

# Tak' Heid



Edinburgh Headway Group  
August 2019



## **New** – The Edinburgh Headway Group (EHG) Hospital Hub Service

In partnership with our NHS Lothian partners, we are delighted to introduce another new string to our bow :

**The EHG Hospital Hub** will provide the opportunity for us to run a weekly person-centred rehabilitation and carer support service to **inpatients and their relatives** directly from the Astley Ainslie Hospital.

We will be opening our doors for the first time on **Tuesday 6<sup>th</sup> August** from The Schoolhouse at the Astley Ainslie Hospital.

Our valuable staff members, Fiona Robertson, ABI Planning Nurse and Ashley McQueen, Carers Co-ordinator are looking forward to leading this new service to:

- ✓ Provide a range of specialist services to inpatients, who have acquired a brain injury, as part of their preparation for discharge;
- ✓ Offer a source of support, information and assistance to relatives/families; and
- ✓ Work directly with our multi-disciplinary allied health professionals on-site to support a seamless rehabilitation pathway for patients with an acquired brain injury once discharged from hospital.

Enquiries can be made by email to [michelle.keenan2@nhs.net](mailto:michelle.keenan2@nhs.net) or by phone 0131 370 0393.

## Calling all Carers – It's Festival Time!

### **Edinburgh Headway Group Carers Project**

All our work is aimed at helping adults with acquired brain injuries, their carers, and their families.



Let's get together for some Festival Fun

**Thursday 15th August 2019  
11.30am**

**Meeting at Starbucks 124 High Street, The Royal Mile to enjoy a cuppa/chat followed by a stroll ☺**

If you would like to come along, please contact Ashley on 0131 370 0393 or email [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk).



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## Thespians Take Delight in our New Creativity Cabin



Well hello to our new Creativity Cabin which, if you haven't already noticed, has taken up position in a cosy corner of our garden and is looking rather splendid!

Finishing touches are in progress and so there is still a flurry of activity going on to add the flooring, apply another lick of paint and provide some kerb appeal with the addition of some lovely flowering hanging baskets.

Once the transformation is complete – we are confident that you will all agree that this exclusive, quiet space is absolutely blooming marvellous ☺ The countdown is on and we hope that the Creativity Cabin will inspire you further in your art, creative writing and music sessions.

We would like to thank the following funders for our Creativity Cabin: The Edinburgh Airport Community Fund, Mr Bill Bryden in memory of Jean, the Friends of London Road Church and the Braid Hills Rotary Club. Your support is very much appreciated.

## And now for some creative words.....from Scott:

### Yesterday

Yesterday....I heard it said that life is very short  
And there is no time for fussing and fighting, my friend.  
If this is true, I'm going to board the yellow submarine  
With Miss Eleanor Rigby and all the lovely people.  
The submarine is tied up in the docks, just past  
Penny Lane opposite Strawberry fields, and to get on board  
Love is all you need.



*Scott Murray, Tuesday day service member 16/7/19*

**Fantastic work Scott – thank you!**

## It's BBQ Season

We are all looking forward to our BBQ on **Wednesday 7<sup>th</sup> August 2019**, generously sponsored by Digby Brown Solicitors.

Good food and entertainment guaranteed. All we need now is a little bit of sunshine – photos to follow in September edition.

**\*\*Raffle tickets will be available for sale this week\*\***



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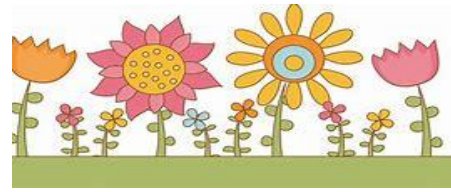
**Diary Reminder: Monday 16<sup>th</sup> September 2019 is a local Edinburgh holiday and Edinburgh Headway Group will be closed on this date**

*This date has not be charged for in your monthly invoice or standing order – it has been deducted from the annual fees.*

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## YOUNG PERSON SOCIAL CLUB (YPSC)

### We're all going to the Zoo !

Our Young Person's Social Club members decided to check out the Edinburgh Zoo on their social outing in July!

A fun day was had by all, the weather was kind and the group thoroughly enjoyed observing Giant Anteaters, Penguins and Koala Bears.



No, the pandas did not make an appearance but the Bantengs won the vote for favourite animal!

Funding raised by  
**The National Lottery**  
and awarded by the Heritage Lottery Fund



**Join Us** - If you are aged between 18 and 30 and would like to join our **Young Members Social Club** then please call on 0131 370 0393 to chat with a member of staff and learn about how you can get involved.



## Mimi is coming to Edinburgh

Mimi Hayes is an ABI survivor and standup comedian from Colorado, USA. After surviving a near-fatal brain haemorrhage at the age of 22 just days into her first career as a high school teacher, she wrote a humorous memoir during her recovery which just came out. She has been touring "[I'll Be OK, It's Just a Hole in My Head](#)" for the past year to local brain injury alliances in the states for speaking engagements, book signings, and to lead writing and comedy workshops with survivors of stroke and various Traumatic and Acquired Brain Injuries. Mimi now lives in New York City, performing [standup comedy](#) at a variety of professional clubs and coaching writers and comedians in their craft.

