



Headway  
East Lothian  
SC10 035535  
Newsletter

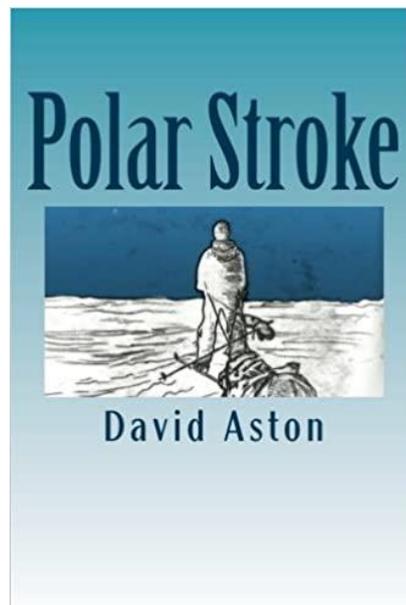
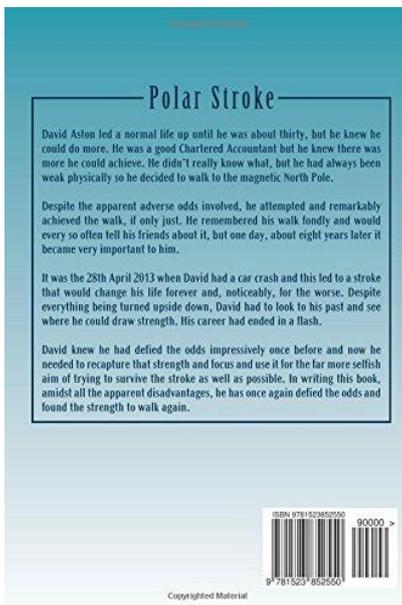
[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



Issue 21/03

March 2021

## David Aston



David and his wife Jacki are quite new to HEL but are regular contributors to Monday Zoom get togethers  
Look out for the March diary inside to see when his presentation will be on

David will be telling us about his time as a Polar Explorer! His experience with brain injury and stroke, as well as his travelling adventures, helped him to write an autobiography. *Polar Stroke* tells the tale of his trek to the North Pole and the obstacles he faced and overcame whilst he was there, as well as his fight to overcome a stroke and brain injury in the following years.

“The moral of the story is that you can achieve anything you put your mind to.  
It's best to do things while you still have the chance because you never know what could happen in the future.”

David has just written his second book, a novel, called *A Stroke of Fortune*.

You can buy David's debut book, *Polar Stroke*, [here](https://www.amazon.co.uk/Polar-Stroke-Mr-David-Aston). (opens a hyperlink) <https://www.amazon.co.uk/Polar-Stroke-Mr-David-Aston> and read more about David here <https://www.headway.org.uk/about=brain-injury/individuals/brain-injury-and-me/david-aston/>

## Daniel Allison



Daniel Allison is an author and oral storyteller from Scotland. His fortnightly [podcast](#), House of Legends, features myths, legends and folklore from across the world. Daniel's debut novel, [The Shattering Sea](#), and his debut story collection, [Scottish Myths & Legends](#), are available now. [www.houseoflegends.me](http://www.houseoflegends.me)

Some of us were lucky enough to catch him on 22<sup>nd</sup> February at the Monday Headway Zoom. We were joined by some folk from Headway Dundee & Angus and Headway Borders. I can safely say everybody was enthralled and waiting to hear what happened next. Daniel has great talent and if you get the chance to hear or see him, it is certainly worth taking it. We were treated to a couple of stories from Welsh Mythology.

After many, many setbacks, Finn & the Fianna is now available to order as a paperback in the UK! UK readers can order a paperback online from WH Smith, Amazon, Blackwells or Waterstones.

<https://www.whsmith.co.uk/.../paperback/9780750991445.html>

ebook readers: you can pre-order the ebook from Amazon, Barnes & Noble, Kobo and Apple Books [https://www.amazon.co.uk/Finn.../dp/0750991445/ref=sr\\_1\\_1](https://www.amazon.co.uk/Finn.../dp/0750991445/ref=sr_1_1)

