



Headway
East Lothian
SC10 03535
Newsletter

www.headway-eastlothian.org.uk



Issue 21/11

November 2021

Congratulations to Grace!

**Our very own home grown Art Teacher is a lucky winner in
The Digby Brown Christmas Card & Calendar Competition**



Grace will be heading off to the award ceremony which will be on Tuesday 7th December
at the Double Tree Hilton in Glasgow

More cute than scary, Grace's scarecrow is a worthy winner.

Thanks to all of you who entered your amazing creations this year

Unlock & Revive - Autumn Series

Every Wednesday 11.30 – 12.15pm

This programme of online heritage events will be presented by a mixture of University of Edinburgh Prescribe Culture Members and staff from the SCRAN/Historic Environment Scotland

All events will be presented via Zoom and I will add the links each week to the activity programme

Date	Time	Event
Wed 3 Nov	11.30 – 12.15am	EDINBURGH CASTLE THROUGH THE KEYHOLE with Sally Chalmers Come and (virtually) explore Edinburgh Castle with Learning Officers and professional Castle Enthusiasts Sally and Sylvie. Join us to hear about the castle as a home to Kings and Queens, Prisoners and Pirates, Servants and Soldiers. As well as to share your stories about your own homes.
Wed 10 Nov	11.30 – 12.15am	SING IT BACK Sing-a-long session with musician David Hood. David plays everything from old favourites, rock n' roll, Scottish and Irish tunes, to modern classics!
Wed 17 Nov	11.30 – 12.15am	ARCHIVE PHOTOGRAPHY: Entertaining Edinburgh Join Jackie Sangster, Learning Manager at SCRAN, to take a flick through old photographs of Edinburgh's cinemas, concerts, celebrities, dance halls, theatres, and performances from the past – from the 1950s onwards.
Wed 24 Nov	11.30 – 12.15am	SING IT BACK Sing-a-long session with musician David Hood. David plays everything from old favourites, rock n' roll, Scottish and Irish tunes, to modern classics!
Wed 1 Dec	11.30 – 12.15am	EDINBURGH CASTLE THROUGH THE KEYHOLE with Sally Chalmers Come and (virtually) explore Edinburgh Castle with Learning Officers and professional Castle Enthusiasts Sally and Sylvie. Join us to hear about the castle's Great Hall, and about feasting and celebrating at the Castle. As well as to share your own memories of eating and celebrating at home.
Wed 8 Dec	11.30-12.15am	SING IT BACK Sing-a-long session with musician David Hood. David plays everything from old favourites, rock n' roll, Scottish and Irish tunes, to modern classics!



If you would like to be involved in the weekend of activities either as a participant or volunteer, then please get in touch with me (Joyce) for a form and further information.

The event will take place at Tulliallan College

Friday 29th April – Sunday 1st May 2022



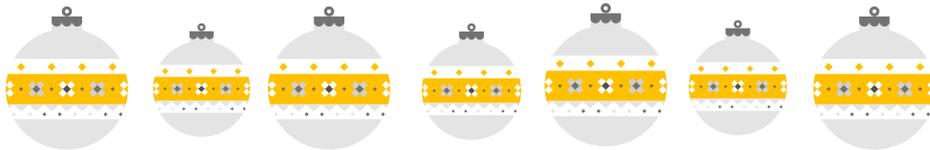
New Open Learn course from the Open University

Are you a carer? Or do you work with a carer, or know someone who is one? This free course, Physical activity for health and wellbeing in the caring role, is designed to give an insight into the demands, both physically and mentally, of the caring role and look at how taking part in physical activity can offer benefits to the health and wellbeing of carers.

Given the demands of the caring role, the course also looks at possible ways to start incorporating physical activity into everyday life and reflects upon a number of case studies. By the end of the course you will have gained knowledge about strategies that will help you to understand how to support and improve the wellbeing of either yourself or a carer you know.

You can sign up for the course [here](#). It takes about 6 hours to complete.

*******Christmas*******



If anyone would like to do some bits & pieces of Christmas Shopping at Fort Kinnaird & has no other way of getting there or anyone to help them then please let us know and we will do our best to get you there & help! Can't have a Christmas with no presents under the tree!



