

Welcome to your Almshouse News

**Spotlight on
Richmond Park**

History of
Richmond Park

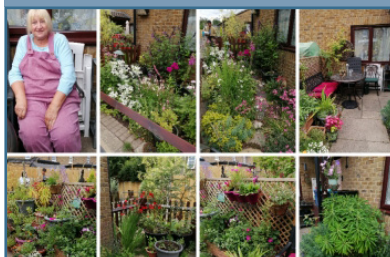
The Sprites of
Richmond Park

Holly Lodge

Free Minibus

Princess
Alexandra

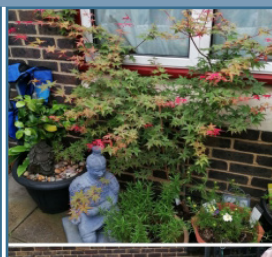
Almshouses in
Bloom 2022



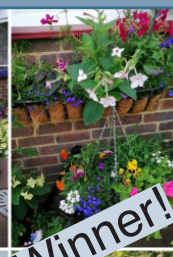
Susanne Munslow-Adair



Terry & Elizabeth Byatt



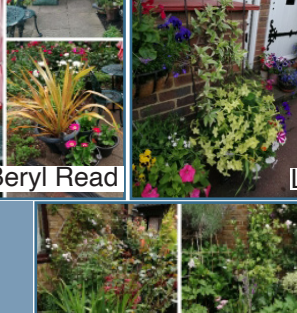
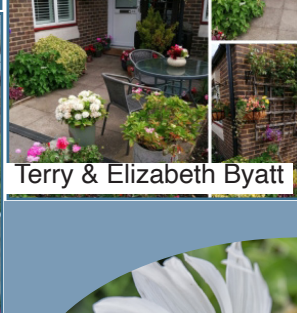
Alf & Beryl Read



Lisa Blakemore



Barbara Constanzo



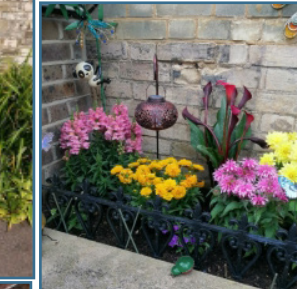
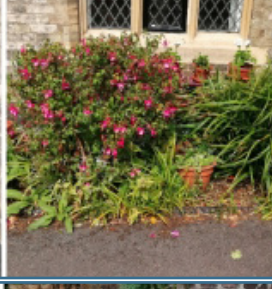
Brian & Connie Yorke



Ron & Mary Bronks



Michael Hobbs



Doreen Colbert



Margaret Payler



Almshouses
in Bloom
2022

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Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is:

Friday 16 September 2022

Give the article to your Scheme Manager, or email to c.richards@richmondcharities.org.uk
As a guide on word count, a one page article is ideally 340 words.

Welcome to our New Residents:

We offer a warm welcome to our new residents who have recently joined our community:

Mr William & Mrs Jacqueline Watson.

Competition Winners

Thank you to everyone who submitted competition entries for June's 1950s quiz. Picked at random, the winners are:

Synonym Puzzle – Ron Bronks

The Quiz – Heather Warman

Congratulations!

Answers from last month's competitions are on page 27.

Chapel Schedule: September 2022

Sunday, 4th September <i>Twelfth Sunday after Trinity</i>	No Service
Sunday, 11th September <i>Thirteenth Sunday after Trinity</i>	10.30am Eucharist with hymns
Sunday, 18th September <i>Fourteenth Sunday after Trinity</i>	10.30am Eucharist 5pm Hymn singing
Sunday, 25th September <i>Fifteenth Sunday after Trinity</i>	10.30am Eucharist with hymns

Credits:

Editorial Committee: Juliet Ames-Lewis, Lorraine Bradley, Debbie Flaherty, Chantal Richards & Mike Townsin.

Design: Chantal Richards



This magazine is recyclable.

Letter from Debbie Flaherty



Hot, Hot, Hot is the only thing I can think about as I write this but I am not complaining. It is wonderful this

year for the UK to enjoy a beautiful summer although I know at times it has just been too hot but I think we have all been cautious and stayed in when it has been stifling.

The new lighting at the front of Hickey's is now complete and the residents are really enjoying seeing the trees and grounds lit up at night. Also the lighting at the rear of the estate is near completion. The new gardeners are now establishing themselves and the gardens are looking very colourful. Let's hope there is no hosepipe ban!

The Almshouses in Bloom competition was judged recently (see page 20) and I have to say the entries that I had the pleasure to see were all so beautiful and colourful.

On other estates the Candler laundry shed is near completion and the new windows at Juxon's and at Queen Elizabeth's have been installed.

The seaside trip to Bognor Regis was enjoyed by all the residents who went along. See the photos on 24.

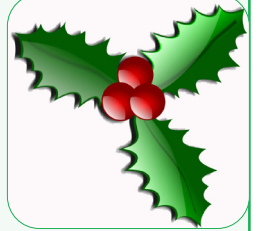
Just a reminder that the hosepipe ban is now in place.

Enjoy the early morning or late afternoon sunshine and the vitamin D that we gain from it.

Best wishes, *Debbie*

SAVE THE DATE!

Residents'
Christmas Lunch
at the
Richmond Hill
Hotel



**Thursday 15th December
2022**

Everyone is invited!

REMINDER: Indigo Tie Dye Workshop

Dates & times:

Monday 12th September @10:30am
and

Monday 26th September @ 10:30am

Location: **Garden Room @ Church Estate**

Join Irene Donovan for two Indigo Tie Dye workshops. Bring a t-shirt, a tea towel, a pillow case or even a cushion cover and see how easy it is to turn something plain into something gorgeous and colourful.

Please let your Scheme Manager know if you are interested.



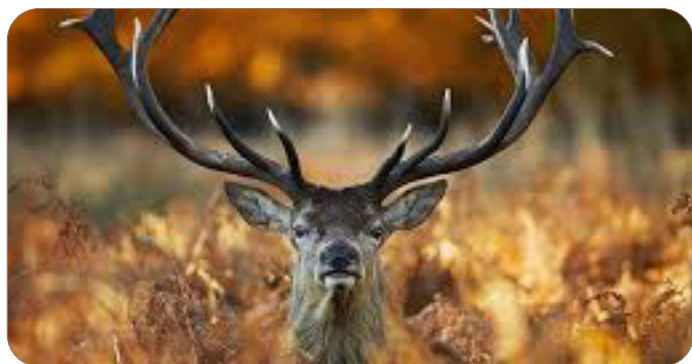
Richmond Park: A Short History. Part 1



by Mike Townsin

“On top of a hill, king of all he surveys, a roaring stag stands silhouetted against the dappled morning sky, sounding out a warning to any rival foolish enough to enter his domain. For thirty years scenes like this have been the constant background of my working life”
John Bartram, Park Gamekeeper 1986 – 2016.

