

THE GRAPEVINE

CRAMOND KIRK MAGAZINE

10th July 2020

Issue 113



www.cramondkirk.org.uk

As lockdown eases Fresh Start opens Community Pantry



Fresh Start the Edinburgh charity that provides practical support to people who have been homeless as they get established in their new homes in north Edinburgh has been very busy throughout the challenges thrown up by COVID 19.



We spoke to Biddy Kelly, managing director:

Fresh Start is a charity which was founded almost 21 years ago and our Minister, Very Rev Dr Russell Barr, was instrumental in its creation. Keen

to find a practical way to support the homeless it grew out of discussions with the homeless about how we could

help, and then collaborations with other partners.

Biddy says: "before lockdown we got everyone together to make a plan of how to tackle our work within social distancing measures. We started by setting up a phone line where you could call for help.

We decided to focus on food. This included hot food deliveries to those in need, ready meals, packed lunches, and food packs – a bit like what the food banks provide. We also provided toiletries and cleaning products.

Usually we depend on public donations of food stuffs to be able to create our starter packs for those we support. At the start of lockdown, this was immediately not possible, but an essential grant of £25,000 gave us the funds to buy the necessary food stuffs

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www.cramondkirk.org.uk

Pause for thought

Thursdays with Iain Majcher
Live on Facebook 7.15pm Thursdays

Kirk re-opens for prayer on 15th July and for Services on Sunday 19th July. See page 3 for further details

to maintain our support to the vulnerable.

On 23rd March, our staff were sent home, but were quickly recalled to work in our very big warehouse, where it was possible to follow the government guidelines for health and safety of everyone.

As a result of our focus on food supplies to those in need, we are currently feeding 300 families in north Edinburgh, and that costs us £5,000 per week. As lockdown eases, we have been able to re-open to receive hard goods again, like pots and pans, crockery and small electrical appliances, which we can quarantine for the required time before they are handed out.

Our grant funding enabled us to continue in Quarter 1. We are now into Quarter 2, and our focus has to be how to help people to be able to stand on their own going forwards, without our interventions.

Continued over...

USEFUL INFORMATION

**On symptoms of Coronavirus, and current procedures to protect us all – BBC radio and television have regular advisory updates on news channels and very good information online at www.bbc.co.uk/news
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Will this mean providing them with advice on what benefits are available? Debt advice? Maximising their incomes? And so we have brought forward our plans to open a Community Hub which includes a Shop selling low cost, high quality goods and food, heavily subsidised, and secondly a kitchen where cooking classes can be given and a café where advice can also be picked up. The cooking class idea came from those we support, and we know one aspect of benefit is socialising with others during these classes. They told us, we were supplying cookers for their first tenancies, but they did not know how to cook.

We knew this Community Hub was needed, but now even more than ever before. Many who have been living on the breadline, Furloughed from work on lower pay are now facing redundancies.

We had planned to open the Community Pantry in December, but we have brought that forwards 6 months, and it opened last week! It opened as a "pop-up" in the premises we acquired for the Community Hub, as we await Building Warrants, to be able to carry out the necessary renovation works.

The community pantry aims to help people transition out of the challenges of lockdown, and has a fridge freezer and provides "Food with dignity". For a small amount of £3.50 a week, those who need our support can access 20 food items, and for £5 it will feed a whole family.

It's the first franchise in Scotland, brought in by the churches to address poverty, and we hope our other partners will follow our lead. Already we have 101 members with the capacity for 150. We are hoping our partners in other areas will also provide this service. Its open 2 days a week and will increase to 5 days.

Growing spaces

We already have our growing spaces, growing food produce, and during lockdown we created some hit squads, to do up some of the gardens in North Edinburgh to make them more appealing to those stuck indoors during lockdown. We wanted to give them nicer places to be out in and we knew it would create good community spirit and that has really worked.

How you can help!

We are really grateful for all the financial donations we have had, from individuals, organisations like Cramond Football Club, and grant making trusts. Otherwise we would not have been able to provide essential meals to those in need.

If you have relevant hard goods to donate, please call us on 0131 476 7741 to make an appointment to drop them off.

VOLUNTEERING

We are also constantly recruiting new volunteers. To put it in perspective, like many charities who depend on volunteers, 140 of ours are aged over 70 and it's been impossible for them to get out and help during lockdown. Some of what we have been doing is much harder physical work than before. But we have recruited many new volunteers and for that we are extremely grateful.

THREE LETTERS

Which three letter word in each line completes the following longer words?
After completion, use the nine letters from your three answers to work out the name of a city.

