

# TAK' HEID



**EDINBURGH  
HEADWAY  
GROUP**



**Edinburgh Headway Group**

**May 2024**

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081

Hello Friends,

Welcome to your May edition of Tak Heid. Everybody has been busy at EHG and are enjoying the brighter days. Read on to hear about what we have been up to and what's coming up soon.

**We'd like to remind everybody that we will be closed on May 6<sup>th</sup> for a Bank Holiday.**

*The Edinburgh Headway Group Team*

**Botanic Gardens**



Last month we visited the beautiful Botanic Gardens and spent time in the Botanic Cottage. The community team at the Botanic Gardens kindly organised activities for us during our visit. We went pond dipping and got to see what wee beasties were lurking there! In addition, we took part in a clay imprinting workshop, using natural materials to create a range of patterns and surface textures. We went for a relaxing walk and enjoyed seeing all the flora and fauna within the gardens. A good time had by all!







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## Greetings

Our amazingly talented member, Stephen, has added another feather to his bow and produced greeting cards featuring some of his Jacobean Crewelwork.

Stephen has been working on his craft for many years following his brain injury. Stephen recognised the benefits of his needlework to



the improvement in his dexterity and concentration.

These beautiful high quality greeting cards are now available to buy from the office. There are two sizes available. A5 at £4 per card and A6 at £3 per card.

And, Stephen has very kindly offered 20% of the sales made to Edinburgh Headway Group. Please contact Phelim or Louisa if you wish to make a purchase or view the cards.



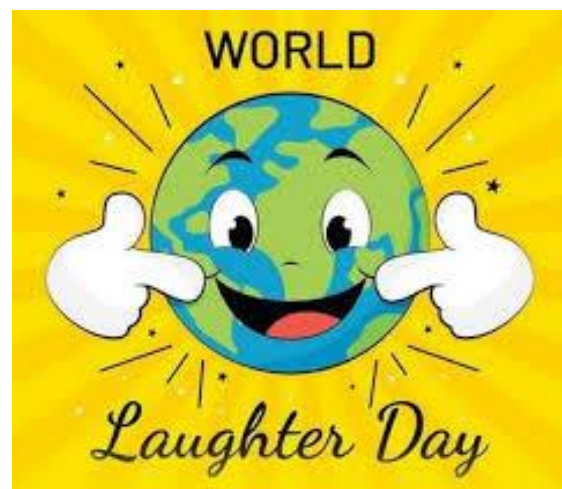
## World Laughter Day May 5th

World Laughter Day was founded by Dr. Madan Kataria in Mumbai, India in 1998. Dr Kataria founded the Laughter Yoga movement in 1995 and understood the positive effects laughter and smiling has on the body. This is why he started World Laughter Day, to help spread that message across the globe.

These past couple of years have been tough on many people, but through the power of laughter, we can all unite and overcome many obstacles.

Did you know that laughter has been proven to actually improve your health? Here are just a few benefits of having a hearty belly laugh:

- Laughter boosts the immune system - Laughing helps to increase infection-fighting antibodies, which can help combat infection.
- Laughter relaxes the body and reduces stress - A proper belly laugh can help reduce stress and can relax your muscles for 45 minutes afterwards.
- Laughter is good for your heart - Laughing can help increase blood flow and improves the function of blood vessels, which can help protect you against heart attacks.
- Laughter burns off calories - Okay, we aren't suggesting that you forgo the gym and replace it with a bit of a giggle. But, laughing for around 10 - 15 minutes a day can burn off up to 40 calories. That's not bad!



- **May 6<sup>th</sup> – Why do we celebrate May Day?**

With the advent of Christianity, May Day hung on as one of the few holidays not associated with religion. It falls roughly between the spring equinox and the summer solstice and Celts celebrated it as the first day of summer, calling it Beltane. In rural Britain, celebrations were associated with the fertility of spring and the start of summer. The seeds of the new crops had been planted, farm labourers were given a day off - and they made the most of it!



