



Headway
East Lothian
SC10
Newsletter
www.headway-astlothian.org.uk



Issue 18/04

April 2018

Outings Rest of 2018.

April - Friday 20th - Dunbar Lifeboat station

May - Friday 4th - Musselburgh Races

June - Friday 29th - Botanic Gardens (depends on the weather) or Scottish
National Gallery of Modern Art

July - Friday 20th - BBQ

August - Friday 31st August - Mystery Tour

September - Friday 14th - Ratho Barge

October - Friday 12th - Christmas Shopping trip to Livingston

November - Friday 30th - 10 Pin Bowling

December - Monday 10th - Christmas Lunch



Lloyds TSB
Foundation for Scotland

Noticeboard



Carer meeting in cafe on Monday 16th April



Next Board Meeting

Wednesday 9th May

Haddington



The re-scheduled outing to
the RNLI Station at Sunny Duny?
is now on Friday 20th April.

OUTINGS
ORGANISING
COMMITTEE

Jackie Armstrong
Kate Dickson
Paul Hamilton
John Hogg
Jim Maryniak



As part of our Action for Brain Injury Week campaign [You, me and brain injury](#), we're conducting a survey into the ripple effect of brain injury. The aim of the campaign is to highlight the fact that brain injury doesn't just affect the individual, but also their family, friends, colleagues and many more relationships besides.

The short survey is open to brain injury survivors, families, friends, colleagues and others.

Complete the survey

at: www.surveymonkey.co.uk/r/youmebraininjury.

The ripple effect of brain injury can cause the network of people around the survivor to be affected as well, and relationships can sometimes become stronger, or ...

Paper copies are available by contacting Tamsin Ahmad, Publications and Research Manager at publications@headway.org.uk or 0115 924 0800.

We'd be really grateful if you could share the survey to ensure that we hear from as many brain injury survivors, carers and others as possible before the survey closes on **16 April 2018**.

Results of the survey will be launched in May as part of ABI Week..

Advance Notice

ABI Week
'You, me & Brain Injury' '
14th – 18th May

Hats for Headway –
we will be holding our very own Hats for Headway event on Thursday 17th May at
the Dunbar meeting
Come along, wear a hat & help raise awareness of brain injury

Head Injury Information Day
Wednesday 23rd May
Hilton Grosvenor Hotel, Edinburgh
9.00am – 3.30pm

East of Scotland Regional Network Meeting
Tuesday 29th May,

Answers to picture quiz in March Newsletter:

1. Ben Sayers golf club maker North Berwick
2. Curling House within Gosford Estate Aberlady



This month at Headway

1			
2	Mon	Musselburgh	HOLIDAY
3	Tue		
4	Wed	Haddington	Quiz night
5	Thu	Dunbar	Games & puzzles
6	Fri		
7	Sat		
8	Sun		
9	Mon	Musselburgh	Sing-a-long with Fee
10	Tue		
11	Wed	Haddington	Sing-a-long with Fee
12	Thu	Dunbar	Sing-a-long with Fee
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Carers in Café
17	Tue		
18	Wed	Haddington	Arts & crafts
19	Thu	Dunbar	Games & Puzzles
20	Fri	Outing	Dunbar Lifeboat Station
21	Sat		
22	Sun		
23	Mon	Musselburgh	Dominoes, chat & quizzes
24	Tue		
25	Wed	Haddington	
26	Thu	Dunbar	Arts & Crafts
27	Fri		
28	Sat		
29	Sun		
30	Mon	Musselburgh	Dominoes, chat & quizzes

Meetings

Monday The Musselburgh East Community Association (MECA) building, Wallyford Road, just up from Levenhall roundabout 1pm - 4pm. A chance to meet over a cup of coffee. There is a café where lunch or a snack can be purchased.

Wednesday We meet at the Hub, Herdmanflat Hospital Aberlady Road Haddington at 6.30pm Tuesday evenings with a speaker etc. The meeting finishes at 8.30pm. We are not connected to the hospital.

Thursday we meet at Hallhill Healthy Living Centre, Dunbar on a Thursday 1pm- 3pm for those who live in Dunbar and surrounding area.

Contact Us

Jim Maryniak Convener	07920 195743 jimmaryniak@hotmail.com
Richard Fairbairn Treasurer	077604 95851
Fiona Grant- MacDonald Secretary	feegramac@sky.com
Development Officer Joyce Cattanach	07895 193974 headwayeastlothian@live.co.uk

Joyce is also available at The Bleachingfield Centre, Countess Crescent, Dunbar, EH42 1DX, by appointment at the following times, and for outreach at other times.

Mon 9.00am - 3.00pm Tue 11.00am - 3.00pm Wed 9.00am - 3.00pm
Thursdays Office at home Fridays Office at home

It's always better to phone to check first in case Joyce is out at meeting

Items for the newsletter to Robert Dalrymple
robert.dalrymple202@btinternet.com Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**.