

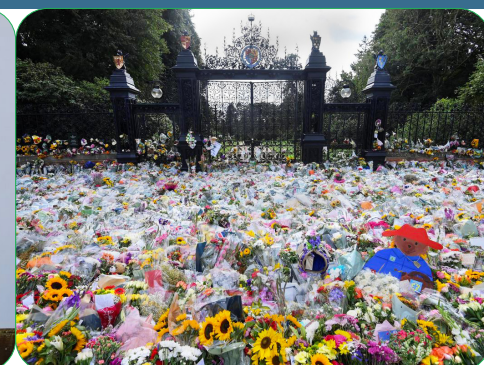
Her Majesty Queen Elizabeth II

1926 - 2022

**“People of loving service are rare in any walk of life.
Leaders of loving service are still rarer”.**

*Archbishop of Canterbury
The Queen's Funeral*

Thank You



Delicious Food on a Budget

Harvest Festival
Recipes
Food Quiz
Cookery Books

Pizza Discount
Foodie Poem
Short History of
Richmond Park -
Part 2

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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 14 October 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.

Credits:

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

Design: Chantal Richards



This magazine is recyclable.

Farewell

It is with great sadness we say goodbye.

Nigel Wooller RIP

Ronald Warren RIP

Competition Winners

Thank you to everyone who submitted competition entries for September's Spot The Difference. Picked at random, the winner is:

Heather Keeler

Congratulations!

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

Chapel Schedule: October 2022

Sunday, 2nd October Sixteenth Sunday after Trinity	10.30am Eucharist 5pm Evening Prayer
Sunday, 9th October <i>Harvest Festival</i>	10.30am Eucharist with hymns
Sunday, 16th October Eighteenth Sunday after Trinity	10.30am Eucharist 3pm Farewell Service for Revd Stuart Lee
Sunday, 23rd October Nineteenth Sunday after Trinity	10.30am Eucharist with hymns
Sunday, 30th October All Saints Sunday	10.30am Eucharist

Letter from Chantal Richards, Editorial Committee



For many of us, we can't remember another monarch. Particularly one so close to our hearts, highlighted last year by the death of Prince

Philip and this year's Jubilee.

Our late Queen Elizabeth II did her job for over 70 years witnessing enormous social change. She was the oldest, longest serving monarch in British history. So it is with enormous sadness that we have come together as a nation to celebrate her life. Remembering her determination, King Charles III reminded us,

"Her dedication and devotion as Sovereign never waived, through times of change and progress, through times of joy and celebration, and through times of sadness and loss."

In that same vein, we all must move forward taking grief in our stride. Just like the Queen, we must learn from times of change and adapt for the future.

"A self that goes on changing is a self that goes on living." (Virginia Woolf)

Adapting to the flux of the last few years has been more than challenging for everyone. A global pandemic, the rising costs of living, war in Ukraine, energy price hikes, climate change, a new Prime Minister and now, our new King.

So whilst the world is wavering, the editorial committee has been reflecting on ways to save money. Our focus this month is to suggest ways of coping this winter with food price increases and balancing energy bills. We hope you find some useful tips and recipes ahead.



Credit: Samuel Regan-Asante
Piccadilly Circus, Friday 9th September 2022

In our November issue we will reflect on the life of Queen Elizabeth II. As always, we want to hear from you. Please, please send us your thoughts and reflections.

Mourn, rejoice and adapt!

Chantal

HM Queen Elizabeth II

Did you meet Queen Elizabeth II? We would love to hear about your experiences, words of condolence, memories and anecdotes about The Queen. Write them down on page 25 and give them to your Scheme Manager.

We hope to fill many pages with your memories in our November issue, dedicated to our late Queen.

Richmond Park: A Short History. Part 2



by Mike Townsin

We pick up our story of Richmond Park in 1637 when Charles I, much to the annoyance of local residents, began the enclosure of the park. To this day the walls remain, although partially rebuilt and reinforced.



The Perimeter Wall, Ham Gate



Charles I

Charles's enjoyment of the park was short-lived: 1642 marked the beginning of the Civil War which restricted his visits, the last of which may have been on 28th August 1647 eighteen months before his execution in 1649, at which point custodianship of the park was transferred to the Corporation of the City of London in recognition of the assistance given by the City to Cromwell during the Civil War.

The park was returned to the restored monarch, Charles II, on his return to London in 1660.

In the 18th century Richmond New Park was characterised by the building and demolition of hunting lodges and amenities for the use of Royalty, in particular the construction of White Lodge and Pembroke Lodge. In 1736 the Queen's Ride was cut through woodland to create a grand avenue to enable Queen Caroline, wife of George II, to enter the park



Grand Avenue

on her way to White Lodge (now the Royal Ballet School), the

monarch's country residence. And in 1746 Pen Ponds, a lake divided in two by a causeway, was dug.



John Lewis, Sheen Gate

In 1751 there was public uproar when Caroline's daughter, Princess Amelia, became park ranger and closed the park to the public, allowing only close friends and those with permits to enter. It was not until 1758 that a local brewer, John Lewis, who was prevented from entering the park, took the gatekeeper to court citing the fact that Charles I had granted the public right of way. He won.

However, full right of public access was not confirmed until 1872, by Act of Parliament, though people were denied the right to remove firewood, still the case today.

The end of the eighteenth century was marked by one big change : the end of deer hunting due to pressures on the deer herds. But relief for the herds didn't last long. The demand for venison under the Royal Venison Warrant was such that in 1789 the son of

the ranger reported that the park was in “great Want of Supply of Deer”.

At the beginning of the nineteenth century an ailing George III gave White Lodge to his Prime Minister Henry Addington, subsequently Lord Sidmouth. As Deputy



White Lodge

Ranger, Sidmouth had a considerable impact on the park: he planted seven plantations, including the famous Isabella plantation in 1831. Between 1855 and 1861 drainage was improved. And in 1867 and 1876 fallow deer were exported to New Zealand to build up stocks there.

