



**Edinburgh Headway Group  
Autumn 2024**

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

Hello Friends,

Welcome to your Autumn edition of Tak Heid.

We hope you are all keeping well and warm as the Summer months have slipped behind us.

Despite the nights fair drawing in Edinburgh Headway Group is as busy as ever.

We have been out and about on our day trips and have been keeping busy at our premises with a few new faces joining us.

Read on to see what we have been up to and what's upcoming.

## *The Edinburgh Headway Group Team*



## **Murrayfield Stadium**

Forget about your Taylor Swifts and Oasis... Edinburgh Headway Group recently visited Murrayfield Stadium and it was a great hit.

Our members were given the VIP treatment by Stuart and his team at Scottish Rugby.

The day began with front row seats to watch Edinburgh Rugby in a training session.

Players and coaches were very kind with their time after this talking to us about all things rugby and answering our questions.

Following this we were given a tour of the international locker room and then out through the tunnel to the vast stadium.

It was a real treat to have this iconic space to ourselves. Some of our hardy members challenged themselves to do a lap of the pitch. And Jack done two laps. One on

wheels and then another on foot. Well done on your incredible achievements this year Jack.





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## Hitting the high notes with The Two Gordans

We were treated to a great day when The Two Gordans came from Fife to visit us and entertain us with their singing and entertainment. Oh and Alison wasn't shy about joining (bottom right).

We paired this with our partner charity, Tummies not Thrash, giving us plenty of food and goodies to share. Thank you so much to Gordan & Gordan and we hope to see you both again soon.





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## All Aboard the Barge

Thanks to our great friends from Rotary Braids we had the opportunity to travel up the canal on two occasions recently.

The weather even played ball.

We had a most relaxing time listening to the sounds of nature and waving to well wishers as they passed by.

We even managed to do some meditation on the water in the glorious surroundings.



## Can you CONKER our Autumn Quiz? Answers at the end of Tak Heid

1. Who are Dr. Peter Venkman, Dr. Raymond Stantz, and Dr. Egon Spengler better known as?
2. Which other vegetable, named 'neeps' in Scotland, are often used to replace Pumpkins for carving?
3. Guess the anagram of a spooky Halloween word - **not sleek**
4. Which famous band sang 'Highway to Hell'?
5. Arachnophobia is the fear of what?
6. Which famous German festival is celebrated each Autumn?
7. What is the name of the full moon associated with Autumn?
8. What is an American name for the Autumn season?
9. In Autumn, do you turn your clocks forward or backwards?
10. Are pumpkins a vegetable or a fruit?
11. Autumn came from the Latin word autumnus. True or False?





# TAK' HEID



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## Annual BBQ courtesy of Digby Brown

In September we had our annual end of Summer BBQ hosted by our friends at Digby Brown.

We'd like to send a big Thank You to Kirsten and her team for all their support and help with this.

We were treated to wonderful entertainment from Charlie and he got everybody into the swing of things very quickly and kept the cheer going all day.

We were also very well looked after by our caterers and everybody was catered for.







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## Dynamic Earth

Our October trip was to Dynamic Earth, which is situated by Holyrood Palace with stunning views of Arthurs seat. Many thanks to Dynamic Earth for our free group pass which made this trip accessible for so many. The staff were wonderful, and members had such a fun day learning about

time travel, earth and much more.

Highlights were the ice room, earthquake room and the planetarium (some of us were so comfy and relaxed they even had a little snooze!).

Big thank you to our superstar volunteer Cathy for helping on the day



## Watch this space!

We will soon be starting a new wall art project in our rehab suite so watch this space!

The last one went down so well we thought we'd fill some more space with our creativity. Get your paintbrushes ready! This new piece will feature Edinburgh Castle set behind the Ross Fountain.

Our communal murals are a great way to work together as a community and expressing our pride in Edinburgh Headway Group.

## Compass Therapy Centre

We recently had Gillian from Compass in to talk to our members about their services. Compass is a registered charity in Edinburgh based in Leith who provide a range of services such as oxygen therapy, rehabilitation and physiotherapy for those living with neurological conditions.

