

7 May 2021

# NEWSPOINT EXTRA

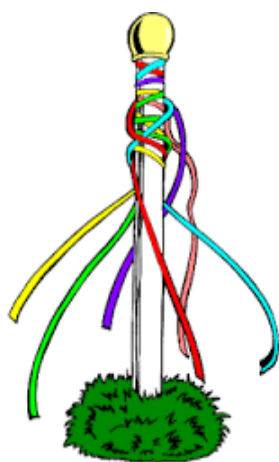
Viewpoint Community E-Bulletin

Number 31

## May Day

Monday past was May Day. It got me thinking about the origins of May day and the celebrations.

May Day dates back to Roman times when they celebrated the festival of Flora—the goddess of flowers and spring. Many of the old customs celebrating new life and fertility survive to this day e.g. Morris dancing and dancing around the maypole



In 1978 it was made a bank holiday in England, Wales and Northern Ireland, brought in as a way of marking International Labour day—suited to the ruling politics at that time. In Scotland, May Day had been a bank holiday since 1871.

There is lots of information on line about the history of May Day and the quirky traditions—some of which live on today.

<https://www.historic-uk.com/CultureUK/May-Day-Celebrations/>

## Easing of Lockdown and Viewpoint Services

Please remember that although lockdown is easing we still need to be careful, regardless of what level we are at (Currently level 3).

A letter has been sent out to all tenants to keep you informed about what this means for viewpoint services and you should receive this no later than Saturday 8 May 2021.



But as you know things are changing all the time so for the most up to date information and guidance please visit [www.Gov.Scot](http://www.Gov.Scot)

## Contact Us



0131 668 4247



[admin@viewpoint.org.uk](mailto:admin@viewpoint.org.uk)



[www.viewpoint.org.uk](http://www.viewpoint.org.uk)

## Things to do online



## Jigsaws—the old fashioned way



I recently purchased a couple of jigsaws in the auction pages at EBay. Real ones with wooden pieces. I am really enjoying doing something without having to rely on a computer. I have realised I need a bigger table!



<https://www.bbc.co.uk/news/in-pictures-56252755>

During the past year, the pandemic has forced many elderly people to isolate and remain indoors for much of the time, yet many have led, and continue to lead, extraordinary lives. Photographer Laura Page set out to capture their stories and challenge what she sees as ageist stereotypes.

There are some extraordinary stories and photos at the link above. Have a look and see.

## Laura Page— Portraying ‘Ordinary’ Lives



## A variation on Gin Rummy Game

There are many versions online or there are apps for your phone. Once you get the hang of it, it is very addictive. The version I have allows you to play against the ‘computer’ (from the Google Play store) which means I can play for as long as I want. There are versions that allow you the option to also play with friends.

So what is it?

Phase 10 is a card game with a challenging and exciting twist! The objective of the game is to be the first player to complete 10 varied Phases—two sets of three, one run of seven, seven cards of one colour and more. The twist in Phase 10 is that each Phase to be completed is specific for each hand dealt. Those who complete the Phase advance to the next, but those that don't must try again.

A lovely way to pass a wet afternoon. Try it and see.

Do you have an online game you would like to recommend? - let me know and I will share it in a future issue of Newpoint Extra.



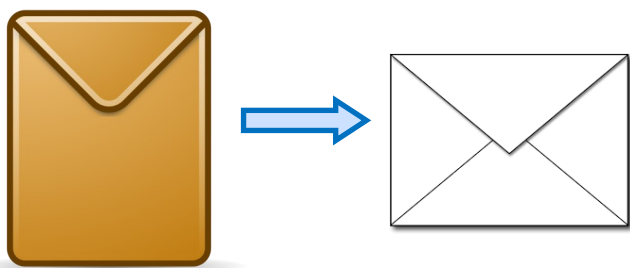
# Useful Information

## Information from DWP

### Changing Envelope Colour

From 5 April some DWP system-generated customer notifications will be sent in white rather than manila (brown) envelopes. This requirement is driven by a change in the way Royal Mail sorts bulk post. The new system requires a legible barcode to be printed onto the envelope. Testing has shown DWP that printing onto their existing manila envelopes regularly fails.

The white envelopes will be marked 'important post-please open'.



**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](http://www.fife.gov.uk)

East Lothian: [www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

Mid Lothian: [www.midlothian.gov.uk](http://www.midlothian.gov.uk)

Edinburgh: [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

## Priority Service Registers (PSR) for Utilities

### News from Energy Action Scotland

Scotland's electricity distribution and water networks have joined forces to launch PSR Scotland, an innovative partnership to inform customers of the free support available when they need it most.

With the launch of the new PSR Scotland website, customers across the country now have a one-stop-shop where they can learn more about the free help available in their individual area, with links straight to the specific pages on each company's website to make the registration process as simple as possible.

Scottish and Southern Electricity Networks (SSEN) Distribution, SP Energy Networks (SPEN) and Scottish Water, have each been running their own Priority Services Registers (PSR) for several years, offering free support to customers during a power cut or an interruption to local water supplies.

Customers are eligible to register if they: are deaf or hard of hearing, have a disability, live with children under five, are blind or partially sighted, have a chronic illness, are over 60, depend on electricity or water for home or medical care, or feel they may need additional support, even for a temporary period of time.

The new service will make it easier than ever to raise awareness of the additional support available nationwide, encouraging sign-ups from customers who may be eligible but are not yet registered for priority services.

To learn more about the free help and support that is available in your area and check if you are eligible, visit the new PSR Scotland website at <https://psrscotland.com/>



# Storecupboard Recipe

## Red Pepper Pasta

### Method

#### Step 1

Boil your pasta as per packet instructions.

#### Step 2

Whilst the pasta is boiling, pour the olive oil into a frying pan, on a medium heat cook together the bacon, peppers, onion, and garlic until the vegetables are soft and the bacon is cooked.

If you want to cook a vegetarian/vegan option, bake the butternut squash, and add into the pan once the vegetables are soft.

Add your pine nuts once all is cooked.

#### Step 3

Once the pasta is boiled bring the pan to a low heat. Then, drain the pasta and add to the pan of cooked ingredients and mix them together. Add the chopped tomatoes, salt, cayenne pepper, sugar, paprika and mixed herbs. Mix it all together and leave to simmer for 5 minutes.

#### Step 4

Add the spinach until wilted and mix. Then serve up hot and ENJOY!



### Ingredients

- 120g wholemeal fusilli pasta
- 200g chopped bacon or butternut squash
- 2 x roughly chopped red pepper
- 2 generous handfuls of spinach
- Half a finely chopped onion
- 1 handful of pine nuts
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 can of chopped tomatoes or home diced
- 1 tsp salt
- 1 tsp cayenne pepper
- A pinch of sugar
- 1 tsp paprika
- 1 tsp of mixed herbs

Cultivation  
Street  
Eats



Recipes from : <https://cultivationstreet.com/>

## Quirky Planter Idea

from [www.cultivationsstreet.com](http://www.cultivationsstreet.com)



Mugs and Cups make excellent attractive and colourful plant pots. Let's face it we all have cups and mugs stashed at the back of the cupboard we don't use.

Put some stones in the base of the cup or mug, add some compost and then plant succulents. Decorate the top of the mug /cup by spreading some stones around the succulents.

You can group some cups and mugs together or just do one.



## And Finally....

"My daughter wanted a Cinderella themed party so I invited all her friends over and made them clean the house."

<https://www.fieldvibe.com/blog/best-cleaning-quotes-and-jokes-in-2020-funny-inspirational/>