In 1847 Pembroke Lodge was given to Lord John Russell, the Prime Minister. Lord John’s grandson, Bertrand Russell, spent much of his childhood there as



Pembroke Lodge

ward of his grandmother Lady Russell. During this period the Lodge hosted several exotic visitors including Garibaldi in 1864 and the Shah of Persia in 1873.

By the end of the century further measures were taken to reduce the huge quantity of venison demanded by the Royal Venison Warrant, and even Queen Victoria agreed to accept fewer carcasses in 1885 and again in 1893.

Cometh the twentieth century, Edward VII developed the park as a truly public space, including football and cricket pitches and a golf course; gates that had previously been private became public.

The park played an important role in both WWI and WWII. In WWI it was used for cavalry training; a secret weapon was tested on Pen Ponds; between 1916 and 1925, the park housed a South African military hospital.

In WWII, a 45 acre army training camp was established which became known as Kingston Gate camp (in 1948 it became the Olympic Village). Pembroke Lodge



Anti-aircraft gun, Sheen Gate

was the base of GHQ Liaison Regiment, known as ‘Phantom’, which undertook rigorous training in military intelligence, communications and cipher. Pen Ponds were drained to disguise them as a landmark. There was an anti-aircraft gun site inside Sheen Gate, visited by Churchill on 13th December 1943. And 500 acres of the park were converted to agricultural use. The site was finally re-integrated into the park in 1966.

Remarkably, despite suffering centuries of royal tampering and war-time disruption, the park remains what it was created for: a haven for wildlife and peaceful recreation.

Advice: Food and Rising Energy Bills



by **Debbie Flaherty**

I have been doing a bit of research which I would like to share with you all about increasing food prices; this, mixed with rising energy prices, is something that will affect us all.



Martin Lewis:
The Money
SavingExpert

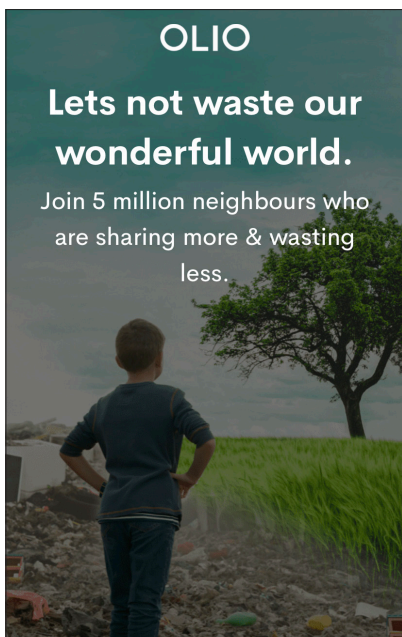
www.moneysavingexpert.com

There are some great tips online with the money saving expert Martin Lewis. He recommends these cooking tips to save energy:

- use a microwave,
- use an air fryer
- or use a slow cooker.

Olio App

There is a phone app called **Olio** which connects neighbours with each other and local businesses, so that surplus food can be shared and not thrown away. This can also be food nearing its sell-by date in local stores, spare home grown vegetables or bread from a local baker.



Top Tips

• A good tip that a resident told me was to use your hob and cook 3 to 4 meals at once and then freeze. It will save energy cooking multiple meals.



• It is also good (without stating the obvious) to eat seasonal produce.

• Food sharing/social eating is again a good idea with the added bonus of spending time with friends and family.

Food Banks: for our readers, the nearest food bank is:

The Trussell Trust in The Vineyard
The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ
Tel: 01722 580 180

Opening times: Monday 12.30 – 4pm
Thursday 12.30 - 4pm

How To Get a Food Voucher for the Food Bank: In order to get help from a food bank you will need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs and advice agencies). Your local food bank can advise which agencies can help. You can also call the free helplines and talk confidentially to a trained adviser. Please call Help Through Hardship, for free, to talk confidentially to a trained Citizens Advice adviser on:

0808 208 2138

(Open Monday to Friday, 9am – 5pm.
Closed on public holidays.)

Recipe: Pierogi by Andrew Sanecki

Hello, I am Andrew, Claire's husband. I moved to the UK 20 years ago once I qualified as a chef in my home country, Poland. I have a great passion for food and I am proud to have worked in some of the best restaurants in the City of London where I gained most of my experience. My dream is to own my own restaurant one day. Below I have shared my favourite and most popular dish from home: pierogi.

Pierogi is dumplings containing either meat, vegetables, cheese, fruit or chocolate. Pierogi is undoubtedly Poland's most famous and simple comfort food which can be made at home or bought from a Polski Schlep (Polish supermarket).

Ingredients

Original recipe yields 20 servings

Dough:

4 ½ cups all-purpose flour
2 teaspoons salt
2 cups sour cream
2 eggs
1 egg yolk
2 tablespoons butter, melted
2 tablespoons vegetable oil

Filling:

8 baking potatoes, peeled and cubed
1 cup shredded Cheddar cheese
2 tablespoons processed cheese sauce
1 pinch onion salt, or to taste
Salt and pepper to taste

Method

Step 1

Prepare the dough: Stir together flour and salt in a large bowl. Whisk together sour cream, eggs, egg yolk, butter, and oil in a separate bowl. Stir the wet ingredients into the flour until well blended and the dough comes together. Cover the bowl with a towel and let stand for 15 to 20 minutes.



Top Left: Potato & Cheese
Top Right: Pork & Beef Mince
Bottom Left: Sweet Cheese & Sultana

Step 2

Meanwhile, prepare the filling: Place potatoes in a pot, and fill with enough water to cover. Bring to the boil, and cook until tender, about 15 minutes.

Step 3

Drain potatoes, and mash with shredded cheese and cheese sauce while still hot. Season with onion salt, salt, and pepper. Set aside to cool.

Step 4

Separate pierogi dough into two balls. Roll out one ball at a time on a lightly floured surface until it is thin enough to work with, but not too thin so that it tears, between 1/8 and 1/4 inch thick. Cut into circles using a cookie cutter, pierogi cutter, or a glass, 3 to 4 inches in diameter.

