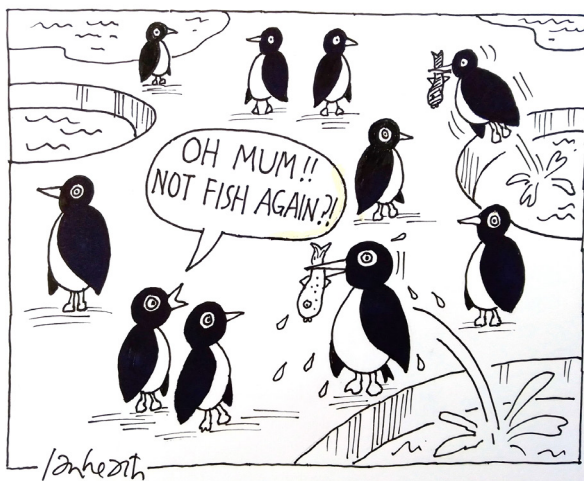
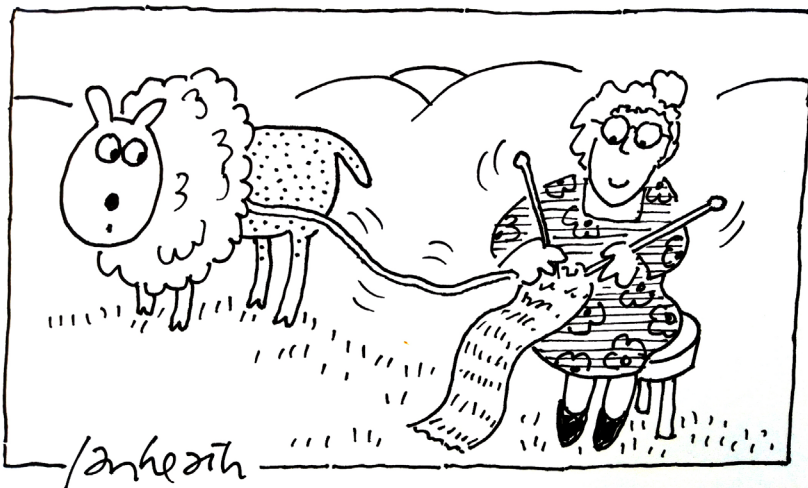
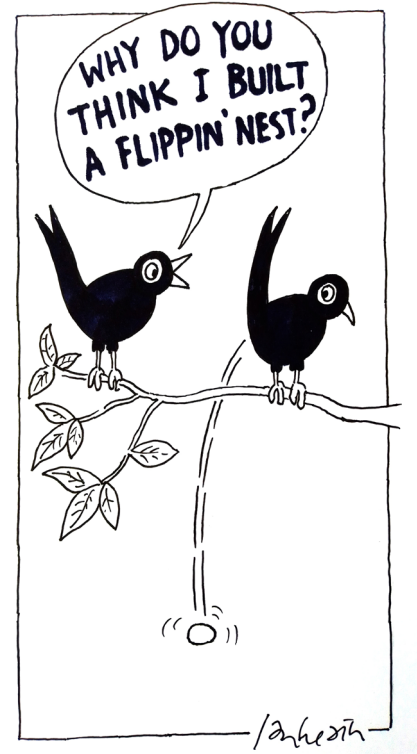
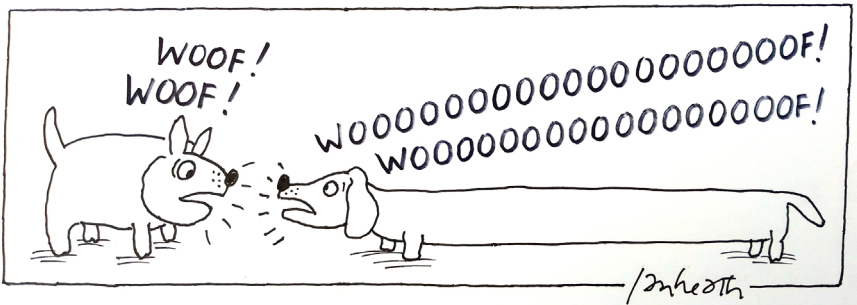


Welcome to your Almshouse News
DURING CORONAVIRUS LOCKDOWN

Welcome Letter Puzzle Pages
Wellbeing A Challenge
Online Resources Recipe
Past Events Poetry

WELCOME



STAY AT HOME

PROTECT THE **NHS**

♥ **save lives**

Welcome to New Resident

We offer a warm welcome, into our community, to the new resident who has recently moved in:

Janice Nokes



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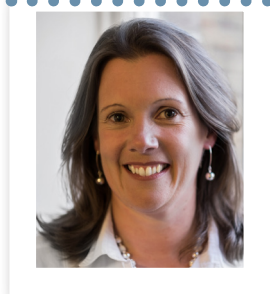


Credits

Editor: Juliet Ames- Lewis

Design &
Photography: Chantal Richards

Juliet Ames-Lewis Chief Executive



Letter from Juliet

Happy Easter to you all! No doubt

the strangest Easter most of us have ever experienced, but I hope that you have been able to access Stuart's online videos of chapel services and, of course, enjoyed some Easter eggs!

