



Edinburgh Headway Group
March 2024

Scottish Charity No SCO06528

Company Limited by Guarantee No 138081



Museum of Childhood and The People's Story Museum

This month we went to the Museum of Childhood and the People's Story Museum. We explored the Museum of Childhood and saw lots of toys from our younger days, bringing feelings of joy and nostalgia! There was everything from porcelain dolls made in the 1800s to the original Game Boy. Afterwards we made our way to the People's Story Museum, where we learnt about the lives of the people of Edinburgh and how they have changed over time. It was great to see such a range of engaging exhibits, which everyone could personally connect with.

Mural Project

Over the past few weeks, we have been working on the collaborative mural in our main hall and it is almost complete. Members have been working together to create a colourful and calm space. The artwork brings our members together and has inspired many to engage their creative side. Fantastic work.

The scene we have chosen is an iconic scene from Glencoe that many of you will recognise. There is also another Scottish theme surprise coming soon to another wall. Keep an eye out !



Creative activities from this month

In February we got creative by using a variety of media. We have looked at pop artist Andy Warhol, illustrator Vic Lee, fashion photographer and illustrator Alana Dee Hayes, Marcel Duchamp, Leonardo da Vinci. Members have created personal responses through painting, pen work, sculpture and poetry. In addition, we have also been making bird boxes for our garden as we come into Spring. Here are some examples of creative work from this month.





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Construction challenge

To promote collaborative working and develop planning skills, members were given a construction challenge. They had to work as a team to build the tallest tower using just marshmallows and spaghetti. Members had to work together to solve the problem that they were given. The finished structures showed excellent teamwork and problem-solving skills. In a separate challenge we used paper to build the tallest structure, this material challenged our members to plan and coordinate building the structure in a team. See below for the results!



**A weekend of relaxation and activities
for Scotland's brain injury survivors,
their carers and family members.**

Best relaxation & Activity Weekend 2024

When: Friday 26th April to Sunday 28th of April

Where: Tulliallan Castle, Kincardine FK19 4BE

Total Cost: £130 (additional £10 single person supplement which includes accommodation, all meals & activities)

This residential weekend for brain injury survivors in Scotland features activities such

as:

- Massage
- Reiki
- Music workshops
- Arts and crafts
- Walking football
- New age kurling

You can sign up via your local Headway Group or Branch or by contacting Maria at

maria.burnett@headway.org.uk



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Carers Space

HEALTH IN MIND: Care for the carers should not be a luxury...it is and should be a necessity. Caring for others can be isolating and difficult. It is often hard for carers to find time for themselves and to connect with others. If you are an unpaid carer, Health in Mind can provide services just for YOU. In partnership with other organizations, Health in Mind offers a range of support, courses and peer spaces to support the mental health and wellbeing of carers. These safe spaces allow carers the time to explore and discover ways of keeping well and to connect with other carers and peers for mutual support. Health in Mind offers a 1:1 Service (10 weekly sessions for unpaid carers to focus on mental health, life skills, personal networking and valuing yourself), as well as Peer Spaces for dementia, anxiety, depression support and parent carers. For more information, call 0131 2258508 or go to <https://health-in-mind.org.uk/news/edinburgh-support-for-carers/>



CARERS & CO COMMUNITY CHOIR: Carers & Co Community Choir are a friendly and welcoming choir for carers and their friends. The choir is a supportive and safe space for carers, giving them emotional and psychological respite for good mental health and wellbeing...as well as just being good fun! For more information on joining this welcoming choir, visit <https://www.thephoenixchoir.com/carers-co-community-choir>

VOCAL: This month at Carers Space we welcomed Wendy from Voice Of Carers Across Lothian (VOCAL) who provided us with plenty of informative and friendly chat. VOCAL is a great one-stop shop for all your needs as a carer and it is worth looking through their website at the wide range of services they offer, or alternatively giving them a call/dropping in. Some of the many things on offer that could help you include...Advice and support on benefits and entitlements to help you manage your money, as well as guidance on Power of Attorney, guardianship and other legal issues ; Information and support on practical issues such as hospital discharge, home adaptations, Adult Care Support Plans, carers' rights and grants; Caring services for unpaid carers, including emotional support advice, counselling, peer support groups and mentoring, plus a complimentary therapy massage service. For further information, contact VOCAL on 0131 6226666, email centre@vocal.org.uk, visit www.vocal.org.uk or pop along to VOCAL at Edinburgh Carers' Hub, 60 Leith Walk EH6 5HB. Details of carer events and training can also be found at <https://www.carerstraining.co.uk/>

YOUR LIBRARY: A carer's time is often not their own and it can be difficult for carers to find time to read, let alone to physically go to a library to browse or borrow a book. Audio books are a great way for carers to instantly access books online or via an app and can be listened to in a variety of settings, on the go out and about or at home. Your Library is a free to access audio book service offered by Edinburgh Libraries via the desktop sites/apps Libby, BorrowBox or uLibrary. All you need to do is create a library account and start by signing in with your card and created PIN. Not only will you be keeping our libraries alive but you will also be able to dip in and out of audio books at your convenience for some well-earned time out. For more information and to start your e-book journey: <https://yourlibrary.edinburgh.gov.uk/web/arena/audiobooks>

RADAR KEYS: Keys can be purchased at a small cost and open most accessible public toilets in the UK. Please use either of the links below for more info. The Lothian Council link also has a downloadable list of accessible toilets.

