



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 22/01

January 2022



First, a great big Thank You to all of you out there, without you there would be no Headway East Lothian and we all, Board & volunteers, are so grateful to all of you for making what we do such a pleasure. We have all had so much to deal with in 2021 with the changes due to the Pandemic, organising our face-to-face peer group sessions, welcoming back old faces and new, & constantly having to be on the alert to the changes and adapt quickly to meet demand and restrictions. Thanks to all the volunteers for doing their deliveries & phone calls to keep in touch & help with all the activities which hopefully have went a way towards alleviating feelings of loneliness & isolation, reducing the negative impact on mental health and physical health.

Massive shout out to Jim, Katy, Christine, Fee, Caroline, Cat, Teresa and David for their support at Board level; to Dottie and Fiona for the continued support at group sessions and beyond – thanks to our friends at Headway Dundee & Angus and again to all of you. Hope you all had a lovely Christmas everyone and for those who do not celebrate Christmas, I hope you enjoyed the break and the chance to spend time with family and friends.

It is also a time to reflect on those we have lost and remember them with a smile; between us we share so many stories and keep the memories alive.

From our house to yours,  
a very Happy New Year  
Joyce, Moray, Jodie & Michelle  
the Guide Dog



**We now come to the unscripted bit of the Newsletter .....**  
**No matter how we say it, I know we all feel it is very well deserved and always too small, so here it is anyway, Joyce**



**Joyce works tirelessly and hard every year but last year must have been one of the most difficult ones in all the years she has been with HEL.**

**So much to juggle, so much to arrange and so much, no sooner arranged, than had to be either unarranged or changed!**

**Joyce has tried and succeeded to look to the needs of the whole HEL community. Last year, that could mean:- hours arranging Covid safe *and* accessible to each individual, transport to HEL groups, meet ups, hospital appointments – all having to take place in compliance with Covid Regulations and guidance: Hours arranging suppliers and volunteer deliverers to bring cheer to everybody's door: Hours joining up with others to offer a massive programme of internet accessible entertainment and helping as many as could, access it: Hours on the phone with HEL community to make sure all OK or organising volunteers to spread the load when nobody could physically meet: Hours keeping up with anybody who may be of use to HEL and following up to make sure all get as much help as is out there to get. To say that Joyce became a walking encyclopaedia on the subject of Covid would be understating her knowledge. It is not just having the knowledge that is important, but also having the ability to *use* that knowledge. Joyce did just that and ensured all practicalities were undertaken so that HEL could join in as many activities as was practical. On many occasions, Joyce would be using her new found, very excellent techy skills to run a Zoom meeting one minute, then dash off to get a meeting room prepared and Covid safe for face to face meet up, and finally get back to the home office in time for making another round of arrangements, given the guidance had changed again!**

**Can never cover all that you do, Joyce, but a big *thank you* from everybody, and thanks to Moray and Jodie for sharing their lives with us, you are all much appreciated.**

### Digby Brown Christmas Card & Calendar Competition Award Ceremony

Grace, Gillian and Joyce had a great day out in Glasgow at the award ceremony. We got the train through in the morning then a wee walk along Sauchiehall Street & to the Hilton by Doubletree Hotel. The mulled wine was a warming start to the proceedings (non-alcoholic of course) then the main event where Grace was awarded her certificate & prize and Joyce received the cheque for £200 for group funds. A lovely buffet lunch, a chance to chat to old friends and new then time to say goodbye after the photos & video interviews. Too cold to even shop on the way back to the station, back to Edinburgh & home after a great day out! Well done Grace!



### Palace of Holyrood House Visit

Thanks to Fiona at the Royal Collection Trust for organising our group tickets – what an amazing place and seeing it all decked out in its festive glory was spectacular! We enjoyed the self-guided audio tour and even spent some time listening to Fiona playing carols on her violin in the Throne Room before finally getting up the steep spiral staircase in the turret that was Mary Queen of Scots bedchamber where David Rizzio was murdered!



