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NEWSPOINT EXTRA

Viewpoint Community E-Bulletin

Number 39



Volunteer as a Scottish Housing Regulator

Tenant Advisor

and help **inform the future** of housing services in Scotland.

TIS

The Scottish Housing Regulator (SHR) is the independent regulator of registered social landlords (RSLs) and local authority housing services in Scotland, working to safeguard and promote the interests of tenants, people who are homeless, and others who use social housing services.

The SHR will appoint 12 independent volunteer Tenant Advisors. It is inviting applications from tenants of RSLs and local authorities across Scotland.

Individuals from all walks of life are encouraged to apply for this voluntary position and be instrumental in informing the future of social housing services in Scotland.

Tenant Advisors are tenants of either RSLs or local authorities who volunteer to participate in regulation work and support the Regulator by:

- Testing landlord services by acting as mystery shoppers, assessing information and materials produced by landlords for their tenants.
- Reviewing SHR draft publications and website facilities, and helping the SHR to make sure material is both accessible and user friendly for tenants.
- Asking other service users for their views

when the SHR assess the quality of service provided by social landlords to give the SHR a direct, user perspective to add to other regulatory evidence.

Experts in housing, community development, and engagement practice, the **Tenants Information Service (TIS)**, will work in partnership and support the Regulator in our recruitment of Tenant Advisors.

If this voluntary position interests you and you would like to be considered for selection as a Tenant Advisor, please visit:

www.housingregulator.gov.scot or www.tis.org.uk to download an information pack and application form. For further information, email info@tis.org.uk or call **0141 248 1242**.

Reasonable expenses will be covered to make participation in your role as Tenant Advisor as convenient as possible.

The closing date for applications is 10:00am on Monday 14th February 2022, and appointments will commence on Friday 1st April 2022 for a term of 3 years.

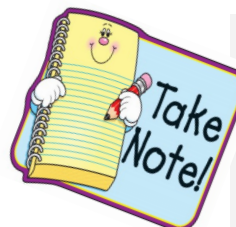


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In this issue:

- Free Energy Saving Advice Workshops
- New Year Resolutions
- Accessible Housing Survey—by Edinburgh City Council

Heat your home for less



Sign up for a free online workshop in January or February

Age Scotland is launching new and free services to help older people get a better understanding of their household energy use, supporting them to use their energy safely, efficiently, and affordably, and helping them stay warm in their homes.

The charity's new online home energy workshops will help raise awareness of the support and options available to older people, with the addition of a new energy advisory service on their national helpline to talk through their circumstances and ensure they are claiming everything they are entitled to.

This new service is being funded by gas network company SGN through a new partnership aimed at helping more older and vulnerable people across Scotland access the help that is available to them.

Age Scotland's energy advice workshops have been designed to offer practical advice to help older people stay safe and warm in their homes, and cover a range of topics including using energy affordably and efficiently, advice on energy tariffs, and accessing benefits and financial support which could help with energy costs.

Fuel poverty already affects one in three older households in Scotland and Age Scotland's Big Survey found that energy bills are the

biggest concern for more than 8 in 10 people over 50 who feel financially squeezed.

Now, with many facing a difficult winter due to rising energy and living costs, as well as uncertainty in the energy market, the charity is urging older people across Scotland to sign up for these new workshops and to call their free helpline on 0800 12 44 222 to discuss energy matters that may be troubling them and ensure they are not missing out on any financial support.

As part of the wider partnership, the two organisations are also working together to ensure SGN's frontline engineers and customer experience centres are able to identify older people's needs and make referrals to Age Scotland where further support is needed.

- [12th January 2pm - 4pm](#)
- [1st February 10am - 12pm](#)
- [10th February 10am -12pm](#)
- [22nd February 10am -12pm](#)

For more information and to sign up for an energy advice workshop, please visit: www.age.scot/energyworkshops.

