



Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 24/10

October 2024



# Headway Annual Awards

**Introducing the Extra Mile Award!**

**This new Award is:**

**Celebrating staff in Headway charities that have gone above-and-beyond to support brain injury survivors, families and carers. We are looking for a member of staff working at a Headway charity who exemplifies the highest standards of compassion and excellence in their work with brain injury survivors. Someone who has gone above and beyond and puts the needs of others before their own.**

**Headway East Lothian is delighted to announce that we have a finalist for the award who is off to London!!!!**

**Whatever their actions, they will truly have gone the extra mile, and this is your chance to say thank you and ensure they get the recognition they deserve.**

**Well, I think we all know who would fit all the criteria mentioned! I absolutely know that we *all* want to say thank you and to see Joyce get the recognition that she more than deserves!**

**Joyce has been picked by the Awards panel to be one of three finalists going to London on 5<sup>th</sup> December – No! You can't go with her, Moray has already booked that space!!**



**Well done Joyce! Good Luck and thanks for being a**



**Been an active time at HEL  
Beyond Boundaries East Lothian on the Bikes!**



**Gillian looking very relaxed and trusting.....  
BUT  
Jim is in control and could easily decide that bed of lavender looks just the ticket!!**

**Meantime.....  
The girls are concentrating VERY hard to negotiate the trees with the help of the "Lollipop man!"**





# A great session at Dr Inclusive, Scotland's first gym for disabled people and people with long term health conditions





## Diary October 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**

Tues 1 <sup>st</sup>	2.00pm - 3.30pm	Dunbar Leisure	Exercises with Rab
Wed 2 <sup>nd</sup>	3.00-5.00	East Lothian Community Hospital Haddington	Christine Bellamy Adult Learning Number Skills
Thurs 3 <sup>rd</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Games, Puzzles & Chat
Monday 7 <sup>th</sup>	1.00-3.00 pm	Port Seton Community Centre	Singalong with David Hood
Wed 9 <sup>th</sup>	11.00am 12.30 pm	East Lothian Roots & Fruits Elphinstone	Coffee & a chat
Wed 9 <sup>th</sup>	3.00 pm-5.00 pm	Volunteer Centre Tranent	Games, Puzzles & Chat
Thurs 10 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Quiz time!!
Monday 14 <sup>th</sup>	1.00pm 3.00pm	Port Seton Community Centre	Halloween Arts & Crafts, Hand & Arm massages and relaxation
Wed 16 <sup>th</sup>	3.00 pm-5.00 pm	Volunteer Centre Tranent	Halloween Arts & Crafts
Thurs 17 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Body Boosting Bingo – AGAIN!!!
Friday 18 <sup>th</sup>	<b>OUTING: Ten Pin Bowling Fountain Park and time for Lunch</b>		
Monday 21 <sup>st</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Christine Bellamy Adult Learning Number Skills
Tuesday 22 <sup>nd</sup>	2.00pm-4.00pm	<b>OUTING: Scottish Seabird Centre North Berwick Restoration Forth Project – Collecting Sea Grass</b>	
Wed 23 <sup>rd</sup>	<b>*****NO MEETING****</b>		
Thursday 24 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Halloween Arts & Crafts
Monday 28 <sup>th</sup>	1.00pm - 3.00pm	Port Seton Community Centre	Chair Yoga with Linda
Tuesday 29 <sup>th</sup>	11.00am – 2.00 pm	Our Community Kitchen Haddington Bowling Club	Coffee, chat, Lunch, activity: <b>Cost £5</b>
Wed 30 <sup>th</sup>	3.00 pm-5.00 pm	East Lothian Community Hospital Haddington	Body Boosting Bingo & Quiz
Thurs 30 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Halloween entertainment with Ronnie Pollcok – dress to impress!!

### **Outings**

Friday 18<sup>th</sup> 10 Pin Bowling at Fountain Park, Edinburgh – cost £5.00 to attend plus cost of playing & lunch – let Joyce know if you would like a space on the bus & to book your place.



Tuesday 22<sup>nd</sup> Scottish Seabird Centre, Restoration Forth Project

Aiming to improve habitats in the Firth of Forth <https://www.wwf.org.uk/scotland/restoration-forth> One of the species they are working to protect is seagrass, a flowering plant that grows underwater and is an important habitat for young fish and other species, which has suffered huge decline in the Forth in recent decades.

We would be helping the project coordinators with their work by picking seeds from the seagrass recently collected in Orkney waters before planting in the Spring. The activity would last a couple of hours and would include sitting down at tables to help pick the seeds from the seagrass. There's lots of opportunity for chat; it's a slow and enjoyable activity and refreshments will be provided.

