



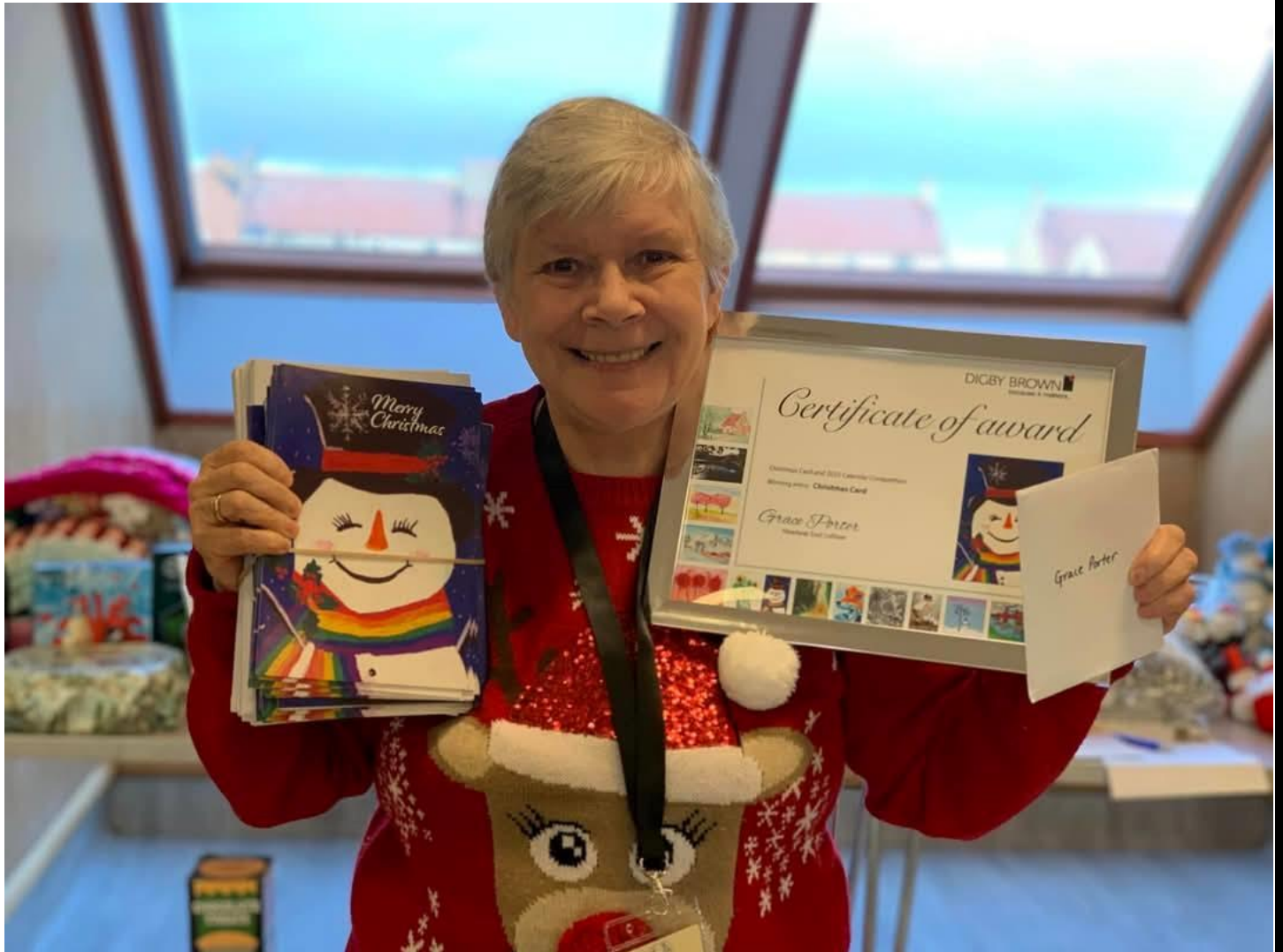
Headway  
East Lothian  
SC10 035535  
Newsletter

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



Issue 25/01

January 2025



## **Christmas Card Winner 2024**

**Grace is the lucky winner who will now see her artwork used as Digby Brown's official 2024 Christmas Card.**

**£200 also comes to HEL from Digby Brown!  
Well done Grace – Great card!**

**So lets get the Christmas lunches done!! First The Glen North Berwick**



**Santa called in – How lucky were we?**



**Whether sitting on his knee or .....snuggling into his beard, getting a friendly arm or a wee squeeze of the arm, Santa was very popular!!**



..... and the volunteers all got some Santa attention!



Joyce's Extra Mile Award was shown to Santa! He was most impressed as were we! Santa was delighted to meet two founder HEL members who had come along to the Glen.



Thanks to the Glen for a great meal and lovely, efficient and friendly service, again! Thanks to Fiona for her brilliant singing. It really started Christmas off with a bang. How lucky are we to have such a talented musician amongst us?

