

# Tak' Heid

EdinburghHeadwayGroup  
October 2018



## IMPORTANT NOTICE AND DATES FOR YOU DIARY – RELOCATION TO NEW PREMISES

Further to previous correspondence, here is a reminder of some important dates and information for your diary.

The last day of our service at Headway House will be **Thursday 11<sup>th</sup> October**. The service will then close for 2 weeks whilst we move out and set up in our new home.

The service will re-open for business as usual from **Monday 29<sup>th</sup> October**. You should attend on your usual day/days during this opening week and thereafter.

### A summary of dates for your diary

- **last day of service**    **Thursday 11<sup>th</sup> October**
- **service closed**        **Monday 15<sup>th</sup> – Friday 26<sup>th</sup> October**
- **service re-opens**     **from Monday 29<sup>th</sup> October**

Our new address is – **Unit 4, 27 Peffer Place, Craigmillar Edinburgh EH16 4BB**. The building has good signage on the side and above the door so hopefully you will be able to find our new home easily.

Our phone number will remain the same for the time being – 0131 537 9116. We will notify you when the number is updated.

Please do communicate this change of location and new address to your transport providers. There is plenty of space for taxis to stop outside the front door to drop you off and pick you up at the end of the day.

For information, Lothian Bus number 42 stops just a few minutes' walk away on Duddingston Road West and numbers 30, 14 and 2 stop near to the cross roads in Craigmillar which is a little further to walk (about 10 minutes).

If you have any questions or concerns about this information, please contact us in the first instance and we will do our best to help you.

Best wishes

*Michelle*

**Michelle Keenan**  
Chief Executive



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## DATES FOR YOU DIARY

### Halloween Party! - Wednesday 31<sup>st</sup> October

This will be the first event in our new home so come along and join us for dancing, karaoke, games and fancy dress!!

The party will start at 11am and run until 3pm. Remember to dress up (not toooooo scary please!!) – there will be a prize for the best costume!



## Here are some dates for your Christmas diary

*All the details of these events – costs, timings, transport - will be communicated in the November edition of Tak Heid. Please make a note of these dates in the meantime.*

### Thursday 6<sup>th</sup> December

**Christmas lunch** at 'The Southsider' for Day Service and Social Group members, volunteers and carers.

### Thursday 13<sup>th</sup> December

**Christmas Party** for Day Service and Social Group members, volunteers and carers.

### Tuesday 18<sup>th</sup> December

**Trip to the Pantomime** for Day Service members – 'Beauty and the Beast' at the Kings' Theatre.



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## News and Events for Carers

### Event for Carers - Carers' Pamper Afternoon, Friday 2<sup>nd</sup> November 2018

Time for a bit of 'ME' time in our fabulous new centre.  
Come along to our Pamper Afternoon for Carers on **Friday 2<sup>nd</sup> November 2018, 11.00am – 2.00pm.**

We will have therapists on the day offering reflexology 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 537 9557 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.**



### New Social Club for Young Adults with an ABI

Here is a reminder about our exciting new project - our first social club for young adults with an acquired brain injury aged between 18 and 30 years of age.

Our club will support young people with an acquired brain injury to meet up with their peers and:

- Develop friendships.
- Build confidence and socialisation skills
- Improve health and wellbeing
- Reduce social isolation and likelihood of depression

The club will run on a Friday afternoon from 1pm – 3pm and will launch on **Friday 2<sup>nd</sup> November 2018**. We are now looking for support from our wider community to help us promote this exciting new service and send us referrals. If you know of someone who you think would benefit from joining this club, please get in touch and we will send you a referral form.

**Please call us on 0131 537 9116 or email [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk)**

*Funding for this project has been made possible, thanks to funds received from the One City Trust and money raised by National Lottery players, in a joint scheme from Scotland's National Lottery distributors - Big Lottery Fund, Heritage Lottery Fund, Sportscotland and Spirit of 2012*



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



year of young people  
bliadhna na h-òigridh  
2018

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## **Out and about in September.....**

Members of the day service had a great time playing bowling at Ten Pin – everyone really enjoyed it and a huge thanks to the volunteers who came along and provided terrific support to our members. Thank you!!



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

Thank you for the recent donations from Mrs S Taylor, 181 Delicatessen, Mr and Mrs William Donald's Memorial Trust and The Misses Barrie Charitable Trust.

*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.*

**EDINBURGH HEADWAY GROUP  
HEADWAY HOUSE  
ASTLEY AINSLIE HOSPITAL  
CANAAN LANE  
EH9 2HL**

**TEL:** 0131 537 9116  
**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



### **CONTACTS**

**Michelle Keenan  
Lynne Atkinson  
Amanda Milne  
Pepe Hermoso  
Robyn Tyler  
Fiona Robertson  
Jill Scott  
Fiona Walls  
Mark Waugh  
Cristina Costanza  
Ashley McQueen**

**Chief Executive Officer  
Support Service Manager  
Rehabilitation Assistant  
Rehabilitation Assistant  
Rehabilitation Assistant  
ABI Planning Nurse  
Finance Officer  
Office Administrator  
Gym Supervisor  
Volunteer Co-ordinator  
Carers Project Co-ordinator**

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**October 2018**

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
<b>1<sup>st</sup></b> Gym Comp Therapy Lunchtime Quiz Music Group Reminiscence/Cognitive Games	<b>2<sup>nd</sup></b> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	<b>3<sup>rd</sup></b> Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	<b>4<sup>th</sup></b> Gym Walking Group Bingo Art 1:1 Lunchtime Quiz Creative Writing Group Tai Chi Study Group
<b>8<sup>th</sup></b> Gym Comp Therapy Lunchtime Quiz Music Group Tai Chi Reminiscence/Cognitive Games	<b>9<sup>th</sup></b> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	<b>10<sup>th</sup></b> Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	<b>11<sup>th</sup></b> Gym Walking Group Bingo Art 1:1 Lunchtime Quiz Creative Writing Group Tai Chi Study Group
<b>15<sup>TH</sup> – 18<sup>TH</sup> SERVICE CLOSED THIS WEEK FOR RELOCATION</b>			
<b>22<sup>ND</sup> – 25<sup>TH</sup> SERVICE CLOSED THIS WEEK FOR RELOCATION</b>			
<b>29<sup>th</sup></b>  <b>Service re-opens in new premises</b>  Gym Comp Therapy Lunchtime Quiz Music Group Reminiscence/Cognitive Games	<b>30<sup>th</sup></b> Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	<b>31<sup>st</sup></b>  <b>HALLOWEEN PARTY!</b>  	