

# Tak' Heid

EdinburghHeadwayGroup  
December 2017



## WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR

*"I would like to take this opportunity on behalf of myself and our trustees to thank all the wonderful people that have contributed to Edinburgh Headway Group this year.*

*To all of our generous donors and our wonderful volunteers, thank you so much for your continued support, ideas and contributions. So much of what we achieve is as a direct result of your amazing efforts and devotion to our work.*

*To our staff, thank you for your dedication, skill and commitment in making Edinburgh Headway Group the dynamic and respected organisation it is today, you are all stars!*

*To our members, thank you for your continued support. We exist to help you - our members and your families - to grow, evolve, and focus on continuous improvement.*

*Wishing you all a very merry Christmas and a happy new year. We look forward to seeing you in 2018 to begin what will be another exciting year for Edinburgh Headway Group!"*

*Michelle*

Michelle Keenan, Chief Executive

## Fantastic News!! Edinburgh Headway Group wins UKABIF film award!

Michelle Keenan, our Chief Executive Officer, travelled to London on Monday 13<sup>th</sup> November to attend the UKABIF film award event following the exciting news that our short video entitled '**Nothing Short of a Life**' had been shortlisted for an award.

Well, I can now reveal the results ... drum roll please ..

**... First prize winner of the UKABIF short film award 2017 was none other than Edinburgh Headway Group!**

Yes, we did it!

Michelle said: "Nothing Short of a Lifeline' sheds light on just how lives and futures can be altered in an instant as a result of sustaining a brain injury. What is clear is that the experiences of those affected are unique but with the right help and support at the right time, there can be life afterwards. Edinburgh Headway Group is absolutely thrilled to be given this award, which help us highlight the effects of acquired brain injuries for our members and their carers and the valuable work that we do to empower and enrich the lives of adults who have survived an acquired brain injury. I would like to thank Baillie Gifford, our members, carers and our team for all their assistance in the making of this powerful production – we are proud to receive this award and to gain UK recognition for our work"

To view our video: <https://youtu.be/AU26UqAGHO>



# Tak' Heid



**EdinburghHeadwayGroup  
December 2017**

**Book your place at the 'not to be missed' Headway House Christmas Party!!**

**Thursday 14<sup>th</sup> December - 11am – 3pm**

All day service and social group members, volunteers and carers are warmly invited to join us for the Headway House Christmas Party!! Come along and enjoy some games, music and prizes'!! The party starts at 11am!



We will be hosting a raffle so donations will be gratefully received (no alcohol please) and please bring along a small gift for 'Secret Santa' labelled male or female. Thank you.



Please **let us know by Monday 11<sup>th</sup> December** if you would like to come along – this is to allow us to plan our catering and how many wheelchairs we should expect. **Places are limited so book your place now!!** Thank you.



**Christmas raffle tickets for sale**

Tickets for our fabulous Christmas raffle are now for sale! Once again, we have received an array of very kind donations so there are lots of opportunities to win some great prizes!

If you would like to be in with a chance of winning and help support our charity, then please pop into **Edinburgh Headway Group, Headway House, Astley Ainslie Hospital** and purchase some raffle tickets. Tickets are being sold at a mere £2 per strip and are available for sale from now **until 12pm on Thursday 14<sup>th</sup> December**.

Along with some sweeties, chocolates, books and other treats, here is a list of just some of the great prizes that we have to offer:

- 2 tickets to the Omni Cinema
- Meal Voucher for 2 to Gordon's Trattoria
- Family ticket for 4 for City Bus Tour
- Voucher for Cut and Blow Dry with Rocco
- 2 x £25 Marks and Spencer's Vouchers
- £20 Taxi Voucher Central Taxis
- Voucher for Bowling at Fountain Park
- Unisex Hair Voucher by Fleming Smith
- Voucher for Manna House Bakery, South Queensferry
- Unisex Cut and Style by Boombarders, Bruntsfield Place
- Spa Sanctuary Body Wash Gift Set
- Lush Gift Box



**Christmas Holiday Dates**

**The last day for members at Headway House is  
Wednesday 20<sup>th</sup> December.**

**We will re-open for members on Monday 8<sup>th</sup> January 2018.**

# Tak' Heid



## EdinburghHeadwayGroup December 2017

### Sale of Work

Many thanks to everyone who donated and to those who purchased at our recent 'Sale of Work'. We had a wonderful display of handmade crafts and gifts alongside the ever popular tombola. We raised £222.10 which is fantastic, thank you!

