



Headway  
East Lothian  
SC10 035535  
Newsletter  
[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



Issue 21/05

May 2021



**2021**

See inside for details of the great achievements!

**Great News!**

**Seeing friends In Real Life is re-starting**

**Haddington Peer Group Activity sessions**

**Community Room, East Lothian Community Hospital, Haddington, EH41 3PF**

**3.00pm – 5.00pm**

We will be restarting these, within all current guidelines, from Wednesday 19<sup>th</sup> May. Timings are dependent on what the East Lothian Community Hospital can offer us now and will be subject to change.

Places will be limited so you may not be able to attend every week. Please let Joyce or any of the Board or volunteers know if you would like your name added and if you require transport and we will try our best to accommodate your request

**Also Meet-Ups are Back!**

You can meet with one other household in a café or restaurant

Shops are OPEN – meet up with a friend and visit the shops and have a coffee  
from 17<sup>th</sup> May you can meet up with one other household in either their house or your house  
You can visit the cinema

We have funding from Scottish Government's Communities Recovery Fund for transport and meet ups to help us all recover and get some normality. If you would like to do this, let Joyce know.

## Experiencing nature through sound



Getting outside in nature can lower stress, improve mood and create an increased sense of well-being. These benefits are recognised by the medical establishment: after a successful trial in Shetland, some Edinburgh GP practices have signed up to an RSPB initiative called [nature prescriptions](#).

But what if you're not able to get outside at the moment? Can nature come to you?

There are many ways to enjoy the sounds of nature from your own home. Nature Radio, <https://natureradio.org/>, is a non-profit initiative which has recordings from national parks around the world. You can lose yourself in the sounds of forest rain at the Kamikochi National Park in Japan or relax listening to the wind in the reeds at the Shar Khuls Oasis in Mongolia.

The BBC Soundscapes project offers an immersive online experience of nature, allowing listeners to relax and be transported by the sounds of the natural environment – plus, there's also the chance to take part in a University of Exeter study to see how virtual experiences of nature might impact wellbeing.

See <https://canvas-story.bbcrewind.co.uk/soundscapesforwellbeing/> to find out more.

For anyone who can't get out to experience nature for real, these can be uplifting ways of escaping into the natural world

## Connect to Nature / Get Outdoors



Research shows that connecting to nature and getting outdoors improves wellbeing and can slow down decline in ageing brain symptoms. Here are some ideas for you but you might want to come up with some of your own.

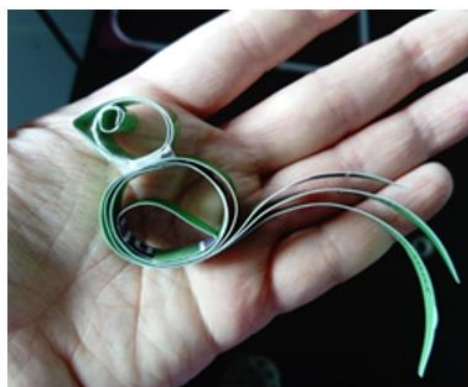
- Take your cuppa into the garden
- Sit by an open window and feel the fresh air on your skin
- Do some gardening

- Bring a plant or flowers from your garden indoors so you can enjoy them
- Sit outside and think about what you can see, smell, hear and feel
- Make a bird feeder and watch the birds flock to your garden
- Collect some items from your garden and arrange them into a picture
- Collect some stones from your garden and paint them
- Make a garden rainbow, looking for items of every colour of the rainbow.
- Walk around your garden – observing different textures and insects
- Stand by your door and breathe deeply for a few minutes and feel yourself relax

If you don't have a garden, you could grow some plants to put on your windowsill and bring the outdoors in!

Here are some other ideas from [Luminate](#), Scotland's creative ageing organisation, if you don't have a garden to let the outdoors in. Luminate have produced a whole range of short films with activities that can be done at home. Here are a couple of nature related activities to try:

- Make your own work of art with **Creating A Flower Mandala**. [In this film](#), Marcela Trsova invites you to join her in the ancient art of mandala making.
- [Paper Birds](#) - is led by visual artist Christine Hilditch using recycled materials that you should have to hand.



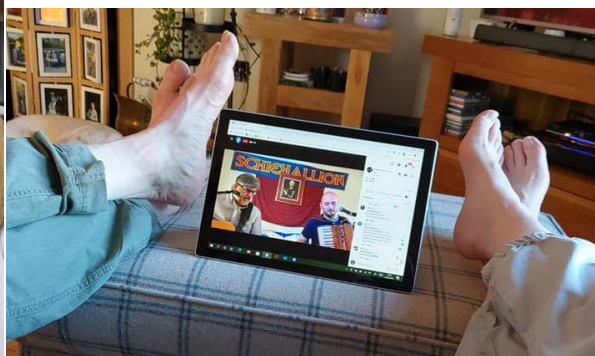
**Mike Gowans** is from Headway Dundee and Angus

He walked the long miles from Arbroath to Dundee for Headway

On Zoom it does not matter if you are in Tranent or Timbuktu!

