

8 October 2021

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 36

Make sure you get your Flu Vaccine this Winter

Get your Flu Shot!



The flu vaccination programme has been extended in Scotland this year and includes all those over 50 years of age, those aged 6 months to 49 years who have certain underlying health conditions which increase the risk, all health and social care staff

The flu vaccination programme will run from September 2021 until March 2022. The Scottish Government are urging all those who are eligible to take up the offer as soon as possible when they are invited to get the vaccine. Their website says:

'This year our immunity may be even lower than usual due to lower levels of the flu virus circulating last year as a result of the crucial public health measures in place to protect the population from COVID-19. Therefore this year, more than ever, it is important to get the flu vaccine to ensure everyone is protected.'



For more information on the importance of the flu vaccine go to

<https://www.gov.scot/news/free-flu-vaccine-for-more-people/>

COVID-19 booster vaccines

Booster vaccinations are being offered using the same priority groups as before. Full details about the booster programme is contained in the leaflet attached to this email, or you can get further information at



<https://www.nhsinform.scot/covid-19-vaccine/the-vaccines/coronavirus-covid-19-booster-vaccination/>

Contact Us



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www.viewpoint.org.uk

Ospreys Fly Their Special Nesting Platform

As you know I have a love of all things animal related and I saw this story and it caught my attention so I thought I would share it with you.

SSEN Transmission's Alyth substation team bid a fond farewell to three osprey chicks last month, as they spread their wings and fledged their purpose-built home to start their first journey to Africa.

It was a bittersweet moment for the team as the chicks had become an important part of the daily works on site over the last six months.

The three chicks were reared by a pair of ospreys who have made their home on a specially-built nesting platform originally constructed by SSEN Transmission in March 2014.

The platform was created as an alternative home for the ospreys ahead of the commencement of a programme of upgrade and reinforcement work to the East Coast transmission network, after the birds were spotted nesting at the top of one of SSEN Transmission's 48-metre-high electricity towers, which was scheduled for maintenance as part of the project.

To make sure the birds were safe it was important to try and encourage them to find an alternative nest home, and much to the delight of the environmental team, the ospreys immediately selected to nest in the new purpose built 25m-high platform on their return the following spring. In fact, they were so impressed with their new platform, they have been returning there to breed every year since. Since that first breeding season in 2014, a total of 14 osprey chicks have been observed to have fledged from the new site.

The new £86 million substation near Alyth is being constructed as part of the enhancement of the transmission network, with main construction works getting underway in the summer this year. Site teams have been taking great care to mitigate against any impact around the ospreys since they returned to breed in early April this year. Ornithologists were onsite every day to observe the ospreys and ensure steps were being taken by our contractors to minimise any impact on the birds. The birds have since left the nest to begin their migration to Africa, and it is hoped that they will return to breed again in the spring next year.

<https://scottishconstructionnow.com/article/and-finally-ssen-transmission-s-purpose-built-osprey-nest-proves-a-success>



Capital Theatres—Keeping us all Entertained

I am sure you are all well aware of the fantastic work that Capital Theatres does and the amazing events that they hold for those with dementia and their carers. These events have been online over the last 18 months and are recorded and made available on You Tube for us all to enjoy.

Classic Rock with Gus Harrower and Friends from the August Tea Party can be enjoyed at:

<https://www.youtube.com/watch?v=MdF9tLx9Qk>

And September say Catherin Tinney and Calum Morrison from the beautiful surroundings of Glasgow's Pollokshaws Parish Church for a Gaelic these session of music and song, which you can view at:

<https://m.youtube.com/watch?v=g61KVd9rhzw>

You can see the full programme of future events in the Capital Theatres Autumn edition of DementiaArts—not just good reading for those with dementia but gret entertainment for all. The Autumn edition has a quiz that I am sure will challenge you and people's stories along with 'creative delights'. You can access the newsletter at:

https://www.capitaltheatres.com/media/6950/dementiarts-news-6_21_09_22-v2-fhr-dps.pdf

Proud to be dementia friendly

These events and performances are suitable for people living with dementia, their family and friends.

Claire Symonds: Head of Creative Engagement
Dawn-Claire Irvine: Creative Engagement Manager (Dementia Friendly Lead)
Alex Howard: DementiaArts Editor and Creative Engagement Support
Ailis Paterson: Creative Engagement Support



Songwriting Sprint

Tue 12 October

Mon 8 November

Tue 14 December

Mon 10 January

2.00pm – 3.00pm

Live session on Zoom

A fun way to connect with others in our dementia friendly community who love music and lyrics. Each month, different themes provide the stimulus to share your stories and ideas with musician, **Gus Harrower** and the Capital Theatres team. In a quick 45 minutes, we write group songs set to familiar melodies which are then performed by Edinburgh's dementia inclusive **Forget Me Notes** singers at our monthly *Together In Song* concerts.

Cost Free

To book: Please email dawn.irvine@capitaltheatres.com



Together In Song

Mon 11 October

Tue 16 November

Mon 13 December

2.00pm – 3.00pm

Live session on Zoom

Capital Theatres presents this series of dementia inclusive concerts in partnership with The Forget Me Notes Project. Each month, we live stream across Scotland, celebrating life's stories through a series of playlists picked, songs written and also performed by people with lived experience of dementia who will be joined on stage by dancers from local Dance Schools.

As we slowly emerge from one of the toughest periods of our lives, let's join together and spread the joy and connection found through music.

