

Tak' Heid



**EdinburghHeadwayGroup
May 2019**

ACTION FOR BRAIN INJURY WEEK 2019, 20th – 24th May

The theme for this year's Action for Brain Injury Week is **'Brain Drain – Wake up to Fatigue'**.

Each year ABI week represents an important part of our overall campaign to raise awareness of brain injury and in turn raise vital funds for our services. We will be celebrating this week with a unique timetable of activities focused around this year's theme. The aim of the sessions will be to explain neural fatigue and offer strategies to manage this along with energising activities, healthy nutrition, gentle exercise and ways to promote feelings of wellbeing.



In addition, we will be having a raffle, tombola and a bake sale during the week so any donations of prizes and baking will be gratefully received. Tickets for the raffle will be on sale and the prize draw will be on Thursday 23rd May – thank you!

All week we will be offering the following sessions –

- Energising exercise routines with Raf - indoor & outdoor if the sun is shining!
- Raf will give an educational talk about pacing and slowly increasing levels of stamina
- Art group – make your own dreamcatchers using a variety of tactile materials
- Craft workshop to make stress balls
- Cooking group every day which will focus on healthy energising foods such as protein bites, flapjacks and soups
- A Member Mood Board will be set up for members to pin up strategies and add personal insights
- I pads will be used to download brain training apps and will be used throughout the week for meditation
- Coping mechanisms and strategies will be displayed in the hall throughout the week and members encouraged to try
- Interactive lunchtime quizzes will focus on healthy eating and importance of good nutrition and hydration
- Energising and uplifting essential oils will be diffused throughout the day
- Gardening sessions to get outside and tidy up our outdoor space
- Seated Yoga and Mindfulness session
- Creative writing – personal experiences of fatigue
- Singing group – energise your soul through music
- Guitar lessons with Galo – focus on soothing classical guitar for wellbeing and energy
- Music group with Shu – feel the energy created through music
- Complementary therapies – Reflexology & shiatsu massage

We look forward to seeing you during this special week!



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DATES FOR YOUR DIARY

Day Service Outing – Ratho Barge Trip – Monday 10th June

Once again, we are delighted to be able to offer our members the opportunity to take part in this very popular outing which is kindly supported by the Rotary Club of the Braids.

If you would like to go, please speak to a member of staff as the number of places is limited to 8. You can choose to meet the group at The Seagull Trust office at Ratho at 10.15am or meet at Peffer Place at 9.30am to take the bus. The bus will return to Peffer Place by 3.30pm and lunch will be provided. There is no cost for this outing.



Event for Carers - Dynamic Earth Outing –Tuesday May 14th

Good news! We have a 'Golden Ticket' to use at Dynamic Earth!

We have managed to organise a carer's outing to Dynamic Earth on Tuesday 14th May meeting at 11.30am

We will take a walk round and then go for a cuppa afterwards!

A visit to Dynamic Earth is like nothing else on Earth. It's a chance to experience the primeval forces of nature as they shaped our planet, to journey through space and time. You'll be embarking on the interactive adventure of a lifetime - the lifetime of our planet.

If you would like to come, please speak to Ashley McQueen on 0131 370 0393.



2019 Edinburgh Headway Group holiday dates for your diary

The service will be closed on the following dates –

6th May for the bank holiday

27th May for the bank holiday

29th May for Head Injury Information Day at the Sheraton Hotel, Edinburgh.

16th September for the local Edinburgh holiday

Please note these dates have not be charged for in your monthly invoice or standing order – they have been deducted from the annual fees.

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Edinburgh and Lothians Head Injury Information Day – Wednesday 29th May 2019
Sheraton Grand Hotel, 1 Festival Square, Edinburgh EH3 9SR

Edinburgh Headway Group can now share with you the full programme for the forthcoming Head Injury Information Day (HIID) supported by Digby Brown Solicitors on May 29th in Edinburgh. This event is free for professionals and for people affected by all types of acquired brain injury including families and carers.

You can visit the HIID website that signposts people with brain injury to useful services and support. Please visit www.hiid.org.uk to find out more and you can keep up to date with the details in the run up to the event by following @headinjuryinfo on Twitter.

TIMETABLE AND PRESENTATIONS

- 09.00 am Registration and exhibits open
- 10.15 am **Welcome by Chris Stewart** - Partner, Digby Brown Solicitors
- 10.30 am **Overcoming behavioural problems**
Professor Alan Carson - Consultant and Reader in Neuropsychiatry, NHS Lothian and University of Edinburgh
- 11.00 am **The perspective behind believe to achieve**
Rogan Grant - Neuro Hypnotherapist and Lead Practitioner, Positive Inspiration
- 11.30 am **Can we improve management of patients with head injuries by better predicting their outcome?**
Paul Brennan - Honorary Consultant Neurosurgeon and Senior Clinical Lecturer, NHS Lothian and University of Edinburgh
- 12.00 pm **Refreshments and exhibits**
- 12.45 pm **Using technology to overcome physical barriers after brain injury**
Kenny Thoms – Clinical Director, Neuro Physio Scotland
- 1.15 pm **Overcoming the obstacles in claiming Personal Independence Payment (PIP)**
Jacqueline Lange – Welfare Rights Adviser, Digby Brown Solicitors
- 1.45 pm **Comfort break**
- 2.00 pm **A day in the life of an ABI survivor**
Michelle Keenan – Chief Executive, Edinburgh Headway Group
- 2.30 pm **Panel discussion**
Dr Alasdair FitzGerald - Consultant in Neurorehabilitation & Clinical Lead, Astley Ainslie Hospital
Dr Sarah Gillanders - Consultant Clinical Neuropsychologist, Case Management Services Ltd
Lorraine Allan - Trustee and Unpaid Carer, The Edinburgh Headway Group
Paula Gribben - Senior Occupational Therapist and Community Liaison Discharge Manager, Murdostoun Brain Injury Rehabilitation and Neurological Care Centre
- 3.30pm **Event Closes**

For further information, please contact Kirsten Smith on 0141 566 9569 or email kirsten.smith@digbybrown.co.uk



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Young Person Social Club (YPSC)

Members of the YPSC had a great singing session last week with singing coach Peter. Many of the group have never had the opportunity to try singing like this before so nobody really knew what to expect but after a short while, once the initial nerves had gone, Peter made them all feel at ease and they were joining in enthusiastically!



We are taking referrals for the YPSC – if you are aged between 18 and 30 and would like to join the club, 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



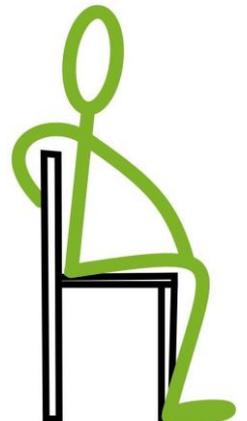
Seated Yoga – a new session in the day service timetable

Seated Yoga is a new addition to our Wednesday timetable and this session will run for one hour from 11am. Zosia will lead the practice – she is looking forward to meeting everyone.

Seated Yoga & Mindfulness is a chair-based yoga practice that uses mindful awareness of body sensations while engaging with gentle stretches and postures that are linked with the breath. It can also involve grounding exercises, breath-work (pranayama), meditations and visualisations.

This practice is a safe and accessible way to stretch your muscles, lubricate your joints, increase mobility, release any tension you may be holding in your body and help you relax. It can also help reduce stress and improve your overall well-being.

What should I wear? You do not need any special clothes for this practice although extremely tight clothes may not be comfortable. Wear something loose or stretchy that you can move freely in and does not restrict the circulation. We hope you enjoy this new addition to Wednesdays.



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USEFUL INFORMATION

'All in Edinburgh' – an employment service

'All in Edinburgh' is an employment service run by 4 organisations – The Action Group, ENABLE Scotland, Forth Sector and IntoWork. It is a support service for people who have a disability, affected by mental health or long term health condition in Edinburgh. If you or someone you know is interested in finding a job and keeping it, this service may be able to help.

