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# NEWSPOINT EXTRA

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## Keep Up to Date with COVID Changes

Once again we are in an ever changing world in respect of the pandemic. It is therefore really important that you keep up to date with what the current situation is and what the current rules are.

There are several ways to keep up to date including television and radio and of course the internet.

And if you are not sure then please do not hesitate to contact us for advice.



## Contact Us



0131 668 4247



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



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

# Trading Standards Advise of Covid Scam

You want to think the best of people but scammers take advantage of any situation.

Trading Standards has advised of a COVID related scam—

Texts are sent claiming to be from the NHS inviting you to apply for a COVID passport and requesting personal details and bank details to pay a £4.99 fee.

The NHS will never ask for bank details and the vaccine is free.

Contact your bank immediately if you think you've been the victim of a scam and report it to Police Scotland by phoning 101.

If you want to keep up to date with advice on current scams you can see the Trading Standards Scotland Scam Share bulletin at <https://www.tsscot.co.uk/news/scam-share/>



## Christmas Cracker Jokes!

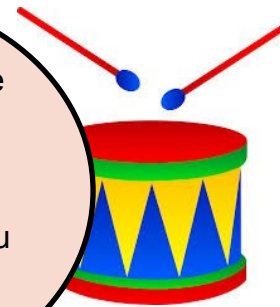
My dad told the world's worst 'dad' jokes ever and at Christmas he would insist we read all the Christmas Cracker Jokes. Him laughing at the jokes was usually funnier than the jokes themselves, but let's face it, it's not Christmas without them.

What do snowmen eat for breakfast?

Ice Crispies!

What's the absolute best Christmas present?

A broken drum—you can't beat it!



What do you call an obnoxious reindeer?

Rude - olph!



What reindeer game do reindeer play at Christmas?

Truth or Deer



# Things to do at Christmas

## Capital Theatres present— Santa's online Christmas Cheer



Grab yourself a cuppa and a Christmas mince pie and settle down to watch a show hosted by none other than Santa.

[https://www.youtube.com/watch?v=binxbT\\_hqx4](https://www.youtube.com/watch?v=binxbT_hqx4)

This is the last concert for this year and Capital Theatres wishes you all an enjoyable and peaceful Christmas and look forward to seeing you next year.



## Tap into IT

### Online Advent Calendar

It's not too late to get started and you can start at the first of December and work through to today.

A mix of competitions, activities and ideas in the lead up to Christmas. Take a look to see what is behind each box.



## Winter Newspoint

Take a look at Winter Newspoint when it comes through your door.

News and updates from Viewpoint, local stories and photographs and lots of puzzles to get you in the mood for Christmas.

**newspoint**  
Winter 2021



# Why You Should Sing!

It's a fact that people love to sing, whether or not they can carry a tune they know it's something positive. 'But I can't sing.' Well my answer to that is we can all sing it's just that some of us are better at it than others.

So I had a look online and found 8 good reasons why you should raise your voice in song every day.

1. **To reduce stress**—singing reduces the amount of cortisol, which is the stress hormone. And it does not appear to make a difference whether you sing on your own or in a group.
2. **To boost your immune system**—there is some evidence that singing helps you fight off illness
3. **To increase your pain threshold**—singing in a group (large or small) increases the amount of endorphins that you release and changing your perception of pain.



4. **May improve snoring**—singing changes the way you breathe and can result in less snoring
5. **To improve lung function**—singing involves deep breathing and controlling your muscles in the respiratory system and is therefore beneficial to certain lung and breathing conditions.



6. **To enhance memory for those with dementia**—It has been proven that those with dementia are sometimes able to recall song lyrics, or remember things from the past through song.
7. **Improves mental health and mood**—research has shown that those who sing report improvements in their mental health, mood and sense of well-being.
8. **Helps improve speaking abilities**—research shows that it can improve speech with those who have a hard time with speech due to a neurological condition such as Parkinson's, autism, aphasia and stuttering.

So what better time to start singing than Christmas. There are many ways to have music to sing along to. Could be on the radio or television or online. If you want a karaoke experience then there are loads of opportunities on line with lyrics. Here are a couple of websites to get you started:

<https://www.youtube.com/watch?v=oH7nwKDtfj8>

<https://www.youtube.com/watch?v=48c9LtMnly0>



# Twas the Night before Christmas

Clement Moore, the author of the poem *Twas the night before Christmas*, was a reticent man and it is believed that a family friend, Miss H. Butler, sent a copy of the poem to the New York Sentinel who published the poem. The condition of publication was that the author of *Twas the night before Christmas* was to remain anonymous. The first publication date was 23rd December 1823 and it was an immediate success. It was not until 1844 that Clement Clarke Moore claimed ownership when the work was included in a book of his poetry.



Twas the night before Christmas, when all through the house  
Not a creature was stirring, not even a mouse.  
The stockings were hung by the chimney with care,  
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,  
While visions of sugar-plums danced in their heads.  
And mamma in her 'kerchief, and I in my cap,  
Had just settled our brains for a long winter's nap.

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.



The moon on the breast of the new-fallen snow  
Gave the lustre of mid-day to objects below.  
When, what to my wondering eyes should appear,

But a miniature sleigh, and eight tiny reindeer.



With a little old driver, so lively and quick,  
I knew in a moment it must be St Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name!

"Now, Dasher! now, Dancer! now, Prancer and Vixen!  
On, Comet! On, Cupid! on, Donner and Blitzen!  
To the top of the porch! to the top of the wall!  
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky.  
So up to the house-top the coursers they flew,  
With the sleigh full of Toys, and St Nicholas too.





And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my head, and was turning around,  
Down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,  
And his clothes were all tarnished with ashes and soot.  
A bundle of Toys he had flung on his back,  
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath.  
He had a broad face and a little round belly,  
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself!  
A wink of his eye and a twist of his head,  
Soon gave me to know I had nothing to dread.



He spoke not a word, but went straight to his work,  
And filled all the stockings, then turned with a jerk.  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, 'ere he drove out of sight,  
"Happy Christmas to all, and to all a good-night!"



And whatever you do please remember to  
keep yourselves, and others, as safe as  
possible.