### Snowmen Chocolate Oranges

We have been gifted 10 wonderful Chocolate Oranges, wearing their snowman covers, by the amazingly talented Angel Lorimer – if you would like to buy one or two of them then please get in touch with Joyce to get them put aside! They will be £7.50 each which is amazingly good value for such beautifully hand-crafted items which can be reused time after time – once you've eaten the chocolate that is!



## Christmas Lunch

We managed to hold a wonderful Christmas Lunch with 46 people attending, at the West Barns Bowling Club – very different to our past events but a great success. Thanks to all concerned but in particular Helena and West Barns Bowling Club, Teresa for putting in many extra miles with arrangements for and on the day, not to mention Dottie who was commandeered by Santa to be his secret helper! We received many amazing donations for the wee raffle we held on the day which raised £164 for group funds. Many thanks to Ann Fortune, Mick Holland, Fiona Mcquade, Torrance Taxis, Digby Brown Solicitors, Joyce Cattanach, Caroline Cook, Gillian & Jim Maryniak & Lizan Ralton.

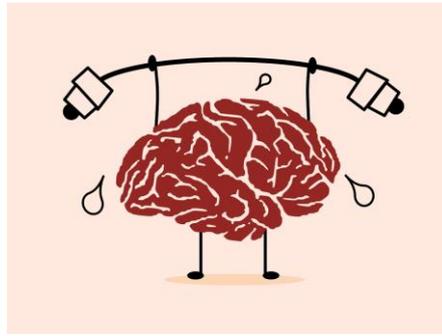






A lovely lunch and all spread out and even had windows open. Only masked up Santa helpers moving between tables for serving refreshments and secret Santas, thanks again to all concerned!

## Mental Health



Christmas can be a difficult time. It's a time of year when we're often under increased stress, and it can have a variety of effects on our mental health.

Take a deep breath. Don't try and do everything.

Changes Mindfulness practitioner recorded a series of mindfulness and relaxation audio tracks that can assist you in slowing down and reconnecting with yourself. All of the recordings are available for free listening and can be enjoyed as stand-alone tracks: [www.changeschp.org.uk/audio-tracks](http://www.changeschp.org.uk/audio-tracks)

If you require support with your mental health over the festive break contact the East Lothian Mental Health Line on 01620 642 963 (closed on 27th, 28th Dec and 3rd, 4th Jan). We also suggest checking out the wonderful Winter Wellbeing toolkit created by [Eastspace](#). If you require support in a crisis contact NHS 24 on 111 and in an emergency contact 999.

For many people, the overlap between brain injury and mental health issues can be very confusing. The effects of brain injury can often be very similar, or the same, as those of a mental health condition, leading to mis-diagnosis and referrals to inappropriate services. To further complicate things, pre-existing mental health problems before the injury can exacerbate the effects of both conditions. Add in the psychological strain that a brain injury can place on a survivor, and it's not surprising that people with a brain injury, their family members, friends, colleagues and even doctors can struggle to recognise and deal with mental health after brain injury.



It's been a tough year for many of us. Our [Green Doctors](#) are here to make 2022 a little cosier. Our energy experts are providing free telephone or in person consultations to share advice about saving energy, install energy efficiency measures - such as draft proofing – and help you access grants

Consultations are available again in the New Year on Tuesday 4 January 2022

Who is eligible?

Our free impartial advice is available to a wide range of people, including those on a low income, with debt, in poor housing conditions or living with physical or mental health conditions. Many people are finding themselves in energy debt for the first time this year.