John’s words will resonate with anyone who has ambled across the ancient wilderness of Richmond Park, and encountered a 6 point roebuck in the bracken.



But before we further explore the park as it is today, let’s re-wind 750 years to the reign of Edward I (1272- 1309), when the area was known as the Manor of Shene.



Edward 1st

The name was changed to Richmond during Henry VII’s reign (1485 – 1509) – in honour of the Yorkshire earldom bestowed on Henry’s father by which title he had been known before becoming king. Thus the

adjacent park-land (a concept introduced by the Normans) was to become Richmond Park.

The area around the Manor of Shene was a mixture of common land and private holdings of which the king and the nobility were the largest landowners. In those early years, parks were simply enclosures which separated land from the surrounding countryside; these enclosures were made as preserves for beasts of the chase, deer in particular, but they were also utilitarian, their primary purpose being to provide food for the manor houses, including Shene Manor.

It was Edward III (1327 - 1377) who began to convert the manor house at Shene into a royal palace by the river, and it evolved, under subsequent kings, into a frequently visited royal residence which, under Henry VII, became Richmond Palace, with its nearby hunting parks. A contemporary described Richmond at this time as “an earthly paradise, most glorious to behold”.



Richmond Palace

During the 15th and 16th centuries the parks became less utilitarian and more focussed on sport and deer hunting; among Henry VIII’s favourites were Windsor Great Park, Hyde Park and especially the parks near Richmond.

Spotlight on Richmond Park - ALMSHOUSE NEWS

The oak trees of Richmond Park, and elsewhere, were used in the construction of Henry's vast navy, though he introduced England's first tree protection laws for the park's oaks.



A royal oak tree in Richmond Park

His frequent use of the palace and park was partly prompted by outbreaks of the plague in London, and was one of the reasons he carried out extensive works on the palace. However by this time Cardinal Wolsey had started to build a palace at Hampton Court to rival Richmond and Henry, during his procession of wives, spent more and more time at Hampton Court, and Wolsey became a more frequent user of Richmond Palace, finally giving Hampton Court to Henry.

Fast forward through the reigns of Mary and Elizabeth (who died at Richmond Palace in 1603) to the accession of King James who, being an avid hunter, created a bigger and better park to the north and west of the palace, adding an extra 33 acres by purchasing land from local residents.

There is some controversy among historians as to the exact locations of the orig-

inal parks near to the manor of Shene/Richmond; these were called the great and little parks and are now thought to be the riverside parks at the present Old Deer Park and part of Kew Gardens.

However, a separate New Park at Richmond (the original name of Richmond Park)

was enclosed by James's son Charles I; it was an area known locally as Sheene Chase in the reign of Henry VIII. Charles's enclosure is described in the Earl of Clarendon's History of the Rebellion, thus "The King who was excessively affected to hunting....had a great desire to make a great park for red as well



King Charles I

as fallow deer between Richmond and Hampton Court...". But, although the King owned large tracts of land in this area, it was also necessary to compulsorily purchase privately owned land and commons and, although Charles eventually succeeded, it was not without a severe dent to his popularity.

In Part 2 next month we cover more of the Park's history, from Charles I's enclosure to today.

The Holly Lodge Centre

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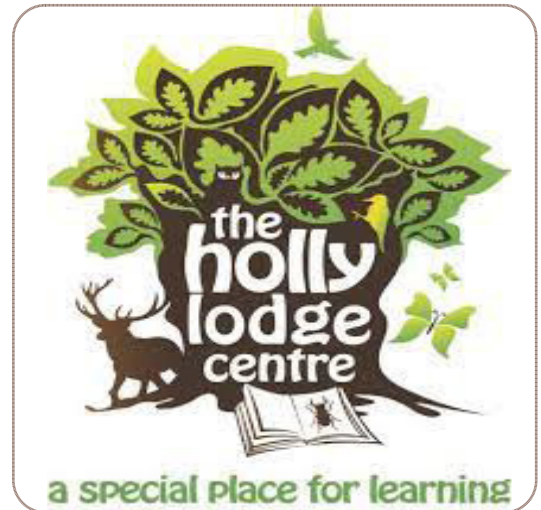
by Juliet Ames-Lewis

The Holly Lodge Centre is a unique, small charity in Richmond Park which offers a hands-on experience of the park, its diverse wildlife and distinct heritage. Their educational programmes explore science, nature and history and specialise in activities for people with disabilities.

The Centre was founded in 1994 as part of the Royal Parks education programme. Its aim was to provide an inspirational place to experience Richmond Park. It became a separate charity in 1999. The Centre has nearly 8,500 visitors a year from school groups to young people and adults. The Centre is run by 3 staff and more than 80 volunteers. Their income comes from donations from individuals, community groups and trusts and fund-raising events; they receive no government funding.

The Centre has fully accessible facilities including 3 indoor classrooms, a general activity room, a Victorian schoolroom and replica Victorian pharmacy, a nature trail with dipping ponds, a Victorian garden and a picnic lawn.

The Holly Lodge Centre is always on the lookout for new volunteers, who are the heart of the organisation and fulfil a wide range of roles. Volunteers spend anything from 2 hours a fortnight to 2 days a



week helping, and volunteering can be rewarding and fun. Volunteers help with leading or assisting with delivering activities to school and community groups in both their natural world and heritage activities. Other volunteers help with maintaining the Centre's facilities and participate in varied projects from building new cupboards to making improvements to the nature trail.

Another group of volunteers oversees the annual fund-raising events, and there are also small teams of volunteers who oversee marketing and communications, administration, IT and finance.

The Holly Lodge Centre is looking in particular at present for event organisers, people who are super organised, to join their team running their fund-raising events. If you would like to think about volunteering, the Centre would love to hear from you!

Please contact Anna King at aking@thehollylodgecentre.org.uk or on 020 8940 8730

The Sprites of Richmond Park

A children's book by Maureen Bliss

During lockdown Maureen Bliss wrote and illustrated this book of short stories based on her visits to Richmond Park. She has added magical creatures, wonderment and awe. The book is now finally in print and has been dedicated to her grandchildren.

Here is an excerpt from the book:

"Sometime, in late spring or early summer, cows were allowed to graze in a certain area of the park. Nearby, in a large paddock, were the horses ridden by the mounted police who had to check that the park rules were not being broken. They kept an eye out for the lighting of fires, barbeques, flying drones, dangerous ball games and similar activities. The horses had never been asked to compete in the race as they were very superior and seemed unapproachable.

