

Edinburgh Headway Group August 2021

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



Digital Champion – Computer Classes



Hello everyone, Natasha is your new digital champion! But what does that mean? This means that she will be able to answer your techy questions and help you navigate yourself through the dreadful internet. We all have problems finding our way online or even trying to set things up.....the frustration is real! The digital world can be scary and with the times we live in now, we are having to rely more and more on the techy side of things.

But fear not! We will now be introducing computer classes or 1:1 sessions to help you become more confident in working the online world. We can first speak about the online world and the advantages and disadvantages that come with it. We can then look at your individual goals, what you would like to work on and help you achieve them! If you are interested in a 1:1 session, please let a member of staff or volunteer know and let's get confident to battle the digital age!



Day Service Book Club

Would you like to improve your cognitive and reading skills? Or simply reignite your love for reading? Our new reading group can help you achieve just that. An extract from a book, or a book that you recommend will be read out. From your imagination you will then need to draw what comes to mind or we will test your memory! But what else can we do? Join the group on Wednesdays and find out! Do you have a book that you are keen to speak about and share? Bring it along! Let your imagination run loose, get those creative juices flowing and allow your brain to become sharp!



It's all been happening in the gym..... The gym is now open and we are offering a choice of activities. There are physical options such as online exercise sessions at 10am and there is also a 30 minute gym session with Raf on the days you are in the premises. Are you are looking for extra motivation? To help make up your mind, we will provide support by regularly reaching out to our members. Please read the feedback below from two of our members:

Ravindra: *I am using the online group sessions as much as I possibly can. It helped me with my daily routine, time keeping and also helped me to be organised and motivated. It suits me very well to take part in the morning as I have other commitments in the afternoon. It helps me physically, for example, when I was getting up from the lying position I had to support my head to avoid neck pain and discomfort but lately I noticed that I don't need to do that anymore. It is easier to plan most things now and I am able to follow things through. The exercise selection is very broad... it feels like I am working most of my body. For example, when I'm going for a walk after the gym session, I can feel how I use my back now and it is easier for me to hold proper posture. **Thanks to the exercise sessions, I am now aware of my body more and feel more in control of it. It is a lot of fun and gives me a lot of motivation for the rest of the day.***

Tak' Heid

AUGUST



Edinburgh Headway Group

August 2021

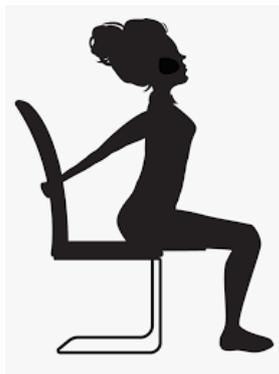
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Stephen: *I attend most of the online sessions whenever I have time. I am also using the gym each time I am in the premises. I do find it really helpful and enjoy meeting up with other people. I feel that that this prepares me for the other exercises which are prescribed by the physio. I have to do these exercises on my own. These gym sessions are vital as I don't want to go to normal gyms in the current situation. It has given me a lot of confidence and progression. I enjoy the sessions very much, it is great to meet up with other people, better than just exercising on your own, which can make you feel isolated. So, even working out in the gym with one extra person gives a great motivational boost. Raf's advice is second to none when it comes to exercise selection and how to perform them.*

We are so proud that simple physical activity can make such a difference in people's everyday life. **That is why we do what we do! Everybody is welcome....let's start that journey together!**

Online Seated Yoga



Feeling a bit overwhelmed lately? Changes making you feel anxious? Started feeling minor aches and stiffness? We have a potential solution! Have you ever heard about yoga and its benefits? Why not give Seated Yoga a try... everyone at any level can enjoy this activity safely!! Yoga can help you focus on your movement, breathing, reduces stress and improves mental clarity. How your body is reacting to the exercise also creates a kind of moving meditation that promotes relaxation. Seated yoga may also help improve your mood, confidence and relieve anxiety/depression. It will also help to mobilise and stretch the muscles and tendons that can reduce body aches and promote better posture. We have a Seated Yoga class session running on **zoom every Wednesday at 10am** Why not join us and see it for yourself...everybody is very welcome.



Volunteers News

Ellie's Isle of Wight Challenge

As you will all remember from last month's Tak Heid, our friend Ellie Springham was busy clocking up her steps on the Isle of Wight on the 10th and 11th of July.



We wanted to say a massive thank you for Ellie and congratulate her for raising a whopping £595 for your favourite charity, Edinburgh Headway Group. Due to Covid-19 Ellie had to change her plans many times but she persisted to help us. You can still support Ellie's challenge in the below link

<https://www.justgiving.com/fundraising/eleanor-springham2>



Gardening Group

Things are brightening up in the garden at Peffer Place! Some of our members and volunteers have been busy adding a bit of colour to our garden with our freshly planted pots. We are looking forward to more outdoor activity with our gardening group. Fingers crossed we get the weather!!

