

July Events

Papa George Concert
Whitstable Bay
Art & Soul
Annual Thanksgiving

Almshouses in Bloom
Rome & Emperors
Art Corner
Knitters Needed!



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Competition Winners

Thank you to everyone who sent in entries for the Spot The Difference and the Wordsearch in our June edition. Picked at random, our winners this month are:

Alan Shirley– Wordsearch

Connie Yorke– Spot the Difference

Congratulations!

Answers from last month's competition are on page 24.

Contribute to our Next Issue

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



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

Welcome to our New Residents

We offer a warm welcome to our new residents:

Karen Evans, Michel's Almshouses

David Baker, Hickey's Almshouses

Farewell

It is with great sadness that we say goodbye to:

Gordon Bliss, RIP. Manning Place

Chapel Schedule: July 2024

Sunday 7th July	10.30am Holy Communion 3.30pm Annual Thanksgiving and Celebration Service - see page 10 for details
Sunday 14th July	10.30am Holy Communion
Sunday 21st July	10.30am Holy Communion Led by Revd. Elisabeth Morse
Sunday 28th July	10.30am Holy Communion 5.30pm Evening Prayer
For more info email Chaplain Derrick: d.thompson@richmondcharities.org.uk	Morning Prayer on Tuesdays at 10am (except on 16th & 23rd July) Evening Prayer on Thursdays at 4.30pm (except on 18th & 25th July) All are welcome to join us.



Front page photo: Papa George Concert on Hickey's Lawn in June. Photo credits: Juliet Ames-Lewis and Mike Townsin.

Editorial Committee: Juliet Ames-Lewis, Lorraine Bradley, Rebecca Evans, Debbie Flaherty, Chantal Richards, Derrick Thompson & Mike Townsin.
Magazine Design: Chantal Richards & Eden Richards

Save the Date

The Parkshot Singers

Summer concert at Hickey's Chapel

on Friday 12th July at 3pm

Refreshments will be provided

See page 9 for more details

Save the Date

The Eloysia String Quartet

Thursday 5th September at 5:30pm

on The Lawn at Michel's Almshouses

A classical quartet based in Kingston upon Thames, who have kindly agreed to come and play for you while you enjoy some cheese and biscuits together with a glass wine.



Save the Date

Summer Party Thursday 8th August 2024

on Hickey's Lawn
1pm – 4pm

Fish 'n chips and ice-creams!

Prize for best seaside hat!

RSVP via your Scheme Manager before 5th July

Please don't forget to reply to say if you can attend.

Save the Date

Annual Service of Celebration and Thanksgiving

at The Chapel of Saint Francis,
Hickey's Almshouses
on

Sunday 7th July
at 3pm

See page 12 for more details

Save the Date

Macmillan Cancer Support Coffee Morning

on

Friday 27th September

at

Hickey's Chapel

Save the Date

Christmas Lunch

on

Thursday 12th December

at

Richmond Hill Hotel

Details to follow

Letter from Becky

Dear Readers

I can hardly believe it's already been three months since I joined the charity – it's flown by. With this month's Julius Caesar theme, I was inspired to look up some famous quotes and stumbled upon one that resonated deeply: 'Experience is the teacher of all things'. This felt especially fitting as I step into Alison's shoes, carrying forward the legacy of her 17 years of dedicated service, guiding me in those first two weeks very patiently.

I've had the pleasure of visiting our estates with the Scheme Managers. I was greeted with such warmth and kindness by so many of you, and it quickly became clear what a special place the Almshouse community is. The beautiful weather we had in May certainly helped, showcasing the gardens in all their glory.

One particular memorable moment was enjoying a cup of tea with our Chaplain, Derrick, in his office, overlooking the gardens at Hickey's. I felt incredibly fortunate.

This edition of Almshouse News is packed with great articles. Personally, I'm excited about the mind and body column as I'm striving to lead a healthier lifestyle and always on the lookout for extra advice and tips.

I hope to see many of you at the summer party, until then – enjoy!

Becky

Rome

by Mike Townsin

On 1st January 45 BC, what is known as the Julian calendar took effect, as decreed by the Roman Dictator Julius Caesar. The month of July is named after him.

That's all very interesting you may say but what – in the words of Reg in *Monty Python's Life of Brian* – did Rome ever do for us? So, let's fast forward to the present day and find out.

The answer, of course, is 'quite a lot'.

The principles of Roman law, such as the presumption of innocence and the right to a fair

trial, underpin our own legal system and that of the western world.

Much of today's architecture and engineering is owed to Roman innovation, including the construction of roads, aqueducts, bridges, arenas, exemplified by monumental buildings such as the Colosseum and the Pantheon – which, nearly two thousand years after it was built, is still the world's largest unreinforced concrete dome.

