



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 24/08

August 2024

Great Funding News!!!

Well done and many thanks to Joyce for tirelessly seeking out these opportunities



You've successfully secured

£1,000

OUR COMMUNITIES SUPPORT

Supporting projects which are embedded in the communities in which we operate.

We can use this funding for all our activities involving physical exercise and related cost



£450

Worth of Vouchers

We can use these vouchers to purchase goods for refreshments at the Monday Group, special occasions and outings

Royal Botanic Garden Edinburgh

Is fast becoming one of HEL favouritest places!

Sorrel was classed as 'minging' while Pineapple Mint was lovely! The smells from the herbs being crushed and chopped was amazing – and exercise to chop, roll, mix 😊



After a quick nap under the tree, Peter looks like he is sizing up for one of his famous immersions!



A great pic of everybody and what a lovely setting and a beautiful day! How did you manage that!!



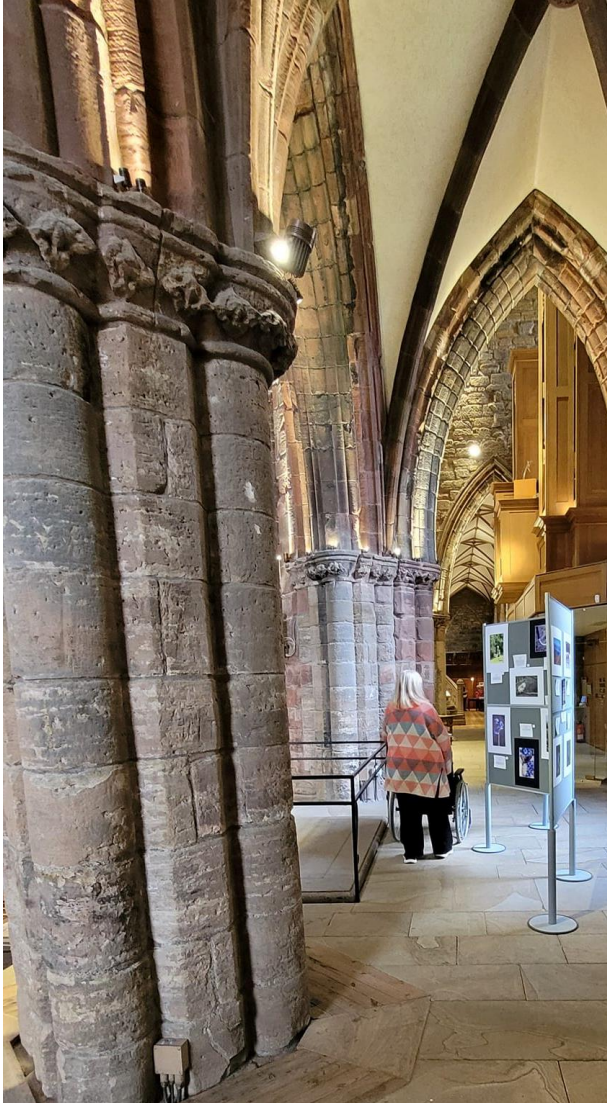
Alba well ready to take on the mysteries of herbs and is loving the enthusiasm of Amy!!



Industrious and very silent!!
Rumour has it Jim is investing in a herb garden!!!



Sticking to the outdoor theme, the Haddington riverside walk was combined with a visit to St Mary's Church followed by coffees at the Tyneside Tavern





Diary August 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

Thurs 1 st	10.00 – 12.00	Hallhill Centre Dunbar	Games & Puzzles
Monday 5 th	1.00pm - 3.00pm	Port Seton Community Centre	Games & Puzzles
Wed 7 th	NO MEETING		
Thurs 8 th	10.00 – 12.00	Hallhill Centre Dunbar	Games & Puzzles
Monday 12 th	1.00- 3.00 pm	Port Seton Community Centre	Scotland Presentation
Wed 14 th	3.00- 5.00 pm	Volunteer Centre Tranent	Games & Puzzles
Thurs 15 th	12-2.00	Address details from Joyce – North Berwick PETER’S PICNIC	
Monday 19 th	12.00pm 3.00pm	Port Seton Community Centre	BIRTHDAY PARTY
Wed 21 st	1.00- 4.00 pm	Meet at Starbucks café Haddington Retail Park 1.00pm	Railway Walk and coffee stop
Thurs 22 nd	10.00 – 12.00	Hallhill Centre Dunbar	Art With Grace DB Christmas Card & Calendar
Monday 26 th	1.00pm - 3.00pm	Port Seton Community Centre	Games & Chat
Tues 27 th	11.00 – 2.00pm	Our Community Kitchen	Activity with Joyce
Wednesday 28 th	3.00- 5.00 pm	East Lothian Community Hospital	Art With Grace DB Christmas Card & Calendar
Thursday 29 th	10.00 – 12.00	Hallhill Centre Dunbar	Body Boosting Bingo 2024
Friday 30 th	10.30 HEL Board Meeting		

Annual Leave

Joyce will be off on the following:

Thursday 1st August – Friday 9th August inclusive

Friday 23rd August – Monday 26th August inclusive

Outings

As always, if you wish to attend any outings or events, please contact Joyce to get your name on the list – there is a £5.00 non-refundable charge – and a reserve list will be in place.

Thursday 15th – Peter’s Picnic fundraiser for Everest Base Camp Trek

No Headway charge for this event but a donation to Peter’s fundraising pot would be very welcome.

Contact Joyce or Peter for details like address and times.

Bring your own picnic & a chair if you have one! Remember it is Scotland so dress for the weather!

