

COMEDY and LAUGHTER



LAUGHTER IS THE BEST MEDICINE

TODAY'S "LAUGHTER MACHINE"

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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 17th February 2023

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.

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

Magazine Design: Chantal Richards

Apologies

Many apologies to Ian Heath and Marilyn Edwards who were missed off the official *THANK YOU TO OUR CONTRIBUTORS* list in our last issue. Of course, we value all your contributions and apologise for the admin error in missing out your names. (Ed).

Competition Winners

Thank you to everyone who submitted competition entries for the *Review of 2022 Crossword*. Picked at random, the winner is:

Annelise Mehornay
Congratulations!

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

Chapel Schedule: February 2023

5th February <i>Feast of the Presentation</i>	10.30am Eucharist
12th February <i>6th Sunday of Epiphany</i>	10.30am Eucharist with hymns
19th February <i>Last Sunday of Epiphany</i>	10.30am Eucharist
Wednesday 22nd February <i>Ash Wednesday</i>	10am Eucharist
26th February <i>1st Sunday of Lent</i>	10.30am Eucharist with hymns



This magazine is recyclable.

Letter from Debbie Flaherty



Hello Residents

Our theme this month is comedy. Laughter has many benefits: it enhances our intake of oxygen rich air, stimulates your heart, lungs and muscles and increases endorphins that are released by your brain.

It also relieves your stress response which in turn improves your mood by increasing positivity, and as an added bonus it can even reduce pain. So what could be better than watching or listening to something or somebody that makes us laugh. I think we all need a bit of laughter to get us through the rather dull month of February. So I for one am going to be laughing my way through this month (obviously only when appropriate ha-ha!!)

This is also the month of love so, Love To You All. I will end this editorial letter with a quote from author Trenton Lee Stewart,

"What is life without laughter"



Are these
your
glasses?



They were left behind at the Residents' Christmas lunch. If they are yours, please ask your Scheme Manager.

What Makes You Laugh?

What makes you laugh: **SMs when they come to visit as we often end up laughing!**

What TV programme makes you laugh: **Rising Damp with Leonard Rossiter**

Jenny Ruff, resident

What makes you laugh: **As soon as I think of Spike Milligan I find myself laughing**

What TV programme makes you laugh: **Morecambe and Wise, The Vicar of Dibley** and **The Good Life**

Sheila Walker, resident

SOS

Switch
Off
Something



Turning appliances off at the socket could save you up to £70 a year.

Almost all electrical appliances in your home, such as computers and televisions, draw power continuously unless unplugged.

Turn off the power switch at the socket or unplug appliances from the socket when they are not in use.

**DO NOT SWITCH OFF
YOUR CARELINE**

Are you 'aving a laugh!

by Mike Townsin



Confession: I'm NOT a humorous writer (unlike P.G. Wodehouse, or the wonderful Caitlin Moran), otherwise this piece would be hilarious! So forgive me if this is merely a Quite Interesting take on the subject.

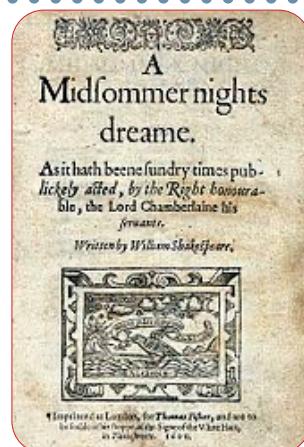
Comedy inhabits all manner of laughter-inducing forms – theatre, film, stand-up, television, radio, books, Beano, Dandy, poetry – Pam Ayres!!



Way back, the ancient Greeks kicked it off: Aristophanes and Menander were the superstars, using their plays to satirise people and institutions as ridiculous or corrupt. But they didn't write comic plays like ours today: rather they used satire and comedy – sometimes of a phallic and bawdy nature – within otherwise serious dramas and tragedies; the Greek word for comedy, was 'komikos' and Greek comedy even had its own Muse, Thalia.

Later, the Greek philosopher and playwright Aristotle taught that comedy was positive for society, since "it brings forth happiness". In our humble way, that's the intention of this month's Almshouse News!

And so, across the arc of history, we find that



in the Middle Ages, the term 'comedy' became synonymous with satire, and only later with humour in general – though in Elizabethan times it had a very different meaning from modern comedy: Shakespeare's comedy invariably has a happy ending, usually involving marriage between the main characters.

The seaside Punch and Judy show has its roots in 16th century Italy, and a character called Pulcinella, who later morphed into Mr Punch, whose first recorded appearance in England was 1662. "Pulcinella was popular with Restoration British audiences after the fun-starved years of Puritanism". Mr Punch's style was anarchic, like hitting his wife over the head: "that's the way to do it!" – and often provoked shocked laughter.



Pantomime – "he's behind you!" – originated in the early 19th century, including the first mainstream clown, Grimaldi, followed in mid-century by hugely popular music hall theatre where artistes like Charlie Chaplin, Laurel and Hardy and Dan Leno honed their slapstick skills. An English comedian and impresario called

Comedy and Laughter! - ALMSHOUSE NEWS

Fred Karno – in my youth the pejorative term for chaos was “Fred Karno’s Army” – was regarded in America as a bit of a genius who invented slapstick, the foundation of vaudeville, which remained popular into the 1930s with comedians such as W.C. Fields, Buster Keaton and the Marx Brothers.

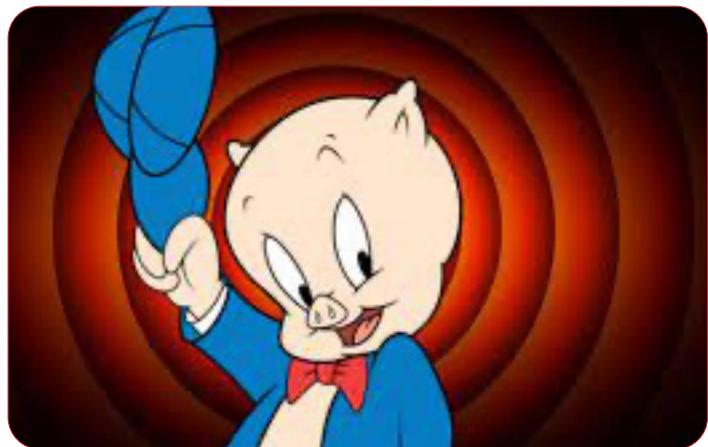


Atkinson as Mr Bean.

Surreal humour sprang to life on radio after WWII with *The Goon Show*, and later *Monty Python*. Other nations produced a number of globally famous comedians, from America's Abbot and Costello, Jerry Lewis, Bob Hope, Jack Benny, Lucille Ball, *Amos n' Andy* in the 50s and 60s, to Robin Williams and Eddie Murphy in the 70s and '80s, and Australia's Paul Hogan and Dame Edna – Barry Humphries, and to Ricky Gervais one of today's genre of caustic comedians; his catchphrase “Are you ‘aving a laugh!” is his incredulous response to someone's daft comment.

