

# Tak' Heid



## Edinburgh Headway Group December 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



### WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR

*"May I take this opportunity to thank all the wonderful people who have contributed to Edinburgh Headway Group during 2020 – we have reached the end of what can only be described as a year of significant change and challenge. Your resilience, patience, strength and dedication has been remarkable and I salute each and everyone one of you.*

*Thank you all for your continued support. We exist to help you - our members and your families - to grow, evolve, and focus on continuous improvement.*

*To our staff, thank you for your dedication, skill and commitment in making Edinburgh Headway Group the dynamic and respected organisation it is today, you are all stars!*

*To all of our generous donors and our wonderful volunteers, thank you so much for your continued support, ideas and contributions. So much of what we achieve is a direct result of your amazing efforts and devotion to our work. I wish you all a very merry Christmas and a happy new year!"*

*Michelle*

## Let's Talk - Carers and Members Cuppa and Chat

Join us at our **Christmas Carers and Members Zoom Meeting to chat with you about our future plans!**



**This is a date not to be missed!** So if you can attend then please let us know by calling 0131 370 0393 or email [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk) (zoom link will be posted by email and on facebook)

**Date: Monday 14<sup>th</sup> December 2020      Time: 11.30am**



## Get ready to party!!! Zoom Christmas Party on Tuesday 15<sup>th</sup> December at 10am

We know it is not the same as our usual end of year gathering at our premises, but we hope you all can join us to say goodbye to 2020 in a positive way. We have prepared a programme with different activities and games, starting at 10am with our very own Raf doing a "Santa gentle exercise session" to get the ball rolling. Then we will have different games including a Christmas quiz, Bingo, Christmas Jumper competition and Best Christmas joke competition. We will have lots of new exciting events on the day to make up our festive programme and maybe some surprises! **Stay tuned to our Social media channels to find more about what is happening that day – keep an eye on Facebook for more information.**

Oh, and last, but definitely not least, we will have our long-time collaborator and volunteer, Ronnie Pollock doing a special show for us online at 12.00. Write the date in your diaries! We hope to see all of you there on screen and we will have some prizes as well for some of our competitions. The staff will be making a big effort and will be showing off their Christmas Jumpers – we look forward to seeing yours too or if you have a special Christmas outfit then please don't hold back... See you all there...please bring your own mince pies and Christmas nibbles!



# Tak' Heid



## Edinburgh Headway Group December 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

### Panto Online – Jack & the Beanstalk

We find ourselves in unexpected and forever changing times with our great festive tradition of the family pantomime cancelled in many towns and cities across the land. However, fear not - we are riding to the rescue to make sure that you panto-loving people don't miss out on a special Christmas experience. This Christmas, we are able to offer you a Panto Online special of JACK AND THE BEANSTALK featuring Blue Peter' legend Peter Duncan with his biggest and best "Here's One I Made Earlier" challenge.



We promise you boos, cheers, 'he's behind you'...oh no he isn't!, a sing-a-long song sheet plus all the classic panto antics that you love. We hope that you have a great time in the comfort of your own homes at the Panto!

To request a free link, please contact [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk) to claim your online Panto prize from Edinburgh Headway Group!

### Annual General Meeting - Thursday 17<sup>th</sup> December – 10.15 am – 11am

Pop in to meet our Trustees at our 27<sup>th</sup> Annual General Meeting on Thursday 17<sup>th</sup> December 2020. This year, since we cannot meet in person, we will be meeting with you via zoom – details will be posted to all our members via facebook and email. We look forward to seeing you there.



### He's a Winner.....

Congratulations to Scott H for being chosen as a winner for the Digby Brown calendar competition! He has worked very hard and it can be seen how much effort has went into this with all the perfect little details from the fireworks to Santa's sack full of presents! His festive entry takes pride of place on the December calendar page for 2021! We are very proud of you Scott, well done and keep up the good work!

### Christmas Message to our Carers

To All Carers, this has been a very difficult and challenging year and one that we did not see coming. The care that you have provided during this time has demonstrated the values and dedication of you all. A carer's role certainly has its trials and tribulations - sometimes we feel burnt out so well done.



In every moment of caring, knowing that everything you do is in love, understanding, and compassion, will always go a long way. Thank you for your care and devotion to improving the lives of others. Do not forget to take care of yourselves this Christmas and New Year and remember you have made a real difference.

# Tak' Heid



## Edinburgh Headway Group December 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

## Volunteer Update – November Coffee and Chat



### Nice to see you all and a warm welcome to Stephanie and Rebecca!

Lovely to see some of you at the Volunteers Coffee & Chat on Wednesday 25th November.

