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MP visit to Gillespie Crescent

Mike Ellis, TAP into IT

Aware that he's got no shortage of calls on his time, we were really encouraged by a visit from Ian Murray, MP to our computer club at Gillespie Crescent on Friday 10th February. Great to have an elected representative who really does make an effort to keep in touch with people and takes a real interest. Also heartened by his support for our work which, among other things, enables folk to stay in touch through access to increasingly important 'digital' channels of communication and involvement. Thank you Ian!

Live!

Julia Murray, New Business Project Manager

This is Jimmy at Colinton Road Sheltered Housing Complex. Jimmy was good enough to be a "guinea pig" for light touch technology enabled care. We introduced him to Live!, a home monitoring system for older adults which is being piloted by City of Edinburgh Council. This system allows people to live at home longer with the discreet support of their family.

Jimmy was given a waterproof "smart" watch which feeds signals back to a sensor in his home. He doesn't

need a broadband connection; it's simply a unit that plugs into a wall socket. As well as telling the time and counting his steps this watch can remind him to take his medication at specific times, it has a button on the side which can be pushed in the event of an emergency, such as a fall, which links to a call centre. They will try to contact the individual first and, if no response is received, members of the family, Viewpoint and/or the emergency services can be contacted. This would be done by agreement with the individual. A bit like the alarm pull-cords but with the benefit of being attached to the individual on the watch.

Also part of the kit consists of sensors which we put on his

fridge, kettle, pill box and door and then we asked him to go about his day. Jimmy is very active (the 2100 steps in two hours on his Live! watch proved it!) We knew when he was in his fridge, putting on his kettle and taking his medication at the correct time. We also knew when he was leaving his flat. We were in another part of the building. The watch is not like an electronic tag – it doesn't keep track of where people are, just that they are either within or out-with a 450 m circle from the unit in their home. It does, however, give relatives peace of mind as they can look at a dash-board on their laptop or smart phone and see at a glance if their family member is up and about, eating,



drinking, going out and taking their medication. Jimmy was quite impressed with the system. Although not for him at the moment, he's too fit, he liked the smart watch and thought it was more appealing than the pendants currently handed out.

There is also a very handy historical record kept of the individual. From this can be shown a person's slow deterioration enabling evidence to have an assessment carried out to see if someone requires further help.

We may take this forward as a pilot within some of our sheltered or alarmed properties so if any of our tenants or their families are interested or want to participate in a pilot please contact me, Julia Murray, 0131 662 5107.

Introducing A Well-Travelled Man

Donna Macleod, Director of Care

Alan Erskine-Murray was born in Durban, South Africa on Hogmanay 1923. He lived there until he was seven years old when he came back to the UK to be educated at Bedford School and Peterhouse, Cambridge, where he read law. Alan's studies were interrupted by the Second World War. He was commissioned a second lieutenant in the Royal Engineers in 1943 and served with them until the end of the war. Alan resumed his studies after the war and he was admitted by Middle

Temple as a Barrister in 1949. Alan practised for 5 years but he said it was a *"very crowded market with all the young men returning from the war and it was difficult to make a decent living"*.

Alan decided to join the Shell Oil Company and that is where his travel adventures began in earnest. He worked and lived in Argentina, Venezuela, Indonesia, Qatar and Germany. It was while he was working in Indonesia he met his lovely wife Valerie, they were married in 1962 and had two sons. Alan and the family settled in Sunningdale in Berkshire

in 1972 to allow the boys to pursue their education and where he continued to work in London for the oil company. They continued to travel and visited France, Spain, Greece, Jordan, New York and many other places over the years.

In 1973 Alan succeeded to the titles of 14th Baronet Murray of Ettrick Forest and 14th Lord Elibank of Ettrick Forest in the County of Selkirk. This peerage can be traced back to 1643 and since then the Lords Elibank have a history of serving in the House of Commons as liberal MPs and as Lords Lieutenant of Peeblesshire.

