

# Tak' Heid



## Edinburgh Headway Group April 2020

Scottish Charity No SCO06528 Company Limited by Guarantee No 138081

As you are all aware, due to government guidelines and in our efforts to best protect our members, carers, staff and volunteers, we have temporarily closed our Day Service. Presently, it is very difficult to determine how long our premises will remain closed but we will continue to communicate with you by email, website and our social media sites with updates to formally announce our re-opening date.

For COVID-19 latest advice, please continue to refer to NHS Inform <https://www.nhsinform.scot/> and Health Protection Scotland <https://www.hps.scot.nhs.uk/>.

## We're here for you!

Covid-19 has meant that we have had to move overnight from a premises based service to creating new virtual services in a very short time span and I have to say that the team have been working incredibly hard to ensure this happens. I am incredibly proud of the staff's efforts and delighted to hear how you are all doing at this difficult time - we are here for you so let's stay connected!

Here is what we are doing:

We are providing and have increased our telephone support:

- our members (and carers) are receiving daily calls from the staff team to ensure we continue to provide vital support to all at this time
- our aim is to keep connecting with our members and carers to provide motivation, stability and structure
- we have linked with community support networks, partner charities and our health and social care partners to ensure we have access/latest information to respond to life concerns e.g. access to on-line shopping, money worries, mental health needs etc

We have utilised technology to deliver our rehabilitation services online to maintain continuity to our member's daily structure, such as:

- on-line cognitive activities for our adults with brain injury
- on-line physical rehabilitation videos and live sessions
- private Facebook groups/chat rooms to ensure our members and carers can keep connected, maintain friendships and provide a forum for peer support

Read on to find out more about what we have planned - there is no escaping us :)

*Michelle*

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### Message from the Rehabilitation Team!

We are now working remotely however this won't stop us from engaging and getting involved in our usual activities! In addition to offering telephone support, we can offer our activities on all platforms such as email/video link and live video calling via skype. Activities such as daily quizzes, word games, art activities, cooking activities, relaxation/mindfulness techniques, sporting memories and many more!

If you have any suggestions or ideas, please let one of the staff members know! 😊

W	V	E	R	T	I	C	A	L	L	Seek
R	O	A	F	F	L	S	A	B		Find
A	C	R	I	L	I	A	T	O	A	Random
N	D	O	D	K	O	N	W	D	C	Sleuth
D	R	K	E	S	O	O	D	D	K	Backward
O	E	E	P	Z	E	G	L	I	W	Vertical
M	S	I	I	H	O	A	E	R	A	Diagonal
A	L	R	K	R	R	I	R	E	R	Wikipedia
K	O	D	I	D	E	D	R	C	D	Horizontal
H	E	L	W	S	L	E	U	T	H	Word Search



### Join us – 'New' Day Service Members Private Facebook

Our new private Facebook group called the 'Edinburgh Headway Group: Day Service Members Group' has been created specifically to allow you, our **members** a private space to connect with one another and access online videos and activities. Here is where we will add some of your favourite Edinburgh Headway Group activities. We will be adding new content regularly and you will have access to videos and resources to keep you busy and working on your rehabilitation exercises.

Overall, we hope that you find this to be a place where we can all stay connected at this time! We also would like you to get involved and have your say. So please join us, let us know how you are getting on, and let us know how you are keeping motivated at home.

1. You will need to set up a Facebook profile. If you have one already set up then you leap to point 5. below.
2. If you don't already have one, it is simple to join. You can create a Facebook profile using either a mobile number or email address so all of you will be eligible create a free account.
3. Go to facebook.com and fill out the information under 'Create a New Account'.
4. The official group name is '**Edinburgh Headway Group: Day Service Members Group**'.
5. Search for Edinburgh Headway Group: Day Service Group in your Facebook search box. When you find our group, click 'join' and you will be asked a couple questions before being approved as a group member.

### ... and here is why you should ...

For those who have joined us this week, we hope you have enjoyed the activities and videos featured and participated in today's live quiz with Pepe.

For those who haven't yet joined – then here's what you are missing .. enjoy two popular videos which featured this week produced by our amazing volunteers, Mikaela & Ronnie

[https://www.youtube.com/watch?v=W\\_JKr2K11I4&feature=youtu.be](https://www.youtube.com/watch?v=W_JKr2K11I4&feature=youtu.be)

[https://www.youtube.com/watch?v=rXpYltg9\\_e0](https://www.youtube.com/watch?v=rXpYltg9_e0)



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### A word from Raf, our Gym Supervisor...

Have you ever asked yourself the question why physically active people are usually more energetic and happier than people who avoid exercising? Well if you didn't, science did it for you!

**AMAZING, you say!**

**WHAT DID THEY FIND, you ask?!**

**Well.....hold on to your chair, because what you will read below, will make you want to jump off it and start exercising immediately!**

It has been shown that regular physical activity like exercises can:-

- ✓ improve your well-being
- ✓ positively change your mood and impact how you feel about yourself and environment you are in
- ✓ helping to fight off depression, anxiety and controlling panic attacks

Whether you just feel good because you have done something, it doesn't matter, what matters is that **IT WORKS** and we at **Edinburgh Headway Group** know that :)

That is why we will be providing help and support in your daily activity and want YOU to join us in the process of making us all feel better!

