



*"I sought the Lord, and he answered me;
he delivered me from all my fears."
Psalm 34 Verse 4.*

The Village Hug is a weekly newsletter created by the young folk of Torrance Parish Church as a gift to the people of Torrance during the Coronavirus Emergency.

Please pass on this PDF to others who may enjoy it and print it off for people not connected by email or Facebook (whilst taking the appropriate social distancing precautions of course).

If you have any ideas for future content then please contact us at thevillagehug@gmail.com

TURNING 21 IN LOCKDOWN by Hannah Stewart

On the 11th of May I celebrated my 21st birthday!

My best friend made a video, with help from my family and friends, that contained messages from them all wishing me a "happy birthday". It made me feel so overwhelmed with joy and love watching all of their videos! My family surprised me with a great selection of birthday balloons. My auntie even managed to sneak a birthday sign into my front garden to see when I woke up.

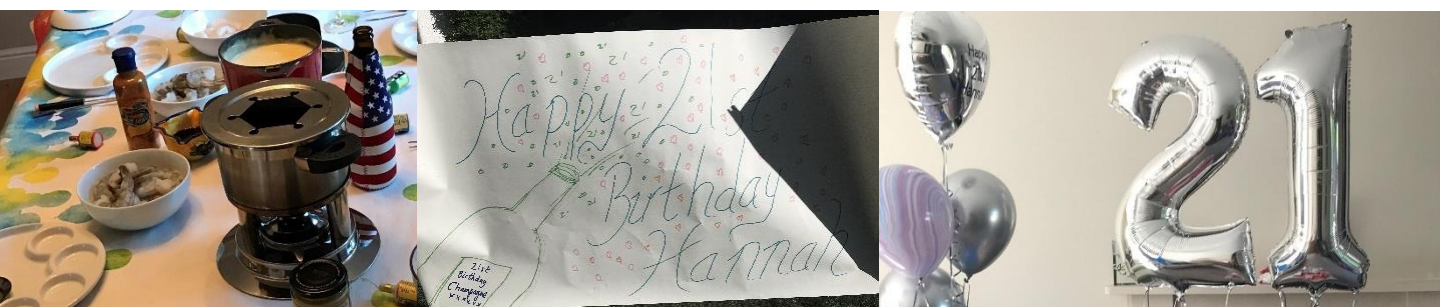
The efforts from my friends and family made my day so extremely special and especially one I won't forget for reasons other than it was during lockdown!

Birthdays are a special occasion for everyone, and lockdown doesn't need to stop that – here are a few tips for making it the best day possible:

- Thanks to video calls, we can still spend time with friends and family on the day!
- Even better, make it a 'Zoom' quiz all about the birthday girl/boy, see who knows you the best!
- Pop the Prosecco, dress up as if you were still going out, enjoy your favourite dinner at home pretending that you are at your favourite restaurant – let the restaurant come to you!

Birthdays are such a great time to reflect back on the past year, including all the highs and the lows. What better thing to do in difficult times like just now than reflect on all the things we have to be thankful for: the people in our lives God has blessed us with, and the number of years, represented by candles on our cake, we've been able to live!

Happy birthday to all the people having to celebrate in lockdown this year.
I hope they are as special as they can be!



Sarah is a nurse at a local GP surgery.

Below she reminds us of the current Government restrictions and advice on healthcare.

General Guidance

The Scottish Government general guidance remains:

- stay at home
- only go outside for essential food, health and work reasons
- stay 2 metres (6 feet) away from other people when you are outside your house
- face protection is advised (but not mandatory) in enclosed shops and on public transport
- wash your hands as soon as you get home
- take local exercise (no longer limited to once per day)

GP Surgeries and Accident & Emergency

Both GP surgeries and hospital Accident & Emergency departments have seen drops in numbers of patients in recent weeks. However, both are open for non-CoViD 19 cases and clinicians state that it is unlikely that illnesses and accidents have decreased in this time.