In the unlikely event that other famous, but left-out, comedians read this, I will probably be in trouble from both them and their agents! But, as somebody once said, “tough bananas”. Anyway, I'm sure you can name

your own favourites from the '50s (remember *ITMA* and *Round the Horn?*), to today (*Have I Got News for You*, Dawn French, Peter Kay et al). “That's all Folks!” as Porky Pig signs off at end of Looney Tunes.



What Makes You Laugh?

.....

What makes you laugh: **I last laughed out loud when my nephew was here, he was pretending to be a Dalek with two of my walking sticks and the grabber stick coming at me.**

What TV show makes you laugh:
***Not Going Out*, it is very subtle in its humour but also very edgy.**

Susanne, resident

What makes you laugh: **Scarlett attempting to blow raspberries at me.**

What TV programme makes you laugh:
Gogglebox

Mick Tinson, staff

What makes you laugh: **The things that animals do make me laugh.**

What TV programme makes you laugh:
Programmes like *Only Fools and Horses* make me cry with laughter. Just good old fashioned silliness.

Linda Prendergast, staff

What is Laughter Yoga?



by Juliet Ames-Lewis

Laughter Yoga is a fantastic way of keeping fit and healthy whilst having fun.

It all started in a park in Mumbai in 1995 with just 5 participants, and now there are thousands of Laughter Clubs in more than a hundred countries around the world – just showing the need to laugh more.

Laughter Yoga is based on the principle that your body benefits from laughing even when we pretend to laugh. As long as you are willing to laugh you will get the psychological and physiological benefits of laughter. The good thing is that in our Laughter Exercises the simulated laughter soon turns into genuine, deep and hearty laughter.

It is a combination of deep breathing techniques from Yoga and playful laughter exercises. Usually practiced in groups where you can make eye contact and connect with your sense of childlike fun.

Laughter Yoga celebrated 25 years anniversary in 2020 and throughout all these years tens of thousands of individuals have benefited from this practice all over the world.

Laughter Yoga is now widely accepted by the medical and scientific world, and large organisations are using Laughter Yoga to enhance the wellbeing of their staff.

The first Sunday in May is WORLD LAUGHTER DAY when laughter yoga around the world is celebrated for Peace, Health and Happiness.

You can find online laughter yoga classes by emailing info@laughteryogawellness.co.uk

What Makes You Laugh?

What makes you laugh:

Daft 'Dad' jokes. - I am one

What TV programme makes you laugh: **A bit old fashioned but repeats mostly like Allo Allo and Only Fools and Horses**

Alan Shirley, resident

What makes you laugh: **The antics of Keeping up Appearances is always good for a laugh and my sense of humour!**

What TV programme makes you laugh: **As Time Goes By and Last of the Summer Wine**

Jean Newport, resident



Riddle: What part of London is in France?

ANSWER: The letter N.

What makes you laugh: **Being with my best friend and laughing at things no one else seems to find funny**

What TV programme makes you laugh: **I like watching Michael McIntyre, just his mannerisms make me laugh.**

Jo Davison, staff

What makes you laugh: **When I am with my friends I feel happy as we have a good laugh most of the time**

What TV programme makes you laugh: **Only Fools & Horses especially the Batman & Robin episode**

Lena Warboys, resident



Riddle: Where do sheep get a hair cut?

ANSWER: The baa-baa shop!

What makes you laugh: ... thinking back to the most recent occasions when I have really laughed out loud, the common factor is the company. Being with people I have known for a very long time, be it friends or family, being relaxed and at times laughing uproariously at ... well, I have no idea at what! Happy times.

Kate O'Brien, Trustee



Riddle: Where do horses live?

Answer: In a NEIGHborhood.

What makes you laugh? My Australian neighbour's sense of humour, she has a great one and always makes me laugh.

What TV programme makes you laugh: *Ghosts on BBC1* and *Frasier* repeats on Channel 4.

Alison McAlear, staff

What makes you laugh: Animals

What TV programme makes you laugh:
As Time Goes By

Jill Hayes, resident

What makes you laugh:

My grandchildren

What TV programme makes you laugh:

Have I Got News For You?

James Power, resident

What makes you laugh: *Private Eye* cartoons e.g:-

Lilliputians to Gulliver at Immigration Control

"Sorry about all the red tape" or Man patting his pockets in front of computer "Now where did I put my memory stick?"

Mike Townsin, Trustee

What makes you laugh: Went shopping the other day. There was a TV on display in a window: £1 - VOLUME STUCK ON FULL: I thought I can't turn that down....

Jonathan Blythe, Trustee

What TV programme makes you laugh:

Fawlty Towers, *Blackadder* and
Big Bang Theory

Serge Lourie, Trustee



Riddle: What do bumblebees sing in the shower?

Answer: BeeBop.

The Top 25 Romantic Comedies

Films to make you laugh and smile.

25. *My Big Fat Greek Wedding* (2002)
24. *Enchanted* (2007)
23. *Annie Hall* (1977)
22. *The Holiday* (2006)
21. *The Break-Up* (2006)
20. *Forgetting Sarah Marshall* (2008)
19. *Splash* (1984)
18. *Crazy Rich Asians* (2018)
17. *Crazy Stupid Love* (2011)
16. *Gregory's Girl* (1981)
15. *The Philadelphia Story* (1940)
14. *Arthur* (1981)
13. *Notting Hill* (1999)
12. *Sleepless in Seattle* (1993)
11. *10 Things I Hate About You* (1999)
10. *Pillow Talk* (1959)
9. *Bridget Jones's Diary* (2001)
8. *The Proposal* (2009)
7. *Pretty Woman* (1990)
6. *While You Were Sleeping* (1995)
5. *Jerry Maguire* (1996)
4. *Groundhog Day* (1993)
3. *Four Weddings and a Funeral* (1994)
2. *When Harry Met Sally* (1989)
1. *His Girl Friday* (1940)

What makes you laugh: Family make me laugh because of certain situations that happen

What TV programme makes you laugh: I love good old fashioned comedy programmes like *Only Fools and Horses* and *Morecambe and Wise*

Jackie Golding, resident

ALMSHOUSE NEWS - Comedy and Laughter!

What Makes You Laugh?

What makes you laugh:

Heard recently at Richmond station, on the District Line: "Please stand clear on platform 6 as the approaching train does not stop here" As platform 6 ends in a set of buffers, this was distinctly disconcerting!

Paul Phillips, Trustee

What makes you laugh: **to see a pudding roll**

What TV programme makes you laugh:

Morecombe and Wise

Beryl Read, resident

What makes you laugh: **Peoples' comments in shops and on transport**

What TV programme makes you laugh:

The Kaminsky Method with Michael Douglas on Netflix

Alison Fleming, resident



Riddle: When are eyes not eyes?

