

VIEWPOINT

Winter 2023

newspoint

**Merry Christmas and
a Happy 2024 to you all**

From everyone at Viewpoint

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Important Information

Telephone

0131 668 4247

Freephone Repair Number

0800 345 7347

Out of Hours Emergency Number

0345 604 4686

admin@viewpoint.org.uk
www.viewpoint.org.uk

Opening Hours

**Monday, Tuesday &
Thursday**

9am - 5pm

Wednesday

10am - 5pm

Friday

9am - 4.30pm



/ViewpointHA

Christmas and New Year Opening Hours

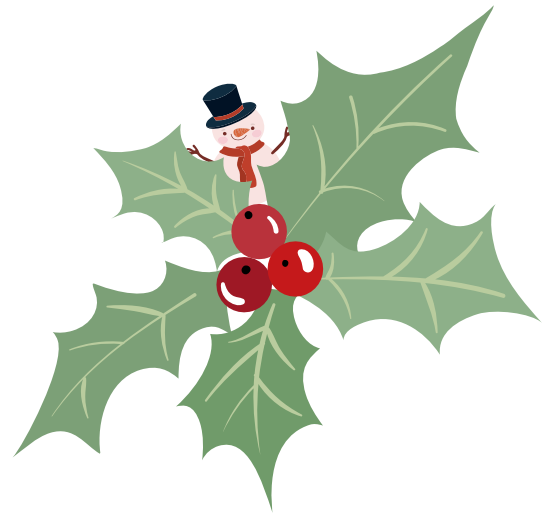
Our offices at 4 South Oswald Road will be closed on 25th and 26th December 2023 and 1st and 2nd January 2024.

Please note that there will be no staff on site on 25th and 26th December 2023 and 1st and 2nd of January 2024

If you have an emergency during this time tenants in sheltered and alarmed housing are still able to contact Telecare by using their pullcords.

Our out of hours emergency service can be contacted by all tenants on
0345 604 4686

Welcome to your Winter Edition of Newspoint



Undoubtedly we are living in times of unprecedented financial pressures, with ongoing high energy costs and inflation impacting on day to day costs. It has never been more important or more of a financial challenge to deliver value for money services and support to our tenants and residents.

Here at Viewpoint we have skilled staff and a range of resources and services available to assist those who may feel they need help. We are extremely fortunate to have a Welfare Rights Service which is operated on a hybrid basis from home and office. Our staff have seen a higher volume of referrals and a rise in claims throughout the year but despite heavier workloads, managed to successfully increase the financial gains for our tenants to the sum of just over £1 million, a significant increase on previous years. If you do have any concerns regarding your financial situation please contact our offices. We are here to help!

We are now well into year two of our Business Plan which outlines our strategic direction, commitments and proposed outcomes up to 2025, including how we improve the energy performance in your home whilst keeping our rents affordable. This will undoubtedly be a challenge with the age and design of some of our stock and also that we must align any retrofit programme with a net zero action plan and sustainability strategy. We will of course share more when we have completed the collation of all relevant stock data.

We are always keen to welcome more tenants to get involved so anyone interested in joining should get in touch

“”

Our Tenant Participation Groups have continued to make a positive impact with their contributions this year. One project was to work with a group of our staff to review and agree the new Customer Service Standards which the tenants presented to the Board for implementation. This was a hugely important piece of work and is now in the internal process of ensuring the rollout of the standards.

We are always keen to welcome more tenants to get involved in reviewing and shaping our services, including reviewing policies and involvement in recruitment. If you are interested in joining should get in touch with Heather Jeffrie, our Tenant Participation Co-ordinator.

We know we don't always get it right, we are only human, but our staff remain committed, hardworking and customer focussed and their determination to continue to improve our service remains strong. As a housing and care provider, our main focus is always on our tenants and residents. It is important that you keep telling us when we do things right as well as wrong and then we can ensure we remain focused on where we need to get better.

On behalf of us all at Viewpoint I would like to wish you all a restful festive break and a very healthy and happy new year.

