



Headway
East Lothian
SC10 035535
Newsletter
www.headway-eastlothian.org.uk



Issue 25/05

May 2025

Congratulations to John!



Thanks to Stacey for the brilliant fundraising idea of donating her savings jar contents and charging to “Guess How Much”. Add to that donated prizes of Clever Caroline’s GIANT Chicken and Jenerous Janet’s GIANT Egg and you get a fun way to raise a brilliant **£232-08!!**



Looks like April was a good month for our own Fundraising! Grace organised a Lucky Duck square. Selling the chance to guess the name of the lucky duck at a £1.00

£75 to Headway East Lothian
and

lucky Ian wins the £25 prize with the name "Fig!"
(Have to say, Grace does not look keen to part with the cash!!)

And it did not stop there.....

Thanks to all who donated and bought tickets for the Easter Raffle!
I am afraid that when I saw all the calories in the prizes, I took fright!!
A magnificent **£105** was raised and although there were lots of prizes, the winners of the two main prizes were
Sam Fairgrieve with the Giant Easter Bunny
And
Jim Maryniak with the Lindt Hamper
Thanks so much to all participants!

Last Newsletter was too late to catch all the News on Fee's amazing two fundraisers. One held in the evening and one in the afternoon on consecutive Fridays – Thanks to The Ravelston House Hotel for their generosity in giving us free use of the premises



A whole lot of sloshing going on
!!



Best Easter Chicken Trials???
(or worst!)



Has nobody told Jim it is
Cocktail hour, not
Hentail!!!



Thirsty work, just as
well it is a coke!



A whole lot of
chatting going on!!!

Two great events, enjoyed by all.
Thanks so much Fee, great music and wonderful singing!
She can certainly get a room moving and you can't help but be
infected by her enthusiasm!
Once on line money was added to cash at both events a
magnificent **£725** was raised!



SAVE THE DATES

There will be two conferences in 2025, see below for details.

Information about events and membership can be found at www.shif.org.uk



AYRSHIRE - MAY 22ND

Saltcoats Town Hall

9:30am - 3:30pm

Thursday 22nd May 2025



EDINBURGH - DEC 4TH

City Chambers

9:30am - 3:30pm

Thursday 4th Dec 2025



HiiC
SCOTLAND

National Head Injury Conference

Thursday 18th September 2025

Scottish Event Campus (SEC), Glasgow

[CLICK HERE TO REGISTER](#)

We are unable to provide transport for this event but would still like to support as many of you to attend as would wish. If anyone would like to, then please let Joyce know and we can see if possible.

Diary May 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.

Thurs 1 st	NO MEETING		
Friday 2 nd	Outing Musselburgh Races		
Monday 5 th	1.00-3.00 pm	Port Seton Community Centre	Music Workshop with Devin & Lauren
Tuesday 6 th	2.00-3.30 pm	Enjoy Leisure Dunbar	Activity session with Rab
Wed 7 th	3.00 pm-5.00 pm	East Lothian Community Hospital	Sing along with David Hood
Thurs 8 th	10.00 – 12.00	Hallhill Centre Dunbar	Art with Grace
Monday 12 th	1.00pm-3.00pm	Port Seton Community Centre	Highland Archive Stories with Lorna
Wed 14 th	NO MEETING		
Thurs 15 th	10.00 – 12.00	Hallhill Centre Dunbar	Games & Puzzles
Monday 19 th	1.00-3.00 pm	Port Seton Community Centre	Games & Puzzles
Wed 21 st	2.00 pm-4.00 pm	Volunteer Centre Tranent	Games & Puzzles
Thurs 22 nd	10.00 – 12.00	Hallhill Centre Dunbar	Activity with Fionna
Mon 26 th	1.00pm-3.00pm	Port Seton Community Centre	Art with Grace
Tues 27 th	12-2 pm	Our Community Kitchen Haddington	Lunch then activity session with Joyce
Wed 28 th	Meet at Starbucks Retail Park Haddington, 1 pm for a railway walk		
Thurs 29 th	10.00 – 12.00	Hallhill Centre Dunbar	Activity Session with Patricia Eckersley

Annual leave

Joyce will be off Wednesday 15th May – Monday 26th 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

Outing Advance notice

Friday 13th June Outing with the Seagull Trust Ratho Barges – full day cruise down the canal, then back again! Lunch and refreshments provided – orders taken soon!
Names and £5.00 payment to Joyce ASAP to confirm places, numbers limited
If you would like to see virtual cruises, using contemporary and historic photos with descriptive text [Click Here.](#)

Edinburgh Zoo Community Visit



Would anyone be interested in paying a visit to the Zoo?

Community groups get discounted entry and there is a mobility vehicle available to get up and down those hills!

Let Joyce know and we can see how many are interested and when we can fit it in the diary.



PLANT SALE

Welcome to the Duddingston Kirk Garden
Club Plant Sale on Saturday 3rd May 2025
10.30 am till 12 pm

Duddingston Kirk Gardens (signposted from
Duddingston Kirk car park)

Various bedding plants, perennials and
vegetables available, supplied from our
grower in Carluke and Club members

Cash and Card payment accepted

Photograph for illustration purposes only

Duddingston Kirk Garden Club Plant Sale

Information from Elsie – thank
you!

Fresh Start Cooking Classes

<https://www.freshstartweb.org.uk/what-we-do/cooking-classes>

Fresh Start offers a range of cooking classes, from beginners to improvers, bespoke groups and taster sessions, community meals and projects that focus on learning to cook at home (Dish of the Day and Saturday Night Suppers).