Answer: When the wind makes them water.

What makes you laugh: Video of my friend's 'terrible 2s' grandson. Having been given a bed of his own for the first time and a stair gate to keep him in his room, he decided to do a figure of eight assault course over and under the bed, at high speed. Hilarious, but better on film than on paper!

Margaret Marshall, Trustee

What makes you laugh: **My son makes me laugh, everyday**

What TV programme makes you laugh: **Gavin and Stacey** TV show

Debbie Flaherty, staff

What makes you laugh: **Ealing Films, especially School for Scoundrels**

What TV programme makes you laugh: **Mandy** with Diane Morgan.

Gerry Wilson, staff

What makes you laugh: A friend of mine cooked his self-invented chicken dish for me. It was very tasty. He cooked it in his microwave and called it 'Chicken ding'!

Alex Hall, resident

What makes you laugh: **Jokes**

What TV programme makes you laugh:

Benny Hill

Robin Finn, resident

What makes you laugh: I like watching anything with Bradley Walsh in as he makes me laugh

What TV programme makes you laugh:

Doc Martin

Angela Greaves, resident

What makes you laugh: When age catches up with you: you get your coat, shoes and scarf on ready to go out an date, then when you are about to leave you realise you don't have your trousers on!

What TV programme makes you laugh: Anything comedy like **8 out of 10 Cats**

Jenny Heathcote, resident



Riddle: Why did the jelly roll?

Answer: It saw the apple turn over.

What TV programme makes you laugh: **The old ones are the best – Dad's Army**

Jeremy Williams, Trustee

What makes you laugh: There are too many things to write down in one sentence that make me happy

What TV programme makes you laugh: I love watching Russell Howard as he makes me laugh.

Buki Onabolu, resident

What makes you laugh: I went to an adult panto this year with my daughter and it was hilarious and very risqué !

What TV programme makes you laugh: The funny series called **Motherland** about a group of mums (and one dad) and the antics they get up to.

Lorraine Bradley, staff

What makes you laugh: Roxanne makes me laugh. Her humour brightens my working day!

What TV programme makes you laugh: **I'm A Celebrity Get Me Out of here** is the only TV show I watch and it really makes me laugh.

Claire Sanecka, staff

THANK YOU FOR ALL YOUR CONTRIBUTIONS!

Don't Laugh – This is Serious!



by Mike Townsin

On the face of it medicine and laughter don't seem likely bedfellows. But science and observation indicate otherwise.

Recent studies show that laughing with others releases endorphins – feel-good chemicals in the brain – via opioid receptors. The more opioid receptors you have in your brain the more powerful the effect. Like some drugs, laughter binds those receptors inducing euphoria.

This endorphin effect also helps explain why social laughter appears to be so contagious: I'm sure you've experienced it in theatres and with best man speeches at weddings – even if, in the latter case, it's sometimes only polite!

In groups, endorphine release promotes a sense of fellowship – that's why when someone starts laughing, others join in.

Another study found that there are differences in how we perceive laughter – again, you unconsciously know this: there's joyous laughter, mocking laughter, rib-tickling laughter, each of which activates different

parts of our brains, as our brains decipher what is being communicated.

There is also the role of laughter in relationships. It has been shown that women laugh more than men, but that men instigate laughter more – maybe the reason there are more male than female comedians. Apparently women rate a sense of humour in men as very important in a relationship, whereas men do rate women who laugh a lot, but especially at their jokes! Hardly surprising then that laughter is an important ingredient in a successful partnership.



On a purely medical note laughter can have a similar effect to anti-depressants: laughing activates the release of serotonin, a brain chemical active in SSRI type antidepressants (Serotonin Uptake Inhibitors).

And research has shown that laughter protects your heart: it is said to have an anti-inflammatory effect on blood vessels and heart muscle thus giving some protection against cardiovascular disease. It's not fully understood but the theory is that inflammation is linked to increased bodily stress, which laughter can mitigate.

So, folks – split your sides!

Local Comedy Events

We are lucky to be in an area rich with live entertainment. Here is a roundup of local live comedy shows and venues. Hope you have a good old laugh!



RICHMOND:
Live Comedy with Nathan Caton, Patrick Monahan, Esther Manito and Tom Ward
Date: Wednesday 1st Feb 2023
Time: 7.45pm - 10.30pm
Venue: Bingham Riverhouse, 61-63 Petersham Road, Richmond, TW10 6UT
To book tickets go to: www.binghamriverhouse.com/
Price: £20 (£10 members)



To book tickets go to: www.wholelottacomedy.com/events
Price: £15

COMEDY CLUB AT THE RICHMOND CLUB **RICHMOND:** Live Comedy
hosted by Alistair Barrie with comedians Matt Richardson and Laura Smyth
Date: Sunday 26th February 2023
Venue: The Richmond Club
115 – 117 Kew Road, Richmond, TW9 2PN
To book tickets go to: www.therichmondclub.uk/event
Price: £5 non-members (members free)



BARNES: Live Comedy from Soho to Barnes!
Each performance features a compere plus three different comedians meaning there's something

for everyone. This is a recognised platform for established standup comedians. The Comedy Store is always one of the most popular evenings at the OSO. Book ahead and arrive at the venue early to secure your preferred seats!

Date: Friday 17th February 2023

Venue: OSO Arts Centre, Barnes

To book tickets go to:

www.osoarts.ticketsolve.com

Price: £22 (members £20)



ST MARGARETS: Live Comedy Every Week with four comedians.

Please check website for upcoming events in February.

Date: February 2023

Venue: Turks Head Pub, 28 Winchester Road Saint Margarets TW1 1LF

To book tickets go to:

<https://www.bearcatcomedy.co.uk>

Price: £20 includes membership



TWICKENHAM: An Evening with Clinton Baptiste. As seen on Peter Kay's *Phoenix Nights*. The world-renowned clairvoyant, medium and psychic is back!

Date: Friday 17th February 2023 @ 8pm

Venue: The Exchange, 75 London Road Twickenham TW1 1BE (opp Twickenham railway station)

To book tickets go to:

www.exchangetwickenham.co.uk

Price: £20 / Concession £18

Our New Chaplain



by Juliet Ames-Lewis

I am delighted to let you know that we have appointed a new Chaplain, Reverend



Derrick Thompson. Derrick is currently Vicar of St Paul's, Thornton Heath in the Diocese of Southwark. Derrick's last service at St Paul's will be on 16th April 2023 and he and his wife Jan will then move to Richmond and he will take up his new post on 1st May 2023. Derrick will be licensed by the Archdeacon of Wandsworth at a service in **Hickey's Chapel on Sunday 7th May at 11am**. This will be followed by lunch and a welcome party on the front lawn at Hickey's. Derrick and Jan will live in the Chaplain's accommodation at Hickey's Almshouses.

