

VIEWPOINT

Winter 2022

# newspoint



## Focus on Eleanor

our Welfare Benefits Officer

Viewpoint is 75

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Smplicare Research into Falls

Heather signs up for observational research  
- do you want to join her?

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It's never too late

Yvonne plays for Scotland

## Important Information


### Telephone


0131 668 4247

### Freephone Repair Number

0800 345 7347

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

 @ViewpointHA

 /ViewpointHA

### Opening Hours

**Monday, Tuesday & Thursday**  
9am - 5pm

**Wednesday**  
10am - 5pm

**Friday**  
9am - 4.30pm

### Christmas Opening Hours

Our offices at 4 South Oswald Road will be closed on 26th & 27th December 2022 and 2nd & 3rd January 2023.

Please note that there will be no staff on site on 25th & 26th December 2022 and 1st & 2nd January 2023.



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 support service can be contacted on 0345 604 4686**

# Welcome to your Winter Edition of **Newspoint**

We cannot believe we were producing the winter edition of Newspoint already. It seems like only yesterday that the spring edition of Newspoint was being talked about and that we were only able to meet online and have discussions on email.

This time around, we have managed to meet in person in order to do some of the planning.

It was great to meet up with Eleanor Eccles, Welfare Benefits Officer for Viewpoint, and talk to her about her job. Eleanor is really passionate about what she does and will do the best she can for anyone who wishes advice or assistance with benefit entitlements. We were particularly impressed that Eleanor was making a curtain for behind her front door and was using an air fryer to help conserve energy.

We have had lots more photos of what is going on in your area and that has been great to see. We love to know what you are up to.

## **WE ARE LOOKING FOR YOUR LETTERS**

We would really love to launch a letter page. An opportunity for you to make a public compliment or to ask for clarification on an issue. It's up to you, and if you wish you can have your letter published anonymously.

Please note that we reserve the right to edit your letter where required e.g. too long or to remove any part of a letter that would lead to any individual being identified who is not the writer of the letter.

We will also publish our response to your letter if this is appropriate. Send your letters to Heather Jeffrie by:

**Mail:** 4 South Oswald Road, Edinburgh EH9 2HG

**Email:** [newspoint@viewpoint.org.uk](mailto:newspoint@viewpoint.org.uk)

We are already thinking about Spring 2023 edition so if there is anything you would like us to write about, a story you have to tell or some photos you would like us to see then just email Heather at [newspoint@viewpoint.org.uk](mailto:newspoint@viewpoint.org.uk) or telephone her on 0131 662 5142 or text or telephone on 07554 389 180.

Merry Christmas to all of you and a Happy and Peaceful New Year.

**Alison, Grace, Melody, Yvonne and Heather**  
The Editorial Team



# Viewpoint is 75 this year

## But where did we start!

**It all started in 1947 as a result of the post World War II housing shortage. Back then, women had very few housing rights and needed help and support through these difficult times.**

It was 'founded for women by women to meet a previously unrecognised need. Many elderly and retiring women were living on very small fixed incomes and often coming out of tied accommodation. Often they were educated women who had been doing interesting wartime work and caring for elderly relatives.

Many had remained single following the death of future husbands during the Great War. Now they were homeless. Their plight was not recognised in a society now recovering from the Second World War and where the aim was to create "Homes fit for Heroes"



Miss Jane Cunningham was the daughter of a local minister and in her 60s and was aware of, and writing about, the plight of these homeless women. She purchased a flat at 27 Rutland Street in Edinburgh and because it was so big she let out rooms to other single women. The photograph shows Miss Cunningham in her apartment at Rutland Street.

This could have been seen as the first property for Viewpoint but, taking the advice of her lawyers, she protected her own property and decided to form a committee with eight like-minded women and they called themselves the Viewpoint Housing Society. Funding their first property was a major issue as no building society or Local Authority was willing to fund an untried organisation. However they did manage to raise the funds to purchase the first Viewpoint Housing

Society Property at 9 Warrender Park Crescent, next to The Meadows. The property had seven rooms and a common kitchen and bathroom and was to be called Anne House.

Later in 1948 Bridget House (5 Northumberland Street) and Charlotte House (203 Newhaven Road) were opened providing accommodation for another 20 women.

So what happened next? The next instalment of our history will be in the Spring issue of Newpoint and perhaps you will find out where and how your development became part of Viewpoint.

## Other Events That Took Place In 1947

1. **Golden Wonder crisps were produced**
2. **1st televised American Presidential speech from the White House - Harry Truman**
3. **One of the worst winters on record**
4. **1st airing of Gardeners' Question Time**
5. **India and Pakistan gained independence from the UK**
6. **1st Edinburgh International Festival**
7. **Wedding of Princess Elizabeth and Prince Philip**
8. **1st transistor demonstrated**
9. **1st mobile phones available**
10. **Start of the Cold War**
11. **1st microwave ovens used**
12. **Notable birthdays -**  
David Bowie, Pam Ayres  
Alan Sugar, Elton John  
David Blunkett,  
Camilla, Queen Consort  
Ann Widdecombe, Hillary Clinton  
Arnold Schwarzenegger  
Stephen King



# Welcome

To Our Winter Edition of Newpoint

From Jean Gray, Chief Executive Officer



**I can hardly believe that it is nearly Christmas again. It seems like only yesterday that I wrote about the dark and colder nights coming in and Christmas being on our doorstep.**

**It has been a year of ups and downs starting with COVID restrictions being lifted. What a relief to be allowed to meet up in person again, and although COVID is still with us and we still have to be careful, some sense of normality has been restored in our lives.**

June saw the country celebrate Queen Elizabeth II's platinum jubilee with many of you joining in celebrations in your area. It was great to see people socialising together, having fun, and celebrating our Queen's reign. In September, our Queen sadly passed away and a period of mourning followed.

Unfortunately, we now see ourselves in an economic crisis with the cost of fuel and food rising and some of us may be having to make choices about how we spend our limited incomes. In this edition of Newpoint, we have highlighted the excellent work of Eleanor Eccles, our welfare benefits officer, and in particular how to get advice about fuel bills.

If you live in Edinburgh and the Lothians you will also be receiving through your letter box a copy of a publication called 'Nights are Fair Drawin In', this booklet gives you more information and contact numbers and addresses for services that may be able to help you at this difficult time. For those of you living in Fife we are currently trying to see if there is a similar publication, and if not, we will collate some information and send to you as soon as we can.

Regardless of where you live I just want you to know that we are here to help if you are struggling or we can signpost you to other agencies who are proactively helping the most vulnerable during this time.

