



Headway
East Lothian
SCIO
Newsletter



Issue 15/04

Honorary President
Dr Alasdair Fitzgerald

April 2015



Lloyds TSB
Foundation for Scotland

Bonus Ball

Would you like to help raise funds for Headway East Lothian? We have a Bonus Ball number available for our weekly Lotto, if you would be interested please contact Joyce or DottieWallace



Edinburgh Festival of Cycling

11th-21st June 2015 throughout Edinburgh

A great opportunity to find a bike or trike that works for you, whatever your ability. This year we're welcoming adapted cycling specialists Get Cycling a Community Interest Company from York. They will be bringing a range of machines including tandems, trikes, handcycles and wheelchair tandems.

For more information please contact: info@edfoc.org.uk

Noticeboard



Golf Tournament

Winterfield Golf Club, Saturday 20 June 2015,
9.30am onwards. For more information please
contact David Dickson on 01368 864867 or
ddtas@aol.com



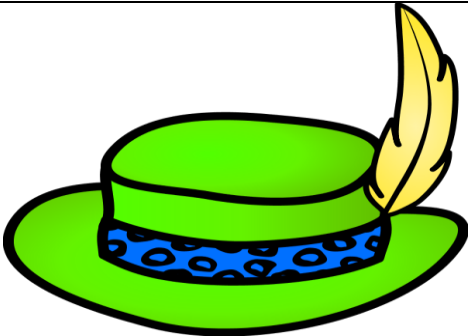
the brain injury association

Website

www.headway-eastlothian.org.uk

Facebook

www.facebook.com/headwayeastlothian



Action for Brain Injury Week

Monday 18th - Friday 22nd May

Hats for Headway Day at Hallhill on Thursday 21st



MERCADO Open Days

Tuesday 5, Wednesday 6, Thursday 7 May 2-9pm

"Culag" 12 Links Road, Longniddry, East Lothian,

EH32 0NH

01875 852003



Board Meeting

Wednesday 6 & 27th May - Board Meeting will be
held at the Doughty Centre, Herdmanflat Hospital,
Aberlady Road, Haddington, from 7.00pm-8.00pm



Family Quiz & Music Fundraising
Event,
Thorntree Inn, Cockenzie
Sunday 7th June
2.00pm - 7.00pm



Alternative 3 Peaks Cycle
Thursday 20 August,
Fiona Grant-MacDonald & friends
will be taking part in this event. For
details contact Joyce or
Fiona feefeegee@talktalk.net



Sponsored Walk
Sunday 23 August
Our annual sponsored event, all
ability walk, Queen's Park, Holyrood,
2.00pm.
For details and a sponsor form
contact Joyce

CAPS
Independent Advocacy

Collective Advocacy - people with
shared experiences getting
together to have their voices
heard

Diary

1	Fri	Outing	Musselburgh Races
2	Sat		
3	Sun		
4	Mon	Musselburgh	Dominoes & relaxation
5	Tue		
6	Wed	Haddington	Board Meeting
7	Thu	Dunbar	Video conversations
8	Fri	Edinburgh	Scottish Head Injury
9	Sat		
10	Sun		
11	Mon	Musselburgh	Dominoes & Discussion
12	Tue		
13	Wed	Haddington	Minutes Q&A, Games & Wii - Ele from CAPS
14	Thu	Dunbar	Minutes Q&A, Games - Ele from CAPS
15	Fri		
16	Sat		

17	Sun		
18	Mon	Musselburgh	Minutes Q&A, Carers Meeting, Ele CAPS
19	Tue		
20	Wed	Haddington	Head Injury Information day - Glasgow Bingo Night at Doughty
21	Thu	Dunbar	Hats for Headway @ Hallhill
22	Fri		
23	Sat		
24	Sun		
25	Mon	Musselburgh	Dominoes & relaxation
26	Tue		
27	Wed	Haddington	Board Meeting
28	Thu	Dunbar	Brain Injury Discussion
29	Fri		
30	Sat		
31	Sun		

Meetings

Monday The Musselburgh East Community Learning Centre (MECLC) 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; evening meeting 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
Gordon Wallace Treasurer	01875 853491 csgordon.wallace@virgin.net
Gordon Wallace Acting Secretary	
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.

www.headway-eastlothian.org.uk

Items for the newsletter to Robert Dalrymple
robert.dalrymple202@btinternet.com Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**

Affiliated to Headway-the brain injury association

Spotlight on Welfare Rights

Scottish Welfare Fund

As we all know things don't always go to plan in life and sometimes you can find yourself facing a crisis. The Scottish Welfare Fund can provide financial help in these situations.

What is the Scottish Welfare Fund?

The Scottish Welfare Fund is a scheme run by local councils. The scheme provides grants that do not have to be repaid. The fund is discretionary, which means that even if you are eligible, you will only get a grant if the local council decides that your need is important and there is enough money left in the budget to pay you a grant. You do usually have to be receiving certain benefits to qualify for help but it is worth applying to check if you qualify.

There are two types of grants in the Scottish Welfare Fund:

Crisis Grants

Crisis grants provide help for people who need money quickly because of an emergency or disaster.

An emergency might be if you lose your money or it is stolen. A crisis grant could be used for things like putting money into your electricity and gas meters or to buy food.

A disaster is something like a fire or a flood. A crisis grant could be used to buy new furniture or household equipment.

You cannot get a crisis grant if you have savings or family who can help you out financially.

Community Care Grants

Community care grants are intended to help with expenses so that people can live in the community and families can stay together.

A Community Care Grant aims to help people who may have to go into care unless they get some support to stay at home or if they are leaving care and need help to set-up their own home. For example, this can be help with furnishing a house or by providing help with one-off items, like a cooker or a washing machine.

You cannot get a community care grant if you or your partner have savings of more than £700 if you are below pensionable age or more than £1,200 if you are above pensionable age.

Applications for Scottish Welfare Fund grants can be made by contacting your local council.

Jacqueline Lange

Welfare Rights Adviser, Digby Brown Solicitors.