



WELCOME TO OUR WINTER EDITION OF NEWSPOINT

This edition has news from across the organisation along with an update on the delivery of our services in light of the ongoing pandemic restrictions; some powerful stories of experiences throughout the pandemic and information about when our offices will be closed and contact details for during the festive period.

Firstly, I hope that all of you and your families have kept safe and well. I think it is fair to say none of us expected this year to be so challenging, devastating and, in many cases for some of you, frightening and lonely. These last few months have been difficult for us all as we try to understand and continue to manage the restrictions around lockdown. Unfortunately, as you are all aware a range of public health measures are still in place and, therefore, we are continuing with our default toward home working wherever possible.

When I look back at the past eight months, I see the challenges we have faced to ensure that you still received a service from us, albeit a reduced service from what we expected to be delivering in this year. We, like others in the sector, have had to fundamentally change how we have delivered our services to adhere to the guidance. Not getting to speak to you face-to-face has been problematic but, more importantly, a huge loss as one of our key objectives this year is how we improve our customer care and communication with you all.

The key challenges we have had to face have been how to run an organisation virtually, provide advice, support and ongoing high-level care as well as run an emergency repairs service with our newly appointed contractor whilst ensuring we remain financially sustainable.

Our staff have made around 4000 telephone calls to tenants in alarmed, mainstream and retirement housing in addition to all the calls that have been made to those of you in sheltered housing. We have been supporting those with questions and particularly to those in need, including reaching out to give whatever assistance we can as well as chatting to those affected by loneliness or isolation. It also included supporting people who have suddenly found themselves needing help accessing Universal Credit.

We also wanted to use this newsletter to reassure you about the systems we have in place to maintain services, and also that we remain positive that we will be able to deliver on some

more of our planned maintenance works before the end of March 2021. It is also important to highlight that we are currently working on our draft budget for next year to ensure that we can deliver on our strategic plan and objectives for 2021/22 including the annual £5m investment on existing stock.

Even as the Scottish Government continues to review the journey out of lockdown, the Coronavirus continues to affect the way we live our lives. I know for many of us it is challenging to adapt to what is being referred to as the 'new normal'. It is so easy to focus on what has changed and the devastating impact this virus has had on so many people and their families. However, as the weeks and months have passed I have been heartened and very proud of the resilience and kindness that has spread throughout our homes and communities and how in a time of desperate need how you have supported one another.

I am exceptionally proud of our staff teams who had to hit the ground running and really adapt to different ways of working literally overnight. Throughout lockdown, we still had staff, as key workers, going into our supported complexes, delivering care at home and working tirelessly in our care homes. Their resilience, caring, dedication and hard work is massively appreciated by everyone particularly by many of you and your families who have acknowledged their commitment and tenacity in such difficult times.

Our staff teams are continuing to rise to the ongoing challenges as we closely follow guidance on what actions we can take to safely transition out of the new Tier restrictions that are now in place. As an Executive Team, we still meet weekly to review new guidance and we will make sure that we are able to resume services that have been on hold during the lockdown, in a way that does not compromise the safety of you all.

I hope you, like me, feel a sense of pride reading this winter edition newsletter, which has a fantastic range of stories and information to help support you.

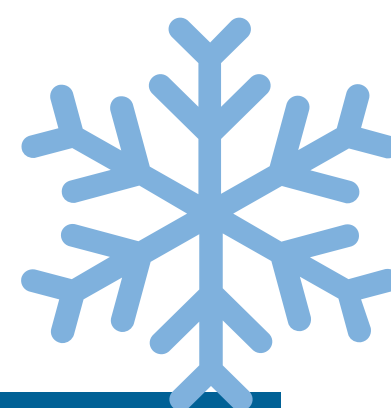
We will continue to update information regularly on our website at www.viewpoint.org.uk. If you have any queries or need further information, please get in touch by calling 0131 668 4247.

This remains a challenging time for us all. I want to personally thank you all for your ongoing support during the pandemic and for sharing your positive and negative experiences. It is important that we listen to and learn by your experiences just as we are doing for our staff who have also had to face difficult challenges over the past eight months.

As this year draws to a close, I hope that you and your families remain safe and well and I truly hope that we can all have a very Merry Christmas, albeit I appreciate, it will be a different one. I would also like to wish you all a very healthy and happy New Year, here's to a 2021 that sends the Coronavirus packing and allows us all to adjust to a more normal life once again!

Stay safe and take care

Jean Gray
Chief Executive



How to contact us

Remember our offices are currently closed to visitors but you can contact us in the following ways:

Telephone: **0131 668 4247**

Email: **admin@viewpoint.org.uk**

By letter: 4 South Oswald Road,
Edinburgh, EH9 2HG



Merry Christmas and a Happy New Year to all our tenants and residents from all the staff at Viewpoint

Treading the Boards at Croft-an-Righ

Tenants at Croft-an-Righ had high hopes about performing at the Edinburgh Fringe this year, but the dream was shattered as the country went into lockdown and the Festival was cancelled.

The whole thing had started a few months earlier when some tenants met with Citadel Arts and did some story telling – recounting their memories from when they were younger. Vincent Maguire, who is also a tenant at Croft-an-Righ, turned these into a play called Home Comfort. Some of the tenants wanted to take part in the play and they were all prepared for their debut performance at Drummond High School in March 2020.

It could have been a story of doom and gloom, but this group were not going to be beaten by Covid and the play was adapted for the radio. Along with Leith actor Adam Tomkins the tenants from Croft-an-Righ recorded Home Comfort using Zoom in September and published this online shortly afterwards.

The story is set in the Chat'n'Chew café in Leith in the 1950s and is about a young lad who has 'ruined his Sunday best' when he dives into the water to save someone from drowning. The story catches the issues of our time as well as being truly heart-warming. Liz Hare, who is part of the Citadel Arts Project

and who directed the play, told Viewpoint that "The tenants which included three over 90 years old, informed us they wished to take all the parts so we kept only Leith actor, Adam Tomkins, to play young Bobby Henderson. With support from Viewpoint IT staff, we managed to get our 95 year old performer into a Zoom meeting where she read with aplomb."

To hear the play you can go on line to www.citadelartsgoesviral.com

If you do not have access to the internet and would like to listen to the play on CD then please contact any member of Viewpoint staff and we will get a copy sent to you.

Not content with this the tenants are now recording a Christmas pantomime. We will circulate the link to you if we have your email address. If you do not have access to the internet then please let us know and we will try to get CDs made of the pantomime.

Foundation Scotland, Viewpoint Housing Association and Edinburgh Council funded the project.

Citadel Arts are keen to do similar projects and want to know if any of you are interested in taking part in a similar project in the future. You do not need to act in the play but you can take an active part in developing the story through telling your stories.

Interested – let me know at tp@viewpoint.org.uk or telephone 0131 662 5142.



Viewpoint holds virtual AGM

Viewpoint held its first virtual AGM on September 22, as the Covid-19 restrictions forced us to cancel our plans to hold a meeting in our usual format. We also held a Special General Meeting at the same time, so that our members could consider new Rules for the organisation.

A report on the meeting, together with the Annual Report from the Chair of the Viewpoint Board, Iain Thompson, can be found at www.viewpoint.org.uk/media/4252/report-on-sgmagm-2020.pdf



The team have worked hard to try to create a newsletter that you will enjoy and give you information, not only about

Viewpoint but also about other agencies and services. In addition, as it is Christmas there is a whole page dedicated to Christmas puzzles that has been put together by Yvonne.

I think you will agree with me that the team have done a wonderful job. Well done to them all.

If you have any ideas for future articles in

Newspoint then please let the team know by emailing tp@viewpoint.org.uk or by telephoning 0131 662 5142. Any ideas or articles received will go to the team for inclusion in a future issue of Newspoint.

If you would like to be part of the team then you would be more than welcome to join. Contact details are above.

Our opening hours over Christmas and New Year

Thursday 24 December 2020
9am – 4pm

Friday 25 December 2020
Closed

Monday 28 December 2020
Closed

Tuesday 29 December 2020
9am – 5pm

Wednesday 30 December 2020
10am – 5pm

Thursday 31 December 2020
9am – 4pm

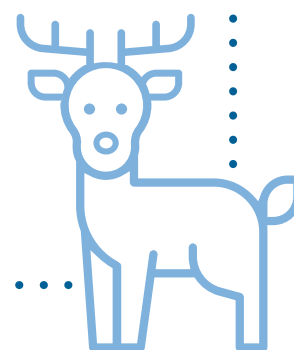
Friday 1 January 2021
Closed

Monday 4 January 2021
Closed

If you have an emergency when the office is closed either

Telephone
0800 783 3615

Or pull your emergency cord for your alarm call system



What have you been up to?

Haugh Park Coffee Mornings

Haugh Park have continued to enjoy Ann's baking on a monthly basis.

In September tenants gave donations for Macmillan Cancer Support and in October there was a celebration of Halloween. Having tasted Ann's baking I can only say how lucky these tenants are.



Our lockdown stories

Viewpoint staff share a little of what lockdown has been like for them

One of our tenants asked if there could be something in Newpoint about how the staff have coped during lockdown. Three members of staff have given us their story and these are included in this newsletter. They were asked about the highs and the lows and how they have coped, what has kept their spirits up and what new skills they have tried and what they will be doing on Christmas day.

