



Headway  
East Lothian  
SC10  
Newsletter

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



Issue 20/03

March 2020

Next Outing  
Coffee Morning



Preston Lodge Prestonpans  
26<sup>th</sup> March

Come along and join in



Exercises with Patricia  
Musselburgh  
Monday 3<sup>rd</sup> March

Understanding Brain Injury

Musselburgh on Monday 23<sup>rd</sup>  
Dunbar on Thursday 26<sup>th</sup> March

If you know of someone who  
would like to volunteer for  
Headway East Lothian let Joyce  
know.

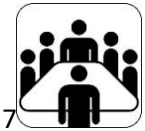
Funded by



## Noticeboard



No carer meeting planned for March



The next Board Meeting will be held at Haddington on Wednesday 4th March (rescheduled)



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 on Annual leave from Monday 16<sup>th</sup> to Friday 20<sup>th</sup> March inclusive



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There will be no meeting on Wednesday 11<sup>th</sup> March at Haddington

We are pleased to welcome Fingers and Thumbs to Musselburgh on Monday 30<sup>th</sup> March

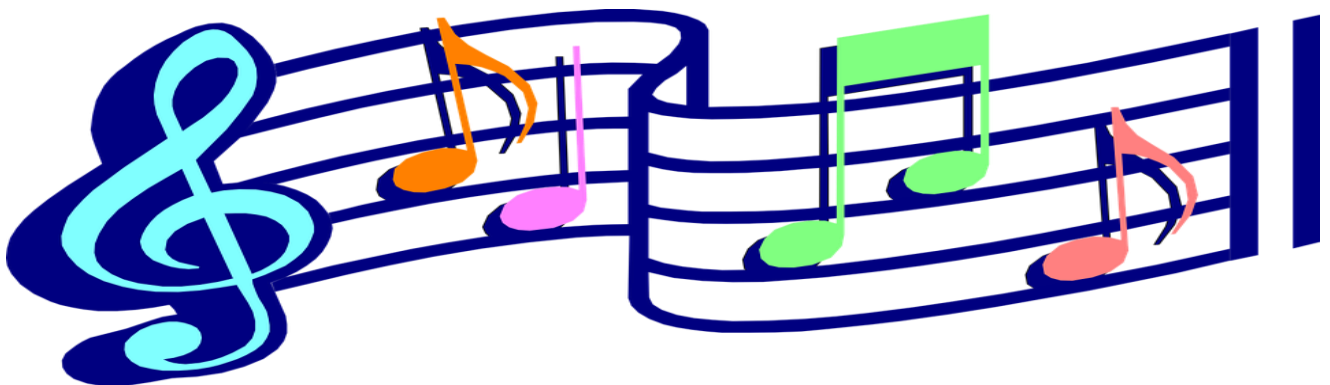
## Coffee Morning Friday 26<sup>th</sup> March



Preston Lodge High School have once again chosen Headway East Lothian as one of their charities to take on some fundraising for. They are holding a Coffee Morning, or 'After School Lunch Coffee' event to meet us all and tell us all about what they have been doing.

It would be great if as many of you as possible could make it along on the day, 12.30pm at Preston Lodge High School, Prestonpans - just let me know and I can send them the numbers.

## Music Festival



There will also be a Music Festival again this year, following on from the successful event last year. It will be held on Saturday 4<sup>th</sup> April from 2.00pm - 7.00pm at the Gothenburg Tavern, Prestonpans - tickets will be available closer to the event.

There will be a variety of music to suit all tastes so come along, have a listen, have a dance & join in the fun, suitable for all ages so bring the family 😊

## First Minister's Questions Outing

Great day out; good start as we all made it through the security checks with no problems 😊



We were met on arrival by Louise and Andrew from Colin Beattie MSP's office, who gave us our tickets & ID lanyards and showed us up to the public gallery. A member of the parliament security team told us what and what not to do and made sure we were all aware of the proceedings & then the fun started with general questions before the main First Ministers Questions. There were a few heated moments from all the parties below us but all too soon it was over.

We were then escorted back downstairs to a meeting room for tea, coffee & shortbread and a chat with Colin Beattie MSP about how we found the proceedings, some of the national issues and some local issues before we all headed home for the day.

Good to see democracy in action!

I was delighted to have Headway East Lothian join me for a visit in the



Scottish Parliament today. The group attended First Ministers Questions and we had a great chat afterwards. It's always fantastic to hear about the work that Headway do in the constituency and also great to meet

some service users who benefit greatly from the organisation's work. Thanks for the visit and lovely to meet you all.

This month at Headway

1	Sun		
2	Mon	Musselburgh	Exercises with Patricia
3	Tue		
4	Wed	Haddington	Board Meeting (rescheduled)
5	Thu	Dunbar	
6	Fri		
7	Sat		
8	Sun		
9	Mon	Musselburgh	Dominoes, games & puzzles
10	Tue		
11	Wed	Haddington	No meeting; Joyce & Fee training 😊
12	Thu	Dunbar	
13	Fri		
14	Sat		
15	Sun		
16	Mon	Musselburgh	Dominoes, games & puzzles
17	Tue		
18	Wed	Haddington	Games & puzzles
19	Thu	Dunbar	Games & puzzles
20	Fri		
21	Sat		
22	Sun		
23	Mon	Musselburgh	Understanding Brain Injury
24	Tue		
25	Wed	Haddington	Arts & crafts
26	Thu	Dunbar	Understanding Brain Injury
27	Fri	Prestonpans	Outing - Coffee Morning 😊
28	Sat		
29	Sun		
30	Mon	Musselburgh	Arts & crafts, Fingers & Thumbs
31	Tue		

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  EH42 1RF

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 Lamb 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**