Step 5

Assemble the perogies: Brush a little water around the edges of the circles, spoon some filling into the center. Fold the circles over into half-circles, and press to seal the edges with fingers, or use a fork for crimped edges.

Step 6

Place perogies on a cookie sheet, and freeze. Once frozen, transfer to freezer storage bags or containers.

Step 7

To cook the perogies: Bring a large pot of lightly salted water to a boil. Lower perogies into the water in batches. Cook until they float to the top, about 5 minutes. Do not boil too long, or they will be soggy. Remove with a slotted spoon.

For Inspiration: Local Farmers' Markets

Although not always the cheapest place to buy fresh food, there is always plenty of inspiration and a culinary feast for the eyes at any farmer's market. If only to wonder and sip a coffee, a farmer's market makes for a stimulating start to any weekend.

Ham Parade Market

**Saturday 1st October 2022,
10am-2pm**
(monthly)
Richmond Rd,
KT2 5PU



Kew Village Market

Sunday 2nd October, 10am to 2pm.
(monthly)
Station Parade,
Richmond TW9

Twickenham Farmers' Market

Every Saturday, 9am-1pm
Holly Road Car Park, Twickenham,
TW1 4HF
(behind M&S)

Recipe: Butternut Squash Soup



by Lorraine Bradley

As we head towards Autumn and chilly nights, this soup will warm you up. Make a batch and freeze

for another day.

Ingredients

1,000g peeled & diced butternut squash
1 large onion peeled & roughly chopped
200g unsalted butter
1 litre of water
1 can of coconut milk
1 pinch of smoked paprika
Salt

To serve

Fresh grated parmesan
Chopped chives

Method

Step 1

Melt the butter in a pan and once melted add the onion and squash over a low heat and sweat off for 10 minutes. Stir in the paprika and a pinch of salt.



Step 2

Add the water and increase the heat. Simmer until the vegetables are completely soft and the squash is starting to break up.

Step 3

Add the coconut milk and remove from heat. Liquidize the soup and check seasoning. Either serve straightaway or chill for later use.

Step 4

Garnish with freshly grated parmesan, chives and serve with crusty bread.

Cookery Books: *Simple* by Yotam Ottolenghi

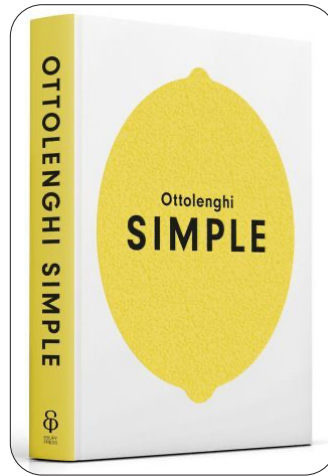


by Stuart Lee

Yotam Ottolenghi is one of my favourite chefs. Born in Israel, he and his Palestinian (now ex) partner founded a series of restaurants and delicatessens in London. The food is an amazing blend of diverse Jewish and Middle Eastern cuisine, often focusing on fresh, seasonal vegetables (his book *Plenty* actually persuaded me that vegetables do not need to be boring). I love his recipe books but they have become somewhat of a joke amongst my friends who claim that everything takes two days to cook and requires an impossibly long list of hard-to-find ingredients. You know the sort of thing – tears of a unicorn, rainbow salt and monkey grass.

However, Yotam's book *Simple* is quite different and designed to break the stereotype. Based around the idea that each recipe should be possible to cook with ingredients bought on the way home from work at the end of the day, the recipes are much more accessible and practical but still incorporate his trademark flavours and style. Even the most exotic of these ingredients can be picked up in Sainsbury's or Waitrose.

The courgette and ciabatta frittata makes a satisfying brunch dish or light lunch with a handful of salad leaves. Herby mushrooms and chestnuts are lovely by themselves or make an autumnal accompani-



Yotam Ottolenghi's new and vibrant recipes. Pared-back brilliance in one or more ways:

- S** short on time
- I** ingredients: 10 or less
- M** make ahead
- P** pantry
- L** lazy
- E** easier than you think

ment to another main dish. Slow-cooked chicken (with a touch of chocolate) and a crisp sweetcorn crust creates a warming winter supper. And, if you wish to make your life just that little bit better – or impress friends – I cannot recommend the *Deconstructed Sweet and Salty Cheesecake* highly enough. With spiced, stewed (frozen) cherries and a touch of feta cheese, this cheesecake might even make you a better person and reverse the current economic situation. Yes, it really is that good.



Sweet and salty deconstructed cheesecake

The three components can all be made in advance

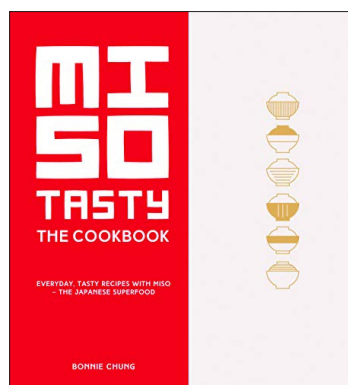
Ottolenghi SIMPLE (Hardcover, 2018) by Yotam Ottolenghi is available on Amazon, £15.00.

Cookery Books: *MISO Tasty* by Bonnie Chung



Review by Mike Townsin

MISO Tasty
The Cookbook
by Bonnie Chung



Tasty, simple to prepare (minutes), highly nutritious and economic: the recipes in this cookbook are all these things.

And unusually Miso Tasty has been

accorded an average 4.5 out of 5 stars by Amazon Books' readers – and me! – and was named in the Independent's top 10 cookbooks of 2016.

The Japanese author, Bonnie Chung, is clearly both passionate and very knowledgeable about the use of miso, an an-

cient soya bean paste ingredient, in modern, versatile everyday cooking.

