/watch?v=AO2S2QZjyE&usg=AOvVaw3vdyoNaC61EDDxv33AITxl)

I have given you the link for five minutes of calming music but if you want to relax and meditate you will find hours of specially crafted music and sounds to help you sleep, concentrate, heal, focus and some music with the sounds of nature. Simply click the link or copy it into your search bar:

Relaxing Sound of Sea Waves 1 Hour / Calming ... - [YouTubewww.youtube.com](https://www.youtube.com/watch?v=AO2S2QZjyE&usg=AOvVaw3vdyoNaC61EDDxv33AITxl) › watch

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjkhbruu-XwAhVWAmMBHVamC30QtwlwAXoECAUQAw&url=https://www.youtube.com/watch?v=AO2S2QZjyE&usg=AOvVaw3vdyoNaC61EDDxv33AITxl>

Relaxing music, go on make time for yourself to relax and unwind

Go to <https://www.youtube.com/hashtag/relaxingmusic> to find a range of relaxing music to help you to sleep, to heal, for stress relief or meditation. You will need to skip the adverts.

As an alternative listening to the sounds of the sea and the waves reaching the shore, take yourself to your own quiet space, close your eyes, turn on your music/soundscape and transport yourself to another world. Enjoy!!

# POSITIVE COPING SKILLS

Z U Y H U D D T S B I R E T T E L A E T I R W E  
 Q L W G D U V G S Y O S A W T T H L V Y D C I G  
 N S O E D I V Y N N U F H C T A W A E C K Q K R  
 I F A M V T H C T A W V U H V R K N O Z I U Y G  
 H F Y A P L A Y S P O R T S Q T S R Y J N K E D  
 U B J G T W E C N X H X O P A U T U K W H A L U  
 G W C A U A T O A Q V T E V H V Y O X A S H Q D  
 A U R Y S R K C K V I U O S W M M J I R I X J B  
 P Z C A U D E P F N X V E T N G I A F N T M D Y  
 I X Q L O G P A U C M A L E H L T N H B A D Q J  
 L G J P Z T U M X L R A P W U C F I L A L A W L  
 L C S O K R C M H S O F E W Z G K E G W K N R U  
 O C O D R D E X C E R C I S E J I T K E T C E Q  
 W Y U F J P R N E E L L Q G J B H I I D O E A L  
 B B M N A R E V B O L G D G B H J R E F S S D V  
 Y F T D V R O L O C P I E K J A H W I A O Z A G  
 G P A E P L A Y V I D E O G A M E S Z D M B G D  
 U B K R B J D O A P U Z Z L E Y W T P V E D O Y  
 D Q E F U U M T M Q D B A Y N Q S A T P O E O C  
 Q F A U M T Z X P W Q Q U O P L G N I S N E D S  
 T U W U L E K I B A E D I R A H L Q T Q E L B N  
 H X A M L Z O J B F I G T P O T K K O O C R O J  
 P I L B Q C S A Y K E O R Z L R B X S G F T O T  
 W X K O Y A S E E A M O V I E O P N S Q N I K E

COLOR	COOK	DANCE	DO A PUZZLE
DRAW	EXERCISE	HUG A PILLOW	PLAY A GAME
PLAY SPORTS	PLAY VIDEO GAMES	READ A GOOD BOOK	RIDE A BIKE
SEE A MOVIE	SING	TAKE A WALK	TALK TO SOMEONE
WATCH FUNNY VIDEOS	WATCH TV	WRITE A LETTER	WRITE IN A JOURNAL

## Claire and Boots



Let me introduce to you to an incredibly special horse and his equally as special owner.

### Claire's Story

"I am going to try and cycle 50 miles in June (on our exercise bike - as I'm not able to go on a normal bike yet) and raise money for Headway. This charity is very close to my heart as they have helped me massively since I had my accident on 6<sup>th</sup> November 2020.

For those of you who don't know my story, on Friday 6<sup>th</sup> November 2020 I went out riding alone with my lovely boy Boots, that I share from Sharon. Whilst out riding something happened that we will never know as I have no memory of it but it looks like I took ill & fell off. Thankfully my beautiful boy Boots went back to the yard on his own & as a result I was found quickly. I spent 12 nights in hospital with a base of skull fracture, Subarachnoid Haemorrhage (a rare type of haemorrhaging stroke) with swelling and bruising to my brain. I still have a lot of ongoing issues that I'm trying to deal with and my Neurologist can't say what my final prognosis will be.

I was put in touch with Headway (the East Lothian branch) the brain injury charity, by my lovely nurse Wendy from the Astley Ainslie hospital who oversees my recovery. They are helping me massively and the biggest thing they have given me is a new friend who is helping me come to terms with the changes in my life and is an amazing support.

I wanted to try and raise a little bit of money to give something back to Headway & hopefully it will help motivate me to work harder on my physical recovery. Thank you

Claire"

Raising money for Headway in this way is so good of Claire very much appreciated and valued – and Headway are arranging that all funds raised by Claire will go directly to Headway East Lothian to provide much needed support for people here in East Lothian 😊 You can donate to her JustGiving page by clicking here:

[https://www.justgiving.com/fundraising/claire-curran5?utm\\_source=Sharethis&utm\\_medium=fundraising&utm\\_content=claire-curran5&utm\\_campaign=pfp-email&utm\\_term=7993351eb3d64d07b76a02564ffd6869](https://www.justgiving.com/fundraising/claire-curran5?utm_source=Sharethis&utm_medium=fundraising&utm_content=claire-curran5&utm_campaign=pfp-email&utm_term=7993351eb3d64d07b76a02564ffd6869).

## **Headway East Lothian SCIO AGM, followed by Board meeting**

This will again be an online event, on Friday 2<sup>nd</sup> July 2021 3pm

“The structure of the organisation consists of the CHARITY TRUSTEES who are also the organisation’s only members and comprise the organisation’s BOARD.” (Constitution Item 9)

the Business of the AGM will include

1. A report by the Convenor on the Activities of the Organisation
2. consideration of the annual statement of account of the organisation, as prepared under Section 44 of the Charities and Trustee Investment (Scotland) Act 2005;
3. the election/re-election of Charity Trustees, as referred to in clauses 26 and 27 of the Constitution of Headway East Lothian SCIO a copy of which can be requested from the secretary, Development Officer or on our website at

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

All are welcome to attend & observe the meeting

<https://us02web.zoom.us/j/89090912953?pwd=czZybmtJRXXJRReFJWSE5mR3ROaU1Zdz09>

Meeting ID: 890 9091 2953

Passcode: 053819

If you need help to join “on Line” or just want to know what that means!

Joyce and most others are also happy to help with “on line” stuff and have Zoom calls, Whats App, Face Time etc. All of the online activities are sent round each week by email.

Don’t forget, 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**

[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)  
[www.facebook.com/headwayeastlothian](https://www.facebook.com/headwayeastlothian)