In fact, the Romans invented concrete, just one example of their technological genius which has allowed us to build the durable and impressive structures we see today as far afield as London, New York, the Burj Khalifa in Dubai and the Sydney Opera House.

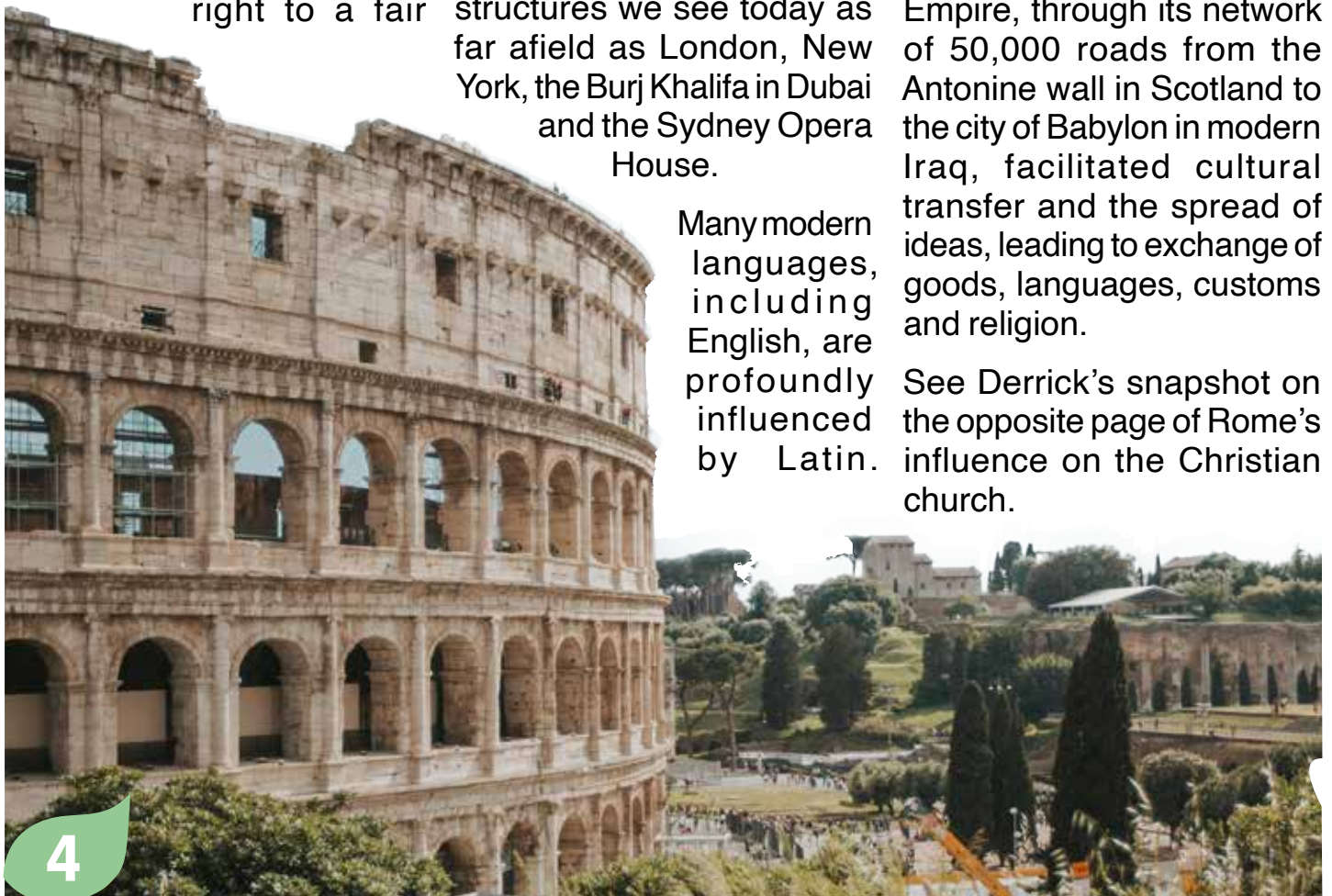
Many modern languages, including English, are profoundly influenced by Latin.

Roman literature too, including the works of Virgil, Cicero and Ovid continue to be studied and appreciated today.

Roman cities were planned with careful attention to infrastructure, sanitation, and public spaces – a model for urban planning that would influence cities for centuries to come; many of our squares, parks and landscapes are based on the designs of vast imperial pleasure gardens such as those built by Hadrian at Tivoli and the Golden Palace of Nero on the Palatine Hill in Rome.

And culturally the Roman Empire, through its network of 50,000 roads from the Antonine wall in Scotland to the city of Babylon in modern Iraq, facilitated cultural transfer and the spread of ideas, leading to exchange of goods, languages, customs and religion.

See Derrick's snapshot on the opposite page of Rome's influence on the Christian church.



