



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 24/03

March 2024



So, what the heck are folk from Headway East Lothian doing right bang in the middle of Michael Fish and the BBC weather forecast?????????

Well, thanks again to our amazing Joyce we find that our work with Edinburgh University Community Unit means that we can have access to a very wonderful facility which, to be frank, is quite difficult to describe!!

Hence the reason that only a few brave souls decided to venture into MAKERSPACE and have a couple of fantasy hours finding out the sort of thing that can be conjured up!

But don't worry plans are afoot to work out ways that HEL can use the space & facilities to work in with our projects and make things come alive for us.

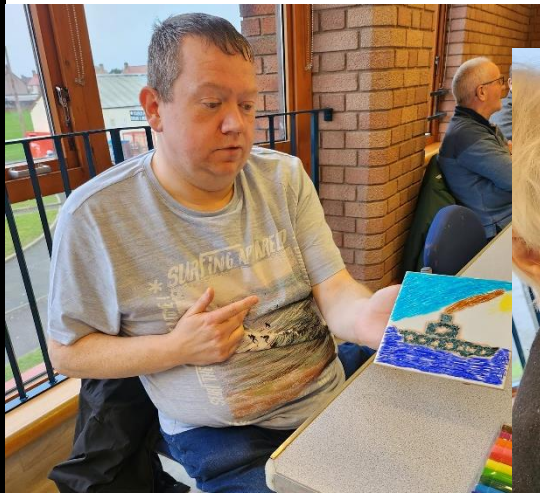


On top of the world one minute – oops Joyce don't look down!!



Way down in the depths the next!! Look at all that wonderful coral – where is your frog man gear??

Art class was tiles and sharpies. Great to see how everybody's own imagination produced such a varied, colourful and accomplished array.



## Memories from another art class



**Sadly we have recently had the news that Anne Milne passed away on 16<sup>th</sup> February  
Anne was a great character and this photo of her proudly displaying her Toucan with her  
face full of fun and enjoyment was typical of her.**

**We will all remember Anne fondly and think especially of the “Zoom” days when her  
beloved cats were a big feature of the Virtual Headway East Lothian entertainment scene!  
Our condolences to Anne’s family**

## March 2024

**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

Friday 1 <sup>st</sup>	11 am	Zoom Board Meeting	
Monday 4 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Chair Yoga with Linda
Tuesday 5 <sup>th</sup>	2.00pm - 3.30pm	Dunbar Leisure Centre	
Wed 6 <sup>th</sup>	3.00pm - 5.00pm	East Lothian Community Hospital	Art With Grce
Thurs 7 <sup>th</sup>	10.00 – 12.00	<b>No Meeting</b>	
Monday 11 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	RBGE Workshop ‘Biodiversity on a Plate’
Tuesday 12 <sup>th</sup>	9.30am - 3.30pm	Dynamic Earth	
Wed 13 <sup>th</sup>	3.00pm - 5.00pm	Volunteer Centre Tranent	Easter Crafts
Thurs 14 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Singalong with David Hood
Monday 18 <sup>th</sup>	12.00- 3.00 pm	<b>No Meeting</b>	
Wed 20 <sup>th</sup>	Outing: Royal Botanic Garden Edinburgh (RBGE) – workshop ‘Collage with Nature’ £5.00 <b>Contact Joyce to reserve a place, numbers limited</b>		
Thurs 21 <sup>st</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Easter Crafts
Monday 25 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	RBGE workshop ‘Actions for Biodiversity’
Tuesday 26 <sup>th</sup>	11.30am – 2.00pm	Our Community Kitchen	
Wednesday 27 <sup>th</sup>	2.00- 3.30 pm	North Berwick Rugby Club	
Thurs 28 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Helen Rhodes ‘Fifth Sens
Monday 1 <sup>st</sup>	<b>Easter Monday – No Meeting</b>		

### **Annual Leave**

Joyce will be on Annual Leave on Friday 29<sup>th</sup> March and Monday 1<sup>st</sup> April

**Let us know any ideas you have to celebrate HEL 20 year anniversary**

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

## Scottish Head Injury Forum (SHIF)

### EDINBURGH OPEN FORUM

Tuesday 12 March 24

Dynamic Earth, Edinburgh

(Registration Opens 9:30am)

10am - 3:30pm

### Let's Get Physical

Join us for our Edinburgh conference where we look at opportunities for survivors of brain injury to participate in physical activities for rehabilitation and leisure.

