



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 23/08

August 2023



Thanks a million to

Joyce & Moray

for hosting a summer picnic

Gordon, Dottie & I know the effort you will have put in getting everything ready – these summer picnics, they don't just happen!!

Well worth it by the sounds of all the happy comments



Susan's Cheesecake

Susan made this cheesecake for our picnic in Dunbar – amazing!

Gluten free white chocolate and raspberry cheesecake

<https://glutenfreecupatea.co.uk/2018/07/31/gluten-free-white-chocolate-and-raspberry-cheesecake-recipe-no-bake/>





What is independent living?

A poem by M.A.Elder

“You may need to ask for help to live an independent life.

When you become disabled there is often strife.

Is it wrong to take some pills when you have chronic pain?

If a wheelchair helps you out, surely that’s your gain.

You can be creative. An assistant you may need.

You may need a TENS machine, but still you can succeed.

You may need a walker to help you move around.

You can adapt it for your needs;at least that’s what I’ve found.

Can you tune your television, draw or colour in?

Can you look out of a window? Then you may begin...

Let your mind imagine, what you would like to do,
as an independent person, who still may need help too.

You may keep yourself informed, make choices every day,
learn new skills, find talents; some may even pay.

You can find some happiness with help or on your own.

You can choose who helps you. Stay connected; zoom or phone.

Living independently is not one size fits all.

It means you have the right to choose. When ready, make that call.”



DIGBY BROWN 
because it matters...

Christmas Card and Calendar Competition



Hello everyone,

We have only just fired up the BBQ this summer, but we are already thinking about Christmas and the New Year.

We are delighted to announce that we at Digby Brown will once again be running our Christmas Card and Calendar Competition for groups and organisations in Scotland who support people living with acquired brain injury. **This year is extra special as it marks the 10th year of this competition!**

We would love for your group to take part in the competition to help raise awareness of ABI and hope that by having your artwork and ideas on our card and calendar, we can do so in some small way.

I'm aware that thinking of Christmas and 2024 in July feels slightly premature, but in order to get cards and calendars printed in time, we need you to get those creative juices flowing now. We welcome artistic pieces including painting, drawing, photography and even creative writing so get thinking, and remember it is our 10th anniversary so please also use that as a source of inspiration if you like!

The closing date for this year's entries is **Friday 29th September 2023**. Winners will be announced by Friday 27th October 2023.

SAVE THE DATE!

To mark a decade of our competition, we plan to welcome winners and group representatives to an extra special venue that we think the artists amongst us will appreciate. We will be holding our prizegiving and buffet lunch at [House for an Art Lover](#) in Glasgow on Tuesday 5th December 2023 so please keep this date in your diary.

Good luck!

Flora Bannerman

Any entries, please pass to Joyce and she will fill in the entry forms and send on!

Scottish COVID-19 Inquiry launches

listening project



The independent Scottish COVID-19 Inquiry has launched its listening project, "Let's Be Heard: Sharing Scotland's COVID Experience" and is inviting the public to take part. "Let's Be Heard" is the main channel for people who were impacted by the COVID-19 pandemic in Scotland between 1 January 2020 and 31 December 2022, to share their experiences and any lessons they believe should be learned so we are

better prepared in future. Experiences shared with Let's Be Heard will help guide the Inquiry's investigations and inform its reports. This will include identifying any disproportionate or unequal impacts on particular groups or communities. Find out more online at

<https://www.covid19inquiry.scot/>



The Scottish Government has recently launched a new survey to inform the development of the National Care Service. Through the survey, we want to understand how people's experience of accessing social care support and community health services is shaped by the local area they live in. We also want to know how people would like to participate in decisions about how services are managed in their local area.

The survey is part of the 'keeping care support local' co-design theme.

The survey is for anyone who has an interest in community health and social care in Scotland. We want to hear from people who use care support services, unpaid carers, and paid workers at all levels – including senior leaders.

The survey has three sets of questions. One set is for people who receive care support, another set is for paid health and social care workers, and a third set is for people who have a strategic decision-making role within the sector. The survey will direct you to the right set of questions for you – this could include more than one set of questions, if appropriate.

The survey asks about things like:

- people's experience of travelling to receive or deliver social care support and community health services
- what social care support and community health services are available in local areas
- how decisions are made about the way services are managed and how decision-making processes could be improved

Results from the survey will be used to design how local services will be delivered and managed within the National Care Service.

<https://response.questback.com/scottishgovernment/ncslocalcare>

We would be very grateful if you could please share the survey link with your colleagues and people your organisation supports.

The survey will be open until 11.59 pm on Monday 7 August. If you need help completing it, please email: LEEP@gov.scot



CoEL are offering a taster session in the MELT method, focusing on hand and foot self-massage for unpaid carers. Jackii is a MELT instructor and will lead the session. Please see the bottom of this email for details of how to sign up for your space.

Session summary from Jackii:

Could you do with some hand and foot pampering? And not just painting your nails, but effective self-care to improve your wellbeing... Come and unwind the "stuck stress" in your body with a gentle and simple collection of self-massage techniques.

The MELT Method uses small soft balls for hand and foot treatments that you can learn to do for yourself. It is based on hands-off body work and was created to address pain issues that don't seem to respond to any other remedies. Behind it is the most up-to-date scientific research on our body's connective tissues.

It's easy, fun, and relaxing all at the same time. You'll also learn some new things about your marvellous body!



