



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



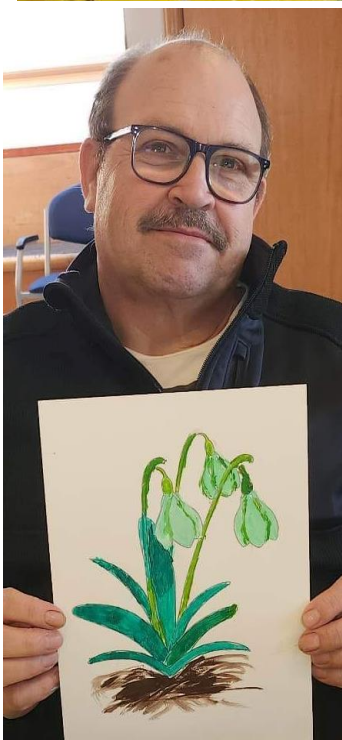
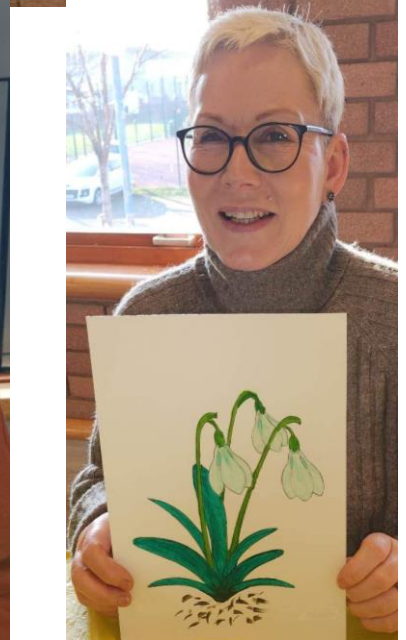
Issue 23/03

March 2023



The Monday art group was looking spring like with a wonderful array of snowdrop paintings.

Stacey decided she would add to the spring flavour by adding her own colourful and eye-catching butterfly. It really makes you feel that spring is on its way!





Concentration abounds but clearly a very enjoyable and productive afternoon. Thanks as ever to our brilliant teacher, Grace

The group was joined by Maria from Headway the brain injury association and Anmarie & Flora from Digby Brown Solicitors. As can be seen above, they joined in fully and produced beautiful snowdrops!

The same subject is represented in so many ways. Each one has its own character. David's and Andrew's imaginative interpretations are very thought provoking.

I would also like to hear the joke that Dottie has just heard!!

Here is a great event that will be well worth a visit.
Try to pop along, you may find something totally new that you enjoy!

LOVING **Life**

Time for a refresh?

**MUSSELBURGH
WELLBEING EVENT**
CLUBS | SPORTS | ACTIVITIES

**BRUNTON THEATRE
MUSSELBURGH: VENUE 2
SATURDAY 4TH MARCH
10AM-1PM**

FREE ENTRY & REFRESHMENTS
ALL AGES & ABILITIES WELCOME

Just drop in!
The perfect place to be
to discover new fun
activities that
feel good for **you**

ageing well
NHS
Lothian

East Lothian
Council

LOVING **Life**
© MUSSELBURGH

Diary March 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

Wed 1 st	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Jolene & Tom Stroke Assoc Scotland
Thurs 2 nd	10.00 – 12.00	Hallhill Centre Dunbar	Exercise with Patrica
Monday 6 th	1.00pm - 3.00pm	Port Seton Community Centre	HEL Board meeting & Games
Wed 8 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	HEL Board meeting & Games
Thurs 9 th	10.00 – 12.00	SHIF CONFERENCE NO MEETING	
Monday 13 th	1.00pm - 3.00pm	Port Seton Community Centre	Exercise with Patrica
Wed 15 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Easter Crafts
Thurs 16 th	10.00 – 12.00	Hallhill Centre Dunbar	Sing along with David Hood
Monday 20 th	1.00pm - 3.00pm	Port Seton Community Centre	Easter Crafts
Wed 22 nd	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Exercise with Patrica
Thurs 23 rd	10.00 – 12.00	Hallhill Centre Dunbar	Jolene Stroke Assoc Scotland & Board Mins
Monday 27 th	1.00pm - 3.00pm	Port Seton Community Centre	Art workshop With Grace
Wed 29 th		OUTING TO BE CONFIRMED	
Thurs 30 th	10.00 – 12.00	Hallhill Centre Dunbar	

