

Tak' Heid

EdinburghHeadwayGroup
July 2018



DIARY DATES

Social Group Outing – Train Trip to Dunfermline, Thursday 26th July 2018

Enjoy a train trip over the Forth Rail Bridge to visit Dunfermline! We will visit the Andrew Carnegie Birthplace Museum and discover how he became the richest man in the world and father of modern philanthropy.

Please note: the museum is approximately a 15-min walk from the train station

We will meet at **11.00am** at WH Smith inside Edinburgh Waverley Train Station. We should be back in Edinburgh around 3.00pm.

Do let a member of staff know if you would like to come along and secure your place by paying £10. Also, don't forget to let us know if you hold a bus pass, railcard or taxi card.

Payment is required in advance for this trip by Thursday 5th July 2018.

*Please note that this trip will only go ahead if there is sufficient interest and payments received to enable early booking.

Annual Summer BBQ – Wednesday 1st August

We have been enjoying some gorgeous sunny days recently so let's hope the hot weather hangs around for 'summer' BBQ this year! Book this date in your diary and buy your ticket from the front desk.

Tickets are **£7.50 each** and this entitles you to 2 filled rolls, snacks, soft drinks and entertainment which will be announced soon. As always, we will have some fantastic prizes for you to win in the raffle to round off the event. Raffle tickets will be on sale running up to the event and on the day.

If you have any prizes (non-alcoholic) that you would like to donate, please pass them onto a member of staff. We would be very grateful for any donations, thank you.

Tickets will sell quickly so please ensure you buy yours by **Thursday 26th July**.



Please remember your sunscreen if it is a hot day!!

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EVENTS AND NEWS FOR CARERS

Carers Events

Here are some courses coming up soon that you may like to explore -

Creative Writing for Your Wellbeing

Thursday 19th July – 16th August
10.30am – 12.30pm

VOCAL
Edinburgh Carers' Hub
60 Leith Walk
Edinburgh
EH6 5HB

0131 622 6666

Stress Management

Wednesday 4th July
10.30am – 1.00pm

Libertus
20 Gracemount Drive
Edinburgh
EH16 6RN

0131 622 6666

Out and about in June.....

Members of the social group enjoyed a visit to the National Portrait Gallery on Queen Street – their visit began with a surprise bonus as on arrival, they were able to take a seat in the beautiful Grand Hall and enjoy a fabulous choral performance before exploring the gallery and rounding off the afternoon with a cuppa in the café!!



Brain Injury Identity Card

Many of our members have already received their brain injury identity card which has been designed to enable survivors of a brain injury to provide evidence of their (often hidden) disabilities. If you would like to apply for a card, please speak to a member of staff who will be able to guide you through the application process. 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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Edinburgh Headway Group cook book!

Exciting news! – We are very pleased to announce that our shiny new cook book has arrived and it is now on sale for £10! The book includes many simple, tasty and affordable recipes from our popular weekly cooking group. The recipes are very straightforward with clear instructions to help you to recreate these healthy and easy everyday dishes.

You can support Edinburgh Headway Group by buying our book which will also be a fantastic present for your friends and family! We – members included – have all put so much work into this book, we hope you like it as much as we do! The books are on sale at Headway House or you can call us 0131 537 9116 or email office@edinburghheadway.org.uk with your request and we can post* them to you. (*Postage costs will be applied).

All proceeds from the sale of this book will go directly towards Edinburgh Headway Group's services. Thank you to Baillie Gifford for all their support, both creatively and financially, in the production of this book.



'Inspired Creations' – a publication of written words from our Creative Writing Group

Louise Fellows, our Creative Writing Practitioner, has led the Creative Writing Group over the last two years. She has encouraged and enabled our members to tell their own stories and express themselves creatively. This very popular group provides an excellent opportunity for individuals with an acquired brain injury to work on their verbal communication and writing skills and participate in group discussions.

'Inspired Creations' is a collection of work by the members of this group. The pieces of work are diverse and emotive – many are full of humour, emotion, anger, joy and leave the reader with their own lasting thoughts and sentiments.

We would like to thank the following trusts for choosing to support our Creative Writing project – The Hospital Saturday Fund, The Schuh Trust and The Pat Newman Memorial Trust. Thank you also to our all our members - your efforts have been valiant and your words are truly inspiring.

Finally, thank you to Louise Fellows for your enthusiasm and for helping us create something truly special!

The books are on sale at Headway House or you can call us on 0131 537 9116 or email office@edinburghheadway.org.uk with your request and we can post* them to you. (*Postage costs will be applied).



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VOLUNTEERS

In the last month, we have been fortunate to welcome to Headway House a number of groups from corporate organisations to volunteer for a day. These corporate volunteering days are always a great success and enable the visitors to experience a very different day from their usual workplace and see for themselves the work that we do for our members. The feedback from the visiting volunteers is always very positive and our members really enjoy meeting and chatting to new people. A huge thank you to all the volunteers who came from Lloyds and Scottish Widows Bank in June - you were all amazing!!



THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month for the recent donations from Bill Bryden, Bank of Scotland Foundation, Foundation Scotland, Harmonise Community Choir, Scottish Widows Bank and ECHT.

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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CANAAN LANE
EH9 2HL

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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

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July 2018

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
2 nd Gym Cooking Group Lunchtime Quiz Tai Chi Reminiscence/Cognitive Games	3 rd Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo Day Service Outing – Botanic Gardens	4 th Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	5 th Gym Walking Group Art 1:1 Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group
9 th Gym Comp Therapy Lunchtime Quiz Reminiscence/Cognitive Games	10 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	11 th Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	12 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group
16 th Gym Comp Therapy Cooking Group Lunchtime Quiz Tai Chi Reminiscence/Cognitive Games	17 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	18 th Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	19 th Gym Walking Group Art 1:1 Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group
23 rd Gym Comp Therapy Music Group Lunchtime Quiz Reminiscence/Cognitive Games	24 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	25 th Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	26 th Gym Walking Group Art 1:1 Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Social Group Outing – train trip
30 th Gym Comp Therapy Cooking Group Lunchtime Quiz Tai Chi Reminiscence/Cognitive Games	31 st Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo		