

Tak' Heid

Edinburgh Headway Group
May 2021

Scottish Charity No SCO06528
Company Limited by Guarantee No 138081



WELCOME
BACK!

Exciting News - EHG Day Service is re-opening!

The day has finally come! Our staff at EHG can't wait to welcome our members back to the Day Service from Monday 10th May 2021.

As you are aware, in order for us to re-open safely we will need to operate our premises with a reduced number of people attending each day to ensure we can maintain the recommended social distancing requirements. Therefore, to meet the demand at this time and ensure we provide a safe, fair, equitable and high quality service for all, we can initially only offer day service places on a fortnightly basis.

However, please be assured that as part of your ongoing rehabilitation journey with Edinburgh Headway Group we will continue offering a blended mix of services which will include: day service attendance, virtual, phone and community services. Therefore, on the days that members are not able to attend the day service, you will still have access to our rehabilitation activities/sessions.

We will be sending out offer letters in the first instance to members currently accessing our services, so, please keep an eye out for our correspondence. It is important that you contact us to accept your offer, once you receive this, by phoning us on 0131 370 0393.

Currently a waiting list is in operation and we do hope that over time, as restrictions ease, that we will be able to increase capacity and reduce our waiting lists but this will be dependent on Scottish Government guidance. As always, if you have any questions, please get in touch and we will be happy to help.

Virtual Head Injury Information Day (HiID) – Wednesday 12th May 2021

Time: 10.00am – 16.00
Location: Virtual



A **FREE** information and networking event for professionals, people, families and carers affected by all types of acquired brain injury and head injury.

- Learn about the effects of head injury and brain injury
- Meet the services and support groups available
- Participate in interactive workshops.

Full details regarding registration can be found on the HiID website
<https://www.hiid.org.uk/virtual-hiid-2021-programme>

To register please contact Annemarie Rocks at
Annemarie.Rocks@digbybrown.co.uk

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We Want You!

Edinburgh Headway Group is conducting some valuable research into how the Covid-19 pandemic has affected you. We want to know whether our services you have been accessing virtually have helped you during this difficult time.

We will approach you to ask if you will be interested in taking part, all information provided will be confidential and you will have the right to withdraw at any time. If you would like further information, then please let a member of staff know and we would love to have you participate and get your valuable feedback!



Let's Be Mindful!

We are bringing back the popular Mindfulness session! It is very easy for us to feel bogged down in the negativity floating around at the moment. Not only this, with restrictions easing and places opening again, it can possibly cause us a little bit of anxiety!

Mindfulness can help slowly quieten our heads. SO – take a big step back from the issues bugging us and subtly tap into the inner peace of mind we all have.

Join Natasha for relaxing mindfulness sessions, where she will guide you through some extremely useful mental relaxation techniques to help unwind and begin putting the brakes on that fast-paced mind!

Mindfulness will be available on Zoom every Monday at 1.00pm – 1.45pm. Starting Monday 10th May! Make sure to join to get relaxed for the coming week ahead.



Lets get physical!

We have been sitting for long time! We are about to start to prepare for a new normal and get our muscles moving...here is one of the classics for you to try. Do this every other day and your muscles will thank you!

Seated clamshells

1. Sit in a chair with your back straight and your arms at your sides.
2. Bend your knees and place your hands on the outside of your knees. Your hands are going to provide the resistance for your legs.
3. Contract the muscles on the outside of your hips by trying to move your knees away from each other. While doing this, use your hands and arms to provide resistance, pushing your knees inward.
4. Hold the contraction for 3 seconds, then relax.
5. Perform 12 repetitions.

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Volunteering News

A big thank you to our volunteer Mike for coming along to help us get our garden and entrance ready for re-opening. We got lucky with the weather on the day and even had our new four-legged volunteer Caley come along, although he was mainly supervised!!

Also, a warm thank you to our wonderful volunteers who are continuing to make calls to our members. We have received excellent feedback from our members and carers.

Thank you also to the volunteers who have started back working within the day matching service, where they meet some of our members out in public. We have heard reports of some lovely catch ups and walk abouts.



