

An update from Jean Gray, CEO

Since our last newsletter, everyday life has changed dramatically. The profound effect of coronavirus has created staggering consequences on lives, families, businesses and our day to day freedom which perhaps we now realise just how important and significant that is to us.



At Viewpoint, the overriding starting point was how to keep each other and our communities, residents and tenants safe and well. We have worked hard to ensure we keep everyone safe in their homes by making sure that, where possible, essential repairs are completed, and that people have warmth and heating. More importantly, we are trying as much as possible to keep in touch with you, albeit not face-to-face but in whatever other ways we can. Our staff have been outstanding since this started and quickly adapted to working differently with a strategy of preparedness, action and togetherness.

On the one hand, we have had to ensure we are keeping our own staff safe, finding ways to source personal protective equipment and rethinking the way we work to minimise contact with tenants and residents. On the other, we have had to ensure we continue to provide what can be lifeline services to many who are among the most vulnerable in society.

However, even with all our standard preparations in place and quick adjustments, the fact remains that this is a complex and unprecedented event, which means that our path through has been unpredictable, there is no instruction manual for how to feel at a time like this, and I know this causes stress for everyone.

I am aware that some of you have been frustrated at not being able to socialise together in the gardens and communal areas but we have been, as expected, following UK and Scottish Government guidance. Many of our tenants are vulnerable and shielding at this time therefore adhering to the guidance shows we are protecting each other.

Financially protecting our staff and protecting their safety is also of paramount importance, we can only make positive contributions if we stay healthy and avoid spreading the virus. It has been especially difficult for our Support and Care Home Staff who have continued to travel to work and put themselves at risk on a daily basis. I am proud and inspired in the way all our staff have risen to this challenge – with flexibility, resilience, courage, and a caring heart.

Reducing our services has naturally meant we have been unable to start our planned maintenance programme this year. This is extremely disappointing but I remain hopeful that we can get some of these works back on line as soon as possible, however again this will depend on national guidance and what we are able to do. Please be assured that we remain strong in anticipation of the welcomed slow easing back to life, as we have known and welcome and that we will tell you what we are doing as soon as we are aware.

I would like to conclude by thanking you for your patience and forbearance as we manage our way through this pandemic. It remains fast moving, dynamic and a challenging time for all of us. I am committed to doing everything possible to ensure that we come out of this crisis in as strong a position as we can delivering the great services I know you value.

Thank you for your ongoing support. Please take care of yourselves and your loved ones. I know that we are going to get through this, together.

Jean

It's the little things.....

Over the past few weeks we have heard on the radio and television about random acts of kindness. Here at Viewpoint staff have also seen this, not just for themselves but for others. Throughout this edition of our newsletter there are stories and photos of these acts of kindness.

Changing Our Vision

Still Time to Enter our Competition

As you will know from our previous newsletter, we have decided we need to change our vision - 'Joy in Later Years'. You have the opportunity to let us know what you think our new vision should be and win £100 for a charity of your choice.

The initial closing date was 30 April 2020 but this has now been extended to

30 June 2020

In order to help you I have given you examples from other Housing Associations:

- Argyll Community Housing Association: Putting our tenants and our communities first
- Kingdom Housing Association: Building homes and communities
- Trust - Your Home and More
- Bield: Free to Be

A panel of judges, made up of tenants, residents, Board members and the chief executive, will then review all the ideas received and decide what our vision will be.

So get your thinking caps on and let us know what you think. You can send your ideas in the following way

- If you are in a staffed complex put your entry into the ballot box
- Mail them to Viewpoint Housing Association, 4 South Oswald Road, Edinburgh, EH9 2HG and mark for the attention of Heather Jeffrie
- Email your ideas to tp@viewpoint.org.uk

We are sad to let you know that our colleague Moira passed away in April after a period of illness. Many of you will have spoken to Moira on the 'phone or met her at our offices, where she was our Receptionist for 16 years. She was an incredibly valued member of the team who will be sorely missed by us all here at Viewpoint.



