



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 23/07

2023



Brilliant Fun at the Tea Dance organised by  
Ageing Well East Lothian



It is great to join forces with other local groups to try out a whole load of things we may not be able to do on our own.



## Diary July 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	Picnic style with snacks & Games. Bring your own picnic!
Wed 5 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Art with Grace
Thurs 6 <sup>th</sup>	10.00 – 12.00	<b>NO MEETING</b>	
Thurs 6 <sup>th</sup>	11.00-1.00	<b>Picnic in Joyce’s garden (if Nice!!) 😊</b>	
Fri 7 <sup>th</sup>		HEL Board Meeting via Zoom 11.15am – 12.15pm	
Fri 7 <sup>th</sup>	1.00-2.00	Haddington Bowling Club Our Community Kitchen	Music event with Nicola Graham. Let Joyce know if interested
Monday 10 <sup>th</sup>	1.00pm - 3.00pm	<b>NO MEETING</b>	
Tuesday 11 <sup>th</sup>		<b>Outing – Holyrood Palace Gardens- See below</b>	
Wed 12 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Minutes & Games
Thurs 13 <sup>th</sup>	10.00 – 12.00	<b>NO MEETING</b>	
Fri 14 <sup>th</sup>	11.00-2.00	Haddington Bowling Club Our Community Kitchen	Walking Group & Arts & Crafts
Monday 17 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Sing along with David Hood
Wed 19 <sup>th</sup>	2.00pm	<b>NO MEETING</b> <b>Fraser Centre Cinema “Book Club” – See below</b>	
Thurs 20 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Minutes & Games
Monday 24 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Minutes & Games
Wed 26 <sup>th</sup>	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Go with the flow Janice – <b>see below</b>
Thurs 27 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	RuthanneBaxter St Kilda and “the museum of me”
Mon 31 <sup>st</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Arts & Crafts

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 Teresa Martin 07471 339211**

**Dottie Wallace 01875 853491 or 07788 500014 Katy Lamb 01877 387264 or 07741603114**

**Annual leave** Joyce will be on Annual leave from Monday 31<sup>st</sup> July to Friday 11<sup>th</sup> August inclusive.

## Visit to the Palace of Holyroodhouse gardens



### ***Physic Garden past and future***

A small physic garden was established at the Palace in 1670 and became the origins of Edinburgh's Royal Botanic Garden. A new public garden with three distinct areas, each representing a phase in the Palace's 900-year history, was opened in 2020 and is used by community groups to explore how plants have been used to improve health and well-being.

14:00-Arrival and Fiona will meet group in the Physic Garden

14:00-14:30- Explore the Physic Garden together (site of Edinburgh's first Botanic Garden 350 years ago)

14:30-15:15-Refreshments in Abbey Strand/Short talk on Holyrood Abbey

15:15-16:00- Explore Holyrood Abbey built in 1128.

**Please let Joyce know if you would like to attend, cost £5.00 per person**



**Wednesday 26 July at 3.30pm**

**East Lothian Community Hospital, Haddington**

In this relaxing mindful movement session Janice will help you to let go of any worries or tension, and re-connect to your positive energy

Find out how gentle, flowing, physical movements combined with focused breathing, can help you deal with life's challenges with a balanced mind

This session can be enjoyed by everyone, and the movements may be done standing or seated

No need to bring anything - just come along and go with your flow!

**Fraser Centre Cinema**

'Book Club, The Next Chapter'



An American [romantic comedy](#) film written and directed by Bill Holderman. The film stars [Diane Keaton](#), [Jane Fonda](#), [Candice Bergen](#) and [Mary Steenburgen](#), [Craig T. Nelson](#), [Giancarlo Giannini](#), [Andy García](#), and [Don Johnson](#).

The four friends in the book club finally meet in person after Covid 19 forced them to switch their monthly meetings to Zoom calls. Vivian reveals her engagement to Arthur, and the four friends take a bachelorette trip to Italy culminating in a destination wedding in Tuscany.

