

Tak' Heid



Edinburgh Headway Group
October 2019

Edinburgh Headway Group wins at Rugby World Cup Tour!!

On 13th September 2019, three greats from world rugby made their way to the Prestonfield House Hotel in Edinburgh to be guests at a fundraising event organised in support of Edinburgh Headway Group and Stewart Melville's Rugby Club.

The three greats being none other than : **Micheal Lynagh, Martin Johnstone** and **Dean Richard** who between them possess 218 caps (including British and Irish Lions), two World Cup medals and numerous honours for both club and country.

The catalyst for the lunch held its origins following a meeting last October at Edinburgh Headway Group between Michelle, our Chief Executive, **Finlay Calder, Jim Calder** and **Neil Francis**. Coming away from the meeting, Fin and Jim came up with a brilliant plan to combine a fundraising event for both Edinburgh Headway Group and the Rugby Club. And so the seeds were sown ...

Jim and Fin's first point of contact was Michael Lynagh, who as many of you may know, suffered a stroke some seven years ago from which, happily, he has fully recovered. Michael was very quick to come on board, closely followed by both Dean and Martin. It was such a honour to have three of the greatest rugby players in one room and over 500 rugby enthusiasts agreed and quickly took up tables at the aptly named Rugby World Cup Lunch.



The many friends of Edinburgh Headway Group and Stewart Melville generously contributed some tremendous Auction and Raffle Prizes and Willie Allen MBE did a terrific job in getting the funds in. Michelle, our Chief Executive, was provided the opportunity also to do a presentation on the work of Edinburgh Headway Group and was delighted to be given the opportunity to raise awareness of acquired brain injuries to all who attended.

It goes without saying that this was a hugely successful and significant event and we can now announce that, Edinburgh Headway Group received a magnificent donation of £16,480 from funds raised on the day!!

Michelle had this to say to all who contributed their time, donations and effort in making this event a wonderful success:

"Thank you Jim and Fin Calder for involving Edinburgh Headway Group in what was a tremendous and very successful event. A great result from the auction - Willie Allen was amazing! Thanks also to Neil and Andy for the wonderful auction lots - the funds raised will as you know help make a remarkable difference to our work at Edinburgh Headway Group. It is so very much appreciated that you provided us with an opportunity to not only raise funds for our members and our carers but also raise awareness of our work. All in it was a great success and the amount of time and work you all put into this has not gone unnoticed – absolutely brilliant!"

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HALLOWEEN PARTY TIME **Don't get spooked – get booked!**

Yes, it's that time of year again for everyone to dig into the dressing up box, choose a costume and join us for some fun! Don't forget there will be a prize for the best costume!

Your Halloween Party will take place on:



Date: Thursday 31st October

Time: 10.30am – 3.00 pm.



This year we are thrilled to have been offered the services of the [Edinburgh University String Orchestra](#) to provide the entertainment – **so this party is one not to be missed!**

Places will be allocated on a first come first-served basis **so don't forget to book your place!!!!**

Notes: Numbers may be restricted should demand exceed supply. The day service is open as usual to all Thursday members - normal opening time of 9.30 am. Lunch is not provided, so please do bring your usual packed lunch!

Your meeting, your thoughts, you're welcome

Day Service Members' Meetings will be held at 12.30 pm daily as per below:



- **Monday 7th October,**
- **Tuesday 8th October,**
- **Wednesday 9th October**
- **Thursday 10th October**

This is your opportunity to let us know how things are going, have a say in future activities, outings etc:

- 👍 – fantastic, lets do more of that! or
- 👎 – nope doesn't work but let's work together to fix it!

Feedback, suggestions, compliments are always welcome. If you have any items you wish to bring to the meeting then do let us know – agenda items can be passed to the rehabilitation team.

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Edinburgh Headway Group October 2019

Carer News and Events

The Supper Club



The Supper Club Project* has been specifically created to give the opportunity to **both carer and cared for** to come along and enjoy each other's company and meet others with similar challenges in a relaxed, fun and supported environment.

The **NEXT SUPPER CLUB** will be held at **Wagamamas** on **Wednesday 23rd October**.

We will meet at **6pm** outside Wagamamas, 1 Castle Street, corner of Lothian Road, Edinburgh, EH1-2DP.

This is available to all unpaid carers and the adult they care for with an ABI. If you would both like to come, please contact the office to book your places on 0131 370 0393 or email carers@edinburghheadway.org.uk.

**Note:* Funding for the Supper Club Project has regrettably now ceased. As agreed food and beverage costs incurred will now be the responsibility of carer and cared for person attending.

Carers' Christmas Market and Afternoon Tea

Come along and enjoy a browse round the Christmas Market in Princes Street Gardens and then escape the crowds and relax with a lovely afternoon tea.

