

NOVEMBER 2021



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Editor: Hilary Robb

DEAR ALL

Thankfully, all branches have now been able to meet up again in some form or another and friends have been able to celebrate meeting face to face.

Some Branches held celebratory afternoon teas which were enjoyed by members and thanks to the Aberdeen Branch for supplying the photo below.



The Edinburgh Branch was delighted to be able to hold its Annual Bring and Buy Sale a couple of weeks ago and thanks to the efforts of members and their friends, they were able to raise £634.00. Well done All!



I was delighted to attend a meeting of the Perth Branch last week and they were looking forward to 2022 and planning their Burns Lunch for January 20<sup>th</sup>.

Thanks to my colleague Sally Bundock for passing this on: Looking for a Speaker?

[www.publicspeakerscorner.co.uk](http://www.publicspeakerscorner.co.uk) could well be a website to try. On this site you can browse by county, theme and cost of speaker. These range from 'no fee' to a maximum of £50, plus more expensive categories. Although there are not many in Scotland, it might be worth keeping an eye on as I am sure more names will be added over time.

As always, our Facebook site is a good source of information and inspiration on what is happening throughout the Fellowship. To join the Facebook Group, click on the link below:

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

If any member worked at the Astley Ainslie or had a friend or relative who was treated there, you may be interested in the campaign highlighted in the newsletter. The campaign hopes to be able to save the trees in the grounds from falling prey to developers.

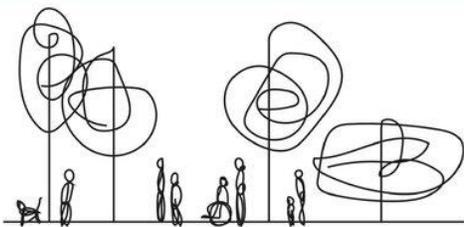
I plan to put together a digital newsletter in time for Christmas so please remember to take pictures at your Christmas lunches and send them to me. Let's celebrate the joy of being together again.

Stay safe – Hilary

# KEEP THE ASTLEY AINSLIE GREEN



Our vision: the Astley Ainslie site will be a thriving greenspace managed by the local community, providing health, housing, jobs, and enjoyment to the people of Edinburgh.



Astley Ainslie Community Trust

BECOME A MEMBER OF  
THE ASTLEY AINSLIE  
COMMUNITY TRUST

[aact.scot/membership](http://aact.scot/membership)

**TO STRENGTHEN OUR VOICE**

# WHAT IS THE ASTLEY AINSLIE?

In 1920, a large, tree-filled site in South Edinburgh was purchased with funds left by David Ainslie to make a convalescent hospital for the City. It is named in memory of his nephew, John Astley Ainslie, who died young. The institution had an important role in the eradication of tuberculosis and subsequently became an important European centre for Occupational Therapy.

When the NHS was created in 1948 it took possession of the whole site and has continued the focus on developing rehabilitation services here. These services include the SMART Centre which caters to patients from across the Lothians, Fife and the Borders.

# WHY IS THE ASTLEY AINSLIE COMMUNITY TRUST NEEDED?

The NHS is planning to leave the Astley Ainslie in the coming years. AACT has been formed by locals to campaign for community ownership with the objective to preserve this unique green space and build on the intention of David Ainslie's original bequest, which recognised that healthy communities need intimate connections with land and nature. Health and wellbeing will be central to the uses we propose, which will be developed sustainably. These will include:

- green space for health, wellbeing, education, enjoyment and engagement with nature
- an active and open community hub
- affordable and supported housing

Astley Ainslie  
Grange Loan  
Edinburgh  
EH9 2HL

[aact.scot](http://aact.scot)  
[@astleyainslie](https://www.instagram.com/astleyainslie)  
[@AstleyAinslieCT](https://www.facebook.com/AstleyAinslieCT)  
Astley Ainslie Community Trust

# Tis the season for the scammers to step up their efforts to get their Christmas bonus! Here's a wee reminder of what to watch out for....