Christmas Lunch



Save the date!!

Monday 13th December

West Barns Bowling Club



Pause & Breathe

Sessions with Susie are a great way to learn some coping mechanisms – we have been following the course weekly and are all looking forward to finding out more!

The 5 sessions are as follows and we have just done week 3

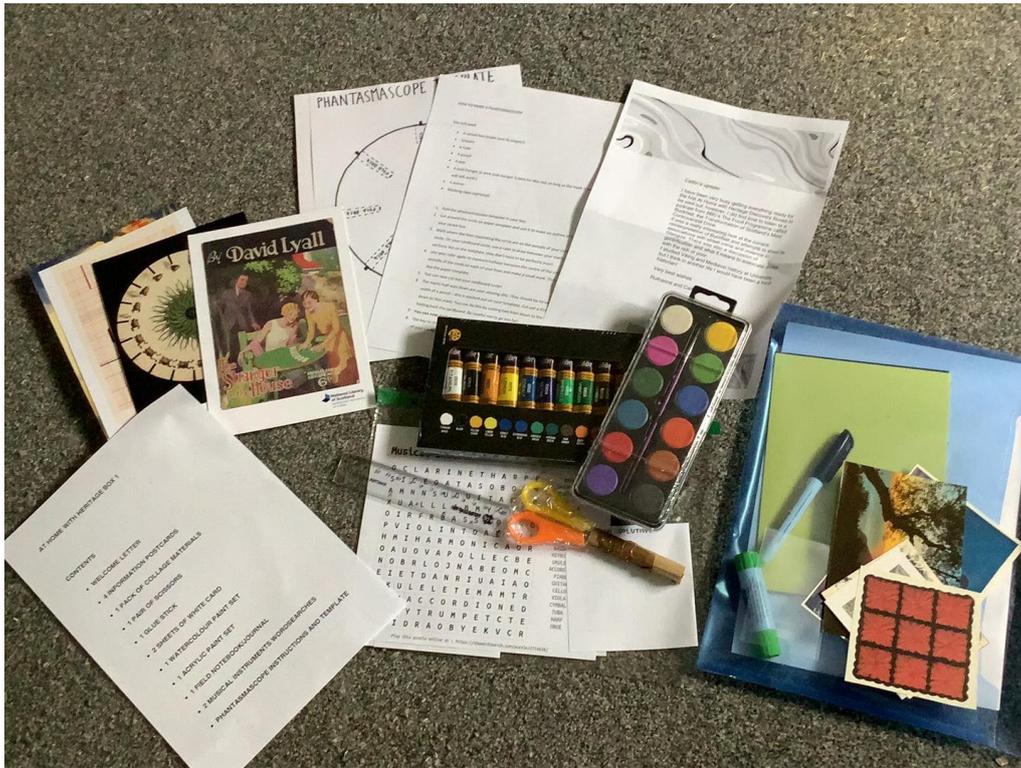
Week 1: An Introduction to Mindfulness – brief discussion of what mindfulness is and how it can be useful. Looking at how to get out of auto-pilot – pausing and breathing during the day. Practices – mindfulness of the breath; 3-step practices and a body scan.

Week 2: Focusing on the Body – recognition of how mindfulness is more than just sitting and meditating, some of the practices in this session will be active – mindful movement, mindful walking, mindful eating. Also, a practice around being able to accept physical discomfort (including pain) and perhaps starting to react differently to this.

Week 3: Calming the Mind – Considering the negative bias we all have – learning to respond to thoughts differently – to notice without reacting. Being able to calm the critical inner voice. Practices in this session will focus on learning to observe thoughts non-reactively.

Week 4: Working with Emotions – Learning to recognise emotions without identifying with them – ie: “I recognise that I am feeling lonely”, rather than “I am lonely”. Being able to see that emotions are transient – they will pass, or change in strength, and do not always need to be reacted to. In this session, we will undertake a RAIN (recognise / accept / investigate / non-identification) practice.

Week 5: Compassion to Self and Others – Often, we think about how important it is to be kind and compassionate to other people, but we often forget about ourselves. In this session, we will discuss why self-compassion is so important, to enable us to be compassionate to others. In this session, we will undertake a loving kindness practice, and we will look at issues such as how we communicate with loved ones in times of difficulty.