Sign up for a consultation today: [www.groundwork.org.uk/greendoctor](http://www.groundwork.org.uk/greendoctor)

## What gifts were sent on the Twelve Days of Scottish Christmas?



Picture is of the creel Christmas Tree at Dunbar Harbour

On the 12 days of Scottish Christmas, it's not your true love that sends you gifts - it's your best pal! Here are the gifts that your best pal sent on each of the 12 days of Scottish Christmas:

1. A capercaillie in a pine tree
2. Two Cairngorm reindeer
3. Three jaggy thistles
4. Four heilan coos
5. Five Irn Brus
6. Six ceilidh dances
7. Seven Nessie sightings
8. Eight neeps and haggis
9. Nine noisy bagpipes
10. Ten Scottish teacakes
11. Eleven clottie dumplings
12. Twelve tasty shortbreads

## Looking forward to 2022

We have lots planned for 2022 with a mixture of live at face-to-face group meetings and online activities and even some hybrid events! Look out for visits from David Hood, musician; Prescribe Culture; Jackie Sangster from Historic Environment Scotland; Heritage at Home; Patricia Eckerslie and of course the annual Burns Supper in some shape or form!

## January Diary

**Although it is hoped to hold all sessions as described in the diary, some sessions may be subject to review. Please note NO face to face planned till Monday 17<sup>th</sup> earliest**

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.

Wednesday 5 <sup>th</sup>		Joyce Back in the Office Working from home	
Fri 14 <sup>th</sup>	3.00pm	HEL Board Meeting	
Monday 17 <sup>th</sup>	1.00 pm – 3.00	Port Seton Community Centre	Welcome Back
Wed 19 <sup>th</sup>	3-5.00pm	Community Hall, East Lothian Community Hospital Haddington	Welcome Back
Thurs 20 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Welcome Back
Monday 24 <sup>th</sup>	1.00 pm – 3.00	Port Seton Community Centre	David Hood Muscian
Wed 26 <sup>th</sup>	3-5.00pm	Community Hall, East Lothian Community Hospital Haddington	“All about you” stories
Thurs 27 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Discovery Challenge catch up
Monday 31 <sup>st</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Art Workshop



### Body Boosting Bingo & Power Quiz (from last month!)

*Joyce, Katy, Christine, Teresa and Mike from Dundee & Angus attended a training session on the activities so look out in the future, but for now we have a couple of dates lined up for you from Age Scotland’s Healthy Active Ageing Trainer Cara McGurn – we hope you all enjoy the fun and competition!* **Power Quiz is a game to get the body moving and fire up the mind**

Who would have thought there was quite **SO MUCH** moving and firing up of the mind as went on in this downhill ski race between Jim & Gillian as part of the excellent session run by Cara – Anybody who has not seen this video on Facebook – get somebody to show it to you - priceless

### Take 30 Together Virtual

Take 30 Together Virtual (T30TV) is open to anyone 18+ who would benefit from connecting with others and the world around them.

T30TV has an international and intergenerational membership who weekly enjoy 'escaping, exploring and e-socialising with the world of heritage'. The T30TV programme includes:

- Access 'visits' to heritage collections, venues and sites across the globe, in the company of Guest Guides through virtual tours, powerpoint presentations and live streaming tours. From Sydney Living Museum to Edinburgh Castle, the Library of Parliament, Canada, to the Shangri La Museum and Decorated Farmhouses of Sweden to Mount Stuart.
- 'Get lost' in stories of characters, events, discoveries and places that range in theme from the heritage of bees to the beginnings of the Gothic Novel and Polar Explorations to the origins of Botanic gardens.
- Participate in monthly Member's Heritage Share events, getting to know other members online

Visits for January and February 2022 include to Sainsbury's archives and Sydney Living Museums.

