

# Tak' Heid



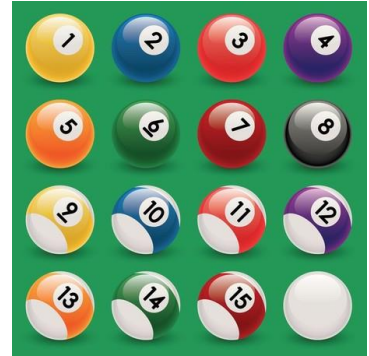
## EdinburghHeadwayGroup February 2018

### Day Service Outing – The Ballroom Pool Hall Wednesday 28<sup>th</sup> February, 12.30am – 2.30pm

February's outing for our day service members is an afternoon of pool, ping pong and darts at The Ballroom! If you would like to come along on this outing, then please let a member of staff know and book your space with your payment.

The cost for this outing will be £6 per person.

You can join the group traveling from Headway House – on foot or by taxi – or you can meet the group at The Ballroom, 3 Jordan Lane, Morningside, EH10 4RB. If you would like to have lunch at The Ballroom, you will need to bring money with you.



### Social Group Outing – Dynamic Earth Thursday 22<sup>nd</sup> February, 10.45am

A visit to Dynamic Earth is like nothing else on Earth. It's a chance to experience the primeval forces of nature as they shaped our planet, to journey through space and time. You'll be embarking on the interactive adventure of a lifetime - the lifetime of our planet.

Meet at main entrance to Dynamic Earth (112 Holyrood Road, Edinburgh, EH8 8AS) at **10.45am**. We will take a tour round and then have a bite to eat at the café afterwards!

The cost of this outing will be £10 – please let a member of staff know **by Thursday 15<sup>th</sup> February 2018** if you would like to come along



### SAVE THE DATE! - Head Injury Information Days in May 2018

Edinburgh Headway Group is delighted to inform you of two Head Injury Information Days in May 2018. These events are free for professionals and for people affected by all types of acquired brain injury including families and carers. 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. For further information, please contact Kirsten Smith on 0141 566 9569 or email [kirsten.smith@digbybrown.co.uk](mailto:kirsten.smith@digbybrown.co.uk)

**Wednesday 16<sup>th</sup> May 2017 - West Central Scotland Head Injury Information Day**  
Doubletree by Hilton Hotel, 36 Cambridge Street, Glasgow G2 3HN

**Wednesday 23<sup>rd</sup> May 2017 – Edinburgh and Lothians Head Injury Information Day**  
Hilton Edinburgh Grosvenor, 5-21 Grosvenor Street, Edinburgh EH12 5EF

### 2018 Headway House holiday dates for your diary

Headway House will be closed on the following dates –

30<sup>th</sup> March and 2<sup>nd</sup> April for Easter  
7<sup>th</sup> May for the bank holiday  
23<sup>rd</sup> May for Head Injury Information Day  
28<sup>th</sup> May for the bank holiday  
17<sup>th</sup> September for the local Edinburgh holiday

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## EdinburghHeadwayGroup February 2018

### NEWS FOR CARERS

#### Care for Carers / Carefreebreaks

Carefreebreaks offer 3 night or 7 night breaks for unpaid carers in rental accommodation such as holiday cottages or hotel rooms donated by owners and operators. The accommodation is usually offered during the low season or mid week. The accommodation is the only part which is free, so you have to fund travel, catering and activities on the break yourself. A carer may take a companion or friend to accompany them on a break but **not** the person they care for.

#### Eligibility criteria:

- You must be an unpaid carer, caring for at least 35 hours per week
- You feel you would benefit mentally and/or physically from a break
- You have not had a break **without** the person you care for in the last 6 months
- You have not planned a break **without** the person you care for in the next 6 months
- You are able to arrange care or respite cover for the period of the break
- You are able to pay the booking fee of £25 to Carefreebreaks at the time of booking

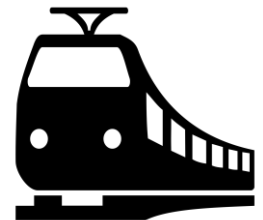
#### How will it work?

