

21 December 2020

VIEWPOINT
joy in later years

NEWSPOINT EXTRA

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Number 26

Christmas may not be what we had planned but as a friend of mine often says 'It is what it is'. So lets make the best of it and work with what we have. At the back of this newsletter there are the current restrictions and what this means for Viewpoint services.

聖誕快樂，
新年快樂

Merry
Christmas and
a Happy New
Year

Wesołych
Świąt i
Szczęśliwego
Nowego Roku

Feliz Natal e
um Feliz Ano
Novo


Frohe
Weihnachten
und ein
glückliches

Nollaig
Chridheil agus
Bliadhna
Mhath Ùr

Feliz Navidad
y un Feliz Año
Nuevo

Shèngdàn
kuàilè, xīnnián
kuàilè

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December—



Things you always wanted to know

St Nicholas Day



This is the feast day of St Nicholas, Bishop of Myra in Asia Minor (now Turkey) in the 4th century AD. He is the patron saint of children.

In the Netherlands and neighbouring countries of Europe, St Nicholas is said to bring sweets and presents to well behaved children on 6 December. This tradition was imported to the USA by Dutch settlers, and St Nicholas evolved into Santa Claus. In this new incarnation he subsequently returned across the Atlantic to merge with the British Father Christmas.



The First day of Winter

In the Northern Hemisphere, the Winter Solstice marks the first day of the season of winter. It falls on, or near the 21 December.

The pagan celebration of Winter Solstice (also known as Yule) is one of the oldest winter celebrations in the world. It is a celebration of the shortest day and longest night of the year in the Northern Hemisphere, when the North Pole is at its furthest point away from the sun.



Lord of Misrule

In ancient Roman times 17 December was the beginning of the festival of Saturnalia, in honour of the god of agriculture. It was originally just a day event but eventually grew into a seven day orgy of feasting and merrymaking, an element which later appeared in the Christmas, New Year and Twelfth Nigh Night celebrations in the UK.

The Saturnalia was a holiday period for all, including the slaves who were waited on by their masters for the duration. Presents were exchanged, informal clothes worn and gambling games permitted. It was also customary to appoint a master of the revels, a character that reappeared in England as the Lord of Misrule, who formally presided over the Christmas celebrations, or over the entire period from All-Hallows-Eve (31 October) to Candlemas (2 February).



Christmas Superstitions



If you take a candle to church at Christmas, don't bring it home, blow it out and leave it with the vicar for good luck

Wearing new shoes on Christmas day will bring bad luck

The child born on Christmas day will have a special fortune

'Marry on December third,
For all the grief you ever heard'

A Christmas pudding should be made with 13 ingredients to represent Jesus and His Disciples and that every member of the family should take turns to stir the pudding with a wooden spoon, from east to west, in honour of the Wise Men.

On Christmas Eve all animals can speak. However, it is bad luck to test this superstition

If New Year's Eve night-wind blows south,
It betokeneth warmth and growth;
If wet, much milk, and fish in the sea;
If north, cold and storms there will be;
If east, the trees will bear much fruit;
If north-east; flee it, man and brute!



December Anniversaries



2 December 1697	Opening of the new St Paul's Cathedral in London
3 December 1795	Rowland Hill, the originator of the Penny Post, was born
4 December	Feast of St Barbara, patron saint of anything connected with thunderstorms, fire, gunpowder electricity or sudden loud noises
5 December 1901	Walt Disney was born
5 December 1958	Prime Minister, Harold MacMillan opens Britain's first motorway
10 December 1960	First episode of 'Coronation Street' aired
13 December 1577	Francis Drake set sail round the world in the
17 December 1903	Wilbur and Orville Wright made the first powered
21 December 1937	Premier of 'Snow White and the Seven Dwarfs', the first full-length animated cartoon
24 December 1818	'Silent Night, Holy Night' was first sung. The words were written by Joseph Franz Mohr, a young priest, and music by Herr Gruber in Oberndorf in Austria



May you never be too grown up to search the skies on Christmas Eve

Unknown

Things to do

Lockdown Christmas—A Pantomime

Citadel Arts and the tenants at Croft-an-Righ released their second play, which is a pantomime called Lockdown Christmas. Join the cast for some laughs and find out what happens. It is a great story, some corny pantomime jokes but lots of fun. Nicola Sturgeon has been kidnapped by the nefarious witch—will they be able to free her in time to save Christmas. You'll have to listen to find out.

