



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 23/10

October 2023



Great to be working with other East Lothian partners
Thanks to Steve and Beyond Boundaries East Lothian - BBEL
A very enjoyable day



The outing to The Royal Botanic Garden, Edinburgh was at the end of August so just missed the last Newsletter

But I think we need the sunflowers just now!!



Many thanks to Laura Gallagher for showing us round the medicinal plants & the edible garden and for leading us in some flower arranging



Headway
Annual
Awards

Once a year, Headway's members, friends and supporters come together to pay tribute to some very special people: brain injury survivors, carers, volunteers and campaigners whose personal achievements have earned the admiration of everyone around them. Their stories are moving and inspirational.

Each finalist, chosen by a selection panel, is invited along with a guest to a glittering luncheon at The Landmark London.

**Caroline has been shortlisted as one of three finalist for
Carer of the Year Award!**

She is off to London on 8th December

Well done and good luck in the final

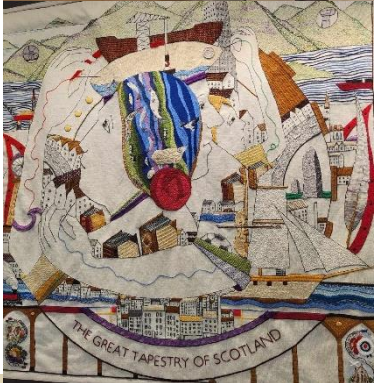
Enjoy your much deserved trip

Thanks to Age Scotland and Be Green for sponsoring our intrepid and inspiring trip to the Great Tapestry of Scotland via The Borders Railway



Happy faces all round, and why not, beautiful day, safely aboard thanks to Scotrail crew, and an exciting day ahead!..... Starting with coffee & an introduction from Callum.





.....and more happy faces after a very pleasant lunch of soup and sannies! Great to have Fiona back to take the pic

Diary October 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

Mon 2 nd	1.00pm - 3.00pm	Port Seton Community Centre	Games & Puzzles
Tues 3 rd	2.00 – 3.00 pm	Dunbar Leisure Centre	Exercise Class
Wed 4 th	3.00pm - 5.00pm	Volunteer Centre Tranent	Games & Puzzles
Thurs 5 th	10.00 – 12.00	Hallhill Centre Dunbar	Time to chat
Monday 9 th	1.00pm - 3.00pm	Port Seton Community Centre	Patricia Eckersley exercise class
Wed 11 th	3.00pm - 5.00pm	Community Hall, East Lothian Community Hospital Haddington	David Hood Sing along
Thurs 12 th	10.00 – 12.00	NO MEETING	
Friday 13 th	Anatomical Museum Visit – See below		
Monday 16 th	1.00pm - 3.00pm	Port Seton Community Centre	Helen Rhodes Fifth Sense. See below
Wed 18 th	Fraser Centre, Tranent 1.00pm for lunch & cinema, 2.00pm film starts! See below		
Thurs 19 th	10.00 – 12.00	Hallhill Centre Dunbar	Games & Puzzles
Friday 20 th	HEL Board meeting via Zoom		
Monday 23 rd	1.00pm - 3.00pm	Port Seton Community Centre	Arts & Crafts
Wed 25 th	3.00pm - 5.00pm	Volunteer Centre Tranent	Arts & Crafts
Thurs 26 th	10.00 – 12.00	Hallhill Centre Dunbar	Arts & Crafts”
Friday 27 th	Edinburgh Castle Visit – See Below		
Mon 30 th	1.00pm - 3.00pm	NO MEETING	

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 Friday 6th October and attending the Headway network Event in Birmingham, travelling down on Monday 30th, returning Tuesday 31st (on her broomstick ha-ha)

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. Cost will be £5.00 per person.

Suggestions so far are

The Miracle Club In the late 1960s, a group of working-class Irish women win a trip to Lourdes. Each is hoping for a personal miracle, although the miracle may well be the group remaining as friends as old animosities start coming to the surface. A heartwarming comedy with Maggie Smith, Kathy Bates and Laura Linney.

