



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



Issue 22/10

October 2022

## The end of an era



Whether republican or monarchist, few will fail to feel admiration for the unstinting and constant way in which the late Queen carried out her duties.

To most of us, to whom the Queen has been familiar and unchanging figure all our lives, it is a strange feeling to find that all is now changed.

# Tea Dance



## North Berwick Rugby Club

Will take place on the last Wednesday of each month

**2:00pm-3:30pm**

*(Only £1 for refreshments)*

### Dates:

**28<sup>th</sup> Sept 2022**

**26<sup>th</sup> Oct 2022**

**30<sup>th</sup> Nov 2022**

Dust off your dancing shoes and come join us.

You can come along as an individual, with a friend, or even take your spouse or partner – all are welcome to attend!

Call Parvine, Ageing Well Coordinator on 07718 117585  
or email [pjazayeri@eastlothian.gov.uk](mailto:pjazayeri@eastlothian.gov.uk) if you would like more details.



## October 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, such as all seated meetings, mask wearing, social distancing and enhanced hygiene.

Mon 3 <sup>rd</sup>	1.00pm - 3.00pm	Port Seton Community Centre	David Hood Music
Wed 5 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Board Update See below
Thurs 6 <sup>h</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Craft activity
Monday 10 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Art with Maestro Grace
Wed 12 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fiona From Royal collection
Thurs 13 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Board Update See below
Monday 17 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Nicole Johnston from VoiceAbility
Wed 19 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Art with Maestro Grace
Thurs 20 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Fun activity with Patricia
Monday 24 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Board Update See below
Wed 26 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	David Hood Sing along
Thurs 27 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Art with Maestro Grace
Monday 31 <sup>st</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Halloween Fun

**Joyce Annual Leave: 30<sup>th</sup> September, 10<sup>th</sup> October, 4<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> November,**  
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**

## Headway East Lothian Board Members

Jim Maryniak

Convenor



Katy (not a day over 50, Crabbit) Lamb

Treasurer



Christine MacLean

Secretary



### Trustees



Teresa Martin



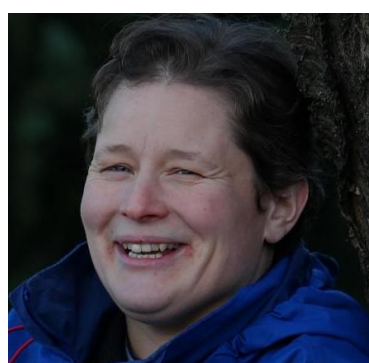
David Aston



Fionna Balfour



Cat Bailie



Fiona Grant



## Headway Scottish Conference, Grand Central Hotel Glasgow

### The organisers

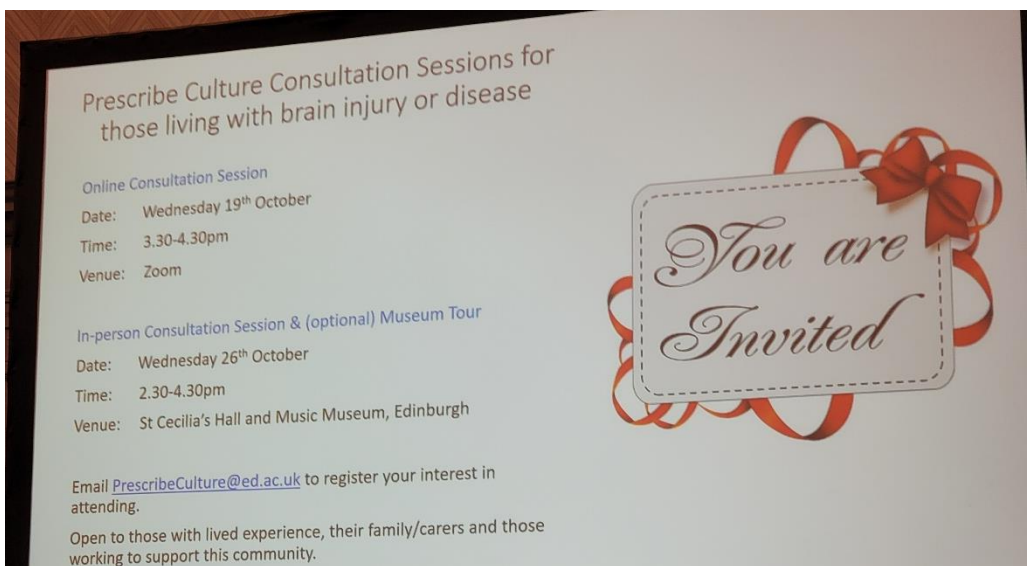


Colin Robertson Chair Dundee & Angus, Evelyn Menzies Chair Perth & Kinross, our own Joyce and Maria Burnet Headway Co-ordinator

Thanks to the fab four who put a lot of their own time into organising the event



The Conference



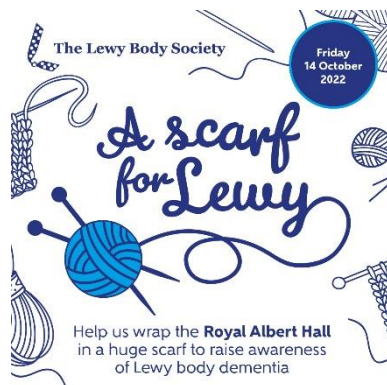
The Content



## The Audience

Our own Jim took part in a workshop, honestly sharing his journey as a carer. He made a great impact along with the stories from Robin, Headway Ayrshire, of his journey as an ABI survivor

Feedback has been good and although a long day, a worthwhile one!



A great charity an an amazing event now taking place on 14<sup>th</sup> October

HEL had contributors in the form of Mags knitting, Fionna putting together and Fionna's friend Gill, packing and paying the postage.





## Whats on in October?

Don't forget to put your clocks back on 30<sup>th</sup> October

Followed by National Sleep in day!!!

Joyce will not be letting you forget **Halloween**

Remembering some spookie times .....



What is in store for this year????



## October Birthdays



**Erin Ross 1<sup>st</sup>**

**!!!18!!!**

**Dottie Wallace 13<sup>th</sup>**

**John McMaster 14<sup>th</sup>**



**Dominic Jordinson 21<sup>st</sup> Georgina Naylor 21<sup>st</sup>**



**Marie Armstrong 31<sup>st</sup>**

**Katy Lamb  
9<sup>th</sup>**

**The Big 7-OH!(No!)**

