



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



Issue 22/11

November 2022

Guan yersel and gie it laldy!

(As we might say if we lived further to the West!)



How lovely to have Jim & Marie back. Seen here at the Haddington meeting for a sing along, Jim was demonstrating that he has always been and still is, a miracle worker when it comes to singing. With never failing encouragement from Marie, he manages to overcome quite severe aphasia to find the creative side of his brain and sing like a lindy. Uplifting to see them both so happy after some fairly difficult times in recent months.

Great News!

A successful application by Joyce to BeGreen Community Fund



The £2000 will fund session materials, accessible transport costs to visit Dunbar Museums, John Gray Centre and St Cecilia's Hall & light refreshments.

begreen@communitywindpower.co.uk. Is funded by Aikengall and Aikengall II Community Wind Farms, and some of the award will be Dunbar based.

The visit to St Ceilia's is being arranged by Joyce just now, see further details later in the Newsletter

Thanks to BeGreen for the funds and Joyce for being great at funding applications!

It will be much appreciated

While we are on the subject of funds ...



Thanks again to Joyce, we have been lucky enough to have been chosen as one of the Co-op Community Fund's Local Causes

Co-op Members can officially support Headway East Lothian (Cause ID: 67152) as part of the Local Community Fund from 23rd October 2022 to 22 October 2023

How can we all help to make sure we make the most of this great opportunity?

Although HEL is linked to the Co-op at Port Seton, anybody who is a Co-op member and has been able to choose Headway East Lothian as their local cause, no matter which store they shop in across the UK, a donation goes to Headway East Lothian.

So, sadly, I can't contribute as HEL is not a local cause in my area and I could not choose it, but if Dottie was up here and shopping in the Co-op here, a donation would go to HEL if she was a member and had chosen HEL as her local cause

So get going!

Join the Co-op today and ask all your friends and family to do so – it only costs £1 and you get great member offers and weekly deals, AND part of what you spend in any Co-op will go to HEL!

What's not to like!

Track HEL progress here

<https://membership.coop.co.uk/causes/67152>

And yet more fund raising...



What a lovely gift from Jean, a good friend of David and Margaret Brown.

This massive and magnificent hamper is being raffled at £2 per ticket and will be drawn on Monday 5th December so the winner can enjoy it on the run up to Christmas

Contact Joyce 07787568187 or Dottie 07788500014

St Cecilia's Hall, Museum of Music



– a guided tour of the museum followed by tea/coffee/cake and a focus group consultation on future community events at the Museum

St Cecilia's Hall is the oldest purpose-built concert hall in Scotland, and the second oldest (after Oxford's Holywell Room) in the British Isles.

If you would like your name on the list for the bus, please let Joyce know

November 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

Wed 2 nd	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Edinburgh Coastline Journey- Storytelling
Thurs 3 rd	10.00 – 12.00	Hallhill Centre Dunbar	Jacki Sangster -Historic Environment Scotland
Monday 7 th	1.00pm - 3.00pm	Port Seton Community Centre	Exercises with Patricia
Wed 9 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fiona From Royal collection Scottish Signs & Symbols
Thurs 10 th	10.00 – 12.00	Hallhill Centre Dunbar	Pointless 😊 with prizes!
Friday 11 th	  Christmas Shopping Trip To Livingston PLEASE GIVE YOUR NAME TO JOYCE IF YOU WOULD LIKE YOUR NAME ON THE LIST FOR THE BUS		
Monday 14 th	1.00pm - 3.00pm	Port Seton Community Centre	Art with Maestro Grace
Tuesday 15 th	Outing to St Celia’s – See previous page		
Wed 16 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Dominoes, games & puzzles – no Joyce!
Thurs 17 th	10.00 – 12.00	Hallhill Centre Dunbar	David Hood Sing along
Monday 21 st	1.00pm - 3.00pm	Port Seton Community Centre	Christmas Arts & Crafts
Wed 23 rd	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Christmas Arts & Crafts
Thurs 24 th	10.00 – 12.00	Hallhill Centre Dunbar	Finishing off our Mugs with Marion 😊
Monday 28 th	1.00pm - 3.00pm	Port Seton Community Centre	New Age Kurling
Wed 30 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	New Age Kurling

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

Monday 12th December at The Ravelston Hotel, Musselburgh, 12.00pm for 12.30pm

Total cost £25.00 per person.