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## International Nurses Day

International Nurses Day is celebrated on 12<sup>th</sup> May each year, to coincide with the birthday of Florence Nightingale.

Nightingale was the major founder of the modern profession of nursing, a health care pioneer, originally famous for leading the first team of British women to nurse in war, the Crimean War of 1854-56.

In 1856, after her return from the Crimean War, she was invited to Balmoral Castle to meet with Queen Victoria, Prince Albert and the war minister, Lord Panmure. Panmure commissioned her to write a report on the war hospitals, and what went wrong (they had very high death rates, which were brought down). She was in touch with leading Scottish doctors and was instrumental in founding nurse training in Scotland.

Late in her life, Nightingale called the Edinburgh Royal Infirmary "the best hospital" in the United Kingdom, both for nursing and organization. She regularly sent doctors and nurses visiting from other countries to see it. Here you can see a plaque to Florence Nightingale at the Royal.



**Head injury information  
Directory**

# Head Injury Information Days 2024

**Wednesday 12<sup>th</sup> June- The O2 Academy Edinburgh**

The Head Injury Information Days are back in Glasgow and Edinburgh for 2024.

These FREE information and networking events are for individuals, families, carers and professionals affected by all types of acquired brain injury and head injury. Join us to hear presentations from experts in the field and meet the support groups and organisations available.

Make sure to register online via [HIID's 2024 | Head injury information Days \(HIID\)](#)





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## Interview with Volunteer Irene



### **How long have you been a volunteer with EHG?**

I have been volunteering with Edinburgh Headway Group for about a year now.

### **Tell us a little about yourself.**

I enjoy reading, crafting, knitting, and gardening. My travels have included Europe, America, China, Australia, and Vietnam. My favourite foods are pasta and rice dishes.

### **What's the best part of volunteering with EHG?**

The best part of volunteering is getting to know the members who are all so different but equally interesting.

### **What's your favourite activity at EHG and why?**

Quizzes and crafting are my favourite as they teach as much as answering.

### **If you won the lotto what's the first thing you would do?**

Top of the list would be a large donation to EHG!

## Life Saver

'Look on the good side, if you survive your crash then you have a second chance at life if you are prepared to work hard. I'm Lucky, my life changed at 17'

Image and writing by Scott M



## International Dark Skies Week

International Dark Skies Week was from 2<sup>nd</sup> to 8<sup>th</sup> April. It is held during the new moon of April. This week is a worldwide celebration of the dark and natural light, whilst raising awareness of light pollution. We learnt about the ways in which light pollution can affect wildlife and the preventative steps we can take. We then explored the wonders of the night sky, learning about stars, constellations and comets.

In response to our studies of the night sky, members created abstract artworks with focus on mark making and contrasting tones.



## Spring Riddle

I start spring and end winters snows  
I end dark nights and bring sunrise  
I start smiles, and end woes  
And I'm part of your start to surmise,  
So, what am I ?

Answer at the end !!



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Home Energy Scotland offer free and impartial advice and support for everyone in Scotland.

They are an advice service funded by the Scottish Government and managed by Energy Saving Trust.

People in Scotland can get advice about:

- Creating a warmer, more energy efficient home.
- Reducing energy bills.
- Exploring greener energy options like home renewables.
- Greener travel options like electric bikes and cars.
- Financial support for all of the above, including grants and 0% loans.

Home Energy Scotland is funded by Scottish Government and provides free and impartial advice, support and funding to help households in Scotland reduce their bills and lower their impact on the environment.

You can find out more and check if you are eligible below.  
Disability payments are considered when applying.

Tel: 0808 808 2282

<https://www.homeenergyscotland.org/contact-advice-support-funding/> Click on the link to fill in an online form or chat.



**Net Zero  
Scotland**  
Scottish  
Government



## DR Inclusive Fitness and Wellbeing

Last month some of our members took a trip to DR Inclusive Fitness and Wellbeing in Loanhead.

