



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 21/09

September 2021

## Treasure Hunt Caption Competition!

Thanks again to Fee and friends for putting together the treasure hunt  
1<sup>st</sup> walk was held on Thursday 26<sup>th</sup> and has prompted this competition.  
If you have a winning caption that fits either or both pictures, let Joyce or Katy know!

More pics inside of a lovely, fun afternoon out, and a bit of exercise too.  
Many positive reports, looking forward to the next one!





## September Diary

**Some sessions also go out on Zoom – watch out for Joyce’s weekly email for online activities**

**This has details of all HEL online and that of other groups that we can join with.**

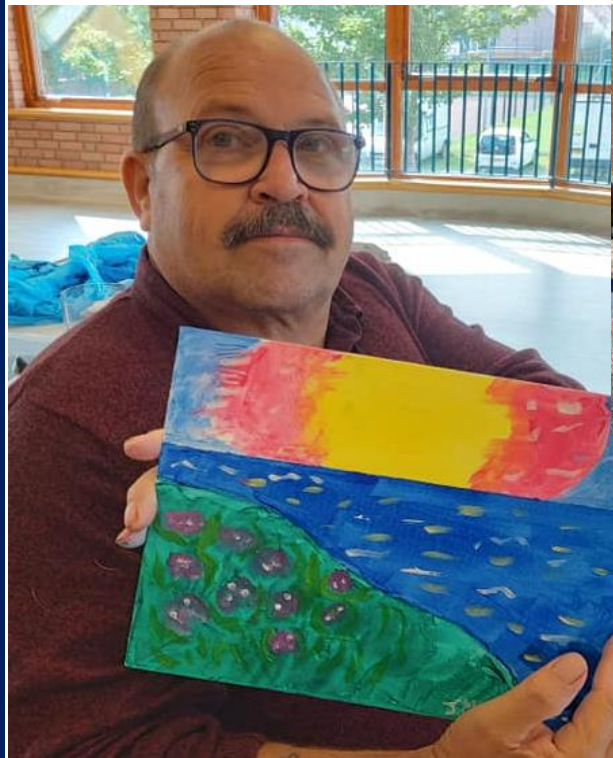
Below are all the face-to-face peer groups we now have up & running – if you would like to come along, please phone Joyce to book a place as numbers are still limited and certain Covid restrictions will continue to be in place, such as all seated meetings, mask wearing, social distancing and enhanced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

Wed 1st	3-5.00 pm	Haddington Group Meeting And on Zoom	Pause & Breathe with Suzie
Thurs 2 <sup>nd</sup>	10.00 – 12.00	The Stables, Belhaven Church, Dunbar	Mental Health Supporting others – Dunbar Group only
Monday 6 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Wattie – Local History Talk
Wed 8 <sup>th</sup>	3-5.00pm	Walking Treasure Trail	Haddington
Thurs 9 <sup>th</sup>	1.00-2.00	The Stables, Belhaven Church, Dunbar	Outing to Merryhatton Garden Centre & Brand Family Farm
Mon 13 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Railway excursion around Scotland all from the comfort of Port Seton
Wed 15 <sup>th</sup>	3-5.00pm	Haddington Group Meeting,	Tech talk – how to use Zoom, Teams & You Tube
Thurs 16 <sup>th</sup>	10.00 – 12.00	The Stables, Belhaven Church, Dunbar And on Zoom	Epilepsy Awareness session
Monday 20 <sup>th</sup>	1.0 pm 3.0 pm	Port Seton Community Centre	Quizzes, puzzles and games
Wed 22 <sup>nd</sup>	3-5.00pm	Haddington Group Meeting And on Zoom	National Trust for Scotland – Glencoe via Zoom
Thurs 23 <sup>rd</sup>	1.00-2.00	The Stables, Belhaven Church, Dunbar	Art Workshop
Monday 27 <sup>th</sup>	1.00 pm – 3.00 pm	Port Seton Community Centre	Seated Exercises
Wed 29 <sup>th</sup>	3-5.00pm	Haddington Group Meeting	Art & Crafts
Thurs 30 <sup>th</sup>	1.00-2.00	The Stables, Belhaven Church, Dunbar	Seated Exercises

### Art Workshop at port Seton Group

Grace again led us in a great workshop, what a brilliant teacher and so good to see everyone's different interpretations of the picture we were using for inspiration!