## General advice for avoiding phone, email and text scams

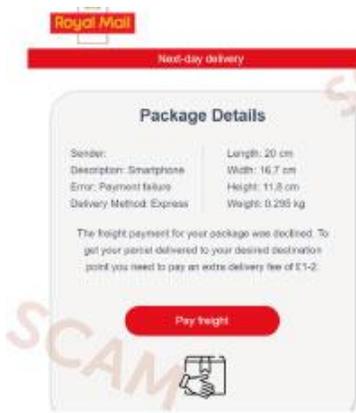
### What to do if you receive cold calls or unsolicited emails/texts:

- Do not press 1 or follow any other instructions given in an automated message
- If you are speaking to a person, don't give them any personal information, don't agree to make any payments and never allow them to access your computer remotely
- Don't click on any buttons or links in unsolicited emails, even if they look official
- Contact your bank immediately if you think you may have made a payment to a scammer or if you are worried that a fraudulent transaction has been made from your account. Use the phone number on your bank statement or a publicly listed number (don't use a number given to you by a cold caller). To ensure that you are disconnected from the cold caller, phone another number such as 123 before phoning your bank or call them from another phone.
- Be wary when filling in online surveys or questionnaires through pop-up adverts on social media. These are used to generate leads for companies to cold call you.
- If you agree to a home visit by a trader following a cold call or online survey, you may want to ask a trusted friend or family member to be there with you to provide a second opinion.
- Never agree to a purchase or contract on the spot – get at least two other quotes from trusted companies.
- Report scam calls and texts to [Advice Direct Scotland](#)
- Report scam emails to the [National Cyber Security Centre's Suspicious Email Reporting Service](#)

## Delivery Scams

**Since the beginning of the pandemic, there has been a huge increase in scam emails and texts related to shipping or deliveries, as more consumers turn to online shopping.**

The Royal Mail and other legitimate parcel delivery services will not contact you unexpectedly to ask for personal or payment details.



Text Message  
Today 08:41

Royal Mail: Your package has a £2.99 shipping fee, to pay this now visit [royalmail-redelivery.support](http://royalmail-redelivery.support). Actions will be taken if you do not pay this fee

Text Message  
Today 00:06

Your Royal Mail parcel is waiting for delivery. Please confirm the settlement of 2,99 (GBP) on the following link: <http://bit.ly/2M0FvIK>

Royal Mail: Your package has a £2.99 unpaid shipping fee, pay now at <http://royalmail-pending-delivery.com>. If not paid a return to sender will be requested.



The Royal Mail DO NOT collect shipping costs by email or text

Never click on links in unexpected texts - they often lead to scam websites designed to gather your personal/bank details



## Frequently reported delivery scams:

- A text saying that a parcel is awaiting delivery but has an unpaid shipping fee of £2.99 (or similar amount). The message warns that if the fee is not paid, the parcel will be returned to the sender.
- A text saying that the freight payment for your package was declined. To get your parcel delivered to your desired destination point, you are asked to click on a link to to pay an extra delivery fee of £1.99.
- An email saying that your package which arrived on a particular date will be sent back as 'the receiver's address is incorrect'. To redeliver the package, you are asked to fill out a form with your contact and payment details.

- An email purportedly from DPD saying that they tried to deliver your parcel but that you weren't in. It says that the package will be returned to the sender unless you pay a 'standard delivery fee of £3.11'. You are asked to click on a link to schedule a new delivery – again, the link leads to a scam website which will ask for contact and payment details.
- A text message saying that a delivery company attempted to deliver your package at a specific time but that nobody was available. It says that your parcel has been returned to the depot – to reschedule your delivery you are asked to click on a link.
- A text asking you to install a tracking app due to a 'missed package delivery'. Clicking on the link in the message leads to a scam website with DHL branding which asks users to download an app. This app is actually spyware that steals passwords and other sensitive data. It will also access contact details and send out additional text messages – further spreading the spyware.

Most of these scam messages include a link to pay a fee or to rearrange a delivery. The links lead to scam websites with Royal Mail or delivery company branding which ask for personal and payment details.