So if you have symptoms or an injury that you would contact your GP practice or A&E department about in 'normal times', then do so.

NHS 24 or 111 helplines can be used for non-emergency cases and of course don't hesitate to use 999 in an emergency.

Pharmacies

Pharmacies remain open – including the one in Torrance. Please remember to allow plenty of time for repeat prescriptions.

Dentists

Dental surgeries are closed to routine check-ups. However, if you have a dental emergency phone your dentist in the first instance. They may offer advice or prescriptions over the phone or direct you to a local dental care centre for physical treatment.

Opticians

For a list of opticians that are available for urgent telephone triage and assessment, follow the link below. It is updated on a weekly basis.

https://www.nhsggc.org.uk/media/259977/covid19_opticians_practices_list.pdf

Pregnancy

You should continue to attend your scheduled routine antenatal and postnatal appointments when you're well. How you receive some of your care may change, for example by phone or by Near-me video call instead of in-person. Your maternity team will speak to you about this.

Immunisation appointments should still be attended. The Baby Box scheme is still operational.

Blood Donations

Blood donations are still required for use across the NHS. Visit www.scotblood.co.uk for information on how and where to donate blood safely.



PRAYER OF THE WEEK

"Dear Heavenly Father

Family life is a rollercoaster ride but thank you that you have promised to be with us always. So on the days when we are on a high, when family life is glorious and we laugh together and enjoy each other's company, thank you that you are with us. On the days when we hit a low and tears of all sorts happen and frustrations bring out negative behaviour, thank you that you are with us.

In this season when each family is alone together without the support of others thank you that you have promised to help us. So we ask you to equip us to be great parents and children, to be patient and kind, loving and forgiving, fun and compassionate, helpful and willing. Help us to listen well and take time with each other.

Bring your heavenly peace to our homes.

In Jesus name. Amen"

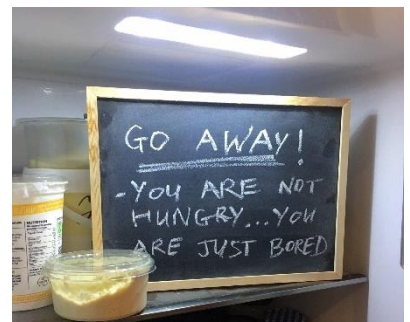
Are you in need of help, prayer, to be listened to in confidence?

Please don't hesitate to contact the following number by phone call, WhatsApp or text:

07788 797238

This is a dedicated phone number, used only by the Prayer Ministry Team.

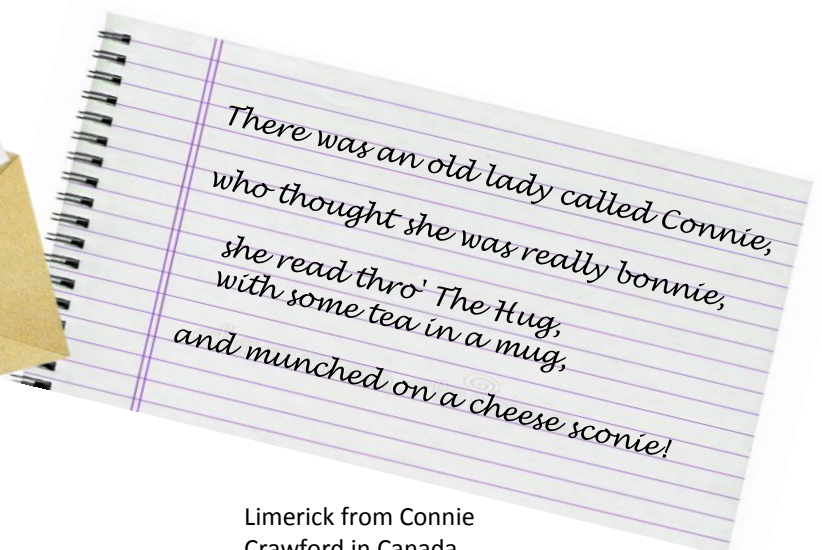
LOCKDOWN FRIDGE



READER CONTRIBUTIONS



Answers to the Street Names Quiz in Issue 4.



