

# Tak' Heid

EdinburghHeadwayGroup  
April 2018



## Day Service Outing – Ratho Barge Trip – Monday 16<sup>th</sup> April

Once again, we are delighted to be able to offer our members the opportunity to take part in this very popular outing which is kindly supported by the Rotary Club of the Braids. If you would like to go, please speak to a member of staff as the number of places is limited to 8. You can choose to meet the group at The Seagull Trust office at Ratho at 10.15am or meet at Headway House at 9.30am to take the bus. The bus will return to Headway House by 3.30pm and lunch will be provided. There is no cost for this outing.



## Social Group Outing – Lunch at The Lady Nairne Thursday 26<sup>th</sup> April 2018, meet at 1.00pm

All members of the Social Group are invited to our lunch outing at **The Lady Nairne, 228 Willowbrae Road, Edinburgh, EH8 7NG.**

Come along and enjoy some great social time with your friends. Please let a member of staff know if you would like to come along and book your place by paying £10.

## Carers' Event - Pamper Afternoon, Friday 4<sup>th</sup> May 2018

Time for a bit of 'ME' time! Come along to our Pamper Afternoon for Carers on **Friday 4<sup>th</sup> May 2018, 12.00 – 3.00pm.**

We will have therapists on the day offering reflexology & shiatsu sessions along with some good conversation! Feel free to bring your own lunch. Coffee & tea will be provided. This is a great chance to meet others in a similar situation or just take some time out for you. *(Open to unpaid carers of an adult with an ABI)*



All treatments are free of charge. Please contact Fiona Robertson on 0131 537 9557 or email [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk) to book a therapy appointment **by Friday 20<sup>th</sup> April.**

**If there are not enough people planning to come we will need to cancel so it is important to let us know.**

## Head Injury Information Days in May 2018

Edinburgh Headway Group is delighted to inform you of two Head Injury Information Days in May 2018. These events are free for professionals and for people affected by all types of acquired brain injury including families and carers. Find out about the effects of head injury and brain injury, different services you can access and the support and help that is available to you. For further information, please contact Kirsten Smith on 0141 566 9569 or email [kirsten.smith@digbybrown.co.uk](mailto:kirsten.smith@digbybrown.co.uk)

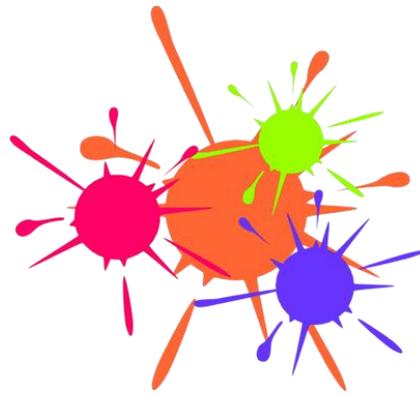
### **Wednesday 16<sup>th</sup> May 2017 - West Central Scotland Head Injury Information Day**

Doubletree by Hilton Hotel, 36 Cambridge Street, Glasgow G2 3HN

### **Wednesday 23<sup>rd</sup> May 2017 – Edinburgh and Lothians Head Injury Information Day**

Hilton Edinburgh Grosvenor, 5-21 Grosvenor Street, Edinburgh EH12 5EF

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## New painting workshop – May 2018

### Attention all budding artists!

We have an exciting opportunity for anyone who would like to get involved in a new art workshop called 'Painta' here at Headway House. 'Painta' is ideal for all ages and abilities, for the novice painter or for someone looking to build their confidence and creative skills and just enjoy a great social activity. You will be amazed at the results of your work!



'Painta' works first of all by transforming a favourite photo image of yours – perhaps a family pet for example or a view or family member – into black outlines on a primed canvas which is ready for you to paint. All paints, brushes, pallets and all other materials are provided along with lots of instruction to help you create your very own masterpiece!

