



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 21/06

June 2021

**A LIFE
OF LOCKDOWN?**

**ACTION FOR
BRAIN INJURY WEEK 2021**

17-23 MAY

A lot of this month's newsletter will relate to the above and there is some very interesting and inspiring stuff at

<https://www.headway.org.uk/news-and-campaigns/campaigns/a-life-of-lockdown/>

Joyce was asked to write a related article for Digby Brown and that has had great response and got us some good contacts – well done Joyce
The finale to ABI week for HEL was Hats for Headway tea party on Friday 21st
The wonderful filling station food was delivered by our volunteers including:-



Amazing work on the hats, J&G!!



Hats for Headway Day

Great to have so many people attending our online picnic and joining in the fun with hats galore, even all the pets with hats; from cats, goats, and chickens to ferrets!

A very generous supporter agreed to donate the £2 per hat picture but not sure they expected so many! Our wonderful volunteers met up at Dottie & Gordon's where Carolyn's team at the Filling Station delivered all the Afternoon Tea boxes – once labelled and sorted into the delivery schedules they were stacked into the cars and headed off on their journeys across the county! We even arranged for our 'Adoptees', Sam and Alan, to have an Afternoon Tea delivered from more new friends, Sarah and David at the Plough Inn, Leitholm so that they could join in with the whole atmosphere.(see later!)

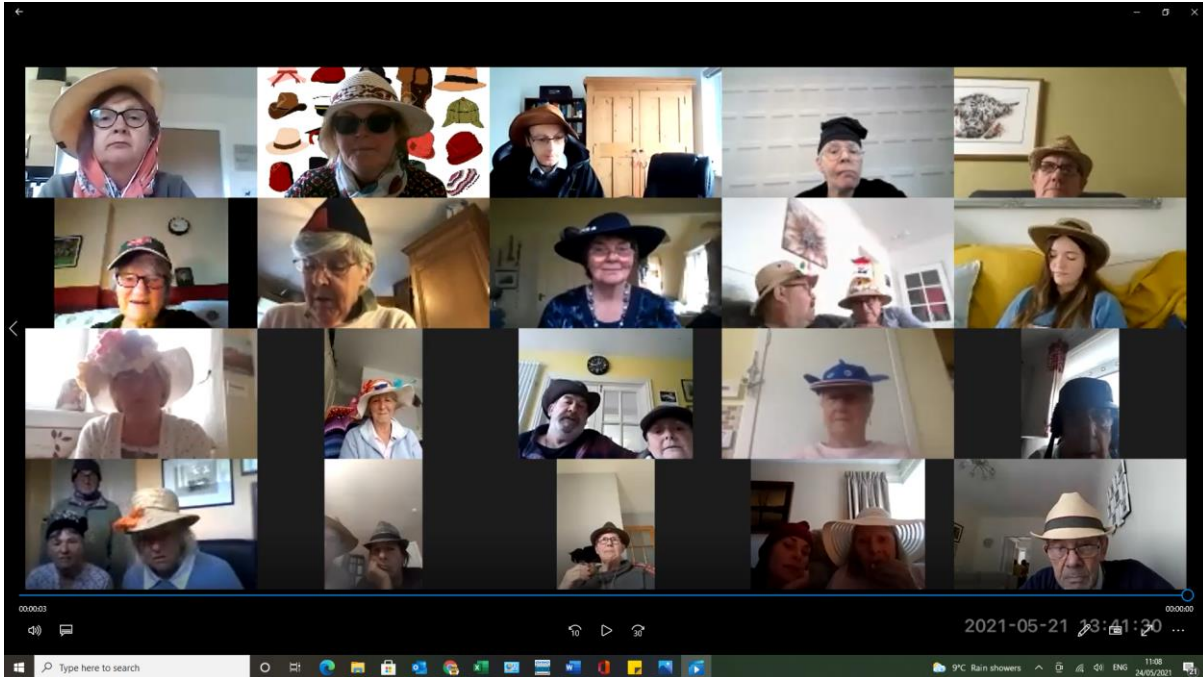


After a round robin of introductions and admiring the various hats, we looked at all the pictures we had sent in for a close-up view & detailed inspection, then had a very raucous guess the movie quiz!

