

Tak' Heid

Edinburgh Headway Group
February 2020

Scottish Charity No SCO06528 Company Limited by Guarantee No 138081

February



Fair fa' your honest, sonsie face!

To celebrate the birth of the famous Scottish poet and lyricist Robert Burns, our carers and members enjoyed a day out to the Cuddie Brae Pub and Restaurant for a wee Burns lunch. Fraser, Kenny and Gill did a grand job of addressing the Haggis, and after their tongue twisting feat, everyone tucked into a traditional meal of haggis, neeps, and tatties.



Thumbs up to a delicious hearty meal and so say all of us !



It's fun to be at the YPSC!!

Our Young Person Social Club (YPSC) runs from 1pm to 3pm every Friday and is aimed at young adults with acquired brain injuries aged between 18-30. We provide a very relaxed and fun environment where young people can socialise, meet new friends and simply have fun.

The meetings usually take place in our premises at Edinburgh Headway Group, where we offer a variety of activities suggested by our members. We organise one outing per month such as:

- ✚ Tenpin Bowling
- ✚ Cinema
- ✚ Dynamic Earth
- ✚ Walking group/photography sessions
- ✚ National Museum of Scotland, etc..



"It's a lovely place to come and meet new people and make friends. We are always doing something to keep us motivated."
YPSC Member Quote

For further information and/or to make a referral, please phone 0131 370 0393 or email pepe.hermoso@edinburghheadway.org.uk We look forward to hearing from you ☺

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MEMBER NEWS:

Bowling Trip: - 25th February 2020



??? Did you know ...???

Benefits of Bowling:

Strengthens Muscles: When you bowl, you use muscles in your arms, shoulders, and wrists, and parts of the lower body. ...

Gives Improved Flexibility and Balance: Bowling uses lunging, twisting, and stretching motions that can improve flexibility over time.

So, let's get ready for your favourite workout ... Back by popular demand, we will be revisiting Fountain Park to partake in Ten Pin Bowling. Here are all the details you need:

Date: Tuesday 25th February 2020

Cost with transport: £12

Time: (bus departs EHG at 10.30 am and return to EHG by 2.30 pm)

Costs without transport: £7

Time: (meet at 11 am at Fountain Park, Dundee St, Edinburgh EH11 1AW)

Please bring your lunch or lunch can be purchased from the onsite café.

Contact the office on 0131 370 0393 or speak to a member of the team. Places offered on a first come serviced basis.

COMING SOON ... Therapeutic Art Sessions with Gill



Gill, our lovely Rehabilitation Assistant, is a qualified Art Psychotherapist and is keen to offer her skills to members to provide 1:1 Therapeutic Art Sessions.

Gill's sessions will provide you with dedicated one to one time where you will be offered an opportunity to explore a variety of art materials, as well as a safe space to share any thoughts, feelings or experiences.

Each session will last 45 minutes and occur on a weekly basis. Initially, a block of eight sessions will be offered, and then reviewed to determine whether further sessions would be beneficial to you.

You do not need to have any previous experience of art making processes, so if you are interested in finding out more, please contact Gill or one of the Rehabilitation Team.

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WELCOME TO OUR NEW VOLUNTEERS

We are delighted to welcome Federico Brusa and Mikaela Poltz to our talented team of volunteers here at EHG!

Federico Brusa is from Italy and started with us on Wednesday 15th January. Federico obtained his Bachelor's and Master's Degree in Psychology in Italy. He is now a PhD Psychology student. Federico really enjoys music, dance & singing, board games, likes to build items and read.



Mikaela Poltz is from the USA and she is our new volunteer on a Monday afternoon. She is an experienced EREPS level 4 certified and insured personal trainer and yoga instructor and she is very excited to run some sessions for us. She has focused her postgraduate studies on the particular topic of physical activity and mental health. She hopes that volunteering at EHG will give her the opportunity to use her unique combination of skills in personal training and passion for psychology to help others and ultimately allow her to become a better future psychologist/therapist.



COMING SOON ... Seated Yoga with Mikaela

Currently available to Monday Members:

The seated yoga session will aim to gently and accessibly release tension and tightness while increasing stability. It may make the body feel more open, improve circulation and will ideally invoke calm and balance in the mind and body. The movements will involve yoga poses such as stretches and twists, conducted in a seated position. There will be a focus on mindful breathing coordinated with movement of the torso and limbs.

Creative Writing

Writing is a solitary art, but that doesn't mean you have to be lonely. Lucky for you there is a creative writing group at EHG every Tuesday, and they're a really friendly bunch. You've never seen a writing group like this one! Thanks to Ron for leading such a talented group, here some of their best pieces.

Spectral Vision by Andy Stevenson

*In the still of the night when the world was quiet
When birds took flight and still waters ran deep
She drifted in through the bedroom window
A silver wraith bound in a waking sleep*

*I awoke to find pollen on my lips
I wondered from whence it came
Then I saw gold-dust on my pillow
And I knew she'd been, spirit with no name*

*She came the next night and then nightly
Covering my duvet with silver stars
I slept through and missed the ghostly charms
Of that spectral creature from a world afar.*



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CARER NEWS

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 **Frankie and Bennys** on **Wednesday 4th March**.