A warm welcome to Stephanie and Rebecca who are our new day service matching volunteers who are in the process to get started. Michelle thanked all of the volunteers who have been making calls and engaging with our members as this has made a huge difference. Some parts of the service at Edinburgh Headway Group has had to be changed to comply with all the risks assessments, office spaces and material used/shared by the members, to make sure everyone feels safe.

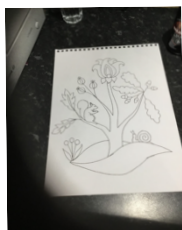
We are receiving new referrals and lots of new carers are coming forwards to our services, which we can support. Natasha, from the rehab team gave an update on the variety of activities that we have been running and member's feedback, which was that they are well and happy to be engaged on all the activities. The sessions are very popular and not to be missed!

Some volunteers shared their feedback on how it feels to help calling our members or on how the day service matching project is working and the benefits from both sides. Please come forward if you wish to be involved.

You are all invited to the **Zoom Christmas party on Tuesday 15th December**, this is a chance for you to join our sessions online, or if you have a talent that you would like to share online please get in touch!

Thanks to you all, who have been able to help, engaging and going out with our members, but also to the volunteers on hold, waiting for the service to open again, to be able to stay in touch and still be part of EHG.

## Jacobean Crewelwork Design Class



*Hi everyone*

*I have told some people that I was doing a day zoom class with the Royal School of Needlework in Designing Jacobean Crewelwork. I have stitched a lot of kits and designs from books already in that style. It was popular in the Seventeenth Century. The designs are naive in a nice way and there is no need to worry about perspective. I really enjoyed the class which was quite international.*

*I have attached a copy of my design. The tutor has commented in an email that the acorns are too small and there is an oak leaf too close to the tree trunk but otherwise she loves it. I have also attached an embroidery I copied from a book that I chose the colours for. I am going to use the same colours for my design. I am now working on my stitch plan and colour chart. Wish me luck! Take care and stay well.*

*Stephen Beaumont*



# Tak' Heid



## Edinburgh Headway Group December 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

### Christmas Shopping? Don't forget to use Amazon Smile and donate!

Edinburgh Headway Group is eligible to receive donations from the AmazonSmile programme.

When Amazon customers select our charity and shop at [smile.amazon.co.uk](https://smile.amazon.co.uk) you will find the exact same prices, selection and shopping experience but with the added bonus that AmazonSmile will donate 0.5% of the net purchase price of eligible purchases to Edinburgh Headway Group.



Supporters simply shop through [smile.amazon.co.uk](https://smile.amazon.co.uk) or in their AmazonSmile-enabled app. Simply wonderful!

### Congratulations Linzi ...



We are delighted to announce that to date with Gift Aid, Linzi's fundraising efforts on behalf of Edinburgh Headway Group has reached a staggering total of £3,478!!

This is truly magnificent Linzi and we are all so proud and grateful to you!

### Raf's Exercise of the Month

For this month's exercise we chose seated hip marches, an exercise that can be modified into being a cardiovascular in nature when strength and mobility is there! So sit down and join our seated walking! 😊 LETS GET MOVING!!!

- Sit tall on a sturdy chair, your feet flat on the floor, hip-distance apart.
- Grasp the edges or armrests of the chair with both hands and engage your abdominal muscles to help keep your torso tall.
- Lift your right leg with your knee bent as high as you comfortably can, as though doing a high-knee march.
- Lower your right foot to the floor with control.
- Repeat to the opposite side.

Perform at least 20 alternating marches in succession. Take a break, then repeat two to three times.





## Edinburgh Headway Group December 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

### What is Avoidance Behaviour and How to overcome this

When we are stressed or anxious we tend to avoid our problems in the hopes that our problems will disappear. Although avoidance gives us that breathing space and time to think we need to face our problems! Avoidance has short term solutions but long terms problem such as the inability of learning new skills, prevents testing whether we can cope in a difficult situation, affects our confidence, thoughts, feelings and behaviour and impacts our mood.

So how can tackle this avoidance? Try the 'One step at a time approach':

1. Make a list of the situations you find difficult
2. Rate them on a scale of 1 (low anxiety) to 10 (high anxiety)
3. Write the situation in order (least – most anxiety)
4. Tackle one at a time – easiest first!
5. Stay in the situation or keep trying until the anxiety drops
6. Practice easier solutions as often as possible until you can cope!



It will take time so don't expect results straight away. It takes time and practice. Remember to be confident and you will tackle your problems no issues! ☺

### Guided Imagery – Relaxation Technique!

Guided Imagery is a relaxation technique which will take you to a relaxed and safe environment. It creates a calm and happy place in or minds and helps relax the mind the body.

The steps below will guide you to creating that safe space:

1. Lie down or sit in a comfortable position and close your eyes
2. Create a relax image in your mind - this can be anything. Are you on the beach, in the woods, lying on the grass somewhere? Is the sun shining down on you?
3. Once you have created that image - really immerse yourself. What do you see, hear, smell, taste and feel?
4. Let your image take away your worries. Live in the moment and relax yourself!



