

Tak' Heid

Edinburgh Headway Group October 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



Welcome to Nicola

We are delighted to introduce Nicola who is our new Rehab Assistant. It is lovely to have Nicola as part of our Rehab Team, many of our members may have already had a chat! Nicola brings with her, much experience working as a Support Worker with young adults and has also provided care for the elderly. In her spare time Nicola enjoys card making, practicing mindfulness, cooking, painting, walking and being also being a mum.

Well done Natasha!

Our Rehab Lead Natasha has made some amazing achievements over the past couple of years since graduating with a Masters in Clinical Health Psychology. Not only has she worked with a variety of patients within healthcare including head and neck cancer patients, male offenders and palliative care patients, she has successfully led a research paper which has been put out for publication by SAGE.



The case study looks at overcoming the challenges and complexities of researching a vulnerable population within a palliative care context. It discusses what the original project intended, issues in carrying it out, how they were overcome and how the project had to be changed. Moreover, she has gained counselling skills particularly in listening, motivational interviewing and has good knowledge in the world of Cognitive Behavioural Therapy (CBT). This has enabled her to really interact and engage with her clients on a deeper level and build trusting relationships. What a star!

Goodbye and Good Luck to EI – Rehab Lead

Goodbye and the very best of luck to EI our Rehab Lead with her future career! We would like to thank her for all the wonderful work she has undertaken at EHG. Congratulations on her new appointment. Please see the message below from EI.



"Hello everyone, I wanted to take this opportunity to say goodbye and thank you, as I leave Edinburgh Headway Group to pursue my career as a Physiotherapist within the NHS. Working at EHG has been a great experience, and I have met some truly wonderful people during my time here. I am sorry that I have not had the opportunity to say farewell in person, but I will come back and visit once the day service is allowed to reopen. I hope to work with the charity on a voluntary basis in the future. In the meantime, keep challenging yourself and stay positive. Take Care, EI"

New Timetable - coming Soon this October.....



Stress Busters Zoom Sessions with Natasha

With Natasha's experience she will be offering Zoom future sessions on topics such as:

- stress
- anxiety
- insomnia
- overcoming negative thoughts.

These sessions will look at what causes these issues and how we can overcome them using Cognitive Behavioural Therapy methods. Nothing too daunting, just some tips on how you can relax! These sessions can also be used as a safe space for members to talk about their concerns and how we can overcome these together using CBT methods!

The stress sessions will cover what stress is, common signs and effects, how stress can affect our thoughts, feelings and behaviour and how we can manage our stress with relaxation techniques such as breathing and progressive muscle relaxation! Sessions will be held weekly on **Wednesday's at 12noon.**

To register please could you note your interest by email to office@edinburghheadway.org.uk or telephone 0131 370 0393



Mindfulness (Zoom) Sessions

Our Rehab Assistant Nicola will be running Mindfulness sessions. Mindfulness is an ancient practice that has been proven to radically transform your mind. We can discover a radical happiness that we may have never experienced before or even know was possible.

Mindfulness offers meditation by sitting silently and paying attention to your thoughts, sounds, the sensations of your breathing or parts of the body bringing your attention back to whenever the mind starts to wander. This can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. It can also make us more aware of ourselves, the world around us and can improve our mental wellbeing.

At the end of each session we will have a thought of the week which you can take away with you and practice in your own time! Let's learn to be mindful in our everyday life! **Zoom sessions will be on Monday's at 10am commencing 12th October. Zoom links will be issued in advance.**



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Entertainment – Say What?!



The session will run every 2 weeks. This entertainment session will be filled with music, films and debates for discussion. Topics of discussion can be anything you want to talk about - have you heard a new song lately? Seen a new film? Read a new book? Or seen something in the news you find interesting to discuss? This is YOUR space to talk about anything and everything!

