

4 September 2020

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 20

Stay informed and stay safe

AgeUK is encouraging us to do just that.

With rules changing regularly you would be forgiven for being confused about what the latest COVID guidance is. Recent restrictions on those living in Glasgow, Renfrewshire and West Dunbartonshire show that we are all still very vulnerable to this disease. By keeping up to date with what is going on we can ensure that we keep as safe as possible.

First Minister, Nicola Sturgeon, has continued to give regular updates, which are televised and the information is then posted to the Scottish Government website. <https://www.gov.scot>



Age Scotland also have advice on their website which is kept up to date and relevant to all of you.

<https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/>

If you are not sure what the current guidance is on something then please ask a member of our staff. If we don't know we will find out for you.



Local Council public consultations: How to have your say

Coming across the Police Scotland public consultation (see page 2) made me realise that many of us miss out on the opportunity to get involved and have our say on local issues. Here are the web addresses for each Local Authority's

consultation hub. You can also access consultations that have finished and see the outcomes.

In some areas you can ask to be added to their email list and you will automatically be sent information on future consultations, and you can choose which ones you want to take part in.

Fife: <https://online.fifedirect.org.uk/consult>

Mid Lothian: <https://www.midlothian.gov.uk/directory/33/consultations>

East Lothian: <https://eastlothianconsultations.co.uk/>

Edinburgh: <https://consultationhub.edinburgh.gov.uk/>

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Things to do online



Play BNB

<https://scottishconstructionnow.com/article/and-finally-playbnb>

You've heard of Airbnb—now try this. I won't spoil the surprise with this one and let you discover the story yourself. It is quite amazing.



<https://www.ageuk.org.uk/globalassets/age-scotland/documents/advantage-magazine/advantage-57-web-version.pdf>



The latest version of the Age Scotland magazine, 'Advantage' is now available and can be accessed using the link above.

The magazine has lots of useful information, in addition to interesting and inspiring stories about people. Well worth a read.

Daily trivia quiz



10 trivia questions every day.

You can then tweet or share your results, or if you are like me and not great at quizzes, you can keep it to yourself.

The results show how you compare to other people. It is fun.

<http://quizoftheday.co.uk/>

Police Scotland—Consultation

'We recognise the importance of understanding the views and priorities of Scotland's diverse communities.

This is especially important during the ongoing Coronavirus (COVID-19) pandemic. We're deeply aware of how significant our responsibilities are during the lockdown period.

This survey is a platform for you to tell us your views and experience during these challenging times, and beyond. Let us know what we're getting right, and what we can do better.

During the Coronavirus period, we're using the feedback to shape how we do things to provide an appropriate



response for communities across Scotland. The survey is confidential and you will not be identified through the information you provide.'

Follow the link below to complete the survey.

<https://www.scotland.police.uk/about-us/decision-making/public-consultation/policing-consultation/>

Please contact us if you'd like to complete the survey in a different way:

consultations@scotland.pnn.police.uk



Useful Information



Scamming

It's a topic I keep coming back to but to be honest the situation changes so much that it is important to keep up to date with the current issues.

Computer Scams

A remote access scam, also known as a 'computer takeover scam' is when a criminal tells you that you have a problem with your account and that to 'fix the issue they need to install software on your computer. What they wont say is that once installed it will provide them with remote access and control of your computer. They will try to convince you to log into your internet banking—perhaps to pay a nominal sum for the 'fix'. Shortly after they will take control of your online account and transfer larger amounts of money. In some cases your screen will go blank and you will not be able to see what is going on.

Look out for unsolicited telephone call by a scammer claiming to be from a telecommunications or technology company claiming to be able to fix your computer or Wi-Fi router. Never share your PIN, banking login details or passwords with anyone, even if they claim to be from your bank.

If you think you are a victim of a remote scam, turn off your computer and seek help from a qualified technician. Contact your bank immediately and report the incident to Police Scotland on 101.



Your Local Council website has information about service disruptions in your area and also links to assistance during the pandemic.

Fife: www.fife.gov.uk

East Lothian: www.eastlothian.gov.uk

Mid Lothian: www.midlothian.gov.uk

Edinburgh: www.edinburgh.gov.uk

Holiday Scams

And not just for holidays abroad.

