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|  | Headway  East Lothian  Newsletter |  |
| Issue 15/10 | Honorary President  Dr Alasdair Fitzgerald | October 2015 |



Christmas Shopping

At the Almondvale Centre, Livingston

Friday 23rd October, bus leaving MECLC at 10.00am

Please give your name to Joyce if you would like a place on the bus or to book a scooter.

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| awards-for-all-logoLloyds TSB Foundation |

Noticeboard

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|  | Carer meetings held on Mondays as required |
|  | Relaxation classes held on Mondays as required |
| meeting-room | Next Board Meeting  Wednesday 28th October  Haddington |
| Staff Holidays | Joyce on Annual Leave  Friday 2nd – Monday 5th October inclusive  Monday 9th – Monday 16th November inclusive |

Noticeboard

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| shopping-bag-30543_640[1] | M&S Bag packing  Volunteers required, please help out if you can, even for 1 or 2 hours on either day, Friday 9th 10.00am onwards at Marks & Spencer, Fort Kinnaird, Edinburgh |
| meeting[1] | Regional Meeting – Perth Tuesday 3rd November  If anybody would like to come along and find out what the other groups & branches across the East of Scotland are doing then please let Joyce know. |
| Sorry | Dear All  Sorry your newsletter was a little late this month but I had vision problems and couldn’t complete it. Hopefully normal service will be resumed next month.  Robert |



Flu Jabs for Carers

and young carers this winter.

NHS Lothian is offering FREE flu vaccinations for all carers and young carers this winter.

Be prepared and help protect yourself and the person you care for sooner rather than later. Being vaccinated will reduce the risk that you cannot continue caring and the risk that you might pass on the illness. The earlier you have the jab the better.

To arrange a jab contact your GP practice

and explain that you are a carer.

This month at Headway

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| --- | --- | --- | --- |
| 1 | Thurs | Dunbar | Café Blether |
| 2 | Fri |  |  |
| 3 | Sat |  |  |
| 4 | Sun |  |  |
| 5 | Mon | Musselburgh | Holiday |
| 6 | Tues | Edinburgh | Carer’s Parliament – Joyce |
| 7 | Wed | Haddington | Silk Painting with Ros – Joyce |
| 8 | Thurs | Dunbar | Games – Joyce |
| 9 | Fri | Fort Kinnaird | M&S Bag Packing |
| 10 | Sat |  |  |
| 11 | Sun | Fort Kinnaird | M&S Bag Packing |
| 12 | Mon | Musselburgh | DVD “Recovery” – Joyce |
| 13 | Tues |  |  |
| 14 | Wed | Haddington | Games & Wii – Richard |
| 15 | Thurs | Dunbar | Halloween Crafts – Joyce |
| 16 | Fri |  |  |
| 17 | Sat |  |  |
| 18 | Sun |  |  |
| 19 | Mon | Musselburgh | Halloween Puzzles & Crafts – Joyce |
| 20 | Tues |  |  |
| 21 | Wed | Haddington | Halloween Puzzles & Crafts – Jim |
| 22 | Thurs | Dunbar |  |
| 23 | Fri | Livingston | Christmas Shopping |
| 24 | Sat |  |  |
| 25 | Sun |  |  |
| 26 | Mon | Musselburgh | Dominoes Tournament |
| 27 | Tues |  |  |
| 28 | Wed | Haddington | Board Meeting/Halloween |
| 29 | Thurs | Dunbar | Halloween Surprise |
| 30 | Fri |  |  |
| 31 | Sat |  |  |

Meetings

‘**Monday T**he Musselburgh East Community Association (MECA) building,

Wallyford Road, just up from Levenhall roundabout 1pm - 4pm.A chance to meet over a cup of coffee. There is a café where lunch or a snack can be purchased.

**Wednesday T**he Doughty Centre Herdmanflat Hospital Aberlady Road Haddington at 6.30pmesday evenings with a speaker etc. The meeting finishes at 8.30pm.We are not connected to the hospital.

Th**ursday** we meet at Hallhill Healthy Living Centre, Dunbar on a Thursday

12 noon- 2pm for those who live in Dunbar and surrounding area.

Contact Us

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| Jim Maryniak  Convener | 07920 195743  [jimmaryniak@hotmail.com](mailto:jimmaryniak@hotmail.com) |
| Gordon Wallace  Treasurer | 01875 853491  [csgordon.wallace@virgin.net](mailto:csgordon.wallace@virgin.net) |
| Gordon Wallace  Acting Secretary |  |
| Development Officer  Joyce Cattanach | 07895 193974  [headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk) |

Joyce is also available at The Bleachingfield Centre, Countess Crescent, Dunbar, EH42 1DX, by appointment, Mondays, Tuesdays & Wednesdays and for outreach at other times.

Items for the newsletter to Robert Dalrymple r[obert.dalrymple202@](mailto:obert.dalrymple202@)btinternet.com Tel 01620 844020



Improving life after brain injury Charity No **SC035535**

Next Board

Meeting



1.30 pm MECA

in January tbc