



Headway  
East Lothian  
SC10  
Newsletter  
[www.headway-astlothian.org.uk](http://www.headway-astlothian.org.uk)



Issue 17/12

December 2017

**MERRY CHRISTMAS**




**TO ALL**

**Christmas Lunch**



**Lloyds TSB  
Foundation for Scotland**

## Noticeboard

	Carers meet in the Café Muselburgh when required None in December
	Next Board Meeting - no time in December
<p>January 2018</p> <p>Look forward to a New Year with Headway East Lothian</p>	<p>Weekly groups restart with Monday 8th at Musselburgh; Wednesday 10th at Haddington and Thursday 11th at Dunbar</p> <p>Carers in the Café on Monday 15th January where we will have a chat with Julie Oswald from Carers of East Lothian about Short Breaks.</p> <p>Burns' Supper - We will celebrate the Bard's Birthday on Wednesday 24th January at our Haddington Meeting with our annual Burns night celebrations - a time to get together &amp; celebrate friendship.</p>
	Outings & events for the coming year will be announced shortly





## Digby Brown Christmas Card & Calendar Competition



We would like to thank all our Brain Injury survivors who took part in this year's competition. The standard was outstanding, and I'm assured the judges had a very difficult task choosing the winning entries. We were delighted to hear that we have 2 winners in our midst this year!



They and their supporters will be going through to Glasgow in December to attend the prize-giving ceremony where they will receive an award certificate and a £50 Marks & Spencer gift voucher.

Our Group representative will also receive a cheque for £200 for group funds.



The winners for this year from Headway East Lothian are Carolynn Giraldis for her Splashy Art Canvas and Ian Henderson for his painting "Riverside Cottage"

we are so pleased for you both, very well deserved!



## Loneliness is not just for Christmas



Loneliness is described as when you feel you'd like to have more social contact than you have or feel you're lacking in the kind of social contact you crave. So even if you are invited to lots of parties over the holiday season, you can still feel incredibly lonely. Thankfully there are things you can do to avoid that feeling of isolation this Christmas.

### **Plan your time alone**

Imagine your ideal day alone: perhaps you'd have breakfast in bed, spend the morning reading, you might visit a nearby park or see a film at the cinema, or perhaps you'd enjoy painting all day or researching online for a holiday to book for the following year. Now try to do exactly that on Christmas Day. Make it your day to do exactly what you like – you've got no one to please but yourself.

### **Don't accept all invitations**

This might sound counterintuitive but sometimes going to other people's Christmas events can make the loss you feel even more painful. Like going to someone else's birthday party, it can simply highlight the fact that you can't enjoy the same thing they are – being with close friends and family. If that's you, simply decline the invitation.

### **Exercise to feel better**

Exercise can make an enormous difference to how you feel and yet many of us don't even think of doing it during the Christmas holidays. Being lonely and lethargic feels a lot worse than being lonely after an energetic workout session. Being outside is especially beneficial as you'll absorb some sunlight (even through those clouds!), which can help lift your mood.

## **Help others feel less lonely**

You might think you're the only person in your neighbourhood who feels lonely at Christmas but there are thousands of people seeking company over the holiday period. Invite a neighbour over for mince pies and a film, organise a pre-Christmas street party, or ask around to see if anyone would like to go on a Christmas day walk for charity.

## **Get away from it all**

Half of the world celebrates Christmas in the heat and so if your Christmas memories are connected to chilly winter nights spent with loved ones, it might help to be somewhere warm. Almost anywhere in the southern hemisphere will provide you with a summery holiday in December but closer to home you can try Cyprus or Morocco where daytime temps are around 20-21 degrees.

## **Do some voluntary work**

Thousands of people in the UK help in soup kitchens or similar locations during the Christmas period. It's a wonderful way to avoid feeling lonely, keeping busy and meeting others. Try exploring <http://timebank.org.uk/christmas-volunteering> where you can find charity events and groups near you, with date-specific information.

## **Turn the TV off**

The television might seem like your only friend at times but turning it off and doing something else instead could be key to avoiding loneliness. What would you do if didn't watch TV so often? Perhaps you'd read more, and you could join a local book club or join in on online book discussions; maybe you'd feel more inclined to go out and seek new contact with others; or maybe you'd use that time to exercise which would make you feel healthier and happier overall.

