

10 September 2021

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 35

Beyond Level 0

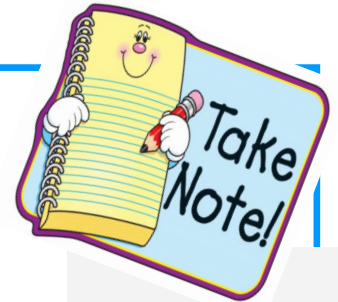
Scotland has moved out of the COVID-19 levels system, and is now beyond Level 0. However we need to continue to act carefully and remain cautious.

This has resulted in a restricted opening of our common rooms in our staffed sites, in line with Scottish Government Guidelines to try and ensure that everyone is kept as safe as possible. This is constantly under review and we will keep you updated.

For our 'normal' every day life there are still guidelines in place on staying safe. They are:

- Get the vaccine when you are offered it
- Wear a face covering where required
- Wash your hands regularly and cover your nose and mouth if coughing or sneezing
- If you have symptoms self isolate and arrange a PCR test
- You can take regular tests called Lateral Flow Tests (LFT) to reduce the risk of spreading the virus
- Meet outside if you can, and open windows when indoors
- Keep your distance from people not in your group
- Work from home, or do a mix of home and office working if possible
- Use the Protect Scotland and Check in Scotland apps to help control the virus

For full details go to <https://www.gov.scot/coronavirus-covid-19/>



In this issue:

- Christmas Crafts
- Scottish Housing Day
- DWP and Universal Credit update



Contact Us



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Things to do online



Capital Theatres Dementia Friendly Tea Parties

The next tea party will take place week beginning 20 September 2021. The theme for September will be a Scottish one with singing in both English and Scottish Gaelic, from Pollokshields Parish Church, Glasgow!

Music will feature a well-known mix of Scottish tunes performed in partnership with Live Music Now Scotland.

To book your place, please email dawn.irvine@capitaltheatres.com.

Last month's tea party performance with Gus Harrower and his Classic Rock Pals can be found on YouTube at [https://www.youtube.com/watch?v= MdF9tLx9Qk](https://www.youtube.com/watch?v=MdF9tLx9Qk)

Pumpkin Seed Poinsettias

Make some Christmas ornaments

What you need

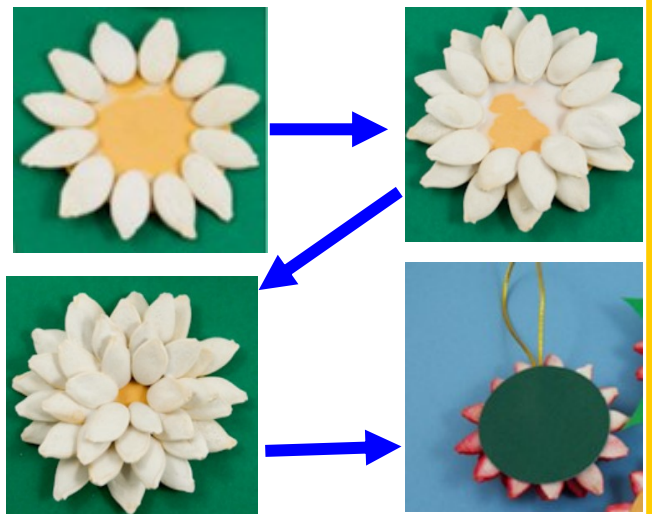
- Pumpkin seeds (not shelled)
- Dried haricot beans
- Cardboard from a cereal box or similar
- Red spray paint (high gloss is best)
- PVA glue
- Gold cord

Method

1. Cut a 2 inch circle from the cardboard.
2. Apply a 1/2 inch band of glue on the outside edge of the circle and start gluing the pumpkin seed. Position the seeds with their pointed ends out, and let the seeds hang half over the edge.
3. Apply another band of glue and pumpkin seeds inside the first—overlapping the first pumpkin seeds
4. Repeat with two more rings of seed, leaving a small circle in the middle. Let the glue dry completely before going to the next step.
In a well ventilated area use spray paint to paint the seeds red and then let it dry



5. Glue 3 haricot bean in the centre. Try to get them standing on end. Wait for glue to dry.
6. Cut 8 inch piece of gold cord and glue the ends to the back of the ornament .
7. For a more professional finish glue a piece of paper on the back to cover the glued hanger's ends.



