

Welcome to your Almshouse News

Letter from Juliet    Puzzles

Lockdown Lingo    A Song

DURING CORONAVIRUS LOCKDOWN

Online    A Story

Entertainment

Poetry

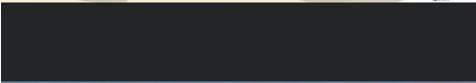
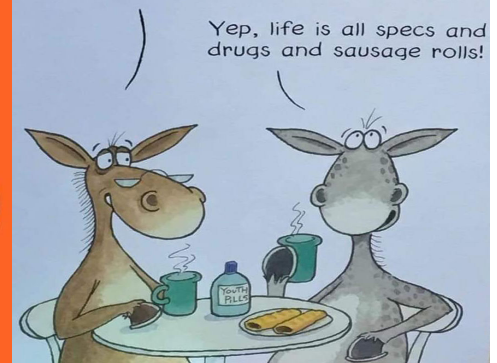
News

# WELCOME



**If you want to save money at Xmas, now's the perfect time to tell the kids that Santa didn't make it through the pandemic**

As I get older, all I need in life is a Specsavers, a Boots and a Greggs...

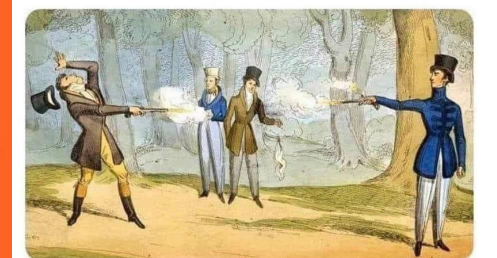


*Today's challenge!*



If anyone can guess what animal this is, I'll open a bottle of wine! 😊

Fun activities that are 6ft apart  
#SocialDistancing



**STAY ALERT**

**CONTROL THE VIRUS**

**SAVE LIVES**

## Contents

Letter from Chief Executive	2 & 3
More Lockdown Lingo	4
Online Entertainment	5
News	6
Puzzle	7
Song by Suszie	8 & 9
Story by Gerry	10 & 11
Poetry Corner	12



## Credits

Editor: Juliet Ames- Lewis

Design: Chantal Richards

## Juliet Ames-Lewis

### Chief Executive



by Juliet Ames-  
Lewis

Dear Residents,

As we come into week 10 of lockdown, I hope that you are all keeping your spirits up, keeping busy and finding useful or fun things to do with your time!

Our role – as staff, trustees and volunteers – continues to focus on supporting you all in whatever ways we can but at the same time we are starting to look ahead and make gradual changes to the way things are running at present.

With shopping, we are starting to encourage those of you who are able to do so to try online shopping. Our shopper volunteers are still very busy with shopping for many of you, but we have had some shoppers needing to step back due to returning to work or increasing university workload and we

do recognise that we will not be able to rely on all our shoppers indefinitely.

We are also starting to plan a gradual return of staff on a shift pattern to our 3 offices from 1 June. In doing so, we have to abide by the new Government covid-19 secure workplace guidelines, which include carrying out risk assessments, having cleaning, handwashing and hygiene procedures in place, maintaining 2m distance in offices where possible and where this is not possible, doing everything practical to manage transmission risk.

Staff will still be predominantly or certainly partly working from home, but coming into the offices more regularly. Scheme Managers will start to be out and about more on the estates, and will sometimes contact you by knocking on your door and then standing 2m back. You will continue to also be contacted by phone.

Residents are still not permitted, however, to come to any of the charity's offices.

As you know, our builders have re-started work on the almshouse refurbishments which were underway or about to start when lockdown was announced. We recognise that it is difficult for those residents living next door or nearby to noisy refurbishments, but in order for the builders to be able to carry out their work, from 26 May builders will be permitted to carry out noisy work from 9am – 4pm Monday to Friday. They will try to keep this to a minimum. The silver lining is that, of course, if the builders can make quicker progress, the overall duration of each refurbishment will be shorter. Thank you for your forbearance with this.

