



Headway  
East Lothian  
SC10 035535  
Newsletter

[www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk)



Issue 25/07

July 2025

One of the two Seagull Trust barges that took HEL on their barge trip from Ratho



**Its official.....**

**With the wind in your face there's no finer place,  
than messing about on the river/canal!**

Seldom have I seen quite so many happy, full of life and joy pictures all from one outing.  
Fair to say a huge success and very lucky with the weather



Thanks to the Seagull Trust volunteers who make these trips possible.  
David even had time for a bit of humour!



  
a short note ...  
If you drop an art  
in the water + it  
Sinks it's a got art.  
If you drop another  
in the water + it  
floats then it's  
Boy ANT  
(Buoyant) 😊  
David (seagull)  
Trust





Thanks also to our own wonderful HEL volunteers who also ensure that these great outings take place

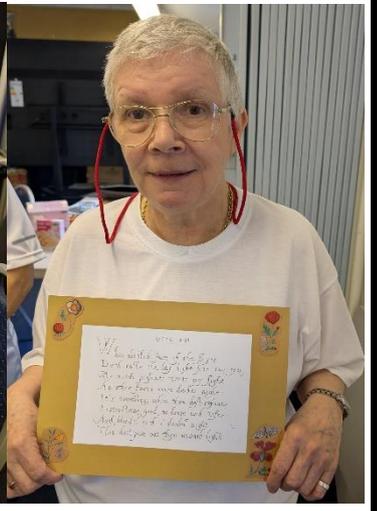
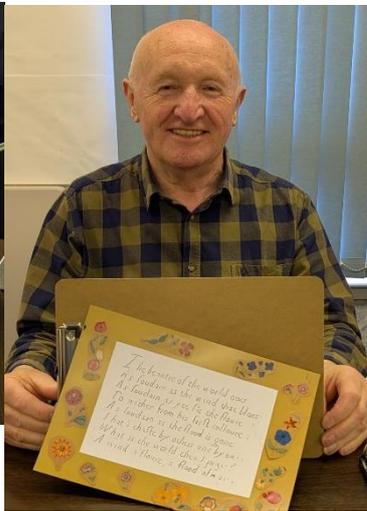


And a final thanks to Kathryn McMillan for all the lunches. The funds were from John's funeral collection which was for the benefit of HEL. John always loved the outings and is much missed by all, always had a smile.

As always with HEL, no chance of everything being "sit back and relax!!"



The Dunbar group were lucky enough to have Ruthanne Baxter and two interns, Jaycee and Anna to give a session on Esther Inglis. The activity session involved the production wonderful calligraphy



And the wonderful Rab, at Enjoy Leisure in Dunbar. Great, fun classes and great for making you feel good! Help with transport speak to Joyce!



## Diary July 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	Enjoy Leisure Dunbar <b>See below</b>	Activity session with Rab
Wed 2 <sup>nd</sup>	3.00 pm-5.00 pm	East Lothian Community Hospital	Railway Walk
Thurs 3 <sup>rd</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Sing along with Ronnie Pollock
HEL Board meeting 7pm via Zoom			
Monday 7 <sup>th</sup>	1.00pm-3.00pm	Port Seton Community Centre	Music Workshop with Devin and Lauren
Wed 9 <sup>th</sup>	<b>NO MEETING</b>		
Thurs 12 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Quiz Time!!
Monday 14 <sup>th</sup>	1.00-3.00 pm	Port Seton Community Centre	Lydia Brown and games & Puzzles
Wed 16 <sup>th</sup>	11am-2.00pm	A Braw Day Out with BBEL Prestonpans Accessible Watersport activities, Refreshments provided – <b>See below</b>	
Thurs 17 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Activity session with Patricia
Fri 18 <sup>th</sup>	HEL ANNUAL BBQ <b>See Below</b>		
Mon 21 <sup>st</sup>	1.00pm-3.00pm	Port Seton Community Centre	Lydia Brown Health Psychology Group session or Games & Puzzles
Tues 22 <sup>nd</sup>	11 am-1 pm	Royal Botanic Garden Edinburgh Seasonal Summer visit <b>See Below</b>	
Wed 23 <sup>rd</sup>	<b>NO MEETING</b>		
Thurs 24 <sup>th</sup>	10.00 – 12.00	Hallhill Centre Dunbar	Sing along with David Hood
Monday 28 <sup>th</sup>	1.00-3.00 pm	Port Seton Community Centre	Chair Yoga with Linda
Tues 29 <sup>th</sup>	11am – 2.00pm	Our Community Kitchen	Tea/coffee/chat, lunch then activity with Joyce
Wed 30 <sup>th</sup>	<b>NO MEETING</b>		
Thurs 31 <sup>st</sup>	<b>NO MEETING</b>		

