

18 September 2020

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 21

More people to get the flu jab

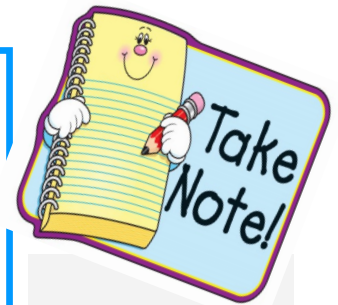


Many of you will already get the free annual flu jab. Due to the pandemic there have been changes which mean more people will qualify for this.

Social care workers, people over 55 and household members of those who are shielding will all be eligible for the free seasonal flu vaccine. Those aged 50-54 may also be entitled if vaccine supplies allow.

Groups who will continue to be eligible for the free flu vaccine include: those aged 65 and over, those with underlying health conditions, pregnant women, children aged between two and five, primary school children, health care workers and young and unpaid carers. For more information go to

<https://www.gov.scot/news/more-people-to-get-free-flu-jab/>



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Newspoint Extra

We have been looking at ways to ensure that this bulletin can be sent out automatically rather than manually. A tenant has expressed concern about the system we were proposing to use.

This space was intended to tell you how to subscribe (or unsubscribe) to Newspoint Extra in the future. Given the concerns raised I am going to explore these issues as your safety online and protecting your data is of paramount importance to us. I will get back to you about this in the future.



In the meantime Newspoint Extra will continue to be delivered in it's present format i.e. attached to an email.

Contact Us



0131 668 4247



admin@viewpoint.org.uk



www.viewpoint.org.uk

Things to do online



Royal Voluntary Service Virtual Village Hall Arts and Crafts

Discovered this by accident while looking for some volunteering opportunities for a tenant.



They have a virtual village hall offering all kinds of arts and crafts opportunities. This is what their website says:



'Here you'll find lots of satisfying, creative, hands-on sessions to try at home, like collage, floristry, folk art, pebble painting and printmaking. All sessions use materials and equipment that you're likely to have at home or should be able to get hold of easily. To help you get prepared, we'll tell you roughly how long each session will take and what you'll need to take part. Then our expert Virtual Village Hall tutors will talk you through each step. Get ready to get creative and, most importantly, to admire your handiwork! We'd love to see any pictures of your creative Virtual Village Hall projects on our Face book group page. Some of the sessions have accompanying instruction sheets to print and download.'



<https://www.royalvoluntaryservice.org.uk/virtual-village-hall/creative-arts-crafts>

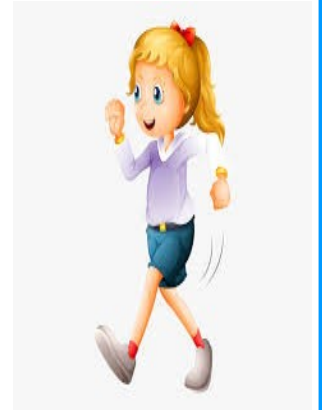
Walk the World



Walking 5,000 steps can be quite meaningless so this website lets you see where you have walked to. You have to set up an account (it's free and very easy to do) and you can set up and go solo, get friends and family to join you, or join one of the online groups.

You can choose where in the world you want to walk e.g. Historic Scotland, the Pan American Highway or even around Australia. You do need a pedometer of some kind to count your steps and then you just enter the number on the website and see on the map where you are. Information on highlights is given as you reach them.

<https://worldwalking.org>



Joy to the Moment

A Capital Theatres Production

This video was created by members of the public and professional artists for your enjoyment. There is a wonderful mix of music, poetry, singing and dance by all ages. All contributors are sharing their talents to bring us a little joy.

Watch little Nina and Gus as they enjoy dancing in puddle, or listen as Grant Stott recites 'That's Fife' from the top of Blackford Hill, or to Alasdair McCrone deliver an excerpt from Para Handy direct from the harbor at Tobermory.

Ideal for a rainy day—grab a cuppa and enjoy.

https://www.youtube.com/watch?v=A85tyEzdB_8



Let the Entertainment Begin!

Memory Walk Big Weekend 2020



What is the Memory Walk?

Our Memory Walk is an opportunity to come together with friends and family to show your support for people living with dementia.

Although this year we are walking virtually, we're still bringing thousands of people together



across the country for one big weekend.

Why is the Memory Walk so important?