EHG is keen to offer members the opportunity to participate in this workshop. Dependent on interest, the 'Painta' workshop will run for 4 x Wednesday afternoons from 3 – 5pm on May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>. The total cost for all the sessions will be £15 per person. All members, carers, volunteers and supporters are welcome to sign up and get involved.



We will be hosting an **information session on Wednesday 11<sup>th</sup> April at 1pm at Headway House** for anyone who would like to come along and find out more. It promises to be a really interesting and rewarding project to get involved in. Come along and find out more!

You can see more at the website [www.painta.co.uk](http://www.painta.co.uk)

Please call us on 0131 537 9116 and speak to Fiona if you would like to take part.

## Forth Valley Chorus in concert!!

Our long time Monday volunteer Lorna is part of a fantastic award winning chorus group, 'Forth Valley Chorus'.

The chorus will be performing in a big show at the Usher Hall on Saturday 6<sup>th</sup> October 7.30pm and they would love you to come along! They want to reach as many people as possible – there are 2000 tickets to sell!

Full price tickets are £15 / Under 26's £12 / Disabled £12 / Disabled Companion Free and are now available from the Usher Hall Box Office.



It will be a great night out! Follow this link to listen to them for yourself <https://youtu.be/G-fuvl8a0s8>

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## **ACTION FOR BRAIN INJURY WEEK 2018, 14<sup>th</sup> – 17<sup>th</sup> May** **'You, Me and Brain Injury'**

This year, we will be celebrating ABI week with the theme 'You, Me and Brain Injury'. Our events will run from Monday 14<sup>th</sup> to Thursday 17<sup>th</sup> May and as always we will be organising lots of fun, games and activities for you. During ABI week everyone is welcome to come along and join in the activities. This includes carers, volunteers and members of all of our services.



### **Would you like to be part of our campaign to raise awareness and raise vital funds for Edinburgh Headway Group?**

This is a great time to inspire others to get involved to promote our work and/or sponsor an event. Below are some ideas just to get you started but feel free to choose your own and tell us all about it - we would be happy to publicise it and share it on social media.

#### **For example, you could:**

- **Run an event** in your community
- **Raise** money by organising or participating in a sporting activity or a race
- **Organise a Bake-athon** - making cakes and bakes makes it a marvellous way to involve others, and raise funds with both sponsorship and sales.
- **Abseil for EHG:** anyone feeling adventurous?
- **Sponsor a member's day** at EHG? £12.00 will enable a member to participate in a full day at EHG.
- How about the **ice bucket challenge** in this lovely weather?
- **Annual Collection:** It is like a piggy bank thing. You can either do it on an individual, family, or community basis. Just devote a donation box and keep making donations every now and then when you come across any spare change or a pound in your pocket! Encourage your friends, family and work colleagues to do the same!
- **Car Wash:** Choose a community place, a parking lot or go door to door, offer to wash cars for a reasonable charge and you will see people flocking to get it done!
- **Shave Your Head:** If you are a daring person you may like this one!
- **Corporate sponsorship** - Ask your employer to consider sponsoring EHG as their chosen charity of the year.

It's easy to fundraise for us - just visit our Justgiving page and tell your story:

- <https://www.justgiving.com/ehadwaygoup>

Also, don't forget to tell everyone about us by promoting us on your **social media**

- <https://www.facebook.com/edinburghheadway/>
- <https://twitter.com/EdinHeadway>

Or, get in touch with your **local media** (radio/newspaper) to tell them about your experience with Edinburgh Headway Group. Our ABI Week provides the perfect opportunity for everyone who cares passionately about improving life after brain injury to come together for a week of campaigning and raising funds and awareness. We hope you will feel inspired to help!

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## THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month for donations from JS Parker Ltd, the Tillyloss Trust, the Stafford Trust, Bank of Scotland Foundation Liam Reid and Corstorphine Old Parish Church Guild.

