



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



Issue 22/09

September 2022

A Filling Station Afternoon Tea at Cockenzie House



We had a fantastic afternoon, thank you again!

What a great Day!

Just shows that you cannot beat **local!**

Venue: Cockenzie House – couldn't get much closer!

Food : The Filling Station – The Pans!

What a splendid outing!





Many thanks to Christine for having the great idea and blinging up the surrounds!
 Thanks to staff at Cockenzie House & Gardens for their support and help
 Thanks to Carolyn and Filling Station Team for a great afternoon tea!
 Thanks to all volunteers and most of all to HEL who came along to make this outing
 a truly memorable occasion!

DATE: THURSDAY
29TH SEPTEMBER

VENUE: GRAND CENTRAL
HOTEL, GLASGOW



the brain injury association

"2022 – What Matters to You"

09.00 – 10.00	Registration
	Main Hall
10.00 – 10.15	Welcome, housekeeping, opening remarks
10.15 – 10.45	Neil Stanley
Comfort break	
11.00 – 11.30	Ruthanne Baxter, Prescribe Culture
11.40 – 12.10	Liz McConnell – Health & wellbeing
12.15 – 12.30	Comfort break
12.30 – 13.15	Lunch
13.15 – 14.15	Workshops & networking
	The Wellington
	Sleep & fatigue – Dr Neil Stanley - Sleep Expert
	The Buchanan
	Health & well-being – Heritage at Home, Caitlin Scally
	The Great Western
	ABI journeys, with facilitator,
	The Quiet Room
	Mindfulness Session with Liz McConnell, liz@thinkingroom.co.uk
13.30 – 14.00	Main Hall Rogan Grant
14.20 – 15.20	Speakers Irwin Mitchell Social Security Scotland
15.20 – 15.30	Closing Remarks & Thanks – Maria Burnett Headway Leading the Way Looking forward to 2023; BRAW

Dr Neil Stanley



Dr Neil Stanley is an independent freelance sleep expert and Director of Sleep science at www.sleepstation.org.uk, a provider of digital Cognitive Behavioural Therapy for Insomnia. He has been involved in sleep research for more than 39 years.

Ruthanne Baxter



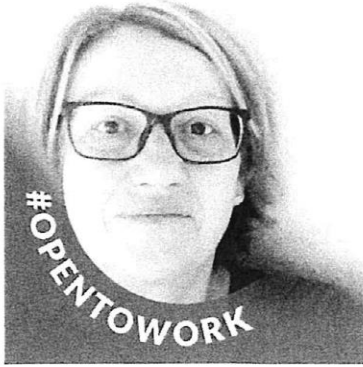
Ruthanne is the Museums Services Manager at the University of Edinburgh and Founder of Prescribe Culture, a heritage-based, non-clinical initiative for those seeking support for mental health and wellbeing. She is an ambassador for the power and benefits of the social prescribing movement, with a particular passion for the role of heritage to be a 'vehicle' for effective social prescribing.

Caitlin Scally



Community Connector with University of Edinburgh Museums, working on the At Home with Heritage project and Prescribe Culture.

Liz McConnell



Quest Cognitive Hypnotherapist & Coach - because we can't solve our problems with the same thinking we used to create them.

Liz brings experience and skill from many management roles in startups, established business, public, charity and social enterprise sectors. She currently runs her own business and uses Cognitive Hypnotherapy, NLP, coaching and personal development workshops to develop people and organisations.

Rogan Grant



The Polymorphic Therapist, Wellbeing Practitioner and Consultant

A Natural Health Practitioner, that believes in the powers within, how we can control the pains and anxieties life has to throw at us. Yes, medication has its time and place, I would never deny that, but I do believe that as a society we over medicate just to simplify the process. The easy road is always the longest! We can retrain our minds and our bodies, we can find answers within.

A speaker on the benefits of natural health and also on the effects of acquired brain injury (ABI)

Clinical Hypnotherapist, Psychotherapist, Holistic Practitioner, Nutritional Adviser, CMI Certified Coach. I use several therapeutic tools to offer the best bespoke experience for the individual.

Specialised in working with Traumatic Brain Injury (TBI) and PTSD for the individuals and carers.

Recent sad news

We have been given the sad news that Cath Robertson passed away peacefully on Saturday 27th August with her husband John and daughter Mary by her side.

One of the Headway East Lothian stalwarts, Cath had been coming to the group if not from the start, not long after it.

Cath did not have her troubles to seek, but remained cheerful and resilient despite chronic health problems and personal sadness.

She was always very grateful for the never failing love, care and attention which John gave her.