- | | | | |
|----|------------|-------------|-------------|
| 1. | T _ _ _ E | SP _ _ _ E | _ _ _ ALD |
| 2. | _ _ _ DLE | TRI _ _ _ E | _ _ _ CH |
| 3. | IN _ _ _ O | _ _ _ EST | PRO _ _ _ Y |

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FROM THE MANSE



I am glad to tell you final preparations are underway which will allow us to open the church on 15th July for people to come and pray.

We have permission to open the Kirk for private prayer on Wednesday evenings from 5pm – 7pm from 15th July 2020.

And Sunday Services will resume on Sunday 19th July. This will be limited to a maximum of 50 people attending in the congregation. The doors open at 10am, and the service begins at 10.15am.

Once we are open permission may be given to hold wedding and funeral services with limited numbers attending although hymns and choirs will not be allowed for some time yet.

With a one way system in operation, entering through the Main Door and leaving through the Tower Door, hand sanitiser available, places clearly marked where people can sit and 2 metre social distancing appropriately observed, the church will be as safe a place as possible.

Elders will be on duty to welcome you and you will be asked to give your name and address for contact track and trace purposes.

Leaflets will be available with a suggested Bible reading and prayers for everyone to use.

Meanwhile Iain Majcher and I will continue to provide online daily devotions, Pause for Thought and Sunday services and we hope you are finding them helpful

With best wishes

Russell Barr

PRAYER

As the lockdown is eased
and our church is
able to open again
guide the Prime
Minister and First Minister
and those who are advising them
to take wise decisions
protecting the health of our people
encouraging the health of the
economy.

Bless the work of
medical scientists
researching treatments and
vaccines
Hold those who are ill
and anyone
feeling anxious and alone
in Your healing
presence and power
and comfort all who are
grieving the loss of a loved one
Keep our hope and faith strong
and bless us and all for whom we
pray
with the peace which passes all
understanding
the peace of Christ our Lord
Amen



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New face at Cramond Residence



There's a new client liaison officer at local care home Cramond Residence in Cramond Road North. Christian Daraio is a Registered Nurse and qualified from Napier University in Edinburgh. He joined Cramond Residence having worked previously in Edinburgh Royal Infirmary, in the Western General

hospital, and as a district nurse across the Lothians, so he knows a lot about nursing care.

Christian says: "I am keen to reconnect with the community as we ease out of lockdown. We have in the

past enjoyed a close relationship with Cramond Kirk, as Very Rev Dr Russell Barr has led a monthly service here for residents, with many more of our residents attending the morning service in the church and attending other social events in the Kirk Halls, including the Dementia Club.

Cramond Residence provides full time residential nurse led care on a contract basis for older people in the community. It offers luxury living to a hotel standard and runs to the concept of small group living, where you have the reassuring feeling of living in your own home environment. It also provides respite care, and some recuperation care for those coming out of hospital before they return to their own homes.

Contact Christian – on 0131 336 1064

www.cramondresidence.co.uk



A Question of Balance

More ideas for keeping fit at home from Pilates teacher Jane Robson

Along with strength, endurance and flexibility, balance is crucial to fitness.

As well as improving co-ordination and reaction times, balancing exercises help to stabilise joints like ankles and knees, reducing the risk of sprains and falls.

Particularly critical as we get older, good balance is important at all life-stages. Use it or lose it, as they say!

Stand alongside a wall or hold onto a chair-back, then gradually reduce your reliance on that support as you improve.

Try these:

☞ **Pillow Balance:** stand tall on a soft pillow, placing one hand lightly on a sturdy chair. Balance for 10 seconds with your eyes open, then with eyes closed. Slide one foot forward on the pillow, and repeat. Then repeat with feet wide and off-set. Then lift one leg off the pillow and repeat.

☞ **Calf raises:** rise onto the balls of your feet and hold for one second, then two, then three....

repeat 10 or 15 times

- ☞ **Grapevine:** Cross right foot over left, step sideways to bring the left foot to join the right. Continue to sidestep in this way. The smaller the step, the greater the challenge. Rest fingers on a wall for greater stability.
- ☞ **Walk backwards (carefully)** around a chair in the middle of the floor, whilst looking forwards. Keep your head up! Change the direction of your circle. Too easy? Try walking backwards in a figure of eight around two spaced-out chairs.
- ☞ **Standing on one leg:** loads of variations ... knee lifted, forward then backwards. Or point one foot forward, hovering the toe off the ground. Aim to hold for 10 seconds to start with. If too easy, close your eyes. Add in arm circles. If it's challenging, don't despair - just keep practising. A good tip is to brush your teeth every day while standing on one leg - change over after 30 seconds and do each leg twice.
- ☞ **Musical Statues:** the whole family can play this! When the music stops, hold a balance pose. And don't forget that old favourite Twister. ... ideal for encouraging flexibility too.