The recruitment and retention of staff has been one of our most significant issues this year and unfortunately has resulted in some very difficult decisions being made particularly in relation to one of our care homes, which we are currently in the process of closing. This is a sad time for us but it is important that we also ensure the future financial viability and sustainability of the whole organisation. Many of you continue to be very supportive of the organisation and the services we deliver and I have been grateful for those of you who have taken time to compliment particular staff and departments. We continue to review our services and appreciate any feedback whether positive or negative.

**Finally may I just wish each one of you a very Merry Christmas and a peaceful, healthy and Happy New Year.**





# Eleanor Eccles

## Welfare Benefits Officer

### We mention Eleanor frequently in our newsletter but what does she actually do and how can she help you?

Eleanor's job is to give you, our tenants, support and advice on welfare benefits. Eleanor can:

- Explain benefit rules and who can claim them
  - Check that you are claiming all the benefits that you are entitled to
  - Help you fill in forms to apply for benefits or pension credits
  - Assist you if you are appealing against a decision on their benefits or represent you at formal appeal tribunals; and
  - Signpost you to different agencies that may be able to assist you if she is unable to help you
- Eleanor advised that it is estimated that £1.7 billion in benefits was unclaimed last year in the UK. This is money that people are entitled to, to help them live.

Eleanor also told me that sometime just making a claim and receiving one benefit opens the door to other benefits, and she highlighted two recent examples to explain this:

### Case Study 1

This was a simple case of tenant 'has never discussed finances and would never ask'. As a result of an assessment carried out by Eleanor, she submitted a claim for Pension Credit as the tenant had no savings and the State Retirement pension did not meet the standard minimum income guarantee.

The claim was successful and as a result, the tenant received full Housing Benefit and a Council tax reduction in addition to Pension Credit.

'This is a story I see quite often and it is great just to see someone's life changed by getting them the income they need and are entitled to'

### Case Study 2

However, not all cases are quite so straightforward.

A new tenant was moving into a Viewpoint property following a period of homelessness. They had multiple health issues and had 'dropped' out of the benefits system.

New claims were made for Housing and Council Tax benefit and Discretionary Housing Payment so that they could pay their rent in advance and get items that they needed to be able to live in their flat. There was also a claim made for Personal Independence Payment (PIP).

# Cost of Living

## Where to Get Help

**With food prices continuing to rise and utility costs increasing some of us may be worried about how we are going to manage going into the winter months.**

**The most important thing is not to panic and to seek help as soon as possible.**

**In this article we have tried to highlight some assistance that is available should you need this. If you have any difficulty accessing these services, or you need additional help but don't know where to go then please speak to a member of staff and we will see what we can do to help you.**

## Energy Advice

### Cosy Kingdom

**For Residents in Fife**

**Cosy Kingdom is a free and impartial energy and debt advice service available to all tenants and homeowners across Fife. They work in partnership with Greener Kircaldy, St Andrews Environmental Network and Citizen's Advice and Rights Fife.**

Their advisors can offer help by telephone and, if needed, can visit you in your own home.

Their friendly and knowledgeable advisors can help

you find practical and affordable ways to save energy, understand your gas and electricity bills and tariffs, advise on gas and electricity utility debt and help you apply for the Warm Home Discount.

In addition they can carry out free benefit checks (as can Viewpoint's Welfare Benefit Officer), offer support to those who are unable to top up their meters and provide a free handy service for those eligible for free energy saving measures.

Please note that Cosy Kingdom are experiencing a high level of calls at the moment and you may have to be patient for an appointment.

To arrange to speak to one of the energy advisors:

**Telephone: 01592 807 930  
between 10am and 3pm Monday to Friday  
Text: Text 'COSY' and your name  
to 88440  
Email: [info@cosykingdom.org.uk](mailto:info@cosykingdom.org.uk)**

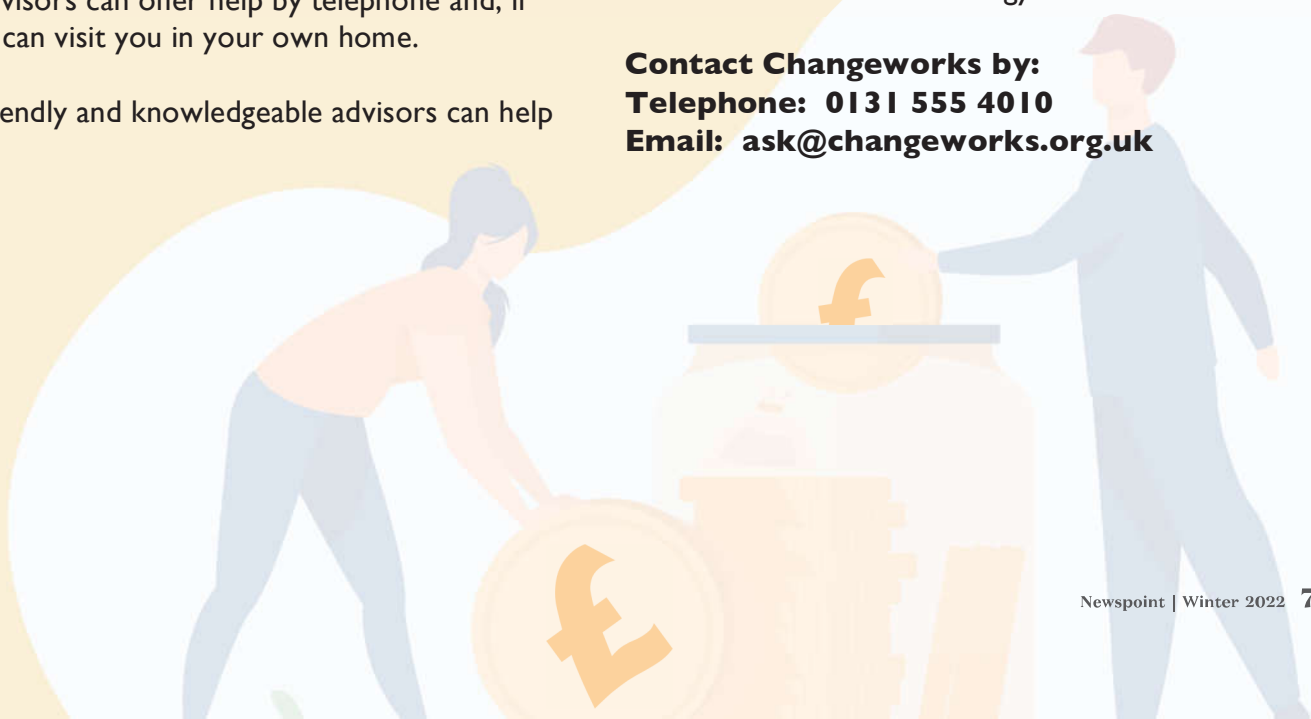
### Changeworks

**For Residents in Edinburgh and the Lothians**

Changeworks provide expert support and guidance to householders so that people can live in affordable, warm, homes.