Moreover, miso is a superfood: it has a remarkable range of scientifically researched benefits, including protein, probiotics, an aid to digestion, B vitamins especially B12, reduces the risk of various cancers, helps lower LDL cholesterol and is high in anti-oxidants.

If all this sounds a bit medicinal, fear not! The recipes are delicious and, above all, easy to prepare. For example, you can have a miso drink (like Bovril), miso soups (simmer don't boil), miso spreads and dips, miso and honey roast veg, rice miso, a tuna and miso toastie, lemon miso chicken, grilled miso black cod.... and fifty other recipes.

The book is £10 on Amazon or at Waterstones, and it's in a durable hardback – best for cooks!

Local Restaurant: For a Taste of the Caribbean



Let us introduce you to Nina's restaurant (Nina is part of The Richmond Charities family, working as a cleaner at some of our almshouses). Her weekend restaurant is on a boat next to Richmond Bridge (Richmond side).

Nyam Dis Restaurant

A boat on the River Thames in Richmond

Telephone: 07784 926142

Opening times: Saturdays: 9am – 7pm & Sundays: 9am – 6pm
(also supplying food at The River Thames Visitors Centre)

Recipe: Seasonal 'Allotment' Vegetable Curry



by Gurdip Lota

Gurdip is a keen gardener and allotment holder. Here he shares his favourite recipe using seasonal vegetables from his allotment. Delicious!

Ingredients

For the Sauce:

2 onions
6 to 8 garlic cloves
A thumb of ginger (2" long by 0.6" in diameter)
5 or 6 green chillies
3 tablespoon of ghee (clarified butter).
6 fresh tomatoes (skin removed)
- or 400g tin of tomatoes
One glass of red wine (optional).
450ml vegetable stock

Spices

2 to 3 tablespoons madras or korma
or tikka spice paste
1 teaspoon freshly ground pepper
1 teaspoon salt
1 teaspoon turmeric
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon garam masala

Various cut vegetables of your choice*

Green courgettes
Yellow courgettes
Carrots
Runner beans
French round beans
Cabbage
Pepper
Broccoli
Cauliflower
Potatoes



Method

Step 1

Blend together the onions, garlic, ginger, green chillies and 3 tablespoons of ghee.

Step 2

Fry all the above ingredients until golden brown.

Step 3

Add tomatoes, red wine, vegetable stock, and spices. Simmer for 10/15 minutes stirring occasionally.

Step 4

Add the various cut vegetables. Simmer for 45 - 60 minutes stirring occasionally.

Serve and Enjoy!

** You can substitute any meat (browned and sealed) instead of vegetables.*

A Foodie Poem: Ode to a Bacon Sandwich



by Jenny Ruff

A bacon sandwich is a wondrous thing
Eyes will devour and taste buds will sing

Smoked bacon of course in fresh crusty bread
Certainly worth getting out of your bed
A thick spread of Lurpak salted butter
So unhealthy I hear you mutter!
Definitely not grilled but fried in the pan
Just like mother used to do and I still can
I know we have muesli, yogurts and healthy things
But really..... do any of those make your taste buds sing?
I can't just sit here talking to thee...
My bacon sandwich is waiting for me.



Food Discount: The Mitre - Rudi's Pizza Restaurant

£7.50 pizzas for all almshouse residents at The Mitre Pub!

The Mitre Pub in St Mary's Grove, Richmond, has a pizza kitchen and cooks delicious pizzas from Tuesdays to Sundays, either to eat in or take-away.

Throughout October, November and December, the Mitre is offering to all almshouse residents discounted pizzas for just £7.50 each including free toppings from their £1 topping section (£2 topping paid extra).

**Tuesdays to Fridays
from 3pm- 6pm.**



To claim your discounted pizza, just take your copy of the Almshouse News along to The Mitre. Enjoy!

**20 St Mary's Grove, Richmond TW9 1UY
0208 940 1336**

"I absolutely love the Mitre! The people are so friendly, it's relaxed and they have by far the best pizza in Richmond! Maybe even London."

Recipe: Carrot Chutney Creole Style

by Juanita Agard-Batley

This is a recipe from the Seychelles. It is one that Juanita's mother made often.

Ingredients

2-3 large carrots – grated
1 large onion – thinly sliced and cut in half
1 lemon
Seasoning
2 -3 tablespoons of olive / vegetable oil
1 green chilli finely chopped – optional

Method

Step 1

Heat the oil in a large frying pan on a medium heat

Step 2

Add onions and stir until softened

Step 3

Add grated carrots and seasoning to taste

Step 4

Add chilli at this stage, if desired.
Mix well

Step 5

Add lemon juice and continue to keep stirring until carrots have a slightly different colour and have gone soft.



Step 6

Simmer for a minute or so.

Enjoy!

This is great with a stew, a curry, grilled fish or in a sandwich.

(Vary by adding ginger or garlic)

DID YOU KNOW?

48% of all food in the United Kingdom is imported

DID YOU KNOW?

71% of land in the UK is used for farming

DID YOU KNOW?

970 million dozen eggs are laid every year in the UK

'Pay As You Feel Lunch' at East Twickenham Neighbourhood Association



by Juliet Ames-Lewis

ETNA is a community centre based at **13 Rosslyn Road, Twickenham TW1 2AR**. It runs a wide range

of different activities, such as Pilates, language classes, U3A courses, counselling, table tennis, Zumba, life drawing, yoga, Bridge, creative arts, music groups, Richmond Community Choir, dance classes and Mahjong. Something for everyone!

It also hosts The Real Junk Food Project which holds a Cafe and Takeaway Food Surplus Hub every **Monday, Wednesday and Friday from 11.30am – 1.30pm**.

Their mission is to take food that was heading for the bin and turn it into nutritious and tasty lunches for the community. All are welcome.

"All welcome, come and help us save food from landfill."



There is seating indoors and outdoors. The team is all volunteers. And for your lunch, you '**pay as you feel**'! As well as saving food from landfill, their aim is to promote sharing food as it is a really powerful way of bringing people together.

