



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 25/02

February 2025

27th January was a double celebration for all!

Alba's 80th Birthday And HEL Burns Lunch



Thanks go to Port Seton Community Centre for changing things about so we managed to hold the lunch even after lift repairs put our normal venue out of reach!
Thanks to Joyce, as ever, for organising, to all volunteers for helping, and to all who came along and made it a special day
There was a good turn out of performers and for once we had the luxury and joy of a REAL piper – Hurray!





Thanks to all performers.
 Our piper,
 Jim, Ian, Violet, Fiona,
 Joyce & Maggie (with some
 help from Fionna's mouse!)

It certainly looked like Alba
 enjoyed her 80th with cake,
 balloons and wonderful
 flowers, a gift from Jim &
 Gillian

Time to say a very BIG

THANK YOU!

We have received unrestricted grants from two different Trusts recently. these funds can be spent on any HEL expense

Golders Green Foundation – £2000 A Trust which donates to others with purposes such as HEL

Elizabeth, Frankland Moore and Star Foundation - £5000 A Trust which makes grants for charitable purposes to other charities

This Trust has been a very loyal and welcome Grantmaker and HEL owes a great deal to this Trust



Under their funding theme of Neurlogical Conditions, RS MacDonald have funded HEL for Office and Development Officer costs over the past three years to the tune of £12000, each year. We have just heard that our recent application for a further 3 years of £12000 pa funding has been approved. This is an amazing help to keep up the pivitol work of the DO.



This funding from Scottish Central Government and administered by Volunteer Centre East Lothian, is now in its fourth year. We have been very fortunate to have been awarded various sums in years 1, 2, & 3. We recently heard that we have been awarded a fourth year of funding £10,617.09 towards Office and DO costs.

Without the help of these grants HEL could not function as it does.

A heartfelt thanks to Kathryn for chosing HEL for retirement collection at John's Funeral -£200

Also to announce that the Just Giving Page which Dottie asked Joyce to set up as a memorial to Gordon has reached a total of £6,718 including gift aid.

As the page explained, Gordon probably did more to fundraise for HEL than any other individual so it is good to know that there are so many who wished to mark his passing in a way that would have pleased him greatly.

Saying goodbye to Bill Paylor

Bill died on 23rd January 2025, a few months short of his 90th
Birthday.

He will be much missed by son Brian, his partner Evelyn,
Grandchildren Emma, Daniel and Nathan, Great Grandchildren and
many other family members



Although Bill is pictured here looking quite pleased with his “City by Night”,
word has it that he could get grumpy with craft work – certainly looks
happier at the Christmas Party! A regular member at the Dunbar group he
will be missed by all.

Diary February 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 3 rd	1.00-3.00 pm	Port Seton Community Centre	Royal Botanic Garden Biodiversity Roadshow – ‘Stories of plants past and present’
Wed 5 th	1.00 pm-3.00 pm	‘The Lido’, High Street, Musselburgh	Get together
Thurs 6 th	10.00 – 12.00	Hallhill Centre Dunbar	What’s it like for Carers? Put ourselves in others’ shoes
Monday 10 th	1.00-3.00 pm	Port Seton Community Centre	Royal Zoological Society Scotland workshop – Fiona Menzies – ‘Archiving the history of the RZSS’
Tues 11 th	2.00pm - 3.00pm	Dunbar Leisure Centre Fun, low-impact class with the option to swim afterwards	Exercise class with Rab – all welcome, followed by refreshments
Wed 12 th	3.00-5.00pm	Volunteer Centre Tranent	Candle making with Fiona
Thurs 13 th	10.00 – 12.00	Hallhill Centre Dunbar	Games, puzzles & chat
Fri 14 th	Outing – Talbot Rice Gallery & National Museum of Scotland – see below		
Monday 17 th	1.00pm 3.00pm	Port Seton Community Centre	Highland Archive Centre online presentation from Lorna Steele ‘Life in the Highlands pre-1745’
Wed 19 th	3.00 pm-5.00 pm	Volunteer Centre Tranent	Games, puzzles & chat
Thurs 20 th	10.00 – 12.00	Hallhill Centre Dunbar	Fun activity session with Patricia Eckersley
Monday 24 th	1.00-3.00 pm	Port Seton Community Centre	Chair Yoga session with Linda McCann
Wed 26 th	Fraser Centre, Tranent, Cinema Lunch at 1.00pm, film starts at 2.00pm! Cost £6.00 per person		
Thurs 27 th	10.00 – 12.00	Hallhill Centre Dunbar	Let’s catalogue what’s in the cupboard 😊