However, this has not always been the case, the Murrays were Jacobites and in November 1752 The Hon Alexander Murray plotted with Lord Ogilvie, MacDonnell of Glengarry, Cameron of Glen Nevis and Cameron of Lochiels' younger brother Dr Archie Cameron, to kidnap King George 2nd and install a Stuart King on the throne. They were betrayed by a spy named *"Pickle"* and the plot failed but has been known ever since as *"The Elibank Plot"*. Murray retired to France where he continued to represent the Jacobite cause.

Sadly Valerie died in 1997. Alan moved to a flat in Chelsea for a while after that but found it increasingly difficult to manage on his own.

Alan D'Ardis Erskine-Murray, Lord Elibank came to live in Lennox house in 2015 to be near his family, who live in the next street. When I was chatting to him about his interesting life and fascinating family history, he told me that he was *"very comfortable"* there. I would like to thank Alan for telling me his story and for making me laugh so much.

What's our Learning and Development department focussing on during 2017?

Donna Macleod & Elizabeth Douglas.

Since the graduation party held September 2016, celebrating a wide variety of academic achievement, the Learning and Development (L&D) department has continued to work with managers and staff to ensure that training and learning needs are being addressed.

General Care Home Courses

In October a total of 72 staff across the 3 care homes commenced a variety of accredited distance learning courses with the National Consortium of Colleges (NCC). Staff were offered a choice of study courses, all relating to care including End of Life, Diabetes, Stroke Awareness, Care Planning, Positive Dementia Care, Tissue Viability, Infection Control, Brain Injury, Continence Care, Challenging Behaviour, Healthy Eating and Therapeutic Activities.

These courses are not compulsory so it is refreshing to know that so many members of the care home team are keen to study and develop their skills. Final exams are due to be held during May.

SVQ

The completion of an SVQ qualification is a legal requirement in many posts. This applies to Care Assistants in our care homes and in January, a total of 16 employees commenced their SVQ2 in Health and Social Care.

The same principle applies to certain Housing posts, and almost all of the Housing Officers have completed the SVQ4 in Leadership and Management. A Housing Assistant currently working as a Housing Officer has also completed the Chartered Institute of Housing Level 3 qualification. Our new Team Leaders, who will be working in Care at Home, will also commence an SVQ4 during 2017.

These SVQ qualifications are a necessary component of registration with the professional body for Housing Support and Care, the SSSC – The Scottish Social Services Council.

Continual Care Home Courses

Nurses continue with their ongoing development including NHS refresher courses to ensure their skills and knowledge are up to date. Restraint

and Breakaway Techniques will also be covered at a number of training sessions planned for 2017. This will show care home staff how to deal with very challenging behaviour when faced with this.

Catering

In the catering area, the elementary Food Hygiene programme continues for all Kitchen Assistants, and two Cooks are about to complete their SVQ2 in Professional Cookery by end April.

Accountancy

There are also two members of staff at head office working their way through their ACCA qualification – a very demanding Chartered Accountancy qualification.

Equality and Diversity

On a more general note, the Board, Executive and Leadership members will attend a workshop on Equality, Diversity and Inclusion during 2017. This supports Viewpoint's ongoing work with the National Centre for Diversity since 2014 and the continual high profile of the subject of Diversity

that also features in the 3 day Corporate Induction programme for all new staff.

Corporate Induction – monthly

The L&D team also continue to deliver the monthly 3 day Corporate Induction programme for all new starts. Current staff can also attend refresher sessions at this, in order to keep their training records up to date. The 3 day programme covers Basic Health and Safety, Social Media and ICT, First Aid, Infection Control, Food Hygiene, Fire Safety, Diversity, COSHH and Moving and Handling

The L&D team itself?

And finally ! It is equally as important that the L&D team ensure they are qualified for their posts. In view of this, the L&D Manager completed a Masters module 'Learning in the Workplace' and the 'AET – the Award in Education and Training'. The L&D Officer has also completed a CIPD Foundation course in L&D.