Vicky's Lockdown Story

My new hobby grew from a seed

One of the highs is not having to commute to work, which normally takes me an hour. It gives me more time to be organised and I love being able to just get up and get started. The other good thing about working from home was being able to spend every lunchtime in my garden during the hot weather in May.

My workspace is in a corner of our living room as it is big and we have two windows so I can watch the birds outside in the garden or just get some fresh air when I need it.

I miss my work colleagues like mad and wish I could give everyone a hug. Colleagues and friends have supported me with phone calls, emails and funny messages on the mobile phone. It has been incredibly important to remain connected via digital forms and go for walks with friends on the beach or in a nearby woodland as much as is safely possible.

It has been hard not seeing my colleagues and having to work by myself, but I have adjusted to it. It is amazing how much I miss that face-to-face interaction with colleagues, some of which have become friends and I loved when we had lunch together. I will never take that for granted in future.

The easiest thing was structuring my day and getting everything done. I was able to respond to work without any distractions and concentrate on things when I needed to. It was also super easy switching my laptop off at night and sitting on the sofa within a minute as I work in our living room.

Lockdown has seen me learning a new skill, honing an old skill, and spending more time with my family etc. I have baked and cooked more than I would normally and my garden has become an oasis.

Being an amateur gardener I was keen to learn more about plants and flowers. I threw myself in to gardening during lockdown. Back in April, I started with packets of seeds that I shared with my neighbours and, along with my partner Stuart, we all got to work preparing pots with compost and feed. We were soon rewarded with seedlings and green shoots. The joy we got from watching things grow was great and we recorded our progress with photos and conversations across the fence at a social distance. (Continued overleaf...)

Mask Making

As you know we have had a few tenants making masks for themselves and others. Mary from Kilravock made these lovely masks with either tie on or elastic fixings. They are lovely – well done Mary.



Steph's Wildlife Photos

Here are two brilliant wildlife photographs taken by Steph, one of our tenants. As always Steph has captured magical moments - thank you Steph.





Memories - A letter from Evelyn

A former employee of Viewpoint Housing Association in the late 1970s/early 1980s

On a visit to Edinburgh, from my home in France, I had arranged to stay with my friend who lives in a Viewpoint Housing association flat at Lade Court. I had the pleasure of being able to stay in the guest room.

This visit brought back memories of many years ago when I was employed by Viewpoint Housing Association as Catering Officer.

At that time Viewpoint was a private Association and the head office was in Northumberland Street, under the direction of Mr Norman Dunhill.

My duties were mainly to oversee the catering at Lynedoch Place, Inverard at Inverleith Gardens and Woodthorpe at Colinton. At that time lunch and evening meal was provided for the residents without kitchen facilities, but residents in the other flats could make reservations for themselves and friends in the very nicely appointed dining rooms.

My friendly welcome by the House Manager (Co-ordinator) for my visit to Lade Court was typical of the warm feeling I remembered at Viewpoint.

My normal working day started at Northumberland Street and I was especially interested to keep in touch with the housing officers and to know the general working of the Association.

I was particularly struck by the genuine caring of the organisation that went into the choosing of the residents for the various properties, and making sure that the buildings were well maintained.

After visiting head office, I went on my rounds of the various kitchens

and dining rooms for which I was responsible. The kitchen at Inverard had just been completed and the facilities at Woodthorpe were still in the process of being built, and I had to organise the recruitment of staff and order the equipment and food supplies.

Viewpoint consisted of two parts: the Sheltered Housing Association and the Benevolent Association. Funds were raised for the Benevolent section by various activities such as an annual fete at Heriot's School and a charity shop next to Lade Court. These were organised by Miss Imrie (who I believe was prominent in starting Viewpoint) and by Edward French, who was the very well-known Milliner in Rose Street and later in India Street. I particularly remember as a child visiting these establishments with my mother and having to sit and watch quietly while she tried on various lovely hats.

Another enjoyable task I had was to go to St Andrews and arrange an opening party at the housing there. I had to get people involved making sandwiches etc. I took my elderly mother along to give a hand and also to give her an enjoyable day out. The event went well and the property was opened with style.

Alas, I had to move to London so had to terminate my employment with Viewpoint where I had spent two happy years.

I am now very pleased to see the same properties being cared for as before.

Vicky's Story

(continued from previous page)

Every week there seemed to be a new plant popping up or flowering, and all summer we enjoyed colourful Marigolds, Campanula, Pansies, Forget-me-Nots, Lavender, Roses, Geraniums, Snapdragons, Lobelia, Cosmos etc.

Spending time in the garden got us out of the house and provided a real escape from thoughts of the pandemic. We enjoyed nurturing our flowers and planting things for the first time. The rewards of seeing something grow from seed and develop in to a beautiful flower was wonderful. It was therapeutic to dig up bits of the garden and plant flowers that had outgrown their pots. An old shrub in the corner made room for a fresh flowerbed and seeing the colours and shapes now makes us happy every day.

We thoroughly enjoyed sharing our plants with our immediate neighbours as this brought us all joy and happiness during a time that was really tough for everyone. It also enabled us to have a common interest and have that essential social contact to others at a safe distance. We all made it through the summer months of restrictions by helping and motivating each other. Naturally, we all grew closer and have forged strong friendships because of this. So in the end, something positive has come out of the restrictions for us.

The photographs are of some of the flowers that we have grown over the summer.

As we approach a Christmas where we have no idea what it is going to be like remember

- Be strong as we will get through this together,
- Take any help that is available and do not isolate yourself.
- Try to speak to neighbours, family, friends as much as possible and
- Be kind to yourself.

On Christmas day, I will be enjoying lots of delicious food with my immediate family (3 in total) and video messaging everyone else who we cannot be with. We will be playing cards, watching the Queen's speech and listening to Christmas carols before watching a Christmas movie together and then falling asleep on the sofa.

Final words from me are:

Be strong because things will get better. It may be stormy now, but it never rains forever



New Way to Pay Your Rent

We are always looking for ways to improve and extend the services available to you.

Although our preference is for payments to be made by direct debit we are aware that some of you still pay by cash or cheque. We are now able to offer you the opportunity to pay your rent to us, with your debit card through our website. Unfortunately we cannot take payments in this way by credit card. Please consider using this method of payment rather than paying by cash or cheque.

Visit our website at www.viewpoint.org.uk and then click on make a payment



If you do not have a tenancy reference number, or do not know your tenancy reference number, then use your address in the tenancy reference box (no spaces between words). You can get your tenancy reference number by contacting us. Our contact details are on the front page of this newsletter.

The minimum payment you can make using this method is £1.01. Once you have submitted your payment you will receive an email confirming your payment.

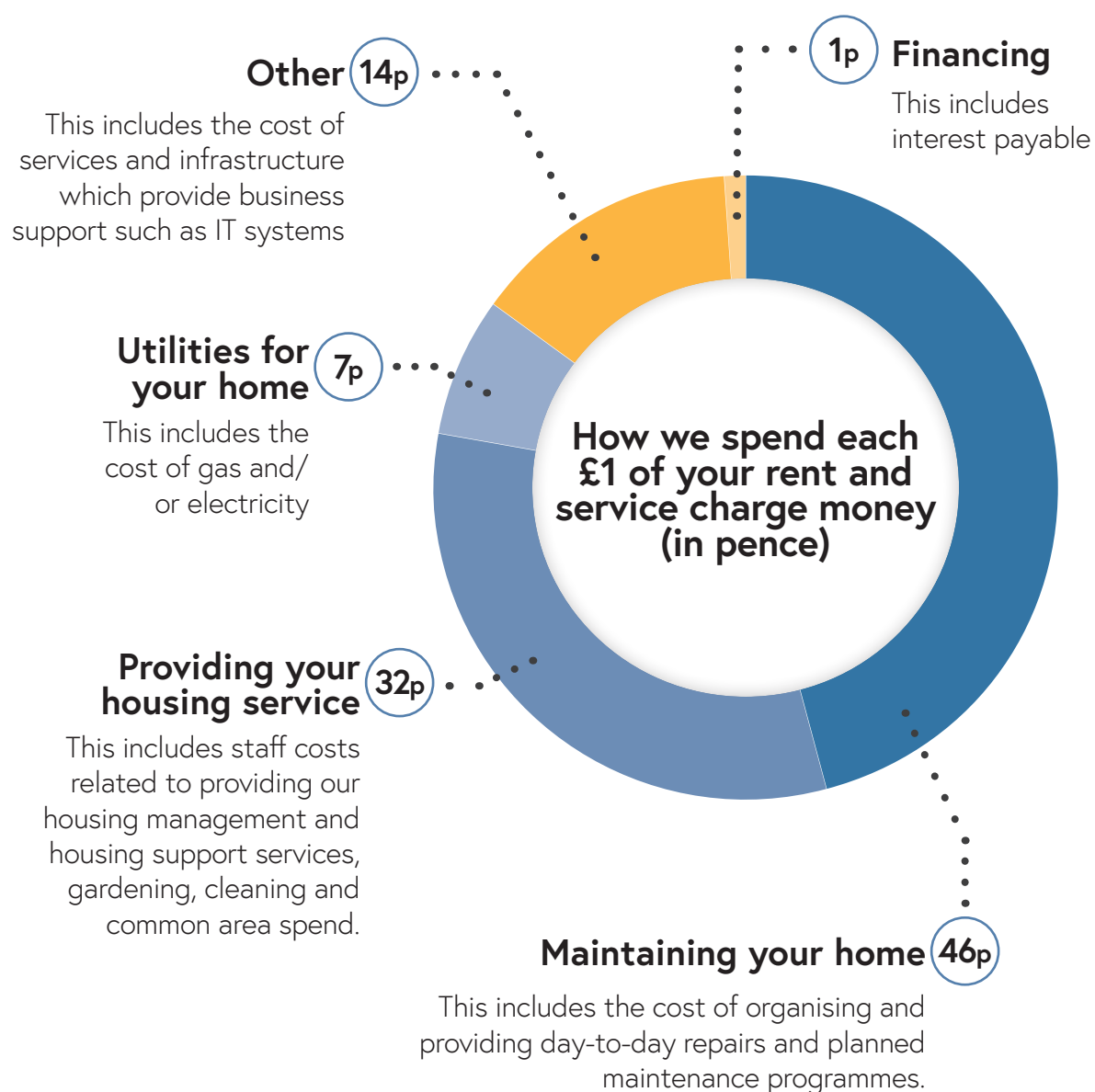
Rent and Service Charge Consultation 2021/22

You will already have received this information through the post and it is on our website at www.viewpoint.org.uk/News

In summary the proposal is:

- 2% increase in your rent - this would mean that your rent would increase between £6.50 and £11.11 per month depending on the size and type of property that you live in.
- 2% increase to most service charges – the increase would be dependent upon what services you receive but, excluding the provision of meals, would mean a maximum increase of £1.62 per month
- 0% increase to landscape charges

The chart below shows how we spend your rent and service charge money.