Limerick from Connie Crawford in Canada

The Martian (2015) – Cert 12 – Film4, Fri 15th May, 9pm

When astronaut Mark Watney (Matt Damon) is left behind on the planet Mars after a ferocious storm, he must use his skills along with the limited remaining supplies in order to survive, whilst finding a way to communicate to NASA that he is still alive. Incredible sci-fi adventure from director Ridley Scott, also starring Jessica Chastain and Kirsten Wiig.

5/5 Village Hugs



Moneyball (2011) – Cert 12A – Sony Movies, Sat 16th May, 9am

Based on a true story, Brad Pitt stars in this drama about a baseball coach who attempts to assemble a team on a limited budget by analysing computer-generated data in order to sign new players. Also stars Jonah Hill and Robin Wright.

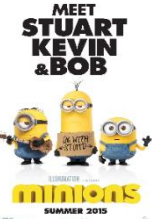
4/5 Village Hugs



Minions (2015) – Cert U – ITV2, Sat 16th May, 6:10pm

Minions Stuart, Kevin & Bob embark on a mission to find a new leader and meet Scarlet Overkill, a supervillain who is devising a plot to take over the world. Family Animation with the voices of Sandra Bullock and Jon Hamm.

3/5 Village Hugs



The Man from U.N.C.L.E. (2015) – Cert 12A – 5*, Sat 16th May, 6:50pm

In 1963, during the height of the Cold War, a CIA agent and a KGB operative must put their differences aside and co-operate to stop a criminal organization who are trying to increase the use of nuclear weapons. Action/Comedy starring Henry Cavill and Armie Hammer.

4/5 Village Hugs



Sherlock Holmes (2009) – Cert 12 – ITV2, Sat 16th May, 8pm

Detective Sherlock Holmes and his partner Dr. John Watson engage in a battle of wits with a nemesis who has mysteriously eluded the grave. Action-packed murder mystery starring Robert Downey Jr. and Jude Law.