The rabbits, if spooked, would disappear down a hole, requiring ages to be cajoled back to the surface. If the squirrels were frightened by anything they would dash up a tree and stay there until all about them was clear. The frogs leapt long distances but were always on the lookout for grub and were easily distracted. The cows were no use at all. All they wanted to do was graze. But what about the horses? They were very well trained, could gallop for long distances, and kept their heads."

Top right: Maureen Bliss

Middle & Bottom: Maureen's illustrations from the book



Princess Alexandra

.....



by **Lorraine Bradley**

Princess Alexandra is the Queen's cousin and a working member of the Royal Family. She is patron or president of over 100 organisations which reflect her wide-ranging interests, from the arts to health care. She also supports the Queen in her duties as Head of State, attending ceremonial occasions alongside other members of the Royal Family.



Princess Alexandra has been Patron of The Alzheimer's Society since 1990 and has hosted The People Awards at St James's Palace which help to recognise the contribution of the people who

work at and volunteer for The Alzheimer's Society. The Princess is well known locally and has visited places such as The Caring Café run by The Alzheimer's Society. The café used to be based in Richmond but is held now in Sheen Lane Centre and is a valuable resource for people living with Alzheimer's. The carers can go off and spend a few hours shopping, having their hair cut or just sitting with a book in a coffee shop without worrying about their loved ones as the volunteer carers are highly trained.



The Princess lives in Thatched House Lodge which is a Grade II listed building dating from the 17th Century, standing within Richmond Park in the Borough of Richmond upon Thames. It was the home of British prime minister Sir Robert Walpole and, since 1963, has been a royal residence, being leased from the Crown Estate by Princess Alexandra, The Honourable Lady Ogilvy (born Princess Alexandra of Kent) and until his death in 2004, her husband, Sir Angus Ogilvy.

The main house has six reception rooms and six bedrooms, and it stands in four acres of grounds. The property includes gardens, an 18th Century two-room thatched summer house which gave the main house its name, a gardener's cottage, stabling and other buildings. Princess Alexandra is a keen gardener herself and often tends to the planting and dead heading in the beautiful gardens.

World Alzheimer's Society Awareness Month is September.

Leading the fight
against dementia
**Alzheimer's
Society**




Free Minibus Service in Richmond Park

A free transport service to help visitors get better access to Richmond Park, and in particular the Isabella Plantation, operates in Richmond Park.

The minibus is free and fully accessible with a ramp and steps to aid access.

Wheelchair users wishing to use the service should contact Malcolm Childs, in advance by email: mrm-richilds9@gmail.com or calling 07814 988 337.

The service runs to the end of October.

Richmond Park							
RPI	Roehampton Estate- Pen Ponds - Isabella Plantation - Roehampton Estate within Richmond Park and via Ham Village and Ham Gate Avenue PLEASE E-MAIL if WHEELCHAIR ACCESS IS REQUIRED for YOUR JOURNEY						
	 16 Seater MINI BUS SERVICE						
Wednesday only		SERVICE FOR 2022		20th April 2022 -26 th October 2022			
Roehampton Danebury Avenue (Barrier)	9:40	11:10	There	This	13:10PU only	14:40	
Roehampton Gate Car Park (Cafe and Toilets)	9:42	11:12	Are	gap	13:12	14:42	
Robin Hood Gate Car Park	9:46	11:16	Four	in	13:16	14:46	
Pen Ponds Car Park	9:50	11:20	Round	the	13:20	14:50	
Broomfield Hill Car Park for Isabella Plantation (Main Entrance)	10:15	11:45	I Trips	Mini	13:45	15:15	
Ladder Stile Gate (For 85 and K3 Buses on Kingston Hill)	10:18	11:48	During	Bus	13:48	15:18	
Kingston Gate Car Park	10:23	11:53	The	Service	13:53	15:23	
Ham Village Ashburnham Road (371 Bus Stop to Richmond)	10:33	12:03	Day	is	14:03	15:33	
Ham Gate Avenue (Near to 65 bus stop to Richmond) on Ham Gate Avenue (See Free Standing Board for Directions)	10:38	12:08		made	14:08	15:38	
Isabella Plantation (Pegs Pond Disabled Car Park and Toilets)	10:45	12:15	This	for	14:15	15:45	
Pembroke Lodge (Cafe, Information Centre and Toilets)	10:53	12:23	Bus	the	14:23	15:53	
Richmond Gate (Bus Stop inside Gate by Mini-Roundabout)	10:58	12:28	Is	driver's	14:28	15:58	
Sheen Gate	11:05	12:35	FREE	lunch	14:35	16:05	
Roehampton Danebury Avenue (Barrier)	11:10	12:40 Drop Off		break	14:40	16:10	
No service on any other days							
Last journey finishes at Roehampton Danebury Avenue (Barrier) at 16.10pm							
Operated by RAKAT (Richmond & Kingston Accessible Transport) & The Royal Parks (Charity No 1172042)							
RAKAT TEL: 020 8942 1745 Richmond Park Office TEL: 030 0061 2200 Malcolm Childs M)07814 988337 Further information on Royal Parks Richmond Park website "Visitor Information"- "How to get There"- "Free Minibus in Richmond Park" or E-mail mrmrichilds9@gmail.com. Lottery Funded now supported by Private Donations.							

Richmond Park Poem

by Richard Howard

.....

We cycled one morning to Richmond Park,
My brother and me, on our Raleigh bikes;
We stayed out all day, ("Be home before dark!")
I had a green bike, the red one was Mike's.

We got off and pushed them up Richmond Hill
Passed the Star and Garter to Richmond Gate,
Then we raced and chased and fell off until
We ate our jam sandwiches - couldn't wait.

We went on to Pen Ponds, "Ponds! They're like lakes
With islands and herons and fish and things."
We fought in the bracken, ("Watch out for snakes! -
And grazes and scratches and bites and stings".)

Got the District line to Gunnersbury,
Brought the bikes indoors, had Weetabix, bed.
"Guess what? What!? Pen Ponds is a heronry
And Raleigh's trade mark is a heron's head!"



A Reminder about Security in our Homes



by **Alison McAlear**

When I was growing up in my family home, many years ago, and no I will not share my age, we were always able to leave our front and back doors open. Our neighbourhoods were safe and supportive, people really looked out for one another. They were great days, but sadly things have changed.

Within communities all over our country, criminals are cropping up on a continual basis and becoming more and more devious and unkind. I have been hearing about the latest wave of criminality that has quite shocked me and as I deal with utility companies all the time in my role here in the charity, I thought it appropriate to write this article to share it with you, the residents who I have worked with from day one of your application for an almshouse and with whom I have bonded and have great fondness for.

