

THE GRAPEVINE

CRAMOND KIRK MAGAZINE

April 24th 2020

Issue 109

www.cramondkirk.org.uk

From The NHS Frontline Edinburgh David Steedman, Consultant in Accident and Emergency at the Royal Infirmary of Edinburgh



We are indebted to David Steedman, who agreed to a request from our Minister, the Very Rev Russell Barr, to give a personal account for Grapevine of what it's been like for him and his team, on the frontline of the NHS during the COVID-19 global health crisis. David is also an Elder of Cramond Kirk.

The members of the multidisciplinary team - nurses, doctors, radiographers, occupational therapists, physiotherapists, clinical support workers, ECG technicians, pharmacists, administrative staff, managers, receptionists, cleaners - within the RIE A&E department have always been strongly supportive of each other, and no more so than during the current COVID-19 crisis.

Contrary to what you might think I experience a calmness about the way in which the team are going about their duties. There is capacity in the department to deliver care to both

patients with suspected COVID and those with all the other typical presenting conditions.

People with non COVID symptoms, are concerned about entering a hospital environment, during the crisis. Good use is being made of on-line GP access. With less road traffic and people generally less active out and about, consequently, there has been a fall in our daily attendances in A&E of up to 50% (from peaking at 400 to now around 200). The elective workload in the hospital has been reduced which has also led to less pressure on the emergency workload.

The department has been re-organised to deal with the situation. All patients brought in to the department by the Scottish Ambulance Service are triaged (from the French word, trier- to "sort") by a nursing team at the front door.

Following assessment, they will either be directed to the now designated "red zone" (for COVID patients) or to the "green zone" (for non-COVID patients). In addition to our existing resuscitation facility, isolated resuscitation areas have been developed specifically for sicker patients with suspected COVID.

All staff in any clinical area of the department have to wear surgical masks at all times. Eye protection, aprons and gloves are worn when entering a patient cubicle in the red zone and following risk assessment even in the green zone. There have been no issues with the supply of PPE to the department.

Continued over...

VIRTUAL CHURCH

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Pause for thought

Thursdays with Iain Majcher

Live on Facebook 7.15pm Thursdays

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BASIC 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
The Government website and NHS websites - at <https://www.gov.uk/coronavirus>
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

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Staff are aware of the possibility of viral transmission but all carry on with their duties professionally as they are trained to do. There is professional emotional support available in addition to the moral support we give each other on the "shopfloor".

COVID patients presenting to the department with pre-existing health conditions have an increased risk, and these patients present without family and friends because of the situation. Contact with their families is maintained over the phone by medical staff.

I am aware that colleagues particularly in London have been under great pressure and appear physically and mentally exhausted when seen on video link. Perhaps with less overcrowding in Edinburgh, less congested travel options, and with the vast majority of the population following Government advice, hopefully we may not face the same pressures.

People should be re-assured that those with other medical conditions including the elderly and young should still access health care when needed, as the NHS is still open for business as well as dealing with the COVID crisis.

Tips for avoiding attending A&E!

With more of us re-directing our energies whilst under lockdown, if you should experience a mishap, seek sensible first-aid. Pharmacists at chemist outlets are an invaluable source of help and there is always support and

advice available from your GP online or NHS 24. If the injury is not serious, Emergency Nurse Practitioners at Minor Injury Units have a wide scope of practice and may be able to deal with your problem. Clearly A&E departments will still deal with any serious injury if required. Our recently launched minor injuries service, called MIA is available, where you are assessed in your own home by video call. The number to call is 07977 246848.

How has it been for you personally?

Having been a trainee in Accident and Emergency Medicine for nearly 10 years and 30 years as a consultant I wouldn't be in the game if I couldn't handle difficult front line challenges, and I have been through a few in my career. Not least combing the field in Lockerbie, alongside a local GP, the night when the cockpit of PANAM flight 103 came down. My practice has not changed in the department during the COVID crisis other than observing all advice with respect to minimising the risk of viral transmission when on the "shopfloor".

Good news -One of my consultant colleagues still working in the department during the early part of the crisis gave birth to healthy twin boys last week and a member of nursing staff has also recently given birth!

What about the impact on your family life?