From advice such as how to save money on your energy bills to providing guidance and information on fuel poverty they work to increase energy efficiency, which can lead to lower energy bills.

**Contact Changeworks by:  
Telephone: 0131 555 4010  
Email: [ask@changeworks.org.uk](mailto:ask@changeworks.org.uk)**



# 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. Warp Up Warm.....In Layers

It has been scientifically proven that wearing layers of clothing helps to keep you warm. Your first layer should be made of a material like polyester, which will draw the moisture away from your skin. Subsequent layers like a fleece or a jumper should be snug but not too tight.



## 2. After Using Your Oven Leave The Door Open

And this will allow any residual heat to heat the room. One of our staff members said they had never thought about doing this but tried it out and really saw the difference in the temperature of their room. Give it a go and get some ‘free’ heat.



## 3. Remember The Hats, Scarves, Gloves And Socks When Going Out

Your body loses most of its heat through whatever is exposed so stay covered up and you will stay warm. Just remember and get a hat that covers your ears!



## 4. Close Your Doors And Your Curtains

We normally keep the temperature in the room we are sitting in a bit higher than the rest of the house. No point in losing that heat by leaving the doors open, even if you are just nipping to the kitchen for a cuppa. It is recommended that you keep your main living room between 18 – 21°C and the rest of your rooms at 16°C at least.



Open your curtains during the day to let in the natural sunlight but close them at dusk so you do not lose any heat. If you can get thermal linings for your curtains to help keep the heat in.

## 5. Slipper Up

Wearing slippers around the house can really help keep your tootsies warm.

I have terrible cold feet and it was only a few years ago that I invested in a pair of very cosy boot slippers and in winter they are my saviour. They are not the most attractive slippers in the world but I take the view it is not a fashion parade and it means my feet are cosy – really cosy!





## 6. Stay As Active As You Can .....Then Put Your Feet Up

I appreciate that this is very difficult for some of you but even just a wee wander around the house can help boost your circulation.

And when you do sit down, put your feet up, as it is coldest nearest the ground.



## 7. Winter Warming Food

Winter is the season for food that makes you feel warm. A nice plate of hot soup, a beef and bean casserole or a sausage and tomato stew are all feel good and feel cosy foods.

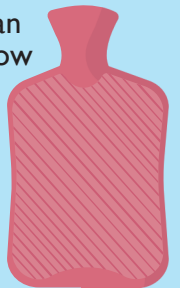
And then you can always drink some warming drinks, not just tea and coffee but hot chocolate, warm milk or Ovaltine. However, do not use alcohol to keep you warm – although it will give you a warm feeling inside the alcohol actually takes the blood supply away from your vital organs and causes your body some temperature control issues.



## 8. Don't Underestimate The Humble Hot Water Bottle

Just make sure that you take care:

- Do not use boiling water as this can damage the seams of the bottle. Allow the water to cool for a couple of minutes.
- Don't try and fill the bottle too fast as there could be some splash back
- Don't overfill the bottle – Recommended that it should be around half to a maximum of three quarters full
- Use a hot water bottle cover to prevent burning yourself – it also keeps the bottle warmer for a bit longer.



And then tuck up with the hot water bottle and feel cosy!

## 9. Draught Excluders Are Cool

The humble sausage dog draught excluder can really help keep your room warm. They are relatively inexpensive or you could make your own.





# Energy Saving Tips



**When I was younger, my dad was always shouting at us to turn lights off or to close doors and we thought he was an old fusspot. Well I think I have turned into my dad, as I seem to constantly say ‘turn the light out’ or ‘shut the door’.**

**However, it is the small things that help us not to waste energy and keeps costs down. Here are some energy saving tips from Changeworks, and while they are all common sense it may just act as a reminder for us.**

## Switch off standby

You can save around £65 per year just by remembering to turn your appliances off standby mode. Of course, there are some things we cannot turn off such as our fridge freezers or our satellite and digital TV recorder if we are recording programmes.

## Turn off lights

Turn your lights off when you are not using them or when you leave a room. This could save you around £25 per year.

## Careful with your washing

You can save around £34 per year from your energy bill just by using your washing machine carefully. Use your washing machine on a 30-degree cycle instead of higher temperatures and do not run with partial loads unless you really have to.

## Avoid the tumble dryer

Avoid using a tumble dryer and dry outside (when possible) or on a clothes-horse and you could save around £70 per year.

## Spend less time in the shower

Although sometimes it is quite nice to have a long shower we should try and limit the majority of showers to just 4 minutes and not only save water, but save around £95 on a typical household energy bill.

## Be savvy in the kitchen

Kettles are one of the most used appliances in the kitchen. Many of us will admit that we occasionally boil the kettle with more water that we are going to use. By avoiding overfilling the kettle and only boiling the water you need you could save yourself £13 per year.

## Turn down your thermostat

By turning down your heating thermostat by just one degree Celsius, you could save up to £145 per year.

However, remember it is recommended that the room you sit in should be between 18 – 21 degree Celsius and the rest of your rooms at around 16 degrees Celsius.