Jane@shangrilapilates.uk

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Halls are being upgraded



Lockdown has provided an opportunity to bring forward the plans to modernise and renovate the Kirk Halls, works which were due to take place later in the year.

David Haggarty, Halls Manager and Beadle of the Kirk, has been overseeing

the work in the last few weeks. New insulation has gone in to the loft and the walls, making the building less costly to heat and more eco-friendly. Replacement windows will provide double glazing and be more efficient. The ladies toilets and disabled toilet are being upgraded, and both the main kitchen and galley kitchen are getting a complete retrofit.

David told us: "we have taken cognisance of the colour requirements to meet the regulations for those with Alzheimers. It is easier for them to differentiate between contrasting colours and good lighting, so our choices for the kitchen and toilets have followed those guidelines.

You may already have noticed our new chairs in the Millennium Room are red, for the same reasons. The new dishwasher in the main kitchen will be set at waist height, so no more bending for our older volunteers. Stainless steel work surfaces will make cleaning a lot easier and new cookers and refrigeration will be easier to use. For the Ladies and disabled toilets, comfort height toilet pans are being installed, set at a better height for older users!"

David is an electronics engineer by profession and formerly managed a team of 30 electronics engineers



The ladies toilets practise social distancing before leaving for their new homes.

for BAE Systems in the defence industry, developing the first visor projected helmet mounted display for pilots flying the Euro Fighter Typhoon aircraft.

The electronics displayed symbology on the visor, so the pilot doesn't have to look down to read instruments. As well as being a Master bee keeper, in what spare time he has, and now mentoring those interested in keeping bees, including our own Session Clerk Edith Butler.

David says "We are making plans to ensure the Halls are safe to re-open with the new social distancing measures required to keep everyone safe. Guidelines set by the Church of Scotland including cleaning measures and social distancing rules. We are looking forward to welcoming back all the groups we can when permission is given. Everyone has missed being part of all the social activities that take place in the Kirk Halls."

THREE LETTERS ANSWERS

1. HER (THERE, SPHERE, HERALD)
2. BUN (BUNDLE, TRIBUNE, BUNCH)
3. DIG (INDIGO, DIGEST, PRODIGY)

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Right in Front of Your Nose

As a keen, amateur photographer, who loves taking photos of wildlife, 'Lockdown' sounded like a nightmare. At this time of year, there would be no trips to the Isle of May to enjoy the puffins, guillemots, razorbills and more; no visits to Argaty to marvel at the aerial agility of the red kites or enjoy watching the red squirrels from the woodland hide.....what would I do?

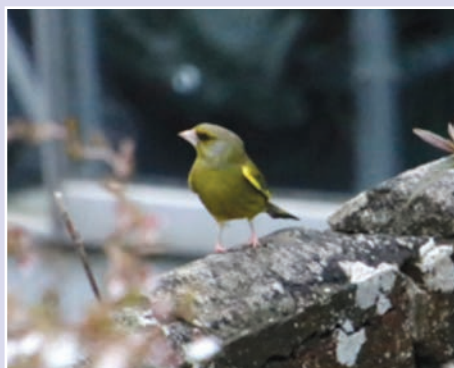


Everybody loves a robin

birds that inhabit the Walkway and the fields out towards the airport. The area provides some great photography challenges as one tries to spot and photograph the birds around there. Even closer to home, the bird feeders and perches in our garden seem to be more popular than ever and, whether we haven't noticed them before, or whether the birds are thriving on more feeding and less pollution, there are a greater number and variety than either of us can remember.

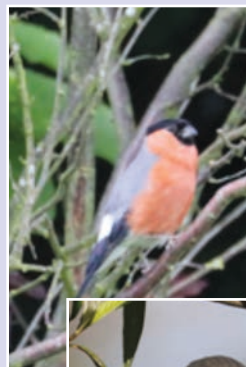
However, all was not lost and I learned the simple lesson - before you go further afield, take a good look closer to home.

A few weeks ago, I wrote an email for Friends of the River Almond Walkway about the



greenfinch, goldfinch, dunnocks, song thrush and many more.

As well as all the regular visitors - house sparrow (which are here in greater numbers this year), chaffinch, blackbird, blue tit, coal tit and various pigeons, we've had occasional visits from some



Much as we would prefer not to have them, there are also the troublemaking magpies, jackdaws and other members of the crow family; grey squirrels, that steal from the birds, and we've had frogs (or maybe toads?) and occasionally see a fox passing through on its nightly rounds.

