

Tak' Heid



**EdinburghHeadwayGroup
February 2019**



DATES FOR YOUR DIARY

Day Service Outing to Dynamic Earth – Monday 18th February

Our day service outing this month is to Dynamic Earth. This is always a popular trip so sign up soon!!

You can choose to meet the group at the main entrance to Dynamic Earth (112 Holyrood Road, Edinburgh, EH8 8AS) at 11am or you can travel with the party from Edinburgh Headway Group. Transport will depart at 1030am and return by 2pm.

We will take a tour round and then have a bite to eat at the café afterwards. Don't forget extra money if you would like to buy some food in the café or you can bring your own lunch.



The cost of this outing will be £5 to meet there or £10 to travel from Edinburgh Headway Group. Please let a member of staff know **by Monday 11th February 2018** if you would like to come along.

EVENTS FOR CARERS

The Supper Club – Tuesday 5th March

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.

Our next **SUPPER CLUB** will be held at **FRANKIE & BENNY'S, Fort Kinnaird** on **TUESDAY 5TH MARCH 2019**.

We will meet at **5.15pm** outside Frankie & Benny's (3a Newcraighall Road, Edinburgh, EH15-3HP)

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 Ashley McQueen to book your places on 0131 370 0393 or email carers@edinburghheadway.org.uk.

Please note: Places are limited so book soon! If you do secure a place and then for some reason you cannot join us, please call the office as soon as possible as there is usually a waiting list and it allows someone else the chance to attend. Thank you.

2019 Edinburgh Headway Group holiday dates for your diary

The service will be closed on the following dates –

19th and 22nd April for Easter weekend

6th May for the bank holiday

29th May for Head Injury Information Day at the Sheraton Hotel, Edinburgh.

27th May for the bank holiday

16th September for the local Edinburgh holiday

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SAVE THE DATE! - Head Injury Information Days in 2019

Edinburgh Headway Group is delighted to inform you of 3 Head Injury Information Days in 2019 sponsored and supported by Digby Brown. These events are free for professionals and for people affected by all types of acquired brain injury including families and carers. Local and national brain injury services are in attendance and the day features presentations from professionals in the field.

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.

Digby Brown will be hosting three Head Injury Information Days this year, with the first taking place in Dumfries & Galloway this March with Compass BISL

Wednesday 27th March 2019 – Dumfries and Galloway Head Injury Information Day

Easterbrook Hall, The Crichton, Bankend Road, Dumfries DG1 4TA

Wednesday 22nd May 2019 – Glasgow & West Central Scotland Head Injury Information Day

Double Tree by Hilton Hotel, 36 Cambridge Street, Glasgow G2 3HN

Wednesday 29th May 2019 – Edinburgh and Lothians Head Injury Information Day

Sheraton Grand Hotel, 1 Festival Square, Edinburgh EH3 9SR

For further information, please contact Kirsten Smith on 0141 566 9569 or email kirsten.smith@digbybrown.co.uk

To keep up to date with Head Injury Information Days, like the [Digby Brown Facebook page](#) and on Twitter [follow Digby Brown](#) and [Digby Brown CSR](#) in the run up to the Head Injury Information Days for more information.

Staff News and Individual physical therapy sessions in the fantastic new EHG gym!



The newest member to join our staff team is Rafal Szejna who is our Gym Supervisor. Rafal is a qualified sports therapist and is keen to work with members to help them improve their physical form.

As well as leading lively group activity sessions in our fantastic new gym facility, Rafal is available to work with individuals on a 1:1 basis. *Working on a 1:1 basis enables the individual to be very specific in their personal rehabilitation requirements and with hard work and regular attendance, improvements can be monitored to reach individual goals. If you would like to find out more about how a 1:1 session with Rafal could help you, please speak to a member of staff or call the office.

*The cost of a 1 hour 1:1 tailored session is £15.



