

2 July 2021

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin

Number 33

Getting Ready for Level 0

<https://clearyourhead.scot/>

As Scotland continues in the path out of lockdown many of us feel quite anxious about there being a bit of our normal lives back.

But there is help out there to get our heads back together. Healthier Scotland, part of the Scottish Government, has produced a comprehensive website with hints and tips

Reduce your Stress

- Identify what stresses you
- Take a moment to stop and think
- Drink more water



Create Routine

- Building (or rebuilding) your routines
- Take time to plan
- Getting a good nights sleep

MY MORNING ROUTINE



WAKE UP



GET DRESSED



EAT BREAKFAST

on how to “clear your head” and connect with others again as lockdown eases.

Keep Active

- Be active indoors
- Doing a bit more every day



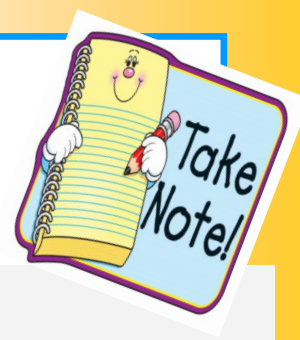
Feel Calmer

- Take small steps
- Get outside
- Sharing feelings and connecting with others



In this issue:

- Cyber Security
- Telephone Scams
- Age Scotland Check In Cash Out



And much much more..... Take a look and see

But Remember

COVID is not over and you must continue to follow Scottish Government guidelines at all times to keep yourself and other safe.

Contact Us



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BEWARE! Telephone Scams Increasing Again.....

This is something that has been in previous newsletters but we have been made aware that telephone scams are on the increase again.

One tenant was told he had outstanding payments for repairs for his house. Another was told their broadband was being cut off for non-payment of a bill and a third tenant was told a warrant for their arrest was being issued due to an outstanding tax bill.

It is easy to panic in any of these situation so if you receive calls of this nature then:

1. Hang up if you feel intimidated
2. Stop and think! Don't be rushed into doing anything
3. Do not reveal any personal details like your pin number
4. Phone them back—using the contact number you normally use or one from the companies website. Do not phone back on the number they give you!

5. Wait 10 minutes before you make your call or telephone from another phone

If you have a smart phone you can block and report spam callers. If you are not sure how to do this contact your supplier or look on the internet



You can register with the telephone preference service. This will not stop cold callers but could reduce them significantly. It will not block the scam callers. <https://www.tpsonline.org.uk/tps/index.html>

Scammers are constantly finding new ways to trick people and phone scams are changing all the time. If you've been the victim of a scam don't be embarrassed to report it. It can happen to anyone.

Report the scam to the police and also contact Action Fraud— <https://www.actionfraud.police.uk/> The information you give to Action Fraud can help track down the scammer.

Keeping Safe Online

Yes you have probably heard it all before. Unfortunately cyber-attacks have gone up significantly over the last year due to more people remote working and the increased use of the internet. This is a friendly reminder to be vigilant when receiving emails or visiting websites. Below are 3 recommendations from the National Cyber Security Alliance:

1) THINK BEFORE YOU CLICK

If you receive an enticing offer via email or text, don't be so quick to click on the link. If you're unsure who an email is from—even if the details appear accurate—or if the email looks "phishy," do not respond and do not click on any links or open any attachments found in that email as they may be infected.



3) LOCK DOWN YOUR LOGIN

Create long and unique passwords for all accounts wherever possible. And if you must write it down do not keep the piece of paper anywhere near your compute, phone or tablet.

2) WHEN IN DOUBT, THROW IT OUT

Links in email, tweets, texts, posts, social media messages and online advertising are the easiest way for cyber criminals to get your sensitive information. Be wary of clicking on links or downloading anything that comes from a stranger or that you were not expecting.



Useful Information



www.age.scot/CheckInCashOut
#CheckInCashOut

Check in, Cash out Age Scotland's social security uptake and awareness campaign

Every year, hundreds of millions of pounds in vital financial support goes unclaimed by older people in Scotland. Age Scotland's Check in, Cash out campaign aims to raise awareness and increase take-up of the social security support available to help older people live well. With around 150,000 pensioners in Scotland living in relative poverty, and many more on the cusp of it, Age Scotland wants to see action to end pensioner poverty on all fronts.

The **Check in, Cash out** campaign is urging older people, their carers, family, and friends to take up the social security they are due. If you're worried that you or someone you know may be missing out on social security, you can check in to see if you're entitled to cash out by:

calling Age Scotland's free, confidential helpline for an entitlement check and support to claim on
[0800 12 44 222](tel:08001244222)

using Age Scotland's free information and guides on social security

<https://www.ageuk.org.uk/scotland/information-advice/money-matters/benefits/attendance-all>

signing up to attend one of Age Scotland's social security training sessions for people of State Pension age and professionals supporting them

<https://www.ageuk.org.uk/scotland/information-advice/money-matters/benefits/free-online-benefits-workshop/>

Find out more about the campaign and how to get involved at www.age.scot/CheckInCashOut or email campaigns@agescotland.org.uk

Join the conversation on social media using [#CheckInCashOut](https://twitter.com/CheckInCashOut).

Don't forget you can also contact Viewpoint's own Welfare Benefits Advisor, Elaine Rosie on [0131 662 5144](tel:01316625144) or email at elaine.rosie@viewpoint.org.uk

Storecupboard Recipe

Penne with Chorizo and Creamy Tomato Sauce (serves 2)

Ingredients

185g penne pasta
1/2 red onion thinly sliced
1 1/2 tsp tomato puree
Handful of shredded basil and a little to serve

1 chorizo coarsely chopped
100g small cherry tomatoes
150ml of double cream
Parmesan to serve

Method

1. Cook pasta according to pasta instruction and then put to one side.
2. Heat a pan over a high heat. Add chorizo and cook for around 3 minutes until brown all over. Transfer to a plate.
3. Add onion and garlic to the pan and cook for 5 minutes until onion soft. Add chorizo, tomatoes and cook for 5 minutes until tomatoes begin to soften, tossing regularly throughout.
4. Add cream and bring to the boil and cook, stirring regularly, for 2 minutes until sauce thickens slightly.
5. Add basil and cooked pasta to the sauce. Toss to combine and heat through.
6. Serve sprinkled with parmesan and a sprig of basil.



Recipes from www.taste.com

And Finally....

There is a light
at the end of
every tunnel.
Some tunnels
just happen to
be longer than
others.

