



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



Issue 25/06

June 2025

A Day at the Races for HEL!



A great day and at least two happy winners!

Thanks to Musselburgh Racecourse for their generous donation of complimentary tickets for The Weatherbys Raceday 2025



**I was robbed, that Purple Martini!
Overtook on the inside, final 100 yards!**



“And that’s all from Musselburgh today”



**We had our very own picnic area, reserved just for us!
Not as warm as it might have been but a wee bit of sun!**

We are very lucky to have new volunteers from Queen Margaret University to join us with some music therapy. Thanks very much for a very enjoyable time Devin & Lauren







A great pic of Fiona who was modelling a new tartan for one of our partner charities, Chest Heart and Stroke Scotland

There were several events to commemorate the 80th anniversary of VE day
 Pics below of the joint session with our partners Our Community Kitchen



Diary June 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 2 nd	1.00-3.00 pm	Port Seton Community Centre	Music Workshop with Devin & Lauren
Tuesday 3 rd	2.00-3.30 pm	Enjoy Leisure Dunbar	Activity session with Rab
Wed 4 th	3.00 pm-5.00 pm	East Lothian Community Hospital	Games Puzzles & Chat
Thurs 5 th	10.00 – 12.00	Hallhill Centre Dunbar (See Below)	Ruthanne Baxter with Anna & Jaycee – heritage workshop around Esther Inglis
Monday 9 th	1.00pm-3.00pm	Port Seton Community Centre	Chair Yoga with Linda
Wed 11 th	3.00 pm-5.00 pm	Volunteer Centre Tranent	Mindful Art
Thurs 12 th	NO MEETING		
Friday 13 th	Outing Ratho Barge – Seagull Trust		
Monday 16 th	1.00-3.00 pm	Port Seton Community Centre	Singalong with David Hood
Wed 18 th	3.00 pm-5.00 pm	Volunteer Centre Tranent	Brain Injury and Classical Music from the BBC
Thurs 19 th	10.00 – 12.00	Hallhill Centre Dunbar	Activity session with Patricia
Mon 23 rd	1.00pm-3.00pm	Port Seton Community Centre	Games Puzzles & Chat
Tues 24 th	12-2 pm	Our Community Kitchen Haddington Cost £5	Lunch then activity session with Joyce
Wed 25 th	2.00-4.00pm	Fraser Centre Cinema	
Thurs 26 th	10.00 – 12.00	Hallhill Centre Dunbar	Fionna takes us through Alba’s favourite things 12-2pm A celebration of Alba's life
Monday 30 th	1.00-3.00 pm	Port Seton Community Centre	Chair Yoga with Linda

Annual leave

Joyce will be NOT be off on leave in June! 😊

Friday 11th July

Thursday 31st July – Friday 8th August 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

Esther Inglis



Heritage Workshop

<https://exhibitions.ed.ac.uk/exhibitions/rewriting-the-script>

During the reign of King James VI / I, the daughter of two French refugees found safety in Scotland and became known within the royal court for the beauty of her handwriting. She earned more money for her family by making beautiful books for people that she hoped would become her patrons. She painted the first known self-portraits by a woman in Scotland or England and could write in more styles than anyone else at the time.

Advance Warning Activities/Outings

Enjoy Leisure Tuesday 1st July



Please come along to Dunbar Leisure Centre 2.00pm start – refreshments provided after the fun activity session and there can be the opportunity to go for a swim after the class too!

Please note we have funding ringfenced to facilitate physical activity. We are happy to use some of this to pay for transport to Dunbar Leisure Centre (No excuse now!! 🤦🏻🏃🏻)

HEL BBQ at Edinburgh Headway Friday 18th July

This outing is very kindly sponsored by Digby Brown solicitors and Edinburgh Headway Group have offered us the use of their premises for our BBQ Day – very many thanks to Kirsten and the DB team and to Phelim and the Ed Head team!

There will be transport available to get people to and from the venue, but it would be appreciated if those who can self-travel do so to make space for those who can't.

All catering will be provided, along with special dietary requirements from Mystic Meg Catering, some of you may remember them 😊

There will be entertainment on the day and activities to take part in, along with a lot of chatting.