# Tak' Heid



## Edinburgh Headway Group December 2020

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

### Information Point:

**Winter Fuel Payment** - <https://www.gov.uk/winter-fuel-payment> If you were born on or before 5 October 1954 you could get between **£100 and £300** to help you pay your heating bills. This is known as a 'Winter Fuel Payment'. The deadline for claiming payments for winter 2020 to 2021 is 31 March 2021. Any money you get will not affect your other benefits.

**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 Numbers:

#### Edinburgh

##### City of Edinburgh Council

Emergency Social Work Service: 0800 731 6969

Website: [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk) (Link: Social Care)

#### Midlothian

Midlothian Council 0131 270 7500

Emergency Social Work Service: 0800 731 6969

Website: [www.midlothian.gov.uk](http://www.midlothian.gov.uk)

#### East Lothian

East Lothian Council 01620 827 827

Emergency Social Work Service: 0800 731 6969

Website: [www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

#### West Lothian

##### West Lothian Council

Social Care Emergency Team: 01506 281 028 or 281 029

Website: [www.westlothian.gov.uk](http://www.westlothian.gov.uk)

**Samaritans:** Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year. Tel: 116 123 for free <https://www.samaritans.org/>

### EDINBURGH HEADWAY GROUP

UNIT 4  
PEFFER PLACE  
EDINBURGH  
EH16 4BB

Tel: 0131 370 0393

EMAIL: [office@edinburghheadway.org.uk](mailto:office@edinburghheadway.org.uk)

WEB: [www.edinburghheadway.org.uk](http://www.edinburghheadway.org.uk)

HOURS: MON – THURS

YPSC FRIDAY



### CONTACTS

Michelle Keenan

Judith Stirling

Fiona Robertson

Cristina Costanza

Jill Scott

Pepe Hermoso

Mairi Perry Littlejohn

Gillian Hume

Natasha Nabi

Rafal Szejtjna

Nicola Tams

Chief Executive Officer

Admin Officer

ABI Planning Nurse

Volunteer Co-ordinator

Finance Officer

Rehabilitation Lead

YPSC Assistant

Carers Co-ordinator

Rehabilitation Lead

Gym Supervisor

Rehabilitation Assistant



### ONLINE DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <sup>st</sup> December <b>Sporting Memories</b> at 2pm	2 <sup>nd</sup> December <b>Stress Busters</b> at 12 noon <b>Quiz Time</b> at 2pm	3 <sup>rd</sup> December <b>Tai Chi Session</b> at 2pm	4 <sup>th</sup> December <b>YPSG Zoom</b> Meeting or phone call from 1.30pm
7 <sup>th</sup> December <b>Mindfulness</b> at 10am <b>Study Group</b> at 2pm	8 <sup>th</sup> December <b>Entertainment</b> at 2pm	9 <sup>th</sup> December <b>Stress Busters</b> at 12 noon <b>Quiz Time</b> at 2pm	10 <sup>th</sup> December <b>Tai Chi Session</b> at 2pm	11 <sup>th</sup> December <b>YPSG Zoom</b> Meeting or phone call from 1.30pm
14 <sup>th</sup> December <b>Mindfulness</b> at 10am <b>Members &amp; Carers</b> <b>Coffee &amp; Chat at</b> <b>11.30</b> <b>Study Group</b> at 2pm	15 <sup>th</sup> December <b>XMAS PARTY</b>	16 <sup>th</sup> December <b>Gentle exercise</b> at 10am <b>Quiz Time</b> at 2pm	17 <sup>th</sup> December <b>Gentle exercise</b> at 10am <b>EHG AGM</b> at 11am	18 <sup>th</sup> December <b>YPSG Zoom</b> Meeting or phone call from 1.30pm
21 <sup>st</sup> December <b>Mindfulness</b> at 10am <b>Study Group</b> at 2pm	22 <sup>nd</sup> December <b>Healthy Lifestyle</b> <b>choices at 10am</b> <b>Entertainment</b> at 2pm	23 <sup>rd</sup> December <b>Gentle exercise</b> at 10am <b>Quiz Time</b> at 2pm	24 <sup>th</sup> December <b>CLOSED</b>	25 <sup>th</sup> December <b>CLOSED</b>
28 <sup>th</sup> December <b>CLOSED</b>	29 <sup>th</sup> December <b>CLOSED</b>	30 <sup>th</sup> December <b>CLOSED</b>	31 <sup>st</sup> December <b>CLOSED</b>	

- 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.

**EHG will be closed for the festive break from 24<sup>th</sup> December and re-open on 6<sup>th</sup> January 2021**