4/5 Village Hugs



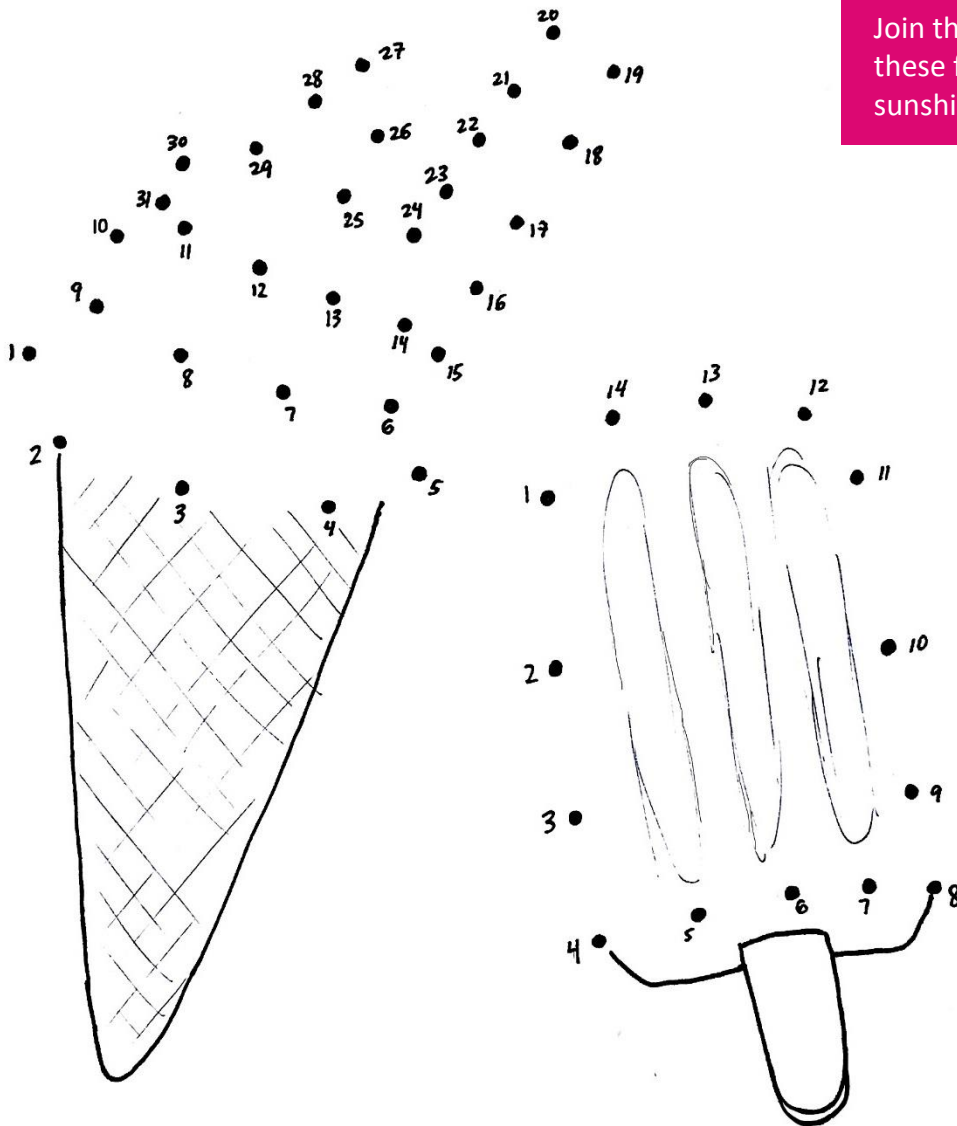
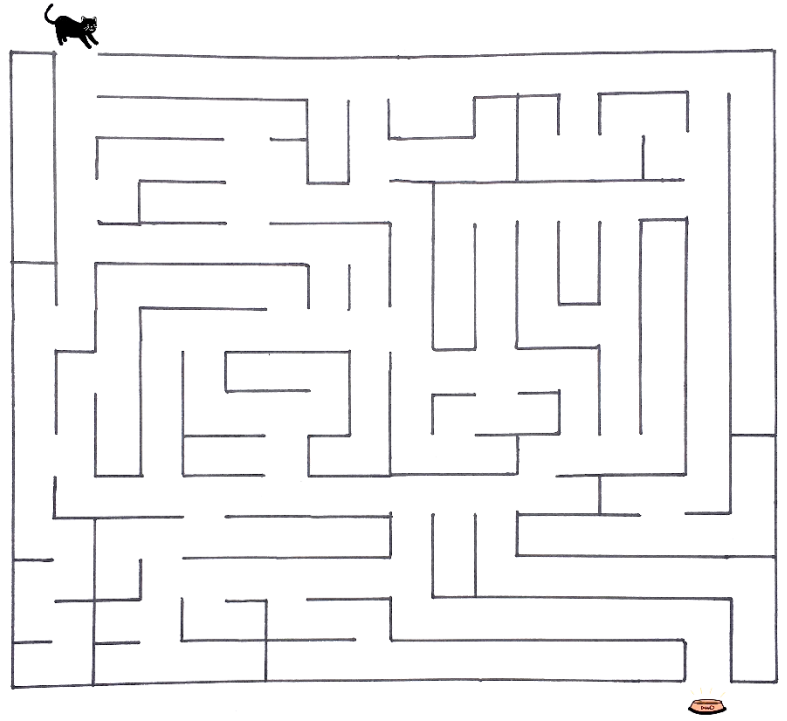
Marley & Me (2008) – Cert PG – Channel 5, Sun 17th May, 3:40pm

After moving to Florida, newly-weds John and Jennifer adopt an adorable, but naughty Golden Labrador puppy, who gets up to all sorts of antics, but teaches them important life lessons along the way. Heart-warming family comedy starring Owen Wilson and Jennifer Aniston.

