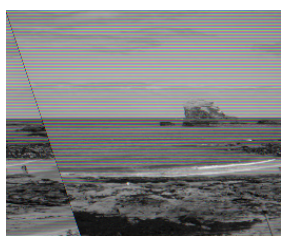




Headway
East Lothian
SC10
Newsletter
www.headway-astlothian.org.uk



08

Honorary President
Dr Alasdair Fitzgerald

August 2016

MARKS & SPENCER

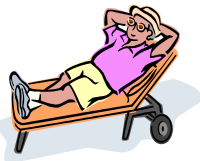
We are very pleased to let everyone know that we received a cheque to the value of £3908.40 from M&S staff at Fort Kinnaird which they donated after their year of fundraising for both Headway East Lothian and Edinburgh Headway; thanks to all who helped in the Bag packing days; family, friends and volunteers and especially to the ladies from Thompsons Solicitors who helped us out!



Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting
Wednesday 26th August
Haddington

NEXT
OUTING

Friday
30th August
?????

Golf Tournament

Brian Burns Memorial Trophy



Winterfield Golf Club, Dunbar

Saturday 20th August

If you would like to donate a raffle prize please contact Joyce Cattanach, David or Kate Dickson at any of the meetings.



Thanks to the team from Ross High School; Kirsten, Sarah and Fay for all their hard work in producing an excellent presentation about Headway East Lothian and living with an acquired brain injury. We received a cheque to the value of £3000 from YPI Scotland and hope to have the girls along to our Awards evening to show them how much we appreciate their efforts. The girls made this video as part of their presentation, please have a look,

<https://www.youtube.com/watch?v=0zn9B5QV8UA>

Carers Meetings



If you are a carer of someone with an acquired brain injury; friend, family member or loved one, and would like to meet fellow carers then please join us for coffee, tea and a blether in the cafe area of
MECLC

Celebrate Success Awards



It will be a pleasure to welcome you to come along to the Doughty Centre, Herdmanflat Hospital, Aberlady Road, Haddington, Wednesday 7th September
7.00pm onwards!

There will be light refreshments on offer, a chance to mingle and chat and of course the announcement of our very own awards for those who have achieved goals small or large; furthered the work of Headway in the community and helped us during the year month at

This month at Headway

1	Mon	Musselburgh	Chat & dominoes
2	Tues		
3	Wed	Haddington	Members night - you choose
4	Thu	Dunbar	Games galore - Joyce
5	Fri		
6	Sat		
7	Sun		
8	Mon	Musselburgh	Chat & dominoes
9	Tues		
10	Wed	Haddington	Summer Quiz night
11	Thu	Dunbar	Conversation Cafe - Joyce
12	Fri		
13	Sat		
14	Sun		
15	Mon	Musselburgh	Carers Meeting in Cafe 2.00pm
16	Tues		
17	Wed	Haddington	
18	Thu	Dunbar	Summer Quiz - Joyce
19	Fri		
20	Sat	Dunbar	Golf Tournament
21	Sun		
22	Mon	Musselburgh	Stone painting
23	Tues		
24	Wed	Haddington	Stone painting
25	Thu	Dunbar	Stone painting - Joyce
26	Fri	??????	Mystery Tour
27	Sat		
28	Sun		
29	Mon	Musselburgh	Chat & dominoes
30	Tues		
31	Wed	Haddington	Board meeting

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 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 12 noon- 2pm for those who live in Dunbar and surrounding area.

Contact Us

Jim Maryniak Convener	07920 195743 jimmaryniak@hotmail.com
Richard Fairbairn Treasurer	077604 95851 james.fairbairn123@btinternet.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, Mondays, Tuesdays & Wednesdays and for outreach at other times.

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



Improving life after brain i

Charity No **SC035535**