LiveWell Centre in Kew



**LiveWell at Kew,
Quadrant House,
Levett Square, Kew
Richmond TW9 4FF
T: 0203 479 1945**



by Chantal Richards

I have just discovered the LiveWell Centre in Kew - it's just behind the Kew Retail Park.

They offer a variety of activities for all ages but you may be interested in TaiChi, Pilates, Yoga, Transformational Breathwork and Sound Bath Healing Meditation. The last two classes are particularly good for physical, mental, emotional and spiritual levels.

There is also a lovely cafe offering a second hot drink for **FREE** when you purchase one hot drink and a treat – simply show your Richmond Card!

Harvest Festival - Sunday 9th October 2022



by **Stuart Lee**

**Harvest Festival –
Sunday 9th October
10.30am Service in the
Chapel**

The Harvest Festival in British culture is a long-standing tradition that celebrates the gathering of crops. Today, the celebration has expanded to include a more reflective tone about human interaction with the environment as well as acknowledging the wide range of workers and skills that contribute to food growth, manufacture, transport and sale in our country and throughout the world. There is usually a focus on caring for the environment and sharing food with those who do not have access to basic provisions.

Although predominantly celebrated in churches and schools these days, the harvest festival is an ancient custom. The fact that it is still celebrated near the first full moon closest to the Autumn equinox (the 'harvest moon') respects its pre-Christian origins. Today's harvest church celebrations only began in earnest in Victorian times, when the Reverend Robert Stephen Hawker invited his parishioners to a special harvest thanksgiving service at the church in Morwenstow, Cornwall in 1843. Whether it is to God, Mother Earth or those who work in the food industry, there seems to be a lingering desire to acknowledge and be thankful for the food that we enjoy.

Two symbols still often seen in harvest celebrations today are a decorated loaf of

bread and a doll made of corn. The loaf was traditionally a gift from the local farmer to the church to use at mass, made using flour from the first wheat crop. The doll was made from the last sheaf of the harvest and kept until spring – a goddess of the grain ensuring a good crop the following year.

In chapel each year we bring together our thanksgiving for all who grow, transport, package and distribute the food we enjoy. We reflect on our responsibility towards the environment and to those who struggle to enjoy the riches (or even the basics) of creation. The gifts we collect go to the Richmond Foodbank, one of a network of centres providing food not only to those who are precariously housed, but increasingly to those who run our essential services and yet struggle to feed their families.

This year the foodbank is asking for:

- | | |
|-------------------|-----------------------------|
| •Tins of meat | •Deodorant |
| •Meat-based meals | •Razors |
| •Rice | •Washing powder/
tablets |
| •Pasta | •Nappies |
| •Sugar | •Unwanted carrier
bags |
| •Tea/coffee | |
| •UHT Milk | |

If you are not coming to the service but would like to leave some gifts, the chapel will be open between 10am and Midday on Saturday 8th October.

There will also be a collection at the service for the work of WaterAid, ensuring the safe supply of water to some of the world's poorest communities.

Protecting Ourselves: Home Contents Insurance



by **Stuart Lee**

Almost half of people who do not own their own home do not have insurance. The

Richmond Charities insures the building you live in but, if there were a fire, flood or burglary, your belongings would not be covered by this insurance. People sometimes think that they do not own that much but most of our almshouses contain furniture and belongings with a value higher than one might expect. Without insurance, residents would be responsible for funding the replacement of this if something were to happen.

Contents insurance covers you if something is lost or damaged within your home. If you are not sure what counts as contents, imagine tipping your house upside down. What would fall out? Everything that falls out, plus carpets and curtains, would count as contents. How much would it cost to buy all of that new? Contents insurance does not cover the normal wear and tear of your belongings, and high value items like jewellery and computers may need to be covered separately, but contents insurance on a relatively small house can be very reasonable. You can also extend your policy to add on precious things that you might take out of your home like bicycles, jewellery, handbags and mobile phones. Some policies also allow you to pay a little extra to cover you for damage caused by accidents,



such as spilling red wine or coffee on a carpet or sofa.

The easiest way to find a reasonable policy is to use a price comparison website such as Compare the Market or Money-SuperMarket. Using one of the bungalows at Hickey's as an example on MoneySuperMarket, I found 4 quotes that came in at under £50 for a year.

When you find a good quote, aim to pay for the insurance in one go. Paying monthly is just like taking out an expensive loan – you will likely pay much more for it in the long run. And, don't forget, never auto-renew when your year is over – always look around to see if you can find a cheaper policy.

Unlike everything else in the world, contents insurance policies are currently at their lowest rate for over a decade, so why not take a look (or get someone else to on your behalf) and buy yourself a little peace of mind?

Stuart Lee Farewell



by Juliet Ames-Lewis

Our Chaplain, Stuart Lee, will be leaving The Richmond Charities in mid-October. Stuart has been the charity's Chaplain since September 2016 and has brought so much expertise, experience, care and support to our residents, our community and our Chapel Life and he will be much missed.

Please join us on **Sunday 16th October at 3pm in the Chapel** for a farewell service to Stuart, followed by refreshments.



Residents' Open Forum Meetings



by Juliet Ames-Lewis

Each year we hold open forums for residents to attend and share comments and thoughts about their homes, the grounds and the charity in general. The forums are also a chance for residents to hear about the charity's future development plans and about forthcoming improvements to our estates. In particular this year we will be updating residents about two new almshouse developments and about our progress on obtaining permission from the Council to install photovoltaic panels on most of our almshouse estates. The forums are also attended by me, Scheme Managers and Trustees.

If you have any items that you would like to raise at the meetings and put onto the

agenda, please let your Scheme Manager know at least one week before the meeting.