Emperors and Christians

by Derrick Thompson

For the first three hundred years of its existence the Church was not very fond of the august Roman emperors. Under their rule Christians were at best tolerated but were often persecuted, often to death, in some quite horrific ways. The first persecution was in Rome itself under Emperor Nero (54-68 AD) with further persecutions happening in the ensuing years.

Persecution was particularly widespread towards the end of the third century under Emperors Decian (249-251 AD) and Diocletian (283-305 AD). All of that changed at the beginning of the fourth century AD.

On the eve of the Battle of Milvian Bridge in October 312 AD, Emperor Constantine the Great had a religious experience as he prayed for victory. He saw a vision of a Christian symbol (the two different historians of that period recording the event gave different versions of the symbols) with the script 'in this sign conquer'.

After victory in the battle he began his journey into the Christian faith, giving Christians religious freedom and outlawing persecution in 313 AD. He was baptized as a Christian on his deathbed in 337 AD.

Constantine's vision and conversion had a dramatic and significant ongoing effect on Christianity. The style of some church buildings, the robes that priest wear when leading worship, the use of the Latin language in churches and Rome as the centre of the Western Church until the time of The Reformation are all, with many other

things, due to the conversion of Augustus Constantine the Great.

After Constantine the Great (r. 306–337) defeated his rival Maxentius (r. 306–312) at the Battle of the Milvian Bridge in October 312, he and his co-emperor, Licinius, issued the Edict of Milan (313), which permitted all religions, including Christianity, to be tolerated.



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, for individual gardeners, 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.

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 having 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.

Summer Outing to Whitstable Bay

A reminder that we are going to Whitstable Bay, Kent this year for the Summer outing on **Tuesday 9th July**.

Please let your Scheme Manager know if you would like to go and haven't done so already.

Don't forget there is space on the coach if you want to bring a friend!



Kew Gardens Membership For YOU

We would like to invite residents to come forward and make use of our **Membership with Kew Gardens**.

Perhaps you would like to invite one friend, join a neighbour or go it alone to relax and unwind while watching the seasons change among the world's most diverse collection of plants.

Our membership offers entry only and does not permit entry to exclusive events.

Explore the fascinating world of plants and find out more about their many uses and Kew's valuable work.



Opening times:

Monday to Friday 10am to 7pm
(last entry 6pm)

Saturday, Sundays & Bank Holidays,
10am to 8pm (last entry 7pm)



Feeding the Foxes and Birds



by Juliet Ames-Lewis

Please can I remind all residents that it is not permitted to feed foxes or other animals or birds on our estates.

Foxes are territorial, resilient animals who thrive in a wide variety of environments. They are scavenging carnivores and highly adaptable. Also, they are resourceful and able to find food sources readily within their territories. They are relatively un-selective with their diet, and as a result can find food in most environments.

They do not require external sources of food in order to thrive; in fact external food sources can be of detriment to them. Eating food provided by humans requires no skill or effort. The net result of this over a period of time is that foxes become reliant on this food source

and stop scavenging and sourcing their own natural food sources as they normally would. As they stop doing this, they stop roaming as much as well, which means their territory reduces. As a result the availability of food to them also reduces.

So when the human source of food is not available for any reason, foxes have a much reduced ability to source food and can end up struggling to find it. In addition, this reliance



on an external source of food takes away from their natural behaviour to source it and is harmful to the behavioural and social interactions of the animal.

Almshouse Developments



by Mick Tinson

Queen's Road

It's been a rather wet but productive couple of months since my last article. As you can see the site has been progressing nicely, regardless of the weather. The first floor is currently having its roof installed meaning the second floor has a solid base and the walls can continue to grow. Now that the ground floor is fully covered, parts are temporarily being converted into a site office so that the welfare and office cabins can be removed to enable the remaining ground works to start on what will become the car park.

The Richmond Charities staff recently visited the site for the first time and were given a guided tour on progress to date.

Trustees also had their second visit.



Front of Plot No.1



Queen's Road front elevation



Staff visit to the site in May 24

St Mary's Grove Garages

Works at the St Mary's Grove site have also been coming on in leaps and bounds since my last update. All the pre-fabricated panels slotted together as planned which enabled the internal partitions and roof to be completed in a short space of time. The

internal insulation works were completed and the all-important air-tests were carried out. This test, also known as air tightness, leakage or pressure test is conducted to determine the total conditioned air lost through leaks in a building's fabric, known as its envelope. This test is of the utmost importance as it determines how well the building will maintain the desired temperature throughout the year with minimal cost to the occupier. It's uncommon, but Buxton managed to get all properties to pass this test first time around.



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Trustees visit to site May 24

Volunteers Needed

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A local Christian charity, *Embracing Age*, is working towards a world where older people are valued, connected and full of hope, by combatting loneliness, mobilising volunteers, equipping churches and speaking out.



