



## EHG Promotional Video

Dear friends and colleagues,

We are excited to share our video with you all - welcome to Edinburgh Headway Group! Filmed pre-pandemic, this video highlights what we offer as part of our high quality, person-centred rehabilitation services.

As many of you will already be aware, our Day Service provides important, non-medical support and rehabilitation, aiming to enrich the quality of life for our members who have survived an acquired brain injury.

We provide a considerable range of rehabilitation activities, focusing on the improvement in areas such as: concentration, memory, creative thinking, mental wellbeing, physical health and independent living.

Please feel free to click the link below to view our video, and to share with colleagues, friends, and family: [https://www.youtube.com/watch?v=eJoQ0\\_TfJXc](https://www.youtube.com/watch?v=eJoQ0_TfJXc)

## Day Service News

The Rehabilitation Team have been busy organising lots of fun activities both in the Day Service and also online. Below are some of the new sessions coming up very soon at Edinburgh Headway Group for Summer 2021 – we can't wait to see you all at the sessions!!

**NEWS**

### Blast from the past!

Remember the things you did as a child - where you grew up, where you went on holiday, fond memories with your family and friends or school memories! Let's get talking and remembering the good old days! Many things have changed but many things have also stayed the same! Let's talk about these! Join us in our reminiscence session every Wednesday at 11am on zoom and indulge yourself in some old school memories!



**NEWS**

### Cooking Group is back!

Everyone's favourite cooking group is back - which means all your favourite brunch, dinner and baking ideas can be made again! We have missed having everyone in the kitchen – although there will be some slight changes....but fear not! We will still be able to crack on and gain those important skills, we can't wait. As we will have limited spaces, please make sure to ask a member of staff to book your cooking slot – we will keep you right! 😊



# Tak' Heid

## Edinburgh Headway Group July 2021

Scottish Charity No SCO06528  
Company Limited by Guarantee No 138081



## Haste Ye Back, Pepe

Our fantastic Rehab Leader, known to all as 'Pepe' or 'Peps', will be leaving us for a wee while to take a six month sabbatical to return to his homeland. Pepe wishes you all to know that this is not a goodbye just a 'see you later' and he hopes to return to our shores in the New Year. Please do join us in wishing him well on his travels – stay safe Pepe and we look forward to welcoming you back – missing you already, we will be counting down the days ☺



### **To All My Friends At EHG...I Salute You!**

### ***This is not a goodbye message, just a "See you later" (hopefully!)***

*"I first came to Edinburgh Headway Group on October 2014. It was a difficult time for me in Edinburgh, as nobody would give me a chance...but Edinburgh Headway Group came to the rescue and offered me the opportunity to become a volunteer in the Music Group.*

*At that time we were based in the Astley Ainslie. I enjoyed my time volunteering and not long after was successful in gaining a paid position within the charity as a Rehabilitation Assistant and over time progressed to my current Rehabilitation Leader role ☺*

*My idea was just to come to Edinburgh for a few months...well it's been eight and a half years now and I feel it is time for me to return to my roots and take a six-month sabbatical. So, if you find yourself in the streets of Granada, pop in at Bar Avila and you might find me in the bar enjoying some cervezas and jamon asado...*

*On reflecting over the years, so many people, faces and names come to my mind and I want to take this opportunity to thank you all for this amazing experience and letting me be part of your journey. I have learned so much with all the members and carers and I hope I have been able to make a difference.*

*Also, everyone who was part of the Young Persons Social Group (it was fun, wasn't it?)*

*Special mention to all the volunteers, without whom none of what we do would be possible: (all the best for you)....Thanks to you for your time and passion and for sharing your skills for the benefit of the community.*

*Finally, to all my colleagues past and present (don't miss me too much) and to Michelle for her trust and the opportunity to "find my voice" (did I find it?)...Thank you for your patience and keep up the hard work! I am very proud to be working with such an amazing group of people..."*

*Hasta la vista!*

**Pepe**

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## Volunteers News

### Ellie's Isle of Wight Challenge

On the 10<sup>th</sup> and 11<sup>th</sup> of July, Ellie Stringham, who some of you will remember from her fantastic volunteering work with EHG, will be doing a sponsored walk around the entire coastal path of the Isle of Wight, totalling 106 km and over 2,000 metres to climb over the course of the weekend!!

