

5 February 2021

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 28

No Change to Lockdown...

But do you have everything you need?

I am sure you are all aware that there were no major changes announced this week by the Scottish Government about lockdown restrictions.

We are into our 11th month of the pandemic and living with restrictions. I am sure many of us have COVID fatigue—but keep fighting on and we will see it through.

For some of us our circumstances may have changed and we may require more support than we did before. For others your support network may no longer be available to you. In these circumstances, it is often difficult to know where to turn as we are not talking to people and sharing information in the way we would normally do.

Whether you are in mainstream or sheltered housing if you need help and do not know where to turn please give us a call and we will help you in any way that we can. You can contact your Co-ordinator or phone our main office number **0131 668 4247**.

COVID-19 Vaccine

The Scottish Government have kept us up to date about the roll out of the vaccine across the country.

NHS Informs website has lots of information on the vaccine, the appointment system and what happens next. Information on this can be found at:

<https://www.nhsinform.scot/covid-19-vaccine>

You can also find specific information about what is happening in your area using the local links below:

NHS Fife: <https://www.nhsfife.org/news-updates/campaigns-projects/coronavirus-information/vaccination-programme/>

NHS Lothian: <https://www.nhslothian.scot/Coronavirus/Vaccine/Pages/default.aspx>

Beware of COVID Vaccination Scams

Advice from the Edinburgh Social Care Partnership

We've been made aware that fraudsters are sending out fake text messages offering a COVID-19 vaccine in an attempt to steal personal and financial information.

The text offers a link to an extremely convincing fake NHS website where people are asked to input their bank details to register for a vaccine. The scam message reads "We have identified that you are eligible to apply for your vaccine" and then prompts you to click on a link for further information or to 'apply' for the vaccine.

Cold callers are also asking people to pay for the vaccine over the phone.

Please remember that there is no charge for the vaccine.

Major organisations like The Edinburgh Health and Social Care Partnership will NEVER send unsolicited emails or texts asking for banking details. If you receive a text or email that asks you to click on a link or for you to provide information, such as your name, credit card or bank details, it's a scam.

You should never give out personal details to organisations or people before verifying their credentials first, even if the message appears to be genuine.

Things to do online



ACE IT

Getting Connected Online

ACE IT Scotland are launching their new online course aimed at the over 50s to help them get to grips with online basics, from email to video calling and staying safe online. The course runs from 11am—12 noon on 23 February, 2 March, 16 March and 23 March 2021.

You can find out more by clicking on the Eventbrite link below or contact Katie at Katie@aceit.org.uk

<https://www.eventbrite.co.uk/e/ace-it-online-basics-tickets-137765615665>

Online Radio Show for all

From Bertha Park High School in Perth

Bertha Park High School in Perth has created a 15-minute radio programme aimed at older people and it can be found at

<https://www.berthaparkhigh.org.uk/radio/>

So, what's in it?

- This episode is themed around the year 1960.
- It features chat, facts, and music from that year.

How can I hear it?

- It's a podcast, which is an online radio show that you can listen to whenever you want.
- It will play on whatever device you are using.
- You might want to connect your device to a speaker to hear better.

How can I interact with it?

We're encouraging listeners to get in touch and the link is on the same page as above.

- You can **request songs, make a dedication, birthday wishes, anything really.**

As well as filling-in the form, you can also email or write to us at Bertha Park High School Radio, Adamson Avenue, Perth PH1 0AU. We're looking forward to hearing back from you with suggestions for what year to cover next and any other request or feedback you have. We'll be creating more soon.