Viewpoint's Tenant Participation Strategy review 2017



Viewpoint's Tenant Participation Strategy ends this year. We therefore need to develop a new strategy covering the next 3 years.

The review process started at last year's Tenant Conference with tenants working in groups to identify current barriers to participation and how we could make participation easier and more worthwhile.

This highlighted that tenants wanted more individual contact through surveys and letters as well as linking participation to social events. Tenants also felt that the success and results of participation required to be promoted, to encourage continued and new participation.

We are proposing that the review of the Tenant Participation Strategy

is taken forward under our Scrutiny Framework. This will put you in the driving seat. To help take this forward all tenants who are interested will be invited to a meeting in May (date and venue to be confirmed) to discuss how best to set up and organise this scrutiny review. Dorry McLaughlin, Chief Executive will chair this event and Sharon Donohoe from the Tenant

Information Service will also be there to support you.

We will be sending out invitations shortly and putting up posters in all the complexes. In the meantime if you have any comments, suggestions or ideas please contact Tiffany Wong 0131 668 4247 or email tiffany.wong@viewpoint.org.uk

Stock condition survey update

We previously advised all tenants that a Stock Condition Survey would take place between September 2016 and March 2017. Unfortunately, our original software supplier was unable to provide the functionality required and we have now appointed an alternative supplier.

This has caused a delay, however we now anticipate that surveyors will be able to commence their surveys later this month. Viewpoint has instructed Brown & Wallace to undertake surveys on our behalf,

and a typical survey will take around 30 minutes to complete.

All surveyors will carry appropriate ID. For your added security, each property has been assigned a unique security number and only the householder and the surveyor have this. When the survey is being carried out you should ask the surveyor to confirm the number with you.

We apologise for the delay and thank you in advance for your co-operation during the survey.

Care @ Home Update

After much waiting we have finally been informed that Viewpoint have been granted the innovation bid to provide a Care at Home service to our tenants.

We are now in the early stages of setting this service up, and have so far appointed our two new Community Support Team leaders, Kirsty McClintock and Julie Mackenzie

We will initially start the new service in Croft-an-Righ, and Gillespie Crescent, as this is where the majority of care hours are being provided by the Local Authority. Once Viewpoint are set up and ready to start the provision of the service there will be discussions with the tenants who may be affected by the changes.

Our next stage is to begin the recruitment process for our new

Community Support Workers, who will be providing the Care at home service and the current Supported Housing Co-ordinators duties. The core hours of the new service will be from 7am to 10pm 7 days a week. All staff will be fully trained in both roles prior to commencement of employment; so all service users will have peace of mind in knowing they are getting a professional service.

As always Viewpoint encourages tenant participation, and therefore if you would like to be involved in the tenant panel of the interview process please contact Anne McCarry on 0131 668 4247. The interview process usually involves the whole day, but lunch and refreshments are provided as will transport to and from the place of interview if required.

New bathrooms at Saughton Road North



Did you know that every time we arrange a repair we ask tenants to fill a short feedback form? And every quarter one lucky tenant gets a £50 voucher for returning the form to us. Mrs Wright from Cameron Park is our winner this quarter. She received a £50 voucher from Frances Aitken, Property Services Admin Assistant. Keep your repairs feedback forms coming and you too could win!

Terry Martini-Yates, Maintenance Officer

Our tenants at Saughton Road North have benefited recently with the investment made with bathroom refurbishments to the 18 flats at this development. Our focus from the outset was to involve our tenants as much as possible in the proposals. Examples of these were tenant led choices and the holding of a special event in an empty flat so that the pilot design could be seen before the main work commenced. Some of the resulting design was influenced by tenants' feedback. We were also able to assist three of our tenants by installing wet floor showers to help with their everyday needs as part of the refurbishment work. The accompanying pictures show some of the 1st class finishes achieved by the tradesmen.