The proposed changes will allow us to retain our present services. Our key area of spend will be to carry out:

- Lighting upgrades in the corridors
- Major work to roofs and walls
- Bathroom replacements
- Heating projects

If you would like further information, please speak to a member of staff. If they are unable to answer your question, they will ask someone else to contact you.

Remember to fill in the questionnaire that was sent to you and return in the replied paid envelope enclosed with the information. If you want to complete the survey online, you can go to www.surveymonkey.com/r/2FNL8LV



Alternatively, scan here to complete the survey.

All comments to be submitted by 5th January 2022. The survey results and comments made will be submitted as part of the submission to the Board in February 2021 where the final decision will be made. **They will use the feedback from this consultation to inform their decision and you will be advised of the outcome with a letter detailing your personal rent and service charges from April 2021.**

Alex's lockdown story

Home schooling – a parent's nightmare

The nature of my job role means that there is already a degree of working alone from a remote site, and the challenge for me was fitting my work schedule around two children in the house.

The highs were the amount of baking we now do at home, nothing better than a weekly selection of cakes and treats. The lows were checking the scales and realising what happens when you eat nothing but treats for lunch for 6 weeks in a row.

There's a saying, those who can't do, teach. Well those who can't teach, shouldn't. I tried. I seriously thought I could do this. I did science; painting the planets, well we ended up with glow in the dark paint on the carpets, and more paint everywhere else except on the model planets. I tried to cover maths; and had a too long discussion on why Minecraft doesn't count as schoolwork. I then tried some reading; it was fun for a minute but I started pulling my hair out when he decided that the word "the" was too difficult to pronounce. The only reason I didn't run off to try to swim across the English Channel was that it was against the law to leave the house.

The hardest thing about working from home has been trying to separate my time from the children's time in the house. Our two children dominate the household so much; it can be hard to have the difficult phone calls, or concentrating with my work. Again, there is no decompression from the daily work, to the house, which means that I am moving from housing officer, straight to sorting out who gets TV time, the kids or me.

The best thing is that I do get to spend more time with the kids, despite the difficulties; I am now more at home with them than I was before, during lockdown, it really was so nice. We went on long walks, travelled in the forest, we got muddy, and I ran off some weight chasing them about. When this is over, I will miss all the time I am getting just now. It is a great feeling to have some extra time with them in the garden, or in the play-park.

Luckily, I have a spare bedroom and could set up my office away from everyone else and most days I work from there.

I was asked what kept my spirits up during lockdown – well Yes spirits did, mostly beer, some whisky and cake have all helped.

I attempted to make brownies - made a mess but just blamed our youngest. Then tried cookies - added too much salt, tried to pass them off as salted caramel cookies – didn't work. And I even tried to make an actual cake - have you ever had a cake with a soggy everything, never mind a soggy bottom? I know now that I will not be entering the Bake Off anytime soon.

I do miss my colleagues. The Housing Team always made it fun to be in the office. Before lockdown, I was always looking for an empty chair in the room so I could sit in with everyone. (Continued overleaf...)

Nutrition Checks for Older People

Age Scotland in partnership with Eat Well Age Well

Charities have teamed up to offer a new service aimed at an estimated 103,000 older people in Scotland at risk of malnutrition.

Age Scotland will be offering free nutrition checks to older people through its Helpline, as part of a partnership with Eat Well Age Well.

This follows new research which revealed that food insecurity is putting older people at risk of becoming underweight and malnourished, with an estimated one in 10 at risk nationwide.

Eat Well Age Well, a project delivered by the Scottish charity Food Train, found that barriers such as loneliness and isolation could lead to a lack of reliable access to healthy and nutritious food.

Health conditions such as dementia, depression, and changes to taste, smell and appetite, can also lead to people not eating an adequate diet.

Age Scotland said Covid-19 has exacerbated this issue, with thousands of older people struggling to access local shops and supermarkets, while lunch clubs and similar groups have been cancelled.

Age Scotland's chief executive Brian Sloan said: "Eating well is vital for all of us, but this is particularly true as we age or if we are living with long-term health conditions. Poor nutrition can have a serious health impact, leading to a weaker immune system and loss of bone density, resulting in more falls and fractures. It can also affect our mental health and make us more vulnerable to depression.

"Access to food became a significant concern for many older people when the Covid-19 pandemic hit, with tens of thousands reliant on food parcels as they were unable to access supermarkets in person or online. Now, with new restrictions in force, we urgently need to make sure that everyone has access to nutritious food over the winter and beyond.

"By continuing our partnership with Food Train and working together to encourage people to think about their diet, we can help spot potential issues before they become more severe. This is particularly important at a time when older people may not be seeing friends and family as often.

"We would also urge individuals to keep an eye out for any warning signs of malnutrition in older family members, friends and neighbours and reach out as a matter of urgency."

Older people concerned about their own nutrition can call the Age Scotland helpline on 0800 12 44 222.

Sue Newall, Project Support Officer with Eat Well Age Well, said: "There is clear evidence we can prevent malnutrition through early identification and screening. By offering the nutrition checks we will be better able to identify those at risk at an early stage and help to improve the lives of older people in Scotland by making available simple advice and information that can make a big difference."

Alex's story

(continued from previous page)

The team at head office are friendly and I enjoyed working in a positive office environment. I definitely miss sitting in and listening to everyone's ongoing issues, the stories, and what others were working on. Now there is no real platform for this and I miss it.

We need to remember that this is not the new normal; we won't be like this forever. I really believe we will get through all this, if we understand and support each other in this trying time now, to reap the benefits together, later. There is light at the end of the tunnel, but this is a marathon, not a sprint. Hold on and keep smiling.

Christmas Eve and Christmas Day are both big events in our house. On Christmas Eve, we celebrate the season with some Polish traditions, which mostly consist of eating good food, playing music and getting ready for Santa to come. On Christmas morning, we will be doing all the other traditions and having a turkey meal. Like everyone, we will be having a quiet Christmas, with just our unit. We will talk to our extended family over the internet.

And you know what - If life gives you lemons, mix it with vodka!

Staffing Update

Derek Szoneberg joined Viewpoint as the new team Leader for the Assets Team.

Derek has just started in his role and I am sure he will tell you a bit more about himself in the next edition of Newspoint.

Stella Wallace has also joined the team and is the new Co-ordinator for Kilravock.

I am sure you will welcome them both to Viewpoint.

Tenants Annual Performance Report 2019/2020

Each year all social landlords prepare a report on their performance in delivering key Scottish Social Housing Charter indicators.

This report is for you so that you know how we are doing. The report is on our website, however if you do not have access to the internet and would like a copy please ask a member of staff. Here are some of the outcomes along with what Viewpoint's target was for 2019/2020

Overall Satisfaction with Viewpoint Services	80%	Target: 90%	✗
Average time taken to complete an emergency repair	1.97 hours	Target: 3.5 hours	✓
Satisfaction with repairs service	92.9%	Target: 90%	✓
Repairs completed right first time	91.6%	Target: 90%	✓
Average for completion of non-emergency repairs	4.37 days	Target: 5 days	✓
Kept repairs appointment	98.5%	Target: 97%	✓
Anti-social behaviour complaints resolved within 20 days	83%	Target: 95%	✗
Tenants satisfied with their complex as a place to live in	77%	Target: 85%	✗
Rent arrears as % of rent due at 31 March 2020	3.12%	Target: 2.5%	✗
Average time to relet an empty property	38.39 days	Target: 40 days	✓



Remember and get your Flu Vaccine

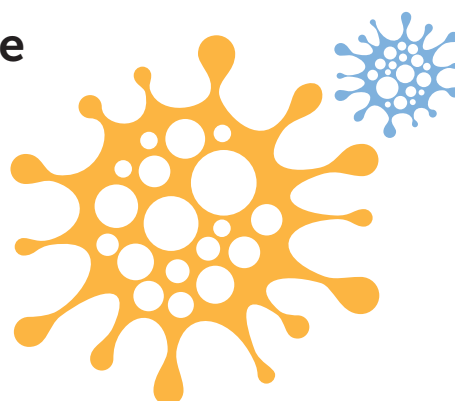
If you are eligible to get the flu vaccine then please contact your local GP surgery to find out the arrangement for getting this. If you need any help to do this then please let us know.

