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|  | Headway  East Lothian  SC10  Newsletter  [www.headway-eastlothian.org.uk](http://www.headway-eastlothian.org.uk/) |  |
| Issue 17/01 |  | January 2017 |

Welcome

2017

Happy New Year

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| --- | --- |
| **First Meetings in 2017**  Mon 9 Jan Musselburgh  Wed 11 Jan Haddington  Thur 12 Jan Dunbar | **Outings 2017**  As in previous years, we hope to publish a full list of outings for 2017 in the February newsletter |
| Our New Year Appeal  Volunteers Required  Especially drivers for Wednesday evenings and session leaders for all groups. If you or someone you know might be interested, speak to Joyce. Contact details on back page. | |

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

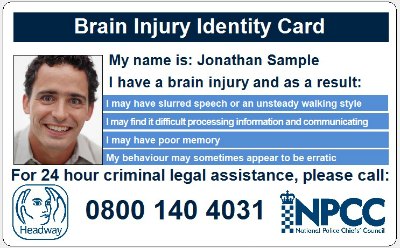
Noticeboard

|  |  |
| --- | --- |
|  | Carer meetings held on Mondays as required |
|  | Relaxation classes held on Mondays as required |
| E:\2009-03-27, pdrc eyemouth\pdrc eyemouth 002.jpg | **First Outing 2016**  Fort Kinnaird  – cinema/shopping/lunch |
| C:\Users\User\Pictures\hw\thIE5J9JVD.jpg | **Burns Supper**  Haddington  Wednesday 27th January |
| meeting-room | **Next Board Meeting**  Wednesday 18th Jan  Haddington |



Want to keep up-to-date with the latest news from Headway? [Sign up to Headway News Bitesize](http://headway.us1.list-manage1.com/subscribe?u=74c5bf259cd513c5e5c333fb8&id=53a38ea6e0), our monthly email newsletter.

ID Cards

We’re delighted to announce that following a highly-successful pilot project, brain injury survivors from all Headway groups and branches [are now welcome to apply](http://headway.us1.list-manage.com/track/click?u=74c5bf259cd513c5e5c333fb8&id=4762077769&e=f57bd518fb) for one of Headway’s new brain injury cards.  
  
The aim of the card is to provide people with brain injury with support and confidence in social situations as well as any interactions with emergency services.  
  
The card has been developed as part of the Justice Project, the objective of which is to raise awareness of brain injury throughout criminal justice systems across the UK, and has the backing of the National Police Chiefs’ Council, Police Scotland and the Police Service of Northern Ireland.  
  
The card displays a criminal legal assistance number that can be called to request specialist legal advice or representation. It also displays the Headway helpline number and website details.  
  
  
Feedback from the pilot stage of the project, to which 259 brain injury survivors from 17 groups and branches contributed, has been very positive and the card is already helping people with their day-to-day lives:

* “I was getting confused in a shop and the card helped.”
* “I was in B&Q and was struggling how to explain what I needed the assistant was very upstanding when saw my ID card and took his time with me.”
* “It makes me feel safer should I get into problems.”
* “A young lad was refused a taxi as the driver assumed he was drunk. He showed his card and the taxi driver apologised and took him home.”

[Applications can be made online or via the post](http://headway.us1.list-manage.com/track/click?u=74c5bf259cd513c5e5c333fb8&id=1526ba288c&e=f57bd518fb).  
  
The card is free-of-charge and the application can be made by a brain injury survivor or somebody else can apply on their behalf. A passport-sized photo of the survivor is required and brain injury verification and confirmation that the survivor receives support from your group or branch.

Please let Joyce know if you are interested.

Brain Injury information Directory

Digby Brown solicitors have been running Head Injury Information Days across Scotland for a number of years. Time and time again at these events, people have said to us “If only I’d known about these services sooner”.

I am delighted to let you know that we have launched a new website [www.hiid.org.uk](http://www.hiid.org.uk/)  to help signpost people in Scotland to support services they may require following a brain injury.  This should also be a useful tool for people working in the field of brain injury to quickly and easily find other services.

This month at Headway

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Sun |  |  |
| 2 | Mon |  | HOLIDAY |
| 3 | Tue |  |  |
| 4 | Wed |  | HOLIDAY |
| 5 | Thu |  | HOLIDAY |
| 6 | Fri |  |  |
| 7 | Sat |  |  |
| 8 | Sun |  |  |
| 9 | Mon | Musselburgh | Welcome Back! |
| 10 | Tue |  |  |
| 11 | Wed | Haddington | Welcome Back! |
| 12 | Thu | Dunbar | Welcome Back! |
| 13 | Fri |  |  |
| 14 | Sat |  |  |
| 15 | Sun |  |  |
| 16 | Mon | Musselburgh | Carers in the Café |
| 17 | Tue |  |  |
| 18 | Wed | Haddington | Board Meeting |
| 19 | Thu | Dunbar | New Age Kurling |
| 20 | Fri |  |  |
| 21 | Sat |  |  |
| 22 | Sun |  |  |
| 23 | Mon | Musselburgh | Dominoes, chat & quizzes |
| 24 | Tue |  |  |
| 25 | Wed | Haddington | Burns’ Night Celebrations |
| 26 | Thu | Dunbar | News review |
| 27 | Fri | Outing | The Fort; cinema, shopping & lunch |
| 28 | Sat |  |  |
| 29 | Sun |  |  |
| 30 | Mon | Musselburgh | Dominoes, Forward Planning |
| 31 | Tue |  |  |

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.

**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) |
|  |  |
|  |  |
| 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