Special thanks are noted to tenant rep, Sheila Moffat who kindly represented our Saughton

Road North tenants at the progress meetings and who kept in touch with us throughout with helpful comments and general feedback. Communication was key and we developed a programme and a regular newsletter to keep everyone informed throughout the life of the bathroom replacement work. Viewpoint housing and property services staff worked closely with Scott Mungavin from Mears who represented the contractor and managed the work on site. The project completed on time to a good standard and within budget. We have received good feedback from many of our tenants at Saughton Road North and hope to be able to use this recent project as one of the models for future tenant participation.

The picture shows the quality of the finished bathrooms and one of our project meetings, with Viewpoint Staff, Terry, Joyce, Tiffany our tenant rep Sheila and Scott and Robert from Mears.

Introducing Lyn Jardine

My name is Lyn Jardine and I've recently been appointed to the post of Head of New Service Innovation at Viewpoint. I've known Viewpoint for a number of years now and have always been impressed by the vision and values based approach to services. I consider myself very fortunate now to be part of the team of talented and committed people.



For my own part, I am a corporate member of the Chartered Institute of Housing with a range of experience across housing services, social care and health projects. Where people live, and how it is managed makes a significant impact on people's health and wellbeing. This exciting new post offers a rare opportunity to bring all three strands of my experience together, overseeing the development of new services and developments to enable people to age in place. Ageing in place is about creating choices and offering the right kind of support and the opportunity to continue to be active members of vibrant communities, across the generations.

Most recently I was involved in a number of

projects in Midlothian as part of the Integration of Health and Social Care. I led on a new build Extra Care Housing and community hub in Penicuik, and the establishment of a rehabilitation ward at the community hospital that enables patients to be cared for closer to friends and families. Both of these projects help to create environments and services that enable people to continue to live independently within their own community and I'm really looking forward to working with the staff and customers of Viewpoint to explore your ideas and consider opportunities.

If you have any great ideas you think we should be considering, please don't hesitate to contact me at lyn.jardine@viewpoint.org.uk. I'd be delighted to hear from you.

The Gathering

Viewpoint took the decision to man a stall at The Gathering in February as we celebrate our 70th birthday this year. This is the largest event of its kind in the UK pulling together charities, third sector organisations, social enterprise companies, politicians, local councillors and the press and had around 3,700 visitors. In a climate of reduced spending it was good to see a number of organisations getting together to work in partnership to keep their services and support organisations going. Following research by SCVO, who run The Gathering, this will be the first year for some considerable time that the third sector hasn't grown, turnover

is flat and concerns about whether some charities can still operate were openly discussed at the forum. With the First Minister in attendance there was a considerable amount of lobbying going on!

Viewpoint shared its stand briefly with Louise from "Give a Dog a Bone and an Animal a Home", the animal re-homing charity we are working with, and we had a naming competition with bids to win a life-sized, stuffed Jack Russell terrier. 'Pogy', as he was eventually christened, was a huge draw to the stand, as well as the cupcakes, and gave us the opportunity to talk to a vast array of visitors about the

the gathering 2017
22nd & 23rd february secc, glasgow

innovative work Viewpoint is doing such as the Care@Home service being introduced shortly at Croft an Righ and Gillespie Crescent. 'Pogy' now sits with the Youth Support Team from the Presbytery of Glasgow as their mascot. Stuart from Microtech also joined us and gave similar demonstrations to visitors at The Gathering as he had presented to tenants at Croft an

Righ. This highlighted how telehealth equipment can save people time and money by doing their health checks at home. It left an impression on many interested people that this is the way forward. We also had the opportunity to talk to other stallholders about their services and organisations which may lead, in future, to further partnership working.

You Said, We Listened

Haugh Park Common Room

Ann Lawrie , Project Manager

The access to our Common Room at Haugh Park is very challenging for our tenants who are required to use walking aids or wheelchairs.