## How to Spot a Delivery Scam:

- The Royal Mail will never send you an unexpected text message or an email asking for personal or payment details – they will only send email and text notifications when the sender has requested this.
- They do not collect shipping costs by email or text – if you need to pay an extra delivery charge, they will post a card through your door to let you know.
- Scam emails often use impersonal greetings such as 'Dear Royal Mail Customer' and they may contain spelling and grammatical mistakes
- Scam delivery messages usually ask you to act urgently in order to avoid losing a package. Be suspicious of any message which appears to be from an official company or organisation and tells you that you must provide your details or a payment within a certain time frame

## What to do:

- If you receive an unexpected text message about a parcel delivery, don't click on any links or follow any instructions to download an app to your phone.
- Don't click on any buttons or links in unsolicited emails, even if they look official
- Contact your bank immediately if you think you may have made a payment to a scammer or if you are worried that a fraudulent transaction has been made from your account. Use the phone number on your bank statement or a publicly listed number (don't use a number given to you by a cold caller). To ensure that you are disconnected from the cold caller, phone another number such as 123 before phoning your bank or call them from another phone
- Find an up-to-date list of recently reported scam emails and texts on the [Royal Mail's website](#), where you can also report sites using Royal Mail branding which you think may be fraudulent.
- Report any suspicious emails, text messages, telephone calls or Royal Mail branded websites which you think are fraudulent to [the Royal Mail](#)

# Fire and Smoke Alarm Standard – Avoid Scams

Every home in Scotland must meet the Scottish Government's new standard for interlinked fire and smoke alarms by February 2022.

Scammers and rogue traders may try to take advantage of those who are unsure about how to comply with the new legislation or who are worried about meeting the installation deadline.

Cold callers may tell you that you are eligible for financial support to install new fire alarms or that they are offering special deals.

**If you get a cold call about the new fire alarms legislation, do not provide any details or agree to purchase any products.**

You may get a leaflet through the door from a company selling fire alarms that implies they have been endorsed by the Scottish Government.

**Neither the Scottish Government nor Scottish Ministers have endorsed any particular suppliers, products or services.**

## Find Trusted Information

The best way to avoid scams is to use trusted sources of information:

- [The Scottish Government](#)

Detailed information about the new legislation, what you need to do and what to look for when choosing an alarm

- [Scottish Fire & Rescue Service](#)

Information about choosing and installing alarms and how to book a free Home Fire Safety visit

- [Care & Repair Scotland](#)

Information about financial support available to eligible older and disabled homeowners

- [Trusted Traders](#)

Find installers who have been vetted and approved by local Trading Standards officers

**Report all scams to [Advice Direct Scotland](#). If you have been the victim of a fraud, report it to Police Scotland on 101.**

## MIRTHY TALKS

Many of you will be aware of and will have attended, the streamed talks provided by Mirthy every two weeks for NHSRF members. We have seen up to 800 of our members dial in each time. Mirthy has significantly expanded its learning opportunities and community interaction through daily online Zoom events. Activities cover educational lectures, fitness classes (yoga and pilates), cooking demonstrations, musical recitals, art workshops, and much more to come. For a period of three months, Mirthy has offered NHSRF members free subscription to its Unlimited programme (worth £15), as part of the launch of the new service.

Members can now log into the Mirthy website and use a unique voucher code - NHSRF - which will give them 3-months access to all of the live Zoom events from Mirthy for free. Mirthy will be running hundreds of events over this period viewable on their calendar here - <https://www.mirthy.co.uk/event-calendar/>

To take advantage of this offer simply: Create a Mirthy account here -

<https://www.mirthy.co.uk/accounts/registration/>

1. On the next screen in the 'Redeem gift membership or discount code', add voucher code NHSRF and click redeem
2. This should apply 3 months free Unlimited membership to your account and enable you to register for all of the Mirthy events for free

To ensure data privacy you will not receive any marketing communication from Mirthy unless you opt in to receive email updates. You will also not need to enter any payment details and there is absolutely no obligation to continue after the 3 months.

As you all know, The Mirthy Talks are a member benefit and are very entertaining. I have listed the next three talks below. To register for the talks, click here: <https://www.mirthy.co.uk/nhsrf/>

## • MIRTHY NHSRF EVENTS

### • **The Devil's Daughter and Me**

**Tuesday 14 December at 11am**

It turns out Ben descended from the Devil which explains why he's always been a bit of a maverick. Or at least that's what he tells himself anyway! Having discovered his own family history, it's been very enlightening to find out that he is in very good company. Allow Ben to show you the underside of Victorian respectability through the eyes of some of his ancestors who had a devilish streak. There's Aaron who broke with his religion and his community to be with the woman he loved. And Caroline whose passions for a dashing Parisian left her in total disgrace. Then we'll travel to Mexico City in 1596 and see what the Inquisitors make of his non-conforming ancestors there. And finally, we'll meet Melusine herself...



