



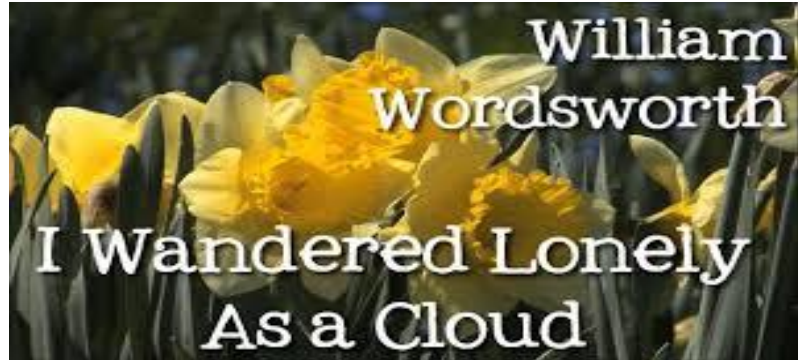
**Edinburgh Headway Group  
April 2024**

Scottish Charity No SCO06528  
Company Limited by Guarantee No 138081

**Spring is in the air ... Well hopefully !!**

## **I Wandered Lonely as a cloud by William Wordsworth**

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once i saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze...



It's hard to believe that the rain may stop some day soon but we have checked the forecast and brighter skies have been predicted. But bad weather never stops Edinburgh Headway Group getting out and about.

Last week our members had a very insightful guided tour of the Paolozzi at 100 exhibition at the Modern Art Gallery.

Of Italian descent, Artist Eduardo Paolozzi was born in Leith near Edinburgh. He studied in Edinburgh and London and spent two years in Paris from 1947.

The exhibition featured over 60 works with highlights such as ceramics, tile designs and his Calcium Light Night and Moonstrip Empire News screenprints.



Last month we did an awareness and bag packing day at Asda The Jewel to raise money for Edinburgh Headway Group. This was a fabulous day chatting with the community about who we are and what we do.

Thank You to everybody who came along and a massive shoutout to our superstar volunteer, Irene, who came to help us on the day. Irene's naturally helpful and caring manner was a hit with customers and staff alike.

The Asda Foundation Grassroots Grant will be donating towards our new sensory room. This will be a specially designed room which combines a range of stimuli to help individuals develop and engage their senses. These can include lights, colours, sounds, sensory resources and aromas. A calming sensory room is beneficial for individuals who are hypersensitive to sensory information.

Studies have shown that even a short period of time in a sensory room can leave people feeling more focused, relaxed, less stressed, help with sensory overload and better able to communicate with others. It also helps regulate emotions and restore an inner sense of calm which can help with overwhelming thoughts in a safe environment.





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## **Spring QUIZ (answers at the end of Tak Heid):**

- (1) Which two star signs cover the month of April?
- (2) "It was a bright cold day in April, and the clocks were striking thirteen." is a quote from which book?
- (3) On what day in April is St. George's Day?
- (4) "April is the cruellest month." is the first line from which T.S.Elliot poem?
- (5) What is April's birthstone?
- (6) April's birth flower is often listed as Bellis perennis- this is the Latin name for which flower?
- (7) Which bird's arrival in mid-April is said to signal the start of Spring?
- (8) What was first introduced into Britain on 1st April 1973?
- (9) The April Lyrids last from April 16th to April 26th each year- what are they?
- (10) Which famous Englishman's birth remains unknown but is traditionally observed on St. George's Day?



## **Get Breathing that Fresh Air**

With early morning sunrises and late evening sunsets, there's no better time to get outdoors and enjoy some fresh air. Every cell and function in our body relies upon a fresh stream of oxygen. If you stay indoors or in an air-conditioned environment for long periods of time, the same air is breathed in again and again, causing the air to lose its quality. Simply stepping outdoors and breathing in some fresh air can have a huge amount of health benefits.