4/5 Village Hugs



Shadow the Cat has gone on an adventure in Torrance. Can you help him find his way back in time for dinner?



Join the dots to reveal these fantastic sunshine treats!

Again, I will offer suggestions on how to bring some variety to some old classic board games and suggest some games which can be played at home with stuff you have already / can download for free.

Trivial Pursuit

Actually, this will work with any trivia game – or you can just work out some questions by yourselves and Google the answers later. One of the big problems with trivia games is that it really favours certain people who just remember this stuff (you know who you are!) – and can make playing with different age groups difficult. This variation helps to solve those problems by taking the game and turning it into something a bit like Wits & Wagers or Gambit 7.

So, in preparation for the game, you will need to find seven questions (or more if you want a longer game) which have a numerical answer. You can get these by sifting through your set of Trivial Pursuit questions, recycling TV quiz questions, or just idly coming up with questions for yourselves. Remember, they all need a number as the answer.

If you want everyone to be able to play, you should come up with questions as a group that nobody knows the answer to, then look up the answer later. Good numerical type questions include:

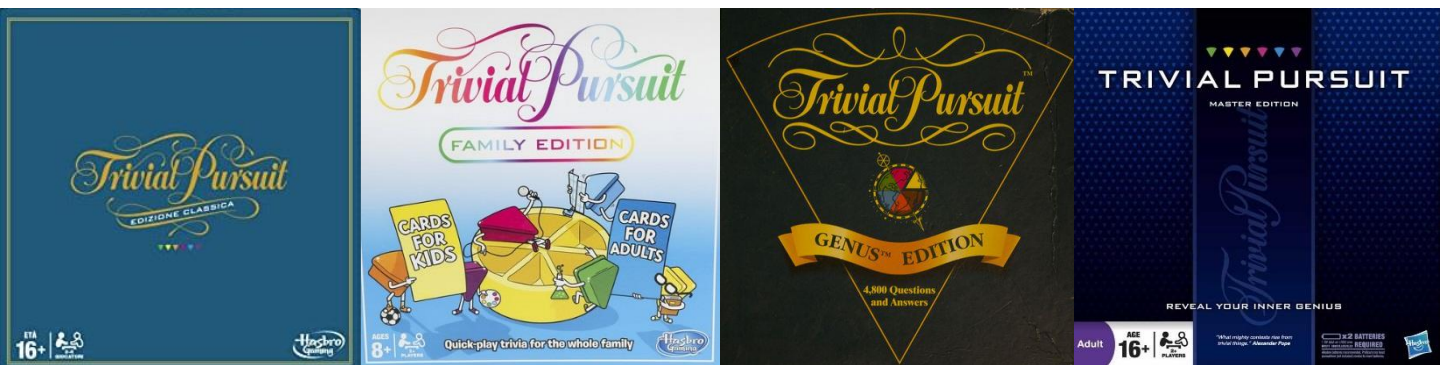
- How tall is (person, building, thing)?
- How far is it to drive from A to B? (Use Google maps or similar to verify.)
- In what year did such and such a thing happen?
- In what year was famous person C born / died / elected Pope etc. etc.?
- How many calories are in (name favourite snack)?
- What is the world record for sitting in a bathful of baked beans (in hours)?

You get the idea...

Take turns to read out a question. Everyone now writes down their best guess for the answer on a piece of paper. Then arrange everyone's answers in numerical order. Everyone places a token (one which you can identify as yours) on the answer they think is closest to the correct answer. You can vote for your own answer or for someone else's.

You get one point if the answer you *wrote* was the closest to the right answer. You also get one point if you *voted for* the answer which was closest to the right answer. The last round scores double points. Highest points total wins.

This is a fun way to have a trivia game which everyone has a good chance of winning, regardless of their age or capacity for remembering useless facts. Give it a shot, and let me know how you get on.