Useful Information



Your **Local Council** website has information about service disruptions in your area.

Fife: www.fife.gov.uk

East Lothian: www.eastlothian.gov.uk

Mid Lothian: www.midlothian.gov.uk

Edinburgh: www.edinburgh.gov.uk

Scottish Housing Day 15 September 2021

The focus this year is on housing and the climate emergency.

The Scottish Government have committed to reaching net-zero emissions by 2045 and homes across Scotland currently account for around 15% of emissions. To meet this target all homes will need to be energy efficient and the majority need to switch to low or zero-carbon heating. This is something that will be challenging for all.

In the meantime there are other areas that we can look to reduce emissions and I would love to hear from anyone with any ideas that we can share. We all need to do our bit. Things you may want to share is

How do you ensure that you do not waste food?

Do you plan your meals around fruit and vegetables that are currently in season to reduce food miles?

Do your shopping habits make you environmentally friendly?

What else do you do that could help us all make a difference?

Contact me by email at newspoint@viewpoint.org.uk

Or text or telephone me on **07554 389 180**



Change to the Universal Credit system to help claimants

Universal Credit has been improved with a new automatic process to ensure claimants receive more consistent benefit payments, even if their employer pays them early because of bank holidays etc.

DWP has changed its processes so that the Universal Credit system now automatically identifies claimants who receive a second monthly salary payment in one benefit assessment period.

Staff will be able to move the second payment forward to the next assessment period in the system, ensuring the claimant's benefits don't fluctuate from one month to the next due to the system thinking a claimant has received increased wages in one month.

Winter Vegetable and Lentil Soup

Serves 2

Ingredients

85g dried red lentils
2 carrots cut lengthways then diced
3 sticks celery sliced
2 tbsp. tomato puree
1 tbsp. fresh thyme leaves
3 large garlic cloves finely chopped
1 vegetable stock cube
1 heaped tsp ground coriander
1.5 litres boiling water

Method

1. Tip all the ingredients into a large pan and stir well.
2. Cover and leave to simmer on the hob for around 30 minutes until the vegetables and lentils are tender
3. Soup is ready to eat but you would like a thicker soup blend a third of the soup and then mix together with the rest of the soup
4. Serve with warm crusty bread

Recipes from : www.bbcgoodfood.com



September sees the start of the Autumn. The nights are getting a bit darker and we start to think about colder nights—luckily we have not seen too much of a drop in temperature so far.

I love making soup in the winter and tend to make the same range of soups again and again.

This recipe caught my eye and I have already tried it—very tasty and will be added to my repertoire.

And if you are feeling adventurous you can make your own bread.

Enjoy!

And Finally..

Word of the Month mor·al

adj. 1. Conforming to standards of what is right or just in behavior; virtuous 2. Arising from conscience or the sense of right and wrong: *a moral obligation*

Once upon a time, an old man spread rumours that his neighbour was a thief. As a result, the young man was arrested. Days later the young man was proven innocent. After being released, the man felt humiliated as he walked to his home. He sued the old man for wrongly accusing him.

In court, the old man told the judge, "They were just comments, didn't harm anyone.." The judge, before passing sentence on the case, told the old man, "Write all the things you said about him on a piece of paper. Cut them up and on the way home, throw the pieces of paper out. Tomorrow, come back to hear the sentence".

The next day, the judge told the old man, "Before receiving the sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday". The old man said, "I can't do that! The wind must have spread them and I won't know where to find them".

The judge then replied, "The same way, simple comments may destroy the honour of a man to such an extent that one is not able to fix it. The old man realized his mistake and asked for forgiveness".

Moral: Do not malign or blame anyone without knowing the fact or a truth. Your words may ruin someone's reputation without any fault of theirs.