



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 20/08

August 2020

Hope you are all as safe and healthy in these troubling times as you can be? Joyce is now working part-time so is available for help & advice. Please be reassured that there is help available if you need it; you can call any of the numbers below for advice or just a chat.

<b>Joyce Cattanach</b>	<b>07895 193974</b>
<b>Jim Maryniak</b>	<b>07920 195743</b>
<b>Gordon Wallace</b>	<b>01875 853491 or 07880 825529</b>
<b>Dottie Wallace</b>	<b>01875 853491 or 07788 500014</b>
<b>Teresa Martin</b>	<b>07471 339211</b>
<b>Katy Lamb</b>	<b>01877 387264</b>

### **Trivia Quiz (No cheating – no googling – answers next issue!)**

1. True or false: A baby peacock is called a peachick?
2. What is the capital city of North Korea?
3. In electronics, what does LED stand for?
4. Table Mountain is in which country?
5. What is the official language of Ecuador?
6. In what year was the Channel Tunnel opened?
7. Which is larger – Iceland or Ireland?
8. What is the Hindi word for tea?
9. What US city is named after a UK Prime Minister?
10. True or false – only bees can produce honey?

### **Answers to previous quiz**

1. Jules Verne; 2. Norway; 3. Goats; 4. The Netherlands; 5. 39; 6. Himalayas; 7. Styx; 8. Italy; 9. Ljubljana; 10. Design

Vouchers, activities, digital support – we do hope you enjoy all your deliveries from our wonderful team of volunteers – please let us know if we can support you in other ways, if you have Audiobooks you would like to swap or need more puzzles or the answers!

All meetings, events & outings in August have been cancelled. The current restrictions are slowly being lifted on a phased basis, but it may well be some months before we are meeting together again as previously. We hope that those of you who have managed to take part in some of the Socially Distanced Get-Togethers financed through the Community Wellbeing Fund have been enjoying meeting up with friends and family? Here are a few pictures we have received – please keep sending them in 😊



We have also received funding from Tesco Bags of Help for volunteer expenses, transport & Afternoon Teas/Picnics – watch this space for a special event in September! Could involve lots of taxis, a socially distanced picnic, indoor & outdoor space, music, chat, and some very special guests!

A huge **Congratulations** and **Thanks** to **Mags Donaldson & Fionna Balfour** – their combined efforts at knitting and sewing have created 12 wonderful, colourful blankets donated to Edinburgh Direct Aid



### **Face Mask exemption cards**



If you feel you may be eligible to carry a Hidden Disabilities Exemption Card if you are unable to wear a Face Covering or Mask, then please get in contact with us here at Headway East Lothian. The public are asked to be mindful of people who are exempt from wearing a face covering. The list of exemptions, which has been in place since face coverings became mandatory on public transport, includes hidden conditions such as anxiety or panic disorders, autism, breathing difficulties, dementia, reduced vision or if you are with someone who relies on lip reading to communicate.

Under the regulations, members of the public need to wear face coverings that cover the nose and mouth in shops, supermarkets, shopping centres and transport hubs, to help curb the spread of the virus.

People are not required to prove they are exempt, and it is for individuals to choose how they would want to communicate this to others. For those who would feel more comfortable showing something that says they do not have to wear a face covering, exemption cards are available to print or display on mobile phones from [gov.uk](https://www.gov.uk).

Those with the following circumstances are also exempt from wearing a mask:

- Children under the age of 11
- Those with disabilities or the following health conditions:
  - Breathing difficulties and other respiratory conditions.
  - Conditions affecting their dexterity, meaning they are not able to put on a face covering.
  - Mental health conditions such as anxiety or panic disorders.
  - Other non-visible disabilities such as autism.
  - Cognitive impairments, including dementia, who may not understand or remember the need to wear a face covering.
  - Visual impairments, with a restricted field of vision, particularly if any residual vision is at the lower edge of the normal field of view.
  - Impairments which would make it difficult to put on or take off a face covering safely, accurately, consistently or without pain.

This list of exemptions is not exhaustive and extends to anyone with justifiable reason for not wearing one on the grounds of health or disability.

You also do not need to wear a face covering if you have a legitimate reason not to. This includes (but is not limited to):

- not being able to put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability (as above)
- if putting on, wearing, or removing a face covering will cause you severe distress
- if you are travelling with or aiding someone who relies on lip reading to communicate
- to avoid or escape harm or injury, or the risk of harm or injury
- to eat or drink if necessary
- to take medication
- if a police officer or other official requests you remove your face covering



A Very Happy 70<sup>th</sup> Birthday to Richard Fairbairn on 5<sup>th</sup> August



Wishing Peter Kydd, a wonderful 60<sup>th</sup> Birthday on 16<sup>th</sup> August



Many Happy Returns to

Margaret Donaldson

And

Elizabeth Barnes



### **BRAW 2020 Virtual Event**

If you would like to take part in an online BRAW 2020 event on Friday 21<sup>st</sup> August please contact us for more information either by e-mail [headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk) or on the Facebook page – there will be the 'BRAW Factor', a quiz and a Music Gig with requests!

## **BRAW 2021**

dates for the diary

Friday 16<sup>th</sup> – Sunday 18<sup>th</sup>  
April 2021

**Scottish Conference 2020** - After due deliberation, reviewing our risk register and the continued restrictions with Covid 19 we have made the decision to further postpone the Scottish Conference to 27th May 2021. We will be working on a new framework for the day and will keep you all informed.

## **The Digby Brown CHRISTMAS CARD & CALENDAR COMPETITION**

Get your creative juices flowing and your entries to Joyce or any of the Board or volunteers

“Please help us design our Christmas card and 2021 desktop calendar. Christmas card Entries should be either a drawing or a painting. Calendar Entries can be: A drawing or painting A photograph A sentence or short phrase A short poem. The winning entrants will all receive a £20 voucher for Marks & Spencer. The organisation to which winning entrants belong will each receive £200 towards their funds. All other organisations entering will receive £100 towards their funds. The closing date for entries is Friday 25th September 2020 and winning entrants will be notified by Monday 19th October 2020. Please note: Entries are open to people living with an acquired brain injury (ABI) who are members of Headway or other organisations in Scotland providing support specifically for people living with an ABI. We regret to advise that entries from families, carers and support workers cannot be accepted, although they can of course assist.”



If you are on Facebook then please check out our page; a chance to catch Fiona on Monday afternoons at 2.00pm for some singing & dancing – only during school holidays!

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

[www.facebook.com/headwayeastlothian](https://www.facebook.com/headwayeastlothian)



Improving life after brain injury