While you are out on your daily walk can you spot where these five locations are around Torrance?

We'll give you the answers in next week's issue of The Village Hug.

1.



2.



3.



4.



5.



Have you ever watched the TV programme *Who do you think you are?* and wondered about your own ancestors? I have always been interested in family history, so when I retired it was an obvious choice for me to do just that.

My starting point was to collate all the information I had – birth, marriage and death certificates together with old photos, telegrams etc., then I started researching online. You might want to start by simply speaking to relatives.

I am not an expert but with some help I have gone back six generations to 1750.

How to start:

1. Start with your own birth certificate which provides details of your parents' names, their address, their occupations, date and place of marriage and your mother's maiden name.
2. Your parents' marriage certificate will give their age; this allows you to work out their approximate date of birth. You can then search on Scotland's People for their birth certificate which will detail your grandparents' details then search for your great-grandparents' details, great-great grandparents etc. It costs £20 for 80 credits, each search uses 6 credits.
3. Census information is also useful. It is on Scotland's People and other sites. This started in 1841. Information is initially limited - address, name, sex, age, occupation, place of birth. By 1911 it shows address, number of rooms with one or more windows, name, number of people living at their address, relation to the head of the family, age, male or female, single/married/widower/widow, occupation and place of birth.
4. Some Useful websites – Scotland's People (this is the only site you can view original birth, marriage and death certificates), Ancestry, Find My Past and Family Search.
5. Once we are out of lockdown, The Mitchell Library Genealogy Department is well worth a visit. It costs £15 per day for the use of a computer plus 50p for every entry you print. This lets you check several entries on Scotland's People to confirm the correct one without using credits as £20 worth of credits can disappear quickly when you are tracking down someone.

There are lots of publications available to help you get started. I am happy to point you in the right direction. Contact me via thevillagehug@gmail.com titling your email 'Family History'.



<https://www.scotlandspeople.gov.uk/>



<https://www.ancestry.co.uk/>



<https://www.findmypast.co.uk/>



<https://www.familysearch.org/en/>

NO FLOUR CHOCOLATE BROWNIE RECIPE *from Joyce Thomson*

I found this yummy treat on the BBC Good Food Website.
It doesn't require flour, which can be scarce on the shop shelves at the moment!

Ingredients:

- 1 tsp vegetable oil, for greasing
- 500g/1lb 2oz chocolate, broken into pieces
- 3 large free-range eggs, at room temperature
- 1 tsp vanilla extract
- 165g/5¾oz good-quality crunchy peanut butter
- 180g/6oz ground almonds

Method:

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease a 20cm/8in square tin with the oil and line with baking paper.
2. Melt the chocolate in a heatproof bowl set over a saucepan of gently simmering water.
3. Beat the eggs in a small bowl. Add the eggs to the melted chocolate along with the vanilla extract and half the peanut butter. Mix together well.
4. Add the ground almonds to the mixture and stir in gently.
5. Pour the mixture into the prepared tin and level the surface. Drop spoonful's of the remaining peanut butter over the top, creating swirls across the top of the mixture.
6. Bake in the preheated oven for 20 minutes, or until cracks appear on the surface.
7. Leave to cool in in the tin. Remove, cut into 9 brownie squares and serve.



Do you have a great recipe worth sharing with the Village?

-Send it to thevillagehug@gmail.com

SUNDAY SERVICE AT 10:30AM EVERY WEEK

During the Coronavirus Emergency you can listen to and watch the service using the Zoom webinar conferencing app. You'll be able to see the song words and the people leading the service. As a viewer you won't be visible on screen.

<https://zoom.us/j/462751387>

The Meeting ID is: 462 751 387.

OFFICE Email office@tpc.org.uk Phone 01360 620 970
Website <http://www.torranceparishchurch.org.uk/>



@torrancechurch



Facebook.com/
torrancechurch

**torrance
parish
church**



Torrance Parish Church of Scotland is a Scottish Charity No. SC016058

Issue 5. Page 9/9