

# Tak' Heid

EdinburghHeadwayGroup  
March 2019

Spring



## DATES FOR YOUR DIARY

### Day Service Outing –Tuesday 19<sup>th</sup> March, Ten pin bowling

Our March outing is a firm favourite with members – Ten Pin bowling at Fountain Park, Dundee Street.

The cost for this outing will be £13.00 for the return bus trip from EHG Peffer Place and for 2 games of bowling. If you would like to meet us at Fountain Park, the cost is £7.00 per player. We will play 2 games of bowling and then have lunch - please bring lunch with you – the kitchen at Ten Pin will not be in operation on this date.

The bus will depart from EHG at 10.45am or you can meet at Tenpin at Fountain Park at 11.00am. We will return for 2pm. This outing will be accessible and wheelchair users are welcome.



If you would like to go on this trip, please speak to a member of staff to book your place.

## SAVE THE DATE! - Head Injury Information Days in 2019

Edinburgh Headway Group is delighted to inform you of 3 Head Injury Information Days in 2019 sponsored and supported by Digby Brown. These events are free for professionals and for people affected by all types of acquired brain injury including families and carers. Local and national brain injury services are in attendance and the day features presentations from professionals in the field.

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.

Digby Brown will be hosting three Head Injury Information Days this year, with the first taking place in Dumfries & Galloway this March with Compass BSL

### **Wednesday 27<sup>th</sup> March 2019 – Dumfries and Galloway Head Injury Information Day**

Easterbrook Hall, The Crichton, Bankend Road, Dumfries DG1 4TA

### **Wednesday 22<sup>nd</sup> May 2019 – Glasgow & West Central Scotland Head Injury Information Day**

Double Tree by Hilton Hotel, 36 Cambridge Street, Glasgow G2 3HN

### **Wednesday 29<sup>th</sup> May 2019 – Edinburgh and Lothians Head Injury Information Day**

Sheraton Grand Hotel, 1 Festival Square, Edinburgh EH3 9SR

For further information, please contact Kirsten Smith on 0141 566 9569 or email [kirsten.smith@digbybrown.co.uk](mailto:kirsten.smith@digbybrown.co.uk)

To keep up to date with Head Injury Information Days, like the [Digby Brown Facebook page](#) and on Twitter [follow Digby Brown](#) and [Digby Brown CSR](#) in the run up to the Head Injury Information Days for more information.

**DIGBY BROWN**  
SOLICITORS 

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## EdinburghHeadwayGroup March 2019

### EVENT FOR CARERS

#### Carers' Pamper Afternoon, Friday 22<sup>nd</sup> March - Time for a bit of 'ME' time

Come along to our Pamper Afternoon for Carers at Edinburgh Headway Group, 27 Peffer Place on **Friday 22<sup>nd</sup> March 11.00 – 2.30pm.**

We will have therapists on the day offering Reflexology, Guided Relaxation and Shiatsu sessions along with some good conversation!

Feel free to bring your own lunch. Tea & coffee will be provided.

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)*

All treatments are free of charge. Please contact Ashley McQueen on 0131 370 0393 or email [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk) if you plan to come along & to book a therapy appointment.



**If there are not enough people planning to come we will need to cancel so it is important to let us know.**

### The Supper Club – Tuesday 5<sup>th</sup> March

The Supper Club Project has been specifically created to give the opportunity to **both carer and cared for** to come along and enjoy each other's company and meet others with similar challenges in a relaxed, fun and supported environment.

Our next **SUPPER CLUB** will be held at **FRANKIE & BENNY'S, Fort Kinnaird** on **TUESDAY 5<sup>TH</sup> MARCH 2019.**

We will meet at **5.15pm** outside Frankie & Benny's (3a Newcraighall Road, Edinburgh, EH15-3HP)

This is available to all unpaid carers and the adult they care for with an ABI. If you would both like to come, please contact Ashley McQueen to book your places on 0131 370 0393 or email [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk).

**Please note: Places are limited so book soon! If you do secure a place and then for some reason you cannot join us, please call the office as soon as possible as there is usually a waiting list and it allows someone else the chance to attend. Thank you.**

### 2019 Edinburgh Headway Group holiday dates for your diary

The service will be closed on the following dates –

19<sup>th</sup> and 22<sup>nd</sup> April for Easter weekend

6<sup>th</sup> May for the bank holiday

29<sup>th</sup> May for Head Injury Information Day at the Sheraton Hotel, Edinburgh.

27<sup>th</sup> May for the bank holiday

16<sup>th</sup> September for the local Edinburgh holiday

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**March 2019**

## Wise Words

Our member Scott wrote this short poem which he is very happy to share with everyone and has got us all thinking about his wise words.....

*The world is upside down.  
So why is it that we don't fall more often?  
This is something we should take into consideration as we move from A to B.*

Scott M.