The afternoon finished off with a Prize draw – each person on our full list – not just those able to attend on Zoom – names were allocated a random number then with some tie-break questions to the Zoomers we got one person who could shout out a number and that picked the winner! Congratulations to Ian and Beth Henderson who have won the £50 shopping voucher



In full ZOOM!
Each hat deserves its own pic but there just is not room!



Clearly we were lucky to catch Violet looking very splendid obviously about to go off to a wedding!

It was great to see ground floor in 2004. friendly



Maureen, who was in at the Well done on becoming Zoom

Also a great & welcome surprise to see David on his first Zoom, thanks to daughter Susan for making it all happen
Hope to see you again David



Here is Joyce's Article that was a big hit with Digby Brown solicitors who are great Headway Supporters

ABI Week – A Life of Lockdown

As with lots of charities, organisations and service providers, Headway East Lothian had to change the way we worked very quickly last March!

We moved immediately from 3 weekly peer group activity sessions, lots of social events and fundraising events, to building up our online presence, working with our wonderful volunteers to get a weekly rota of phone calls set up and making sure all our people had someone to contact even just for a chat, if they needed and shopping, or prescriptions picked up – especially those living alone or shielding.

We were extremely lucky to have good relationships with our funders who more or less immediately started to offer emergency funding to provide additional & adapted services. We applied for and received funding from local, national & Government sources & worked out what we could do to support our people.

Initial activities included delivering bags of specially selected hobby activities; puzzle books, jigsaws, audio books, knitting wool, art supplies and gardening materials. We also provided shopping vouchers for each person's nearest supermarket. Our monthly newsletter has been a big hit with lots of information, and especially photos of what we have been doing how people have been coping with the various lockdowns, this was posted on our Facebook page, our website, via e-mail, Instagram, and post!

We then looked at digital and online activities. We sourced funding for kindle fires, smart phones and connectivity for our members and got them all set up with lots of problem-solving on the way. I even had to do a Digital Champion course to upskill myself.

We bought a Zoom licence and started putting together a weekly programme, working with other Headway groups and branches. We were able to offer physical activities like Tai Chi, Pilates, Yoga, Boxercise, seated stretches and made links with Edinburgh University who are running an Unlock and Revive project. We now have Sing it Back sessions, Royal Botanic Garden events, and are part of the Prescribe Culture programme too. We have had presentations from National Trust for Scotland, Scottish Wildlife Trust, Royal Collections Trust and are looking forward to a virtual tour of Edinburgh Zoo!

Locally we worked with an arts & crafts centre, and did Scottish themed online pottery painting, ending with Burns Day. We then delivered a Burns Supper in a bag to all our members, along with a Scots Literacy pack from Age Scotland and had a big Zoom party as well as hosting it live on Facebook. We found that afternoon tea styled events have been a great way to get people 'together' with a joint purpose and have had a Christmas Lunch, a YANA (You are not alone) day and on Friday we had our Hats for Headway event.

We have provided PPE for members and helped those with medical exemptions get access to the special cards – the Headway ID badge also helps with this, so we have made sure everyone has theirs easily accessible.

We managed to take part in events like the Digby Brown Christmas Card and Calendar Competition and had lots of entries – everyone does like taking part in a competition and the quality of entries was amazing! We had photos of animals, arts & crafts, paintings, poetry and had a winner for the calendar; Fionna and her amazing pictures of the waves breaking over the sea wall at Dunbar – and she was so pleased to take part in the virtual tea party award presentation – wonderful of Digby Brown to continue the support for the brain injured community throughout this time.

