



Headway  
East Lothian  
SC10 035535  
Newsletter

[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



Issue 23/05/6

2023



**Some of our participants at BRAW**

**More pics inside and a HUGE thank you to all the organisers especially our own Joyce!**

Sorry to miss the last edition as a hard copy Newsletter, as a result, we have added some pix that would have been in that edition AND May birthdays, don't worry, you get a mention in this edition!!!

Back to June, and a VERY important week is .....



Volunteers are the lifeblood of Headway East Lothian – along with so many other small, community-based organisations.

Our volunteers are amazing and give so much of their own time to help in so many ways!



**Volunteer Board members** - Jim Maryniak – Chair, Christine Maclean – Secretary, Katy Lamb – Treasurer, Teresa Martin, Fiona Grant, David Aston and Fiona Balfour

**Group Session volunteers** – Dottie Wallace, Fiona McQuade, Susan Easingwood, Emma Paterson, Abby Aitchison

**Former volunteer** Sophy Currie

**Group Participant Volunteers** – Grace Porter, Gillian Maryniak, Peter Kydd

**BRAW organiser Volunteer** – Joyce Cattanach

And loads of others who help in many unsung ways



Special thanks to Emma – who had her last day with us in May.

Good luck with the Master's Degree and your new full time position with Alzheimer's Scotland.

Your time, patience and energy have been much appreciated and we hope to see you again any time you can make it

## Hearts of Compassion

Volunteers are the heart of compassion,  
With a passion for love and a burning action,  
To make a difference, in this world of ours,  
To alleviate suffering, and heal the scars.

Their hearts beat with empathy,  
A desire to help, with generosity,  
To ease the pain, of those in need,  
And plant the seed, of love and heed.

Their hands reach out, with care and love,  
And lift the downtrodden, to rise above,



Their eyes shine bright, with hope and joy,  
And their presence, a gift, beyond compare.

For volunteers are the heart of compassion,  
Driven by love, and a noble passion,  
To make a change, and make it right,  
To give back, with all their might.

They see the pain, that others endure,  
And with open hearts, they find the cure,  
A kind word, a warm embrace,  
A helping hand, a comforting place.

Their hearts beat with a rhythm so true,  
A symphony of love, that resonates through,  
And touches the lives, of those they serve,  
With a love that heals, and helps them curve.

For volunteers are the heart of compassion,  
The driving force, of a better vision,  
A beacon of hope, in a world of strife,  
And a promise of love, that will change life.

So let us honour, the hearts of compassion,  
And all they do, with love and passion,  
For they are the light, in a world of despair,  
And a shining example, of love and care.

Some great partnership working going on with Roots & Fruits and Our Community Kitchen











Thank you for all your support Pamela, Louise, Maraget and all the Roots and Fruits team



Thanks so much Joyce for manning the HEL stall at Port Seton Community Centre Communities Day and promoting Headway East Lothian. We are always looking for volunteers, so if you know of anybody who would like to join the great bunch that is HEL at any of the group sessions, please get in touch.

A great sign to have in the background as you can see from the following pix, it truly was the **Best Relaxation and Activity Weekend (BRAW indeed!)**

Thanks to all the volunteer organisers, you did a great job ... again!!





What on earth.....????



Ahhhhh, I see now!!



Survival skills, making a shelter in a Horse Chestnut tree!



Thanks to Laura & Roisin at the John Gray Centre in Haddington  
We all enjoyed the John Muir & Jacobite based activities - and the tea, coffee & shortbread!





Great day out at Musselburgh Races – Always a favourite



Maggie adding beautiful colour .....and .....Jim using his Bookie's sign language!!



Meanwhile something is tickling Sharon.. Gillian has her beady eyes trained on something ? Jim "signing" the Bookie???



Kate & Davy have fairly enjoyed their meal  
Mmmmm, that was great!



A great Coronation afternoon tea in the willow room. All funded by a grant from .....



Fantastic Coronation themed food from the Filling Station





Always lovely to see all the art work and thanks to Grace for organising the sessions



Hats for Headway part of HEL ABI week





## Diary June 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**

Thurs 1 <sup>st</sup>	10.00 – 12.00	Hallhill Centre Dunbar	
<b>Fri 2<sup>nd</sup></b>	11.15	<b>HEL Board Meeting</b>	
Monday 5 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Board Minutes & Games
<b>Wed 7<sup>th</sup></b>	<b>Cinema - Fraser Centre Tranent - Allelujah!</b> Film starts 2.00pm – come along earlier for lunch in the café area and to pre-order your snacks. Cost £5.00per person + snacks		
Thurs 8 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Board Minutes & Games
Monday 12 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Kevin Connor Gambling support service
Wed 14 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Exercises with Patricia
Thurs 15 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Jackie Sangster Historic Environment Scotland
Monday 19 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Art with Grace
Wed 21 <sup>st</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Board Minutes & Games
Thurs 22 <sup>nd</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Sing along with David Hood
Monday 26 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Exercises with Patricia
Wed 28 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Kevin Connor Gambling support service
Thurs 29 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Kevin Connor Gambling support service

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**



## MAY Birthdays



Fiona Grant 4<sup>th</sup>

Scott Young 5<sup>th</sup>

Bill Paylor 8<sup>th</sup>

Fiona Dickens 9<sup>th</sup>

Caroline Cook 13<sup>th</sup>

Nicola Howden 15<sup>th</sup>

Gillian Maryniak 16<sup>th</sup>

Anne-Marie Bevan 16<sup>th</sup>

Joyce Cattanach 20<sup>th</sup>

Jim Maryniak 23<sup>rd</sup>

Stuart Geekie 28<sup>th</sup>

## June Birthdays



Gordon Wallace 6<sup>th</sup>

Anne Milne 12<sup>th</sup>

Jackie Armstrong 14<sup>th</sup>

Violet Wardrop 16<sup>th</sup>

Carina Scott 18<sup>th</sup>

Anne Bissett 25<sup>th</sup>

HAPPY  
BIRTHDAY