



Headway  
East Lothian  
SC10  
Newsletter

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



Issue 19/05

May 2019

**Next Outing**



Musselburgh Races  
Friday 3<sup>rd</sup> May

**OUTING**

sponsored by the family of the  
late Ross Barker



Safari Park

Friday 7<sup>th</sup> June

**Exercises**

By popular demand



Mon 13<sup>th</sup> May Musselburgh

**Charity Quiz & Music  
Night**

In Prestonpans  
at he Goth

Friday 10<sup>th</sup> May



**Funded by**



## Noticeboard



No carer meeting planned for Mauy



Next Board Meeting

Wednesday 8<sup>th</sup> May 7.00pm atHaddington.



We are pleased to welcome back to Haddington on 1<sup>st</sup> May, The Tuesday Crew + 1 to entertain.



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



We are pleased to welcome back to Musselburgh on 13<sup>th</sup> May, Patricia Eckersley with more exercises



Joyce will be on holiday - gain - from Friday 17<sup>th</sup> to Friday 24<sup>th</sup> May inclusive 😊

## Charity Quiz & Music Night

with Fiona Grant-MacDonald



Friday 10<sup>th</sup> May

The Goth,

Prestonpans,

7.00pm

## Head Injury Information Day

Overcoming Obstacles

Date: Wednesday 29<sup>th</sup> May

Time: 9.00am – 3.30pm

Sheraton Grand Hotel

1 Festival Square,

Edinburgh EH3 9SR

## Outing

Friday June 7<sup>th</sup> – Safari Park

This outing has been very kindly sponsored by the family of the  
late Ross Barker;  
many thanks to Pauline.

### Art Exhibition, Art'

We will be holding a  
art project work with  
Dunbar Town House &  
from Friday 14<sup>th</sup> June  
You are all cordially  
Day where you will get  
exhibition before the  
celebrate the fantastic  
creativity and see how we brought the outdoors indoors into our work.



### 'Outdoor to Indoor

public exhibition of our  
Linda McCann at the  
Community Gallery  
until Friday 28<sup>th</sup> June.  
invited to the Preview  
a chance to see the  
general public, help us  
imagination and



## Brain drain – Wake up to fatigue! Action for Brain Injury Week 2019

20 - 26 May

Fatigue – or excessive tiredness – is one of the most commonly experienced effects of brain injury. Indeed, it is the most commonly cited effect of brain injury reported by the 11,000 callers to our helpline each year.

Our brains control everything we do, think and feel. They are the control centre that dictates our actions and reactions, and the pace at which they happen. They are our batteries, recharged with sleep and rest. But after brain injury, these batteries drain far more quickly and therefore need recharging on a much more regular basis – often every few hours.

Added to this, sleep problems as a result of brain injury can make it more difficult to recharge and combat fatigue.

Fatigue can affect one's recovery process and daily life. But as with many of the hidden effects of brain injury, 'pathological fatigue' can be widely

misunderstood – not just by those around us, but even by the individuals themselves.

Through our Brain drain campaign, we aim to give a voice to those affected, helping to raise awareness and break the stigma of brain injury-related fatigue.

### Council tax Discount

Lack of promotion by councils and irregular policies from postcode to postcode mean that tens of thousands of people who are eligible are not benefitting - according to campaign website MoneySavingExpert. MSE has a guide on who qualifies, and how to

claim: <https://www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate/>

The language used may be difficult but having had a brain injury may entitle you to a discount.

How to claim the 'severely mentally impaired' council tax discount

Who's eligible and what you need to know

## **Tens of thousands of 'severely mentally impaired' people who are entitled to a council tax discount could be missing out on about £400 a year.**

By law, to qualify, someone must be medically certified as having a severe mental impairment (ie, one that severely and permanently affects their intellectual and social functioning) - eg, dementia (including Alzheimer's) or severe learning difficulties, but many other conditions may apply - can be 'disregarded for council tax purposes' in England, Scotland and Wales - in a similar way that students are, for example.

