

# Tak' Heid



Edinburgh Headway Group  
November 2019

# November

## Spooky Fun at Edinburgh Headway Halloween Party

A fantastic time was had by all at our popular Halloween Party!

Well done to everyone who came in fancy dress, we witnessed some weird and wonderful costumes!

Members enjoyed a fun filled morning of halloween themed games, spooky quizzes, dancing and prizes for best dressed. After the morning mayhem, members were treated to a musical session from the University of Edinburgh String Orchestra. The sound of classical music filled the room and a relaxing, tranquil afternoon was enjoyed by all.

Thank you to everyone who came along and enjoyed the fun!



Our volunteer, Kai Dudley and President of the Edinburgh University String Orchestra, very kindly arranged the entertainment for our event.



**Thank you to Kai and colleagues – you were Spooktacular!**

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## Edinburgh Headway Group November 2019

### Pass IT On – Discount Computers for Carers

Edinburgh charity Pass IT on sell good quality refurbished computer systems at very competitive prices. All equipment is tested for electrical safety before being sold, and all sale computers and laptops come with a 90 day return to base guarantee.

A full PC system costs £95 but carers who get Carer's Allowance can buy the full PC system for the special carers price of £65.

To find out more, contact Helen Russell on **0131 476 1645** or email [admin@passitoncomputers.co.uk](mailto:admin@passitoncomputers.co.uk)



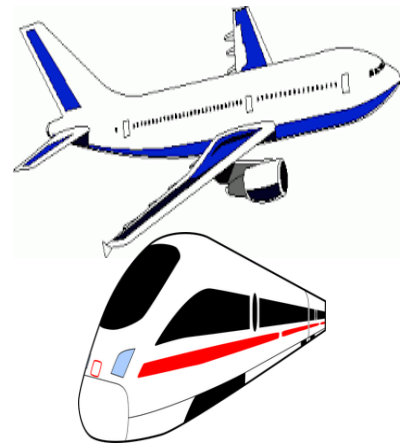
### Scotland's Accessible Travel Framework

Scotland's Accessible Travel Framework supports disabled people's rights by removing barriers and giving them better access to travel, as well as making sure that disabled people are fully involved in work to develop all aspects of travel.

An easy read version of Scotland's Accessible Travel Framework Delivery Plan for 2019–2020 has now been published.

You can download it online here:

[www.transport.gov.scot/publication/scotland-s-accessible-travel-framework-delivery-plan-for-2019-2020/](http://www.transport.gov.scot/publication/scotland-s-accessible-travel-framework-delivery-plan-for-2019-2020/)



### Winter is Coming! – Warm Home Discount Scheme

You could get £140 off our electricity bill under the Warm Home Discount Scheme.

The money is not paid to you – it's a one-off discount on your electricity bill, between September and March. You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

The Warm Home Discount Scheme for winter 2019 to 2020 will start on 14 October 2019. The discount will not affect your Cold Weather Payment or Winter Fuel Payment.

There are 2 ways to qualify for the Warm Home Discount Scheme:

- If you get the Guarantee Credit element of Pension Credit
- If you're on a low income and meet your energy supplier's criteria for the scheme

Each energy company has different rules so you need to phone your own supplier to find out if you qualify. If you are not sure about this or need help to contact your supplier, call FAIR on 0131 662 1962



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**We have a winner!!**

### **Digby Brown Christmas Card and Calendar competition**

Many congratulations to Colin Fortune whose painting 'Orange and Green Landscape' has been chosen to be included in the 2020 calendar! Colin has been invited to attend a prize giving ceremony in Glasgow and will receive an award certificate and an M&S gift voucher for himself and as an Edinburgh Headway Group winner, he has won a £200 donation towards our group's funds. Very well done Colin and have a fantastic day out in Glasgow!!



### **Come and Join us at the Young Persons Social Club**

This month the members of the Club decided to try a new activity: Mini Golf! We went to Volcano Falls in Fountain Park and had a great day out. We also went to the Cinema recently to see **Ad Astra**, a Sci Fi movie starring Brad Pitt. We are still taking referrals so if you know someone who could benefit from the Club just contact the office.

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](mailto:pepe.hermoso@edinburghheadway.org.uk) We would love to hear from you.

*Funding for this project has been made possible, thanks to money raised by National Lottery players, in a joint scheme from Scotland's National Lottery distributors - Big Lottery Fund, Heritage Lottery Fund, SportsScotland 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

### **Personal Assistant Vacancy**

Full Time Personal Assistant for Twenty-Nine Year old Brain Injured Individual.

Location: Loanhead, Midlothian. Hours: 8am – 5pm Monday – Friday (45 hours per week)

The individual is currently wheelchair bound with speech issues however and can communicate effectively.

For more information please call 07716828518

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## Edinburgh Headway Group November 2019

### It's Christmasssss! IMPORTANT DATES FOR YOUR DIARY

#### Member's Christmas Lunch – Southsider, Monday 16<sup>th</sup> December at 12pm.

Our Christmas lunch for members this year will be held at the Southsider.

The cost is £11.99 for a 2 course lunch and £13.99 for a 3 course lunch.

Transport from Edinburgh Headway is available - the cost is £6 per person and the bus will leave at 11.30am and return by 2.30pm. If you would like to meet at the Southsider then please arrive by 11.45am.

Please speak to a member of staff by Monday 9<sup>th</sup> November to book your place. Payment will be required at the time of booking.

#### Trip to the Pantomime – Tuesday 17<sup>th</sup> December Goldilocks and the Three Bears

This year's members outing to the Panto at The Kings Theatre, is on Tuesday the 17<sup>th</sup> of December for the 2pm matinee performance. This year the event is funded entirely by the Rotary Club of the Braids, including transport from Edinburgh Headway Group.

