



Headway
East Lothian
SC10
Newsletter

www.headway-eastlothian.org.uk



Issue 20/02

February 2020

Next Outing



The Scottish Parliament
Pàrlamaid na h-Alba ;

FMQ's

Scottish Parliament

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Come along and join in



Exercises with Patricia

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Visit from



Social Security Scotland
Tèarainteachd Shòisealta Alba

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2020

Including

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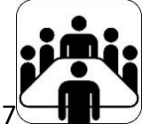
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Noticeboard



Carer meeting in the cafe at Musselburgh on Monday 17th February



The next Board Meeting will be held at Haddington on Wednesday 12th February



Bonus Ball numbers have become available so if you would like to join in please contact Dottie. It's £1.00 per week per number & you can win £35.00!



Joyce will be on Annual Leave from Monday 16th March - Friday 20th March inclusive

Please note that there will be no meetings on the following dates



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Wednesday 19th at Haddington - all day event in Glasgow

Thursday 20th at Dunbar - Outing to Scottish Parliament

Patricia Eckersley - Exercise class

First Monday of the month at Musselburgh 2.00pm - 3.00pm

Come along, join in, have fun and see how good you feel afterwards 😊



This is a free annual event organised by the Scottish Council for Voluntary

Organisations (SCVO). It's a place for people from the voluntary sector to network, showcase their work and learn from each other. You will be reminded that you face the same issues as others, and you will find solutions that are right for you.

Whether its funding, employability or health and wellbeing, there are opportunities to listen, learn and be heard. There's a busy exhibition and marketplace with over 110 exhibitors and a packed

events programme with around 65 workshops, seminars and training sessions.

Who is it for?

Everyone - staff, volunteers, board members and trustees from charities, social enterprises and community groups, politicians, academics and journalists, students and members of the public looking to find out more about the voluntary sector in Scotland.

Exhibition and Marketplace opening times

- Wednesday 19 February 9.15am to 5.00pm

Thursday 20 February 9.15am to 3.00pm



The Scottish Parliament
Pàrlamaid na h-Alba

First Minister's Question Time takes place on Thursdays from 12:00 to 12:45 when Parliament is in session. During this time the First Minister answers questions from opposition party leaders as well as other MSPs. It is the most popular session of Parliament and demand for tickets is extremely high.

We have been allocated 15 tickets for the public gallery for Thursday 20th February. I have a list being created of those who would like to go; if anyone would like to be added to this then please let me (Joyce) know and I'll put your name in the hat with the others!

This will be an all-day event; we will be meeting at the Scottish Parliament at 10.45am. After FMQs we will have the opportunity to have a brief look around the public areas and the shop and have some lunch in the café.



Social Security Scotland
Tèarainteachd Shòisealta Alba

Phil O'Kane, Client Support Team Leader and a couple of his staff from the local team will be coming out to meet us on Monday 3rd, just for coffee & so we get to know the faces 😊 They will then come along on Monday 24th to do a short, informal presentation letting us all know about what Social Security Scotland is and is not and what they will be responsible for, and not for in the years ahead and about the local delivery of services.



er a successful application to the Shift the Power Scotland Comic Relief programme;

we are delighted to let you all know that we received £8000 towards the Development Officer post for the coming year.

We also received a totally unexpected yet very welcome cheque for £175.00 from the REGAL (Retired Gentlemen & Ladies) of the Abbey Church in North Berwick for general funds. It is lovely to be recognized for the work we do in our local communities.

Peter Kydd, also from North Berwick, who attends the groups in Musselburgh, Dunbar, outings & social events, made the very brave decision to take part in the New Year's Day 'Loony Dook' in North Berwick - he was one of the very few who stayed in the freezing cold water until the end of the event! He took part as a sponsored event to raise money for Headway East Lothian and raised over £500! Thank you so much Peter, and all those who sponsored him! If you look closely at the photo, at the very left-hand side there is someone with an orange coat on - that's Peter - verified by his sister 😊😊



Dates for your diaries

March - Friday 27th - Coffee Morning, 12.30pm Preston Lodge High School, Prestonpans

April - Saturday 4th - Fundraising Music Festival, 2.00pm - 7.00pm, The Gothenburg, Prestonpans

Monday 13th - Easter Monday holiday

Thursday 16th - Headway Scottish Conference, Glasgow

Wednesday 29th - Awards/Celebration/Thanks evening, Haddington

May



Memory loss: A campaign to remember aims to raise awareness of the ways in which memory problems can affect brain injury survivors and their families. It will explore the impact of memory on relationships, recovery and returning to work.

Wednesday 13th - Digby Brown Head Injury Information Day, Edinburgh

Thursday 14th - 'A Guid Day Oot - a day to remember'

June - **Thursday June 11th** - A Ruby Wedding Anniversary Party - Dunbar

Friday 26th - Outing to Amazon Distribution Centre, Dunfermline

July - **Friday 3rd** - **Sunday 5th** - Headway Way Ahead Conference, Stone, Staffordshire

Friday 24th - BBQ at Dottie & Gordon's, Seton Mains

August - **Friday 21st** - **Sunday 23rd** - BRAW 2020, Tulliallan, Kincardine

Friday 28th - East Links Family Park and/or John Muir Alpacas & picnic

September - **Friday 25th** - Mystery Trip

October - **Friday 30th** - Outing (to be confirmed)

November - **Friday 6th** - Christmas Shopping to Livingston

Friday 27th - Outing - 10 Pin Bowling, Fountainbridge, Edinburgh

December - **Monday 7th** or **14th** - Christmas Lunch

his month at Headway

| | | | |
|----|-----|-------------|----------------------------|
| 1 | Sat | | |
| 2 | Sun | | |
| 3 | Mon | Musselburgh | Exercises with Patricia |
| 4 | Tue | | |
| 5 | Wed | Haddington | New Age Kurling |
| 6 | Thu | Dunbar | New Age Kurling |
| 7 | Fri | | |
| 8 | Sat | | |
| 9 | Sun | | |
| 10 | Mon | Musselburgh | Dominoes, games and chat |
| 11 | Tue | | |
| 12 | Wed | Haddington | Board Meeting |
| 13 | Thu | Dunbar | Puzzles & games |
| 14 | Fri | | |
| 15 | Sat | | |
| 16 | Sun | | |
| 17 | Mon | Musselburgh | Carers in the Cafe |
| 18 | Tue | | |
| 19 | Wed | Haddington | The Gathering, SEC Glasgow |
| 20 | Thu | Dunbar | Outing: FMQ's, Holyrood |
| 21 | Fri | | |
| 22 | Sat | | |
| 23 | Sun | | |
| 24 | Mon | Musselburgh | Social Security Scotland |
| 25 | Tue | | |
| 26 | Wed | Haddington | Arts & Crafts |
| 27 | Thu | Dunbar | Arts & Crafts |
| 28 | Fri | | |
| 29 | Sat | | |
| | | | |
| | | | |

We meet in three locations each week

| <u>Date & 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 | Roodlands Room, East Lothian Community Hospital, Alderston Road, Haddington, EH41 3PF | Hallhill Healthy Living Centre, Kellie Rd DUNBAR EH42 1RF |

Contact us in any of the following ways

| | |
|--------------------------------|--|
| Jim Maryniak Convener | 07920 195743 jimmaryniak@hotmail.com |
| Fiona Grant- MacDonald | Secretary feegramac@sky.com |
| Richard Fairbairn Treasurer | 07938913502 |
| Katy Lamb Irene Grant | Acting Treasurer Bookkeeper |

Development Officer 07895 193974
Joyce Cattanach 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 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**