

May diary info

Diary

Monday 1st – Exercise with Patricia
Wednesday 3rd – Art with Grace
Thursday 4th – Singalong with David Hood
Friday 5th – Outing – John Gray centre, Haddington
Monday 8th – HOLIDAY -King's Coronation
Wednesday 10th – HOLIDAY – HIID Edinburgh
Thursday 11th – Lorna 'Sharing a Story'
Friday 12th – King's Coronation Afternoon Tea
Monday 15th – No meeting – Musselburgh Races outing
Wednesday 17th - ABI week quiz & Hats!
Thursday 18th – ABI week games & puzzles & Hats!
Monday 22nd – Art with Grace
Wednesday 24th - Games & puzzles
Thursday 25th – Exercise with Patricia
Monday 29th – Singalong with David Hood
Wednesday 31st – Sharing your story activity

May Birthdays

4th – Fiona Grant – Star Wars Day
5th – Scott Young
8th – Bill Paylor
9th – Fiona Dickens
13th – Caroline Cook
15th – Nicola Howden
16th – Gillian Maryniak
16th – Anne-Marie Bevan
20th – Joyce Cattanach
23rd – Jim Maryniak
28th – Stuart Geekie

Annual leave

Joyce will be on Annual Leave from Thursday 18th May to Friday 26th May inclusive

Outings

Friday 5th May 11.00am – **John Gray Centre**, Haddington – library, museum and archive – join us for a bespoke guided tour, an activity session and of course refreshments!



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

Friday 12th May 12.00pm – The Big Lunch - King's Coronation Afternoon Tea, Willow Room, Cockenzie House – 22 Edinburgh Road, Cockenzie, East Lothian, EH32 0HY



come along and join in the party – catering supplied from The Filling Station

Monday 15th May 12.00pm – Musselburgh Races – limited places for an entertaining afternoon at the races!



Please let Joyce know if you would like to attend any of the events, and if you have any special dietary requirements - numbers are limited and transport is not always available, there may be a non-refundable deposit to pay for events.

See the hidden me



ACTION FOR

BRAIN INJURY WEEK 2022

16-22 MAY


Action for Brain Injury Week 2022 (16th to 22nd May) focuses on what can be for many brain injury survivors, a hidden disability. See the hidden me raises awareness and understanding of the often-misunderstood symptoms of a brain injury, and work to alleviate the challenges, and frustrations, survivors face.

To the outside world, you may look as you did before, but whether it be the day-to-day difficulties, or reoccurring misunderstandings of the effects of your brain injury, See the hidden me will empower survivors to talk about when hidden disability has made life more challenging, whilst also asking the public for more understanding and respect.

The campaign gives a voice to brain injury survivors so friends, families, colleagues, and professionals gain a better insight into the invisible battles they may face every day.

See the hidden me will help others see the hidden you.

Head Injury Information day



HIID
HEAD INJURY
INFORMATION DAYS

WELLBEING – LIVING WITH A BRAIN INJURY

A **FREE** information and networking event for individuals, families, carers and professionals affected by all types of acquired brain injury and head injury.

- Learn about the effects of head injury and brain injury
- Meet the services and support groups available
- Participate in interactive workshops.


EDINBURGH
Wednesday 10th May
Sheraton Grand Hotel
9am-3.30pm

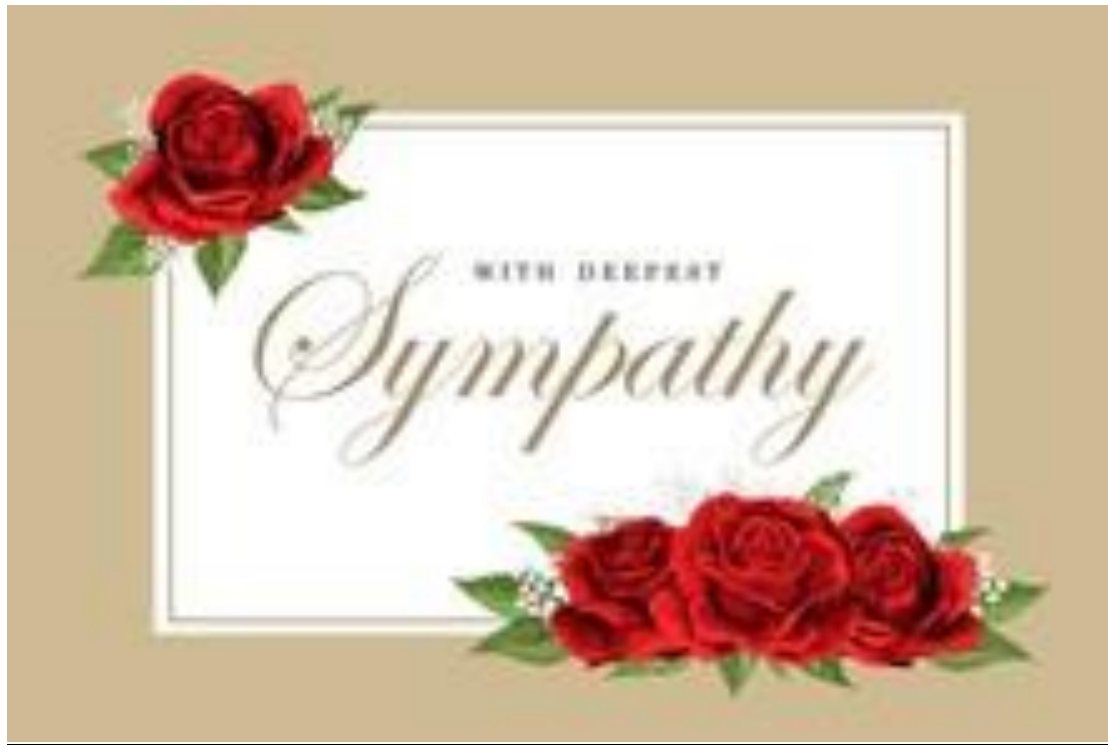
GLASGOW
Tuesday 23rd May
DoubleTree by Hilton Hotel
9am-3.30pm

To register visit www.hiid.org.uk/hiid-2023

Alternatively contact **Flora Bannerman**:
e: flora.bannerman@digbybrown.co.uk

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 [@headinjuryinfo](https://twitter.com/headinjuryinfo)



Our deepest condolences go to Katy Lamb, Rosie Lamb, and her Fiancé Jack, to Gordon and Dottie and to all the family over the sudden loss of Crawford – he will be sadly missed by all of us at Headway as a great friend and supporter.

We also extend our condolences to Fiona Grant for the loss of her dad, Frankie Grant – he also was a great supporter of both Fiona and Headway.

The funeral will be held on Thursday 11th May 12.00pm in the main chapel at Mortonhall Crematorium. The cortege will take him one last time through Musselburgh and past the Mercat Cross, along Newbigging before heading to Mortonhall. There will be a collection as we leave the Chapel for Steps to Hope SCIO, family flowers only.

The funeral tea will be held at Musselburgh Rugby Club.