**'My cooking is fabulous.....  
even the smoke alarm  
is cheering me on'**

“”

**The nights are fair drawin' in and it's getting colder and what we want is some winter warming food that is easy to make and delicious to eat. Here are a couple of recipes for you to try.**



## **Mince and Tatties (Serves 2)**

**An Alternative version from**

**[www.facebook.com/ssuperyummy/](http://www.facebook.com/ssuperyummy/)**

### **Ingredients**

- 500g potatoes, peeled and cut into chunks
- 1 clove of garlic peeled and finely chopped
- ½ large onion peeled and chopped
- 225g lean minced beef
- 1 tbsp cooking oil
- 200g Tomato Sauce
- ½ tsp salt
- ½ tsp paprika
- ½ tsp black pepper
- 1 tbsp chopped fresh chives
- ½ tbsp butter
- 100g mozzarella and cheddar cheese grated



### **Method**

- 1.** Boil the potatoes until soft
- 2.** Heat the oven to 200°C
- 3.** Meanwhile add the oil to a frying pan and heat gently
- 4.** Add the chopped garlic and onion and saute until soft
- 5.** Add the mince and continue to cook until the meat has changed colour
- 6.** Add the tomato sauce, salt, paprika and pepper and mix thoroughly and continue on the heat until the meat is cooked. Remove pan from the heat.
- 7.** When potatoes are cooked, drain and add the butter and chives and mash well until smooth
- 8.** Divide the potato mixture into two and shape into a ball. Flatten slightly and put a dent in the middle of each ball of potato and place in dish or tray suitable for putting in the oven.
- 9.** Sprinkle half the cheese in the dents in the potato and then top with the mince mixture.
- 10.** Sprinkle the remaining cheese over the top and put the dish in the heated oven for 10 minutes until the cheese is melted.
- 11.** Add cooked veg or a salad to serve or just eat and enjoy

## The Humble Omelette (Serves 1)

Often overlooked an omelette is a simple, quick recipe and you can put anything in it you like—ham, peppers, onions, sausage, chives...

### Ingredients

- 1 tsp oil
- 25g grated cheddar
- 2 beaten eggs
- Handful of mushrooms



### Method

1. Heat the olive oil in a frying pan and then add the mushrooms and fry gently until the liquid has stopped coming out of them. Remove the mushrooms from the pan.
2. Add the beaten egg to the pan and then allow this to cook to your liking.
3. Spread the cheese and the mushrooms over one half of the omelette and fold over the other half of the omelette on top and allow to heat for a few moments.
4. Serve with salad or a baked potato or even some chips.



## Sausage and Pasta Bake (Serves 3)

Can be frozen.

Recipe from [www.neilshealthymeals.com](http://www.neilshealthymeals.com)

### Ingredients

- 100g Pasta shapes
- 3 sausages (beef, pork, chicken, vegetarian)
- 1 teaspoon oil
- 1/2 diced onion
- 1 clove garlic crushed
- 1/2 red pepper diced
- 200g baked beans in tomato sauce
- 200g can chopped tomatoes
- 1 1/2 tsp Dijon mustard
- 90g grated cheese

### Method

1. Heat oven to 175°C. Cook pasta according to packet instruction and then drain.
2. Grill the sausages until cooked and then leave to cool and then cut each sausage into approximately 8 pieces.
3. Heat oil in saucepan and add onion and garlic and fry gently until soft (5—7 minutes). Add red pepper and fry for another 2-3 minutes.
4. Stir in baked beans, tomatoes and mustard and bring to a simmer. Add the drained pasta and then put into an oven proof dish.
5. Put in oven for 15—20 minutes until cheese melted and golden brown. Serve with salad and/or crusty bread



## Bread and Cheese Pudding (Serves 1)

Recipe from:

The Usborne Beginner's Cookbook

### Ingredients

- Butter/margarine for greasing
- 90g stale white bread cut into 2.5cm cubes —leave the crusts on
- 50g cheddar cheese cut into 1cm cubes
- 2 small eggs
- 1/4 tsp smooth mustard
- 225ml milk
- salt and pepper
- 1 large tomato sliced thinly and then cut each slice in half

### Method

1. Heat the oven to 200°C/Gas Mark 6
2. Grease a small ovenproof dish
3. Put bread cubes in the dish and scatter with the cheese
4. Break eggs into a bowl and beat them with a fork. Add the milk, mustard and a little salt and pepper and whisk it with the fork. Then slowly pour the milky mixture over the bread and cheese making sure that all the pieces are coated
5. Leave to stand for 5 minutes so that the liquid is absorbed.
6. Lay the tomatoes on top of the bread and cheese and then bake in the oven for around 35 minutes until the bread is golden brown and the cheese is bubbling.



# The Cost of Living Tenant Protection Scotland Act 2022

Emergency legislation was passed by the Scottish Parliament in October 2022, which gave Ministers the temporary power to cap rents for private and social tenancies until 31 March 2023.

This cap was set at 0% - and has become commonly known as the 'rent freeze'.

As Viewpoint increases its rents on the 1 April every year, this has no impact on current rents. The law also includes the power to maintain or vary this rent cap over two further six month periods.

The Scottish Government must confirm by 14 January 2023, whether it proposes to retain the rent cap at 0%, increase it or remove it, beyond 31 March 2023. The law only applies to rent and not to service charges.





# Tenant Performance Report 2021/2022

**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.**

The first Charter came into effect on 1 April 2012 and was reviewed during 2016 and again during 2021, the reviewed charter was published in November 2022. A further review was carried out earlier this year, but to date no amended version of the charter has been produced. If you would like to view a copy of the charter you can access this online at [www.gov.scot/publications/scottish-social-housing-charter-november-2022](http://www.gov.scot/publications/scottish-social-housing-charter-november-2022)

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

This year the group of tenants said they would like to try to make the report more user friendly and to make it more meaningful to show the context with the Scottish Housing Charter. The tenants also had the opportunity to discuss the performance and we have arranged a follow up meeting to discuss the outcomes in more detail.

Some of the statistics were taken from our Tenant Satisfaction Survey carried out in March 2022 (key statistics were reported in the Autumn 2022 edition of Newpoint) and other information came from information collected during the year.



Our report for the financial year 2021/2022 is now on our website at <https://www.viewpoint.org.uk/media/4665/tenant-performance-report-2021-22.pdf>

If you would like a paper copy of the report then please ask a member of staff.

**If you have any comments about the content or layout of the report then please contact Heather Jeffrie, our Tenant Participation and Communications Coordinator, by telephone on 0131 662 5142 or 07554 389 180 or by email at [tp@viewpoint.org.uk](mailto:tp@viewpoint.org.uk)**



# Gas Safety

**We know that when gas appliances are not properly inspected and maintained this can result in increased risks. An unsafe gas appliance can lead to carbon monoxide poisoning, fires and leaks, but these risks can be greatly reduced by regularly checking the appliances.**

**Viewpoint is committed to taking action to help safeguard your safety and health. As part of this, we must meet our legal requirement to ensure that all gas appliances and related pipes and flues within your home are kept in safe working order and inspected every 12 months.**

The annual gas inspection involves a Gas Safe registered engineer inspecting the gas pipework and completing a tightness check to confirm there are no leaks. This essential appointment usually takes around 20 to 30 minutes to complete. You will receive a copy of the inspection certificate within 28 days of the test being carried out.