Looking After your Mental Health

Everybody needs to look after their mental health and adapting to a new way of living is not easy.

Online there is a lot of information about keeping yourself mentally healthy but not everyone has access to the internet. Here is the advice from the NHS and The Mental Health foundation.

Plan Your Day

As tempting as it might be to stay in pyjamas all day, having a regular routine is important for us. When will you get up, when will you go for a walk, what time will lunch be, when will you eat that bar of chocolate? Write it down if it helps, as long as you don't beat yourself up if it is not followed to the letter.

Plan Practical Things

Do you have the food you need and if not are you able to access it, either yourself or with help from family, neighbours etc.

Do you need to re-order your prescription if this is not done automatically? If you need your medicines delivered contact your pharmacy who may do deliveries or ask family or friends to help you.

For food and medicine if you are unable to sort this out please give Viewpoint staff a call and they can help you get the help you need.

Do you know how to access any ongoing treatment for any physical or mental health problems? Contact your doctor or health professional if you are not clear what is happening with your treatment.

Any new ailments – please follow the guidelines in the article on accessing health care in this newsletter.

Stay connected with others

It is important to keep in touch with people

you trust such as family and friends. Telephone, texting, email, WhatsApp, Skype or social media are all ways we can keep in touch.

And it's hard to keep in touch when not much is happening but even a short phone call or text message can make all the difference in the world to you and to the person you contact.

Talk about your worries

It's normal to feel worried, scared and helpless in this situation and you are not alone. Share your worries with people you trust and you may also help them too.

If you have done this and it has not helped then there are helplines to 'phone where you can speak to someone else. Please see the list of helplines at the bottom of this article.

Look after your body

Try to eat healthy, well balanced meals and don't overdo the unhealthy snacks. You also need to make sure that you are drinking enough water. Avoid smoking and taking drugs and don't drink too much alcohol.

And of course we need to make sure that we keep on moving. Being active reduces stress, increases energy levels and can make us more alert and sleep better. Look at different ways you can be active from doing the hoovering, a home workout, chair exercises or going for a walk. Find something you like that works for you.

Do not stay glued to the news

It can be stressful and exhausting to constantly tune into the news on the radio, television or via the internet. Try to limit the time you spend watching, reading or listening to the news. Set aside specific times for accessing the news as part of your planning for the day and if online use trustworthy sources such as the NHS website or the government website.

Carry on doing things you enjoy

There will be some things you can't do. If going to the theatre or the football is something you

enjoy then at the moment you can't. But you could watch shows or football on the internet or watch an old film on the TV. Maybe you used to enjoy a craft such as knitting, painting or woodwork – is there a way you could do this now? Be creative to achieve doing things you enjoy and it is easier if you are online but not impossible if you are not.

Sleep well

Look after your sleep routine – sleeping well is important to keep mentally and physically healthy. Don't watch the news just before you go to bed if it stresses you out, exercise during the day will help you sleep, do some deep breathing to relax before going to sleep – do what works for you.

Keep your mind active

Do a Sudoku or a puzzle, read a book or write a story, draw a picture or play a word game or sudoku on your smart phone.

The Royal Voluntary Service have produced some isolation activity packs and if you would like one sent to you please let a member of staff know. If you are on a staffed site this can be printed out for you locally. If you are not on a staffed site then please contact us and we will send this out to you but please note that we are only able to print and send mail once a week. If you have email then we can email this to you.

HELPLINES

Samaritans (free 24hr helpline) **116 123**

Breathing Space **0800 83 85 87**

SHOUT (text service) **85258**

SANE line **0300 304 7000**
(for those with mental health problem, their families and carers)

Edinburgh Crisis Centre **0808 801 0414**

Cruse (Bereavement helpline) **0808 808 1677**

Please note that some of these services are very busy but don't give up—keep trying.

