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|  | Headway  East Lothian  SC10  Newsletter  [www.headway-astlothian](http://www.headway-astlothian).org.uk |  |
| Issue 16/07 | Honorary President  Dr Alasdair Fitzgerald | July 2016 |

Headway East Lothian Awards 2015-2016

Celebrate Success

Wednesday 7th September, 7.00pm

Doughty Centre, Haddington

Help us Celebrate Success by nominating the person or person’s you think have contributed the most to Headway East Lothian. This does not mean in a financial way but by giving their time, effort, patience, skills either directly at any of the groups & outings, or by their fundraising efforts and dedication to supporting people with Acquired Brain Injury, their families & carers.

All nominations will be looked at by a panel of ‘experts’ (Joyce and Maria) and the entries with the top numbers of nominations will be selected for final judging by an independent party.

*Lothian Accountancy & Bookkeeping Services Ltd*, through Susan Wilson (Board member) have very kindly donated a wonderful 1st Prize and will pay for 4 Nights’ Accommodation Friday - Tuesday for 2 people at the Tormaukin Hotel near Gleneagles. This wonderful prize includes double room, breakfast and dinner, choose whatever you want from the menu.  However drinks etc will be paid for separately by the lucky winner! See over for more details.

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| awards-for-all-logoLloyds TSB Foundation |

**Tormaukin Hotel!**



In Gaelic, “Tor” means Hill and “Maukin” means Hare.

Tormaukin Hotel was named after the hill that lies directly behind this old Drovers’ Inn.

Built in the 18th Century, this Country Hotel near to Gleneagles, has been welcoming guests to this beautiful part of Perthshire for many years.

Whether you are visiting for a restful stay in the quiet Perthshire countryside or to eat in the Restaurant (featured in Michelin Eating Out Guide 2015) you can be assured of the warmest of welcomes and attentive service.

Nomination forms available at all meetings and below, to be returned to Joyce by Friday 19th August

Winner will be announced at our Headway East Lothian Awards Ceremony – Celebrating Success Awards will be presented in other categories on the evening too!

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Noticeboard

|  |  |
| --- | --- |
|  | Carer meetings held on Mondays as required |
|  | Relaxation classes held on Mondays as required |
| meeting-room | Next Board Meeting  Wednesday 27th July  Haddington |
| HOLIDAY  Monday  18 Jul 2016 | MECCA is closed on this date  so there will no meeting |
| ANNUAL  LEAVE | Joyce will be on annual leave from Monday 11th July – Friday 22nd July inclusive |
| NEXT  OUTING | Friday  29 th July  Scottish Seabird Centre  North Berwick |

his month at Headway

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Fri | Seton Mains | BBQ at Seton Mains |
| 2 | Sat |  |  |
| 3 | Sun |  |  |
| 4 | Mon | Musselburgh | Domino Competition – Joyce |
| 5 | Tues |  |  |
| 6 | Wed | Haddington | Exercise & relaxation |
| 7 | Thu | Dunbar | Exercise & relaxation |
| 8 | Fri |  |  |
| 9 | Sat |  |  |
| 10 | Sun |  |  |
| 11 | Mon | Musselburgh | Dominoes/Chat |
| 12 | Tues |  |  |
| 13 | Wed | Haddington | Games, Wii & puzzles |
| 14 | Thu | Dunbar | Games & puzzles |
| 15 | Fri |  |  |
| 16 | Sat |  |  |
| 17 | Sun |  |  |
| 18 | Mon | Musselburgh | **HOLIDAY** |
| 19 | Tues |  |  |
| 20 | Wed | Haddington | Games, Wii & puzzles |
| 21 | Thu | Dunbar | Games & puzzles |
| 22 | Fri |  |  |
| 23 | Sat |  |  |
| 24 | Sun |  |  |
| 25 | Mon | Musselburgh | Dominoes/puzzles/Carers meeting |
| 26 | Tues |  |  |
| 27 | Wed | Haddington | Board Meeting |
| 28 | Thu | Dunbar | Cognitive issues after ABI |
| 29 | Fri | North Berwick | Outing – Seabird Centre |
| 30 | Sat |  |  |
| 31 | Sun |  |  |

Meetings

**Monday** The 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** The 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.

**Thursday** 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 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