- 20% of the oxygen you breathe in is used by your brain to function. More oxygen = better brain function, helping you to think, focus and concentrate better.
- Serotonin release is affected by the amount of oxygen you have in your blood. Serotonin promotes a sense of happiness and well-being. This is why you feel better, more relaxed and much more refreshed after being outside.
- Even simple exercises outdoors promotes diaphragmic breathing. This means that you breathe more deeply, drawing more air deep into the bottom of your lungs. This not only brings more oxygen into your cells but helps the lungs to expel more airborne toxins from the body. This therefore helps you to cleanse from the inside out.



## **Guru Walks**

How well do you know Edinburgh?

Our capital city has so much to offer including some themed walks that are FREE (although you may wish to tip your guide). Here's a couple of examples of the types of tours – Secrets of Edinburgh, Harry Potter Theme and Ghosts and Ghouls to name but a few.

Click here for more details:-

[https://www.guruwalk.com/?ref=wsx1xymxspth05suq3y3&ref\\_campaign=17762891198\\_brand\\_en\\_brand\\_144664202331&ref=wsx1xymxspth05suq3y3&qad\\_source=1&qclid=CjwKCAjw\\_LOwBhBFEiwAmSEQAaTQJ04U8w7ALMAmzZ9ultIpioCiXIPR6\\_PIZea-BCQLekuGBR8rHxoCS-kQAvD\\_BwE](https://www.guruwalk.com/?ref=wsx1xymxspth05suq3y3&ref_campaign=17762891198_brand_en_brand_144664202331&ref=wsx1xymxspth05suq3y3&qad_source=1&qclid=CjwKCAjw_LOwBhBFEiwAmSEQAaTQJ04U8w7ALMAmzZ9ultIpioCiXIPR6_PIZea-BCQLekuGBR8rHxoCS-kQAvD_BwE)

Now that the weather is improving, it's a great time to get out and about.



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## WETWHEELS FOUNDATION

Wetwheels Edinburgh (powerboat) is the newest addition to the Wetwheels fleet and operates from many harbours on the Firth of Forth, including South Queensferry and North Berwick. The Wetwheels experience is designed to enable every disabled person the chance to experience the excitement of power boating. Wetwheels Edinburgh is fully accessible and allows everybody to take to the helm as skipper to drive the boat! Scheduled trips and experiences run from Port Edgar (South Queensferry) and can be tailored to suit individuals and groups, including viewing the UNESCO-registered Forth Rail Bridge, meeting the seals and puffins on local islands, or seeing the Naval Dockyard of Rosyth where new aircraft carriers are constructed. For more information, please visit:

<https://wetwheelsfoundation.org/locations/edinburgh/>

## INSPIRING STORIES: Ade Adepitan MBE

After contracting polio in Nigeria, Ade's family moved to East London, England where he grew up and became an accomplished wheelchair basketball player. He won a bronze medal in the Great Britain wheelchair team at the 2004 Athens Paralympics. Awarded an MBE for services to disability in sport, he is also a well-known TV presenter frequently hosting The Travel Show for the BBC and Unreported World for Channel 4. He also co-presented the 2016 Paralympics in Rio and has recently fronted his own BBC2 series, Africa with Ade Adepitan.



## INSPIRING STORIES: Frank Gardner OBE

BBC Security Correspondent Frank Gardiner was shot and partially paralysed by al-Qaida gunmen in 2004 while reporting from Saudi Arabia. Despite using a wheelchair or frame ever since, he still travels widely, reporting from the Middle East, making documentaries and writing novels. He has always been a keen skier, now using a sitski, and is patron of Disability Snowsport UK. In 2018 he was particularly vocal in criticising Heathrow airport after he was left stranded on a plane for 100 minutes. Since then, the airport has introduced major improvements for disabled travellers.



## April 9<sup>th</sup> – Unicorn Day

Did you know that April 9th is Unicorn Day. A day to celebrate the most popular mythical creature ever, which is also the symbol of Scotland.

## April 13<sup>th</sup> – National Scrabble Day

National Scrabble Day is observed annually on April 13th.

April 13th specifically was chosen in honor of Scrabble's inventor, Alfred Moshier Butts.