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In conversation, with Volunteer Mike

How long have you been volunteering at Edinburgh Headway Group and what made you Volunteer to begin with? *I have been volunteering with Edinburgh Headway Group for nearly twelve years having taken early retirement in 2009. I was looking for a volunteer opportunity and an EHG advert seemed to jump out at me. When I went for my 'interview', as soon as I walked in the door, I was made hugely welcome by the staff. I was hooked!*

What is your favourite thing to do while volunteering with Edinburgh Headway Group? *There is a wide variety of activities and as I don't have a particular skill, such as art, cooking or music etc. then I'm happy just to muck in. So, I guess my favourite thing to do is chat, listen, laugh and encourage.*

You were very active during Covid-19 with some members. Can you tell us what you did to help our members? *I was lucky to be able to keep in touch with three of the members during lockdown via a weekly phone call. For a two month period, when restrictions were lifted in October/November, I was able to meet up with one of the members for a walk, talk and a visit to a café! I thoroughly enjoyed these outings.*

Now that you are back volunteering in the Day Service how do you think the service has responded and adapted to the new socially distancing measures? *It feels like a very safe environment and obviously a lot of thought has gone into the new layout, procedures and working arrangements.*

What reaction did you observe in our members when they returned to the premises? *The members seemed to have taken things in their stride and most have settled back very well with the new set up, regulations and more formal timetable. I've also noticed how well the members interact and there appears to be an increased interest in the one-to-one gym sessions with Raf.*

You have mentioned you have been volunteering with Edinburgh Headway Group for quite some time now, how does volunteering at Edinburgh Headway Group make you feel? *How do I feel? Lucky. I appreciate where I am in life and whatever I contribute to EHG I get back many times over.*

What excites you most about volunteering at Edinburgh Headway Group? *That's a difficult one. Possibly when one of the long-standing members does something you have never seen or heard before such as a drawing, song or even just a story about a period in their life. Everyone has a story. Or beating Phil at Pool!*

Craigmillar and Niddrie Community Festival - 14th and 15th August



The Craigmillar and Niddrie Community Festival will be held on the 14th and 15th August. Please click the link below for details of the programme:

<https://www.craigmillarfestival.org/assets/Festival%20Programme-2021.pdf>

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Shaping Future Support: The Health and Disability Green Paper

The Green Paper explores how the benefits system can better meet the needs of disabled people and those with health conditions. It was informed by extensive engagement with disabled people, people with health conditions, and their representatives, to hear about people's experiences of DWP services and priorities for future change. The consultation started by the launch of this Green Paper, will last for 12 weeks. They want to hear from disabled people, people with health conditions and their representatives about the approaches they should consider to improve the system. Please click

<https://www.gov.uk/government/consultations/shaping-future-support-the-health-and-disability-green-paper>

Request for Support for user Research: Scottish Carers Assistance

The Scottish Government have designed the new Scottish Carer's Assistance service which will be the Scottish Government's replacement for Carer's Allowance (currently delivered by Department of Work and Pensions). They would like to speak to people who have any experience of applying for Carer's Allowance and the people and organisations that help support them, to make sure the whole service is designed with them in mind.

They aim to run the sessions in August and early September and can be flexible about dates and time. The sessions will be informal and last around 45 minutes. Due to Covid-19 restrictions sessions will be by video conference or by phone. It will be anonymous and any information provided will be used for research purposes only. If you are interested and able to take part, please contact

Louise.Harkins@gov.scot

Survey: Transport/Respite Service

Following a high level of concern raised at both Edinburgh Disability Forum and Edinburgh Carers Forum in recent weeks, EVOG has held discussion with some Forum members, City of Edinburgh Council Transport Department, Edinburgh Health and Social Care Partnership and others and produced these two surveys looking at issues of transport and travel and respite services. They would be grateful if you could complete by survey by selecting and clicking either of the links below

Deadline for completed surveys - Monday 23rd August

- Survey for Organisations: <https://www.surveymonkey.co.uk/r/K3QN56H>
- Survey for Service Users and Carers: <https://www.surveymonkey.co.uk/r/K3MBVDQ>

Edinburgh Headway Group

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Natasha Nabi	Rehabilitation Lead
Rafal Szetjna	Gym Supervisor
Nicola Tams	Rehabilitation Assistant
Ross Inglis	Rehabilitation Assistant
Kate Bartanuszova	Rehabilitation Assistant