The Richmond branch are looking for volunteers right now, where you can give as little or as much time as you like. There is currently a high demand for volunteers to befriend care home residents across the Borough of Richmond,

You can also use your talents to bring joy through crafts or nature, and support with admin or other professional skills.

If you feel that you can help, consider some of these roles:

- befriend a care home resident
- creating homemade cards of kindness
- creating knitted or crochet gifts for care home residents (see right)
- helping care home staff in providing sensory activity, such as hand massages, for people in the late stages of dementia
- mini bus driver
- newsletter volunteer

To find out more information or get involved, go to the *Embracing Age* website and look at all the opportunities under 'Get Involved'.

www.embracingage.org.uk/get-involved

***"What a joy it is to do this,
how it makes me value my
own mobility - indeed my life!"***

A volunteer for Embracing Age

Calling all Almshouse Knitters and Crocheters

.....



by **Linda Prendergast**

We want to reach out and help this local charity — Embracing Age.

Why?

Because giving knitted / crocheted gifts to older people in care homes lets them know that they are not forgotten and that people are thinking of them.

Embracing Age regularly gives homemade gifts to residents at Christmas and during the year, including shawls and bed socks.

What's in it for you?

The knowledge that you are bringing joy to some of the oldest and most isolated residents in the community.

This is where I'm asking for your help.

During lockdown many of our wonderful almshouse residents rose to the challenge and produced some amazing knitted bears as well as many other things to say thank you to the astonishing NHS staff.

I would like to challenge you again! This time it's to help an elderly care home resident feel that someone is thinking about them.

Let's get those knitting needles and crochet hooks out and see what we can donate.

You can drop anything you make into your estate office and your Scheme Manager will arrange to have them delivered to the *Embracing Age* office in Twickenham.

Line Dancing!

Taster Sessions with
STROLL 4 FITNESS



Come and meet Colin for a
taster session on

**Friday 12th July and Friday 26th July
in Hickey's Chapel, 12noon - 1pm**

Sign up via your Scheme Manager

**"Why walk when you can stroll to
'50s rock and roll."**



The class at Whitton Community Centre

The Parkshot Singers



We asked *The Parkshot Singers* if they could share some background information about their choir prior to their **Summer Concert at Hickey's Chapel on Friday 12th July at 3pm.**

"We sing a wide variety of music in many different genres, from different cultures and in different languages. We usually give two concerts a year at Hickey's — one in the summer and one at Christmas.

We are currently preparing for our summer concert in Hickey's Chapel — everyone is most welcome and we hope you will stay to enjoy cake and a chat with us afterwards.

Inner Guidance



**Dedicated Meditation Sessions
Promoting Health & Well-Being**

with Deborah Flanagan

Deborah has completed her first 6-week course of Inner Guidance and Meditation sessions at The Richmond Charities. Previous sessions have been really successful with wonderful positive feedback, so we have arranged for another 6 week course.

***"It was enlightening, peaceful and really helped me to make a safe space. It's now up to me to carry on and practise on my own"* — Angela Greaves, resident.**

If you feel you would like to take part, why don't you come and join in with our next course on **Tuesdays between 11:00-12:00 noon.**

There are sessions on **Tuesday 2nd, 9th, 16th July.** Numbers are limited, so if you would like to join in please let your Scheme Manager know and they will book your place.

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**Your journey begins from within.
Are you ready to join her?**

The Parkshot Singers is a long-established local choir formed of people from a wide variety of backgrounds, but who all share a desire to learn to sing, or return to singing — in some cases after a very long break.

At 2pm on a Friday afternoon we meet in the Richmond & Hillcroft Adult & Community College, Parkshot, Richmond and spend two hours singing with our inspirational conductor, musical director and teacher, Janet Oates, herself a professional singer and composer — her fun and energy is contagious. We are also fortunate to be accompanied by our wonderful pianist Edward.

We look forward to meeting you all on Friday 12th July."

Why Not Try... The Itch to Stitch Craft Club



by Debbie Flaherty

I had the opportunity today to visit The Wright's Terrace Room to join the lovely ladies at the *Itch to Stitch Club*. They were sitting chatting, knitting, painting and sewing and I spent time looking at their marvellous pieces of work. They made me feel most welcome. What a great excuse to have a lovely social time together.



If you fancy popping along to bring a craft that you are currently working on or just to have a cuppa and a chat, please come and give it a try. It would be great to see some more of you there.



