

13 November 2020

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 25

COVID Restrictions—Fife is moved to Tier Three

The first review of the five tier Covid restriction levels took place earlier this week and saw Fife being moved from tier 2 to tier 3. This means that all Viewpoint properties are currently in tier 3. In summary this means:

- No socialising in other peoples homes is permitted
- Outdoors – a maximum of 6 people from 2 households can meet
- No non-essential travel in or out of level 3 areas or above
- Shops, hairdressers, pubs and restaurants open (food only, no alcohol)

And remember the F.A.C.T.S.

F—Face coverings in enclosed spaces

A—Avoid crowded places

C—Clean your hands and surfaces regularly

T—Two metre social distancing rule

S—Self isolate and book a test if you develop coronavirus symptoms

Follow the rules and stay safe and well



<https://metro.co.uk/2020/09/26/car-takes-to-lymington-streets-with-entire-greenhouse-strapped-to-roof-13330495/>

How Not to Transport your Greenhouse!

Bizarre but true. This photo was taken by a lady in Hordel, near Lymington. She was a passenger in the car behind and she took this photograph. She could not believe her eyes when she saw they were transporting a greenhouse. The passenger in the back seat was even seen with their arm out the window holding onto the greenhouse. Luckily it was just the frame and the greenhouse glass was not there.

Who knows if it reached it's final destination safely?

Contact Us

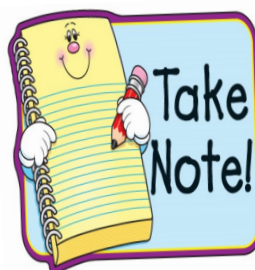


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- Joy to the Moment—part 2
- Advice if you need help due to COVID

Around The House In 80 Days



Around the House in 80 Days! Did Michael Palin not do that 30 years ago? Don't worry we are not expecting you to go on a Michael Palin style adventure. This is a brand new initiative by Age Scotland and it's all about getting us moving

- * Do the **Bedroom Boogie** or try
- * Some **Banter in the Bathroom** or
- * Perhaps **Kitchen Capers** is more up your street



Where: On You Tube at—<https://www.ageuk.org.uk/scotland/what-we-do/promoting-health-and-wellbeing-in-later-life/around-the-house-in-80-days/#>

When: Every Monday and Friday during November at 10am, 1pm and 4pm

How long does it take: only 10 minutes each time—not much to improve your mobility and flexibility

But I have missed the start so not worth doing

now: No worries as you can join in as many or few sessions as you wish. And if you want to see what you have missed all the videos are being uploaded onto You Tube shortly after the live event.

I am not very good at standing: There are chair versions of all the exercises. It really is for everyone.

And when November is over Age Scotland are setting up Friendship Circles

Following on from the exercises in November, Age Scotland want to keep you motivated to keep moving and are introducing resources via their optional phone-based health and wellbeing friendship circles during December and January. You can join the circles at any stage and dip in and out of sessions as much as you like.

These will be open to people who may not have taken part in the movement sets but who want to know a bit more about their health and well-being and would like the support of a small group and to make new connections.

Where can I get more information?

For more information on the ATH80 project and to register for the December and January health & wellbeing friendship circles, please contact Age Scotland by emailing info@agescotland.org.uk or by calling **0333 323 2400** (Monday to Friday 9am - 5pm).



Joy to the Moment

A new film has just been issued by Capital Theatres, which has been specially created by members of the public and professional artists, all sharing their talents from outdoor places for people who are having to stay mostly indoors.

Some great performances by the old and young and all those in between. Ian Rankin and Iain McCall Smith both have a spot on this film.

As always very enjoyable so grab a cup of tea and put your feet up and have a listen at

<https://www.youtube.com/watch?v=cY0ohMMD4Zk>



Useful Information

Where to get help during Coronavirus Restrictions

If you are unable to get out to get your essential supplies such as food or medicines, or you need assistance from social work or some emotional support then please do seek help. You can telephone the Scottish Government helpline on **0800 111 4000**

This is a Freephone number and open Monday—Friday 9am—5 pm. They will pass you through to your Local Authority for advice and assistance.



If you are still having problems then please do let us know and we will do everything we can to help you. Our contact details are on the front of this newsletter.