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DAY SERVICE AND ZOOM ONLINE AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday
2nd August Gentle Exercise - 10am (Zoom) Sketchit - 10.35pm (Zoom) Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Gardening Group 1pm Study Group – 1.30pm Reminiscence - 2pm Current Affairs - 3pm	3rd August Gentle Exercise - 10am (Zoom) Art Group – 10.40 Cooking – 11.45 Music - 11.45am (Zoom) Bingo – 11.50 Quiz – 1pm Gardening Group 1pm Sporting Memories - 2pm (Zoom) Current Affairs - 3pm	4th August Seated Yoga - 10am Zoom Reminiscence – 11am (Zoom) Mindfulness – 12pm Day Service Book Club – 1pm BINGO – 1.30pm Cooking – 1pm Solve the Mystery 2pm Quiz – 2pm (Zoom) Current Affairs - 3pm	5th August Gentle Exercise - 10am (Zoom) Art Group – 10.35 Ipad Group – 11am Creative Writing – 11.30am (Zoom) BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm (Zoom) Current Affairs 3pm
9th August Gentle Exercise - 10am (Zoom) Sketchit - 10.35pm (Zoom) Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Gardening Group 1pm Study Group – 1.30pm Reminiscence - 2pm Current Affairs - 3pm	10th August Gentle Exercise - 10am (Zoom) Art Group – 10.40 Cooking – 11.45 Music - 11.45am (Zoom) Bingo – 11.50 Quiz – 1pm Gardening Group 1pm Sporting Memories - 2pm (Zoom) Current Affairs - 3pm	11th August Seated Yoga - 10am Zoom Reminiscence – 11am (Zoom) Mindfulness – 12pm Day Service Book Club – 1pm BINGO – 1.30pm Cooking – 1pm Solve the Mystery 2pm Quiz – 2pm (Zoom) Current Affairs - 3pm	12th August Gentle Exercise - 10am (Zoom) Art Group – 10.35 Ipad Group – 11am Creative Writing – 11.30am (Zoom) BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm (Zoom) Current Affairs 3pm
16th August Gentle Exercise - 10am (Zoom) Sketchit - 10.35pm (Zoom) Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Gardening Group - 1pm Study Group – 1.30pm Reminiscence - 2pm Current Affairs - 3pm	17th August Gentle Exercise - 10am (Zoom) Art Group – 10.40 Cooking – 11.45 Music - 11.45am (Zoom) Bingo – 11.50 Quiz – 1pm Gardening Group - 1pm Sporting Memories - 2pm (Zoom) Current Affairs - 3pm	18th August Seated Yoga - 10am (Zoom) Reminiscence – 11am (Zoom) Mindfulness – 12pm Day Service Book Club – 1pm BINGO – 1.30pm Cooking – 1pm Solve the Mystery - 2pm Quiz – 2pm (Zoom) Current Affairs - 3pm	19th August Gentle Exercise - 10am (Zoom) Art Group – 10.35 Ipad Group – 11am Creative Writing – 11.30am (Zoom) BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm (Zoom) Current Affairs 3pm
23rd August Gentle Exercise - 10am (Zoom) Sketchit - 10.35pm (Zoom) Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Gardening Group - 1pm Study Group – 1.30pm Reminiscence - 2pm Current Affairs - 3pm	24th August Gentle Exercise - 10am (Zoom) Art Group – 10.40 Cooking – 11.45 Music - 11.45am (Zoom) Bingo – 11.50 Quiz – 1pm Gardening Group - 1pm Sporting Memories - 2pm (Zoom) Current Affairs - 3pm	25th August Seated Yoga - 10am Zoom Reminiscence – 11am (Zoom) Mindfulness – 12pm Day Service Book Club – 1pm BINGO – 1.30pm Cooking – 1pm Solve the Mystery - 2pm Quiz – 2pm (Zoom) Current Affairs - 3pm	26th August Gentle Exercise - 10am (Zoom) Art Group – 10.35 Ipad Group – 11am Creative Writing – 11.30am (Zoom) BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm (Zoom) Current Affairs 3pm
30th August Gentle Exercise - 10am (Zoom) Sketchit - 10.35pm (Zoom) Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Gardening Group – 1pm Study Group – 1.30pm Reminiscence - 2pm Current Affairs - 3pm	31st August Gentle Exercise - 10am (Zoom) Art Group – 10.40 Cooking – 11.45 Music - 11.45am (Zoom) Bingo – 11.50 Quiz – 1pm Gardening Group – 1pm Sporting Memories - 2pm (Zoom) Current Affairs - 3pm		