Fundraising

Now we are seeing an ease of restrictions and now that the vaccine roll out is so successful across Scotland. We will hopefully be returning to more normal times at Edinburgh Headway Group. With more normal times approaching we wondered how our Volunteer Group can help support your FAVOURITE CHARITY Edinburgh Headway Group to raise some much-needed funds to support our members. We wanted to ask you all if you would be interested in holding some fundraising activities (socially distanced - when and where allowed), virtually or with your families and friends. We would love to hear any ideas you may have on this, and we will help in any way we can to support.

Below are some ideas of types of fundraising for charities that can be done right now!! As you will know Edinburgh Headway Group relies on fundraising and the difficult past year we have all experienced makes that more challenging but not impossible!! Looking forward to hearing any suggestions 😊



Virtual Bake Off

Why not give Mary Berry a run for her money and hold a virtual bake off with contestants paying a small fee and getting some people not involved to judge !!



Hold a virtual quiz night for colleagues or friends. Set a small fee and the winner splits the winnings with Edinburgh Headway Group



If you have a birthday coming up soon, why not set up a Facebook birthday fundraiser and ask your friends and family to make a donation to Edinburgh Headway Group instead of buying you a card or present this year?



Exercise

Keep fit and raise money for your favourite charity by running, skipping, swimming and asking for a donation. Or climb your stairs like Everest or laps of your garden like a half marathon (over time obviously !!)

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Hello Green Fingers

Now that Spring is in the air many of us will be turning our attention to getting out and about in our gardens. This may be good news as new research in the UK suggests gardening more frequently may be linked to improvements in well-being, perceived stress and physical activity.

According to the study, gardening just two to three times a week also leads to better well-being and lower stress levels.

To Quote Royal Horticultural Society wellbeing fellow and lead author Dr Lauriane Chalmin-Pui:

"Gardening every day has the same positive impact on well-being than undertaking regular, vigorous exercise like cycling or running"

"When gardening, our brains are pleasantly distracted by nature around us"

"Gardening shifts our focus away from ourselves and our stresses, thereby restoring our minds and reducing negative feelings"

We have been chatting to our friends in Edinburgh Garden Partners who have said they may be able to help any of our members if they are struggling to look after their own garden space. Please let us know if you would like us to make contact with them on your behalf to make a connection and get you out with your garden tools!!

Self-register as an Unpaid Carer to Receive your COVID-19 Vaccine

Following changes to JCVI advice on the use of alternative vaccines for the under 30s population, there is a need to be able to match those under 30s to clinics that are not solely offering the AstraZeneca (AZ) vaccine. To minimise the risk of people being appointed to the wrong clinic type, registration options are being adapted. From the evening of Sunday 25 April 2021, the online service for eligible unpaid carers to register for their COVID-19 vaccine will close. Unpaid carer are still able, and encouraged, to register via the Helpline

0800 030 8013 from 26 April onwards. For more information please visit www.nhsinform.scot/covid19vaccine



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LCiL Understanding Pain and Managing Symptoms Workshop

LCiL is running an Understanding Pain and Managing Symptoms Workshop. The workshop aims to provide participants with:

- a better understanding of their pain and secondary symptoms
- a renewed appreciation about how this impacts their life
- new ways and techniques to better self-manage their pain



For further information please email SMW@lothiancil.org.uk or call on 0131 475 2350 to book a place.

Care and Repair Edinburgh



Care and Repair Edinburgh have recently launched a free home Draught proofing service for older or disable Edinburgh residents. This is a free service which includes draught proofing wooden doors and windows has been made possible thanks to generous funding from the Greenshoots Fund and can be an effective way to make homes warmer, save energy and reduce fuel bills. For further information please call 0131 337 111 or email reception@cre.scot



Care and Repair Edinburgh also offers an Easiaccess handrail and ramp fitting service to make it easier to get in and out of your home.

Easiaccess handrails and ramps are modular systems installed by our Care and Repair Edinburgh's fully trained fitters. They are perfect for areas with external steps, sloping ramps and at garden paths.

For more information please visit their website www.cre.scot

Over the past 12 months, Care and Repair Edinburgh have provided many services throughout Edinburgh. These have included key safe fitting, essential repairs and outdoor Easiaccess services. They are looking forward to being able to carry out non-essential work soon.