If you are interested, you will need to be referred by **Care for Carers**. The Carefreebreaks booking system is online only so you will need to have an email address. If you do not have a personal email address then you can ask Care for Carers to submit the request using our email details. All correspondence and booking information will come via your email contact so it must be an email that is checked often.

To find out more information or to register for a break, please contact [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk) or telephone **0131 661 2077**.

### TAXICARD – FREE RAIL TRAVEL FOR YOU

Good news for Taxicard holders – thanks to a special deal between ScotRail and the City of Edinburgh Council, you can travel on trains within the Lothian area for free! If you are travelling from a station with ticket barriers, you'll need to show your valid Taxicard to the gateline staff; otherwise just board your train and show it to the ticket inspector. To qualify for the special deal, you must be travelling on one of the routes listed below.



If you need help getting on or off the train, please call the operator's helpline before you travel. You can call Scotrail on 0800 912 2901 or visit the website - [www.scotrail.co.uk/facilities/disability-and-inclusion](http://www.scotrail.co.uk/facilities/disability-and-inclusion).

This offer is available **between** any of the following stations:

Addiewell Armadale Blackridge Bathgate Breich Brunstane Curriehill Dalmeny Drem Dunbar Edinburgh Park Eskbank Fauldhouse Gorebridge Haymarket Kingsknowe Kirknewton Linlithgow Livingston North Livingston South Longniddry Musselburgh Newcraighall Newtongrange North Berwick Prestonpans Shawfair Slateford South Gyle Uphall Wallyford Waverley West Calder Wester Hailes.

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## EdinburghHeadwayGroup February 2018

### Out and about in January.....

Headway House was filled with the sounds of lively tunes from The Caleerie Buskers and whoops from dancers as our members and guests enjoyed a traditional Burns celebration lunch!

Social Group members went to the National Museum to see the Wildlife Photographer of the Year exhibition which got great reports!



### THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month for the recent donations from Craigsbank Church, Sheila Herdsman, Incognito, Rotary Club of the Braids, The Stevenston Charitable Trust, Neuro Physio, Case Management, Scottish Housing Guild, Neural Pathways and the many organisations who supported our Burns Lunch event raffle.

*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  
Lynne Atkinson  
Amanda Milne  
Pepe Hermoso  
Robyn Tyler  
Fiona Robertson  
Jill Scott  
Fiona Walls  
Mark Waugh  
Cristina Costanza  
Jan Branstone

Chief Executive Officer  
Support Service Manager  
Rehabilitation Assistant  
Rehabilitation Assistant  
Rehabilitation Assistant  
Carers Project Co-ordinator  
Finance Officer  
Office Administrator  
Gym Supervisor  
Volunteer Co-ordinator  
Administration Assistant.

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February 2018

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
			1 <sup>st</sup> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group
5 <sup>th</sup> Gym Complementary Therapy Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	6 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	7 <sup>th</sup> Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	8 <sup>th</sup> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Independent Living Skills
12 <sup>th</sup> Gym Complementary Therapy Cooking Group Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	13 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	14 <sup>th</sup> Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	15 <sup>th</sup> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Independent Living Skills
19 <sup>th</sup> Gym Complementary Therapy Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	20 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	21 <sup>st</sup> Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Quiz Jewellery Making Calligraphy	22 <sup>nd</sup> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Independent Living Skills
26 <sup>th</sup> Gym Complementary Therapy Cooking Group Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	27 <sup>th</sup> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	28 <sup>th</sup> Gym Arts and Crafts Group Ball Game Lunchtime Quiz Jewellery Making Calligraphy DAY SERVICE OUTING – POOL HALL	SOCIAL GROUP OUTING – DYNAMIC EARTH