Dental Emergencies

If you have an acute dental problem and need to talk to someone about it the NHS have advised that you should:

Phone your normal dental practice during their opening hours for assessment of what action is required or....

Contact NHS111 if it is out of hours or you do not have a dentist contact. Please contact them online unless you do not have internet access.

111.nhs.uk

Support for those with Dementia and their Carers

Alzheimer Scotland has a number of online resources such as activities at home, coping with stress for families and carers

This can be accessed at
alzscot.org/information-during-coronavirus

For those of you who do not have internet access and need someone to talk to, Alzheimer Scotland have a helpline providing emotional support and to provide guidance to services that may help those with dementia and their carers.

Their helpline is free and is open 24 hours per day.

Dementia Helpline
0808 808 3000



Alzheimer Scotland
Action on Dementia



Accessing Medical Treatment

If you need medical treatment (not coronavirus) then please follow the Scottish Government guidelines.

GP contact and appointments

If you have a specific concern or wish to discuss your health, please telephone your GP practice. Wherever possible, your GP will provide care by phone, email or online. However, if your GP decides you need to be seen in person, they will contact you to arrange a visit.

Planned hospital appointments

NHS Scotland has written to your hospital to ask them to review any ongoing care that you have with them. It is possible that some clinics and appointments will be cancelled or postponed. Your hospital or clinic will contact you by phone or letter if any changes need to be made to your care or treatment. Otherwise

you should assume your care or treatment is taking place as planned. Please contact your hospital or clinic directly if you have any questions about a specific appointment or the care you usually get from hospital.

If you need urgent medical care (that is not Coronavirus)

If you have an urgent medical question relating to your existing medical condition (i.e. not Coronavirus), or the condition of the person you are caring for please contact your GP practice, or your specialist hospital care team, directly. Where possible, you will be supported by phone or online. If your doctor decides you need to be seen in person, we will arrange to visit you in your home, or where necessary, see you in a hospital.

In the event of a medical emergency **CALL 999.**

A medical emergency is when somebody is seriously ill or injured and their life is at serious

risk. If you are shielding tell the call handler. If you, or someone you are calling 999 for, has coronavirus symptoms then again please tell the call handler.

I have coronavirus symptoms what should I do?

If you are in the high risk group then you should contact NHS on 111 as soon as you develop the symptoms.

If you are not in the high risk group and you develop symptoms then you should stay at home for 7 days. See NHS guidance on staying at home and other information on coronavirus at: nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

Only phone NHS 111 if

- Your symptoms worsen
- Breathlessness develops or worsens
- Your symptoms have not improved after 7 days

Stay at home, protect the NHS, save lives

At the time of writing this was the advice we were being given. By the time this reaches your letterbox the advice may have changed and lockdown may be getting eased – in what way, we just don't know.

However it is doubtful that we will return back to what we knew as 'normal' anytime soon, and it is therefore important, whatever the Scottish Government rules are that we abide by them.

By limiting our day-to-day contact with other people, we will reduce the spread of the infection and save lives.

What is unlikely to change is that if you are in the 'Shielding Group', the rules will likely remain the same i.e. not to leave your home and to minimise all non-essential contact with other members of your household. If you are in the 'Shielding Group' you will have received a letter from your GP.

There is a national helpline for those in the shielding group. This helpline is also available for those at increased risk of COVID-19 if you:

- Do not have family or community support and meet the basic criteria (See below)

- Don't have a network of support but are at high risk of contracting COVID-19

Who is it for?