Each person walking will have a similar reason to do so; they're walking for someone they care about. This could be a person currently living with dementia, a carer or in memory of someone. Memory Walks across Scotland have so far raised over £1 million since they began, helping to provide crucial support across the country for people with dementia, their families and carers.

Dementia is the biggest health and social care challenge faced by Scotland today. There are around 90,000 people living with dementia in Scotland and more than 1 million people living with dementia in the UK. Our aim is to put dementia



firmly at the heart of our communities and to make sure that nobody faces the illness alone.

How do I get involved?

All we ask is that you sign up for FREE, ask your nearest and dearest to do the same and consider raising money for Alzheimer Scotland.

If you are unable to fundraise at this time please consider making a donation.

Once you are registered you'll have access to exclusive content. Then all that's left to do is choose where you will walk and who will join you.



Useful Information



NHS Services

Keeping up to date with the changes

Fife

www.nhsfife.org/news-updates

Provides all the latest news from NHS Fife as well as updates from partner organisations. It posts changes to services as well as urgent public health advice.

Lothians

I was unable to find a comprehensive guide on the web for this, but if you are looking for an online update then you are better to search by the service you are wishing to access.

If anyone has found anything better then please let me know.

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

Fife Recycling Centres



It is now possible to book multiple visits to recycling centres (up to three in seven days). White goods and small electrical appliances are now accepted but not TVs or monitors. Only one person per car so you need to be able to dispose of your items unaided. And as in everything we do you need to keep two metres distance from other users.

<https://www.fife.gov.uk/kb/docs/articles/bins-and-recycling/recycling-points-and-centres>

Fake News

Two words we hear regularly coming from Donald Trump, but fake news is a real problem.

Fake news is false information online and it can cost lives. The World Health Organisation (WHO) previously said that the 'infodemic' surrounding COVID-19 spread just as quickly as the virus itself, with conspiracy theories, rumours and cultural stigma, all contributing to death and injuries.

The Scottish Government has posted a video on twitter, sharing tips for recognising false information and encouraging people to find the latest official information from trusted sources such as the Government, NHS or the World Health Organisation. View the short video at

<https://twitter.com/scotgov/status/1291441410290249729>

And learn more about inaccurate information on the World Health Organisation myth busters page at

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

If you see content online that you believe to be false or misleading, you can report it to the hosting social media platform on which it appears. WHO also advise us to be wary about emails from cyber criminals pretending to be from WHO and give advice on this on their website at

<https://www.who.int/about/communications/cyber-security>

If you are not sure about information you are reading check it out and don't pass it on to others.



Store-cupboard Recipe

Beef Hot Pot (serves 1)

Ingredients

1/2 onion cut into rough wedges
1 carrot, roughly chopped
150g potatoes cut into large chunks
100g beef mince (turkey mince or vegetarian alternative)
2 beef stock cubes (or vegetable stock cubes)
1/2 small tin of baked beans (about 100g)
Splash of Worcestershire sauce
Herbs and spices (optional according to taste)
150ml boiling water



1. Heat a non-stick pan and add the mince and fry quickly, stirring all the time until it is evenly browned.
2. Crumble in the stock cubes and mix well.
3. Add the onion, carrot and potatoes and stir. Add 150ml of boiling water and bring mixture

to the boil.

4. Reduce the heat, cover and simmer for 25—30 minutes until the vegetables are tender and the mince cooked.
5. Stir in the baked beans and a generous splash of Worcestershire sauce and heat through.
6. Taste and add seasoning if required.
7. Serve and enjoy.

NB You can swap beans for other pulses such as butter beans or chickpeas.

You can double up this recipe if you want more than one portion.

Recipe from *Easy Store-Cupboard Recipes*

Healthy Eating Facts

Beans and Pulses

The beans (or chickpeas) in this recipe are a good source of protein, as well as being high in fibre.

Protein is essential for growth, development and repair.

Fibre is needed for a healthy gut and helps keep your cholesterol level low.

Beans and other pulses can count towards 1 of your 5-A-DAY



Source: <https://www.familyfriendpoems.com/poem/missing-glasses>

Missing by Anne Scott

I've hunted near, I've hunted far,

I've even looked inside my car,

I've lost my glasses, I'm in need,

To have them now so I can read.

I loudly swear, and I curse

Did I leave them in my purse?

Are they behind the sofa, under the bed?

Oh there they are—on my head!