Jean Gray
Viewpoint's CEO

Welcome to Moazzamma

New Housing Advisor

A psychologist reflected, “When we are open to new possibilities, we find them”. That’s what I would say about coming to work at Viewpoint as a Housing Advisor.

I never planned that I would work in the social housing sector, but while searching for job opportunities I came across Viewpoint and the “I can and I will” value of the organisation intrigued and engrossed me to apply for the role and strive to excel at it.

I came from India to pursue an MSc in Business Psychology with Human Resources Management. While working at my part time job in Sainsbury’s, as a customer service representative, I realised that a people centred role would be perfect for me as I love communicating and building relationships with people.

I will endeavour to help our customers to the best of my abilities so that they have a great and stress free time during their tenancies.

Looking forward to speaking with and seeing you all.



MEET

Kirsty Whittaker

New Housing Officer of the East Area

Hi, my name is Kirsty Whittaker and I am the new Housing Officer for East Edinburgh and East Lothian.

I have worked in housing for over 20 years and spent the last 10 years working as a Community Housing Officer with West Lothian Council before coming to Viewpoint. I felt that making the move to Viewpoint would allow me to spend more time working with tenants.

Fun Fact:

At weekends I am currently in the process of landscaping my garden and am looking forward to that being completed so that I can get back to riding my bike.



Our 2023 Annual General Meeting

Our AGM was held on Tuesday 19 September 2023 at the Colinton Bowling Club, Edinburgh.

Our Chair, Iain Thompson reflected on the past year and the business focus of the organisation. He highlighted the ongoing cost of living crisis and the financial issues many tenants are facing as well as congratulating our staff in both housing and care on their great work and achievements throughout the year.

The Chair also thanked Kate Kennedy and Carol Lumsden for their outstanding contributions as they stepped down from the Board.

The Chair's remarks and our Annual Accounts are available on our website.

Following the AGM, Iain Thompson was re-elected as Chair. If you're interested in becoming a member of Viewpoint, and attending our next AGM, or joining our Board, please get in touch on **0131 662 5156**. More information is available on our website www.viewpoint.org.uk/about-us/become-a-member/ Lifetime membership only costs **£1!**



Reinforced Autoclaved Aerated Concrete (RAAC)

You are likely to have seen and read media reports about the presence of a particular type of reinforced concrete used mainly in schools and other public buildings between the 1950's and 90's.

RAAC is a lightweight concrete with a consistency often compared to an Aero chocolate bar or pumice stone. It is formed into planks and reinforced with steel. It is most often found in the roof structure of low rise flat roofs such as school halls.

It can degrade over time especially if it is affected by rainwater penetration.

While the likelihood of RAAC being identified in domestic properties is low, as a precautionary

measure, we are following government guidance and have set out on a programme of desktop surveys and on-site inspections to confirm whether or not there is any RAAC in our housing stock.

We have already confirmed that 20 of complexes definitely do not have RAAC and we now have building surveyors carrying out on-site inspections to determine whether any exist in the others.

Should any RAAC be found we will then appoint specialist structural engineers to further assess the condition of the RAAC and to advise us on what remedial measures to take.

We will of course contact you directly in the event that we do identify RAAC in your complex.

Tenants Performance Report 2022/2023

Every year we are required to prepare a report on Viewpoint's performance in relation to the Scottish Housing Charter. The Scottish Social Housing Charter sets the standards and outcomes that all social landlords should aim to achieve when performing their housing activities.

We ask tenants to be involved in the publication of this, not only to help agree on the content and design, but also to discuss Viewpoint performance with staff.

Here are some of the key statistics within the document.

Complaints	20/21	21/22	22/23	22/23 Target	Peer group average	Scottish Average
1st Stage Complaints responded to in time (average time in working days)	6.16	4.57	4.57	5	5	
2nd Stage Complaints responded to in time (average time in working days)	18.0	18.22	21.11	20	16.36	
Repairs						
Average length of time taken to complete emergency repairs	2.84 hours	1.81 hours	1.76 hours	3.5 hours	4.29 hours	4.17 hours
Average length of time taken to complete non-emergency repairs	4.37 days	4.5 days	3.03 days	5 days	6.6 days	8.68 days
Reactive repairs carried out and completed right first time	87.1%	93.3%	93.75%	97%	84.9%	87.8%

MEDICAL ADAPTATIONS

The Association spent **£140,900** carrying out medical adaptations on our properties.