I send you my best wishes; keep well, and stay safe.



Julie

## More Lockdown Lingo!

Lockdown lingo - are you fully conversant with the new terminology? Here are a few terms to get you in the groove:

### Goutbreak

The sudden fear that you've consumed so much wine, cheese, home-made cake and Easter chocolate in lockdown that your ankles are swelling up like a medieval king's.

### Caught between a shop and a hoard place

The dilemma of needing to purchase basics but not wanting to be accused of stockpiling. I'm not stockpiling, I usually buy this many tins of beans.

### Antisocial distancing

Using health precautions as an excuse for snubbing neighbours and generally ignoring people you find irritating.



### Dinfluencer

Someone so proud of their new-found cooking ability that they artfully photograph every supper to boast about it on social media.



### Quaranteam

The people and/or pets you're in lockdown with are your "quaranteam". This era's equivalent of #squadgoals.

### Coughin' dodger

Someone so alarmed by an innocuous splutter or throat-clear that they back away in terror.

### Tandemic

A sun-kissed glow acquired from sitting in one's garden or (gasp!) flouting the rules on park sunbathing.



# Apps to download to keep you entertained during Lockdown



by Mick Tinson

For those of you that have mobile phones with an internet connection (wifi) or internet data from your service provider, you may just find an app or two to help relieve the boredom and frustration of sitting at home. Even the World Health Organisation are urging people to stay at home and play games.

There's everything from games and social networking to mindfulness and workout apps. Just click on the "Google Play" icon loaded on your phone's app menu and open a whole host of entertainment. If you haven't already got an account feel free to sign up, it's free and perfectly safe.

## Here are a few to get you started:

**QuizUp** – trivia app covering 1,200 topics and more than 600,000 questions. Play against friends or enter tournaments with other players.

**Monopoly** – Fast-dealing property trading game.

**Fibbage** – Fun Bluffing game.

**Quiplash** – Witty word challenge

**Uno Friends** – Casual card game enjoyed with family and friends (ensure family and friends have the same app).

**Scrabble** – For all you word lovers.

**Drawful 2** – For those that like to draw.

**Duolingo** – Why not start to learn another language?

**Luminosity** – Very popular brain training programme.

**NeuroNation** – Another popular brain trainer.

**Angry Birds** – Fling birds and beat the pigs in fun slingshot challenges.

**Headspace** – take time to clear your head, Headspace offers a library of guided meditations and offers everything from mindfulness exercises, anxiety-reducing meditation and even a sleep section with stories or exercises.

**Musée du Louvre** (official app) – if you're craving culture then why not explore stunning artworks and learn all about their history and enrich your self-isolation experience at the same time.

**Senior Fitness** – workouts and exercise for less mobile individuals.

## Poetry



by James Dorey

I like the positive suggestion from this poem. It reflects the message of hope and it reminds us that we only need to give one step in the right direction and everything else follows. The choice is always ours. Stay healthy and safe during these difficult times.

### ONE

One tree can start a forest  
One smile can begin a friendship  
One hand can lift a soul  
One word can frame a goal  
One candle can wipe out the darkness  
One laugh can conquer gloom  
One hope can raise your spirits  
One touch can show you care  
One life can make a difference

Be that one today.

(Source: Ramblings of the Claury)

## More Rainbow Bunting

Beautifully made rainbow bunting by Irene Donovan for Church Estate.