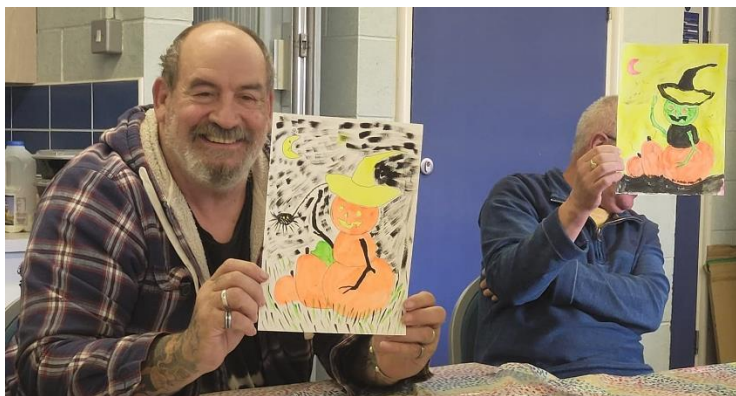
Menus are available from Joyce or Teresa, and we require a £10 deposit per person with the balance of £15 being paid before or on the day of the lunch.

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

Next Board meeting – Friday 25th November 11.00am

As promised in October Newsletter, there have already been some spooky times at the meetings, starting with Halloween art with Grace!





Gillian's spider is so lifelike she is clearly feart it is going jump off the page and on to her!!

Patricia's Exercise Class, great fun. First the r-e-l-a-x...
....then a game of human Hoopla!
(Also known as dog relaxation and training classes!)





Balmoral Castle

Fiona from the Royal Collection Trust sent on this additional information following our talk



Balmoral Castle is on a large estate in Royal Deeside, Aberdeenshire, Scotland. The castle is located near the village of Crathie and 50 miles west of Aberdeen.

When was it built and when was it used as a royal residence?

Balmoral has been one of the residences of the British Royal Family since it was bought by Queen Victoria's husband, Prince Albert, in 1852 and cost £32,000, from the trustees of Sir Robert Gordon who had it on long term lease. It belonged to the Farquharsons of Inverey before then but has links back to King Robert II of Scotland. The original house was felt to be too small, so the current Balmoral Castle was commissioned.

Even after Prince Albert's death, Queen Victoria continued to visit Balmoral Castle, and it has been a favourite countryside home of every monarch since, particularly the late Queen.

Which key events have happened here?

Multiple memorable events have occurred here. For example, the Royal Family was at Balmoral when they heard about Diana, Princess of Wales's death on August 31, 1997.

The castle has also been made the namesake for a test that the royals carry out on any visitors to see if they are suitable to be part of the family; this is illustrated in *The Crown*, series four when both Margaret Thatcher and Lady Diana visit the castle.

Who is it used by today?

Balmoral Castle is still privately owned and is not the property of the Crown, unlike other residences. As the castle was originally bought by Prince Albert using personal funds, any revenue from the estate does not go to Parliament. The estate is still owned by the monarch but is managed by Trustees under Deeds of Nomination and Appointment.

