



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 25/03

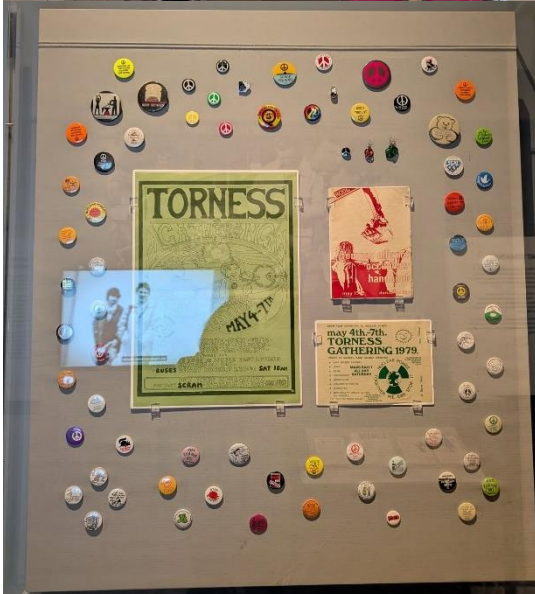
March 2025



**This is Ground Control to Major Thom
You've really made the Grade!!**

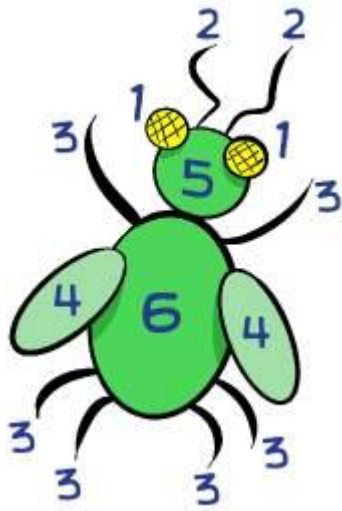
HEL outing in February to National Museum Scotland

Brilliant day out, we had lots of fun & also learned so much, the Cold War exhibition was so interesting, the Scottish galleries amazing and the science astounding!



Just as well the visit to Talbot Rice was postponed!

There was so much to see and do at National Museum of Scotland, we would never have fitted them both in!
As it was, most folk were tired enough to guarantee almost total silence on the bus home!!



Who would have thought this wee beastie could be such a brilliant tool for fun and cognitive rehab into the bargain!! Certainly kept the Dunbar group on their toes or should that be tarsi!!



Diary March 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.

Monday 3 rd	1.00-3.00 pm	Port Seton Community Centre	Singalong with David Hood
Tuesday 4 th	**Royal Botanic Garden Biodiversity Roadshow –Outing see below**		
Wed 5 th	3.00-5.00pm	East Lothian Community Hospital	Dominoes & Chat
Thurs 6 th	10.00 – 12.00	Hallhill Centre Dunbar	Morning Light
Friday 7 th		HEL Zoom Board Meeting	
Monday 10 th	1.00-3.00 pm	Port Seton Community Centre	Royal Botanic Garden Edinburgh Biodiversity Roadshow
Tues 11 th	12.00-2.00pm	Our Community Kitchen Join the community group for lunch then take part in an activity led by Joyce & the Headway team., cost £5.00	
Wed 12 th	*****NO MEETING*****		
Thurs 13 th	10.00 – 12.00	Hallhill Centre Dunbar	Art with Grace (Joyce on training course)
Fri 14 th	10.00 – 12.00	Port Seton Community Centre See Below	MP Douglas Alexander and MSP Martin Whitfield
Monday 17 th	1.00pm-3.00pm	Port Seton Community Centre	Katy Lamb Accounts and review 01/4/23 – 31/3/2024
Tues 18 th	2.00 – 3.30 pm	Dunbar Leisure Centre	Activity with Rab. Joyce at Carers Scotland Annual Summit Health & Wellbeing Day
Wed 19 th	3.00 pm-5.00 pm	Volunteer Centre Tranent	Katy Lamb Accounts & 01/4/23-31/3/2024 Visit Charlie Chung
Thurs 20 th	10.00 – 12.00	Hallhill Centre Dunbar Fun activity session with Patricia Eckersley . Lunch at Dunbar Garden Centre afterwards for anyone who wants to come along	
Fr 21 st	Live music fundraiser with Fee – Musselburgh 7pm till late		
Monday 24 th	*****NO MEETING*****		
Wed 26 th	3.00 pm-5.00 pm	East Lothian Community Hospital	Singalong with David Hood
Thurs 27 th	10.00 – 12.00	Hallhill Centre Dunbar	Joyce with Headway East Lothian year in review & visit from Charlie Chung
Fri 28 th	Live music fundraiser with Fee – Musselburgh 1.00- 3.00pm		
Sat 29 th	Port Seton Community Centre Community Fair		
Mon 31 st	1.00pm-3.00pm	Port Seton Community Centre	Swap Shop SEE BELOW

Annual leave

Joyce will be off Friday 21st March, Friday 18th April and Monday 21st April

Don't forget, you can call any of the numbers below for advice or just a chat.