They have to negotiate a narrow corridor with a sharp left corner to gain access into the Common Room and there are some wheelchairs that can't get through at all.

At previous tenants' meetings we had asked if it would be possible to turn the window into a patio door so that tenants with walking aids and wheelchairs would have easier access to the Common Room.

With the help of the legacy this is about to happen, planning has been granted and hopefully work will soon be starting.

New Mobility Scooter Storage - Letham Court

An update by Alex Edwards and Terry Martini-Yates

Last year, a number of our tenants were in contact with Viewpoint over the lack of a suitable space for the storing of mobility scooters at the development.

Many of the tenants realised that they are getting older and know

that mobility may be an issue in their later years. Having a mobility scooter may be something that they would consider. Having dedicated storage units on site would be beneficial to their needs and would also allay concerns about the potential hazards of storing the scooter within their flat.

Having listened carefully to our tenants, our staff in housing and property services worked collaboratively and came up with an effective solution that has provided two purpose made Scooter stores situated in a newly built area.

This work has recently been completed by our contractors, WH

Construction Ltd, with the investment funded from our Accommodation standards budget. The reaction to the new storage units has been very positive. One of our Letham Court tenants recently told us: *"I'm glad to see the storage units built here, and that Viewpoint listened to tenants"*.



Our Landlord Health and Safety obligations

At Viewpoint HA we take health and safety very seriously and we are currently strengthening our procedures for managing Fire, Gas, Electrical, Water and Asbestos safety to make sure we minimise risks in all these areas known as Landlord Health and Safety.

We want to make sure that we have all our risk assessments, safety certificates and surveys in place. We also want to ensure that when our specialist contractors are making recommendations we are carrying these out. For example we have companies providing support on managing water and fire safety advising us on everything from

regular checks to major works (e.g. replacing water tanks or fire doors).

Over the next few weeks we will be reviewing our policies and procedures (we already have a new Gas safety and carbon monoxide procedure in place) and carrying out a series of audits and checks. This will range from a full external audit by an outside company to our Housing Officers checking to make sure everything is in order within their patches.

If you would like any further information on this work, or have any concerns please get in touch with your Housing Officer, see contact details below

Housing Officer	Patch	Office Telephone	Mobile Telephone
Joyce Smith	West	0131 662 5133	07793 527 405
Angela Kennedy	East	0131 662 5137	07918 672 395
Alex Edwards	North	0131 662 5111	07551 152 804
Isabella Knyt	South	0131 662 5132	07710 345 914

Voluntary Arts Week

Can you Knit Crochet or Craft? We would appreciate you lending your skills to our "Yarn Bombing" project for Voluntary Arts Week.

What is yarn bombing some of you might ask? Well it is decorating the environment with hand crafted items to raise the profile of Arts in the community. It will also raise our profile and hopefully attract creative people to our services. We had a great response last year from all over Viewpoint and the fabulous displays of your work in the various gardens managed to stop the traffic.

We need knitted, crochet or felt shapes that we can join together to cover items in our grounds, trees, bike racks, fences, benches etc. We also need people to help us make hundreds of Pom-poms to hang from the trees. Perhaps you can join a knitting or craft workshop in

your area or you could come along to our Craft Café and join in the crafting there. Or maybe you want to go the whole hog and start your own craft workshop and make things to "yarn bomb" your own complex or care home?

Maybe you don't knit or crochet any more, or you never quite got the hang of it but you still have odd balls of wool gathering dust. If you don't need or want the wool we would be delighted to have it or if you would like to help decorate the grounds at Viewpoint Head office, or any Viewpoint garden, with your wonderful creations, on the afternoon of the 4th of May 2017, please get in touch.

