

MAY 2021



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Editor: Hilary Robb

DEAR ALL

Life is slowly returning to something close to normality and I know some branches are starting to have discussions about tentatively setting dates for meetings to recommence. Hopefully we will be able to see each other by the end of the summer and I know that some of the venues used by branches are already working out how they will be able to accommodate groups again. If the social distancing restrictions are changed to allow us to be 1m apart, it would make a huge difference to the number of members who could attend meetings. Let's hope that the numbers keep going in the right direction and that our friends in Elgin and Moray will be able to move to Level 2 soon.

Our Facebook site is a great way to find out what branches are doing across the UK and it would be good to share ideas and experiences as we all start to make plans to hold meetings. If you have not yet joined the Facebook group yet, you can do so by using the following link:

<https://www.facebook.com/groups/117538834934279>

In the last newsletter David Paterson highlighted a survey being carried out by SOPA (Scottish Older People's Assembly) whose Health and Wellbeing group wanted to hear the views of as many older people across Scotland as possible on their experiences of accessing health care services during the pandemic.

David wishes to thank members who completed the online health and wellbeing questionnaire which to date has attracted over 700 responses. There is still time to record your experiences of accessing primary healthcare during the pandemic however access to the questionnaire will close on the 18th May 2021 (link shown below). Once the report on the questionnaire responses is available, David will share the findings with us.

<https://surveyhero.com/c/393be181>

THE WAY FORWARD - SCOTTISH GOVERNMENT COVID ROADMAP

As we are now moving to a different stage of the battle against the pandemic, I thought it would be helpful to show the latest Scottish Government guidelines. It would be very helpful to us as an organization if branches/members could let us know their thoughts around the following points:

1. Do you plan to recommence meetings in July or September (or other)
2. What reservations do you have about the easing of restrictions
3. Will anyone from your branch be going to the National Conference in Manchester in October

This will help us get an understanding of how branches and members across Scotland are feeling about this next big move to normality. Please send your thoughts to me at scotland@nhsrf.org.uk – many thanks, I look forward to hearing your views.

There are 5 COVID-19 protection levels (0-4). The rules you have to follow depend on the level for your area.

Changes from 17 May

- Most of mainland Scotland (and islands not at Level 1) will move to [Level 2](#)
- Orkney, Shetland, Na h-Eileanan Siar, all islands in Highland (except Skye) and the Argyll and Bute islands of Coll, Colonsay, Erraid, Gometra, Iona, Islay, Jura, Mull, Oronsay, Tiree and Ulva will move to [Level 1](#)
- Moray and Glasgow will remain at [Level 3](#) for a further period due to the number of COVID-19 cases - financial support will be made available to businesses in these areas.

At Level 2:

- you can meet socially in groups of up to:
 - 4 adults from 2 households in your home or theirs – and can stay overnight
 - 6 adults from 3 households in an indoor public place like a café, pub or restaurant
 - 8 adults from 8 households outdoors
- under 12s do not count towards the total number of people or households meeting outside but do count towards household numbers indoors
- you can travel anywhere in Scotland in Levels 0, 1 or 2 but must not enter a Level 3 or 4 area unless for a permitted reason

- you can travel to England, Wales, Northern Ireland, the Isle of Man or the Channel Islands - before you travel you must check the travel rules in those countries
- you can provide informal childcare, for example to look after a grandchild
- up to 50 people can attend weddings and funerals
- tradespeople can carry out any work in your home such as painting, decorating or repairing
- you should work from home where possible

What can open at Level 2

Places and business that can open at Level 2 include:

- cafés, pubs and restaurants
- all shops and stores
- all close contact services including hairdressers, barbers and beauty salons
- gyms, leisure centres and swimming pools
- tourist accommodation
- visitor attractions
- public buildings like libraries and community centres
- cinemas, theatres, concert halls, amusement arcades, casinos and bingo halls
- stadiums and events – with maximum numbers

What must close at Level 2

Places and business that must close at Level 2 include:

- soft play, funfairs, indoor bowling, snooker/pool halls, nightclubs and adult entertainment

MIRTHY TALKS

As you all know, The Mirthy Talks are a member benefit and are very entertaining. It is a way to connect with other members across the UK too. I have listed the next three talks below.

Registration is pretty easy - please just visit www.mirthy.co.uk/NHSRF and you will just need to enter your name and your email address for the talk you wish to register for and then you will receive an email from Alex with a link to click at the start of the talk. Live chat starts just after 10.45am with the talk starting at 11am. This together with the Q&A session makes an enjoyable experience. Remember replays are available on demand. Assuming a member registers for a talk they will receive a confirmation email with a link to join the talk live.

