

Tak' Heid



EdinburghHeadwayGroup
January 2019

'Wishing all our readers a very happy New Year!'

EVENTS FOR CARERS

THE SUPPER CLUB – JANUARY 2019

The Supper Club Project, funded by the Erskine Cunningham Hill Trust, provides the opportunity for **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.

Our next **SUPPER CLUB** will be held at **Toby Carvery** on **Wednesday 16th January 2019**.

We will meet at **5.15pm** outside The Toby Carvery Liberton, 41 Howden Hall Road, Edinburgh, EH16 6PG.

This funded event is available to all unpaid carers and the adult they care for with an ABI.

If you would both like to come, please contact Ashley McQueen to book your places on 0131 370 0393 or email carers@edinburghheadway.org.uk.

Please note: Places are limited so book soon!

If you do secure a place and then for some reason you cannot join us, please call the office to let us know as soon as possible as there is usually a waiting list and it allows someone else the chance to attend.

Carers' December outing.....

Our Carers had a super view of Winter Wonderland on Princes Street from their window seat at the Mercure Hotel where they enjoyed a delicious afternoon tea for their Christmas event!

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



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Out and about in December.....

Day Service members had a fabulous time at the Kings Panto - here they are waiting for the show to begin!
Christmas Lunch at The Southsider was a big hit and everyone had a really great time at the first Christmas party in our new premises!



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Young Person Social Group

Our YPSC has had a great start and after feedback from our members, we will now be running the sessions for 3 hours, YAY!! Starting from Friday 11th January, the club will now run from 12:30-15:30.

So far our members have enjoyed singing, dancing and simply just hanging out and getting to know each other.

We have had a pizza making day which turned out to be a big hit with everyone! Lots of festive based activities took place before the Christmas break and musical bingo proved to be the fave amongst our members!

We are really looking forward to the New Year and we cannot wait to see what we can get up to! If you or anyone you know would like to get involved, please get in touch, we would love to meet you.



Please call us on 0131 537 9116 or email office@edinburghheadway.org.uk

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



Digby Brown Christmas Card and Calendar competition

We reported in November's edition that day service member Colin Fortune was a winner in the competition – his painting 'Water Colour Woods' was chosen for 'June' in the 2019 calendar!

Colin had a great day out at the awards ceremony in December when he received a voucher for himself and a £200 donation towards our group's funds. Very well done Colin, here he is at the ceremony with his winning entry.

DIGBY BROWN .co.uk
SOLICITORS

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THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month for the recent donations from the Barrach Charitable Trust, family and friends of Anne Hunter, Sheila Herdsman, Joan English, Digby Brown, Portobello Spiritualist Church, Agnes Hunter Trust and the Bank of Scotland Foundation.

*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.*



.....And a huge thank you to everyone for all the lovely cards and gifts that you gave us.....diets will start in February!!



EDINBURGH HEADWAY GROUP

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HOURS: 9.30am – 3.30pm, MON – THURS
12.30 – 3.30pm, FRI for YPSC



CONTACTS

Michelle Keenan

Lynne Atkinson

Amanda Milne

Pepe Hermoso

Fiona Robertson

Jill Scott

Fiona Walls

Cristina Costanza

Ashley McQueen

Brooke Benz

Lucie Cornwell-Lee

Rafal Szetjna

Chief Executive Officer

Support Service Manager

Rehabilitation Assistant

Rehabilitation Assistant

Operations/ABI Planning Mgr

Finance Officer

Office Administrator

Volunteer Co-ordinator

Carers Project Co-ordinator

YPSC activities assistant

YPSC activities assistant

Gym Supervisor

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Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
7th Gym Comp Therapy Lunchtime Quiz Music Group Cognitive Games	8th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	9th Gym Arts and Crafts Group Ball Game Cooking Group Lunchtime Music Quiz Jewellery Making Calligraphy	10th Gym Gentle Exercise Bingo Therapeutic Art Group Cognitive Games Lunchtime Quiz Tai Chi Study Group
14th Gym Comp Therapy Cooking Group Lunchtime Quiz Tai Chi Cognitive Games	15th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	16th Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	17th Gym Gentle Exercise Bingo Cooking Group Therapeutic Art Group Cognitive Games Lunchtime Quiz Tai Chi Study Group
21st Gym Comp Therapy Cooking Group Lunchtime Quiz Music Group Cognitive Games	22nd Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	23rd Gym Arts and Crafts Group Ball Game Cooking Group Lunchtime Music Quiz Jewellery Making Calligraphy	24th Gym Gentle Exercise Bingo Therapeutic Art Group Cognitive Games Lunchtime Quiz Tai Chi Study Group
28th Gym Comp Therapy Cooking Group Lunchtime Quiz Tai Chi Cognitive Games	29th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Musical Bingo	30th Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	31st Gym Gentle Exercise Bingo Cooking Group Therapeutic Art Group Cognitive Games Lunchtime Quiz Tai Chi Study Group