## • Special Places

**Tuesday 28 December at 11am**

A presentation visiting several destinations around the World, many of which are UNESCO World Heritage sites, including the Acropolis, Sydney Opera House and the Hermitage Museum. Malcolm explores the significance of these special places in terms of their architectural, artistic and cultural importance, accompanied by a sprinkling of history and some stunning images to revive memories of our own personal visits.



### BIT OF FUN

#### Quiz

1. For what inappropriate act was Prince Harry in the news in January 2005?
2. What is the capital of the Bahamas, accounting for 75% of its population?
3. Steve Chen, Chad Hurley and Jawed Karim were jointly responsible for the development of which internet phenomenon?
4. Which early Greek academic was the first to have recorded his studies of different animals and their anatomy and physiology?
5. As of 1 July 2007, what could you no longer do in a public house in England?
6. Britain's first public library, Chetham's Library, was established in 1653 in which city?
7. What was the middle name of Wolfgang Mozart?
8. The song 'You'll Never Walk Alone' was written by Rodgers and Hammerstein for which musical?
9. What is the study of right and wrong and moral ambiguities?
10. In which country, in 2001, were [twelve British plane-spotters arrested](#) and held on suspicion of spying?

11. If you dialled +33 at the start of an international call, which country would you be ringing?
12. In which British National Park can the old cottage owned by the poet William Wordsworth be found?
13. What is the new name for what used to be John Hanning Speke Airport in Liverpool?
14. Who was voted in as Russia's President in the country's first elections after the dismantling of the Communist state on 12 June 1991?
15. In 1909 Louis Bleriot, a Frenchman, became the first aviator to cross which stretch of water?
16. What connects the voting systems in Australia, Singapore and Turkey?
17. Which long-established business institution in London allowed women in for the first time in 1973?
18. The Gorbals is a famous working-class area of which city?
19. For what is the town of Whitstable in Kent best known?
20. In which Olympic sport might you get a double axel or a triple Salchow?

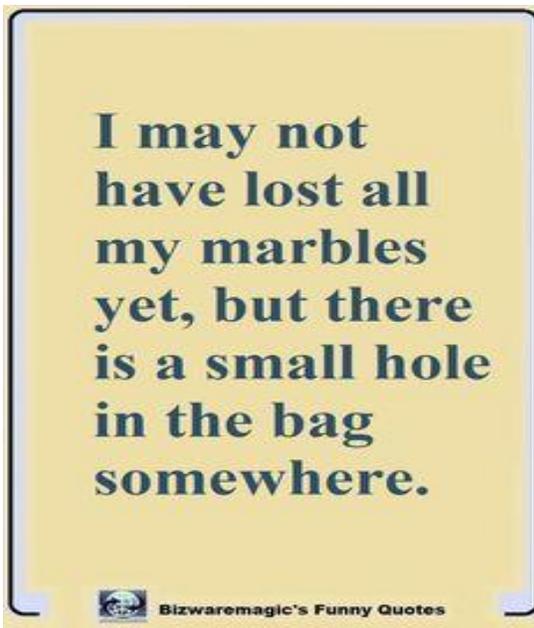
Answers shown below.



## Shakespeare said:

I always feel happy. You know why?  
Because I don't expect anything from  
anyone. Expectations always hurt.  
Life is short. So love your life. Be  
Happy. & Keep smiling. Just live for  
yourself & before you speak, listen.  
Before you write, think. Before you  
spend, earn. Before you pray,  
forgive. Before you hurt, feel. Before  
you hate, love. Before you quit, try.  
Before you die, live.

**A police officer called the station on his radio. "I have an interesting case here. An old lady shot her husband for stepping on the floor she just mopped." "Have you arrested the woman?" "Not yet. The floor's still wet."**



1. Dressing as a Nazi at a fancy-dress party
2. Nassau
3. Youtube
4. Aristotle
5. Smoke a cigarette
6. Manchester
7. Amadeus
8. *Carousel*
9. Ethics
10. Greece
11. France
12. Lake District
13. (Liverpool) John Lennon
14. Boris Yeltsin
15. English Channel
16. It is compulsory to vote
17. London Stock Exchange
18. Glasgow
19. Oysters
20. Figure skating