

2 October 2020

NEWSPPOINT EXTRA

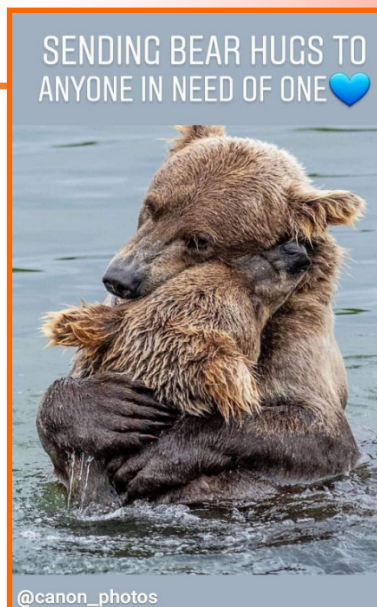
Viewpoint Community E-Bulletin
Number 22

Thinking of you

Recent changes to what we can and cannot do have hit us all hard. Just as we were starting to see a bit of normality, some of it has been taken away again.

So I am sending a big bear hug to those of you who need it and encouraging you to stick with it. We have come this far and we can make it.

As always, if you need any help or just a friendly chat then let us know by email or by phone. We are here for you.



In this issue:

- Autumn arrives
- Facemask exemptions
- Pumpkin soup—the easy way

Subscribe to Newspoint Extra

In the last issue I mentioned that we were looking at alternative ways to send Newspoint Extra to you. I had told you that this had been put on hold due to concerns raised by you, and that I would investigate this.

We are proposing to use Mail Chimp to send out Newspoint Extra. The issue raised was that Mail Chimp was not offering an opportunity to personalise third party advertising cookies.

I can assure you that prior to signing up with Mail Chimp Viewpoint carried out a privacy impact statement. Mail Chimp have a compliance certificate in place with EU-U.S./Swiss-U.S. Privacy Shield Frameworks. If you would like to find out more please visit <https://mailchimp.com/about/security/>

Personalisation of third party advertising cookies, is in place on Mail Chimp's website and is at the bottom of the page when you sign up.

You can therefore be completely assured that every step has been taken to maintain your safety and security online.

We will be sending out the next couple of issues via email, the way we do at present, however if you wish to continue to receive Newspoint Extra (and I do hope you do) you will need to subscribe to the mailing list. Go to our website at:

www.viewpoint.org.uk

If you go to the bottom of the page there is a link to sign up for the newsletter. If you need help with this then let us know.

You will still get an email from me and it will have a link to Newspoint Extra. Please note that you can unsubscribe at any time by clicking on unsubscribe

Contact Us



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Things to Do in Autumn

- Craft with fallen leaves (see below)
- Knit a scarf
- Go for a walk
- Experiment in the kitchen—Make pumpkin soup (see back page)

After the Cowal Games, which takes place the last weekend in August, Dunoon's residents seem to switch to winter mode. What we experience are the darker nights becoming more evident and there is a more autumnal feel in the air.

The actual start of Autumn is up for debate and can be one of two dates. The astronomical Autumn started on Tuesday 22 September 2020 and this will last until Monday 21 December 2020, and then winter begins

If you look at the meteorological Autumn it actually started on 1 September 2020 and will end on the 30 November 2020.

For more information visit the met office website at

<https://www.metoffice.gov.uk/weather/learn-about/weather/seasons/autumn/when-does-autumn-start>

- Go for a walk and jump in puddles or wade through the crunchy leaves (beware of dog poo)

- Upcycle a piece of furniture or redesign an old blouse or shirt

- Curl up with a good book

- Volunteer

The possibilities are endless



Regardless of when it starts we have started to see changes in the trees, as the leaves turn from green to oranges, reds and browns and leaves fall on the ground.

And when the weather is good there is nothing like an Autumn walk to see the beauty of nature.

For more information on why the trees change colour and other facts about Autumn go to

<https://www.metoffice.gov.uk/weather/learn-about/weather/seasons/autumn/autumn-facts>

Crafting with Leaves

This site does have 'kids' in its title but it is for everyone. Tells you how to prepare and press your leaves and then about different ways you can decorate them. The sky is the limit and who knows what ideas it will spark. Go on—Give it a Go

<https://artfulparent.com/10-autumn-leaf-crafts-for-kids/>



Useful Information



Protect Scotland App

The Protect Scotland App is designed to help protect us from spreading coronavirus.