What do the Lockdown Tiers mean for me?

By the time you read this newsletter there will have been changes for many of us in respect of which tier we have been placed in by the Scottish Government for lockdown restrictions.

The table below is a summary about what the tiers mean in general and what it means for our services. Remember to follow the F.A.C.T.S.

Get help: The Scottish Government website states that: 'If you have symptoms of COVID-19 and are self-isolating, or are vulnerable or shielding and you need essential items like food or medicine you should request assistance from friends, family, community support groups, make an online order, or call the National Helpline on **0800 111 4000**.'



Remember **FACTS** for a safer Scotland

F	Face coverings	
A	Avoid crowded places	
C	Clean your hands regularly	
T	Two metre distance	
S	Self isolate and book a test if you have symptoms	

[nhsinform.scot/coronavirus](https://nhs.uk/inform/scot/coronavirus)
#WeAreScotland



	General rules	Viewpoint Services
Level 0	<ul style="list-style-type: none">Indoor socialising permitted – maximum of 8 people from 3 householdsOutdoors – maximum of 15 people from 3 householdsNo non-essential travel to level 3 or level 4Shops, hairdressers, pubs and restaurants open as normalFollow the F.A.C.T.S.	<ul style="list-style-type: none">Face-covering in shared spacesLetting permitted with safety measuresRoutine and emergency repairs permitted– contractors wearing face-coveringsLounges and dining rooms open – subject to local risk assessmentLaundry open
Level 1	<ul style="list-style-type: none">Indoor and outdoor socialising permitted maximum 6 people from 2 householdsNo non-essential travel to level 3 or level 4 areasShops, hairdressers, pubs and restaurants open.Pubs and restaurants can serve food and alcohol indoors and outdoors but must close at 10.30pmFollow the F.A.C.T.S.	<ul style="list-style-type: none">Face-covering in shared spacesLetting permitted with safety measuresRoutine and emergency repairs – with safety measures, including contractors wearing face-coveringsLounges closedLaundry open – but only one household can be in the laundry at any one time
Level 2	<ul style="list-style-type: none">No in-home socialising permittedOutdoors – maximum 6 people from 2 householdsNo non-essential travel to level 3 or level 4 areasShops, hairdressers, pubs and restaurants openFrom 19/11/20 8 people from 3 households can meet to socialise in bars and restaurantsRestaurants can serve alcohol with a mealIndoor restaurants and pubs must close at 8pm and outdoor services close at 10.30pmFollow the F.A.C.T.S.	<ul style="list-style-type: none">Face-covering in shared spacesLetting permitted with safety measuresRoutine and emergency repairs – contractors wearing face-coveringsLounges closedLaundry open – but only one household can be in the laundry at any one time
Level 3	<ul style="list-style-type: none">No in-home socialising permittedOutdoors – Maximum 6 people from 2 householdsNo non-essential travel in or out of level 3 or level 4 areasShops, hairdressers, pubs and restaurants open (food only, no alcohol)Restaurants and pubs close at 6pmFollow the F.A.C.T.S.	<ul style="list-style-type: none">Face-covering in shared spacesLetting permitted with safety measuresRoutine and emergency repairs – contractors wearing face-coveringsLounges closedLaundry open – but only one household can be in the laundry at any one time
Level 4	<ul style="list-style-type: none">No in-home socialising permittedOutdoors – max 6 people from 2 householdsNo non-essential travel in or out of the areaOnly essential retail will be openTradespeople should only go into a house to carry out or deliver essential works or services e.g. utility safety checks, carry out repairs and maintenance that would otherwise threaten the household's health and safety, deliver goods or shopping, deliver, install or repair key household furniture and appliances, support a home moveHairdressers, pubs and restaurants will be closedTakeaway food services can openFollow the F.A.C.T.S.	<ul style="list-style-type: none">Face-covering in shared spacesLets to homeless persons onlyOnly essential works or services will be carried out e.g. safety checks and emergency repairs, and contractors will wear face coveringsLounges closedLaundry open – but only one household can be in the laundry at any one time



How to get ahead of the Curve this winter

written by Life Curve and StillGoing Project

Autumn is a beautiful time of year for all the changing colours on the trees and the sounds of migrating birds overhead. However, it is not so beautiful for the colder, darker nights and wetter and colder weather. It is often too easy to feel like having a 'duvet day' and we can find ourselves just not moving about as much as we did in the lighter summer months. On top of this, we have been living with COVID for what seems like an age – and with no particular end in sight – it can feel overwhelming. The First Minister is encouraging us to get out of our homes as often as we can for regular exercise. As a nation, Scotland has really taken walking to its heart – with more people than ever walking on a regular basis. Which is great when you think about the health and wellbeing benefits of a good brisk walk in the fresh air!

For many people though even doing this can seem quite daunting. Perhaps you have found yourself not venturing out as much, sitting watching TV more than you would have done. Perhaps you have had to do this whilst shielding or self-isolating. It is easy to lose confidence and motivation when it seems like so much of ordinary life is not possible.

With winter just around the corner, it is so important that we keep ourselves as physically fit as possible. Not only to keep doing the things that are important to us and to stay as fit as possible, but being in better physical shape helps our immune system. So if you are not ready to get out for a walk – did you know that there are things you can do in your own home? Simple movements that take minutes. That you can do while boiling the kettle or brushing your teeth or during the adverts on TV? You do not need special clothing or equipment. By practising every day, you can get ahead of the Curve and keep healthy, active and independent for longer.

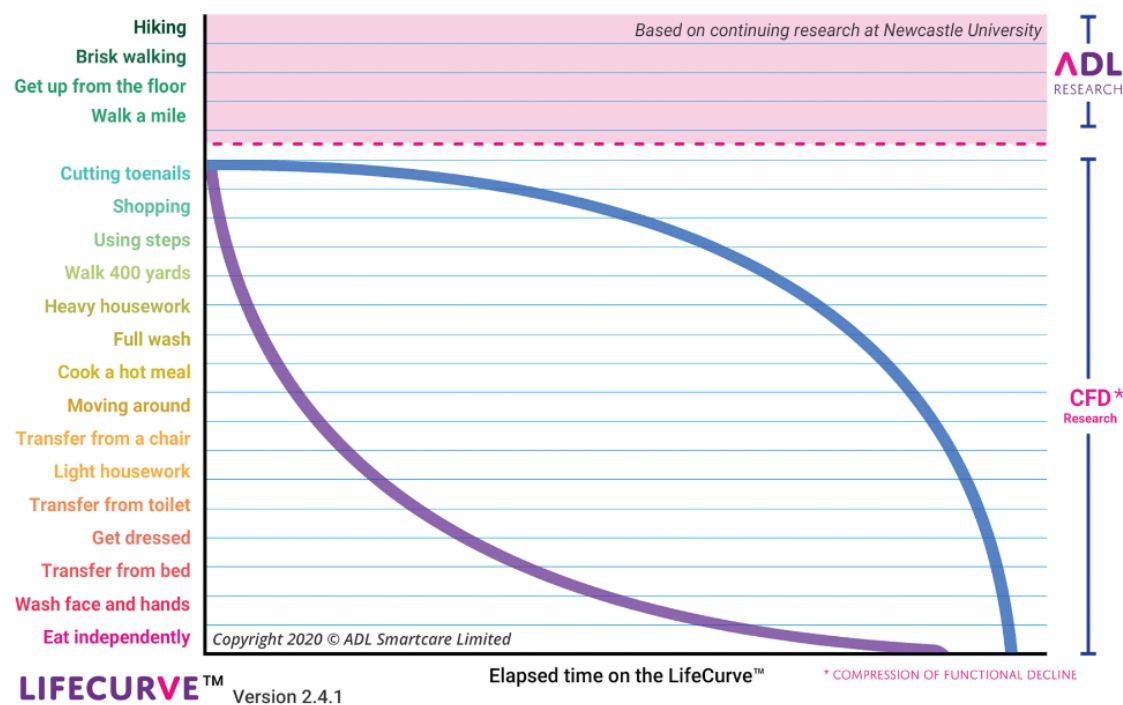
The Curve in question is the LifeCurve, which has been developed in Newcastle University with their industry partner ADL Smartcare Ltd. The LifeCurve is an easy to

understand way to find out how you are ageing and then get direct information, advice and help on staying active and independent for longer. Even where you find yourself struggling with some everyday activities – this is not an inevitable part of getting older. You can take some simple steps to change and improve your physical abilities. To make it even easier ADL Smartcare have made an easy to use App, which you can put on your smart phone or tablet. Answer questions on whether you can do the activities of daily living to find out where you are on your LifeCurve. Then choose from the range of activities at each LifeCurve stage to put into your plan to get started! You can even add your own activity to your plan. All the advice and information in the App has been devised by experts in their field and it is updated on a regular basis.

The App is completely free and confidential. There is no advertising. It works on any smart device.

Take Jean, who was receiving care at home and decided to start using the App. At the start she was struggling to do heavy housework (like hoovering) and after doing the activities for 6 weeks she had moved up 3 LifeCurve stages and was able to go out and do her shopping again. Or take Bob who was beginning to find getting dressed a real struggle. After 4 weeks of practising every day, he went up 10 LifeCurve stages and was able to get out and about. His mood and confidence also improved dramatically.