You can view my fitness videos on the Members Private Facebook so I hope you will sign up and join me. Remember, **PERFORM GOOD – FEEL GOOD** 😊

## Creative Writing: April's Star Writer

### MY FAVOURITE FOOD by Margaret Murray



*My favourite food is vegetable soup. It consists of carrots, potatoes, onions and other vegetables. You can put anything you want into vegetable soup, really, even nettle leaves. I can and do make this soup myself, but often one of my friends makes it for me. Sometimes, soup is brought to me in my room at Blackadder House and served to me at my table.*

*Often, when the weather is fine, we dine outside and have a barbecue as well as drinking a bowl of soup. I drink vegetable soup at least once per week. Vegetable soup tastes very good. I can taste the freshness and wholesomeness of the vegetables in the soup. It's not fattening, and I like the chunkiness of the vegetables.*

*My second-favourite food is a meal called 'haggis, neeps and tatties.' Haggis is made from sheep's intestines, minced lamb and oatmeal. 'Neeps' is a Scots word for turnips. Tatties are, of course, potatoes. The tastiest potatoes are called Maris Piper.*

*I last ate that meal at the Southsider Restaurant in Edinburgh. To my mind that was a number of weeks ago.*

**By Margaret M.**

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### CARER NEWS

#### 'New' - ABI Carers Peer Support Facebook

This **private** group has been created specifically to allow our **carers** a private space to share thoughts, look for advice, support each other, find solutions to problems and inspire each other! To join the group:

1. You will need to set up a Facebook profile. If you have one already set up then you leap to point 4. below.
2. If you don't already have one, it is simple to join. You can create a Facebook profile using either a mobile number or email address so all of you will be eligible to create a free account.
3. Go to facebook.com and fill out the information under 'Create a New Account'.
4. Search for Edinburgh Headway Group: ABI Carers Peer Support Group in your Facebook search box. When you find our group, click 'join' and you will be asked a couple questions before being approved as a group member.

Your wonderful Carers Co-ordinator Brooke Benz will be moderating the group and will be approving member requests. So, if you have any questions around joining then please contact Brooke via email at [carers@edinburghheadwaygroup.org.uk](mailto:carers@edinburghheadwaygroup.org.uk) and she will be happy to help. Additionally, if you would like to arrange phone support with us please let Brooke know via email and she can add you to our phone support list.

#### ABI Carers Research

Some of you may remember meeting Nils, a Trainee Clinical Psychologist (NHS Lothian / University of Edinburgh) back in September 2019, at one of our Carer events. Nils is carrying out some research on caregivers of adults with an ABI. The purpose of this study is to investigate what factors influence wellbeing and distress in people who provide care for someone with an acquired brain injury.

He has now had approval to progress with the study and is asking for willing participants to complete the survey. Please note: the study is anonymised and so no personal details will be collected from participants.

If any carers would like to take part in this study, please see links below to access:-

#### Links

**To the study and information:** [edinburgh.onlinesurveys.ac.uk/abicarer](https://edinburgh.onlinesurveys.ac.uk/abicarer)

**Twitter page:** [twitter.com/abicarer](https://twitter.com/abicarer)

**Facebook page:** [facebook.com/abicarer](https://facebook.com/abicarer)

If you have any questions about this or require more information, please contact [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk) or call us.

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### Can you help make the difference? Support Edinburgh Headway Group

A lot of people may not be aware that Edinburgh Headway Group is a charity. We receive little public subsidy, which means that we don't get regular financial help from the local authority or Government. To pay for services provided to our members and carers, and to pay for the salaries of our wonderful and dedicated staff team, we rely on fundraising. Some of our funds are also raised by day service fees but on top of that we still need to raise large sums of money to ensure that our premises remain open and our work continues to serve adults with an acquired brain injury and their families.



Thank You

Closing the doors (temporarily) to our day centre was hard. Not only does it affect our members and carers, it also has financial repercussions for us. We know not everyone will be in the position to give money at this time - but if you can afford to, we hope you will consider supporting Edinburgh Headway Group. Your donation will help us keep connected to our members and carers at this challenging time

♡ You can make a donation on <https://www.justgiving.com/ehadwaygroup>

Thank you to Bill Bryden who this month made a wonderful donation to Edinburgh Headway Group in memory of Jean. Thank you also to Roderick Matheson, our very own Trustee who also contributes how time to us, and the Margaret Black Charitable Trust. We appreciate all your support.

### Useful Phone Numbers:

#### Mental Health Support

**Shout:** Anxious? Worried? Stressed? Text support service - Text 'SHOUT' to 85258

**Edinburgh Crisis Centre 24/7:** 0808 801 0414, text 07974 429075

**Breathing Space:** Free confidential phone service – 0800 83 85 87

**Samaritans:** Call free on 116 123, day or night, 365 days a year

Edinburgh Council - Social Care Support

**Social Care Direct:** 0131 200 2324

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#### EDINBURGH HEADWAY GROUP

#### CONTACTS

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HOURS: 9.00am – 5.00pm MON – FRI

Michelle Keenan  
Judith Stirling  
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Cristina Costanza  
Jill Scott  
Pepe Hermoso  
Heloise Hopps  
Brooke Benz  
Gillian Hume  
Natasha Nabi  
Rafal Szetjna  
Mairi Perry Littlejohn

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

