



Headway
East Lothian
SC10
Newsletter
www.headway-astlothian.org.uk



Issue 18/05

May 2018



You, me, and brain injury will build on the huge success of last year's [A New Me](#) campaign by once again putting people directly affected by brain injury at the heart of our awareness-raising work.

The aim of the campaign is to highlight the fact that brain injury doesn't just affect the individual, but also their family, friends, colleagues, and many more relationships besides. We will be highlighting the ripple effect brain injury can have on many different lives, in many ways, while demonstrating the numerous ways in which people can help the person with the brain injury to adapt and regain a degree of confidence and independence.



Hats for Headway Day is on Friday 18th May but as we do not meet that day we will be hosting our own Hats for Headway fun day at the Dunbar group meeting on Thursday 17th May – please come along & join in the hat related activities & of course, don't forget to wear a hat!



Noticeboard



Carer meeting in cafe on Monday 21st May



Next Board Meeting Wednesday 2ND May Haddington



Next Outing to Musselburgh Races



There will be no evening meetings at Haddington on
9th May
23rd May



If you would like a number in our Bonus Ball Game,
contct Dottie.



On Wednesday 16th May
We welcome Bill Bradford, a good friend of Headway,
To tell us all about Haddington Pipe Band.

WELCOME

A Warm Welcome to all new service-users
and we hope you feel the benefit of coming to
Headway.



Edinburgh & Lothians Head Injury Information Day

Wednesday 23rd May 2017

Hilton Edinburgh Grosvenor, 5-21 Grosvenor Street, Edinburgh EH12 5EF

This event is free for professionals and for people affected by all types of acquired brain injury including families and carers. Find out about the effects of head injury and brain injury, different services you can access and the support and help that is available to you. For further information, please contact Kirsten Smith of Digby Brown Solicitors on 0141 566 9569 or email kirsten.smith@digbybrown.co.uk

The agenda for the day is as follows

9.00am - Event registration and exhibition open

10.00am - Welcome, Chris Stewart - Partner, Digby Brown Solicitors

10.30am - Making a difference; Michelle Keenan – Chief Executive Officer, Edinburgh Headway Group

11.00am - Why Scotland can't afford its current approach to rehabilitation Dr Alan Carson – Consultant and Reader in Neuropsychiatry, NHS Lothian and University of Edinburgh

11.30am - 'I am not the person I used to be': The impact of head injury on sense of self and strategies for living well with change Dr Sarah Gillanders – Clinical Neuropsychologist, Case Management Services Ltd

12.00pm - Refreshments and exhibits

12.45pm An Introduction to cerebral visual impairment due to brain injury Professor John Ravenscroft – Chair of Childhood Visual Impairment, Head of the Scottish Sensory Centre, The University of Edinburgh

1.15pm - Concussion in Sport Chris Stewart – Partner, Digby Brown Solicitors

1.45pm - Walking Football: An alternative to the beautiful game Gary McLaughlin – Chairman, Walking Football Scotland

2.00pm - Comfort break
2.15pm - Leisure: Finding your flow Paula Gribben and Gillian Munday – Occupational Therapists, Murdostoun Brain Injury Rehabilitation and Neurological Care Centre

2.45pm - The Carers (Scotland) Act and what it means for carers and patients Heather Noller – Policy and Parliamentary Officer, Carers Trust Scotland

3.15pm

End of presentations.

Outing to Dunbar Lifeboat Station

Sunny -Dunbar certainly lived up to its name last Friday. We were blessed with good sunny weather.

The itinerary for the day was as follows

- Meet at Dunbar harbour outside RNLI Station
- Powerpoint presentation by crew member in station
- Question and answer session
- Outside to look at small boat (large boat moored a few miles along coast due to tidal position in harbour)
- Hear about equipment carried and a crew member's outfit
- Lunch at Dunbar Garden Centre Café

A great outing! Good to hear all about the service from the actual local volunteer crew who risk their own lives in all conditions to save others. An very interesting day finised off with a pleasant lunch. One of the best outings I've attened! *Robert*

The pictures show Gaz & Chris from Dunbar Lifeboat crew & Gaz & Grace on the left Grace is keen to volunteer, a tough decision for RNLI!!



1	Tue		
2	Wed	Haddington	Board meeting
3	Thu	Dunbar	
4	Fri	Musselburgh	Outing to Musselburgh Races
5	Sat		
6	Sun		
7	Mon	Musselburgh	Indoors & out!
8	Tue		
9	Wed	Haddington	No meeting-Parliament Reception ☺
10	Thu	Dunbar	Arts & Crafts
11	Fri		
12	Sat		
13	Sun		
14	Mon	Musselburgh	'You, me & Brain Injury'
15	Tue		
16	Wed	Haddington	Bill Bradford talk Had'ton Pipe Band
17	Thu	Dunbar	Hats for Headway
18	Fri		
19	Sat		
20	Sun		
21	Mon	Musselburgh	Carers in the Café
22	Tue		
23	Wed	Haddington	No evening meeting
24	Thu	Dunbar	'Round the World' Quiz
25	Fri		
26	Sat		
27	Sun		
28	Mon	Musselburgh	Domino Day - competitions & prizes
29	Tue	Edinburgh	Regional Meeting
30	Wed	Haddington	Arts & Crafts
31	Thu	Dunbar	Games & puzzles

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 Hub, 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 1pm- 3pm for those who live in Dunbar and surrounding area.

Contact Us

Jim Maryniak Convener	07920 195743 jimmaryniak@hotmail.com
Richard Fairbairn Treasurer	077604 95851
Fiona Grant- MacDonald Secretary	feegramac@sky.com
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 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 Tel 01620 844020



Improving life after brain injury

Charity No **SC035535**.