



Headway
East Lothian
SC10 035535
Newsletter
www.headway-eastlothian.org.uk



Issue 22/12

December 2022



To all Headway East Lothian community,
supporters and friends



Flashback to 2019 BRAW Best Relaxation & Activity Weekend;

BRAW for Brain Injury Survivors, family members & carers

New Date (third or is fourth time lucky!!)

Friday 21st to Sunday 23rd April 2023 at Tulliallan College

Headway Awards – Beth Henderson

We were very pleased to nominate Beth Henderson for the carer of the Year Award at the Headway Annual Awards for the dedication and love shown to her late husband Ian.

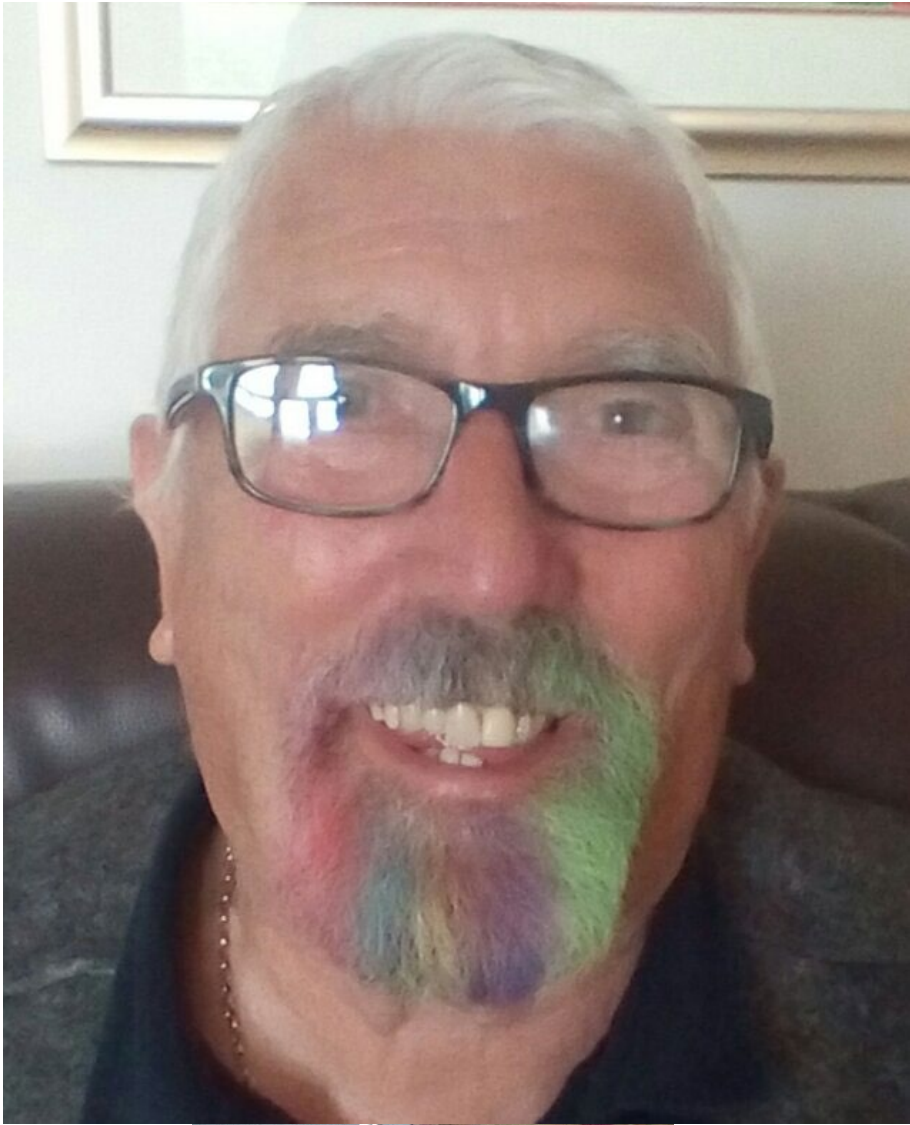
Beth's story was picked up by Edinburgh Live here – [East Lothian woman became carer for her husband after he had stroke on birthday - Edinburgh Live](#)

Congratulations to Beth for being one of the 3 finalists for the Award and we wish you all the luck in the world for the finals, although you and all the other carers are already stars and all worthy of this recognition.

Beth and Ian's son Iain will be attending the Award ceremony in London on Beth's behalf, this will take place on Friday 9th December; have a wonderful time and we look forward to hearing all about it.

Pictures of Ian & Beth, Ian with his rainbow beard fresh from a Headway BBQ and Ian ready for his Headway Christmas Lunch





Digby Brown Christmas Card and Calendar Competition

Many thanks to all of you who entered, the entries were of such a high standard it must have been so hard for the panel to choose – especially if the other entries from across Scotland were as good as our entries!

