



Edinburgh Headway Group
June 2024

Scottish Charity No SCO06528
Company Limited by Guarantee No 138081

Edinburgh Food Social

We were treated by our friends and neighbours from Edinburgh Food Social last month to a delicious three course meal at our premises.

The team descended on our kitchen laden down with ingredients, crockery and cutlery.

We'd like to say a massive thank you to the team for looking after us from cooking, serving to clearing up. The feedback from members and carers was 10 out of 10.

Edinburgh Food Social is a social enterprise working towards food justice by educating and empowering young people and communities to engage with local, seasonal food.

They also cater for special events and come highly recommended by us. Check out their website below.

<https://edinburghfoodsocial.org/>



The name June is the modern-day adaptation of the Latin word Junius, which has its origins dating back to the ancient Romans.

There are multiple theories as to what the month of June was named after. One theory is that it was named after the Roman goddess of marriage, Juno. Another theory is that its name originates from the Latin word iuniores, which translates into "younger ones". Yet

another possibility is that the month was named after Lucius Junius Brutus, the founder of the Roman Republic.

The 6th June 2024 is the 80th Anniversary of the Normandy Landings, also known as the D-Day Landings which laid the foundations of the Allied victory on the Western Front in World War II.



Healthy Eating Week will be 10th Jun to 14th Jun 2024.

Organised by the British Nutrition Foundation, this week aims to connect people, food and science and provide impartial, evidence-based information to people so they can adopt healthy, sustainable diets - for life. Look out for our cooking group recipes that week for hints and tips.



Don't forget Father's Day falls on the 16th of June this year.



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Inspiring Volunteer Awards



A Massive Congratulations to Cathy & Irene for receiving Inspiring Volunteer Awards.

Cathy started volunteering with us in November 2022 as she wanted to offer more one to one support to the community. Cathy brings so much energy to her volunteer role every Tuesday and has made strong bonds with all at EHG.

Irene has been volunteering with us on Wednesdays since March 2023 and was introduced to us by Cathy as she wanted to give back to her community also. She always has a smile and a positive attitude. Not only do these two brighten our members' day, but our staff too.

And when not volunteering the two ladies are often to be found getting up to all kinds of mischief!

We are so incredibly lucky and grateful to have such amazing volunteers and we would like to thank all of them for their time, dedication and empathy that they put into EHG.

If you would like to volunteer with us, drop us an email at volunteering@edinburghheadway.org.uk or give us a call to find out more.

The power of music

Music like language is universal, and it is accessible for everyone regardless of ethnic background, age or disability. Listening to any genre of music for 90 minutes daily can have a profound positive impact on your cognitive and physical health. It can drastically improve brain plasticity, emotional wellbeing and memory.

The act of playing an instrument highlights the adaptability of the brain as it involves utilizing multiple skillsets at one time. Additionally, simply listening to music can reduce your blood pressure, improve respiratory health, and overall cognitive wellbeing. Start listening to music regularly to reap the many physical and emotional health benefits!

Author: Ticker, Carolyn.

Article: Music and the Mind: Music's Healing Powers (2017).



Young Persons Stroke Support Café

This is a small friendly group open to young stroke survivors (18-55 years old) within the Edinburgh area. The group normally have a chat about the things going on in our lives and usually have a good old laugh. This is a fantastic opportunity to meet people of similar ages impacted by stroke, and to support one another. They meet on the first Wednesday of every month from 4-5pm at the Royal Dick Bar, Summerhall, Edinburgh, EH9 1PL.

