



Headway
East Lothian;
SC10
Newsletter



Issue 16/02

Honorary President
Dr Alasdair Fitzgerald

February 2016

Gordon retires as Treasurer

Our long-serving treasurer has decided to stand down. Gordon has been in charge of our finances since the group was established and has carried out the duties in a meticulous and exemplary manner. We must say a big thanks to Gordon for everything he has done

New Treasurer

Richard Fairbairn an existing Trustee/Board member is our new treasurer and we wish him in his new role.

He can be contacted at

077604 95851

james.fairbairn123@btinternet.com

Next Outing



Dynamic Earth, Edinburgh

Friday

19th February

Look forward to



A packed programme of events in 2016, some old favourites and some brand new.

Outings 2016

A full list of outings for the remainder of 2016 is inside






LOTTERY FUNDED



Lloyds TSB
Foundation for Scotland

Noticeboard

	Carer meetings held on Mondays as required		Relaxation classes held on Mondays as required
	<u>Next Board Meeting</u> Wednesday 7pm 3 rd February at Haddington	<u>Outreach Service</u>	Don't forget if you know of anyone who might benefit from Headway, let Joyce know.

Policy news

The Carers (Scotland) Bill is a key new piece of legislation which completed stage 2 of its progress through the Scottish Parliament last month.

The Bill proposes that every adult carer in Scotland should have their own support plan, outlining the support they are entitled to. Young carers will receive a similar young carer statement. When it is finalised and becomes an Act of Parliament in April 2017, it will be the first time that carers' rights are enshrined in law in Scotland. As a Bill which will affect so many people connected to Headway, we will continue to monitor its progress and keep you informed.

The Card Man



As you know, Paul Hamilton had one of his entries chosen to be the design for the Christmas Card. Paul went through to Glasgow to receive his award certificate and a £50 Marks & Spencer gift voucher. The Group's Convener, Jim Maryniak was presented with a cheque for £300 for our group funds.

Outings & Events(Feb - Dec) 2016

February - Wednesday 3rd - Board Meeting - Doughty Centre 7.00pm

Friday 19th - Outing - Dynamic Earth

March - Wednesday 2nd - Board Meeting - Doughty Centre 7.00pm

Tuesday 22nd - Outing - Headway Scottish Brain Injury Conference,
Murrayfield Stadium, Edinburgh

Monday 28th - Holiday - Easter Monday

Wednesday 30th - Board Meeting - Doughty Centre 7.00pm

April - Wednesday 27th - Board Meeting - Doughty centre 7.00pm

Friday 29th - 10 Pin Bowling - Fountain Park, Edinburgh

May - Monday 9th - Friday 13th - Action for Brain Injury week

Wednesday 11th - Head Injury Information Day - Grand Central Hotel, Glasgow

Wednesday 25th - Board Meeting - Doughty Centre 7.00pm

Friday 27th - Outing - Borders Railway trip

June - Wednesday 29th - Board Meeting - Doughty Centre 7.00pm

July - Friday 1st - Outing - BBQ at Seton Mains

Wednesday 27th - Board Meeting - Doughty Centre 7.00pm

Friday 29th - Outing - Seabird Centre, North Berwick

August - Friday 26th - Outing - Mystery Tour

Wednesday 31st - Board Meeting - Doughty Centre 7.00pm

September - Wednesday 28th - Board Meeting - Doughty Centre 7.00pm

Friday 30th - Outing - Sponsored Event/Challenge Day - Dunbar

October - Friday 14th - Outing - Christmas Shopping - Livingston

Wednesday 26th - Board Meeting - Doughty Centre 7.00pm

November - Friday 25th - Outing - Dobbies - Lasswade

Wednesday 30th - Board Meeting - Doughty Centre 7.00pm

December - Monday 12th - Outing - Christmas Lunch (to be confirmed)

This month at Headway

1	Mon	Musselburgh	Roots and Fruits
2	Tues		
3	Wed	Haddington	Board Meeting
4	Thurs	Dunbar	Minutes etc & games
5	Fri		
6	Sat		
7	Sun		
8	Mon	Musselburgh	Minutes etc & games
9	Tues		
10	Wed	Haddington	Games & Wii
11	Thurs	Dunbar	North Lights Arts
12	Fri		
13	Sat		
14	Sun		
15	Mon	Musselburgh	Chat & games
16	Tues		
17	Wed	Haddington	Minutes etc & games
18	Thurs	Dunbar	Earth Quiz
19	Fri	OUTING	Dynamic Earth, Edinburgh
20	Sat		
21	Sun		
22	Mon	Musselburgh	Chat & games
23	Tues		
24	Wed	Haddington	CAPS Independent Review
25	Thur	Dunbar	CAPS Independent Review
26	Fri		
27	Sat		
28	Sun		
29	Mom	Musselburgh	CAPS Independent Review

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 every evening 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 injury

Charity No **SC035535**