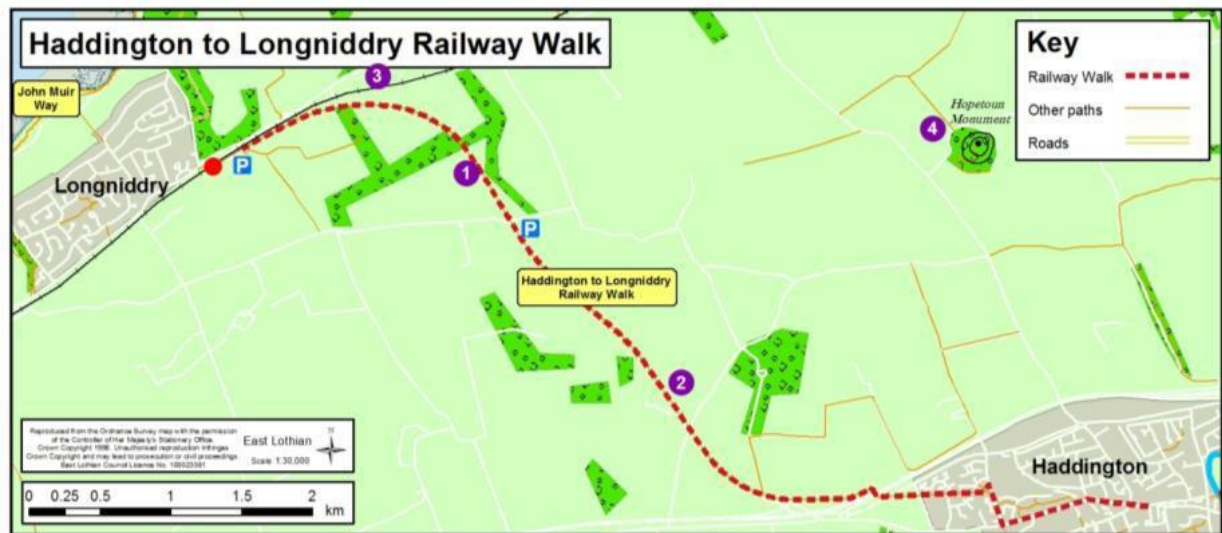
There have been several expansions made by various monarchs, including by Queen Elizabeth II, who bought the 7,500-acre Delnadamph Lodge estate in 1978.

Queen Elizabeth II died at Balmoral on September 8th, 2022

A well surfaced walk worth a go

The route runs for about 5 miles along a nice flat path so suitable for most abilities. The line was originally opened in 1846 but closed in 1949 with the emergence of the motor car.

The trail starts on the western side of Haddington where there is a public car park near to the East Lothian Community Hospital. You then head north west passing Merryhatton Cottages, the Cotty Burn and Setonhill Wood before coming into Longniddry where the route finishes at the train station.



Gillain is seen here trying it out along with Fiona & Teresa.

The colours will be amazing by now but probably means quite a few dead leaves to contend with!

Don't forget there are quite a lot of varied events to celebrate St Andrew's Day in **East Lothian's Saltire Festival**

Check out <https://visiteastlothian.org/saltire-festival/> for full programme

Monday 21st November - Friday 2nd December, 2022

We are excited to bring you this year's Saltire Festival programme of events.

The Saltire Festival is an annual celebration to mark **St Andrew's Day**, bringing together the very best of Scotland in the Home of the Flag. The Festival takes place throughout East Lothian, taking in the stunning beaches, rolling countryside and pristine towns and villages of East Lothian.

2022 is Scotland's Year of Stories and the Saltire Festival is the perfect opportunity to showcase events shining a spotlight on stories inspired by, written or created in Scotland.

saltire haddington farmers' market

26 November 2022

9am-1pm, Court Street, Haddington

Enjoy the friendly atmosphere of the Haddington Farmers Market. A stress-free shopping experience supporting local & Scottish producers with a wide range of local produce and seasonal food and drink.

It's the perfect place to pick up some ingredients to cook your very own authentic St. Andrew's Day meal at home.

Haddington Pipe Band will be making an appearance!

victorian christmas at the town hall

26 November 2022 to 27 November 2022

11am-4pm, Town Hall, High Street, Prestonpans

Step back in time to 1897 and join our costumed Victorians as they prepare for Christmas! Help them decorate the Town hall for the season, take part in some traditional craft activities and hear some festive tunes.

Also a chance to explore the museum and the historical artefacts on display which tells the story of the Battle of Prestonpans including two sections of the famous Prestonpans Tapestry and pick up some Christmas gifts in the souvenir shop.

All to celebrate 125 years of community spirit at Prestonpans Town Hall.

Entry is free, it's operation is entirely supported by visitor donations.

home of the flag celebrations

27 November 2022

2.30pm, Athelstaneford Parish Church

A special St. Andrew's Day service at the birthplace of The Saltire, Scotland's National Flag. Haddington Pipe Band will be performing to welcome the congregation and visitors.

The above are just a few of the planned events!

November Birthdays



Sam Fairgrieve 9th

Candy Richardson 11th

Elsie Morris 20th

Ian Laing 9th

!!!!!!!75!!!!!!!

**HAPPY
BIRTHDAY**

**Don't forget Joyce is on annual leave
On Friday 4th and Monday 7th November**