### EVENTS AND NEWS FOR CARERS

#### VOCAL – Carer's Outings in December 2017

Title	Date	Time	Location
<b>Giant Lanterns at the Zoo</b>	Wednesday 27 <sup>th</sup> December	1600 – 1800 hrs	Edinburgh Zoo 134 Corstorphine Road Edinburgh, EH12 6TS
<b>Visit to Dynamic Earth</b>	Thursday 28 <sup>th</sup> December	1030 – 1300 hrs	Dynamic Earth 112-116 Holyrood Road Edinburgh, EH8 8AS
<b>The Big Wheel</b>	Thursday 28 <sup>th</sup> December	1730 – 1900 hrs	Vocal Carer Centre 8-13 Johnston Terrace Edinburgh, EH1 2PW

Also, visit link below for VOCAL's upcoming events / courses for carers in December 2017:-  
<https://www.carerstraining.co.uk/events/category/caring-for-yourself/>

### Useful Numbers

**NHS 24:** Non-emergencies dial 111 (or contact GP)

**Police Scotland:** Non-emergencies dial 101

**For Emergencies** (ambulance, fire and police) dial 999

**If you Smell Gas:** 0800 111 999

#### **Electricity Power Cuts:**

- Scottish Hydro: 0800 300 999
- SP Energy Networks: 0800 092 9290 (landline), 0330 1010 222 (mobile)

**Water Supply Emergencies:** 0845 600 8855

#### **Accident & Emergency Departments (A&E):**

- Aged 13 & over Royal Infirmary of Edinburgh: 0131 536 1000
- Under 13 years Royal Hospital for Sick Children: 0131 536 0000
- All ages A&E Department, St John's Hospital, Livingston: 01506 532000

#### **Social Work Emergency Service**

- Edinburgh, East and Midlothian: 0800 731 6969
- West Lothian: 01506 281028/9

# Tak' Heid



## EdinburghHeadwayGroup December 2017

### Out and about in November.....

The social group has a great time exploring the Royal Yacht Britannia and members of the day service went to the museum and Surgeons Hall. Everyone had a great time together and each outing provided valuable social time out with their usual daily setting.



## THANK YOU TO OUR FUNDRAISERS AND DONATORS

Our thanks this month to The Westwood Charitable Trust, UKABI Forum, Corstorphine Bowling Club and Mrs Mackenzie.

*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  
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

Michelle Keenan	Chief Executive Officer
Lynne Atkinson	Support Service Manager
Amanda Milne	Rehabilitation Assistant
Pepe Hermoso	Rehabilitation Assistant
Robyn Tyler	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
Jan Branstone	Administration Assistant.

# Tak' Heid



EdinburghHeadwayGroup  
December 2017

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
4 <sup>th</sup> Gym Cooking Group Lunchtime Quiz Music Group Complementary Therapy Independent Living Skills	5 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Bingo Mince Pie Day	6 <sup>th</sup> Gym Cooking Group Art 1:1 Ball Game Lunchtime Quiz Jewellery Making Christmas Lunch at Southsider	7 <sup>th</sup> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group
11 <sup>th</sup> Gym Lunchtime Quiz Music Group Complementary Therapy Creative Writing 1:1	12 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Bingo	13 <sup>th</sup> Gym Cooking Group Art 1:1 Ball Game Lunchtime Quiz Jewellery Making	14 <sup>th</sup> <b>Headway                      House                      Christmas                      Party!</b>
18 <sup>th</sup> Gym Cooking Group Lunchtime Quiz Music Group Complementary Therapy Creative Writing 1:1 Independent Living Skills	19 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Bingo Trip to the Panto	20 <sup>th</sup> Gym Art 1:1 Ball Game Lunchtime Quiz Jewellery Making  <b>LAST DAY                      OF SERVICE</b>	<b>HEADWAY                      HOUSE WILL                      RE-OPEN ON                      MONDAY 8<sup>TH</sup>                      JANUARY.</b>