Mary, her daughter, was a constant source of help and support

Cath is pictured below with John at a

HEL Christmas Lunch, an occasion she seldom missed and enjoyed each year

Our thoughts are with John, Mary and the family at this time



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 guidance will continue to be in place, such as all seated meetings, mask wearing, social distancing and enhanced hygiene.

Thurs 1st	10.00-12.00	Hallhill Centre Dunbar	David Hood Sing along
Mon 5th	1.00pm - 3.00pm	Port Seton Community Centre	Relaxation Time for me
Wed 7 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Davy Dickson – remember when
Thurs 8 ^h		HOLIDAY (Joyce & Teresa off to SHIF Conference, Jim not available)	
Monday 12 th	1.00pm - 3.00pm	Port Seton Community Cent	Social Security Scotland SEE BELOW
Wed 14 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fiona From Royal collection Queen Victoria at Bamoral
Thurs 15 th	10.00 – 12.00	Hallhill Centre Dunbar	Davy Dickson Remember when
Monday 19 th		HOLIDAY (Port Seton Community Centre closed)	
Wed 21 st	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fun Activity with Patricia
Thurs 22 nd	10.00 – 12.00	Hallhill Centre Dunbar	Heritage Activity City Life
Monday 26 th	1.00pm - 3.00pm	Port Seton Community Centre	Heritage Activity Train Journey
Wed 28 th t	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	David Hood Sing along
Thurs 29 th		Headway Scottish Conference – No Dunbar Group	

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



Social Security Scotland
Tèarainteachd Shòisealta Alba

For more information on our
benefits and to apply visit:

mygov.scot

or call us on 0800 182 2222

Dignity, fairness, respect.

Social Security Scotland

Who we are, what we do, what matters to you

Phil and the team are coming down to introduce themselves, tell you about what they do, what they can help with and some of the changes that might be important to you while claiming certain welfare benefits. They will join us for a chat, coffee, we may even have cake! **If you have any general questions please bring them along or send them to Joyce beforehand.**

Joyce has been busy finding out about help with essentials and energy

Please pass on to anybody you know who may find it helpful

Food resources in East Lothian

For people in crisis who need help to access free food, here are several services that may be able to help.

The East Lothian Food Bank

Open Monday to Friday, 10:00am to 2:00pm at 3 Civic Square, Tranent, East Lothian, EH33 1LH. [The East Lothian Food bank](#) provides a 3-4 day supply of groceries and fresh fruit and vegetables. Open to all on a referral basis. Works with referral partners across the county including Citizens Advice, East Lothian Council services, NHS services and local charities. For more information call 07516 510 617 or email info@eastlothian.foodbank.org.uk

East Lothian Fareshare Hub

The East Lothian Fareshare Hub is located at the basement of Aldhammer House, Prestonpans High Street. Surplus supermarket food is currently available free of charge for community groups in East Lothian. To find out more email: eastlothianfaresharehub@gmail.com

Free school meals

[Find out about entitlement to free school meals.](#)

Musselburgh

- Basics Banks ([Edinburgh City Mission](#)) - provide a 3-4 day supply of both fresh and dried groceries. Open to all and referral needed from Social Work, Health, CAB, and East Lothian Council using the online referral form.
- services available from Wallyford Community Centre, Whitecraig Village Hub and Musselburgh: pantry - providing food, toiletries, baby supplies, pet food and face masks. Opening hours, Monday to Thursday, 9:30am to 12noon. Provided on a 'call and collect' basis. Phone 0131 653 2804 or private message the Community Centres' Facebook pages - free confidential service

Preston, Seton, Gosford

- Pennypit Community Development Trust in Prestonpans - pantry, hardship fund, meals on wheels for socially isolated and family recipe packs open Monday to Saturday 11:00am to 1:00pm. Find out what's on [on the Pennypit Community Development Trust FaceBook page](#).
- Foodbank Plus + Lighthouse Hub ([Edinburgh City Mission](#)) Prestonpans. Provide a 3-4 day supply of both fresh and dried groceries. Open to all and referral needed from Social Work, Health, CAB, and East Lothian Council using the online referral form.
- Port Seton Centre – open Monday to Friday 10:00am to 4:00pm. Drop in pantry of store cupboard and fresh ingredients and a hardship fund for support with food, gas and electric. Family recipe packs are available by calling the centre and a paid meals on wheels service for those who are socially isolated. Find out more on [the Port Seton Centre Facebook page](#).
- Longniddry Community Centre – open Monday to Friday 9:15am to 12:15pm. Drop in pantry of store cupboard and fresh ingredients and a hardship fund for support with food, gas and electric. Family recipe packs are available by calling the centre. Find out more on [the Longniddry Community Centre Facebook page](#)
- DadsWork Prestonpans – pantry available for dads - find out more on [the DadsWork Facebook page](#)