Every donation, of any size, will go directly to our fantastic charity - Edinburgh Headway Group and will make Ellie's 30 hours of walking worth it!

Due to covid restrictions this event has been postponed on numerous occasions in the past, so it would be great if as many of us as possible could get behind Ellie and support her amazing efforts.

To donate and follow Ellie's story please follow the link:  
[Ellie's Isle of Wight Challenge](#)



### Volunteering Opportunities at EHG

Hello Friends,

Our Volunteers have been busy since our reopening with activities in the premises, online and calls so a big shout out to them all to say thanks.

We still have opportunities for volunteering for the following activities; hosting zoom study and reminiscence groups, calls to members, inhouse cookery, inhouse quizzes & Bingo etc.

Maybe you have some time to spare to help our members or maybe you know someone who would be interested in joining our volunteer team. Please get in touch.

Many thanks

Phelim O'Toole  
Volunteer Coordinator  
[volunteering@edinburghheadway.org.uk](mailto:volunteering@edinburghheadway.org.uk)  
Tel: 0131 370 0393





## In conversation with Volunteer, Sheila McKay

### How long have you been volunteering at Edinburgh Headway Group and what made you Volunteer to begin with?

*Having taken a year out of work I decided to learn some new skills in holistic therapy. While doing a course on Reflexology I met a girl who worked at EHG. She told me that the reflexologist they had was moving away and would I be interested in coming along as a volunteer. I visited EHG, which was at Astley Ainslie at the time, and liked the people and the work Headway was doing so signed up as a volunteer reflexologist. That was in 2005, and I've been doing reflexology with the EHG members, and now helping with the day-care service, ever since.*

**You were very active during covid with some members. Can you tell us what you did to help our members?** *I provided weekly phone calls to help keep connected with one or two members and more recently, as the Covid restrictions have eased, I have met up with one of the members to go for a walk and sometimes have a cuppa en route.*

### Now that you are back volunteering in the day service how do you think the service has responded and adapted to the new socially distancing measures?

*The staff have worked extremely hard to make sure that everyone returning to EHG keeps safe and follows the socially distancing guidelines. It does mean that there are some restrictions for moving around, but we are all there to help people feel at home. This means that we can all participate safely in the activities and also join other members who call in via Zoom.*

### What reaction did you observe in our members when they returned to the premises?

*Members are so happy to be back in the building, to see the staff and the other members. Lots of smiles as they were welcomed back into the building. It's great to see the staff interacting with the members - the rapport they have hasn't dwindled even though it's been a while since they've all been together.*

### You have mentioned that you have been volunteering with Edinburgh Headway Group for quite some time now, how does volunteering at Edinburgh Headway Group make you feel?

*Firstly, I feel really honoured to share my time with our wonderful members. It's such a feel-good place to come to and there's a lot of humour, so I laugh a lot!*

### What excites you most about volunteering at Edinburgh Headway Group?

*Seeing the members smile and laugh 😊*

## HOORRRAAYYY - THE GYM IS OPEN!!!!

Since we have re-opened, many of our members have been using the gym by booking in for half hour sessions, with our gym guru - Raf.

Basic movement helps with your rehabilitation in general, but Raf can also design an exercise plan purely for **YOU**, to help you make progress to reach your own goals and see / feel the improvements, such as: balance, strength & cardiovascular fitness.

The majority of our gym users say it is reminding them of the numerous benefits of physical exercise including feeling more energised and having fun! 😊

### SO WHY NOT BOOK A SESSION?!

Just ask one of our rehab team to book you in for an available slot in the gym, when you arrive at EHG in the morning and they will sort everything out for you. Remember **WE ARE HERE FOR YOU!**

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## Carers News

### Remembering Sheila

We were saddened to hear the news of the passing of Sheila Herdsman. Over the years, Sheila was a great friend to us, our carers and our members and always offered support, a cheery smile and a listening ear. Her positivity was infectious, as was her laughter. Sheila always supported our cause and raised an extraordinary amount of funds over the years in our name, as well as promoting ABI to all who met her. Incredibly warm, generous and kind - Sheila will be greatly missed but never forgotten. We send our love to her family at this time and from all your friends at Edinburgh Headway Group, Sheila, we thank you for everything - you will remain in our thoughts shining brightly lovely lady. ❤️

### Care 4 Carers - Stepping Out Breaks!

Care for Carers are very pleased to announce Stepping Out® Residential Breaks for Carers programme is returning with a variety of free 2 – 4 night breaks for Carers in venues across Scotland. This only available for unpaid carers and you will be required to register with you.