If you want to know more please

Tel: 0131 668 4247

Email: donna.macleod@viewpoint.org.uk



Craft Café Gallery Exhibition

Come along to The Craft Café Gallery space on 27th April for the opening of 'Metamorphosis', an exhibition by artist Lesley Redfern, whose mother is a resident of Marian House. This body of work is an approach to understanding the development of dementia through the metaphor of natural forms. The show is part of Lesley's final submission for her degree in photography with the Open College of the Arts. There will be film screenings of Lesley's film works in the workshop space from Thursday 27th April to Monday 1st May 2017. Work in the gallery space will be on show until it is sent off for final examination. We hope to see you there!

If the idea of getting creative with a whole range of materials inspires you then we would love to see you in The Craft Café workshop. With a dedicated team of artists at the ready you can try out the weekly projects on offer or we will look forward to helping you along with any personal creative projects you would like to try.

Open to all Viewpoint customers, we are in two locations near to you:

Tuesdays, Wednesdays and Thursdays

6 South Oswald Road, Edinburgh, EH9 2HG

10am to 12pm and 1.30pm to 4pm

Fridays

22 Lennox Row, Edinburgh, EH5 3JW

10am to 12pm and 1.30pm to 4pm

Happy 'pączek' Day!!!



Every February, on the last Thursday before the fasting season of Lent begins and sweets and treats are forbidden, Poles instead of parading and partying queue up in lines in order to purchase 'pączki' (doughnuts) from the bakery and start their celebration of gluttonous indulgence.

The 'pączek' recipe is similar to German, Jewish and Italian filled doughnuts, but traditional pączki

contain a splash of Polish vodka called 'Spiritus'.

Statistically, every Pole eats two and a half doughnuts on that day, which constitutes to a 100 million for the entire nation.

Their love affair with pączki dates back to the 16th century and pączki hold a special place in Polish hearts as is indicated in several proverbs and idioms, the most popular is 'live like a doughnut in butter', meaning

to live in clover. Another – far less known and far more vivid – is the warning: 'those who don't eat a stack of pączki on Fat Thursday will have an empty barn and their field destroyed by mice'.

On behalf of our charity of the year

Our IT team organised a Fat Thursday feast and who wasn't scared of extra calories had a 'pączek' or two and helped us raised £25.

Warning, by Jenny Joseph



WHEN I AM AN OLD WOMAN I SHALL
WEAR PURPLE

With a red hat which doesn't go, and
doesn't suit me.

And I shall spend my pension on brandy
and summer gloves

And satin sandals, and say we've no
money for butter.

I shall sit down on the pavement
when I'm tired

And gobble up samples in shops and
press alarm bells

And run my stick along the public railings
And make up for the sobriety of my youth.

I shall go out in my slippers in the rain

And pick the flowers in other
people's gardens

And learn to spit

You can wear terrible shirts and
grow more fat

And eat three pounds of sausages at a go

Or only bread and pickle for a week

And hoard pens and pencils and beermats
and things in boxes

But now we must have clothes
that keep us dry

And pay our rent and not swear
in the street

And set a good example for the children.

We must have friends to dinner
and read the papers.

But maybe I ought to practice a little now?

So people who know me are not too
shocked and surprised

When suddenly I am old, and start
to wear purple.

Christmas Tree and Decorations Competition

This year's xmas tree and xmas decoration competition was a great success with over 10 complexes entering.

The judging this year was carried out by the Board Chairperson Rob Rae and Board member Jackie McDonald along with Neil McKnight Housing Services Manager.

It was clear that complexes had made a real effort with the decorations making judging extremely difficult. With this in mind it was agreed that:

Old Farm Court, Croft-an-Righ and City Park in St Andrews should each receive a prize of fifty pounds. Northwood house, Balfour and Woodthorpe should each receive twenty pounds.