Criminals are randomly knocking on front doors, pretending to be a representative from a utility company and then saying that they need to gain access because there is some sort of issue. It all seems legitimate and because the person opening their front door is caught off guard, it seems feasible and they allow the criminal into their home. Once in, it is easy enough to distract the home owner and then go into another room and steal valuables without the home owner realising what is going on.

I would like to offer some advice to you. Please do not let anyone into your home if they have not pre-arranged a formal date and time to visit you. All utility companies should make appointments and would not randomly turn up on your door step, which is unheard of from my experience in dealing with utility companies. Even if someone says that they are from a known supplier, tell them that you will not let them in until you have someone else present in your home because an appointment was not made.

Here in our almshouse community we have Scheme Managers who cover 24 hours for emergency call outs, so if a random person is trying to gain access to your home, my advice is to ring one of the estate office numbers, [020 8439 9294](tel:02084399294) or [020 8332 2839](tel:02083322839). Whoever is on duty will assist you in getting help, either they will visit you or see if another person is close by, i.e. another member of staff. My feeling is, the moment you say something like this through a securely closed front door, the person trying to gain access will quickly leave if they are not genuine.

Over the years all sorts of telephone and other type of criminal scams have been on the increase and so the Scheme Managers have arranged for a police officer to visit us on [Tuesday 6th September at 12:30 in Hickey's Chapel](#) to give residents a talk about this subject. This is for any of our residents to attend and will be a very informative and useful talk.

Full of Life Fair



by Juliet Ames-Lewis

Every year (except during Covid) Richmond Council holds a 'Full of Life Fair'.

This is an event for residents in the borough who are over 55 and it is a great opportunity to get information and advice from businesses, charities and community groups across the borough and to meet new people. You can also try out taster sessions in things like dance, art, music and exercise classes and enjoy lunch.



This year's fair will take place on **Friday 23rd September 2022 from 10am – 4pm and will be held at Twickenham Stadium.**

The Richmond Charities will have a stall at the fair so that more people in the borough can find out about our accommodation, our community and what we provide.

National Awareness Days

Heritage Open Days 2022 - 9th-18th September

It's your chance to see hidden places – all of which are FREE to explore. www.heritageopendays.org.uk

The closest event to Richmond and Twickenham is **Bushy House** (Bushy House, Glazebrook Road, Queens Road Gate, Teddington, TW11 0EB). The National Physical Laboratory (NPL) will be opening Bushy House and gardens to the general public between **10:00am to 4:30pm on Sunday 18th September**. Please note that there is very limited access for people with disabilities. Refreshments will be provided by a local scout group

Urology Awareness Month - September

Aiming to increase public awareness of all urological cancers, diseases and conditions that affect the kidney, bladder, prostate and male reproductive organs. For more info: www.theurologyfoundation.org

World Alzheimer's Month - September

Raising awareness and challenging stigma surrounding Alzheimer's and dementia.

September 21st is World Alzheimer's Day.

For more info: www.alzheimers.org.uk

Vascular Disease Awareness Month - September

Promoting awareness of vascular disease to the general public. For more info: www.circulationfoundation.org.uk

My Two SHORT Richmond Park Walks



Serge Lourie is a Trustee of The Richmond Charities.

Pages 13–16 are designed as a pull-out so that you can take the map, directions and photos with you on your walk.

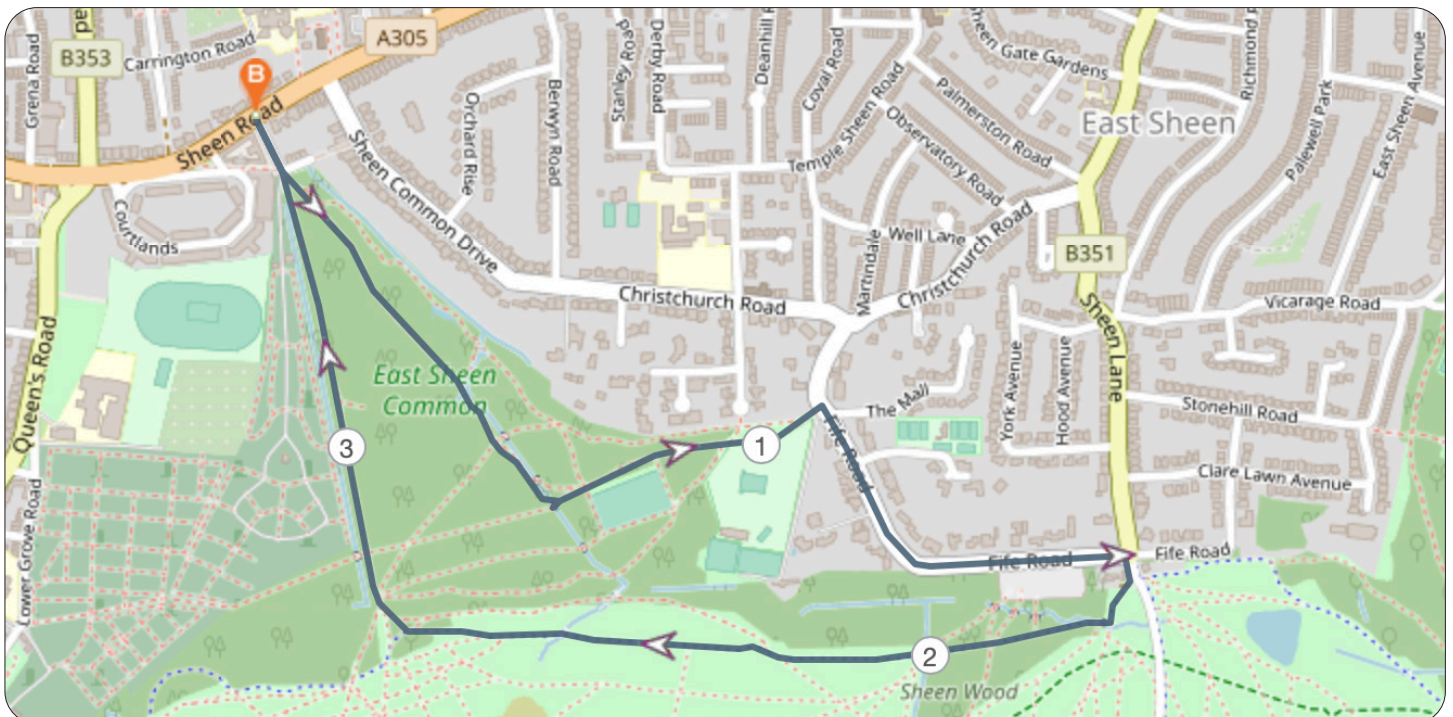
For the Richmond Park edition of Almshouse News, I have devised two short saunters of about two miles each that can be joined together at Bog Gate if you want a longer walk. The great joy of Richmond Park is that there is so much to see and so many variations of the walks you can follow. The main objective is for you to enjoy yourself and get some fresh air and exercise.