The bus from Edinburgh Headway will leave at 12.45pm and return after the performance, where members should be collected at 5pm.

Please speak to a member of staff if you would like to join this outing – as this is such a popular event and we have a small number of tickets, places are expected to be filled quickly.



#### Christmas Party - Thursday 19<sup>th</sup> December - 11am – 3pm

All members, volunteers and carers are warmly invited to join us for our Christmas Party. We will be hosting a raffle so donations will be gratefully received (no alcohol please) and please bring along a small gift for 'Secret Santa' labelled male or female.



**IMPORTANT NOTE – Places are limited so please confirm your attendance by Thursday 12<sup>th</sup> December.**

#### AGM - Thursday 19<sup>th</sup> December – 10.15 am – 11am

Our 26<sup>th</sup> Annual General Meeting will be held on 19<sup>th</sup> December (pre-Christmas party) from 10.15 – 11.00 am. Invitations to follow and we look forward to seeing our members there.

Membership is still only £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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## **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 5<sup>th</sup> 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.*

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](mailto:carers@edinburghheadway.org.uk)  
We're here to help ☺

## **Fundraising – sharing the love ....**

Special thanks this month to Leeds Building Society, Thales Charitable Trust, Stella Symons Charitable Trust and everyone who chooses to fundraise and donate to Edinburgh Headway Group.

**Your support is invaluable to us and the services we provide.**

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### **EDINBURGH HEADWAY GROUP**

UNIT 4  
PEFFER PLACE  
EDINBURGH  
EH16 4BB

Tel: 0131 370 0393  
EMAIL: [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk)  
WEB: [www.edinburghheadway.org.uk](http://www.edinburghheadway.org.uk)  
HOURS: 9.30am – 3.30pm, MON – THURS  
YPSA 1.30pm – 3.30pm FRIDAY



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### **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 Assistant |
| Rafal Szetjna          | Gym Supervisor           |
| Mairi Perry Littlejohn | YPSA Assistant           |
| Jill Scott             | Finance Officer          |

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*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*

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## Edinburgh Headway Group November 2019

| Monday   | Tuesday   | Wednesday  | Thursday   |
|--|---|--|--|
| <b>4<sup>th</sup> Nov</b><br>Cognitive Games<br>Gym Activities<br>Cookery Group<br>Lunchtime Quiz<br>Member Choice<br>Cognitive Games<br>Scrabble Group<br>Music Therapy             | <b>5<sup>nd</sup> Nov</b><br>Exercise with Raf<br>Art Group/Art 1:1<br>Cookery Group<br>Creative Writing<br>Reflexology<br>Bingo<br>Member Choice                     | <b>6<sup>rd</sup> Nov</b><br>Cognitive Games<br>Exercise with Raf<br>Cookery Group<br>Seated Yoga<br>Lunchtime Quiz<br>Member Choice                                     | <b>7<sup>th</sup> Nov</b><br>Exercise with Raf<br>Cookery Group<br>Art Group<br>Guitar Lessons<br>Bingo<br>Study Group             |
| <b>11<sup>th</sup> Nov</b><br>Cognitive Games<br>Gym Activities<br>Cookery Group<br>Lunchtime Quiz<br>Member Choice<br>Cognitive Games<br>Scrabble Group<br>Music Therapy            | <b>12<sup>th</sup> Nov</b><br>Exercise with Raf<br>Art Group/Art 1:1<br>Cookery Group<br>Creative Writing<br>Reflexology<br>Bingo<br>Member Choice                    | <b>13<sup>th</sup> Nov</b><br>Cognitive Games<br>Exercise with Raf<br>Cookery Group<br>Seated Yoga<br>Lunchtime Quiz<br>Jewellery Making<br>Member Choice                | <b>14<sup>th</sup> Nov</b><br>Exercise with Raf<br>Cookery Group<br>Art Group<br>Guitar Lessons<br>Bingo<br>Tai Chi<br>Study Group |
| <b>18<sup>th</sup> Nov</b><br>Cognitive Games<br>Gym Activities<br>Cookery Group<br>Lunchtime Quiz<br>Member Choice<br>Cognitive Games<br>Scrabble Group<br>Tai Chi<br>Music Therapy | <b>19<sup>th</sup> Nov</b><br>Exercise with Raf<br>Art Group/Art 1:1<br>Cookery Group<br>Creative Writing<br>Reflexology<br>Bingo<br>Member Choice<br>Cognitive Games | <b>20<sup>th</sup> Nov</b><br>Cognitive Games<br>Exercise with Raf<br>Cookery Group<br>Seated Yoga<br>Lunchtime Quiz<br>Jewellery Making<br>Music group<br>Member Choice | <b>21<sup>st</sup> Nov</b><br>Exercise with Raf<br>Cookery Group<br>Art Group<br>Guitar Lessons<br>Bingo<br>Tai Chi<br>Study Group |
| <b>25<sup>th</sup> Nov</b><br>Cognitive Games<br>Gym Activities<br>Cookery Group<br>Lunchtime Quiz<br>Member Choice<br>Cognitive Games<br>Scrabble Group<br>Music Therapy            | <b>26<sup>th</sup> Nov</b><br>Exercise with Raf<br>Art Group/Art 1:1<br>Cookery Group<br>Creative Writing<br>Reflexology<br>Bingo<br>Member Choice<br>Cognitive Games | <b>27<sup>th</sup> Nov</b><br>Cognitive Games<br>Exercise with Raf<br>Cookery Group<br>Seated Yoga<br>Lunchtime Quiz<br>Jewellery Making<br>Music group<br>Member Choice | <b>28<sup>th</sup> Nov</b><br>Exercise with Raf<br>Cookery Group<br>Art Group<br>Guitar Lessons<br>Bingo<br>Tai Chi<br>Study Group |