Joyce Annual Leave : Thursday 16th(pm), Friday 17th, Monday 20th and Tuesday 21st March 2023

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 – Friday 31st March

John Gray Centre – Haddington – Friday 31st March – **to be confirmed!**

15 Lodge Street, Haddington, East Lothian, EH41 3DX

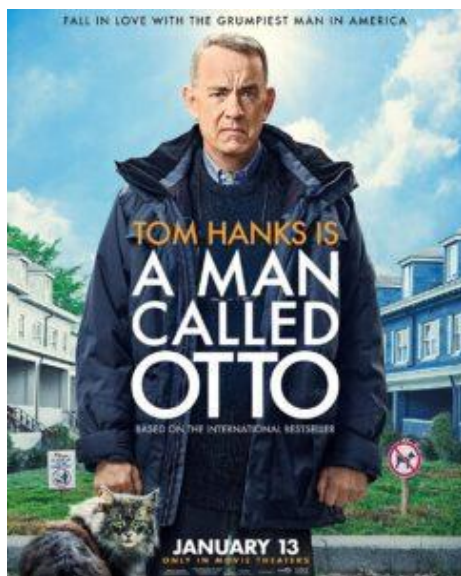
The John Gray Centre brings together [East Lothian Council's Archaeology, Museum, Archive and Local History](#) Services, alongside Haddington's branch [library](#). The Centre is the result of a long-standing commitment by the Council to inspire the people of East Lothian to explore and engage with the history of their communities, environment and families by enhancing and further developing East Lothian Council's heritage services

In the Centre and on their website <https://www.johngraycentre.org/> you can explore East Lothian's heritage, find [resources](#) to help you at your groups, at home or with research, and browse through [images](#) and [maps](#).



29 took a trip to the Fraser Centre, Tranent for the cinema.

<https://www.thefrasercentre.com/>



Well, from feedback so far, it sounds like a lot of folk did indeed, "Fall in love with the grumpiest man in America!"

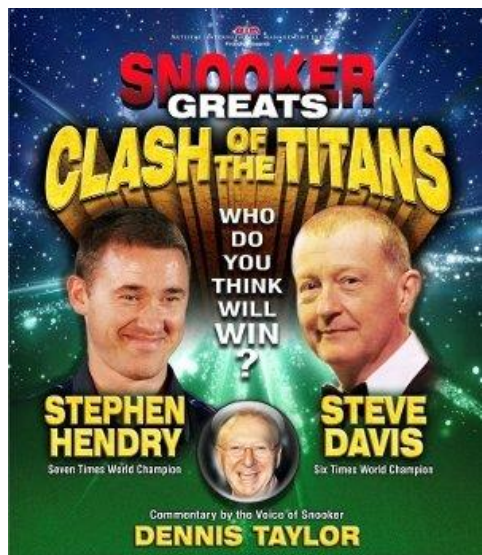
Seems a great venue with good access, facilities and food

Please give Joyce your feedback as this venue could be part of our regular programme if it gets good feedback from the Headway East Lothian community.

I am not a snooker fan but these names mean a lot, even to me!

Brunton Hall Thursday 2nd March 19.30 – 22.30

It's not cheap but if you are a fan, maybe you can get as an early Birthday/Christmas Prezzie!



Come and join the UK's favourite snooker stars as they recreate the matches that saw them rise to the top of their profession. Stephen Hendry won 7 world championships; Steve Davis won 6 world championships, who is your favourite to win?

Snooker legend ex world champion and now BBC commentator Dennis Taylor is your host and referee for the evening. A night not to be missed! There will also be a Q&A, providing you with the opportunity to pose the questions you always wanted to ask.

March Birthdays



Gordon Paterson 7th

Fiona McQuade 18th

Tam Lamont 21st

Charlene Wood 26th

Garry Thompson 17th

Maria Burnett 18th

Cat Baillie 22nd

Jacki Aston 26th

FioNNa Balfour

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

HAPPY BIRTHDAY

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