## Out and About in February.....

Our day service members and volunteers had a lovely day exploring 'our Dynamic Earth' and learning all sorts of stuff about how the earth as we know it was formed.



## Young Person Social Group



Members of the Young Person Social Group also voted to visit Dynamic Earth as the February outing. Most of the group had never been before - they had a great time together and rounded off the afternoon with refreshments in the café!

We are taking referrals for the YPSG – if you are aged between 18 and 30 and would like to join the group, please call on 0131 370 0393 for a chat and learn about how you can get involved.

**Funding raised by**  
**The National Lottery**  
and awarded by the Heritage Lottery Fund



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**SAVE THE DATE!!**

## **BRAW 2019 – Friday 20<sup>th</sup> – Sunday 22<sup>nd</sup> September 2019**

**Applications are invited from members to take part in BRAW 2019 – Best Relaxing Activity Weekend!**

Venue - Tullieallan Police College, Tullieallan Castle, Kincardine FK10 4BE

Cost per person - £120.00 (additional £10 single person supplement) - this includes accommodation, all meals & activities.

### **Draft Programme of events & booking information**

Friday 20 <sup>th</sup>	Arrival & registration late afternoon Welcome speeches, dinner, The Braw Factor & Disco
Saturday 21 <sup>st</sup>	Morning - Option 1 – Falkirk Wheel trip / Option 2 – On site therapies & activities Afternoon – Option 1 – Bo'ness & Kinneil Steam Railway trip / Option 2 - On site therapies & activities Evening – Quiz, Raffle & entertainment.
Sunday 22 <sup>nd</sup>	Morning – Walking Football, New Age Kurling, Arts & Crafts & therapy options Depart after lunch

### **Therapies**

Holistic therapies are provided over the course of the weekend – last minute bookings will be taken after registration if spaces available. Some of the therapies that will be available are –

Back, neck & shoulder massage  
Reflexology  
Mindfulness

### **Activities**

Arts & Crafts  
Guided walks

Outdoor Activities will be delivered by **'Venturing Out'**

Team Building / Problem Solving whilst orienteering - the activities will be tailored to group needs

Orienteering on its own - a variety of orienteering courses to suit varied abilities.

Bushcraft / Survival - Finding a way to collect water; building a shelter; hot chocolate on storm kettles; orienteering skills; code breaking; Improvised Archery - Shooting (Bows n Arrows); lighting a fire without matches or lighter

Taster Sessions: New Age Kurling, Boccia, walking football

Swimming in College swimming pool – non-supervised, confident swimmers only

All ability cycling will be delivered by **Beyond Boundaries East Lothian**

All staff will be qualified coaches and all appropriate safety equipment such as aids and helmets will be used.

**If you are interested in taking part, speak to a member of a staff for all the details.**

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## USEFUL INFORMATION

### New Member and Carer Welfare Rights Advice Service

If you are experiencing difficulties trying to navigate through the state benefits system then help is at hand. We can now refer any benefit enquiries to the **Welfare Rights Advice Service at Digby Brown solicitors** and they will be able to help you to understand your query and offer professional advice.

If you would like to use this service, please speak to a member of staff and we will help you to complete a referral form. An advisor from Digby Brown will then get in touch with you via the phone or they may come to Edinburgh Headway Group to meet you for a 1:1 appointment. This is a free service.

It is important to note that Edinburgh Headway Group staff are unable to offer any information or advice on this very complex subject and we are unable to attend or represent anyone at meetings. If you feel you would like some additional support at a meeting or during a phone call, we can refer you to an advocacy service for this purpose.

Please speak to a member of staff for more information about this service.

### Assertive Communication Workshops

If you are a disabled person, or someone with a long-term condition and living in Edinburgh or the Lothians, you may like to attend a work shop which will help you to communicate more assertively. LCIL are running 2 workshops in a relaxed and friendly atmosphere and the aim is to help you to learn how to -



- **be more assertive**
- **give yourself the best chance of getting what you need by preparing well for meetings or assessments**
- **challenge decisions**
- **increase your confidence and meet new people**

There are two sessions:

#### **Assertiveness 1      10.30am – 2.30pm, Tuesday 26th March 2019**

At this workshop we'll cover different ways of communicating and their effects, and you'll have a chance to think about and plan how to make a case for something you need.

#### **Assertiveness 2      10.30 – 2.30pm, Tuesday 9th April 2019**

This workshop will give you the chance to discuss how you used what you learned in Assertiveness 1 and to take your skills further.

**Please note - you must do Assertiveness 1 before you do Assertiveness 2 but you are welcome to do Assertiveness 1 on its own.**

Workshops will be held at Norton Park Conference Centre, Albion Road, Edinburgh EH7 5QY.  
Lunch and refreshments will be provided, and if needed, transport can be arranged.

To find out more and to book contact Lisa Milburn on 0131 475 2554 or email [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

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## **THANK YOU TO OUR FUNDRAISERS AND DONATORS**

Our thanks this month for the recent donations from McClure Solicitors, the family and friends in memory of Betty Briggs, the W M Mann Foundation, the Nancie Massey Trust and The Alchemy Trust.