#### T30TV Visits: Jan and Feb 2022

<u>January</u>			
Wed 12	1-2pm	Handsel Monday – Hear and share your stories and thoughts on services (postal, health, etc.) past and present	Members Heritage Share
Wed 19	7-8pm	UNESCO Decorated Farmhouses of Halsingland, Sweden	Anna-Karin Ferm, World Heritage Cultural Developer
Wed 26	1-2pm	An Audience with a Marine Archaeologist – get an insight into the lesser known stories of life in archaeology	Natalia Bain, Wessex Archaeology
<u>February</u>			
Wed 2	7-8pm	Prescribe Culture: What and Why in 2022	Ruthanne Baxter, Prescribe Culture Lead
Wed 9	1-2pm	Local Heroes and Heroines – member's volunteer to champion a person, place or other from heritage in their local area.	Member's Heritage Share
Wed 16	7-8pm	Sydney Living Museums	Beth Hise, Curator
Wed 23	1-2pm	Returning to the Sainsbury Archives	Allison Foster, Sainsbury's Collections Manager

#### Unlock & Revive

A social prescribing programme of cultural activities on Zoom, for those living with dementia and other related conditions.



Our online heritage and cultural events programme runs every Wednesday morning, 11.30-12.15pm during the 10 weeks seasonal programmes.

### Partners Online Activities

National Museums Scotland- discover the Museums at home

[Wellbeing at the museum \(nms.ac.uk\)](https://www.nms.ac.uk)

[Explore the NMS Collection](#)

[Explore the NMS Collection on Pinterest](#)

[Explore the National Museum of Scotland virtually on Google Streetview](#)

[The History of NMS](#)

[NMoS Architecture Trail](#)

[Films on Contemporary Scottish Culture](#)

[NMS Learning Team Twitter](#)

[NMS Museum Yoga](#)

[Explore the NMS Fashion Collection](#)

National Galleries Scotland [National Galleries of Scotland | Art Museums in Edinburgh](#)

Mindfulness and art BSL video series: <https://www.nationalgalleries.org/art-and-artists/features/mindfulness-and-art-british-sign-language-bsl-videos>

At Home art concerts: <https://www.nationalgalleries.org/art-and-artists/features/lockdown-concerts-live-music-now>

In the mind's eye series: <https://www.nationalgalleries.org/art-and-artists/features/minds-eye>

Gallery social (recorded for those affected by dementia, but suitable for anyone to enjoy): <https://www.nationalgalleries.org/art-and-artists/features/gallery-social-anyone-affected-dementia>

Art activity ideas: <https://www.nationalgalleries.org/art-and-artists/features/art-around-you>

More activities here: <https://www.nationalgalleries.org/art-and-artists/features/art-fuel-ideas-fuel-your-art-making-home>

Artists in profile video series: <https://www.nationalgalleries.org/art-and-artists/features/artists-profile> Sculpture audio tour: <https://www.nationalgalleries.org/art-and-artists/features/visually-impaired-tour-sculpture-park>

Lots of great features and articles: <https://www.nationalgalleries.org/art-and-artists/features>

Edinburghs Botanic Gardens [Home | Royal Botanic Garden Edinburgh \(rbge.org.uk\)](https://www.rbge.org.uk)

### **Growing Tips**

[How To Make Recycled Gardening Tools with Elinor](#)

[How to Sow Seeds with Elinor](#)

[Easy Container Crops with Laura](#)

[Thinning with Ben](#)

[Harvesting with Ben](#)

[Sowing Green Manures with Ben](#)

[Sowing Seeds Outdoors with Ben](#)

More growing tips on our [blog](#)

### Enjoying Nature

[An Introduction to Contemplative Walking with Roger](#)

[Scottish Plant Lore: A Wealth of Stories with Greg](#)

### Cooking and Seasonal Produce

[Cooking with Spring Crops with Ailsa](#)

[Growing and Brewing Herbal Teas with Elinor](#)

For more cooking ideas check out [our blog](#). Discover a year of fantastic, fresh and seasonal recipes. Before the pandemic we held a weekly Cook Club on site at the Botanic Cottage. Since March 2020 Cottage Cook Club tutor Ailsa has prepared some great recipes from fresh and store cupboard ingredients to encourage us to keep home cooking and keep eating right.

