

KIRKY NEWS

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FLU VACCINATIONS SOON

Everyone over 55 or under 16 will be offered the vaccine. The article on the next page is detailed information provided by the **Almond Group Practice** from their website at

<http://www.almondgrouppractice.scot.nhs.uk/flu-vaccination-information,68214.htm>

If you are registered with a practice other than the Almond Group, please check their website etc. Those not eligible for an NHS vaccination may be able to arrange one at a community pharmacy for a small fee.

Almond Group Practice <http://www.almondgrouppractice.scot.nhs.uk/>

South Queensferry Practice <https://www.southqueensferrymedical.co.uk/>

Further information about the vaccine program can be found at <http://www.nhsinform.scot/flu>

ALMOND GROUP PRACTICE - FLU VACCINATIONS 2020-2021

Nearly double the number of vaccines will be delivered than normal, so, to ensure everyone sticks to social distancing guidelines, there are changes to the way the vaccine is normally offered. Almond Group Practice is **NOT** able to offer drop-in clinics. All vaccinations will be administered on an appointment basis. For all patients eligible for the NHS flu vaccination, individual letters will be sent with a date and time for their appointment. Due to the sheer volume of vaccines to be delivered, you are asked to make every attempt possible to attend your allocated appointment as the practice cannot offer a choice of appointment times. Due to the need to have a separate area for vaccinations to be administered all vaccines will be given at the Winchburgh branch. This will allow the practice doctors and nurses to continue to provide their normal services from Kirkliston on vaccine clinic days while still ensuring that flu clinics run with the appropriate infection control measures in place.

Pre school 2-5 age group: will be offered a nasal vaccine as in previous years. This year these will be delivered by the same Health Visitor team who deliver the usual childhood vaccination program. There will be no facility for these to be given in the practice

Primary school age children: will be offered nasal vaccine at school. We will have no facility to give these in the practice. **If your child** is unable to receive the nasal flu vaccine for religious or medical reason we ask that you wait until early October to contact the practice to arrange flu injection as we have no vaccine available to give before then.

Over 65 age group and those 'at risk' who have a chronic disease: will receive a letter with an appointment date and time in the first phase of the vaccine program – this will be late September/October/November.

Aged 55-65 who were not previously eligible for the vaccine: will receive a letter with an appointment date and time in the second phase of the vaccine program – likely to be in November/December.

Aged 50-54: as per national guidelines, these patients will only be offered the vaccine if national vaccine supplies allow for this in the 3rd phase of the vaccine program. This decision will be made by the Scottish Government. This is likely to be December at the earliest

All housebound patients: will receive the vaccine from the District Nursing Team – the timing of these vaccines will be controlled by the District Nursing teams and not by the Practice.

Further information about the vaccine program can be found at <http://www.nhsinform.scot/flu>

IMPORTANT: When you come for your vaccination appointment we ask that you come on your own if at all possible. Please arrive at your appointment time as there will be no internal waiting facility. We ask that you bring your appointment letter with you. We ask that you wear a short sleeved top and be prepared to have your arm ready at the point that you enter the health centre. We will be delivering the flu vaccine in the waiting area in Winchburgh with entry through the usual main entrance and exit out through the back door of the building. We will be unable to deal with any other queries during the flu clinic appointment.

We are aware that these arrangements are different from previous years. The location of the vaccination clinics wholly in Winchburgh is essential for the practice to meet the clinical safety guidelines in place resulting from the COVID pandemic. The volume of vaccinations which we have to undertake (around 45% of our practice population) and the need to reduce potential risk for our patients and for our staff has led us to allocate appointments for patients. We ask you to please ensure that you attend at the appointment time you are allocated

KPCSCD CLUB

The club will not be restarting on Tuesday 8th September due to Covid. At the moment it is not known when it will be safe to meet up again.

EXPLORER SCOUTS

Throughout lockdown the Explorer Scouts (aged between 14-18 yrs old) have been meeting up virtually via Zoom calls and have taken part in a number of activities ranging from:

Eurovision Song Contest – Where each Explorer had to pick a country's Eurovision entry from the past and play it to the group.

Virtual escape rooms - such as escape from the pyramids, murder mystery. by solving clues and googling facts.

Quiz nights - Here the Explorers did much better than the leaders – although, surely googling is cheating!

Catchphrase - testing everyone's drawing skills.

Phone number bingo - using the digits in each person's phone number as numbers on their bingo card.

