

Sally Hutchinson
The Nineveh Charitable Trust
8 Mill Lane
Saffron Walden
Essex
CB10 2AS

12.9.25

Dear Ms Hutchinson,

Thank you for your support for people affected by acquired brain injury (ABI)

Last year The Nineveh Charitable Trust kindly made a donation of £2,000 towards our Cooking Group people who have an acquired brain injury (ABI) and their carers. This funding has been fully spent on the project. The following is a short report on what your donation has helped us to achieve.

Our Cooking Group is a cherished part of Headway, offering many members a welcoming space to connect while building valuable kitchen skills in a safe and supportive environment. We purposely try to make affordable, healthy, delicious meals, so that it's something that can be replicated outside, especially for members that can't easily access healthy food on a budget. More than just cooking, we aim to create the feel of a true restaurant experience, from preparing the meal together, learning about its nutritional value, and finally enjoying the main event, sitting down to share it as a group. We aim to make the kitchen a light-hearted, social, and fun environment, giving everyone the chance to be involved from start to finish. For many members, stepping into the kitchen is particularly special, as it's something they may not be able to do at home. We have provided 196 Cooking Group sessions.

What our members said about the Cooking Group

"Inspiring to learn from other peoples cooking habits." Mark
"Enjoys cooking in a smaller group because it's fun and social." Scott
"Cooking is fun but we need to make more cakes." Leah
"It's fun cooking in a small group and it's something I don't get to do at home." Sandra

Case Study

Patrick (not real name) sustained his brain injury from multiple brain tumours and hydrocephalus (excess fluid on the brain) at the age of 37. A career driven family man with a wife and two young children, the impact of his brain injury was devastating to him and his family. As a keen sports person and rower, Patrick was left unable to walk or speak while also showing involuntary movements and lack of insight and awareness of physical dangers. Patrick was unable to perform personal care and needed assistance with everything.

Patrick's wife's life was turned into chaos as she found herself caring for Patrick and two young children with no help. The emotional impact on all the family took a massive toll. Patrick was referred to Edinburgh Headway Group on discharge from The Astley Ainslie Hospital in Edinburgh.

After one year on our early intervention project Patrick is now walking independently and does not require personal care. His speech has improved greatly and while not in a position to return to work yet, Patrick is now able to perform some household chores and play with his children, giving his wife much needed support. Patrick also learned to cook for the first time in our cooking classes as part of our independent living skills project.

Address: Unit 4, 27 Pepper Place, Edinburgh EH16 4BB

Tel: 0131 370 0393 email: office@edinburghheadway.org.uk www.edinburghheadway.org.uk

Scottish Charity No. SC006528

Company Limited by Guarantee No. SC138081

Associated with Headway – the brain injury association a registered charity



In addition to the Cooking Group, during the 12 months we worked intensively with 54 brain-injured individuals providing them with rehabilitation activities, support, companionship, stability and purpose. In addition, we delivered a comprehensive weekly programme of activities totalling:

- 980 cognitive rehabilitation activity sessions
- 1,262 physical rehabilitation sessions
- 392 group physical exercise sessions
- 240 art therapy sessions
- 254 art and creative writing sessions
- 31 gardening sessions
- 196 mindfulness sessions
- Provided intensive 1:1 information/emotional support to carers
- Assisted 19 individuals with a brain injury through Early Intervention Project
- Produced and distributed 12 monthly newsletters communicating with c800 individuals
- Introduced a digital sound system to our rehab suite for those with hearing or vocal problems for inclusion

What our members say - Do you find it beneficial coming to EHG?

"I enjoy coming here, I love the people here"

"Keeps my mind straight, my safe place. Id be lost without it"

"Yes, it gets you out the house and around others, not being alone"

"It is always helpful if it wasn't for this place I wouldn't be here. It is my comfort blanket I feel safe here and it feels like it is my home."

"Oh god yes - helps my routine, gives me a goal and I get support"

"Yes – communication and socialising, activating brain, exercising, and being surrounded by similar people."

"Yes, if I wasn't here I would suffer from social isolation, this place gives me different things to do."

"Definitely, life changing. Really helping me with my fitness"

We also delivered training to staff, volunteers and a wide circle of professionals from other organisations and charities across Edinburgh on Brain Injury Awareness, Challenging Behaviour and Epilepsy Awareness. Our staff and volunteers also receive training on National Care Standards, Protection of Vulnerable Adults, Health and Safety, Boundaries, Confidentiality and First Aid.

We are all extremely proud of our efforts and achievements this past year, realising we have made a difference to those living with a brain injury and their families/carers. Thank you for your generous support which has helped to make this possible.

We look forward to the next 12 months and have plans to increase the number of people with an ABI to access our services.

If you would like further information, then please do not hesitate to contact me.

Yours sincerely,

Phelim O'Toole

Phelim O'Toole
Manager