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Young Person Social Group

Members of the YPSG have had a great start to the new year with some exciting activities on the Friday timetable. Our young people absolutely love the cooking sessions in our fabulous new kitchen and the fajitas were especially popular! Everybody had the opportunity to prepare and cook the food and then the whole group gathered around the table to enjoy the delicious results. There will be a cooking session of some kind each month and the recipe is always the choice of the group members.

The group also had their first outing to TenPin at Fountain Park. Everyone had a great afternoon (sounds like it was quite competitive!!), there was lots of banter and they are already looking forward to the next planned outing to Dynamic Earth.

If you or anyone you know would like to get involved, please get in touch, we would love to meet you. The group runs for 3 hours on Friday afternoon, 12.30pm – 3.30pm.



Please call us on 0131 370 0393 or email office@edinburghheadway.org.uk

Funding for this project has been made possible, thanks to funds received from the One City Trust and money raised by National Lottery players, in a joint scheme from Scotland's National Lottery distributors - Big Lottery Fund, Heritage Lottery Fund, SportScotland and Spirit of 2012

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



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Out and About in January at Burns Lunch and Supper Club

Day Service members celebrated Burns Day this year with a traditional Haggis lunch at The Southsider. The group were looked after very well by the excellent team there and everyone really enjoyed the treat on a wintery January day.

Our carers and their loved ones met for the January Supper Club at the Toby Carvery and enjoyed the opportunity to catch up over a lovely meal after the busy festive season.



Get2Gether – Events for 2019

If you feel isolated and want to mix and mingle, check out **Get2Gether**. They organise social events for adults with disabilities and it's free to join.

The events they organise are for all kinds of people, from really outgoing to those who are a bit shy and they are a great opportunity to make new friends. They have regular events like club nights and karaoke sing-alongs, bowling, meals out, table tennis, cinema trips and much more. Here are some dates for club nights and Karaoke Disco -



ATIK Club Nights

7th February
11th April
13th June
15th August
24th October
12th December

8pm – midnight
£7 entry and support is free

Karaoke Disco

18th January at Gorgie
21st March at Wallyford
17th May at Craigmillar
19th July at Loanhead
20th September at Gorgie
22nd November at Wallyford

7pm – 11pm
£5 entry and support is free

And in addition if you live in West Lothian there will be a West Lothian Launch Party at Livingston – **8th March at Grand Central, Livingston.**

You can find out more on their website www.get2gether.org.uk or call them 07867 179023.

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New Member and Carer Welfare Rights Advice Service

If you are experiencing difficulties trying to navigate through the state benefits system then help is at hand. We can now refer any benefit enquiries to the **Welfare Rights Advice Service at Digby Brown solicitors** and they will be able to help you to understand your query and offer professional advice.

If you would like to use this service, please speak to a member of staff and we will help you to complete a referral form. An advisor from Digby Brown will then get in touch with you via the phone or they may come to Edinburgh Headway Group to meet you for a 1:1 appointment. This is a free service.

It is important to note that Edinburgh Headway Group staff are unable to offer any information or advice on this very complex subject and we are unable to attend or represent anyone at meetings. If you feel you would like some additional support at a meeting or during a phone call, we can refer you to an advocacy service for this purpose.

Please speak to a member of staff for more information about this service.

CEA Card Scheme – take someone to the cinema with you for free!

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association. The card enables a disabled cinema guest to get a free ticket for someone to go with them. Most cinemas in Edinburgh are part of the scheme.

To find out more or apply online go to www.ceacard.co.uk/apply or call 01244 526 016.

To find participating cinemas in your area go to www.ceacard.co.uk/participating-cinemas

Brain injury identity card information

We have had a few more enquiries recently about the brain injury identity card. You can find out more information by visiting the Headway UK website – follow this link below.

