

## April Fools

A New Arrival

St George's Day

Steve Harbud interview

Papa George Band

Summer Party

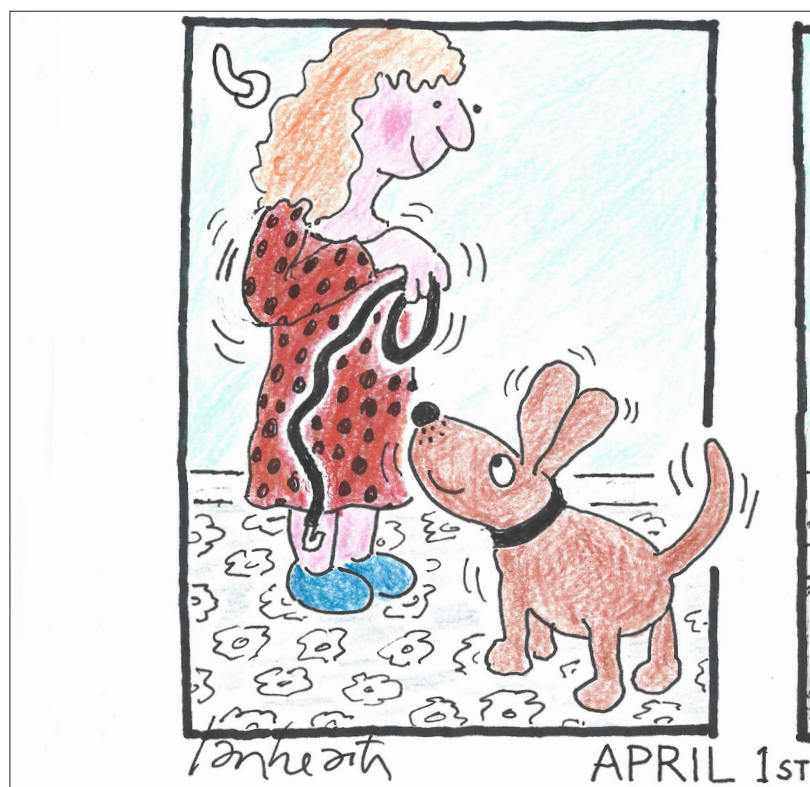
Our New Administrator

Meditation Sessions

Art & Soul Classes

Out & About Excursions

Walter de la Mare



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## Competition Winners

Thank you to everyone who sent in entries for the Wordsearch and Easter Egg Hunt.

Picked at random, our winners this month are:

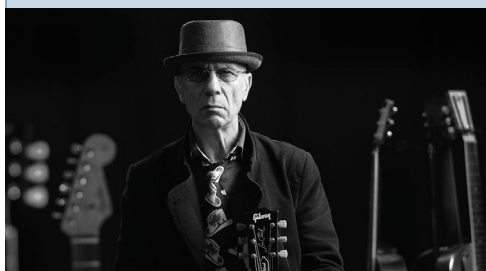
**Steve Harbud** (Wordsearch)

**Gurdip Lota** (Easter Egg Hunt)

***Congratulations!***

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

## The Return of THE PAPA GEORGE BAND *Open Air Gig on Hickey's Lawn*



Find all the details on page 11.

## Welcome to our New Resident

We offer a warm welcome to our new resident:

**Ferhat Khan**, Candler Almshouses

## Chapel Schedule: April 2024

<b>Sunday 7th April</b>	<b>10.30am</b> Communion with hymns, followed by refreshments
<b>Sunday 14th April</b>	<b>10.30am</b> Communion with hymns, <b>5.30pm</b> Evening Prayer
<b>Sunday 21st April</b>	<b>10.30am</b> Communion with hymns, <b>5.30pm</b> Songs of Praise
<b>Sunday 28th April</b>	<b>10.30am</b> Communion with hymns, <b>5.30pm</b> Evening Prayer
For more info email Chaplain Derrick: d.thompson@richmondcharities.org.uk	<b>Morning Prayer</b> on Tuesdays at 10am <b>Evening Prayer</b> on Thursdays at 4.30pm All are welcome to join us.

*Front Cover: Cartoons by Ian Heath (resident) and UFO sighting (reference **April Fools** on page 5)*

## Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is: **Friday 19 April 2024**.

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, Derrick Thompson & Mike Townsin.

**Magazine Design:** Chantal Richards & Eden Richards



This magazine is recyclable. Please feel free to share your magazine with others.



### Save The Date

# The Summer Party Hickey's Lawn on Thursday 8th August 2024

A New Arrival  
at Hickey's...

See page 6 for  
more details!



### ART AND SOUL

**For all the Art and Soul  
artists we have  
good news!**

**Another workshop  
has been CONFIRMED!**

***New dates on page 12.***

### ART AND SOUL

It's time to GET OUT YOUR  
THINKING CAPS!  
So, save the date!

**Quiz Night**  
**Thursday 16th May**  
**6.00pm in the Chapel.**



If you haven't been to a Quiz night before, why not give it a try?

Don't panic – you don't have to know everything! You will be part of a team and can pool your knowledge. And you probably know more than you think!

Team sizes are up to 8. If you are on your own, don't worry – we can introduce you to another table.

There is a small prize for each member of the winning team. If your group is bigger than 8, please make two (or more!) smaller tables – the smaller teams often win!

Why not give it a go!

Drinks and nibbles will be provided.



## Letter from Lorraine

I love this time of year as signs of new life begin to emerge. The sun shines brighter when it is out and the air feels warmer, signalling the arrival of spring (although it has rained a lot this winter)!

The bare trees that once stood barren are now adorned with tiny buds, ready to burst open into full bloom. The sweet scent of freshly cut grass fills the air, as lawns are mowed for the first time in months. Birds return from their winter migration, chirping joyfully and building nests in every nook and cranny they can find.

It is such a good time to take a casual walk in Richmond and Bushy parks especially during the week when it isn't so busy.

The communal gardens around the estates are beginning to awaken with beautiful yellow daffodils and we are just waiting for the rain to end and the sun to shine. Then we can look forward to spending time out in the gardens and pleasant walks along the river.

Best wishes

*Lorraine*



# Of St George – The International Saint!



by Derrick Thompson

This month we celebrate St George, the patron saint of England, but who was he?

He was born in Cappadocia (modern day East Turkey) of mixed heritage with a Greek father and a Palestinian mother. His parents were Christians, and his father was martyred because of his faith.

After his mother died, George became a Roman soldier, something he must have been very good at as he became a member of the Praetorian Guard, the elite soldiers who acted as bodyguard and spies for the Roman Emperor and senior leaders.

In 303 AD Emperor Diocletian began to

persecute Christians, having them tortured and killed. George did not join with the other soldiers in following the Emperor's orders. He resigned from the Praetorian Guard (losing his source of income and his status). He ripped up Emperor Diocletian's order against Christians and as a result he was arrested, tortured and beheaded on 23rd April 303 AD.

His life and death inspired many people, and he became St George the Patron Saint of various countries and cities, such as Aragon, Catalonia, Georgia, Lithuania, Palestine, Ukraine, Ethiopia, Portugal, Germany, Malta, Greece, Moscow, Istanbul, Genoa and Venice (second to Saint Mark).

St George really is the International Saint!





