

# Tak' Heid



## EdinburghHeadwayGroup May 2018

As part of our campaign to raise awareness and raise vital funds for our services, we will be celebrating Acquired Brain Injury Awareness Week (14<sup>th</sup> May – 17<sup>th</sup> May 2018) for our members and their families and friends at Headway House. See below for our programme.

### **ACTION FOR BRAIN INJURY WEEK 2018, 14<sup>th</sup> – 17<sup>th</sup> May** **'You, Me and Brain Injury'**

The aim of this year's theme 'You, Me & Brain Injury' is to highlight the ripple effect brain injury can have on many different lives and in different ways. At EHG we focus on helping people adjust to life with a brain injury, assisting with physical, cognitive, behavioural and emotional issues.

Our ABI week programme reflects this as we celebrate -

- Physical Rehabilitation in our Commonwealth Sports Day
- Emotional Rehabilitation in our Health and Wellbeing Day
- Cognitive Rehabilitation in our Art & Creativity day
- Behavioural & Social Rehabilitation in our Finale Party! Sing, dance and have a chance of winning a fantastic raffle prize!!

#### Monday – Health & wellbeing

10.30 – 11.30: Shiatsu Massage

11.30 – 12: Smoothie Making

12 – 12.30: Musical bingo

12.30 – 1 lunch

1-2 Quiz (1-1.30 then 1.30 -2 music)

2 – 3 : Make your own Stress Ball



#### Tuesday – Art & Crafts

10.30 – 12.30: Help Create our Astley Ainslie Memory Mural! With Malcy & Pablo

12.30 – 1 lunch

1- 1.30 – Picture Quiz

1.30 – 3 Visit from Therapet Dog

1.30 – 3 'Craft'ernoon – get involved with lots of creative crafts!



#### Wednesday – Commonwealth Sports Tournament

10.30 – 11.45 : Walking Group

12 – 12.30: Sports Quiz

12.30 – 1 lunch

1-3pm: Sports Tournament –team & individual games

#### Thursday – Creativity Day – writing, dancing & singing

10am – 11 : Walking Group

11.15 -12: Creative writing

12 – 12.30: Quiz

12.30 -1: lunch

1-2/ 2.30-3: Finale Party! – Headway Choir, dancing, Karaoke

2– 2.30: Raffle



**Wear a hat for 'Hats for Headway Day' and buy your raffle tickets!!**

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## EdinburghHeadwayGroup May 2018

### Social Group Outing – Wednesday 30<sup>th</sup> May Gin Discovery Tour – Edinburgh Gin Distillery

Come and enjoy a Gin Discovery Tour with friends! Learn about the history of gin, taking in Edinburgh's distilling past in the exhibition area. Experience the still room up close to see how it is made today using two working copper stills and discover the botanicals used in Edinburgh Gin recipes.

We will meet at **11.45am** (tour starts at 12.00pm) at the entrance to **Edinburgh Gin Distillery & Visitor Centre**, 1A Rutland Place, Edinburgh, EH1 2AD.

Please let Fiona Robertson member of staff know if you would like to come along and book your place by paying £10.

### Carers Event

### THE SUPPER CLUB – Thursday 31<sup>st</sup> May

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.

The **NEXT SUPPER CLUB** will be held at **Toby Carvery, Liberton** on **Thursday 31<sup>st</sup> May 2018**.

We will meet at **5.00pm** outside Toby Carvery (41 Howden Hall Road, Edinburgh, EH16 6PG).

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 Fiona Robertson to book your places on 0131 537 9557 or email [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk)

### Do you need a bit of help with your technology? - Re:Connect – Digital Drop-Ins

'People Know How' is a local Scottish charity offering 'Digital Drop-ins' sessions to help people get the most out of their technology. Anyone is welcome, just go along and see how they can help you!

Have you ever wanted to find out:

- How to reset your password?
- How to apply for a job online?
- How to use your smart phone?
- How to get the best out of the internet?

You can bring your own laptop or use one of theirs. You can also take your smartphone or tablet. The drop in sessions take place at a number of locations and around the city.

To find out more visit <http://peopleknowhow.org/drop-ins-sessions/> or phone 0131 652 1315 or email [contactus@peopleknowhow.org.uk](mailto:contactus@peopleknowhow.org.uk)

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May 2018

DIGBY BROWN  
SOLICITORS  
0333 200 5925  
digbybrown.co.uk



## **Edinburgh and Lothians Head Injury Information Day – Wednesday 23<sup>rd</sup> May, 2018** **Hilton Grosvenor Hotel, 5-21 Grosvenor Street, Edinburgh**

Edinburgh Headway Group is delighted to share with you the full programme for the forthcoming Head Injury Information Day supported by Digby Brown Solicitors on May 23<sup>rd</sup> in Edinburgh. This event is free for professionals and for people affected by all types of acquired brain injury including families and carers. 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