Art and Soul Workshops



When: Thursday 4th July & Thursday 18th July

Where: Secret Garden Room, Church Estate

Time: 11am – 12.30pm (with a 15min break)

With: Gwen Ramsay, Artist and Artist Educator

- You don't need any artistic skills or previous creative experience to join.
- **All** art materials are supplied.
- Everyone attending this workshop automatically joins the *Art & Soul* community with access to a range of further artistic activities, services and experiences.
- **Please book a space with your Scheme Manager.**

About Gwen Ramsay

Gwen is a talented artist and artist educator who is passionate about encouraging everyone to be creative. Since 2007, Gwen has worked on creative learning programmes privately and in museums including the Tate Modern, The London Transport Museum and The Royal Academy of Arts.

About The Art and Soul charity

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

There is growing evidence that workshops like this can help enhance emotional wellbeing. Everyone is welcome, regardless of artistic ability. All the workshops and events held throughout the year are free, thanks to the support of private individuals and a wide range of organisations.

If you would like to read more about the organisation go to: www.artandsoul.org.uk

The Richmond Charities

Annual Service of Celebration and Thanksgiving

at The Chapel of Saint Francis,
Hickey's Almshouses
on **Sunday 7th July 2024 at 3pm**

In the presence of
*His Worship the Mayor of the
London Borough of Richmond-upon-
Thames, Councillor Richard Pyne.*

Guest Preacher: Revd Chris Scott
(former chaplain)
with the choir of St Mary Abbots, Kensington
and their Director of Music, Mark Uglow.

A collection will be taken for the
Mayor's Charities: *Richmond Borough
Mind and Home Start RKH*

Join us as we remember those whose
generosity founded the charity, celebrate our
life together and socialise with refreshments.

Family and friends welcome!

Chaplain's Chat

by Derrick Thompson

Last month I started the editorial with 'June is bursting out all over', but since then it's felt more like January than June!

I've just been having a word with the Boss about that, reminding Him that the residents (and staff) need some more warm sunny days for their health and wellbeing. I'm trusting that He sends us some soon – especially on Sunday 7th July when we have our **Annual Service of Celebration and Thanksgiving in the Chapel at 3pm**, followed by refreshments on the lawn. (Please see the poster on the left for details).

We have several residents taking part in the service, as well as former Chaplain, Reverend Chris Scott.

I do hope you come along so that we have a full house for the service this year. During the service we will be taking a collection for the Mayor's Charities, *Richmond Borough Mind and Home Start, Richmond, Kingston and Hounslow.*

I'm also asking the Boss for pleasant weather at Whitstable for the outing on July 9th. It's such a quaint town with its fishing harbour and some lovely shops. The fish and chips are amazing too!

I'm joined by residents most weeks on Tuesdays and Thursdays, as well as Sundays, to talk to the Boss in prayer. Let me know if you have any requests for prayer that we can include in those conversations. There is scientific research that shows that prayer makes a real difference, so we would love to support you with our prayers. Have a blessed month!

Film Club

As the holiday season has started there will be no Film Club in July, however we will meet again on the 21st August – details to follow in next month's Almshouse News!



Tuesday, July 2nd at 11.30am
The Chapel, Hickey's Estate

Come for a coffee and learn about the wealth of support services on offer from The Mulberry Centre, our local, award-winning cancer centre. Their Community Engagement Lead will be here to talk to you about how The Mulberry Centre can support anyone affected by cancer: the person with the diagnosis, their family, friends or carer, as well as how to recognise signs and symptoms to aid early diagnosis.



For more information, visit our website
www.themulberrycentre.co.uk
Or call 020 8321 6300

Registered Charity No. 1108999

Papa George Concert

by Alison Fleming

Under an unpredictable sky, the scene was set on Hickey's lawn. On entering, there was a warm welcome from the organisers Linda and Derrick. Trestle tables were covered with food and drinks and there were red cushions on the chairs. There was an eager crowd of Trustees, staff, residents, friends and families settling in for the second Papa George concert hosted by The Richmond Charities.

The Papa George Blues Band started at 6pm sharp and immediately swung into action. Papa George on guitar and vocals, Pete Rees on bass and Darby Todd on drums. Grounded in the blues of the American deep south, these three musicians gave their all, in a stunning, one hour 'let it rip' performance.

From the opening number *Hard Way*, Papa George's gravelly voice blended with soaring bass and drums — they combined their passion and commitment to the blues. The band took the audience with them as they wove through a powerful repertoire of songs full of poignancy, heartache and deadpan humour.



The audience response was immediate and enthusiastic with cheers and clapping and moving and grooving which didn't let up throughout the whole performance.

Juliet circulated round the tables while adding a fair amount of subtle camera action. Mike and his camera got close up to the band by crawling impressively over the lawn! Behind the band, children were cartwheeling and running around on the grass.

As the sun burst through the clouds there was a lovely scene of different generations, all having a wonderful time thanks to the generosity of the musicians and the talents they share.

The final number — co-written by Papa

George and Pete whilst in Texas, called *Flooding Down in Texas* was the perfect finale. I am not alone in wishing the magic could have gone on for longer. Thanks to The Richmond Charities for hosting the performance.