In these challenging times, we thought we would bring out a 'mini' edition of the Almshouse News, to help lift spirits and suggest ways in which we might all keep ourselves occupied during the lockdown.

For those residents with online access and with an email address, we propose to send round some 'morale-boosting' emails with links to funny videos, ideas of things to watch online and generally things to make you smile. If you would prefer not to receive emails from us, or if you think we may not have a record of your email address and you would like to hear from us, please let your Scheme Manager know.

We will of course observe data protection rules and emails will be sent

out with all email addresses within the 'bcc' field so that your email address will not be visible to anyone else.

We are very aware that we have a significant number of residents who do not have online access. We hope that you will enjoy the puzzles within this 'mini' Almshouse News, and also the suggestions for other ways to use your time which do not need internet access.

Debbie also has a car-boot full of jigsaw puzzles! If you would like her to drop one around to you, please call her on 020 8439 9294

Ian Heath, one of our newest residents, has contributed the front cover cartoons which we hope you will enjoy! We would very much welcome contributions for future 'mini' editions from all residents - art work, poetry, jokes – whatever you think other residents might enjoy.

Staff, Trustees and volunteers are working very hard to keep all our residents and our community safe and we thank you all for continuing to abide by the government's STAY AT HOME instruction.

Please keep well and stay safe.



Nurturing our wellbeing in difficult times



by **Stuart Lee, Chaplain**

Isolating or excluding people is something we generally do as a punishment. Think of making a child sit on the stairs by themselves, refusing to talk to someone or locking up a prisoner in solitary confinement. It is usually something done to us and, as a result, spending long periods on our own will often give rise to feelings of frustration, anger, or loneliness.

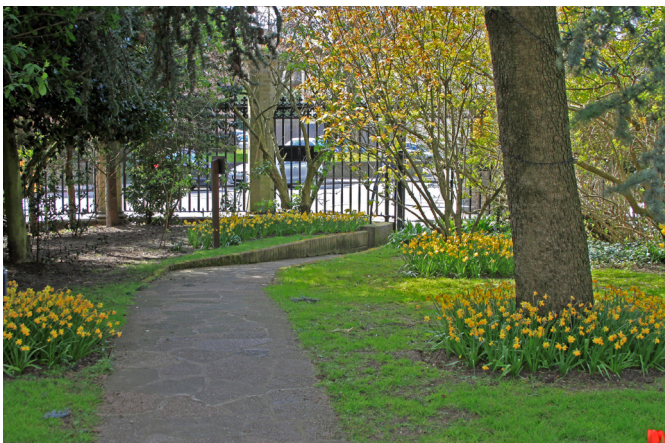
An alternative way of thinking about this is to notice how some people choose to be alone for short or extended periods. Whether it is a teenager brooding in their bedroom, an artist or writer withdrawing to get some work done, or someone pursuing a spiritual path who

needs some peace and quiet, deciding to be alone for a period feels very different for being told to do it. So why not choose each day to be alone? Do it because you have decided to do it, not because you have been told to.

And then, what will you do? I recently sent some ideas out in a letter but, since so many of you asked whether I am putting services on the website (I am, details were in the letter...), I know you might not have read it! So, here are some ways in which you can take control and care for your own wellbeing.



Firstly, finding ways to maintain human contact and connection is important. Of course, there are all the new technologies such as Skype, WhatsApp or FaceTime that help us see our loved ones, but the 'phone will be the most easily accessible for many of us. Now is a good time to catch up with friends and family whom we have not seen for a while, as well as maintaining contact with people we see more regularly. Why



not rediscover the pleasure of letter-writing instead of sending texts and emails?

Secondly, we can reframe this time in more positive terms. Maybe the next few weeks and months could give you an opportunity to get something done. It might be reading a book, clearing out a cupboard or doing a full spring clean. Maybe you have a drawer or box full of old hobby or craft materials that you have not used for a while. Why not get them out again? Some residents have drawn up a timetable for their day or their week. Ensure you include times and activities that will nurture your mental, physical, emotional and spiritual health.