Several safety points have been outlined below which will help to reduce the risk from your gas appliance and help keep everyone safe:

**1. Ensure you allow access to your home** to let the gas engineer carry out the annual gas safety check. We will ensure you are given adequate notice of the upcoming inspection and ask that you allow access to your home within a reasonable timeframe.

**2. Only use gas appliances for their intended purpose** - Do not use an appliance for something it was not meant for - for example, do not use a cooker to heat a room.

**3. Do not tamper with gas appliances** – tampering with a gas appliance can be fatal. Gas appliances should have adequate ventilation: making sure no air vents are blocked allows gas appliances to burn properly, reducing the risk of fire or explosion.

**4. Check your gas appliances for warning signs** that they are not working properly. Look out for lazy yellow flames instead of crisp blue ones, black marks or stains on or around the appliance and too much condensation in the room. If you notice any of these warning signs, contact Viewpoint repairs straight away.

**5. Know what to do in a gas emergency.** Act fast! It is crucial that you act fast in a gas emergency by carrying out the following steps. If you smell gas at your property or if your Carbon Monoxide alarm sounds, you must open all doors and windows to help ventilation, turn off the gas emergency valve control, leave the property and immediately call National Emergency Gas on 0800 111 999. Make sure you follow all the advice given to you by the emergency adviser and wait outside for the engineer to arrive. You must not use any electrical switches, smoke or naked flames near your home.

**6. Know the signs of Carbon Monoxide poisoning** –The 6 main symptoms to look for are headaches, dizziness, nausea, breathlessness, collapse and loss of consciousness. If you believe you or a family member have been exposed to carbon monoxide, contact your GP. Regularly check the Carbon Monoxide alarm.

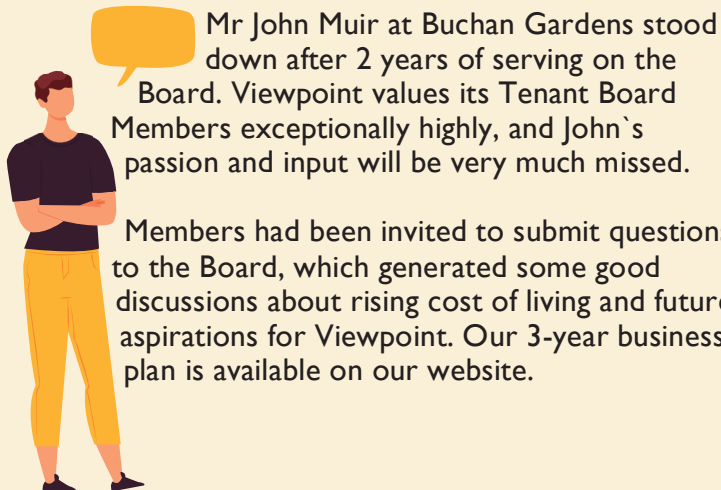
# Viewpoint

## AGM 2022

This year's Annual General Meeting (AGM) took place on 20th September at Colinton Bowling Club. 14 Viewpoint members/shareholders attended, and 5 members nominated a proxy, which means allowing others to cast votes on their behalf.

Bringing a fascinating mix of experience in housing, police and local authority, Mr Stuart Roy McIvor at Gillespie Crescent was appointed as a Tenant Board Member to the Board of Management.

You can read more about Roy and the Board here: [www.viewpoint.org.uk/about-us/our-people/](http://www.viewpoint.org.uk/about-us/our-people/)



Members had been invited to submit questions to the Board, which generated some good discussions about rising cost of living and future aspirations for Viewpoint. Our 3-year business plan is available on our website.

The Annual Report from the Chair is available here: [www.viewpoint.org.uk/media/4651/annual-report-from-the-chair-22\\_final.pdf](http://www.viewpoint.org.uk/media/4651/annual-report-from-the-chair-22_final.pdf)

Hard copies of the Business Plan and Annual Report from the Chair are available from any member of staff.

### Are you interested in becoming a Viewpoint Member?

Anyone can apply for a share, which only costs a one-off £1.

You will get the opportunity to attend and vote at Annual or Special General Meetings, receive Viewpoint's Annual Accounts first and seek election to the Board of Management.

#### A full leaflet is available on our website:

[www.viewpoint.org.uk/media/4592/membership-leaflet.pdf](http://www.viewpoint.org.uk/media/4592/membership-leaflet.pdf)

#### You can apply online here:

[www.viewpoint.org.uk/about-us/become-a-member/](http://www.viewpoint.org.uk/about-us/become-a-member/)  
Leaflets and Application forms are also available from any member of Viewpoint staff.



Newly elected Board Members at AGM



# My Smplicare Experience

By Heather Jeffrie

be any issues with the gadgets or anything else.

Now all I need to do is to wear the watch for six months, weigh myself 2-3 times a week (the scales measure bone mass, body water, skeletal muscle mass etc. and not just your weight), complete the short weekly and monthly questionnaires, and if I am unfortunate enough to have a fall, to log this. At the end of the six months I get to keep the gadgets too.

**It really was that easy and I am doing it because I want to help a very important piece of research, which could make a significant difference to people in the future.**

**Are you Over 55?  
Have you had a fall in the last year?  
Do you have a smart phone?**

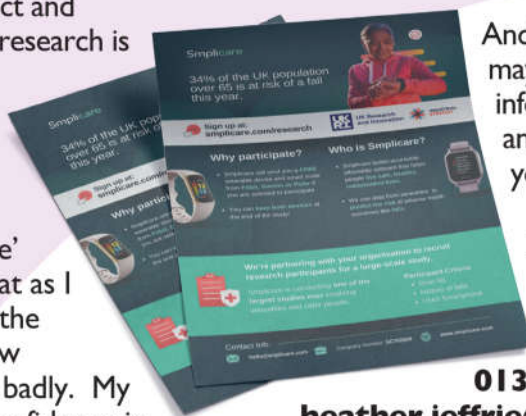
**Imagine my surprise when I saw this in my email inbox and could say tick, tick, tick to all three questions – so I read on.**

The email was from Smplicare, who are carrying out research into falls and hope to be able to develop software in the future to help predict and prevent falls. The first stage of the research is to carry out an observational study by using existing technology and this was an invitation to become part of this.

I am a 'faller'. I sometimes 'bounce' back on my feet, but am finding that as I get older that I am not 'bouncing' the way I used to. As a result, on a few occasions I have hurt myself quite badly. My more recent falls left me lacking confidence in going out just in case I fell again, and there have been times it would be easier just to stay at home. Some of you will know exactly what I mean and it is not a nice place to be.