Scavenger hunt - Items around the house had to be found to correspond with each letter of the alphabet.

Badgework - Working on their Athletics badge and Leadership badge by undertaking certain challenges which had to be recorded and shared.

A Virtual Camp with the whole of our district – they could camp out or build a den in their house and sleep in that, taking part in activities throughout the day as they walked round the village.

Everyone is looking forward to having a real meeting, although it is likely that all activities will have to be outside until at least Christmas. Particularly loved is a chippy challenge where explorers go round all the places selling chips in South Queensferry, with a scoring matrix eg best service, how hot, etc.

A camp may be held later on, where social distancing is ensured by sleeping in hammocks!

The Explorers' regular meeting venue is the Scout Hall in South Queensferry. The Unit is made up from teenagers who have been Scouts in Kirkliston or South Queensferry, plus some who have never been Scouts.

COMMUNITY GARDEN

Volunteers are always needed for the site at the top of Toddshill Road, the more people involved the better. A raised bed has been built and varnished with enough topsoil to fill it at the moment but donations of compost would be a great help.

The local guides have started off some kale seedlings to be planted out in the bed once it's ready. To get involved, join the Kirkliston Community Garden group on Facebook or contact kirklistoncommunitygarden@gmail.com where all events are posted.

YOUNG LEADER AWARD

The Scouts are especially proud of Kyle Hancock as he has gained his Young Leader Award - one of the highest awards in Scouting for, to win this, Kyle had to show great initiative, commitment and planning skills. Sadly, it could not be presented to him formally, but had to be sent through the post. Kyle is now keen to work towards his Queen's Scout Award and is planning an expedition for all the Explorers (once

COVID restrictions are lifted). He has also completed his Explorer Chef Award - the pictures of his baking looked amazing - it's a shame they couldn't be tasted!

LORNA CLARK

Lorna, the student who instigated the community garden next to Allison Park) has just finished her degree getting the highest ever mark for her thesis on BEES. Well done!

PARISH CHURCH

Covid 19 and lockdown has meant that services, weddings and funerals have not been able to be held in the church. It is not known when the buildings will reopen but that has not stopped the work of the church going ahead. Services are being held by Zoom and midweek reflections can be found on the website at kirkliston-parish-church.org.uk. Anyone wishing to join the Zoom services should register their email address with KPC Admin at kpc.officeangels@gmail.com

KIRKY KRAFTERS

Unfortunately, Kirky Krafters are unable to have their normal sale this year because of Covid 19 restrictions. They are planning on having an on-line sale and are currently busy deciding how to organise this. Kirky Krafters have a Facebook page and that is where you will find details of what is on offer. Hopefully those of you who have Facebook will pass this info on to those who don't. You should also be able to get details on Kirkliston Parish Church website (kirkliston-parish-church.org.uk) where photos will be uploaded of what K.K. have on offer and details of how to purchase.

LOCKDOWN PHOTO RECORD

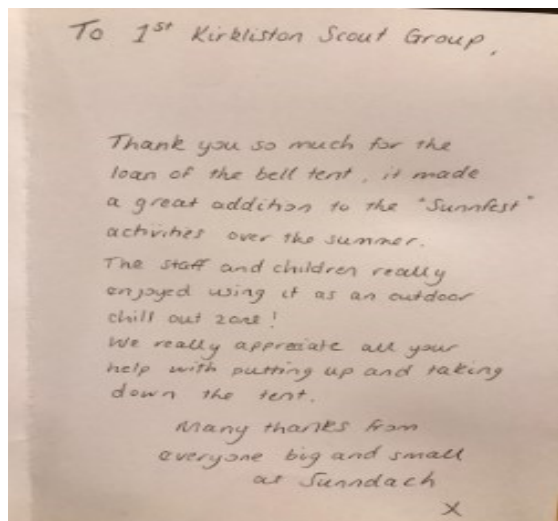
Carolyn Henry is a professional photographer who lives in Kirkliston and back in April she decided to create a photographic record of isolation here and was surprised at the enthusiastic response from more than 300 families. The photos have been put into album form, and 178 copies have been sold! She chose to support the front-line NHS staff in this area, via the Edinburgh & Lothians Health Foundation and to date over £3000 has been donated via her Just Giving page at www.justgiving.com/fundraising/carolyn-henry. A special copy of the book has been made to be shown in an exhibition at St John's Hospital in October.

