

Tak' Heid

Edinburgh Headway Group

June 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



gov.scot

“Love, kindness and solidarity are our guiding principles”

Changes to Scotland's lockdown restrictions were confirmed last week by First Minister Nicola Sturgeon.

While some outdoor activity restrictions have been eased, the public are still urged to stay at home as much as possible and maintain strict physical distancing when outdoors.

Two households will now be allowed to meet in outdoor spaces up to a suggested maximum of eight people. However, it is important that physical distancing and hygiene rules are maintained.

At the time of writing, there is no change for people who are shielding, however, the Scottish Government have reassured that they hope to provide more information for those who have been unable to leave their homes in the coming weeks.

Nicola Sturgeon summarised as below:

Still stay at home as much as possible – the virus has not gone away. Lockdown is being modified slightly - it is not over.

Make sure you are still seeing far fewer people than you might normally do.

Don't meet up with more than one other household at a time, don't meet more than one a day and keep to a maximum of eight people in a group.

Stay two metres apart when you do meet. And that, I know will be really difficult – perhaps the most difficult part of all. The instinct to hug somebody you love is a really strong one – especially when you haven't seen that person for quite some time. And I know that for some - couples who live apart for example – for them, this is even more difficult. And I want to assure you that we are considering that point very carefully. But for now - whether it's parents, grandparents, aunties, uncles, siblings, partners from other households - don't put your loved ones or yourself at risk.

Also wash your hands regularly and thoroughly.

Avoid hard surfaces - and clean any that you are touching.

And if you have symptoms, get tested and follow the advice on self-isolation.

And the truth is that we will be able to take more steps more quickly in the future, if we all continue to do the right thing, stick to the rules, and most importantly of all now, exercise good judgment at all times.

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Let's brighten your day with a few ideas to help you find the good in every day:




JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	 <p>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</p>				









www.actionforhappiness.org

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind





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Welcome to ... Your Space

1. Phil, a Day Service Member: What have you been doing to keep yourself busy during this time?

I have been watching TV and Netflix, in particular I have enjoyed Ozark.

I also like walking up the hill outside my house, when I am able as sometimes I am in too much pain; or getting the sun in the back garden, which is what I will be doing this afternoon after the Edinburgh Headway quiz zoom session.

2. What have you found most difficult?

Being isolated from people, it's like being locked up. I am lucky as I have a garden, but there are lots of other people in isolation who aren't able to get outside at all.

3. What do you think of Edinburgh Headway Group's communications during this time?

It was horrible not having communication or interaction with people at the very beginning of lockdown. However, having regular contact from Edinburgh Headway Group has been really helpful for me. It is great to get the telephone calls and speak to members of the team and also to have access to a Members Facebook. For me, in particular, it helps with my isolation and loneliness.

4. Which of our EHG services do you enjoy?

I enjoy talking to the staff of Edinburgh Headway Group on the calls, which has been good, as it helps take your mind off the negative things. The quiz sessions have also been good. I also wrote the quiz that was published on the Members facebook so that was good as it felt like I accomplished something.

5. How have our EHG services been of benefit to you?

Your services have helped breakdown the monotonous lockdown.

6. What are you most looking forward to about EHG re-opening?

Meeting people again and being able to help other members. It makes me feel better when I am helping others, I get a sense of worth. Being at Edinburgh Headway Group gives me a purpose.

7. Do you have a message you would you like to send to other members?

Keep your chin up, hopefully this will be over soon and we can all get back together and have a joke and a laugh! Keep your spirits up and keep focused on this all ending, I know it's not easy! I would also like to appraise the staff of Edinburgh Headway Group for all their hard work.

1. Anne, a carer: What have you been doing to keep yourself busy during this time?

I've managed to clean and rearrange half of my kitchen cupboards but when the weather improved I moved to gardening! I had ordered some plants, bark and other bits and pieces from a local garden centre just at the start of the lock down so it's been great having this challenge to do. We also ordered new garden screening and after struggling in the strong winds we finally had it in place. Tempers got a bit fraught doing this.....

2. What have you found most difficult?

Not having 2 days a week respite to do my own thing while my husband was at Edinburgh Headway Group. I hadn't realised how much we both benefit from Edinburgh Headway Group until now.

3. What do you think of Edinburgh Headway Group's communications during this time?

I can't thank Edinburgh Headway Group enough for the telephone calls they make in place of seeing people in person, at this time. My husband enjoys having his twice weekly chats so much and I really appreciate mine too! The facebook groups are great and a super way to give us the links for the great zoom sessions.

4. Which of our EHG services do you enjoy?

The zoom sessions are the best – they're so uplifting and it's great to see everyone's smiling faces.

