



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 24/09

September 2024

Poised to Cut.....!



And..... Cut!!!



**20 Years of Friendship & Support
Headway East Lothian 2004-2024**

How lucky are we to have 2 HEL founder members, who spent many years on the Management Committee, cutting the cake at our 20 Year Anniversary Party? It was a joy and an honour to see Robert Dalrymple and Maureen Paterson signaling the start to the all-important refreshment (and did I say CAKE!) part of our party!

On this page are pictures from the launch event in Haddington 27 Oct 2004. By this stage, work, research, consultation and meetings had taken place and Headway East Lothian had already been formed. This event was to introduce the service to all. You may recognise some. Maureen & Robert, Richard Crosse (farthest right) who shared his experiences of the work done from 2003 at our party, Pauline Lynne, center, standing, was Headway Scotland and came to the party with Liz who worked with her at the time HEL was set up. Also at the party (and a speaker) was Dottie, still a volunteer and whose husband Gordon, furthest left was a founder member and Treasurer for many years. With the red handkerchief in his breast pocket is John Halliday, being an ABI survivor, he knew only too well how much a service was needed and became the first Chair. John is sadly no longer with us but we were delighted that his wife, Carol, who also did a lot for Headway in the early years, managed to come along to the party and meet up with many old friends.



Below are many who became the initial members of HEL, some sadly no longer with us. Towards the centre are Pearl and Christine, both at Prestonpans Resource Centre at that time, and both were at the party. Christine is now our HEL Secretary and spoke at the party.



Speakers Corner

Christine, view of HEL from a professional

Dottie, Telling her personal story



Katy, walking in front of the projector!

Colin Beattie, MSP, singing our praises



Richard Crosse, mentor in early days

Joyce in front of the new Headway East Lothian Banner



Jim, Welcome!



Foodies Corner!

What a spread there was! Apart from the "Official" Headway East Lothian Anniversary cake (Note the Gannets protecting the cake from the human gannets!!)



Port Seton Community Centre did us proud, and thanks to others who had done some home baking



Thanks to our all our volunteers and supporters: Just some are pictured below



Teresa, trying to avoid the paparazzi!

Particular thanks to Fidra House North Berwick. Without their help and that his carer, pictured here, Robert would not have been able to attend the party



Smart and efficient as ever, Grace & Gillian at the ready to meet and greet and get your name!



Fiona waiting in the wings before taking on the supervision of HEL's new musical ensemble. All guitar rookies but produced a comendable performance, well done girls, sorry I have not got a pic though!



Grace with the wonderful, amazing, talented and kind Ruthanne Baxter. Civic Engagement Manager, University of Edinburgh – without Ruthanne HEL would be much the poorer in **so** many ways. We cannot thank her enough and I know all at HEL who have been involved with her projects can attest to the fact that her work has brought light, knowledge and **fun** into their lives. Instead of feeling lonely and isolated, they have gone home and said “Well, that was a **lovely** day”

Listeners Corner



Eating Corner

Ready to eat



..... And EAT!



Any other business Corner



This is Headway East Lothian – did you think you would get away without DOING!



Thanks to Grace for donating her picture of the Bass Rock (Modelled here by Gillian)

It made £30 for HEL funds in the Silent Auction



Thanks also to Caroline for displaying her amazing crocket work

A lovely crocket blanket displayed alongside this one was also sold

HEL funds benefiting to the tune of £30

All in all a very memorable and enjoyable afternoon all round. Thanks to Port Seton Community Centre staff for going above and beyond. Thanks to Joyce – if you want to measure how much work goes into these occasions, you just need to ask – did it go smoothly and according to the schedule, did I feel bossed about, did I enjoy it? If the answer to them is YES, NO, YES! Then you know that Joyce has spent shed loads of time making it that way!!