MELT Hand and Foot Therapy - taster session
for unpaid carers, with Jackii

VENUE: Traprain Room, 1st floor, East Lothian
Community Hospital **MEETING POINT:** CoEL office
DATE: 10th August 2023 **TIME:** 1:30pm - 3:00pm

REFRESHMENTS WILL BE PROVIDED

To sign up for your space, contact CoEL:



01316650135



centre@coel.org.uk

Diary August 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 2 nd	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Kevin Connor, Gambling Awareness workshop
Thurs 3 rd	10.00 – 12.00	Hallhill Centre Dunbar	Games & Dominoes
Monday 7 th	1.00pm - 3.00pm	Port Seton Community Centre	Quiz of the week!!
Wed 9 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Arts & Crafts
Thurs 10 th	10.00 – 12.00	Hallhill Centre Dunbar	Herbal Histories and Mysteries
Monday 14 th	1.00pm - 3.00pm	Port Seton Community Centre	Holiday Story telling
Wed 16 th	2.00pm	Community Hall, East Lothian Community Hospital Haddington	Sing along with David Hood
Thurs 17 th	10.00 – 12.00	Hallhill Centre Dunbar	Kevin Connor, Gambling Awareness workshop
Monday 21 st	1.00pm - 3.00pm	Port Seton Community Centre	Gong Bath With Liza Cole
Wed 23 rd	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	RuthanneBaxter St Kilda and “the museum of me”
Thurs 24 th	10.00 – 12.00	Hallhill Centre Dunbar	Arts & Crafts”
Mon 28 th	1.00pm - 3.00pm	Port Seton Community Centre	Games & Dominoes
Wed 30 th	3.00pm - 5.00pm	No Meeting OUTING TO ROYAL BOTANIC GARDEN EDINBURGH	
Thurs 31 st	10.00 – 12.00	Hallhill Centre Dunbar	Quiz of the month!!

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

Outing Wednesday 30th August



Royal Botanic Gardens Edinburgh – guided tour of part of the garden, then an activity based in the Botanic Cottage with refreshments

The historic [Botanic Cottage](#), once located on Leith Walk, was saved from demolition by a community campaign working with RBGE. It was moved brick by brick to its current spot in our Edinburgh Demonstration Garden. True to its community-powered rescue, the Botanic Cottage today is a public learning and engagement hub hosting a range of activities involving over 5000 people a year.

If you would like to attend please let Joyce know; and if you would like a mobility scooter booked for the visit – there will be a £5.00 non-returnable charge for this event, payable in advance.

Annual leave

Joyce will be on Annual leave from Monday 31st July to Friday 11th August inclusive, and from Friday 25th August to Monday 28th August inclusive

Gong Bath with Liza Cole

A Gong Bath is a deeply relaxing experience; a great way to unwind, relax and release stress and tension by sinking into a meditative state. You are invited to lie or sit comfortably, close your eyes, and be immersed in waves of mesmerizing sounds from Himalayan singing bowls and drums as well as gongs. The Gong Bath itself lasts about an hour and is followed by refreshments and a chance to find out more about the instruments and chat about your experiences.





You might remember Liza from a Zoom 'visit' we took part in to St Abbs Nature Reserve during the long-distant Covid Lockdown days!

Below is a very evocative poem by Stacey brought about by her experience of panic attacks – She wrote it on 10th May 2016 at 23.21

The Fear

That dreaded feeling again at night
That I forever try to fight
The tightening grip taking over my chest
Tonight I fear I will not rest

Feeling trapped and wanting to scream
Wishing it was all just a dream
I worry no one will understand
If I tell them, will they hold my hand?

This burden I carry gets bigger each day
I fear to let go in case I lose my way
All this stress and worry , I start to panic again
I think I'm going crazy I'm no longer sane

Joyce got this great article into the East Lothian Courier

Brain injury charity Headway East Lothian receives cash boost

20th July

By Cameron Ritchie



A project aiming to help people with serious brain injuries get out and meet people has received a cash boost.

Headway East Lothian has been awarded £2,800 by the panel for the University of Edinburgh Community Grant Scheme.

The funding, which will go towards the charity's 'Active Engagement for Brain Injury Rehab' project, will enable and support brain injury survivors and their carers to participate in learning, education, heritage and culture.

Joyce Cattanach, development officer for Headway East Lothian, which is based in Dunbar, said: "This is an amazing opportunity for our brain-injured community and their carers to take part in new experiences with their peer group."

“It will get them out and about, widen their social circle and be so good for so many reasons. We are so pleased to receive this award from the University of Edinburgh Community Grant Scheme, which will enable us to provide so much more for our groups.”

The project will include visits to various departments and buildings within the university to learn more about them, meet people, share experiences and raise awareness of brain injury.

A spokesperson for the charity said: “The museums department will be ideal for our reminiscence work; improving health and wellbeing levels, reducing social isolation and loneliness and increasing social participation within local communities.

“People with brain injuries have suffered a traumatic event that has often left them living with long-term illnesses, conditions, and disabilities.

“Family dynamics have changed, with husbands/wives and other relatives now becoming care givers; often there is reduced income, loss of employment and a need to claim welfare benefits, alongside possible housing changes and adaptations. People become anxious, depressed, lonely, and isolated.”

Visits will include St Cecilia’s Hall & Museum of Musical Instruments, the Anatomical Museum, the Talbot Rice Gallery, the National Library of Scotland and the Royal Botanic Gardens Edinburgh.

Already, the group, with assistance from BeGreen and Community Windpower, has visited the John Muir Birthplace and John Gray Centre.

The funding will cover accessible transport, volunteer expenses, refreshments and materials for activities relating to the visits.

A good old fashioned messy table, a work of art!



AUGUST BIRTHDAYS



Tam Kelly 1st

Maggie Packwood 13th

John Pender 14th

David Aston 15th

Peter Kydd 16th

Lorraine Cockburn 24th

Andrew Matthew 27th

Jenna Noble 29th

Margaret Donaldson 29th Elizabeth Barnes 31st