It is a session not to be missed out on, so make sure you come along and get involved! Starting on **Tuesday** 13th October at **2pm!**



Healthy Lifestyle Choices



As we said before we are what we eat is not only a catchphrase but might be

called a scientific fact of some sort 😊 but we

also do understand that it is easier said than done when comes to making changes for the better and then to follow the smarter choices. Our wonderful team have decided to bring you closer to the secrets of healthy choices in eating and what it all means to our bodies and minds! Join Raf on **Tuesdays 10am** from 13th October to learn all about the secrets of fuelling your body in the correct way! Make the change with us!!



Positive message from Raf, Gym Supervisor

Struggling to wake up? Lacking for energy?

As our Wednesday group exercise sessions have been so successful we have decided to start delivering the exercise sessions on **Wednesday and Thursday at 10 am** to help you start the day with a little bit of “umpfh!”. Why not join our online gym environment with Raf to give your day a serious kickstart.



ZOOM seated yoga session every other Monday.

Mikaela, our lovely volunteer, is an experienced EREPS level 4 certified and insured personal trainer and yoga instructor and she is very excited to run some sessions for us. Thank you, Mikaela! She has focused her postgraduate studies on the particular topic of physical activity and mental health. The seated yoga session will aim to release tension and tightness while increasing stability gently and accessibly. It may make the body feel more open, improve circulation, and will ideally invoke calm and balance in the mind and body. The movements will involve yoga poses such as stretches and twists, conducted in a seated position. There will be a focus on mindful breathing coordinated with movement of the torso and limbs. We are sure you will enjoy those relaxing sessions, join us on **Monday** via Zoom. The link for the seated yoga session will be posted on Facebook and sent out on Monday morning via email.



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Member Coffee + Chat!

We will be hosting a member coffee and chat on Thursday 8th October at 2pm on zoom!
This will be your chance to see all the staff and ask any burning questions you may have.

The link for the coffee and chat will be posted on Facebook and sent out on Thursday morning via email 😊.



Carer Coffee + Chat!

Wednesday 14th October at 11.00am.
Please let us know if you can attend,
it will go ahead depending on numbers.
Email: carers@edinburghheadway.org.uk
Phone: 0131 370 0393



We are really looking forward to catching up with you all!

HALLOWEEN ZOOM PARTY TIME

Yes, you heard correct we are holding a Halloween Zoom Party on:



Date: Thursday 29th October



Join us - There will be lots of spooky fun, games, quizzes and dancing.....so look out your Halloween costume!! More information to follow.....

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ART
therapy

A range of scientific studies has found that art can contribute to recovery in many ways and can aid recovery from brain injury. Art can help to improve cognitive abilities: our memory, logic and attention. There is increasing amount of evidence that proves art enhances brain function. It has an impact on brain wave patterns and emotions, the nervous system, and can raise serotonin levels. **Art can change a person's outlook and the way they experience the world.**



Please see the link below to show the fabulous work from Mairi and Gill – well done!

<https://www.hiid.org.uk/virtual-hiid-2020-activities>

We would love you to email us in some of the artwork that you have been doing over lockdown and we could share them on our Facebook group as a virtual gallery! Get creative, have fun, and relax!

National Wellbeing Hub

A National Wellbeing Hub has been created through Promins (a collaboration between NHS Lothian and NHS Greater Glasgow & Clyde) which has a section dedicated to unpaid carers.

Given that carers are likely to be under additional pressure during this time, there is a section on how to look after your wellbeing - see link below for useful tips:-

<https://www.promis.scot/resource/unpaid-carers/>

Amazon Smile

Edinburgh Headway Group is eligible to receive donations from the AmazonSmile programme. When Amazon customers select our charity and shop at smile.amazon.co.uk you will find the exact same prices, selection and shopping experience but with the added bonus that AmazonSmile will donate 0.5% of the net purchase price of eligible purchases to Edinburgh Headway Group. Supporters simply shop through smile.amazon.co.uk or in their AmazonSmile-enabled app.