Derrick has asked me to share a few words with you all:

Dear New Friends,

I wonder if you can imagine my joy. I was standing on the platform of Richmond station after a lovely day which included meeting residents, staff and trustees of The Richmond Charities and having an interview for the role of Chaplain. My telephone rang and it was Juliet offering me the role! This was on the 20th December and was the best Christmas present I could hope for.

It is with eager anticipation that I am looking forward to moving into The Richmond Charities community to share life with you. When I first saw the Chaplain's role advertised, I was attracted by the location



and architecture of the Almshouses. But it was the residents' videos on the website that captivated me; to hear of how welcome new residents feel, and how much The Richmond Charities is an active community, a family, not just a housing provision.

There seems to be so much life at the Almshouses and I am looking forward to getting to know you all at the various activities and by knocking on your doors to say hello and have a chat. Of course, I'll also be delighted to meet you in the Chapel of St Francis for worship on Sundays – and maybe even on other days of the week.

My wife, Jan, who is a full-time minister with The Salvation Army, is also looking forward to becoming part of The Richmond Charities family. We have two married children and three grand-children aged four, fourteen months and 10 months. I'm sure you will get to see them at some point when they come to visit us.

As we prepare for our move to Richmond we would value your thoughts and prayers, and assure you that we are already praying for you.

Now, as well as packing, I had better get my push bike up and running so that I can come and visit you all at the many almshouse estates that are part of The Richmond Charities!

*New year blessings to you all!
Derrick*

Guest Room Bookings

by Juliet Ames-Lewis



Recently we have had some issues with guest room bookings.

Residents have booked one of the guest rooms, not paid up front and then cancelled late. This has denied other residents the opportunity to have their friends and family staying. It is very sad and unfortunate when the guest rooms could have been used by others but another resident cancels so late that it is not possible to arrange it.

This was particularly an issue over the busy Christmas period where there was lots of demand for the guest rooms. It is not fair to other residents if you book the guest room and then cancel late, or reduce the number of nights you need it for.

We often have to turn potential bookings down because the rooms are already booked.

Therefore from now on we will be rigidly enforcing the rules which are already in place but not always followed, which is that to secure a booking, full payment must be made up front and that all payments are non-refundable in the event of cancellation.

Please be mindful of this and ensure your guests are definitely coming to stay before making a booking.

January Awareness Days

Raynaud's Awareness Month 2023

Raynaud's affects your blood circulation. When you're cold, anxious or stressed, your fingers and toes may change colour. Other symptoms can include: pain, numbness, pins and needles and difficulty moving the affected area. Raynaud's is sometimes caused by another health condition, taking certain medicines, or working with vibrating tools for a long time. For more info: www.sruk.co.uk

Tinnitus Awareness Week 2023

6th – 12th February.

Tinnitus is a common medical condition, affecting 10-15% of the population. In simple terms, it is the perception of sound when there is no external source. For more info: www.tinnitus.org.uk

Shrove Tuesday/Pancake Day

21st February 2023

Shrove Tuesday precedes Ash Wednesday (the first day of Lent), which is celebrated in some countries by consuming pancakes. In Louisiana, where it is called Mardi Gras, this is a carnival day, and also the last day of fat eating or gorging before the fasting period of Lent.



Scheme Manager Changes



by Juliet Ames-Lewis

**Effective from Monday
30th January 2023.**

We are delighted to be welcoming Gennie Thompson back from maternity leave at the beginning of February! Gennie and Marco's son Tafari will be 1 in February 2023 – the time has flown by! Gennie will be returning part-time during the week and re-joining the weekend rota. There will be some changes to which estates are covered by which Scheme Managers, as follows:

Jo Davison and Linda Prendergast will continue to be responsible for:

- Bishop Dupp'a's
- Candler
- Christchurch Road
- Juxon's
- Michel's
- Queen Elizabeth's
- Wright's

Claire Sanecka and Gennie Thompson will cover the entire Hickey's estate.

Lorraine Bradley and Debbie Flaherty will be responsible for:

- Adelaide Road
- Benn's Walk
- Church Estate
- Houblon's
- Manning Place

Of course, when Scheme Managers are on holiday or not on duty, they will continue

to cover other estates as necessary. Four SMs (Linda, Lorraine, Debbie and Claire) will continue to cover overnights during the week Monday – Thursday and the weekend rota will be covered by Linda, Debbie, Gennie and Claire, each covering one weekend in every four. Jo may sometimes be asked to cover overnights or weekends if necessary.

In 2024/2025 when we open our two new almshouse estates at Queen's Road and St Mary's Grove, there are likely to be further adjustments to Scheme Manager cover.

On This Day:

4th February 1938

Walt Disney's first full-length animated movie was released, which became a huge box office hit.

On This Day:

5th February 1953

Children in Britain could finally eat as much chocolate they wanted as sweet rationing ended following World War II.

On This Day:

6th February 1945

The legendary reggae artist Bob Marley was born.

On This Day:

11th February 1990

South African activist Nelson Mandela was released from prison after 27 years.

Improving Mental Health Through Creativity

ART AND SOUL



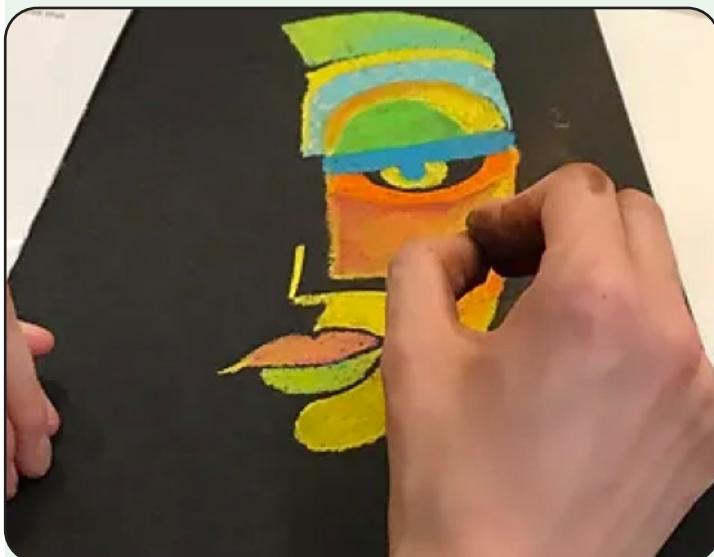
by Claire Sanecka

Art and Soul is a charity in South-West London providing a range of therapeutic arts workshops and other creative activities for local people, to help improve their mental health.

With growing evidence that workshops like these can help enhance emotional wellbeing, Art and Soul welcome everyone, regardless of their artistic ability. All the workshops and events we hold throughout the year are free, thanks to the support of individuals and a range of organisations.

TASTER SESSION COMING SOON...

watch out for more information in our next Almshouse News Edition.