Eyam: The Plague Village

Tuesday 18 May at 11am

Often it is the “little people”, whose forgotten stories make up the rich tapestry of Britain’s history.

None more so than the villagers of Eyam in Derbyshire. When the bubonic plague struck their little community in 1665, they chose to sacrifice themselves to save the neighbouring villages and towns. This is their story. A story of inspirational selflessness and bravery by ordinary people.

This is the story of Eyam – The Plague Village of England. Talk length - 35 minutes.



LOOKING FOR SOMETHING TO DO?

Scotland's GARDENS Scheme

OPEN FOR CHARITY

The National Garden Scheme opens gardens in England and Wales – but if you're looking for somewhere to visit further north, our friends at Scotland's Gardens Scheme has many beautiful gardens to choose from.

Scotland's Gardens Scheme was established in 1931 and helps garden owners across Scotland open their gardens to the public to raise money for charity. From cottage gardens to stately homes; allotments to therapeutic and physic gardens; formal gardens to wildlife sanctuaries.

Many of the gardens that open under the Scotland's Gardens Scheme banner are privately owned and therefore normally inaccessible to the public. Open days are a fantastic opportunity to visit the gardens of Scotland whilst helping raise funds for charity.

Sixty percent of funds raised may go to charities nominated by each garden owner with the net remainder being donated to Scotland's Gardens Scheme beneficiaries: Maggie's Cancer Caring Centres, the Queen's Nursing Institute Scotland, The Gardens Fund of the National Trust for Scotland and Perennial. Garden details and directions can be found by visiting www.scotlandsgardens.org or in the annual guidebook

If you are not able to physically visit any gardens, there are some marvellous videos of a range of gardens across the UK that can be accessed by clicking on the link below. Well worth a look. (Ed)

<https://ngs.org.uk/virtual-garden-visits/>

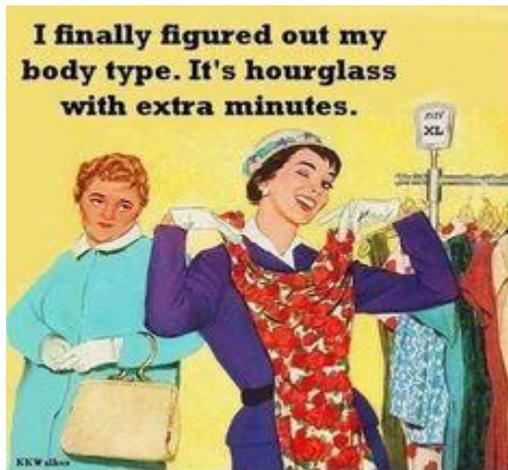
BIT OF FUN

Quiz

1. What does an arctophile collect?
2. Which of Verdi's operas is set in Ancient Egypt?
3. What gives red blood cells their colour?
4. What augmented reality app caused a stir of global excitement in summer 2016?
5. On TV, what kind of creature was Flipper?
6. Which animals took Hannibal over the Alps?
7. How is the Araucaria tree more commonly known?
8. In which team game do you try to move backwards all the time?
9. Which country won the 2015 Rugby World Cup?
10. Who was the first British monarch to visit New Zealand?
11. Who recorded the albums "John Wesley Harding" and "Nashville Skyline"?
12. Who does the Beast fall in love with?
13. What is the main ingredient in a brick?
14. What hangs down from the roof of the cave?
15. What is the body of a penguin covered with?
16. How does Saturday's child work for a living?
17. Who presented the 2015 series of "Big Brother" in the UK?
18. Which musical direction means at ease, at a slow comfortable pace?
19. Which king is said to have burnt the cakes?
20. What currency is used in China?

My wife just stopped
and said,
"You weren't even
listening were you?"

I thought...
"that's a pretty weird way to
start a conversation?"



The biggest lie I tell
myself is
“I don't need
to write that down,
I'll remember it.”

Round 6 – Answers

1. Teddy bears
2. Aida
3. Haemoglobin
4. Pokemon Go
5. Dolphin
6. Elephants
7. Monkey Puzzle
8. Tug of War
9. New Zealand
10. Elizabeth II
11. Bob Dylan
12. Beauty
13. Clay
14. Stalactite

15. Feathers
16. Hard
17. Emma Willis
18. Adagio
19. Alfred
20. Renminbi

Finally, just to say hope you enjoyed our Newsletter – comments would be appreciated, and I welcome any contributions for our next issue. Please note if you do have a contribution but haven't got anything typed up just give me a ring and I can type this up with you over the telephone, call 07985 670156 or email scotland@nhsrf.org.uk - Hilary Development Officer