Meeting Point: Bottom of Cockburn Street, Edinburgh on

Date: Thursday 5th December

Start Time: 12.15pm for Market Tour followed by
Afternoon tea at 1.30pm

End Time: Approx. 2.30 - 3.00pm.

This event is funded by the City of Edinburgh Council and open to unpaid carers of anyone who has had an ABI and resident within City of Edinburgh.

This is a great chance to take some time out, meet others in a similar situation and do some 'last minute' Christmas shopping of course!

If you would like to come along to any of our events or wish to talk about your caring situation then contact our Carers Co-ordinator, Ashley on 0131 370 0393 or email carers@edinburghheadway.org.uk
We're here to help ☺

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Relax

Well and Truly Pampered

Relax



"I really enjoyed the chance to relax and mix with other people in a the same position as I am. You always learn things to help you at these events"

Carer quote



A round of applause to our volunteer Sheila for providing her amazing reflexology sessions at our popular Pamper Day for Carers held on Friday 20th September. Our carers benefit so much from these sessions and Sheila gives up her time freely to make sure all our ladies gain some welcome pampering time – thank you so much Sheila!

Another successful day for all our carers – because you're worth it!

Music Therapy Sessions are Here

"Hello,

My name is Marina Buckley and I am very happy to join Edinburgh Headway Group until March 2020, for my placement as a Year 2 Music Therapy Student from Queen Margaret University. I am studying the MSc Music Therapy 2-year programme. I am from Ireland and I am enjoying this opportunity to study and live in Edinburgh.



I will be at Edinburgh Headway Group on Mondays for Group Music Therapy and on Tuesdays for Individual Music Therapy.

In the Music therapy sessions, members will have different kinds of musical experiences – improvising, performing, composing and listening using a wide range of instruments.

Music therapy can target communication skills such as turn taking, listening, eye-contact, attention, memory, executive function and mood. The music making, in a group or individual session, facilitates accessing emotions and memories and provides social experiences within the safety of the therapeutic space and in the unique relationship between the member, the music and the therapist.

I look forward to sharing and creating music with the members at Edinburgh Headway Group!"

Marina

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Young Persons Social Club – Dawid's story

Anyone need a bicycle repaired? We know who to call! Our very own **Young Person Social Club Member, Dawid** who is now a respected member of the Leith Cycles team. He has also recently started a college course as well! Major congratulations and celebrations to Dawid from all of us at EHG, we are delighted and can't wait to see what the future has in store for you.



Here's what Dawid had to say:

"I'm so very thankful for the Edinburgh Headway Group's Young Person Social Club. This is the place where I can meet with people of similar age and health condition. The respectful and friendly environment helps me to build confidence by practicing conversations with others. I very appreciate trips to places like the zoo, cinema, bowling centre or Gorgie farm. These were great occasions to actively spend time with the group and explore the city. Also, the Social Club gives me a positive experience which helps regain my self-esteem and sense of worth. The friendly staff at Edinburgh Headway Group supports my brain recovery by involving me in different activities like games or cooking. I would like to thank you for this opportunity to be your member".



Our **Young Persons Social Club (YPSC)** runs for 2 hours from 1-3pm every Friday afternoon and is aimed at young adults with acquired brain injury aged between 18-30 who would like to build confidence and reduce social isolation. We provide a very relaxed and fun environment where young people can socialise, meet new friends and simply have fun. If you or someone you know may be interested in coming along to this club, please don't hesitate to contact our project leader Pepe at pepe.hermoso@edinburghheadway.org.uk We would love to hear from you.

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

A Warm Welcome to Ash Denham

Edinburgh Eastern MSP, **Ash Denham** will be visiting Edinburgh Headway Group on 16th October following her last visit to us in April last year before the move of premises. Ash was elected in 2016 and is proud to represent Edinburgh Eastern, a diverse and vibrant constituency which includes areas such as Portobello, Craigmillar, Gilmerton and Meadowbank. Ms. Denham is also the Scottish Government Minister for Community Safety.



The Scottish Parliament
Pàrlamaid na h-Alba

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Thank you to the British Humane Association who kindly donated funds to us to enable us to purchase a new **Strikeworth 7ft Multi Games Table** featuring pool, table tennis and air hockey.

The members have really enjoyed exploring the various games together and this is another welcome addition to our physical rehabilitation and social rehabilitation programmes.

It is clearly evident that there is some healthy competition when the games are in action!



Sporting Memories – Coming Soon!

The Sporting Memories foundation is a charity dedicated to the use of sports reminiscence and inclusive activities to support people across the whole of the UK. A sporting memories session provides an environment that is based around cognitively stimulating, physical activities.

Our staff had the pleasure of a training session delivered by Norrie Gallagher and Howard Mitchell from The Sporting Memories Foundation.

During this training, staff were provided with the framework and tools that are needed to deliver a successful sporting memories session. Staff even had the opportunity to participate in their very own sporting memories session which prompted a lot of laughter and some remarkable sporting memories were shared.