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## Botanic Gardens Day Trip

We are looking forward to our upcoming trip to the Botanic Gardens with lots of lovely things lined up for when we get there. We will walk through the gardens, go pond dipping, create plant prints using clay and have teas/coffees in the Botanic Cottage.

**Date:** Wednesday 24<sup>th</sup> April

**Meeting Time:** 9:30am

**Meet at:** West Gate or East Gate. From there we will walk to the Botanic Cottage.

**Depart from East Gate  
or West Gate:** 12:45pm

**Cost:** Free

**Address:** Botanic Gardens,  
20a Inverleith Row, EH3 5LR  
Please talk to a member of staff  
to book your place.



## MINORITY ETHNIC CARERS OF PEOPLE PROJECT (MECOPP)

By working in partnership with carers, voluntary organisations and statutory bodies, MECOPP actively seeks to challenge and dismantle barriers that deny Black and Minority Ethnic carers access to health, social work and other social care services in Edinburgh, the Lothians and further afield. Finding out about services, rights and entitlements which can support you in your caring role can be difficult and time-consuming. MECOPP can provide information on a range of topics and advise you on them, for example: rights and entitlements; self-directed support; and financial assistance. Advocacy and casework support can help to secure the services and support carers need to sustain them in their caring role, for example: completing an Adult Carer Support Plan, making applications for welfare benefits and other financial assistance, getting aids and adaptations, support with legal matters such as Guardianship and Power of Attorney or linking with other organisations who offer a range of carer support services. MECOPP offer a range of activities designed to support carers and Black and Minority Ethnic communities to improve their own health, well-being and resilience. Their activities include mental health and well-being support, nutritional, physical and recreational activities either in groups or individually. Services can be face to face, over the telephone or on-line and MECOPP are able to provide advice and information in the following community languages: Cantonese; Mandarin; Arabic; Hindi; Bengali; Nepali; Punjabi; Urdu; Odiya; and Madi. For further information:



<https://www.mecopp.org.uk/>

T: 0131 467 2994

E: [info@mecopp.org.uk](mailto:info@mecopp.org.uk)



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## HOW TO GARDEN FOR WILDLIFE

Wildlife friendly gardening isn't at all difficult. Just making a few simple, small changes can have a big impact on the amount of wildlife that visit your garden and go a long way towards supporting your local species.

Creating a garden for wildlife doesn't have to be expensive or time-consuming either – in fact, gardening for wildlife is often a more low-maintenance approach than the alternatives.

**5 EASY WAYS TO GARDEN FOR WILDLIFE** - Grow pollinator friendly plants - Feed the birds - Add a water feature - Put out bird boxes - Create a compost heap

## Where would we be without bees?

As far as important species go, they are top of the list. They are critical pollinators: they pollinate 70 of the around 100 crop species that feed 90% of the world.

That's only the start. We may lose all the plants that bees pollinate, all of the animals that eat those plants and so on up the food chain. Which means a world without bees could struggle to sustain the global human population of 7 billion. Our supermarkets would have half the amount of fruit and vegetables.

It gets worse. We are losing bees at an alarming rate. Possible reasons include the loss of flower meadows, the crab-like varroa mite that feasts on their blood, climate change, and use of pesticides. To help a dying bee you can feed it sugar water or move it onto a bee-friendly flower



## EHG Easter Activities

We hope you all have a lovely Easter weekend. Our members were getting into the spirit painting hardboiled eggs and doing an easter egg hunt as part of our Easter activities in Easter week. Well done Lee on winning the best egg competition.





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Change Mental Health is a national mental health charity delivering non-clinical, person-centred support to people affected by mental illness in communities across the country.

Their vision is a future where no one needs to face mental illness alone. Their mission is to provide transformational support for people, ensuring that everyone has access to the support they need, when they need it, and in a way which works best for them.