£126,673 was grant funding from the Scottish Government and the Association financed the remaining **£14,227**.

The average time taken to complete a medical adaptation was:

73 days

Peer Group Average

198.5 days

Scottish Average

46.8 days

LETTING HOUSES

Average time we took to relet a property:

141.6 days

Compared to 2021/2022

143.9 days

Peer Group Average

82.31 days

Scottish Average

55.61 days

Rent income lost through vacant/unlet properties:

3.85%

Compared to 2021/2022

5.51%

Peer Group Average

3.8%

Scottish Average

1.4%

NB Our Peer Group is Bield, Hanover, Trust and Blackwood Housing Associations.

The full report, with this and other information has been published on our website and can be found at www.viewpoint.org.uk/News.

If you would like to see all our performance information and compare it with other landlords then this is on the Scottish Housing Regulator's website at www.housingregulator.gov.scot/landlord-performance



Condensation & Ventilation

The air in your home contains moisture. When the air comes into contact with any cold surfaces, the moisture condenses into water droplets, known as condensation.

Mould often occurs because of condensation. It appears as black spots, usually on the side surfaces of external walls, in corners and in poorly ventilated spaces, such as behind cupboards and wardrobes.

Common everyday activities increase the amount of moisture in the air. It is known that drying washing indoors greatly increases the moisture content of the air in your home. Cooking and showering also cause an increase in the moisture content of the air.

The aim of this article is to offer some simple tips to reduce the amount of moisture in the air in your home and increase ventilation.



To increase ventilation in your home, to let the moist air circulate and escape outside, you could:

Anything you can do to reduce the amount of moisture you add to the air will help to reduce condensation. For example, you could:



Open windows and vents whenever possible to allow air to circulate, especially when cooking or washing up



Open your windows. In colder weather you only need to open the window very slightly



Use an extractor fan or open a bathroom window for about 10 – 20 minutes after showering or bathing



Dry your windows and sills every morning and keep surfaces in the kitchen and bathroom dry. Wring the cloth out down the sink rather than drying it on a radiator



Leave your bedroom window open at night, even if only slightly



Hang your washing outside to dry if possible. Or hang it in one room with the door closed and a window open



Keep the kitchen and bathroom doors closed so moisture cannot escape into the rest of the house



Avoid hanging washing on a radiator to dry



Don't overfill cupboards



Cook with pan lids on and use extractor fans if they are available. Use only as much water as you need to cover vegetables, and turn down the heat when the water has boiled



Keep a small gap between large furniture and the wall, and where possible place it against an internal wall



Try to keep the temperature in your home stable, between 18 and 21 degrees

Volunteer Edinburgh

Help, just when you need it!

Volunteer Edinburgh are a reactive service that aids people by offering trained volunteers to assist with practical tasks over a time-limited period. Our team of 400+ Community Taskforce Volunteers are ready and willing to help!

Anyone can ask for help, whether a friend, neighbour, relative or any professional. We will consider any request within Edinburgh, and if we can't help, we will point you in the direction of an organisation that may be able to help. We always offer a unique prompt service.

How do I request help?

Our Community Taskforce Volunteers can help with practical tasks that you might need support with, and getting that support is easier than ever. Volunteers will often complete a task on the day of the request with tasks allocated using a postcode match.



What about safety and security?

Our volunteers will always offer a personal connection for those needing assistance.

All our volunteers carry electronic identification or a letter from us to verify their identity, and have been checked and verified by us and Yoti*. Each and every one of our volunteers also receives training and guidance on their role.

So please get in touch and we will see what we can do. If you have any more general questions about the service you can contact us at taskforce@volunteeredinburgh.org.uk or by calling 0131 561 8309 or 07958 540 438.