LOCKDOWN AMUSEMENTS FOR KIDS

Villagers made family walks during lockdown stimulating. Some put teddies in their windows. One very large teddy was dressed up differently each day and sometimes stood on his head. Painted stones with rainbows on display decorated paths or gardens while giant sunflowers grew in pots, and peevers chalked on the pavement kept children hopping along. One had to have good eyesight to spot the googly eyes on the post boxes What about those family bike rides that looked such fun?

KIRKLISTON SCOUT CUB GROUP.

The group loaned out their bell tent for the Sunndach summer festival during lockdown and helped by putting it up and taking it down. Sunndach is part of Children's Services within NHS Lothian University Hospital Division caring for children with complex disabilities who require a high level of nursing and medical care within a community setting. Here is a picture of the tent and the thank you card the Sunndach children sent.



CRAFTY VILLAGER

Anne Morrison put her crafting skills to good use in Lockdown by making reusable masks. All money was donated to SSPCA. Recently she got a new moggie from Cat Protection

SWI – THE RURAL

Apart from missing the last few meetings, ladies were deprived of the fun of the Ruralympics (some members were to take part for the first time to see what actually goes on!). The annual outing planned for New Lanark and the AGM didn't happen either – meaning the committee couldn't stand down.

Those who contribute and receive the monthly Women Together Magazine have had regular updates and some excellent pictures including in the July issue photos of Anne's Catherine Blair Eryngium and Yelena's macrame, and in the June issue, Yelena's Knitted Rabbit. Lovely to see contributions from Kirkliston and thanks to Maggie who receives the magazines and to Ishbel who delivers them. Those who signed up receive daily messages on Facebook and can meet online using Zoom.

Anyone who would like to meet up for a chat or a coffee (socially distanced, of course) should contact a committee member and if they cannot meet with you, they will arrange some-one who will.

Should you know someone, whether a member or not, who is not online and doesn't receive the Kirky News online edition, please print a copy and hand it in to them.

LOCAL HEROES

Thanks go to the many local folk who went above and beyond the call of duty to help the vulnerable in Kirkliston during lockdown. Some of those included Paul Vaughan, part of the team doing parcels of food and meals, Megs Braithwaite who organised a response team for every street, Alison from the Storehouse resources at the Community Church and all who helped in any way during these difficult times.

BEE FACTS

Bumblebees are the only bees that can pollinate tomatoes as they dislocate their wings and vibrate their flight muscles at the right frequency to make the anthers shake and so release the tomato pollen.

The emerald orchid bee has sponge glands on its legs which collect smells from its surroundings to attract mates. The bee with the most complex stonk is the most attractive.

All species of bee have different lengths of tongues so they can forage different species of flower according to their nectary length.

Bumblebees are fluffy to help keep them warm.

Short tongued bees are cool too. They've been seen sabotaging flowers by making holes in the bottom of long nectary flowers to bypass the need for a long tongue.

GATESIDE FOOD BANK

Paul Vaughan says:

"Thanks to all the people who made meals in the village at a moment's notice and to the volunteers at the Gateside food bank for all their help over the last 130 days. We hope we never see this again in our lifetime. To all the people that kept an eye on folk in their own streets, it all helped greatly. To all the funders, whose help over this time was so appreciated for making a difference to so many people. Special thanks to Morrisons for including the food bank as an outlet for their gift food. I wish you all a healthy future and stay safe"

PLEASE PASS THIS ON!

We will return to delivering paper copies of Kirky News when it becomes safe for our deliverers and our readers. In the meantime, please help by passing on the link details (<https://www.kirkynews.org.uk/issue/73>) or by printing copies of the PDF version for anyone you know who would find that easier.

It is particularly important that all residents see this issue, because it includes the public health message about the forthcoming flu vaccination programme in Kirkliston. We urge you, please, to encourage and help your family, friends and neighbours to read it. Thank you!

COPY DATE - Friday 27 November

What do you think other people would be interested in reading (whether the next issue is on paper or online)? Please let us know by the date above to kirkynews@hotmail.co.uk

CAN YOU HELP US?

Would you, or someone you know, like to help us? Perhaps you could be our "eyes on the ground" collecting stories of interest, or could write about them in interesting ways. Perhaps you'd like it to be more interesting for people like you. Or perhaps you're a web wizard with lots of ideas about how Kirky could look better online or in print. Whatever your age or circumstance, you would be welcome - contact us anytime at kirkynews@hotmail.co.uk