

5 March 2021

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 29

Scotland's Route out of Lockdown



Lots of good news out there:

- Vaccination programme is ongoing—remember that you will have to go for your second jab when called
- In many areas positive tests for coronavirus are falling
- Number of people in hospital with coronavirus reducing
- Number of people losing their lives is falling
- And last week Nicola Sturgeon announced Scotland's route out of lockdown

The plan is for 'progressive easing' out of lockdown rather than have specified dates for each change. However some possible dates have been mentioned, but these are provisional and will

depend on evidence of suppression that will allow the changes to be made.

22 February 2021—Schools have started to return, albeit it on a phased basis

15 March 2021—A maximum of four people from two households may be able to meet up outdoors

5 April 2021—A decision will be made on whether the 'stay at home' restriction will be lifted

26—30 April 2021—Scotland will return to the regional five tier system that was previously in place but only if virus suppression continues

It all seems to be ifs and buts and maybes, and it is, but the outcomes are really dependent on all of us doing our bit and sticking to the rules. I know it is hard but there is some light at the end of the tunnel.



Contact Us



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Forth Road Bridge—in Lego?

A civil engineer's bid to persuade Lego to choose his design of the Forth Bridge for a future box set has received the 10,000 votes it needs.

Michael Dineen, who worked in South Queensferry for two years, spent a painstaking four months building a 4.7 metre model of the landmark in 2019.



He had to scour sites similar to eBay which sell Lego bricks and needed around 3,000 bricks, and several different designs, to complete the build.

Michael, who works on **Transport Scotland's** Forth Bridge Forum, then set about encouraging fans to vote for his creation on the [Lego Ideas website](#), where he required 10,000 supporters for the iconic Forth Bridge to be considered as a Lego set.

With the first hurdle now passed, he will have to wait several more months before he hears the manufacturer's verdict.

"It's incredible," he said. "It feels like I've just sat an exam and I'm now waiting for my result."

<https://scottishconstructionnow.com/article/and-finally-scots-engineer-bridges-lego-vote-requirements>

National Bed Month March 2021

<https://sleepcouncil.org.uk/advice-support/>

Organised by the Sleep Council, National Bed Month is all about reminding us why a sound sleep is good for our health.

At the Sleep Council website you can find out all about the essentials you need to have the perfect sleep.

Their website is full of information and advice about sleeping. They have a 30 day better sleep plan which starts off with a quick quiz about your current sleeping habits. With your answers a 30 day plan is created for you—try it and see.



<https://www.smartsurvey.co.uk/s/natpan2021/>

Welcome to the latest National Panel survey. Given the huge impact Covid-19 has had in almost every aspect of life, this year's survey includes a section on the pandemic. It asks about how Covid-19 has affected you and your landlord's services, as well as looking at affordability of rents, wider finances and heating your home.

The survey doesn't take long to complete. If you have any difficulties or would prefer to receive a printed questionnaire, please **contact Engage Scotland on 0800 433 7212** or email natpan@engagescotland.co.uk

To find out more about the Scottish Housing Regulator, please go to

<http://www.scottishhousingregulator.gov.uk>

SURVEY

a list of questions
used to collect
information or
opinions



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

Post Office Card Accounts

DWP is writing to all customers who currently receive their State Pension or benefit payments into a Post Office card account (POCa). The letter informs them the POCa service is closing and asks them to provide alternative account details.

DWP have a dedicated customer service centre available to take calls from POCa customers, to accept new account details or answer any questions. DWP said 'We will ensure all future payments are switched to the customer's new account from the next available payment date and there will be no interruptions with their payments.'

For anyone who is unable to open a different type of account or provide new account details, a payment exception service will be available.

Customer Service Centre

Telephone: 0800 085 7133

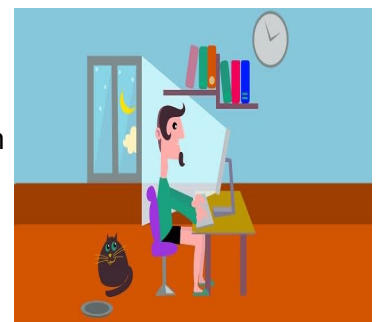
Textphone: 0800 085 7146



DWP Update 12 February 2021

Viewpoint Update

Our offices at 4 South Oswald Road will remain closed until at least the end of June and, this means, that our office staff will continue to work from home. Review of this will take place before then and a decision made whether it is safe to consider re-opening our offices. This will depend on Scottish Government guidelines and the rate of the virus. You can still contact us by telephone, email or letter.



Staff who are working on site and who you may meet, will continue to wear the appropriate personal protective equipment for their job e.g. face masks, and maintain social distancing. These staff are carrying out home testing twice per week as per government guidelines to try to ensure your safety.

Social Distancing MAINTAIN 6 FEET OF DISTANCE AT ALL TIMES IF IN PUBLIC.
STOP THE SPREAD OF CORONAVIRUS (COVID-19)



More Mashed Potato!

Bubble and Squeak Serves 2

Ingredients

- 1 1/2 tsp butter
- 2 rashers streaky bacon
- 1/2 onion finely sliced
- 1 small garlic clove finely chopped
- 10 cooked Brussel sprouts shredded or leftover cabbage
- 200g leftover mashed potato (King Edwards or similar)



Method

1. Melt butter in a frying pan until hot and then add the bacon until it begins to brown.
2. Add the onion and garlic and cook for 1 minute before adding the Brussel sprouts or cabbage and let it colour slightly—about 5-6 minutes.
3. Add the potato and work it together and then push down so it covers the base of the pan.
4. Allow mixture to 'catch' slightly in base before turning over and doing the same again.



5. Cut into wedges and serve.

N.B. It's the bits of potato that 'catch' that define the bubble and squeak—be brave

Recipe from www.bbcgoodfood.com

Tatty Scones Makes 3 servings

Ingredients

- 225g mashed potato (King Edwards or similar)
- 15g butter
- 1/4 tsp salt
- 65g flour
- 1/2 beaten egg
- 1/2 tsp baking powder



Method

1. Put mashed potato in a bowl and add all the other ingredients.
2. Mix together thoroughly to form a sticky dough. Add a little more flour if mixture too wet.
3. Roll out the dough on a floured surface to about 1.25cm thick.
4. Cut into saucer sized round and score a cross on top to mark into 4 wedges.
5. Either bake on a greased baking tray in the oven for 15 minutes (200 °C/Gas 6) or fry in a pan for 5 minutes on each side until golden brown.

Leftovers can be wrapped in foil and stored in the fridge for tomorrow.

You can also freeze these once they are cool in a suitable container or freezer bag, to be used another day

Reheat in a frying pan

Recipe from a tenant

And Finally....

'You can cut all the flowers, but you cannot keep spring from coming.'

Pablo Neruda

