



Headway  
East Lothian  
SC10 035535  
Newsletter  
[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



Issue 25/04

April 2025

**No!**  
**We don't try to poison our friends at Headway  
East Lothian!**



**Believe it or not this was the Dunbar Group  
*enjoying* themselves with Ruthanne Baxter.**

Ruthanne came to Dunbar with two interns, Jasmine Hawkins and Marsha Lau,  
to gather views on the new heritage-supported wellbeing resource  
“Morning Light”

**Prescribe Culture is the University of Edinburgh Museums award-  
winning, heritage-based, non-clinical health, social care and wellbeing  
support initiative**





Clearly it was a very enjoyable session and perhaps you may like to see the first message that kicked off the “Morning Light” programme



The Lot Near St Martin, La Bouval, No 1 Robert Organ (b.1933). 1992. Oil Painting.  
University of Edinburgh Art Collection

Rather wonderful isn't it? The associated wording is  
**Beyond right and wrong, there is a field,  
I will meet you there.**

Rumi

**Where will that field be for you today?**

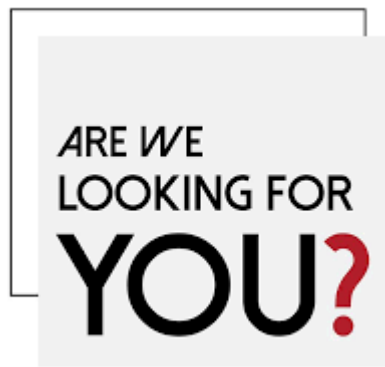






Happy times all round, thanks to Ruthanne, Jasmine and Marsha

# In search of Trustees



Are you interested in giving a little of your time to help others?  
Would you like to get involved with new things and meeting new people?  
Do you enjoy being part of a team?

**If the answers to the above are yes, we may be looking for you, or maybe you have a family member, friend or neighbour who may be interested.**

At Headway East Lothian we have an excellent Board of Trustees but like all organisations we are always looking to the future.  
As part of succession planning, we would like to recruit new members to increase our future robustness.

## **Time Required**

We meet monthly average time around 1-1.5 hours.  
There is training and refresher training, much of which can be done at a time to suit you and mainly online.  
Trustees often enjoy getting involved with our group meetings or outings, but this is not a requirement of a Trustee

## **What we would need from you**

A willingness to learn about and adopt our purpose and ethos  
The ability to listen, to consider information and form opinions  
A desire to be a team player

We would welcome enquiries from all and are a Diversity and Equality organisation. We will ensure that successful applicants are given induction and training and are supported with any special requirements that may be identified.

**To find out more or chat things through without any obligation, please phone our Development Officer, Joyce, in the first instance. 07895193974**

**Or email [headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk)**



## Saying goodbye to Candy



### Obituary

Lady Candy Richardson

Candy died on January 26, (born 12/11/1943)

She was the widow of General Sir Robert Richardson, mother of Lorne and Alasdair and proud grandmother of Anna and Emma.

Candy was referred by her stroke liaison nurse and as a friend of Patricia Eckersley – she loved doing all the activities and chatting to everyone, was so well-mannered and polite and was so funny, especially when she got everyone's names attached to the wrong faces, so apologetic for such a common effect of brain injury – think me (Joyce), Fiona McQuade and Teresa all ended up answering to each other's names 😊

Candy will be much missed and fondly remembered



Without doubt, our connections with Royal Botanic Garden Edinburgh have brought a huge array of good things to HEL  
The Biodiversity Roadshow run by Paula & the Team was no exception  
A lovely, fun, informative day at RBGE



Only Elsie knows what is going round in her head!!



Proud crafters!!



And don't think it was all sitting around.....NO!  
Outside, walking about and appreciating all the amazing plants

Pupils in the classroom with their wonderful teachers



Out to the beautiful gardens – do hope that Rhoddie survived the recent frosts!  
Ah! There is Joyce, wondered where she was hiding!!

## Diary April 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.

Tuesday 1 <sup>st</sup>	2.00 – 3.30 pm	Dunbar Leisure Centre	Activity with Rab
Wed 2 <sup>nd</sup>	<b>NO GROUP MEETING</b> <b>Trustee Governance Meeting Port Seton 10am – 2pm</b>		
Thurs 3 <sup>rd</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Annual service reviews, consultation & evaluation
Monday 7 <sup>th</sup>	1.00-3.00 pm	Port Seton Community Centre	Chair Yoga with Linda McCann
Wed 9 <sup>th</sup>	3.00 pm-5.00 pm	Volunteer Centre Tranent	Annual service reviews, consultation & evaluation
Thurs 10 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Visit from Charlie Chung & Maria Burnett See Below
Monday 14 <sup>th</sup>	1.00pm-3.00pm	Port Seton Community Centre	Annual service reviews, consultation & evaluation
Tues 15 <sup>th</sup>	<b>OUTING _ SEE BELOW</b> <b>Royal Botanic Garden Edinburgh 11.00am – 1.00pm</b> <b>Meet the Gardener workshop</b>		
Wed 16 <sup>th</sup>	3.00 pm-5.00 pm	Volunteer Centre Tranent	Easter Activities
Thurs 17 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Fun activity session with Patricia Eckersley
Monday 21 <sup>st</sup>	<b>*****NO MEETING*****</b> <b>EASTER MONDAY</b>		
Wed 23 <sup>rd</sup>	2.00 pm-4.00 pm	Fraser Centre Tranent	Cinema
Thurs 24 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Singalong with David Hood
Mon 28 <sup>th</sup>	1.00pm-3.00pm	Port Seton Community Centre	Chair Yoga with Linda McCann
Tues 29 <sup>th</sup>	12-2 pm	Our Community Kitchen Haddington	Lunch then activity session with Joyce
Wed 30 <sup>th</sup>	<b>****NO MEETING****</b>		
Thurs 1 <sup>st</sup> May	<b>****NO MEETING****</b>		
Fri 2 <sup>nd</sup> May	<b>*****Outing: Musselburgh Races*****</b>		

