

# Tak' Heid

Edinburgh Headway Group

March 2020

Scottish Charity No SCO06528 Company Limited by Guarantee No 138081



## Book Now - March Outing Dinosaurs Galore at the Museum

**Date:** Tuesday 17<sup>th</sup> March 2020

**Details:** This month we will be visiting the **Tyrannosaurus Exhibition** at the National Museum of Scotland. Meet the most feared and revered of all dinosaurs in this cutting-edge exhibition, bringing the latest discoveries in palaeontology to life and challenging preconceptions about these ferocious predators.

**Time** Transport is available from EHG leaving at 10.30am, returning at 2.30pm, or meet us there at 11am.

**Costs:** Travel with us £15.00. Meet us there £9.00.

**To Book:** Please speak to a member of staff or email Judith at [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk)  
Payment must be made at the time to secure your place.

### February's Bowling Trip

Our February bowling outing on 25<sup>th</sup> February was a great success and enjoyed by all!

A special congratulations to Gus, Andy and Fraser who bowled us all over with their striking action and were declared our winning champions.

Pepe, our Rehabilitation Leader, said "it was great to see everyone encouraging each other and working together".

A huge thank you once again to Fountain Park for their hospitality – I am sure you will see us again soon!



### Soft Archery is here at EHG

We may not be in Sherwood Forest but Robin Hood would be proud of Marie and Gary's efforts!

#### Why not give it a try – here's why:

- ✓ helps with shoulder and elbow stabilisation
- ✓ muscle activation / strength building especially between the shoulder blades (scapulas)
- ✓ improves eye-hand coordination and hand flexibility
- ✓ assists in improving attention span as it requires repetitive sessions of focusing on all the above for certain amounts of time!
- ✓ A lot of fun!



★  
EVERY  
ACCOMPLISHMENT  
STARTS WITH  
THE DECISION  
TO TRY.  
★

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## Sporting Memories - A trip down memory lane...

Our Sporting Memories group is proving to be very popular with our members. The 'Sporting Pink' supplied by The Sporting Memories Foundation gets the group into full swing with its 'The Return of Spot the Ball' football photo challenge, and the sporting themed wordsearch and quiz.

Members have been sharing their own sporting memories, as well as bringing in memorabilia to show the group.



The group has developed into a nostalgic journey, leading us through poignant sporting moments, recollecting great sporting icons, as well as connecting with one another by sharing stories and personal memories.

## Brain Training – iPad Group

Our weekly iPad groups are enjoying using the Mensa and Peak cognitive brain training applications.

The Mensa brain training app is a tailored training program which exercises different parts of the brain such as memory, concentration, agility, perception and reasoning. This kind of training can help improve problem-solving approaches in day to day life and can enhance fluid intelligence.

Peak has been specifically designed by neuroscientists to challenge cognitive skills such as memory, attention, problem solving, mental agility, language, coordination, creativity and emotional control. It has been voted best app in 2014 and proven to help people improve in their thinking skills!



The addition of the iPad group has helped members work on their memory, attention, concentration and executive functioning. It has also motivated members to support one another within the sessions and encouraged them to bring their own iPads in and ask staff for help on cognitive tasks they have been working on. This has proven to be very successful as members really enjoy this time to work on tailored games which are beneficial to them.

Whether they work independently or within groups, members are getting the chance to keep up with the latest cognitive apps and technology but also form and maintain friendships! The iPad group runs every Monday 11.30-12.30pm and every Thursday 1.30 – 2.00pm.

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## Carers Pamper Day, Friday 3<sup>rd</sup> April – Time for a bit of 'ME' time

Our Pamper Day for Carers is back by popular demand!

This is a great chance to meet others in a similar situation or just take some time out for you. (Open to unpaid carers of an adult with an ABI).

The day will be filled with relaxation and good conversation as well as card-making and needle felting! And if you are still not feeling the zen then there's yoga and meditation.

**Date:** Friday 3<sup>rd</sup> April

**Time:** 10.30am – 2.30pm.

**To book:** Contact Brooke Benz on 0131 370 0393 or email [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk)

All treatments are free of charge and places are limited, so don't delay – book today!  
Feel free to bring your own lunch. Tea & coffee will be provided.



## Making Transport More Accessible – New App and Card

Thistle Assistance is a card, app and website to help make travelling by public transport in Scotland more comfortable and accessible for everyone.

People who ask for a free Thistle Assistance card will get an information leaflet with the card and icon stickers to place on the back of the card to show what assistance they need when travelling. The app follows the same format as the card and can be downloaded for free from all online app stores.

To find out more about the scheme and how to get your card or app, go to the website:

[www.thistleassistance.com](http://www.thistleassistance.com) call: 0131 524 5150 or email:  
[thistlecard@sestran.gov.uk](mailto:thistlecard@sestran.gov.uk)

## AbilityNet – Computer and Device Support

AbilityNet provide free help with computers, tablets and smartphones to anyone either over the age of 55 and disabled people of all ages.