**REMEMBER, MOST OF YOUR STRESS COMES FROM THE WAY YOU RESPOND, NOT THE WAY LIFE IS. ADJUST YOUR ATTITUDE. CHANGE HOW YOU SEE THINGS. LOOK FOR THE GOOD IN ALL SITUATIONS. TAKE THE LESSON AND FIND NEW OPPORTUNITIES TO GROW. LET ALL THE EXTRA STRESS, WORRYING AND OVERTHINKING GO.**

# Puzzle: All born in 1940 - can you name them?

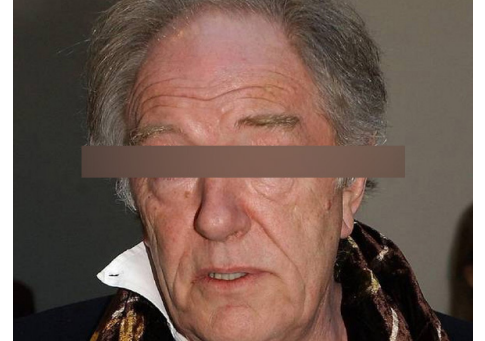
.....



10.



11.



12.



13.



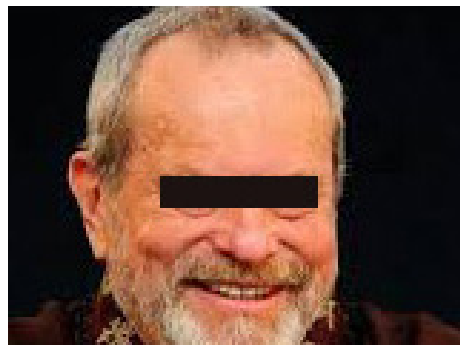
14.



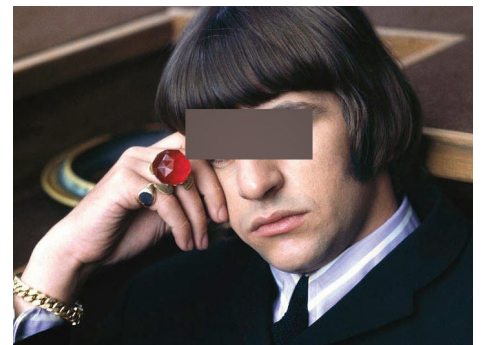
15.



16.



17.



18.

Answers on page 11

## Corona Song by Suszie Vignoles



by **Suszie Vignoles**

May 2020

With corona virus many rules are now in place,  
If you travel on the tube you must cover up the face,  
Football games and gatherings are on the 'cancelled' list,  
And it has to stay that way if you never have been kissed.

*Chorus* But something that can make us sing,  
It's certain they can't cancel spring.

We may not sit in cafes reading all the latest news,  
Or enter supermarkets without standing in long queues,  
Many pubs and cinemas are very firmly shut,  
And maybe we'll have months to wait for a hair, set, trim or cut.

*Chorus* But something that can make us sing,  
It's certain they can't cancel spring.

You can meet one person staying 2 metres well apart,  
And go for long and healthy walks,  
Which are deemed good for the heart,  
But many hearts are breaking unable to be near,  
The treasured friends and family, the people held most dear.

*Chorus* But something that can make us sing,  
It's certain they can't cancel spring.





In spite of all the problems that this cruel virus poses,  
Go into a garden and smell the sweet scent of the roses,  
See all the kinds of wildlife as they come out to play,  
Dance to morning birdsong that can be heard in May,  
Without the rush hour traffic and polluting planes and cars,  
We can watch the bluest of all sky and night-time's brilliant stars.

*Chorus*      And something that can make us sing,  
It's certain they can't cancel spring.



BIRD'S NEST  
Watercolour  
by  
SUSZIE VIGNOLES  
© suszиеvignoles

## Story: Poirot Overload



by **Gerry Wilson**

Some years ago I had the occasion to make the visitation to a certain almshouse appertaining to a maintenance issue most urgent. Upon entering the property, the resident, a female of the species with the crusty nature and the vinegar disposition challenged to me to satisfy the curiosity most impatient.

“In what way madam” I asked?

“Well, I’m a bit puzzled about you,” she replied. ”I mean you don’t say very much do you. Not like your dear wife. She never stops.”

Inside my head the little grey cells they are most agitated with the buzzing noise like the wasp but they tell to me the truth that the purpose of the femme is to make the gossip and the tittle tattle. N’est pas?