A Wee Note from Viewpoint if you need help accessing this service

If you have any difficulty with accessing the service online, or you are not online then please do not hesitate to speak to a member of staff who will be happy to help you access these services.

What tasks can our volunteers help with?

Shopping collection**	✓	Dog walking **	✓
Company on unaided walks	✓	Garden tidying	✓
Support after hospital discharge	✓	Post Office mailing	✓
Prescription collection and delivery	✓	Short doorstep chats	✓
Light waste management**	✓	Meeting at appointments	✓

* Volunteer Edinburgh are working with Yoti to provide digital identification for our volunteers. You can find out more about this collaboration and our new electronic volunteer identification www.yoti.com/blog/meet-the-volunteer-edinburgh-digital-volunteer-id-card/

** Please note that we are unable to cover the cost of shopping and our volunteers must be provided with cash to cover the goods requested; Light waste management includes e.g. taking bin bags to the street, or recycling; dog walking is provided on a short-term basis only.

Please contact us if you require more information on what tasks our volunteers can provide by emailing taskforce@volunteeredinburgh.org.uk



Why Tap into IT?

As you know, we work in partnership with Tap Into IT, who help tenants to get online and to hone their IT skills so that they can take an active part in the increasingly challenging digital world.

Earlier this year BBC Reporting Scotland were covering some of the financial concerns that the country is facing because of the current cost of living crisis. Tap Into IT was approached to ask if they, along with some Viewpoint tenants, would like to be part of their series of programmes on the significant effects of the cost of living.

Specifically, the BBC wanted to discuss some of the issues surrounding increases to the costs of mobile phone contracts and Wi-Fi, as some people are facing potential raises of 17% or more.

As a result, a small group of Viewpoint tenants met at Croft-an-Righ and were interviewed by the BBC.

This was aired on BBC Reporting Scotland on 31 March 2023.

Tenants who were interviewed talked about the concerns they have about the potential increases and the ongoing impact of the cost of living.

In addition, they highlighted that often contracts renewed automatically and it was then both difficult and confusing to check what they were actually paying for.

Mike Ellis, from Tap Into IT, told the BBC 'Tenants are often still paying for their mobile phone years after that part of the contract has ended and they should only be paying for the sim card'.

One tenant shared their story of how they worked with Tap Into IT checking what they were paying for their mobile; as a result, they went from paying £20 per month to £5 per month, which means a saving for them of £180 per year.

Tap Into IT can help you do what you need and want to do online. We have a number of locations where Tap Into IT have a weekly or fortnightly presence and, as a tenant, you can attend any of these sessions free of charge.

Over the course of the year Tap Into IT have also helped with the following:

- Assisted a tenant on Pension Credit to get onto the Social Tariff for their broadband, halving their monthly bill
- Assisted a tenant to update their email details on Edindex and get back on the Housing Register
- Supported a tenant to claim holiday cancellation insurance
- Supported a tenant who'd broken their ankle to put in an online shopping order
- Aided a housebound tenant to get started on

WhatsApp for group chats with their family

- Helped tenants to set up their new iPad/mobile phone/smart TV (advising on options in some cases too)
- Assisted tenants to reset passwords and get back into their email/other online accounts
- Helped tenants to find information on loads of things such as bus timetables, information for hobbies
- Supported tenants to book tickets for events

Below is our timetable for October to 22nd December 2023. Keep an eye out on your notice board for times and locations for January – March 2024.

If you would like more information then please contact Heather at Viewpoint on 0131 662 5142 or Mike Ellis at Tap Into IT on 07762 985 509