# April Fools' Day – Now and Then.



by Mike Townsin

In the '60s, flying saucers were a thing – so when on March 31st, 1969, one was spotted landing in a field in Surrey, the local constabulary rushed to the scene and actually found one. The door of the UFO opened, and a silver clad figure emerged, at which point the plod fled, only to subsequently learn it was not an alien invasion but a hot air balloon, with Richard Branson and a companion inside, embarked upon an April Fools prank. But the balloon had blown off course and landed early!



April 1st is an international day of 'jolly japes' – as Boris might have put it. On April 1st, 1992, National Public Radio in the US announced "President Richard Nixon makes a comeback". Thousands of outraged listeners called in, until it was announced as a hoax.



April Fools origins go back to the 16th century and even Roman times. In 1582 when France switched from the Julian to the Gregorian calendar, new year in the Julian calendar began on April 1st, but in the Gregorian one on January 1st. When this confused many people, who continued to celebrate new year on April 1st, they became the butt of jokes and were called April Fools.

It is also linked to the ancient Roman festival of Hilaria (Latin for joyful), which was celebrated at the end of March. People dressed up in disguises, mocking fellow citizens and magistrates.

Back in England in 1957, on April 1st, the Beeb reported that a Swiss farmer had harvested strings of pasta from his spaghetti trees. At the time spaghetti was an exotic delicacy with mysterious origins, and thousands of TV viewers bought it hook, line and sinker – some even calling in to ask how to grow the trees!

Surely not in 2024?

Er, don't bet on it! *Ed*

Richard Nixon gives his trademark victory sign while in Paoli, Philadelphia during his successful 1968 presidential campaign. Geopix/Alamy.





### A New Arrival At Hickey's!

by Juliet Ames-Lewis



Gennie and Marco's baby boy arrived safely on the auspicious date of 29th February 2024 – a leapling baby!



Given the February issue of our Almshouse News was about leap years, we had been secretly hoping that the new arrival to our community might arrive on 29th February, and so it transpired! The whole family are well and no doubt you will all get to meet the new addition to Gennie and Marco's family, and the new addition to our community, soon.

## The Richmond Charities: Almshouses in Bloom 2024



by Linda Prendergast

Spring is in the air and bulbs are popping their heads out to say hello.

Once again we're going bigger and better with the **Almshouses In Bloom** competition. There will now be trophies and garden vouchers for first, second and third places in both of the main categories. Firstly, individual gardens, and for those who don't have gardens — there will be a category for pots and hanging baskets.

**Judging will take place on Saturday 13th and Sunday 14th July.**

There will also be a prize awarded for that one garden the judges thought earned a *Special Commendation* and a new award called the *Judges' Pick* will be presented to a resident who hasn't entered the competition, but if a particular garden catches the judges' eye, they will be awarded a prize. Every entrant will receive a certificate of participation.

6

We are also keen to encourage residents at individual estates to



collaborate and work together and enter the competition. This could mean all or just one or two residents on the estate getting together and working on their gardens or pots and have a planting theme or a colour theme.

All entries will be marked and rated by our judges and a prize giving event will be arranged to present the trophies and gift vouchers to the winners.

If you would like to enter the competition please contact your Scheme Manager and ask for an entry form.

All entrants will be reminded in advance of the date giving you the chance to dead head and do some more weeding before the judges visit.



### New Administrator & Communications Co-ordinator

.....



**by Juliet Ames-Lewis**

I am delighted to let you know that I have appointed Rebecca Evans (Becky) to the position of

Administrator & Communications Co-ordinator at The Richmond Charities.

Becky will be joining the team on 15 April and doing a 2-week handover with Alison, before Alison retires on 25 April.



Becky's role will be full time and will include overseeing the charity's communications such as leaflets, brochures, our website and developing social media, as well as the core role of being the charity's Administrator.

Becky has a wealth of experience in both administration and communications.

She lives in Twickenham and she is really excited to be joining The Richmond Charities. I know that you will all give her a warm welcome.

### Richmond Hill Open Gardens Event

.....



**by Juliet Ames-Lewis**

**On Sunday 19 May**, 12 gorgeous gardens (including Michel's Almshouses) on

Richmond Hill will be open to visitors.

This is part of the Richmond Hill Open Gardens event which takes place every 2 years. Within easy reach of each other and close to Richmond town centre, the gardens are all set on the slopes of picturesque Richmond Hill.

Gardens will be open from 11am until 5pm and tea and home-made cakes will be served at St Matthias Church from 11am, completing a wonderful day out.

Proceeds from the day will go to two local charities: The Holly Lodge Centre, Richmond Park and Richmond Good Neighbours.



Tickets are usually £12.50 each but I have managed to arrange a discount for all almshouse residents with tickets costing just **£5**.

If you would like a discounted ticket, please give £5 cash to your Scheme Manager by 10th May and we will deliver your ticket to you before the day.

For more information about the Richmond Hill Open Gardens event, please see [www.richmondhillopengardens.org](http://www.richmondhillopengardens.org)

### Chaplain's Chat

.....



by Derrick Thompson

The 1st of April 2024, a bank holiday after the busiest weekend in the church's calendar, Easter.

For me Easter begins on Maundy Thursday when I join a capacity congregation of Bishops, Priests, Deacons and Licenced Readers in Southwark Cathedral for a very special service. Early in the service the oils that will be used in churches throughout South London for baptisms and anointing the sick and dying are presented by three young Deacons each wearing a different coloured church robe. The oils are then blessed by the Bishop of Southwark and at the end of the service representatives from each Church and Chapel collect the supply for them to take back to their congregations. In the same service the Bishops, Priests, Deacons and Readers renew their vows and dedication to God and the Church for the coming year. I always find this a very moving moment in the service.

From London Bridge back to Richmond for the Maundy Thursday service in the chapel where the oils from the service at the Cathedral are presented, and then it's my job to wash the feet of those present, and willing, as a reminder of Jesus washing his disciples' feet, calling them, and us, to serve one another.

The following day is Good Friday, with worship centred around the cross. The service begins with another act of dedication as, like many of my priest colleagues, I lie prostrate on the Chapel floor before the altar. This service is usually the most sombre of the year, but it is good to remember that Easter Sunday is coming (and to gently smile over a hot cross bun after the service).

Easter Sunday worship has candles, fanfares, ringing bells, water, flowers, alleluias and as many ways of joyfully celebrating the resurrection of Jesus that we can find. A feast of sights and sounds supported by the joy of spring seen all around us on the trees and in the gardens. New life has begun!

**Happy Easter!**

### TIMS and Lent Study Group

.....

During the last month two new groups have been meeting in the Green Room while the Chapel foyer and toilet have been undergoing a revamp.

Firstly, the **Lent Study Group**, A Place for Us, where a group of eight to ten people have been gathering to consider: Belonging, Otherness and Difference, The Gift of Love, The Promise of a Place for Us, and the Tragedy of Betrayal. There has been plenty of serious conversation, mixed with laughter, clips from *West Side Story*, Bible reading and prayer. The group concluded on 26th March, but we are considering having a more regular Bible and Prayer group. **Let me know if you would be interested in joining.**

The second group that met last month was the **This Is My Story** (TIMS) group. This is a group that is meeting once a month for a trial period. The Group uses 'Ways of Council' as a framework for talking and listening to each other. After a simple relaxation exercise an invitation to 'tell us about a time when...' is given and we take it in turn to respond to the question, spontaneously speaking and listening from the heart.