Outing Friday September 8<sup>th</sup> 2023 –‘Not quite a Mystery’ trip as we need to know 😊

## **The Great Tapestry of Scotland - Galashiels**

Travel on Borders Railway from Newcraighall to Galashiels.

(Help with transport to New Craighall for those designated as unable to make their own way)

Make our way to The Great Tapestry of Scotland in time for Coffee and a chat in their group visitor area and then up to the main galleries.

Lunch (Soup and sarnies) will be served in the group visitor area at a time to suit

## **The Great Tapestry of Scotland**

*It was the world-renowned author Alexander McCall Smith who had the idea for the Great Tapestry of Scotland. Inspired by a visit to the Prestonpans Tapestry, he set to work gathering a team to bring his vision to life.*

*While he would of course include certain key events and important people (like the Battle of Bannockburn or Sir Walter Scott), it was also important that the tapestry told the everyday stories of Scotland’s people. Alistair suggested including panels reflecting ordinary lives, such as millworkers and herring girls. Now in its new permanent home, The Great Tapestry of Scotland reveals Scottish history and culture as experienced, as well as shaped, by its people.*

*Finally, it was agreed that the country’s iconic and stunning natural landscape should feature prominently in the Tapestry story.*

*Reaching communities, the length and breadth of Scotland, the making of The Great Tapestry of Scotland created a feeling of national pride.*

*A thousand volunteer stitchers, from the Borders to the Highlands and Islands, created the Great Tapestry of Scotland.*

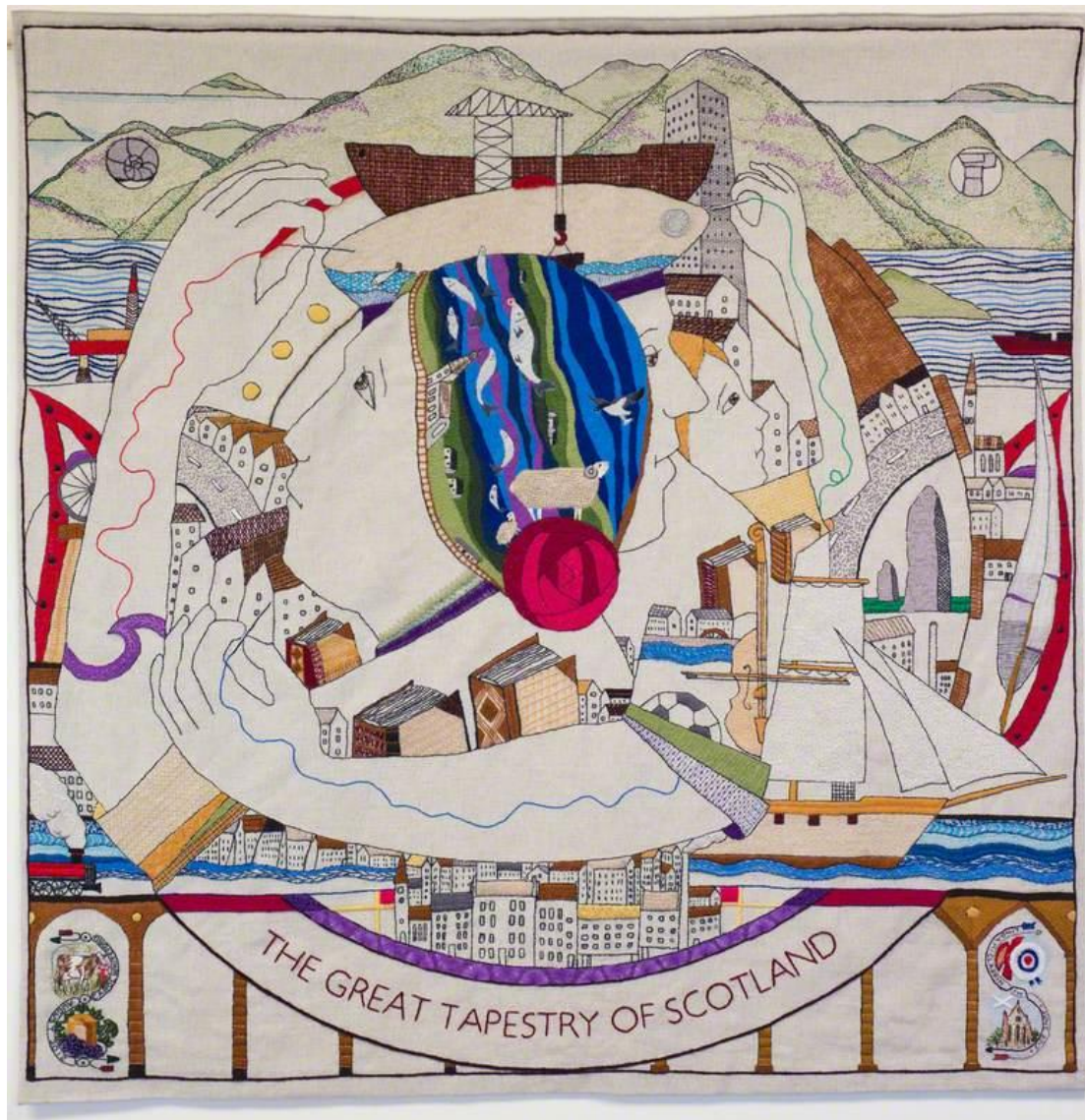
*The Great Tapestry of Scotland’s main gallery exhibits 160 panels depicting time from the prehistoric and the creation of our distinct landscape to the reopening of the Scottish Parliament.*