Monday

Inverard House

46 Inverleith Gardens, EH3 5QF
(Every 2 weeks from 23 October)
2 - 4 PM

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Tuesday

Lynedoch House

23 Lynedoch Place, EH3 7PY
(Weekly from 17 October)
1:30 - 3:30 PM

Wednesday

Cockburn Court

45 Maidencraig Crescent, EH4 2UU
Ingham Court
25 Salisbury Road, EH16 5AA
(Every 2 weeks from 18 October)
2 - 4 PM

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Thursday

Belfour House

10 Cameron Crescent, EH16 5LB
(Weekly from 19 October)
2 - 4 PM

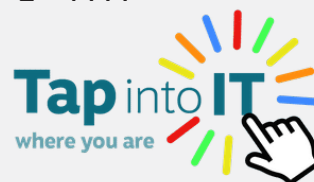
Friday

Gillespie Lodge

47 Gillespie Crescent, EH10 4HY
(Weekly from 20 October)
10:30 AM - 12:30 PM

Croft-An-Righ

Abbeyhill, Holyrood, EH8 8EH
(Weekly from 20 October)
2 - 4 PM



HEARING LOSS

Is this the disability we show the least tolerance for?

‘We couldn’t hear properly’ was what I was told recently at the end of a meeting.

My natural response was ‘you should have said’. The answer I got was somewhat surprising ‘It’s really hard to say as people just get irritated with you – being hard of hearing just annoys people.’

I gave this a lot of thought and realised that there is a lot of truth in this. We all know someone who is hard of hearing whether it is a partner, friend or relative, and if we are honest when we have to repeat what we have said (and sometimes more than once) we do get a bit irked.

Maybe we need to take a step back and think about it from the other person’s point of view. They genuinely did not hear what you said, they have not been able to be part of the conversation, they worry they might have missed something important – having a hearing difficulty can be very isolating.

So what can we do?

Here are some tips to aid communication with those who are hard of hearing from the website

www.healthyhearing.com

Reduce background noise

Healthy Hearing said that though our ears and brain are able to filter out background noise in most situations, people with hearing loss often have a difficult time hearing over excessive noise. Keep in mind that small rooms with no carpeting or curtains tend to have poor acoustics and can distort voices.

Make it easy to see everyone’s faces

If you are in a group setting choose a location where the person with hearing loss will have visual access to everyone’s faces to facilitate better communication.

Make sure the room has enough lighting

People with hearing loss often rely upon lip and speech reading, facial expressions, body language and gestures to supplement their remaining hearing and improve communication.



Other Tips Include



Speak a little slower and clearer



Don't shout – it doesn't help



Don't get impatient if you are asked to repeat something – surely, it is better that you are being listened to and understood than leaving the person you are talking to in the dark!



Don't cover your mouth with your hand or anything else



If the person with hearing loss hears better in one ear than the other then try to speak more towards the better side.



Pay attention to the person you are talking to as sometimes they may feel embarrassed or get tired of asking you to repeat something. If the person looks puzzled find a tactful way to ask if they understood you.



Use gestures if they help



Shorten your sentences or use less complex phrases.



Write things down if needed e.g. arrangements, times, dates etc.

Put this into action and ensure that everyone is included in your conversation

And if you are hard of hearing don't be afraid to ask someone to repeat what they have said, or for them to speak up or speak slower.



Zero Waste Scotland works to inspire change. They exist to lead Scotland to use products and resources responsibly, focussing on where we can have the greatest impact on climate change.

Their website has a lot of information on achieving this and can be found at www.zerowastescotland.org.uk

Here is some information they have provided on how to love your clothes.

Looking after your clothes, making them last and passing them on when you've finished is an easy way to make what you have go further and reduce waste going to landfill.

This information comes from Zero Waste Scotland leaflet 'Little changes. Big difference.'

Why it matters

Making, washing, drying and throwing out clothing has a massive environmental impact. The average household's clothes have the same impact on the planet as driving a car for 6000 miles every year. Yet 30% of all clothes in the UK have not been worn in over a year, and we send a staggering £140 million worth of clothes to landfill each year.

Why it's good for you

You can save money by keeping your clothes in use for longer or by buying vintage and second hand. Learning to mend your clothes can also give you a huge sense of satisfaction and donating clothes to charity gives you a feel-good factor.

What you can do

Here are 5 easy ways to get more from your clothes

1 Buy to last
Buying a smaller number of better quality clothes means you will have a wardrobe that will look great for longer. It's not always about spending lots of money, just looking for materials that wash well and have good stitching.

