

Tak' Heid



EdinburghHeadwayGroup March 2018

Dear Members, Carers and Volunteers,

Important Announcement - Edinburgh Headway Group is on the Move!

So the wait is over! After years of hard work involving many discussions, researching, considering, preparing and finally approving, I am delighted to be able to announce that a new home for Edinburgh Headway Group has been found!

Our new premises will be located in Craigmillar in the north east of the city. Craigmillar is an area of re-generation and has many opportunities for our charity. It is located near the north east social work headquarters, the Royal Infirmary of Edinburgh and has good road and public transport links serving the city and surrounding areas. It is also home to many other established and reputable city-wide charities. Thus, we welcome the opportunity to extend our partnership working with health and social care professionals and charity colleagues operating in this area, which will further enhance our services.

Although initially the charity had hoped to purchase a property, it proved to be too difficult due to the space that was required to run our much needed day services and the price of commercial properties in Edinburgh. As a result our new premises will be leased to us and rent and operational costs will be the responsibility of the charity.

There is still much work to be done to ensure our new home is just right but we are extremely pleased that we have secured a venue which provides huge potential for us to grow and develop our services. Our day support programme and physical rehabilitation projects will continue, as we appreciate that these services are very much valued by you. Furthermore, we hope to have improved facilities as we are designing and creating a multi-functional space which has the capacity to offer quiet zones and distinct work areas for group and/or individual rehabilitation (unlike our current home which has limited space to do this).

We anticipate that we will be in a position to leave Headway House in late July and take entry of our new home in early August 2018. Be assured that we will be keeping you fully informed as we progress with our schedule of works.

To hear more about our new venture, we would like to invite our **members, carers and volunteers** to an initial information session scheduled as below:

Venue: Edinburgh Headway Group
Date: Monday 19th March 2018
Time: 1pm – 2 pm

To allow us to track attendance we ask that you register for this event by contacting Fiona Walls on 0131 537 9116 or email office@edinburghheadway.org.uk

This is an exciting time for our charity and we very much look forward to sharing with you our future plans for Edinburgh Headway Group.

Yours sincerely

Andrew Ley
Chair

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Day Service Outing – Dynamic Earth Thursday 29th March

Our outing this month for day service members is to the fabulous 5 star visitor attraction Dynamic Earth which tells the story of our planet earth and is set in the spectacular surroundings of Arthur's Seat and the Scottish Parliament! We will depart Headway House by bus at 11.00am and the return journey will depart at 2.00pm. Please bring along a packed lunch with you or you can buy some lunch in the café (around £4 - £6).

The cost for this trip is £9 per person if you would like to use the bus or £5 if you would like to meet the group there. In order to run this trip, we do need to have a certain number of people who would like to go so please speak to a member of staff and sign up for this trip as soon as you can.

Social Group Outing –Ten Pin Bowling Wednesday 21st March



Our March outing for members of the Social Group is to Tenpin at Fountain Park. We will meet at Tenpin (Fountain Park, Dundee Street, Edinburgh, EH11 1AW) at 1.00pm and we will play 2 games of bowling.

Please let a member of staff know if you would like to come along by 14th March and book your place by paying £10.

Day Service Members' Meetings

All the members of our day service are invited to come along to the next members meeting. We have planned 2 dates so please come along to whichever is most convenient for you.



These meetings are held twice a year and they are a good opportunity for you to contribute ideas and thoughts about the service. Get2gether will do a short talk at the beginning of the meeting to let you know about their programme of social events and how you can get involved. Please come along and have your say.

Tuesday 20th March 11.30am – 12.30pm

Thursday 22nd March 12 – 1pm

Volunteers Meeting

The next meeting for volunteers is Wednesday 28th March, 11am – 12pm at Headway House. Cristina will be in contact with volunteers with the agenda prior to the meeting.

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NEWS AND EVENTS FOR CARERS

THE SUPPER CLUB – MARCH 2018

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 & Benny's, Fort Kinnaird** on **Monday 26th March 2018**.

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 Fiona Robertson, Carers' Coordinator, to book your places** on 0131 537 9557 or email carers@edinburghheadway.org.uk.

For those that have booked, we will meet at **5.00pm** outside Frankie & Benny's (Fort Kinnaird Retail Park, Edinburgh, EH15 3RD).