Pete Rees with his group **Connexion**, will be playing at The Bull Inn in Barnes on 20th July. **Papa George** has several gigs in the area. Check out his website: www.papageorge.co.uk



Out And About: Paws on the Wharf Sculpture Trail



by Angela Greaves

Six of us had a nose for adventure and made our way to Canary Wharf. We put our best paws forward and sniffed out the ***Paws on the Wharf Sculpture Trail*** hosted by Canary Wharf Group.

A magnificent day of sunshine and the wonder of Canary Wharf made it extra special spotting the unique sculptures by talented artists.



Forthcoming Out and About Dates:

Friday 5th July - Hampton Court Gardens, free open day (gardens only)

Tuesday 23rd July - Kew Gardens for Light and Life sculptures. Free event. (Please let your Scheme Manager know so that the free tickets can be arranged).

Tuesday 20th August - Animal Sculptures at St. Paul's and London Bridge.

Tuesday 10th September - Chihuly Glass Art at Chelsea Barracks.

Please book with your Scheme Manager as places are limited. We meet at Richmond Station at 10am on the day.

Paws on the Wharf was created to raise awareness of the challenges of living with sight loss and to help people with sight loss live more active and independent lives.

Each dog sculpture had a name, and much fun was had by discovering each one on the trail that we covered (some 5,400 steps later), so we had two compulsory stops for coffee and cakes en route!

Another great day out. Thanks to Richard for his due diligence and care for us all — who were difficult to control and keep safe! We unleashed our energy and tongues were lolling by the end of the train trip home.

Out And About: Horizon 22

by Angela Greaves

On 4th June, our group of 10 arrived at Monument tube station. We had a snack at a café and afterwards we walked through the famous Leadenhall Market, an historical Victorian indoor marketplace dating from 1321. Originally a meat, poultry and game market, it is now home to boutique retailers, restaurants and cafes. The architecture of the ceiling and buildings were fascinating and well worth seeing (photo 2). Leadenhall Market is a popular choice for filming movies, such as *Tinker, Tailor, Soldier, Spy*, *Lara Croft*, & *Tomb Raider*. The market has survived changes in use, rebuilding and even the Great Fire.

We arrived at Horizon 22, the highest free viewing platform in London towering over iconic landmarks. We entered the tall modern building, passed through security and took the lift to the 58th floor with trepidation. The silent lift whisked us up in what seemed a few seconds.

Our first sight of the panoramic view of the City of London through the ceiling-to-floor glass windows, was jaw dropping and we approached in awe (photo 4). The drop to ground zero below was terrifying however. We soon settled and took in



the splendid sights below us. Cameras came out and we snapped away excitedly, spotting familiar and famous landmarks. Some buildings looked like the size of Lego, and tiny figures and vehicles on the streets below were minute. It was a sight to behold and took our breath away. None of us had experienced anything quite like it in London. It was as if some of the ancient buildings were encompassed by skyscrapers, an eclectic mixture of old and new.

Apparently, the highest floors of the building will be occupied by Gordon Ramsay's five new restaurants and a culinary school, with prices as high as the building no doubt! The floors below are for commercial use and offices. We were on top of the world and close to heaven and vowed to return in the autumn and experience sunsets and a city bathed in millions of twinkling lights. We're all very grateful to Richard for doggedly trying for weeks to get us tickets and guiding us there and back safely.

A wonderful experience.

Quiz Night

by Bill Watson

I have now been to three quiz nights held in the chapel. I didn't realise how enjoyable the evenings would be.

Firstly, on turning up at the chapel, you are met by staff, and if you are lucky you will meet somebody you know and sit at their table, you will chat with people and then the quiz will start. You don't need to know anything, it's



just about being there, meeting people and taking part.

There are drinks and snacks, plus meeting friends and having fun. It's a great evening out and lasts about 2 hours. I've never won, but it's all about taking part. So, please come along to the next quiz night as you will enjoy it. I hope to see more people next time.

What To Eat To Promote A Good Night's Sleep



by Lorraine Bradley

To ensure a restful night's sleep it's crucial to pay attention to your dietary choices. Consider incorporating foods

that promote relaxation and support healthy sleep patterns. Some beneficial options include:

Warm milk contains tryptophan an amino acid that helps produce melatonin. This is a hormone that regulates sleep.

Tart cherries are rich in melatonin which aids in falling and staying asleep.

Bananas provide potassium which helps regulate muscle function and may reduce night time leg cramps.

Whole grains such as brown rice and oatmeal contain melatonin and carbohydrates that promote relaxation.

Leafy greens such as spinach and kale contain magnesium, a mineral that supports muscle relaxation and promotes sleep.



Nuts and Seeds such as almonds and sunflower seeds are a good source of melatonin and healthy fats which can enhance sleep quality.

