



Headway  
East Lothian  
SC10  
Newsletter



Issue 15/08

Honorary President  
Dr Alasdair Fitzgerald

August 2015



***Claire says Goodbye in style!***

We said an emotional farewell to Claire Dunn; one of our longest serving volunteers, on Wednesday 1<sup>st</sup> July. Claire has worked with us for 6 years now and has recently graduated with an Honours Degree in Speech & Language Therapy from Queen Margaret's University. We wish Claire, Dave and Woody all the best in their new adventures and are assured that we will see them soon!

“When I studied for my psychology degree in Glasgow, straight from leaving high school, I always said to myself that one day I would do some charity work. Give a little back to those who need it. However, something always got in the way; having to work long days in retail after graduating, social events, and just low motivation. Then I met my partner, David, who lived in Musselburgh. I continued to work in Glasgow, but spent my days off in Musselburgh. It was then that I finally decided to find a charity to work with. I visited the volunteer centre and was handed a massive file full of charities. I looked through carefully, and decided on Headway. It appealed because of my background in Psychology, so I thought maybe I would have some understanding of member's conditions.

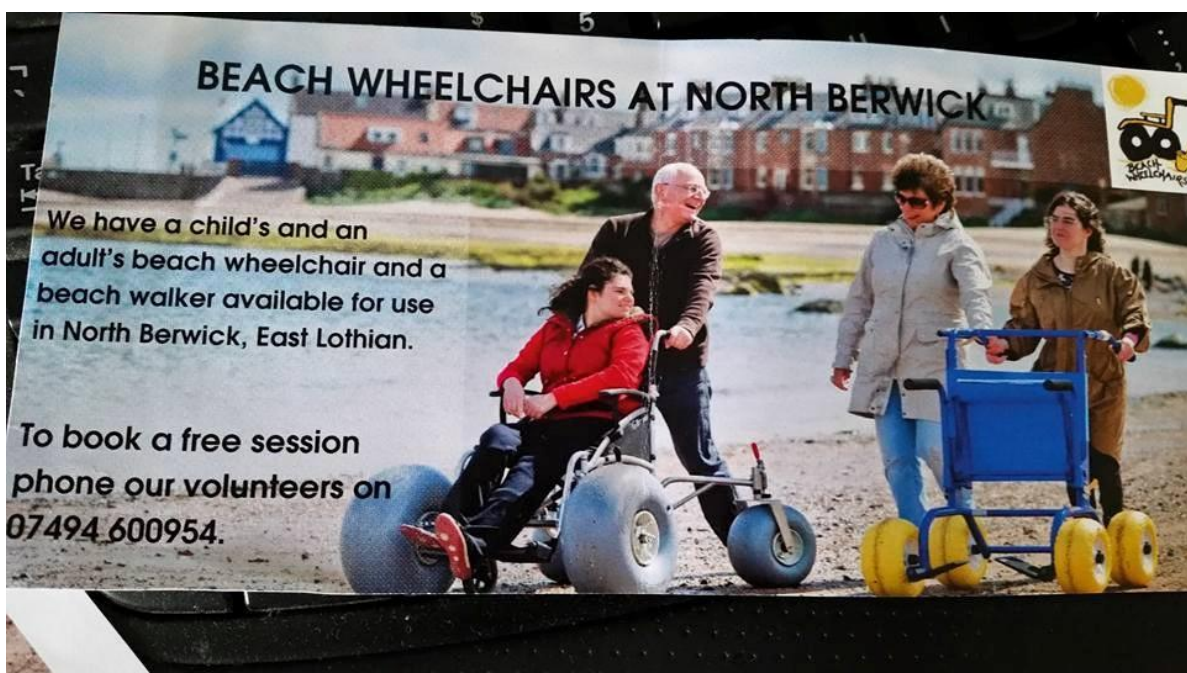
I started my first day volunteering at MECA in Musselburgh, where Headway have a drop in session every Monday afternoon. I met Joyce, and most of the

members, and the rest is history! I began to build relationships and became a regular fixture at the Wednesday night meetings in Haddington.

It has now been 6 years since my first meeting, and I can honestly say that volunteering with Headway has been one of the greatest decisions I have ever made. I have gained patience, understanding, confidence, knowledge, direction in life and most of all; I have gained many good friends.

So thank-you Headway, for letting me be part of your organisation, and for being part of my life.”

## ***Beach Wheelchairs at North Berwick***

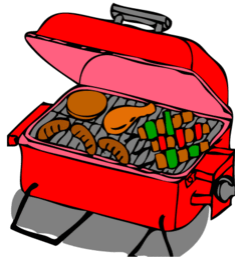


## ***About Beach Wheelchairs***

The Beach Wheelchair Project provides a children's and adult's beach wheelchair and a beach walker for loan free of charge from our Beach Hut at North Berwick Harbour, East Lothian. We believe that everyone has the right to enjoy our beautiful beaches.