2 Look after your clothes
Washing clothes in the right way makes a huge difference to how long they last. Know your washing symbols and take extra care with materials like wool, which can easily shrink.

3 Don't fear the needle
So often clothing is thrown away due to simple faults like a missing button or frayed hem but with a needle, thread and a bit of help from www.loveyourclothes.org.uk these things can be fixed in minutes.

4 Pass it on
Having a clothes swap is a great way to refresh your wardrobe for free, and have a party while you're at it. You could also sell clothes online and make money. Passing on to a friend or charity does someone else a good turn while also helping the environment, so it's a double win.

5 Ban the bin
Finally, never put clothing and textiles in the bin. There are donation banks in most towns and cities that collect clothes for recycling so even if they are beyond repair, they can still go on to have another life as cleaning wipes, insulation or stuffing for furniture.

How to darn a sock



1. Turn your sock inside out and centre a round object under the hole, such as a small ball.
2. Starting 1cm away from the hole, create a small grid of lines by going over then under the fabric. Go through the loops in the knit - also known as the 'wales' of the fabric.
3. Let your threads go across the hole as you go
4. After covering the area with parallel lines, create another set of vertical lines at a right angle
5. When you reach the edges of the open hole, go over and under the first set of threads to weave new fabric in the space
6. Once finished, you can tuck the ends in and remove any loose threads

www.woolovers.com/page/how-to-darn-a-sock

Where to find out more

Go to www.loveyourclothes.org.uk for a huge range of hints and tips including information on:

- Repairs
- Washing and care tips
- Stain removal tips

Daniel does the Kiltwalk

Sunday 17 September saw Housing Officer, Daniel Moore, take to the streets of Edinburgh for the Kiltwalk Edinburgh 2023.

Daniel took on this mighty walk of 21 miles to raise funds for Dr Bell's Family Centre in Leith and raised £270 for this very worthy local charity. Daniel's dog Charlie got to join him on the last mile of the walk to make sure that Daniel made it over the finish line. Well done Daniel.

Who are Dr Bell's Family Centre and what do they do?

They are a child-friendly family and community centre, based in the heart of Leith, Edinburgh.

Dr Bell's aims to be a welcoming place where families with young children can get encouragement, support

and advice in a relaxed environment. They provide universal and targeted provision – for everyone and focusing on the most disadvantaged – in order to minimise stigma.

They play a significant part in creating community cohesion by bringing together people of different cultures around a shared agenda – the welfare of children.

Below is a wee sample of activities available from October to December at the centre.



Dr Bell's Family Centre

Start Well, Live Well: Wellbeing Support for Families in Leith

**Monday 23rd October -
Friday 15th December 2023**

Criteria: You need to live in Leith (EH6/7) And have at least one child under the age of 5

For more information on each group and how to book, please check our website: drbells.co.uk/our-groups

Dr Bell's Family Centre
15 Junction Place
Edinburgh
EH6 5JA
0131 553 0100
info@dbfc.org.uk

Monday

Mindful Moments
9:30 AM (Starts 6/11/23)

Wee Feeders
1 PM (Fortnightly)

Pick up, prepare & share
Online

Tuesday

Bumps and Bairns
10 AM (pre birth to 6 months)

Bookbug
12:30 PM

Wednesday

Baby Massage
10 AM (by referral only)

Messy Play
1 PM (£5 per session)

Thursday

Mindfulness Dip
9:30 AM (outdoors)

Baby Massage
10 AM (£30 for course)

Art at the Start
1 PM

Buggy Fit
1 PM (outdoors, suitable for under 1's)

Friday

Bookbug
10 AM

Community Lunch
11:30 AM

Nurture & Natter
12:30 PM (from 6 months)

NEWS FROM

St Raphael's & Marian House



IDDSI Training for Care Home Kitchen Staff

We try to ensure that our staff are trained in skills that make our residents lives more comfortable.