Carrying on the Christmas theme....Dunbar Christmas Lunch at Hallhill



**Saying goodbye to two lovely men who have been an integral part of HEL for so many years**

**John McMillan**

16<sup>th</sup> December 2024



John was such an asset to Headway. These pictures say it all.

Always happy, the life and soul, willing to take on anything – including giving us great and unforgettable joy with his tremendous performance as the Ugly Sister in the HEL Christmas Panto.

Never complaining always grasping all that was within his reach with open arms.

Always grateful, always a polite and a lovely gentleman, everybody loved chatting to John and looked forward to him coming to the group.

His proudest moment was walking his adored daughter Rebecca up the aisle – he wanted it so much and made it happen.

He will be so sadly and sorely missed by us all. Our thoughts are with Kathryn, Rebecca, Rob and all friends and family.

## Gordon Wallace

26<sup>th</sup> November 2024



Gordon Wallace was one of the founding members of HEL, our first Treasurer and on the Board for many years. With his wife Dottie, sister Katy, brother-in-law Crawford, daughters Ruthie and Jilly, niece Rosie, loyal four-legged companions and probably every single member of their family and circle of friends - he tirelessly raised not only awareness of Acquired Brain Injury but also so many thousands of pounds through various fundraising efforts. These included a sponsored walk, 65 at 65 where he match funded the amount raised with money from his own pension; taking part in the Alternative 3 Peaks Challenge, numerous sponsored walks, collection tin shaking days, bag packing at supermarkets, and even going so far as to let Dottie shave off his beard - all for Headway East Lothian and our community of brain injury survivors. Gordon also gave his time and energy weekly if not daily for over 15 years to the charity, as a Board member, volunteer, driver, wheelchair pusher, domino playing, advice giving, organiser, cup of tea giver, craft maker - always happy to do everything and more that was asked of him, and even not asked, he just could see what was needed and did it all with patience and understanding.

If you would like to donate to Headway East Lothian Gordon Wallace Memorial Fund

<https://www.justgiving.com/page/joyce-cattanach-1732781379323>

## Diary January 2025

**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 6 <sup>th</sup>	1.00-3.00 pm	Port Seton Community Centre	Welcome to the New Year
Wed 8 <sup>th</sup>	3.00 pm-5.00 pm	East Lothian Community Hospital Haddington	Welcome to the New Year
Thurs 9 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Welcome to the New Year
Monday 13 <sup>th</sup>	1.00-3.00 pm	Port Seton Community Centre	Art with Grace
Wed 15 <sup>th</sup>	<b>1.00-3.00pm</b>	<b>Volunteer Centre Tranent (early one week only)</b>	Lets chat over games, again! 😊
Thurs 16 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Lets chat over games, again! 😊
Monday 20 <sup>th</sup>	1.00pm-3.00pm	Port Seton Community Centre	welcome Rebecca & therapet Dotty
Wed 22 <sup>nd</sup>	3.00 pm-5.00 pm	Volunteer Cantre Tranent	Diary planning
Thurs 23 <sup>rd</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Diary Planning
Fri 24 <sup>th</sup>	HEL Board Meeting via Zoom		
Monday 27 <sup>th</sup>	12.30-2.30 pm	Port Seton Community Centre	Burns Lunch NB EARLIER TIME!
Wed 29 <sup>th</sup>	3.00 pm-5.00 pm	Volunteer Cantre Tranent	Art with Grace
Thurs 30 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Relaxation with Fiona

**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 07741603**

### **Burns Lunch**

Monday 27<sup>th</sup> January – Port Seton Community Centre, 12.30pm – 2.30pm (to be confirmed)

If anyone would like to recite a poem, read a passage from Burns or volunteer for anything else then please contact Joyce





**HEADWAY EXTRA MILE AWARD** – yes she only went and won the award!



WOW! Some amazing do!



So well deserved! Well done Joyce and great that Moray could go with you, he is our secret helper whose knowledge of all things technical and many other things is invaluable to us.

## Raffle Results

Thanks to all who donated prizes –

1<sup>st</sup> prize of M&S gift voucher, Joyce Cattanach (I even pulled it out the bag), -FIX! I hear you cry!! 😊

2<sup>nd</sup> prize voucher Pamela McKinley from Roots & Fruits,

3<sup>rd</sup> prize hamper Mollie Carr (friend of Mags)

Congrats to all winners amount raised will be in Feb Newsletter – Thanks to all!

Still in the Christmas spirit here are pics of those lucky folk who went to the Panto at the Corn Exchange.

It was a great evening of fun and humour.



And of course, there has to be craft! Making it, eating it, raffling it, selling it!



# JANUARY BIRTHDAYS



Mary Wood 10<sup>th</sup>

David Brown 15<sup>th</sup> !!! 85 !!!

Alistair Scott 25<sup>th</sup>

Lynn Martin 29<sup>th</sup>

Robert Dalrymple 30<sup>th</sup>

\*Alba Surridge 27<sup>th</sup> \*\*

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