If you are interested, then why not get the App and partner with Strathclyde University who are undertaking their STILL Going Research Project, which is using the App to support older people in Scotland and find out what they are doing to keep active, healthy and independent in later life. To find out more you can either visit www.stillgoingproject.co.uk or email the Project Lead Susan Kelso on susan.kelso@strath.ac.uk.



Our lockdown stories

Morag's Lockdown Story

Paperless working and hairdressing!

I have enjoyed working from home for some aspects – it has enabled me, and my family, to stay safe. It has taken out the stresses of commuting and having to fit all your household tasks in during the evening.

However I have really missed being with my team, I miss the conversation and the feeling of company. I definitely miss my colleagues – it was strange at first only communication

by email and phone, and even stranger still when the only way you can see their faces is by a screen!

The hardest thing about working from home has been processing paperwork, it is difficult to do some of this virtually compared to being able to use an old-fashioned print and file system in the office. As great as technology is it isn't the be all and end all!

The easiest part of working from home has been being able to relate to our customers' situations when they call in – we are all stuck at home trying to continue business as usual as much as possible, and our tenants have been amazing at understanding this.

I set up my desk in our spare bedroom - we have three people working at home at the moment so the kitchen and living room were already taken!

During lockdown, being able to go for walks outside, do cooking and FaceTime friends and family has kept spirits up.

During lockdown, I learned how to cut hair – with a house full of mainly women; we were all missing the hairdresser! I taught myself to do cuts and blow-drying which everyone appreciated and gave a feeling of normality with 'weekly appointments'.

Christmas will be harder than normal this year, and it is likely to feel odd – but if you are feeling lonely/isolated/anxious please do reach out. Everyone is in the same boat and wants to help each other – by having a different kind of Christmas this year it may just mean we can

be back to a normal one next year.

On Christmas Day, I will be eating as much chocolate as I can and watching all the Christmas films on TV.



No Need to Feel Lonely

Here we are in the depths of the Scottish winter – dark dreich mornings and dark dreich evenings.

This lack of daylight and chilly weather means that it is normally quite a difficult time for some of us anyway, but this year even more so as we have had a socially distanced spring, summer and autumn. Who could blame us if we are feeling isolated and lonely, and not knowing what Christmas will bring adds to that unsettled feeling.

Firstly, we should know that there is no shame in being lonely, whatever the reason for that is. Here are some ideas on how to try to improve that feeling of loneliness.



Tell someone how you feel

A family member or friend – someone that you trust. If you do not have someone you can tell, then contact one of the helplines highlighted in the box below.

These services are confidential and there to help you.



Make a list of things you enjoy that you can do by yourself

- Listen to music and sing along
- Do a jigsaw or some puzzles
- Play a game on your phone
- Knit or crochet a scarf
- Watch a film or listen to the radio
- Read a book or a magazine

The possibilities are endless



Get outside if you can

The benefits of being out in the fresh air are well known. Even if you cannot go far it can make you feel better just to breathe in the fresh air. Although you will not be with other people, you will see other people.

And if it is cold remember to wrap up nice and warm.



Do something different

If you are online then there are loads of free online learning opportunities such as the University of the third age, learn a language or craft.

Even if you are not online you can still learn something new such as trying out a new recipe you saw in a magazine or get round to practising mindfulness from that book you bought 2 years ago.



Relax – try some deep breathing

If you are feeling overwhelmed try some deep breathing. See box on the right for balloon breathing but remember if it is uncomfortable stop, or breathe a little less deeply.



Look after your physical health

- Try not to eat too much junk food
- If you drink alcohol remember to do so in moderation
- Include fruit and veg in your diet every day
- Try to do a wee bit of exercise every day

The information in this article was taken from the NHS, MIND, BUPA and the Samaritans

Balloon Breathing

from www.littletwistersyoga.com

Step 1 - Inhale fully



Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top so you feel your belly, abdomen and chest expand out like a big balloon.

Step 2 - Exhale fully

Now open your mouth and slowly blow all of the air back out of your lungs, letting your belly sink down, as if deflating that imaginary balloon.



And then repeat for new breaths but try and breathe in and through your nose rather than your mouth.

Helplines

The Silver Line

0800 470 8090

Confidential helpline for older people – 24 hours per day, 7 days per week

SANeline

0300 304 7000

For those with mental health issues or supporting someone with a mental health issue.
Open 4.30pm – 10.30 pm every day

The Samaritans

116 123 (Freephone number)

Or email jo@samaritans.org

Confidential helpline for everyone
24 hours per day, 7 days per week

Alzheimer Scotland

0808 808 3000

For those with Alzheimer's or their carers and families
24 hours per day, 7 days per week

Seek help if you are feeling overwhelmed

If you are feeling completely overwhelmed and depressed and it is not getting any better then please do contact your GP to have a chat.



Are you claiming everything you are entitled to?

By Elaine Rosie,
Welfare Benefits Officer

Maybe there could be more cash in your pocket?

Many people over pension age do not receive the money they should; you might be one of them. It is easy to say, 'I won't get anything, I've got a works pension, I've got money in the bank, I have health problems but no one helps me & I manage!'

I can check if you should be getting more, even if you have a pension, savings or other income. With a simple phone call & a few questions, I can establish if a claim should be made for Pension Credit, Attendance Allowance, Housing Benefit, Council Tax Reduction & assist with taking these claims forward. If you qualify for certain benefits, it can lead to more such as free TV licence, help with fuel costs in the winter, help with dental/optical charges.

Even if you are not of pension age, you may still benefit from giving me a quick call to make sure you are claiming everything you are entitled to. I can help with things like housing and council tax benefit, universal credit and disability benefits.

And remember benefits are an entitlement and not someone doing you a favour.

If you want to know more please telephone or email and I can call back to discuss. Contact details are below.

Telephone: **0131 662 5144**

Email: **elaine.rosie@viewpoint.org.uk**

Christmas & Dementia – My Story

Written by one of our staff

I always find Christmas a bit of a challenge – perhaps because of my upbringing by a no-nonsense Glasgow mother who preferred New Year and a Cornish/Devonian father who had firm atheist views and lived miles away from his family.

However, we always made an effort and "did Christmas" even though it was only the three of us. I have good memories of waking up early to find my tangerine, often some chocolate & always a book (no doubt to keep me quiet until a decent hour) on Christmas morning & opening our presents, making the requisite phone calls to family and helping mum cook the Christmas dinner.

When I was first married I was quite clear – I wanted us to spend Christmas together and not fall into the 'one year my parents', 'one year his parents' scenario. And for a few years (about 3), I got my wish – but it wasn't really quite the same. In my haste to be my own person and be independent, I lost sight of Christmas being about family. Dementia brought me back to this. First, my mum developed dementia and then my dad. Now Christmas was about spending time with them, making sure they both had an enjoyable day and I suppose on some level I realised that this time I had left to spend with them was going to be limited.

Christmas with Dementia isn't easy – it can be a lonely time of year for carers or folk on their own. It can be confusing for folk living with dementia – "What do you mean I am related to these people?" When I first realised my dad had dementia it was a Christmas day – he momentarily forgot I was his daughter. There can be too much going on and it can all be quite overwhelming for someone with dementia who is already out of their routine. Formal care & support is often reduced leaving families to cope as well as they can.

But this year, now more than ever before, many of us are perhaps realising how important family is and also rediscovering how important Christmas is – not the presents and the bright lights and the decorations but realising that Christmas itself, with its message of hope and love (even for us atheists, Dad!), is important.

We may not have the Christmas we want this year and restrictions will likely mean we cannot have the big family gatherings some of us are used to. It has been a strange year and I have no doubt it will be a strange Christmas for many folk. However, we can try to make it count; even if we cannot hug the ones we care for, we can hold them with love in our hearts.

For anyone who needs it, the Alzheimer Scotland helpline will be available, even on Christmas day. Their tel. no. is **0808 808 3000**.

Wishing you & yours a happy, healthy & safe Christmas

Heating projects update by Colin Dumma

We have previously covered why we are behind with our proposed heating upgrades for a number of sites this current financial year 2020/21.

The Covid-19 pandemic has severely restricted our abilities to visit tenanted properties and gather the information we require. Access to carry out the installations is also greatly restricted and we are only able to carry out essential works to occupied homes.

However, we are carrying out various surveys and on selected sites; you will see a presence of surveyors from chosen organisations as a result. Tenants will not be directly approached and the surveyors will not access occupied properties. Internal surveys will be carried out to void

flats, corridors, plant rooms and common areas only. It is hoped we will be able to get all the information we require from these surveys and develop a specification for the works required specific to each site. The surveyors will follow Covid-19 guidance appropriate at the time and wear relevant PPE, face coverings and follow sanitization procedures as required.

As part of meeting the Energy Efficiency Standards for Social Housing (ESSH), these proposals need to look at renewable energy options for heating and hot water replacements. This means we are looking at ground source heat pumps, (GSHP), air source heat pumps (ASHP), biomass and other options to meet the standards. These types of heating systems are a big step away from traditional gas and are generally very expensive to install but we are looking at external funding sources that are available and where we qualify for support this will reduce the financial impact on Viewpoint.

Lack of available space and tight controls in protected areas may mean we have to remain with a gas-fired system. In these situations, we will look at including highly efficient boilers to manage energy costs. We will also look at a holistic approach to each site and this may include insulation and window upgrades where these are required and funding is available.

