

Welcome to your Almshouse News
DURING CORONAVIRUS LOCKDOWN

Letter from
The Chair

Crossword

Recipe

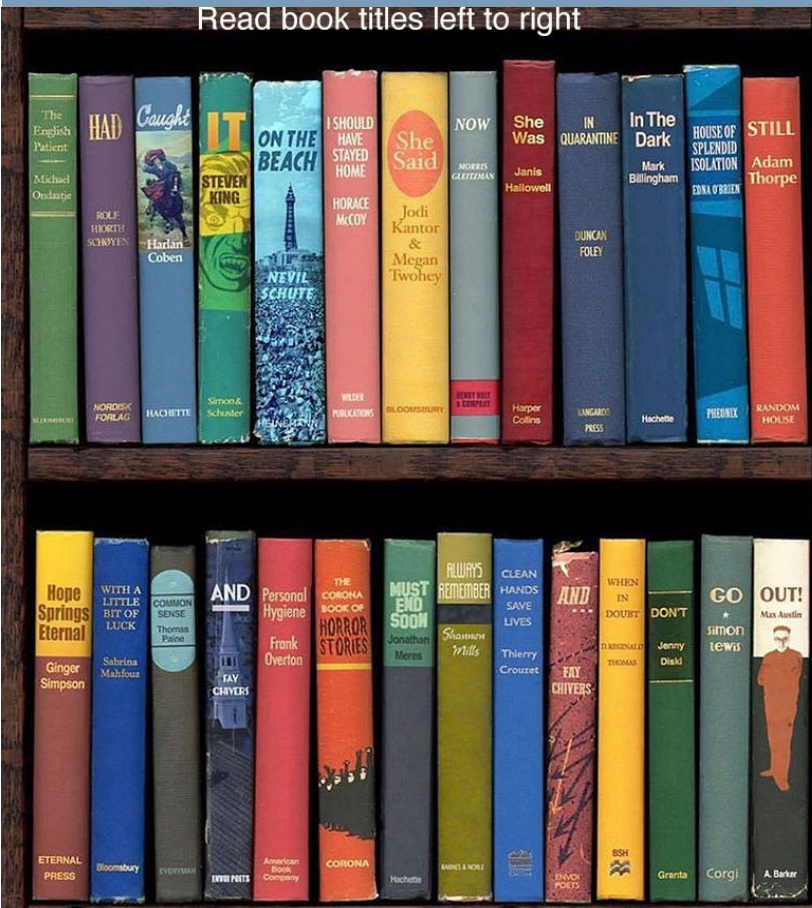
News &
Information

Poetry

Health &
Wellbeing

WELCOME

Read book titles left to right



Actually staying home is not so bad, but it seems very strange to me one bag of rice has 8956 grains and another has 8743



STAY AT HOME



PROTECT THE NHS

save lives

Name the tube station



by Margaret Goddard

1. A large family of girls _____
2. Ancient thoroughfare _____
3. Bard's home town _____
4. Boat race extremity _____
5. Cathedral? _____
6. Egg like _____
7. Mean time _____
8. Place of worship _____
9. Zoo _____
10. Opera House _____
11. Guardian ? _____
12. Lass's hill _____

1. Seven Sisters. 2. Old Street. 3. Stratford.
4. Putney Bridge. 5. St. Paul's. 6. Oval.
7. Greenwich. 8. Temple. 9. Regent's Park.
10. Covent Garden. 11. Angel. 12. Richmond

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For those who have lost track, today is Blursday the fortyteenth of Maprilay.

Credits

Editor: Juliet Ames- Lewis

Design &
Photography: Chantal Richards

Peter Marr - Chair



Letter from Peter

Dear Residents, Staff, Trustees and Friends of the Almshouses,

We are in strange times at present but I suspect the Charity has been through something like this before, whether it be two World Wars, the Spanish flu and, way back in the early days of our existence, the Great Plague of 1665-1666. The strength of the Charity today suggests that we will be able to weather this one too and those involved in centuries to come may wonder what all the fuss was about!

However, all I can say, is that the fuss is definitely worth it (as one of our trustees can vouch for!) and I must thank you all for showing great patience and fortitude in the lockdown situation. As a community, we needed everyone to buy in to Juliet's grand plan and now that we are four weeks into it, I must applaud her for all the hard work that preceded this. The plan though wouldn't have worked without the dedication of the rest of the staff and the army of volunteer shoppers who have now done over 100 shops for residents. Thank you one and all.