Henry David Thoreau, the author of “Walking” and inventor of SAUNTERING, said that the protection of his “health and spirits” required “sauntering through the woods and over the hills and fields”. These walks take you along wooded paths, over hills and beside a grass field.

The First Richmond Park Walk

is just over two miles. It starts at the entrance to East Sheen Common in Kings Ride Gate which is off the Sheen Road and can be reached by the 33 and 337 buses. It can take forty minutes or, an hour if you saunter.

Beware: the walk needs a bit of care as the paths can be muddy.





Entrance to East Sheen Common

There are two major paths and you take the one on the left and walk through a delightful oak wood. The path is quite wide and

there are usually a lot of dog walkers to greet. You walk for about half a mile until you encounter a (dry) stream on your left and cross over a small bridge.



Small bridge

You continue along the path and walk along the left of a recreation area.



Path by the recreation area

Take the path until you emerge in Fife Road where you turn right. Follow the road admiring the large mansions until you reach the

Sheen Gate, where you should have a look at the memorial to John Lewis, a local brewer, who ensured the park was open to the masses when he won a court

case against Princess Amelia, the Park Ranger, in 1758.



John Lewis Plaque

Once in the park, you should bear right along the Tamsin Trail following the path initially through an oak wood and then over a delightful open area with views to your left.



Long view in the park

Continue for about half a mile until you reach the delightfully named Bog Gate on your right. Bog Gate is also on the walk I have devised from the Cambrian Gate.

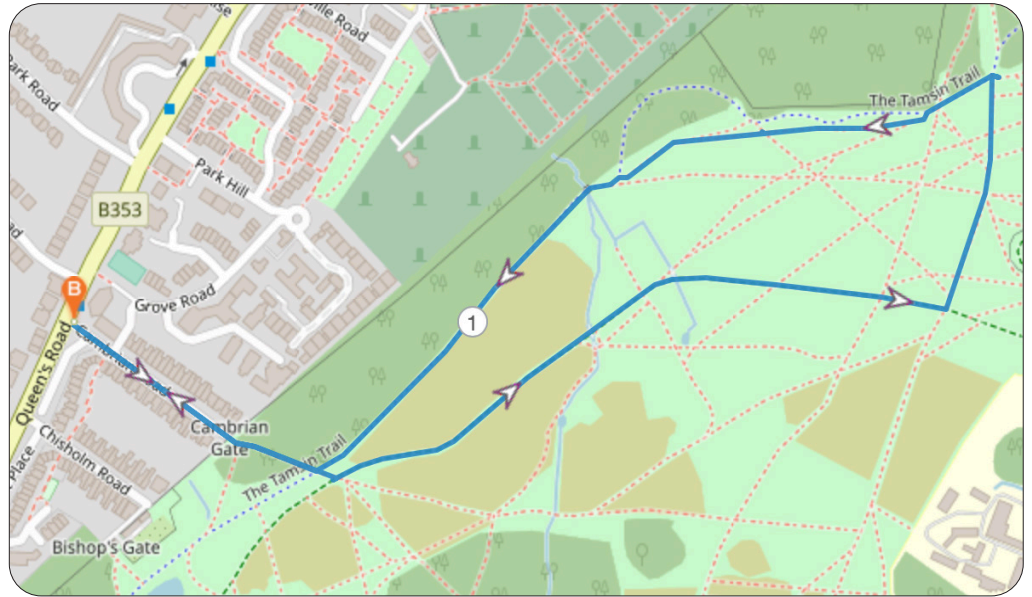


Bog Gate

After going through the gate, it is then a short walk straight down the sloping wooded path until you reach the East Sheen Common Gate where you started your walk.

The Second Richmond Park Walk

starts at the Cambrian Gate and is under two miles. The best way to get to the Cambrian Gate by public transport is by 371, which stops in Queen's Road for the Cambrian Centre and near our almshouses at Manning Place.



You can see the route, which is 2K (1.6 miles) from and to the bus stop

You walk along Cambrian Road and through the inviting gates at the end of the road into the park.



Cambrian Gate

Once through the gates, you head straight ahead, crossing over the Tamsin Trail and turn left along the second major path.



Left turn near the Cambrian Gate

You then walk along a lovely path through bracken.



Path through bracken

You emerge into an open area with a collection of willows marking a former stream.



Willows at end of bracken path

Follow the path bearing right for about 500 metres until you reach a major tree lined path where you turn left.



Tree lined major path

Follow the path and look out on the right for my grandchildren's favourite tree. It fell down many years ago and has started growing again. It is one of the many miracles of nature.



Fallen tree... but still growing

Continue along the path until you see Bog Gate in the distance and turn left along the major path around the

park, the Tamsin Trail. Follow this along the boundary of the park until you reach the Cambrian Gate. If you find that it is too hot and sunny, there is a pleasant alternative through the woods to the right of the main path.

Once through the Gate, you retrace your steps along Cambrian Road and take the bus or walk home.

I hope you enjoy these saunters. They can be joined together to make a longer walk. In fact, we walked many times in Richmond Park during lockdown and every walk was different and a great adventure. I recommend that people should start gently but Richmond Park is one of the wonders of Greater London and should be enjoyed.

You may not see a deer, as they tend to avoid humans and dogs where they can, but 630 live here, descendents of the deer hunted by Charles I when he enclosed the park. Half are the large Red Deer and half are the smaller fallow deer. Look out for birds. During lockdown we saw a mother kestrel teaching her fledged young how to hunt.

And finally...a random fact. Richmond Park used to be known as the New Park to differentiate it from Old Deer Park, where the monarch used to hunt deer. It was close to Richmond Palace, now long gone apart from the gatehouse. Old Deer Park was much larger in those days covering what is now Kew Gardens, the Royal Mid Surrey Golf Course and the London Welsh ground as well.

Happy Sauntering.

Age UK IT Sessions for The Richmond Charities Residents



by Linda Prendergast

You may be new to the world of IT and computers, or you may be looking to develop your existing skills.

There are lots of benefits to being online!

Quite a number of residents have been asking over the last few years whether the charity could run some IT and technology sessions for residents. We have arranged for Age UK IT experts to come and help residents get to grips with technology. Initially we have confirmed 3 dates on which to hold pre-booked timed slots so that each tutor spends 30 minutes 1-1 with the resident. If there is a lot of demand, Age UK would be happy to run a session every month for our residents.

You may want to:

- Use a laptop, computer, smart phone or another device for the first time
- Learn how to use the internet
- Learn a particular skill such as shopping online, using messaging apps, making video calls (Zoom, Skype, Facetime) or how to find information online.