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

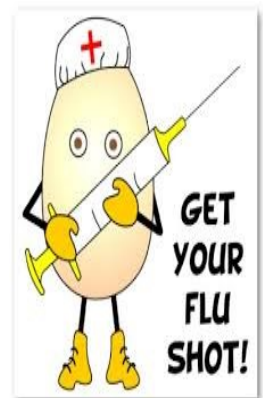
East Lothian: www.eastlothian.gov.uk

Mid Lothian: www.midlothian.gov.uk

Edinburgh: www.edinburgh.gov.uk

Flu Vaccine

If you are eligible to get the flu vaccine then please contact your local GP surgery to find out the arrangement for getting this. If you need any help to do this then please let us know.



Consultation on indicators for the Energy Efficiency Standard in Social Housing 2 (ESSH2)

The Scottish Housing Regulator is consulting on indicators to allow it to monitor and report on social landlords' progress towards the Scottish Government's **ESSH2 milestone** (<https://www.gov.scot/policies/home-energy-and-fuel-poverty/energy-efficiency-in-social-housing/>). Last year the Scottish Government confirmed that the second ESSH milestone for social rented houses is to be met by 31 December 2032. The Regulator is now consulting on proposed indicators for the new milestone. Landlords would start to collect the new indicators during 2021/2022, with the first return to the Regulator in May 2022.

Michael Cameron, Chief Executive, said: "The Energy Efficiency Standard in Social Housing is a major contribution to ensuring tenants and their families have warm, affordable homes. Effective monitoring of progress towards the Standard is therefore an important priority for us. We're keeping the number of indicators to a minimum and will aim to make the collection of the information as simple as possible."

The Regulator is inviting views and feedback on its proposals from tenants, landlords, representative bodies, and anyone with an interest in social housing by Friday 15 January 2021.

[Read the consultation document or download a copy of the questionnaire](https://www.housingregulator.gov.scot/about-us/what-we-do/consultation-on-the-draft-indicators-for-monitoring-the-energy-efficiency-standards-for-social-housing-2-essh2) at

[.https://www.housingregulator.gov.scot/about-us/what-we-do/consultation-on-the-draft-indicators-for-monitoring-the-energy-efficiency-standards-for-social-housing-2-essh2](https://www.housingregulator.gov.scot/about-us/what-we-do/consultation-on-the-draft-indicators-for-monitoring-the-energy-efficiency-standards-for-social-housing-2-essh2)



Store cupboard Recipe

Pork Casserole (Serves 1)

Ingredients

1 tsp sunflower oil
100g (3 1/2 oz.) diced pork
Pinch of ground cinnamon
Pinch of paprika
1 small leek, trimmed and sliced
1 small red skinned eating apple, cored and thickly sliced
50ml apple juice
50ml pork stock (made with a stock cube)
salt and pepper
1 tsp cornflour

Method

1. Heat the sunflower oil in a pan
2. Add the diced pork and stir fry for 5 minutes, until sealed on all sides
3. Sprinkle the pork with the cinnamon and paprika and toss well
4. Add the leeks and apple, pour in the apple juice and the pork stock and bring to the boil
5. Cover and simmer for 30 minutes until the pork is cooked through. Season to taste
6. Mix the cornflour to a paste with a little cold water and whisk into the casserole and then cook gently, stirring it all the time for a few minutes until the juices thicken a little
7. Serve with rice or potatoes and vegetables of your choice

Recipes from: *Eating for Health and Wellbeing*—Edinburgh Community Food and The Royal Environmental Health Institute of Scotland



An Inspirational Story

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

Watch and listen as Hugh Bonneville gives a Christmas concert narration on the story behind the Christmas hymn '*It is well with my soul*'.

It is a story of great sadness for Horatio and Anna Spafford about leaving America and setting sail for Paris. But it is also one of inspiration on how they dealt with what life threw at them.

You will not fail to be touched by this story, regardless of your beliefs.



And Finally....A Random Act of Kindness

From The Readers Digest

When the supermarket clerk tallied up my groceries, I was \$12 over what I had on me. I began to remove items from the bags, when another shopper handed me a \$20 bill. "Please don't put yourself out," I told him. "Let me tell you a story," he said. "My mother is in the hospital with cancer. I visit her every day and bring her flowers. I went this morning, and she got mad at me for spending my money on more flowers. She demanded that I do something else with that money. So, here, please accept this. It is my mother's flowers." – *Leslie Wagner, Peel, Arkansas.*