- Over 70 or disabled or require the support of mental health services or receive the flu vaccine for medical reasons
- Have to stay at home and
- Do not have internet access and
- Do not have anyone to get essential supplies for you e.g. food or medicine

Telephone

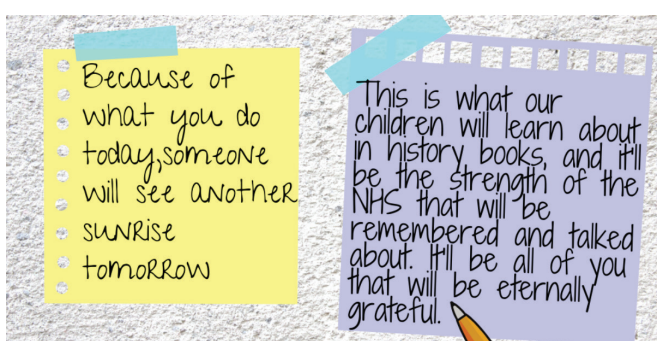
0800 111 4000

Monday – Friday 9am – 5pm

If you are not in the above categories and are unable to access essential supplies then please contact a member of staff to assist you.

Please continue to follow the guidelines and if you are unsure, ask a member of staff for guidance to make sure you stay safe and stay well.

I saw these two notices on an NHS Facebook page and think they sum up what we need to do.



Haugh Park

Ann sent me the photograph of this notice attached to the bin store at Haugh Park and I am sure the refuse collectors will love it.



Buchan Gardens

Margaret sent me this photograph with the following message: 'Please find the photo of the message I found at the entrance to Buchan Gardens this morning. Brought a smile to my face.' And I am sure all essential workers who visit the site will appreciate it.



Advice on Energy Bills

Staying at home means that your energy bills could rise.

You may also be worried about a friend, relative or neighbour and how they can manage their bills. Home Energy Scotland can help with lots of free and impartial energy advice - information on saving money and energy, advice on switching suppliers, information on pre-payment meters and can also give you a free home energy check.

Call free on **0808 808 2282** or visit their website at: energysavingtrust.org.uk/Scotland

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.



Contact
For advice on scams call Advice Direct (Scotland) on **0808 164 6000**
To report a scam call Police Scotland on **101**
Contact your bank if you think you have been scammed.

Be a good friend,
help to protect
your family, friends
and neighbours
from scams.

**Read it.
Share it.
Prevent it.**

#Coronavirus
#ScamAware

**NATIONAL
TRADING
STANDARDS**

Scams Team

Needing Advice? Try Citizens Advice

Problems paying bills, not sure of your rights at work, need benefit advice, need help with housing issues try Citizens Advice for free, independent, confidential and impartial advice to everyone.

Local Citizens Advice Bureaux are not open for face to face contact, however you can still telephone them to get advice and assistance. Contact details are as follows:

Edinburgh: **0131 510 5510**

Dalkeith: **0131 660 1636**

Prestonpans: **0131 653 2748**

Fife: **0345 1400 095**
(general enquiries) or
0345 1400 074
(money advice)

Lennox House

Lennox House is one of our care homes. The staff at Lennox House have been touched by the kindness of others. Here are a few things they have shared:

A lady from the neighbourhood donated handmade cotton masks for all Lennox house staff. Staff said they were very comfortable and were extremely grateful for her kindness and efforts. Someone else donated a box of fresh vegetables and fruit and many Easter eggs. There was also a donation of bags for the staff to put their uniforms in to bring to and from work safely. The bags were made of pillow cases and staff were delighted with these as they were very practical.

A huge thanks to everyone who is supporting Lennox House at this difficult time.

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

Security

Just a wee reminder to make sure that if you have a door entry system you need to make sure that your building is secure:

- Do not let anyone into the building that you do not know or are not expecting
- When you are leaving or entering the building make sure the door entry closes behind you – if it is not closing properly then report it as a repair
- Don't leave the door off the latch because you will be 'back in 5 minutes'
- Don't prop the door open as this can damage the mechanism – if you need it to be left open for something then speak to your co-ordinator



HM Government

**AT HOME
SHOULDN'T
MEAN AT RISK
OF DOMESTIC ABUSE
#YOUARENOTALONE**



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

If you are in immediate danger, or suspect someone else is, call 999

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police, who will be able to help.