From rural retreats to City Breaks there is something for everyone! Due to Covid19 restrictions they may have to reduce numbers on the breaks. Therefore, please do indicate your second preference on your application form.

For further information regarding Stepping Out® and to obtain an application form please contact Jacqui on **07394 418 088** or the office landline **0131 661 2077**.

The Public Health Scotland's Workforce Development Team have launched the Health Inequalities Learning Hub. The Hub is free, flexible resource for anyone that would like to increase their knowledge of health inequalities in Scotland.



Learners can access the learning hub by following the URL link below to access the resource on the Virtual Learning Environment.

<https://learning.publichealthscotland.scot/course/view.php?id=580>

For further information please contact [phs.wdteam@phs.scot](mailto:phs.wdteam@phs.scot)

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Vintage Vibes is an award-winning project that tackles isolation and loneliness among over 60s in Edinburgh by creating long lasting friendships, offers support, companionship and the opportunity to be more socially connected. Their referral list is now open for over 60s who would like a visit from a volunteer on a weekly basis. The postcode areas available for referral are EH6, EH7, EH8 and EH9.

For further information please contact [hello@vintagevibes.org.uk](mailto:hello@vintagevibes.org.uk)

Telephone 0131 343 0955 [www.vintagevibes.org.uk](http://www.vintagevibes.org.uk)

### FAIR - Service Continues During Covid!

FAIR staff have continued to provide specialist advice and information to the individuals and families we support during the COVID pandemic.

As restrictions ease the FAIR staff will continue to meet clients as required if the support cannot be provided on the phone, by email or via Zoom.

Please contact **0131 662 1962** or email [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)



### Edinburgh Food Project – Mental Health and Wellbeing Courses

The Edinburgh Food Group are running some courses that could help people who would benefit from some mental health and wellbeing support.

‘Coping with the new Normal’ is a new six week course starting **14<sup>th</sup> June**. This will be an informative and practical course that will help you to recognise stress and manage your own wellbeing to help you through these challenging times. The course will run for six weeks, 10.00-11.15am, via Zoom. For further information, phone Dawn MacLeod on **07458 017 041** or email [dawnmacleod@edinburghfoodproject.org](mailto:dawnmacleod@edinburghfoodproject.org)





### Missed Your Vaccine?

If you missed your vaccine appointment, or think that you may have been missed, you should contact the Vaccination Helpline on **0800 030 8013**

You can also fill out the missing appointment form on the NHS Inform website:

<https://www.nhsinform.scot/covid-19-vaccine/invitations-and-appointments/missing-appointment-details>



### Regular Rapid Testing for Everyone

Free lateral flow test kits for coronavirus (COVID-19) are available for anyone without symptoms. The aim of these tests is to find cases that would otherwise go undetected. Anyone testing positive can self-isolate and avoid giving the virus to other people. Anyone in your household can use the tests. You do not need to order one pack for each person. Click the link below to order online.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

### Libraries Reopening

The following libraries have reopened: Central, Central Children's, Craigmillar, Drumrae, Fountainbridge, Gilmerton, Kirkliston, McDonald Road, Stockbridge, Wester Hailes. The buildings will be open by appointment for browsing and borrowing books, using computers and the internet, processing bus passes (National Entitlement Cards) and collecting hearing aid batteries.