**Joyce Cattnach 07895 193974 : Jim Maryniak 07920 195743, Teresa Martin 07471 339211
Dottie Wallace 01875 853491 or 07788 500014 , Katy Lamb 01877 387264 or 07741603114**

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. Volunteer transport only, details of public transport options can be given and there are blue badge spaces at the West Gate.

Thursday 6th March

Headway North-East Fife Opening Day

1 St. Davids Centre

23 Albany Park

St. Andrews

KY16 8BP

The event will include a raffle, teas, coffees and a light buffet

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.

Wednesday 19th & Thursday 27th

Dr Charlie Chung

Lothian AHP Stroke Strategic Lead/Consultant Occupational Therapist/long COVID clinical pathway lead

He is working on an initiative of hybrid rehabilitation hubs across Lothian (the development of both digital and in person rehabilitation communities across Lothian) and is visiting our groups as examples of good social rehabilitation to see what we do and get input from our service users into what would work best.

Friday 21st & 28th March

Reminder

Fee's Fundraisers



There will be a quiz, live music, a raffle (prizes welcome) and a light buffet
Ravelston House Hotel Musselburgh

21st – 7.00pm till late, 28th 1.00 pm – 4.00pm

Tickets £10 – Will be 2 great entertainment events – get your tickets now

Monday 31st March



Swap Shop with Christine Maclean!

Items limited to 5 per person, £5.00 to take part - please no large items, must be able to be carried safely but anything goes – clothes, toiletries, household items, ornaments, books, handbags, scarves, hats, gloves, toys, games etc etc

We will lay the items out on a table and let the swapping begin!

Refreshments will be provided to keep the energy levels up and you are welcome to model the items! Folk can either take their donations back if not swapped or they will be taken to a charity shop later.

Advance Notice

Tuesday 1st April – Dunbar Leisure Centre 2.00pm – 3.30pm Activity session with Rab

Wednesday 2nd – H.E.L. Governance Day at Port Seton Community Centre

Sunday 6th – OCK Easter Craft Fair

Easter holidays – Friday 18th and Monday 21st – Port Seton centre closed

Fun activity session with Patricia Eckersley certainly kept the Dunbar group active





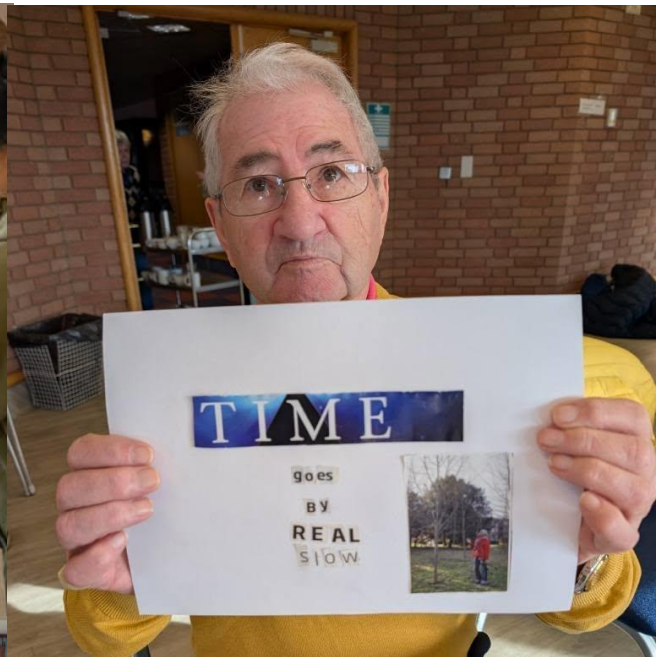
Thanks to Fiona Menzies for her great presentation on Archiving the Royal Zoological Society of Scotland

We have a competition! Who can be the first to let us know what the sad love story between an Egyptian Gander & a lady Sea Lion is all about?? (yes have looked up but to no avail!)