Considering the bigger picture, we as trustees put the care and safety of our residents as our top priority but at the same time we need to continually think about the future. With a charity of this size, there are many moving parts and I am indebted to the support of my fellow trustees who all have a role to play, whether it be welfare, finance, property, risk, HR etc. We are navigating our way through the current situation but at the same time, continuing with our plans to increase the provision of independent almshouse living in the borough. Our new development at Heath Road in Twickenham is still scheduled to open this year and will be an exciting addition to our existing portfolio. Whilst we are sad to have had to cancel all the upcoming social events, we hope that the opening of a new estate may give us the excuse to celebrate and come together again in our special community.

In the meantime, I hope you are all enjoying the wonderful weather and looking forward to the day we can all meet again!.....(don't know where, don't know when!)

Home-Cooked Food Service Being Provided by Crossroads Care



by Juliet Ames-Lewis

Local charity Crossroads Care, whose Chief Executive is the daughter of one of our residents, has set up an initiative working with local traders and The Anglers pub for those most in need, socially isolated or financially affected by COVID-19.

Crossroads Care has been inundated with requests for home-cooked food and has trialled a batch made by The Anglers pub. The trial has been a success and the scheme is now being rolled out. The Anglers are working on the exact costings this week, but the cost will be low, around

£25 and free for those financially affected by COVID-19. The £25 will cover a week's supply of deep-frozen meals, with a choice of either veg, meat or mixed.



Richmond & Kingston upon Thames

If you would like to sign up to receive home-cooked meals, you can contact their team of volunteers on 020 8943 9421 (Monday – Friday 9am – 5pm), or by email at info@crossroadscareruk.org (responded to within 24-48 hours) or via their website www.crossroadscareruk.org (responded to within 24-48 hours)

If you need assistance with this, please ask your Scheme Manager for help.

This is Wilson. He is now working from home 😊





Frontline Bears



by Linda Prendergast

Well done to Margaret Payler, Jean Newport and Vicky Newport for making these beautiful knitted toys for the NHS staff.

Jenny Heathcote is also knitting tiny little squares with a heart to send in the bag with a bear or nurse. The frontline staff can carry them with them each day.



Thriving, Not Just Surviving



by **Stuart Lee**

I was inspired listening to Sue MacGregor in an old interview with Terry Waite last week. You may remember that, while negotiating the release of some hostages in the Lebanon, he himself was kidnapped in 1987 and held in solitary confinement for four years. Sue asked him how he survived such an ordeal. He explained that he realised early on that he could only survive if he thought about his isolation in a certain way: as an opportunity. He came to see his isolation – which, at the time, he had no idea how or when it would end – as an opportunity to go on a journey of inner exploration. He could go nowhere else, but he could get to know and understand himself better.

For him, this began with an exploration of his relationship with God, through prayer but, whether we are in touch with the spiritual dimension of our lives or not, we might use our isolation as an opportunity to get to know ourselves better. It can be tricky to know where to begin, but I have always found other people's accounts of their own inner explorations to be supportive, inspiring

and, sometimes, challenging places to begin.

Below are some that might help you to think about where you have come from, why you are like you are and how you could be different.

Kahlil Gibran, *The Prophet*

Stephen Grosz, *The Examined Life*

Jane Haynes, *Who is it that can tell me who I am?*

Oliver James, *They F*** You Up*

C. G. Jung, *Memories, Dreams and Reflections*

Hilary Mantel, *Giving Up the Ghost*

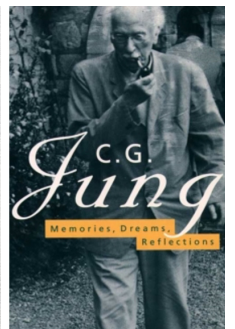
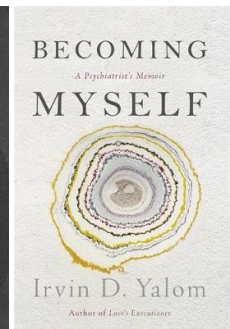
Adam Phillips, *Side Effects*

Robert Pirsig, *Zen and the Art of Motorcycle Maintenance*

Richard Rohr, *Falling Upwards*

Terry Waite, *Solitude*

Irvin Yalom, *Becoming Myself*



Coronavirus



by Serge Lourie

One of our trustees, Serge Lourie, was struck down by Corvid-19 and is still convalescing at home. A former marathon runner, he is taking part in the London Marathon 26 challenge and trying to walk 2.6 kilometres.