For those of you with digital access, don't forget <https://www.headway.org.uk/> the UK site is full of good advice and info -See below. Also, the autumn newsletter link below <https://www.headway.org.uk/news-and-campaigns/news/headway-news-magazine/headway-news-autumn-2021/>

### Headway Welfare Benefits Materials Revised and Relunched

A brain injury is likely to have an effect on a family's finances and claiming benefits can help to ease the pressure. The system is complex and can be confusing, so it is important to get professional advice and to apply as soon as possible so you don't lose money. This section gives you an overview of some of the benefits you can claim. It takes account of some of the recent changes in the welfare system and explains which benefits you might be entitled to and how to make a claim. Click the hyperlink to find out more : [Welfare benefits material revised and relaunched](#)

If you do not have digital access yourself, ask a relative, friend or neighbour to look at the information for you. If you need help with a claim, Joyce can sometimes help or point you in the right direction for somebody that can.



## 6 top tips for coping with headaches

Here we share some top tips to cope with headaches, from our new free-to-download factsheet *Headaches after brain injury.*

[Read more and download the factsheet](#)

**An interesting opportunity for those of you who want to connect in your home but don't do all that techy stuff!**



## At Home with Heritage Project: Discover and connect without digital

Would you like to explore travel, cooking, Edinburgh history, music, art and more through the unique collections of the University of Edinburgh, National Library of Scotland and National Galleries of Scotland?

If you have health and social inequalities that mean you may be less able to be away from home currently and digital engagement is not accessible or suitable for you, we'd love you to get in touch and find out more about the 'At Home with Heritage' project.

What will the project look like for you, the participating member? From October 2021 to May 2022 you will receive an At Home with Heritage pack to your door, filled with hands-on activities for you to enjoy as you explore the themes set in each month.

In addition to enjoying the activities packs, you will also have the opportunity to share your thoughts and ideas on the themes, as well as featuring some of your resulting creative products in the end of project online exhibition and/or At Home with Heritage Project book.

For more details please email [PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk)

putting **At Home with Heritage** in the subject box.

Alternatively, please write to Caitlin Scally, St Cecilia's Hall, 50 Niddry Street, Edinburgh, UK, EH1 1LG  
or call **0131 650 2414 on a Tuesday 10am – 4pm.**

Deadline for participant sign up is Saturday 18 September 2021

## Anne Knox

It is with great sadness that we must let you all know that the lovely Anne Knox, widow of David Knox, long term members and supporters of Headway East Lothian, died on Saturday August 14<sup>th</sup>. Our thoughts and deepest condolences go out to Isla, Iain and Christopher and Anne will always be remembered for her great sense of humour, quick wit and ability to smile with her even through the difficult times.



**Always remember, if you are feeling low or having negative thoughts you can contact: East Lothian Mental Health Line (01620 642 963)**

Feeling anxious, depressed or just a bit down? The new ELHSCP Mental Health line is open from 09.00 to 16.00 Monday to Friday. You don't need a referral from a GP or other clinical professional to use it. It's for anyone aged 18 and over. If you are feeling anxious, depressed or have other worries about your mental health, call us on 01620 642 963 between 09.00 and 16.00 Monday to Friday. An experienced worker will take your details and make an appointment for you to speak to a specialist mental health practitioner, who will ring you back at a time that is convenient for you within the next 36 hours. The practitioner will assess you over the phone, and provide help and support and sometimes a referral on to other services. This service is not designed for:

- people already being seen regularly by a Community Mental Health Nurse in the Community Mental Health Team
- people who are experiencing a mental health emergency—in this case, please phone your GP or 999 immediately.
- [SAMH Scotland](#) offers useful resources to help with mental health during coronavirus outbreak
- [Young Scot](#) offers advice for young people who are feeling overwhelmed
- [www.eastspace.org.uk](http://www.eastspace.org.uk)

Samaritans call 116 123 for free or email at [jo@samaritans.org](mailto:jo@samaritans.org)

Silverline: for people aged 55 and over, call 0800 470 80 90 for free

The Mix provides free, confidential help for under 25s online and via a helpline. Call 0808 808 4494, text **THEMIX** to 85258 or use their online chat service on the website.

If you are lonely or finding it difficult to cope in these uncertain times, call the free and confidential **British Red Cross** coronavirus support line on 0808 196 3651, open 10am to 6pm every day.

**Headway Nurse-Led Helpline**, offering support and advice on the effects of brain injury. Open Monday to Friday 9am to 5pm (freephone: 0808 800 2244 or email [helpline@headway.org.uk](mailto:helpline@headway.org.uk))  
The team can offer reassurance and a friendly voice.

**Headway HealthUnlocked**, is an on-line community for anyone affected by brain injury. It provides you with a chance to connect and share with people who understand brain injury and its effects in a friendly, safe and mutually supportive environment.

<https://healthunlocked.com/headway> can be additional source of support.

