

Tak' Heid



**Edinburgh Headway Group
October 2017**



DATES FOR YOUR DIARY

Day Service Outing – Ten pin bowling at Fountain Park, Monday 16th October

Our October outing is a favourite with members – we are going bowling!
The cost for this outing will be £11.50 for the return bus trip from Headway House and for the bowling. If you would like to meet us at Fountain Park, the cost is £6.50. We will play 2 games of bowling and then have lunch - please bring lunch with you or money to buy lunch at the venue.

If you are getting the bus, please meet at Headway House at 10.45am or meet at Tenpin at Fountain Park at 11.20am. We will return to Headway for 3pm. This outing will be accessible and wheelchair users are welcome!

If you would like to go on this trip, please speak to a member of staff to book your place.



Social Group Outing – Barge Trip, Ratho, Wednesday 18th October

We will meet at the Seagull Trust (Canalside, Baird Road, Ratho, Newbridge, EH28 8RA) – at **10.15am on Wednesday 18th October 2017**. The barge leaves at 10.30am and should return by 2.30pm. Picnic / snacks and tea / coffee will be available. Please let a member of staff know if you would like to come along and book your place by paying £10.



Headway House Halloween Party – Tuesday 31st October

What do you get if you cross Bambi with a ghost? – BambOOO!!

It's that time of year again for terrible jokes and all things orange and scary!! So come along and join us for dancing, karaoke, games and fancy dress at our legendary celebration of Halloween! The party will start at 11am and run until 3pm. Remember to dress up – there will be a prize for the best costume!



Annual General Meeting – Wednesday 22nd November, 2pm.

We are delighted to invite you to our 24th Annual General Meeting (AGM) on Wednesday 22nd November at 2pm. This meeting will take place at Headway House.

Membership is £5 per annum and is a requirement of anyone who uses our services at Edinburgh Headway Group. Membership is also open to anyone interested in furthering the care and support of and concern for such persons and their relatives and carers. Your membership is very important and contributes to our aims and objectives.

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EVENTS AND NEWS FOR CARERS

Carers' Outing – Dynamic Earth, Wednesday 1st November, 1.00pm

Carer's outing to Dynamic Earth with our 'Golden Ticket' - we will meet at 1pm, take a walk around 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 join us, please contact Fiona Robertson on 0131 537 9557 or email carers@edinburghheadway.org.uk

This is available to all unpaid carers who care for an adult with an ABI.



Flu vaccinations for Carers

Carers in Scotland should be offered a free NHS flu jab. It is important that carers are vaccinated as early as possible to prevent themselves from getting the flu or passing it on to the person they care for.

Please contact your GP surgery to arrange an appointment if you haven't already received a letter.

Basic First Aid for Carers – Monday 30th October

10.00am – 12.30pm – VOCAL Carer Centre

Learn how to deal with a variety of situations including choking, bleeding, burns and seizures.

Caring in the City – Friday 28th October, 10am – 4pm – Pilrig Church

The events will include free drop-in workshops as well as the chance to chat with organisations from around Edinburgh that provide support and services for you and the person you support. Refreshments are available all through the day, so feel free to pop in for a cuppa and chat or attend any of the workshops:

- 9am: Stress management
- 10am: Basic benefits
- 11am: Stress management
- 12noon: Basic benefits
- 1pm: Introduction to Self-Directed Support (SDS)
- 2pm: How to apply for a VOCAL short break grant
- 3pm: Stress management
- 3.30pm: Changing relationships

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DATES FOR YOUR CHRISTMAS DIARY

October has only just begun but our Headway House elves are already preparing for the festive season!! Here are some important dates for your diary -

Monday 27th – Thursday 30th November – ‘Sale of Work’

Calling all of you with a creative twist! Once again we are having our ‘Sale of Work’ when we will be selling handmade wares and crafty gifts in time for Christmas. This will be during the week of 27th – 30th November so pick up those knitting needles, prepare those recipes and dust off the sewing machine! We always have a wonderful selection of work so please do come along and pick out some beautiful handcrafted gifts. This year we will be selling handmade wooden reindeers, owls and snowmen sculptures as part of ‘The Rudolph Project’ – a perfect addition to your festive decorations! ... and also for sale will be our Edinburgh Headway Group Christmas cards so you can really get ready for the busy season ahead.