VOCAL Carer Courses - March 2018

Finding Your Voice – Thursday 22nd March

10.00am – 12.30pm

Strategies and tips on how to speak up confidently, helping you make your point effectively.

Supporting someone to make decisions (PoA / Guardianship) – Tuesday 27th March

10.00am – 12.30pm

A session to look at formal methods of supporting someone who is unable or has difficulty making decisions them.

Stroke Information Day – Thursday 29th March

10.00am – 2.30pm (lunch included)

Practical advice and information for carer's supporting someone who has had a stroke.

Brain injury identity card information

We have had a few more enquiries recently about the brain injury identity card. You can find out more information by visiting the Headway UK website – follow this link below.

<https://www.headway.org.uk/supporting-you/brain-injury-identity-card>

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THANK YOU TO OUR FUNDRAISERS AND DONATERS

Our thanks this month for the recent donations from Mr and Mrs J G Macrae, Mr and Mrs Gordon McMillan, Nadir Khan Juhoor and Mr A J Spencer Kennedy.

Huge thanks also to Nuffield Health which has very kindly provided 5 complimentary passes to use the facilities at their gym in the Omni Centre in Edinburgh. These passes will enable our members and carers to access the state of the art gym facilities and help them on their journey towards maintaining a healthy lifestyle. Six individuals have already made good use of the passes and feedback has been very positive. Please get in touch with Mark here at Headway if you would like to use a pass – they are available to our members and carers, they are for use during off peak hours and the pass lasts for one month.



***Thank you to everyone who chooses to fundraise and donate to Edinburgh Headway Group.
Your support is invaluable to us and the services we provide.***

Staff News

We were very sorry to say farewell to Jan, who has proved to be an invaluable member of the office team over the last few months and a wonderful volunteer for the last 2 years! Jan is moving down to England to be closer to her family. Thank you Jan for all your help – we will miss you!!

Huge congratulations to rehabilitation assistant Amanda who has become engaged, woo hoo! Well done Amanda, we are very all excited for you and your family!



2018 Headway House holiday dates for your diary

Headway House will be closed on the following dates –

Monday 2nd April for Easter

Monday 7th May for the bank holiday

Wednesday 23rd May for Head Injury Information Day

Monday 28th May for the bank holiday

Monday 17th September for the local Edinburgh holiday

EDINBURGH HEADWAY GROUP

HEADWAY HOUSE

ASTLEY AINSLIE HOSPITAL

CANAAN LANE

EH9 2HL

TEL: 0131 537 9116

EMAIL: office@edinburghheadway.org.uk

WEB: www.edinburghheadway.org.uk

HOURS: 9.30am – 3.30pm, MON – THURS

CONTACTS

Michelle Keenan

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Fiona Robertson

Jill Scott

Fiona Walls

Mark Waugh

Cristina Costanza

Chief Executive Officer

Support Service Manager

Rehabilitation Assistant

Rehabilitation Assistant

Rehabilitation Assistant

Carers Project Co-ordinator

Finance Officer

Office Administrator

Gym Supervisor

Volunteer Co-ordinator



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March 2018

Please check the noticeboards for more activities & events.

Monday	Tuesday	Wednesday	Thursday
			1 st Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi
5 th Gym Complementary Therapy Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	6 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	7 th Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	8 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Independent Living Skills
12 th Gym Complementary Therapy Cooking Group Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	13 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	14 th Gym Arts and Crafts Group Ball Game Lunchtime Music Quiz Jewellery Making Calligraphy	15 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Independent Living Skills
19 th Gym Complementary Therapy Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1	20 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	21 st Gym Arts and Crafts Group Cooking Group Ball Game Lunchtime Quiz Jewellery Making Calligraphy Social Group Outing - bowling	22 nd Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Study Group Independent Living Skills
26 th Gym Complementary Therapy Cooking Group Independent Living Skills Lunchtime Quiz Reminiscence/Cognitive Games Music Group Art 1:1 Supper Club	27 th Gym & Zumba Therapeutic Art Group Reflexology Creative Writing Group Creative Writing 1:1 Musical Bingo	28 th Gym Arts and Crafts Group Ball Game Lunchtime Quiz Jewellery Making Calligraphy	29 th Gym Walking Group Bingo Lunchtime Quiz Creative Writing Group Tai Chi Independent Living Skills Day Service Outing – Dynamic Earth