My wife Caroline and daughters Rachel and Abby have converted our

conservatory into a gym and undertake a programme of daily workouts prepared by Rachel's boyfriend who is a powerlifting coach. Our son Cameron lives with his girlfriend on the other side of the city.

Rachel (pictured with me) qualified from Glasgow Medical School last week, and although there was an on-line celebration with fellow students and University staff, the graduation ceremony and taking the Hippocratic Oath will have to be deferred to (hopefully) later in the year.

This is Abby's GCSE year and with the schools closing, she has received continued support from her teachers on-line and with school "resuming" this week, there is a full daily schedule of classes with further assessments towards predicted grades. Myself, I miss the gym (workouts and swimming), golf and going to the movies, but I still go daily walks with Baxter our labradoodle. No more DIY chores to do! That's how I currently balance home life and the front-line.

Is there anything more we can do?

I think we can only follow Government direction which is guided by the appropriate experts. We are seeing hopefully the beginnings of the end in other countries and I trust that we will pull through as well.

Church of Scotland LIFE AND WORK magazine goes digital

During this challenging period, Life and Work is committed to helping keep our Christian community connected and so we have made the May 2020 issue available on our website.

This can be accessed by clicking here or visiting

<https://www.lifeandwork.org/downloads/life-and-work-may-2020.pdf>



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FROM THE MANSE



Walking in his garden in the hope of raising £1000 to support the NHS, who would have thought as he approached his 100th birthday Captain Tom Moore would capture the nation's heart?

Yet capture it he has and the BBC report of this Yorkshire war veteran who saw service in India and Burma completing his 100th lap, war medals proudly pinned to his jacket and saluted by a guard of honour from his former regiment, would have brought a tear to a glass eye.

And rather than his initial target of £1000, at the last count he has raised almost £28 million for NHS charities.

Quite remarkable.

Even more remarkable however, has been the commitment, skill, dedication and human courage of the medical teams, ambulance crew, hospital staff and care home workers who have been treating patients suffering from Covid 19.

All of them have put their own health and well-being at risk and many have paid with their lives.

Although we stand at our front doors on a Thursday evening to clap and show our support, nothing will ever properly express our gratitude to the selfless response of so many people to this dreadful pandemic.

If one of the outcomes of these difficult days is a renewed awareness of our common humanity, the realisation how much we need and depend upon one another, and a commitment to being a good neighbour, then something good will emerge.



And in the words of Captain Tom we can all hope and pray *“the sun will shine on us again and the clouds will go away.”*

Russell Barr

PRAYER

God of compassion
hold in Your healing presence and power
all who have been infected by Covid 19
those who have been hospitalized
the families who wait and worry
and all who have lost a loved one

Grant courage and strength
to hospital staff and care home staff
ambulance crew and delivery drivers
shop workers and factory workers

Reassure those who are feeling lonely and afraid

Thank You for all who are volunteering their time
and their care

And until the sun shines on us again
and the clouds go away
remind us of our need of one another
and our need of You.

Amen

CRAMOND KIRK
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of
The Rev G Russell Barr, BA BD



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ELLIE'S BLOG FROM MALAWI

Hi, it's Ellie,

Hope everyone is staying safe at this crazy time. Due to the Coronavirus, Project Trust made the decision to send home all volunteers from around the world 5 months early. As much as it broke my heart to leave everyone I had become so close to in Malawi, I understand there was really no other option than to return us to the UK. We had so many plans for BAHASI that we didn't get to achieve. However we are still working with the BAHASI committee from home and hope to return to Malawi to finish everything we had set out to do.

Since you last heard from me, my two project partners and myself moved into the spare room at BAHASI and we were living there full time. Although we never got a minute to ourselves and there was constant noise living in the orphanage, I wouldn't have changed it for anything. The kids however did love a very early rise and would be up at 5 am on school mornings so they could fit in all their cleaning chores, and considering our bedroom didn't have a roof, it usually meant we were up with them. After reaching out to the Blantyre Roundtable looking for support for BAHASI, they raised an amazing MK4 million which is around £4,000 after hosting a golf tournament in Blantyre. They used some of this money to bring a whole load of donations and are

also looking at a long term solution, which is exactly what BAHASI needs. As well as this, they now supply all of their electricity monthly which means they never run out and helps us financially as it was something BAHASI struggled to find extra funds for.