Viewpoint Tenants Representative Group

"Your Independent Voice in working with our Executive"

Secretariat: Lynedoch House 23/33 Lynedoch Place Edinburgh EH3 7PY
Tel: 0131 225 3311 **Talk/Text:** 07980 066419 **Email:** scottmoffat35@gmail.com

BECOME A VTRG REPRESENTATIVE NOW

BACKGROUND

The VTRG is an elected independent group of tenants from each Viewpoint complex. Each complex is entitled to elect 2 representatives, 3 in the case of larger sites. The VTRG is managed by a committee, whose members are elected annually at the AGM. Your committee meets Viewpoint executives regularly and the Board formally, to consult on annual rent and service charges. The VTRG committee provides independent support to members and advice, support and encouragement to all Viewpoint tenants.

VTRG PURPOSE

- An independent voice for all Viewpoint tenants.
- Promotes the interests and wishes of all tenants.
- Holds Viewpoint accountable for the prudent and effective use of tenants money collected from rent and service charges.
- Advises and assists Viewpoint to ensure that tenants issues are always dealt with.

- Provides an important communication channel between Viewpoint and tenants.
- Provides Viewpoint with independent advice on tenants views on the provision and development of services, policies and procedures.

MEMBERSHIP

The VTRG welcomes and relies upon elected tenant participation. Without your active support, we cannot "make a difference". The VTRG committee respectfully urges you to use your voice and your right to nominate and elect suitable representatives from your complex. If you would like further information on how to become a VTRG representative, please contact your current VTRG representative, housing manager, coordinator or the undersigned VTRG committee members.

John Geddes VTRG Chairman
Scott Moffat VTRG Secretary

The Pelvic Partnership.



Donna Macleod, Director of Care

We have been doing all sorts of things to raise funds for our charity of the year this year. This has included doing a sponsored walk round Holyrood Park dressed up as the characters from Absolutely Fabulous, having a BBQ, selling Cosmetics and doughnuts and having a great time holding raffles and eating Pancakes on

pancake Tuesday. So far we have raised a total of **£1046.24** since we started fund raising for Pelvic Partnership.

What is the Pelvic Partnership?

The main aim of the charity is to provide women and healthcare professionals with information about best practice for the treatment and

management of pregnancy-related Pelvic Girdle Pain (PGP), and to enable and empower women to access the right treatment.

PGP is a condition that affects up to one in five pregnant women. There is a wide range of symptoms and the severity varies between women. It is important to remember that PGP is a common and in most cases a treatable condition. In some cases the pelvis

dislocates and the pain can be severe and enduring for a number of years following the pregnancy.

PGP, formerly known as Symphysis Pubis Dysfunction (SPD), is also often called Osteitis Pubis, and Pelvic Girdle Relaxation. The name really depends on whom you talk to about it. In fact, the name is not very relevant. What matters most is that it is recognised as a mechanical

joint problem and treated as early as possible, and that it is safely treated in pregnancy.

Sports injuries

PGP also occurs in sportsmen, such as rugby players, and they are treated quickly and effectively with the same range of techniques as those used for pregnancy-related PGP.

<div>VIEWPOINT</div> <div>joy in later years</div>	<p>4 South Oswald Road Edinburgh EH9 2HG t: 0131 668 4247 e: admin@viewpoint.org.uk w: www.viewpoint.org.uk</p> <p>Viewpoint Housing Association Scottish Charity No. SC005619 A Scottish Charitable Housing Association</p>	<p>Office Opening Hours</p> <p>Monday - Thursday: 9am - 5pm Friday: 9am - 4.30pm</p> <p>If you have an emergency when the office is closed, pull the cord of your alarm call system or t: 0800 783 3615</p>	<p>Property Services: Call Handling Hours</p> <p>Mon: 9am - 5pm Tue: 10am - 5pm Wed: 9am - 5pm Thu: 9am - 5pm Friday: 9am - 4.30pm</p>	<p>Ways to Report a Repair</p> <p>Repairs Desk direct number: 0131 662 0688 Freephone repair number: 0800 345 7347 e: repair@viewpoint.org.uk w: www.viewpoint.org.uk</p>
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