



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



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Happy  
New Year  
2023

**Christmas Lunch 2022!**



Laugh or what, thank you Joyce for writing, directing & narrating .....Cinderella,  
BUT Headway East Lothian style!!

Thanks to Dottie as prompt, Gillian as Fairy God Mother, Grace as Prince Charming, NJ as Cinderella and last but certainly not least to John for managing to be ugly enough for three sisters in one!!!

The panto summed up Headway East Lothian, where everybody feels comfortable with their friends and peers because everybody laughs *with* everybody and not *at* anybody. A great deal of hilarity all round – what a great day (yes I know it could have been a wee bit warmer but it was an exceptionally cold day!) Thanks to all who came along, and who gave their feedback afterwards; it is important, and we do pass back to the venue 😊



OOOps, nearly missed thanking Santa Jim himself!



Thanks to Santa's helpers and a prize for the best caption to go with picture above!!

## Headway Awards – Beth Henderson

Beth & Ian's son Iain attended the awards

The awards, hosted by Headway – the brain injury association, featured stories from extraordinary people, such as [Mark Kennedy](#), a brain injury survivor who has now run over 100 half marathons, [Michelle Kelly](#), a hard-working carer who has devoted her life to helping others, and [Dean Harding](#), who has shown exceptional dedication to supporting fellow brain injury survivors.

The event was hosted by acclaimed sports journalist Sam Peters, with awards being presented by double Olympic gold medallist, James Cracknell.

Headway's Chief Executive, Luke Griggs, said: "Brain injury can have a devastating impact both on an individual and the people close to them; survivors often face challenges such as memory loss, debilitating fatigue and loss of language and movement.

"Imagine one day waking up and finding you must learn to walk and talk again, that your memory is foggy, and you can't do the things you are used to doing. It seems unimaginable, but this is a reality for many brain injury survivors. Every day we see people who have carried out incredible acts of compassion, bravery, and strength and this is our chance to recognise some of them.

"We firmly believe that together we are stronger, and the Headway awards really showcase just how true this is. It is because of the support of people like our award winners and finalists, that we are able to help so many people affected by brain injury.

The Headway awards paid tribute to the inspirational achievements of brain injury survivors, carers, volunteers, and campaigners.

There were four awards categories:

- [Alex Richardson Achiever of the Year](#) sponsored by Slater & Gordon
- [Carer of the Year](#) sponsored by Barr Ellison LLP
- [Volunteer of the Year](#) sponsored by Anthony Gold Solicitors
- [Stephen McAleese Outstanding Contribution to Headway Award](#) sponsored by No5 Barristers Chambers



Beth Henderson, 77, who cared for her husband Ian, was one of three finalists from across the UK in the running for the title of Carer of the Year, sponsored by Barr Ellison LLP.

On finding out she had been nominated, Beth said: "It felt really lovely. I don't know if I am deserving enough of the award and I'm sure there are others who do much more than me, but it is lovely to get the recognition.

"I would do anything for Ian. He was my husband and I loved him, and I'd do it all again."

Beth's journey of caring for Ian started just after his 65<sup>th</sup> birthday when he experienced a stroke, the first of many.

"We had gone out for a meal to celebrate Ian's birthday when I noticed he was acting oddly," recalled Beth. "We came home and my sister said to me 'Beth, I think he's had a stroke.'"

Ian went on to experience a series of small strokes and as a result, developed vascular dementia.

Beth said: “We went to see a psychologist every six months after the dementia diagnosis who told us that Ian would have these wee strokes every so often and would lose a bit of brain function each time.

“Life totally changed for the both of us. Instead of enjoying our retirement together, we were battling every day with the effects of Ian’s brain injury. His behaviour was changing all the time and he became very disinhibited.

“He’d often get fixated on people with distinct characteristics, so I had to be constantly alert for what might attract his ‘magpie’ eye – someone’s hair, a tattoo, the colour of a dress. His extrovert behaviour meant that harmless conversations were taken too far and he could get himself in trouble. Thankfully he had a Headway Brain Injury Identity Card which he was able to show people.”

As the strokes continued, Ian lost his peripheral vision on his left-hand side and had to have his lower left leg amputated to stop any further blood clots.

“It never kept him back,” said Beth. “He tried to ride his bike and drive a car but he couldn’t understand why it wasn’t safe. He had numerous falls because of both the strokes and the prosthesis. The neighbours were always helping me pick him up!”