The Stafford Centre at 103 Broughton Street is the central place where they support people in Edinburgh with their mental health in the form of a drop-in centre. See their message below:

This drop-in enables you to relax in the company of others in a safe environment and begin to build supportive networks. We want to help you as soon as you walk through the door and ensure you are directed towards the best activity or support for your recovery.

We have many welcoming and supportive groups where you can feel valued. We deliver change at The Stafford Centre by building resilience to improve your skills, confidence and enable you to take a step forward in your life. There are many creative and wellbeing activities, from art sessions to our outdoor walking group, and a main café area where you can chat and feel welcomed by building supportive networks.

The Stafford Centre provides access to counselling, where we provide a safe and confidential space to talk about your own experiences, advice on your welfare rights, and practical and emotional support if you're a carer experiencing poor mental health. We also run The Signature Project, which provides support free from judgement to men with Post-Traumatic Stress Disorder (PTSD), and our Veterans Community Café is run by veterans for veterans and their families to offer peer support and a safe space to chat.

Listen to our community radio station, Radio Stafford 103 – ran by our people at Stafford Centre!

**Want to find out more about the support Change Mental Health delivers in Edinburgh?**

Telephone: **0131 557 0718**

Counselling service phone line: **0131 557 8459**

Email: **staffordcentre@changemh.org**

<https://changemh.org/>

## **Carers Entitlements**

Unpaid carer's leave

From 6 April 2024, employees will be entitled to unpaid leave to give or arrange care for a 'dependant' who has:

- a physical or mental illness or injury that means they're expected to need care for more than 3 months
- a disability (as defined in the Equality Act 2010)
- care needs because of their old age
- The dependant does not have to be a family member. It can be anyone who relies on them for care.

Employees are entitled to carer's leave from their first day of work for their employer. Their employment rights (like holidays and returning to their job) are protected during carer's leave.

For more information go to the the link or visit <https://www.gov.uk/carers-leave>



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Purple Day, which raises awareness of epilepsy was on March 26<sup>th</sup> this year. We want to share with you new epilepsy resources in an A4 Easy Read format in the continued drive to make epilepsy information more inclusive and accessible. If you feel these Easy Read resources may be helpful to you or some of the people you support and/or their families, please don't hesitate to download or ask a staff member to print copies for you. You can view




the publications here:

- [About epilepsy](https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/All-about-epilepsy.pdf)  
<https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/All-about-epilepsy.pdf>
- [Treating epilepsy](https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/Epilepsy-treatment.pdf)  
<https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/Epilepsy-treatment.pdf>
- [Living with epilepsy](https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/Living-with-epilepsy.pdf)  
<https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/Living-with-epilepsy.pdf>
- [Supporting someone with epilepsy](https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/Supporting-someone-with-epilepsy.pdf)  
<https://www.epilepsyscotland.org.uk/wp-content/uploads/2023/05/Supporting-someone-with-epilepsy.pdf>

## Quiz Answers:

(1) Aries & Taurus (2) 1984 by George Orwell (3) 23<sup>rd</sup> April (4) The Waste Land (5) Diamond (6) Daisy (7) The cuckoo (8) VAT (9) A meteor shower (10) William Shakespeare

**Please note that Edinburgh Headway Group will be closed on April 15<sup>th</sup> for the Spring Bank Holiday**

<b>Edinburgh Headway Group</b>		<b>Contacts:</b>	
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	www.edinburghheadway.org.uk	Sarah	Rehabilitation Lead
		Ross	Rehabilitation Assistant
		Iain	Carers Coordinator
		Kirsten	Rehabilitation Assistant
		Rafal Szejna	Physical Rehab Supervisor





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### Day Service and Zoom Online April Calendar 2024

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th
<b>Bank Holiday</b>	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 (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 8th	Tuesday 9th	Wednesday 10th	Thursday 11th
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 15th	Tuesday 16th	Wednesday 17th	Thursday 18th
<b>Bank Holiday</b>	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 22 <sup>nd</sup>	Tuesday 23 <sup>rd</sup>	Wednesday 24 <sup>th</sup>	Thursday 25 <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 29 <sup>th</sup>	Tuesday 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		