Following that there is an opportunity to reflect on the connections between our stories before each summarising in a word or short phrase what we will remember from the session. It is very simple, relaxed and a lovely experience. **Why not join us for the next one on Wednesday 17th April at 12pm in the Green Room.**



### Why Not Give Chess a Go ?



by Debbie Flaherty

I have spoken to a few of the residents who go along to chess and they are all at different levels including beginners. It is nothing too serious, just good fun with tea and biscuits enjoyed during the break. They would welcome new people to join them.



As for chess itself, this is a game that improves cognitive skills, concentration, problem solving and is also good for one's attention span. So with all those benefits why not give it a go ?

**Chess Club runs on Tuesdays at 2pm  
in The Garden Room at Church Estate  
No need to book - just turn up.**

### Richmond May Fair



by Juliet Ames-Lewis

**Saturday 11th May  
10am - 5pm**

The Richmond May Fair returns to Richmond Green on 11th May. Visitors can look forward to all the things they love about this community fair – including children's rides, the Scouts' barbecue, the dog show, the craft marquee, local performers and musicians and a wealth of stalls hosted by Richmond-based charities.



The Richmond May Fair has been a firm fixture on the local calendar for almost 50 years, taking place on the second weekend of May every year since 1980 and only stopping due to Covid.

Borough residents have said that the May Fair is part of their family history – those that once looked forward to coming with their parents or grandparents are now bringing their own children to ride the helter skelter. The fair plays an important role in bringing the people of Richmond together to support good causes and enjoy a great day out.

As last year, The Richmond Charities will have a stall at the Fair to publicise the charity's work – so do come along and enjoy the Fair and come and say hello to us on our stall.



### Inner Guidance, Dedicated Meditation Sessions



**Promoting Health & Well-Being**

**by Deborah Flanagan**

I'm Deborah of Inner Guidance, a skilled Meditation Coach based in Sunbury-on-Thames. In 2018 I fell in love with meditation and mindfulness and how it has transformed my well-being. After years of practising, I have made it my mission to help others heal and cultivate their inner calm. Your journey begins from within. Are you ready to join me?

If you feel you would like to take part, why don't you come and join in with our first session on **Tuesday 9th April**.

**6 Week Taster Course**

**on Tuesday mornings**

**11am to 12pm**

**in the Chapel at Hickey's.**

**The first session is on  
Tuesday 9th April.**

**Numbers are limited, so if you would like to join in, please let your Scheme Manager know and they will book your place.**

**Places are free for almshouse residents.**

### History Group

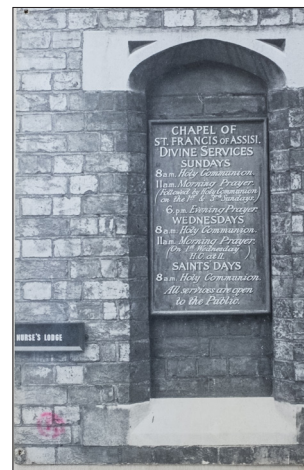
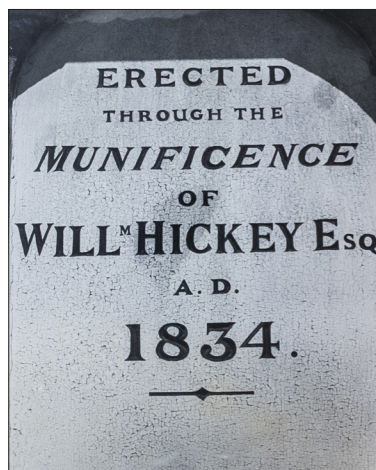


**by Derrick Thompson**

Who were William Hickey, Humphrey Michel, the Houblon Sisters and our other benefactors? And where did the fortunes they had come from?

When was Hickey's Chapel re-named the Chapel of St. Francis of Assisi, and who were William Francis, Henry Walton and others who have things dedicated to them in the Chapel?

If you are interested in history then join me for a history meeting on **Wednesday 24th April at 2.00pm in the Chapel**. My hope is that together, over time, we can create two booklets. One about the history of the Chapel and the people commemorated there and the other about all of the different Almshouse Benefactors. I'm no historian – so I need your help! See you there!



Images from 1950's archive



## Monthly Film Club



by Derrick Thompson

**Next Film Club: Wednesday  
17th April at 2pm in the Chapel**

At the time of writing, I'm looking forward to watching *A Haunting in Venice*, complete with some Venetian Refreshments at the Film Club in March. I'm sure it will be an entertaining afternoon!

I'm pleased to announce that Gurdip, resident at Church Estate, has kindly volunteered to help run the technical side of the Film Club, which is great news. Staff members will continue to help with purchasing films and refreshments and publicity — **unless someone else comes forward to help with some of these tasks!** And those attending the films, who are more able, will hopefully continue to help serve the refreshments.

Film Club will continue to meet once a month in the afternoon. If you would also like to see



a **monthly evening film** then please let Scheme Managers or myself know if you would be willing to help organise this.

The next film club will be at **2pm on Wednesday 17th April in the Chapel**. We will be watching *Finding Your Feet*, a great film with Imelda

Staunton, Celia Imrie and others exploring the joys of retirement through a dance class!

## SAVE THE DATE!!

The return of  
**THE PAPA GEORGE BAND**

*You are all invited to a  
**FREE OPEN AIR GIG ON  
THE LAWN AT HICKEY'S***

**ON Thursday 6th June at 6pm**



Following the huge success of the last concert, The Richmond Charities would like to proudly present The Papa George Band once again.

Featuring: Peter Rees on bass (our very own almshouse resident), Derby Todd on drums and Papa George on guitar and vocals.

All residents, their families and friends are welcome. We will supply chairs but please bring your own rugs, food and drink/picnics! Transport can be arranged for residents who are unable to use public transport.

See [www.papageorge.co.uk](http://www.papageorge.co.uk) for more information on the band.

### Age UK IT Sessions



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!

#### 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.

The Richmond Charities has arranged for Age UK to come and help residents get to grips with technology. We have confirmed 3 more dates in which to hold pre-booked timed slots so that each tutor spends 1 hour one-to-one with the resident.

One-to-one sessions are being held **in the Garden Room** on the following dates:

Wednesday 10th April between 10.00am – 12.00noon.  
Wednesday 8th May between 10.00am – 12.00noon.  
Wednesday 22nd May 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.**

### ART AND SOUL

Another workshop  
CONFIRMED!!!

**Thursday 4th JULY 2024**

**&**

**Thursday 11th JULY 2024**

Spaces are limited – please inform your Scheme Manager if you would like to attend this two-day workshop.

More information to follow in our next Almshouse edition.

### Tea@Two!



Social gatherings for residents of all almshouses, their families and friends on the dates below:

**April – the last Tea@Two for this winter!**

**Monday 8th April, 2pm**

Vineyard Community Church.  
Next to St Elizabeth of Portugal Church, The Vineyard, TW10 6AQ.

**Monday 15th April, 2pm**

Garden Room, Church Estate.  
Behind the Church Estate Almshouses in the Secret Garden.