### Joyce Annual leave

Friday 11<sup>th</sup> July

Monday 28<sup>th</sup> July – Friday 8<sup>th</sup> 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



## **Enjoy Leisure Tuesday 1<sup>st</sup> 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! We do have a transport budget so just contact Joyce.

## **A Braw Day Out, Wednesday 16<sup>th</sup> July**

A chance to try some accessible water sports – 10 spaces available so contact Joyce

## **HEL BBQ at Edinburgh Headway Friday 18<sup>th</sup> 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 her 😊

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 Peffer Place, Edinburgh, EH16 4BB

Please let Joyce know if you can make it 😊 and if you have any special dietary requirements or allergies.

## **Royal Botanic Garden Edinburgh Tuesday 22<sup>nd</sup> 11.00am – 1.00pm**

Limited spaces available but we do have transport if needed; again, contact Joyce We will be joining Gardener Jim for a “Nature is where you are” workshop, exploring ways to connect to nature wherever you are. Through meditative and creative activities, as well as some tasting, we will learn how to identify some of Edinburgh's resilient pavement and street-growing plants, think about where we can find connection to nature, and consider what nature means to each of us.

## Fresh Start Cookery Taster Session – Wednesday 23<sup>rd</sup> 11.00am – 2.00pm



### **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

**There are only 5 spaces available for this session but there will be the opportunity to sign up for additional sessions – please let Joyce know if you would like to attend**

**FESTIVAL DAY**

Saturday 26th July  
1pm – 6pm  
MUSSELBURGH RACECOURSE,  
BALCARRES ROAD

**UNDER 16'S GO FREE!**  
WITH FEE PAYING ADULT

FOR ADULTS  
PROSECCO & GIN BAR, LIVE MUSIC, FOOD TRUCKS, BEER TENT, PIPE BAND & MORE!

JOIN US FOR LOTS OF FUN!

ORDER YOUR TICKETS HERE:

ADULT TICKETS £10

QR CODE

Pony rides  
Face Painting  
Climbing wall  
Gaming Truck  
Funfair shows  
Balloon modelling  
Stalls  
Magician & more!

SPONSORED BY:  
**RAVELSTON HOUSE**

For more info follow us on Instagram and Facebook.  
@musselburghfestival

## **Musselburgh Summer Madness!**



**Monday, July 21  
Musselburgh Festival  
Treasure Hunt**

## **The Dunbar group had a very special nostalgic time remembering their companion Alba who died earlier this year.**

Fionna led the session using material and work direct from Alba's Discovery Challenge project, sadly unfinished. We heard about her life and times, and her challenges – took part in exercises, listened to The Beatles, The Archers, Harry Beckett and Sailing By. Learned Italian numbers so we could play Italian Bingo and took part in an Italian Culture Quiz

The day had been organised beforehand, but Alba was meant to be leading it as part of her Discovery Award – showing us her journey – but she headed off on the longest journey instead!

Nicky, Alba's close friend, met up with Joyce and organised the celebration day in Alba's memory and arranged to pay for it all from a bequest from Alba.



**A lovely day as always working in partnership with Our Community Kitchen**  
So sensible & rewarding to pull resources and share staff, volunteers and premises.  
And that's before sharing all the great ideas!!





**Thanks so much to our Secretary and Trustee Christine for promoting HEL at Port Seton Centre Communities Day**





Can't guarantee the weather will be as good as it was at the end of May, but don't forget there is another opportunity to do some more of the Railway Walk on Wednesday 2<sup>nd</sup> July

# JULY BIRTHDAYS



**Sheryl Brown 6<sup>th</sup>**  
**!!75!!**

**Sharon Brown 13<sup>th</sup>**

**Margaret Lane 19<sup>th</sup>**

**David Farquhar 22<sup>nd</sup>**