In fact, Age UK can help with most things from internet searches to Zoom to online shopping.



For residents without a device, Age UK can also lend you an Android tablet for up to 8 weeks with tuition free of charge. The tablet also comes with 40GB of data.

Sessions (which are free of charge) are being held in the Garden Room, Church Estate, on the following dates:

Wednesday 12th October between 10.00am – 12.00noon.

Wednesday 9th November between 10.00am – 12.00noon.

Wednesday 14th December between 10.00am – 12.00noon.

Please note that places are limited (so that everyone can have 1:1 time) therefore sessions are by appointment only and on a first come first served basis. When making your appointment, it would be useful if you let your Scheme Manager know what device you have, whether it's a laptop or a mobile phone (or if you don't have a device but would like to borrow one of the Android tablets with tuition from Age UK) and what sorts of IT issues you are looking for help with.

If you would like to make an appointment, please contact your Scheme Manager.

The End of Friends and Neighbours



by **Juliet Ames-Lewis**

Friends & Neighbours has been running for 18 years and, in that time, Pat and her committee of helpers have organised countless outings, parties, coffee mornings and fundraising events.

Over the last 18 years hundreds of residents have benefitted from the immense amount of hard work, time and energy that Pat has committed to running F&N, and also many charities have benefitted through fundraising events such as the annual Macmillan coffee morning.

Pat and her committee have decided that Friends & Neighbours has run its course and they will carry on up to and including their Christmas party this year and then say goodbye to Friends & Neighbours.

On behalf of the charity, and of residents past and present, I would like to thank Pat very much for everything she has done over the last 18 years.

THANK YOU!

Towards the end of the year we will be thanking Pat and the committee in person and celebrating the wonderful contribution that F&N has made to the lives of so many over the last 2 decades.

Macmillan Coffee Morning



by **Pat Platt**

**WORLD'S BIGGEST
COFFEE
MORNING**



Event: **Macmillan Cancer
Support Coffee Morning**

Date: **Friday 30th September 2022**

Time: **10.30am - 12 noon**

Location @ **Hickey's Chapel**

We hope you will join us to raise what we can for this great cause.

Coffee with a Copper!



by **Linda Prendergast**



Date: **Tuesday 6th September**

Time: **12.30pm**

Location: **The Chapel @ Hickey's**

We have now been able to re-schedule the Scam Talk and hope you can come along.

Please join a policeman from the Cyber Crime Unit based within the Met Police who is going to give us a talk on scams. What to look out for and how to avoid them.

Refreshments will be served. **Please let your Scheme Manager know if you can attend.**

NEW: Canasta Group



by Gordon
and Maureen
Bliss

We would like to start a canasta group in the Autumn beginning on **Monday 10th October from 2.30 - 4.30pm weekly** to be held in the Garden Room, Church Estate. The group is for beginners and experienced players alike.

Each table will have 4 players and each player will have a partner.

As there are many rules to the game, we have adjusted the rules to suit ourselves and there are printed copies to retain. On each of these canasta cards a value is written at the top and bottom to make it helpful to play and total up at the end of each game. A team wins when they have reached 5,000 or more points.

Canasta, meaning 'Basket' in Spanish, is when players must make up 7 of the same number on the card. A clean canasta is 7 of the same number, a dirty canasta is when a joker or wild card makes up 7 of the same number on the card. It is easy once you know the rules and becomes very competitive.

Refreshments will be available. We look forward to greeting many new faces.

If anyone is interested, as it would be helpful to know the numbers, please contact me by email: blisscentre@hotmail.com If you don't have access to email, **please let your Scheme Manager know if you can attend.**

The Return of Yoga Classes with Claire Welton



by Juliet Ames-Lewis

We are delighted to confirm that yoga classes will return on **Friday 9th September at 10:15am**

for the first of two six week courses to be held in the Chapel at Hickey's.

All dates will be advertised in the Monthly Activities Leaflet.



This is a gentle chair-based yoga practice to calm, rebalance and ease the body and mind. The classes will be totally accessible to all levels of ability and all will be welcomed and supported with a range of modifications to suit individual needs. The 60-minute classes will always be guided with warmth and empathy and will include nourishing stretches, guided breathing exercises and deep relaxation techniques.

If you would like to attend, please inform your Scheme Manager.



Almshouses
in Bloom
2022



by **Juliet Ames-Lewis**

It was such a pleasure walking around our estates with the judges, Owen and Emma, on 2nd July, taking pictures of the gardens as well as most of the entrants in our first ever in-house Almshouses in Bloom competition. The sun was shining, making it even more pleasurable while we visited all 13 entries from four estates: Hickey's, Bishop Duppas, Benn's Walk and Michel's.

I have to say that both of our judges (Owen who works at Kew Gardens and Emma who is one of our Trustees) took their role very seriously, meticulously looking at each garden, hanging basket or pot and marking them accordingly. After the judges had finished their visits we retreated to the Dukes Head pub for a cup of coffee... cough! And then after some long discussions between Owen and Emma, the final decisions were made.

Ron and Mary Bronks (*bottom left photo*) of Hickey's are the winners of the best individual garden category.

Lisa Blakemore (*bottom right photo*) of Bishop Duppa's is the winner of the best hanging basket and pots category.

The judges also decided that **Doreen Colbert** (*top photo, second right*) of Hickey's deserved a special commendation for her garden.

The Richmond Charities Prizegiving Event



The prizegiving event was held on 3rd August in the Garden Room where residents enjoyed the sunshine sitting in the garden sipping a celebratory Prosecco or two while chatting to Emma and Juliet before the trophies and the Squires vouchers were presented to the worthy winners.

Everyone we have spoken to agreed that the whole event has been a great success and it looks like next year will be bigger and better with 1st, 2nd and 3rd prizes in each category as well as a special commendation prize and a certificate for every entrant.

So, come on everyone!! Let's make it even bigger for 2023. Get those entry forms filled in.

Review : The Garden Prize

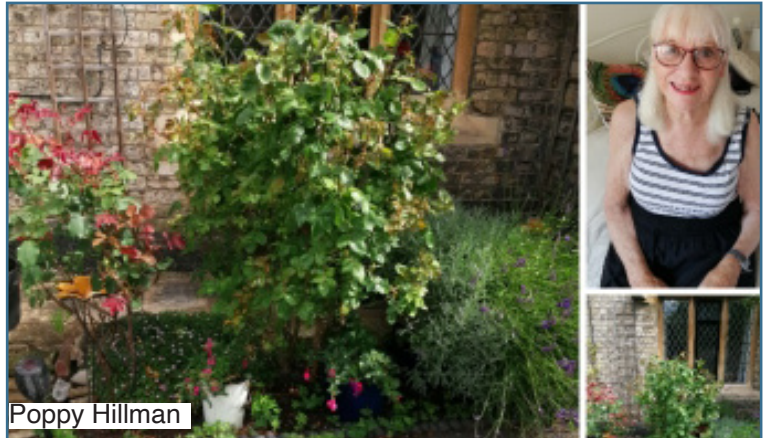


by Lisa Blakemore

Throughout the spring of my life we never had a garden. We had yards with soil trapped beneath them.

