



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 23/09

September 2023



Thanks very
much
Headway East
Lothian for our
amazing plate!



Thanks very
much to
Rosie &
Jack's
wedding
guests for the
donation of
£2271!

Rosie & Jack got married earlier this year. Rosie is daughter of Katy, treasurer and niece to volunteers Gordon & Dottie. Rosie and her dad Crawford also volunteered and so R&J decided to make HEL and Strathcarron Hospice their chosen charities in lieu of wedding presents.

Just the event for our Grace!!!



**64th All Breed
Championship
Cat Show
with Household Pets**

**Saturday
16th September 2023**

**Sports Centre
Queen Margaret University
Queen Margaret University Way
Musselburgh
EH21 6UU**



**Come and see the cats!
Visit the Stalls
Raffle Prizes to be won!**

**Open to the public from 12:30pm
Adult £5, Concession £3
Family Ticket £10
(2 Adults + 2 Children under 16)**

BUY TICKETS NOW!



<https://edinburghcatclub.co.uk/>

Diary September 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 4 th	1.00pm - 3.00pm	Port Seton Community Centre	Brain Injury & Rehabilitation SEE BELOW
Wed 6 th	2.00pm - 5.00pm	Tynebank Resource Centre Car Park	Beyond Boundaries, All ability cycling SEE BELOW
Thurs 7 th	10.00 – 12.00	Hallhill Centre Dunbar	Art with Grace
Friday 8 th	Great Tapestry Outing		
Monday 11 th	1.00pm - 3.00pm	Port Seton Community Centre	Sing along with David Hood
Tuesday 12 th	2.30pm - 3.30pm	Dunbar Leisure Pool & centre	Exercise class with Rab SEE BELOW
Wed 13 th	3.00pm - 5.00pm	Volunteer Centre East Lothian NEW VENUE _ SEE BELOW	Autumn produce tasting
Thurs 14 th	10.00 – 12.00	Hallhill Centre Dunbar	Autumn produce tasting
Friday 15 th	10.00 – 12.00	VIA ZOOM	Annual General meeting and Board Meeing
Monday 18 ^{th t}	Holiday Edinburgh September Monday Holiday		
Wed 20 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Walk/wheel on part of the Longniddry Haddington Rail walk
Thurs 21 st	10.00 – 12.00	Hallhill Centre Dunbar	Games and Puzzles
Mon 25 th	1.00pm - 3.00pm	Port Seton Community Centre	Story Telling Workshop
Wed 27 th	3.00pm - 5.00pm	North Berwick Rugby Club	Tea Dance
Thurs 28 th	10.00 – 12.00	Hallhill Centre Dunbar	Seated Yoga with Linda McCann

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

Monday 4th September



Lyndsay and Heather will be delivering a presentation on Brain Injury and Rehabilitation

All welcome from other groups

PLEASE LET JOYCE KNOW IF YOU WOULD LIKE TO COME

Wednesday 6th Spetember -Please Note, Starts at 2.00pm!! 2PM – 5pm



All ability cycling with Steven Nelson - we will be meeting at **Tynebank Resource Centre Car Park** (spaces available or on street), 16 Kirk View, Haddington EH414AP at 2.00pm

Tuesday 11th September



2.30pm – 3.30pm –

Dunbar Leisure Pool & centre

Headway exercise class with Rab

PLEASE LET JOYCE KNOW IF YOU WOULD LIKE TO ATTEND

New Trial Venue and transport to/from meetings

When Covid was about and folk needed to keep separate, there was funding available for us to use to get as many folks as we could to meetings.

We can no longer get specific funding for transport and find that we will not be able to afford the amount we currently spend monthly without compromising the service longer term.

We are very anxious to ensure that all our community, ABI, carers, family, continue to benefit from attending HEL groups so we are looking at solutions to cut the transport spend.

We are also looking at changing venues if we find it helps with the transport problem.

Questionnaires will be coming round the groups soon and we hope that folk will find time to fill them in, Joyce and volunteers are around to help you. Thanks in advance for your help in working together to find a solution for HEL.

The first part of looking at a solution is to try out different venues which may be more accessible transport wise.

The first of these trials is planned for **Wednesday 13th 3.00 – 5.00 pm**

the meeting room at the Volunteer Centre in Tranent, 56 High Street, Tranent, EH33 1HH



**Volunteer Centre
East Lothian**

we will have signs out so you don't miss it, and someone there to meet & greet you 😊

Outings

This month's outing on Friday 8th is to the Great Tapestry of Scotland via the Borders railway



If you have not already done so

LET JOYCE KNOW IF YOU WANT TO COME

October Outings

Friday 13th - Anatomical Museum visit

Places limited so please let Joyce know ASAP – there will be a £5.00 non-refundable payment for this outing.



The collection consists of 12,000 objects and specimens that tell the story of 300 years of anatomical teaching at the University of Edinburgh.

About one third of the museum's collection is related to pathology, anatomy and zoology. This includes anatomical teaching models, human skeletal remains, dried and fluid preserved specimens. The rest of the collections include phrenology, pharmacology, anthropology, ethnography, forensics and artworks.

The museum displays a number of unique objects including the skull of George Buchanan (tutor to James VI), a dissected body demonstrating the lymphatic system injected with mercury (dated 1788) and the skeleton of notorious murderer William Burke (1829).

Due to the law which governs the display of human remains, strictly no photography or filming is permitted in the museum.

We must all give the human remains the respect and dignity due to them.

Wednesday 18th – Fraser Centre Cinema

The film we see is decided by a vote! Let Joyce know your choice by Wednesday 11th October from the options available nearer the time

A sad farewell to Jim Armstrong

Jim passed away peacefully at home after a long illness on 29th June 2023.

Although Jim had been unwell for some time, he managed to celebrate his 80th Birthday on 18th April and enjoyed spending time with friends and family

Jim and his devoted wife Marie have been a part of Headway East Lothian for nearly 20 years. They always enjoyed the fact that Headway was not just interested in helping Jim, but in having involvement with Marie and the family as well. Our thoughts are with Marie and family at this sad time



We will always remember you singing like a lindy Jim

Our thanks to all for the generous collection at the funeral of £175

For Headway East Lothian

September Birthdays



A massive Happy
70th Birthday to
Grace 25th

40th Birthday

Fiona McLaughlin 6th



Lorna Ketchen 14th Ian Power 17th

Stuart Geekie 28th