The Sporting Memories reminiscence resources have been developed specifically to help prompt conversation and discussion, spark memories, build friendships, improve mental wellbeing, reduce isolation and get people physically active again.

We feel that this will be a great addition to our rehabilitation programme and one which our members will thoroughly enjoy and gain great benefit from. We aim to add Sporting Memories Reminisce Sessions to our programme very soon! Watch this space!

Meadowmill Sports Centre - Archery sessions

Our members had a great time practising archery for the first time at **Meadowmill Sports Centre**.



Everyone enjoyed the activity and we all had fun learning the basics of this sport. We would like to say thanks to the group of instructors that helped our members, including our very own Gary Gillan. We will be back soon!



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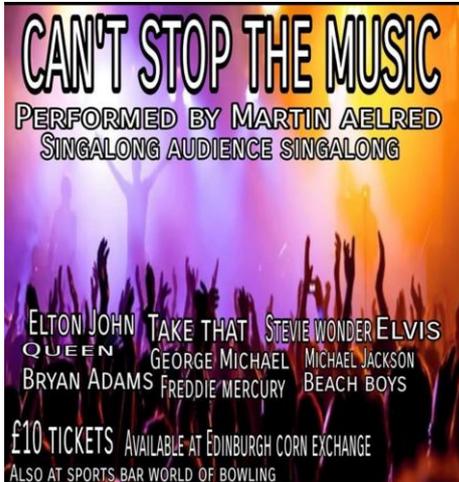
FUNDRAISING EVENT – Can't Stop the Music! – Saturday 21st December 2019

Exciting news!! We are delighted to invite you to come along to a lively fundraising singalong event.

'Can't Stop the Music!'

led by singing sensation and internationally acclaimed tenor Martin Aelred

Join us at the Corn Exchange, Edinburgh on **Saturday 21th December** for what will be a very uplifting and entertaining evening. Tickets are £10 each and are available to buy from our office or at the Corn Exchange or the Sports Bar World of Bowling.



Please call the office on 0131 370 0393 if you would like to find out more and buy some tickets.

We are very thankful to supporter of the charity Alison Demarco for organising this fundraising event for Edinburgh Headway Group - it will be a great fun night!!



Thank you this month to Jim and Fin Calder, The Tillyloss Trust, Saint & Sinners Club, Royal Bank of Scotland, Sheila Herdsman and Margot Miller.

Also an anonymous donation was received on our Justgiving page with a lovely message that we thought we would share with you: *"Thank you to the whole team for all your do to help make life better for others. With special thanks to Pepe for supporting our loved one. You have made an amazing difference in his life and his family".*

**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

**UNIT 4
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Tel: 0131 370 0393
EMAIL: office@edinburghheadway.org.uk
WEB: www.edinburghheadway.org.uk
HOURS: 9.30am – 3.30pm, MON – THURS
YPSC 1.30pm – 3.30pm FRIDAY**



CONTACTS

Michelle Keenan	Chief Executive Officer
Judith Stirling	Admin officer
Fiona Robertson	ABI Planning Nurse
Cristina Costanza	Volunteer Co-ordinator
Ashley McQueen	Carers Co-ordinator
Pepe Hermoso	Rehabilitation Lead
Brooke Benz	Rehabilitation Assistant
Heloise Hopps	Rehabilitation Assistant
Gillian Hume	Rehabilitation Assistan
Rafal Szetjna	Gym Supervisor
Mairi Perry Littlejohn	YPSC Assistant
Jill Scott	Finance Officer

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Edinburgh Headway Group – October 2019

A gentle reminder to members to please note that the day service opening hours are 9.30am – 3.30pm Monday to Thursday. Staff are in place to start the service at 9.30am and are not able to attend to any members who arrive before that time. It would be helpful if you can ensure that your transport providers are aware of our opening hours. Thanks

Monday	Tuesday	Wednesday	Thursday
7th Oct MEMBERS MEETING Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Member Choice Cognitive Games Scrabble Group Tai Chi Music Therapy	1st Oct Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice	2nd Oct Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Member Choice	3rd Oct Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group
14th Oct Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Member Choice Cognitive Games Scrabble Group Music Therapy	8th Oct MEMBERS MEETING Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice	9th Oct MEMBERS MEETING Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice	10th Oct MEMBERS MEETING Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group
21nd Oct Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Member Choice Cognitive Games Scrabble Group Tai Chi Music Therapy	15th Oct Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice Cognitive Games	16th Oct Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Music group Member Choice	17th Oct Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group
28th Oct Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Member Choice Cognitive Games Scrabble Group Music Therapy	22nd Oct Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice Cognitive Games	23rd Oct Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Music group Member Choice	24th Oct Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Tai Chi Study Group
	29th Oct Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice Cognitive Games	30th Oct Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice	31th Oct 