Currently Malawi is more or less in lockdown, the same as us, with all schools being closed so I can imagine the kids are starting to get on each other's nerves a bit! From today (Wednesday, 8 April) eight people have tested positive for Covid-19 and there has been one death in Malawi. However it's no shock that the country would not be able to function if it spread to the state it is here or in other countries around the world. This is due to the huge number of the population having HIV/AIDS, giving them a weak immune system, and the lack in supplies the health system there has. For that reason I really hope the people of Malawi stick to the rules they're being told to follow in order to save this incredible country from being damaged even more than it already is.

Thank you again and remember to stay safe and stay home! Can't wait to see everyone out and about again when we can finally go back to normal.

Ellie

Ellie is a volunteer with Project Trust, an educational charity which supports disadvantaged children in an orphanage in Malawi, helping them with everyday skills.

LINK WORDS

Fit 10 words so each one connects up with the words on either side. Use the first letter of each answer to work out the name of a charity.

- | | | |
|-----------|-------|--------|
| 1. HAT | ----- | PIPE |
| 2. BALD | ----- | EYED |
| 3. VAPOUR | ----- | BLAZER |
| 4. HEAD | ----- | MATE |
| 5. INCOME | --- | I |
| 6. SHELL | ----- | FINGER |
| 7. TIGHT | ----- | LADDER |
| 8. WALL | ----- | LIGHT |
| 9. HE | --- | WORK |
| 10. KNEE | ----- | CHAIR |

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A message from CHRISTIAN AID

While COVID-19 has meant none of the usual envelope collections and other events for Christian Aid's week of fund-raising, Christian Aid continues to raise money to fund its important work to support the most vulnerable people across the world. There's also a special fundraising quiz taking place.

The coronavirus outbreak threatens not only to jeopardise the health of a region, but of the world. It has shown us that our futures are bound more tightly together than ever before and in times of crisis, more so than any other time, it is the poorest, most vulnerable and marginalised who are at greatest risk.

While the coronavirus does not discriminate who it targets – rich or poor – our experience has shown that it will be the poorest who will bear the brunt.

We anticipate that some of the world's poorest countries, with the weakest health systems and most vulnerable people, will be exposed to this deadly virus. They will struggle to cope with any costs of healthcare, the costs of being unable to earn a living while ill or quarantined, and the costs of rebuilding their lives afterwards. We know that the most adversely affected by Covid-19 are the elderly, those with underlying health issues and compromised immune systems, including people living with HIV who

are also homeless, or have no fixed income or access to health services.

Christian Aid will be using the lessons learnt from the Ebola crisis in Sierra Leone to mitigate the impact of the coronavirus, prioritising the poorest and most marginalised groups and ensuring they have access to information and services free from fear and misinformation, providing hygiene items and sanitation improvements to help prevent the spread of the virus, ensuring the voices of the most vulnerable people are being heard and keeping them safe through work with church partners and other faith-based organisations.

Full details of Christian Aid's work and how to donate, can be found at www.christianaid.org.uk

To take part in our Quiz, you'll find it on the What's On/Christian Aid page of the Kirk website, or from the Kirk Office – call 0131 336 2036 or e-mail cramond.kirk@blueyonder.co.uk and we can send out a paper copy. Please consider making a donation of £5 (or more) to Christian Aid. Any completed or "as near as" completed quizzes should be returned to the Kirk Office – e-mail or post – by Friday, 8 May.

Locked down

There were other doors once locked in fear, in a time of waiting and distress.

It was an uncertain, questioning time - longing for what had been known and treasured before.

Into that space, calming and soothing, came these welcome words - "Peace be with you."

Peace be with you in every worry, in every sleepless night, in every loss experienced, in every comfort now distant.

Peace be with you in every certainty, in the shared burden of these days, in the unexpected connections, in the gift of another sunset and sunrise.

Peace be with you and yours, the deepest peace, the strongest peace, the peace that passes all understanding.

Christ is our peace and is in our midst. His words echo again - "Peace be with you."