14

Change of Venue: IT Sessions – 2023

Age UK are happy to continue the very successful IT sessions where they have helped residents get to grips with technology. We can confirm a further 2 dates so far in which to hold pre-booked timed slots so that each tutor spends 30 mins 1-1 with the resident.



Because we were having problems with the internet connection in the Garden Room future sessions are now being held in the conference room at:

Head Office

95 Sheen Road

on the following date:

Wednesday 8th February

between 10.00am – 12.00noon.

Please note.... Places are limited 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

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

Those Medical Words and Abbreviations: What Do They Mean?

by Dr Alex Hall



Not many years ago, if your family doctor referred you to the hospital, the hospital specialist would write to your doctor reporting on the consultation and telling your doctor any diagnosis and proposed treatment.

These days, you, the patient, also gets a copy of this letter, which often contains medical jargon and abbreviations. I propose doing a series of articles to explain 'jargonese'. Any suggestions for topics in future articles are welcome!

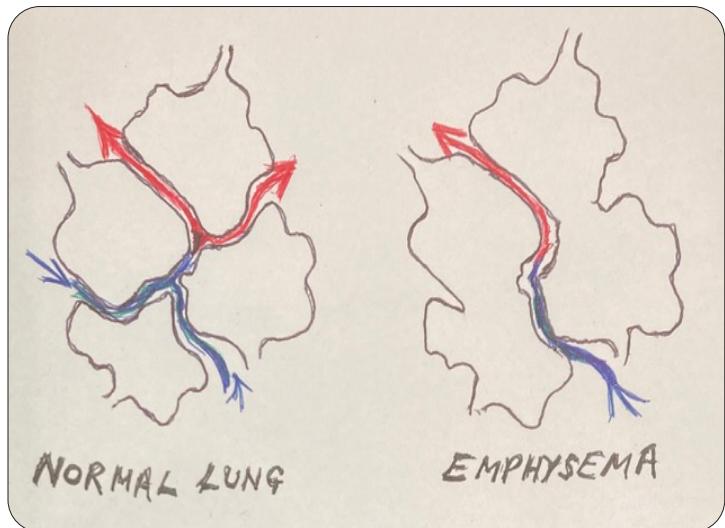
EMPHYSEMA.

As you know, the lungs are like a pair of enormous sponges containing millions of minute air sacs. The walls of the air sacs have numerous small blood vessels in them, which enables oxygen to be taken up by the blood, and carbon dioxide released into the air sacs.

When we breathe in, oxygen in the air is taken into the air sacs; when we exhale, carbon dioxide is carried out.

The surface area of all the air sacs is about the same as the area of a tennis court. This is a large area for gas exchange to occur.

In emphysema the walls of the air sacs are broken down, so that instead of minute air



sacs, there are larger air sacs like bigger bubbles.

The consequence of this is that the surface area for gas exchange is much reduced. Therefore less oxygen can be taken up by the blood (relative hypoxia), and less carbon dioxide can be released by the blood (relative hypercapnia).

The net result is breathlessness on exertion - or even at rest, if the condition is severe.

There is no cure for emphysema. The commonest cause is years of heavy smoking; stopping smoking will stop further damage.

Other causes are recurrent chronic bronchitis and chest infections, recurrent asthmatic attacks and air pollution. In past decades it was very common in coal miners and known as 'Colliers lung'.

Hickey's Carol Service



by Deborah Findlay

On a cold winter night and on the Winter Solstice many of us were drawn to the Chapel at Hickey's Almshouses for the annual Carol Service and readings – the first one in the Chapel for 3 years!

This year, using music poetry and bible readings, we were taken on a journey from the arrival in Bethlehem to the crib and stable and the significance of love. We heard the wonderful choir and the soaring soprano of our Juliet and it was a lovely opportunity for me to put on my professional hat and read *What the Donkey Saw* by U.A. Fanthorpe.

We finished with wine and mince pies and catch ups with neighbours, staff and trustees.

In a time of darkness this annual event beautifully celebrates our community spirit and, whether you like Christmas or prefer to ignore it, the chance to have a good sing!



New Years Eve at Wright's Almseshouse

by Angela Greaves

New Years Eve at Wright's was a huge success and it will hopefully be bigger and better next year.

All who came from Wrights enjoyed it immensely. Lots of nice goodies to eat and drink, fantastic views of Twickenham and surrounding areas with a 180 degree view of the fireworks from the front balcony. The colours were great. We tidied and left at 1.30am quietly!



Christmas Day at Michel's

.....
by Alan Shirley

Many thanks to The Richmond Charities management allowing residents to gather together for Christmas Day and part of Boxing Day in a small marquee on Michel's Almshouses lawn.

Residents all contributed to the festive fare and were able to socialise through parts of both days. Cool temperatures didn't spoil the atmosphere and it was good to have enough room for shared chatter and warmth.

Best wishes for 2023 to all fellow residents across all properties.



ALMSHOUSE NEWS - Richmond News & Events

Safe Singing with Whitton Adult Community Singing



Whitton
Community
Centre

Learn the essential skills and make progress in group singing for adults of all ages, genders and cultures. Whether you have never sung before, would like to improve existing skills, or you just love to sing for fun, join the group at Whitton Adult Community Singing on any Saturday for a free trial session!

The group learns great songs from a wide variety of genres and styles including gospel, classical, pop, folk and many more.

Meetings happen at Whitton Community Centre, Percy Road, TW2 6JL every Saturday during term time, from 11.15am to 12.15pm.

Everybody is welcome to join in; there are no auditions and no need to read music! Please contact Loulla Gorman for further details:
Email: loulla82gorman@gmail.com
Phone: 07788 664957

How the Council is supporting Richmond upon Thames through the cost of living crisis

Richmond Council has been able to allocate £3m to supporting people in the borough through the financial storm. This means we can deliver frontline support to those in need.

Old Masters help Strawberry Hill House recall the era of Horace Walpole



The generous loan of over fifty Old Master paintings has enabled experts to recreate the look and feel of

Horace Walpole's historic 'little gothic castle' as it was in his lifetime.

Government introduce voter ID requirement

From May, the UK government will require voters to show photo ID at the polling station. This new requirement will be enforced for the first time in England at the local elections on Thursday 4 May 2023. Note there are no local elections currently scheduled for 2023 in Richmond upon Thames.

Join us for a free warm space lunch every Wednesday from 11 January 2023.

With a new menu each week, guests will receive a two-course fresh meal and hot drinks. The



lunch will take place at **Homelink Day Respite Centre, Hospital Bridge Road, Whitton, Twickenham TW2 6DE** from 12 to 3pm, where there will be comfortable seating and wheelchair access. Guests can also take part in a free programme of activities that changes on a weekly basis. These range from crafts and games to live music and more!

If you would like to attend a Meet and Eat Wednesday lunch, please **RSVP by 10am Friday the week before by phoning 07849 515279**.

