



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



Issue 17/07

July 2017



Friday 28<sup>th</sup> July from 12.00pm – 3.00pm

at the home of Dottie & Gordon Wallace 4 The Paddock, Seton Mains,  
EH32 0PG



All welcome, family & friends!

Come along and join in the merriment, take part in the challenges on the day; pelt the wrongdoers in the stocks - for a price - wince along with those unfortunate enough to be being subjected to a hot waxing treatment - for a price - choose to have your hair or beard dyed in rainbow colours - for a price!



Lloyds TSB  
*Foundation for Scotland*

## Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



### Next Outing

Scottish Parliament  
Friday 21<sup>st</sup> July  
Friday



### Next Board Meeting

There will be no Board Meeting in July

### Annual Leave

Joyce will be on Annual Leave from Friday 28<sup>th</sup> July for 2 weeks, starting back on Monday 14<sup>th</sup> August

## Look forward to these events in August



The Annual Golf Tournament  
will this year be held

on Saturday 19<sup>th</sup> August

at Winterfield Golf Course, Dunbar.

Kate & Davie Dickson do a tremendous job each year of organising this major fundraising event. Please support all you can by buying raffle tickets and donating prizes for the raffle

We wish all those taking part a good day and a bit of sunshine! Maybe Kate squeezed some Italian sun in her case and will release it on the day.

## Alternative 3 Peaks



Fiona Grant-MacDonald is once again planning an epic cycle and climb event! This will take place on Sunday 20<sup>th</sup> August

Headway East Lothian service users, volunteers, family & friends are all invited to take part in a sponsored walk to complete the challenge – for the final mile the cyclists will dismount and join us to reach the finishing post – there will be refreshments & a celebration at the Gothenburg in Prestonpans.

Please contact Joyce if you would like to take part in any way, or to get a sponsor form, usual contact details

So a very busy weekend ahead of us all!

## This month at Headway

1	Sat		
2	Sun		
3	Mon	Musselburgh	HOLIDAY
4	Tue		
5	Wed	Haddington	Games & puzzles
6	Thu	Dunbar	Art outing to beach
7	Fri		
8	Sat		
9	Sun		
10	Mon	Musselburgh	Dominoes, games & chat
11	Tue		
12	Wed	Haddington	Art outing to orchard
13	Thu	Dunbar	Indoor art work
14	Fri		
15	Sat		
16	Sun		
17	Mon	Musselburgh	Carers in the Cafe
18	Tue		
19	Wed	Haddington	To be arranged
20	Thu	Dunbar	Summer time special
21	Fri	Edinburgh	Outing - Scottish Parliament
22	Sat		
23	Sun		
24	Mon	Musselburgh	Dominoes, art project planning
25	Tue		
26	Wed	Haddington	Film night Mama Mia
27	Thu	Dunbar	BBQ poster & challenge prep
28	Fri	Seton Mains	Outing - BBQ
29	Sat		
30	Sun		
31	Mon	Musselburgh	Dominoes, games & 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 Convener	07920 195743 <a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>
Richard Fairbairn Treasurer	077604 95851 <a href="mailto:james.fairbairn123@btinternet.com">james.fairbairn123@btinternet.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



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