



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 21/08

August 2021

Claire Curran



Thank you so much Claire, raising the amazing amount of £745, completing your personal challenge and more! It amazes and humbles me that so many people who live with the long-term effects of their brain injuries want to give something back to others in the Headway community.

Peter Kydd

Many thanks also to Peter Kydd and his Mum Edith for their continued support and donations – Peter donated all his spare change that he had saved up over the past year – carried it all the way from North Berwick! A grand total of £34.26! Congratulations to Peter's daughter and son-in-law on their recent marriage – by all accounts a grand time was had up in Perthshire – looking forward to seeing the photos!

Peter also has a Birthday this month so Happy Birthday when it comes Peter 😊



Diary

We will be reviewing our online activities now that groups are able to meet face-to-face although there will always now be a place for some Zoom and Facebook Live events that we can all join in with wherever we are in the country. Weekly online activity programmes will still be sent out to everyone on the e-mail list.

Group meetings look a wee bit like this, see who you can spot in the pictures – Gillian took social distancing to extremes!



Grace led us in a wonderful art workshop where we created amazing ostrich pictures; thanks Grace!





Below are all the face-to-face peer groups we now have up & running – if you would like to come along, please phone Joyce to book a place as numbers are still limited and certain Covid restrictions will continue to be in place, such as all seated meetings, mask wearing, social distancing and enhanced hygiene.

Mon 2 nd	1.00pm - 3.00pm	Port Seton Community Centre	
Wed 4 th	3-5.00 pm	Haddington Group Meeting	
Thurs 5 th	10.00 – 12.00	The Stables, Belhaven Church, Dunbar	
Monday 9 th	1.00pm - 3.00pm	Port Seton Community Centre	
Wed 11 th	3-5.00pm	Haddington Group Meeting	
Thurs 12 th	1.00-2.00	The Stables, Belhaven Church, Dunbar	
Mon 16 th	1.00pm - 3.00pm	Port Seton Community Centre	
Wed 18 th	3-5.00pm	Haddington Group Meeting, see above	
Thurs 19 th	10.00 – 12.00	The Stables, Belhaven Church, Dunbar	
Monday 23 rd	1.0 pm 3.0 pm	Port Seton Community Centre	
Wed 25 th	3-5.00pm	Haddington Group Meeting	
Thurs 26 th	1.00-2.00	The Stables, Belhaven Church, Dunbar	
Monday 30 th	1.00 pm – 3.00 pm	Port Seton Community Centre	

AGM & Board

The Annual General Meeting of Headway East Lothian SCIO was held online and the following were elected/re-elected as Board members – thanks and congratulations to all. If anyone would like a copy of our Annual Report and Account please contact Joyce, check up online at OSCR in due course, or our own website www.headway-eastlothian.org.uk

Jim Maryniak – Convenor, Christine Maclean – Secretary, Katy Lamb – Treasurer, Caroline Cook, Fiona Grant-MacDonald, Catherine Baillie, Teresa Martin and David Aston



Annual leave

Joyce will be on annual leave from Monday 2nd August to Friday 13th August inclusive. If you require any advice, information or support please call any of the Board or Volunteers – numbers as usual on the back page!



If you would like to make a difference to Headway East Lothian when you do your online shopping, then please follow this link and sign up to donate as you spend!

<https://smile.amazon.co.uk/ch/SC035535>

What is Amazon Smile?

Amazon Smile is a website operated by Amazon. It features the same products at the same prices as the standard Amazon site. The only difference is, when you shop on Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the cost of all eligible products to your chosen charity.

There are millions of eligible products available – look out for ‘Eligible for smile.amazon.co.uk’ on the product’s details page.

How do I sign up to Amazon Smile?

To sign up for Amazon Smile, visit www.smile.amazon.co.uk.

If you’ve already got an Amazon account, simply log in to your account and search Headway East Lothian in the ‘pick your own charity’ search bar on the right-hand side of the screen. Click to accept us as your chosen charity and you’re ready to start shopping!

How do I get to Amazon Smile?

To shop at Amazon Smile, simply visit smile.amazon.co.uk on your computer, mobile or tablet.

Are prices higher on Amazon Smile?

Absolutely not! You’ll be able to shop the same products, at the same prices. It doesn’t cost you a penny more.

How much does Amazon Smile donate?

When you buy eligible products through Amazon Smile, Amazon will donate 0.5% of the cost to your chosen charity. The cost refers to the purchase price, so excludes VAT, returns and shipping fees, as well as gift wrapping fees, service charges and any rebates.

Walking Treasure Hunt



The adventure will take you along the River Tyne in Haddington

This challenge is designed to be accessible and fun for all the family to join in.

Your challenge packs will be with you shortly and we can get together in wee teams to take part – let Joyce know if you would like to join in with a team!

Those teams who manage the challenge successfully will be put into a draw for a wonderful prize!

Visit the Royal Voluntary Service's Virtual Village Hall



The Royal Voluntary Service's Virtual Village Hall is a free online activity hub and community. Launched when Covid-19 hit, the hub aims to help people keep physically and mentally active, connected to others and having fun.

From beginner's ballet to joining a boy and his dad cooking Katsu Curry together, there is something for everyone.

Sessions are live-streamed daily on [Facebook](#). You can take part in real time or view on-demand via the [Royal Voluntary Service website](#) or [Virtual Village Hall YouTube channel](#).

Alan Fairgrieve's Bara Brith recipe



Bara brith is a traditional Welsh tea bread flavoured with tea, dried fruits and spices.

Ingredients

2 cups dried mixed fruit

1 cup demerara sugar

1 cup strong tea

3 oz marg

Place in a saucepan and bring to the boil then simmer for 10 mins, take off heat and allow to cool but not completely

Then add

2 cups self-raising flour

1.5 teaspoon mixed spice

1 level teaspoon bicarb soda

1 egg

Mix together then pour into 1 x 1lb loaf tins lined with greaseproof paper

Out into oven 180 degrees or 160 degrees fan

For 35-40 mins or until skewer comes out clean

August Birthdays



Maggie Packwood 13th



David Aston 15th

Peter Kydd 16th

Margaret Donaldson 29th



Elizabeth Barnes 31st



If you need help to join “on Line” or just want to know what that means!

Joyce and most others are also happy to help with “on line” stuff and have Zoom calls, Whats App, Face Time etc. All of the online activities are sent round each week by email.

Don't forget, you can call any of the numbers below for advice or just a chat.

Joyce Cattanach
Jim Maryniak
Gordon Wallace
Dottie Wallace
Teresa Martin
Katy Lamb

07895 193974
07920 195743
01875 853491 or 07880 825529
01875 853491 or 07788 500014
07471 339211
01877 387264

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