**Monday 22nd April, 2pm**

The Terrace Room,  
Wright's Almshouse  
Heath Road, Twickenham,  
TW1 4DS

**Monday 29th April, 2pm**

Green Room, Hickey's Almshouses at the back of Chaplain's House, TW9 1XB



### Visit from a Furry Friend

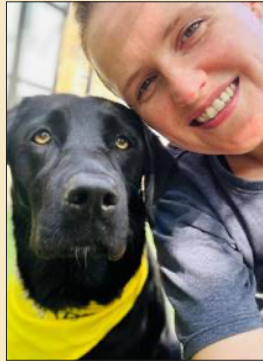


by **Claire Sanecka**

Jen (owner) and Wilma (black Labrador) are settling well into Estate visits and you may well

have noticed they visit a different Estate each week.

Please continue to let your Scheme Manager know if you would like a visit. Please note that Jen and Wilma are happy to visit all Estates across The Richmond Charities.



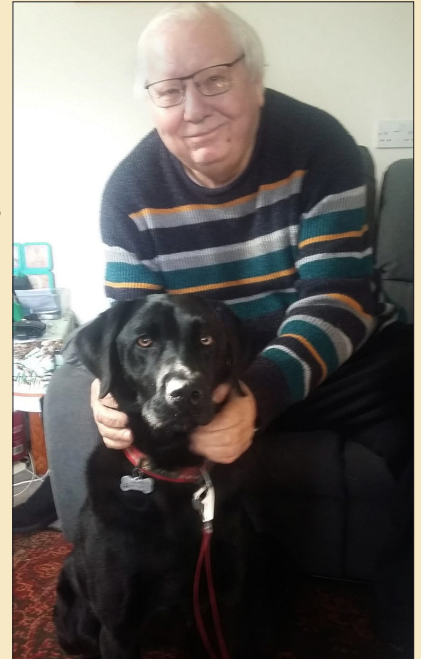
### Wilma's visit to Norman

by **Norman Bramfitt**

I recently had a visit from Jen and her pet Labrador Wilma.

I found Jen a lovely sociable young lady and Wilma was lively, friendly and funny.

I would recommend a visit from them as it really brightened up my day.



### Mothering Sunday Cream Tea



by **Derrick Thompson**

Mothering Sunday ended with a lovely cream tea in the Chapel of St Francis at Hickey's. There were copious cups of tea and coffee, scones, jam and cream plus a home made traditional simnel cake made by Chaplain Derrick.



# 12 Ways To Improve Your Circulation



by Juliet Ames-Lewis

Good blood flow is one of the most important building blocks of better health. The problem is, a sedentary lifestyle, poor diet and smoking can all take their toll on your circulation—affecting mood and cognitive function in the short term, while increasing your long-term risk of heart disease. Here's what the experts recommend...

**Know The Signs** Signs of poor blood circulation include cold hands and feet, or fingers and toes that look very pale or blue in colour; weak muscles, especially when you walk; numbness, tingling or pain in the limbs; dry, cracked skin on your feet; brittle nails; and feeling dizzy when rising from sitting to standing.

**Do More Cardio** Aerobic exercise has incredible circulatory benefits. Any form of exercise that increases your heart rate, makes you break a sweat and slightly out of breath will improve the heart's efficiency, get blood pumping and help maintain heart health in the long-term.

**Drink Plenty Of Water** For healthy circulation, it's imperative to stay hydrated. If you weigh 60kg, aim for least 2.1 litres per day, increasing to 2.4 litres if you weigh 70g and 2.8 litres if you weigh 80kg.

**Try Acupuncture** Acupuncture is a great way to improve circulation.

**Keep Oestrogen In Check** Oestrogen has a positive effect on the female cardiovascular system. It's a powerful antioxidant that can lower inflammation and cholesterol, and keeps the muscles in the arterial walls smooth and relaxed.

**Quit Smoking** Smoking is the biggest lifestyle culprit contributing to poor circulation. The sooner you quit smoking, the sooner your circulation – and overall health – will improve.

**Understand The Why** The human body needs a consistent, healthy flow of oxygen – and nutrient-rich blood – to work efficiently. Improving circulation helps reduce the risk of chronic disease in the future.

**Aim For Ten-A-Day** Studies show we should be aiming for ten – not five – portions of fruit and vegetables per day. The more brightly coloured the food, the better.

**Eat More Berries** There is growing evidence to suggest a diet rich in berries can improve circulation and reduce the risk of developing cardiac disease.

**Load Up On Fatty Fish** Fish like salmon and sardines can help improve blood flow and are excellent for circulation. Aim for two servings per week. If you don't eat fish, consider a supplement.

**Don't Cross Your Legs** Studies show crossing your legs at the knees – but not at the ankles – can increase blood pressure and make it harder for blood to keep flowing. If your feet and ankles swell at the end of the day, it can help to elevate your legs to reduce swelling, but your feet need to be lifted higher than your heart to make a difference.

**Get Your Thyroid Tested** An out-of-balance thyroid can be responsible for poor circulation. Key signs of an underactive thyroid include easily feeling the cold, putting on weight for no reason, feeling lethargic, or noticing changes in your hair and skin.



## Hickey's Estate



by Claire Sanecka

I am very fortunate to be the Scheme Manager for residents at Hickey's Estate. Being the largest estate, it is always a joy to host the summer parties on the front lawn. We are also very lucky to have the Chapel too which hosts many fun activities as well as Chapel services.

Residents tell me they love the gardens estate wide, and personal front gardens. They also tell me there is an extra sense of safety having the office on-site.

There is a good sense of community across the estate and residents are supportive of one another.

We also have the most residential cats on the estate!



## OUR ALMSHOUSE COMMUNITY

WELCOME to a new regular column focussing each month on your almshouse community. Each of your communities are unique and we would love you to contribute your thoughts.





Maureen Bliss, resident at Manning Place, is an artist who uses many different media. Here she shares some of her favourite paintings.



**Blossom** which was painted during Covid to anticipate the coming of spring and hope. Acrylic.



**Richmond Park in the Snow** near Pen Ponds, with the deer in the background (the snow was my imagination). Watercolour, pencil and paint.



