

15 January 2021

NEWSPOINT EXTRA

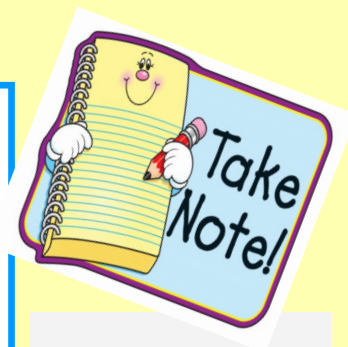
Viewpoint Community E-Bulletin
Number 27

HAPPY NEW YEAR

And it's not been the best of starts with more Covid restrictions, more cases of Covid being diagnosed and hospital admissions increasing. It is because of this that you must continue to be careful and not put yourself, or anyone else, at risk.

If you are unable to access essential services like shopping and have no-one to help you then please contact the **National Helpline on 0800 111 40000** or let us know and we will try and help you.

And if you just want a chat to help you through all of this then again please give us a call. You are not alone and we will support you in any way that we can.



In this issue:

- Winter Fuel Payments
- Age Scotland—Get Organised in 2021
- National Winnie the Pooh Day
- One step to help prevent climate change

Viewpoint Staff Take the Step Count Challenge

Back in October I told you that 25 staff (5 teams of 5) were taking part in the step count challenge to walk as much as possible for eight weeks from the 5 October 2020.



I am delighted to say that all five teams lasted the course and made it to the end of 5 weeks. Collectively we walked **12,413,597 steps** which amounts to around **6,000 miles**. So as the crow flies we walked from Edinburgh to Brazil.

Well done to all those who took part and I can say that some good walking habits were formed during the 8 weeks.

Contact Us



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New Year Resolutions

Why Bother?

It means that we have taken time to evaluate where we are and decide what we would like to see happen in the next year. According to the internet, people who make resolutions are 10 times more likely to attain their goals than those who don't make any.

And it does not have to be big ideas and changes. Resolving to tidy the drawer with all the junk in it and keep it tidy is just as valuable as resolving to run a marathon. So here are some tips to achieving your goals:

Make it realistic—no point in saying you will get your PHD this year when you've not even started on this journey. So instead you could say you will do a night class or online course in your chosen subject.

Don't make too many resolutions—no point in stressing yourself and much easier to achieve one thing at a time.

Break it down into bite size pieces—

rather than resolve to 'make a quilt for my king size bed' it could be to learn the necessary skills of patchwork and applique this year or to make a small quilt for a baby's cot or the cat.

If you slip up don't give up—okay so the healthy eating has not gone well and that box of chocolates has 'disappeared' - get back on the horse and just keep trying. After all 'Rome was not built in a day'.

Find someone with a similar goal—work on it together and you can support each other. Important if you are wanting to lose weight, drink less alcohol or give up smoking.



Getting organised in 2021

Some ideas from Age Scotland



New Year can be a good time to face some of those jobs that there's a tendency to put off, such as power of attorney, benefit entitlement and writing a will.

Unforeseen events can occur, and having a **power of attorney** in place means that in the event of incapacity, someone you know and trust can make decisions on your behalf. So it's never too soon to consider setting up a power of attorney. To find out more see: <https://www.ageuk.org.uk/globalassets/age-scotland/documents/ia---factsheets/legal-and-family/leg-1-a-guide-to-power-of-attorney-nov-19.pdf>

Did you know that many **benefits** go unclaimed? For example, an estimated £2.2 billion of available Pension Credit was unclaimed across the UK in 2017/18. To find out about entitlement see <https://www.gov.uk/pension-credit>. It can also be worthwhile getting tailored benefits advice and a benefit check: Viewpoint's welfare benefit officer is available to help you. You can contact Elaine on elaine.rosie@viewpoint.org.uk or telephone 0131 6625144

Wills: writing a will ensures your money and any property are distributed how you wish after your death: if you don't have a will, this might not happen how you would have wanted. See this link for more information on how to get started: <https://www.ageuk.org.uk/globalassets/age-scotland/documents/ia---factsheets/legal-and-family/leg-4-making-your-will-aug-2020.pdf>.



Useful Information



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

Winter Fuel Payments

We have been made aware of a possible glitch with Winter Fuel Payments from DWP.

A lady got in touch with DWP as she received her winter fuel payment, but her husband, who lives with her did not. The DWP advised that there had been a glitch in their system. They advised that if you think you should have had a winter fuel payment and have not received it by 13 January 2021 then you should contact the Winter Fuel Payment Centre

Telephone: 0800 731 0160 or online at

<https://secure.dwp.gov.uk/contact-winter-fuel-payments-centre/contact-form>

Winter fuel payments 2020/21

Between 21-27 Sep 2020 you:	Born between 28 Sep 1940-5 Oct 1954	Born on or before 27 Sep 1940
Lived alone (or none of the people you lived with qualify)	£200	£300
Lived with someone aged under 80 who also qualifies	£100	£200
Lived with someone aged 80 or over who also qualifies	£100	£150
Lived in a care home but didn't receive pension credit, income support, jobseeker's allowance or income-related employment and support allowance	£100	£150

Things you can do about climate change one step at a time.....

