



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 23/11

November 2023



NO Halloween pics to show this year! – Here's some from previous

● No comments please as to who is the rose and who the thorn! ●

A big thank you to Fee and Cat for all their hard work as Board Members



Although both have decided to stand down after many years, both are still volunteers. Fee helping with fundraising & being our musical entertainer and Cat as our Health and Wellbeing Consultant, continuing to put up great content on Instagram and Facebook

Although no performance could ever match HEL Cinderella 2022, and despite the Brunton being closed, here is your chance to see Cinderella!!



**Cinderella - Festive panto fun!
Hopscotch Theatre Company in
association with The Brunton**

Cinderella receives an invitation to Prince McCharming's royal birthday party, but with her step-siblings Hackit and Glackit, the so-called fungal sensations vying for the royal Tik Tok star's hand in marriage, they stop at nothing to keep Cinderella locked away. After a brief encounter between Cinderella and the Prince, he vows to search the kingdom for his one true love.

Cinderella brings a refreshing, exciting and hilarious tale to life through nail-biting adventure,

original music and magical moments which provide everything you could expect from pantomime and more!

Enjoy festive panto fun for all ages!

Our Cinderella panto may be smaller in scale this year, as we are presenting this fun filled show at Loretto School Theatre, but it will be big on laughs and jam packed with songs and joining in.

There will be an opportunity to meet the panto cast after the show in the theatre foyer.

Saturday 23 December 2pm BSL interpreted performance Thursday 28 December 3pm Audio Described performance

Friday 29 December 11am An inclusive performance for people requiring additional support and their families. There is a relaxed attitude to noise and movement and some small changes are made to the light and sound effects.

- **£16.00**
- **20-30 December 2023**
- **90 minutes**
- **Loretto School**
- **Theatre**
- **Family Show**





Christmas

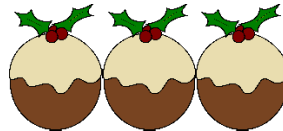


Where – The Glen Golf Club Tantallon Terrace, North Berwick, EH39 4LE

When – Monday 11th December 2023 12.00pm for 12.30pm

Names, menu choices and money should be returned to Joyce or Teresa by Friday 1st December and please let us know if you will need transport and we will do our best to help you.

Menus below, cost £25.00 per person.



Given HEL logo, what better views could we have for our Christmas Lunch?



Christmas at the Glen Golf Club 2023
Festive Menu

Vegetable Soup
Crusty Bread and Salted Butter

Classic Prawn Cocktail
Served with Crusty Bread

The Glens Haggis Neeps and Tatties
Haggis Bon Bon , Turnip Puree and Creamed Mash Potato

Pork, Duck Liver Pate, served with a spice Chutney & Oatcakes

Vegan Butternut Squash, & Caramelized onion Tart in Beetroot Pastry

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Traditional Turkey Lunch

Slow cooked Turkey Breast, Cranberry Stuffing, Roast Potatoes, Glazed Carrots and Buttered Festive Spouts, Pigs in Blankets, and Turkey Jus

Poached Fillet Of Salmon
, Steamed Green & Wilted Vegetables and Spinach Sauce

Lamb Shank
Mash Potato, Roasted Root Vegetables and Red Wine Jus

Butternut Squash, Lentil & Almond Wellington (V)
Served with Seasonal Vegetables & Mash

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Festive Christmas Pudding
With Aged Brandy Sauce

Salted Caramel & Gingerbread Puddle Cake, Ice cream

Belgian Chocolate & Mint Teardrop

Chocolate & Clementine Torte (V,GF)
Coffee & Mint Cholates
£25.00 Per Person

Diary November 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	Exercises with Patricia
Thurs 2 nd	10.00 – 12.00	NO MEETING	
Monday 6 th	1.00pm - 3.00pm	Port Seton Community Centre	Katy Presentation – See below
Tuesday 7 th	2.00pm – 3.00 pm	Dunbar Leisure Centre	Exercise class with Rab
Wed 8 th	3.00pm - 5.00pm	NO MEETING	
Thurs 9 th	10.00 – 12.00	Hallhill Centre Dunbar	Joyce Presentation
Monday 13 th	1.00pm - 3.00pm	Port Seton Community Centre	Storytelling – Part of Book Week Scotland
Wed 15 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Joyce Presentation
Thurs 16 th	10.00 – 12.00	Hallhill Centre Dunbar	Storytelling
Monday 20 th	1.00pm - 3.00pm	Port Seton Community Centre	Games, puzzles and a wee quiz
Wed 22 nd	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	Fifth Sense with Helen Rhodes
Thurs 23 rd	10.00 – 12.00	Hallhill Centre Dunbar	Sing along with David Hood
Saturday 25 th	Craft sale at Port Seton - St Cecilia’s Drop-in Community day		
Mon 27 th	1.00pm - 3.00pm	Port Seton Community Centre	Exercises with Patricia
Wed 29 th	2.00pm - 3.30pm	North Berwick Rugby Club	Tea Dance
Thurs 30 th	10.00 – 12.00	Hallhill Centre Dunbar	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 off Thursday 30th November, Friday 1st December and Monday 4th December

Outings : National Library of Scotland - Postponed

Katy & Joyce presentations

This will be the same presentation given by either Joyce or Katy. It will be keeping you all up to date with HEL finances, funders and achievements from last financial year.

But don't worry it won't be too boring as we will be trying hard to make it interesting and, yes, there may even be a small quiz with a prize at the end and lots of jokes!! ●●●●●●

For those of you who get the Newsletter by email, a copy of the full Annual Report is attached



DIGBY BROWN 
because it matters...

Christmas Card and Calendar Competition



BRILLIANT NEWS FOR HEADWAY EAST LOTHIAN!!

“Thank you so much to your members for their entries to our 10th anniversary Christmas card and calendar competition. It was stiff competition with over 100 beautiful entries from some incredibly talented artists.

Thank you as well to yourself for supporting your members to enter, we so appreciate their involvement and truly enjoy seeing the creative submissions they send our way.”

I am absolutely delighted to share the news that there were not one, but two winning entries from Headway East Lothian. Andrew Matthew's *The Road Home*, and Grace Porter's *Candy Cane Polar Bear* have been chosen by our judges to be featured in our 2024 calendar!”

Full details next month, meanwhile, CONGRATS to Grace & Andrew

NOVEMBER BIRTHDAYS

**HAPPY
BIRTHDAY**

Samantha Fairgrieve 9th Ian Laing 9th



CANDY RICHARDSON

80 on 12th

ELSIE MORRIS

90 on 20th