Annual leave

Joyce will be off, Friday 7th February, Friday 21st February

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

Outing Friday 14th February

Talbot Rice Gallery and National Museum of Scotland

Bus leaves from Dunbar, Tranent and Musselburgh – times given when place booked

Talbot Rice Gallery – guided tour of exhibitions spaces



[Piedras de Fuego \(Fire Stones\)](#)
the first solo exhibition in the
UK of Guadalupe Maravilla

He was a transdisciplinary visual artist, choreographer, and healer. At the age of eight, Maravilla was part of the first wave of unaccompanied, undocumented children to arrive at the United States border in the 1980s as a result of the Salvadoran Civil War. Combining art and healing, his work takes the forms of shrines, sound baths, paintings, play, sculpture, and huge headdresses using material from the lands he crossed. Maravilla's work draws from indigenous and contemporary systems of knowledge, often mixing crafts, medicinal materials, and plants along with commercial and readymade objects.



Talbot Rice Gallery are delighted to present the first solo exhibition in the UK by South African artist **Gabrielle Goliath**

[Personal Accounts](#)

The exhibition is a transnational, decolonial, black feminist project of repair by artist Gabrielle Goliath. In this immersive and deeply affecting series of video and sound cycles, Goliath addresses the normativity of patriarchal violence, working in close collaboration with survivors of gender-based violence, and allies in Johannesburg, Tunisia, Oslo, Milan, Stellenbosch and now Edinburgh. The works about how people create conditions in which they can thrive, love, and succeed.



National Museum Of Scotland

After the Gallery visit, it's just a short walk to the museum to have lunch in the café, or bring a packed lunch to eat there, then free time to look around the gallery for a couple of hours before getting the bus home again. All free entry in this amazing museum

Coming soon.....

Tuesday 4th March

Botanic Garden visit

Numbers limited to 12 so let Joyce know if you want your name on the list and it will be names out a hat! The workshop is 'Coffee, Climate and Cities' so relevant to most of us, with the focus on biodiversity and climate change.



Thursday 6th March

Headway North East Fife
A volunteer-led branch of
Headway - the brain injury association