The dates and times are as follows (all forums will be held in the Chapel at Hickey's Almshouses):

Tuesday 11th October 12noon – 1pm
Hickey's

Wednesday 19th October 10am – 11am

Bishop Duppa's, Candler, Michel's, Queen Elizabeth's, Wright's, Juxon's, Christchurch Road

Tuesday 25th October 12noon – 1pm
Adelaide Rd, Benn's Walk, Church Estate, Houblon's, Manning Place

"Everybody Needs Good Neighbours..."



by Margaret Goddard

Even though I never watched the programme, the theme tune is familiar, and the sentiments expressed in the lyrics (although rather sentimental for my taste!) undeniable.

So it was with sadness that I heard of the impending dissolution of the Friends and Neighbours, and pleasure in hearing of its possible redemption in a modified form.

I would like to thank Pat for her dedication and hard work over many years. Although I have only attended a few events (often they occurred on days I couldn't make!), the ones I have been to have been extremely well organised

and enjoyable and I am glad they may be able to continue. Thanks are also due to her regular team of helpers!

People who move into almshouses are often entering a community where they know no-one, and the majority are on their own. Friends and Neighbours has always been a great way of settling in and getting to know people in what may have seemed an alien environment.

So once again, thank you Pat and your team for giving us the opportunity to get to know one another more easily.

***"Neighbours should be there for one another;
That's when good neighbours become good friends"***

Recycling Small Electrical Items

DID YOU KNOW?

That you can take your small electrical items and batteries for recycling to Twickenham Library?

We all ask how we should dispose of our small electrical items when we stop using them or when they no longer work. We usually take them to the dump or put them in our rubbish bags. Did you know that **Twickenham Library** will take them? The library has some clever people who try to fix them if they can and then they are ready for someone else to make use of, so why not think

about using this service rather than just throwing everything away.

If you want to try it out here's a list of the items they will take:

- | | |
|----------------------|-------------------|
| •Toasters | •Desk phones |
| •Kettles | •Mobile phones |
| •Hair dryers | •Electric shavers |
| •Portable radios | •Hi-Fi |
| •DVD players | •CD players |
| •Desk fans | •There is also |
| •Electric toothbrush | a container for |
| •Laptops | your used |
| •Computer key-boards | batteries. |

Memorial Service for Leslie Cook



by **Stuart Lee**

Leslie Cook was a much-loved and long-standing member of the almshouse community. Over the years

he has brought his wry sense of humour, his support and friendship into many situations. He was a great champion of Friends and Neighbours, a faithful member of the chapel community and a great advocate for The Richmond Charities. Willing to bring humour, encouragement,

gratitude or challenge as appropriate, he will be greatly missed. Leslie died earlier this year in Ireland whilst at a family celebration and his funeral took place a few days later.

On **Saturday 8th October at 11.30am** there will be an opportunity to celebrate his life and say farewell at a Memorial Service at the **Church of St Mary Magdalene in Richmond**. Please join friends, family, fellow residents and staff.

A Big THANK YOU To Eve & Steve



by **Linda Prendergast**

Quiz night

I am sure that each and every resident who has ever attended this event

will agree that the quiz nights Eve and Steve have hosted over the years have been a huge success and have always been eagerly awaited and very well attended. In fact, it's usually a full house!

There is always a competitive vibe throughout the night, but above all else, it's fun and the chapel is filled with laughter the whole time. I'm not sure if that might have something to do with the wine and nibbles on offer though!

Eve and Steve have always gone above and beyond to put on a fantastic event, making sure there was a great mixture of questions to get our brains working overtime. You can hear everyone at the

tables whispering to each other trying to answer the questions without letting the other tables hear what they are saying. Strategy always plays a part when the joker is played too. How strong is their team at answering certain categories? Will the joker win the game for them and who will take the trophy home?

Sadly, Eve and Steve have decided that it's time for them to hand over the baton to someone else, and that someone is Margaret Goddard from Candler Almshouses. Margaret has many years' experience in hosting quiz nights, so the event is in good hands and will continue to keep us all entertained in the future.

I'm sure you would all like to join Richmond Charities in saying a huge 'THANK YOU' to Eve and Steve for all the hard work they have put into hosting this event for all these years.

Boules – Taster Sessions



by Linda Predergast

The aim of the game is to throw the steel boules as close as possible to the jack whilst trying to displace rivals boules to a further point.

How to play

To start the game, a coin is tossed to decide which team will go first. When selecting teams it is also good to make sure there is a mix of players of all ages and abilities. The first player or team then decide the throwing position. It is recommended that the spot is marked; this was originally done with a baguette – we think this is a waste of good bread so try using a stick, chalk, rope or even a jumper depending on the playing location. The player who has marked the spot then throws the small wooden ball which is often called the jack. If the jack does not land in an appropriate position, it must be thrown again until it does.

The first player then throws one boule, from the same position, towards the jack aiming to get it as close as possible. The opponent then steps into the same place and tries to place a boule closer than the opposition's or knock the other boule out of the way. You must throw within one minute of your turn starting. The boule nearest the jack is said to be *holding the point*. The player / team that is not *hold-*

ing the point continues throwing until they place a boule closest to the jack, and so on. Players on the same team do not have to take alternate throws, but players must always play their own boules.

When a player or team have no boules left to be played, the player or the other team then needs to throw their remaining boules and try and place as close as possible to the jack. One round is called an *end*. The winner of an *end* becomes the first player of the next, starting from the finishing position of the jack in the previous *end*.



Scoring

In each *end*, the player or team with the boule closest to the jack wins the game. They score one point for each of their boules that are closer than the closest boule

belonging to a rival. This means the score could be one only. The maximum score for a two-player game during one *end* is four points (if all the boules of one team are closer to the jack than any of those belonging to opponents). A whole game is won by scoring 13 points (requiring at least four *ends*) or whatever total you choose to play to.

If you would like to try the game, we have purchased a set of boules and have arranged for two taster sessions to be held on the grass in the **Secret Garden at Church Estate**.

Thursday 6th October 2pm – 4pm

Thursday 13th October 2pm – 4pm

The Almshouse News PHOTO COMPETITION



by Chantal Richards

Are you a budding photographer?