<https://www.lothiancil.org.uk/resource-category/grapevine-disability-information/>

<https://shop.disabilityrightsuk.org/products/radar-key>



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Easter 2024 Edinburgh Headway Group will be closed on Easter Monday 1st of April.

Easter Quiz (answers at the end of Tak Heid):

(1) As of Easter 2023, how many Easter eggs are sold in the UK?

(2) Which country started the tradition of the Easter Bunny?

(3) How many marzipan balls are traditionally on a simnel cake?

(4) The first Easter eggs were dyed what colour?

(5) What is the tradition behind the hot cross bun?

(6) In Switzerland, what animal delivers Easter eggs to children?

(7) What is the Sunday before Easter called?

(8) What is the official flower of Easter?

(9) What dance traditionally takes place at Easter?

(10) What is Easter named after?



Inspirational Stories



The month of February was LGBT+ History Month and here at Edinburgh Headway Group we looked at a few figures in LGBT+ history who despite the difficulties they faced in their personal lives made a significant and lasting contribution to society. Some LGBT+ figures, in addition to the challenges they faced due to their LGBT+ identity, also lived with the challenges of a disability. The artist Frida Kahlo (1907-1954) was one such figure. She was a Mexican artist known for her eccentric and colourful self-portraits and artworks. In addition to her bisexual identity, Frida had polio as a child and at the age of 18 was involved in a terrible bus accident that left her with serious life-long disabilities. Confined to her bed for 3 months following the accident and permanently lying on her back in a body cast, it was during this recuperation time that Frida developed her love for art and her passion for colourful portraiture. Her mother provided an easel above

her bed with a mirror attached and Frida developed her distinctive self-taught art style by painting herself and her family. Frida faced difficulties in society as a woman, bisexual and disabled person, but throughout her life she embraced her identities fully and they helped shape her unique personality and artwork.





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What's on in Edinburgh



Eat Out Edinburgh 2024 is coming this March! The celebration of Edinburgh city centre's fantastic bars and restaurants will be extended to the whole month due to popular demand!

You can book now for dates between 1st to 31st March – see T&Cs on each listing.

Candlelight Concerts

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe inspiring locations like never seen before in Edinburgh.

A tribute to Fleetwood Mac 28th Feb- 15 March

A night at the opera by candlelight 08th of March

Mozart Piano Sonatas by candlelight 23rd of March

And many more....

Tickets: Online at www.feverup.com

Prices: Ticket prices vary for different shows- some starting from £15/£20 going up to £40



Are you drinking enough water?

“Although it is well known that water is essential for human survival, only recently have we begun to understand its role in the maintenance of brain function”. That’s a quote from the research team at Cambridge University who’ve studied the effects common dehydration plays on mood and cognitive performance. The study went on to say, “Our groundbreaking research pinpoints exactly how powerful hydration is for optimal

brain health. If you want to experience clearer thinking, better memory and even enhanced focus and concentration”. The study highlighted that our sensation of thirst can be very error prone and is not always an accurate indicator for the body wanting fluids, especially in young children and the elderly. It recommended consuming 2 litres of water daily to achieve regulated hormones, lower cholesterol, maintain neurogenesis (creation of new brain cells), aid short-term memory and visual perceptual abilities, improve mood imbalances, improve attention span, focus, toxin removal and neural circulation. Having a refillable bottle to hand and making a routine of topping up could be the start of great change. (Find the full study at Cambridge.org or search “Cambridge hydration study”)





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Warming Recipes of the month

EASY NUT ROAST

1 medium onion (chopped)
30 ml vegetable oil (e.g. extra virgin olive oil)
2 tsp yeast extract (e.g. Marmite) in 250ml of hot water
225g chopped nuts
2 tbsp ground almonds
100g wholemeal breadcrumbs
1 tbsp sage
pinch cayenne pepper

Pre-heat oven to 180C/350F/gas mark 4. Sauté onion in oil until soft (not browned). Combine with all other ingredients. Turn into an oiled ovenproof dish and bake for 30 mins until golden brown.

EASY DATE CAKE

250g dates
240 ml water
170g plain wholemeal flour
2 tsp baking powder
1 tsp mixed spice
340g mixed dried fruit
115g chopped dried apricots
85g mixed nuts (roughly chopped)
8 tbsp orange juice



Pre-heat oven to 170C/340F/gas mark 4. Boil the dates and water in a saucepan. Then simmer for 5 minutes or until soft. Add all other ingredients and mix well. Spoon into a greased 2lb cake tin and smooth the top. Bake for approx. 90 minutes.