Photographic Club at Whitton Community Centre

Whitton Photographic Club is a small, friendly photographic club, which has been in existence since 1966. We normally have between ten and twenty members at our meetings, either in person or online through Zoom.

We meet on Monday evenings at Whitton Community Centre, Percy Road, Whitton from 7.30 -10.00 pm

Contact Roy for more details

Tel: 020 8230 5533

Email: admin@whittonphotographicclub.org.uk

For more info:

www.whittonphotographicclub.org.uk

Thank You!



by Margaret
Goddard

Where to begin?

At the Christmas lunch

Juliet gave a long list of people to thank; and indeed I am sure we would all fully endorse that list. But it is not enough. We almshouse residents are deeply grateful for all the staff and trustees do for us.

Thank you especially for the Christmas lunch and all the hard work and planning that went into it; for the provision of transport, the décor, the entertainment (what amazing magic tricks especially!), for the food, the fellowship, the prizes And so the list goes on.

Thank you too for the Christmas gifts delivered to our doors! For the Christmas trees in our gardens, for the carols round the tree, the mulled wine and mince pies – the list still goes on!

And not only for Christmas. Throughout the year the staff are always on hand; to give friendship, help, support and advice; to provide warm, comfortable venues for our activities, and endless supplies of tea, coffee, wine, biscuits! So to all those who work so hard to make our lives easier, more comfortable and more enjoyable...

A BIG THANK YOU!

Photo Competition

Thank you to Lesley Cizek for sending in her Winter images. She is this month's winner!



Serge's Book Review: *Richmond's Trees*

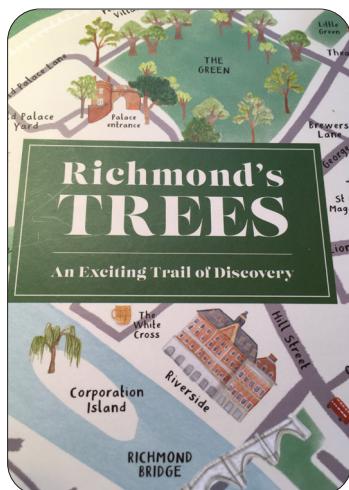


by Serge Lourie, Trustee

Do you love trees? Do you love walking? Do you love Richmond?

If you answered yes to any of these questions, you really should acquire a copy of a new book produced for the Richmond Society called *Richmond's TREES. An Exciting Trail of Discovery*.

The team that produced the book was put together by Lord (John) Lee who moved to Richmond from the north some years ago. He was astonished that there was no publication that covered the trees in the town of Richmond.



The book is beautifully produced and is designed to be used as you undertake the walk. It fits in your pocket. The forward is by Tony Kirkham, the former head of the Arboretum at Kew Gardens and there has been a major contribution from Craig Ruddick, the Arboricultural Manager of the local council.

In order to test out the book, I took the monthly walking group I organise for the Avenue Club on the walk. We started at Richmond Green where we admired the London Planes, Common Limes and Norway

Maples. Helpfully, the trees in the book have proper black identifying plaques as used by Kew Gardens.



Serge by a London Plane on Richmond Green

Each type of tree merits a page of description together with superb photos by the prominent local photographer, Patrick Eagar.

The walk then goes under the Gatehouse to Richmond Palace and down to the river where one turns left along the tow-path towards Richmond Bridge.



Black Locust in Old Palace Lane



London Plane outside Gaucho's restaurant

On the walk, we passed trees that were in the book and we checked them off by looking for the black plaques. As we walked, we stopped to read about the history of the area and about the characteristics of the trees.

The walk continues along the river past wonderful trees including the enormous London Plane beside Gaucho's.

There are examples of Purple Beech, Weeping Willow and Horse Chestnut. In Petersham Meadow there is a group of Hornbeam, a rare Black Poplar, Common Ash and Cedar of Lebanon. There

is also a mystery Oak that has not been identified! The walk then goes into Terrace Gardens where we are treated to delights such as a Yew, Deodar and Blue Atlas Cedars, Giant Redwood and many more.

In total, the book describes 34 types of tree and does so with style and is entirely accurate. More than that, the book is great fun to follow and will give a different feeling in every season.

The choice of trees has been brilliant and the text by the well known local writer, Linda Christmas, is superb. She keeps the interest of the reader.

Another delightful touch is that many of the trees have poems, anecdotes or literary allusions which are repeated in the book. So the Hornbeams in Petersham Meadow get a poem by William Morris

*"In a place where the hornbeams grow,
A path right hard to find,
For the hornbeam boughs swing so,
That the twilight makes it blind."*

The verdict of my walking group was unalloyed praise. Everyone in Richmond should rush and buy a copy for only £10 from the Open Book, 10 King Street, Richmond TW9 1ND.

I will be organising a walk along the route of the Trail of Discovery in the Spring so if you would like to come do contact me at: serge_lourie@yahoo.co.uk

If you would like to come on my monthly walks from the Avenue Club in Kew do send me an email or get in touch through your scheme manager. They know where I live!!

Wit and Wisdom:

- ***Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read.***

Groucho Marx.

- ***You keep an eye on it, it will probably go away like all the others.***

Boris Johnson to Matt Hancock, upon being alerted to COVID.

- ***What do you do for a living?***

Lady Susan Hussey upon meeting US President George H.W. Bush, at a Palace reception.

- ***May all your troubles last as long as your New Year resolutions.***

Joey Adams, American comedian.

- ***Before you judge a man, walk a mile in his shoes. After that, who cares? He's a mile away and you've got his shoes.***

Billy Connolly.

- ***Ratlike cunning, a plausible manner and a little literary ability.***

Nicolas Tomalin's description of the qualities required of a journalist.

- ***Lets face it, there are no plain women on television.***

Anna Ford, Broadcaster.

- ***Husbands are like fires. They go out when unattended***

Zsa Zsa Gabor.

Film Review

.....
by Jenny Ruff



GANGSTA GRANNY

Written by David Walliams (2013)

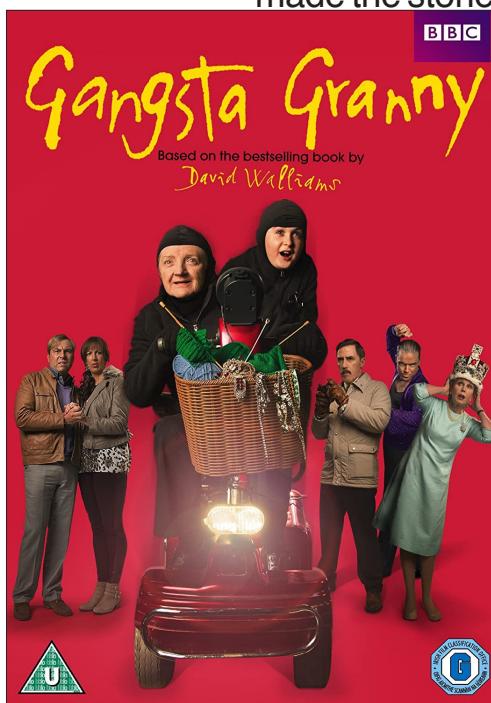
I am not normally a devotee of comedic films but one afternoon, after a morning of doing jobs in the house, I finally sat down with a cup of tea (I've only just discovered tea drinking!!) in front of the TV and just caught the beginning of the 2013 film *Gangsta Granny*. Not just for kids/teens, it had me hooked until the last credit rolled. Full of top class actors I saw my hero of everything was in it: Joanna Lumley, and also Rob Bryden – another favourite who can play anyone and actually become anyone. I thought I'll give this a go.