For more information email engagementteamsotland@stroke.org.uk or call



the Stroke Helpline on 0303 303 3100



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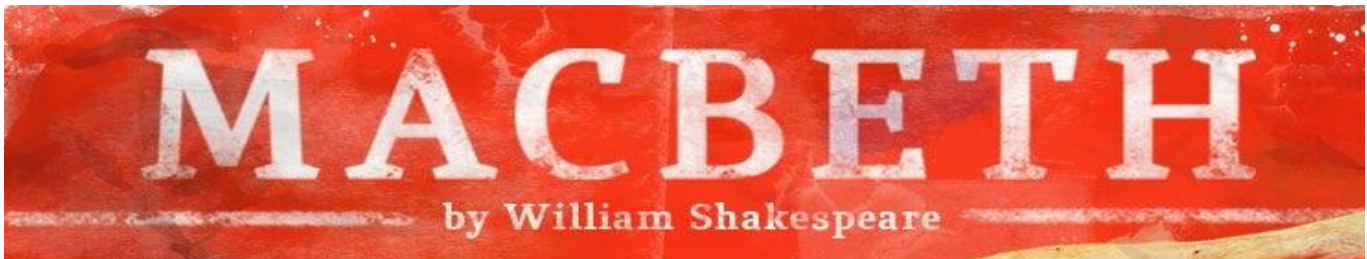
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Macbeth (an undoing)

This month our members went to see *Macbeth (an undoing)* at the Royal Lyceum. It was visually stunning and easily accessible for all due to its modern interpretation. There was also a lot of comedy included in the performance, so there was lots of laughs from us too! We had a great evening out at the theatre and we plan on doing more trips like this!

If you are interested in going to the Royal Lyceum, concession tickets are £10 and carers go for free.



Macbeth Summary

Three witches tell the Scottish general Macbeth that he will be King of Scotland. Encouraged by his wife, Macbeth kills the king, becomes the new king, and kills more people out of paranoia. Civil war erupts to overthrow Macbeth, resulting in more death.

Key themes:

Key themes of Shakespeare's *Macbeth* include good versus evil, the dangers of ambition, the influence of supernatural forces, the contrast between appearance and reality, loyalty and guilt.



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A Sunny Day

Descriptive writing and memories of sunny days from our members



Lovely colours,
Fresh smells.
Sounds of birds,
Dogs and squirrels.
Children playing.
People smile more when it's nice.
Feel my mood lift,
Feel happier and lighter.

Written by Cathy

I had been to the Botanic Gardens last week with some of the Headway group. We did some activities like watching microorganisms through the microscope. I made a medallion from soft brown clay and later printed a leaf impression on it. I saw a grey squirrel on one of the trees, I took a picture of it on my phone.

Written by Michael R.

Sometimes walking around in Scotland, it reminds me of my time in England. The smell of the grass and flowers, the sea and the rivers. It's so relaxing to listen to the birdsong. Sunrise and sunset are lovely colours and give you a good feeling.

Forget me nots are beautiful.

Written by Maggie

See the trees all start to get buds and maybe an aeroplane in the sky, the flowers are on the ground.

It is sunny, the warmth of the sun. Feel the wind and different textures of the leaves and flowers.

Written by Sandra



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Outdoor Activities

We have been making the most of the lovely sunshine at Edinburgh Headway. Members have been planting flowers and vegetables to take home with them. We have also been planting vegetables to put in our garden for cooking group!

As part of our sports sessions, we have been learning archery. We clearly have some very talented archers here at Headway! We had lots of fun practising and learning something new!

We will be continuing our work in the garden, planting lots of vegetables and flowers – so watch this space!





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EHG Carers Space

For our Month of May Carer Space, we were joined by Paulina from Health In Mind, an Edinburgh based charity that supports adults experiencing problems with their mental health and also supports unpaid carers.

Support is available for those living in Edinburgh, Midlothian, East Lothian, West Lothian and the Scottish Borders. Support includes online, telephone, in person, individual, groups and digital.

Contact Health in Mind about receiving support by filling in the enquiry form on the website (www.health-in-mind.org.uk), or you can call 0131 225 8508. You can enquire for yourself, or someone else can do it for/with you.

Please note our carer space is open to all unpaid carers on the last Friday of every month from 10am-1pm. There will be complimentary hot drinks and snacks, all welcome. **Our next Carer Space will take place on the 28th of June.** Please contact carers@edinburghheadwaygroup.org.uk or 0131 370 0393 for more information.



Free Classes for Carers

Life Care offers free activities for unpaid carers of adults the chance to enjoy a break away from their caring role to relax, try something new and meet others. Activities are funded by Shared

Care Scotland Short Breaks Fund. There is no need to book in advance and you can enjoy a free cuppa in their community café after your class. **You can bring along the person you care for to these activities.**

Activities Include: Zumba, painting, yoga, sculpting, dance, yoga and more.