You may remember that as part of our 'Sale of Work' during November last year, we sold Rudolfs, owls and snowmen all handmade from re-cycled and coppiced wood by Paddy and Lizette Bingham of the Rotary Club of Livingston. The sales of these beautifully created Christmas decorations all went towards the Rudolph Project which supported 6 charities including Edinburgh Headway Group. We received a fantastic £850 which will be match funded by Sky. Michelle went along to a wonderful presentation evening to receive our cheque. Thank you to the Rudolph Project for supporting us in this way.



*Thank you to everyone who chooses to fundraise and donate to Edinburgh Headway Group.  
Your support is invaluable to us and the services we provide.*

## 2018 Headway House holiday dates for your diary

Headway House will be closed on the following dates –

- 7<sup>th</sup> May for the bank holiday
- 23<sup>rd</sup> May for Head Injury Information Day
- 28<sup>th</sup> May for the bank holiday
- 17<sup>th</sup> September for the local Edinburgh holiday

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**EDINBURGH HEADWAY GROUP**  
**HEADWAY HOUSE**  
**ASTLEY AINSLIE HOSPITAL**  
**CANAAN LANE**  
**EH9 2HL**

**TEL:** 0131 537 9116  
**EMAIL:** [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk)  
**WEB:** [www.edinburghheadway.org.uk](http://www.edinburghheadway.org.uk)  
**HOURS:** 9.30am – 3.30pm, MON – THURS



## CONTACTS

<b>Michelle Keenan</b>	<b>Chief Executive Officer</b>
<b>Lynne Atkinson</b>	<b>Support Service Manager</b>
<b>Amanda Milne</b>	<b>Rehabilitation Assistant</b>
<b>Pepe Hermoso</b>	<b>Rehabilitation Assistant</b>
<b>Robyn Tyler</b>	<b>Rehabilitation Assistant</b>
<b>Fiona Robertson</b>	<b>Carers Project Co-ordinator</b>
<b>Jill Scott</b>	<b>Finance Officer</b>
<b>Fiona Walls</b>	<b>Office Administrator</b>
<b>Mark Waugh</b>	<b>Gym Supervisor</b>
<b>Cristina Costanza</b>	<b>Volunteer Co-ordinator</b>

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**April 2018**

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
<p>2<sup>nd</sup></p> <p><b>Easter Monday</b></p> <p><b>Headway House closed</b></p>	<p>3<sup>rd</sup></p> <p>Gym &amp; Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo</p>	<p>4<sup>th</sup></p> <p>Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy</p>	<p>5<sup>th</sup></p> <p>Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Ind. Living Skills</p>
<p>9<sup>th</sup></p> <p>Gym Comp Therapy Ind. Living Skills Lunchtime Quiz Tai Chi Reminiscence/Cognitive Games</p>	<p>10<sup>th</sup></p> <p>Gym &amp; Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo</p>	<p>11<sup>th</sup></p> <p>Gym Art 1:1 Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy</p>	<p>12<sup>th</sup></p> <p>Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Ind. Living Skills</p>
<p>16<sup>th</sup></p> <p>Gym Comp Therapy Cooking Group Clay Workshop Ind. Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Day Service Outing - Barge Trip</p>	<p>17<sup>th</sup></p> <p>Gym &amp; Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo</p>	<p>18<sup>th</sup></p> <p>Gym Art 1:1 Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy</p>	<p>19<sup>th</sup></p> <p>Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Ind. Living Skills</p>
<p>23<sup>rd</sup></p> <p>Gym Comp Therapy Ind. Living Skills Clay Workshop Lunchtime Quiz Tai Chi Reminiscence/Cognitive Games</p>	<p>24<sup>th</sup></p> <p>Gym &amp; Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo</p>	<p>25<sup>th</sup></p> <p>Gym Art 1:1 Arts and Crafts Group Cooking Group Ball Game Lunchtime Quiz Jewellery Making Calligraphy</p>	<p>26<sup>th</sup></p> <p>Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Ind. Living Skills Social Group Lunch</p>
<p>30<sup>th</sup></p> <p>Gym Comp Therapy Cooking Group Clay Workshop Ind. Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group</p>			