Recently kitchen staff attended some practical training in IDDSI – International Dysphagia Diet Standardisation Initiative. This simply means that no matter what challenges our residents have with eating or drinking, our chefs can cook almost anything for our residents by making it safe to swallow whilst retaining the flavours. This way our residents do not have to give up on foods that are hard to chew and can continue to find joy in food, even in the midst of eating challenges.

Well done to all those who took part.



Farm Animals Visit Viewpoint

There was great excitement one afternoon in August when Viewpoint's car park at South Oswald Road was taken over by some farm animals.

The visit was arranged for the care home residents at St Raphael's and Marian House. It was also an opportunity for office staff to spend time with the residents and get to meet the visiting animals from Menagerie Edinburgh. There were baby goats, alpacas, sheep, miniature ponies and the naughtiest donkey you have ever met.

Residents and staff were full of smiles seeing the animals close up and getting the opportunity to pet them and ask the Menagerie staff questions about the animals. We hope the photos tell the story.



MacMillan Coffee Morning

at Old Farm Court

The coffee morning at Old Farm Court on 22 September was no ordinary event.

The Social club and the sheltered Housing Coordinators got together and organised the coffee morning to raise money for MacMillan Cancer Support.



There was a raffle, table on sale and a donation box. Home baking was in abundance including cupcakes and banana loaf made by Margaret and Patricia. At the end of the day we made a colossal £900 for a very good cause.

Who are MacMillan Cancer Support?

'MacMillan Cancer Support is one of the largest British charities and provides specialist health care, information and financial support to people affected by cancer. It also looks at the social, emotional and practical impact cancer can have, and campaigns for better cancer care. MacMillan Cancer Support's goal is to reach and improve the lives of everyone who has cancer in the UK.'



Charity Funraiser

at Woodthorpe

Tenants at Woodthorpe raised a whopping £300 for Breast Cancer Now.

Jan and Rodger Grieg, two of our tenants, organised the whole event.

Afternoon tea was provided at £3 per head, and they had a 'boozy' raffle and a tombola. Some tenants who were unable to attend donated to the event.

Jan and Rodger did most of the catering and Dot also contributed to this with her homemade scones.

As you can see from the photos the food looked amazing, lots of money was made for a great cause and everyone had a great time. In fact, they all had such a good time that they are planning to make it a yearly event.



Eighth Dan Black Belt for John

at Maidencraig Crescent

John received his Eighth Dan Black Belt in Taekwondo in August this year – the same year in which he will also celebrate his 80th birthday.

John has practised Taekwondo since 1979, after seeing classes advertised in the newspaper. He told me that his practice always depended on what time he had available due to family or work commitments or because of injury. It is something he has always come back to and he highly recommend it to everyone regardless of age.

John said that doing Taekwondo is beneficial to both physical and mental health and it gets you out meeting people and having some fun and much better than playing games on your phone or tablet.

John goes to Tollcross every week for around 2 hours for Taekwondo and tells me there is a beginner's class on a Friday night for those wanting to get started. So if you want to do something a wee bit different then maybe this is for you.



John is now working towards his Ninth Dan Black Belt and hopes he will manage to get this in the coming year.

Congratulations John on your achievement this year and wishing you all the best as you work towards the next level.

What is taekwondo in simple words?

Taekwondo comes from three Korean words, tae, “kick,” kwon, “fist or punch,” and do, “the art of.” That’s a pretty good description of this dynamic martial art, which involves acrobatic kicks and graceful punches. Like all martial arts, taekwondo isn’t just combat — it’s also an art and a discipline.

Bees Looking for a New Home

Earlier this year a colony of honey bees took temporary residence at Lyndoch House for a few days before going off to look for a new hive.

Graham, the sheltered coordinator, took these photos and I am sure you will agree that it is a wonderful sight to have seen.

We hope the bees have found their new hive and are settling in well.



Haugh Park Hold Their Annual Summer Fair

Haugh Park Social Club and Kasia the Coordinator have put lots of effort in organising and hosting their annual Summer Fair.