**Neuschwanstein Castle** in Germany, which we visited when touring Europe in 2014. Watercolour and ink.



**Tulips**, a still life. Flowers that were bought to cheer me up. Pastels.



**Vaudeville**, still life of Victorian clothes. Painted at an art class. Acrylic.



## Out And About – Visit to Orchid Festival at Kew Gardens



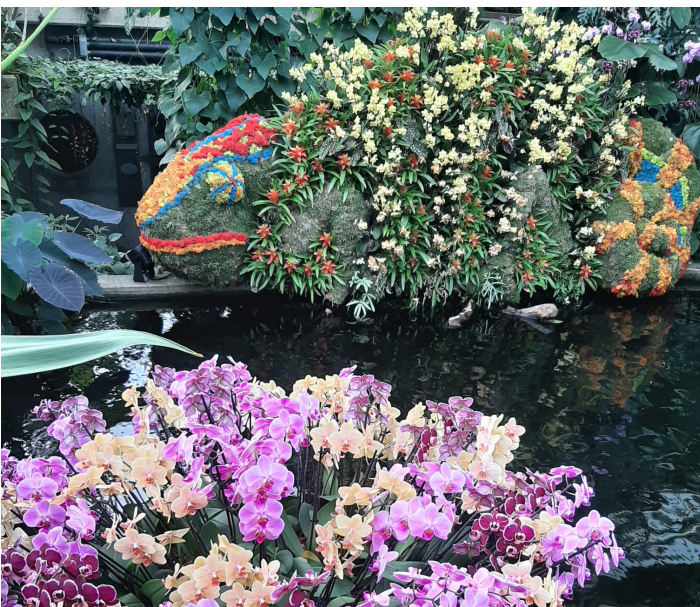
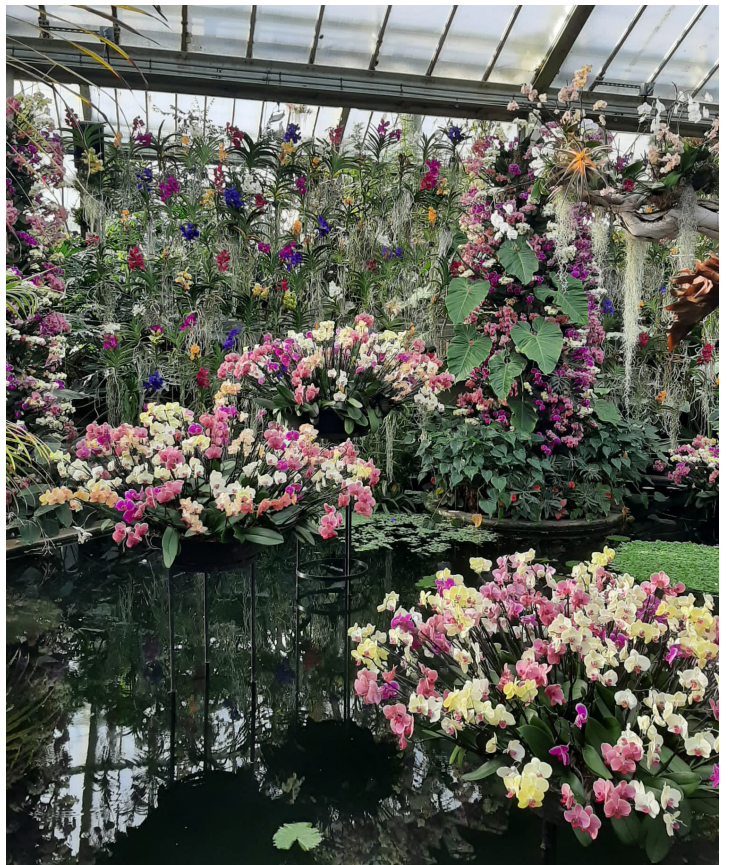
by Linda Prendergast

The Out and About Group visited Kew Gardens on 27th February to see the Orchid display.

Well what a display that was...all we could say was WOW!

As you can see from the pictures, it was truly fabulous with some fun elements thrown in to keep you interested and wanting to see more.

Every year Kew chooses a different country for the display and this year all the orchids came from Madagascar.





### Out And About – Visit to The Poppy Factory



by Angela Greaves

On Monday 12th February, Richard met twelve residents from various almshouse estates at Richmond Station.

We took a bus to the Poppy Factory in Richmond and were met by one of the volunteers. To our surprise it was no longer a working factory and had been renovated and restored with a new auditorium, visitor area, shop and lovely tea room serving delicious cakes and hot drinks.



There was a full auditorium of visitors and we were shown a movie about the history of the Richmond Poppy Factory which was well presented and extremely interesting.

Since 1922, the Poppy Factory has offered veterans with mental and physical health conditions a supportive place of employment, making poppies, wreaths and other remembrance products. The factory has twelve production operators including two Special Wreath Makers who make around 100,000 wreaths and 250 Royal and Special Wreaths each year. We were disappointed to discover that poppies are no longer made in Richmond!



HM The King's Wreath

There was a colourful display of the Wreaths which are used for Remembrance Day every year. Each year they are brought out and cleaned and taken

to the Cenotaph in Central London where they are laid and afterwards returned to the factory in Richmond for safekeeping until the following year.

A retired gentleman was busy working on a lathe making wreaths and we were able to see how they were constructed from scratch. The factory also makes the Remembrance Crosses (*below*).



Remembrance Crosses

There were other volunteers who were able to show us how to make our own poppies with one hand (as previously poppies were made by war veterans who had sustained injuries during the two World Wars). It was quite tricky, but most of us had a go and walked off proudly with our own poppies.

There is a wealth of history recorded and displayed and we wandered around taking as much of it all in as we could. I did try and take notes but gave that up as there was so much information on display.

The tour ended after another short movie – and we departed – and made our way home, delighted that we had been so well informed and enlightened with the work that the Royal British Legion do for ex-veterans and their families.

Thank you, Juliet, for making this trip possible and to Richard for another great outing.



### Out And About – Visit to Westminster

by Angela Greaves



Eleven residents from various almshouse estates gathered at Richmond Station at 9.30 am and took the tube to Westminster. The day was beautiful and crisp and the Houses of Parliament were bathed in sunshine and waiting to show us their inner chambers and rooms.



After a stringent police security check, we were allowed to enter the inner sanctum. We were greeted by Nick, one of the Tour guides, pictured below, whose knowledge of the history and rules astounded us all. We donned headphones and listened intently. No mobiles and photographs were allowed. The tour started in the Grand Hall and then we went through to the House of Commons and House of Lords. The statues of former PMs, MPs and Lords were lining our route. There was an internal Post Office, notice boards and colour coded lockers/pigeonholes. The ceilings and wall murals caught our interest. The Winston Churchill statue was compelling, along with Maggie Thatcher and many others. Sitting on the benches was forbidden – you had to be sworn in before sitting down!

Interestingly, the word Parliament comes from the French *parlement*, first used in the late 11th century with the meaning of parley or conversation.

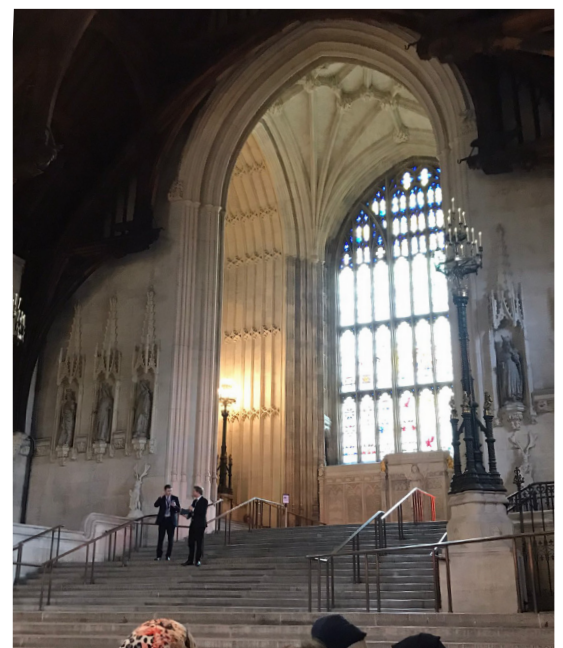
The House of Lords is an essential part of the UK Parliament. As the second chamber, it is independent from, and complements the work of, the elected House of Commons.

The tour is thoroughly recommended, and it is with sincere thanks to Juliet who spoke to the Richmond Lib Dem MP, Sarah Olney, that we were able to do the tour.