Our Brain Injury Identity Card ...

is designed to help police officers and staff more easily identify brain injury survivors and ensure that they receive an appropriate response and support. The card can also provide brain injury survivors with added confidence in everyday social scenarios.

Each card is personalised, helping the card holder to explain the effects of their brain injury and request any support they may need.

If you would like to apply for a Brain Injury Card, please let a member of staff know! The card is available to anyone in the UK aged 18 and over who has a verifiable brain injury.



Face Mask Information

As we know, face masks have become law to wear in public spaces. Below you will find some essential information on where to wear a mask and exemptions.

Physical distancing, hand hygiene and respiratory hygiene are the most important and effective things we can do prevent the spread of the coronavirus. The wearing of face coverings must not be used as an alternative

to any of these other precautions.

When applying or removing a mask, it is **important** that you wash / sanitise your hands first and avoid touching your face.

After each use, you must wash the face covering at **60 degrees centigrade** or **dispose of it safely**.

Where is wearing a mask mandatory?

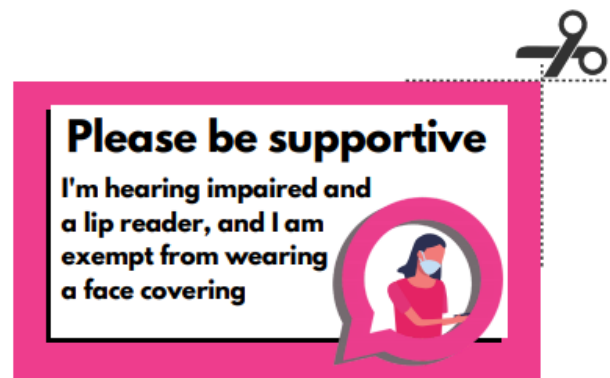
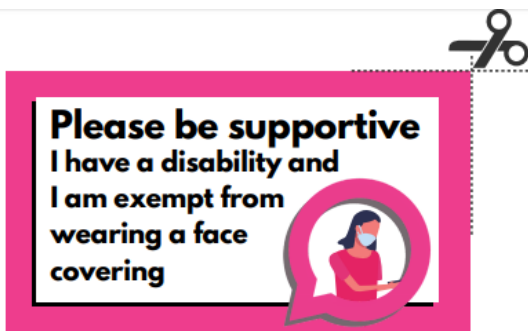
Retail – **Must** be worn in shops when open to the public.

Transports – **Must** be worn by all passengers and staff in train services, bus services and the Edinburgh tram, taxi and private hire, ferry and airline services.

Exemptions - you have a health condition or are disabled and a face covering would be inappropriate because it would cause difficulty, pain or severe distress or anxiety or because you cannot apply a covering and wearing in a proper manner safely and consistently.

- Eat or drink
- Taking medication
- Communication with someone who relies on lip reading
- A relevant person such as police asks you to remove your face covering

You do not need to prove to anyone that you are exempt, but if it would make you feel more confident in public, you can show one of the cards below to show you are exempt.





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COVID-19: Shielding Information

Am I being asked to go back into shielding?

No, people are not advised to go back into shielding again. Strictly follow the guidance on physical distancing, face coverings and regular handwashing, also consider the number of people you are in contact with. Test and Protect will contact you if have tested positive or been in close contact with someone who has tested positive, you should then follow the instructions and self-isolate. A new financial support payment of £500 will become available from workers on low incomes who are not able to work at home.

Why am I not being asked to shield?

Those who are at the highest risk will be feeling particularly anxious. Keeping you safe is at the forefront of decision-making and shielding has had a huge negative impact on people's mental and physical health. These new restrictions are designed to help reduce the spread of the virus in communities and are an extra level of protection for you. Please follow the guidance with great care.

I am concerned about the increase in cases, what should I do?

