



Headway
East Lothian
SC10
Newsletter

www.headway-eastlothian.org.uk



Issue 18/09

September 2018

September Outing
Ratho Barge Cruise



Friday 14th September
See Inside

Pop Up Potting Shed
A New Experience



Musselburgh 10th Sept

See inside

AGM - Board

Big Fit Walk Free Event
led by Volunteers from Changes and
Ageing Well



Thursday 6th September
Details inside

The AGM was well attended. If anyone would like a copy of the Annual Report & Accounts please let Joyce or any member of the Board know.



See inside for list of Board



Lloyds TSB
Foundation for Scotland

Noticeboard.

**IMPORTANT
NOTICE**

shutterstock - 229818130

Monday 17th September is a MECA holiday and as a result there will be no Headway meeting that day



Chip Shop Night 26th September Haddington Thanks to Kate & Davie Dickson and to Jackie Armstrong for specifying that some of the money they donated through the Golf Tourne should be used to provide our annual chip shop night at Haddington



Board of Trustees

Jim Maryniak is Convenor
Richard Fairbairn is Treasurer
Fiona Grant-MacDonald is Secretary
Katy Lamb is a trustee
David Dickson is a trustee
Caroline Cook is a trustee
Christine MacLean is a trustee



September Outing - Ratho Barge Cruise

Our barge trip will leave Ratho at 11.00am and return at approximately 2.30pm. Tea and coffee are available on the barge but please bring a packed lunch along as there will not be anywhere to stop for lunch. Places are limited as the barge only holds 12 people. Joyce is in the process of telling those who have been successful in the draw for places. If this is your first visit to Ratho, you are sure to enjoy the outing, Canal cruising has become very popular, so much so that Scottish Waterways have introduced a 40 mph limit. Seagull Trust Cruises operates the Ratho Barge as a charity supporting people with disabilities and others who may be disadvantaged. They do not charge for the cruise but we will be collecting for a donation on the day.



SHIF

Scottish Head Injury Forum

Thursday 13th September

9.30am - 4.30pm

Best Western Queen's Hotel Dundee

Square Pegs & Round Holes

Speakers will include

Julie Fisk from The Care Inspectorate

Ruth Waugh from Angus Health & Social Care Partnership

Lena Godfrey from Angus HSCP "A journey via the Mackinnon Centre - the challenges & opportunities"

Maureen Carrie who is a Carer

Issy Robertson who is an ABI Survivor with "3mm to Mayhem"

Kelly Christie also an ABI survivor with "A Personal Story"

Reminiscence Pod Nostalgic Shed

Once again we have a Pop up experience to bring you. Be prepared to get some potting up of plants to give you some colour over the autumn and winter. Thanks to the Walk with Scott Foundation who provided the RemPods and to Christine MacLean for organising the day.

BIG Fit Walk

Free Event

Prize Draw

Tea, Coffee & scones after the event

Information about other walks & activities in your area.

Join us on a Big Fit Walk led by Volunteers from Changes and Ageing Well
We'll start from Musselburgh East Community Learning Centre, Haddington
Road, Musselburgh, EH21 8JJ

Registration 10.00am 10.30am start

On Thursday 6th September 2018

Choose between a

Bronze 30minute walk

Silver 45minute walk or

Gold 60minute walk

No Need to book but for more information:

Telephone Parvine at Ageing Well on 01620 827 240 or email
pjazayeri@eastlothian.gov.uk

Or telephone Heather at Changes on 0131 653 1080 or email
healthyliving@changeschp.org.uk

This month at Headway

1	Sat		
2	Sun		
3	Mon	Musselburgh	Plant pot painting; dominoes & chat
4	Tue		
5	Wed	Haddington	Arts & crafts
6	Thu	Dunbar	Arts & crafts
7	Fri		BRAW 18
8	Sat		BRAW 18
9	Sun		BRAW 18
10	Mon	Musselburgh	Pop up Potting Shed
11	Tue		
12	Wed	Haddington	Yoga 'taster session'
13	Thu	Dunbar	Arts & Crafts
14	Fri	Ratho	Ratho Barge Day Cruise
15	Sat		
16	Sun		
17	Mon	Musselburgh	HOLIDAY
18	Tue		
19	Wed	Haddington	Board Meeting
20	Thu	Dunbar	Pop up Potting Shed
21	Fri		
22	Sat		
23	Sun		
24	Mon	Musselburgh	Where in the world?
25	Tue	Stirling	Joyce - training day
26	Wed	Haddington	Chip Shop Night
27	Thu	Dunbar	Puzzles, games & activities
28	Fri		
29	Sat		
30	Sun	Prestonpans	Board members Strategy Day

Meetings

Monday The Musselburgh East Community Learning Centre (MECLC) building, Wallyford Road, just up from Levenhall roundabout 1pm - 3.30pm. 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 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**.