

Tak' Heid

Edinburgh Headway Group – December 2019



LAST CHANCE TO BOOK!

Member's Christmas Lunch – Southsider, Monday 16th 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. The payment deadline is 9th December.

There are still places available. Please let us know as soon as possible.



Trip to the Pantomime – Tuesday 17th December Goldilocks and the Three Bears

This year's members outing to the Panto at The Kings Theatre, is on Tuesday the 17th of December for the 2pm matinee performance. The meeting point is 1.30pm outside the theatre. This year the event is funded entirely by the Rotary Club of the Braids. Places are now full.



Christmas Party - Thursday 19th 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.



Places are limited so do make sure you confirm your attendance by Thursday 12th December.

Annual General Meeting - Thursday 19th December – 10.15 am – 11am

Our 26th Annual General Meeting will be held on 19th December (pre-Christmas party) from 10.15 – 11.00 am.

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.

Gentle Reminder: Please can you ensure that you pay your membership and confirm your attendance as soon as possible.

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Roll Up, Roll Up! Christmas raffle tickets now on sale!!

Tickets for our fabulous Christmas raffle are now for sale! Once again, we have received an array of very kind donations so there are lots of opportunities to win some super prizes!



*Charlie Miller Hair Voucher £20
Cranachan & Crowdie Voucher
Family Ticket for Knockhill Racing Circuit
Lunch Voucher for 2 at Five Guys
Rabbies Bus Tour for 2 people
2 tickets for Counterfeit 60s at The Brunton
Signed Monopoly Set (Paul Merton, Ewan McGregor and many more)
1:1 Gym Voucher at EHG
2 Tickets for Royal Yacht Britannia
£25 Boardwalk Beach Club Voucher
Bumper Food Hamper filled to the brim with Scottish products
Bumper Hamper filled with cleaning products to give you a gleaming start to the New year!*



To be in with a chance of winning and help support our charity, then please pop into **Edinburgh Headway Group**, Unit 4/27 Pepper Place, and purchase some raffle tickets. Tickets are priced at a bargain price of £2.50 per strip and are available for sale from now **until 12pm on Thursday 12th December**.

Supper Club – Book Now!

The Supper Club Project provides an 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.



Your popular **Supper Club** will be held this month at Pizza Express (2nd Floor, Ocean Terminal Shopping Centre, EH6 6JJ) on **Thursday 12th December 2019**. We will meet at **5.30pm** outside Pizza Express.



Please note that those attending the Supper Club are responsible for the purchase of their own food and drinks. Here's a glimpse of what is on the menu:

Pizza Express 3 Courses £14.95 <http://www.pizzaexpress.com/edinburgh-ocean-terminal/offers/offer-details>

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Carers' Christmas Market and Afternoon Tea – Enjoy!

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.



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 ☺

Green Fingers at Edinburgh Headway Group

The winter is here but it doesn't stop us from displaying some beautiful winter plants at Edinburgh Headway Group. Our members have been busy arranging our garden's seasonal window boxes and in our opinion they are blooming lovely!



Sporting Memories on Timetable!



We are proud to announce that a Sporting Memories group has been added to our Monday timetable!

In August our staff received training from the Sporting Memories Foundation. Since then we have trialled different groups and found that it is something that our Monday members are extremely interested in.

It is a full hour where we can all come together and share different memories or stories. This past week members have also brought in sports related ornaments and other interesting pieces to share with the group!

Overall it has been a welcome addition to Monday mornings at EHG!

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Information Point:

Winter Fuel Payment

If you were born on or before 5 April 1954 you could get between [£100 and £300](#) to help you pay your heating bills. This is known as a 'Winter Fuel Payment'.

You usually get a Winter Fuel Payment automatically if you are [eligible](#) and you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit).

<https://www.gov.uk/winter-fuel-payment/eligibility>

Cold Weather Payment

You may get a Cold Weather Payment if you're getting certain benefits. You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees celsius or below for 7 consecutive days.

<https://www.gov.uk/cold-weather-payment>



Useful Phone Numbers

Social Work Emergency Service (out of hours): 0800 731 6969 or 01506 281028/9 (West Lothian)

If you Smell Gas: 0800 111 999

Scottish Water: Customer Helpline – 0800 0778 778

Electricity Power Cuts: 105. Call **105** to report a power cut. Calling 105 is a free-of-charge call from any network.

Ambulance: If someone is feeling unwell contact their GP or alternatively call NHS 24 on 111.

In an emergency dial 999. If you would like to book an ambulance call 0300 123 1236.

Police Scotland: call 999 for emergencies and 101 for non-emergencies.

Fire emergencies: leave the home immediately and then dial 999.

Accident & Emergency Departments (A&Es):

- Aged 13 & over Royal Infirmary of Edinburgh 0131 536 1000
- Under 13 years Royal Hospital for Sick Children 0131 536 0000 All ages
- A&E Department, St John's Hospital, Livingston 01506 523 1000

Research Project - People with CSDH (Chronic Subdural Haematoma)

Neurosurgeons, as part of the Managed Service Network in Neurosurgery at the Western General Hospital, are hoping to speak to people with, or carers of, people with **Chronic Subdural Haematoma (CSDH)**.