We also have a family of house martins that have taken residence in our eaves - too fast to photograph and many other birds that we just haven't yet identified from our well-thumbed Book of British Birds

Whatever else you do during lockdown, keep your eyes open while you look out your window.

John Kerr (jmkerr@blueyonder.co.uk)



Finally, feeding time for this family of blue tits was fun to watch.

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Floral Finds around Fair-a-Far

By Isla Browning, Friends of the River Almond Walkway

Having seen some rather attractive flowers around Fair-a-Far in the past, in late June I decided to have a look at what was growing and hoped they were still there. Firstly, I looked for Valerian and Monkeyflower. Common Valerian, a native species, had been present near the top of the weir in 2016. It wasn't there anymore but it was good to see it now growing on the wall by the river bank. In 2014 Monkeyflower had been growing on this wall and thankfully was still clinging on. Great! It was introduced from W N America and has become naturalised in the UK and likes to grow in damp areas often by streams and rivers.



Wall Lettuce,
Hawkweed and Rose-
bay Willowherb



Hedge Woundwort



Also on the walls three ferns can be seen:



Maidenhair
spleenwort



Brittle bladder Fern



Hart's tongue Fern

Above the weir Charlock and Russian Comfrey were flowering and attracting bees.



Valerian (2016)



Monkeyflower (2014)



Charlock



Russian Comfrey

Flowering on the walls of the Mill there were Rosebay Willowherb, Hedge Woundwort, Wall lettuce, a Hawkweed, Ragwort, Figwort and a small Willowherb species. Dandelion, Goldenrod, Ash, Sycamore, Ivy and several grasses were also present. Sadly I found a Grey Wagtail's nest in a cranny in the wall which had unfortunately been abandoned.

After wading through a forest of nettles and Butterbur leaves I was very pleased to see that Brooklime (a member of the Speedwell family) was flowering by the water's edge, there were a few more Monkeyflower plants and the beautiful Water Forget-me-not growing had not been lost in the floods!



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YOUNG CRAMOND CORNER

Brownies and Guides making the most of lockdown

We recognise that these are challenging times for everyone and our reactions and response to this has been very much down to the individual. Brownies and guide groups were not able to meet with the Kirk Halls closed, and gatherings forbidden.

Brownies have had weekly meetings - operated within Girl Guiding guidelines on Zoom, and continue weekly until schools go back in August. During news our girls have told us of lots of activities they have enjoyed within the government guidelines, including accomplishing being able to ride their new bike, bouncing 26 times on their trampoline and keeping the table tennis ball in play 26 times, cycling 2.6 miles all for the 2.6 challenge.

The 2.6 challenge is a national initiative which encourages us all to do something to raise funds for our chosen charities which have missed out holding their annual fund-

raising events which bring in vital funds. For example the London marathon which raises £66 million for many charities. We have sent out challenges to Rainbows and Brownies and all sections have interest badges in their badge books which they have been able

to do at home, including their 'grow your own' badge. We are continuing over the summer period - providing a fun programme for those girls who are happy to take part in virtual meetings. We have learned how to make a cake in a mug, we are going to be making armpit fudge



Cucumbers grown by Esme.



and as leaders we have learnt new skills too. For the girls taking part, it gives them something that is specifically for them and the feedback from parents is that it is an event they enjoy. For some girls they just want to get back to face to face, they don't enjoy the virtual meetings and that's ok too.

Here are some of the things they told us: "I think I appreciate now more being able to go outdoors freely and not have someone tell me - you can only go out once a day for an hour."

"Before lockdown I took it as granted that I saw my friends and family every day before at and after school. The lockdown has made me realise how lucky I am. I have been going out for a walk, run or bike ride at least one a day and it has helped clear my mind. I've done school work, baked and relaxed."

"During lockdown I have been learning more about cooking (by making our family meal once a week). I am painting a huge paint by numbers canvas and doing lots of school work. I have missed my friends, not seeing them in person, but have really enjoyed the many quizzes and Zoom calls we have done with family and friends. I think lockdown has made me appreciate going out to see friends more instead of staying the house."

Jessie Craig



Diane Williams, who manages Cramond Cares for the older members of our community has prepared a new leaflet with loads of useful information about where you can get continuing deliveries of food, and other goods, transport, and other useful things.

A special thank you to all the local membership organisations who have helped us to get the digital editions of Grapevine out to everyone during "lockdown".

Your editor Carol Anderson • Contact us: cramond.kirk@blueyonder.co.uk