Classes take place at their fully accessible venue:

LifeCare Center, 2 Cheyne Street, EH4 1JB
0131 343 0940

Enquires@lifecareedinburgh.org.uk

RADAR KEY

The National Key Scheme (NKS), often referred to as RADAR keys, offer disabled people independent access to locked public accessible toilets around the country. You can buy from [Disability Rights UK](https://shop.disabilityrightsuk.org/products/radar-key) either over the phone or through their website.

You can also purchase RADAR keys through some chemists and online.

For further information see the [Accessible Toilets information guide](https://shop.disabilityrightsuk.org/products/radar-key) or the [Disability Rights UK](https://shop.disabilityrightsuk.org/products/radar-key) website <https://shop.disabilityrightsuk.org/products/radar-key> or call the Disability Information Scotland helpline on: **0300 323 9961**



Residents Reward Edinburgh

Did you know that local businesses are rewarding City of Edinburgh residents with a wide range of exclusive offers, so you can enjoy more of your city for less.

Day trips, annual passes, food and drink and lots more to discover in your city.

Use the link below to find out more:-

<https://edinburgh.org/residentrewards/>





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Creamy halloumi & tomato curry



- ❖ Preparation and cooking time
- ❖ Prep: 5 mins
- ❖ Cook: 20 mins
- ❖ Easy
- ❖ Serves 2 - 3

Ingredients

225g block halloumi
2 tbsp flavourless oil (such as vegetable or sunflower oil)
1 large onion, chopped
2 garlic cloves, crushed
thumb-sized piece of ginger, grated
2 tsp ground cumin
2 tsp ground coriander
1 tsp turmeric
400g can chopped tomatoes
100ml double cream
80g fresh or frozen baby spinach
2 tsp sugar
1 tbsp garam masala
1 tsp nigella seeds
cooked rice, grains or naan, to serve

Method

•**STEP 1** Cut the halloumi into bite-sized cubes and set them aside. Heat 1 tbsp of the oil in a large pan over a medium heat. Add the onion and cook for about 5 mins, or until it turns translucent.

•**STEP 2** Add the garlic and ginger to the pan. Cook for another 2 mins, stirring frequently, until they become fragrant. Stir in the cumin, coriander and turmeric, and cook for 2 mins more. Pour in the tomatoes and stir well. Simmer for 5-7 mins, or until the mixture thickens.

•**STEP 3** Reduce the heat and add the cream. Stir and simmer gently for 3-4 mins until thickened.

•**STEP 4** While the sauce is simmering, heat the remaining 1 tbsp oil in a separate pan over a medium-high heat. Fry the halloumi for 3-4 mins until golden brown on all sides.

•**STEP 5** Once the halloumi is browned, add it to the sauce along with the spinach, sugar and garam masala and stir to combine. Gently simmer for 5 mins until the spinach has wilted or defrosted. If the curry seems too thick, add a splash of water or more cream to loosen it. Scatter with nigella seeds and serve with rice, grains or naan.



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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.

To find out more about who will be joining us to speak and exhibit please [click here](#).

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



From the 8th to the 16th of June, the community of Leith throws a local festival run by locals where everyone is welcome to join for a week of entertainment, performance, festivities and fun. From Night Markets, live music and the main event the Leith Gala, there's plenty to see and do. Organisers say the festival gives the opportunity for 'professional and amateur'

groups alike to get involved in theatre, music, arts, history and anything in the community. Having started in 1907, Leith Festival is one of the oldest festivals in Edinburgh. Some of the events include Leith Gala Beach Party - Parkour Taster Sessions - Pride in Leith Street art - Vintage and Vinyl Market, Harmony Cabaret and Official Afterparty. The week is wrapped up with the Festival Tattoo, on the picturesque setting of the Shore

Contacts:

Edinburgh Headway Group



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June Activity Timetable

Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th
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 (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 10th	Tuesday 11th	Wednesday 12th	Thursday 13th
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	EHG CLOSED AT THE HEAD INJURY INFORMATION DAY	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 17 th	Tuesday 18th	Wednesday 19th	Thursday 20th
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 24th	Tuesday 25th	Wednesday 26th	Thursday 27th
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