You can arrange for a home visit with one of their ITCanHelp volunteers. This is for all gadgets which include Alexa, mobiles, laptops and tablets. They also offer support on surfing the internet.

The service is delivered at home by volunteers who are PVG Checked and all expenses are met by AbilityNet. To find out more or arrange a home visit, call their helpline: **0800 269 545**



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## Blue Badge Holders – Do a Short Interview, Get £20

Transport Scotland want to talk to Blue Badge holders and people who drive them as passengers, about the possibility of setting up Low Emission zones in four Scottish cities, including Edinburgh.

They can offer £20 to people for interviews that will only take 30 minutes. You can also fill in a survey online (you won't get paid £20!) by going to [www.surveymonkey.co.uk/r/MX3RT2D](http://www.surveymonkey.co.uk/r/MX3RT2D)

To find out more, contact Helen Peak by email: [helen.peak@deblur.co.uk](mailto:helen.peak@deblur.co.uk) or phone 0131 516 6449

## Creative Writing: March's Star Writer

### A memory by Gus H.

#### D.I.S.C.O.

I used to go to the weekly discotheque at the church hall. For some reason, it was called 'The Toe.' Around forty people would attend. The disco always took place on a Saturday evening, from seven to ten 'o' clock, as regular as clockwork.



I was a bouncer at the church disco. Gangs occasionally came down to cause trouble. They had been drinking and were spoiling for a fight. I managed to repel these rowdies and they sometimes ended up in court as a result. I used to give evidence against them. I'm going back here to the nineteen-seventies, the zenith of disco music. I never liked the songs – I much preferred the heavy metal of groups like Led Zeppelin and Wishbone Ash, although I did like Slade's songs, especially 'Cum On Feel The Noise,' and 'Squeeze Me, Pleeze Me.' Slade deliberately misspelled the titles of their records. I thought that was funny.

The church hall was a bare spartan room, but the vicar arranged for coloured lights and a disc jockey, although the equipment belonged to the club.

The dancers were all in their teens and were mostly boys. Many of them had no partners. The pretty girls were clad in mini-skirts and cotton tee-shirts or silk blouses. The boys sported flared trousers and high-heeled boots.

Eventually, numbers dropped off and the discotheque closed, much to the regret of the few remaining regulars. I quit to join the Royal Air Force, an eighteen-year-old stripling, ready for action.

*By Gus H.*

Thank  
You!

Thank you to Alison Demarco who organised the Can't Stop the Music which was held at the Edinburgh Corn Exchange in December. £620 has so far been raised for Edinburgh Headway Group and we have been informed that more is on the way! The Friday Football Team also benefitted from the fundraising of this fantastic event – well done Alison!!

Many thanks also to the following fabulous donors who contributed to our charity in February: Sheila Herdsman, Bill Bryden, the Nancie Massey Trust, the John Watson Trust, the Ward Family Charitable Trust, the Intrepid Charitable Trust, Case Management Services, Neurotherapy services, the Alchemy Foundation and the Tulip Charitable Trust.

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## IMPORTANT : CORONA VIRUS

In the UK, the country's chief medical officers have raised the public risk level from low to moderate. But, the NHS says, the risk to individuals remains low. Therefore, for the moment Edinburgh Headway Group will continue to operate as usual but will do so in line with National Health Authority advice.

**If you have been on holiday please ensure you check the up to date guidance for travellers before returning to Edinburgh Headway Group. Depending on where you have been you may need to stay away from other people (self-isolate) for a couple of weeks.**

People who need to stay away from public places are people who have been:

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

Otherwise, you should continue to go to work as normal.

If you have returned from travelling recently, we ask that you phone the office on 0131 370 0393, prior to attending Edinburgh Headway Group, to allow us to discuss what if any measures need to be taken prior to your return to ensure guidelines are being followed <https://www.nhsinform.scot/coronavirus#common-questions>

There are things you can do to minimise your risk of catching it.

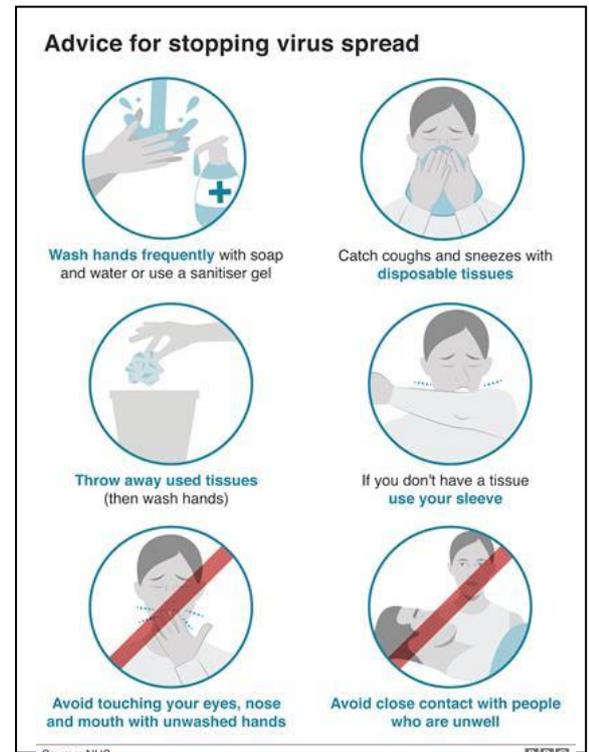
The NHS advises you, among other things, to wash your hands regularly, cover your mouth with a tissue when you cough or sneeze and avoid touching your eyes, nose or mouth if your hands are not clean. Catch it, Bin it, Kill it.