Once we receive the proposals from the service providers we will look very closely at them before deciding on the best option for tenants and the relevant building. We will consult with you our tenants before making major changes to the method of providing heating and hot water to your homes. We will also engage with independent external energy consultants to ensure you receive the best advice and guidance on energy supply and use.

Further updates will be sent to tenants on each site as they become available.



What's been going on in Tenant Participation?

by Heather Jeffrie, Tenant Participation and Communications Coordinator

It has not been easy for anyone to participate and at times we have had to make the best of what we have. On saying that, this has not stopped you being involved and I would like to thank all our volunteers and committee members for everything they do. Here are some things we have been doing:

Void Lettable Standard Review

A group of tenants were working on reviewing our new lettable standard just prior to lockdown. They were at the stage that they were going out to see how this standard worked in action. This has been postponed; however, the review group did prepare an interim report for the Board, with a few recommendations. Once it is safe to do so the group will go and see how this works in practice and complete the report to the Board on their findings. This has been frustrating for those involved but they have done a great job so far with this review.

Review of Tenants Handbook

This is being progressed through email and by using the postal system with the group of volunteers. It is not ideal and certainly inhibits the normal discussions that this would result in. We are at the stage where we need to look at the proposed handbook as a whole rather in sections, and at this time it is just not possible. The group have done a great job so far and we are nearly there.

Rent and Service Charge Consultation

By the time you read this you will have received the leaflet for the proposed changes to rent and service charges from 1 April 2021.

We were unable to look at the content of the leaflet with the working group this year. The consultation is following the last two consultation processes. We have, based on last year's comments, made a couple of changes and

have included information on what the proposed changes would mean for you and included the supplementary data as part of the leaflet. We have also produced the leaflet in large print to make it more accessible.

We had hoped to change how we carried the consultation out this year but as that involved more face-to-face contact it was impossible to do so.

Tenant Participation Outcomes 2019-2020

We consulted with our communication volunteers on the proposed leaflet and more detailed document to put on our website to highlight the outcomes of tenant participation during 2019/2020. The group commented on layout and content using our postal service. Well done to those who participated.

Screen Cloud Information Screens

We are currently consulting with a number of sites where the screen cloud will be situated. Tenants are being given the opportunity to tell us where the best location is for Screen Cloud. We currently have four sheltered housing sites where we now have an agreed location, this has been passed to our IT team, and Assets team to progress.

Mobility Scooter Stores

We have been consulting with tenants at Croft-an-Righ on this and hope to make some decisions with the working group on this in the near future. Following on from this we will also be consulting

with other areas where a scooter store is needed.

Social Activities

Mask Making – our mask-making group worked very hard to make washable, reusable masks for themselves and others. This was a lot of hard work and very well done to those who took part.

Book Club – we will be having our first book club meeting during the last week of November. We have been reading Holy Island by L J Ross. This article was written before that meeting has taken place but I am sure it will be great. If you would like to join our virtual book club please let me know.

Virtual Coffee Mornings – Unfortunately, our first virtual coffee morning did not work out. However, we will be trying it again in the New Year and if you would like to be part of this then please let me know.

If you would like to be more involved with the Association in current or future activities then please contact Heather Jeffrie by

Telephone: **0131 662 5142**

Email: **tp@viewpoint.org.uk**

By mail: Viewpoint Housing Association,
4 South Oswald road,
Edinburgh EH9 2HG



Repairs update by Simon Haile – Head of Assets

From the end of March 2020 until September, when we began to move out of lockdown, the Assets Team passed approximately 400 emergency repairs to our contractor, R3.

These were attended to during the lockdown period due to the nature of the repairs that were needed. These were completed subject to the essential Covid checks and safe working practices being carried out during the visits.

During lockdown we were unable to attend to routine repairs so, when repairs were reported to us they were logged in our system and tenants advised that they would be held until such time as we could attend and undertake the repairs. There were approximately 150 routine repairs held in the 'backlog'.

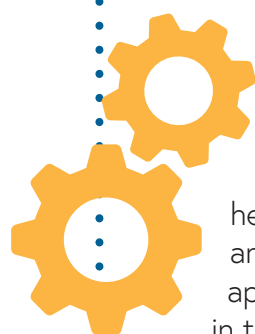
As we moved out of lockdown, tenants who had reported routine repairs were contacted by the Assets Team to ensure that the repairs they had reported still needed to be carried out and, if there were any other repairs needed that may not have been reported to us originally.

In September, we started to issue the backlog of repairs to R3 in phases so as not to overload them in one go. They were grouped by areas and trades e.g. a carpenter attending a complex could complete several carpentry jobs during the same visit, therefore reducing travel time and being more efficient.

We are pleased to advise that all the routine repairs that were held during lockdown in the backlog have now been passed to R3 and all of these were completed by mid-October.

When reporting repairs to the Assets Team, these are now being prioritised in the usual way and passed to R3 the same working day. We will continue to do this in accordance with Government guidelines and the tier system for Scotland and presently, we have no requirement to 'hold back' issuing your repairs to R3.

R3 continue to make appointments with tenants for urgent and routine repairs. We are considering ways of undertaking electronic or telephone satisfaction surveys with tenants for repairs over the next few months where this will be monitored and discussed with R3 at their regular contract meetings.



WE'RE HERE TO HELP



We're **Home Energy Scotland**, the Scottish Government's free energy advice service. We provide impartial advice and support to help people stay warm, make the best use of energy and save money on their bills.

Lots of people have seen their energy costs rise since the start of the coronavirus pandemic. If you're worried about this, we can offer support.

We can help with:

- Clear advice on ways to save energy and reduce fuel costs while staying warm at home
- Advice about grant and interest-free loan funding for heating, insulation and more
- Practical help if you find yourself without heating or hot water
- The latest information about extra help from energy suppliers

GET IN TOUCH

Phone **0808 808 2282** to chat to a friendly advisor – calls are FREE.
Email partnerships@se.homeenergyscotland.org
Visit homeenergyscotland.org

HOMEENERGYSCOTLAND.ORG
0808 808 2282
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New Texting Service

Since the last edition of Newpoint our Housing and ICT teams have been working hard behind the scenes to get this new service up and running.

As a result, we are pleased to announce we will be sending out our first communication on 16 December 2020.

We are aware you may have some questions about this service so we have tried to answer a few of them here:

Is There a Cost Involved?

No, this is a free service. It will not cost you anything to receive text messages from us.

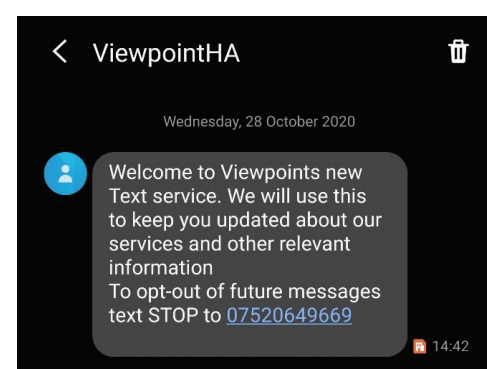
What Do I Need to Do to Receive Texts?

Most likely nothing at all!

If we already hold a mobile number for you in our records that is all we need and you will automatically be included in the roll out of this new service.

If you have not provided us with a mobile number before and would like to be included, please contact our Housing Team on 0131 668 4247, option 2 and we will be happy to update your contact information. Once we have your mobile number on record you will automatically be enrolled in this service and begin receiving any future messages that are relevant to you.

How Will These Messages Look and How Will I Know They Are From Viewpoint?



A screenshot of an example text message has been included here. Text Messages from Viewpoint will always show as From ViewpointHA rather than show a telephone number.

Our text messages will always end with our standard opt-out disclaimer message.

If you ever receive a text message purporting to be from Viewpoint and you are suspicious about its legitimacy please do not hesitate to contact our Housing Team on 0131 668 4247, option 2 to discuss the matter.

Can I Reply to Messages?

In short, no. This is a one-way communication system designed to enable us to share updates with you.

We may develop it further in future to enable you to request information (such as your current rent account balance) and automatically receive a reply, or to provide feedback on a service (for example just after the gardener has been). However, it is not possible to monitor general incoming messages to this phone number so please continue to contact us in the usual ways.

I Do Not Want to Receive Texts, What Can I Do?

If you are not interested in receiving text messages from us then do not worry, you can opt-out of the service at any time.

All you have to do is text the word STOP to **07520 649669** and we will update your contact preferences to reflect this decision.

You can do this now if you would like to opt-out, but if you would like to give the service a try to see if you find it beneficial then don't worry this opt-out information will be included on every text message you receive from us should you wish to opt-out in future.

Please note: you may still receive messages for a few days after updating your preferences as some messages may already be processing through the system.

We will never ask you to divulge personal or financial information, or to make a payment, via text message.



WIN £500 TOWARDS YOUR ENERGY BILLS!

How good is your energy saving knowledge? Take Home Energy Scotland's quiz to find out. You'll pick up tips to help you save energy and money at home – and if you leave your details, you'll be in with the chance of winning **£500** towards your energy bills!

Scan the QR code to go directly to the quiz or visit homeenergyscotland.org/win



HOMEENERGYSCOTLAND.ORG
0808 808 2282
FUNDED BY THE SCOTTISH GOVERNMENT





How to Build a Snowman

Some of us love it and others loathe it but, whatever our view, sometimes it snows. When we see the snow, there is that temptation to get out and build a snowman, have a snowball fight and make snow angels.