So it was by chance that I was introduced early to the miracle of growing plants after my Dad lifted a paving slab for our tortoise to walk on and I found my Mr Potato Head toy had sprouted after I had left it in the wardrobe. Dad suggested we plant it in the tortoise area and whilst I couldn't quite believe anything would happen, I watched daily for a sign of life. Sure enough a leafy miracle emerged from the ground and I can still recall the delight and amazement I felt, especially as we had grown it ourselves. Flowers then bloomed on our miracle and in time my Dad lifted the plant out and little potatoes had grown!! He died whilst I was still a child but he left me with a respect for all living things and despite having no garden, he showed me it was still possible to grow a miracle.

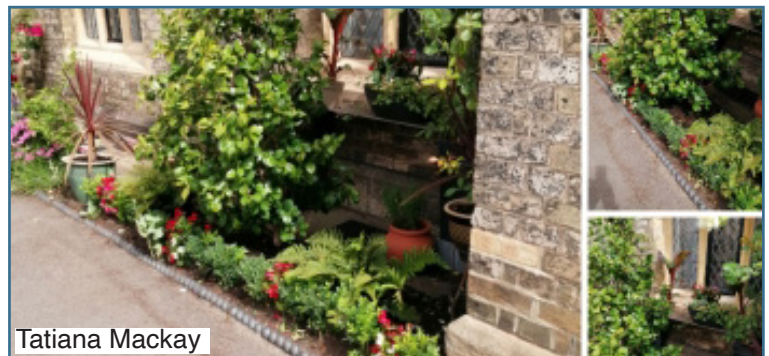
In the winter of my life I am so grateful to have the freedom to grow and display our little miracles in pots and hanging baskets outside our houses and I still feel that joy, that sense of awe, when plants emerge and delight us. Thank you for that freedom, for our gardens and thank you for the prize!



Poppy Hillman



Sheila Walker



Tatiana Mackay



The Judges - Owen and Emma

The photos on the front page and above, are of the gardens and residents who entered Almshouses in Bloom 2022.

Review: Thanksgiving Service on 3rd July 2022



by **Stuart Lee and Margaret Goddard**

At this year's celebration for The Richmond Charities we gave thanks for the founders and benefactors that generously gave resources that form the basis for our current community. Music was provided by musicians and singers from the church of St Mary Magdalene in Richmond and the Rector, Wilma Roest, one of our Trustees, reflected on the themes of Maturity, Wisdom and Community. Residents were also invited to reflect on these gifts and challenges and how they relate to later life.



Here, Margaret Goddard shares her thoughts on the subject of community...

"No man is an island, entire of itself; every man is a piece of the continent, a part of the Main." (John Donne)

When we are born, we become part of a community – the family. Our parents feed us, nurture us, care for us and help us grow.

Many of us may have been baptised and then perhaps confirmed. We belong to a church, to a faith community.

When we went to school we became part of another community. Our teachers taught us, our classmates too made their contributions to our growing up.

We developed interests from what we



had been taught, from what we read, from what we saw around us. We may have joined clubs to be with people who shared similar interests.

We went to work and became part of a workforce all with similar aims and ambitions – even if it was only to make money! Another community.

So what is a community? Do we need a community? Can we live without it?

Well, we can – in a way – but it will probably be an impoverished life with narrow horizons. Yes we do need to be alone

sometimes to absorb all the things we have learnt from being together, to refresh our souls. But solitariness without loneliness is a gift given only to a few; most of us need other people too.

To live in a community is to give and to receive.

In our families we give joy, love and laughter.

In our church community we share our faith and give our prayers and support.

To our schools and colleges we gave our loyalty, our curiosity, our joy in literacy and numeracy.

To our clubs we give our friendship, our time, our interest.

To our work, we gave our time, our expertise, our commitment - and doubtless many other things too!

Here in the community of the Almshouses we are given much and all of us give back something, perhaps something intangible, perhaps even without knowing it.

We all have different gifts, and we may not even recognise our own.

"I can't see," complained the Ear.

"I can't smell," said the Eye.

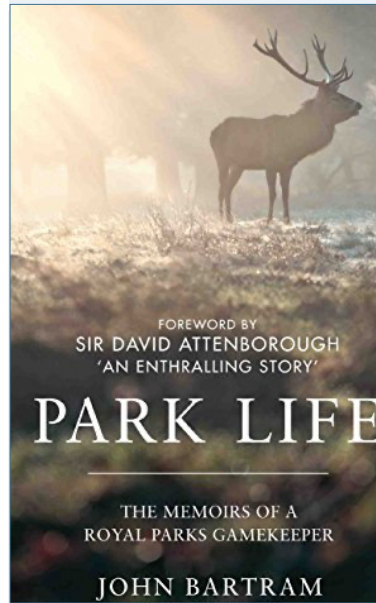
"I can't hear," said the Tongue.

"I can't touch," complained the Nose.

"I can't taste," said the Fingers.

But the Brain said, "Thanks to you all, I can see, I can smell, I can hear, I can feel, and I can taste."

Page Turners



Review by Mike Townsin

Park Life
The Memoirs of a Royal Parks Gamekeeper
by John Bartram

"An enthralling story" says David Attenborough in his Foreword

For we Richmond town-folk, the Park is part of our lives – familiar perhaps, even taken for granted. But this book reveals an ancient landscape and an ecological treasure trove, largely hidden from the eye of the four and a half million visitors who pass through its gates annually.

It's also a love story, between a man and a place. Of plants, trees and wild animal husbandry, seasoned with memories, stories and anecdotes – poignant, moving and sometimes hilarious – including the adventures of a stag called Buster and a faithful Labrador gun dog called Snod.

For thirty years John Bartram managed Richmond Park's six hundred world famous red and fallow deer and other creatures, not to mention the park's eight hundred English oaks, one of which is seven hundred years old.

The life of gamekeeper is rarely glimpsed, which is one reason why this book is so fascinating

Thoroughly recommended!

Review: The Summer Outing to Bognor Regis

"Didn't we have a lovely time".... by Bee Nightingale

July 25th found us on a comfortable air conditioned coach bound for Bognor Regis under a moody sky. There were no cries of "Are we there yet?" as the journey was scenic with good traffic flow.

After two hours, we decanted at Bognor Regis clutching our "If you get lost or arrested" telephone numbers.