Lezley Stewart

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FRESH START FUNDS FROM CRAMOND FC



This month charity Fresh Start was the recipient of a donation of £2,000 from Cramond Football Club, money to buy emergency food packs and essentials for some of the most vulnerable people in Edinburgh.

Like every other team, Cramond Football Club can't play games at the moment. However like lots of teams they are playing their part to give help and support to people who need it most.

Cramond FC comprises 350 players ranging from 5 to 18 years old from families in north/west Edinburgh. The club is supported by volunteer team coaches and a committee, usually parents of the children involved. "The funds we have are generated by a mix of player subscriptions and fundraising community events" says Antony Walker. "The club also donated £2000 to the Scran Academy (based out of Crewe Toll). We are encouraging our players' families and others to donate

to either of these important charitable causes, as well as committing to support those players whose families are affected financially by the crisis when football finally resumes."

It has been a very busy few weeks at Fresh Start as the staff team has been working around the clock to put contingency plans and emergency services in place, while keeping staff and volunteers safe too.

"Since the end of March, we have been delivering Emergency Packs of essential items such as food, cleaning materials and toiletries to some of the most vulnerable people in the Edinburgh community," says Jen McQuistan, from Fresh Start.

"We are currently running this service with our immediate staff team in order to keep to very strict social distancing measures and I'm pleased to say that over the last few weeks we have been able to send out over 600 Emergency Packs, helping over 300 of the most vulnerable individuals and families in need."

"We have also been working very closely with partner organisations to

assist with the delivery of hot meals and packed lunches, particularly in North Edinburgh, and have set up a direct phone helpline so we can support and signpost clients with/to whatever services they need."

"Our aim is to continue to supply as many Emergency Packs as possible for the duration of the COVID-19 crisis and the donation of £2,000 from Cramond Football Club will be vital in allowing us to support some of the most vulnerable people and communities in Edinburgh, during what is an incredibly stressful and challenging time."

One of our Key Workers said: - "It was a great relief for the families we delivered food parcels to, and we had the pleasure of seeing that relief and joy on the parents' faces".

"So we say an enormous thank you for this wonderful gift because it will be a great help to people who are really struggling to cope with this horrible pandemic. And good luck to Cramond Football Club when the seasons starts up again."

www.freshstartweb.org.uk



Cramond FC's 2009s team during a 'Half-time heroes' session at Hearts.

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NAVIGATING THE UPPER REACHES



Earlier this year I wrote about Cramond Boat Club and invited anyone interested to come and watch the boats being craned into the water on Easter Saturday. As things have turned out, this didn't happen. With the lock-down in place it would have broken all the rules.

Like so many other plans we all had, the start of the sailing season was cancelled and the boats remain sitting on the quay wall.

Meanwhile, I have taken to rowing

up the river instead! Living by the riverside with my tender handily placed nearby, I am unusually fortunate to be able to choose a trip on the river as my one item of daily exercise.

You may recall that near the beginning of April we had a notable full moon. With its orbit bringing it to its closest approach to Earth, the moon looked exceptionally large. It was referred to as a Pink Moon – something to do with American flowers ... Accompanying this we had some exceptionally high tides. So, I set myself the challenge of seeing how far I could get up the River Almond.

It was a beautiful sunny afternoon when I set off on my exploration of the upper reaches. During an earlier trip, I had just managed to reach the lower tip of the island by the Falls Café. However, this time I could easily keep going, finally coming to a halt on rocks up by the top end of the

carpark. The picture shows my view back down the river to the island and beyond.

I then set about completing a full circumnavigation of the island – an unlikely task at most times but readily accomplished on this occasion.

On the relaxed drift back down river, I diverted to explore the old docks – the one by the café, and one of the three that can be seen on the Dalmeny Estate side of the river. This time the dock was completely full, letting me row right to the top. Sadly, the Boat Club is all locked up, until further notice. However, when I get the urge to get afloat, I know where to go. As Ratty said: “there is nothing – absolutely nothing – half so much worth doing as simply messing about in boats”.

We all look forward to getting back out sailing in due course.

Andy Walker
Past Commodore, CBC

HOT WHEELS!

Thinking about volunteering, but unsure what it might involve? Worried about maintaining safe distancing?

