

Tak' Heid

Edinburgh Headway Group

July 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



Dear Friends

Welcome to your July edition of Tak Heid. Read on to find out what's on this month, together with some helpful information. We hope the sun reappears soon and you continue to stay safe and well. Meanwhile, take a break and enjoy your read!



EAT



SLEEP

Wake up in the morning.....with no energy to get of the bed.....no actual plan for the day.....struggle for motivation?

We have all been there!! But do not worry

Let's all Start the Day the Right Way ☺



GYM



REPEAT

Our amazing team at Edinburgh Headway Group have got your back! We are here to help you start your day the right way and put some structure into it so you will have something to look forward to every day.

What a better way to start the day than gentle morning exercise to wake you up and provide more energy for the rest of the day? Our gym guru – Raf has started a weekly group morning exercise session on ZOOM to do just that!

Join Raf for your Morning Wake Up Exercise session:

Every Wednesday at 10.30am *(All members and carers invited)*

Sharing is Caring

Following the success of our last meeting, and listening to your wishes to connect with each other more, we have scheduled another **Carers Zoom Meeting!** This informal gathering will last for 1 hour, but there is no pressure to stay for the full duration. So if you can, please do pop in to say hello... it would be lovely to see you and do let us know how we can continue to help!



Carers - Cuppa & Chat on zoom on:

Date: Tuesday 7th July

Time: 11:30am

Gill will send out the Zoom link by email, and post it on the Carers Facebook page. If you haven't used Zoom before or are feeling unsure about how to join the meeting then please let us know - carers@edinburghheadway.org.uk or call 0131 370 0393





Day Service Members – zoom date!



In June, we enjoyed our Day Service Members 'Coffee & Chat' session on Zoom! This was a lovely opportunity for our members to chat to one another, and stay connected during lockdown. Following the positive feedback from this session, we have set a date for the next 'Coffee & Chat' to allow you to meet up and enjoy time together again on-line.

Member Day Service Coffee & Chat

Date: Thursday 9th of July

Time: 12 noon

The zoom link is now available on the Day Service Members Facebook page. See you there and don't forget to bring the biscuits!

Study Group is live at 2pm via Zoom every Monday with Natasha! 😊 Every week the members have the opportunity to have a lot of fun playing different games such as place to place, the connection game and everyone's favourite – the word game!

The record so far has been 74 words, but we are looking for willing members to beat this record, the more who come and join the better! What do you win? A sense of pride and achievement! We are all stars!



“Study group is very interesting and helpful. Coming here gives me happiness”.
(member of EHG)

It's always great to see our members enjoying themselves and hear that they

find the sessions beneficial, to not only stimulate their mind and engage in conversation, but also have fun at the same time! Come and join us every Wednesday at 2pm, let's get our cognitive juices flowing!

Natasha (Rehabilitation Assistant)



As you know, we are absolutely committed to working with all our volunteers and carers to provide them with the best training opportunities and we will not let lockdown stand in our way! This month, we are pleased to announce that we will be offering our popular ABI Awareness Training via zoom.

Zoom Online Acquired Brain Injury Awareness Training

Wednesday 22nd July, 10:00 - 12:00

ABI Awareness Training covers: Brain Injury Definitions, Brain Facts, Types of Brain Injury, Areas of the Brain, The brain, Consequences of Brain Injury, Challenging Behaviour, Strategies, Statistics, Empathy Exercises.

Please note that our training sessions are extremely popular. Places are allocated on a first come first served basis and if required a waiting list will be put in operation.

Contact Cristina at volunteering@edinburghheadway.org.uk to note your interest.



TAKE CARE



OF YOURSELF

Let's focus on self-care :

Self-care is what nourishes us personally: the things we do that **comfort us, calm us, and make us feel good**. These will vary from person to person – you might be drawn to creative activities, physical pursuits, mindfulness techniques, a combination of all three or something different altogether. It might be just for 5 or 10 minutes in a day - it doesn't have to be a lengthy or a deeply engaging activity to benefit. Replenish your energies and feed your own soul. Be kind to yourself as you are to others 😊

Some ideas to try:

- Water flowers and plants in the garden / or house plants*
- Allow yourself some comfort/ have a pamper session / have a treat*
- Do a short meditation*
- Sew / bake / garden / fold washing – engage your hands*
- Create/ craft something / adult colouring books can be very relaxing*
- Drink a mug of soothing tea and rest for 5 minutes*
- Go on a walk in nature / spend time in the garden*
- Have a long soak in a bubbly bath or a hot shower*
- Nap*
- Read books or magazines, listen to an audio book*
- Challenge your brain in a different way – do a quick crossword / Sudoku / jigsaw puzzle*
- Listen to a favourite song*
- Do something spontaneous*
- Clean up an area in your house. Tidying up can help calm our minds*
- Unplug from social media for an hour*

What have you been up to during lock down?