Still she is making a bag with the wind and gives to me the disrespect most discourteous:

“You seem to be a man of few words. I mean you’ve been here two years and there are some people who’ve never heard you speak.”

Such insolence to me is unacceptable and the silence between us it falls to the floor with the slow motion of the feather.

“Not very chatty for a Northerner are you? I thought all you Yorkshire puddings s’posed to be friendly like.”

Moments they pass and the time it circles giving the affirmation to the muted waywardness. My reply, it was with the careful measure to break down the wall of the insouciance.

“Dear lady,” I say to her with the composure most calm, “it has been my life’s observation that the more diminished a person’s stature the more heightened the speaking and the exercise of the tongue. So, crusty lady, at six feet and two of the inches I have the paucity of the communications.”

“Well that’s as may be but I still need to know, who are you, what’s your story and why are you talking like a foreign detective?”

This interrogation to me was most disagreeable and I give to her the look with the gimlet eye.

“The malady of my voice it is of no concern to your business. As to the

.....

history of my gore it is true you will find there the dark satanic mills and the flat caps but also I have the blood of the ancient ancestor most fearsome who came across the perilous North sea on the longboat for the shopping and the pillaging - for you see little lady with the pension:

“Je suis a Viking!”

“A what?” “A Viking!!”

The smile with the grin that I permit to my face it gives to her for a moment the silence of the bouche. But this lady I think is for the pulling of the leg:

“Oh, really. I’ve never met one of them before. Anyway you might be a Viking but you’ll still have to unblock my toilet!”

Sacre Bleu!



Neighbour: hello Gladys, how are you?

Gladys: I’m homesick.

Neighbour: but this is your home.

Gladys: I know, I’m sick of it



When all this is over and the keyworker goes on holiday with his furloughed mates...



Page 7. Answers: 10. Jeffrey Archer. 11. Patrick Stewart. 12. Micheal Gambon. 13. John Hurt. 14. Astrud Gilberto. 15. Pele. 16. John Lennon. 17. Terry Gilliam. 18. Ringo Starr.

# Poetry Corner



by **Nigel Davis**

A little while back, Leslie Cook and I were reminiscing about George Murray, who I am sure many of you will remember with the greatest of affection. A fine

artist, founder of the Sketch Club, a stalwart of Chapel, a tremendous contributor (with his beloved Elsbeth) to the Almshouse community and wider community. He was also fond of poetry: and I remember him telling me, in the

weeks before he sadly passed away, that he had been re-reading the Shakespeare Sonnets with great enjoyment.

This particular poem was written by Thomas Hardy (1840-1928). Hardy achieved great success in his lifetime both as a novelist and then (following the hostile reaction to his controversial novel *Jude the Obscure*, when he stopped writing novels) as a poet. His reputation as both has, if anything, increased since.

I don't think this poem needs much comment. In my personal opinion, it is so moving and absolutely exquisite. So this one is for you, George.

### **Afterwards** by Thomas Hardy

When the Present has latched its postern behind my tremulous stay,  
And the May month flaps its glad green leaves like wings,  
Delicate-filmed as new-spun silk, will the neighbours say,  
'He was a man who used to notice such things'?

If it be in the dusk when, like an eyelid's soundless blink,  
The dewfall-hawk comes crossing the shades to alight  
Upon the wind-warped upland thorn, a gazer may think,  
'To him this must have been a familiar sight.'

If I pass during some nocturnal blackness, mothy and warm,  
When the hedgehog travels furtively over the lawn,  
One may say, 'He strove that such innocent creatures should come to no harm,  
But he could do little for them; and now he is gone.'

If, when hearing that I have been stilled at last, they stand at the door,  
Watching the full-starred heavens that winter sees,  
Will this thought rise on those who will meet my face no more,  
'He was one who had an eye for such mysteries'?

And will any say when my bell of quittance is heard in the gloom,  
And a crossing breeze cuts a pause in its outrollings,  
Till they rise again, as they were a new bell's boom,  
'He hears it not now, but used to notice such things'?