*Scotland’s past comes vividly to life through the Tapestry’s stories of its people and landscapes. The panels dramatically tell tales of work and play, politics and religion, war and peace, sport and transport, tradition, and innovation. Everything that is part of Scottish culture is symbolised, with the people of Scotland taking centre stage.*

*Their stories unfold over thousands of years, from prehistory to the present day.*

*Explore history, listen to stitchers’ stories, and discover the hidden details on the panels of The Great Tapestry of Scotland using our app or the interactive screens in the main gallery on the first floor.*

*It will take one to two hours to just touch the surface of the tapestries.*



### Booking Information

Don't be fooled! This is not all about being interesting to the WRI fanatical stitchers! This is an amazing depiction not just Scottish history, but of colour, everyday life, communities doing interesting stuff together and honestly has something for everybody.

There will be a **£5.00 non-returnable deposit** payable. All other costs will be grant funded by Be Green and Age Scotland

The outing is a package and thus, please do not sign up if you do not want to go to the tapestry.

However, I cannot think of anybody who will not find something in the displays that they will enjoy.

Please let Joyce know **by end of July** if you are interested in going as we will need to get an idea of possible numbers to know whether it will be feasible for all who want to go.



# Royal Botanic Garden Edinburgh

Have a series of free nature connection activities coming up in the Garden on 9 July, that may be of interest to you

For more info and to book: <https://www.eventbrite.com/cc/nature-connection-tasters-2221999>

Activities include:

- Mindfulness walks
- Sketching strolls (including a family session)
- Herbal tea taste and walk
- Edible gardening taster for children

Tickets should be booked to secure a place, and any children attending must be accompanied by responsible adults. They are keen to make these events accessible, so please get in touch to discuss arrangements – general access info for the Garden is available [here](#).



We have to say a sad goodbye to Bill Leishman who passed away at East Lothian Community Hospital on 21<sup>st</sup> of May.

He will be sadly missed.

We are very grateful to Helen and the family for the wonderful donation of £420 to HEL in Bill's memory



## Wonderful artwork at Port Seton

Lovely, vibrant colours were the order of the day. A lot of concentration was required to complete the butterfly templates.

Stacey's blue tits are brilliant. Looks like the one on the left is a juvenile, not yet got its full colours. Steven happy doing word search, giving Caroline time to be creative.







Many thanks to Kevin Connor from Citizen's Advice for coming HEL and giving an informative talk on gambling awareness



## July Birthdays

Sheryl Brown 6<sup>th</sup>

Sharon Brown 13<sup>th</sup>

David Farquhar 22<sup>nd</sup>

George Scott 14<sup>th</sup>