If you're worried you, or someone you know, may be experiencing domestic abuse:



The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: 0808 2000 247

Respect
Men's advice line

The free Respect Men's Advice Line offers support for men: 0808 801 0327



Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: 0800 999 5428

Respect
Phoneline

The free Respect Phoneline offers support for men and women who are harming their partners and families: 0808 802 4040

NSPCC

The free NSPCC helpline offers support for anyone worried about a child: 0808 800 5000

Find more support, online and text relay services at gov.uk/domestic-abuse



City Park Goes Green

Some tomato bags and vegetable plants were very kindly donated to City Park and has given the tenants an opportunity to grow their own vegetables, and hopefully eat the results!

Jane has now purchased a wee portable greenhouse and hopefully by the time you read this newsletter, the greenhouse will be up and running and there will be volunteers to look after the plants as they grow.

The photo is of the greenhouse before it got built. Next newsletter will hopefully show lots of lovely plants growing in it.

A work in progress.....



Minutes Silence 28 April 2020

On 28 April 2020 the country stood still for a minute at 11am in remembrance of the health, care and other key workers who have lost their lives to coronavirus.

It was a moving moment and the television footage we saw later in the day showed health workers, bus drivers, shop workers, and politicians observing this act of remembrance, which we also observed in our homes.

Our tenants at City Park came out into the garden area in order to join together for this moment. Social distancing was maintained but there was a solidarity and community spirit among them.

Sailing at City Park

Walter Hamilton, tenant at City Park, made a boat at the Men's Shed in St Andrews and it was put in the common room at City Park. It's a lovely big colourful boat and at Christmas it was decorated as part of the festive celebrations.

City Park residents thought that sitting it all year in the common area and decorating it once a year was a bit of a waste. So they decided to make it into a planter at the front of the building. The photo shows the boat and the plants and I am sure you will agree that this is really lovely and a credit to any garden. Well done Walter on this huge project and for sharing it with everyone.



Visitors to City Park

On 30 April 2020 City Park had some very special visitors – Mummy duck and all her babies passed through the grounds and Jane, the Co-ordinator, caught this on camera.

It is so cute I had to share it with you.



Gillespie Crescent

Edinburgh Community Food normally run a cooking class at Gillespie Crescent for those wanting to learn to cook healthy meals. They cannot currently hold these classes and they recently handed in 20 packs of easy to make Spiced Lentil Soup. Anne, the co-ordinator distributed these to tenants. One tenant said that she would love the soup but could not manage this. Anne took the ingredients home and made the soup for them. Big thanks to Anne for this act of kindness that will be remembered for a long time.

Croft-an-Righ

Kirsty advised that '...the tenants at Croft-an-Righ have a slightly different way of showing their appreciation.

Fish suppers were delivered to the complex last night for the staff!

They must know that they way to their heart (quite literally) is through their stomachs. But such a lovely thought and gesture.'

Unfortunately no photo as the staff ate all the evidence.



Glenesk Celebrate VE Day

Celebrations were the order of the day at Glenesk on 8 May 2020 – VE day.

Glenesk tenants had a lovely time celebrating VE day even though it was a restricted celebration and one of the tenants contacted us to ask for it to be shared in the newsletter.

Katy, the Co-ordinator, put up some pictures around the building from VE Day and some pictures of Scottish regiments. At 11am they had a 2 minute silence in the corridor and then Katy played music of the era (lots of Vera Lynn). This resulted in a sing song, along with a few tears shed. There was also lots of cake – no party, even a socially distanced one is complete without cake!



Chippy Tea for Glenesk

The tenants at Glenesk could not get to the chippy.....so the chippy came to them.

Katy told us that: 'Just wanted to take a moment to sing the praises of Linda and Margaret for creating an authentic chippy night here at Glenesk! With the current climate of things tenants have less and less to look forward to. This was our bid to create a treat and also a bit of normality. They were so excited yesterday when we delivered the menus and it brought a smile to tenants' faces and ours when delivered tonight.'