We reach people who need support to learn how to make simple, delicious, healthy and affordable recipes to feed themselves and their families.

At Fresh Start Kitchen we aim to:

- Decrease isolation & increase social contact.
- Increase self-esteem and confidence.
- Raise awareness around access to fresh, affordable, and sustainable food.
- Provide pathways for development of skills
- Raise awareness of nutrition, budgeting & waste reduction through smart meal planning

For more information contact cooking@freshstartweb.org.uk

Sorry to say goodbye to two long standing and very valued members of HEL



John Robertson

16th Dec 1930 - 21st March 2025

John passed away peacefully at home with his family.

John was a devoted husband to and latterly carer of his beloved late wife Cathie.

Always ready with a smile, he is seen here at the Christmas lunch in a typically John jaunty pose!

Always willing to join in and a Burns contributor from the very first HEL Burns supper.

Not only did John do wonderful Burns recitations, he was also no mean poet himself and frequently performed his own compositions.

Our thoughts are with Mary, a constant support to her Dad, her husband Donald, her brother in law Malcolm and all the Grandchildren and Great Grandchildren all of whom John was immensely proud of.



Alba Surridge

27th Jan 1945 - 26th April 2025

Pictured here cutting her 80th Birthday Cake at the HEL Burns Lunch

One of our 'Golden Girls' who loved nature, her wildlife and birds, was so proud of her Italian roots and had a big impact on our group, determined to do things for herself. In the last few months she had been failing and shared with us that she had a terminal illness, kidney failure, but her attitude was that of fortitude and acceptance and 'putting her house in order' – big thanks to Charlene for looking after her so well over the years. Alba died in hospital, she had a chest infection and was anaemic and had another stroke but passed away quietly and peacefully in her sleep.

H.E.L. Board Information

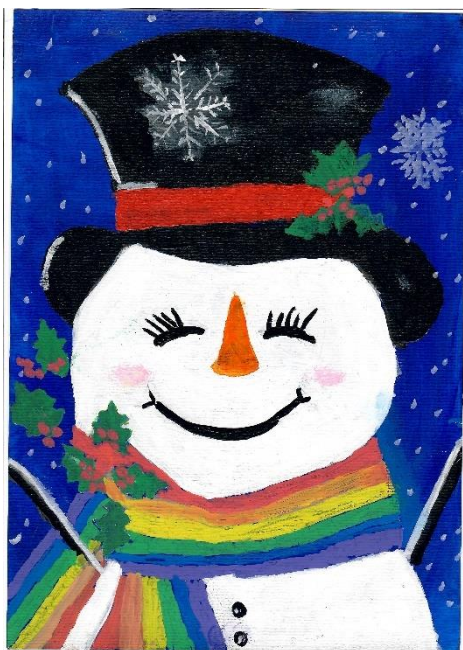
Governance Day – a day for Trustees to get together to go over how well H.E.L. is working as a charity, focusing on finances, policies, procedures, roles and responsibilities – you can be assured that they all work hard to make it look so easy



A wee reminder that the **H.E.L. board members are:**

Jim Maryniak, Chairman; Christine Maclean, Secretary; Katy Lamb, Treasurer; Sarah-Chalmers Page; Teresa Martin and Fionna Balfour

Member's Representatives – Peter Kydd and Grace Porter are your members reps and one, or two, of the ways you can have input to Board decisions – speak to them about any ideas you have, feedback of any kind, anybody you feel you would like to thanks, or things that went particularly well or you really enjoyed, or what didn't go so well! You can also chat to Fionna Balfour or Joyce, or any member of the Board you find yourself with!



Jolly Snowperson
By
Grace Porter

Well done Grace!!

A real winner!

Most of you will remember this jolly Snowperson from their success in the Digby Brown 2024 Christmas Card competition.

Headway UK decided to have a competition for the first time and choose 4 designs submitted by groups across the UK for their 2025 Christmas cards.

From Headway UK:-

Your vibrant and uplifting Snowperson design felt so festive and elevating **we had to have it as one of our winners.**

We can confirm that your design will go into production for Headway – the brain injury association's Christmas card collection this year.

This is also what you have won below –

Your design shared across Headway – the brain injury association's website & social media – From August

A framed copy of your card – Posted in September

Your story in our Headway News magazine this Winter – Released 1st December

Your name, design technique & a bit about your connection to Headway will be featured on the back of your cards.

Royal Botanic Garden visit proved popular, very interesting and informative



Our sniffer dogs are smelling for:

Thyme - Antiseptic, Good for coughs, colds & sore throats

Rosemary – Aids digestion of fats, antiseptic gargle/mouthwash, eases pain, helps circulation

Lemon Balm – Good for colds, headaches, coughs, calms and releases tension



Spring workshop, Meet the Gardener - what a brilliant day, herbal teas, question & answer session, a look at the edible garden 😊

Many will have met Charlie Chung by now

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.

BUT!!!!

What we did not expect to find was Dr Chung -not only the competent singer and guitarist BUT ALSO somebody able to give Gillian a run for her money in the Slosh!!!!



I hope he found our sessions useful and well into the category of “good social rehabilitation”!! It is great to see clinicians wanting to make a real difference and being prepared to leave the hospital walls and join in what is happening in the field.

Good luck with your project Dr Charlie.
The more rehab the better!

Thanks to David Hood for the loan of the guitar!

MAY BIRTHDAYS



Jackie Armstrong 14th

Violet Wardrop 16th

Susan Farish 17th

Carina Scott 18th

Anne Bisset 25th