I saw this as an opportunity to help others in the future not to have to go through these feelings, or indeed actually hurt themselves, and I signed up and was accepted.

On 27 October, I became the first person they signed up to the study. I was visited at home and given a smart watch and smart scales. The relevant apps were set up on my phone so that the data these gadgets collected would be sent directly to Smplicare. I was shown how to work the watch and scales and given the opportunity to ask questions. I received contact details should there



And if you can tick the boxes above maybe you could help too. More information about Smplicare is below and there is a link to their website so you can sign up too.

**If you would like to have a wee chat with me before signing up then give me a call on 07554 389 180 or 0131 662 5142 or email me at**

**heather.jeffrie@viewpoint.org**

## ONLINE Advent Calendar

Looking for something to keep you occupied online in December. Then look no further. Tap Into IT are once again producing their online advent calendar.

Log on every day to open a new door and take part in the activity or enter the competitions to win some fabulous prizes.

**Just go to  
tapintoit.org.uk/Advent-calendar-2022**



# Smplicare

34% of the UK population over 65 is at risk of a fall this year.



Sign up at:  
[smplicare.com/research](https://smplicare.com/research)



UK Research and Innovation



INDUSTRIAL STRATEGY

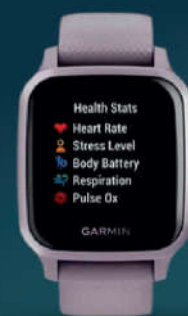
## Why participate?



- Smplicare will send you a **FREE** wearable device and smart scale from **Fitbit, Garmin or Polar** if you are selected to participate.
- You can **keep both devices** at the end of the study!

## Who is Smplicare?

- Smplicare builds accessible, affordable software that helps people **live safe, healthy, independent lives.**
- We use data from wearables to **predict the risk** of adverse health outcomes like **falls**



We're partnering with your organisation to recruit research participants for a large-scale study.

Smplicare is conducting **one of the largest studies ever** involving wearables and older people.

### Participant Criteria

- Over 55
- History of falls
- Uses Smartphone

### Contact Info



[hello@smplicare.com](mailto:hello@smplicare.com)



Company Number: **SC702825**



[www.smplicare.com](https://www.smplicare.com)

# Ann Lawrie Retires from Haugh Park

Happy  
Retirement

**As regular readers of Newpoint will know, Ann Lawrie delivered goodie bags of homemade baking to her tenants over lockdown. Then the coffee mornings in person restarted and Ann was delighted to welcome her tenants back in person where they ate her delicious baking and chatted.**

On 24 August 2022, Ann held her last coffee morning as she decided to retire to go and spend more time with her family, especially her granddaughter.

The common room was packed with tenants and staff who turned up to say goodbye to Ann.

It was very obvious that Ann was well loved and respected by her tenants and had the reputation of just getting things done.



**One of the tenants at Haugh Park, Heather Fleming, wrote Ann a farewell poem that I think said everything. Here it is:**

**So sorry that you're leaving Ann -  
we'll miss you very much,  
Let's hope that things don't go to pot  
without your magic touch.**

**Your cakes and scones a legend -  
we always lick our lips,  
When you give us a good excuse  
for our expanding hips.**

**You always go the extra mile  
to keep your tenants happy,  
We're sure this will extend to Brooke  
when you change her dirty nappy.**

**Thank you for your kindness  
which can never be repaid,  
And for your understanding  
and the difference that it made.**

**As your life takes a different turn  
we hope you'll keep in touch,  
And know that all at Haugh Park  
will miss you very much.**

We wish Ann the very best in her retirement and know that her granddaughter is very lucky to have such a wonderful granny to look after her.



# The Craft Café

October 2022

## Craft Café Updates

The residents of St. Raphael's, Marian House, and Lennox House have all been busy over the past few months working on creative projects inspired by the summertime, the events of the Edinburgh festivals, and the changing seasons. We have made suncatchers, festival masks, flower and herb pressings using salt dough, tartan-inspired weavings, musical instruments out of recycled materials, and autumn-themed miniatures, to name a few. For the end of October, we are making lanterns, light boxes, and shadow puppets, and exploring traditional festivals from around the world at this time of year.

Additionally, we are working on a collaborative exchange with another Impact Arts project called Impactful Starts, which is an employability programme for young people. We have been sharing inspiration and projects over the past months to encourage an intergenerational exchange of ideas.

Finally, we will be holding our 4th Annual Christmas Card Design Challenge from the 15th to the 25th November. Please see below for more details.



### Craft Café Member Photos

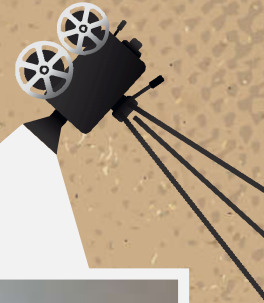
Here are some photos from workshops over the past few months.

**TOP** - Workshops with Marian House at the Craft Café Hub

**MIDDLE** - Workshops at Lennox House

**BOTTOM** - St. Raphael's resident working on a botanical drawing





# Heads Up

**Craft Café’s artwork is featured in the online video of public submissions for “Heads Up!”, curated by the Fruitmarket Gallery in Edinburgh.**

The video is a photo slide show of all of the public artwork submitted since August in response to their callout for people to make salt dough head sculptures in response to their exhibition by artist Daniel Silver.

**Our photo is at the end, around the 9-minute mark. See it here: [www.fruitmarket.co.uk/heads-up/](http://www.fruitmarket.co.uk/heads-up/) (it’s the second video on the page)**



# Member Quotes

**“It’s relaxing here...and it’s educational and stimulating too.”  
- Craft Café Member**

“”

**I think this is the best place in the world! (...) We’re lucky to have a place like this. - Craft Café Member**

“”

# Creative Activity

How To Make

# Salt Dough Heads



You can use regular air-drying clay or plasticine if you have it or try making your own salt dough:

- 250g plain flour
- 125g fine salt
- 125 ml water

Mix all three ingredients together in a bowl (using your hands if possible) kneading the mixture and warming it in your hands to create a ball of dough. Small amounts of flour and water can be added to adjust consistency, but we recommend doing this in very small amounts while continuing to work the dough. It can be a little crumbly, but kneading it a while should help create a smoother dough.

Once you have your dough, divide it into three balls. You are invited in the Fruitmarket video to sculpt heads three ways, but you can also follow your own inspiration!

1. Sculpt a head with the face pointing away from you.
2. Sculpt a head (this time with face pointing towards you) while looking into a mirror.
3. Sculpt a head while blindfolded or looking away from sculpture.