It means you can claim:

- **A 25% discount** - if you live with someone who's 'severely mentally impaired' and no other adults, or only adults who have also been [disregarded for council tax purposes](#). Effectively you get a single person's discount - but when claiming, specify you require a discount because you are living with someone who is 'severely mentally impaired'.
- **A 100% discount** - if you're 'severely mentally impaired' and live alone, you shouldn't be paying any council tax at all.

Who is eligible for the discount?

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Both of the following must apply for someone who's 'severely mentally impaired' to qualify for the council tax discount:

- **They've been medically certified as being 'severely mentally impaired'**. For example, this may be the case if they have dementia (including Alzheimer's), Parkinson's, severe learning difficulties or have had a stroke. It will depend on each individual's case though and simply having been diagnosed doesn't automatically mean they qualify - a doctor must also certify they are 'severely mentally impaired'. GPs are not allowed to charge you for this certification.



• **They're eligible for (but NOT necessarily actually receiving) at least one of the following benefits:**

Incapacity benefit

- Attendance allowance
- Severe disablement allowance
- Disability living allowance (higher or middle-rate care component)
- Increase in disablement pension (due to constant attendance being needed)
- Unemployability supplement or allowance
- Constant attendance allowance
- Income support (which includes a disability premium)
- Personal independence payment (standard or enhanced daily living component)
- Armed forces independence payment
- Tax credits (including disability element)
- Employment and support allowance
- Universal credit

Just to be clear, some councils wrongly tell people they need to be *receiving* these benefits. That's not correct - the law simply says you need to be *eligible* for them.

#### How to claim the discount

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The process for making a claim varies by area, so you'll need to check your local authority's procedure. But here are the basics

**Get a claim form from your council.** You'll need to contact your local authority for a claim form to register for a council tax discount (find contact details via the Government's ['Apply for Council Tax Reduction'](#) service).

• **Then, you'll need a doctor's diagnosis.** A registered medical practitioner must have diagnosed you as 'severely mentally impaired'. In some cases you'll need to attach a written diagnosis to your claim - in others you just give your doctor's details and they'll be contacted for confirmation. GPs are not allowed to charge you for this certification.



- **Fill the form in and send it off to your council.** You may be asked to attach some supporting evidence, such as the doctor's diagnosis or evidence of eligibility for relevant benefits.

1	Wed	Haddington	Tuesday Crew + 1
2	Thu	Dunbar	Arts & crafts with Linda
3	Fri	Musselburgh	Outing - Musselburgh Races
4	Sat		
5	Sun		
6	Mon	Musselburgh	Rem Pod - Potting Shed
7	Tue		
8	Wed	Haddington	Arts & crafts & Board meeting
9	Thu	Dunbar	Rem Pod - Potting Shed
10	Fri	Prestonpans	Charity Quiz & Music Night
11	Sat		
12	Sun		
13	Mon	Musselburgh	Exercise with Patricia
14	Tue		

15	Wed	Haddington	Chocolate Workshop
16	Thu	Dunbar	Arts & crafts with Linda
17	Fri		
18	Sat		
19	Sun		
20	Mon	Musselburgh	Dominoes, chat & games
21	Tue		
22	Wed	Haddington	Arts & crafts with Linda
23	Thu	Dunbar	Games & Puzzles
24	Fri		
25	Sat	Prestonpans	Rugby Club fundraiser
26	Sun		
27	Mon	Musselburgh	Dominoes, chat & games
28	Tue		
29	Wed	Haddington	No meeting

30	Thu	Dunbar	Film afternoon
31	Fri		

We meet in three locations each week

<u>Date &amp; Time</u>	Monday	Wednesday	Thursday
	1pm - 4pm	6.30pm - 8.30pm	1pm - 3pm
<u>Venue</u>	Musselburgh East Community Learning Centre  Haddington Road MUSSELBURGH	Occupational Therapy Department,  Herdmanflat Hospital Aberlady Road HADDINGTON	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>
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Richard Fairbairn Treasurer	077604 95851	Fiona Grant- MacDonald Secretary	<a href="mailto:feegramac@sky.com">feegramac@sky.com</a>
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Development Officer Joyce Cattanach	07895 193974 <a href="mailto:headwayeastlothian@live.co.uk">headwayeastlothian@live.co.uk</a>
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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.**

