



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 23/04

2023



Photo by [Glen Hooper](#) on [Unsplash](#)

These wee guys will soon be abundant, and a couple have been seen in the water around Craigleith already.

We are so lucky living in East Lothian, having wonderful wildlife which changes with the seasons.

Lets hope that bird flu has not reduced our sea bird numbers too much.

Easter is on the way and HEL has lots on as well as East Lothian having loads on!
Later in April, a very unusual competition will take place in Dunbar!



Who even knew such a Championship existed!! The annual European Stone Stacking Championships takes place on 20th & 21st April. Now in it's 3rd year, the competition brings together a community of stackers from across Europe and features some inspiring and breathtaking balances.

The competition takes place at Eye Cave Beach on Bayswell Road, Dunbar.

Worth a wee wander down to view the spectacle, for those of you lucky enough to live in Dunbar! But check location, it may be on a different beach because of erosion

Thanks for Volunteering!

Many thanks to Sophy Currie who chose to volunteer with headway east Lothian as her work-based placement as part of her course at Queen Margaret's University. We all wish you well in the future with whatever you choose to do, and hope to welcome you back soon 😊



I must say this poster from Aging Well East Lothian
<https://www.activeeastlothian.co.uk/> caught my eye as being very true!!

(Pix of tea dance held on 29th March with Aging Well EL, will be in next issue!)

WHAT'S THE BEST EXERCISE?



THE ONE YOU ENJOY DOING.

DON'T FORCE YOURSELF TO DO AN EXERCISE YOU DISLIKE.
YOU LIKELY WON'T STICK WITH IT.

KEEP TRYING NEW WAYS TO MOVE YOUR BODY
UNTIL YOU FIND WHAT WORKS FOR YOU.



QUITTINGTHESITTING.ORG
@PICTOFIGO

NB-Tuesday 25th April 1.30 pm Dunbar Leisure Centre, our own taster session of a bespoke exercise class, with Paul & Rab from McMillan Moves, part of Enjoy Leisure - no cost and teas & coffees will be provided after the class.

At HEL we are very lucky to have the opportunity to attend sessions run by Patricia, a Neuro-practitioner.

Patricia knows how much each of us can do and knows how to get the most benefit to our bodies and wellbeing from our different abilities.

If it's not stretching and bending, there will be hoop or a ball flying across the hall waiting for the next person to catch it and throw it on!

It is difficult to capture by camera just how much each individual finds they are using muscles that they have not stretched for a while.



You will have seen in the March newsletter that Scottish Head Injury Forum (SHIF) were holding their conference on 9th March. HEL had a few delegates who found it very useful and informative

There was also time for coffee, fun and admiring the surroundings which was the Edinburgh City Chambers!



Being HEL, we don't do things by half. When we play Bingo, you don't get to sit about!! You have to MOVE!

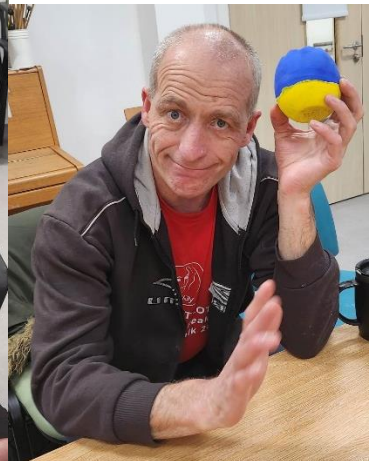
We were very lucky to have Doug from Age Scotland to lead our

Body Boosting Bingo



Andrew doing an excellent job with an arm and a leg in motion, Dottie & Christine looking statuesque! Peter proving that all the cold swimming keeps your muscles in good shape for balance!

No Newsletter would be complete without arts & crafts and we have the start of Easter Crafts to show.







The title for the day must surely have been “Easter Crafts using unconventional colours”!!

I particularly admire the work of “The Empty Chair”!!

Diary April 2023

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.

Remember it is still very important to be aware and focused. Covid is still about

Enhanced hygiene and sanitiser is available at all meetings and you are urged to use it

Monday 3rd	1.00pm - 3.00pm	Port Seton Community Centre	Minutes & Easter Crafts
Wed 5 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Minutes & Sing along with David Hood
Thurs 6 th	10.00 – 12.00	Hallhill Centre Dunbar	Minutes & Easter Crafts
Monday 10th		HOLIDAY EASTER MONDAY	
Wed 12 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Table Games
Thurs 13 th	10.00 – 12.00	Hallhill Centre Dunbar	Exercise with Patrica
Monday 17 th	1.00pm - 3.00pm	Port Seton Community Centre	Table Games
Wed 19 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fiona from Royal Collection Trust – Coronation signs & symbols
Thurs 20 th	10.00 – 12.00	Hallhill Centre Dunbar	Table Games
Monday 24 th	1.00pm - 3.00pm	Port Seton Community Centre	Health & Wellbeing
Wed 26 th		OUTING	Cinema Trip see below
Thurs 27 th	10.00 – 12.00	Hallhill Centre Dunbar	Lorna ‘Sharing a Story’

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

Outings – Wednesday 26th April 2023

The Fraser Centre, Tranent for the cinema. <https://www.thefrasercentre.com/>

Film starts 2.00pm – come along earlier for lunch in the café area and to pre-order your snacks

Cost £5.00per person + snacks



ALLELUJAH is a warm and deeply moving story about old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back by galvanizing the local community: they invite a news crew to film their preparations for a concert in honour of the hospital's most distinguished nurse. What could go wrong? ALLELUJAH celebrates the spirit of the elderly patients whilst paying tribute to the deep humanity of the medical staff battling with limited resources and ever-growing demand.

I have seen many really good reviews and if I can stop making bunting for long enough will try to join in on Wednesday 26th!

“The story of Headway East Lothian newsletter

This is my story and how it all happens. Firstly, all the information that I need is gathered up. This can be what you are going to be doing for a month in Headway. Joyce prepares the calendar and obtains photos on what you have been up to and announces birthdays. I also tell you about events that will be happening. After Joyce does all this and I am ready for the next stage of my journey this gets sent by email to Katy who then puts it all into the right places to print and makes the odd comment! When Katy is happy with me she prints me off for each member of Headway East Lothian and either posts copies out to various members or emails them too. What Katy does is prepares me for post, puts all my copies in their envelopes, with the labels and stamps on and then she gets on her bike for a wonderful scenic journey.....



Which ends with me being posted into the pillar box at the Post Office!

When the letters are being delivered your nice postie will deliver me to your door for you all to see.”



April Birthdays



Steven Cook 7th

John McMillan 16th

Jeanine McNaught-Philip 29th

David Dickson 30th



!!!!65!!!!



JIM ARMSTRONG 18th

*****80*****



HAPPY BIRTHDAY

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