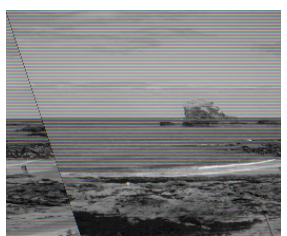




06

Headway  
East Lothian  
SC10  
Newsletter

www.headway-astlothian.org.uk



Honorary President  
Dr Alasdair Fitzgerald

June 2016

## Annual BBQ Friday 1<sup>st</sup> July



All welcome to come along and join us for an afternoon of good food, good company & hopefully good weather! Food & soft drinks will be provided; if you have any special dietary requirements please let us know. Bring along a raffle prize and be prepared for a quiz, competition & maybe some music!

We are as ever, grateful to Gordon & Dottie Wallace for hosting this event in their back garden!!

4, The Paddock, Seton Mains, Longniddry, EH32 0PG

## Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting  
Wednesday 30<sup>th</sup> June  
Haddington

Carers of East Lothian



Carers are people who provide help and support to a friend, neighbour or relative who could not manage otherwise because they are frail, have an addiction, a long term illness or disability. This is different from being paid to provide care and many carers find themselves juggling paid work with their unpaid caring responsibilities and their own family commitments. Many people who are carers may not recognise themselves under the term "carer" - they are just people trying to cope as best they can while helping to look after a relative or friend.

### About CoEL

Carers of East Lothian supports all adults in a caring situation in East Lothian to get information and services to help their individual caring role, enhance their own wellbeing, and strengthen their collective voice to improve services.

### Support Groups and Workshops

We run a range of monthly support groups for carers across East Lothian and workshops and events to help ensure carers have the information they need. All these are friendly and welcoming and a good chance to meet other carers.

Please get in touch!

Our offices are normally open Monday to Friday from 10.00 am to 4.00 pm.

You can give us a call on 0131 665 0135.

An answer machine is available outside office hours and please leave a message for us and we will call you back.

You can e-mail us on [centre@coel.org.uk](mailto:centre@coel.org.uk)

You can visit us at our offices but we suggest giving us a call first

Carers of East Lothian  
94 High Street  
Musselburgh  
EH21 7EA

Lothian Buses 15, 26, 30, 40, 44 and 113 serve Musselburgh High Street

First Bus 106, 108 and 124 also serve Musselburgh High Street

ABI week 9<sup>th</sup> - 13<sup>th</sup> May

Thanks to all who took part in raising awareness of Brain Injury by wearing a Hat for Headway!



Richard and Jim



Lynn and Charlene



Sarah, Peter and Alba

This month at Headway

|    |     |             |                                     |
|----|-----|-------------|-------------------------------------|
| 1  | Wed | Haddington  | Roots & Fruits - Joyce              |
| 2  | Thu | Dunbar      | Murder Mystery Treasure Trail       |
| 3  | Fri |             |                                     |
| 4  | Sat |             |                                     |
| 5  | Sun |             |                                     |
| 6  | Mon | Musselburgh | Dominoes, puzzles & chat            |
| 7  | Tue |             |                                     |
| 8  | Wed | Haddington  | Games & Wii                         |
| 9  | Thu | Dunbar      | Games & Puzzles                     |
| 10 | Fri |             |                                     |
| 11 | Sat |             |                                     |
| 12 | Sun |             |                                     |
| 13 | Mon | Musselburgh | Dominoes, puzzles & chat            |
| 14 | Tue |             |                                     |
| 15 | Wed | Haddington  | Meditation & Self-hypnosis - Joyce  |
| 16 | Thu | Dunbar      | Healthy Living Awareness            |
| 17 | Fri |             |                                     |
| 18 | Sat |             |                                     |
| 19 | Sun |             |                                     |
| 20 | Mon | Musselburgh | Dominoes & chat; Carers in the Cafe |
| 21 | Tue |             |                                     |
| 22 | Wed | Haddington  | Games & Wii                         |
| 23 | Thu | Dunbar      | Brain Injury Information Discussion |
| 24 | Fri |             |                                     |
| 25 | Sat |             |                                     |
| 26 | Sun |             |                                     |
| 27 | Mon | Musselburgh | Dominoes, puzzles & chat            |
| 28 | Tue |             |                                     |
| 29 | Wed | Haddington  | Board meeting                       |
| 30 | Thu | Dunbar      | Meditation & Self-hypnosis - Joyce  |

## 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<br>Convener               | 07920 195743<br><a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>                     |
| Richard Fairbairn<br>Treasurer         | 077604 95851<br><a href="mailto:james.fairbairn123@btinternet.com">james.fairbairn123@btinternet.com</a> |
|  |  |
|  |  |
| Development Officer<br>Joyce Cattanach | 07895 193974<br><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