For a full list of services please visit www.cre.scot



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Emergency food provision, Money Advice, Mental Health and Wellbeing support

The Edinburgh Food Project provides emergency food supplies and support to people in crisis. They do this by operating their foodbank centres which provide emergency food supplies for their; More Thank Food, Money Advice and Mental Health & Wellbeing Project to help address the underlying causes of food poverty.

For more information please click this link for more information: <https://edinburghfoodproject.org/what-we-do-2/>

Lothian Centre for Inclusive Living Self-Directed Support Events

LCiL are running the following free events via zoom throughout May. These workshops are available for all local authority areas – East Lothian, West Lothian, Mid Lothian and Edinburgh. Please email SDS@lothiancil.org.uk to obtain the zoom link or call 0131 475 2350 www.lothiancil.org.uk



Preparing for Meetings and Assessments for Disabled People
Tuesday 4th May, 11am by zoom

Preparing for Meetings and Assessments for Parent Carers
Wednesday 5th May, 11am by zoom

West Lothian Disabled Person Peer Support Group
Thursday 6th May, 11am by zoom

Edinburgh Disabled Person Peer Support Group
Tuesday 11th May, 11am by zoom

PA Employer Forum
Wednesday 19th May, 11am by zoom

Peer Support Group for Parent Carers of Adult Children
Wednesday 19th May, 1.30pm by zoom

Edinburgh Parent Carer Peer Support Group
Monday 24th May, 11am by zoom

Midlothian Parent Carer Peer Support Group
Wednesday 26th May, 7.15pm by zoom

Edinburgh Headway Group

UNIT 4
PEFFER PLACE
EDINBURGH
EH16 4BB

Tel: 0131 370 0393
EMAIL: office@edinburghheadway.org.uk
WEB: www.edinburghheadway.org.uk
MON – THURS
YPSC 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

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ZOOM ONLINE MAY CALENDAR

Monday 3 rd May	Tuesday 4 th May	Wednesday 5 th May	Thursday 6 th May	Friday 7 th May
BANK HOLIDAY PREMISES CLOSED	<p>Healthy Lifestyle choices at 10am</p> <p>Sketch It at 12</p> <p>Sporting Memories at 2pm</p>	<p>Gentle exercise at 11am</p> <p>Quiz Time at 2pm</p>	<p>Music at 11am</p> <p>Gentle exercise at 1pm</p> <p>Tai Chi Session at 2pm</p>	<p>YPSC Zoom Meeting or phone call from 1.30pm</p>
<p>10th May</p> <p>Gentle Exercise at 10am</p> <p>Mindfulness at 1pm</p> <p>Study Group at 2pm</p>	<p>11th May</p> <p>Gentle Exercise at 10am</p> <p>Sporting Memories at 2pm</p>	<p>12th May</p> <p>Head Injury Information day</p>	<p>13th May</p> <p>Gentle Exercise at 10am</p> <p>Tai Chi Session at 2pm</p>	<p>14th May</p> <p>YPSC Zoom Meeting or phone call from 1.30pm</p>
<p>17th May</p> <p>Gentle Exercise at 10am</p> <p>Mindfulness at 1pm</p> <p>Study Group at 2pm</p>	<p>18th May</p> <p>Gentle Exercise at 10am</p> <p>Sporting Memories at 2pm</p>	<p>19th May</p> <p>Gentle Exercise at 10am</p> <p>Quiz Time at 2pm</p>	<p>20th May</p> <p>Gentle Exercise at 10am</p> <p>Tai Chi Session at 2pm</p>	<p>21st May</p> <p>YPSC Zoom Meeting or phone call from 1.30pm</p>
<p>24th May</p> <p>Gentle Exercise at 10am</p> <p>Mindfulness at 1pm</p> <p>Study Group at 2pm</p>	<p>25th May</p> <p>Gentle Exercise at 10am</p> <p>Sporting Memories at 2pm</p>	<p>26th May</p> <p>Gentle Exercise at 10am</p> <p>Quiz Time at 2pm</p>	<p>27th May</p> <p>Gentle Exercise at 10am</p> <p>Tai Chi Session at 2pm</p>	<p>28th May</p> <p>YPSC Zoom Meeting or phone call from 1.30pm</p>
<p>31st May</p> <p>BANK HOLIDAY PREMISES CLOSED</p>				