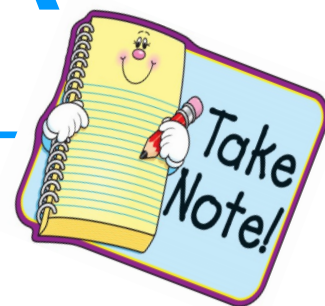


16 October 2020

NEWSPPOINT EXTRA

Viewpoint Community E-Bulletin
Number 23



Home Comforts—Chat’N’Chew



In a previous edition of Newspoint Extra I highlighted that some of our tenants at Croft-an-Righ were working with Citadel Arts. A group of tenants shared stories and from these stories ‘Home Comforts’ was written by Vincent Maguire who is also a tenant at Croft-an-Righ.

The plan was to put on a play, and even to perform it at the Edinburgh Fringe. Covid stopped the plans and they have turned this into a radio play. A few of the tenants wanted to be part of the play and ‘Home Comforts’ was

recorded in September 2020 and is now available for you to enjoy.

<https://www.citadelgoesviral.com/>

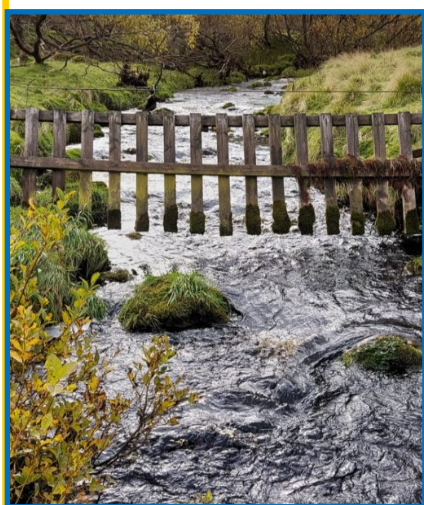
The story and the sound effects will find you lost in the 1950s in the Chat’n’Chew café as the story unfolds. It is a must hear play so please have a listen today.

The project was funded by Foundation Scotland, Viewpoint Housing Association and City of Edinburgh Council. As they have some money left they are planning to do a wee panto for Christmas — Chat’N’Chew style of course.

In this issue:

- Capital Theatres—Joy to the Moment
- Pen Pals for all
- Warm Home Discount Scheme

Looking after ourselves



Staff take on the Step Count Challenge

World Mental Health Day was the 10 October and the 18th October is World Menopause Day. Both days are about looking after ourselves (and others) and right at the moment this should be our priority.

Twenty five members of staff decided to take part in the Step Count Challenge—designed for work places to get people active, which we know has a major impact on physical and mental wellbeing. Each team has five members and each member logs their daily activity on the step count challenge website for 8 weeks from 5 October 2020. As a result we are all getting out there at a time of the year when snuggling down on the sofa is a better option. As expected the teams are all wanting

the top spot so a bit of friendly rivalry has added to the challenge. We are all reporting the benefits of doing something and there is a message in that for all of us—do what you can!

Update in the next newsletter to see how far we have travelled.

Things to do online



Capital Theatres— Joy to the Moment



Capital Theatres have produced their fourth film in the Joy to the Moment, series, aimed at bringing a little light entertainment and fun to us all.

This episode was created in collaboration with Live Music Now Scotland and brings an infectious performance and celebration of life by Ghanaian band Akrowa UK. Enjoy the 30 minutes of the African drumming story telling and dance.

<https://www.youtube.com/watch?v=ZbGC3FQ7usw>



Would you like a pen pal?

A group of students at Edinburgh University have set up a new society called 'Blethers' with the aim of reaching out to older people in our community.