On Wednesday 19th May, our first peer-group support group was able to meet again at the East Lothian Community Hospital. Everyone had to sign up beforehand, take the usual Covid questionnaire and follow social distancing with facemasks and sanitising, but it was so good to get together and just have a chat about how people have been coping and their feelings about lockdown loneliness and isolation on top of living with a brain injury and the isolation it brings.

As a charity we have still had new referrals to contact and visit where possible, supporting people to access other services, apply for benefits, fill in forms, do digital applications for blue badges and support people emotionally, listen to them non-judgementally, provide support and advice where we can and information to family and friends about brain injury and its effects on the whole family. People have lost a lot of their independence and become more reliant on others for everything – including social contact – they feel that loss yet are anxious about taking back control now that restrictions are starting to lift. They feel that they have lost so much, gone backwards and feel the lack of contact with their support agencies so badly.

Moving forwards, we continue our weekly online programme, our weekly face-to-face group session, deliveries, activities and working on building up people's confidence: reducing their anxieties through giving them the access to correct information at the right times, reducing the other stresses they may face to help them adjust – such as providing transport & organising group events & activities. As well as taking the strain off carers who have often felt so stressed, lonely, and isolated themselves.

Of course, this is all dependent on our funding. We receive no statutory funding so must apply for grant funding for all our service deliveries and our fundraising events have been much depleted this past year! There are many challenges to come in the months ahead practically and financially, but we are still here and supporting our community, reaching more people than ever with the help and support of all our friends.



Development Officer Headway East Lothian



June Birthdays



Gordon Wallace 6th

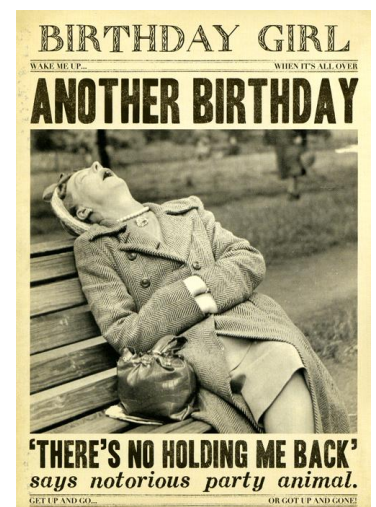
Anne Milne 12th

Jackie Armstrong 14th

Violet Wardrop 16th

Carina Scott 18th

Anne Bisset 25th



What you have told us

This started off from a lovely message from our Adopted members Sam and Alan Fairgrieve and grew into lots of messages of support – here are a few and thank you all for your support to us – Joyce, Jim, Fee, Katy, Christine, Cat, Caroline, Teresa, David, Gordon, Dottie and Fiona



“Can I say first of all say a huge thank you to everyone at headway for having us in the group. As other groups have not done much during lockdown joining in with yourselves has been wonderful for mood. Having something on most days when unable to have visitors has made a huge difference.”

“Thanks again Joyce, you guys do a tremendous job supporting everyone especially through the last year with no meetings.”

“We have felt so welcome as adoptees of headway East Lothian. We have been included in all activities via zoom between Headway East Lothian and also Dundee. We have enjoyed afternoon tea supplied by Headway East Lothian on a couple of occasions which was delicious and so thoughtful of Joyce. On a Monday Joyce has organised for a speaker via zoom, every second Tuesday we have a singing lesson and on a Wednesday we have coffee and a chat with Joyce which is so nice, via zoom. On a Thursday, Headway Dundee F.E.E.L via zoom. Everyone has made us feel welcome and part of headway East Lothian’s family which we appreciate. 😊”

Here are some of the other messages we have received; highlighting the issues that people with a brain injury and their carers have throughout their journeys.

“Meeting up for lunches and having a laugh with friends again even although it was outside.”

“Supporting me with phone calls when both my parents were very poorly.”

“Give you something to look forward to ever week “

“We had a constant checkpoint with someone we could always turn to. It helped feel less isolated.”

“I have suffered with poor mental health for a while, made worse during the pandemic. Joyce at Headway East Lothian has helped me as a Carer to a Headway member by offering outings, online events and phone support right the way through.”