The type of support they can offer includes –

- *Looking for jobs and applying*
- *Writing a CV and cover letter*
- *Getting in touch with employers*
 - *Interview guidance*
- *Organising work trials and experience*
 - *Support specialised for you*
 - *Advice and signposting*
- *Continued support in employment*
- *Help you progress in your employment*

You are eligible for this service if –

- *You are over 16 years old*
- *You live in Edinburgh*
- *You have a disability or long-term health condition*

If you would like any information about All in Edinburgh, contact:

- Call: 0300 0200 101 • Call: 0131 220 8255 • Email: info@allinedinburgh.org.uk

The Caravan Project – Nairn Lochloy Holiday Park

The latest venture from the Scottish charity ASAS is 'The Caravan Project' which aims to provide affordable holidays for adults with additional needs including brain injury and their families.



ASAS
Social Inclusion of
All Shapes And Sizes

'Zanre Haven' is a modern and comfortable static caravan which can accommodate up to 8 adults and it's conveniently located just a few minutes walk away from Nairn. The caravan provides a safe place for relaxation and entertainment making it a special place for some time away from home.

We have some leaflets about the caravan in the office so please pop in or call if you would like to read a bit more about it or you look at photos and check the price list by visiting the website –

<https://asascharity.com/the-caravan-project>

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THANK YOU TO OUR FUNDRAISERS AND DONATORS

Our thanks this month for the recent donations from Mrs Black, the Rotary Club of the Braids, Mrs Anne Lamb, The Mickel Fund and Melville Independent plc., Sheila Herdsman, The Grimmitt Trust and Corstorphine Old Parish Church Guild.

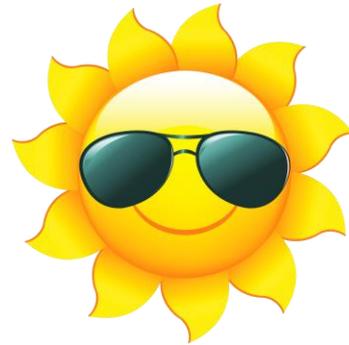
Thank you to everyone who chooses to fundraise and donate to Edinburgh Headway Group. Your support is invaluable to us and the services we provide.



Thanks to recent funding and just in time for the warm and sunny days ahead (fingers crossed!) we now have 3 fantastic new garden benches set up in our outside space!

Our members can now enjoy sitting outside together and soak up the warmth of the sun.

Here is the Hawkes family testing them out!



EDINBURGH HEADWAY GROUP

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Email: office@edinburghheadway.org.uk

Web: www.edinburghheadway.org.uk

Hours: 9.30am – 3.30pm, Mon – Thursday
12.30pm – 3.30pm, Fri for YPSC



CONTACTS

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Brooke Benz

Mairi Littlejohn

Lucie Cornwell-Lee

Chief Executive Officer

Support Services Manager

Finance Office

Operations/ABI Planning Mgr

Office Administrator

Volunteer Co-ordinator

Carers Project Co-ordinator

Gym Supervisor

Rehab Assist/YPSC Mgr

Rehabilitation Assistant

Rehabilitation Assistant

Rehabilitation Assistant

YPSC activities assistant

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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
		1st Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Music group Member Choice/ Cognitive Games	2nd Cognitive Games Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Massage Therapy Study Group Singing Group Day Service Outing to the Botanics
6th SERVICE CLOSED FOR SPRING BANK HOLIDAY	7th Exercise with Raf Art Group Cookery Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games	8th Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice/ Cognitive Games	9th Cognitive Games Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group Singing Group
13th Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Tai Chi Music group Member Choice/Games/ Scrabble Group	14th Exercise with Raf Art Group Cookery Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games	15th Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice/ Cognitive Games	16th Cognitive Games Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group Singing Group
20th - 23rd May is Action for Brain Injury Week - Refer to page 1 for information.			
27th SERVICE CLOSED FOR MAY BANK HOLIDAY	28th Exercise with Raf Art Group Cookery Group Creative Writing Reflexology Bingo Member Choice/ Cognitive Games	29th SERVICE CLOSED FOR HEAD INJURY INFORMATION DAY – SHERATON HOTEL, EDINBURGH	30th Cognitive Games Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group Singing Group