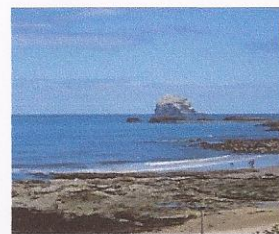


Headway  
East Lothian;  
SC10  
Newsletter



Issue 01/16

Honorary President  
Dr Alasdair Fitzgerald

January 2016



Happy New Year



First Outing 2016



Fort Kinnaird  
- cinema/shopping/lunch

Outings 2016

As in previous years, we hope to publish a full list of outings for 2016 in the February newsletter

Look forward to



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

Burns Supper







Haddington  
Wenesday 27<sup>th</sup> January



Lloyds TSB  
Foundation for Scotland

## Noticeboard

	<p>Carer meetings held on Mondays as required</p>		<p>Relaxation classes held on Mondays as required</p>
	<p><u>Next Board Meeting</u> There will be no meeting in January</p>		<p><u>Get Well Soon</u> At the start of the year, we send best wishes to anyone who is not feeling so well at this time.</p>



On Monday 21<sup>st</sup> December we had a good day at the big raffle and it would not have been such a success without the helpers. So to all who helped in any way, thanks cvery much! A big thank-you to all who donated prizes and bought tickewts. ££236 wwas made ! with another £100 from the sale of jewellery

## A message from Disabled Curlers Scotland

Disabled Curlers Scotland is a brand new group and charity, offering access to curling tuition and play, to anyone of any age, with a disability. We also make the same offer to disabled players guides, coaches and/or carers.

We have held several practice and game sessions already and are offering free memberships for this 2015/16 season. Toward the end of the season, we are planning a multi-day curling event for members and coaches. All you have to do to get free membership, is click on the link above and complete our accessible on-line form.

Here are some venues, where we have held our curling sessions:

**Kinross Ice Rink, Braehead Ice Rink and Murrayfield Ice Rink**

**Even if you have never played before, why not come along and give it a try?**

**We look forward to hearing from you!**

Below is an extract from their website (www.d-ic e.org.uk) from where further information is available.

## **Membership for this 2015 - 2016 season, is FREE!**

This scheme is available to any disabled person of any age, and carers or coaches

ke to join or find out more information about DCS, please just get in touch by sending us an email, by clicking on the box below.

iated member of the Royal Caledonian Curling Club (RCCC) and our 2016/17 membership fee will include full membership o liability Insurance for members. That 2016/17 membership fee will cost £25 for Adults and £10 for Juniors (Under-21) or just £6 for A rs are already members of the RCCC via other curling groups or organisations.

with Disabled Curlers Scotland (DCS), just click on this box and complete the accessible form.

### *A little message from Grace Porter*

"17th November 2015 was my "3rd" birthday as three years ago I died of a cardiac arrest for a half hour because of this I suffered a brain injury due to lack of oxygen to my brain. Each day I know I'm very lucky to be here even although I have my struggles each day with trying to remember things and doing normal everyday things that we all take for granted. struggling with fatigue, headaches, problems with vision and sounds always no energy to get through simple household chores; even trying to say what I think just now it's not easy to find the right words. My whole life is different now and yes I possibly have changed in some ways. Each day is a learning curve knowing what my limits are which isn't always easy. Am I lucky to be alive? Yes. This is my new life and my struggles and yes I am happy and glad to be here.

Thanks to my family and friends for bringing me through all this and being there for me. I also have to thank Headway East Lothian for helping me along too."

## This month at Headway

1	Fri		
2	Sat		
3	Sun		
4	Mon	Musselburgh	Holiday
5	Tues		
6	Wed	Haddington	Welcome Back
7	Thurs	Dunbar	Welcome Back
8	Fri		
9	Sat		
10	Sun		
11	Mon	Musselburgh	Welcome Back
12	Tues		
13	Wed	Haddington	Games & Wii
14	Thurs	Dunbar	North Lights Arts
15	Fri		
16	Sat		
17	Sun		
18	Mon	Musselburgh	Games, puzzles etc
19	Tues		
20	Wed	Haddington	Memory match games
21	Thurs	Dunbar	Memory match games
22	Fri		
23	Sat		
24	Sun		
25	Mon	Musselburgh	Celebrate Robert Burns
26	Tues		
27	Wed	Haddington	Burns Supper
28	Thur	Dunbar	Nrth Lights Arts
29	Fri	OUTING	Fort Kinnaard
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** 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 <a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>
Gordon Wallace Treasurer	01875 853491 <a href="mailto:csgordon.wallace@virgin.net">csgordon.wallace@virgin.net</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**