## **Use technology to connect with loved ones**

Set up a Skype or FaceTime session with loved ones who are far away, if you can. Or ask family members to make a short video for you so you can watch it on Christmas day. Make a video yourself to send to family or friends or to upload to Facebook. The funnier the better.

## **Friendship & Dating**

Many people find dating and making friends difficult whatever your background and whether you have a disability or not. Whether that's through lack of confidence, anxiety or experiencing social barriers, it can sometimes leave people feeling socially isolated.

There are many different ways to meet people and what suits one individual might not suit another. Some people prefer to go out to a social event while others may



prefer initial contact using an online dating website. Although it can feel quite nerve wracking, sometimes it's just a case of giving something a go!

[get2gether](#) believe that everyone has the right to love and friendship. They also believe that people meeting each other shouldn't be difficult or complicated. They arrange social activities for people with disabilities in safe and friendly places in Edinburgh and the Lothians. Their members tell them what they're interested in – and that's what they do. From Wiff Waff ping pong tournaments, to the panto, speed dating, dancing and meals out, and much more.

Membership of get2gether is completely free. To register you can either [fill in the online membership form](#), e-mail Sylvia at [info@get2gether.org.uk](mailto:info@get2gether.org.uk) or call **07867 179023**. They also have a [get2gether blog](#) where you can find out what they've been up to.

[The Outsiders Club](#) offers physically and socially disabled people the chance to gain confidence, make new friends and form relationships. Being in Outsiders is not just seen as an alternative to socialising elsewhere, but helps disabled people to become more confident in many other situations. They run local lunches where you can get to know others in the groups. Outsiders lunches are starting in Edinburgh shortly. If you would like to go along or you would like to help run them, contact [Tuppy@Outsiders.org.uk](mailto:Tuppy@Outsiders.org.uk).

The Outsiders Trust also offers support on relationships, sexuality, dating and sexual services and run a free helpline on **07770 884 985** or by email on [sexdis@outsiders.org.uk](mailto:sexdis@outsiders.org.uk).

## Dating Websites

There are a growing number of mainstream online dating websites as well as a number that cater specifically for people with disabilities. You can usually register for free but there are costs to upgrade your membership. We've listed some websites but there are others as well.

### [Enable Dating](#)

When becoming a member of Enable Dating, you have three types of membership to choose from. These range from 'Free', to 'Gold' and finally 'VIP'. Each one gives specific features and the upper two tiers add more benefits to help you make the best of your online dating. Their free membership is a good starting point, allowing you to get into online dating without any upfront cost or commitments.

### [DisabilityMatch.co.uk](#)

Specialist disabled dating websites to help people meet single adult men and women who share your disability, condition or life challenge within a friendly vibrant disabled community. Initial registration is free. Online chat available and webcam available.

### [Disabled Dates 4 U](#)

Registration is free you can browse other members profiles. Webcam and online chat available.

## This month at Headway

1	Fri	Outing	Dynamic Earth
2	Sat		
3	Sun		
4	Mon	Musselburgh	Andy Brown sings & plays
5	Tue		
6	Wed	Haddington	Linda McCann, Arts & Crafts
7	Thu	Dunbar	Christmas Arts & Crafts
8	Fri		
9	Sat		
10	Sun		
11	Mon	Outing	Christmas Lunch
12	Tue	Glasgow	Digby Brown Competition Awards
13	Wed	Haddington	'Strip the Willow'
14	Thu	Dunbar	Mince Pie Morning
15	Fri		
16	Sat		
17	Sun		
18	Mon	Musselburgh	Christmas Raffle & music
19	Tue		
20	Wed	Haddington	Christmas Party
21	Thu	Dunbar	Christmas Party
22	Fri		
23	Sat		
24	Sun		
25	Mon	HOLIDAY	
26	Tue	HOLIDAY	
27	Wed		Joyce available via phone or e-mail
28	Thu		Joyce available via phone or e-mail
29	Fri		Joyce available via phone or e-mail
30	Sat		
31	Sun		

## 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 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 <a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>
Richard Fairbairn Treasurer	077604 95851
Fiona Grant- MacDonald Secretary	<a href="mailto:feegramac@sky.com">feegramac@sky.com</a>
Development Officer Joyce Cattanach	07895 193974 <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**.