

# Tak' Heid

Edinburgh Headway Group

October 2021

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



It's that time of the year where we are holding our spectacular spooky **Halloween** parties!

Halloween activities will be held every day from Monday 25<sup>th</sup> October to Thursday 28<sup>th</sup> October. Spooky activities will include Spook-tacular exercises, Halloween art activities, scary stories to tell in the dark – come prepared with your scariest story! Fangs for the memories, mischief, mayhem and much more!

There may also prizes to be won for best scary story, best Halloween costume and more so get dressed in your best and beat the rest. Be prepared to be spooked!

## Keep Your Cool but keep Warm

Now that Autumn is officially here, and Winter fast approaching, we wanted to highlight to all of our Edinburgh Headway Group members, carers and wider audience about the importance of good ventilation in reducing the risk of catching COVID.

Within our Day Service premises, we recognise that there will be some difficulty in finding the balance between a cosy space and a well-ventilated space.

**We would therefore encourage all users of the Day Service to bring suitable, warm clothing to ensure being comfortable throughout the day.**

Research shows that within indoor spaces there can be "airborne transmission" of the virus - with tiny virus particles lingering in the air. We want to avoid this at all costs, keeping our Day Service as safe as possible to all of those using it.

**So, please remember - wrap up warm! 😊**

## Can you solve the mystery?

Are you a chair detective? Do you like solving mysteries? Or just want some help with problem solving skills? Then solve the mystery might just be for you.

We look at murder mysteries and work out who done it!! Some mysteries might be straight forward, others you must go through a bunch of puzzles to get to the answer!

Solve the mystery is a great opportunity to enhance your problem solving and memory skills. Also, it's great way to have fun and find out... who done it ?

**Solve the mystery takes place within the Day Service and zoom every Wednesday at 1pm.**



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## Art-Time: An interview with Scott

### Can you tell us a bit about your image?

'Apple Tree' is inspired by looking at the trees outside, I began to paint, and then I added the apples.



### How does art making make you feel?

Frustrated at the start, I'm never sure what to do, I just do what comes into my head. When making I'm not really thinking.

### What inspires you?

Whatever comes into my head at the time...

### What materials do you like to use?

Paint- it's nice to blend and moves around the page, I like that it's not messy like chalks.

### How long have you been drawing for?

I've always liked drawing since I was young, I liked doing art at school.

### Any advice to others?

Have an open mind

### Why do you like most about creating?

No one tells you what to do, you can do what you want and decide what you want to do.



## It's time to beat the Autumn slump with Physical activity

As always our gym "GURU", staff and volunteers are here to help members get the most out of each day, especially the days when our members are visiting us at the day service or taking part in online exercise.

We have tremendous success in motivating and improving our members physical ability as well as encouraging members to get the most out of their week.

Members, carers and family members always say how, with the right mindset and dedication, our gym and rehabilitation advice has led to physical and mental improvements from taking the first steps to achieving fitness and flexibility goals.

Going forward we will present our inspiring cases and stories in Tak Heid so keep an eye out for our success stories !!!

## Have you got the coolest pet?

We all absolutely love our pets and we want you to share the love with us all. So, we will be running a **pet-of-the-month** competition where we invite you to enter a photograph and a short blurb about your pet and tell us why it should win.



Members will then be able to vote for their favourite pet via Facebook and the winner will be printed in Tak Heid!

So if you think your pet dog, cat, fish, budgie, tarantula or crocodile (we hope not!) is the coolest then send your pic and story to Mairi at [mairi.plj@edinburghheadway.org.uk](mailto:mairi.plj@edinburghheadway.org.uk) Best of luck !

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## Study Buddies

Our popular Study Group is back. **Join us every Thursday at 1pm in the day service or on zoom.** We will do quizzes, anagrams, scattogry and everyone's favourite .. the word game!

Study group activities help to increase your memory, language, communication, social and even visual skills. It's a chance to get together and have a chat too.

Don't miss out - come join us in person or online.

## In Conversation with our lovely Volunteer, Rebecca Griffith

### What led you to become a Volunteer with Edinburgh Headway Group?

I was looking for experience working with individuals with a brain injury and when I saw the advert for a volunteering opportunity at EHG, I thought it sounded perfect. When I first got in contact, everyone was so lovely, and the staff and members have been amazing. It's been a great experience and I've met some great people!

### What is your favourite thing to do while volunteering with Edinburgh Headway Group?

Listening to the members stories. Some members have explored all over the world and it has been fascinating to listen to everything they have done and seen throughout their life.

### What reaction did you observe in our members when they returned to the premises?

I think the members couldn't wait to get back into the premises, especially those who have been unable to join in on the online activities as it gives them something to look forward to each week and gives them a chance to get out the house and see other members they have known for a while.