Diary September 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

Monday 2 nd	1.00pm - 3.00pm	Port Seton Community Centre	Games, Puzzles Chats
Wed 4 th	NO MEETING		
Thurs 5 th	10.00 – 12.00	Hallhill Centre Dunbar	Sing along with David Hood
Monday 9 th	9.00am– 11.00am	Dr Inclusive Fitness 9.00am – 11.00am – Visit to an all-ability gym, places limited, come along, have a try, see how you could add fitness to your healthy living plan 😊	
Monday 9 th	1.00- 3.00 pm	Port Seton Community Centre	Minutes, planning & review
Tues 10 th	2.00- 3.30pm	Dunbar Leisure	Exercises with Rab
Wed 11 th	All-ability Cycling with Beyond Boundaries East Lothian; meeting at Tynebank Resource Centre, EH41 4AP		
Thurs 12 th	10.00 – 12.00	Hallhill Centre Dunbar	Games, Puzzles Chats
Monday 16 th	1.00pm 3.00pm	Port Seton Community Centre	Singalong with Ronnie Pollock
Wed 18 th	1.00- 4.00 pm	Fraser Centre Cinema 1.00pm (lunch), 2.00pm (film) tbc	
Thurs 19 th	10.00 – 12.00	Hallhill Centre Dunbar	Minutes, planning & review
Monday 23 rd	1.00pm - 3.00pm	Port Seton Community Centre	Art With Grace DB Christmas Card & Calendar
Wednesday 25 th	2.00- 3.30 pm	Tea Dance, North Berwick Rugby Club	
Thursday 29 th	10.00 – 12.00	Hallhill Centre Dunbar	Ease Taster Session See Below
Friday 27 th	Edinburgh University Main Library exhibition, activity session, lunch – see below		
Monday 30 th	1.00pm - 3.00pm	Port Seton Community Centre	Chair Yoga with Linda

Annual Leave

Joyce will be off on the following:

Monday/Tuesday 2/3 September 2024

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.

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**

EASE

End of Life Aid Skills for Everyone (EASE) is a free course for people who want to be better equipped to help friends or family who are caring, dying, or grieving. Participants explore a range of issues that can arise when someone is approaching the end of life, and some practical ways a friend or family member can offer support.

<https://www.goodlifedeathgrief.org.uk>



Outings

Friday 27th September – Edinburgh University Main Library exhibition, activity session, lunch

Please get your names to Joyce & as always £5.00 non-refundable to confirm your place.

Panoramas: the World in 360°

Fri 3rd May 10:00am - Sat 28th Sep 6:00pm

Exhibitions

University of Edinburgh Main Library Exhibition Gallery (Ground Floor), 30 George Square, Edinburgh EH8 9LJ, UK [map](#)



Two hundred years ago the first virtual-reality experiences were born in Edinburgh, not from digital technologies, but from the mastery of painted perspective, the control of space and light, and an understanding of the psychology of human perception.

Robert Barker's Panorama rotunda in London's Leicester Square created a sensation in the early 1790s. This exhibition explores the panorama's history and gives you a chance to taste the experience of its very first visitors.

[Visit the event website](#)

ROYAL BOTANIC GARDEN EDINBURGH



As we ease into Autumn, I am just letting you all know that there are still have places for anyone you think might enjoy or benefit from joining the team at the Royal Botanic Garden Edinburgh for their set of Autumn social cooking sessions at the garden

Autumn Food Social – free, by registration (**contact Joyce to get a referral to the RBGE**) all dates are attended as part of the series. 10.30 – 12.30.

Friday 13th & 27th September

Friday 11th & 25th October

Friday 8th & 22nd November



Peter's Picnic, even the rain didn't dampen spirits - a great host & folk were so generous with their donations for his Trek to Everest Base Camp later in the year! He would like to thank you all! 😊





SEPTEMBER BIRTHDAYS

HAPPY BIRTHDAY



Heike Wiliamson 5th



Ian Power 17th



Grace Porter 25th