The team here have adapted exercises to cover muscle maintenance/strengthening, cardio workouts and flexibility/stretching for people living with a disability. Many of our members are looking forward to working with DR Inclusive in the future to work on their physical and mental rehabilitation.





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## Eurovision 2024 Final – 11<sup>th</sup> May

The Eurovision Song Contest was first held in 1956, originally conceived as an experiment in transnational television broadcasting. Following a series of exchange broadcasts in 1954, an international song competition was commissioned, originally based on the Italian Sanremo Music Festival. A total of 67 contests have been held since its first edition, and 1721 songs representing 52 countries have been performed on the Eurovision stage as of 2023. The contest has seen many changes since its

inauguration, such as the introduction of relegation in the 1990s, and subsequently semi-finals in the 2000s, as a response to growing numbers of interested participants. The rules have also seen multiple changes over the years, with the voting system and language criteria being modified on several occasions.

The Eurovision Song Contest has been identified as the longest-running annual international televised music competition in the world, as determined by Guinness World Records and around 40 countries now regularly take part each year. The 2020 edition of the contest was the first to be cancelled, as no competitive event was able to take place due to the Covid pandemic.

The Eurovision Song Contest 2024 is scheduled to be the sixty-eighth edition of the contest, to be held on 7, 9 and 11 May 2024 in Sweden. 37 countries applied to take part in the seventh contest held on Swedish soil, with Luxembourg set to make its first appearance since 1993. Romania ultimately opted not to participate this year. The slogan of the previous year's event in Liverpool, "United by Music", will be retained for 2024 and all future editions, thus ending the practice of individual contest slogans being created for each edition which had begun in 2002. This year, the UK will be represented by Olly Alexander with his song Dizzy:

### Eurovision Quiz:

1. Which country won Eurovision in 2022?
2. Which song did ABBA win Eurovision with in 1974?
3. Which band won Eurovision in 2006 while wearing monster costumes?
4. What instrument did Norway's Alexander Rybak play on stage in his performance of *Fairytale*?
5. Which singer won in 2014 with the song *Rise Like a Phoenix*?
6. Which city hosted Eurovision in 2016?
7. Which Eurovision winning song begins with the line 'A broken heart is all that's left'?
8. Which American rapper featured in San Marino's entry in 2021?
9. Before the 2022 Grand Final, Spain's entry *SloMo* was considered a hot contender by the bookies. Where did it end up placing on the night?
10. Which 2022 Eurovision winner competed again in 2023?

Answers at the end of Tak Heid

**Get Ready for our Eurovision themed week in May!! Costumes and a rendition of your favourite Eurovision winner from across the years more than welcome.**



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## Ramadan and Eid al-Fitr

Last month we were learning about the observance of Ramadan and Eid al-Fitr, to further our understanding of its history and intentions. Members explored aspects of this religious period, whilst also sharing their personal experiences.

Muslims around the globe observe the holy month of Ramadan every year, a period of deep spiritual reflection and fasting. The festival begins with the sighting of the crescent moon, which usually appears one night after a new moon. In 2024, Ramadan

began on Sunday 10 March and is expected to conclude on Tuesday 9 April 2024, meaning Eid al-Fitr is likely to fall on Wednesday 10 April 2024.

The word Eid translates as “the festival of breaking the fast”, marking the end of the month-long fast of Ramadan. This festival is a particularly significant time for Muslims in the UK and across the globe, enabling families to get together and share the joyous moments. After a month of abstinence and devotion to Allah, the festival allows Muslims to enjoy themselves with what they previously gave up in accordance with the requirements of their faith.

## An Exploration of Islamic Design

In our creative sessions we further explored Islamic culture, making links to Ramadan and Eid al-Fitr celebrations. We looked at a range of Islamic architectural designs from all over the world, discussing the designs and materials used.