Cost Free

To book: Please contact Capital Theatres Box Office



Tea and 'Jam'

Mon 27 September

Mon 25 October

Mon 29 November

Mon 31 January

11.00am-11.50am

Live session on Zoom

Our monthly, dementia friendly celebration of music making and talent sharing. Everyone is welcome for this uplifting session of singing and dancing in your living room, gently led by professional musician, Gus Harrower. Participants are encouraged to bring along their instruments, singing voices, song suggestions and any other talent you would like to share. An energetic 'jam' session to kickstart your afternoon.

Cost Free

To book: Please email dawn.irvine@capitaltheatres.com



Brew and Blether Special Event

Tue 5 October

2.30pm-3.30pm

Live session on Zoom

Join us online for a special workshop with **Scottish Ballet** followed by a brew and blether. To celebrate the arrival of *Starstruck* at Festival Theatre (see page 18 for tickets) Scottish Ballet will deliver a movement workshop for people living with dementia, their families and carers with inspiration taken from the ballet and music by **Gershwin** and **Chopin**. The workshop will offer seated and standing options to move in a safe and comfortable way with an experienced dance artist.

Cost Free

To book: Please email dawn.irvine@capitaltheatres.com

Scottish Ballet The Nutcracker Inclusive Performance

Thu 16 December

2.30pm

A relaxed and dementia friendly environment for people with additional needs and their families.

Cost £12.50

To book: Please book in person or on 0131 529 6000

Post Office card accounts closure delayed

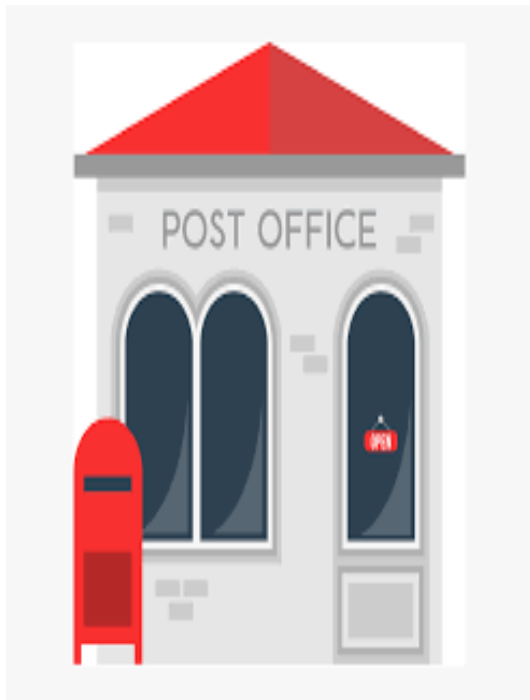
The Post Office card accounts (POca) scheme was previously set to end in November this year. Following the disruption caused by the pandemic, it has now been extended for 12 months to ensure everyone has the time to make alternative arrangements.

The Department for Work and Pensions is writing to all customers who currently receive payment into a POca, telling them the service is ending and encouraging those who are able to open a bank account to do so.

Those who remain unable to access such services will be migrated onto a new Payment Exception Service, which allows them to choose how they receive their payments.

For full details go to

<https://www.gov.uk/government/news/post-office-card-accounts-closure-extended-until-november-2022>



The Star London Eye was designed by Sophie, age 8, who decided that the London Eye should be in the shape of a star. Very seasonal!

The Star London Eye



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

London Re-imagined

<https://scottishconstructionnow.com/article/and-finally-kids-reimagine-some-of-london-s-most-famous-landmarks>

'London's skyline plays host to a wealth of iconic landmarks, where historic and contemporary architectural styles intermix to make for one of the most visually striking cities globally. From the instantly recognisable silhouette of Big Ben to the high-rising elegance of The Shard, tourists travel in their millions to get sight of these landmarks and their history each year.

But what would these London Landmarks look like had they been designed by kids? Barratt asked four classes from four different London schools to redesign some of the most famous city landmarks in any way they want. Partnering with a 3D renderer, the housebuilder then selected its favourite drawing for each and brought the fantastical illustrations to life.

Follow the link to see more: Tower Bridge Theme Park: WoodlandBig Ben and The Spooky shard Coaster'

Easy Cook Recipe

Mexican Bean Casserole

(Serves 2)

Ingredients

- 1 tsp vegetable oil
- 1/2 medium onion diced
- 1/2 red pepper sliced
- 1 clove of garlic crushed
- 1/4 tsp ground cumin
- 200g can mixed beans in water, drained
- 200g can chopped tomatoes
- 100g can sweetcorn, drained
- 100ml water

Method

1. Heat oil in saucepan over a medium heat. Add onion and cook until it starts to soften. Then add red pepper, garlic and cumin and cook for a further 2 minutes,
2. Add the mixed beans, tomatoes and sweetcorn and stir.
3. Add the water and bring to the boil. Reduce the heat and cover the pan and leave to simmer for 20 minutes.

Serving suggestions

- Top with a spoonful of natural yoghurt or grated cheese
- Serve with crusty bread
- Serve in a baked potato

You can freeze leftovers for a later date.

Recipe from <https://www.wcrf-uk.org/uk/recipes/>



Time to Make Some Christmas Decorations

I know that it is only October but if you are going to make some Christmas decorations now is the time to start thinking about it.

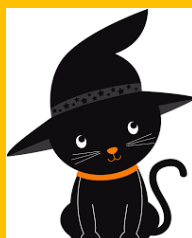
There are loads of websites to help you and lots of videos on YouTube. It really depends on what time you have and how confident you are about trying something new.

The website below is called crafty hacks and has 20 easy and quickly made decorations to brighten up your home this Christmas.

<https://craftyhacks.com/christmas-crafts-adults/>



And Finally....



CountryLiving

“Halloween was confusing. All my life my parents said, ‘Never take candy from strangers.’ And then they dressed me up and said, ‘Go beg for it.’ ”

—RITA RUDNER