Sarah Olney MP met us in person in the afternoon and gave us an insight into her work at the Houses of Parliament which was very interesting.

Another successful trip out, many thanks Richard, much appreciated.





# ALMSHOUSE NEWS - Local What's On

BOOK YOUR FREE TASTER SESSION TODAY!  
**ROCKCHOIR.COM**



Free taster session with Rock Choir, at their new location in Richmond. 7:45pm on Thursday evenings. Duke Street Church, Quadrant Road, Richmond, London, TW9 1DH. To sign up go to [www.rockchoir.com](http://www.rockchoir.com)



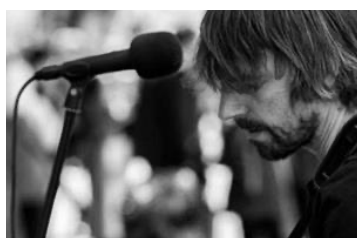
**The Twickenham Record Fair** has over 20+ tables of collectable and new vinyl, CDs and music memorabilia. St Mary's Church Hall, Church Street, Twickenham, TW1 3NJ. 13th April 2024.

Open 9am–3.30pm. £1.



**Barnes & Mortlake History Society Lecture** on *The 18th Century Royal Kitchens at Kew; a story*

*of Architecture, Food and Etiquette.* St. Mary's Parish Church, Church Road, Barnes, SW13 9HL. April 18th 2024. £2. More details: [www.barnes-history.org.uk/lectures/](http://www.barnes-history.org.uk/lectures/)



**Scott McMahon live at The Mitre Pub.** 28th April 2024. 5pm. The Mitre Pub, St Mary's Grove Richmond

TW9 1UY. (next to Hickey's and Church Estate). Scottish singer and songwriter, combining rootsy rock influences with a heartfelt and poetic storytelling style.

His albums can be heard at [www.scottmcmahononline.com](http://www.scottmcmahononline.com).

Free .

20

## Knit And Natter, Richmond

Bring along your knitting/crochet project and catch up with other like-minded crafters at our new shop space in Richmond. We will have tea, coffee and cake. £5. Wednesday 10th April. 7pm - 9pm. Knit With Me, 17 Richmond Hill, Richmond, TW10 6RE



## The Arts Society Richmond

offer lectures on the first Tuesday of every month. *American Impressionists in the Garden* by Caroline Holmes is on 2nd April 2024 (see website for 'bring friends free' promotion). Duke Street Church, Duke Street, Richmond TW9 1DH. 7.30pm. £5. [www.theartsocietyrichmond.org.uk](http://www.theartsocietyrichmond.org.uk)



## Ham Parade Market

Fresh local produce, crafts, delicious treats, kids activities and live music. 6th April 2024. 10am–2pm. Free Entry.



## Community Weekend at Marble Hill.

Family friendly events for all ages. Music, tours of the house, community sport, story telling sessions, arts and crafts as well as historic talks and walks. Marble Hill House, Richmond Road, Twickenham, TW1 2NL 6th -7th April 2024. Free.



FOR MORE INFORMATION ON ANY OF THESE LOCAL EVENT ARTICLES,  
Google:

[www.visitrichmond.co.uk](http://www.visitrichmond.co.uk)



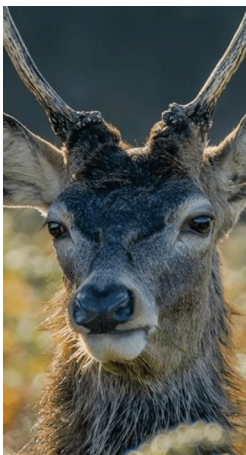


***Othello*** at Richmond Shakespeare Society. 20th - 27th April at The Mary Wallace Theatre. Book online: [richmondshakespeare.org.uk](http://richmondshakespeare.org.uk). £14 (members), £17 (non members)



**Twickenham Art Circle - Art Exhibition.** FREE. Saturday 13th and Sunday 14th April at The Landmark Arts Centre, Teddington. 10am - 5pm.

Painting by Anna Tikhomirova  
[www.twickenhamartcircle.org.uk](http://www.twickenhamartcircle.org.uk)



**Richmond and Twickenham Photographic Society Annual Exhibition.** Friday 19th - Sunday 28th April. 10am - 4pm. The Landmark Arts Centre, Teddington. £4 admission.

Photo by John Phillips  
[www.rtps.org.uk](http://www.rtps.org.uk)



**Do you want to exhibit your artwork at a local art fair?** The Landmark Arts Centre in Teddington is accepting stand applications for the Spring Art Fair until 5th April.

Maybe you could share a stand with other residents from The Richmond Charities? All the details are here: [www.landmarkartscentre.org/exhibitor-info](http://www.landmarkartscentre.org/exhibitor-info)

**Spring Art Fair 2024: 17th-19th May** – applications now open (see below)

**Autumn Art Fair 2024: 11th-13th October** – applications open March 2024

**Sparkle Festive Fair 2024: 15th-17th November** – applications open May 2024

### Local charities join forces to fight furniture poverty.

The Richmond Furniture Scheme (RFS) is delighted to announce that it is now working with Age UK Richmond to support residents in need with grants for furniture and appliances. The RFS is a friendly furniture reuse project based in Twickenham. It takes donated furniture and volunteers fix and upcycle it to sell it at affordable prices. It also sells refurbished white goods and microwaves. Find out more about how you can access grants and discounts through the RFS website [www.rfsonline.co.uk](http://www.rfsonline.co.uk) or phone 020 8755 4665.



### Richmond best in London for supporting adults in social care.

Cllr Piers Allen, Chair of the Adult Social Services, Health and Housing Committee, said: "Tremendous thanks goes out to everyone in our care sector, who work tirelessly to ensure Richmond upon Thames is and continues to be a great place for people to live."



**FOR MORE INFORMATION ON ANY OF THESE NEWS ARTICLES,**  
Google: [www.richmond.gov.uk](http://www.richmond.gov.uk)

### Richmond in Europe Association to host musical concert on Sunday 7th April 2024,

with musicians of the Royal Academy of Music in aid of their patron, the Mayor of Richmond's charities. Taking place at St Mary's Church Twickenham, TW1 3DT, the international ensemble of Regina Gössel, Clara Orif and Milette Gillow, accompanied by pianist Jack Redman, will perform songs and arias reflecting the power of music to bring communities together. Tickets £15, under 18 free. Refreshments will be served during the interval. More info: [www.richmondineurope.com](http://www.richmondineurope.com)



### You Think English Is Easy?

by Margaret Goddard

The soldier decided to desert his dessert in the desert.

The dump was so full that it had to refuse more refuse.

The farm was used to produce produce.

A bass was painted on the head of the bass drum.

Upon seeing the tear in the painting I shed a tear.

To help with planting, the farmer taught his sow to sow.

I had to subject the subject to a series of tests.

Since there is no time like the present, he thought it was time to present the present.

The bandage was wound around the wound.

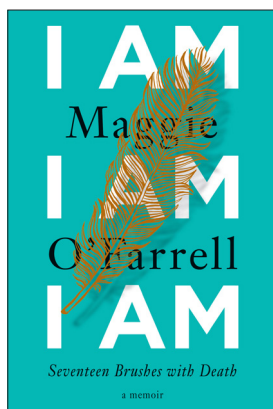
The insurance was invalid for the invalid.