5. How have our EHG services been of benefit to you?

We have a structure to our days again. This was lost when lock down came and I guess we were all floundering a bit wondering what to do (once the cupboards were sorted and the garden immaculate!).

I had to learn how to "zoom" but my skills have improved with all your sessions.

6. What are you most looking forward to about EHG re-opening?

My husband will be happier! He misses his sessions with you.

7. Do you have a message you would you like to send to other carers?

Hang on in there! Try to get some "me" time. I realise some carers may not be able to get out for a walk but if you can it's a great way to clear your head. Now that we can get "take away" cuppa and cake you could take it on your walk. I'm talking from lots of experience and lots of stress relieving walks. I've even taken my husband for take away cuppa and cake – we walked around the corner and sat on the school wall to have it. Little things mean a lot!

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There's no place like Gnome!

Mike Baillie, our volunteer, also shared with us what he's been doing this month ☺

What is out of the window?

Our Creative Writing Session challenge in May inspired Richard, our member, to write a piece which he entitled 'The Four Seasons'. Great work, Richard:



"It is snowing when I look through the window. I stretch myself one more time and head into the garden. It is only January and the world seems dead - so silent and eerie. I make a coffee and watch "Star-Trek": Voyager."



"May is a great time in the garden - the flora and fauna have truly awoken. My cat "Holly" is hunting - last year, she brought me three blue-tits and two mice - yes, cats are killers!"



"In August, the height of summer time, and next doors cat "Phudy" - she is a ragdoll, has brought down a small wood pigeon and dismembers it before throwing it away. She gets fed three times, you see - on Felix, Perle and Sheba cat food!"



"I was born in October: consequently, Autumn in all its majesty is glorious! Leaves fall from on high and it will not be long until December when like will be reborn again!"

Nice to see you – to see you nice!

On the 7th of May we held our first members meeting via Zoom. It was great to see everyone who attended and receive positive feedback on the services we are providing to you; in particular you rated highly the regular phone calls from us and the increasing selection of rehab activities offered via the zoom sessions.

You also told us that you enjoyed meeting up with all your friends on Zoom and so we will now be holding regular get togethers to allow you to meet up and enjoy time together on-line.

Put the date in your diary:



Day Service Members' Get Together

Date: Wednesday 3rd of June

Time: 12 noon

The zoom link is now available on the Day Service Members Facebook page.
See you there and don't forget to bring the biscuits!

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Online BRAIN INJURY AWARENESS Training

Edinburgh Headway Group



Edinburgh Headway Group is committed to raise awareness of acquired brain injuries (ABIs) across Edinburgh and the Lothians. Helping people to understand the effects - what they are, possible causes and the impact they can have on people, their families and friends. By gaining a better understanding of the implications of ABIs, learners will be able to provide more effective support to the people in their care especially during those times. **Let us know if you wish your name to be added on the list for the next online session, by sending a note of interest to: volunteering@edinburghheadway.org.uk**



It is always great to celebrate our volunteers, especially during Volunteer's Week! It's our chance to celebrate and to say thank you! In May, we enjoyed good company and conversation with some of our valued volunteers.

Message to our volunteers – you are all incredible and your help and support during this time has been much appreciated. It was wonderful that you (and some of your pets) were able to join us from your homes across the World - Scotland, England, Ireland, Belgium and China – we are truly international! The wonders of technology keeping us together!



Volunteer feedback following the meeting:

"It was really nice getting together"

"Thanks for organising. What a lovely bunch of people they are!"

"Good to see a few familiar faces and some new ones too 🙌"

"Good to hear Edinburgh Headway Group is still going strong despite these challenging times"

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In honour of Carers Week, Edinburgh Headway Group would like to highlight and acknowledge the dedication and compassion of our Carers who support and care for their loved ones every single day. Throughout this incredibly difficult and unprecedented time they have faced and endured many additional challenges to their already complex roles. We are in awe...you are all amazing!

Following the success of the last Carers Zoom Meeting we thought it would be lovely to arrange another one to celebrate Carers Week together.



Get involved with
Carers Week 2020
8 - 14 June

carersweek.org



Join us for a Cuppa & Chat on zoom on:

Date: Wednesday 10th June

Time: 1pm until 1.45pm

Gill will send out the link to join nearer the time. We look forward to seeing you all there!


On behalf of Carers Week charities, Helen Walker, Chief Executive of Carers UK said:

"With as many as one in six adults in the UK now taking on an unpaid caring role it is high time our society recognises and values the crucial support they provide."

"Many unpaid carers struggle alone without support. If we are to combat the loneliness epidemic facing them it is imperative that everyone – Government, employers, health and care professionals, schools and universities, and each of us individually – plays a role putting carers in touch with practical and financial help."

"Carers need to feel they are valued, understood and connected to their community."