## **Not finished with the "Thank Yous" yet**

**Some of you may already know that we have been offered and have taken a storage unit at Ladybird in Macmerry. This will be a great help for us and will ensure we have everything safe and central for all our meetings and activities.**

**However, these improvements don't just happen by magic and Joyce could not have managed without Jim, Gillian and Teresa. Having completed that task, further work was waiting for Joyce, Jim and Teresa at Haddington where our cupboard required a total clear out and deep clean after it had been unused for a while .**

**Thank you all!**

A bit late with this but pretend you are at Christmas Eve and read out round the fireside

### A Covid Christmas

Twas the night before Christmas, but Covid was here, So we all had to stay extra cautious this year.

Our masks were all hung by the chimney with care In case Santa forgot his and needed a spare.

With Covid, we couldn't leave cookies or cake So we left Santa hand sanitizer to take.

The children were sleeping, the brave little tots The ones over 5 had just had their first shots,

And mom in her kerchief and me in my cap Had just settled in for a long winter's nap.

But we tossed and we turned all night in our beds As visions of variants danced in our heads.

Gamma and Delta and now Omicron These Covid mutations that go on and on

I thought to myself, "If this doesn't get better, I'll soon be familiar with every Greek letter".

Then just as I started to drift off and doze A clatter of noise from the front lawn arose.

I leapt from my bed and ran straight down the stair I opened the door, and an old gent stood there.

His N 95 made him look pretty weird But I knew who he was by his red suit and beard.

I kept six feet away but blurted out quick " What are you doing here, jolly Saint Nick?"

Then I said, "Where's your presents, your reindeer and sleigh ? Don't you know that tomorrow will be  
Christmas Day? "

And Santa stood there looking sad in the snow As he started to tell me a long tale of woe.

He said he'd been stuck at the North Pole alone All his white collar elves had been working from home,  
And most of the others said "Santa, don't hire us! We can live off the CERB now, thanks to the virus".

Those left in the toyshop had little to do. With supply chain disruptions, they could make nothing new.

And as for the reindeer, they'd all gone away. None of them left to pull on his sleigh.

He said Dasher and Dancer were in quarantine, Prancer and Vixen refused the vaccine,

Comet and Cupid were in ICU, So were Donner and Blitzen, they may not pull through.

And Rudolph's career can't be resurrected. With his shiny red nose, they all think he's infected.

Even with his old sleigh, Santa couldn't go far. Every border to cross needs a new PCR.

Santa sighed as he told me how nice it would be If children could once again sit on his knee.

He couldn't care less if they're naughty or nice But they'd have to show proof that they'd had their shot  
twice.

But then the old twinkle returned to his eyes. And he said that he'd brought me a Christmas surprise.

When I unwrapped the box and opened it wide, Starlight and rainbows streamed out from inside.

Some letters whirled round and flew up to the sky And they spelled out a word that was 40 feet high.

There first was an H, then an O, then a P, Then I saw it spelled HOPE when it added the E.

"Christmas magic" said Santa as he smiled through his beard. Then suddenly all of the reindeer appeared.

He jumped into his sleigh and he waved me good-bye, Then he soared o'er the rooftops and into the sky.

I heard him exclaim as he drove out of sight "Get your vaccines my friends, Merry Christmas, good-night".

Then I went back to bed and a sweet Christmas dream Of a world when we'd finished with Covid 19. --

Joseph David



# January Birthdays



Mary Wood 10<sup>th</sup>



David Brown 15<sup>th</sup>

Bill Leishman 20<sup>th</sup>



Alba Surridge 27<sup>th</sup>

Lynne Martin 29<sup>th</sup>

Robert Dalrymple 30<sup>th</sup>



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](http://www.headway-eastlothian.org.uk)  
[https://m.facebook.com/headwayeastlothian/?locale=en\\_GB](https://m.facebook.com/headwayeastlothian/?locale=en_GB)  
<https://www.instagram.com/headwayeastlothian41/>

