



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



Issue 16/111

November 2016



## Mince Pie Morning At Dunbar

'Supporting Headway is as Easy as Pie'

Come along to Hallhill Health Living Centre on Thursday 8<sup>th</sup> December 11.00am - 2.00pm to sample some lovely Mince Pies along with other Festive goodies and support Headway East Lothian;

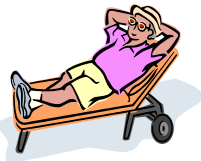
**OR** if you would like to host your own Mince Pie Morning then please contact Joyce for details



## Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Next Board Meeting

Wednesday 3<sup>rd</sup>

Haddington

NEXT  
OUTING

Friday

18<sup>th</sup> November

Dobbies

## Doughty Centre Haddington Meeting

As most of you will know there will be a new Community Hospital within the next few years in Haddington. To make way for this things are being moved from the current Roodlands Hospital into storage at Herdmanflat Hospital and we ourselves have shifted. Instead of using the Doughty Centre we are now using the OT Building which is just a wee bit up from the Doughty Centre but on the opposite side. Still on a Wednesday 6.30pm - 8.30pm with the same facilities as before, ramped access and storage.

Our meeting place should now be referred to as the  
Herdmanflat Hub.

### Spotlight on ?

Evenings at Haddington

This will be a regular feature where either an ABI survivor, a Carer or family member, or someone we specially invite, comes along and tells us a wee bit about their lives, their hopes & aspirations

### SHIF - Scottish Head Injury Forum

Myth Busters: new and Alternative Developments in ABI Therapies  
free to ABI survivors & their carers/family members

## Christmas Festivities

Christmas Lunch - Monday 12<sup>th</sup> December at 'The Quay', 131 New Street, Fisherrow Harbour, Musselburgh, EH21 6DH, 12.00pm for 12.30pm - please contact Joyce for further details

Christmas Raffle - donated items for the raffle would be gratefully received if anyone has anything they would like to pass on to any Board member, Joyce, Dottie or Gordon - unfortunately we cannot accept used items. Tickets will be available from the beginning of December from the usual sources (all meetings) at a cost of £2.00 per strip with all proceeds going directly to supporting those with an acquired brain injury.

## Fundraiser-Christmas Eve

Fiona Grant-MacDonald will be singing at The Goth Prestonpans  
Tickets available at The Goth or from Fiona. They will also be available at the door on the night.

Doors close at 8.00pm - be in early.

Christmas Holidays - we finish on Thursday 22<sup>nd</sup> December and then restart on Monday 9<sup>th</sup> January 2017 at MECLC

## This month at Headway

1	Tue	Edinburgh	Challenging Behaviour Training
2	Wed	Haddington	Board Meetimng
3	Thu	Dunbar	New Age Kurling
4	Fri		
5	Sat		
6	Sun		
7	Mon	Musselburgh	Amanda 'Fabulous Potions'
8	Tue		
9	Wed	Haddington	Games & Quizzes
10	Thu	Dunbar	Games & Quizzes
11	Fri		
12	Sat		
13	Sun		
14	Mon	Musselburgh	Dominoes & Chat
15	Tue	Dundee	Wills & Power of Attorney Training
16	Wed	Haddington	Spotlight on ?
17	Thu	Dunbar	Autumn Art & Music
18	Fri		Outing - to Dobbies
19	Sat		
20	Sun		
21	Mon	Musselburgh	Carers in the Café
22	Tue	Edinburgh	Regional Meeting
23	Wed	Haddington	New Age Kurling
24	Thu	Dunbar	St Andrew's Day activities
25	Fri		
26	Sat		
27	Sun		
28	Mon	Musselburgh	Dominoes & Chat
29	Tue		
30	Wed	Haddington	St Andrew's Day activities

## 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>
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



Improving life after brain injury

Charity No **SC035535**