Lockdown Christmas by Vincent Maguire is the second audio production by the Chat 'N' Chew Drama Company based in Croft an Righ, a Viewpoint Housing Association complex for older people. The play is performed by the tenants assisted by professional actors, Sian Fiddimore and Adam Tomkins. Music is by Al Clement, sound design by Stewart Emm and the play is directed by Liz Hare.

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



Guid Fer a Laugh



Thought I would send you something a wee bit different rather than look for 'stuff' to do online. I have the Scots Literacy Pack number 4 produced by Edinburgh Council, which has a Christmas and New Year focus.

You may find words and stories and songs that bring back some memories—it certainly did for me so I hope you enjoy reading this and even doing the activities. Let me know what you think by emailing me at tp@viewpoint.org.uk

I have also managed to get hold of the first three packs so can send them around in the New year.

***May you never be too grown up to search the skies on
Christmas Eve***

Unkown

Christmas Bubbles—What you need to know

Information from the Scottish Government Website

At the time of issue of this newsletter these were the most up to date details of what we are and what we are not allowed to do at Christmas. To ensure you keep up to date visit the Scottish Government website

<https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-festive-period/>

The safest way to celebrate Christmas this year is to celebrate with your own household in your own home - and as far as possible, to keep any interaction with other households to a minimum. This is by far the safest way to spend this Christmas and keep your loved ones safe.

Christmas bubbles can be formed on the 25th December to help reduce loneliness and isolation. You can meet with your bubble in a home, outdoors or in a place of worship.

You do not have to form a bubble if you do not want to – the safest way to spend Christmas is to stay in your own household, in your own home and your own local area.

If you do decide to form a bubble, this updated guidance asks you to:

- **minimise the number** of people in a Christmas bubble. 8 people from 3 households (plus children under 12 years of age from the three households) is the legal maximum. One of the households can be an extended household. But our recommendation is that a gathering of no more than 2 households would be better - the smaller the bubble, the better and safer it will be
- **stay outside as much as possible.** We strongly recommend that you should stay outdoors as much as possible and that, if you have to meet indoors, you should minimise the time you spend inside

- **minimise the distance you travel.** The law allows you to travel within Scotland – but not to or from outside Scotland – to form a Christmas bubble. You must travel to form a bubble and return home on Christmas day

You should not go to a pub, restaurant, café or entertainment venue, for example a cinema or theatre, with your bubble.

If you don't form a bubble you must [follow the rules in the local authority area you live in.](#)

From Boxing Day all of mainland Scotland will be in Level 4 and you should follow the rules for travelling and meeting up for Level 4 (see next page)

Hogmanay and New Year: Christmas bubbles apply on Christmas day only. They will not apply at Hogmanay and New Year. Level 4 restrictions will be in place over this period.

Looking after yourself: These are worrying and uncertain times. The coronavirus outbreak has changed the festive period for many people in Scotland and has had a real impact on how many of us are feeling.

Whether you have been directly affected by the virus, or are struggling to cope with the restrictions, it is important to look after both your physical and mental health. Visit www.clearyourhead.scot for practical advice on how to look after your mental wellbeing, and sources of support if you need to talk to someone.

What are the Level 4 Restrictions?

And how will they affect Viewpoint services?

General rules

- No in-home socialising permitted
- Outdoors – max 6 people from 2 households
- No non-essential travel in or out of the area
- Only essential retail will be open
- Tradespeople 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 move
- Hairdressers, pubs and restaurants will be closed
- Takeaway food services can open
- Follow the F.A.C.T.S.

Viewpoint Services

- Face-covering in shared spaces
- Lets to homeless persons only
- Only essential works or services will be carried out e.g. safety checks and emergency repairs, and contractors will wear face coverings
- Lounges closed
- Laundry open – but only one household can be in the laundry at any one time

Level 4

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



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



If you are unable to get the help you need please let us know and we can try and help you. Our contact details are on the front of the newsletter or you can speak to your onsite co-ordinator.