



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



Issue 16/03

Honorary President  
Dr Alasdair Fitzgerald

March 2016

## Headway in Scotland Where Are We Now?

### Scottish Conference

**FREE Conference for Headway members, their families and carers and professionals with an interest in brain injury.**

Location: BT Murrayfield Stadium

Date : 22nd March 2016

Time: 9.30am - 3.30pm

For further information e-mail

[headway.conference@thompsons-scotland.co.uk](mailto:headway.conference@thompsons-scotland.co.uk)



The brain injury association

Conference sponsored by



DEDICATION | KNOWLEDGE | STRENGTH

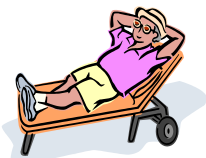


Lloyds TSB  
*Foundation for Scotland*

## Noticeboard



Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



### Next Board Meeting

Wednesday 30<sup>th</sup> March

Haddington

### Annual Leave

Joyce will be on annual Leave from Friday 18<sup>th</sup> - Monday 21<sup>st</sup> March inclusive.



As you know, Carolinne Cook crochets some lovely items. She either sells these and donates the proceeds to Headway or makes them for our Christmas Raffle. To continue this good work, which we appreciate very much, Caroline needs more wool. So we appeal for your help in donating wool, either full or partially full balls. Thanks !

## Noticeboard

### Hydrotherapy



If anyone would like to join the small group that meets each week at the Mercat Gait Centre, Prestonpans on a Tuesday please contact Joyce for further information. We have the pool booked between 9.00am - 9.30am (only booking we could get unfortunately) and we enjoy exercising & relaxing in the pool then having a chat over a cuppa in the cafe. As always, please contact your GP before attending any such classes; we are not able to offer transport, personal care or support but you can bring your own! Numbers are limited as the pool is small but all welcome to apply to join.



### Clark Community Choir

The CCC works on the ethos of 'Generations Singing Together' so please bring along any family members or friends to this evening of entertainment, all welcome and there will be refreshments provided! There has been lots of research into how singing can help with speech problems experienced by many after a brain injury so come along and sing with the choir!



For news and photos check out our website

[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)

## Inspiring Volunteer Awards

Headway East Lothian nominated Fiona Grant-MacDonald in the Fundraising and Retail Volunteer of the Year category and is very pleased to announce that she has been shortlisted for the award. The Award ceremony will take place at the Eskmills Function Suite in Musselburgh and we wish Fiona and all the other candidates' good luck! Joyce will also be accepting an award on behalf of Headway East Lothian; the Volunteer Friendly Award.

### **Health is Your Wealth Magazine**

"FOR PEOPLE WITH A NEUROLOGICAL CONDITION & THEIR FAMILIES"

Headway East Lothian have been registered with the Health is Your Wealth Magazine database for a FREE e-magazine. A magazine for everyone with a neurological condition & their families. Articles are by medical professionals, leading charities, patients and their families. Amongst other articles the magazine also contains information on Mental Health, Improving Cognition, Therapy, Relationships and Better managing you condition. Additional to our Website this magazine is available on and in paper version from You can also read this on your tablet by downloading the application Just click on the image below and you will receive your FREE magazine! If the link does not work please copy and paste the following text into your browser:

<https://drive.google.com/folderview?id=OBwiDA-JOF1CqcUIGdT>

## This month at Headway

1	Tues	Prestonpans	Hydrotherapy Pool, Mercat Gait Centre
2	Wed	Haddington	SDC Glasgow; Board Meeting
3	Thurs	Dunbar	Group craft for Conference
4	Fri	Musselburgh	Inspiring Volunteer Awards
5	Sat		
6	Sun		
7	Mon	Musselburgh	Bowel Cancer Awareness
8	Tues		Hydrotherapy Pool, Mercat Gait Centre
9	Wed	Haddington	Clark Community Choir
10	Thurs	Dunbar	Fife Relaunch, Kirkcaldy; Table games
11	Fri		
12	Sat		
13	Sun		
14	Mon	Musselburgh	Felt Making craft
15	Tues	Prestonpans	Hydrotherapy Pool, Mercat Gait Centre
16	Wed	Haddington	Collage craft for Conference
17	Thurs	Dunbar	North Lights Arts
18	Fri		
19	Sat		
20	Sun		
21	Mon	Musselburgh	To be confirmed
22	Tues	Edinburgh	Scottish Conference
23	Wed	Haddington	Easter Crafts & fun
24	Thur	Dunbar	Easter Crafts & Fun
25	Fri		
26	Sat		
27	Sun		
28	Mon	Musselburgh	<b>Easter Monday Holiday</b>
29	Tues	Prestonpans	Hydrotherapy Pool, Mercat Gait Centre
30	Wed	Haddington	Board Meeting
31	Thurs	Dunbar	To be confirmed

## 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



Improving life after brain injury

Charity No **SC035535**