

Residents' Bulletin



Keeping Hanover's Very Sheltered and Housing with Care residents informed during the Covid crisis

Coronavirus update

As of midnight on 4 January, there is a legal requirement across mainland Scotland to stay at home except for essential reasons. By law, you can only leave your home (or garden) for an essential purpose. This is effectively a return to lockdown conditions and has been put in place by the Scottish Government as a result of a large rise in Covid-19 cases across the country.

While the roll-out of the vaccine is a sign of hope, a new variant of Covid-19 is having a huge impact and spreading much faster than its predecessor. Almost half of all of the new cases in Scotland are the new variant and the cases per 100 000 people has increased by 65% over December.

The health service is coping but the position is fragile and the Government has stated that it is essential to follow the lockdown rules in order to save lives and protect the NHS.

There is plenty of information on the Scottish Government website here <https://www.gov.scot/coronavirus-covid-19/> but the key guidance is as follows:

- Stay at home.
- Someone can come into your home only for certain reasons, such as for essential work, to join your extended household* or to provide care.

*If you are an adult and you live alone, any children who live with you, and the members of one other household (of any size) can agree to form an 'extended household'.

- New advice for shielders is to be published soon and the Health Secretary will be writing to all on the shielding list.
- Unlimited exercise is allowed outside but only 2 people from 2 households can meet outdoors.
- Travel restrictions remain – only leave home for essential reasons. Do not travel into or out of Scotland unless essential.
- As of Friday 8 January, places of worship will close except for funerals, weddings and civil partnerships with limited attendees.

Staff will continue working on site as normal. Communal lounges and dining rooms remain closed. A tray service is in place. Essential visitors only, and these visitors should be registered with the manager. They should also use the sign in/out book. Visitors must wear masks and sanitise/wash their hands before entering the building and on leaving a resident's flat.

Once again, we thank you for your patience and understanding. Should you have any concerns, you can reach our offices on **0800 111 4646 from 9am – 5pm, Monday to Friday.**

We would also like to offer extra support to any residents who are experiencing social isolation or simply want to hear a friendly voice. You can enjoy support from our telephone buddies scheme, if you are interested please call us on 0800 111 4646.

Getting a test for Covid-19

If you have symptoms of Covid-19 (a new continuous cough, fever or loss of, or change in, sense of smell or taste), you should book a test.

You can choose whether to attend one of the testing sites in Scotland or, subject to availability, to have a home testing kit delivered to your home. If there is not a site near to you, then you are advised to try to book a home testing kit.

You need to get the test done in the first 5 days of having symptoms. This allows you the best chance of preventing the spread of coronavirus to others. After 5 days you should still book a test if you have been advised to do so by a healthcare professional.

On days 1 to 4, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do it by 3pm.

On day 5, you need to go to a test site - it's too late to order a home test kit.

You can only get a free NHS test if at least one of the following applies:

- you have a high temperature
- you have a new, continuous cough
- you've lost your sense of smell or taste or it's changed
- you've been asked to get a test by a local council
- you're taking part in a government pilot project
- you've been asked to get a test to confirm a positive result

You can also get a test for someone you live with if they have symptoms.

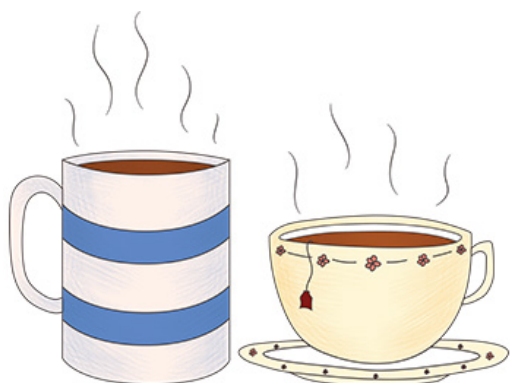
You can book a test online here:

<https://www.gov.uk/get-coronavirus-test>

If you have other problems using the online service, call 0300 303 2713. Lines are open 7am to 11pm.

