



## Headway Training

Wednesday 18<sup>th</sup> July 10.00am – 4.00pm  
St Columba's by the Castle, 14 Johnston Terrace, Edinburgh  
EH1 2PW

Sex & Sexuality after Brain Injury, Challenging Behaviour  
after brain injury

Sexual and relationship problems are frequently reported following acquired brain injury and research suggests that not all of it is due to organic damage. This workshop looks in a practical way at the view that sexual and relationship education and therapy should be an essential part of brain injury rehabilitation.

Challenging behaviour has a huge impact on those working and caring for people with brain injury but has a bigger impact on the person displaying the behaviours. It limits their access to vital rehabilitation and can alienate friends and family leading to social isolation. This workshop will allow you to develop efficient recording and reporting measures to identify proactive and reactive strategies to manage the behaviours.

Places are free to Brain Injury Survivors, their families & carers; limited numbers so please let Joyce or Maria know as soon as possible

Joyce Cattanach: [headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk) or Tel: 07895 193974

Maria Burnett: [maria.burnett@headway.org.uk](mailto:maria.burnett@headway.org.uk) or Tel: 07826 519567

# TESCO Bags of Help

Headway East Lothian calls out for votes to bag a share of Tesco's bag fund

Headway East Lothian is bidding to bag a massive cash boost from the Tesco Bags of Help initiative.

Tesco teamed up with Groundwork to launch its community funding scheme, which sees grants of £4,000, £2,000 and £1,000 raised from carrier bag sales in Tesco stores awarded to local community projects. greenspace scotland is working with Groundwork to provide support to communities in Scotland.

Three groups in every Tesco region have been shortlisted to receive the cash award and shoppers are being invited to head along to Tesco stores to vote for who they think should take away the top grant.

**Headway East Lothian** is one of the groups on the shortlist.

Voting will take place from Sunday 1st July to Friday 31st August 2018 and we will be notified at the end of September 2018 with the amount of funding we will receive.

The project with the highest number of votes across our region will receive £4,000 (or the amount that was requested up to this value), the second placed project £2,000 (or the amount that was requested up to this value), and the third placed project £1,000.

### **Our Project - Getting Active & Healthy after a Brain Injury**

Sustaining a brain injury can be a very difficult thing for anyone to go through. While some people may gradually learn to adjust to the changes that their injury has brought about, others may feel a deep sense of loss and sadness that troubles them for weeks, months or even years. Maintaining a healthy lifestyle and exercise are proven methods of improving low mood and rebuilding lost skills.

Exercise improves brain function because it brings in more oxygen to the brain and raises levels of the brain chemicals serotonin and endorphins (particularly when done with others), which promote a positive mood. It also disperses stress hormones such as adrenaline, noradrenaline and cortisol. Doing activities you enjoy increases levels of the positive chemicals serotonin and oxytocin in the brain and distracts you by taking conscious attention away from the difficulties you're facing. Learning a new activity or skill is even better because it challenges the brain, not only keeping existing neurons alive but also creating new neural connections and triggering neurogenesis – the birth of new neurons.

Joyce Cattanach, Headway East Lothian Development Officer said: "We always do our exercise programme to music. Listening to music is a little bit of magic for the brain, as countless studies have proved. Scientists believe it's because music activates lots of brain regions at once – attention, memory, verbal, emotion and meaning.

We combine our exercise programme with information & advice on aiming to eat a balanced diet with a focus on foods that are proven to be good for the brain. These include the omega-3 fatty acids found in fish oil, which can promote neuronal growth, improve mood and slow down cognitive decline.

Above all, we aim to make our workshops fun and accessible for all; building healthy living and exercise into life after brain injury."

For further information, advice & support please contact Joyce Cattanach on 07895 193974 or at [headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk) or through our website at [www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



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## Headway East Lothian Annual Golf Tournament



The Annual Golf Tournament  
will this year be held  
on Saturday 28<sup>th</sup> July  
at Winterfield Golf Course, Dunbar.