### Annual leave

Joyce will be off Friday 18<sup>th</sup> April and Monday 21<sup>st</sup> April  
Thursday 15<sup>th</sup> May – Monday 26<sup>th</sup> May 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



**Easter holidays** – Friday 18<sup>th</sup> and Monday 21<sup>st</sup> – Port Seton Centre closed

**Tuesday 15<sup>th</sup> April**

### **Botanic Garden visit**

Join the team of volunteer gardeners for a stroll around the productive garden. Ask them questions you have about growing fruits and vegetables and enjoy a fresh herbal tea from the Garden. Spaces limited, names and £5.00 to Joyce please to confirm your space.

**Thursday 10<sup>th</sup> April**

### **Dr Charlie Chung**

Dr Chung is investigating the setting up of a Lothian Hybrid Rehabilitation Unit for stroke rehabilitation. The visit is to help Dr Chung to understand what “works” after clinical rehabilitation and hospital discharge.

The idea is to look at dovetailing services and involve digital rehabilitation.

It is to improve continued rehabilitation in the Community with bodies like Chest Heart and Stroke Scotland and ourselves.

Dr Chung is very interested to hear from YOU about peer support, what works for you about HEL.

So hoping you can come along and help Dr Chung in his quest to improve stroke rehabilitation in Lothian

**Friday 2<sup>nd</sup> May**

### **Outing to Musselburgh Races**

Names and £5.00 to Joyce please to confirm your space.

### **Scottish Head Injury Forum**

Events are open to brain injury survivors, carers, families and professionals



**AYRSHIRE - MAY 22ND**

**Saltcoats Town Hall**

**9:30am - 3:30pm**

**Thursday 22nd May 2025**

[www.shif.org.uk](http://www.shif.org.uk)



### [On a good day - ABI Week 2025 surveys now open](#)

We're excited to launch a new set of surveys as part of **Action for Brain Injury (ABI) Week 2025: On a good day**. This year, we're exploring how the effects of brain injury can change from day to day—how some moments feel easier while others bring unexpected challenges.

We have two surveys:

**For people with a brain injury** – Share how your day-to-day experiences shift.

**For carers** – Tell us how these changes affect you and your loved one.

Each survey takes around 15 minutes and can be completed anonymously.

### [What is your experience of brain injury?](#)

[Survey for people with brain injury](#)

[Survey for family, partners, friends and carers](#)

If you get a hard copy Newsletter but you or your family, friends or carers would like to do this survey, let us know at one of our group sessions and it can be filled in then or we can send it to anybody electronically to fill in with you.



## Patricia making exercise fun!

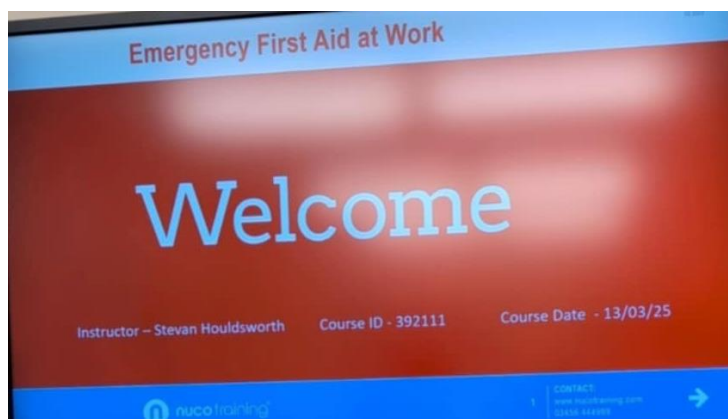




We were delighted to welcome Douglas Alexander MP for Lothian East and Martin Whitfield MSP for South Scotland. They were there to learn more about the work of HEL and to lend their support.



Joyce has been busy as ever and updated her First Aid having attended a course in emergency first aid



Ever wanted to know more about bananas?

Just ask anybody from HEL who attended Port Seton when the Royal Botanical Garden Edinburgh biodiversity roadshow came to visit.

It was very interesting but you would go bananas if you tried to remember all the different types of Banana!! (1000+, but we keep eating Cavendish so it has become vulnerable to disease going through the single culture!)

We will keep on learning!



## Fundraising

Joyce took part in this as organised by Headway UK



She raised £277.63 for Headway UK essential services  
and £215 for Headway East Lothian  
Thanks very much Joyce



By the time this arrives with you,  
both of Fee's Fundraisers will  
have taken place.

The first one was a fun and  
enjoyable night and the  
afternoon one promises to raise  
the rafters.

There will be an update in the  
May Newsletter.

Thanks so much Fee.

Fee pictured here during one of  
her inspiring "Live on Facebook"  
gigs that kept us all going during  
lockdown and beyond.

Enjoying thinking back on  
bopping around my garden!!

# APRIL BIRTHDAYS



Steven Cook 7<sup>th</sup>

David Dickson 30<sup>th</sup>

Jeanine MacNaught

Philip

29<sup>th</sup>

\*\*\*\*\*60\*\*\*\*\*