### **Can You identify these 16 Scottish placenames from these clues? – Answers next month!!**

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

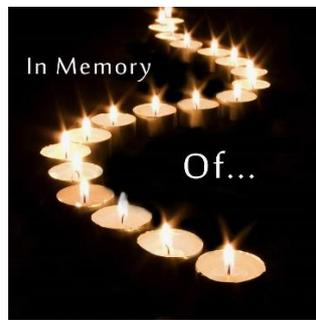
## March Diary

Monday 1st  zoom	1.00pm - 3.00pm		<p style="text-align: center;">Show &amp; Tell</p> <p>Bring along something to share, whether it's arts &amp; crafts, music, a book, telling us what you've enjoyed on the tv, or radio, or a photo or picture, a special memento – any ideas welcome</p>
Monday 8 <sup>th</sup>  zoom	1.00pm - 3.00pm		<p style="text-align: center;"></p> <p style="text-align: center;">The highlight of March and main happening! See later in Newsletter</p>
Monday 15 <sup>th</sup>  zoom	1.00pm - 3.00pm	Christine Maclean	<p style="text-align: center;">Leads us in a 'Me Time' therapy session Look out for further details later in Newsletter</p> <p style="text-align: center;"></p>
Monday 22 <sup>nd</sup>  zoom	1.00pm - 3.00pm	David Aston	<p style="text-align: center;"> See front page</p>
Monday 29 <sup>th</sup>  zoom	1.00pm - 3.00pm		See further details in Newsletter
Fridays 	2.00pm	Fiona Grant - MacDonald	Guaranteed to cheer you up! Brilliant way to raise your spirits and before you know it, you are singing along!



Fiona Grant-MacDonald has moved the day of her Facebook Live music set to a Friday afternoon as she is now back to work – many thanks Fee – 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 😊



Richard Fairbairn – sadly passed away on 1<sup>st</sup> February 2021 aged 70 – our deepest condolences to his brother Leslie, sister-in-law Evelyn and niece Yvette.

“Our Richard- diligent, kind, BBQ king and a true friend to all at headway will be sorely missed by all.”  
Gordon and Dottie

“Best burger BBQer in East Lothian”

“Always cheery and willing to help, nothing too much trouble” - Katy

“Always be grateful coming all the way from Dunbar to pick me up in Tranent we used to have some great talks about steam trains basically put in the world to rights  
When I think of Richard I think of a big man with a big heart” – Caroline

“Was so, so sad to hear of Richard passing. He was instrumental in getting me to Headway East Lothian and also saved our house from a number of floods. He was such a gentleman, down on his hands and knees, despite his mobility issues to sort out one of the problems and cutting the price that the joiner he brought along was going to charge. "I never charge more than £x and neither will you!" He will be sadly missed. I hope you get to pass on our condolences to his family and our thanks for the great person he was.” – Fiona Balfour



So many memories of Richard – from his first day at Headway travelling in the car with me, David and Anne Knox – he was so nervous and it had taken a lot of persuasion to get him to come along but loved it and never looked back. His great friendship with John Wilson, another sadly passed away. Helping out with supporting people on away days, attending conferences, the Way Ahead and BRAW – getting up on the dance floor! Reciting the Address to the Haggis; being in charge of the ‘Swear Box’ and the Bonus Ball for Dunbar – making sure we all paid up in time. Such a friend and a wonderful Treasurer – so exact – we spend 3 hours searching the books for a missing 9p one year but he was adamant we had to find it and find it we did! Travelling up & down to Jedburgh with the books to our Independent Examiner – he saw that as a perk of the ‘job’. I loved our chats and could spend ages sitting with him, listening to his stories and wisdom and experience – will miss him very much” – Joyce

"It was great to see Richard joining in with the hair paints and allowing us to put all different colours on his hair at the BBQ" – Grace



**George Blyth** – sadly passed away on 14<sup>th</sup> February aged 85 – a lovely gentleman – always known to us as ‘Young George’ – enjoyed the social interaction, chatting to people and taking part in activities when he was able. Our thoughts are with his wife Joy and daughter Wendy and her family.



## Christine Maclean



“Hi - some of you will know me from being a member of the Headway East Lothian Board. I joined the board when I retired, having had quite a lot of contact with HWEL and provided Headway with some office space in the early days.

I have been interested in relaxation and meditation methods for many years, attending classes and courses, and then deciding, when I was based at Prestonpans, to deliver some sessions to those attending. Most who came had neurological and/or mobility issues along with the many other conditions that can affect people, and I tried to adapt the sessions to make them accessible to all. For instance, any exercise can be done either seated or standing. The sessions are about 45 minutes, recognising that concentration can be hard for some people depending on their conditions.

When I moved to Port Seton Resource Centre, I began to look at ways of delivering sessions to the wider community and I have been doing this for 12 years now. The sessions are free, though a small charge is made to cover the rent of the room. 6 -8 people enrol at a time which is fine for the accommodation available. We do some gentle exercise to ease any muscle tension, some gentle breathing exercises, and meditation. I also use essential oils as part of the self-care hand massage each person is asked to do, either on themselves or another person. I usually explain the benefits of the particular oil I have chosen to use for the session. However, simply using a hand cream is perfectly ok too.

I have not been able to run the classes this past year because of the pandemic we are currently experiencing but have started to use Zoom and it's going fine. We've all had to adapt our ways of doing if we want to keep things going and keep connected in our communities.