Agency care staff were brought on board as Ian’s health deteriorated, but Beth was often left to pick up the pieces.

“We live in a rural area so it was almost impossible for companies to provide the care Ian needed,” she said. “Carers were in short supply so I had to help with a lot of the physical work. Ian was a big, strong man and if he fell he could easily hurt himself and others.

“During the pandemic, care was intermittent at best – maybe 30 minutes twice a day – so I very rarely had a break or got time to myself.”

Longing for more specialist support, Beth sought out Headway East Lothian, a local brain injury charity where she and Ian attended support groups for the past five years.

“Headway East Lothian was our lifeline,” said Beth. “I couldn’t take him to other community groups because people didn’t understand his brain injury, they just thought he was being awkward or misbehaving. He always loved taking part in the activities at Headway – painting, singing, dominoes and chatting.”

“The staff at Headway helped Ian’s carers to learn more about brain injury so they could better support him, providing them with information, guidance and support on how to manage his increasingly disinhibited behaviours.”

Beth and Ian also attended BRAW, a residential activity weekend organised by Headway where Ian was able to participate in many of the activities he enjoyed prior to his brain injury.

“It was fantastic,” said Beth. “Ian got to do his own thing – riding the all-ability bikes, archery and walking and I got a chance to get some respite and have a massage. We attended the social

event in the evening together and shared a special moment when Ian got up and asked me to dance with him.”

Sadly, Ian died earlier this year in May.

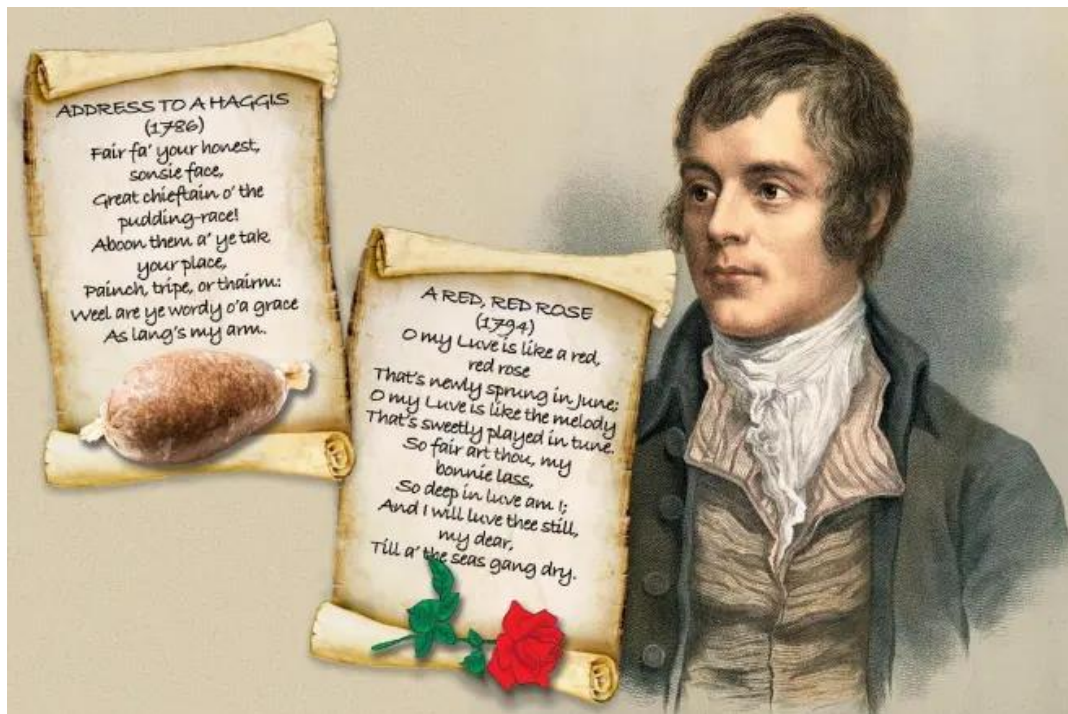
Beth said: “Towards the end he slept a lot, but he still always had that same sparkle in his eye. On the day he died I said to him ‘Oh you’re looking lovely’ to which he asked ‘Do you still fancy me?’ ‘Oh definitely’ I replied.”