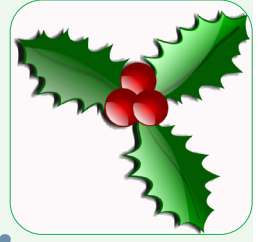
We are excited to announce that we will be holding a monthly photography competition, with an opportunity to win a £10 M&S voucher.

The competition is open to ALL residents. The subject can be anything 'seasonal', and you can interpret that as you wish. All entries will be published in The Almshouse News.

Please send your photos by email OR by hand to your Scheme Manager.

The judges will be the members of the editorial committee. We can't wait to see your photos!

Friends & Neighbours Christmas Party



by Pat Platt

**Please save the date
Tuesday 6th December
Time 3pm – 5pm**

It's The Friends & Neighbours **LAST** Christmas Party, so let's make it a good one.

We have by popular request a choir from Marshgate School coming to sing for us.

Please let Pat know if you will be attending on **0208 940 4233** or you can let your Scheme Manager know, for catering and seating purposes

My Favourite Photo



by Lorraine Bradley

While visiting some of the almshouses we have noticed a number of fabulous photographs of you

and that led us to think about putting some in a column called **My Favourite Photo**.

This could be accompanied by a few lines in your own words why the photo is special to you. If we have plenty of photographs we could run this column monthly.



They could be of you and family, friends, wedding day, whatever you hold dear. If you would like to participate please speak to your Scheme Manager.

Reminder: 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 sort of IT issues you are looking for help with.

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

NHS Podiatry & Chiropody

A podiatrist (or chiropodist) can help you with common foot problems, including ingrown toenails and bunions. These healthcare professionals have been trained to diagnose and treat abnormal conditions of the feet and lower limbs. They can also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections.

There's no difference between a podiatrist and chiropodist, but podiatrist is a more modern name.

How can a chiropodist / podiatrist help?

Podiatrists can give you advice on how to look after your feet and what type of shoes to wear. They can also treat and alleviate day-to-day foot problems including toenails, such as thickened toenails, fungal nail infections or ingrown toenails, corns and calluses, athlete's foot, dry and cracked heels, bunions and blisters, to name a few.

But even if your feet are generally in good condition it's a good idea to keep them in check. Any minor problems that are picked up can usually be treated on the spot.

You may be able to see a podiatrist/chiropodist on the NHS via your GP, an occupational therapist or other health worker. They will refer you to your nearest chiropodist clinic if you fit their criteria.

If free NHS treatment isn't available, you can visit a local clinic for private treatment. Average cost of a podiatry visit is £50. There are also podiatrists who will visit you at home.

October Awareness Days

International Podiatry Day. 8th Oct
Podiatrists seek to advance the field of podiatry, to better serve those with foot and ankle ailments. (see article on left for more info on podiatry).

Back Care Awareness Week.

3rd - 7th October.

www.backcare.org.uk/

Breast Cancer Awareness Month.

October. Breast screening services have now resumed after Covid. It is important to ensure you get checked if you find any symptoms.

www.breastcanceruk.org.uk

National Poetry Day.

6th October.
The theme this year is The Environment.

www.nationalpoetryday.co.uk

National Badger Day.

6th October.
If you see one of these short-legged furry fellas, you might get into a cuddling mode but make no mistake!

These are fearsome creatures who may appear adorable and docile but can fight back when provoked!

www.nationaltoday.com/national-badger-day

International Gin and Tonic Day.

19th Oct.

Help protect yourself and others this winter with your flu jab and COVID-19 autumn booster



This winter there are two essential vaccines needed to protect yourself and those around

you: the flu vaccine and the COVID-19 booster vaccine.

People aged 50 years and older, and in a clinical risk group will be offered a booster of coronavirus (COVID-19) vaccine this autumn.

Appointments will be available from the National Booking Service shortly.

Richmond upon Thames marks accession of King Charles III

The proclamation was read by the Mayor of Richmond upon Thames at a formal ceremony on Sunday 11 September on the steps of York House in Twickenham.



Activities restart at Cambrian Community Centre Richmond



Community activities including the Community Choir and Gentle Yoga sessions have restarted at the Cambrian Community Centre with new members welcome to join.

For more info: www.cambriancentre.org
The Cambrian Community Centre, Caplan Court, 1 Grove Road, Richmond, TW10 6SN

Warning: Fake emails pretending to be from Ofgem

People have received scam emails pretending to be from Ofgem telling them they are due a payment under a new government scheme to help deal with escalating gas and electricity costs

Safe Singing with Whitton Adult Community Singing

Learn the essential skills and make progress in group singing for adults of all ages, genders and cultures.



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

Review: Scam Talk



by Linda Prendergast

Constable John Selby from the Met Police Cyber Unit gave what can only be described as a fantas-

tic, insightful and comprehensive scam talk to a well-attended audience of residents in Hickey's Chapel on Tuesday 6th September.

The talk covered most of the ways that criminals target their "victims" from Phishing to Vishing and more. John explained what we should all be looking out for on our computers, phones and even on our doorsteps. John said on several occasions throughout the talk that "If it sounds too good to be true it probably is... it's probably a scam". "If it doesn't feel quite right it's probably not". – that's most likely a scam too. John talked about and gave great advice

on how we can better protect ourselves from cyber attacks as well as what to do when someone knocks on our doors claiming to be someone they are not e.g., the water board or the gas man.

John also gave some great advice on passwords and what makes a really secure password. We were all shocked at how quick and easy it can be for a criminal to get your password and gain access to your accounts. "In under 10 seconds in some cases"

The afternoon finished with a question and answer session and a promise from John to have some literature sent to me to distribute to residents, but in the meantime if any resident wants to look up what was discussed today it's all available on the Action Fraud website: www.actionfraud.police.uk

Please write your words of condolence, memories and anecdotes for HM Queen Elizabeth II and give to your Scheme Manager **before Friday 14th October** for inclusion in our November edition dedicated to the late Queen.