Launch on Thursday 6th March

1pm - 3pm

St.Davids Centre
23 Albany Park
St.Andrews
KY16 8BP

R.S.V.P by 20th February

NorthEastFife-Headway@hotmail.com
www.headway.org.uk
Charity Number No SC 039992

Thursday 20th March

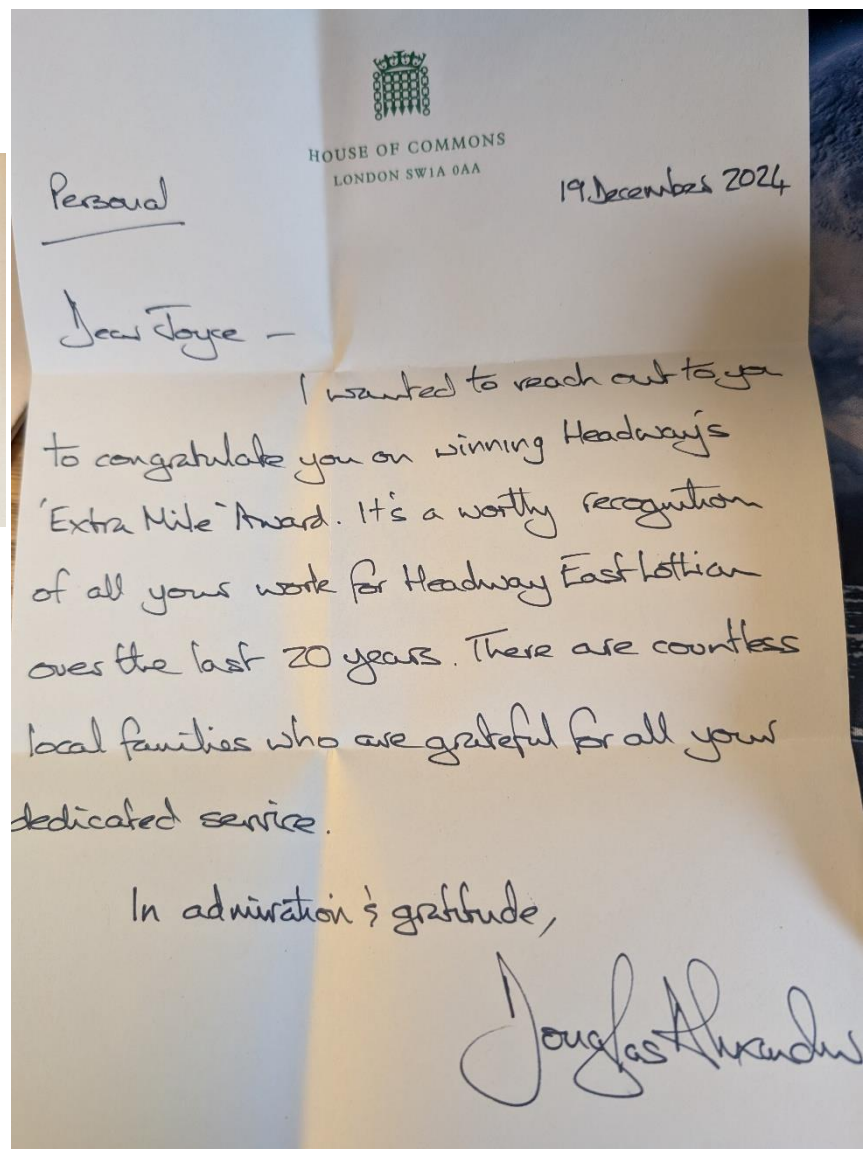
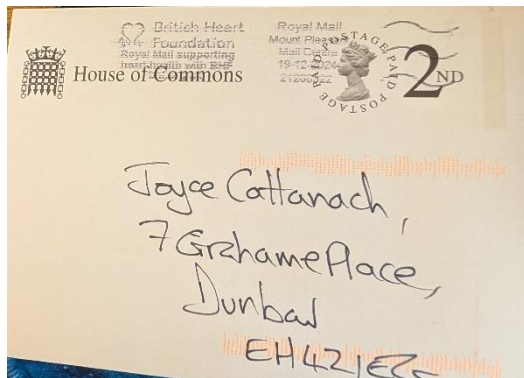
Headway North Lanarkshire

New venue launch – to be confirmed

Both Headway group visits will be reliant on someone taking their car so this will limit numbers

And now for something completely different!!!.....

This wonderful accolade for Joyce (and work of HEL) arrived too late for the last Newsletter!



Well done indeed Joyce
so good that it all gets noticed and acknowledged.

All brilliant for us at Headway East Lothian to be up there at the
forefront of our MP's mind

ADVANCE NOTICE – GET IT IN YOUR DIARY

2 Great Fundraisers, one evening, one afternoon , so will suit everybody!



Friday 21st March

7.00 pm till late

and

Friday 28th March

1.00pm till 4.00pm

Ravelston House Hotel,
182 North High Street,
Musselburgh, EH21 6BH
(under New management)



Light Buffet, Quiz and Raffle

Fiona Grant (Fee) is hosting 2 fundraising events with the proceeds to go towards supporting our own Headway East Lothian and the wider Headway family with the BRAW event also receiving a share of the profits!

Tickets cost £10.00 each

Available from either Fee or Joyce or on the door on the night!



Financial Insecurity Fund

Grants of up to £100 are available to help unpaid carers facing financial insecurity.

If you are struggling to pay essential bills or buy food, contact us today.



01316650135



centre@coel.org.uk

If you are an unpaid carer who is struggling to pay for food or fuel, or cover other essential bills, please apply to our financial insecurity fund by calling 0131 665 0135 or emailing centre@coel.org.uk.

We have funding from East Lothian Health & Social Care Partnership to support carers facing financial insecurity with small grants of up to £100.00 and sometimes more in exceptional circumstances.

Our Welfare Rights Worker will go through a short application form with you over the phone and discuss any other financial support you may be entitled to at the same time

FEBRUARY BIRTHDAYS



Kate Dickson 1st

*******70*******

James Bissett 3rd

Irene Grant 3rd

Mick Wood 7th

Ian Henderson (N.Berwick) 9th 65 !!!

John Hogg 11th Christine MacLean 17th

Teresa Martin 22nd

Graeme Flynn 25th 60