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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Day Service and Zoom Online March Calendar 2024

Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th
<p>10am-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Bingo</p> <p>11:30-Group Activity</p> <p>12:00-Mindfulness (Online)</p> <p>1:00-Quiz (Online)</p> <p>1:30-Sports</p> <p>2:00-Let's Learn (Online)</p> <p>2:30-Team Games/ Music</p> <p>3:00-cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Let's learn (Online)</p> <p>11:30-Group activity</p> <p>12:00-Creative activity</p> <p>1:00-Quiz (Online)</p> <p>1:30-Ball Game</p> <p>2:00-Music</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Quiz (Online)</p> <p>11:30-Creative activity</p> <p>12:00-Mindfulness (online)</p> <p>1:00-Let's learn (Online)</p> <p>1:30-Ball game</p> <p>2:00 Group Activity</p> <p>2:30-Music quiz (Online)</p> <p>3:00-Games/ cuppa/ catch up</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Music</p> <p>11:30-Lets learn (Online)</p> <p>12:00-Bingo</p> <p>1:00-Group Activity</p> <p>1:30-Ball game</p> <p>2:00-Quiz (Online)</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catch up</p>
Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th
<p>10am-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Bingo</p> <p>11:30-Group Activity</p> <p>12:00-Mindfulness (Online)</p> <p>1:00-Quiz (Online)</p> <p>1:30-Sports</p> <p>2:00-Let's Learn (Online)</p> <p>2:30-Team Games/ Music</p> <p>3:00-cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Let's learn (Online)</p> <p>11:30-Group activity</p> <p>12:00-Creative activity</p> <p>1:00-Quiz (Online)</p> <p>1:30-Ball Game</p> <p>2:00-Music</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Quiz</p> <p>11:30-Creative activity</p> <p>12:00-Mindfulness (online)</p> <p>1:00-Let's learn (Online)</p> <p>1:30-Ball game</p> <p>2:00 Group Activity</p> <p>2:30-Music quiz (Online)</p> <p>3:00-Games/ cuppa/ catch up</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Music</p> <p>11:30-Lets learn (Online)</p> <p>12:00-Bingo</p> <p>1:00-Group Activity</p> <p>1:30-Ball game</p> <p>2:00-Quiz (Online)</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catch up</p>
Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st
<p>10am-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Bingo</p> <p>11:30-Group Activity</p> <p>12:00-Mindfulness (Online)</p> <p>1:00-Quiz (Online)</p> <p>1:30-Sports</p> <p>2:00-Let's Learn (Online)</p> <p>2:30-Team Games/ Music</p> <p>3:00-cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Let's learn (Online)</p> <p>11:30-Group activity</p> <p>12:00-Creative activity</p> <p>1:00-Quiz (Online)</p> <p>1:30-Ball Game</p> <p>2:00-Music</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Quiz</p> <p>11:30-Creative activity</p> <p>12:00-Mindfulness (online)</p> <p>1:00-Let's learn (Online)</p> <p>1:30-Ball game</p> <p>2:00 Group Activity</p> <p>2:30-Music quiz (Online)</p> <p>3:00-Games/ cuppa/ catch up</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Music</p> <p>11:30-Lets learn (Online)</p> <p>12:00-Bingo</p> <p>1:00-Group Activity</p> <p>1:30-Ball game</p> <p>2:00-Quiz (Online)</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catch up</p>
Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th
<p>10am-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Bingo</p> <p>11:30-Group Activity</p> <p>12:00-Mindfulness (Online)</p> <p>1:00-Quiz (Online)</p> <p>1:30-Sports</p> <p>2:00-Let's Learn (Online)</p> <p>2:30-Team Games/ Music</p> <p>3:00-cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Let's learn (Online)</p> <p>11:30-Group activity</p> <p>12:00-Creative activity</p> <p>1:00-Quiz (Online)</p> <p>1:30-Ball Game</p> <p>2:00-Music</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catchup</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Bingo</p> <p>11:00-Quiz</p> <p>11:30-Creative activity</p> <p>12:00-Mindfulness (Online)</p> <p>1:00-Let's learn (Online)</p> <p>1:30-Ball game</p> <p>2:00 Group Activity</p> <p>2:30-Music quiz (Online)</p> <p>3:00-Games/ cuppa/ catch up</p>	<p>10:00-Exercise (Online)</p> <p>10:30-Creative Activity</p> <p>11:00-Music</p> <p>11:30-Lets learn (Online)</p> <p>12:00-Bingo</p> <p>1:00-Group Activity</p> <p>1:30-Ball game</p> <p>2:00-Quiz (Online)</p> <p>2:30-Team Games</p> <p>3:00-Cuppa and catch up</p>