Beth was nominated for Carer of the Year by Joyce Cattanach, Development Officer at Headway East Lothian. Joyce said: “Beth is such a loving, caring woman who continues to be a part of our Headway family. It would have been understandable and acceptable for Ian to have been admitted to hospital or a care home, but Beth was adamant that they would stay at home together where they could watch the garden grow, the seasons change, and the birds sing. “Beth did everything for Ian out of love as his wife, but she doesn’t realise just how much she did. She went above and beyond what many other people would have been able to cope with. She very much deserves this recognition for devoting her own life to her husband’s, caring for him constantly.”

Beth did not win the award category but in our eyes, a very worthy runner up



Ian and Beth’s son Iain is seen at the Award presentation on 9<sup>th</sup> December at Landmark London Hotel, and here with James Cracknell.



Burns' Night – Wednesday 25<sup>th</sup> January

Port Seton Community Centre, South Seton Park, Port Seton 6.30pm – 8.00pm

Cost £5.00 per person

Please let Joyce know if you would like to attend, if you would need transport and if you would be willing to take part in reciting a poem, singing, dancing – anything Robert Burns related!

Monday 9 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Welcome 2023
Wed 11 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Welcome 2023
Thurs 12 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Welcome 2023
Monday 16 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Activity session with Patricia
Wed 18 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Body Boosting Bingo
Thurs 19 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Lorna "Telling a story"
Monday 23 <sup>rd</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Art with Grace
<b>Wed 25<sup>th</sup></b>	<b>6.30 pm – 8.00 pm</b>	<b>Port Seton Community Centre</b>	<b>Burns Supper</b>
Thurs 26 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Art with Grace
Friday 27 <sup>th</sup>		Board Meeting	
Monday 30 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Body Boosting Bingo

More Christmas celebrations to follow...HEL and Christmas just keeps on coming!

Grace's art class had a Christmas theme, wreaths, Dunbar a big table for lunch



Winners of Christmas Card and 2023 Calendar competition revealed





Digby Brown is delighted to confirm the winners of its annual Christmas art competition for brain injury survivors.

More than 100 people submitted an array of incredible artwork with the hope of being chosen to feature in the Christmas card or calendar.

Judges were impressed by the number of entries and praised all who took part – they found it a real challenge to pick just 14 lucky winners.



One winner sees their artwork become a festive 2022 greetings card, a second winner has their entry become the cover image for a 2023 calendar and 12 other winners have their creations featured on each month page

## The Awards Ceremony

[Chris Stewart](#), Head of our [Serious Injury Department](#), hosted a winner's lunch at the Doubletree by Hilton in Glasgow on Tuesday 6 December and praised the efforts of all who took part.

He said: *"Every year we are proud to work alongside charities, support groups and individuals to give brain injury survivors a creative outlet to express themselves"*

*"Art plays an important role in therapies for people who have had a brain injury, and this calendar illustrates that brain injury survivors can retain many skills and talents." This competition gives them the chance to have their art recognised."*

Colin Robertson from Headway Dundee & Angus spoke about how much the annual competition means to the group.

He said: *"It means the world to the group. It's something to look forward to every year. Not just for winning a prize but also for the fact that it's part of their therapy. "It's a big thing in someone's recovery from brain injury."*

### **The 2023 Calendar**

The 13 winners will see their artwork displayed in the 2023 Calendar which is shared with Acquired Brain Injury (ABI) support groups across the country.

Each winning artist receives a £20 M&S voucher, a certificate and multiple copies of the card and calendar to share with family and friends, while the charity they represent also receives a cheque for £200. Groups who submitted artwork but sadly didn't win, also received £100 each.

[Flora Bannerman](#), CSR Manager at Digby Brown, said: *"We were blown away with the incredible standard of entries this year – we received over 100 submissions! "Thank you to everyone who submitted artwork, congratulations to the winners and I hope everyone has the very best time over the festive period."*

Gillian Maryniak – July



Grace Porter – December



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

## January Birthdays



David Brown 15<sup>th</sup>

Bill Leishman 20<sup>th</sup>

Keith Barber 22<sup>nd</sup>

Alba Surridge 27<sup>th</sup>

Lyn Martin 29<sup>th</sup>

Mary Wood 10<sup>th</sup>

Kumar Moodley 19<sup>th</sup>

!!!!!!!60!!!!!!!

Robert Dalrymple 30<sup>th</sup>

\*\*\*\*\*75\*\*\*\*\*

HAPPY  
BIRTHDAY

.....and yet more Christmas nonsense!,



Thanks for all the wonderful raffles and crafts to  
fundraise for HEL, it was an amazing effort!

Will get an update on Funds raised next year!!

Have a happy New Year and looking forward to  
another great year for HEL