Serge writes:

I had clearly been unwell for several days when Julia called an ambulance on 22 March and I was rushed into Kingston Hospital where I spent three days in Intensive Care in a very bad way with low levels of oxygen linked to a monitor and various drips. In the week previously I had felt nauseous and was unable to eat as a result of which I lost 15 kilos over a couple of weeks. I had also had a fall overnight and gashed my forehead.

Fortunately, Intensive Care did the trick and I was put into a normal ward, where I stayed for a further week.

I knew I must be getting better when I started to look forward to hospital food. I came out on 31 March and have been at home ever since getting better and eating well. I am now going out for short walks.

I just cannot say strongly enough how grateful I am to all the staff at Kingston

Hospital. I believe they saved my life. They were all completely wonderful and deserve all the praise they have been getting.

In order to give something back, I have decided to take part in the London Marathon's 2.6 challenge, on 26 April when I plan to walk 2.6 kilometres to raise money for Kingston Hospital Charity and the staff there. This is a far cry from my 5 marathons but will currently be a challenge nevertheless.

My Justgiving page is at <https://www.justgiving.com/fundraising/my-2-6-challenge-8df34f13-5603-4afa-94f3-71833203ad84>

I do hope that you will be able to let others know as I would like to emulate Captain Tom in a rather small way and raise several thousand pounds for the Hospital and its amazing staff. My target, like his, is £1,000

With best wishes and thanks.

PS Several people have not been able to get through to the Justgiving page by clicking on it. Another method, which seems to work is to paste the address **<https://www.justgiving.com/fundraising/my-2-6-challenge-8df34f13-5603-4afa-94f3-71833203ad84>** into the internet address area at the top of your browser

PPS If that fails you can send a cheque payable to "Kingston Hospital Charity" to me at 59 Burlington Avenue, Richmond TW9 4DG"

Keeping Healthy during Lockdown



by Dr Alex Hall

The old saying 'prevention is better than cure' has always been true.

However, prevention has rarely been more important than with the Coronavirus because, as yet, there isn't a cure available.

It appears that not everyone who gets the virus becomes seriously ill, but many do, and as we know, many die.

The virus is a very infectious one which is why it's important to keep more than 2 metres away from other people who don't live with you. The virus is spread mainly by droplets from the nose and mouth, so be sure to cough or sneeze into a handkerchief or tissue. It's a good idea to keep tissues in your main living space, your kitchen and the bathroom. Toilet tissue will do - perhaps that's why the supermarkets sold out of lavatory paper!

The virus can also survive for a short time on surfaces and door handles which is why we are asked to wash our hands in soap and water fairly frequently. The virus has a fatty outer

layer which is broken down by the soap and the virus is destroyed. Wiping down surfaces and door handles with a soapy cloth will remove any virus. However, unless you have a carer visiting you, you will be the only person in your home, so the important handle to wipe will be your front door handle! I have been in touch with Richmond Council and you can rest assured that visiting carers will take every precaution to protect you from the virus.

Keeping your body trim is important too!

Chest and lungs:

To keep your lungs healthy, breathe in slowly as far as you can, hold your breath for a couple of seconds and then exhale slowly and completely as far as you can. Do this two times twice a day. If you overdo it you'll get a little dizzy - don't worry, it will pass off in a few moments. It's a good exercise to help prevent chest problems at any time of year!

Head and Neck:

If any of the following head and neck exercises make you light-headed, do them more gently.

- Gently stretch your neck to look up at the ceiling, hold it for a few seconds and then move your chin down to rest on your chest. Do this 2 or 3 times. Then,

looking straight ahead and with your chin pulled back, gently turn your head to look over your right shoulder, and then slowly turn it to look over your left shoulder.

- Now, rotate your head like a windmill, slowly, clockwise 3 times and then anti-clockwise 3 times.

- Next, gently bend your neck sideways to get your right ear close (or, as close as you can!) to your right shoulder. Straighten up and then get your left ear to your left shoulder.

Shoulders and Arms:

- Shrug your shoulders, hold up for 5 seconds and then relax. Repeat.

- Rotate your shoulders up, forward, downwards and then backwards 3 times. Then rotate in the reverse direction - backward (brace position), downwards, forwards and upwards. Also 3 times.