Michelle attended a reception hosted by The Hospital Saturday Fund in Glasgow City Chambers to receive a grant cheque. This award from The Hospital Saturday Fund together with funding from the Agnes Hunter Charitable Trust will now enable us to run the very popular cookery classes every day starting this month. For many of our service users, preparing healthy food for themselves can be a huge challenge so our classes aim to help individuals to become more confident in preparing and cooking simple nutritious meals. The classes take place in our fabulous new spacious kitchen and enable individuals to re-learn important life skills thus aiding independence, self-confidence and enriching their quality of life. We are very grateful to The Hospital Saturday Fund and the Agnes Hunter Charitable Trust for supporting this project.

Here are our members enjoying the fruits of their labours - delicious courgette and parmesan soup with toasted buttery garlic bread!!



***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.***

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### **EDINBURGH HEADWAY GROUP**

Unit 4, 27 Peffer Place  
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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  
12.30 – 3.30pm, FRI for YPSC



### **CONTACTS**

**Michelle Keenan**

**Lynne Atkinson**

**Amanda Milne**

**Pepe Hermoso**

**Fiona Robertson**

**Jill Scott**

**Fiona Walls**

**Cristina Costanza**

**Ashley McQueen**

**Brooke Benz**

**Lucie Cornwell-Lee**

**Rafal Szetjna**

**Chief Executive Officer**

**Support Service Manager**

**Rehabilitation Assistant**

**Rehabilitation Assistant**

**Operations/ABI Planning Mgr**

**Finance Officer**

**Office Administrator**

**Volunteer Co-ordinator**

**Carers Project Co-ordinator**

**YPSC activities assistant**

**YPSC activities assistant**

**Gym Supervisor**

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## March 2019

Just a gentle reminder to members to please note that the day service opening hours are 9.30am – 3.30pm Monday to Thursday. Staff are in place to start the service at 9.30am and are not able to attend to any members who arrive before that time. It would be helpful if you can ensure that your transport providers are aware of our opening hours. Thanks

Monday	Tuesday	Wednesday	Thursday
<b>4<sup>th</sup></b> <b>Cognitive Games</b> <b>Gym Activities</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Music group</b> <b>Tai Chi</b> <b>Member Choice/Games/ Scrabble Group</b>	<b>5<sup>th</sup></b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/ Cognitive Games</b>	<b>6<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Jewellery Making</b> <b>Member Choice/ Cognitive Games</b>	<b>7<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Massage Therapy</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b> <b>Singing Group</b> <b>Member Choice/ Cognitive Games</b>
<b>11<sup>th</sup></b> <b>Cognitive Games</b> <b>Gym Activities</b> <b>Comp Therapy</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Tai Chi</b> <b>Member Choice/Games/ Scrabble Group</b>	<b>12<sup>th</sup></b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/ Cognitive Games</b>	<b>13<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Jewellery Making</b> <b>Member Choice/ Cognitive Games</b>	<b>14<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Massage Therapy</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b> <b>Singing Group</b> <b>Member Choice/ Cognitive Games</b>
<b>18<sup>th</sup></b> <b>Cognitive Games</b> <b>Gym Activities</b> <b>Comp Therapy</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Music group</b> <b>Member Choice/Games/ Scrabble Group</b>	<b>19<sup>th</sup></b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/ Cognitive Games</b> <b>Day Service</b> <b>Outing – Ten</b> <b>Pin Bowling</b>	<b>20<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Jewellery Making</b> <b>Music group</b> <b>Member Choice/ Cognitive Games</b>	<b>21<sup>st</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Massage Therapy</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b> <b>Singing Group</b> <b>Member Choice/ Cognitive Games</b>
<b>25<sup>th</sup></b> <b>Cognitive Games</b> <b>Gym Activities</b> <b>Comp Therapy</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Music group</b> <b>Tai Chi</b> <b>Member Choice/Games/ Scrabble Group</b>	<b>26<sup>th</sup></b> <b>Exercise with Raf</b> <b>Art Group</b> <b>Cookery Group</b> <b>Creative Writing</b> <b>Reflexology</b> <b>Bingo</b> <b>Member Choice/ Cognitive Games</b>	<b>27<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Cookery Group</b> <b>Lunchtime Quiz</b> <b>Jewellery Making</b> <b>Music group</b> <b>Member Choice/ Cognitive Games</b>	<b>28<sup>th</sup></b> <b>Cognitive Games</b> <b>Exercise with Raf</b> <b>Massage Therapy</b> <b>Cookery Group</b> <b>Art Group</b> <b>Guitar Lessons</b> <b>Bingo</b> <b>Tai Chi</b> <b>Study Group</b> <b>Singing Group</b> <b>Member Choice/ Cognitive Games</b>