



Headway
East Lothian
SC10
Newsletter

www.headway-eastlothian.org.uk



Issue 20/01

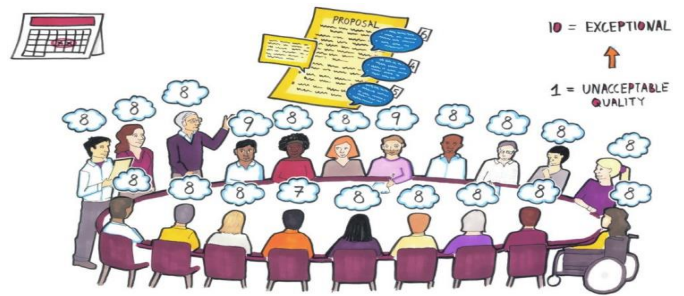
January 2020

Thanks Joyce



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**Review & Planning Meeting
During January
At Dunbar Haddington and Musselburgh**



Burns'Night

Wed 29th January
Haddington

Happy
New
Year

Funded by



Thanks! Joyce



In recognition of her hard work during 2019, Joyce was presented with a seasonal bouquet of flowers by our Convener Jim Maryniak as requested the last Musselburgh meeting . He said that often we don't realise the work Joyce does behind the scenes like applying for funding (and securing it!) , a job vital to the conntinuanace of Headway East Lothian

Thanks Joyce

Welcome 2020

There will be a lot happening a in 2020 so you can look forward to some good days and nights, although looking at the diary for January you would not think so. Some meetings have still to be confirmed yet and we thought rather than give you some dates we would just advise the dates as they come along and you can fill in your diary.

As usual there will of course be meetings on the appropriate days each week in our various venues during the month.

The Annual Burns Supper will again be held at Haddington and this year will fall on Wednesday 28th January to which all service users are cordially invited. So come along and enjoy.

Outings & events for the coming year will be announced shortly.

*A guid New Year to ane an' a'
An' mony may ye see,
An' during a' the years to come,
O happy may ye be.*

Best Wishes from
Trustees, staff and volunteers

Noticeboard



No carer meeting planned for January



The next Board Meeting will be held at Haddington
on Wednesday 15th January



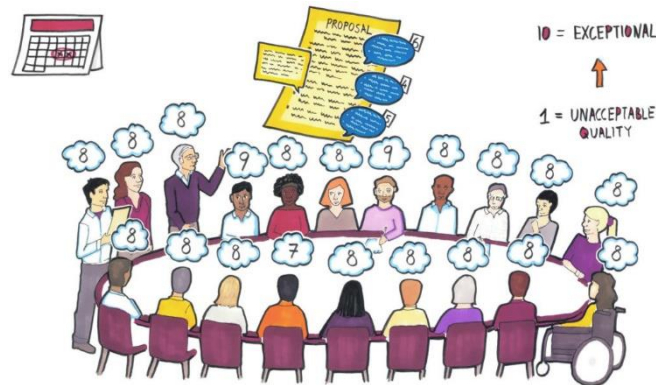
As you may know Dottie runs a Bonus Ball Scheme to boost funds each week. Bonus Ball numbers have become available so if you would like to join in please contact us on any of the usual details. It's £1.00 per week number & you can win £35.00!



Music Workshop

Come along and join in with the fun! Ronnie Pollock will be facilitating this workshop which will be percussion and singing based. All helps with improving concentration skills, building confidence and self-esteem, getting people together to socialise, teamwork, listening skills and generally having a good time!

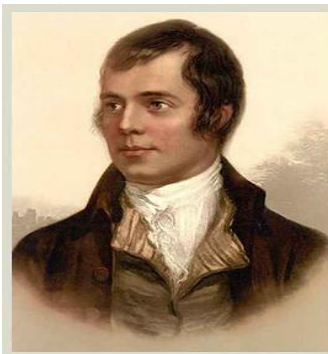
Review & Planning Meeting



Not scary, honest. We all need to look at what we did last year, think about what worked and what didn't, look at what we have coming up this year and see what everyone would like built into the programme of activities!

Come along with some ideas for workshops, speakers, outings and as always, if you would like to volunteer to help organise any of these just let us know.

If you are housebound and have anything you would like to include let Joyce know and she will be pleased to put it to the meeting for consideration 😊



*from A Man's A Man For A' That
by Robert Burns*

Then let us pray that come it may,
(As come it will for a' that,
That Sense and Worth, o'er a' the earth,
Shall bear the gree, an' a' that,
For a' that, an' a' that,
It's coming yet for a' that,
That Man to Man, the world o'er,
Shall brothers be for a' that.

Burns Night - Wednesday 29th January

Our new venue in Haddington

A STORY FROM LAST YEAR TO REMEMBER

Mystery Tour

The Scottish Donkey Sanctuary at Newtown St Boswells was our destination - we had a glorious day out. The donkeys were all so cute - even the ones that nibbled fingers 😊. The staff were great, even opened the wee gift shop especially for us - think the stock of cuddly donkey soft toys will need refilled now though!



We then all got back on the bus & headed off for lunch - didn't take us long, only across the road to the Milestone Garden Centre and the Greenhouse Cafe where we all enjoyed our pre-ordered lunches - again, service wonderful. Home on the bus after a great day out - thanks to Teresa for organising the day for us!

Here's to next year - where could we go next hmm?

This month at Headway

1	Wed	Haddington	HOLIDAY
2	Thu	Dunbar	HOLIDAY
3	Fri		
4	Sat		
5	Sun		
6	Mon	Musselburgh	Welcome to 2020
7	Tue		
8	Wed	Haddington	Welcome to 2020
9	Thu	Dunbar	Welcome to 2020
10	Fri		
11	Sat		
12	Sun		
13	Mon	Musselburgh	Ronnie Pollock's Music Workshop
14	Tue		
15	Wed	Haddington	Board Meeting
16	Thu	Dunbar	Review & Planning Meeting
17	Fri		
18	Sat		
19	Sun		
20	Mon	Musselburgh	Review & Planning Meeting
21	Tue		
22	Wed	Haddington	Review & Planning Meeting
23	Thu	Dunbar	Games & puzzles
24	Fri		
25	Sat		
26	Sun		
27	Mon	Musselburgh	Dominoes, games & puzzles
28	Tue		
29	Wed	Haddington	Burns' Night
30	Thu	Dunbar	
31	Fri		

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 Liamb Irene Grant	Acting Treasurer Bookkeeper

Development Officer Joyce Cattanach	07895 193974 headwayeastlothian@live.co.uk
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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**