Any donations for the sale of work will be gladly received from now – thank you.

Monday 4th December

Ocean Terminal Shopping Trip for day service members. This trip is subject to a sufficient number of members wishing to take part.

Wednesday 6th December

Christmas lunch at the Southsider for day service and social group members, volunteers and carers.

Thursday 14th December

Headway House **Christmas Party** for day service and social group members, volunteers and carers.

Tuesday 19th December **BOOK NOW!!!**

Day service members outing to the **Pantomime** – Cinderella at the Kings’ Theatre.

This trip is subject to numbers so if you would like to attend, please let us know by Wednesday 11th October. Prices will be confirmed at the time of booking.

We will be going to the matinee performance at 2pm so a bus will leave Headway House at 12.45pm and return to Headway House after the show. You should arrange transport to take you home at 5pm.



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Out and about in September....

Our day service members had a terrific time on a boat trip exploring the Forth estuary. They enjoyed beautiful blue skies as the boat took them to lots of interesting nooks and crannies of the Forth and of course, they were able to get close up to see the new bridge. A very enjoyable trip by all accounts



Members of the social enjoyed a trip to the Modern Art Gallery to see the 'True to Life' exhibition and of course coffee and cake afterwards!



The Supper Club enjoyed a lively gathering at the Handmade Burger Company – delicious food and lovely company in a supported environment for our carers and their loved ones.

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THANK YOU TO OUR FUNDRAISERS AND DONATERS

Huge thanks this month to JK Young Endowment Fund, Anderson and Anderson, Lindsay Blair, W Thomson, Houseproud of Morningside and Ann Paton.

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

The Rudolph Project 2017

You will have read under the Sale of Work item that this year we will be selling Rudolphins, owls and snowmen all handmade from re-cycled and coppiced wood by Paddy and Lizette Bingham of the Rotary Club of Livingston. The sales of these beautifully created Christmas decorations will raise funds for the Rudolph Project which this year is supporting 6 charities including Edinburgh Headway Group. Our thanks to Paddy and Lizette for choosing to support our work in this way.



Look out for these lovely festive friends at our Sale of Work in November!

P.S. Calling all knitters! Each Rudolph needs a woolly scarf so if you are a knitter and would like to use up your excess wool stocks, we would be delighted if you could make up some scarfs – 10 stitches by 18” – simple!! Thank you.

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

**TEL: 0131 537 9116
EMAIL: office@edinburghheadway.org.uk
WEB: www.edinburghheadway.org.uk
HOURS: 9.30am – 3.30pm, MON – THURS**



CONTACTS

Michelle Keenan	Chief Executive Officer
Lynne Atkinson	Support Service Manager
Leigh Thornton	Rehabilitation Co-ordinator
Amanda Milne	Rehabilitation Assistant
Pepe Hermoso	Rehabilitation Assistant
Fiona Robertson	Carers Project Co-ordinator
Jill Scott	Finance Officer
Fiona Walls	Office Administrator
Mark Waugh	Gym Supervisor
Cristina Costanza	Volunteer Co-ordinator

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Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
2 nd Gym Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	3 rd Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group and 1:1 Bingo	4 th Gym Cooking Group Art 1:1 Ball Game Lunchtime Quiz Jewellery Making Computer Group (by appointment)	5 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Independent Living Skills
9 th Gym Cooking Group Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	10 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group and 1:1 Bingo	11 th Gym Art 1:1 Ball Game Lunchtime Quiz Jewellery Making Computer Group (by appointment)	12 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group
16 th Gym Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy Day Service Outing - Bowling	17 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group and 1:1 Bingo	18 th Gym Cooking Group Art 1:1 Ball Game Lunchtime Quiz Jewellery Making Computer Group (by appointment) Social Group outing – barge trip	19 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Independent Living Skills
23 rd Gym Cooking Group Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	24 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group and 1:1 Bingo	25 th Gym Art 1:1 Ball Game Lunchtime Quiz Jewellery Making Computer Group (by appointment)	26 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Study Group
30 th Gym Lunchtime Quiz Music Group Computer Group (by appointment) Complementary Therapy	31 st Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group and 1:1 Bingo HALLOWEEN PARTY!		