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|  | Headway  East Lothian  SC10  Newsletter  <www.headway-eastlothian.org.uk> |  |
| Issue 16/11 |  | November 2016 |



Mince Pie Morning

At Dunbar

‘Supporting Headway is as Easy as Pie’

Come along to Hallhill Health Living Centre on Thursday 8th December 11.00am – 2.00pm to sample some lovely Mince Pies along with other Festive goodies and support Headway East Lothian;.

**OR** if you would like to host your own Mince Pie Morning then please contact Joyce for details

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| Lloyds TSB Foundation  awards-for-all-logo |

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 3rd  Haddington |
| NEXT  OUTING | Friday  18th November  Dobbies |

Doughty Centre Haddington Meeting

As most of you will know there will be a new Community Hospital within the next few years in Haddington. To make way for this things are being moved from the current Roodlands Hospital into storage at Herdmanflat Hospital and we ourselves have shifted. Instead of using the Doughty Centre we are now using the OT Building which is just a wee bit up from the Doughty Centre but on the opposite side. Still on a Wednesday 6.30pm – 8.30pm with the same facilities as before, ramped access and storage.

Our meeting place should now be referred to as the

Herdmanflat Hub.

Spotlight on ?

Evenings at Haddington

This will be a regular feature where either an ABI survivor, a Carer or family member, or someone we specially invite, comes along and tells us a wee bit about their lives, their hopes & aspirations

SHIF - Scottish Head Injury Forum

Myth Busters: new and Alternative Developments in ABI Therapies free to ABI survivors & their carers/family members

Christmas Festivities

Christmas Lunch – Monday 12th December at ‘The Quay’, 131 New

Street, Fisherrow Harbour, Musselburgh, EH21 6DH, 12.00pm for 12.30pm – please contact Joyce for further details

Christmas Raffle – donated items for the raffle would be gratefully received if anyone has anything they would like to pass on to any Board member, Joyce, Dottie or Gordon – unfortunately we cannot accept used items. Tickets will be available from the beginning of December from the usual sources (all meetings) at a cost of £2.00 per strip with all proceeds going directly to supporting those with an acquired brain injury.

Fundraiser-Christmas Eve

Fiona Grant-MacDonald will be singing at The Goth Prestonpans

Tickets available at The Goth or from Fiona. They will also be available at the door on the night.

Doors close at8.00pm-be in early.

Christmas Holidays – we finish on Thursday 22nd December and then restart on Monday 9th January 2017 at MECLC

This month at Headway

|  |  |  |  |
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| 1 | Tue | Edinburgh | Challenging Behaviour Training |
| 2 | Wed | Haddington | Board Meeting |
| 3 | Thu | Dunbar | New Age Kurling |
| 4 | Fri |  |  |
| 5 | Sat |  |  |
| 6 | Sun |  |  |
| 7 | Mon | Musselburgh | Amanda ‘Fabulous Potions’ |
| 8 | Tue |  |  |
| 9 | Wed | Haddington | Games & Quizzes |
| 10 | Thu | Dunbar | Games & Quizzes |
| 11 | Fri |  |  |
| 12 | Sat |  |  |
| 13 | Sun |  |  |
| 14 | Mon | Musselburgh | Dominoes & Chat |
| 15 | Tue | Dundee | Wills & Power of Attorney Training |
| 16 | Wed | Haddington | Spotlight on ? |
| 17 | Thu | Dunbar | Autumn Art & Music |
| 18 | Fri |  | Outing – to Dobbies |
| 19 | Sat |  |  |
| 20 | Sun |  |  |
| 21 | Mon | Musselburgh | Carers in the Café |
| 22 | Tue | Edinburgh | Regional Meeting |
| 23 | Wed | Haddington | New Age Kurling |
| 24 | Thu | Dunbar | St Andrew’s Day activities |
| 25 | Fri |  |  |
| 26 | Sat |  |  |
| 27 | Sun |  |  |
| 28 | Mon | Musselburgh | Dominoes & Chat |
| 29 | Tue |  |  |
| 30 | Wed | Haddington | St Andrew’s Day activities |

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 6.30pm Wednesday 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) |
| Richard Fairbairn  Treasurer | 077604 95851  [james.fairbairn123@btinternet.com](mailto:james.fairbairn123@btinternet.com) |
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|  |  |
| 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 [robert.dalrymple202@btinternet.com](mailto:robert.dalrymple202@btinternet.com?subject=Newsletter%20Item) Tel 01620 844020



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

Next Board

Meeting



1.30 pm MECA

in January tbc