2 courses for £10.99 3 courses for £13.49

We will meet at **5pm** outside Frankie and Bennys, Newcraighall Rd, Edinburgh EH15 3HP 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 office@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.

Lothian Buses invite you to have your say!

Calling all Members and Carers - Lothian Buses are keen to find out if there are any barriers to bus travel and what Lothian Buses could possibly do to help people with acquired brain injury, in terms of accessibility and inclusion.

We have invited them to come in to have a general discussion about:-

- What makes life difficult for you (with buses)
- What Lothian buses are doing right and what they can improve on

This is an opportunity for you to have a voice! Please let a member of staff know if you are interested in being involved in this group and your name will be noted.

We will let you know when a date for the group has been set. *(This meeting/group will only be arranged if there is sufficient interest)*



SAVE THE DATE HEAD INJURY INFORMATION DAYS (HiID)

Free information for professionals, people, families and carers affected by all types of acquired brain injury and head injury.

Date: Wednesday 13th May 2020

Venue: Sheraton Grand Hotel, 1 Festival Square, Edinburgh EH3 9SR.

Programme: To follow

DIGBY BROWN
SOLICITORS 

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Motivational Interviewing - You can do it!

Callum, our volunteer, is looking for members of Edinburgh Headway Group who are open to a short conversation about physical activity. This project is investigating if an understanding and empathic conversation about physical activity can help people with brain injuries improve their weekly engagement in physical activity.

The study involves 4 short meetings with our volunteer Callum in Edinburgh Headway Group. These will take place over five weeks at a convenient time. To measure physical activity, you will be given a **physical activity monitor** (as pictured) for the first and last week of the project. In between this you will have a short meeting with Callum about your feelings towards physical activity, this is called a **Motivational Interview**.



What is Motivational Interviewing and how can it help?

- It is a counselling technique used to resolve ambivalent feelings and insecurities and helps people find internal motivation.
- It is a practical, empathetic, short-term process that considers how difficult it can be to make behaviour changes.
- Motivational Interviewing helps people recognise potential risk behaviours and helps increase their willingness to change.
- Existing research on Motivational Interviewing has already displayed its ability to help people with brain injuries, diabetes, obesity, heart disease, and many more.
- Motivational Interviewing is often effectively used to help people with substance abuse issues and to increase participation rates in treatment programmes.
- We hope this study provides evidence of Motivational Interviewing's ability to help people with brain injuries become more physically active.

If you're interested in getting involved then please contact the office on 0131 370 0393 or contact Callum direct via email on 40281197@live.napier.ac.uk

*Thank
you
so
much*

A round of applause to the following donors who contributed to our charity in January: The Grace Trust, Debbie Cuthbertson, Scottish Drugs Forum, Lynne Lindsay, Rotary Club of Braids, Neuro Physio Scotland, Anne Cossar Associates., Tesco Bank, Linzi Cox, EDINA and Alison De Marco.

Some lovely words too -

"Edinburgh Headway Group supported me as a carer and my sister following her Subarachnoid Haemorrhage this year. You do a great job supporting patients to make as good recovery as possible. Thank you."

"EDINA chose Edinburgh Headway to be our charity for 2019. This donation comes from all the fabulous baking that was sold in the office throughout the year. Keep up the good work, Edinburgh Headway!"

"Such supportive, positive & compassionate staff who are an important part of my husband's diminishing network".

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Monday	Tuesday	Wednesday	Thursday
3rd Feb Cognitive Games/ Gym Activities Cookery Group Scrabble Group Music Therapy Sporting Memories iPad Group Seated Yoga	4th Feb Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Bingo Member Choice	5th Feb Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Member Choice Music Group Jewellery Making	6th Feb Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Study Group Tai Chi
10th Feb Cognitive Games Gym Activities Cookery Group Scrabble Group Music Therapy Tai Chi Sporting Memories iPad Group	11th Feb Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Bingo Member Choice	12th Feb Cognitive Games Exercise with Raf Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice	13th Feb Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Study Group Tai Chi
17th Feb Sporting Memories Cognitive Games Cookery Group Scrabble Group Music Therapy Gym Activities iPad Group Seated Yoga	18th Feb Art Group/Art 1:1 Cookery Group Creative Writing Reflexology Bingo Member Choice Cognitive Games	19th Feb Cognitive Games Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice	20th Feb Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Study Group Tai Chi
24th Feb Cognitive Games Cookery Group Scrabble Group Music Therapy Gym Activities Tai Chi iPad Group Sporting Memories	25th Feb Exercise with Raf Art Group/Art 1:1 Cookery Group Creative Writing Bingo Member Choice	26th Feb Cognitive Games Cookery Group Seated Yoga Lunchtime Quiz Jewellery Making Member Choice Music Group	27th Feb Exercise with Raf Cookery Group Art Group Guitar Lessons Bingo Study Group Tai Chi

EDINBURGH HEADWAY GROUP

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 HOURS: 9.30am – 3.30pm, MON – THURS
 YPSC 1.30pm – 3.30pm FRIDAY



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