You will be able to bring your own zero-alcohol drinks for this event. Strictly no alcohol allowed.

There will also be a raffle so please bring a donation for the table if you are able.

There is outdoor and indoor space, lots of places to sit both in the sunshine and in the shade – and if it is raining! It is fully accessible and there is on-street parking available.

Edinburgh Headway Group

Unit 4, 27 Pepper Place, Edinburgh, EH16 4BB

Please let Joyce know if you can make it 😊

Volunteers Week 2nd – 8th June



Trustees & sessional volunteers are vital to our group so please thank them for all they do!

Trustees :Jim Maryniak, Christine Maclean, Katy Lamb, Teresa Martin, Fionna Balfour, Sarah Chalmers Page

Sessional volunteers :Dottie Wallace, Fiona McQuade, Fiona Grant and Janet Dowdeswell.

Often Both Roles: Jim Maryniak, Teresa Martin, Fionna Balfour

To celebrate and thank them all we will be welcoming them to lunch at Hallhill Centre on Thursday 5th June after the group meeting

Carers Week 9th – 15th June



New figures show the staggering value of unpaid carers in Scotland

The labour that unpaid carers in Scotland provide in their role saves the economy **£15.9 billion** each year. This figure comes from a new report, “Valuing Carers: 2022, Scotland” launched in November 2024 by Carers Scotland and the Centre for Care, which analyses new statistics from Scotland’s Census 2022.

The £15.9 billion figure marks a substantial 19.4% increase in the contribution of

unpaid carers since 2011. This reflects the trend that Scotland's unpaid carer population is growing, with an increase in both the number of unpaid carers and in the intensity of the care they provide.

Scotland's unpaid carers play a crucial role in our society by providing care and support to family members, friends and neighbours who couldn't get by without that help. Two thirds¹ of all people living in Scotland will one day take on an unpaid caring role.

This research demonstrates the significant contribution that carers currently make and what it would cost the state to replace the care they provide. Unpaid carers are essential to our health and social care system, providing vital support which keeps it functioning.

The report makes a range of recommendations to better support unpaid carers including the critical need for the Scottish Government to provide increased investment in social care and breaks from caring, to improve financial support for unpaid carers and deliver a new duty on health services to identify and promote carers' health and wellbeing.

Richard Meade, Director of Carers Scotland said:

"Unpaid carers are the backbone of our health and social care system and without them the system would simply collapse. £15.9bn in equivalent support every year is staggering. We must do so much more to support unpaid carers as they provide this care, as well as treating them with the dignity and respect they deserve and truly valuing them for what they do."

"The reality is that, despite this enormous contribution, too many unpaid carers face a cost to their financial security, health and career. Asking unpaid carers to make such a significant contribution to our society without providing the right support to help them in their caring role is both unjust and unfair."

"We must do much more to support our unpaid carers to ensure they have a good quality of life alongside their caring role. Unpaid carers need more support from social services, including to ensure they get a break from caring, greater financial support and provisions to enable them to stay in paid employment alongside their caring role if they wish - and they need help from our NHS to protect and improve their health and wellbeing."

The actual number of unpaid carers living in Scotland is not known but it is estimated that there are around 700,000 to 800,000

Don't forget you may know or be a carer and not even think about it

A carer is anyone who is unpaid for their caring and looks after a friend, family member or neighbour due to old age, physical or mental illness, disability or an addiction. Carers (sometimes called 'unpaid carers') come from all walks of life, all cultures and can be any age, including children. It may be full time living in the same house or it may be your neighbour who helps you to shop or gets you to appointments.

We should all think about carers and try to help to get changes so they are not disadvantaged by taking on their caring role.

Carers Week 2025

Are you an unpaid carer
in East Lothian?

If so, these sessions are for you!
All sessions free to attend.



**Carers of
East Lothian**
Supporting people who
care for family and friends

Carers Week 9 – 15 June 2025



Build a Hanging Basket - **FULLY BOOKED**

Monday 9th June
10am - 1.30pm
Amisfield Walled Gardens

Build a hanging basket in
beautiful surroundings and
then take it home to enjoy.