Friday 27th – Edinburgh Castle



Numbers limited so please get your name to Joyce – there will be a £5.00 non-refundable payment for this outing.

We will have the access bus to get people from the Esplanade to the Castle Square if required – please be aware of the access issues, cobbles, steep hill, slippery when wet. We will have a guided tour, a chance to see the Honours of Scotland and then an activity workshop with refreshments of course!



Fifth Sense is the charity for people affected by smell and taste disorders. We provide direct support and information to people affected by these hidden, under-recognised sensory impairments and their families. The charity also works to improve knowledge and understanding amongst professionals through education and training and is determined to support research to improve knowledge and understanding and accelerate the steps to treatments and potential cures.

Smell & Taste Facts:

Smell loss and disorders are regarded as being rare conditions, but they are more common than many people think. Numerous studies, undertaken in several countries to try to establish the prevalence of smell disorders, have suggested that anywhere from 1% to over 5% of people have no sense of smell (anosmia) with many more having a reduced ability to smell (hyposmia). Results vary according to who was surveyed in each study but taking all this into account, it is reasonable to say that potentially around 5% of the population has a smell disorder.

Taste disorders are rarer but there are instances when a person's ability to taste food is compromised whilst their sense of smell is unaffected. For example, the loss of the sense of taste (ageusia) means that the ability to detect the basic tastes, sweet, sour, bitter, salt and umami, has gone, but the sense of smell is unaffected.

Throughout 2020 and into 2021, there was a huge increase in the number of people who have experienced smell/taste dysfunction following COVID-19 infection. Whilst many people recovered their senses relatively quickly, as of 2023 it is thought that up to a million people in the UK may still be experiencing ongoing smell and taste impairment as part of Long Covid symptoms.

There are a wide range of causes of smell disorders – upper respiratory tract infections, other viruses, traumatic brain injury, sinus infections, allergies, a consequence of some cancer treatments, as a side effect of medications. There are other conditions for which smell loss is a consequence, this includes Parkinsons Disease and age-related degenerative conditions such as Alzheimer's and Dementia. For many, the cause is never identified and for a smaller number of people they are born without the ability to smell – this is called congenital anosmia.

Taste disorders can be caused by traumatic brain injury, cancer therapies, viruses and side effects from medications and other things. Some people who cannot smell, can taste and some people who cannot taste, can smell. There are also people who have heightened abilities to smell and taste – they often describe themselves as super-smellers or super-tasters.

Because there are so many causes, there is no singular successful medical treatment or self-management intervention. For Chronic Rhinosinusitis (CRS), steroid treatments can work. For those with nasal polyps, surgery can alleviate smell disorders. For some there are no proven medical treatments yet available, hence the importance of ongoing research. Smell training and nasal rinsing are techniques that can be safely undertaken at home and are known to be successful for some people but not all – again causation is a factor that determines the outcome.



On the trail, you will witness spectacular sound and lighting installations along the way

The magical illuminated adventure that is Wondrous Woods runs over Friday, Saturday and Sunday sessions from **October 27 to November 19**.

Tickets are available to buy online at <https://www.wondrouswoods.com/ticket-information> with off-peak Friday and Sunday tickets priced at £12 per child and £19 for an adult. Peak tickets on Saturdays are £13 per child and £20 per adult.

In the Birthday Theme
A certain Art Tutor was 70 on Monday 25th September
There was a big Birthday Bash at the Port Seaton Monday Group for

GRACE



A great afternoon, thanks to Joyce for organising. Roots and fruits donated amazing fruit trays and PS Community Centre were brilliant as ever.

Needless to say, Jim got lucky and won the raffle – just as well he likes Irn Bru!

A lovely time had by all

HAPPY 70th Grace!!!

OCTOBER BIRTHDAYS



Erin Ross 1st Katy Lamb 9th

Dottie Wallace 13th John McMaster 14th

Dominic Jordinson 21st Georgie Naylor 21th

Marie Armstrong 31st