It's about a young boy, aged eleven, called Ben who is always being farmed out to his Granny's house while his parents dress up to the nines and go ballroom dancing. Even Robbie Williams appears as a *Strictly* dance star named Flavio dressed in rhinestones.

Ben thinks Granny's house is boring and smells of boiled cabbage not knowing that in her youth Granny (played by Julia Mackenzie) was a jewel thief called The

Black Cat. Ben after learning about this soon forgets his hopes and dreams of becoming a plumber when he grows up – that's gone out of the window!

Granny and Ben put their heads together and hatch a plot to steal the Crown Jewels. Off they go on Granny's mobility scooter to the Tower of London, where they bump into Her Majesty the Queen played royally by Joanna Lumley (superb casting). The Queen in her crown listens to them but particularly to Granny who explains she made the stories up to impress her grandson and not to appear boring. The Queen pardons them immediately.



Granny tells Ben she has cancer but says meeting the Queen has made her feel better but leaves him very sad as he realises how much he really loves her. At Christmas during her afternoon speech to the nation the Queen accidentally mentions Granny and Ben and flashes her Union Jack knickers to the world at the end of her speech. Ben is convinced the Queen is actually the real Gangsta Granny as do my two sons who think I am too – work that one out for yourselves!!

If you're ever having a bad day and need a good chuckle watch this film. I guarantee you'll soon be laughing – all the way to the Tower.

SPOT THE DIFFERENCE. With a nod to Valentine's Day, find and circle **12** differences in Venice.

“When the moon hits your eye like a big pizza pie, That’s amore

When the world seems to shine like you’ve had too much wine, That’s amore” (Dean Martin)



Answers in next month's issue.

Your chance to win a £10 M&S Voucher! Fill your answers in ON THIS PAGE. Give this whole page to your Scheme Manager, or place in the suggestion box before Friday 17th February 2023.

Name: _____

ALMSHOUSE NEWS - Reader Survey

Your Opinion Matters To Us

.....

The Editorial Team at *Almshouse News* want to make sure we are giving you a magazine full of articles you enjoy. If you can spare a couple of minutes to **circle** the articles you enjoy most, we would be so grateful. *

1. Regular articles:

Chapel Schedule Editorial Letter Reviews of Past Events in our Community

Articles with historic content by Mike Townsin, Trustee Walks with Serge Lourie, Trustee

Wit & Wisdom SOS on page 2 On This Day Miscellany: Odd Facts Gardening Articles

Awareness Days New Residents/ Farewells Poetry Corner by Nigel Davis

2. News articles:

Almshouse Community News Almshouse Upcoming Events

Local Richmond News Local Richmond Upcoming Events Local Charities and Interest Groups

3. Reviews:

Page Turners New Cinema Film Classic Film Review

4. Interviews:

Getting To Know You Life Stories

5. Health & Wellbeing articles:

Dr Alex Hall, Trustee Recipes Debbie's Natural Health Tips

6. Fun & Games:

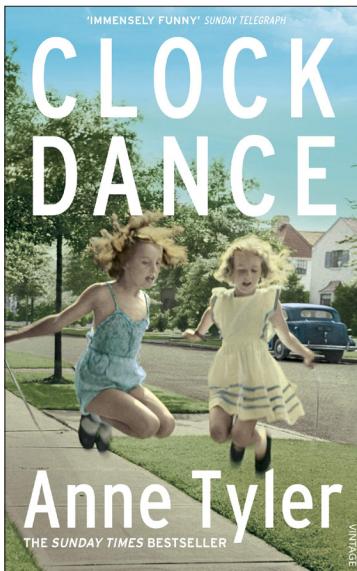
Crossword Spot the Difference Picture Quiz Word Search

7. Any other comments: _____

* You can submit this form *anonymously* by putting it in the Suggestions Box.

* OR You have the chance to enter the draw to win a £10 M&S Voucher! Fill in your name here and give the page to your Scheme Manager before Friday 17th February 2023.

Name: _____



Book Review by Kate O'Brien, Trustee

A Clock Dance by Anne Tyler

Anne Tyler is a favourite author of mine; she never disappoints. As in

many of her novels, *Clock Dance* features a middle-aged woman, Willa, who is not entirely happy with her life.

The book covers key periods of her life – age 11 her mother leaves and her father is left to look after Willa and her sister; in college when she is persuaded to marry Derek; then 20 years later to the time of his death (don't worry, you won't miss him!); and to the present when she has remarried and lives in Arizona, where her husband moved to play golf.

Willa receives a phone call which results in her travelling to Baltimore (a favourite Anne Tyler location) where she helps to look after her son's ex-girlfriend and her daughter Cheryl who becomes a substitute granddaughter. For the first time in a long time, there is some purpose to Willa's life and we watch her change and begin to stand up to her husband.

I wouldn't say this is her best novel, although I would be hard pushed to choose just one anyway, but a good read nonetheless.

Miscellany: Odd Facts

- Lachanophobia is fear of vegetables
- An orange is a berry but a strawberry isn't
- The average person who lives to be 75 will have spent six years dreaming.
- The highest scoring word in scrabble is oxyphenbutazone, earning 1,178 points (it's an arthritis drug).
- Charette, is an intense flurry of activity to finish something by a deadline (contributors to *Almshouse News* know this word!)
- John Cleese's father's surname was Cheese, he grew up 10 miles from Cheddar, and his best friend at school was called Butter.
- In 2010, the BBC spent £230,000 on tea, but only £2,000 on biscuits.
- Over 7,000 Americans die each year and 1,500,000 are injured due to doctors' bad handwriting.
- An 'earworm' is a song that gets stuck in your head.
- Britons eat 97% of the world's baked beans
- In 1974 when Rameses II's mummified body was shipped to France, it was issued with a passport. The mummy's occupation was given as 'King (deceased)'.

Sometimes I Just Forget

A Poem by Steve Harbud

One day I will write about the ifetime we have shared,
All the good times, all the laughter and a love beyond compare.
In time to come I'll read it and I'll know that it's all true,
To remind me, I'm still in love with you.