Police are warning the public to be on their guard amid a rise in 'fake online adverts' offering rentals that do not exist. Recent incidents (including Craig Tara in Ayr) have been reported, where people have taken booking to rent caravans left the victims out of pocket when the caravan in questions was found not to be owned by the person posing as the owner. Recommendation is that you should book a holiday direct with the site operators or through a reputable agent. Be extra cautious when asked to pay using a money transfer service or cash.



Advice on keeping your bank details safe

Verify each caller before revealing any credit card details over the phone. Telephone numbers can be spoofed on caller ID and if you are unsure it is best to call the venue back later, or from a different phone using the number of their official website.

If a bank believes a transaction has been fraudulent, they will not ask for pin code or bank account number in order to sort these. You can call your bank about suspicious activity using the number on the back of your payment card.

And More Information....



Citizen's Advice Scotland have a dedicated online scams web chat service giving specialist one-to-one help to people who are worried they are being scammed. They also give advice to those who have already lost money.

The service was launched in July 2019 and they also undertake scams prevention work to identify, tackle and raise awareness of online scams. The service operates on their website from Monday to Friday 9am—5pm.

<https://www.citizensadvice.org.uk/scotland/consumer/scams/common-scams-s1/>

Too much information

There is a lot of information in these bulletins, particularly this week. And there is a lot about scamming, not to frighten you but to keep you aware and know how to keep yourself safe.

Keep it for future reference and if, by any chance, you do get into a difficult situation then speak to someone—don't keep it to yourself. Phone the police on 101, talk to Citizens' Advice Scotland (see above) or speak to family, friends or a member of staff.



"Quit giving me so much information!"

Website Information - Coronavirus

It's always useful to be reminded of websites and phone numbers that can give information or advice and I have listed information provided by Willie Rennie MSP below. There are some general sites and some specifically for Fife tenants.

- **UK Government news:** www.gov.uk/search/news-and-communications
- **Scottish Government Updates:** www.gov.scot/news
- **Covid community helpline for food, shopping, prescriptions, finances, personal care:** 0800 952 0330 <https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/>
- **coronavirus-covid-19/community-groups**
- **Fife Council updates:** www.fife.gov.uk/coronavirus
- **Fife community funding:** www.activefife.co.uk
- **Vulnerable helpline** - 09:00 to 17:00 Monday to Friday. 0800 111 4000.
- **Lending a helping hand in Fife** - www.fva.org/pandemic_helpinghand@fva.org or call 0800 389 6046.
- **NHS Inform** www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19
- **NHS Fife website:** coronavirus.nhsfife.org
Helpline for those who do not have symptoms but are looking for general health advice Tel: 0800 028 2816.
- **NHS Fife service changes** <https://>

Store cupboard Recipe

Chicken Pie Serves 1

Ingredients

1/4 onion sliced
100g chicken cut into chunks
1/2 tsp oil
40ml chicken stock (made with stock cube)
1/2 small tin of sweetcorn
1.5 tbsp. crème fraîche or cream
Herbs to season (parsley or basil or anything you like)
200g potatoes peeled and cut into chunks

Method

1. Heat oven to 180°C/160°C/Gas 4
2. Boil potatoes until soft (about 20 minutes).
Drain and mash with 1/2 tablespoon of crème



fraiche or cream.

3. Heat the oil in a large saucepan then add the onion and chicken. Fry for 5—10 minutes until the onion is soft and the chicken is golden.
4. Pour over the stock and bring to the boil, then turn down the heat and simmer for around 20 minutes until the chicken is cooked.
5. Stir in the corn and add the remaining 1tbsp crème fraîche or cream and the herbs.
6. Spoon the chicken mix into an oven proof dish and top with the mash. Place on a baking tray in the oven and bake until the potato is golden brown.

Recipes from : www.eatwellagewell.org.uk

And Finally.....the lighter side of life



My mom is yelling at my brother and I overheard this.

Mom: GO TO YOUR ROOM

Brother: that's not fair

Mom: DO AS I SAY.

Brother: You never send Lizzie to her room when she's in trouble!!

Mom: Lizzie never leaves her room. If she were in trouble I'd make her sit in the living room or go outside or talk to human beings.

These pictures are from
www.pinterest.co.uk