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

20th Birthday celebrations!

Monday 19th August; Port Seton Community Centre 12.00pm – 3.00pm

Please let Joyce know if you will be attending and if so, would you require transport, and we will do our best to help you.

Lots of activities planned and a good chance to catch up with people from near & far

A bit of practicing going on below for the big day!!

A festive poster for the 20th Birthday Celebrations. The background is yellow with colorful confetti and streamers. The text is in blue and black.

20th Birthday Celebrations!

Join Headway East Lothian
for our party, Monday 19th August
12pm - 3pm

**Port Seton Community Centre,
South Seton Park, EH32 0BQ**

RSVP to Joyce Cattanach
headwayeastlothian@live.co.uk
Tel: 07895 193 974

Headway East Lothian
Scottish Charitable Incorporated
Organisation (SCIO) 035535



**And we are Off! On our Magical Mystery Tour!!
(Did not know that the bus was going to break down – but happily on the way home!!)**

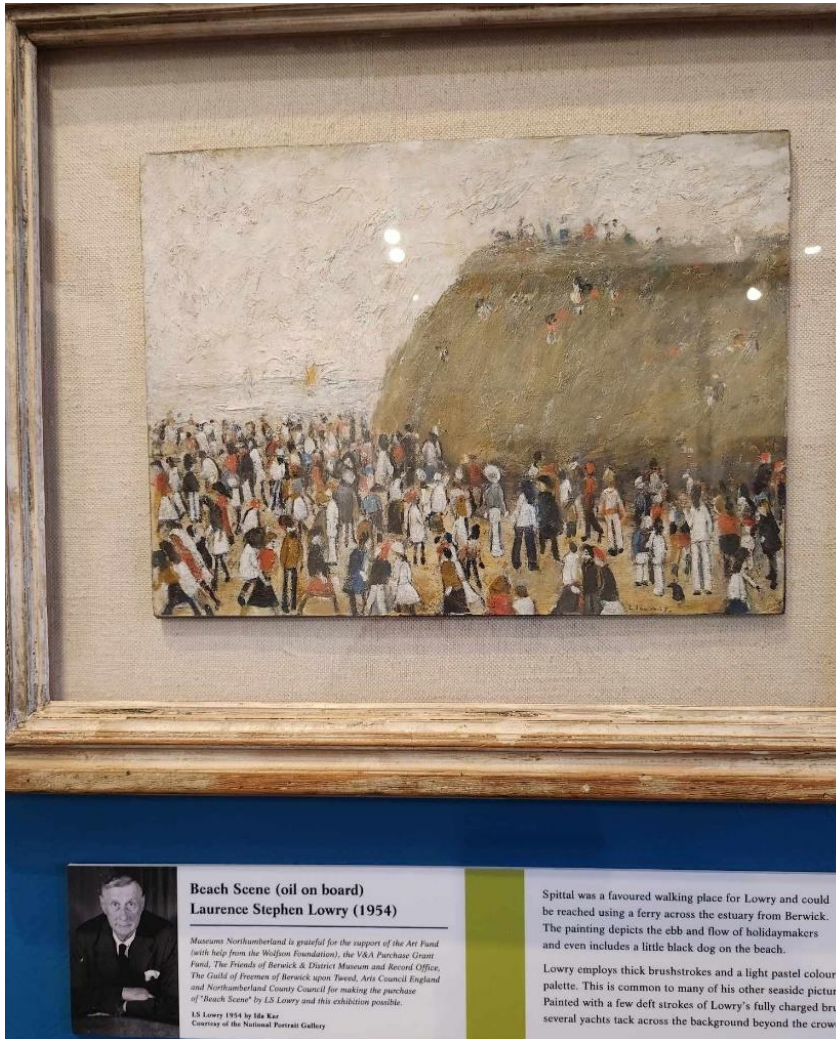


Limoncello Restaurant for lunch



Mystery solved!!

Berwick-upon-Tweed Museum where we had a great time hearing about L.S. Lowry's connection with the town and seeing the Ord Cross, treasure indeed! Thanks to Amy-Jo, Becky & Dave for making us so welcome. Thanks also to Linda for driving the bus.



Beach Scene (oil on board)
Laurence Stephen Lowry (1954)

Museums Northumberland is grateful for the support of the Art Fund (with help from the Wolfson Foundation), the V&A Purchase Grant Fund, The Friends of Berwick & District Museum and Record Office, The Guild of Freemen of Berwick upon Tweed, Arts Council England and Northumberland County Council for making the purchase of 'Beach Scene' by L.S. Lowry and this exhibition possible.
L.S. Lowry 1954 by Ida Rae
Courtesy of the National Portrait Gallery

Spittal was a favoured walking place for Lowry and could be reached using a ferry across the estuary from Berwick. The painting depicts the ebb and flow of holidaymakers and even includes a little black dog on the beach.

Lowry employs thick brushstrokes and a light pastel colour palette. This is common to many of his other seaside pictures. Painted with a few deft strokes of Lowry's fully charged brush several yachts tack across the background beyond the crowd.



They certainly have some strange guards on duty at Ravensdowne Barracks. Mind you a swipe with that handbag would deter many would be art thieves!



The Ord Cross
between the 7th & 10th century

AUGUST BIRTHDAYS

HAPPY BIRTHDAY



Maggie Packwood 13th



David Aston 15th

Peter Kydd 16th

Lorraine Cockburn 24th

Andrew Matthew 27th



Margaret Donaldson 29th

Jenna Noble 29th

Elizabeth Barnes 31st