The story goes: In 1929, King George V, suffering from a serious lung condition, and unable to get a GP appointment, accepted an offer from a rich friend, Sir Arthur Cross, to convalesce at his mansion, Craigwell House

(now demolished) in Bognor. After a few months, the King was well enough to return to London. Due to his short stay in Bognor, Regis was added to its name in 1929.

Bognor Regis is a moderate sized coastal town. One gets the impression that it's a steady, non-seasonal place to reside. A few gift stores near the seafront and a good-sized shopping area behind. The beach is not unlike Brighton. The same pebble-hobble to reach sand and sea.

It was fun bumping into other residents as we ambled around, exchanging ideas.

4pm: All present and correct for the journey home. It was a jolly nice day indeed!



Blackwater Valley Wind Quintet at The Poppy Factory for centenary concert

Music lovers have the chance to enjoy an eclectic performance from the Blackwater Valley Wind Quintet who will bring their repertoire to the factory in Richmond on Friday 16th September 2022.

Council extends £150 energy rebate payments to thousands more households

Richmond Council has announced an extension of its Energy Rebate Scheme, the next step in making sure people get help with the rising cost of energy bills. It is now calling for everyone who is eligible to come forward to claim their money.

Thames Water: restrictions on water usage

From Weds 24th August, there will be a hosepipe ban (aka Temporary Use Ban).

Richmond Hearing Voices Friendship Group

The Hearing Voices Friendship Group supports residents who hear voices and those who support them.

RSPB Richmond and Twickenham new autumn programme of talks

The group is offering a wide range of bi-monthly talks from September to May on birds and other nature-related topics, and has announced a busy programme of events, talks and walks for the autumn months.

Strindberg's Miss Julie comes to the Mary Wallace Theatre

Preparations are well under way as rehearsals continue. Strindberg's classic exploration of class tensions and subdued passion will play from 17th to 24th September.

NHS appeal for people to donate plasma in Twickenham

The medicines made from plasma are in short supply, and Twickenham is one of only three places in England where people can donate.

Help reduce the risk of developing dementia by staying physically active

A lack of regular physical activity can increase your risk of heart disease, becoming overweight or obese, and type 2 diabetes, which are all linked to a higher risk of developing dementia.

Marble Hill hosts free musical performances every Sunday in September

Following two successful years of free Arts in the Park events, the popular Sunday performances return to Marble Hill and continue till the end of September.

The OSO Arts Centre launches its Autumn Season

The OSO Arts Centre is back for their autumn programme of events with a more ambitious season than ever before.

**FOR MORE INFORMATION ON ANY OF THE ABOVE ARTICLES,
GOOGLE: www.richmond.gov.uk**

Spot The Difference: Can you find the 12 differences?



Your chance to win a £10 M&S Voucher! Give this whole page to your Scheme Manager, or place in the suggestion box before Friday 16th September 2022.

Name: _____

Natural Remedies



By Debbie Flaherty

Antibiotics

After completing a course of antibiotics it is good to keep a balanced level of good bacteria in your gut.

Eat/Drink

At least 8 portions of fruit and vegetables per day to support your immune system.

Yoghurt, kefir, sauerkraut and miso are all fermented foods that contain beneficial bacteria.

Plenty of fibre including seeds, whole grains, bananas, onions and celery.

Water: at least 8 glasses a day.

Avoid

Alcohol, sugar and refined carbohydrates.

July/August Answers

Norman's Quiz:

1. George III (1760 – 1801)
2. Ratty, Mole and Badger
3. Tiger
4. Dan Ackroyd
5. The Hairy Bikers
6. Brigadoon
7. The Lion King
8. Three (2 x Wimbledon and 1 x US Open)
9. Vet (Member of Royal College of Veterinary Surgeons)
10. Winston Churchill
11. Paul Eddington
12. Sweet Charity
13. Two (The Living Daylights & Licence to Kill)
14. Naples
15. 1984

July/ August Answers Synonym Puzzle:

Portion
Ambience
Behind
Receive
Aged
Witness
Uncanny

Getting to Know You



by Jenny Ruff

I was born near Kew Bridge on the Brentford side and grew up in that area. When I married I moved to Chiswick. My husband at that time worked

for the Evening Standard newspaper. We had our children and moved to Isleworth. It was then that I began working for a luxury travel company that specialised in wildlife and conservation. I started as a secretary and shortly after I was moved to sales.

Fortunately, in order to sell these wonderful trips, I was sent to sample the experiences! My first ever trip was to Iceland to take a group of travellers through part of the country on a camping expedition. I also got to return to Iceland when I accompanied Stephen Hendry (who was then a very young man) to an event there where he was showing others his snooker skills. I was then very lucky to visit the South Pacific Islands, America, Italy, Sicily, New Zealand, Australia and the Bahamas, to name a few.

It was on my own holiday in 1994 in Turkey that my travelling experience took an unfortunate turn. It was the last day of my holiday. We were heading back to our hotel to say a final goodbye to all the people that we had met, when all of a sudden it felt like someone had hit me hard on my shoulder with a bat. I fell to the ground and it was at that point I realised that I had been shot. The police were called and the military arrived. I was taken to the hospital and they would only treat me when I could produce a credit card! It was found that I actually had two bullet wounds. They did find 3 people in the vicinity who had semi-automatic rifles. To this day, as far as I know, no convictions have been made.

To end on a lighter note, I have been so fortunate to experience this world and all its beauty on the many trips I have taken and when I am asked where my favourite place is, it is without doubt Sicily, where I must admit part of my heart remains to this day.

Poetry Corner by Nigel Davis



"To sleep, perchance to dream....."

But what if we can't get to sleep? There's the rub.

Tossing and turning, just lying there thinking, waiting for the dawn, getting up and making a mug of Horlicks, counting sheep (although personally I have never tried counting sheep....) - we all have our own ways of dealing with sleeplessness.

Philip Larkin in this poem characteristically deals with an every day (every night?) experience and then makes something acutely perceptive and thought-provoking out of it.

And note, in a careful eight line verse structure, the final extra (ninth) line in the last verse- a typical Larkin downbeat touch.

How to Sleep by Philip Larkin

Child in the womb,
Or saint in a tomb-
Which way shall I lie
To fall asleep?
The keen moon stares
From the back of the sky,
The clouds are all home
Like driven sheep.

Bright drops of time,
One and two chime,
I turn and lie straight
With folded hands;
Convent-child, Pope,
They chose this state,
And their minds are wiped calm
As sea-levelled sands.
So my thoughts are:

But sleep stays as far,
Till I crouch on one side
Like a foetus again-
For sleeping, like death,
Must be won without pride,
With a nod from nature,
With a lack of strain,
And a loss of stature.