We loved the newspaper wrapping – what a great idea.



Gillespie Crescent

The children of Gillespie Crescent residents kindly drew some pictures for our sheltered housing tenants at Gillespie Crescent. They were put up throughout the complex and outside for all to enjoy. This was such a lovely thing to do and brought a smile to everyone's face.

Some of these appeared in our letter sent to you a couple of weeks ago, however here are some more photographs of the pictures the children drew.

The adults in Gillespie Crescent have also been helping out our tenants. They are assisting with shopping and someone is doing a tenants washing as their family is unable to visit due to the current situation. Many thanks to them for their ongoing assistance.



Community Hubs in the South West of Edinburgh

Joyce, one of the Housing Officers, advised that some of her tenants have set up community hubs to support each other.

- Woodhall Road (Woodthorpe) – leaflets distributed through the doors by neighbours with telephone numbers on to contact if anyone needs shopping, meds or if there is anything else they can help with.
- Ogilvie Terrace – One tenant has been doing shopping and checking in on neighbours. Another tenant who works in the local pharmacy has been arranging for

neighbours' repeat prescriptions to be sent to her and is delivering them.

- Bavelaw Gardens – several tenants are helping out their neighbours where possible
- Morningside Drive – One tenant is cooking dinner for her neighbour who has dementia and also making soup for some others.

Joyce said that

'Everyone is mucking in as best as they can. I have tenants in mainstream also helping their neighbours, for example a tenant whose neighbour is calling daily just to chat with him and I am calling weekly and chatting to him. I have a lot of admiration right now for my tenants! Well done to all those involved.'





Japan meets Buchan Gardens by Danny Rankin, Buchan Gardens

Wilma and Danny Rankin sailed on a cruise around Japan in November 2019.

This took us around the South Island and part of the North Island, also visiting South Korea.

One thing that stood out on our trip was how the Japanese looked after nature. They did this mostly with how they looked after gardens and wild life.

When we arrived home we thought it would be a good idea to re-design our own back garden to try and emulate what the Japanese did with their own gardens. The whole garden was stripped back to the 'bare bones' and re-done from the ground up. We tried to incorporate Japanese flowers, trees and bushes along with

a couple of shrines. The project is still on-going as we weren't able to buy more plants before the Covid-19 struck.

We have still to add a couple of more coloured plants and even a water feature. Hopefully we will be able to do this after this pandemic has passed. I hope you like what we have done and it gave us great pleasure in doing this when we couldn't go outside of our complex.



The Great Lockdown By Melody Hodgson

First day of the National lockdown saw me making lists of all the things that needed to be done in the house. I love making lists it is the start of me getting organised in the house, tidying up etc. Sadly though once put down on paper I feel I have done it, and the list goes into the desk.

Well more than four weeks of lock down has passed and not much has been struck off my list for BEING DONE. The kitchen calendar is rather

empty and the great list has been thrown in the bucket.

The days seem to pass and we potter. I like to be creative so have ongoing projects like a crochet sun blind for my kitchen window, or granny squares for a knee rug.

I happen to come across an adult colouring in book which my son gave me a couple of years back and never got to do anything with it. I thought let's give it a go. Two hours later I was still working away totally absorbed and feeling very satisfied, with the outcome. I really recommend it.

To be honest I miss being with people. Phoning, Skyping is all very well but just having a cup of tea and a blether with a friend is so enjoyable.

Balfour House

Gayle, the co-ordinator at Balfour House, designed and printed a wee card for tenants and put it through their door to say she was thinking about them.

This was appreciated by all and one tenant said 'Thank you for the card, and more importantly the thought behind it'.

Some of the other co-ordinators have now done this and I know that their tenants have also been delighted.

Well done Gayle on a brilliant idea and for making people know they were not forgotten. Here is a picture of the front of the card that Gayle sent.



