

Tak' Heid

NOVEMBER



Edinburgh Headway Group November 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

Carers Cuppa & Chat – zoom!



Thursday 12th November at 11:30am

We have scheduled another **Carers Zoom Meeting!**

Please confirm if you can attend.

Nicola will send out the Zoom link by email and post it on the Carers Facebook page.

Any questions **Email:** carers@edinburghheadway.org.uk **Phone:** 0131 370 0393

Our Spooktackular Virtual Halloween Party



We held our annual Halloween day on Thursday 29th October, although this year was a little bit different as you all know. Three different sessions were organized throughout the day for our members to join online on Zoom and it was great to see our members having fun and laughing.

A special mention must be given to Derek, our winner for the best dressed prize (he even had different outfits for the sessions!) and to Stephen, who also won a prize dressed as a cowboy.



We would like to thank everyone that participated and made it fun with their positive attitude. Fee also made some crazy pumpkins lanterns for us to enjoy!

And last, but not least, a big THANK YOU to our veteran volunteer Ronnie (and Maureen), who did an amazing job with a very well crafted stage and provided entertainment for the last session with music, a quiz and some spooky jokes along the way.

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A Shout out from Dave:

Dave is doing his best to keep himself busy and active despite all restrictions in these uncertain times. His big passions are cycling, and photography (and his wife) and he has been practicing both. **Dave** in his own words:

- **How are you coping with things at the moment?**

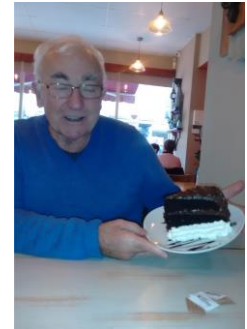
Fighting! (he says laughing), I would say quite good considering all of the circumstances. I take one day at a time and try to stay positive, as I feel lucky to have my wife supporting me too.

- **What kind of things/activities have you been doing since March?**

I have been cycling a few days per week, usually around the paths nearby Ferry Road. That is helping me to stay motivated and maintain my physical form. I stopped recently because I had a fall one day, but it was more of a fright than anything else. I am recovering now and feeling much better. Can't wait to get on the bike again! I have also been joining in with the Zoom sessions that EHG is doing and it has been brilliant. I really appreciate all the hard work behind it.

- **Any message to the other members?**

I really miss them a lot. So my message to all of them is **KEEP BREATHING!**



Thank you to Linzi

Linzi, a member from our Carers Project, has chosen to fundraise for EHG. Please see the message below from Linzi and the details of her JustGiving page where you will see what she's been up to – Go Linzi!!

Thank you for you so much for supporting your favourite Charity EHG – you are a star.....

Message from Linzi:

I have decided to fundraise for EHG. You can donate to my JustGiving page by clicking here:

https://www.justgiving.com/fundraising/linzi-blair6?utm_source=Sharethis&utm_medium=fundraising&utm_content=linzi-blair6&utm_campaign=pfp-email&utm_term=7357fe1c94a143cba423f27c3f6e507d



Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Edinburgh Headway Group, so it's the most efficient way to give.

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EHG Carers Support Project

Sadly, funding for this project from the Health and Social Care Partnership will end on 31st December 2020. Edinburgh Headway Group would like to thank the City of Edinburgh Council for their support over the many years that they have supported this project.

However, we wish to re-assure our carers that we are committed to continuing to provide specialist carers support and will endeavour to secure funding from other sources going forward.

Thank you to all carers who responded to the recent survey we issued, providing your input, to assist us in planning services, going forward. In the survey, one of the main points expressed by carers was that other services are not specialists in brain injury, like Edinburgh Headway Group. It is apparent that our specialist service is hugely important to carers when seeking practical & emotional support and understanding of brain injury. Carers feel this is because ABI is generally not well understood and so EHG's focus being specifically on issues related to brain injury, is beneficial to them. Please see some benefits noted by our carers below:-

- *"I always find meeting with other ABI carers useful – both to hear other people's experiences and to help put things in perspective"*
- *"...helps you to feel as if you are not alone caring for someone with brain injury"*
- *"very much the reassurance of someone who understood, being available to speak to"*
- *"It's an invaluable support network – without which many carers couldn't cope"*
- *"The phone calls that I have received from Edinburgh Headway Group have been a lifesaver for me. EHG responded immediately. Someone kind, reassuring, knowledgeable phoned me on a regular basis. They asked about 'me' and how I was coping as a carer. I could talk openly to them and their advice and support to me was invaluable."*

Carers UK - Caring Behind Closed Doors

Reduced services see unpaid carers in Scotland pushed to the limit and desperately worried about winter. New research by Carers Scotland reveals unpaid carers in Scotland are going without vital services, whilst providing many hours of additional care for loved ones with increasing needs. 87% of unpaid carers in Scotland providing more care for relatives.