You don't need to book an appointment to return books or pick up free sanitary products. You can get more information about your local library by clicking the link below:

<https://yourlibrary.edinburgh.gov.uk/web/arena/library-reopening>



### Scottish Government - Home Energy Scotland

Home Energy Scotland is funded by the Scottish Government to help you reduce your heating costs and make your home warmer and more energy efficient. They will help you identify if you're eligible for free energy saving home improvements like insulation and heating, on average worth around £5,000, through the Scottish Government's Warmer Homes Scotland programme. Making your home more energy efficient can have a big impact on reducing your bills, for more information call **0808 808 2282**

#### Edinburgh Headway Group

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EDINBURGH  
EH16 4BB

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YPSC MON – THURS  
FRIDAY



#### Contacts:

Michelle Keenan	Chief Executive Officer
Judith Stirling	Admin Officer
Fiona Robertson	ABI Planning Nurse
Jill Scott	Finance Officer
Scott Wood	ABI Planning Nurse
Phelim O'Toole	Volunteers Co-ordinator
Pepe Hermoso	Rehabilitation Lead
Mairi Perry Littlejohn	YPSC Assistant
Natasha Nabi	Rehabilitation Lead
Rafal Szetjna	Gym Supervisor
Nicola Tams	Rehabilitation Assistant
Ross Inglis	Rehabilitation Assistant



### DAY SERVICE AND ZOOM ONLINE JULY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1<sup>st</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm Current Affairs 3pm	<b>2<sup>nd</sup> July</b> YPSC Zoom Meeting or phone call from 1.30pm
<b>5<sup>th</sup> July</b> Gentle Exercise - 10am Sketchit - 10.35pm Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Study Group/Reminiscence - 2pm Current Affairs - 3pm	<b>6<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 Cooking – 11.45 Music - 11.45am Bingo – 11.50 Quiz – 1pm Sporting Memories - 2pm Current Affairs - 3pm	<b>7<sup>th</sup> July</b> Seated Yoga - 10am Reminiscence – 11am Quiz - 12pm BINGO - 1pm Cooking – 1pm Solve the Mystery – 2pm Current Affairs - 3pm	<b>8<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm Current Affairs - 3pm	<b>9<sup>th</sup> July</b> YPSC Zoom Meeting or phone call from 1.30pm
<b>12<sup>th</sup> July</b> Gentle Exercise - 10am Sketchit - 10.35pm Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness at 1pm Study Group/Reminiscence - 2pm Current Affairs - 3pm	<b>13<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 Cooking – 11.45 Music at 11.45am Bingo – 11.50 Quiz – 1pm Sporting Memories - 2pm Current Affairs - 3pm	<b>14<sup>th</sup> July</b> Seated Yoga - 10am Reminiscence – 11am Quiz - 12pm BINGO - 1pm Cooking – 1pm Solve the Mystery – 2pm Current Affairs - 3pm	<b>15<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm Current Affairs - 3pm	<b>16<sup>th</sup> July</b> YPSC Zoom Meeting or phone call from 1.30pm
<b>19<sup>th</sup> July</b> Gentle Exercise - 10am Sketchit - 10.35pm Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Study Group/Reminiscence - 2pm Current Affairs - 3pm	<b>20<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 Cooking – 11.45 Music - 11.45am Bingo – 11.50 Quiz – 1pm Sporting Memories - 2pm Current Affairs - 3pm	<b>21<sup>st</sup> July</b> Seated Yoga - 10am Reminiscence – 11am Quiz - 12pm BINGO - 1pm Cooking – 1pm Solve the Mystery – 2pm Current Affairs - 3pm	<b>22<sup>nd</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session - 2pm Current Affairs - 3pm	<b>23<sup>rd</sup> July</b> YPSC Zoom Meeting or phone call from 1.30pm
<b>26<sup>th</sup> July</b> Gentle Exercise - 10am Sketchit - 10.35pm Cooking – 11.30 Quiz – 11.30 Bingo – 12.00 Mindfulness - 1pm Study Group/Reminiscence - 2pm Current Affairs - 3pm	<b>27<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 Cooking – 11.45 Music - 11.45am Bingo – 11.50 Quiz – 1pm Sporting Memories - 2pm Current Affairs - 3pm	<b>28<sup>th</sup> July</b> Seated Yoga - 10am Reminiscence – 11am Quiz - 12pm BINGO - 1pm Cooking – 1pm Solve the Mystery – 2pm Current Affairs - 3pm	<b>29<sup>th</sup> July</b> Gentle Exercise - 10am Art Group – 10.40 BINGO - 11.50pm Study Group – 1pm Cooking – 1pm Tai Chi Session – 2 pm Current Affairs - 3pm	<b>30<sup>th</sup> July</b> YPSC Zoom Meeting or phone call from 1.30pm