Father and son Michael and Roddy How, members of Cramond Kirk, recently volunteered with Space and the Broomhouse Hub. They're now ferrying hot lunches and food parcels to elderly and self-isolating people in south-west Edinburgh, five days a week, using their own cars.

It takes an hour or two each day, with an average of seven deliveries apiece. They are Category 3 workers with ID provided.

Roddy says: “I collect the meals from the Hub on plastic bread crates, put them into the car, and deliver them to recipients' doorsteps. People take their meals off the crate, and I pick up the crate after they've closed the door. I wear a mask and disposable gloves, replaced after every delivery.”

Broomhouse Hub is also providing around 200 hot meals a day to clients able to collect them in person. Michael knew of the Hub through his involvement with the Incorporated Trades of Edinburgh which had previously given funding towards the centre's work on education and young people. When he heard of the hot lunch initiative, and the need to support people who couldn't leave their homes, Michael offered his “wheels” and Roddy's. Roddy

was keen to assist, as he isn't presently at work.

“It's nice to be able to help,” he said. “Normally I would not have time. People are very grateful and really appreciate their delivery. And there's a strong feeling of community around the Hub.”



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STEP UP TO HEALTH

Thank you to Jane Robson for these tips on moving a bit more!

Make sure you take a break every 20-30 minutes to walk round the house, breath in some fresh air by a window or door, or play with your dog.

Stairs are your friends! As few as three 20-second fast stair-climbs a day can improve fitness in only six weeks. Even one step-up is enough for meaningful exercise, indoors or outside. March up and down, leading with your right foot, change to the left after ten steps. Challenge yourself to take ten more steps every day. Work up to 50, then 100. Speed it up too.

If you live in a flat, avoid uncomfortable lift encounters with neighbours by using the staircase for necessary outdoor journeys.

Five steps to improve your stamina and balance:

- walk up and down (corridor, hallway, or garden) on the balls of your feet. Then try walking on your heels (go gently).
- tightrope walk - stretch some string along the carpet, and walk along it, placing one foot directly in front of the other. Too easy? Use a mop handle (take the head off first!)
- Rock around the clock: imagine you're at the clock's centre: step forward and shift your weight to one o'clock, step back to centre, forward to two o'clock, and so on. Keep facing the front. After you've done it twice slowly, speed it up!
- stand beside a wall or chair. Lift up onto the balls of your feet, bend knees, hold for up to 20 seconds, then lower your heels and press the ground away. Repeat 10 times.
- ask the kids to chalk a hopscotch on the pavement, as a Barnton Park family did last week. And after you've all hopped to your hearts' content, sit on your doorstep and enjoy the spectacle of passers-by having a go.



Object Lessons – God in your home

Iain Majcher

We are all having to find ways to pass the time in lockdown. The news, of course, is that it is not ending anytime soon. I had great plans when we began lockdown to read mountains of books and complete the endless list of chores that has been collecting dust for longer than I care to admit. Four weeks later I am still trying to finish my first book while the list of chores has gotten longer instead of shorter. I have spent the majority of time with my family, teaching Andrew to play rugby, kicking a ball in the garden with Maria and running after Lily, Richard and William....all day!

One of the things I started, to help me and my family as well as others, is making a short video called 'God in your Home' that I share every Wednesday on www.facebook.com/imajcher. I started it to remind myself to share the love of God with my own family and to enable others to do the same. You don't need a fancy buildings or fancy props; the idea is that you can do it with things that you have lying around the house. Some of the talks will be ones that I have done at Cramond Kirk already while others will be new. I love thinking up children's talks and often spend just as much time looking for and planning a good object lesson as I do on a sermon.

Every week I share a quick trick based on a bible verse or story and then afterwards I explain how to do it yourself. I try and do it with Andrew and Maria because I know it isn't easy working with your children but it can be fun and rewarding, so I want to encourage you to persevere. Teaching our children about God's love is a real privilege and I hope these talks will inspire others to do the same.

I hope you have fun teaching your children about God in your (own) home!

LINK WORD ANSWERS

1. STAND 2. EAGLE 3. TRAIL 4. ROOM 5. TAX 6. FISH 7. ROPE 8. STREET 9. ART 10. HIGH

and the letters make up the charity **FRESH START!**

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