- Next, stretch your arms out like a scarecrow, hold for 5 seconds and then move your arms to clap your hands above your head. Repeat. Then adopt the scarecrow position and move your outstretched arms to clap hands in front of your body. Repeat.

Tummy Muscles:

Try holding in your stomach muscles for a few seconds - just like you did when you were trying on a skirt or trousers 2 sizes too small for you!

Legs:

- Holding on to the back of a kitchen type chair, go up on tiptoe, hold for 5 seconds and then go down. This exercise is excellent for the calf muscles.

- Holding on to the back of the chair with one hand, bring your right knee up towards your chest, hold, and then down. Repeat using your left leg. Repeat several times.

There are many other exercises you can invent for yourselves - e.g. squeezing a cushion between your knees to strengthen your inner thigh muscles. Do try!

Keeping in touch!

Obviously, we are all having much less social contact during this lockdown. Why not get out your old address book which usually has 'phone numbers in it too. Phone up people that perhaps you send only birthday and Christmas cards to. It will make such a difference to your day (and wellbeing) and brighten up their day too!

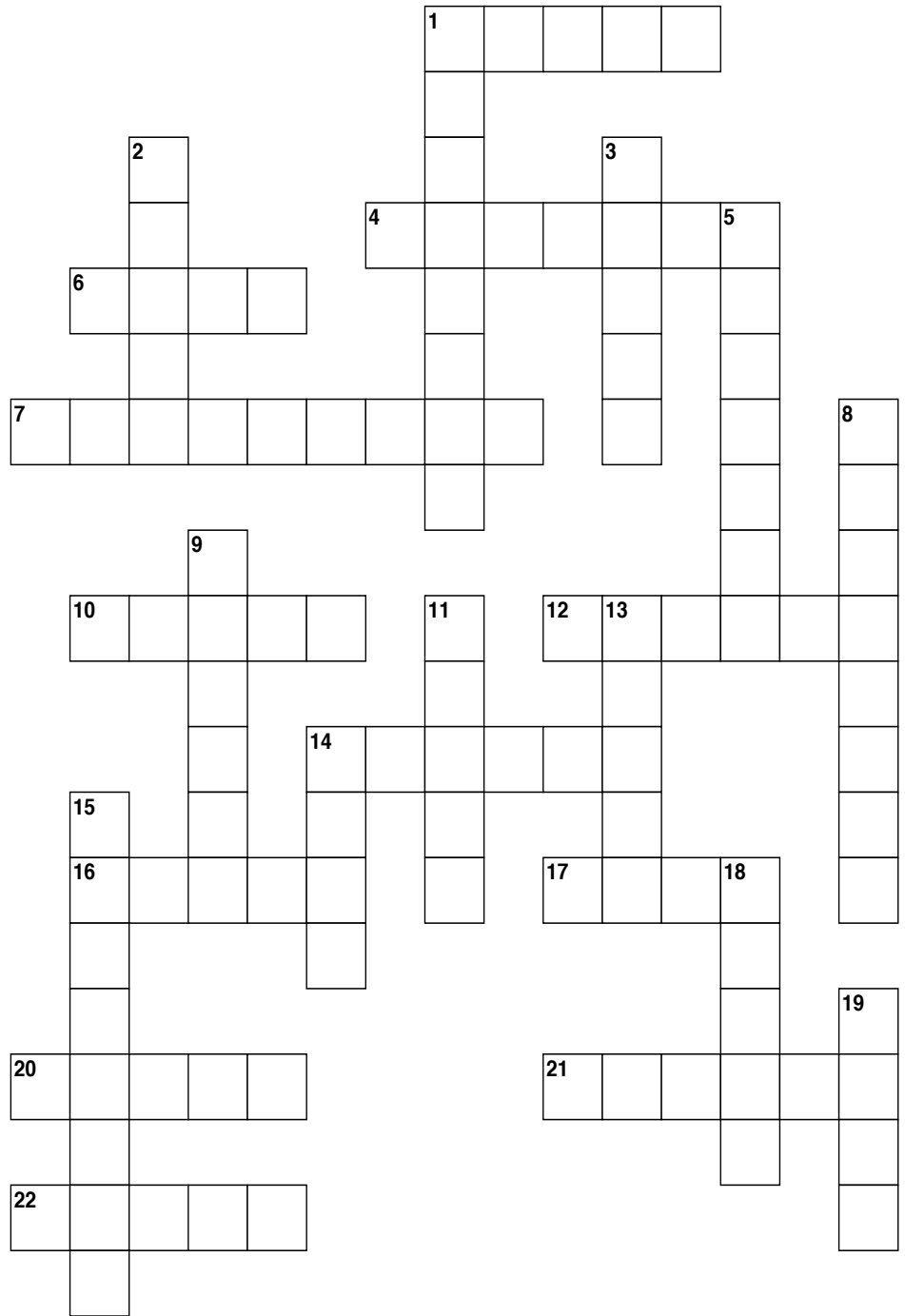
ALMSHOUSE NEWS - Crossword

ACROSS

- 1 Flower
- 4 State of the atmosphere
- 6 Newborn horse
- 7 Insect with four large wings that flies mostly in the daytime
- 10 Lawn plant
- 12 Fall of rain that lasts a short time
- 14 Cloth hat that is fastened beneath the chin and ribbons
- 16 Fourth month of the year
- 17 Go from being a frozen solid to being a liquid
- 20 Large North American songbird that has a rusty red breast
- 21 Small, shallow pool of water
- 22 Act or fact of being born

DOWN

- 1 Game played with a bat, ball, and mitt
- 2 Start to grow
- 3 Newly hatched bird
- 5 Arc in the sky containing many colours
- 8 Used to shield against the rain or sun
- 9 Spring holiday
- 11 Animal with long ears, a short tail, and soft fur



- 13 Break out of egg
- 14 Plant buds that begin to grow underground
- 15 Plant with tall stems and bright yellow flowers shaped like bells
- 18 Having a great amount of wind
- 19 Structure used by a bird to lay eggs and rear young

ANSWERS IN NEXT WEEK'S EDITION

Recipe Corner - Sardine and Tomato Tagliatelle



by Claire Sanecka

This is super easy to prepare and is ready in just 15 minutes. This recipe serves 4.

Ingredients:

400g Canned Cherry Tomatoes
120g Canned Sardines in Tomato Sauce
300g Tagliatelle
1 Onion, finely chopped
2 tbsp Olive Oil
1 Garlic Clove, finely chopped