Reduce food waste. Roughly one-third of all food produced for human consumption around the world goes to waste. Environmentally, it accounts for about 8% of all global greenhouse gas emissions, 24% of the freshwater and 28 million tonnes of the fertilisers and pesticides used in agriculture. If food waste was a country, it would be the third biggest emitter of greenhouse gases after the USA and China! Some tips to help you waste less food:

- Meal plan
- write a shopping list and stick to it.
- Freeze leftovers or food about to go off.
- Get creative with meals and use leftovers.
- Share meals with neighbours.

<https://thegreenhubonline.com/2019/05/21/50-things-you-can-do-about-climate-change/>



Special Events - January 2021

11 January 2021

This was the start of Houseplant appreciation week. One of our staff has kindly shared a photo of her succulents and note that they all have individual names. They all look very healthy and very pretty.

Do you have a photo of a houseplant that you would like to share with us? Email me at tp@viewpoint.org.uk



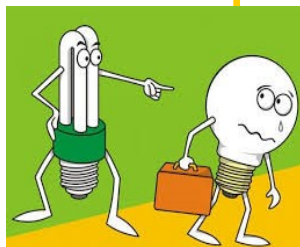
18 January 2021

Lots of things happening on this date!

It's the start of **Sugar Awareness Week** and **Energy Saving Week**. 18 January is also **Brew Monday (or Blue Monday)** and it is **National Winnie The Pooh Day**

Energy Saving Week

The week focuses on raising public awareness of how to switch energy supplier or tariff to get the best deal, access discounts and make homes energy efficient. This is the 8th Big Energy Saving Week and is a partnership between Citizens Advice, the Energy Saving Trust and the Department of Business, Energy and Industrial Strategy with the support of numerous organisations, charities and companies.



Sugar Awareness Week



Sugar Awareness Week will be an opportunity to celebrate the success of food industry, government and NGOs' progress so far, and discuss the future for sugar and calorie reduction and its place in the government's Childhood Obesity Plan.

Brew Monday—Not Blue Monday

The third Monday in January is supposed to be the most depressing day of the year. The Samaritans started Brew Monday in response to this—Brew Monday will banish Blue Monday.

Feeling alone with your problems can have a big impact on your mental health. Reach out to a friend, family member or colleague for a virtual cuppa and a chat. It doesn't have to be a Monday or a cup of tea, just taking time to really listen to another person could help them work through what's on their mind. Because now more than ever, sharing a cuppa is more than a drink – it's about reaching out, checking in and staying connected.



Winnie The Pooh Day



Is celebrated every year on AA Milne's birthday (born 18 January 1882)

A chance to revisit Winnie the Pooh stories or watch the Disney film. Or you can watch the film *Goodbye Christopher Robin*

for the story behind the stories. It's also a chance to reach out to someone with your favourite quote from Winnie the Pooh by text, letter or email (some suggestions overleaf)

Pure Nostalgia!

Store Cupboard Recipe

Chocolate Crunch Bars (Cuts into 6 pieces)

Ingredients

50g butter, roughly chopped
150g dark chocolate, broken into squares
1.5 tbsp. golden syrup
70g rich tea biscuits, roughly crushed
6 pink (or white) marshmallows quartered (use scissors it's easier)
1 packet of sweets of your choice e.g. maltesers, Turkish Delight, Milky Way, Crunchie, chopped roughly

Method

1. Gently melt the butter, chocolate and syrup in a pan over a low heat, stirring until it is smooth. Leave to cool for around 5—10 minutes
2. Stir in the Tea biscuits, marshmallows and sweets until all mixed together
3. Put mixture into a small tin (about 9cm diameter) and level off.
4. Put in the fridge for at least 20—30 minutes to set hard.

Cut into 6 pieces, make yourself a cuppa and enjoy.

Recipe and photograph from
www.bbcgoodfood.com/recipes/

We reckon that this recipe meets the criteria of all the special days on the previous page.

- You are saving energy as your oven is not on and cooking minimal
- You are aware that the sugar content is high (not quite in the spirit of the week but no-one is perfect)
- You can eat with your brew, and your feet up while on a video call or texting your friend or neighbour.
- You can send you Winnie the Pooh quote by text, read the stories or watch a Winnie the Pooh film, while you relax



And Finally....Some words of wisdom from Winnie the Pooh

People say nothing is impossible but I do nothing every day



It is more fun to talk to someone who doesn't use long, difficult words, but rather short, easy words like 'What about lunch?'

You're braver than you believe, stronger than you seem and smarter than you think



Sometimes the smallest things take the most room in your heart