- 09.00 am      Event registration and exhibition opens
- 10.00 am      **Welcome** - Chris Stewart, *Partner, Digby Brown Solicitors*
- 10.30 am      **Making a difference**  
Michelle Keenan - *Chief Executive Officer, Edinburgh Headway Group*
- 11.00 am      **Why Scotland can't afford its current approach to rehabilitation**  
Dr Alan Carson – *Consultant and Reader in Neuropsychiatry, NHS Lothian and University of Edinburgh*
- 11.30 am      **'I am not the person I used to be': The impact of head injury on sense of self and strategies for living well with change**  
Dr Sarah Gillanders - *Clinical Neuropsychologist, Case Management Services Ltd*
- 12.00 pm      Refreshments and exhibits
- 12.45 pm      **'An Introduction to Cerebral Visual Impairment due to Brain Injury**  
Professor John Ravenscroft - *Chair of Childhood Visual Impairment, Head of the Scottish Sensory Centre, The University of Edinburgh.*
- 1.15 pm      **Concussion in Sport**  
Chris Stewart – *Partner, Digby Brown Solicitors*
- 1.45 pm      **Walking Football: An alternative to the beautiful game**  
Gary McLaughlin – *Chairman, Walking Football Scotland*
- 2.00 pm      Comfort break
- 2.15 pm      **Leisure: Finding your flow**  
Paula Gribben and Gillian Munday – *Occupational Therapists, Murdostoun Brain Injury Rehabilitation and Neurological Care Centre*
- 2.45 pm      **The Carers (Scotland) Act and what it means for carers and patients**  
Heather Noller – *Policy and Parliamentary Officer, Carers Trust Scotland*
- 3.15 pm      End of presentations

Refreshments will be provided throughout the course of the day.

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

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## Carer News

### New Carers Act

On 1 April this year, Scotland took a major step towards extending and enhancing the rights of unpaid carers with the introduction of the Carers (Scotland) Act 2016.

The aim of the Act is to ensure that carers are better supported in their caring role, so that they can continue to care if they wish, and are able to do so in good health with a life alongside their caring responsibilities too.

The following will apply as a result of the Carers Act taking effect:

**Adult Carer Support Plans/Young Carer Statements:** Carers have the right to be offered or request an Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS), setting out their personal outcomes and identified needs.

**Information and advice:** Local authorities are required to establish and maintain an information and advice service for carers. They must also publish and keep under review a Short Breaks Services Statement. This statement must be published by 31st December 2018.

**Support to carers:** Local authorities have a duty to provide support to carers, based on the carer's needs which meet local eligibility criteria. Local authorities also have powers to enable them to provide support to carers who do not meet local eligibility criteria.

**Breaks from caring:** Local authorities are required to consider whether any support provided should include, or take the form of, a break from caring. They must also have regard to the desirability of breaks being provided on a planned basis.

**Hospital discharge:** Health boards have a duty to inform the carer and to invite their views before a cared-for person is discharged from hospital. These must be taken into account before the discharge of the cared-for person.

**Carers Charter:** Scottish Government have published a Carers' charter which sets out the rights of carers in or under the Act.

**If you require further information please do contact our Carers Coordinator Fiona Robertson on 0131 537 9116 or [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk)**

### **Cross Party Group on Carers - Wednesday 16 May, 1:00pm-2:15pm** **Committee Room 1, Scottish Parliament**

The CPG will discuss caring for someone with head injury and hear directly from carers with experience of this, as well as from services which support them. There will also be an update on the new National Health and Care Standards, implemented from 1 April 2018, and how these Standards support carer involvement in health and care services.

If you would like to attend, please RSVP to [hnoller@carers.org](mailto:hnoller@carers.org) by **Friday 11 May**. Please do forward this email to colleagues or anyone who may be interested in attending.

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## EdinburghHeadwayGroup May 2018

### Out and about in April.....

#### Ratho Barge trip

Members of the day service thoroughly enjoyed their day on the barge at Ratho. They were blessed with a warm and sunny day to watch the world go gently by!! Thank you to the Rotary Club of the Braids for once again kindly supporting this much loved annual trip.

*'I loved it! I enjoyed the singing, dancing and lunch!'  
'I enjoyed it, it was full of excitement and joy!'*

#### Member quotes



### THANK YOU TO OUR FUNDRAISERS AND DONATORS

Our thanks this month for recent donations from the Isabella Memorial Trust, Mrs. M A Black, Andrew Niven, Waitrose Morningside and Mike and Pat Baillie.

#### 2018 Headway House holiday dates for your diary

Headway House will be closed on the following dates –

- 7<sup>th</sup> May for the bank holiday
- 23<sup>rd</sup> May for Head Injury Information Day
- 28<sup>th</sup> May for the bank holiday
- 17<sup>th</sup> September for the local Edinburgh holiday

**Before we go.....please remember to reply to our email asking if you would like to keep hearing from us!**

EDINBURGH HEADWAY GROUP  
HEADWAY HOUSE  
ASTLEY AINSLIE HOSPITAL  
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EH9 2HL

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WEB: [www.edinburghheadway.org.uk](http://www.edinburghheadway.org.uk)  
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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May 2018

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
	<b>1<sup>st</sup></b> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	<b>2<sup>nd</sup></b> Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	<b>3<sup>rd</sup></b> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Ind. Living Skills
<b>7<sup>th</sup></b> HEADWAY HOUSE CLOSED FOR EARLY MAY BANK HOLIDAY	<b>8<sup>th</sup></b> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	<b>9<sup>th</sup></b> Gym Art 1:1 Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	<b>10<sup>th</sup></b> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Ind. Living Skills
<b>14<sup>th</sup> – 17<sup>th</sup></b> <b>ACTION FOR BRAIN INJURY WEEK AT HEADWAY HOUSE</b> See feature inside for details of all the activities happening each day this week.			
<b>21<sup>st</sup></b> Gym Comp Therapy Cooking Group Ind. Living Skills Clay Workshop Lunchtime Quiz Tai Chi Reminiscence/Cognitive Games	<b>22<sup>nd</sup></b> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	<b>23<sup>rd</sup></b> CLOSED Head Injury Information Day - see in side for details	<b>24<sup>th</sup></b> Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Ind. Living Skills
<b>28<sup>th</sup></b> HEADWAY HOUSE CLOSED FOR SPRING BANK HOLIDAY			