“During lockdown I personally found it very hard to cope taking care of my own medical needs and my loved one; getting her out of bed is a nightmare and no matter what time she did get up she wanted to go out somewhere no matter what time it was. There was times I bent the rules and gave into her Big mistake this set a precedent and she expected it on a daily basis, she found out through conversation that you could get covid tests nearby so she demanded I take her so we both went. My result came through later that evening, hers didn't so of course it was my fault, when I told her she had to isolate - it did come back negative - she just didn't understand the consequences after the test. She still pushed to get taken somewhere every day. Headway did help us a lot when restrictions were eased, She loved afternoon teas delivering them as much as eating them, then there were lunches when we would meet up with other friends from Headway, Fee's music, any of the zoom meetings she would pop on and say hello, all one-to-one from Headway and the service users cheered her up. The gift cards played into her hands, when she found out that you didn't have to spend it all at once created more shopping trips. Not got enough time or could write a book, just pleased to see a little light at the end of the tunnel.”

“Since the lockdown headway East Lothian has been constantly in touch with the users including myself through phone or zoom meetings. They sometimes organise afternoon lunches for us and get them delivered to our homes. On the zoom meetings we have had a range of different things to keep us occupied for example painting, music and singing, and various speakers coming along to entertain us with different topics and insights of their work. If we had/have to go anywhere we are provided with a taxi to take us there and back. That itself makes a difference especially since lockdown it's been really scary to travel on buses or go out, which of course has been playing havoc with my mental health through the pandemic. I have been suffering from panic attacks anxiety, stress and depression more so since lockdown. Headway el has helped us to try and cope with all this with as much entertainment through zoom, we can do exercises of all different kinds including yoga and tai chi. Sometimes it's just a cup of tea/coffee and a chat on zoom with other headway members.”

“Not only did Headway help him during the past year but me as his wife too. Headway arranged for him to be taken out for lunch on a number of occasions which he thoroughly enjoyed, not only that but it gave me a few hours on my own and him a break from me. Even when it was not possible to go places the lovely afternoon teas and zoom meetings were a lifeline.

He absolutely loved the sing alongs with Fiona always getting a message and requests played.

He received an electronic game which challenges him and helps him to focus to try to get faster and more accurate, we often have a battle and a laugh with it.

Headway has been a great support not just for him but often for me as his wife/carers as well.






Thank you to all at Headway, to staff and volunteers for the support you give, it really does make a difference to people and their families who have been affected by brain injury.”

“Hi Joyce Ian and I have found Headway East Lothian to be a great comfort over this past year and before. From what started with going to group meetings where Ian made friends and wholeheartedly joined in all the activities organized, the art, pottery, singing outings .They were a constant for him the only group that seemed to understand how challenging Brain Injury and latterly Dementia added in to the mix changed Ian's life This last year with lockdown and Isolation being a big factor to cope with Headway have been Tremendous .They have kept in touch .Arranging, activities ,outings when rules allowed, delivered craft bags ,Delicious picnic boxes for special occasions i.e. Christmas, Easter, Annual picnic day. Home visits when allowed. The singing with Fee and are at the end of the phone if you need someone to talk to. Thank you, Headway East Lothian you are our lifeline.

kindest Regards
 Ian and Beth Henderson.”