Chances are that you have never had to read an instruction manual on building a snowman. 'Do we need instructions?' you ask. Readers Digest think we do and published an article on this very subject which had input from a snow scientist and an expert snowman builder – yes really! Here is a very brief summary of everything you need to know to build your next snowman!

- Make sure your snow is not too wet or too dry
- To make him last longer put him in a shady flat area
- Make him with three balls of snow and don't make him too high to retain stability
- Don't make your snowball too big or you will hurt your back
- Flatten the top of each ball so that it is more stable
- Get creative and decorate him so he is King of the Snow.

Alternatively, just get out there and build him your way. That's the best way to build a snowman



Christmas Competition

We want to see your Christmas in photos/print

First Prize - £50 Shopping Voucher

Second Prize - £25 Shopping Voucher

Third Prize - £15 Shopping Voucher

Can be anything you want as long as there is a Christmas connection:

- Short Story or a poem written by you
- Drawing or painting which you have done
- Knitting, crochet or sewing
- Other crafts such as card making, gift making, macramé, quilting or stamping
- Photo of your Christmas jumper (either you can make one or one you have bought)
- Something else? You are only limited by your imagination

Send your photographs by email to: newspoint@viewpoint.org.uk

or post them to: Heather Jeffrie, Tenant Participation and Communications Co-ordinator, Viewpoint Housing Association, 4 South Oswald Road, Edinburgh, EH9 2HG

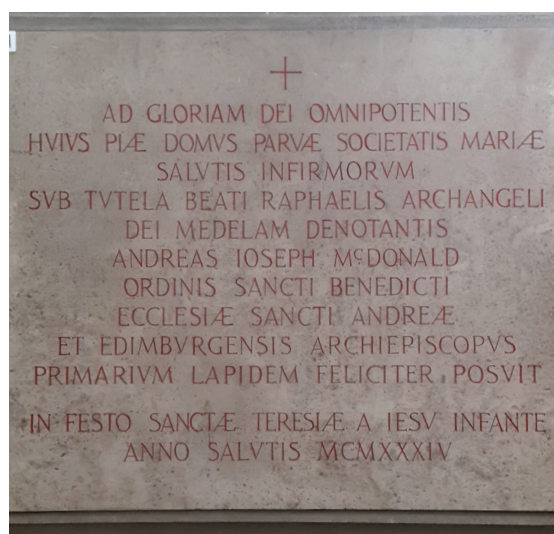
Remember to add your name and address so that if you win we can contact you.

Closing Date is 6 January 2021 to allow you to take your photographs any time in December 2020.

St Raphael's Foundation Stone

For anyone who has ever visited St Raphael's there is a foundation stone at the entrance, with writing in Latin. One of the residents has kindly translated this for us. Here is a photograph of the stone and the translation. A lovely piece of history.

To the glory of almighty God
This religious house of the Little Company
of Mary
For the health of the sick
Under the protection of the blessed
Archangel Raphael
The chosen carer of God's healing
Andrew Joseph McDonald
Of the order of St Benedict
Archbishop of the Church of St. Andrew
and Edinburgh
Gladly laid this foundation stone
On the feast of St Theresa of the
Child Jesus
In the year of Salvation 1934



Beetroot and Red Onion Tarte Tatin

Vegan? Fed up with Nut Roast for Christmas Lunch?

Try this recipe for Beetroot and Red Onion Tarte Tatin from the BBC Good Food website

www.bbcgoodfood.com/recipes/collection/vegan-christmas-recipes

Serves 2 – 3 people

Ingredients:

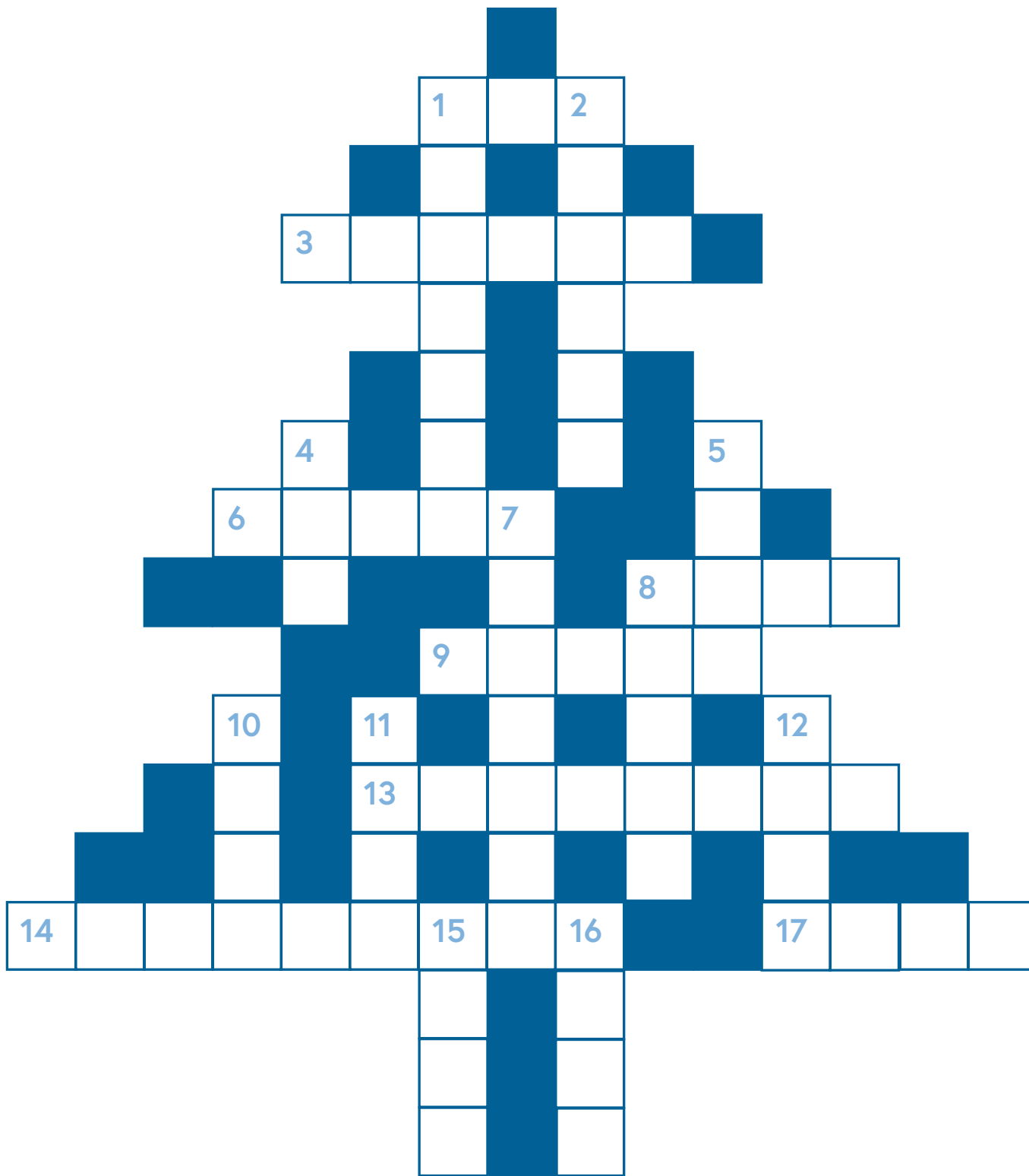
- 200g of beetroot cut into wedges
- ½ red onion cut into wedges
- 1 ½ tbsp. olive oil
- 1 tbsp rice wine vinegar
- 1 tbsp soft brown sugar
- 1 star anise
- Flour for rolling
- 250g Vegan puff pastry (e.g. Jus-Rol)
- ½ orange zested

Method:

1. Heat the oven to 200C/180C fan/Gas 6.
2. In a bowl toss the beetroot and onion in 2 tsp oil, the vinegar and the sugar. Add the star anise and some seasoning.
3. Heat the rest of the oil in an oven proof dish and then nestle in the veg so that they cover the surface of the dish. Cover with foil and cook in the oven for around 40 – 45 minutes.
4. On a well floured surface roll the pastry to 0.5cm thick and cut out a circle the same size as your dish. Take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer.
5. Lay the pastry on top, tucking it in all around the edges and then return the pan to the oven and bake for 35 minutes or until the pastry has puffed up and is a deep golden brown.
6. Slide a palette knife around the edge of the tart and put a plate on top of the pastry. Flip the pan over to turn the tart out onto the plate – be careful it will be hot.
7. Top with the orange zest and a sprinkle of sea salt and then serve.