I know sometimes I just forget to remember,
It feels just like my world is standing still,
I know that I can't always, find the words to say
But I love you, and I know I always will.

When we met and fell in love, it was like a dream come true,
The years passed by so slowly, and every day was new.
With a lifetime full of memories we could always share
I can't believe, one day they won't be there.

I know sometimes I just forget to remember,
And if one day my world just falls apart,
I'll know that when I read it, all the words are true
Because I know, it was written from my heart.

One day you could be there, just like a stranger in my world,
You'll make me laugh and cry, and make me smile.
I may not understand, why we sit there holding hands
But every minute you are there will be worthwhile.

I know sometimes, I just forget to remember,
And the memories can easily fade away,
I can't believe how quickly the time just disappears,
I loved you then as I love you still today.

Natural Remedies

.....
by Debbie Flaherty

ANTIBIOTICS

We all at some time or other find ourselves taking a course of antibiotics. However antibiotics can kill off beneficial organisms in the gut, putting extra stress on the liver. If you are taking or have recently finished a course of antibiotics it is useful to:-

Eat/Drink

- Fruit and vegetables at least eight portions a day to support your immune system.
- Fermented foods, yoghurt, kefir, sauerkraut and miso that all contain beneficial bacteria.
- Fibre – seeds, nuts, whole grains, bananas, onions and celery and garlic.
- Drink at least 8 glasses of water per day.

Take Supplements:

- Probiotics are a useful supplement to take as they contain beneficial bacteria.
- Thistle milk daily aids the liver and its work.

Getting to Know YOU

Candy Brickwood

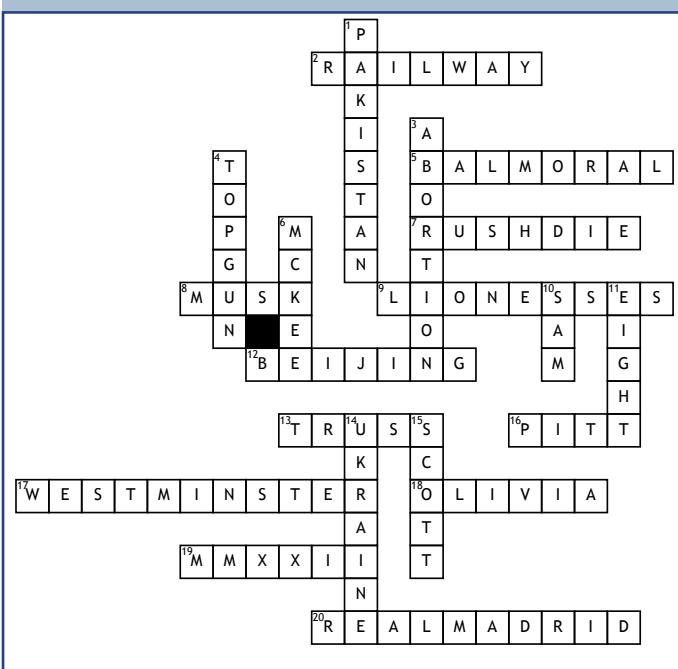
- **What is your favourite season?** Spring when my little garden starts to come to life and the blossom comes out.
 - **If you could travel back in time, where would you go?** Portobello Road, Chelsea Drugstore and Kensington Market in the sixties/seventies.
 - **Who would you invite out of anyone to a dinner party?** Keith Richards.
 - **What would you choose to be for a day?** Extremely rich!
 - **All-time favourite movie?** Woodstock
 - **What words of wisdom would you pass on to the younger generation?** Always look on the bright side of life!
 - **If you could be a star in a movie – what movie would it be?** If I was younger, Princess Leia in *Star Wars*.
 - **What is your favourite movie genre?** Creaky old British black and white movies to take me back to back in the day.
 - **Who is your favourite artist and why?** Leonardo da Vinci because there was so much more to him than just painting.
 - **What is your favourite song and how does it make you feel?** *Hotel California* has a great guitar solo, always makes me want to sing it, and is also slightly spooky.
 - **Which song makes you want to dance the most?** I'm a bit decrepit for dancing these days, but I always used to feel like dancing when I heard *Bille Jean* by Michael Jackson, *Word Up* by Cameo, *Tush* by ZZ Top ... and many more!

Word Scramble: What Makes you Laugh?

1. DASD MRYA _____
 2. NBNEY HLIL _____
 3. IVNAG NAD ATCEYS _____
 4. ODC NMARIT _____
 5. ELLRSUS DHAROW _____
 6. CELMAIH CMINETRY _____
 7. RSIEAFR _____
 8. STSOHGT _____
 9. FYTLWA WOTRE _____

Answers in next month's issue.

January Quiz Answers: Review of 2022 Crossword





by Nigel Davis

February can be a dreary month. So as the theme of this issue of the *Almshouses News* is humour and lightheartedness, let's have a humorous and lighthearted poem.

This one is actually a song. Song lyrics are a form of poetry, sometimes very good poetry (think Leonard Cohen or Bob Dylan, for instance). This song was written and performed by the comedy duo, active in the 1950s and 1960s, called Flanders and Swann (who also wrote the hilarious "I am a Gnu" song). Many of you may well at least know its refrain "Mud, mud, glorious mud etc." But the words of the song are themselves a delightful blend, on an unlikely subject, of teasing and clever rhymed wordplay of a kind we tend to call wit. I personally love, for example, the idea of the amorous female hippopotamus" combing her hair", tiptoeing"(!) down to the river and there seductively adjusting her garter. Very, very witty.
And why not further dispel those February blues by singing out aloud to yourselves the chorus: "Mud, mud, glorious mud...." Go on.

The Hippopotamus Song by Michael Flanders

A bold Hippopotamus was standing one day
On the banks of the cool Shalimar.
He gazed at the bottom as it peacefully lay
By the light of the evening star.
Away on a hilltop sat combing her hair
His fair Hippopotamine maid;
The Hippopotamus was no ignoramus
And sang her this sweet serenade:

"Mud, mud, glorious mud,
Nothing quite like it for cooling the blood!
So follow me, follow,
Down to the hollow,
And there let us wallow
In glorious mud!"

The fair Hippopotama he aimed to entice
From her seat on that hilltop above,
As she hadn't got a Ma to give her advice,
Came tiptoeing down to her love.
Like thunder the forest re-echoed the sound
Of the song that they sang as they met.
His inamorata adjusted her garter
And lifted her voice in duet:

"Mud, mud, glorious mud etc."

Now more Hippopotami began to convene
On the banks of that river so wide.
I wonder now what am I to say of that scene
That ensued by the Shalimar side?
They dived all at once with an ear-splitting splash
Then rose to the surface again,
A regular army of Hippopotami
All singing this haunting refrain:

"Mud, mud, glorious mud,
Nothing quite like it for cooling the blood!
So follow me, follow,
Down to the hollow,
And there let us wallow
In glorious mud!"