We are very pleased to announce that we have 2 winners this year – **Gillian Maryniak** for her painting of 'Pretty Flamingos' and **Grace Porter** for her 'Snowy Pine Forest' – we look forward to seeing them in print on the calendar and wish the ladies all the best for the Awards day which will be held at the Hilton Doubletrees Hotel in Glasgow on Tuesday 6th December – photos to follow of the day but here is one of the other entries that was such a prime example of the quality produced.

This is from Stacey McIntyre – A Pom-Pom Nativity Scene, complete with the 3 Wise Brussel Sprouts



Have to say the Brussel Sprouts are looking a whole lot wiser than I am these days!!!

Also would just like to put it on record that all should be very proud of Headway East Lothian who consistently produce wonderful results from great creative endeavour. It is never anything like as easy as it may look, so much effort and concentration going into each finished piece.



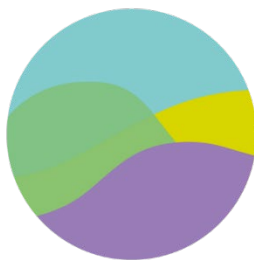
GLASGOW OPEN FORUM

In The Realm of The Senses Discussing the impact of Brain Injury on the senses

Joyce & Teresa will be attending this Scottish Head Injury Forum event to be held on Thursday 8th December

Impairments of Vision after Brain Injury
Coping with taste and smell loss - safety, management and compensation strategies

“I hear you’re feeling better” Music as a treatment modality for head injury
The Great Outdoors and The Senses
The Sensory Hub



**Volunteer Centre
East Lothian**

Worrying about money leaflet

Support for individuals who are worrying about money! We have produced a leaflet with our partners sign posting to where help is available for individuals and their families.

<https://www.worryingaboutmoney.co.uk/east-lothian>

December 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 guidance will continue to be in place

Thurs 1 st	10.00 – 12.00	Hallhill Centre Dunbar	Review of the year
Monday 5 th	1.00pm - 3.00pm	Port Seton Community Centre	Review of the year & Hamper Draw
Wed 7 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Christmas Party & singalong with David Hood
Thurs 8 ^h	10.00 – 12.00	Hallhill Centre Dunbar	Art with Grace – No Joyce
Monday 12 th	1.00pm - 3.00pm	Ravelston House Musselburgh	 Christmas Lunch 
Wed 14 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fiona brings Royal Christmas Traditions from the Royal Collections Trust
Thurs 15 th	10.00 – 12.00	Hallhill Centre Dunbar	Christmas Party
Monday 19 th	1.00pm - 3.00pm	Port Seton Community Centre	Christmas Raffle draw, Arts & Crafts Sale, Christmas Buffet
Wed 21 st	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Exercises with Patricia, count down to Christmas
Thurs 22 nd	10.00 – 12.00	Hallhill Centre Dunbar	Mince Pie morning, Arts & Crafts Sale

Start back with weekly meetings on Monday 9th January, Wednesday 11th and Thursday 12th

Annual Leave

Joyce will be on annual leave from Friday 23rd December 2022 and return to work on Wednesday 4th January 2023

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

Joyce Cattanach

07895 193974

Jim Maryniak

07920 195743

Dottie Wallace

01875 853491 or 07788 500014

Teresa Martin

07471 339211

Katy Lamb

01877 387264 Or 07741603114

Christmas Lunch

Moving Westwards for a change

Monday 12th December at The Ravelston Hotel, Musselburgh,



12.00pm for 12.30pm Total cost £25.00 per person.

Menus are available from Joyce or Teresa, and we require a £10 deposit per person with the balance of £15 being paid before or on the day of the lunch.

To secure your place, choose your menu options, request transport (limited) and get more information, please contact Joyce

Starters

Homemade soup served with croutons, Chicken Liver pate with onion chutney & oat cakes, Brie served with cranberry sauce, Prawn Cocktail

Mains

Roast Turkey, Roast beef, Salmon, Nut roast

Dessert

Trifle, Christmas Pudding, Cheesecake, Ice cream sundae

Great menu and even better, Teresa and our wonderful volunteers will be keeping track to make sure somebody remembers what you have chosen in case you are like me and forget every year!



As advertised in the November Newsletter, many lucky folk got to go on an amazingly interesting visit to **St Cecilia's Hall**

Scotland's oldest purpose-built concert hall (second in Britain only to Oxford's Holywell Room) and home to the University of Edinburgh's musical instrument collection

The staff and volunteers could not have been better when HEL visited on 15th November



There was obviously plenty about to fascinate and absorb the mind





Christmas Lights

Get in quick and don't miss the Wallyford Christmas parade on 2nd December
Tranent & Elphinstone Christmas Lights also 2nd December

Great to have Fiona from the Royal Collections explaining some Scottish signs and symbols



Some Scottish symbols seen the slide above being described by Fiona



December Birthdays



Stacey McIntyre 2nd

John Robertson 16th

Nina-Jane Rae 19th

Paul Hamilton 24th

Christmas Eve!

!!!!!!!65!!!!!!!

Karim Hussam 31st

Hogmanay!

**HAPPY
BIRTHDAY**