Deaf awareness products – free of charge

 **Hearing Dogs for Deaf People** With many people wearing face masks in public places because of the Coronavirus crisis, deaf people who rely on lipreading are facing more communication barriers than ever when visiting or working in essential places such as hospitals, supermarkets, and banks. This makes things difficult and can pose a safety risk. If you, or someone you know, are struggling with this then the organisation called Hearing Dogs for Deaf People can help. They can send you a deaf awareness communication card, pin badge or wristband, completely free of charge. You can then show it to someone to let them know you are deaf or have hearing loss. Just visit <https://www.hearingdogs.org.uk/free-communications-resources> and fill in the form to request your free product.



**POLICE
SCOTLAND**
Keeping people safe
POILEAS ALBA

Please find the link below to Scam Share from Trading Standards Scotland which contains really useful information in respect of current scams.

<https://mailchi.mp/85359b0facb8/scam-share>

Police Scotland continue to urge victims and witnesses of hate crime to report it during the COVID-19 pandemic. Police Scotland is fully committed to keeping people safe and protecting all our communities and they acknowledge communities and individuals may feel vulnerable as a result of COVID-19.

A hate crime can include name calling, harassment, graffiti or a physical attack motivated by prejudice or ill-will towards a social group. Social groups covered by hate crime legislation are disability, race, religion, sexual orientation and transgender identity. What you may view as a minor incident can have a major impact and we want to assure you that any form of hate crime will not be tolerated and will be fully investigated.

Should you experience or witness such an incident, please report it to Police Scotland by calling 101, or 999 in an emergency, or by using their [online hate crime reporting form](#) on the Police Scotland website.

If you do not feel comfortable reporting the matter directly to Police, there is a network of Third Party Reporting (TPR) Centres available to provide support remotely during the current situation. Although, at the moment, you cannot attend a TPR centre in person, many organisations are now offering an option to report an incident over the telephone or via e-mail. Please visit the TPR page of the Police Scotland website for more information on [Third Party Reporting](#) and for a list of active centres.

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Please Keep Supporting Edinburgh Headway Group

Edinburgh Headway Group is a charity. 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 we can keep our doors open and continue to serve adults with an acquired brain injury and their families.

♥ You can make a donation on <https://www.justgiving.com/eheadwaygroup>

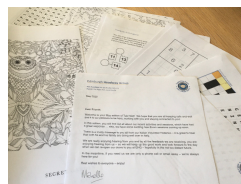
Our fabulous donors this month are...

... Iron Bridge Trust, The Grimmit Trust, Phoenix Life, Fiona Hands, Thompsons Solicitors, Miss C MacIntyre, Mr B J McEwan, Stuart McEwan and William Armitage.



Edinburgh Headway Group were delighted to receive support from Foundation Scotland to enable us to collate and distribute cognitive activity and art packs to those who do not have access to IT – we are pleased to hear that our members are enjoying their packs. More to follow!

ACTIVITY PACKS



Foundation Scotland is an independent charity established to strengthen local communities by providing a source of funding to community led projects the length and breadth of Scotland. Foundation Scotland was established to help people and organisations give to good causes effectively and inexpensively. Since 1996, the Foundation has been delivering innovative funding programmes, distributing over £70 million to charities and community groups. Our knowledge of the sector allows us to find lesser known charities ensuring our awards create lasting change.

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Stay safe and well and keep connecting with us!



EDINBURGH HEADWAY GROUP

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HOURS: 9.30am – 3.30pm, MON – THURS

YPSC 1.30pm – 3.30pm FRIDAY



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



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ZOOM ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1st June Study Group at 2pm	2nd June Music Group with Ronnie Pollock at 2pm	3rd June Day Service Members Coffee and Chat at 12pm Quiz Time at 2pm	4th June Tai Chi Session at 2pm	5th June YPSG Zoom Meeting or phonecall from 1.30pm
8th June Study Group at 2pm	9th June Music Group at 2pm	10th June Celebrating Carers Catch Up at 1pm Quiz Time at 2pm	11th June Tai Chi Session at 2pm	12th June YPSG Zoom Meeting or phonecall from 1.30pm
15th June Study Group at 2pm	16th June Music Group at 2pm	17th June Quiz Time at 2pm	18th June Tai Chi Session at 2pm	19th June YPSG Zoom Meeting or phonecall from 1.30pm
22nd June Study Group at 2pm	23rd June Music Group at 2pm	24th June Quiz Time at 2pm	25th June Tai Chi Session at 2pm	26th June YPSG Zoom Meeting or phonecall from 1.30pm
29th June Study Group at 2pm	30th June Music Group at 2pm			

Please note:

- **Links to the all of the above zoom sessions will be posted on the Day Service Members' Facebook and Carers Facebook pages in advance and/or sent by email.**
- **Please note the above sessions may be subject to change, based on demand.**