

Tak' Heid



EdinburghHeadwayGroup
August 2017



DATES FOR YOUR DIARY

Social Group Outing – Fringe Festival Show, Thursday 17th August, 2.15pm

It's festival time so on Thursday 17th August the social group will be going to see a show at the Edinburgh Fringe Festival! We will be going to see '**Simon Currie's 6 plus 1**' – a show which is described as '*7 musicians playing New Orleans jazz, mixing in funk, rock and ska music, presented with a typical Monty Python, Spike Milligan style of humour with elements of slapstick next to skilled playing*'.

We will meet at 2.15pm outside the venue for the show which is 'Greenside @ Infirmary Street' (the education and resource centre at 6 Infirmary Street). The show starts at 3.05pm.



The cost is £10 – please book your place by Tuesday 8th August.

Day Service Outing - Butterfly World, Monday 21st August

Our August outing is to Butterfly World! The bus will be leaving Headway House at 10.30am and will return to Headway House by 3pm. Alternatively, if you would like to meet us there, please meet at the front door of Butterfly World (near Dobbie's Garden Centre, Lasswade) at 11.15am. The cost will be £13 if you are going to come on the bus and £7 if you choose to meet us at Butterfly World.



Please bring a packed lunch with you as there are no facilities to buy lunch at Butterfly World, however there is a gift shop if you would like a souvenir!

Places are first come first served – please speak to a member of staff to put down your name and pay!

Day Service Outing - Dynamic earth - Tuesday 29th August

We are making the most of our Golden Ticket to Dynamic Earth!! The bus will be leaving Headway House at 10.30am and will return by 3pm. The cost for the return bus trip will be £6. Alternatively, you can meet us at Dynamic Earth at 10.45 for FREE!! Please remember to bring along some money for lunch – options for lunch vary between £6 and £9.



Please let a member of staff know if you would like to come along.

A reminder that the golden ticket is available for carers and volunteers to use – a perfect summer holiday outing with the kids!!

COME ALONG AND HAVE YOUR SAY!! – September Members Meetings



A reminder that your Members Meeting will be at Headway House on **Wednesday 27th September 1.00pm – 2.00pm** and **Thursday 28th September 11.30am – 12.30pm**. All members are invited to attend whichever day is more suitable for them. If any members would like to add an item to the agenda, please let the rehabilitation team know.

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EVENT FOR CARERS

Carer's Outing – Fringe Festival Show Tuesday 22nd August



Come along and enjoy a festival show with friends! Hit magician, Chris Cook returns to the Fringe with a question... Are you still in control? Chris is an award-winning young magician with an original style and quick-witted charm. Expect a show full of cheeky audience interaction, devilish trickery and shocking surprises. You are about to lose control...

'An absolute master of his stage and a reminder of how cool magic is' (BroadwayBaby.com)

'Cheeky magician with the slickness of a stand-up' (Stage)

The show starts at 1.40pm (venue in West Register Street) so we will meet slightly earlier at the **Apple Store on Princes Street at 1.15pm**. The show will be finished at 2.40pm and we will go for a tea/coffee & snack afterwards.

This event is open to unpaid carers of anyone who has had an ABI and resident within City of Edinburgh.

Book your place by phoning Fiona Robertson (Carer's Co-ordinator) on 0131 537 9557 or email carers@edinburghheadway.org.uk.

August Supper Club – Thursday 24th August

The Supper Club Project has been specifically created to give the opportunity to **both carer and cared for** to come along and enjoy each other's company and meet others with similar challenges in a relaxed, fun and supported environment.

The **NEXT SUPPER CLUB** will be held at **Frankie & Benny's, The Gyle** on **Thursday 24th August 2017**.

We will meet at **5.00pm** outside Frankie & Benny's.
(Gyle Shopping Centre, Gyle Avenue, Edinburgh, EH12 9JX).

This is available to all unpaid carers and the adult they care for with an ABI.

If you would both like to come, please contact Fiona Robertson to book your place on 0131 537 9557 or email carers@edinburghheadway.org.uk



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Out and about in July.....

Despite the inclement weather (not what we ordered!), the Summer BBQ was a great fun day for all with some tasty cooked to perfection food from the barbeque and dancing to the foot tapping tunes from the Caleerie Buskers!



BBQ

THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month to the Reuben Foundation, Peter Bridges, the Cruden Foundation, Kasia MacDiarmid, Miss L E Allan and the Rotary Club of the Braids.

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.

EDINBURGH HEADWAY GROUP
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HOURS: 9.30am – 3.30pm, MON – THURS



CONTACTS

Michelle Keenan	Chief Executive Officer
Lynne Atkinson	Support Service Manager
Leigh Thornton	Rehabilitation Co-ordinator
Eilidh Jones	Rehabilitation Assistant
Amanda Milne	Rehabilitation Assistant
Pepe Hermoso	Rehabilitation Assistant
Fiona Robertson	Carers Project Co-ordinator
Jill Scott	Finance Officer
Fiona Walls	Office Administrator
Mark Waugh	Gym Supervisor
Cristina Costanza	Volunteer Co-ordinator

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Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
	1 st Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Bingo	2 nd Gym Cooking Group Ball Game Lunchtime Quiz Arts & Crafts Jewellery Making Computer Group (by appointment)	3 rd Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group and 1:1 Tai Chi Study Group
7 th Gym Cooking Group Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	8 th Gym & Zumba Reflexology Creative Writing Bingo	9 th Gym Ball Game Lunchtime Quiz Arts & Crafts Jewellery Making Computer Group (by appointment)	10 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group and 1:1 Tai Chi Independent Living Skills
14 th Gym Art 1:1 Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	15 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Bingo	16 th Gym Cooking Group Ball Game Lunchtime Quiz Arts & Crafts Jewellery Making Computer Group (by appointment)	17 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group and 1:1 Tai Chi Study Group Social Group Outing – Fringe Show
21 st Gym Art 1:1 Cooking Group Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy Day Service Outing – Butterfly World	22 nd Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Bingo	23 rd Gym Ball Game Lunchtime Quiz Arts & Crafts Jewellery Making Computer Group (by appointment)	24 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group and 1:1 Tai Chi Independent Living Skills
28 th Gym Art 1:1 Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	29 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Bingo Day Service Outing – Dynamic Earth	30 th Gym Cooking Group Ball Game Lunchtime Quiz Arts & Crafts Jewellery Making Computer Group (by appointment)	31 st Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group and 1:1 Tai Chi Study Group