Then there is mental and physical exercise. Puzzle or colouring books, meditation, yoga or gentle exercise can keep us happier and healthier when we are not getting out and about so much. Although it is important to keep a distance from others (2 metres) and observe good hand-hygiene measures, unless the government advises otherwise, a brief walk outside to get some fresh air and sunshine can make all the difference to our mental state.

Inevitably there will be some anxiety and there are things we can do to limit that. Whilst the news can be a good source of information, it can also raise worries unnecessarily. Try limiting your



news consumption (whether by TV, print media or radio) to once or twice a day at most.

Expressing anxiety in a way you can control can be useful, certainly more helpful than denying it or endlessly distracting yourself. Some find writing down their fears and concerns for a limited time (say 10 minutes) can be useful. Avoiding too much 'what if' thinking is important too. Try and stay with facts that you actually know from government or NHS sources. And, of course, finding someone to confide in who will listen, take you seriously and not brush your fears away can be a welcome relief.

When things get really tough, simple breathing techniques and mindfulness can be of help. There are several exercises on the Richmond Charities chaplaincy webpage: <https://www.richmondcharities.org.uk/our-community/chaplaincy>.

As with all the other videos on that page, the password is: francis.

A Funny Sort of Easter



by **Stuart Lee, Chaplain**

Easter, like many of the great religious festivals, is usually marked with people coming together for spiritual or social purposes. Of course, this year it has been very different. However, the great gift of the spiritual life is that it does not depend on physical proximity for us to enjoy the benefits of closeness.

Through regular prayer, meditation and stillness we can still come close to the great mystery that lies beyond us and the friends who tread the path with us. Thank you to those of you who have been in touch to let me know that you have found the various services and reflections on the website helpful.

Musing over the strangeness of the Easter story again recently, it struck me how it is precisely through withdrawal and isolation that Jesus initiates a new phase of life. It is only through the darkness of the sealed cave that he can emerge and lead others into a transformed way of living, just as the caterpillar must undergo the restriction of the cocoon if it is ever to emerge as a beautiful butterfly.

Who knows what our life will look like in 3 or 6 months' time, but will we have changed? Could we emerge from this as brighter, freer, more colourful people? I doubt the caterpillar has even the slightest inkling of the bright future that is in store, but it endures the isolation nevertheless.

Please do keep an eye on the chaplaincy page of the website as I update it weekly with new services and reflections www.richmondcharities.org.uk/our-community/chaplaincy.

The password for all videos is: francis.



Online Resources



by Juliet Ames-Lewis

For those residents who have access to the internet, there is a wealth of entertainment out there now being shown for free, as well as other online resources and websites for playing games virtually with others. Here are a few suggestions that you might like to investigate.

- The Shows Must Go On – musicals from Broadway every Friday on YouTube <https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>
- The National Theatre is showing plays online every Thursday at 7pm and then the play remains online until the following Wednesday <https://www.nationaltheatre.org.uk/>
- The Arts Society has launched a new service called The Arts Society Connected, providing fortnightly lectures on a piece of art and monthly films <https://www.connected.theartsociety.org/>
- Physiotherapist Gaby Pimentel is showing daily exercises for the elderly on her YouTube channel – just search for Gaby Pimentel YouTube
- The Royal Opera House is showing operas for free on their YouTube Channel <https://www.youtube.com/user/RoyalOperaHouse>
- For those who enjoy playing bridge, head to this link where you can play bridge with friends virtually www.bridgebase.com
- How to see the world without leaving your home <https://www.bbc.co.uk/news/world-52096529>
- Poetry Power: BBC Correspondents read their favourites <https://www.bbc.co.uk/news/av/uk-52165950/poetry-power-bbc-correspondents-read-their-favourites>
- A London streetview walk to the music of Bach <https://youtu.be/tbotqJQwEVA>
- English Heritage – explore behind the scenes of English Heritage’s historical, architectural and cultural history <https://artsandculture.google.com/project/english-heritage>
- Andy Warhol at the Tate – online exhibition tour <https://www.tate.org.uk/whats-on/tate-modern/exhibition/andy-warhol/exhibition-guide>

Gail's Farewell Coffee Morning



by Juliet Ames-Lewis

It was only a few weeks ago that we held a coffee morning in the chapel to say farewell to Gail – but it seems longer ago than that, a different world even – life BC (before corona). A world where we could still hug (see the photos) and be closer than 2m together! Gail was so touched and bowled over by residents' generosity, kindness and love and it was very special that so many of you came to the Chapel to say farewell to her. I hope you enjoy the photos.