Leave the heads somewhere airy and/or sunny to dry out.

**When sculpting your heads, try to work quickly and not to worry too much about the final result. Just have fun!**

**Make your own salt dough heads inspired by the work of Daniel Silver!**

**The Fruitmarket Gallery in Edinburgh created this great video showing you how to make salt dough and then gives prompts for making your own head sculptures in different ways.**

## View Video Online

[www.fruitmarket.co.uk/heads-up](http://www.fruitmarket.co.uk/heads-up)





# Around The Houses

## Its Never Too Late!

**Yvonne Mills, Kilravock**

**Having passed my three score years and ten and having had a shoulder replacement in 2015, I was reading an article in a magazine, while in the physiotherapist's waiting room, asking for new members at Meadows Croquet Club so I decided to give it a go. My initial thoughts were that it was a genteel game, having read about it in Alice in Wonderland, but nothing could be further from the truth. It is, in fact, quite the opposite - very tactical. Players have to hit balls through hoops with a mallet, while at the same time trying to prevent their opponents from doing the same.**

I fell in love with the game after I started playing in 2016 and by 2019 won a club trophy much to my surprise. Obviously Covid put a stop to playing for a while although we eventually managed to play some games as it is not a contact sport. As well as friendly club games, we also play a number of club competitions throughout the year.

Earlier this year I was selected for a new Scottish ladies team to play an international against Ireland. Sadly we lost but it was a great experience and, of course, evidence it's never too late .....!





## Afternoon Tea at Croft-an-Righ

**Christine Rodger, tenant at Croft-an-Righ, arranged an afternoon tea on Wednesday 17 August 2022 to raise money for Breast Cancer Now.**

Afternoon tea included sandwiches, sausage rolls, quiches and salads, which was enjoyed by everyone who attended.

A wee raffle had also been arranged to raise as much money as possible.

**And it was a big success as Christine managed to raise £370 for Breast Cancer Now. Well done Christine and to all the tenants who supported this.**



## Kilravock Coffee Morning

**Over at Kilravock tenants were also raising money for a good cause and had a coffee morning for MacMillan Cancer Support, where they raised £110.00.**

Well done to those who organised it and took part in raising this money.





# Re-launch of the Croft-an-Righ Breakfast Club



8 July 2022 saw the Croft-an-Righ breakfast club re-launch. The breakfast club is organised by three tenants, Jackie, Christine and Graham, and provides a breakfast roll and a cuppa for £2.50.

The breakfast club has continued to take place every Friday morning and has seen an average of 24 tenants coming for their breakfast and some chat.

Not happy with that Christine, along with some volunteers, is now organising a lunch club on a weekly basis with sample menus of soup and pudding one week, mince and tatties followed by apple crumble the next week and then the following week fish and chips followed by trifle.

Here are some of the tenants enjoying their breakfast on the first morning and a photograph of Christine and Jackie working hard in the kitchen.

Well done to all the volunteers for making this happen.

Sheltered Housing Coordinators from the East and North Teams got together for the first meeting they have had in person for a long time on Friday 30 September. They chose to go to Croft-an-Righ and started the day with breakfast together. What a great way to start the day. The photo below shows the staff all looking chilled following breakfast.



# Old Farm Court Meets Pot Black

Old Farm Court saw the arrival of a lovely pool table earlier this year and it is fair to say it is being well used. Look forward to having a go next time I am in Old Farm.



# Haugh Park Summer Fayre From Ann Lawrie

**The annual Haugh Park Summer Fayre was back this year after being cancelled for two years in a row due to Covid restrictions.**

Saturday 16 July was a beautiful sunny afternoon for the event, which meant people did not only come to see what was happening, but found a chair and sat out enjoying the sun and the fun. A wonderful day was had by all.

Ann Lawrie, sheltered housing coordinator, and some of the tenants at Haugh Park, excelled themselves once again in arranging a fun afternoon, which included burgers and hot dogs cooked on the barbeque by Ann, a tombola and some items for sale. A staggering £1,189.39 was raised (after costs had been deducted) and this money will be used to fund the activities for Haugh Park tenants during the winter.

Well done to all those who organised the event.

Around The Houses

# Board Games And Puzzles Afternoon

LifeCare   
extra years of zest

## GAMES AFTERNOON AT LIFECARE

EVERY WEDNESDAY  
1:30-2:45PM

PLAY GAMES AND MEET PEOPLE



DROP IN AND PLAY & ENJOY A FREE CAKE WITH ANY DRINK PURCHASE

### Games to Play

SCRABBLE, DOMINOES, CHESS, DRAUGHTS, CARD GAMES, CONNECT 4 AND PUZZLES!



ENQUIRIES@LIFECARE-EDINBURGH.ORG.UK  
0131 343 0940  
LIFECARE CENTRE, 2 CHEYNE STREET, EDINBURGH EH4 1JB

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## Craft Fair at Old Farm Court

By Jackie Anderson-Tighe

Saturday 8 October 2022 was a busy day at Old Farm Court when they held a craft fair.

The photographs show the tables before enthusiastic shoppers snapped everything up. The display and the variety on sale was amazing. Tables were also set up beautifully for tea and cake, after all shopping is thirsty work!



Social Club, helpers and coordinators did an amazing job in arranging this, as we all know that it is a lot of work, time and effort. I am sure the tenants, their friends and families who came to the fair really appreciated it.

£1481 was raised on the day, which I am sure you will agree was a fantastic achievement. The money will be used to give the tenants a free Christmas dinner and also help fund other social activities.





# PLATINUM JUBILEE CELEBRATION



**Queen Elizabeth II, the UK's longest-serving monarch, died at Balmoral aged 96, after reigning for 70 years, on Thursday 8 September 2022.**

The Platinum Jubilee was a celebration of those 70 years and was celebrated across the country and many of you took part in celebrations within your complexes.

We thought long and hard before deciding to print more of the jubilee celebrations that took place in June 2022. Although the Queen's death was very sad it did not change that she was a wonderful Queen who reigned for 70 years, and therefore we think these photos of your celebrations pay a tribute to her long reign.