We hope you enjoy the show! Best wishes from the pupils & staff at Bertha Park High School



Useful Information

The Big Survey

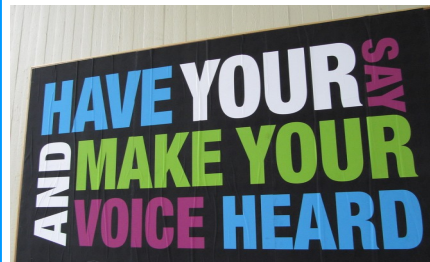
www.age.scot/BigSurvey



Age Scotland are excited to let you know that they have just launched The Big Survey

This is their first comprehensive look at what it is like to grow older in Scotland and seeks the views of people over the age of 50 on the issues and challenges you face, and where change is needed.

It covers a wide range of areas such as health and wellbeing, housing, representation of older people, ageism, the impact of Covid-19, loneliness, social care, scams and much more.



They are working with researchers from Scotinform on this and the results will give invaluable information that will not only help to prioritise Age Scotland's campaign work, but also inform their media and policy responses.

A Message From Dawn at Capital Theatres

Well, hello to 2021...and that is all I will say about it.

Our **dementia friendly programme of online activities starts again next week** and there are a couple of filmed opportunities for you to enjoy until then.

From now until June we will be continuing on with our online tea parties and afternoon tea deliveries whenever possible. This month, due to the current conditions and lockdown, I made the decision to not have afternoon teas delivered to families/care homes as I felt that although lovely to receive, it wasn't essential at the moment. I will continue to follow government guidelines on this and get them out again as soon as possible.

This month, I am delighted to bring a short **Tea Party performance by members of the Cosmic Ceilidh Band, Kenny Vass on keyboard and Ian Mackenzie on the accordion, for a celebration of our Scottish Bard, Robert Burns.** The You Tube link to click on and watch is:

<https://youtu.be/stjjU2kpouQ>

We also have **three more of our Sundown Stories for you to enjoy that were released to view over the Christmas period. This is a series of relaxing stories for anyone to enjoy and have been written by persons living with dementia.** The You Tube links to click on and watch are:

A Real Tom Boy by Joyce Miller: <https://www.youtube.com/watch?v=Z0mZtDewja0&t=134s>

School Days by Doris and Lorna Hill: <https://www.youtube.com/watch?v=seO-hTq4pxw>

Tiger Rescue by Marion Conacher: <https://www.youtube.com/watch?v=lpeFfRDc328>



Reducing Food Waste



Sometimes it is hard to think of things to do with leftover food and, as a result, it is thrown in the bin. In doing so we are adding to landfill and wasting money, as it is food that, giving a little thought, we could eat.

www.wrap.org.uk say that in 2018, 6.6 million tons of food was thrown away and about 70% of that could have been used.

What can we do about it?

1. Menu planning: Try and plan your meals in advance and buy accordingly.
2. Think about what you could do with leftovers. There are some ideas on how to use leftover mashed potato on this page—all simple and economical. I am sure you will have other ideas—let me know.
3. If you have a freezer you can always make an extra portion and put it in the freezer for another day.
4. If you have something you can't use could your neighbour use it? Sharing food with others is a good way to reduce waste.

Things to do with left over

Mashed Potato

1. Grill sausages, cook some veg, make some gravy and enjoy good old sausage and mash.
2. Cheese and onion pasties: Add 40g mashed potato with 40g strong grated cheese and some chopped onion. Wrap in a piece of puff pastry and cook in the oven (180C) for around 20 minutes. Serve with salad, or chips or other veg.



3. Shepherds Pie: If you have some cooked mince you can add some extra veg to it and put in an oven proof dish. Cover with the potato and some grated cheese and put in the oven (180 C) until piping hot and slightly browned on top.
4. Freeze the left over mash for another day. Take out the freezer when you want to use it and defrost. Put in oven proof container and cover with foil and cook in the oven (180C) for about 30—40 minutes until hot. You can add a little butter and stir this through to keep them creamy.

And Finally....

My biggest addictions have been chocolate cake, mashed potatoes, and butter sandwiches

Frank Iero
PICTUREQUOTES.COM

Contact Us

Tel: 0131 668 4247

Email: admin@viewpoint.org.uk

Website: www.viewpoint.org.uk