I had a WhatsApp video-call with Gail last weekend. They are in lockdown in New Zealand too. She and Mark are fine; playing lots of scrabble! Gail asked after everyone and wanted to know how everyone was and she sends you all her love and best wishes.



Past Events - ALMSHOUSE NEWS



Friends & Neighbours Cream Tea Afternoon



by **Leslie Cook**

The afternoon of 3rd March saw the Chapel occupied by tables laden with plates of scones waiting to be anointed with cream and strawberry jam. Standing by were cakes and buns iced, drizzled or simply exuding chocolate. The scene was soon enlivened by jovial residents enjoying not only the eatables but also the “Make Me an Offer” stall and anticipating a win on the lottery. And, of course, enjoying each other’s company.

Little did we know at the time that these forthcoming events would be cancelled or postponed:

Kelvedon Hatch Secret Nuclear Bunker

Red House

William Morris Gallery

Isabella Plantation

Those of us who lived through the war never knew, for a long time, when the end was coming. But over it eventually was. Like all good things, bad things come to an end as well. So let’s all look forward to the time when we shall be able

to board the trusted minibus and go on those abandoned journeys.

(PLUG: Watch out in due course for further details).

Meanwhile, the object of the afternoon, to raise funds, was successful in adding £239.30 to the kitty. Though such events may seem to be simple to organise, they take much time and effort. Therefore, many thanks to all involved.

AND A BIG LOOK FORWARD TO THE NEXT ONE!



Easter Word Search!

P	C	R	S	R	H	B	R	O	A	L	B	S	P
N	U	R	E	P	E	R	M	H	A	U	E	T	E
Y	Y	O	U	T	H	Y	T	A	N	C	S	A	G
E	Y	S	S	C	L	N	A	N	L	U	U	Y	G
L	D	H	B	U	I	T	Y	R	N	A	N	A	M
C	C	H	L	O	A	F	Y	C	P	H	D	D	E
A	H	E	U	N	N	I	I	C	T	R	A	I	I
R	O	T	D	N	I	N	H	X	E	T	Y	L	L
I	C	C	C	X	T	N	E	T	I	S	F	O	E
M	O	H	R	K	Y	L	S	T	P	O	Y	H	N
E	L	U	O	U	C	A	L	R	P	L	N	I	T
A	A	R	W	N	E	I	I	U	O	R	F	P	A
E	T	C	N	I	H	N	H	H	U	I	A	R	R
E	E	H	R	C	G	A	R	C	A	P	R	I	L

- HOLIDAY
- BUNNY
- CHICK
- MIRACLE
- PRAYER
- LAMB
- EASTER
- EGG
- CHURCH
- HUNT
- CRUCIFIXION
- SPRING
- CROWN
- CHOCOLATE
- HOLY
- APRIL
- LENT
- SUNDAY
- BONNET



Riddle Me This

1. What can never be put in a saucepan?
2. I have seas without water, coasts without sand, towns without people and mountains without land. What am I?
3. I don't have eyes, but once I did see. Once I had thoughts, but now I'm white and empty. What am I?
4. A man shaves several times a day, yet he still has a beard. Who is this man?
5. What begins with a T, ends with a T, and has T in it?
6. What can travel around the world while staying in a corner?
7. Mary was born on December 25, yet her birthday is always in summer. How is this possible?
8. Which word in the dictionary is spelt incorrectly?
9. What's always coming but never arrives?
10. I can be written, I can be spoken, I can be exposed, I can be broken. Who am I?
11. What coat is best put on wet?
12. On which day of the year do fewest people die?
13. Two men had lunch together and order iced teas to drink. One man had five during lunch while the other man had only one. All of the drinks were poisoned. The man that had only one drink died but the man that had five drinks survived. How can that be?

Answers: 1. Its lid 2. A map 3. A skull 4. A barber 5. A teapot 6. A stamp 7. Mary lives in the Southern Hemisphere 8. Incorrectly 9. Tomorrow 10. News 11. A coat of paint 12. February 29 13. The poison was in the ice and the man who drank the five iced teas never let his ice melt.

Spot The Difference - find 15 differences



A Challenge For All Our Knitters



by Linda Prendergast

NHS BEAR FOR KEYWORKERS' CHILDREN

These are difficult times for all of us but these are also times when we can come together to help others.

Our wonderful NHS angels are doing all they can to help us through these challenging times by giving everything they have, both body and soul. Often working around the clock even though they are exhausted, they keep going for us.