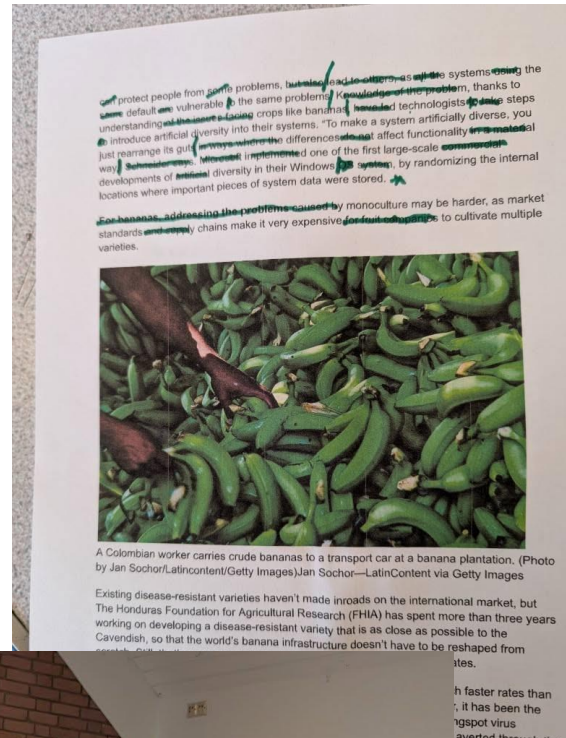


It is hard to imagine just how much material there is to archive!

Thanks again to the Royal Botanic Garden Edinburgh for enabling HEL to take part in their Biodiversity Roadshow workshop. Special thanks Paula & Aiden for facilitating.

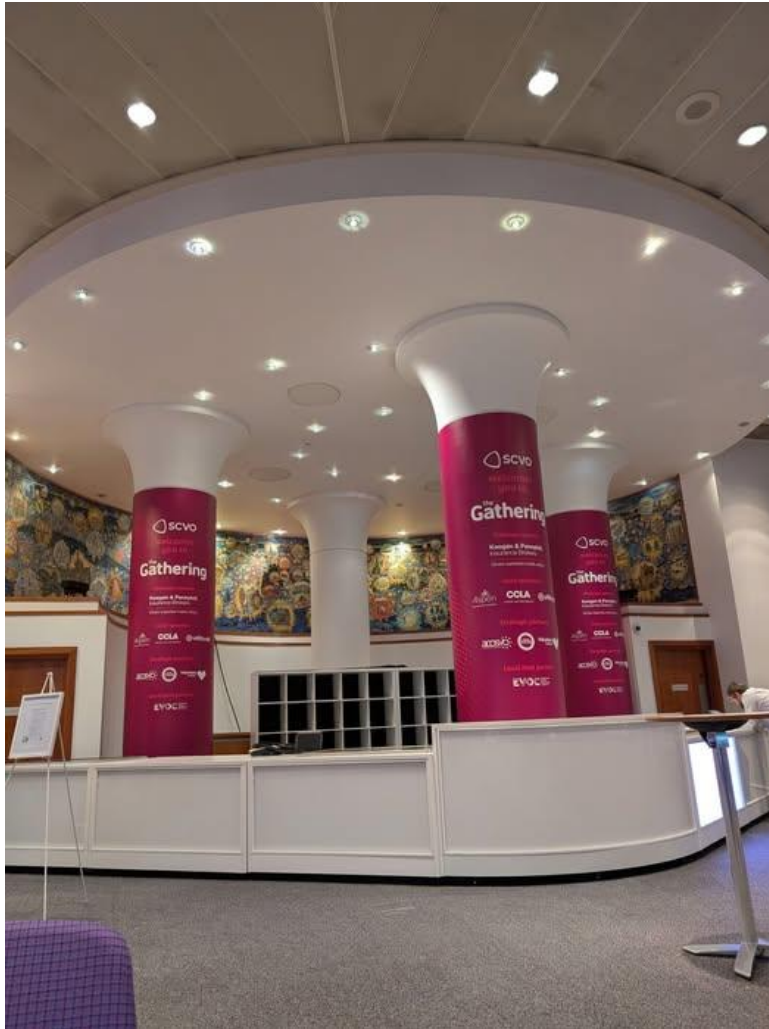


An interesting and informative session – concentration required – and given!



Meantime Joyce has been networking and training and generally picking up lots of tips to help HEL be all it can be –
Thanks Joyce

The Trustees also undertake a fair bit of training and our newest Trustee Sarah, was also at the Gathering



The Scottish Council for Voluntary Organisations

Our mission is to champion the role of voluntary organisations in building a flourishing society and support them to do work that has a positive impact

Above was the SCVO gathering, an opportunity to meet many others in the third sector and keep up with whats going on/changing and latest best practices

Joyce has also attended an excellent training session which was run by SCVO

[Introduction to safeguarding](#)

Online 25 February

MARCH BIRTHDAYS



Marie Burnett 18th

*******60*******

Fionna Balfour 10th Fiona McQuade 18th

Tam Lamont 21st

Cat Baillie 22nd Finlay Bewsey 24th

Charlene Wood 26th