<https://www.headway.org.uk/supporting-you/brain-injury-identity-card>

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THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month for the recent donations from Muir Leisure Ltd at Deer Park in memory of John Watson, from the walkers who took part in the 2018 Kiltwalk and chose to support Edinburgh Headway Group and Caroline Burns.

During the planning for a recent trip to Australia, Caroline Burns and her daughter Amy decided that the opportunity to sky dive from an aeroplane thousands of feet up in the air was definitely going to be part of their itinerary! They also decided that this challenge would be an amazing opportunity to raise some funds for our charity and as a result of their massive leap, they raised a fantastic £555! Congratulations and thank you! Here is Caroline enjoying the ride back down to earth!



*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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EMAIL: office@edinburghheadway.org.uk

WEB: www.edinburghheadway.org.uk

HOURS: 9.30am – 3.30pm, MON – THURS
12.30 – 3.30pm, FRI for YPSC



CONTACTS

Michelle Keenan

Lynne Atkinson

Amanda Milne

Pepe Hermoso

Fiona Robertson

Jill Scott

Fiona Walls

Cristina Costanza

Ashley McQueen

Brooke Benz

Lucie Cornwell-Lee

Rafal Szetjna

Chief Executive Officer

Support Service Manager

Rehabilitation Assistant

Rehabilitation Assistant

Operations/ABI Planning Mgr

Finance Officer

Office Administrator

Volunteer Co-ordinator

Carers Project Co-ordinator

YPSC activities assistant

YPSC activities assistant

Gym Supervisor

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Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
<p>4th</p> <p>Cognitive Games Gym Activities Comp Therapy Cookery Group Lunchtime Quiz Music Therapy Tai Chi Member Choice/Games/ Scrabble Group</p>	<p>5th</p> <p>Exercise with Raf Art Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games</p>	<p>6th</p> <p>Cognitive Games Exercise with Raf Lunchtime Quiz Jewellery Making Member Choice/ Cognitive Games</p>	<p>7th</p> <p>Cognitive Games Exercise with Raf Massage Therapy Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group Singing Group Member Choice/ Cognitive Games</p>
<p>11th</p> <p>Cognitive Games Gym Activities Comp Therapy Cookery Group Lunchtime Quiz Music Therapy Tai Chi Member Choice/Games/ Scrabble Group</p>	<p>12th</p> <p>Exercise with Raf Art Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games</p>	<p>13th</p> <p>Cognitive Games Exercise with Raf Cookery Group Lunchtime Quiz Jewellery Making Member Choice/ Cognitive Games</p>	<p>14th</p> <p>Cognitive Games Exercise with Raf Massage Therapy Art Group Guitar Lessons Bingo Tai Chi Study Group Singing Group Member Choice/ Cognitive Games</p>
<p>18th</p> <p>Cognitive Games Gym Activities Comp Therapy Cookery Group Lunchtime Quiz Music Therapy Tai Chi Member Choice/Games/ Scrabble Group</p> <p>Day Service outing to Dynamic Earth</p>	<p>19th</p> <p>Exercise with Raf Art Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games</p>	<p>20th</p> <p>Cognitive Games Exercise with Raf Lunchtime Quiz Jewellery Making Member Choice/ Cognitive Games</p>	<p>21st</p> <p>Cognitive Games Exercise with Raf Massage Therapy Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group Singing Group Member Choice/ Cognitive Games</p>
<p>25th</p> <p>Cognitive Games Gym Activities Comp Therapy Cookery Group Lunchtime Quiz Music Therapy Member Choice/Games/ Scrabble Group</p>	<p>26th</p> <p>Exercise with Raf Art Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games</p>	<p>27th</p> <p>Cognitive Games Exercise with Raf Cookery Group Lunchtime Quiz Jewellery Making Member Choice/ Cognitive Games</p>	<p>28th</p> <p>Cognitive Games Exercise with Raf Massage Therapy Art Group Guitar Lessons Bingo Study Group Singing Group Member Choice/ Cognitive Games</p>