Travel expenses and refreshments will be provided. It would be at the Western General Hospital. As a note – this isn't being 'recruited' for the trial, but to help improve its design. They are looking to set up a patient engagement group, so there may be further opportunities down the line for those interested in having a say in future research projects and the provision of services locally.

For now, they are particularly interested in those with CSDH for this specific project. Please contact Matthew Beven on 0131 537 3830 Ext: 33830 matthew.beven@nhslothian.scot.nhs.uk

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The countdown to Christmas has started and I have to say what a fantastic year it has been here at Edinburgh Headway Group

In addition to continuing our valued and much needed rehabilitation projects and services, we have also been making sure that we continue to raise awareness of acquired brain injury across Edinburgh and the Lothians and highlight the gaps and needs of survivors and families.

Working with our health and social care partners from across the city, we have been able to implement innovative projects to help us reach many more individuals and families.

Here's a wee snippet of what your amazing team has achieved over the course of the year:



- ✓ Worked directly with 105 brain-injured individuals and helped improve their outcomes to return to community living, access social opportunities and participate in different activities independent of their carers
- ✓ Enabled 92 members to benefit from physical rehabilitation group activities and 1:1 rehabilitation programmes in our well-equipped gym.
- ✓ Delivered training to 75 staff, volunteers and professionals from other organisations on Brain Injury Awareness, Challenging Behaviour and Epilepsy Awareness.
- ✓ Provided support to 162 carers; offered flexible individual and specialised 1:1 respite opportunities benefitting 15 adults with an acquired brain injury.
- ✓ Made early contact with 39 new carers of adults with a brain injury by sharing information with local hospitals, health and social care departments and other external partners.
- ✓ Supported 178 volunteers to deliver an impressive 4,299 voluntary hours enabling us to fully support a varied rehabilitation programme.
- ✓ Not forgetting that the Care Inspectorate also recognised our brilliance and awarded us the following:

Key Area Inspected	Grade	Rating
People Get the most out of life	6	Excellent
People's health benefits from the care and support	6	Excellent
People experience compassion, dignity and respect	5	Very Good
Assessment and care planning reflects people's needs and wish	4	Good

From all of us at Edinburgh Headway Group – we wish you a very Merry Christmas and a Happy New Year !!

Michelle Keenan
Chief Executive Officer

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FUNDRAISING EVENTS:

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

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 £12 each and are available to buy from our office or at the Corn Exchange or the Sports Bar World of Bowling.

Stop Press! Exciting News! - We have received a bumper bundle of **free tickets** to distribute to our members and carers (courtesy of our amazing Chairman, Andy Ley). So get your free ticket from the office and get your party shoes on!

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!!

SportsQuest 2020



Don't miss out on the chance to support your favourite charity Edinburgh Headway Group. If you are a fan of 'Question of Sport' then you will enjoy this fun-filled night!! SportsQuest, organised by Addleshaw Goddard, attracts over 650 high profile companies and dealmakers in Scotland annually, who compete in teams of 10 to raise money for charities.

We are delighted to announce that Sir Ian McGeechan, former British and Irish Lions player and coach will be the guest speaker on the night.

Please click on this link for further information: <https://www.addleshawgoddard.com/en/events/sportsquest-2020/>

December

Fundraisers – we salute you!

A huge thank you this month to Pontons Trust, Mags Geddes, David and Sheila Herdsman (who arranged and donated the wonderful raffle hampers), James Wood Fund, Paristamen and Sarah Ford (the birthday girl – many happy returns Sarah).

EDINBURGH HEADWAY GROUP

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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

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Ashley McQueen
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Mairi Perry Littlejohn
Jill Scott

Chief Executive Officer
Admin Officer
ABI Planning Nurse
Volunteer Co-ordinator
Carers Co-ordinator
Rehabilitation Lead
Rehabilitation Assistant
Rehabilitation Lead
Rehabilitation Assistant
Rehabilitation Assistant
Gym Supervisor
YPSC Assistant
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

Monday	Tuesday	Wednesday	Thursday
2nd Dec Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Member Choice Scrabble Group Music Therapy Sporting Memories	3rd Dec Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Bingo Member Choice	4th Dec Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Member Choice Music Group Jewellery Making	5th Dec Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Study Group Tai Chi
9th Dec Cognitive Games Gym Activities Cookery Group Lunchtime Quiz Member Choice Scrabble Group Music Therapy Tai Chi	10th Dec Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Bingo Member Choice	11th Dec Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice	12th Dec Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Study Group
16th Dec Cognitive Games Cookery Group Lunchtime Quiz Member Choice Scrabble Group Music Therapy	17th Dec Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice Cognitive Games	18th Dec Cognitive Games Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice	19th Dec AGM XMAS PARTY
23rd Dec DAY SERVICE CLOSED	24th Dec CLOSED	25th Dec CLOSED	26th Dec CLOSED

Festive Closures: Edinburgh Headway Group will be closed from Monday 23rd December 2019 and reopen on Monday 6th January 2020