June DIARY

NB Joyce on hols 21-25th inclusive

Wed 2 nd	10-12am 3-5.00 pm	Zoom drop in Cuppa & a Chat Haddington Group Meeting	Joyce
Thursday 3 rd 	2.00pm 3.00pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 7 th 	1.00pm - 3.00pm	Pottery Painting 	
Wed 9 th	10-12am 3-5.00 pm	Zoom drop in Cuppa & a Chat Haddington Group Meeting	Joyce
Thurs 10 th 	2.00pm 3.00pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 14 th 	1.00pm - 3.00pm	Edinburgh Zoo virtual event See next page	Let Joyce Know if you want to go – or you won't get!!
Wed 16 th	10-12am 3-5.00pm	Zoom drop in Cuppa & a Chat Haddington Group Meeting	Joyce
Monday 21 st	1.00pm - 3.00pm	Show & Tell Activities	Katy, so get your thinking cap on!
Wed 23 rd	10-12am 3-5.00pm	Zoom drop in Cuppa & a Chat Haddington Group Meeting	
Thurs 24 th 	2.00pm 2.40pm	FEEL Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 28 th	1.0 pm 3.0 pm	Janine Rennie Wellbeing Scotland	
Wed 30 th	10-12am 3-5.00pm	Zoom drop in Cuppa & a Chat Haddington Group Meeting	Joyce



Please let Joyce know if you would like to attend as this is an external event and we must give numbers in advance to get the Souvenir Boxes out to you beforehand!

We have the Diamond Package booked which includes:

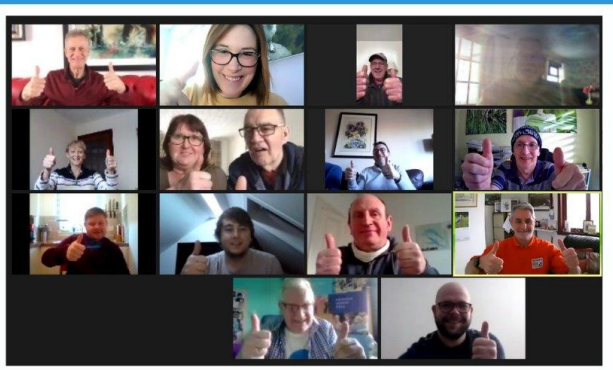
- 60 minutes long
- Our host will take us on a customised tour of the zoo – please send Joyce requests for any particular animals or enclosures you would like to see!
- All participants have the chance to ask questions about the animals and the zoo
- Additional virtual Magic Moment led by expert Keepers
 - Penguins
 - Watch as the keepers introduce you to our animals and feed them
 - Opportunity to ask the Keeper questions

We even have added Extras of an Edinburgh Zoo Souvenir Box for all participants so get your names in quick for this spectacular Zoom event

Sporting Memories

Do you, or someone you know, want to find out more about Sporting Memories? Well you are in luck because Ageing Well is partnering up with Sporting Memories to run two taster sessions – please see more information attached. If anyone wants to sign up they can do via this link

<https://www.sportingmemoriesnetwork.com/news/ageing-well-east-lothian>



TALK ABOUT SPORT with Sporting Memories

Join in this free session to find
out more about Sporting
Memories clubs in your area

Everyone is welcome

Wednesday 26th May, 1-2pm

Wednesday 16th June, 1-2pm



David and Jacki Aston



Our life entered a new, not so good chapter quite suddenly, at least for Jacki, as I spent three weeks in hospital which I cannot remember. Jacki, however, was fully aware of what was happening and had happened from day one. On 27 April 2013, I went for a quick drive and woke up in hospital three weeks later.

Before this incident, I had been a practising Chartered Accountant Partner, in a firm in Uxbridge although I lived in Chalfont St Peter rather than Uxbridge. I had a job which I adored because I was dealing with owner-managed businesses of a size where I could make a real difference to the accounting function and the business itself.

Jacki had just finished a new career path training as a Nurse and had just started a job in the NHS as a Community Staff Nurse when I had the accident. Jacki had not even received her first pay slip when I managed to put a stop to her job. She needed to help me in hospital and when I was released from hospital, she became my full-time Carer.

In 2003, I decided that I had never performed anything remotely physical and had reached a point in my career where I was totally relaxed with what I did. I decided I would aim to achieve a physical goal although I was unsure what this should be. In addition, I was being dumped by the girl I was with and, although that was not a problem, she said "and I am so much sportier than you". It was painfully true, but her saying it annoyed me. Being a proud so-and-so, I decided that I would have to perform something that, to me at least, was spectacular, although I didn't know what. I spent a lot of time considering this and it was a leadership course through my work that made me decide to walk to the Magnetic North Pole.