This is one of our biggest fundraising events of the year and many thanks to Kate & Davie Dickson and Jackie Armstrong for continuing to support us by organising this each year.

Raffle Prizes – if you have anything that would be suitable for the prize draw on the day then please hand it in to any of the organisers or any of the group meetings – thanks 😊 Raffle tickets will be available to buy at all the group meetings shortly!



## Noticeboard

### AGM

Notice is hereby given that the  
Annual General Meeting  
of Headway East Lothian  
will be held on 15 August 2018  
at 7.00pm in the OT Department  
Herdmanflat Hospital  
Haddington  
By order of the Secretary



### Holidays

Monday 2<sup>nd</sup> July  
Monday 23<sup>rd</sup> July

– no Musselburgh  
Meeting

Wednesday 18<sup>th</sup> July

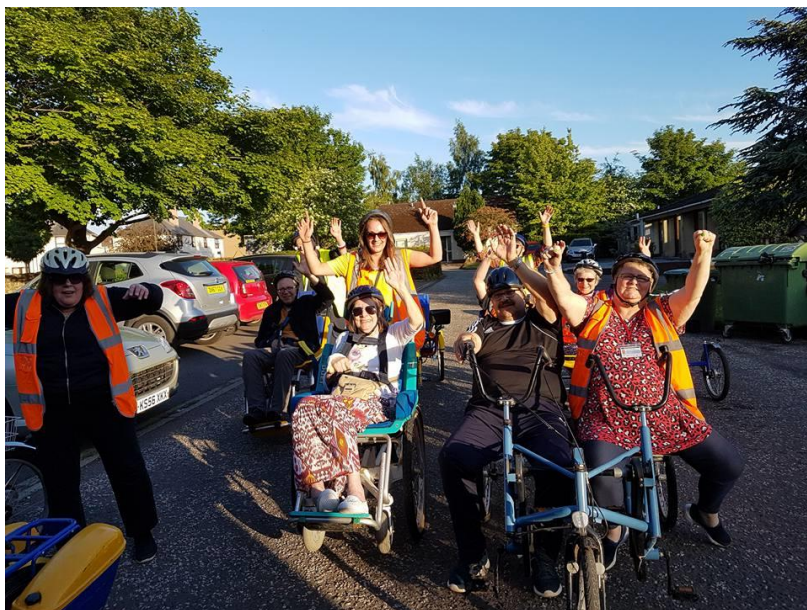
– no Haddington Meeting

### Annual Leave

Joyce will be on holiday from Monday 2<sup>nd</sup> July – Friday 13<sup>th</sup> July inclusive  
Joyce will be on holiday Thursday 2<sup>nd</sup>, Friday 3<sup>rd</sup> & Monday 20<sup>th</sup> August

### Cycling Out with Beyond Boundaries East Lothian

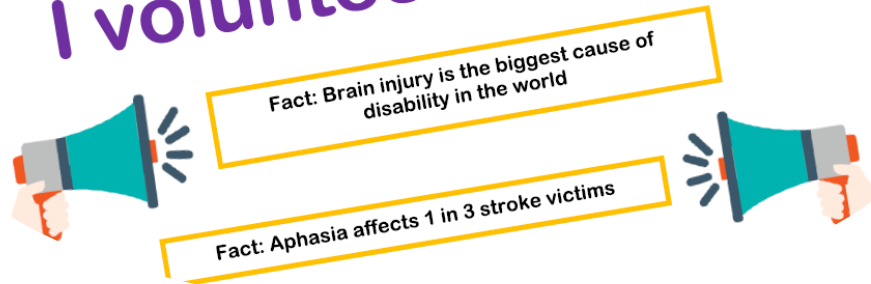
We all enjoyed a great evening out with Steve and Lesley; thanks to all who took part; great exercise, fun, team spirit, fresh air, sunshine, listening, following instructions and chocolate for a snack!