If you do not know how to use Zoom or do not have any equipment to access this then please give Heather (Viewpoint's Tenant Participation and Communications Coordinator) a call on [07554 389 180](tel:07554389180) as we may be able to help you.

New Year
fresh start
RESOLUTIONS
determination
GOALS AND DREAMS
PEACE
joyful beginnings
OPPORTUNITY
HOPE

New Year Resolutions

Some Facts About New Year Resolutions

- The tradition was started 4000 years ago by the Babylonians—they used to resolve to clear their debts soon!
- The Romans carried the tradition and made their offerings (resolutions) to their gods.
- In 1951 the tradition of new year resolutions was at its most prominent in Great Britain (and some other countries)
- Only 8% of people who make New Year Resolutions keep them
- In Australia and Japan the priority for resolutions is to do with love, while in the US it is health.

Almost 30% of people never make New Year's Resolutions with a strong belief that they would give up on them soon. However a study has shown that people who make New Year's resolutions are ten times more likely to reach their goals than the ones who don't make any.

How do we make sure our New Year Resolutions don't Fail?

The biggest reason we fail is because we try to do too much, too quickly and we don't plan.

- Make your resolution realistic. You might have a bigger goal in mind but break it down into smaller goals that are achievable.
- Plan on how you are going to achieve your goal. What do you need to put in place before you start and anticipate what you will need as you start to achieve your goals.
- Set milestones for your journey to your goal and treat yourself as you reach each milestone.
- Keep track of your progress.
- Celebrate the successes and learn from the things that don't go so well.



So how do you put this into practice:

I will lose 5 stone in weight and get super fit—by the end of March

It depends on your starting point but if you are very overweight and lead a very sedentary life this is not realistic. So maybe you have to think about what you could do and change it to

I will walk for 10 minutes each day and will eat my five a day

And when you start to reach this goal you set a new one to work towards your bigger goal.



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THE CITY OF EDINBURGH COUNCIL

Housing Survey

<https://consultationhub.edinburgh.gov.uk/sfc/accessible-housing/>

Edinburgh residents of all ages and living in all types of housing are invited to take part in a survey about accessible housing. The survey is part of a project the Council is doing to help us understand more about the need for accessible and adaptable homes now and in the future.

Your feedback will help the Council to understand more about the number of households in Edinburgh who may need housing which is designed or adapted to meet health, disability and frailty needs and support independent living.

The survey results will give us additional information about current accessible homes across the City and the number that will be needed in the future. This will help to inform future housing plans.

If you would like the survey in another format such as Braille, large print or translation, please contact the Interpretation and Translation Service on 0131 200 2000 or email its@edinburgh.gov.uk quoting reference **21-7211**.



Contact Us

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Random Acts of Kindness

The phrase “random acts of kindness” (RAK) is relatively well known and has been shared all over the world.

What is a Random Act of Kindness?

‘A Random Act of Kindness is giving your best self to others without requests or promise of return on investment. It’s simply doing something nice for someone else, without them asking and without you doing it for anything in return.’

<https://positivepsychology.com/random-acts-kindness/>

It sounds daunting but it does not have to be something massive or newsworthy, it can be something simple and easy to do. Here are a few examples:

- Smile as you walk down the street and say hello to those that you meet—especially if they look sad or stressed— by smiling we might just change someone’s day.
- Introduce yourself to a new neighbour and tell them what is going on in your area. Think about what you would want to know if you were new to the area.
- If you have read a good book pass it onto a friend or neighbour and tell them how much you enjoyed it.
- Buy an extra can of food in the supermarket and put in the foodbank collection box.
- Take your clothes that are in good condition and you no longer wear to the charity shop rather than leaving them in your wardrobe or putting them in the bin.
- Write a letter to someone who has made an impact on your life telling them what it means to you.

Kindness...

A good thing to share!

Hold open a door for someone. Clean up a neighbor's yard.
Listen. Hold a hand.
give a flower. Visit a friend smile. SAY THANKS.
Send a card. pay for a meal. Give a compliment.
Do a favor. give up your seat.

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