Our member, Stephen B. has been keeping busy. In addition to walking his dog, taking care of his allotment and doing some meditation, he enjoys doing Crewel Embroidery.

Crewel embroidery, or crewelwork, is a type of surface embroidery using wool. A wide variety of different embroidery stitches are used to follow a design outline applied to the fabric. The technique is at least a thousand years old.

Stephen said: "I thought I'd show you one of the things I have been working on during lockdown. I was going to an Art Group where an older woman found out that I do Crewel Embroidery. She now does bobbin lace but had started a Crewel Work Kit that she was never going to finish. I agreed to finish off two kits for her. It took me several months doing a bit at a time.



Stephen tells us that this is not his own style, his is a little bit different and he is now working on a different piece. Amazing work Stephen!



Your Space ...

... with Derek & Linzi:

1. What have you been doing to keep yourself busy during this time?

"We've been sticking to our routine and adding in some time with coffees in the garden, the odd film, playing with our dog and joining in with some EHG activities"

2. What have you found most difficult?

"The lack of variety has probably been the most difficult and not being able to see family & friends, Derek definitely misses contact with others"

3. What do you think of Edinburgh Headway Group's communications during this time?

"EHG have been great at keeping in touch - we speak to someone every week, either by phone or zoom / video call"

4. Which EHG services have you enjoyed?

"We've enjoyed the quiz, exercises with Raf and the members coffee & chat"

5. How have these been of benefit to you and/or have you learned new skills?

"Its helped to have some structure and different faces / voices to break up the days"

6. What are you most looking forward to about EHG re-opening?

"Derek's very much looking forward to seeing his friends again when EHG can reopen"

7. What positive message would you give to other members / carers?

"Derek says we should keep positive and things will be ok"

How to make the most of your lockdown routine

For most people, lockdown has meant a huge change to daily routines, and it can be hard to know how best to structure the day.

- For exercising, the earlier you can do it, the better. Studies have shown that a morning workout carries the most benefits to lose weight and gives you a mental boost for the day.
- If the early mornings aren't helping you, afternoon workouts also come with benefits and may help you to avoid a dip in energy and productivity towards the end of the day.
- Try putting aside 20 minutes in your lunch break to go for a run or do some yoga to help clear your mind before tackling any afternoon tasks.
- Trying your hand at a new hobby or learning a new skill is something that can be done whenever you have free time, but there are certain periods of the day when the brain finds it easier to take in new information.
- Between 10am and 2pm, and again between 4pm and 7pm, the brain is in acquisition mode, meaning this is the time when learning is at its most effective.
- Choosing when you eat your meals can have an impact on your performance and mood, and it's easy to snack due to boredom when you're stuck at home. To get off to the best start, eat breakfast roughly an hour after waking up, with a break of four to five hours before lunch.
- Ideally you should follow the same pattern for your evening meal, but as this isn't always an option, try having a healthy snack between 4pm and 5pm instead, to allow you to push the meal back by a couple of hours.
- While you may need to wait until the end of the day to schedule a long catchup with friends or family, it's important to try and socialise throughout the day, whether you're working or not.
- If you live with someone, have breaks for a chat or plan to do things such as exercise, playing games or starting a new TV series together.
- If you live alone or not, it's still important to stay connected with the people we're missing during this time. So, plan virtual catch-ups with friends and family in the evenings or over the weekend, giving you human contact to look forward to.

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Create a consistent schedule:

- Use a visual planner/checklist
- Keep it simple and consistent

For example: If you know that you wake up at 8:30 am



- Get ready for the day (shower and dressed) at 8.45 am
- Have breakfast at 9.30 am
- Exercise (walk, stretch, doctor appointed exercises) / join Raf in the Zoom Gym Session at 10.30 am
- Rest/ read / phone a friend at 11.30 am
- Lunch at 12 noon
- Take a gentle walk/ do some house chores at 1pm
- Join Natasha in the Zoom Study Group at 2pm

... and so on.

Make sure you include: Regular eating times, Time for hygiene (e.g. showering, brushing teeth etc.) Time to take your medications, Time for exercises (e.g. rehab and general), Time for rest, Time for fun activities, Time for social connection, Time for house chores/cleaning, Regular sleep time.