They were too close to the door to close it.

The buck does funny things when the does are present.

I did not object to the object.

### Page Turners



*I AM, I AM, I AM*

by Maggie O'Farrell

Review by Mike Townsin

This book is a memoir by the author which deals with seventeen separate experiences throughout her life, seventeen times she could have died, but didn't. But don't imagine this is a gloomy read – it isn't, it's revelatory and uplifting.

It's about the circumstances leading up to each episode, and the reflections and self-assessment she reveals to us.

Motherhood and love are at the heart of most of these stories, which she tells with a truly uncompromising, almost brutal self-awareness – establishing instant rapport with the reader by sharing her innermost thoughts and feelings about each happening – as John Lennon said: "life is what happens when you're busy making other plans!"

And as ever with Maggie O'Farrell, the language and writing are an exceptional pleasure.

Highly recommended!

### Our Community Library - Submit Your Book Review



by Debbie Flaherty

If you have read a book from the Hickey's library and would like to write a review, please hand this to your Scheme Manager. We will put it next

to the book in the community library.

We thought that it would be so nice to help others choose a book if there is resident review next to the book on the shelf.





### Resident Interview - Steve Harbud

It was never my intention to live in an almshouse or to work for the charity.

One day Eve (my other half) told me she had found a really good job in Richmond working at the almshouses, followed by "we need to move there because the job involves being on-call at night". That was in December 2000 although I didn't join the workforce until October 2002. I enjoyed many years working for The Richmond Charities with an array of jobs. On many occasions I would be working alongside Gerry whose expertise taught me a lot and it was a pleasure working with him.

I settled into the position of Health & Safety Officer until I retired in April 2016. Eve had already retired and as we met the required criteria we applied for residency and lived in the bungalow which is now the staff office. We had some lovely neighbours and spent many good years enjoying being part of the charity as residents rather than staff.

I've seen many changes over the years with new staff and residents and there's always improvements being made to property and the estates including the purchasing of other almshouse estates.

When the charity bought the apartment block in Manning Place, Queen's Road we were offered a chance to

move there although I am sure it was only so they could use our bungalow as the staff office! I liked the idea of having a bit more space and starting afresh, although it wasn't quite as clear cut for Eve. Once you're settled into a home the thought of having to move lock stock and barrel and take into account everything that requires changing it can seem quite overwhelming.



*View from Richmond Hill*

I had seen Manning Place on several occasions and knew it would be a great move for us and, to be honest, nearly six years on we have never regretted one moment of it.

There are local shops just a five-minute walk away plus being closer to the park and that incredible view overlooking

the river just up the road is a real bonus. Right next door is The Cambrian Centre which offers a host of activities and things suitable for many age groups.

Being an empty block of nine apartments, we all moved in within a few weeks of each other. Right from the start we all got on well as we were all in the same boat (so to speak) and to this day we've never looked back. We've become friends rather than just neighbours and we are always looking out for each other. Coffee mornings or a glass of wine outside in the better weather are commonplace and having a WhatsApp group the whole block can exchange info at the touch of a button.

Along with everything we have here, we still have the benefits that the Charity provides. It's always up to the individual how much time one wishes to spend on different activities and socials. Feeling safe in one's home is so important and the charity has many things in place to ensure that happens.

It's been a good journey so far and although I've had my fair share of doctors and hospitals, life is good and hopefully for many years to come!

## Wit and Wisdom



Curated by Mike Townsin

- “Pooh, promise you won’t forget about me, ever.

Not even when I’m a hundred.”

Pooh thought for a little: “How old shall I be then?”

“Ninety-nine” I replied.

Pooh nodded. “I promise,” he said.

*Christopher Robin to Pooh, from The House at Pooh Corner: Reading from Richard Howard’s Service*

- “It is not enough to be busy. So are ants. The question is: What are we busy about?” *Henry David Thoreau, American Naturalist*

- “Apart from painting and gardening, I’m no good at anything” *Claude Monet*

- “If one cannot command attention by one’s admirable qualities, one can at least be a nuisance” *Margery Allingham, novelist*

- “Every leaf speaks bliss to me / Fluttering from the autumn tree” *Emily Bronte*

- “The great art of learning is to understand but little at a time” *John Locke English philosopher.*

- “Even though a number of people have tried, no one has ever found a way to drink for a living” *Jean Kerr American author/playwright*

- “Before you marry a person, you should first make them use a computer with slow internet to see who they really are” *Will Ferrell American comedian*

- “Too long a sacrifice can make a stone of the heart.” *William Butler Yeats Irish poet/dramatist*

On This Day:

8th April 1941

Vivienne Westwood British fashion designer was born.

On This Day:

12th April 1992

Europe’s first Disneyland opened near Paris

On This

Day: 17th April 1964

Customers rushed to buy the new must-have car – the Ford Mustang: in just one day 22,000 cars were sold across the USA.

On This Day:

21 April 1934

A photograph was published appearing to show a monster swimming around Loch Ness – this was later found to be a hoax.

## Jokes by Heather Warman

What’s the difference between a horse and a duck?

One goes quick and the other goes quack

What do cows read?

Moos papers

How do whales carry big things?

In a whale barrow



## Miscellany



**Curated by  
Mike Townsin**

• Beijing, Seoul and Tokyo all mean 'capital' in their respective languages.

• The first holiday organised by Thomas Cook was a Temperance outing in the East Midlands.

• Two thirds of the people who have ever lived to be 65 are still alive today.

• When he died in 1891, John Davey, a school master of Zennor, Cornwall, was the only person in the world that spoke Cornish. He had kept the language alive by talking to his cat,

• *Kummerspeck* ('grief bacon') is German for the weight put on from eating too much when feeling sorry for yourself.

• The Malay word for water is 'air'.

• Baby puffins are called 'pufflings'

• A 'conscientious objector' was originally one who refused to have their children inoculated.

• The Wars of the Roses weren't called that. Sir Walter Scott invented the name four centuries after the conflict.

• The proud owner of the first silicon breast implant was a dog called Esmerelda.

• Alan Turing, the father of computer science, chained his mug to a radiator to stop anyone else at work using it.

## Getting To Know You



**Margaret Goddard**

• What is your favourite song and how does it make you feel? ***Don't think I have one! I like listening to silence!***

• Who is your favourite artist and why? **Difficult to choose, but possibly L.S Lowry — love the way he finds beauty in the mundane and most of his pictures are full of action.**

• If you could be a star in a movie — what movie would it be? ***Best Exotic Marigold Hotel*, it is such fun and such a wonderful cast.**

• What book do you currently have on the go? ***Several! Her Majesty's League of Remarkable Young Ladies* by Allison D. Stegert, *Notes from a Small Island* by Bill Bryson and *Jesus: A Pilgrimage* by James Martin.**

• What words of wisdom would you pass on to the younger generation? **Be kind, treat others as you would like them to treat you, and never worry about anything you can't change.**

• What makes you laugh? **Idiosyncracies and quirkiness. Gentle sitcoms like *As Time Goes By* and *Yes Minister***

• Which public figure do you most admire? **Volodymyr Zelensky, because he holds firm to his principles and doesn't vilify his enemies.**

• What is your greatest achievement? **Two kind and caring sons who get on so well with each other.**

• If you were Prime Minister for the day, what would you do? **Resign! Would hate the job.**