The app will alert you if you have been in close contact with another app user who has tested positive for coronavirus. Your information is kept private and anonymous. Along with the public health guidelines it will help us to stay safe when we meet up, socialise, work or travel.

You don't have to download the app if you do not want to—but it could help. Have a look at the website for more information and for the link to download the app for and android or apple phone.

<https://protect.scot/>



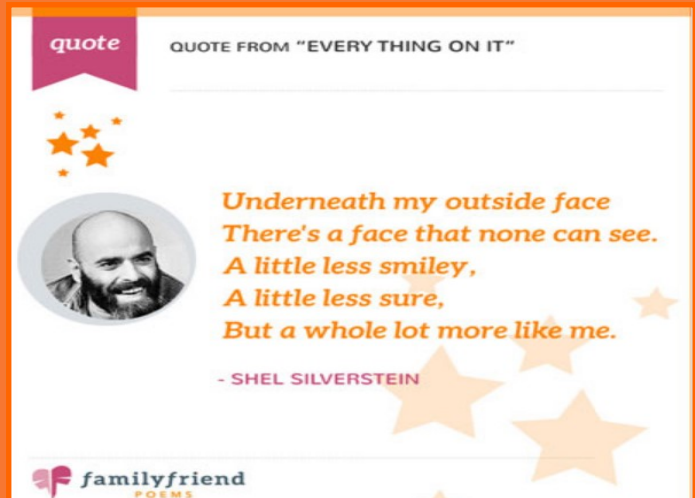
Your Local Council website has information about service disruptions in your area and also links to assistance during the pandemic.

Fife: www.fife.gov.uk

East Lothian: www.eastlothian.gov.uk

Mid Lothian: www.midlothian.gov.uk

Edinburgh: www.edinburgh.gov.uk



Not everyone can wear a facemask

We all know that wearing a facemask is not an enjoyable experience, however it is mandatory in Scotland in shops and public transport. Viewpoint are also requesting that you, and any visitors to your home, wear a facemask in the common areas e.g. laundries, corridors etc.. I know that if you can you will wear a facemask but not everyone can. Exemptions are as follows:

- If you have a disability or health condition that means they cannot put a covering on
- A covering will cause severe distress or anxiety to you
- You need to communicate with someone who relies on lip reading
- You have a reasonable need to eat, drink or take medicine

Unfortunately people do judge others not wearing a face mask even though they have no knowledge of the circumstances. There is no requirement to obtain evidence such as a letter from your doctor if you are exempt. If you are asked then you only need to explain which category you fall into.

To help with this Accessible travel hub has created cards that you can print and carry around with you to give you a bit of support at this time.

<https://accessibletravel.scot/face-mask-exemption-not-everyone-can-wear-one/>



Autumn Recipe

Pumpkin Soup (serves 4)

No blender required!

INGREDIENTS

2 tbsp. olive oil
1 medium onion very finely chopped
3 cloves garlic grated
1 x 15oz can pumpkin puree
2 tbsp. fresh thyme leaves
3/4 tsp salt
1/2 tsp ground cumin
1/4 tsp freshly ground black pepper
1/8 tsp ground ginger
1/8 tsp cayenne pepper
2 cups (450ml) of vegetable stock
2 tbsp. maple syrup
2tbsp heavy (double) cream
Toasted pumpkin seed and flaky salt to serve (optional)

METHOD

1. Heat oil over medium heat until shimmering. Add onion and garlic and cook for 3—4 minutes.
2. Add pumpkin puree, thyme, salt, cumin, black pepper, ginger and cayenne pepper and cook gently for around 5 minute, stirring regularly.
3. Add vegetable stock and cook for 3-4 minutes, stirring continuously for about 4 minutes until mixture bubbles.

4. Remove from the heat and stir in the maple syrup and cream.
5. Serve warm with pumpkin seeds, flaky salt and thyme leaves if using.


NB Leftovers can be kept in the fridge for 5 days or in the freezer for 2 months.



Recipes from <https://www.thekitchn.com/easy-pumpkin-soup-261960>

And Finally....



**Strength is the ability
to break a chocolate
bar into four pieces
with your bare
hands...
And then just eat one
of those pieces** 

Daily Motivation