There are many things that we can build into our day. Try and make it a bit challenging, enjoyable, and varied.

This will make your days more meaningful, and you can feel a sense of accomplishment by moving through the list (and you may also enjoy your rest more too!)

Limit the amount of news you are watching and listening to:

As the news can be a source of angst, it may also be good to add this to your schedule, basically to reduce exposure.

Read/listen to the news in the morning AND/OR 30 minutes of news in the afternoon.

This way, you will receive all the updates you need, but will not be inundated with repetitive stories that can leave us feeling anxious and stressed.

If you're noticing that watching the news every day is unhelpful (i.e. making you anxious, angry, depressed) reduce this to once every few days, or not at all.

If you want or need help creating a healthy daily routine then we can help.

Just let a member of the rehab team know and they will work with you to create a daily schedule adapted to your needs.

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Three Cheers for Simon – the Challenge is on!

We are honoured and delighted that Simon Donnelly, Celtic hero, has chosen to support Edinburgh Headway Group.



Simon's Story:

I am walking and running 300km during July for **Edinburgh Headway Group** because they help adults who've survived a brain injury. I have set myself a challenge this month (July) to walk and run a total of 300km in aid of charity and I am looking to clock 10km a day. As a result of my work with Consilium Sports Group and their foundation's chosen charity and also my fellow professional **Jackie McNamara's** illness earlier this year, I became aware of Edinburgh Headway Group.

Edinburgh Headway Group is a brilliant charity that empowers and enriches the lives of adults who've survived a brain injury.

I will be putting my money where my mouth is - chipping in a pound for every kilometre, and that will be split 50:50 between my two charities both of which are close to my heart.

To support Simon and Edinburgh Headway Group visit:

<https://www.justgiving.com/fundraising/simon-donnelly-300km-challenge-eh>

Come on folks let's all get behind Simon and show him our support – thank you 😊

EDINBURGH HEADWAY GROUP

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EDINBURGH
EH16 4BB
Tel: 0131 370 0393
EMAIL: office@edinburghheadway.org.uk
WEB: www.edinburghheadway.org.uk
HOURS: 9.30am – 3.30pm, MON – THURS
YPSC 1.30pm – 3.30pm FRIDAY



Our Fabulous Team:

Michelle Keenan	Chief Executive Officer
Judith Stirling	Admin Officer
Fiona Robertson	ABI Planning Nurse
Cristina Costanza	Volunteer Co-ordinator
Jill Scott	Finance Officer
Pepe Hermoso	Rehabilitation Lead
Heloise Hopps	Rehabilitation Lead
Gillian Hume	Carers Co-ordinator
Natasha Nabi	Rehabilitation Assistant
Rafal Szetjna	Gym Supervisor
Mairi Perry Littlejohn	YPSC Assistant

Stay safe and well and keep connecting with us!



.. And Keep smiling:

Did you hear about the race between the lettuce and the tomato?

The lettuce was a head and the tomato was trying to ketchup!

Don't spell part backwards. It's a trap!

I can't believe I got fired from the calendar factory. All I did was take a day off. I

I'm reading a book about anti-gravity. It's impossible to put down.



ONLINE JULY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1st July Gentle exercise 10.30 Quiz Time 2pm	2nd July Tai Chi Session 2pm	3rd July YPSG Zoom Meeting or phonecall from 1.30pm
6th July Study Group 2pm	7th July Carers Cuppa & Chat 11.30 Sporting Memories 2pm	8th July Gentle exercise 10.30 Quiz Time 2pm	9th July Members coffee & chat 12.00 Tai Chi Session 2pm	10th July YPSG Zoom Meeting or phonecall from 1.30pm
13th July Study Group 2pm	14th July Music Group 2pm	15th July Gentle exercise 10.30 Quiz Time 2pm	16th July Tai Chi Session 2pm	17th July YPSG Zoom Meeting or phonecall from 1.30pm
20th July Study Group 2pm	21st July Sporting Memories 2pm	22nd July ABI Training 10.00 Gentle exercise 10.30 Quiz Time 2pm	23rd July Tai Chi Session 2pm	24th July YPSG Zoom Meeting or phonecall from 1.30pm
27th July Study Group 2pm	28th July Music Group 2pm	29th July Gentle exercise 10.30 Quiz Time 2pm	30th July Tai Chi Session 2pm	31st July YPSG Zoom Meeting or phonecall from 1.30pm

Please note:

Links to the all of the above zoom sessions will be posted on the Day Service Members' Facebook and Carers Facebook pages in advance and/or sent by email, the above sessions may be subject to change, based on demand