Tranent area

- Fundamental Foods - referrals through [our Facebook page](#) and [Twitter account](#)
- Fa'side Community Pantry - a new community pantry is available within the Volunteer Centre East Lothian (VCEL) building at 56 Tranent High Street. The pantry will be open 10:00am to 2:00pm, Monday to Friday and provides non-perishables, fruit and vegetables, fresh products including milk, cheese, yogurts and some baked goods.
- Fa'side Community Kitchen - 2 course meal and refreshments - donations to FCK. Open to anyone - drop in 12-1:30pm weekly Tuesday and Thursday at ELCO Tranent - dementia friendly.
- Saturday Kitchen - A provision for all of the community providing hot food including breakfast rolls. There is also a community pantry with everyday essentials including toiletries. Utility top-ups are also available. Open Saturdays from 10:00am to 12noon at St Martins Church Hall, 150 High Street, Tranent, EH33 1HJ.
- East Lothian Food Bank - Open Monday-Friday, 10:00am to 2:00pm. 3 Civic Square, Tranent, East Lothian, EH33 1LH. For more information call: 07516 510 617

For more information contact Ruth on 07515 952 631 or email ruthdavie73@gmail.com

Haddington and Lammermuir area

- Our Community Kitchen exists to reduce isolation and loneliness in the Haddington and Lammermuir area by bringing people together to eat fresh homecooked food around a large table, allowing for friendships to form in a relaxed atmosphere. There are no barriers to age or ability all are welcome. We welcome referrals from health care professionals, self-referrals and from people locally who see or know someone who would benefit from being involved. If you would like to make a referral or would like any further information please contact elaine@ourcommunitykitchen.org.uk or visit Our Community Kitchen East Lothian on [Facebook](#) (please ask to join the group to see our activity)
- The Lammermuir Larder started in February 2021. The food initiative is based in Haddington and is run by local community volunteers. It is available to anyone who finds themselves in need of emergency food and support. The Larder operates on a Monday, Wednesday and Friday morning. A week's supply of groceries, fresh fruit and vegetables and a voucher for meat for the local butchers is delivered to the person in need's door. Funding is still available from Haddington Community Council for clothing grants to support local families experiencing financial difficulties. Referrals can be made by professionals working with families or people can self-refer. For a referral form and more information call 07955 148041 or email team@lammermuirlarder.co.uk

Dunbar and East Linton area

- Dunbar Basics Food Bank - covers Dunbar and surrounding villages, providing food, toiletries and household cleaning products, sufficient support for the client and any dependents for 4 days. Referrals need to come from professionals working with people who are considered to be in crisis and will give advice and guidance of appropriate support agencies that can help. Email: dunbarbasicsbank@gmail.com or call: 07760 957613
- Dunbar Basics Food Bank: growing and cooking projects - Dunbar Basics Food Bank have continued to support and issue home cooked, nutritious Sunny Soups throughout the year for people getting food help. If cooking is something some people need help with then the Dunbar basics food bank, The Ridge, Homestart and other professionals can arrange for a voucher for the "Crunchy Cook bag" meal kit bags with all the ingredients for a simple, 4-portion meal, plus a recipe and a link to a how-to video. Customers of the Crunchy Carrot are generously donating bags for community distribution. Some of these are half price, some are free. Professionals then have access to the vouchers to give out, via their organisations. People can then pre-order a bag and hand the voucher over on collection for either their discount or freebie
- Sunny Soups is a food waste project run in partnership by the Crunchy Carrot and The Ridge, which has proved a lifeline for the project through the pandemic, allowing them to continue making free food for people each week. This has been distributed by the Basics Bank

North Berwick Coastal area

North Berwick Kindness Co-operative supports people struggling financially in North Berwick Coastal Ward on each Monday of the week. We offer: foodbank referrals, frozen meals, dried goods, sanitary products, food vouchers for fresh items and pet supplies and home fuel support. We can also supply hearing aid batteries, for those who need them.

North Berwick Community Centre has a range of books and DVDs available for the public to take. The centre is open from 9:00am to 4:30pm daily.

For help contact North Berwick Community Centre on 01620 893056 or email: connectedcommunitiesnorthberwick@eastlothian.gov.uk

September Birthdays



Lorna Ketchen 13th

Grace (Picasso) Porter 25th

Stuart Geekie 28th

Ian Power 17th

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

HAPPY
BIRTHDAY