News and Information

Virtual Coffee Mornings



Lockdown has brought about many challenges but one of the key ones for Hanover residents has been the isolation and the inability to meet up in communal lounges or eachothers' homes for a cuppa and a chat. We are working to help with that by holding virtual coffee mornings using Zoom.

The coffee mornings take place on Tuesdays at 10am and are hosted by Performance Manager Elaine McCaffery.

All you need is your smart phone, tablet or laptop and the meeting log-in details. Simply go to www.zoom.us and click 'JOIN A MEETING'. Put in the following log-in details and you will be able to chat with Hanover staff and other residents. You'll have to make your own cuppa though!

Log-in for Hanover Zoom Coffee Mornings:

Meeting ID: 930 4386 8289

Passcode: 748661

Monday 18 January is commonly known as 'Blue Monday', the worst day of the year! However, the Samaritans charity has put a positive spin on it and renamed it Brew Monday - they encourage people to get together for a cuppa. It is going to have to be a virtual cuppa this year so we will be running an extra Zoom Brew Afternoon from 2:30 on Monday 18 January. Same log-in details as above. We look forward to seeing you there!

News and Information

Have a #SaferWinter2020 – Here's what you can do to stay safe from fire this Winter!

If you've been drinking, don't cook. NEVER leave cooking unattended.



Always put candles out when you leave the room, go to bed or leave the house.



Keep candles away from anything which could catch fire.

It's safer to smoke outside, or standing at an exterior door or window, **especially if you are tired or have been drinking.**



Do not smoke, use naked flames or get near to anything which may cause a fire whilst wearing clothing or a bandage that has **been in contact with emollient skin cream.**

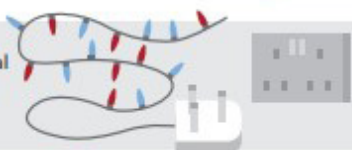


Make sure your **smoke and heat alarms are working. Test them every week.**

Keep portable heaters away from furniture, bedding or curtains. Don't sit too close and **turn off portable heaters before going to bed.**



Unplug fairy lights or other electrical Christmas decorations **when you leave the house or go to bed.**



Keep in touch with friends, relatives and neighbours who live alone or **who may be at risk.**



If you've got a live Christmas tree it's important to **keep the tree stand filled with water at all times.**



A **phone call**, or a socially distanced door-step chat **can make a massive difference at this time of year.**



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

firescotland.gov.uk @SFRSYourSafety

Call us to arrange a free Home Fire Safety Visit for you or someone you know who may be isolated or at greater risk from fire. Together, we can all stay fire safe.

CALL **0800 0731 999** TEXT '**FIRE**' TO **80800** or visit www.firescotland.gov.uk

Snippets

The **NHS remains open** for everyone, and you should not delay accessing any help you need during the pandemic. Your GP and community pharmacy is open, with many GP surgeries offering phone or video consultations to find out what additional help you might need.

Just a reminder that **Hanover's new CEO Angela Currie** takes up office on Monday 11 January. We are sure you will join us in offering her a warm welcome to the organisation.

Home Energy Scotland are an impartial service who offer free support and guidance to people about reducing fuel bills.

For more information go to www.homeenergyscotland.org or call an advisor on **0808 808 2282**.

Age Scotland and Eat Well Age Well have teamed up to offer **free nutrition checks** for older people. Call the number below for a free chat and check up and advice on maintaining a healthy diet.

How has your appetite been?

Are you enjoying food as much as you used to?