Mimi will be performing at her solo show "[I'll Be OK](#)" at the Edinburgh Free Fringe Festival - Venue 32 **PBH's Free Fringe @ Bar Bados Complex** - Room 4 for the month of August.

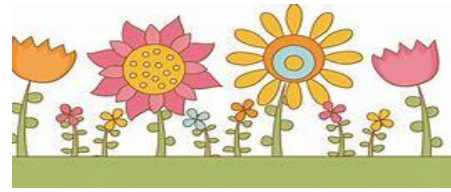
The show is a combination of standup comedy, characters, and vulnerable storytelling about my journey through a mysterious acquired brain injury and my odd path to standup comedy and self-love during recovery.

**Mimi is also arranging a visit to Edinburgh Headway Group to meet with members from our Young Person's Social Club – we can't wait to meet you Mimi!**

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## Grapevine Welfare Matters Project

Grapevine Disability Information has set up a new project as part of Lothian Centre for Inclusive Living (LCiL) 'Welfare Matters Project'. This service provides additional advice and information on

- Benefit checks to look at existing entitlement to benefits and check whether a person would be better or worse off under Universal credit and/or what can happen if their income or circumstances change.
- Assistance to start a Universal Credit claim and information on how to process a claim, if eligible for this benefit.
- Assistance with Employment Support Allowance (ESA) claim forms.

Contact Grapevine Disability Information Advice line 0131 4752370 (Mon – Fri 10am-4pm).

## Good Luck Lynne

Lynne our Support Service Manager is leaving us for pastures new! Lynne has worked with us for nearly 10 years and has made a significant difference to our work and the lives of our members and families. We will miss her very much so I am sure you will all join us in sending Lynne our very best wishes and thank her for her dedication, support and commitment over the many years. All the best in your future endeavours Lynne and trust you will keep in touch. So, it's not goodbye just an au revoir!

## Fundraisers and Donators we salute you:

Our thanks this month go to the Friends of London Road Church, Bill Bryden, the Isabella Memorial Charitable Trust, British Humane Association, Kiltwalk 2019, Margaret O'Donnell, Braid Hills Rotary Club, Crudens Foundation and the Thistledown Trust.

***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.***

A gentle reminder to members to please note that the day service opening hours are 9.30am – 3.30pm Monday to Thursday. Staff are in place to start the service at 9.30am and are not able to attend to any members who arrive before that time. It would be helpful if you can ensure that your transport providers are aware of our opening hours. Thanks.

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## EDINBURGH HEADWAY GROUP

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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 – Thursday  
1.00pm – 3.00pm, Fri for YPSC

## CONTACTS

Michelle Keenan  
Fiona Robertson  
Cristina Costanza  
Ashley McQueen  
Rafal Szetjna  
Pepe Hermoso  
Amanda Milne  
Brooke Benz  
Mairi Littlejohn  
Jill Scott

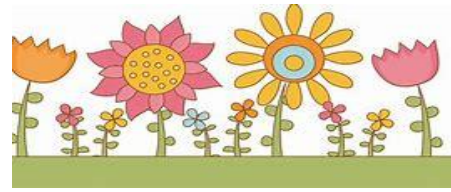
Chief Executive Officer  
Operations/ABI Planning Mgr  
Volunteer Co-ordinator  
Carers Project Co-ordinator  
Gym Supervisor  
Rehab Assist/YPSC Mgr  
Rehabilitation Assistant  
Rehabilitation Assistant  
Rehabilitation Assistant  
Finance Officer



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Monday	Tuesday	Wednesday	Thursday
		<b>3<sup>1st</sup> July</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Seated Yoga</b> <b>Lunchtime Quiz</b> <b>Music Group</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>1<sup>st</sup> August</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b>
<b>5th</b> <b>IPad Group</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Member</b> <b>Choice/Games/</b> <b>Scrabble Group</b>	<b>6th</b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>7th</b> <b>Annual BBQ</b> 	<b>8th</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b>
<b>12th</b> <b>IPad Group</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Tai Chi</b> <b>Member</b> <b>Choice/Games/</b> <b>Scrabble Group</b>	<b>13th</b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>14th</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Seated Yoga</b> <b>Lunchtime Quiz</b> <b>Music group</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>15th</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b> <b>Carers Event</b>
<b>19th</b> <b>IPad Group</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Member</b> <b>Choice/Games/</b> <b>Scrabble Group</b>	<b>20th</b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>21st</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Seated Yoga</b> <b>Lunchtime Quiz</b> <b>Music group</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>22nd</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b>
<b>26th</b> <b>IPad Group</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Tai Chi</b> <b>Member</b> <b>Choice/Games/</b> <b>Scrabble Group</b>	<b>27th</b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>28th</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Seated Yoga</b> <b>Lunchtime Quiz</b> <b>Music group</b> <b>Member Choice/</b> <b>Cognitive Games</b>	<b>29th</b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b>