



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 24/12

December 2024



**Huge congratulations to Team Base Camp
They reached their goal of Base Camp,
Mount Everest!**

**“We set out to raise awareness of brain injury and
most importantly to inspire others that there is life
after brain injury.**

Our dream became reality, so can yours!”

**Our very own Peter Kydd is on the left
Please donate if you can at:**

<https://www.justgiving.com/campaign/headingtoeverest>

Halloween Fun

Before setting off for Nepal, Peter was in the group of fun loving HEL participants enjoying halloween crafts and general nonsense!! Don't think his garb would have been very practical on Everest!!



Love the spider Fiona



Talk about scary movies!!






Diary December 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	1.00-3.00 pm	Port Seton Community Centre	Christmas biscuit decorating competition
Tues 3 rd	2.00pm - 3.30pm	Dunbar Leisure	Exercises with Rab
Wed 4 th	NO MEETING JOYCE AWAY LIVING IT UP IN LONDON WITH MORAY AT HEADWAY AWARDS Teresa keeping up with developments at SHIF conference in Glasgow		
Thurs 5 th	10.00 – 12.00	Hallhill Centre Dunbar	Christmas games and puzzles
GOOD LUCK AT THE AWARDS JOYCE YOU ARE OUR WINNER!!			
Friday 6 th	HEL Board Meeting via Zoom 10.30 Cross Party group on Stroke – Joyce attending online		
Monday 9 th	12.00 for 12.30 pm	 CHRISTMAS LUNCH GLEN GOLF CLUB	
Tues 10 th	Digby Brown Christmas Card and Calendar Competition Award Ceremony		
Wed 11 th	NO MEETING! (Oh yes there is!! – Oh no there isn't!!!!) Pantomime – those going will enjoy A Christmas Carol East Lothian style (oh yes, they will) at the Corn Exchange in Haddington from the Brunton Theatre		
Thurs 12 th	NO MEETING Board & volunteers get together		
Monday 16 th	1.00pm - 3.00pm	Port Seton Community Centre	Mince Pie Afternoon & Raffle Prize Draw
Wed 18 th	2.00 pm- 4.00 pm	Fraser Centre Film DETAILS BELOW	
Thurs 19 th	12.00 for 12.30	 Hallhill Centre Dunbar CHRISTMAS LUNCH (Again? 😊)	
 CHRISTMAS BREAK			
Monday 6 th JANUARY	1.00pm - 3.00pm	Port Seton Community Centre	

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



Digby Brown Christmas Card & Calendar Competition

Grace Porter is our amazing winner and her 'A Happy Snowperson' will be 'gracing' the front of the Digby Brown corporate Christmas Card this year!

Joyce will be accompanying Grace and her choice of guest, Gillian, to this year's award ceremony on Tuesday 10th December – to the Double Tree Hilton Hotel in Glasgow – wish me luck (Joyce 😊)



Mince Pie Afternoon & Grand Raffle Draw

Come along and enjoy a mince pie or two along with a few nibbles, some Christmas music and of course, our Raffle Prize Draw! See above for details of how to get tickets!



Other Christmas activities

Christmas Fair: Our Community Kitchen Haddington – Sunday 15th December 11.00am – 3.00pm



CHRISTMAS FAIR FUNDRAISER IN AID OF OUR COMMUNITY KITCHEN



Sleepy sheep Crochet and Felting Crafts

Ally elly Glass and yarn crafts

Elliegance (Eco and Vegan friendly soaps)

OUR COMMUNITY GARDEN PLANTS and more

A.M. Photography

Aileen Thomson Design (Italian Velvet Cushions)

Linfield Looms-(Rag dolls, Christmas felt decorations and more)

Lady Luck Horseshoes (Creative Horseshoe Designs)

Wee Cheeky Toerag, (Handy art from salvaged materials)

Scents with Claire- (Scentsy scent bars, cleaning and laundry products)

Tonia's Crafts

Tish Tash Creations (Unique Resin Art)

Saf's Bracelets (Handmade bracelets for the Pituitary Foundation)

Tereza Gulade - Christmas Tree Decorations and Ornaments

Headway Charity selling various craft items

Fiesty Fairie, (Crystals and Holistic gifts)

My Little Logs (Hand painted log slice Christmas Baubles made from recycled Christmas trees)



**AT HADDINGTON BOWLING CLUB
SUNDAY 15TH DECEMBER 11am - 3.00pm
TEAS, COFFEES, BAKING, RAFFLE**



Fraser Centre Cinema – 'Red One'

<https://youtu.be/U8XH3W0cMss?si=wCOpiqCHaSddmzUQ>

Well worth a wee look at the link above! 😊

Wednesday 18th December 1.00pm – 4.00pm

Our friends at Roots & Fruits, Our Community Kitchen, Edinburgh Headway & Friday Friendly groups are all invited



Sadly Saying Goodbye to....

Ian Laing

on 10th November 2024, the day after his 77th Birthday

Our condolences to his daughter Sarah and the family – he was a lovely man who hid his insecurities behind that ‘grumpy’ shell and liked nothing better than to wind everyone up with his dry sense of humour. We will remember him in our stories and memories and speak his name with a smile.



Christmas Raffle tickets are available to buy from Joyce or Jim, at groups and activities
Please support us if you can! Raffle prizes gratefully accepted too!

Headway East Lothian
Christmas Raffle 00391

Printed by StubbsTickets.com

Prizes Include
£100 M&S Voucher
£50 Lifestyle Christmas Voucher
Luxury Hamper
Many other great prizes

To be drawn at Port Seton Community Centre on 16/12/2024 at 1.30 pm

Registered under the Gambling Act 2005. Licence: East Lothian Council SLR/05/25. Reg Charity No. SC035535
Promoter: katy lamb, Loch Ard Cottage, Kinlochard, Stirling, FK8 3TL
Tickets are not transferable and may not be purchased by persons under 16 years of age.

Ticket £2 each

DECEMBER BIRTHDAYS



2nd *Stacey McIntyre*****

16th *John Robertson*****

19th *Nina-Jane Rae*****