There are three different forms of Islamic decoration that are used in Islamic art. These include the arabesque, geometric patterns, and calligraphy. Arabesques use vegetal and floral motifs to create flowing designs, while geometric patterns make use of circles and squares. Calligraphy is the artistic representation of text.

The prominence of Islamic geometric design is due in large part to the aniconic nature of the Islamic religion. Aniconic refers to the absence of human and animal forms within art. For many Muslims, certain traditions and beliefs prohibit the use of human and animal imagery within Islamic art. According to many Muslim traditions, the use of human and animal representations is considered to be an attempt to imitate the work of God.

Instead, Islamic geometric art is used to convey different images. For example, the circle in Islamic art is often used to convey purity and unity. The geometric properties of the circle enable it to be divided into multiple subdivisions, allowing for the demarcation of time or the movement of the planets within a pattern.

Another common geometric pattern used in Islamic art is the 10-pointed star or decagram. Sometimes referred to as a girih motif, this form of radial symmetry can be inscribed within a circle and then incorporate colour to derive new patterns from a single motif. The girih motif is often used in decorative tiles due to the multiple combinations of colours and patterns derived from this unique shape.

In response to the decorations observed within these structures, we created individual clay tiles and carved designs into them. Members explored pattern structures and created pieces which demonstrated individual artistic style and self-expression.







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## Proper hydration and brain

Approximately 70% of your body is composed of water. Nearly every body function you have is dependent water, but how much do you really need? The average adult loses more than 80 ounces of water every day through sweating, breathing, and eliminating wastes. So one has to wonder if you drink less than 80 ounces a day, how is that impacting your brain function and overall health?

Studies show that you only need to be 1% dehydrated to experience a 5% decrease in cognitive function. A 2% decrease

in brain hydration can result in short term memory loss and have trouble with math computations. Prolonged dehydration causes brain cells to shrink in size and mass, a condition common in many elderly who have been dehydrated for years.

Water is also needed to produce hormones and neurotransmitters in the brain. Since the brain cannot store water and you are constantly losing water through perspiration and other body functions, it's essential that you continuously hydrate. You'll be able to think faster, focus more clearly and experience greater clarity when your brain is functioning on a full reserve of water.

Drink water throughout the day even if you are indoors and in the air conditioning.

Eat your water by munching on water-filled fruits and vegetables (ie: watermelon, cucumbers).

What else to say? Stay awesome – Stay hydrated!!!

Author: Dr. Fayaz

## Eurovision Quiz Answers:

(1) Ukraine (2) Waterloo (3) Lordi (4) Violin (5) Conchita Wurst (6) Stockholm (7) Arcade (8) Flo Rida (9) Third (10) Loreen

## Spring Riddle

What am I? The letter S

### Edinburgh Headway Group



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### Contacts:

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Iain	Carers Coordinator
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Rafal Szejna	Physical Rehab Supervisor