### How does volunteering at Edinburgh Headway Group make you feel?

It's amazing! Everyone at EHG is so welcoming and I feel privileged to have met some incredible individuals and get the chance to talk to them every week.

### What does a typical day volunteering at Edinburgh Headway Group look like?

For me a typical day is spending roughly half an hour chatting with the members over the phone, listening to their stories and hearing about what they're getting up to.

### What do you think the future holds for volunteering at Edinburgh Headway?

To be honest I have no idea, but I would say that it has been amazing volunteering for EHG and I hope that I will be able to continue for as long as I can. I would greatly recommend volunteering at EHG and for anyone thinking about volunteering go for it, you won't regret it!



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## The Masks we wear

We love the following article, written by Kara Swanson who has an acquired brain injury:

**“Halloween is the day we celebrate putting on masks.” Kara Swanson –**  
*“Some say we wear masks every day – and not just to protect ourselves and others from Covid. Metaphorically speaking, most if not all of us can relate to expressions such as “losing face” or “putting on a brave face”.*

*These come from a natural need to protect and defend ourselves and our emotions in certain situations. We may want to hide, we try not to be seen, caught, or recognised. Or perhaps on the contrary, we wish to be revealed and uncovered.*

*Halloween is a time when the masks we choose to put on can take a life of their own and be celebrated for what they are”.*



## News:

### Scottish Government Health and Social Care Consultation – need your views!!

We would encourage you to take part in the consultation of the Health and Social Care review – this WILL shape the future of the social care service going forward.

There are recommendations being made by the review and they need to hear from as many people as possible what their views are and what you think is needed to improve and provide the best health and care service - **Please click on the link and give your view:**

<https://www.gov.scot/publications/national-care-service-scotland-consultation-easy-read/pages/2/>



The Herbert Protocol has now been launched in Edinburgh. This is an initiative which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing

Carers, family members and friends can complete, in advance, a form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc. In the event of your family member or friend going missing, the form can be easily sent or handed to the police to reduce the time taken in gathering this information.

There are currently c90,000 people in Scotland living with dementia but the Herbert Protocol is not restricted to those already diagnosed with a form of dementia

The “Purple Alert” app will now live which is an app everybody can download which will receive alerts if a person with dementia goes missing within a 20-mile radius of where you are so that you can keep an eye out or assist in looking for somebody

For more information, please see the link below

<https://edinburghcarerscouncil.co.uk/resources/news/herbert-protocol-launched-edinburgh>

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## Carer's Allowance Supplement – December 2021



Thousands of unpaid carers will receive a double payment this winter under legislation recognising the additional pressure they face as a result of the pandemic.

If approved by Parliament, the Bill, published today, will mean more than 91,000 carers in receipt of Carer's Allowance Supplement will receive an extra £231.40, doubling their December payment to £462.80. This extra investment, forecast to be £21 million, will be the second time the Scottish Government has doubled the Carer's Allowance Supplement.

For more information click on the link below:

<https://www.vocal.org.uk/news/carers-allowance-supplement-december-2021/>

### Thought for the Month

*"Aim for the moon. If you miss you will land among the stars"*

Janeymac



#### Edinburgh Headway Group

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MON – THURS

#### Contacts:

Michelle Keenan	Chief Executive Officer
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Fiona Robertson	ABI Planning Nurse
Jill Scott	Finance Officer
Phelim O'Toole	Volunteers Co-ordinator
Natasha Nabi	Rehabilitation Lead
Mairi Perry Littlejohn	Rehab Assistant
Nicola Tams	Rehabilitation Assistant
Kate Bartanuszova	Rehabilitation Assistant
Ross Inglis	Rehabilitation Assistant
Rafal Szetjna	Gym Supervisor