**Here are some other useful numbers:**

<b>Samaritans</b>	<b>116 123</b>
<b>Shout (Text)</b>	85258
<b>Calm</b>	0800 585 858
<b>MIND</b>	0300 1233 393
<b>Rethink Mental Illness</b>	0300 5000 927
<b>Young Minds</b>	0808 8025 544
<b>Papyrus</b>	0800 0684 141
<b>Anxiety UK</b>	0344 4775 774
<b>National Domestic Abuse Helpline - Women's advice line</b>	0808 200 0247
<b>National Domestic Abuse Helpline - Men's advice line</b>	0808 801 0327



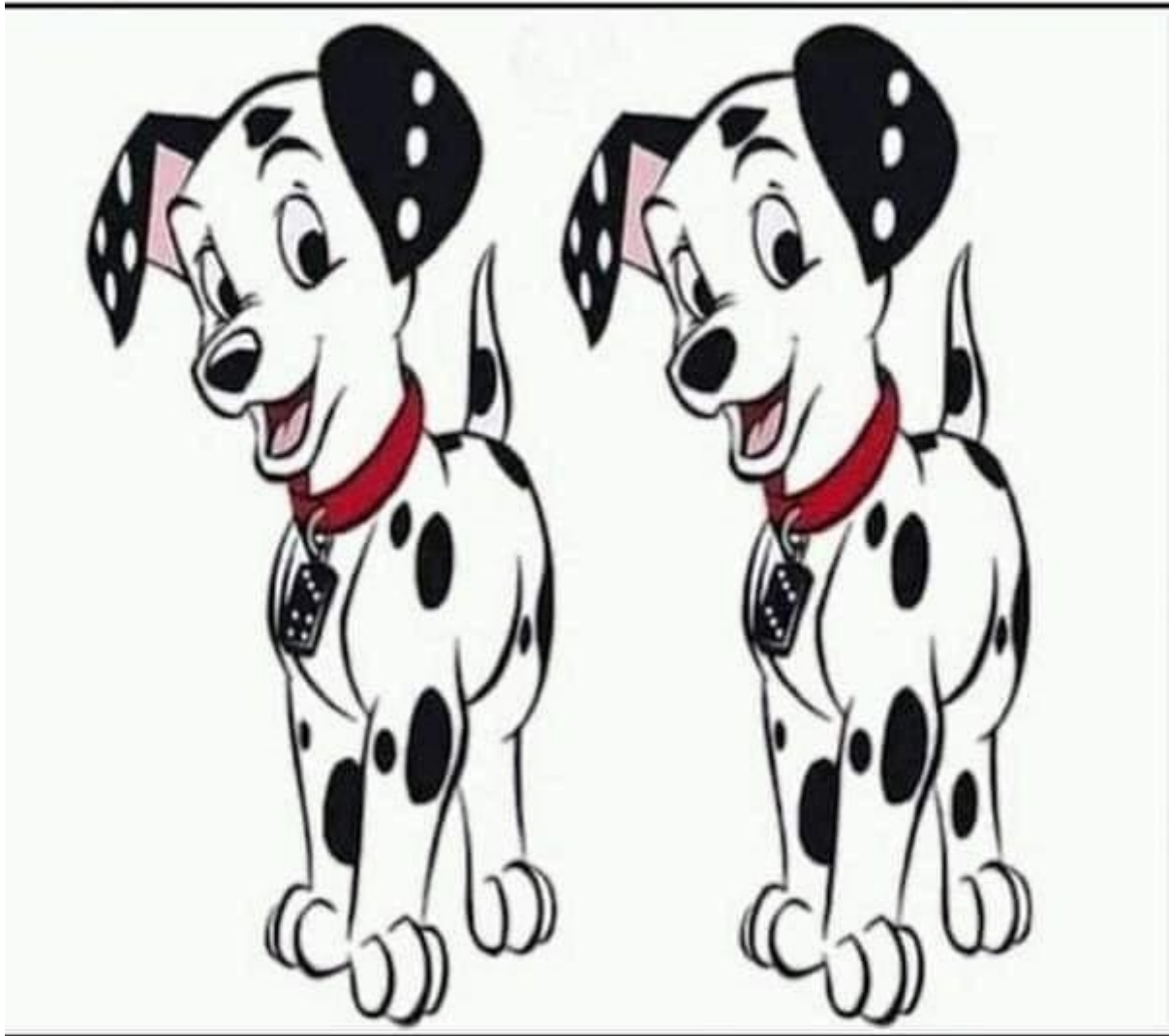
DON'T FORGET ..... If you would like to make a difference to Headway East Lothian when you do your online shopping, then please follow this link and sign up to donate as you spend!

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

smile.amazon.co.uk

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 two differences in the picture,



and it is said that nobody found the last one!

Don't forget – we need YOU to tell US what you find interesting!

See end of Newsletter for all contact details

It's a Two – Way Process!!



# September Birthdays



Sam Fairgrieve 11th

Lorna Ketchion 14<sup>th</sup>



Grace Porter 25<sup>th</sup>

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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