I spent two years training, eventually heading out to Resolute Bay in Canada in late March 2005. We had a week getting used to the climate and terrain and then we headed North to the Magnetic Pole over the next three weeks. The Pole as a venue is pretty disappointing, as it is liquid for six months of the year and the other six it is just ice, but it was brilliant to have reached it.

In late 2005, I was at a friend's BBQ (although he stopped being a friend about 30 seconds after discovering I'd had a traumatic brain injury causing a major stroke). I was still with a girl other than Jacki but it was obvious I had to ditch her and not just because she stole some of my sorted North Pole sweets. We were introduced by my friend's wife who was a long-established friend of Jacki's, as a person who has been somewhere interesting. Jacki asked me where and I said "I've just been to the North Pole." Jacki's reaction was superb and the rest they say is history.

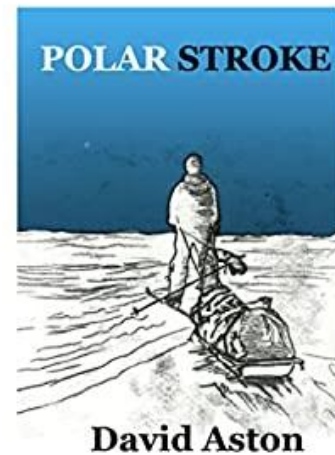
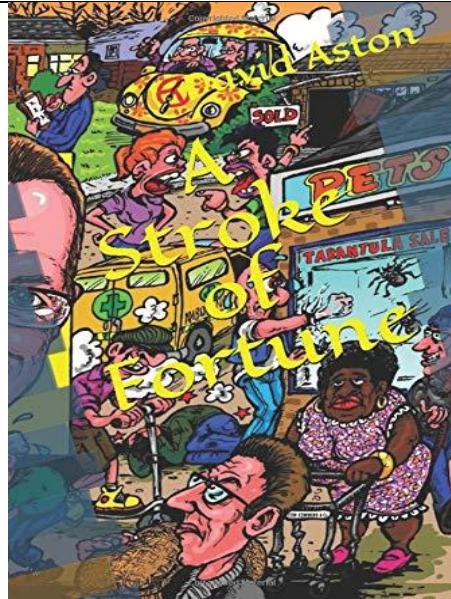
Since the car crash it has taken us a long time to establish what we can and can't do. We have always been extensive house movers and this continued post-accident, only we no longer had working links so we could and did move miles away, although we feel we have now found a forever home.

Jacki is still working as a Staff Nurse but her original idea of expanding her skills, working full time for an NHS pension and seek promotions, all disappeared without trace on the 27 April 2013. She now works very part-time in a nursing home. She can't even do one shift a week as she has to look after me. The idea is she leaves everything for me when she goes on duty. The food is already cooked and everything is

prepared and I just warm it up, but even this goes wrong sometimes. I even managed to grate a knuckle together with the cheese once which required medical intervention!

I cannot concentrate very much and my Neurologist told me not take any job that has a time commitment. As a result, I decided to write a book called Polar Stroke, which is an auto-biography about my trip to the Magnetic North Pole and my subsequent accident. Since then, I realised writing was quite therapeutic and I wrote a novel, A Stroke of Fortune, about a stroke victim who, as part of his healing process, develops magical powers. Both books are for sale on Amazon.

Since being in Winchester Round Table when I was 30, I have always had a belief that if the world gives you something you should give a bit more back. It is for this reason I have decided to become a Trustee of Headway East Lothian. As an organisation, we very much needed their help when we first moved to North Berwick and they were brilliant, particularly Joyce. The thing we really like about Headway East Lothian is they bring Jacki into everything; unlike any other organisation we have had dealings with.



Don't forget, you can call any of the numbers below for advice or just a chat. Joyce and most others are also happy to help on "on line" stuff and have Zoom calls, Whats App, Face Time etc.

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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