The NHS says, the risk to individuals remains low, however, you should contact the **NHS 111 service** if:

- You think you might have the virus
- You've been to Cambodia, China, Hong Kong, northern Italy, Iran, Japan, Laos, Macau, Malaysia, Myanmar (Burma), Singapore, South Korea, Taiwan, Thailand or Vietnam in the past 14 days
- You've been in close contact with someone with coronavirus

Clearly the health and wellbeing of our members, staff and volunteers is of paramount importance to us. We will therefore continue to monitor the situation but ask that you adhere to National Health advice. Given that information may change frequently it is important that you keep your knowledge up to date so please visit: <https://www.nhsinform.scot/coronavirus> to ensure that any guidance you are using is the latest version.

We thank you for your co-operation and remember - Catch it, Bin it, Kill it!



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Monday	Tuesday	Wednesday	Thursday
<b>2<sup>nd</sup> March</b> Cognitive Games Exercise Gym Cookery Group Sporting Memories iPad Group Seated Yoga Music Therapy Bingo	<b>3<sup>rd</sup> March</b> Cognitive Games Exercise Gym Art Group/1:1 Cookery Group Creative Writing Bingo Reflexology	<b>4<sup>th</sup> March</b> Cognitive Games Exercise Gym Cookery Group Seated Yoga Bingo Music Group	<b>5<sup>th</sup> March</b> Exercise Gym Cookery Group Art Group Guitar Lessons Bingo Thinking Aloud Tai Chi iPad Group
<b>9<sup>th</sup> March</b> Cognitive Games Exercise Gym Cookery Group Sporting Memories iPad Group Seated Yoga Music Therapy Bingo	<b>10<sup>th</sup> March</b> Cognitive Games Exercise Gym Art Group/ 1:1 Cookery Group Creative Writing Bingo Reflexology	<b>11<sup>th</sup> March</b> Cognitive Games Exercise Gym Cookery Group Seated Yoga Bingo Music Group Jewellery Making	<b>12<sup>th</sup> March</b> Exercise Gym Cookery Group Art Group Guitar Lessons Bingo Thinking Aloud iPad Group
<b>16<sup>th</sup> March</b> Cognitive Games Exercise Gym Cookery Group Sporting Memories iPad Group Seated Yoga Music Therapy Bingo	<b>17<sup>th</sup> March</b> Cognitive Games Exercise Gym Art Group/Art 1:1 Cookery Group Creative Writing Bingo Reflexology	<b>18<sup>th</sup> March</b> Cognitive Games Exercise Gym Cookery Group Seated Yoga Bingo Music Group Jewellery Making	<b>19<sup>th</sup> March</b> Exercise Gym Cookery Group Art Group Guitar Lessons Bingo Thinking Aloud Tai Chi iPad Group
<b>23<sup>rd</sup> March</b> Cognitive Games Exercise Gym Cookery Group Sporting Memories iPad Group Tai Chi Music Therapy Bingo	<b>24<sup>th</sup> March</b> Cognitive Games Exercise Gym Art Group/Art 1:1 Cookery Group Creative Writing Bingo Reflexology	<b>25<sup>th</sup> March</b> Cognitive Games Exercise Gym Cookery Group Seated Yoga Bingo Music Group Jewellery Making	<b>26<sup>th</sup> March</b> Exercise Gym Cookery Group Art Group Guitar Lessons Bingo Thinking Aloud Tai Chi iPad Group

## EDINBURGH HEADWAY GROUP

## CONTACTS

UNIT 4  
 PEFFER PLACE  
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 EH16 4BB

Tel: 0131 370 0393

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

YPSC 1.30pm – 3.30pm FRIDAY

Michelle Keenan  
 Judith Stirling  
 Fiona Robertson  
 Cristina Costanza  
 Jill Scott  
 Pepe Hermoso  
 Heloise Hopps  
 Brooke Benz  
 Gillian Hume  
 Natasha Nabi  
 Rafal Szetjna  
 Mairi Perry Littlejohn

Chief Executive Officer  
 Admin Officer  
 ABI Planning Nurse  
 Volunteer Co-ordinator  
 Finance Officer  
 Rehabilitation Lead  
 Rehabilitation Lead  
 Carers Coordinator  
 Rehabilitation Assistant  
 Rehabilitation Assistant  
 Gym Supervisor  
 YPSC Assistant