They also use complimentary therapies such as acupuncture, reflexology and massage.

Oxygen therapy- helps with brain fog, sleep issues, muscle weakness and pain.



In their rehabilitation they use some of the latest innovations in technology.

Their physiotherapy helps you consolidate existing function and maximize your potential.

Need more info?

<https://wearecompass.org.uk/>  
[hello@wearecompass.org.uk](mailto:hello@wearecompass.org.uk)

Call Today: 0131 554 5384





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## Halloween Fun Facts

- Did you know the Famous Robert Burns wrote a poem about Halloween in 1785?
- Jack-o-lantern comes from the Irish legend of Stingy Jack
- Halloween has Christian origins dating back to 1745
- Finding a spider on Halloween night is considered good luck
- The fear of Halloween is called Samhainophobia

We will be celebrating Halloween from the 28th to 31st at EHG and we have lots of fun lined up.

We will be doing spooky activities, baking and decorating cakes, reminiscing on childhood memories of costumes, guising and Halloween jokes. Prizes for best dressed.



## Oh Yes We Are!

Our November trip is to the Cinderella Panto at the Festival Theatre.

Join returning Panto favourites Allan Stewart, Grant Stott and Jordan Young with a new magical pantomime for everyone. Packed with all the traditional pantomime ingredients Edinburgh audiences expect, Cinderella features laugh-out-loud comedy, stunning scenery, beautiful costumes and plenty of boos and hisses. Join Cinders as she goes from rags to riches, outwits her very wicked sisters and meets her Prince Charming.

There are two dates for this, and members & carers are pre-paid, and spaces now filled. Please ask a member of staff if you are unsure which date, you are booked on.



The two dates for this are:

Wednesday the 27th of November

Thursday the 28th of November

Meeting time for this is 1:30pm

(Running time tbc)



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## Carers Space

Do you or somebody you know care for somebody with an acquired brain injury? Our Carers Space takes place on the last Friday of every month (except December, see below). This is open to any carer whether their loved one is a member of Edinburgh Headway Group or not.

The space is used to check in on each other, share information on helpful carer resources and a nice way to be with others who can really understand how you are feeling. We have plenty of different coffees and teas and there is always something tasty to go with it.

Please feel free to join us, our next carer spaces for 2024 will be on the following:

Friday the 29th of November

Friday the 13th of December

The Carefree logo, featuring the word "Carefree" in a white, serif font on an orange background.

## Carefree

Carefree is a charity focused on getting a much-deserved break to Unpaid Carers. The short breaks initiative is designed to provide the flexibility you need to take some time away from your caring responsibilities.

Hundreds of hotels nationwide donate room nights to the charity every day out of their excess capacity. Through Carefree you can access a 1-2 night hotel stay with a companion, at a time and place that works for you.

### Who can get a break?

To be eligible you need to be over 18 years of age and provide more than 30 hours of unpaid care per week.

### What are the costs?

There is a charge of £33 admin fee per break to help run the charity. You're also responsible for paying for your travel and other expenses.

### Who can I go with?

Most hotels offer double or twin rooms with breakfast included. You can take someone with you, but this should not be your cared-for person so that you can truly get a break away from caring.

<https://carefreespace.org/>

Part of **Jointly app for carers**

Developed by Carers UK, Jointly is an innovative mobile and online app that is designed by carers for carers. Carers UK is both a supportive community and a movement for change. They are at the forefront of the carers' movement, bringing carers together to have a voice and deliver lasting change.

By listening to carers' experiences, they have developed expertise and understanding that helps find better ways to support carers.

No matter what you're experiencing as a carer, Carers UK will help with information, advice and support for your wellbeing.

Check out the link <https://www.carersuk.org/scotland/help-and-advice/technology-and-equipment/jointly-app-for-carers/>



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### Answers to the Quiz:


1. The Ghostbusters
2. Turnip
3. SKELETON
4. ACDC
5. Spiders
6. Oktoberfest
7. Harvest Moon
8. Fall
9. Backwards
10. A Fruit
11. True

# HAPPY HALLOWEEN

### Edinburgh Headway Group

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