Your name: _____



Your message: _____

Synonym Puzzle

Please tick

1. Do you know which one is a synonym for part?

portion ☐ twist ☐ function ☐

2. Do you know which one is synonym for environment?

habitude ☐ conservation ☐ ambiance ☐

3. Do you know which one is a synonym for after?

behind ☐ over ☐ amid ☐

4. Do you know which one is synonym for take?

receive ☐ bring ☐ detect ☐

5. Do you know which one is synonym for old?

benign ☐ aged ☐ halcyon ☐

6. Do you know which one is a synonym for observe?

actuate ☐ heave ☐ witness ☐

7. Do you know which one is a synonym for eerie?

flighty ☐ balmy ☐ uncanny ☐

Answers in next month's issue.

Food Quiz

1. Mace grows around the outside of which other spice? _____

2. Which dessert was named after a Russian ballerina? _____

3. What type of pastry would you use to make profiteroles? _____

4. What turns a plain martini into a dirty martini? _____

5. Which is the most expensive spice in the world by weight? _____

6. What is the main ingredient in a falafel? _____

7. From which country does the Stilton originate? _____

8. Which sweet layered pastry with filling comes from Austria? _____

9. In which country is the Casablanca wine-valley? _____

10. What is the national soft drink of Scotland? _____

11. Which hot drink is made with coffee, whiskey and cold cream? _____

12. What does the HP stand for in HP sauce? _____

13. Battenberg cake is traditionally which two colours? _____

14. I'm a delicacy, found in Colchester, and the Romans loved me, what am I? _____

15. What is a smoked herring also known as? _____

16. What is Arbroath Smokie, a typical Scottish dish? _____

17. Cawl refers to a traditional broth or soup of which country in the UK? _____

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 14th October 2022.

Name: _____

Natural Remedies



by Debbie Flaherty

Healing Your Feet

Epsom Salts are a brilliant soak for feet. Just add the salts to a bowl of warm water and soak for 20 – 30 minutes. Then dry and moisturise.

Another good tip for your feet is to rub a few drops of peppermint oil on your feet which is good for both skin and muscle and gives much needed relief for tired and achy feet.

FOR SALE: 4 Wheel Electric Mobility Scooter



New CareCo 4-wheel electric mobility scooter.

Little used, perfect condition

Price: £350 ono.
(price new £600)

Please contact: Mrs Jennifer Cooper,
Tel: 020 8892 3536 / M: 07717 523941

Answers: SPOT THE DIFFERENCE, September.



Getting to Know You



by Dorothy Coe

•What is your most valuable possession?

My green stone pendant as my family in New Zealand bought it for my 60th birthday. It is a link with N.Z. and family members out there.

•What is your favourite song and how does it make you feel?

My favourite song has to be *Three Times a Lady* by Lionel Ritchie.

•Which song makes you want to dance the most? Definitely *Dancing Queen* by Abba. It gets me and most people up dancing.

•What words of wisdom would you pass on to the younger generation?

“Love your mum, live for today” are my words of wisdom passed down to family members.

•What is your greatest achievement?

I have two – climbing the highest mountain in the Austrian Alps, and in golf, breaking 100 at the age of 65.

•Who would you invite out of anyone to a dinner party?
Brian May from the group Queen.

•What is your best or worst quality?

I always have to be on time, I cannot stand to be late for anything.

Poetry Corner by Nigel Davis



Byron is not, I think, read that much these days. He was in his own way a superb poet and an absolute master of metre and rhyme; but his long romantic epic poems are not of the current fashion, perhaps never will be again. All the same, he took the early 19th century – in Europe as well as Britain – by storm with his poetry. Walter Scott, for example, who had achieved great success until then with his long poems such as *Marmion* and the *Lady of the Lake*, realised swiftly that his own style of poetry was being displaced and turned his hand to writing novels (with immense success) instead.

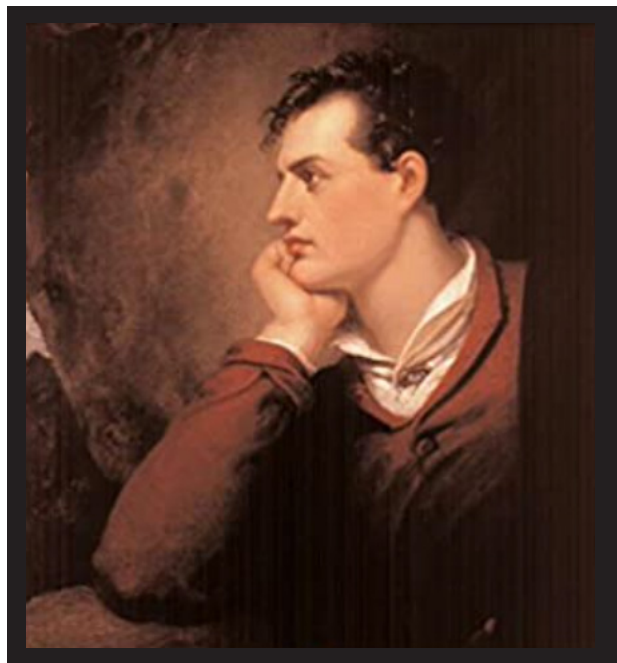
Byron was, to adapt the words from Monty Python's *The Life of Brian*, 'a very naught boy'. He seems rather to have encouraged his scandalous reputation while at the same time claiming that he was utterly misunderstood. Anyway, this short poem contemplates a time when the days of romantic buccaneering are over. But you don't get the impression that the poet is too down-hearted about that, rather he is philosophical. A short poem but, I think, a very good one.

So, We'll Go No More a Roving by Lord Byron

So, we'll go no more a roving
So late into the night,
Though the heart be still as loving,
And the moon be still as bright.

For the sword outwears its sheath,
And the soul wears out the breast,
And the heart must pause to breathe,
And love itself have rest.

Though the night was made for loving,
And the day returns too soon,
Yet we'll go no more a roving
By the light of the moon.



Lord Byron 1788 - 1824