The benefits of relaxation are many and include, better sleep, reduced blood pressure, improved wellbeing, reduction in anxiety and stress. The sessions aim to give you the chance to try out different methods and to maybe find one that suits you. Some people like the breathing, others the guided meditations. Don't worry if you feel your mind is all over the place - that is normal. But try to stick with it and keep bringing yourself back to whatever part of the session we're on.

Give it a go - what have you got to lose..... I hope those of you who join me for this will enjoy it very much. Over the years I have had good feedback from those who've attended, many saying they feel more in control, calmer, and generally well. that's been my reward over the years - to know it's helping. ”  
Christine



Don't forget about Joyce and her big challenge

Tell your friends, family even your unfriended friends if you have any!!

<https://virtual.thekiltwalk.co.uk/fundraising/ScotlandsVirtualKiltwalk2021-JoyceCattanach>

**Sir Tom Hunter and The Hunter Foundation will be topping all funds up by 50% so every bit I can raise will come to Headway East Lothian**

## Interact session details

**Zoom Meeting Monday 29<sup>th</sup> March 1.00 pm – 3.00 pm**



We are InterAct Stroke Support, a charity that utilises storytelling to provide mental stimulation, support, and much needed company to stroke survivors across the UK.

We want to bring our service directly to you at home, using video calls or regular phone calls.

We will connect you with actors, one-on-one or in virtual stroke groups. This service will be completely free and catered to you.

If you would like to hear more about InterAct at Home, please send an email to:

[admin@interactstroke.org](mailto:admin@interactstroke.org)

instagram: @interactstroke  
facebook: InterAct Stroke Support  
twitter: @InterActStroke  
website: [www.interactstrokesupport.org](http://www.interactstrokesupport.org)



InterAct Stroke Support are an award-winning charity that take professional actors into hospitals and stroke clubs to deliver live, interactive readings. They do this to alleviate depression, stimulate memory and stimulate language.

Covid has meant all their work is suspended so they've decided to deliver their reading service virtually, using technology such as Zoom and the good old-fashioned telephone. It's called INTERACT AT HOME. They are in the pilot stage of this scheme, so it's initially free of charge.

They, and we, believe that social isolation is a major problem faced by stroke survivors and brain injury survivors as well as many other people, and it's exacerbated during the Covid crises.

If anyone is interested in the service, all they have to do is use this link <https://www.interactstrokesupport.org/book-online>

Additionally, they have developed their very own podcast entitled RIGHT SIDE OF THE BRAIN, an arts, culture and health podcast where they interview people from across those platforms. The podcast is available on Apple podcasts, Spotify, Stitcher etc, additional to their own podcast site at Buzzsprout <https://www.buzzsprout.com/1086089>

Check out other information at [www.interactstrokesupport.org](http://www.interactstrokesupport.org)



<https://www.rct.uk/discover>

Click the link above and discover the Royal Collection and Palaces through tours, trails, activities and more There is an unbelievable and almost endless amount to see and do on this site Discover the stories of great events which have taken place in The Queen's official residences and find out more about artworks in the Royal Collection.

Did you know Robert the Bruce was interred twice?

Did you know the cellar of Queen Mary's doll's house contains over twelve hundred miniature bottles of the finest champagnes, wines and spirits and beers?

Did you know King George 111 had over 3000 Military Maps?



This is the only map in the collection to show the march route of the Highlanders to Nairn and back to Culloden on the eve of the battle. Its date is 1746. You can go into interactive screen and zoom in at the amazing detail and explanations of the troops and their positions and the lie of the land

There is a vast collection of information and thing to do within this site and I would urge anybody who does not have internet access to see if a household member or visiting carer could go into the site and show them some of the information that is there. Media varies from interactive, written, photos, videos, verbal accounts from curators and many more

Official Royal Residences covered on this site

[The State Rooms, Buckingham Palace](#), [The Royal Mews, Buckingham Palace](#), [The Queen's Gallery, Buckingham Palace](#), [Clarence House](#), [Windsor Castle](#), [Frogmore House](#), [Palace of Holyroodhouse](#), [The Queen's Gallery, Palace of Holyroodhouse](#)

## Fun, Energy, Exercise, Laughter – F.E.E.L.



Headway Dundee and Angus have shared the link to their weekly seated exercise sessions with us; held now on a Thursday via Zoom at 2.00pm. There's a different theme each week from hats to Indian to 70s! If you would like to join in, please contact Joyce for the joining instructions.

They have also shared their timetable with us so if anyone is interested please get in touch with me (Joyce) and I can get you the links to join the classes.

We have welcomed some of their members along to our Monday meetings and members from Headway Borders – great to share activities, meet new people and make new friendships across the miles!