Sponsored by  
 active care group



Presentations to be announced and please note that presentations are subject to change. A full programme will be released soon.

Book your space now!

SHIF wish to thank [Active Care Group](#) for sponsoring our Aberdeen Open Forum.

[CLICK TO REGISTER](#)

### Royal Botanic Garden Edinburgh

Workshops to learn with nature about the multiple ways we can support biodiversity. Get inspired and inspire others!



#### Biodiversity on a plate

What does the food on our plates tell us about biodiversity? Join us to learn more about the connection between food and biodiversity and create a calendar to hang on your wall all year round.



#### Collage with nature

What does nature mean to you? Join us in this creative workshop to inspire you to look at nature from different angles and feel your connection with plants rough paper, words, and photos.



#### Actions for biodiversity

How can you support biodiversity without a green space? This workshop will inspire you with some actions that can be taken from inside your home to tackle the climate emergency.

[A wee bit more on the Makerspace](#)  
[Edinburgh University uCreate Makerspace](#)

A very small group visited Simeon and Stuart to check out the facilities offered in the Makerspace – everything from 3D printing, laser etching, to the digital media suite! Great fun was had, lots of information gathered and ideas for a new project coming soon!



The New Age Kurling turned out to be a session for captions!

Just 'cos SHE curls!!



No! No! Not There!  
Further over!!



I think I prefer Golf!!



A great day out to The National Library of Scotland on Friday 23<sup>rd</sup>  
Beverly and the staff were very good to us and Linda on the ELC bus was great!



Thanks to Fiona for reading us the  
folktale of the Whittinghame Yew.



Best wishes for a speedy recovery to Ian, who sadly had a road traffic accident on his way to join the group for their visit to the Library. Glad to hear you doing better Ian.

# Easter Word Search

F L O W E R S G N I R P S Z O  
 S K C I H C T E B P A R A D E  
 Y T P B Z E T M P M G E H Y S  
 D G X P N A R J B S P A A E S  
 N E Z N R U A S U B T S P D A  
 A K O O A E D N N T D T P I R  
 C B C E B T I A N E A E Y Y G  
 X E G T B A T E Y K F R G L P  
 D G E N I L I B U S F T G I S  
 S C I E T O O Y V A O W E L U  
 S K C U D C N L I B D O M V N  
 U I Y K R O F L S P I L U T D  
 O H Y G V H T E V A L X J F A  
 K X R A W C F J A H U N T J Y  
 Y L I M A F A S P E E P S E M



Basket  
 Bonnet  
 Bunny  
 Candy  
 Chicks  
 Chocolate  
 Daffodil  
 Decorate  
 Ducks



Dye  
 Easter  
 Egg Hunt  
 Eggs  
 Family  
 Flowers  
 Grass  
 Happy  
 Jellybeans

Lily  
 Parade  
 Peeps  
 Rabbit  
 Spring  
 Sunday  
 Tradition  
 Tulips



## MARCH BIRTHDAYS

**HAPPY  
BIRTHDAY**

**Fionna Balfour 10<sup>th</sup>**



**Fiona McQuade 18<sup>th</sup>**



**Maria Burnett 18<sup>th</sup>**



**Tam Lamont 21<sup>st</sup>**



**Cat Baillie 22<sup>nd</sup>**



**Charlene Wood 26<sup>th</sup>**



**Jacki Aston 26<sup>th</sup>**

**HAPPY  
BIRTHDAY**