Remember to strictly follow the FACTS advice:

- Face coverings – wear a face covering in shops and on public transport
- Avoid crowded places
- Clean your hands regularly
- Two metre distance – maintain physical distancing from people outwith our household
- self-isolate and book a test if you have symptoms

How can I stay up to date with what is happening?

There is lots of information which is updated regularly at www.mygov.scot/sheilding including information on case numbers from Public Health Scotland – the Public Health Scotland's dashboard.

Will the new restrictions affect the flu vaccination?

No. The new restrictions will not affect people's ability to leave their house and attend an appointment for a seasonal flu vaccination. Both you and your household members will be offered a free flu vaccination this year. It is important that you get your flu jag for three reasons: Flu can be serious and life threatening. Every year thousands of people in Scotland are hospitalised with flu. People with health conditions are 18 times more likely to die from flu than those without health conditions. To reduce the risk of spreading flu to friends and family. To help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

To help keep yourself safe and further guidance on national restrictions you can visit www.mygov.scot/sheilding

Stay safe and well and keep connecting with us!

EDINBURGH HEADWAY GROUP

CONTACTS

UNIT 4
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EDINBURGH
EH16 4BB

Tel: 0131 370 0393

EMAIL: office@edinburghheadway.org.uk

WEB: www.edinburghheadway.org.uk

HOURS: MON – THURS

YPSA FRIDAY

Michelle Keenan
Judith Stirling
Fiona Robertson
Cristina Costanza
Jill Scott
Pepe Hermoso
Mairi Perry Littlejohn
Gillian Hume
Natasha Nabi
Rafal Szetjna
Nicola Tams

Chief Executive Officer
Admin Officer
ABI Planning Nurse
Volunteer Co-ordinator
Finance Officer
Rehabilitation Lead
YPSA Assistant
Carers Co-ordinator
Rehabilitation Lead
Gym Supervisor
Rehabilitation Assistant



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ONLINE ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 st October Gentle exercise at 10.00 Tai Chi Session at 2pm	2 nd October YPSG Zoom Meeting or phonecall from 1.30pm
5 th October Gentle exercise at 10.00 Seated Yoga at 1 pm Study Group at 2pm	6 th October Gentle exercise at 10.00 Sporting Memories at 2pm	7 th October Gentle exercise at 10.00 Quiz Time at 2pm	8 th October Gentle exercise at 10.00 Members Coffee and Chat at 2pm	9 th October YPSG Zoom Meeting or phonecall from 1.30pm
12 th October Mindfulness at 10am Study Group at 2pm	13 th October Healthy Lifestyle choices at 10.00 Entertainment at 2pm	14 th October Gentle exercise at 10.00 Carers Cuppa & Chat - 11am Stress Busters at 12 noon Quiz Time at 2pm	15 th October Gentle exercise at 10.00 Tai Chi Session at 2pm	16 th October YPSG Zoom Meeting or phonecall from 1.30pm
19 th October Mindfulness at 10.00 Seated Yoga at 1 pm Study Group at 2pm	20 th October Healthy Lifestyle choices at 10.00 Sporting Memories at 2pm	21 st October Gentle exercise at 10.00 Stress Busters at 12 noon Quiz Time at 2pm	22 nd October Gentle exercise at 10.00 Tai Chi Session at 2pm	23 rd October YPSG Zoom Meeting or phone call from 1.30pm
26 th October Mindfulness at 10.00 Study Group at 2pm	27 th October Healthy Lifestyle choices at 10.00 Entertainment at 2pm	28 th October Gentle exercise at 10.00 Stress Busters at 12 noon Quiz at 2 pm	29 th October HALLOWEEN ZOOM PARTY - TIME TBC Gentle exercise at 10.00 Tai Chi Session at 2 pm	30 th October YPSG Zoom Meeting or phone call from 1.30pm

Please note:

- Links to the all of the above zoom sessions will be posted on the Day Service Members' Facebook and Carers Facebook pages in advance and/or sent by email.
- Please note the above sessions may be subject to change, based on demand.