Christmas Crossword



Across

- Pumpkin or mincemeat
- Santa's ride
- Celebration
- Newborn
- Northpole crew
- Word of praise
- Words on a Christmas card
- It's opened on Christmas



Down

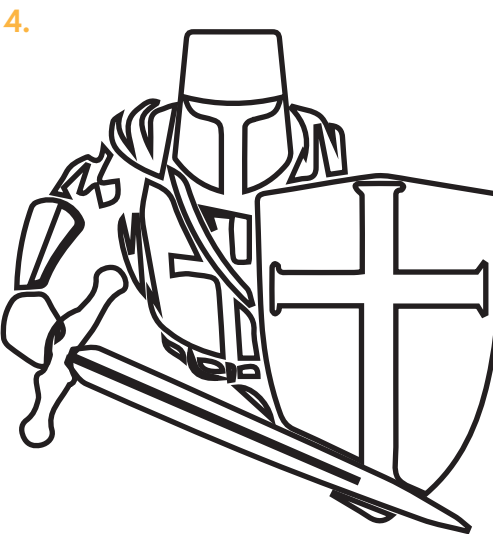
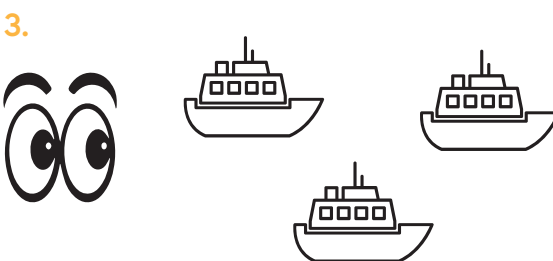
- Alternative word to 17 across
- Christmas drink
- Christmas centerpiece
- December holiday
- Christmas warmer
- "Jingle ____"
- Christmas tree
- O. Henry's "The Gift of the ____"
- What carolers do
- French Christmas
- Snow glider

Christmas Songs Rebus

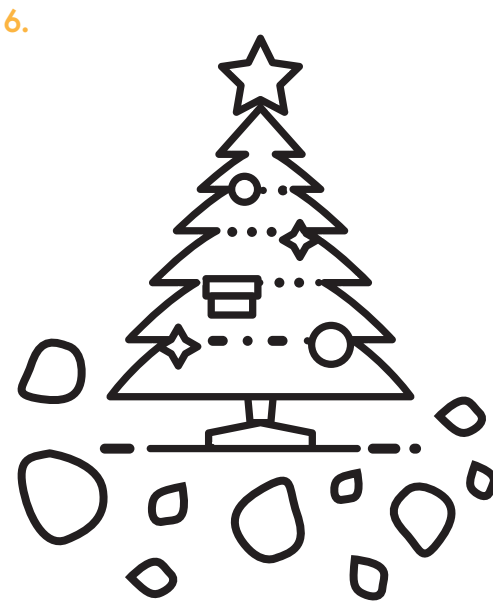
Name the Christmas song from the pictures below. Just 'Say what you see'.



2.
Christmas



5.
ABCDEFGHIJK MN
OPQRSTUVWXYZ
OPQRSTUVWXYZ
OPQRSTUVWXYZ



Answers to Christmas Song Rebus: 1. Jingle Bells - 2. White Christmas - 3. I saw Three Ships - 4. O' Holy Night - 5. The First Noel - 6. Rockin around the Christmas Tree
Down: 1. Present - 2. Eggnog - 4. Ham - 5. Xmas - 7. Yulelog - 8. Bells - 10. Pine - 11. Magi - 12. Sing - 15. Noel - 16. Sled
Answers to Christmas Crossword: Across: 1. Pie - 3. Sleigh - 6. Party - 8. Baby - 9. Elves - 13. Alleluia - 14. Greetings - 17. Gift



Christmas Wordsearch

I	K	M	M	D	N	O	D	G	Y	M	A	S	B
J	O	S	A	A	C	L	E	I	T	A	E	N	H
A	C	A	A	E	T	N	D	M	I	N	Y	O	D
C	T	M	E	R	S	M	C	A	V	E	N	W	E
K	F	T	F	B	S	E	O	N	I	G	S	F	C
F	R	S	A	R	E	R	C	G	T	I	A	L	O
R	I	I	M	E	N	R	R	E	A	F	N	A	R
O	E	R	I	G	A	Y	A	R	N	T	T	K	A
S	N	H	L	N	C	C	C	Y	E	S	A	E	T
T	D	C	Y	I	Y	S	K	A	I	N	C	Y	I
E	S	R	N	G	D	E	E	A	A	C	L	G	O
R	G	G	K	O	N	T	R	E	E	L	A	N	N
F	J	E	N	I	A	S	S	S	O	O	U	L	S
A	N	G	E	L	C	F	M	J	N	A	S	A	I

Find these Christmas words in the wordsearch

Candy canes - Tree - Jolly - Jack Frost - Gingerbread - Snowflake - Crackers - Manger - Christmas - Merry - Friends - Decorations - Nativity - Santa Claus - Gifts - Family - Angel

Revising the art of letter writing

Make a new friend today

Getting a personal hand written letter through the post leaves you with a nice warm glow. It is better than email because you can feel it in your hand and you can take it with you and read it wherever you want. But writing letters is a bit out of fashion, however a group of students at Edinburgh University have set up a new society called 'Blethers' with the aim of reaching out to older people through letter writing.

Blethers are a pen pal scheme.

Letter writing is what they do and it gives you the opportunity to communicate with someone new.

So how will this work:

- Blethers are well organised and have a privacy agreement in place.
- In order to protect everyone no home addresses are shared. Correspondence will go to the Blethers society main address 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, unopened.

- In addition, the society have some funds and can help with costs of posting and stationery.

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.

Moreover, if you have any other ideas about how Blethers can make contact with older people in the community then let staff know and they 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 all be part of this too.



The Rainbow Children

by Gemma Peacock

Gemma Peacock, of Shotton Colliery, wrote **The Rainbow Children** in just an hour after being inspired by all the pictures of rainbows in people's windows while feeling a bit down one day.

The history books will talk of now
That time the world stood still
When every family stayed at home
Waved out from windowsills
At those they loved but could not hold
Because they loved them so
Yet, whilst they did they noticed all
the flowers start to grow

The sun came out, they can recall
And windows, rainbow filled
They kicked a football in their yards
Until the night drew in
They walked each day but not too close
That time the world stood still

When people walked straight down
the roads

That once the cars did fill
They saw that people became ill
They know the world was scared
But whilst the world stood still they say
How much the whole world cared
They clapped on Thursdays from
their doors
They cheered for the brave
For people who would risk their lives
So others could be saved

The schools closed down, they missed
their friends

They missed their teachers so
Their Mams and Dads helped with
their work

They helped their minds to grow
The parents used to worry that
As schools were put on hold
Their children wouldn't have the tools
They'd need as they grew old

But history books will talk of them
Now adults fully grown
Those little boys and girls back then
The ones who stayed at home
They'll tell you that they fixed
this world
Of all they would fulfill
The Rainbow children
building dreams
They'd dreamed whilst
time stood still





Christmas anagrams

win £25 shopping voucher

All these anagrams relate to Christmas e.g. ARTS (4) = STAR.
Can you solve them all and win £25 shopping voucher.
Send your answers to
Heather Jeffrie, Viewpoint Housing Association ,
4 South Oswald Road, Edinburgh, EH9 2HG
by Tuesday 5 January 2021.

Name: _____
Address: _____

CASUAL ANTS (5,5)	
INTERBRED BOARS (5,9)	
FUN GIFTS (8)	
PEDOLOGIC TUMLIN (7,8)	
COORDINATES (11)	
STRETCHIER SAM (9,4)	
HUG ELWIN (8)	
LATHERY HOWL (5,6)	
HOHO UNDER-REPRESENTED RIDDLE (7,3,3,5,8)	
RAGMEN (6)	
SERPENTS (8)	
CROSS MATCHING KITS (9,8)	
OPIATE TINS (10)	
RESCORING SAL (5,7)	
VENETIANS CITY (8,5)	
PINE MICE (5,3)	
GINGER SET (9)	
HAS RACED (8)	
RENT WORLDWIDE NAN (6,10)	
PLUSSES OR BURSTS (8,7)	

Christmas Riddles

- When does Christmas come before Thanksgiving?
- Which one of Santa's reindeer can be seen on Valentines day?
- What does Santa do in his garden?
- Why are Christmas trees bad at knitting?
- What do you call a snowman in the summer?
- In what year did Christmas day and New Years Day fall in the same year?



Christmas Tongue Twisters

- How many deer would a reindeer reign if a reindeer could rein deer
- Santa seems seriously sick since Sally served sour salmon soup

Christmas Quiz

So you think you know all about Christmas? Test your knowledge by trying this fun Christmas quiz.

- How many reindeer does Santa have?
- What are their names?
- Who sang "White Christmas"?
- Elvis didn't have a white Christmas. What colour was his?
- What was the first name of Scrooge?
- What colour are mistletoe berries?
- What are you supposed to do when you find yourself under the mistletoe?
- How many gifts in total were given in the song "The Twelve Days of Christmas"?
- What was the first company to use Santa Claus in advertising?
- In which country do children traditionally leave Santa a cold beer on Christmas Eve?
- Who invented Christmas crackers?
- Which continent is the turkey from?
- What is the most famous Christmas ballet?
- What is Frosty the Snowman's nose made of?
- Which country donates the Christmas tree on the Mound in Edinburgh?
- Which royal made the first Christmas broadcast and in which year?
- Who is the patron saint celebrated on 26 December?
- In which carol can you demand figgy pudding?
- What was the first carol broadcast from space?
- What do you get if you eat Christmas decorations?



Answers to Christmas Riddles: 1. In the dictionary - 2. Cupid - 3. Ho Ho Ho - 4. Because they keep dropping needles - 5. Puddle - 6. Every Year
Answers to Christmas Quiz: 1. 9 - 2. Dasher, Dancer, Pancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph - 3. Bing Crosby - 4. Blue - 5. Ebenezer - 6. White - 7. Kiss - 8. 364 - 9. Coca Cola - 10. Australia - 11. Tom Smith - 12. America - 13. The Nutcracker - 14. A button - 15. Norway - 16. George V in 1932 - 17. St Stephen - 18. We wish you a merry Christmas - 19. Jingle bells - 20. Tinslittus!!