- 80% reported that the needs of the person they care for have increased during the pandemic
- 72% worried about further lockdowns
- Carers Scotland calls on the Scottish Government to provide additional financial support to carers and to help reinstate crucial support services as soon as possible

To help raise awareness of the challenges that you, as carers, Carers Scotland ask that you to write to your local MP, to share your own personal experience of caring during the COVID-19 pandemic with them. They have created a template letter for you to use. www.carersuk.org and click on 'News & Campaigns' and then 'Caring Behind Closed Doors'. Or click on this link:-

https://www.carersuk.org/news-and-campaigns/campaigns/caring-behind-closed-doors?gclid=EAlalQobChMIzpfllbfQ7AIVArTtCh0zVgR9EAAYASAAEqJz0vD_BwE

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Calling all our Wonderful Volunteers

Day Service Matching Project

We are now meeting up with some of our day service members in the community. Particularly with those members who are socially isolated and do not have support around them.

If you would like to help provide much needed support to a member by meeting them for an hour in a safe place for a bit of blether, enjoy some coffee and cake or go for a pleasant walk then give us a shout!

Each match is different and can fit around your time, giving you a flexible way to volunteer.

Read Mike's account of the project below and the difference he is making:

Message from Mike, EHG Volunteer:

For the past few Tuesday mornings, I have been meeting up with Ken, a valued member of Edinburgh Headway Group. Like a lot of members Ken misses his friends at EHG and taking part in the many activities, particularly drawing. Because of the Covid restrictions, for instance no car sharing or use of public transport, our outings have had to be limited but we have managed to fill our time satisfactorily. Our first stop is always a café followed by a walk and Ken has taken me on guided tours of his old haunts, including schools and Sandys which is his old boxing club. We walked by Craigmillar Castle last week and Ken gave me a brief description of its history. Ken normally takes me on a short cut back to his house and he takes delight in testing my sense of direction by asking me, "okay, where do we go now". I always fail!

Ken is obviously a well-kent and well-liked member of the local community judging by the number of people who say hello or peep their horns. I hope Ken has enjoyed our outings as much as I have and hopefully when restrictions ease we can go further afield or somewhere indoors when the weather is against us. Like many people during lockdown I walked around Edinburgh more than usual and saw lots of places I had never seen before so I can now add Niddrie and Craigmillar to my list. We are hoping that Tuesday mornings stay fair, although a bit of snow in December would be nice, I would love to see Ken on a sledge! Mike

If this peaks your interest and you wish to find out more, please contact Cristina at volunteering@edinburghheadway.org.uk We look forward to hearing from you.

Volunteer Coffee + Chat – zoom!

Wednesday 25th November at 10am-11am



Join us for an informal volunteer catch up via zoom to hear more about our plans. We can't wait to see you. To confirm your attendance, please email us at volunteering@edinburghheadway.org.uk

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Mindfulness with Nicola – every Monday



Mindfulness is a great way to start your day, and indeed, use throughout the day. Concentrating on your thoughts, breathing, keeping your posture correct, and carrying out various tasks will help you to do this.

Mindfulness is a way to explore and observe the world around us. It has a positive impact on the way we feel, think, and carry out the challenges that we face in our day to day lives.

Join Nicola at her zoom sessions every Monday at 10 am and she will talk you through some breathing techniques slowly and will take you into the imaginary garden where you can relax and switch completely off from the world.

There will be quiet moments in the session but that is to give you time to relax. You will hear some music in some parts of the session too. This is time to enjoy your relaxation time. We will then end with an optional thought for the week; i.e. a task, or a thought, or writing something down. You can listen or take part for the week ahead.

StressBusters with Natasha – every Wednesday



Have you been feeling stressed? We are living in uncertain times and this can cause our anxiety and stress levels to increase! Stress is the body's reaction to feeling threatened and under pressure. It is very common and affects everyone in daily life.