There was a Haugh Park Café where you could have cake and a cuppa, and a food shack with burgers, hot dogs, sausages and cold drinks. Thanks to Anne the ex-coordinator for cooking for us. There was a Bric-a-Brac stall, Tombola, Raffle and a spot to take a holiday in Hawaii snap.

Despite the merciless weather, the total raised from the fair was impressive £1002.90! What a fantastic achievement.

Tenants are already planning to spend the money on their activities in the coming months...



Spooky Times at Buchan Gardens

Buchan Gardens held their annual Halloween Party on 28 October. Our hall was decorated by our committee and a buffet was laid on.

Pizza's, sausage rolls, pies and chilli con carne were available with cakes for afters. After our fill of the fantastic food, there was a karaoke session where a few of our tenants were up for a sing song. Some of Danny and Wilma's grand daughters were in attendance along with four of their great grandchildren. After a few 'refreshments' we all had a general 'chit-chat' before winding up a few hours later. A great time was had by all after another successful Halloween Party at Buchan Gardens.



Buchan Gardens and the Battle of Britain

By Danny Rankin

On Saturday 16th September, Buchan Gardens held an exhibition and film night for the 83rd anniversary of the Battle of Britain. It was also the 50th anniversary of the Lincolnshire's Lancaster Association.

The Lincolnshire's Lancaster Association is a Registered Charity that holds a unique position as the support Group for the Battle of Britain Memorial Flight (BBMF). Danny Rankin is a member of this Association and has visited the Battle of Britain Memorial Flight, at Coningsby, a few times.

Danny built all the models you can see in the photograph. These represent all the aircraft that the BBMF had in the year 2000.



A few other items were on show e.g. WWII navigation computer, engine starting button that was used on most RAF aircraft during the war and many other memorabilia.

After everyone had perused the exhibition, the film 'Battle of Britain' was shown on our large screen. Many stars were in the film, Michael Caine, Trevor Howard, Ian McShane, Kenneth More, Laurence Olivier and many more.

The film was celebrated by all who came and 'refreshments' enjoyed into the wee small hours.



Haugh Park Welcome the Autumn

By Kasia Murthy

Tenants at Haugh Park have officially welcomed autumn. We celebrated in the way we know best - with food and beverage.

Lots of laughter as ever and good music was a must. Although there were only 11 of us, we had a great time. It is time for winter vaccinations – get yours done!

Autumn teaches us the beauty of letting go. Growth requires release – it's what the trees do

“”





Fish'n'Chips at Portobello

By Jackie Baillie

In September, Croft-an-Righ tenants had an outing to Portobello.

First stop was lunch at St Andrews Fish restaurant, where Monica and her staff welcomed the group, looked after them well, and service up the most delicious food.

After lunch, some of the group had a little fun at the penny arcade. We were very lucky with the weather and the sun shone, allowing us to venture onto the prom.

A great day was had by all.

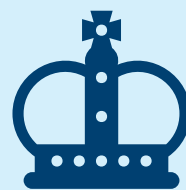
Visitors to Glenesk

I was at Glenesk for the quarterly meeting and looked out of the window to see a gorgeous baby deer frolicking around. The baby deer's mum appeared just behind and kept a close eye to make sure it didn't get into any trouble.



WINNER OF 'A RIGHT ROYAL QUIZ'

Congratulations to
CAROLINE
FROM GILLESPIE
CRESCENT



Who won a £25 shopping voucher after entering our Right Royal Quiz, which was in our Autumn 2023 edition of Newspoint. We had a number of entrants who managed to get all the answers right so had to draw the winner from the hat. Well done to everyone who entered.

Find the Snowmen

Your chance to win a £25 shopping voucher

Throughout this issue of Newspoint we have 'hidden' some snowmen.

To win a £25 shopping voucher all you have to do is to count the number of snowman and enter by:

- Phoning 0131 662 5142
- Phoning or texting 07554 389 180
- Email tp@viewpoint.org.uk
- Write to us at 4 South Oswald Road, Edinburgh, EH9 2HG



Remember to give your name and address.

The winner will be chosen from all those who submit the correct answer.

The closing date for entries is
Monday 8 January 2024