To ensure that we meet your needs, we have four different beach wheelchairs available. When you call to book with us, we will chat through the options available to ensure that where possible the wheelchair that you choose meets your needs.

## Noticeboard



### BBQ

Friday 7<sup>th</sup> August

Come along and join in the fun!  
4 The Paddock, Seton Mains,  
Longniddry, 12.00pm start  
Check beforehand in case of wet  
weather!



### SHIMS

Monday 10<sup>th</sup> August

Scottish Head Injury Music  
Support Group  
Playing for us at Musselburgh, in  
the Games Hall from 1.30pm -  
3.00pm, please come along and  
support them and us!



### Social Group Lunch

Friday 14<sup>th</sup> August

Lunch at West Barns Inn, 2.00pm  
Make your own way along please,  
lunch needs to be ordered  
beforehand so please contact  
Joyce if you wish to come along.



### Alternative 3 Peaks Challenge

Thursday 20<sup>th</sup> August

Support Fiona and friends along  
the way or join them for lunch at  
43 School Brae, west Barns, or in  
the evening at The Gothenburg,  
Prestonpans



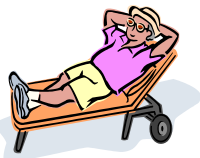
All Ability Sponsored Walk  
Sunday 23<sup>rd</sup> August

Support those taking part in this years sponsored walk either by joining them or sponsoring them to complete their Golden Miles in Holyrood park at 2.00pm- for more information please contact Joyce

Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting  
Wednesday 26<sup>th</sup> August  
Haddington



'Next Outing  
Mystery Tour  
Friday 25<sup>th</sup> September, places limited so let Joyce know if you would like to come along

## This month at Headway

|    |       |             |                    |
|----|-------|-------------|--------------------|
| 3  | Mon   | Musselburgh | Dominoes & chat    |
| 4  | Tues  |             |                    |
| 5  | Wed   | Haddington  | Games & Wii        |
| 6  | Thu   | Dunbar      | Party Time         |
| 7  | Fri   | Seton Mains | BBQ                |
| 8  | Sat   |             |                    |
| 9  | Sun   |             |                    |
| 10 | Mon   | Musselburgh | SHIMS              |
| 11 | Tues  |             |                    |
| 12 | Wed   | Haddington  | Arts & Crafts      |
| 13 | Thurs | Dunbar      | Arts & Crafts      |
| 14 | Fri   | West Barns  | Social Group Lunch |
| 15 | Sat   |             |                    |
| 16 | Sun   |             |                    |
| 17 | Mon   | Musselburgh | Arts & Crafts      |
| 18 | Tues  |             |                    |

|    |       |             |   |
|----|-------|-------------|---|
| 19 | Wed   | Haddington  | Outdoor Games                               |
| 20 | Thu   | Dunbar      | Alternative 3 Peaks Challenge               |
| 21 | Fri   |             |   |
| 22 | Sat   |             |   |
| 23 | Sun   | Edinburgh   | Sponsored Walk                              |
| 24 | Mon   | Musselburgh | Quiz Day, Minutes                           |
| 25 | Tues  | Glasgow     | Sex & Sexuality After Brain Injury Training |
| 26 | Wed   | Haddington  | Board Meeting; Games & Wii                  |
| 27 | Thurs | Thursday    | Quizzes & Games                             |
| 28 | Fri   |             |   |
| 29 | Sat   |             |   |
| 30 | Sun   |             |   |
| 31 | Mon   | Musselburgh | Dominoes & Chat                             |
|    |       |             |   |

## 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** The Doughty Centre Herdmanflat Hospital Aberlady Road Haddington at 6.30pm 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 12 noon- 2pm for those who live in Dunbar and surrounding area.

## Contact Us

|  |  |
|--|--|
| Jim Maryniak<br>Convener               | 07920 195743<br><a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>             |
| Gordon Wallace<br>Treasurer            | 01875 853491<br><a href="mailto:csgordon.wallace@virgin.net">csgordon.wallace@virgin.net</a>     |
| Bryan Hislop<br>Secretary              | 07989 974 855<br><a href="mailto:bryanhislop@aol.com">bryanhislop@aol.com</a>                    |
| Development Officer<br>Joyce Cattanach | 07895 193974<br><a href="mailto:headwayeastlothian@live.co.uk">headwayeastlothian@live.co.uk</a> |

Joyce is also available at The Bleachingfield Centre, Countess Crescent, Dunbar, EH42 1DX, by appointment, Mondays, Tuesdays & Wednesdays and for outreach at other times.

Items for the newsletter to Robert Dalrymple [robert.dalrymple202@btinternet.com](mailto:robert.dalrymple202@btinternet.com) Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**

**Affiliated to Headway - the brain injury association**