Common signs of stress can include: poor concentration, poor sleep, panic attacks, unable to switch off, worry and irritability. Long term effects can include reduced self confidence, doubting your abilities, thinking there is nothing you can do and bringing out the worst in you!

Everyone suffers from stress, you are not the only one! It is very normal and affects people in day to day life! So, how can we cope with this? Doing some breathing exercises can be very effective. By controlling our breathing we can reduce all the unpleasant symptoms we feel! Try the steps below:

Step 1 – Breathe out

Step 2 – Breathe in and count to 4 (e.g. 1 elephant, 2 elephant, 3 elephant, 4 elephant)

Step 3 – Hold your breath to the count of 4

Step 4 – Breathe out slowly whilst counting elephants.

Well done everyone! Remember breathing can be done anywhere and do not be embarrassed, it's a normal thing to do!

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Exercise at Home with Raf - anytime

Do you want to do some of the exercises at home by yourself? The seated torso twist which engages the core, particularly the obliques, while also encouraging spinal mobility. Working on all that will help you to prevent lower back issues and build functional strength and mobility towards walking/standing.

- Sit tall, your feet flat on the ground about hip-distance apart. Make sure you don't lean back in the chair.
- Place your hands lightly behind your head, elbows bent and pointing out toward the sides of the room.
- Keeping your pelvis steady, exhale and twist your torso to the right as far as you comfortably can.
- Inhale and return to the center, keeping your hips stable.
- Exhale and twist your torso to the left as far as you comfortably can.
- Inhale and return to the center.
- Continue until you've twisted to each side between six and eight times. Rest, then perform a second set.

Don't forget your Flu Jab - Flu Vaccination Programme in Edinburgh

The way you get your free flu jab in Edinburgh is changing. Find out how to get your flu vaccine at www.nhsinform.scot/flu or call 0800 224488 Who should get a flu vaccine?

These groups are eligible for the flu vaccine this year:

- All primary school children
- Children aged 2-5 (children aged 2 on 1st September 2020 and not yet in school)
- Anyone aged 55 and over (from December)
- Anyone aged 18-64 in clinical risk groups
- Those living with people who were shielding during lockdown
- Pregnant women
- Healthcare workers
- Unpaid young carers
- Social care workers who provide direct personal care

EDINBURGH HEADWAY GROUP

CONTACTS

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HOURS: MON – THURS

YPSA FRIDAY

Michelle Keenan
Judith Stirling
Fiona Robertson
Cristina Costanza
Jill Scott
Pepe Hermoso
Mairi Perry Littlejohn
Gillian Hume
Natasha Nabi
Rafal Szejna
Nicola Tams

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

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ONLINE NOVEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2nd November Mindfulness at 10am Seated Yoga at 1pm Study Group at 2pm	3rd November Healthy Lifestyle choices at 10am Sporting Memories at 2pm	4th November Gentle exercise at 10am Stress Busters at 12 noon Quiz Time at 2pm	5th November Gentle exercise at 10am Tai Chi Session at 2pm	6th November YPSG Zoom Meeting or phone call from 1.30pm
9th November Mindfulness at 10am Study Group at 2pm	10th November Healthy Lifestyle choices at 10am Entertainment at 2pm	11th November Gentle exercise at 10am Stress Busters at 12 noon Quiz Time at 2pm	12th November Gentle exercise at 10am Carers Coffee & Chat at 11.30am Tai Chi Session at 2pm	13th November YPSG Zoom Meeting or phone call from 1.30pm
16th November Mindfulness at 10am Seated Yoga at 1pm Study Group at 2pm	17th November Healthy Lifestyle choices at 10am Sporting Memories at 2pm	18th November Gentle exercise at 10am Stress Busters at 12 noon Quiz Time at 2pm	19th November Gentle exercise at 10am	20th November YPSG Zoom Meeting or phone call from 1.30pm
23rd November Mindfulness at 10am Study Group at 2pm	24th November Healthy Lifestyle choices at 10am Entertainment at 2pm	25th November Gentle exercise at 10am Volunteers Coffee and Chat at 10am Stress Busters at 12 noon Quiz Time at 2pm	26th November Gentle exercise at 10am Tai Chi Session at 2pm	27th November YPSG Zoom Meeting or phone call from 1.30pm
30th November Mindfulness at 10am Seated Yoga at 1pm Study 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.