Great to see the At Home with Heritage boxes arriving as featured in the September Newsletter
Looking forward to finding out what is all involved and how everyone sees things differently!
Brilliant project to have available.



Wonderful to have Fiona back with us singing Live at 2 of our groups – such fun to have everyone singing along, good for the body and soul 😊 She was even thanked by the staff at Port Seton Centre who said it was great to hear Fiona singing!



New smoke alarm regulations in Scotland

By February 2022, every home in Scotland is required by law to have interlinked fire alarms. The alarms connect to each other so that when one goes off, they all go off.

These could cost homeowners somewhere in the region of £200 to install.

If you are older or disabled you may qualify for assistance from your local Care and Repair service. Details of the local offices are available here.

www.careandrepairsotland.co.uk/office-locations.html

To be eligible for support from Care & Repair, you must live and own your home with a Council Tax banding of A-C. You must also either be of state pension age and in receipt of guaranteed Pension Credit or have a disability and be in a support group for Employment and Support Allowance.

For advice on fire safety, or to request a Home Fire Safety Visit, contact The Scottish Fire and Rescue Service on **0800 0731 999**

If you are concerned about cold callers or about the information given by a tradesperson, contact Trading Standards Scotland on **0808 164 6000**

More information on new smoke and heat alarm regulations is available here: <https://www.mygov.scot/home-fire-safety>

November Diary

Some sessions also go out on Zoom – watch out for Joyce’s weekly email for online activities. This has details of all HEL online and that of other groups that we can join with.

Below are all the face-to-face peer groups we now have up & running – if you would like to come along, please phone Joyce to book a place as numbers are still limited and certain Covid restrictions will continue to be in place, such as all seated meetings, mask wearing, social distancing and enhanced hygiene.

Monday 1 st	1.00pm - 3.00pm	Port Seton Community Centre Snacks courtesy of Co-op Community Grant	Seated Exercise Class & Relaxation -Patricia Eckersley
Wed 3 rd	3- 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Musical Memories
Thurs 4 th	10.00- 12.00	Hallhill Centre Dunbar	Discovery Challenge
Mon 8 th	1.00pm - 3.00pm	Port Seton Community Centre	BINGO!
Wed 10 th	3- 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Quizzes & Puzzles
Thurs 11 th	10.00 – 12.00	Hallhill Centre Dunbar	Remember when...?
Monday 15 th	1.0 pm 3.0 pm	Port Seton Community Centre	Ronnie Pollock
Wed 17 th	3- 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Seated Exercise Class & Relaxation -Patricia Eckersley
Thurs 18 th	10.00 – 12.00	Hallhill Centre Dunbar	Cook & Share
Monday 22 nd	1.00 pm – 3.00	Port Seton Community Centre	We’re going on a bus journey (Virtually!!)
Wed 24 th	3- 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Art workshop with Grace
Thurs 25 th	10.00 – 12.00	Hallhill Centre Dunbar	Seated Exercise Class & Relaxation -Patricia Eckersley
Monday 29 th	1.00pm - 3.00pm	Port Seton Community Centre	Seated Exercise Class & Relaxation -Patricia Eckersley

Joyce will be on Annual Leave

Thursday 4th & Friday 5th November, Monday 8th – Friday 12th November

Halloween was the theme all round at Haddington & Dunbar
Too spooky for me!





We had another great Art workshop from Grace – this time a mystery painting which turned out to be pumpkins for Halloween! Amazing work from everyone and many thanks to Grace for being so patient with us, all who took part, Christine and Dottie for their assistance and to Sam our judge – operating remotely via zoom – maybe safest when she scored all the pictures 😊

Visiting art galleries, museums and theatre virtually

There are lots of galleries, museums and theatres who are offering the chance to visit them virtually which may suit some people as the days get shorter.