Fatty Fish such as salmon and tuna contain omega-3 fatty acids that have been found to improve sleep duration and better quality.

Chamomile Tea is a calming and relaxing herbal tea that promotes sleep and helps calm the mind.

Lavender whether in tea or aromatherapy form, has soothing properties that can aid in sleep and smells good too!

Magnesium-Rich Foods such as avocado and dark chocolate, can help reduce stress and promote relaxation before bed. Did someone say chocolate!!??

Wright's Almshouses

by Linda Prendergast
and Jo Davison

Wright's Almshouses opened in 2020 and consists of nine one-bedroom almshouses, a guest room and the Terrace Room — which is a communal space that's open to all almshouse residents to use for organised activities like *Arts and Craft Club*, *Itch to Stitch* and the *Ukulele Club*. All almshouse residents are also able to pre-book the Terrace Room for a private party if they wish. Alternatively, it is the perfect room to sit in the sunshine, relax and take in the views, or sit outside on the terrace with a coffee. On New Year's Eve, residents met up in the Terrace Room to watch the firework displays with something a little stronger to drink!

Although 2020 was not the ideal time to move into a new home, especially as some covid restrictions were still in force, residents were able to meet on the level one outdoor landing to enjoy a lovely singalong.

Since then the community has evolved and friendships have developed within Wright's, as well as residents from our other almshouse estates as they come to use the Terrace Room.



Ferhat Khan, Candler Almshouses



I was born in Mombasa, Kenya in East Africa. My parents were from Pakistan and my dad worked for the British government in Kenya. I have seven sisters and two brothers and we had a very happy childhood.

Before I came to live in London we went back to Pakistan, but sadly my father died two weeks later and so we returned to Kenya. After a few years, we left Kenya and moved to London on Christmas Eve 1971. I missed the beaches and climbing coconut trees.

My first job here was in Richmond in a factory. One day when I was walking around Richmond, I found Dickins and Jones and I applied for a job in haberdashery. I then went to work at Heathrow

Airport, Terminal 1, duty-free and remained there for ten years. I met my husband at Heathrow airport, he was a chef, and we married in 1974 and had a daughter.

I went on to have a career working mainly for Lancome and Revlon as a consultant in Dickins and Jones and Boots until I retired in the 90s.

Since retiring I have enjoyed reading and practising hair and make-up. My mum was my best friend. I miss her every day, she was my role model.

I want to say a huge thank you to Juliet, Linda, Jo, James, Derrick and all the Trustees for being so kind and understanding. I am very happy in my new home at Candler Almshouses.

Getting To Know You

Beryl Gray

Where did you grow up? I grew up in Watford, Hertfordshire.

As a child, what did you want to be? I would have loved to have been a dancer.

Who is your favourite live performer/artist and why? My heart throb was the famous crooner Frank Sinatra, as he had a lovely voice.

What would you choose to give a 5-minute talk on? I would talk about flying to Southern Rhodesia to get married to my beautiful husband. I was just 20 years old and travelled with two nuns through the Congo. Such happy and exciting times.

What book do you currently have on the go? I am reading *Mansfield Park* by Jane Austen.

Describe your 'happy place'. My happy place has to be when surrounded by my family.

What words of wisdom would you pass on to the younger generation? Be kind to people.

If you could be a star in a movie – what movie would it be? Definitely *Gone with the Wind*.

If you were an animal, what would you be? A cuddly bear.

Who would you invite to your fantasy party/lunch and why? Anne Boleyn, as I find her fascinating.



A Poem by Steve Harbud

Another Day.

Written during lockdown.

And another day goes by, the world just keeps on turning,
We don't know the reasons why, it's a lesson that we're learning.
When we've given all we can and the road just seems too long,
It's up to me, and to you, to find the strength to carry on.

We could be running out of time, and if the candles burn too low,
When the world is standing still and there's nowhere left to go.
And in the early morning sun as I close my eyes to pray,
Not just for me but for everyone, just to see another day.

And another day goes by, the world just keeps on turning,
It's too late to mend what's past and the bridges we've been burning.
Could we turn the hands of time changing anything at all,
Would we make the same mistakes, we've seen the writing on the wall.

All that we have is here and now, we'll never pass this way again,
We'll see rainbows in the sky while we're standing in the rain.
And as the sun slowly disappears as another day is through,
Maybe soon we'll find a way and our dreams may all come true.

Debbie's Lifestyle Hints and Tips

**Shaving
cream
applied
on clothing
immediately
removes make
up stains.**

**When
trying on
glasses, put
them on and look
at your feet. If they
start to fall off
then they are
too loose.**

**Shopping
for groceries
while hungry
will triple the cost
of the trip.**

ALMSHOUSE NEWS - Local What's On



Marble Hill House Summer Garden Tour. Learn about the seasonal changes within the gardens at Marble Hill. Led by one of the garden team, you can hear about the work that is going on this summer.

