



Headway  
East Lothian  
SC10  
Newsletter

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



Issue 19/12

December 2019

It's Christmas time



with lots planned for  
December  
Full details inside

Christmas Lunch



Monday 9<sup>th</sup> December  
- West Barns Bowling Club  
- 12.00 for 12.30pm



*Merry  
Christmas  
to all!*

2020

Headway East Lothian meetings  
will be on holiday from Friday 20<sup>th</sup>  
December and will return week  
beginning Monday 6<sup>th</sup> January 2020  
with all the regular meetings.  
Joyce will be working in between &  
will reply to e-mails & phone calls  
as soon as possible.

**Funded by**



Noticeboard



The next carer meeting will be held in the Café at Musselburgh on Monday 16<sup>th</sup> December



No The next Board Meeting will be held at Haddington on Wednesday 18th December



As you may know Dottie runs a Bonus Ball Scheme to boost funds each week. Bonus Ball numbers have become available so if you would like to join in please contact us on any of the usual details. It's £1.00 per week number & you can win £35.00!



We are pleased to welcome Patricia to Musselburgh on 2<sup>nd</sup> December



Daniel Allison - Haddington 4<sup>th</sup> December  
We will be welcoming Daniel back to Headway East Lothian with his own inimitable style of Storytelling.

House of Legends, Books, Podcast & Live Storytelling  
*Love Stories, Live Your Story,*  
[www.houseoflegends.me](http://www.houseoflegends.me),  
[daniel@houseoflegends.me](mailto:daniel@houseoflegends.me)



Enjoy arts and crafts with Linda McCann during December at Dunbar and Haddington

## **10 Pin Bowling**



We all had a great time bowling, 4 teams in the competition made for a noisy but enjoyable time! We then went for lunch to Mr Basrai's for a welcome change.

The winning team were, Sharon, Sheryl, Jackie and Teresa!

## **December Events**

Monday 2<sup>nd</sup> – Friday 6<sup>th</sup> – Headway Scottish Parliament Exhibition – Joyce & Christine will be meeting with Colin Beattie MSP with some carefully chosen questions before going to see the exhibition. If you have any questions you would like us to put to Colin then please let us know 😊

Thursday 5<sup>th</sup> – Scottish Head Injury Forum meeting in Glasgow 9.30am – 4.30pm  
The Grand Central Hotel

Keep On Keeping On

This interesting topic will address why some people do better in their recovery than others. We would all agree that after an ABI a new way of life for people following an injury can be overwhelming, and this event will address this, whilst offering helpful support.

### **Christmas Lunch**

Monday 9<sup>th</sup> December – 12.00pm for 12.30pm

West Barns Bowling Club

Please let Joyce, Dottie or Teresa know if you would like to come so we can get menus out for pre-ordering - cost £13.00 to be paid by Monday 2<sup>nd</sup> December.

Tuesday 10<sup>th</sup> - Digby Brown Christmas Card & Calendar Competition Award Ceremony - Glasgow - no winners this year but we have been awarded £100 for participating.

Wednesday 18<sup>th</sup> - Christmas Party at Haddington

Thursday 19<sup>th</sup> - Christmas Lunch at Dunbar 12.00pm for 12.30pm



### Christmas Eve

Fiona Grant-MacDonald will be playing at the Goth on Christmas Eve;  
Food will be served up until 6.00pm, advisable to book a table

Live music from 7.00pm  
A raffle in aid of Headway East Lothian

A lovely photo of Fee from last year's event

## Now for the boring stuff!

**General Election Thursday 12<sup>th</sup> December 2019.** Whatever the weather on polling day, don't miss out on your chance to participate.

To vote in UK elections and referendums, you need to be registered to vote.

But once you are registered, it's not necessary to travel to your polling station on polling day. If you make the appropriate



arrangements, you can vote by post or ask someone else to cast your vote for you (voting by proxy).

This briefing explains how to make sure you are registered to vote and how to cast your vote.

### **Voting in Person**

You can vote in person at the polling station for your home address between 0700-2200 on polling day.

You should be sent a polling card a couple of weeks before the election telling you your polling number and the address of your allocated polling station. It might not be the nearest one to your house as the allocation depends on polling districts.

If you don't receive a polling card, you should check with your council that you are on the electoral register.