For more information,
please [click here](#).



Afternoon Tea



Monday 9th June

15:00 - 17:30

Haddington Rugby Club

Join us to mark Carers Week with
a light afternoon tea and some
music.

For more information, please [click here](#).

Cycling Day with Cycling Scotland, Venturing Out and CoEL

Tuesday 10th June
10am - 2pm
Musselburgh Outdoor Learning Centre

A variety of cycling activities
including bike orienteering, come
and try cycling and adaptive bikes.
For a detailed breakdown of
sessions please [click here](#).



Wellbeing Evening with Cori from Koa

Tuesday 10th June
6:30pm - 8:00pm
North Berwick Community Centre

Prioritise your wellbeing, explore new resources to
better understand your nervous system and
practice balance and stillness with Cori from Koa.

1.5 hours of nervous system regulation, sound and
mindfulness.

For more information, please [click here](#).



Relaxation, meditation and silent walk

Gifford Community Woodland
Wednesday 11th June
11am - 12:15pm

Led by: Jill Alexander,
Heartfulness Meditation facilitator

For more information, please [click here](#).



Golf Taster Sessions

Wednesday 11th June
Session 1: 5:00pm - 6:00pm
Session 2: 6:00pm - 7:00pm

Carers can sign up to 1 of the 2 sessions.
All golfing abilities welcome and
equipment provided.

The Musselburgh Golf Club, Monktonhall

For more information, please [click here](#).



Walk with a Countryside Ranger



Thursday 12th June
Walk 10:15 - 12:30, followed by
refreshments at Archerfield Walled
Garden Cafe. A 3 - 4 mile walk at a steady
pace.

Led by Countryside Ranger Richard English and
supported by Julie from CoEL.
For more information, please [click here](#).

Water Activities with Venturing Out

Thursday 12th June
1:00 - 5:00

Join Venturing Out at Musselburgh
Lagoons for a mixed water activities
session where you will get the chance
to try paddleboarding, kayaking and canoeing.

For more information, please [click here](#).



**Please note, due to capacity, all sessions require booking. To book your spaces,
please contact CoEL on 01316650135 centre@coel.org.uk**

For more information on all of the sessions, please visit www.coel.org.uk/events

Carers Week 2025

Foxlake Adventures - Foxfall and Ringo



Friday 13th June

10:30 - 1:00, followed by refreshments from JayBirds Larder
Foxlake Adventures, Dunbar

Join Kate from CoEL and the staff at Foxlake for some unique &
exhilarating adrenaline filled outdoor activities.



This event will mark Carers Week, and 10 years of Respitality.

If you are interested in attending this session, please contact us on
centre@coel.org.uk

For more information, please [click here](#).

Family Film Screening for Parent Carers and the person they care for- The Wild Robot (PG)

Saturday 14th June , The Fraser Centre, Tranent
Space open from 1:30, film starting at 2:00pm

Places for this event are reserved for parent carers
of children with additional needs. Parent carers are
welcome to bring along the person they care for and
their siblings. This will be a relaxed performance with
lowered volume and lighting and seat spacing.
For more information, [click here](#).



Caring Spaces: Artworks by Carers from the Lothians

Dates and times: 7 June – 28 June 2025

Venue: Scottish Storytelling Centre, Edinburgh

This exhibition celebrates the creativity and resilience of unpaid carers
across the Lothians, showcasing a diverse range of artworks produced
through Art in Healthcare's Caring Spaces initiative.

In partnership with Carers of East Lothian and VOCAL, this project offers
carers a supportive environment to explore various artistic techniques.

For more information, please [follow this link](#) to our website.



**art in
healthcare**

**Please note, all sessions (not including exhibition) require pre-booking.
To book your spaces, please contact CoEL on 01316650135 centre@coel.org.uk**

JUNE BIRTHDAYS



!!!!!!Alf McGuinness 2nd 75!!!!!!

Jackie Armstrong 14th

Violet Wardrop 16th

Susan Farish 17th

Carina Scott 18th

Anne Bisset 25th