Here are some of the ones we have found:

The National Museum of Scotland

[Museum at home | Watch and listen \(nms.ac.uk\)](#)

The National Museum of Scotland have an extensive number of films, animations and podcasts to explore from a tour of the Ancient Egypt Gallery [Ancient Egyptian Gallery Tour \(nms.ac.uk\)](#) to films about what contemporary objects the museum is collecting in their Collecting the Present series. [Collecting the Present \(nms.ac.uk\)](#)

National Galleries of Scotland

It is worth checking out the National Galleries to see if they have any virtual exhibition experiences running, including their [virtual concerts](#).

Scottish Ballet

Scottish Ballet have podcasts available to listen to online:

[Scottish Ballet's Half Hour Call | Scottish Ballet](#) In this set of podcasts they look at how the ballet industry can be more inclusive, diverse and equitable.

Capital Theatres

Capital Theatres run lots of events for people living with dementia, and these have continued online throughout the pandemic. More can be found on their website:

[Dementia Friendly Theatre - Capital Theatres](#)

They also produce a quarterly newsletter, *DementiArts* is a quarterly dementia-friendly newsletter focussing on the arts. They champion the stories, creative endeavours and achievements of those experiencing dementia, as well as giving a platform to the fantastic array of organisations and companies serving this sector.

A popular part of *DementiArts* is its day-by-day calendar — a “one-stop shop” of all the events and activities taking place on any given day for those living with dementia. Therefore, if you are an individual, organisation, or society that has any dementia-related programming for this period, they would love to hear from you! You can get in touch with Alex at

Alex.Howard@edtheatres.com

National Theatre of Scotland

[What's On | National Theatre of Scotland \(nationaltheatrescotland.com\)](#)

There are a number of short films and productions online available either for free or you can make a donation.

National Theatre at home

[National Theatre at Home \(ntathome.com\)](#)

This is a subscription service for £9.99 per month or £99.00 per year. You can then access a range of performances each month from the National Theatre.



The Ultimate Comfort Food! 'Terry's Chocolate Orange Brownies' – a recipe from Jane's Patisserie

Ingredients

- 150 g dark chocolate
- 150 g Terry's Chocolate Orange
- 200 g Unsalted Butter
- 3 Large Eggs (or 4 medium)
- 275 g Caster Sugar

90 g of gluten-free flour (e.g. Dove's), which works really well in this recipe, or if not plain flour

- 35 g cocoa powder
- One good teaspoon of orange oil (this works best) or if not the zest of 1 orange
- 300 g Terry's Chocolate Orange (chopped)

Instructions

Preheat your oven to 180C/160C Fan and line a 9" Square baking tray with parchment paper.

Melt together the butter, dark chocolate and Terry's Chocolate Orange in a heatproof bowl over a pan of boiling water, on the microwave for 1-2 minutes until melted. Leave to the side to cool to room temperature!

Using an electric whisk/stand mixer, whisk together the eggs and caster sugar for a few minutes until the colour has turned pale, is very mousse like, and is double the original volume of the amount of eggs + sugar!

You will know its done because when you lift the whisk up out of the mix it should leave a trail for a couple of seconds before disappearing!

When whisked, pour the cooled chocolate mix over eggs and fold together carefully. It might take some time, but be patient – you don't want to knock out the air you made up on the previous step!

Once completely combined, sift the cocoa powder and plain flour on top of the chocolate mix, add the orange zest, and then fold together again – still be careful to not knock out the air!

Once combined well, fold through the Chocolate Orange chunks and pour into the prepared tin – bake in the oven for 30-35 minutes! Once baked, leave to cool in the tin completely.

Warm these up in the microwave and serve with some ice-cream, a delicious dessert for any occasion! Don't eat too many at once!!

November Birthdays

Only one this month!

Sam Fairgrieve 9th



Just in case you had left Halloween behind.....

*Grab your broomstick so we can make a clean getaway
I would make a skeleton joke, but you wouldn't find it very humerus
Where does a skeleton go for a fun night?" "Anywhere, as long as it's a hip
joint.*

*Demons are a ghoul's best friend
I know some vampire puns, but they all suck*

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

If you want some help with on line or technical issues, get in touch with Joyce or Katy

www.headway-eastlothian.org.uk
https://m.facebook.com/headwayeastlothian/?locale=en_GB
<https://www.instagram.com/headwayeastlothian41/>