A big thank you to all our wonderful volunteers; our Board of Trustees who all offer their time and skills voluntarily, our session leaders, volunteer drivers and all those who fundraise and raise awareness of Brain Injury and do so much for survivors, their families and care givers at all our groups, in the local community and in the wider areas – without you all we would not be able to carry out the work we do to make people who have suffered a devastating trauma feel better able to cope with their changed lives.

## I volunteer



Headway East Lothian offers support, advice and guidance to persons suffering the effects of acquired brain injury (ABI), their families and carers so that their conditions of life may be improved. We run three weekly support groups – we couldn't run without our session volunteers and our volunteer Trustees. Volunteers help with communication and also on a one-to-one basis to encourage clients to improve and practice their speech, and our monthly outings rely on volunteers for transport. We're community-spirited and sociable – we all meet up for lunches and coffees out with our sessions.

Here are some comments from client users of Headway East Lothian and some from their family members and carers:

"It's good to be in company and speak to people in the same situation. It provides peer support, gets me out the house and we have fun!"

"You can see people coming in to the group who are very withdrawn and not wanting to speak, and within a few weeks they're chatting with other clients, and before you know it they're chatting with everyone!"

"I love having my nails done every week! We also have arts and crafts, which was funded by Tesco's, where we've done felting, clay modelling, painting and mosaic."

"Our volunteer makes a difference by coming along and meeting everyone, chatting and making tea and coffee."

"Thanks Joyce! She's a great help to us and is always there when we need her."

"I volunteer and I also happen to have been a client user. I am a nail technician and like to do people's nails, and am qualified to give hand and arm massage. I'm a nurse and a massage therapist – I'm busy but I volunteer when I can!"



Friday 20<sup>th</sup> July 12.00pm - 3.30pm  
4 The Paddock, Seton Mains, Longniddry -  
Dottie & Gordon Wallace's House

From A198 Longniddry, turn right across road into Seton Mains, follow road up towards steading then take 2<sup>nd</sup> right, follow this bendy road along the gravel path then turn right between the houses then left and there will be 2 houses on right, follow sign to right of 1<sup>st</sup> house which takes you round the back onto a field where you can park on the grass.



## Pop Up Café

We had great fun setting up the Pop-Up Café backdrop and joining in the spirit of 1953 with our vintage afternoon tea party – thanks to all who helped, Christine, Irene and Teresa especially and to all who brought goodies along to share and to all who participated in the fun!



## This month at Headway

1	Sun		
2	Mon	Musselburgh	<b>HOLIDAY</b>
3	Tue		
4	Wed	Haddington	Games & Chat
5	Thu	Dunbar	Games & Chat
6	Fri		
7	Sat		
8	Sun		
9	Mon	Musselburgh	Dominoes, Puzzles & Chat
10	Tue	Glasgow	Scottish Development Committee
11	Wed	Haddington	Puzzles galore
12	Thu	Dunbar	Puzzles galore again
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Carers in the Café
17	Tue		
18	Wed	Edinburgh Haddington	Headway Training <b>HOLIDAY</b>
19	Thu	Dunbar	Scotland DVD
20	Fri	Seton Mains	BBQ
21	Sat		
22	Sun		
23	Mon	Musselburgh	<b>HOLIDAY</b>
24	Tue		
25	Wed	Haddington	Musical Memories Quiz
26	Thu	Dunbar	Summer in the 'City'
27	Fri		
28	Sat	Dunbar	Golf Tournament
29	Sun		
30	Mon	Musselburgh	Musical Memories & Scotland Quiz
31	Tue		

## 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** We meet at the Occupational Therapy Department, Herdmanflat Hospital Aberlady Road Haddington at 6.30pm Wednesday 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 1pm- 3pm 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
Fiona Grant- MacDonald Secretary	<a href="mailto:feegramac@sky.com">feegramac@sky.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 at the following times, and for outreach at other times.

Mon 9.00am - 3.00pm Tue 11.00am - 3.00pm Wed 9.00am - 3.00pm

Thursdays Office at home Fridays Office at home

It's always better to phone to check first in case Joyce is out at meeting

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**.