

5 November 2020

NEWSPPOINT EXTRA

Viewpoint Community E-Bulletin Number 37

The Future of Newspoint Extra

Newspoint Extra was started as a way of keeping in touch with those of you on line during lockdown. It was about ensuring that you had information about COVID, access to services and what was happening in Viewpoint along with things to do online, online stories, national surveys etc.

Initially we produced this every week and as lockdown eased changed this to fortnightly and then to monthly.

We feel that now is a good time to review the future of Newspoint Extra and would appreciate if you could let me know what you think.

1. Do you think Newspoint Extra should continue as a monthly publication?
2. If so, what kind of things would you like to see in Newspoint Extra?
3. Do you think Newspoint Extra should only be produced only when there is important information to be shared?

Please let me know what you think by emailing me at

tp@viewpoint.org.uk or

Telephone or text me on **07554 389 180**

Contact Us



0131 668 4247



admin@viewpoint.org.uk



www.viewpoint.org.uk

Still Trying to Solve that Annoying Computer Problem?

We have all been there with that wee problem with our computer and not knowing how to solve it. Well struggle no more.

Viewpoint work in partnership with Tap Into IT. Tap Into IT can help you find the solutions to these problems, and if you need more support they can provide that too. The service is free of charge to all Viewpoint tenants.

To book an appointment go to

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

Or telephone **07505 555 011**



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

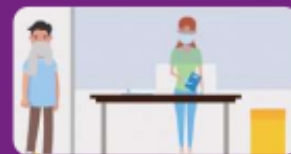
Fife: www.fife.gov.uk

East Lothian: www.eastlothian.gov.uk

Mid Lothian: www.midlothian.gov.uk

Edinburgh: www.edinburgh.gov.uk

Help stop the spread of COVID-19 in Edinburgh



Self-isolate to reduce the spread to others

Please self-isolate if you test positive for COVID-19 or you are advised to by Test and Protect.

If you do need to self-isolate, there's support available from the **City of Edinburgh Council**:

- Call **0131 200 2306** or email edinburghvulnerable@edinburgh.gov.uk (for emergency support out of hours call **0131 200 2000**)
- They also offer [help with deliveries](#) (food and pharmacy)
- You can apply for a [Self-Isolation Support Grant](#) or call **0131 469 2922** (only when applications cannot be made online)

The **Scottish Government** is providing a grant of **£500** to people who are in receipt of low income benefits and who will lose income as a result of having to self-isolate.

Eligibility criteria must be met including:

- Advised by Test and Protect to self-isolate
- Be employed or self-employed
- Be 16 years old or over
- Experience reduced earnings as a result of self-isolation
- Not able to work from home
- On a low income and in receipt of one of the following benefits:
 - Universal Credit, Income Support, Income Related Job Seekers Allowance, Income Related Employment Support Allowance, Housing Benefit, Working Tax Credits, Pension Credit, Council Tax Reduction, or earns less than the Real Living Wage.

Other Support

- If you are self-isolating under any other circumstances and are struggling financially then you can [apply for a Crisis Grant](#) (make sure to check eligibility).
- If you cannot access online support then call the National Assistance Helpline on **0800 111 4000**
- Volunteer Edinburgh can help with tasks such as shopping and dog walking
- **0131 225 0630** or email taskforce@volunteeredinburgh.org.uk
- If you're being affected by domestic abuse call **0800 027 1234**, visit the [SDAFMH website](#) or one of the [Council Resilience Centres](#)

V1.0 approved by NHS Lothian Patient Information Team, Sept 2021. Review date, Sept 2024

How to Reduce Food Waste - with a little help from the internet

In 2019 the BBC reported that Edinburgh residents were recycling 700 tonnes of food waste. Although this is recycled at the food waste treatment facility, it is still a shocking waste of food and money.

The internet is a wealth of information on how to reduce food waste.

www.hubub.org.uk highlights way we can do this:

- Keep track of what you usually buy and throw away
- Check your cupboards before you shop
- Plan your meals
- Use your freezer
- Store food so that it lasts longer



And for each of these topics there is a link to guidance on how to do that—the storage of food and using your freezer are both excellent sources of information.

But what if we do have some food we need to use quickly.

www.supercook.com lets you put in details of the food you have and will come up with recipe suggestions for you—many of which are easy to do. It also has practical suggestions such as the best way to chop an onion or advice on freezing.



Upcycled Christmas Decorations

I was looking for some ideas on making Christmas decorations and came across this website. It showed photographs of various items upcycled into lovely decorations, all of them easy to make.

<https://www.greenmoxie.com/19-upcycled-christmas-ornaments-you-can-make-yourself/>

Old Buttons



Jigsaw pieces



Jigsaw Pieces and Buttons



Bottle Tops



Light Bulbs



Scrabble Pieces



And if you do make any of these or other decorations please send me a photo as I would love to see them.

tp@viewpoint.org