Fish Cakes For Two



Ingredients:

- 250g tinned fish (salmon, mackerel or tuna are ideal)
- 500g potatoes, boiled and mashed
- 1/2 small onion, finely chopped
- 1 small clove garlic, finely chopped
- 1 egg, beaten
- 1/2 tablespoon chopped parsley
- 1/2 tsp lemon juice
- 1 spring onions finely chopped
- Flour
- Pepper to taste
- Breadcrumbs

Method:

1. Pre heat the oven to 180C/Gas 5.
2. Grease a flat baking tray with a little bit of oil
3. Gently fry the onion and garlic until soft
4. Mix together the fish, mashed potato, fried onion/garlic, egg, parsley, pepper, lemon juice and spring onions in a large bowl. Adding a little flour will help shape the cakes
5. Divide the mixture into 4 pieces and shape each one into a fishcake. Put the flour seasoned with black pepper into one dish, the beaten egg into another and the breadcrumb mixture into a third. Coat each fishcake first in the flour, then the egg, then the breadcrumbs.
6. Bake the fish cakes in the oven for 20 to 30 minutes or until they are golden in colour.





We've scrambled 20 recycling vocabulary words. Can you figure out the original words by unscrambling the letters?

NERYEG	
OTCOPSM	
ECSYTMEOS	
ECEDRU	
ERVMNINTEON	
ZOENO	
BOAEDBAEIGDRL	
LISPCTA	
STAWE	
ERSUE	
COAGRNI	
ROLSA	
IOISESMNS	
AERPP	
SGASL	
NDALIFLL	
SEFMU	
TRHAE	
GRNAED	
IRRPAE	

Just a Thought

A poem by Ann Johnston, Gillespie Crescent

We have an invader that attacks with a difference.
It means 'stay at home' and 'Keep your distance'!!

The NHS has problems as we know,
Fighting, unstintingly, an invisible foe.

To save lives is the purpose of those at the front line,
The risk they are taking is simply sublime.

Our applause shows our thanks for their efforts and care,
Let's focus on that and continue doing our share.

To 'isolate', as asked, is a small price to pay,
If it conquers this killer at the end of the day.

Questions about Lockdown

Staff at Viewpoint were asked to 5 questions about life during lockdown and here are some of the answers.

What part of your house have you come to appreciate the most?

Not surprisingly the fridge and the kitchen featured heavily in the replies, with resisting temptation made more difficult as some people are working from their kitchen table. We might have to start a Viewpoint slimming club after lockdown.

Someone said 'My window. We can't go outside as much as we used to it is nice to be able to see out into the world, even at views that you didn't think were very special or exciting before.'

What habit have you started or broken during lockdown?

In complete contrast to the last question there were a lot of people who have started healthy habits such as more exercise (someone walking 5 miles a day) or cooking more healthy meals. Wearing jeans and wearing cosy socks to work also featured in the responses.

The best answer to this was 'I have cut down drastically with pressing the BUY button on amazon and have now saved hundreds of pounds.'

Tell me about something you miss or don't miss during lockdown

I think everyone missed that personal contact with family, friends and colleagues. And they are not alone.

Some people did not miss the commute to and from work as it was less stressful and meant more time at home and meant they could save money as no petrol costs.

Someone said they 'miss not having to queue to get into Tesco's' – good answer!

Name something that you realise is very important to you

Mobile phones, laptops and the internet were very common answers. Other answers were pom-pom makers, the lock they have put on their fridge, books and of course pyjamas. Several people mentioned their pets and the photo shows a member of staff's dog waiting patiently for work to finish to go for her walk.

What have you been stocking up on since lockdown?

Toothpaste – one has to ask why? Also books, cat food, hay, wine, coffee, chocolate.....

So what would your answers be to these questions?



A member of staff's dog waiting patiently for her walk

Answers Energy; Compost; Ecosystem; Reduce; Environment; Ozone; Biodegradable; Plastic; Waste; Reuse; Organic; Solar; Emissions; Paper; Glass; Landfill; Fumes; Earth; Garden; Repair