Again, let Joyce know if you would like to help by attending



### Annual Leave

Joyce & Teresa will be attending the Headway Network day in London from Monday 7<sup>th</sup> October – Tuesday 8<sup>th</sup> October inclusive

**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**

### Christmas Activities

Please book your place as soon as possible if you would like to attend any of the events; we will do our best to support with transport if required.

I've investigated Christmas fairs for us to showcase our craft work and hopefully sell some!

Please get your thinking caps on to produce some items that we could sell on the dates below.

- **Christmas Fair:** Port Seton Community Centre – Saturday 30<sup>th</sup> November 11.00am – 3.00pm
- **Christmas Lunch** at The Glen Golf Club Monday 9<sup>th</sup> December 12.00pm for 12.30pm
- **Digby Brown Awards** – if we are lucky enough to have a winning entry again this year!  
Tuesday 10<sup>th</sup> December – Double Tree Hilton, Glasgow
- **Pantomime, A Christmas Carol**, Wednesday 11<sup>th</sup> December Corn Exchange Haddington
- **Christmas Fair:** Our Community Kitchen Haddington – Sunday 15<sup>th</sup> December 10.00am – 2.00pm
- **Mince Pie afternoon & raffle draw** – Monday 16<sup>th</sup> December – Port Seton session

- **Fraser Centre Cinema** – film to be decided – Wednesday 18<sup>th</sup> December 1.00pm – 4.00pm  
Our friends at Roots & Fruits, Our Community Kitchen & Friday Friendly groups are all invited
- **Christmas Lunch** at Hallhill Centre, Dunbar - Thursday 19<sup>th</sup> December 12.00pm for 12.30pm,  
invitation open to anyone who would like to attend

Christmas Raffle tickets will be available for sale shortly – items for prizes are very much welcomed



### **Zooming down the Miles to London!!!**

**Headway Annual Awards** – Thursday 5<sup>th</sup> December – London – I am so humbled and thankful to everyone who was a part of my nomination, it is amazing to be selected as a finalist in the 'Going the Extra Mile' category. I am very excited to be going to the Awards! Moray and I are travelling down on the Wednesday, staying overnight, attending the Awards on the Thursday and travelling back that evening – much the same as Christine and Caroline did last year





**Another outing with the wonderful Ruthanne! Edinburgh University main library  
For 360° panoramas, then Talbot Rice Gallery for an exhibition of the work of  
Ghanaian artist El Anatsui, entitled *Scottish Mission Book Depot Keta*  
Many of the wall hangings are made with reclaimed metal from the bottling industry in Ghana  
and Nigeria**



**Has Peter found an ancient bathing place?**

**Were there strange swimmers around in 1788? That is when Robert Barker devised his amazing, and well before its time, Panorama of Edinburgh from Calton Hill**

**For his first attempt, he enlisted his 12 year old son to draw some of the scenes, just to get the idea of the panoramic concept.**

**So interesting to find out about all these wonderful things.**

**“We would not have seen them without HEL”, was heard**



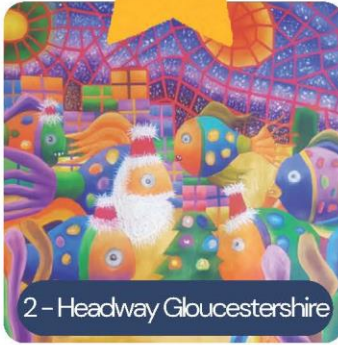
# Headway Christmas Cards 2024

WINNER



1 - Headway Luton

WINNER



2 - Headway Gloucestershire



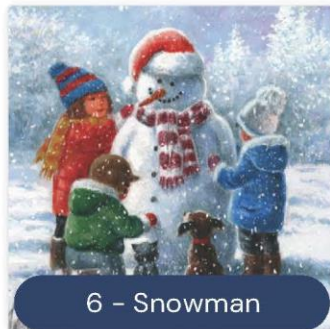
3 - Robin Present



4 - Christmas Tree Globe



5 - Peace Dove



6 - Snowman



7 - Headway London Bus



8 - Santa & Reindeer

*Fill in the online form to order*

**Each pack contains 10 cards, all the same design and are £3.00 per pack.**

**Thanks to our generous sponsor Bolt Burdon Kemp, every penny will go directly to supporting brain injury survivors, their families and carers. You can either purchase from Joyce, or get posted to your address.**

# OCTOBER BIRTHDAYS



Lets do the less-significant numbers first!!

Katy Lamb 9<sup>th</sup> Georgie Naylor 21<sup>st</sup> Linda Liddell 25<sup>th</sup>



NEXT!!

Dottie Wallace 13<sup>th</sup> \*\*\* 75 \*\*\*

NEXT!!

Domanic Jordinson 21<sup>st</sup>  
\*\*\* 60 \*\*\*



Marie Armstrong 31<sup>st</sup>

\*\*\*80\*\*\*