To vote, go to the polling station. You can take your polling card with you, but **you do not need to take your polling card in order to vote.**

You will be asked for your name and address and your details will be checked against the electoral register; you will then be given a ballot paper so you can vote. The staff in the polling stations will be able to help you if you have any queries

### **Accessibility of Polling Stations**

Polling stations are public places and should be fully accessible in line with the Equality Act 2010. If you have any problems with accessibility at the polling station, please ask to speak to the Presiding Officer. The staff should all be able to help you vote, while maintaining dignity and ensuring the secrecy of the ballot.

If you have any questions about accessibility at your local polling station before polling day, contact your local council – or why not think about applying to vote by post?

### **Voting by Post**

Voting by post is quick and easy. It's very useful if you have mobility issues, may be away from home for work or medical reasons, have caring responsibilities or simply prefer it. Don't run the risk of losing your vote due to illness, bad weather, emergencies, memory problems or simply being too busy!

You can apply for a postal vote for a specific election or for all elections until further notice. You do not have to give a reason for requesting a postal vote, except for residents in Northern Ireland.

If you have requested a postal vote, a ballot pack will be sent to you ahead of the election.

To vote, follow the instructions on the form and put your completed ballot pack back in the post.

If you forget to return it, you can still hand completed ballot vote packs in at your local polling station up to 10pm on Polling Day. You can also hand it in at your council's head office during the day but be aware they may not be open to accept votes after 1700.

### **Asking someone else to cast your vote – proxy voting**

If you're unable to vote in person you can ask someone to vote on your behalf. This is called a proxy vote.

You can only apply for a proxy vote under certain circumstances, including:

- being away on polling day
- having a medical issue or disability
- not being able to vote in person because of work or military service

**SCOTLAND:** You can download a proxy vote application form at <https://www.gov.uk/government/collections/proxy-voting-application-forms>  
Download the form, print it off, fill it in and post to your local council. For the General Election on 12 December 2019, the deadline for applications to vote by proxy is 1700 on Wednesday 4<sup>th</sup> December 2019

1	Sun		
2	Mon	Musselburgh	Exercises with Patricia
3	Tue		
4	Wed	Haddington	Daniel Allison, Storytelling
5	Thu	Dunbar	Games & Puzzles

6	Fri		
7	Sat		
8	Sun		
9	Mon	West Barns	Christmas Lunch
10	Tue		
11	Wed	Haddington	Arts & crafts with Linda
12	Thu	Dunbar	Arts & crafts with Linda
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Carers meeting & Christmas Raffle
17	Tue		
18	Wed	Haddington	Board Meeting & Christmas Party
19	Thu	Dunbar	Christmas Lunch
20	Fri		

21	Sat		
22	Sun		
23	Mon	Musselburgh	HOLIDAY
24	Tue		HOLIDAY
25	Wed	Haddington	HOLIDAY
26	Thu	Dunbar	HOLIDAY
27	Fri		HOLIDAY
28	Sat		HOLIDAY
29	Sun		HOLIDAY
30	Mon	Musselburgh	HOLIDAY
31	Tue		HOLIDAY

We meet in three locations each week

<u>Date &amp; Time</u>	Monday 1pm - 4pm	Wednesday 6.30pm - 8.30pm	Thursday 1pm - 3pm
<u>Venue</u>	Musselburgh East Community Learning Centre  Haddington Road MUSSELBURGH H21 8JJ	<b>Roodlands Room, East Lothian Community Hospital, Alderston Road, Haddington, EH41 3PF</b>	Hallhill Healthy Living Centre, Kellie Rd DUNBAR



Contact us in any of the following ways

Jim Maryniak Convener		07920 195743 <a href="mailto:jimmaryniak@hotmail.com">jimmaryniak@hotmail.com</a>	
Fiona Grant- MacDonald		Secretary <a href="mailto:feegramac@sky.com">feegramac@sky.com</a>	
Richard Fairbairn Treasurer	07938913502	Katy Liamb Irene Grant	Acting Treasurer Bookkeeper
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 Thurs Office at home Fri Office at home. Better to phone first in case Joyce is at a meeting.			

Items for the newsletter to Robert Dalrymple  
 robert.dalrymple202@btinternet.com Tel 01620 844020



Improving life after brain injury Charity No **SC035535**