**Headway  
Dundee & Angus**  
Supporting people with  
Acquired Brain Injuries

### Activities Timetable for Feb 22nd-27th 2021

#### MONDAY

1pm-3pm STORY TELLING with DANIEL ALLISON- Headway East Lothian  
6pm-7pm ADULT YOGA with GOGA Tayside (Get Out Get Active)

#### TUESDAY

10am-10.45am STRENGTH & BALANCE with GOGA Tayside (Get Out Get Active)  
2pm-2:45pm WELLNESS RECOVERY ACTION PLAN (WRAP) - Headway Dundee  
6pm-7pm BOXERCISE with GOGA Tayside (Get Out Get Active)

#### WEDNESDAY

2pm-2:45pm GROUP QUIZ/CATCH UP - Headway Dundee  
7.30pm-8pm RELAX and UNWIND with GOGA Tayside (Get Out Get Active)

#### THURSDAY

10am-10.45am ADULT CIRCUITS with GOGA Tayside (Get Out Get Active)  
2pm—2.40pm F.E.E.L (Fun Energy Exercise Laughter) with Ann... 70's theme

#### FRIDAY

2pm—4pm WEEKLY SING ALONG - Headway East Lothian

#### SATURDAY

10.15am-11am PILATES with GOGA Tayside (Get Out Get Active)



## You Are Not Alone

**Monday March 8<sup>th</sup>** – we will again be delivering – with the help of our fantastic volunteers – a delicious Afternoon Tea - supported with funding **Scottish Government Communities Recovery Funds** and supplied by Carolyn and the team at The Filling Station.

If you can, please be at home to take your delivery, will be after 10.30am and we will have a special Zoom meeting that afternoon to celebrate being together and the friendship that can bring. Anybody who would like help to join in on Zoom or would like a phone call to join in for a shout out, please call Katy on 01877 387 264



1. **Art and crafts** – Art can be therapeutic and healing, it can also be creative, letting imagination run wild. Painting on canvas freely or with some guidance can be great for expressing our feelings.
2. **Preparing for a car boot Sale** – Declutter and reorganise a few things in the house, although the event would not be able to take place now, at least all the preparation would be done when you can do go to a donation shop or organise a sale.
3. **Making a Treasure Box** – You can use an old container or a recycled boxed decorate it, and then put your precious items in the box. It could be photos of loved ones, a stone they painted, a ribbon from an old dress, some jewellery etc.
4. **Creating a Photo-Memory Book or a Calendar** – Lots of photos are now being kept online. Doing a photo album can be a great way to keep busy and interested in family history. Story telling can also take place as a result which promotes language development, a sense of belonging and connections. In a similar line, designing a calendar online can be a great way to keep busy.
5. **Gardening/Growing Plants and Vegetables** – There are lots of videos online with tips about growing fruits and vegetables from their seeds so you can avoid the shops. Newspapers and magazines can also help. You can also use lots of old or recycled containers to pot your plants.
6. **Preparing a Picnic in the Garden or a Room in the House** – Prepare your food, set a theme, even for our YANA day – be prepared in your favourite seat – watch a film or listen to some music that also sets the scene – you can go wherever you want in the comfort of your own chair
7. **Rocking, Swinging and Sensory Activities** – I found myself sitting on my rocking chair this week & it reminded me how the rocking motion can be very relaxing as it repetitive and calming. Activities that are relating to our senses are also important to ground us and calm us, such as swinging, rocking, deep pressure, taste, touch, smell.
8. **Music, Dancing, Singing and Playing an Instrument** – Lots of fun to be had with a home disco, push the table and chairs aside, or the sofas and just dance, listen to music, have fun. Spend time making a playlist ready for your disco; get the music ready and in order, learn the lyrics of a song. Learn to play an instrument, develop your skills playing your instrument. If you don't have instruments at home, make some, why not think about making some instruments with recycled containers or cardboard – can combine shakers with music – I use homemade shaker weights with my online exercise class – a sight to behold!



The BRAW event has been cancelled for 2021 – the organising committee alongside Tulliallan Police College have made the decision to look at rescheduling to Spring 2022. It just wouldn't be the same kind of BRAW with the possible social restrictions that will still be in place this year so here's to next year!

**BREAKING NEWS!!! - Dates for BRAW 2022 - Friday 6th - Sunday 8th May**

## MARCH BIRTHDAYS

OOPs what about nearly forgot February Birthday!

Sorry JOHN HOGG, at least you got a card, will try to do better next year!! (Can't get the staff!)

Ali Grant-MacDonald 9<sup>th</sup>

Fionna Balfour 10<sup>th</sup>



Cat Baillie 23<sup>rd</sup>

Charlene Wood 26<sup>th</sup>



**Tam Lamont 21<sup>st</sup> – 65!!!**

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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