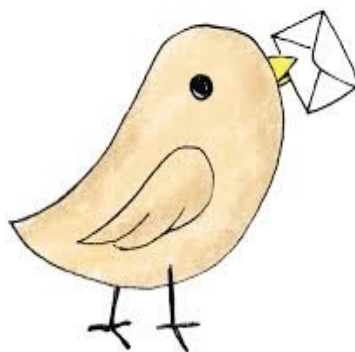
Like everything else Covid has prevented them achieving what they initially planned, however they are now proposing to run a pen pal scheme, where one of the members would correspond with an older person. The committee are well organised and have a privacy agreement in place. In order to further protect everyone no addresses will be given out of either party. Correspondence will go to the Blethers society and correspondence from them will go to the recipient care of the Coordinator or the main office, marked private and confidential and will be passed on to you. In addition the society have some funds and can help with costs of posting or stationary.

The group are also looking at other ways to contact people through email, phone calls or skype and are looking for any other ideas that you may have.

So if you would like a pen pal, or know someone else who would, please let me know and I will then make contact with Blethers to start the process off.

And if you have any other ideas about how Blethers can make contact with older people in the community then let me know and I will pass these on.

Please note that Blethers have told me that they will be happy to communicate with our tenants in Fife, Mid Lothian and East Lothian so you can be part of this too.



Contact Us

0131 668 4247 admin@viewpoint.org.uk

www.viewpoint.org.uk

Useful Information



Warm Home Discount Scheme



You could get £140 off your electricity bill for winter 2020—2021 under the Warm Home Discount Scheme.

The money is not paid to you—it is a one-off discount on your electricity bill between September and March. You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity.

The discount will not affect your Cold Weather Payment or Winter Fuel Payment.

Firstly your energy supplier needs to be part of the scheme and you can check with your supplier or at <https://www.gov.uk/the-warm-home-discount-scheme/energy-suppliers>

Secondly your name (or your partner's name) needs to be on the bill.

There are 2 ways you can qualify for the Warm Home discount:

1. **If you get the Guarantee Credit element of Pension Credit.** - Called the Core Group
You will receive a letter between October and December 2020 telling you how to get the discount. Your letter will say you need to

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

call them by 26 February 2021 to confirm your details. The discount will be applied to your bill by 31 March 2021.

If you do not get your letter then you can contact the helpline on **0800 731 0214** and tell them you believe you are in the 'core' group for receiving this discount.

2. **If you are on a low income** (this is called the 'Broader Group') and getting certain means tested benefit such as universal credit or income support you can contact your supplier to find out if you are eligible. You can do this by going to your suppliers website or using the link to the list above.

If you are in this group then you should contact your supplier as soon as possible as the number of discounts suppliers can give are limited.

If you need any assistance to make your application then please contact Elaine, our Welfare Benefits Advisor, for assistance. Elaine can be contacted on **0131 662 5144** or email elaine.rosie@viewpoint.org.uk.



Be the best of whatever you are

By Douglas Malloch (1877-1938)

If you can't be a pine on the top of the hill,
Be a scrub in the valley—but be
The best little scrub by the side of the rill;
Be a bush if you can't be a tree

If you can't be a bush be a bit of the grass,
And some highway happier make;
If you can't be a muskie then just be a bass—
But the liveliest bass in the lake!

We can's all be captains, we've got to be crew,
There's something for all of us here,
There's big work to do, and there's lesser to do,
And the task you must do is the near.

If you can't be a highway then just be a trail,
If you can't be the sun be a star,
It isn't by size that you win or you fail—
Be the best of whatever you are!



The message in this poem is clear—although we don't all hold prestigious jobs, we can all be the best at who we are—regardless of our age. Our position in life makes us no less valuable than anyone else.



I was lucky enough to be brought up in a very loving home and my parents were very much about being the best at whatever we decided to do, and constantly reinforced the value of us as individuals.



This poem says it all—simply and plainly and is inspirational and thought provoking.

Get a new poem every week to your inbox from

<https://www.familyfriendpoems.com/>

Funny poems, sad poems, thought provoking poems—something to look forward to in your inbox.

And Finally....

What's the difference between a lawn mower and bagpipes?

You can tune the lawn mower!