• If you could travel back in time, where would you go? **1960s, because it was a colourful and happy era. Or possibly Regency times (as long as I was in the right social class and could take modern plumbing with me!)**



## True Or (April Fool) False Quiz

1. Your nose gets a little warm when you tell a lie and might even turn red.

True or False? \_\_\_\_\_

2. Mahatma Gandhi began his non-violent crusade in South Africa.

True or False? \_\_\_\_\_

3. Wright's Almshouses in Twickenham were built in 2000.

True or False? \_\_\_\_\_

4. Scheme Manager, Linda Prendergast, was born in Wales.

True or False? \_\_\_\_\_

5. Skin is the human body's largest organ.

True or False? \_\_\_\_\_

6. The national game of India is cricket.

True or False? \_\_\_\_\_

7. When leaving a cave, bats always turn to the right.

True or False? \_\_\_\_\_

8. In the English language there is no word that rhymes with orange.

True or False? \_\_\_\_\_

9. The Richmond Charities caretaker - Gerry Wilson - has been the caretaker here for 38 years.

True or False? \_\_\_\_\_

10. Marrakesh is the capital of Morocco

True or False? \_\_\_\_\_

11. Sarah Olney is the Conservative MP for Richmond Park.

True or False? \_\_\_\_\_

12. Richmond upon Thames is twinned with Richmond, Virginia, USA

True or False? \_\_\_\_\_

13. Kew Gardens is the largest parkland in London.

True or False? \_\_\_\_\_

14. *Barbie* won Best Picture at the Oscars in 2024.

True or False? \_\_\_\_\_

15. Ben Shepherd who lives in Richmond and is the presenter of *Tipping Point* — is to be the new presenter of *This Morning*.

True or False? \_\_\_\_\_

16. Art used to be an Olympic event.

True or False? \_\_\_\_\_

17. Plans are underway to stage a Formula One Grand Prix around Richmond Park in 2025.

True or False? \_\_\_\_\_

18. Spam is a mashup of the words 'salt' and 'ham'.

True or False? \_\_\_\_\_

19. The moon is drifting away from earth.

True or False? \_\_\_\_\_

20. The Japanese harvest square melons so that they fit inside a fridge.

True or False? \_\_\_\_\_

**Your chance to win a £10 M&S Voucher! Answer TRUE or FALSE to all the questions and submit this page to your Scheme Manager, or place in the suggestion box before Friday 19 April 2024.**

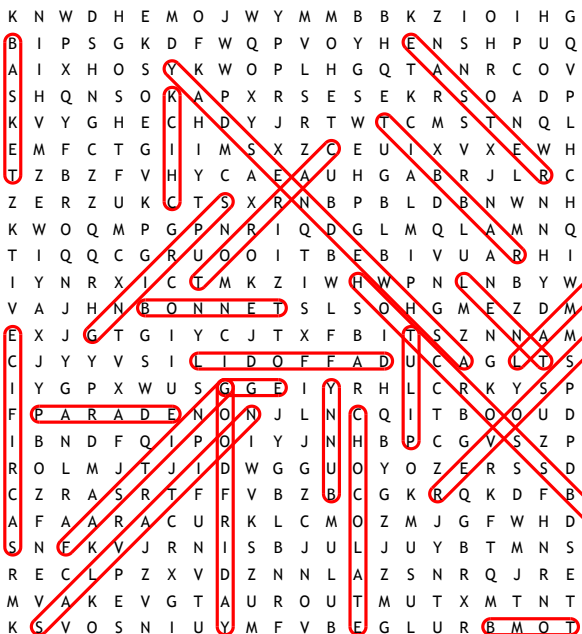
Name: \_\_\_\_\_



## Answers From March - Easter Egg Hunt

1. Page 3, column one, clock picture
2. Page 10, column two, bottom left picture
3. Page 12, Bingo article, next to balls
4. Page 12, bottom right dog picture
5. Page 13, column two, Christingle picture
6. Page 14, column one, processed food picture
7. Page 15, column one, bottom left picture
8. Page 17, end of column one
9. Page 18, next to page number
10. Page 21, in header
11. Page 21, Women's Hub article, on table
12. Page 22, in picture of book
13. Page 26, in wordsearch word list
14. Page 28, on the page number

## Answers From March - Easter Wordsearch



## Who Am I? Answer From March

Lorraine Bradley

If you would like to contribute a quiz, puzzle or game to be used in next month's edition, please contact your Scheme Manager.

Solve  
the cryptic clues to  
identify this member of staff!

## Who Am I? (Member of Staff)

- I once spent a week living on a small island in Fiji and on a moonlit night I went out on a boat with some of the Fijian community for a fishing trip. Apparently fishing in the moonlight normally equals a fruitful catch. However, I was the only person to catch a fish... a Barracuda no less! They were all very shocked and quite surprised especially the Chief's daughter, (known as the *Great Fisherwoman* amongst the community). For one night only I took on the role of the *Great Fisherwoman* and it was highly satisfying given I hadn't got a clue about fishing!
- As a younger person I loved fancy dress parties and dressing up. My favourites were: a tramp — I rolled around in the flower beds to get an authentic look, a bumble bee and *Wee Willie Winkie*! Happy days!
- I travelled a lot when younger and took on some odd jobs to earn extra money for my travelling adventures. The weirdest one was being a security guard for a Radio 1 DJ at a gig in Milton Keynes. I may have worn a uniform and a hat but a security guard I was not!!
- I do believe in fairies and I have a photo that proves their existence taken in Glendalough, Ireland.

Can you guess who I am??

The answer is

.....

Answers in next month's issue.





by Nigel Davis

I found myself listening the other day to the irresistibly smile-inducing and foot-tapping theme music to the wonderfully humorous *Wallace and Gromit* animated films. I believe in fact that there is a type of music called an 'ear-worm' — once you have heard the tune it lodges in your mind for quite a while and you find yourself constantly recalling, or even humming, it.

Maybe there are some short poems which also, once read, are in their own way ear-worms. Certainly, to me, this short poem by Walter de la Mare is, once read, hard to get out of one's mind. De la Mare was very good at creating a sense of atmosphere: his eerie poem *The Listeners* ("Is there anyone there?" said the traveller..) has appeared in many poetry anthologies. And this little, almost inconsequential, poem itself creates an ever so slightly spooky and disturbing sense of mystery.

De la Mare originally wrote this poem as a children's poem — maybe one or two of you can remember it from childhood days? — and did not see fit to include it in his *Collected Poems* (1962). To my mind, however, it is a poem for anyone and everyone. It is a good poem to read out aloud.

## Some One

by Walter de la Mare

Some one came knocking  
At my wee, small door;  
Some one came knocking,  
I'm sure, sure, sure;  
I listened, I opened,  
I looked to left and right,  
But nought was there a stirring  
In the still dark night;  
Only the busy beetle  
Tap-tapping in the wall,  
Only from the forest  
The screech-owl's call,  
Only the cricket whistling  
While the dewdrops fall,  
So I know not who came knocking,  
At all, at all, at all.

Left From 1940 until his death de la Mare lived in South End House, Montpelier Row, Twickenham, on the same street on which Alfred, Lord Tennyson, had lived.

Right: Walter de la Mare's book *Peacock Pie* contains the *Some One* poem.