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## May Activity Timetable

Monday	Tuesday	Wednesday 1 <sup>st</sup>	Thursday 2 <sup>nd</sup>
		10:00-Exercise (Online) 10:30-Bingo 11:00-Quiz (Online) 11:30-Creative activity 12:00-Mindfulness (online) 1:00-Let's learn (Online) 1:30-Ball game 2:00 Group Activity 2:30-Music quiz (Online) 3:00-Games/ cuppa catch up	10:00-Exercise (Online) 10:30-Creative Activity 11:00-Music 11:30-Lets learn (Online) 12:00-Bingo 1:00-Quiz (Online) 1:30-Ball game 2:00- Group Activity 2:30-Team Games 3:00-Cuppa and catch up
Monday 6 <sup>th</sup>	Tuesday 7 <sup>th</sup>	Wednesday 8 <sup>th</sup>	Thursday 9 <sup>th</sup>
May Day Public Holiday	10:00-Exercise (Online) 10:30-Bingo 11:00-Let's learn (Online) 11:30-Group activity 12:00-Creative activity 1:00-Quiz (Online) 1:30-Ball Game 2:00-Music 2:30-Team Games 3:00-Cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Quiz 11:30-Creative activity 12:00-Mindfulness (online) 1:00-Let's learn (Online) 1:30-Ball game 2:00 Group Activity 2:30-Music quiz (Online) 3:00-Games/ cuppa/catch up	10:00-Exercise (Online) 10:30-Creative Activity 11:00-Music 11:30-Lets learn (Online) 12:00-Bingo 1:00-Quiz (Online) 1:30-Ball game 2:00- Group Activity 2:30-Team Games 3:00-Cuppa and catch up
Monday 13 <sup>th</sup>	Tuesday 14 <sup>th</sup>	Wednesday 15 <sup>th</sup>	Thursday 16 <sup>th</sup>
10am-Exercise (Online) 10:30-Creative Activity 11:00-Bingo 11:30-Group Activity 12:00-Mindfulness (Online) 1:00-Quiz (Online) 1:30-Sports 2:00-Let's Learn (Online) 2:30-Team Games/ Music 3:00-cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Let's learn (Online) 11:30-Group activity 12:00-Creative activity 1:00-Quiz (Online) 1:30-Ball Game 2:00-Music 2:30-Team Games 3:00-Cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Quiz 11:30-Creative activity 12:00-Mindfulness (online) 1:00-Let's learn (Online) 1:30-Ball game 2:00 Group Activity 2:30-Music quiz (Online) 3:00-Games/ cuppa catch up	10:00-Exercise (Online) 10:30-Creative Activity 11:00-Music 11:30-Lets learn (Online) 12:00-Bingo 1:00-Quiz (Online) 1:30-Ball game 2:00- Group Activity 2:30-Team Games 3:00-Cuppa and catch up
Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>
10am-Exercise (Online) 10:30-Creative Activity 11:00-Bingo 11:30-Group Activity 12:00-Mindfulness (Online) 1:00-Quiz (Online) 1:30-Sports 2:00-Let's Learn (Online) 2:30-Team Games/ Music 3:00-cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Let's learn (Online) 11:30-Group activity 12:00-Creative activity 1:00-Quiz (Online) 1:30-Ball Game 2:00-Music 2:30-Team Games 3:00-Cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Quiz 11:30-Creative activity 12:00-Mindfulness (Online) 1:00-Let's learn (Online) 1:30-Ball game 2:00 Group Activity 2:30-Music quiz (Online) 3:00-Games/ cuppa/catch up	10:00-Exercise (Online) 10:30-Creative Activity 11:00-Music 11:30-Lets learn (Online) 12:00-Bingo 1:00-Quiz (Online) 1:30-Ball game 2:00- Group Activity 2:30-Team Games 3:00-Cuppa and catch up
Monday 27 <sup>th</sup>	Tuesday 28 <sup>th</sup>	Wednesday 29 <sup>th</sup>	Thursday 30 <sup>th</sup>
10am-Exercise (Online) 10:30-Creative Activity 11:00-Bingo 11:30-Group Activity 12:00-Mindfulness (Online) 1:00-Quiz (Online) 1:30-Sports 2:00-Let's Learn (Online) 2:30-Team Games/ Music 3:00-cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Let's learn (Online) 11:30-Group activity 12:00-Creative activity 1:00-Quiz (Online) 1:30-Ball Game 2:00-Music 2:30-Team Games 3:00-Cuppa and catchup	10:00-Exercise (Online) 10:30-Bingo 11:00-Quiz 11:30-Creative activity 12:00-Mindfulness (Online) 1:00-Let's learn (Online) 1:30-Ball game 2:00 Group Activity 2:30-Music quiz (Online) 3:00-Games/ cuppa/catch up	10:00-Exercise (Online) 10:30-Creative Activity 11:00-Music 11:30-Lets learn (Online) 12:00-Bingo 1:00-Quiz (Online) 1:30-Ball game 2:00- Group Activity 2:30-Team Games 3:00-Cuppa and catch up