75g Black Olives
Pinch of Chilli Flakes
Handful of Basil
Grated Parmesan, to serve (optional)

Method:

1. Cook the tagliatelle in a large pan of boiling, salted water for about 10 mins, until tender.
2. Meanwhile, fry the onion in the oil for 5 mins until soft. Add the garlic and fry for 30 seconds.
3. Add the canned cherry tomatoes and chilli flakes. Bring to the boil, reduce the heat and simmer for 5 mins, now add the olives. Stir in half the basil leaves and stir through the sardines. Season with salt and fresh ground pepper.
4. Strain the tagliatelle and mix with the sauce. Serve with the rest of the chopped basil and some grated parmesan if you wish. Enjoy!



POETRY CORNER



by Nigel Davis

I am writing this Poetry Corner in April, sitting in the garden at home in Richmond. Spring is at full pelt. A great tit is singing “teacher, teacher”, a wood-pigeon is cooing amorously and some blue tits are flitting around in the trees, which are all coming into leaf. Best of all, Emma, who is not at all well these days, is sitting next to me, enjoying the spring sun and having a go at the fiendish riddles in the latest Almshouse News. So since spring is so uplifting, let’s have an uplifting poem about spring.

Philip Larkin (1922 – 1985) seems to have been a difficult and curmudgeonly sort of chap. He spent all his working life as a librarian in Hull. As it happens, one of the Almshouse trustees, Steve King, comes from Hull – so I suppose Larkin must have been all right really, eh Steve? But whatever he may have appeared to be like as a person Larkin was a very great poet. He had the gift of taking a momentary observation or a momentary reflection and then turning it into something deep and universal. This short poem is characteristic.

An observation on trees coming into leaf turns into a whole reflection on nature’s renewal each year. And the last line reads almost as if there is an exultant outburst, triumphantly proclaiming the advent of spring.

The poem perhaps can be read at another level, too. Most of us, at various stages and ages in our lives, go through times when we feel lifeless and withered up in ourselves. This poem also seems to be a reminder that we too have it within us to renew and reinvigorate ourselves.

THE TREES by Philip Larkin

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.

Is it that they are born again
And we grow old? No, they die too.
Their yearly trick of looking new
Is written down in rings of grain.

Yet still the unresting castles thresh
In fullgrown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.