FREE Nutrition Check

0800 12 44 222

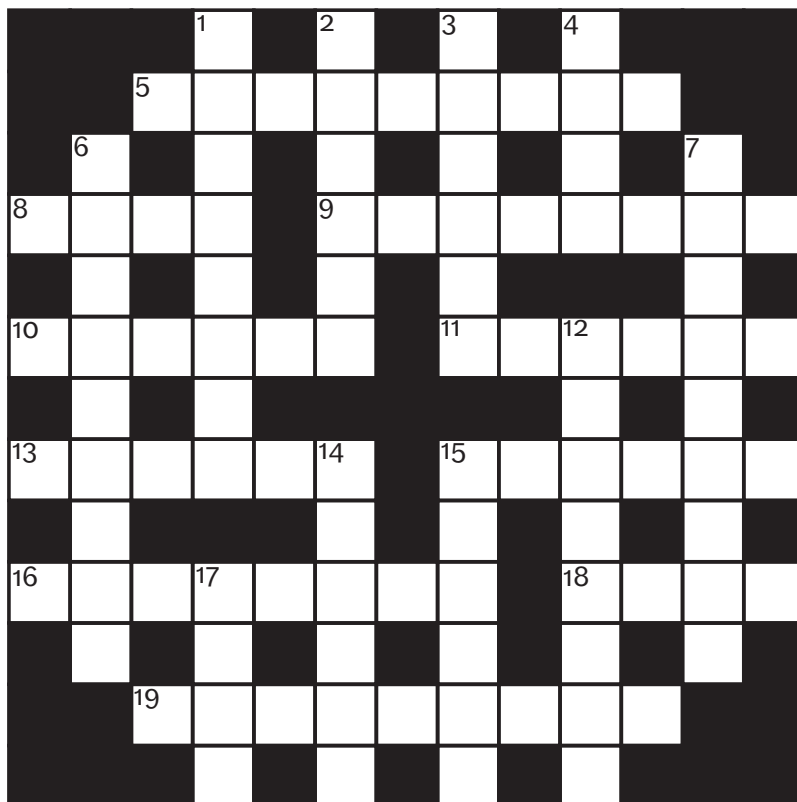
Working in partnership



Puzzles - just for fun

ACROSS

- 5 Plant whose seeds and leaves are used in cookery (9)
 8 A young sheep (4)
 9 Family of musical instruments which includes the piano, harpsichord, etc (8)
 10 River of England and Wales with two motorway bridges over its mouth (6)
 11 Tower built in 1889 which is a famous Paris landmark (6)
 13 Surname of the Canadian writer famous for 'The Handmaid's Tale' and the Booker-winning 'The Blind Assassin' (6)
 15 Organised discussion or exchange of ideas (6)
 16 Surname of the Spanish cyclist who won the Tour de France 5 times in succession between 1991-95 (8)
 18 One of the bones in the forearm (4)
 19 Mythical creature



DOWN

- 1 A broad-brimmed hat, famously worn in Mexico (8)
 2 A measure equal to 9 gallons (6)
 3 Substance produced in the human body, which acts as a catalyst (6)
 4 City of Nevada USA, famous for its speedy divorce laws (4)
 6 Saint who is celebrated on February 14th (9)
 7 State of South America whose football team won the World Cup in 1978 and 1986 (9)
 12 The month of the year whose length changes in a leap year (8)
 14 Term for a crown or jewelled headband (6)
 15 Second longest European river flowing through many cities including Vienna, Budapest and Belgrade (6)
 17 A single thing, element or component (4)

Christmas Crossword solution

ACROSS

- 4 Cracker
 5 Wrapping paper
 9 Worship
 10 Antacid
 12 Floe
 13 Goons
 14 Soda
 15 & 16 Snow White
 17 Apple
 19 Amen
 20 Silent Night
 23 Tree
 24 Split
 25 Star
 26 Spud
 28 Motto
 30 Coin
 31 Novelty
 32 Seville

DOWN

- 1 Dripping
 2 Icing
 3 Helpings
 5 Woollens
 6 Aisle
 7 Peals
 8 Reindeer
 11 Hospitality
 17 Areas
 18 Eliot
 19 Ashes
 21 Krypton
 22 Vanilla
 27 Diet
 29 & 28 Oven mitt
 30 Crib