

# newspoint

**Winter 2025**

## Welcome to Winter Newspoint

You will see this edition is looking a little different from normal. As our Autumn edition was issued so late (we apologise), we decided that a newssheet rather than a full Newspoint would be produced.

We know that Christmas is not a happy time for everyone and that winter in itself can be difficult. Therefore, as the nights draw in and the holidays approach, here is our guide to staying warm, well, and cheerful this winter. And on the back page there are some useful telephone numbers for those who are finding things difficult.

Whatever you do over the holiday season, remember look out for each other and be kind to each other.

*'If we all do one random act of kindness daily, we just might set the world in the right direction'*    Martin Kornfeld

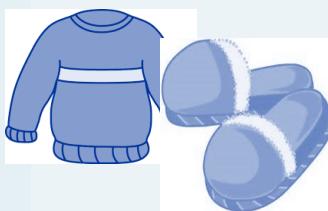


# Keep Warm this Winter

**We all know how to keep warm in winter – Or do we? Sometimes we ‘forget’ or dismiss the simple ideas so this wee article is a reminder, and maybe you will even try something new.**

## 1. Layer Love

Wearing layers is one of the easiest way to keep warm. Think soft cotton underneath, something cosy in the middles and a jumper or cardigan on top. You can then take them off if it gets too warm.



## 2. Do Not underestimate the Humble Hot Water Bottle

Just be careful when you are filling it. Use a hot water bottle cover so you can tuck up with the hot water bottle and feel cosy.

## 3. Blanket Bliss

Keep a soft throw or blanket handy for the sofa. There is nothing quite like snuggling under one while watching a film or reading a book. I keep one at the end of the bed for those extra chilly nights.



## 4. Hot Drink Happiness

A steaming mug of tea, coffee or hot chocolate can work wonders on a cold day. Wrap your hands around the cup, take a deep breath and let the warmth do its thing. And if you have hot chocolate you can always add some marshmallows!

## 5. Stay as Active as you can ... Then put your feet up.

I appreciate that this is very difficult for some of you but even a wee wander around the house can help boost your circulation. And when you do sit down, put your feet up on a foot stool as it is



## 6. Winter Warming Food

Winter is the season for food that makes you feel warm. A nice plate of hot soup (try our simple recipe), a beef and bean casserole, or a sausage and tomato stew are all feel good and warm foods. And you can always drink some warming drinks, not just tea and coffee but hot chocolate, warm milk or Ovaltine.

### Winter Warmer Soup



Chop one onion, two carrots, and two potatoes. Simmer with 1 litre of vegetable stock made with a stock cube and 50g red lentils for 20 minutes. Blend or mash until smooth and season to taste.

## Energy Saving Tips

Small actions can make a big difference:

- Switch off lights when leaving a room.
- Close curtains at dusk to retain heat.
- Avoid leaving devices on standby.
- Lower your thermostat slightly and wear an extra layer.



What do you get if you cross a snowman and a dog?

Frostbite!



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## Useful Numbers for Difficult Times

We all experience difficult times, and sometimes a little extra support can help. The following organisations are available not just at Christmas, but throughout the year:

**The Silver Line** (Age UK helpline for people over 55): Support for anyone feeling lonely or isolated, offering friendship, conversation, and links to local services. **Telephone: 0800 470 8090 (free, 24 hours a day)**

**Cruse Scotland** (Cruse Scotland): Bereavement support for adults, children, and young people. **Telephone: 0808 802 6161**

**Samaritans** (Samaritans): Provide 24-hour emotional support for anyone who is struggling to cope. This service is not only for people experiencing suicidal thoughts, but for anyone who needs to talk and be listened to. **Telephone: 116 123 (free, 24 hours a day)**

## Our Christmas Opening Hours

Date	Opening Hours	
<b>24 December 2025</b>	<b>10am - 4pm</b>	<b>Reduced Hours</b>
<b>25 - 26 December 2025</b>	<b>Closed</b>	<b>Christmas Day and Boxing Day</b>
<b>31 December 2025</b>	<b>10am - 4pm</b>	<b>Reduced Hours</b>
<b>1 - 2 January 2026</b>	<b>Closed</b>	<b>New Years Holiday</b>

### How to report an emergency repair when the office is closed

If you have an emergency when the office is closed either:

- **Telephone 0345 604 4686**
- **Pull the cord of your alarm call system if you have one**