

9 April 2021

VIEWPOINT
joy in later years

NEWSPPOINT EXTRA

Viewpoint Community E-Bulletin
Number 30



Who would have thought that it was a year since the first bulletin was produced. We have come a long way together—some of us have been battered and bruised along the way but we made it. And the promised light at the end of the tunnel gets closer.....

Newspoint Extra



Contact Us



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Retro Fish Game - For all the Family

Retro Fish Game is an app which claims to help keep your brain active, leading to a healthier lifestyle and, is a great way to help with hand/eye coordination. This app is for people of all ages.

It starts off really easy but gets more difficult as the fish swim faster. Apparently it is good for developing or maintaining our cognitive skills but, regardless of that it is guaranteed to keep you occupied and to give you a laugh.

https://play.google.com/store/apps/details?id=com.RetroGames.Retro_Games&hl=en

Or just put **Retro Fish Game** into your Google search.



Facebook and Twitter

When was the last time you had a look at Viewpoint's Twitter or Facebook pages?

Bianca, our Corporate Support Administrator, has been posting lots of interesting information and photographs on Twitter and Facebook—have a look and see. [@ViewpointHA](https://twitter.com/ViewpointHA)

You can also find the links at the top right hand side of our website homepage.

www.viewpoint.org.uk



<https://www.luminatescotland.org/luminatehome-creating-flower-mandala-marcela-trsova>

Create a Flower Mandala

A What!!! I didn't know either so I had a wee look at this vide (see link above). Now that spring is here I plan to get out and about and find some flowers and leaves and give it a go.

Have a look and see and if you decide to create a flower mandala send me your photos (newspoint@viewpoint.org.uk)



IT problems? We can help

Are you struggling to sort an issue with your lap top, tablet or smart phone.

Would you like to be able to use WhatsApp, Zoom, Skype etc. to contact friends and family but don't know how.

Have you ever had a look on Twitter, You Tube or Pinterest and just don't know where to start.

Or perhaps you want to shop online but are worried about security issues.

Look no further. Viewpoint works in partnership with Tap Into IT. You can contact them for any help you need by phoning

07505 555 011

Or book an appointment through their website at

<https://tapintoit.org.uk/computer-support-online/>

**THIS SERVICE IS FREE OF
CHARGE TO TENANTS**



Useful Information



Could you be missing out on extra cash?

Did you know that up to 1.2 million families entitled to Pension Credit have not claimed it?

It only takes a few minutes to make sure you're getting all you're entitled to.

Elaine Rosie, our Welfare Rights Advisor is encouraging any tenant of pensionable age to find out if they have an entitlement to pension credit.

Pension Credit means that people need not live on less than £177.10 a week for single people or £270.30 for couples. On top of that, people might also get help with their rent and reduction in their council tax or even extra cash for caring for someone.

What's more if they reached State Pension Age before 6 April 2016 they may be entitled to extra money if they have made some provision towards their retirement such as savings or a private pension. This is called the Savings Credit and could be up to £14.04 for a single person or £15.71 for a couple.



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



Elaine says ***"I can't stress enough the difference a friend or relative can make by doing a bit of research on what help is available and I am always available to help.."***

And remember even if you do not qualify for this I can do a benefit check to make sure you are getting everything you are entitled to."

Lots of people could be missing out on Pension Credit because they wrongly think it isn't meant for them. You might still get extra money even if you have some savings.

If you would like to find out if you are entitled to pension credit please contact Elaine on 0131 662 5144 or email elaine.rosie@viewpoint.org.uk

Or you can check online using the pension credit calculator at <https://www.gov.uk/pension-credit-calculator>



Scotland's Route out of Lockdown

March

16

On 16 March the Scottish government eased some lockdown restrictions.

Here is a summary of the proposed route out of lockdown but please note that some dates may change—it all depends on the control of the COVID virus.

Places of worship

March

26

can open but attendance is restricted to 50 people (if social distancing allows it)



April

2

Stay at Home rule changes to

STAY LOCAL

Travel is only allowed inside of your Local Authority area



April

5

Hairdressers and Barbers re-open



There will be more Click and collect Shopping happening



April

12



April

19

Schools Return Full Time

April

26

And if the virus is still under control, from this date we may be able to:

Travel

People can travel over mainland Scotland

Meeting People

Outdoors - Up to 6 people from up to 3 different household .

Indoors - Up to 4 people from 2 different households can meet indoors in a public place e.g. café

Shops

All shops can re-open



Takeaway food

Can be collected from inside the shop

Cafes, Pubs and Restaurants

Will re-open. Serving indoor until 8pm (no alcohol) and outdoors until 10pm (with alcohol.)

Events and Activities and Leisure

- Up to 50 people can attend a wedding or funeral (no alcohol)
- Driving lessons and test can re-start
- Gyms and swimming pools open for individual exercise
- Art galleries, museums and libraries can re-open

Healthy Recipe

Ham and Pineapple Fried Rice (Serves 1)

Ingredients

1/2 tsp oil
20g onion diced
1/2 tsp crushed garlic
15g diced carrot
15g diced pepper
20g ham diced
1 small egg, beaten
150g (cooked weight) brown rice
1 1/2 tsp soy sauce
60g diced pineapple

Method

1. Heat the oil in a frying pan over a high heat.
2. Add onion, garlic, carrots, peppers and ham and cook until the onions are translucent and the ham slightly brown. Push all the mixture to one side of the pan.
3. Pour the beaten egg into the empty side of the pan and fry until nearly cooked. Shred and mix the egg through the vegetable mixture.
4. Add the cooked rice, soy sauce and pineapple and let the mixture cook until the rice is slightly crispy and then serve.

Recipe from

<https://tasty.co/>



On this Day In History.....



In 1880 British Open Men's Golf was at Musselburgh Links and was won by Scotsman Bob Ferguson

In 1969 the first British built Concorde 002 made it's maiden flight from Filton to RAF Fairford



In 1986 TV series announces it will revive Bobby Ewing. Later that year we saw the famous scene when he comes out of the shower



In 1992 John Major was elected Prime Minister of the UK after his Conservative Party wins the most votes in British electoral history

In 2005 Prince Charles married Camilla

In 2012 'The Lion King' became the highest grossing Broadway show after overtaking 'The Phantom of the Opera'



FINALLY MY WINTER

FAT IS GONE,

NOW I HAVE SPRING ROLLS



<https://www.google.com/search?q=fun+quotes+about+spring>