Balfour House Jubilee Celebrations



Woodthorpe Jubilee Celebrations



Northwood Jubilee Celebrations



Woodthorpe Jubilee Celebration



Haugh Park Jubilee Celebrations



Old Farm Court Jubilee Celebrations

# Fish 'n' Chips at Mill and Lade Court

By Kate Herbert, Sheltered Housing Coordinator



**Over at Mill and Lade Court, tenants enjoyed a British themed fish 'n' chip evening in July.**

**The tables were dressed and the room beautifully decorated in red, white and blue.**

Tenants started to arrive at 6pm, just as the pre-ordered fish suppers arrived, piping hot and ready to eat. Tea and coffee, bread and butter, were all part of the evening to make it a traditional British theme that suited the occasion.

Even Clarence the Royal Corgi cake made an appearance after we had a toast of fizz to our wonderful Queen Elizabeth. And to finish the night off we had a sing along.

A great night was had by all.



**Northwood House put out this tribute to our late Queen. They also printed the poem 'Phillip came to me today' by Joanne Boyle, which is a lovely heartfelt poem which I am sure will touch all your hearts.**

Phillip came to me today,  
and said it was time to go.  
I looked at him and smiled,  
as I whispered that, 'I know'

I then turned and looked behind me,  
and seen I was asleep.  
All my family were around me,  
and I could hear them weep.

I gently touched each shoulder,  
with Phillip by my side.  
Then I turned and walked,  
with My Angel guide.

Phillip held my hand,  
as he lead the way.  
To a world where Kings and Queens,  
are Monarch's every day.

I was given a crown to wear,  
or a Halo known by some.  
The difference is up here,  
they are worn by everyone.

I felt a sense of peace,  
my reign had seen its end.  
70 years I had served my Country,  
as the peoples friend.

Thank you for the years,  
for all your time and love.  
Now I am one of two again,  
in our Palace up above.



## A Tribute To The Late **Queen Elizabeth II**



# Flowers at Holyrood

As many of you know there were wonderful tributes everywhere and flowers were left at Holyrood Palace gate. The flowers were lifted and placed inside the gardens, people were being guided through the display, which was a beautiful sight, and the fragrance was amazing. Here are a few photos taken by Jackie (Senior Sheltered Housing Coordinator) of the flowers, for those of you who were unable to go in person

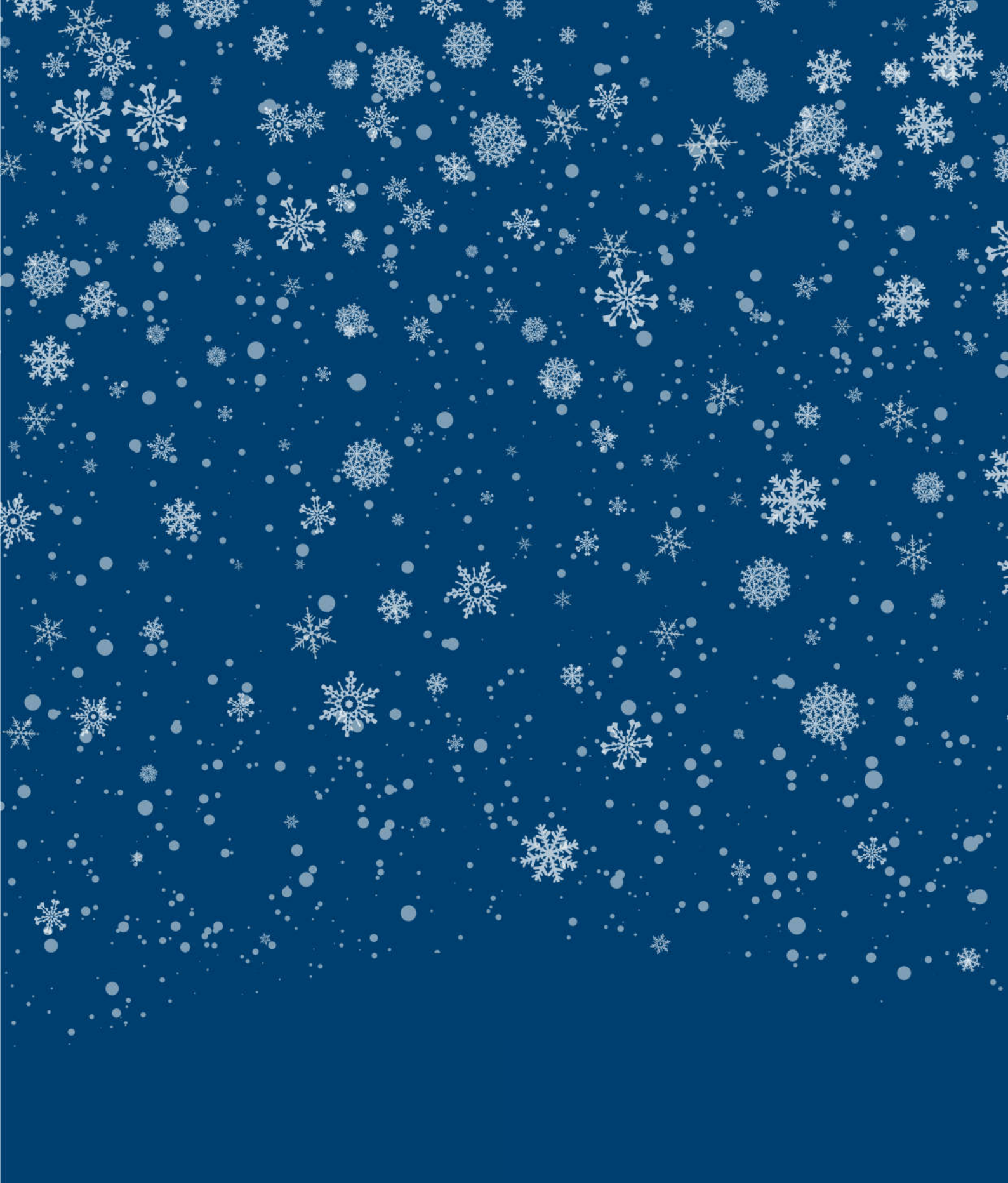


## Paying Tribute at Buchan Gardens

**On September the 19th 2022, Buchan Gardens 17 tenants were witness to Queen Elizabeth II State Funeral. The whole service and transport to and from Westminster Abbey was shown live on our large screen.**

Throughout the whole ceremony you could have heard a pin drop! Not a word was spoken. A few tears were shed especially when the piper played and disappeared into the passageway with the music slowly dying out. Sandwiches were prepared by some of our ladies with tea, coffee, cakes and biscuits also supplied. These were handed out as the Queen was transported to her hearse for the long drive to Windsor Castle. Everyone was proud and privileged that they could pay their respects in this way by watching the whole ceremony live.





VIEWPOINT  
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Winter 2022