So Mike is a regular visitor to HEL Zoom on a Monday and also enjoyed Fee's Lockdown Live

Congratulations Mike!



26 murderous miles, 8.25 heroic hours and 20 tender toes later....  
Joyce raised nearly £1600  
(£2400 after Tom Hunter Foundation Top Up)  
Moray, you are a star! Thank you for keeping Joyce company and  
going through it all for HEL

At least in East Lothian you have the advantage of the wonderful highs and lows of  
the scenery, which looked particularly wonderful on the sunny day of the walk



## May Diary

Monday 3rd		May day Holiday – no meeting 😊	
Wed 5 <sup>th</sup>	10-12am	Zoom drop in Cuppa & a Chat	Joyce
Thursday 6 <sup>th</sup>	2.00pm 3.00pm 	<b>FEEL</b> Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 10 <sup>th</sup>	1.00pm - 3.00pm 	Lorna <b>Sharing a Story</b> a small community organisation in East Lothian	 The magic of words Be inspired, share stories
Wed 12 <sup>th</sup>	10-12am	Zoom drop in Cuppa & a Chat	Joyce
Thurs 13 <sup>th</sup>	2.00pm 3.00pm 	<b>FEEL</b> Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Monday 17 <sup>th</sup>	1.00pm - 3.00pm 	<b>Me Time</b> With Christine	
Wed 19 <sup>th</sup>	10-12am  3-5.00pm	Fiona Johnston <b>Palace of Holyroodhouse</b>  <b>Haddington Group Meeting</b>	 Throne Room
Thurs 20 <sup>th</sup>	2.00pm 3.00pm 	<b>FEEL</b> Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
<b>Friday 21st</b>	1.00pm - 3.00pm	Action For Brain Injury Week On line café	<b>Afternoon Tea Delivered from The Filling station</b>
Monday 24 <sup>th</sup>	1.00pm - 3.00pm 	In Our Nature with Liza Cole St abb's Head Nature Reserve <a href="https://www.inournature.rocks/">https://www.inournature.rocks/</a>  <a href="https://www.facebook.com/inournature.rocks">https://www.facebook.com/inournature.rocks</a>	
Wed 26 <sup>th</sup>	10-12am  3-5.00pm	Zoom drop in Cuppa & a Chat  <b>Haddington Group Meeting</b>	Joyce
Thurs 27 <sup>th</sup>	2.00pm 2.40pm 	<b>FEEL</b> Fun,Energy,Exercise & Laughter	Join Headway Dundee & Angus
Friday 30 <sup>th</sup>	3.00 pm 	HEL Board meeting	All the exciting bits!
Monday 31st		Spring Bank Holiday – no meeting 😊	

## Annual Leave

\*\*\*\*\* Joyce will be off from Monday 21<sup>st</sup> June to Friday 25<sup>th</sup> June inclusive \*\*\*\*\*

## Legacy bequest

Peter Clark, age 70 years, died unexpectedly on Monday, April 20, 2020, at The Royal Infirmary of Edinburgh. He was a loving father to Katie and James, husband to Sarah, and a very dear friend to our own Gordon and Dottie Wallace and their daughter Ruthie's God Father. A supporter of HEL over the years, we have recently heard that he left an amazing legacy bequest to Headway East Lothian of £100,000. As you can imagine, this is wonderful although under such sad circumstances. We have expressed our heartfelt thanks to the family and will ensure the legacy is used with thought and due diligence.



**Best Man at Gordon & Dottie's Wedding**

## Knitting & crocheting collaboration!

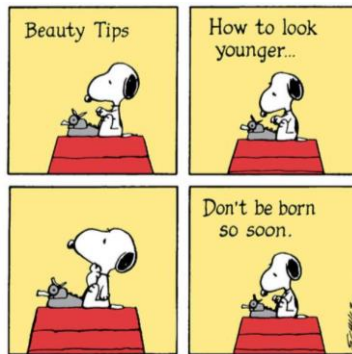
Mags Donaldson



& Fionna Balfour have been working together from across the miles to create these wonderful blankets that have been donated to Edinburgh Direct Aid and from there sent to refugees in Syria, Gaza, Israel and Lebanon. The skills shown in the crafting of these wonderful blankets is amazing, so colourful and yet so practical. Thank you both for supporting the appeals – if anyone has any wool they would like to donate for use, please let us know and we can pick it up & get it to Mags!



## May Birthdays



Fiona Grant-  
MacDonald 4<sup>th</sup>

Bill Paylor – 8<sup>th</sup>

Fiona Dickens – 9<sup>th</sup>

Caroline Cook – 13<sup>th</sup>

Gillian Maryniak – 16<sup>th</sup>

Joyce Cattanach – 20<sup>th</sup>

Jim Maryniak – 23<sup>rd</sup>

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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