Many don't see their children for days on end so I thought it would be a lovely gesture of our thanks for all their hard work and dedication if we did a little something for their children.

This pattern is very simple to do and I thought the knitters among you could have a go at knitting it. I am happy to collect them all up and take them to The West Middlesex Hospital and give them to the frontline staff.

My hope is that they bring joy and a smile to a child's face.

If you would like a copy of the knitting pattern, please email me at l.prendergast@richmondcharities.org.uk or call me on 020 8332 2839 and I can either email the pattern to you or drop it through your door.



Olive Oil Sponge Cake Recipe



by Emma Davis

In these difficult times, we all need something to boost our spirits – cake! Before the lockdown, I made this cake for Juliet when she came to tea, and it was given the thumbs up! It is a simple, low fat and yet delicious dessert; a healthy sponge made with olive oil. It makes a lovely dessert when served with a delicious Italian-style ice cream and fruit compote.

Alternatively, you can make this into a sandwich sponge with a whipped cream/and or fruit filling or accompanying fruit jelly, in which case increase the ingredients as below for 2 sandwich tins.



Ingredients (1 cake)

5 medium eggs
 100g (3½oz) golden caster sugar
 4 tbs light olive oil
 90g (3oz) self-raising flour
 1 level tsp baking powder
 Italian ice cream, to serve
 20cm (8in) Spring-Form cake tin,
 greased and lined

Ingredients (2 sandwich tins cake)

6 medium eggs
 120g (4.2oz) golden caster sugar
 4.8 tbs light olive oil
 108g (3.6oz) self-raising flour
 1 rounded tsp baking powder
 20cm (8in) sandwich sponge tins,
 greased and lined

Method

Heat the oven to 160°C/ 320°F/Gas Mark 3. Put the eggs into a bowl of a free-standing food mixer and whisk for 2 minutes.

Add the sugar and whisk for 5 more minutes, (6 minutes if making sandwich option) until the mixture has trebled in volume, is thick, foaming and leaves a trail when the beaters are lifted.

Continue to whisk on a high speed, adding the olive oil, a few drops at a time. Sift in the flour and baking powder and gently fold in. Tip into the prepared tin.

Bake for 40-45 mins, (30 mins if making the sandwich option) or until the sponge is springy to the touch and shrinking away from the sides.

Cool on a wire rack.

POETRY CORNER



by **Nigel
Davis**

“Those were
the days!”
How often

have we said
that to ourselves

(and others)? Maybe, as we get older, some of us tend to look back on our younger days as some kind of uninterrupted bliss – when the sun always shone in summer, when it snowed conveniently in time for Christmas: gobstoppers, newspaper rounds, liquorice wheels, sherbet fountains, Reliant Robins and so on (and no CV19 either). Although of course it wasn't always like that. Bread and dripping? Pedal-powered dentists' drills? Good riddance, I say. Denis and Ida, residents of Courtlands, kindly showed me a copy of this particular poem (apparently composed by that well-known poet “Anon”) after a chapel service. It is not a poem I had come across before, although perhaps some of you may know it. Personally, I think it is a delight. I hope you enjoy it, anyway. In these very difficult times, we all need to remember how to smile. Tanners, bobs, thruppenny bits – ah, those were the days....

Tanners and Bobs (Anon)

Back in the days of tanners and bobs,
When Mothers had patience and Fathers had jobs.
When football team families wore hand me down shoes,
And TV gave only two channels to choose.
Back in the days of threepenny bits,
When schools employed nurses to search for your nits.
When snowballs were harmless; ice slides were permitted
And all of your jumpers were warm and hand knitted.
Back in the days of hot ginger beers,
When children remained so for more than six years.
When children respected what older folks said,
And pot was a thing you kept under your bed.
Back in the days of Listen with Mother,
When neighbours were friendly and talked to each other.
When cars were so rare you could play in the street.
When Doctors made house calls: Police walked the beat.
Back in the days of Milligan's Goons,
When butter was butter and songs all had tunes.
It was dumplings for dinner and trifle for tea,
And your annual break was a day by the sea.
Back in the days of Dixon's Dock Green,
Crackerjack pens and Lyons ice cream.
When children could freely wear National Health glasses,
And teachers all stood at the FRONT of their classes
Back in the days of rocking and reeling,
When mobiles were things that you hung from the ceiling.
When woodwork and pottery got taught in schools,
And everyone dreamt of a win on the pools.
Back in the days when I was a lad,
I can't help but smile for the fun that I had.
Hopscotch and rollerskates; snowballs to lob.
Back in the days of tanners and bobs.