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## DAY SERVICE AND ZOOM ONLINE OCTOBER CALENDAR

Monday	Tuesday	Wednesday	Thursday
<p><b>4<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Sketchit - 10.35am (Zoom)                      Cooking - 11.30am                      Quiz - 11.30am                      Bingo - 12.00pm                      Mindfulness - 1pm                      Gardening Group - 1pm                      Ipad Group - 1.30pm                      Reminiscence - 2pm                      Current Affairs - 3pm</p>	<p><b>5<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Art Group - 10.40am                      Cooking - 11.30am                      Music - 11.45am (Zoom)                      Bingo - 11.50am                      Quiz - 1pm                      Gardening Group 1pm                      Ipad Group - 1.30pm                      Sporting Memories - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>6<sup>th</sup> October</b>                      Seated Yoga - 10am (Zoom)                      Gentle Exercise - 10am                      Reminiscence - 10.35 (Zoom)                      Ipad Group - 11.30am                      Bingo - 12pm                      Cooking - 1pm                      Solve the Mystery - 1pm (Zoom)                      Quiz - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>7<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Art Group - 10.35am                      Ipad Group - 11am                      Creative Writing - 11.30am (Zoom)                      BINGO - 11.50am                      Study Group - 1pm (Zoom)                      Cooking - 1pm                      Tai Chi Session - 2pm (Zoom)                      Current Affairs 3pm</p>
<p><b>11<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Sketchit - 10.35am (Zoom)                      Cooking - 11.30am                      Quiz - 11.30am                      Bingo - 12.00pm                      Mindfulness - 1pm                      Gardening Group - 1pm                      Ipad Group - 1.30pm                      Reminiscence - 2pm                      Current Affairs - 3pm</p>	<p><b>12<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Art Group - 10.40am                      Cooking - 11.30am                      Music - 11.45am (Zoom)                      Bingo - 11.50am                      Quiz - 1pm                      Gardening Group 1pm                      Ipad Group - 1.30pm                      Sporting Memories - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>13<sup>th</sup> October</b>                      Seated Yoga - 10am (Zoom)                      Gentle Exercise - 10am                      Reminiscence - 10.35 (Zoom)                      Ipad Group - 11.30am                      Bingo - 12pm                      Cooking - 1pm                      Solve the Mystery - 1pm (Zoom)                      Quiz - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>14<sup>th</sup> September</b>                      Gentle Exercise - 10am (Zoom)                      Art Group - 10.35am                      Ipad Group - 11am                      Creative Writing - 11.30am (Zoom)                      BINGO - 11.50am                      Study Group - 1pm (Zoom)                      Cooking - 1pm                      Tai Chi Session - 2pm (Zoom)                      Current Affairs 3pm</p>
<p><b>18<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Sketchit - 10.35am (Zoom)                      Cooking - 11.30am                      Quiz - 11.30am                      Bingo - 12.00pm                      Mindfulness - 1pm                      Gardening Group - 1pm                      Ipad Group - 1.30pm                      Reminiscence - 2pm                      Current Affairs - 3pm</p>	<p><b>19<sup>th</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Art Group - 10.40am                      Cooking - 11.30am                      Music - 11.45am (Zoom)                      Bingo - 11.50am                      Quiz - 1pm                      Gardening Group 1pm                      Ipad Group - 1.30pm                      Sporting Memories - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>20<sup>th</sup> October</b>                      Seated Yoga - 10am (Zoom)                      Gentle Exercise - 10am                      Reminiscence - 10.35 (Zoom)                      Ipad Group - 11.30am                      Bingo - 12pm                      Cooking - 1pm                      Solve the Mystery - 1pm (Zoom)                      Quiz - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>21<sup>st</sup> October</b>                      Gentle Exercise - 10am (Zoom)                      Art Group - 10.35am                      Ipad Group - 11am                      Creative Writing - 11.30am (Zoom)                      BINGO - 11.50am                      Study Group - 1pm (Zoom)                      Cooking - 1pm                      Tai Chi Session - 2pm (Zoom)                      Current Affairs 3pm</p>
<p><b>25<sup>th</sup> October</b>                      Spooky Exercise - 10am (Zoom)                      Scary Sketchit - 10.35am (Zoom)                      Cooking - 11.30am                      Quiz - 11.30am                      Bingo Madness - 12.00pm                      Mindfulness - 1pm                      Gardening Group - 1pm                      Ipad Group - 1.30pm                      Fangs for the memories - 2pm                      Current Affairs - 3pm</p>	<p><b>26<sup>th</sup> October</b>                      Spooky Exercise - 10am (Zoom)                      Art Group (Mischief &amp; Mayhem) - 10.40am                      Cooking - 11.30am                      Music - 11.45am (Zoom)                      Bingo Madness - 11.50am                      Quiz - 1pm                      Gardening Group 1pm                      Ipad Group - 1.30pm                      Sporting Memories - 2pm (Zoom)                      Current Affairs - 3pm</p>	<p><b>27<sup>th</sup> October</b>                      Seated Yoga - 10am (Zoom)                      Spooky Exercise - 10am                      Fangs for the memories - 10.35 (Zoom)                      Ipad Group - 11.30am                      Bingo Madness - 12pm                      Cooking - 1pm                      Solve the SPOOKY Mystery - 1pm (Zoom)                      Quiz - 2pm (Zoom)                      Hallowtainment - 2.45pm                      Current Affairs - 3pm</p>	<p><b>28<sup>th</sup> October</b>                      Spooky Exercise - 10am (Zoom)                      Art Group (Mischief &amp; Mayhem) - 10.35am                      Ipad Group - 11am                      Scary Stories! - 11.30am (Zoom)                      Bingo Madness - 11.50am                      Hallowtainment - 1pm (Zoom)                      Cooking - 1pm                      Tai Chi Session - 2pm (Zoom)                      Current Affairs 3pm</p>