Thursday 4th July, 2:00pm. Free. Meet at front of Marble Hill House. Pre-book your free ticket at: www.english-heritage.org.uk/visit/whats-on/marble-hill-summer-seasonal-tour



Eel Pie Island Artists Open Studio Weekend. Eel Pie artists invite visitors to view, purchase or commission from a wide selection of art and craft work. All are welcome.

Saturday 6th and Sunday 7th July, 11:00am - 6:00pm. Free. Eel Pie Island Boatyard, The Embankment, Twickenham.



Ham Parade Market. Includes fresh local produce, crafts, delicious treats, kids activities and live music.

Saturday 6th July, 10am - 2pm. Free. Ham Parade, Richmond Road, Kingston-upon-Thames. (Take the 65 bus from Richmond!)



Community Walk, Marble Hill, Twickenham. Enjoy the fresh air, pleasant surroundings, and community spirit with our regular Community Walk. The experience is led by volunteers, and free to attend with no pre-booking requirement.

Every Tuesday morning in July. Free. Meet outside the front of the café at 11am.



Kew History Walk. Stroll around Kew Green, the churchyard at St Anne's where famous artists are buried, and part of the riverside. The Hanoverian Royal Family enjoyed life in Kew and there is still much left from those times for everyone else to delight in the charms...

Sunday 21st July, 2pm - 3.30pm. £5. Meet at St. Anne's Church, Kew Green.

OSO Book Club: Vintage 1954 by Antoine Laurain. Fuel your love of reading! Join our twice monthly Book Club to meet fellow bookworms, explore a diverse ranges of novels and share your thoughts over a cup of coffee in our cosy café.

20

Friday 26th July, 12:15pm - 3pm. Free. OSO Arts Centre, Old Sorting Office, Station Road, Barnes.



REMEMBER TO

- 1- Register to vote
- 2- Check my photo ID
- 3- Vote at a polling station!

On **Thursday 4 July 2024**, everyone will be able to vote in the UK parliamentary general election. Don't forget to take your photo ID.



Painters, Poets and the Local Gossip: Richmond Walks Guided Tour. "Sweet

Twitnum", a riverside village which became a peaceful haven for writers in the 18th and 19th centuries. Pope, Tennyson, Turner and Kneller all enjoyed its many attractions. Twickenham's artistic past is revisited in this cultural stroll.

Saturday 27th July, 11am - 1pm, £5. Meet outside St. Margaret's Rail Station, St. Margaret's Road. Ends in Twickenham Town Centre.



The Surrey Food Festival. This is where the 'The Local Food Festival' story started back in 2016.

The gates will be opened at 11am for a thoroughly extravagant foodie sensual assault. Come early and stay late. Next to Pools on the Park, Richmond.

Saturday 27th and Sunday 28th July, 11am - 7pm, 2for1 entry £11.79 - if booked before 19 July.
www.thelocalfoodfestival.com/tickets/

FOR MORE INFORMATION ON ANY OF THESE NEWS ARTICLES, Google: www.richmond.gov.uk

And the Good News is....

Collated by Mike Townsin

- For one hour on 15th April, Britain's national grid ran almost entirely free of fossil fuels. Between 12.30pm and 1.30pm, coal and gas power plants provided only 2.4% of the country's electricity, a record low.

- Dr Rosemary Coogan, a 33-year-old with a PhD in astronomy, has become Britain's first astronaut in more than a decade — selected from a pool of 22,500 applicants — to become one of the European Space Agency's 'career astronauts'. She will shortly be assigned a new mission.



Photo: ESA-P. Sebirot

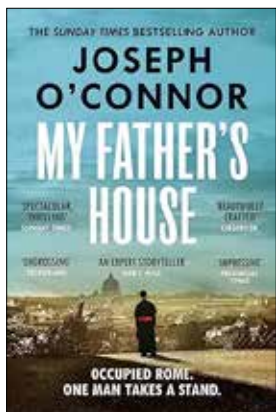
- Jasmin Paris, a veterinary lecturer from Midlothian has become the first woman to finish the Barkley Marathon's race in Tennessee. It requires contestants to cover 100 miles and climb and descend 60,000 ft — twice the height of Everest, in 60 hours. Only 20 people have finished the race in the last 35 years.

- A living bridge to the ancient world and Homer: Romeyka, a language descended from ancient Greek, and spoken by only a few thousand people in northern Turkey, is being recorded and preserved by Cambridge academics.

- A girls' under-ten team in the Huddersfield Junior Football League, that lost every game last season, has now won 28 in a row to win the League Vase by 3-2 against Howden Clough all boys' squad.

- Daniel Rooney, 26, a Scottish bar singer, found himself performing in front of 14,000 people at the Glasgow Hydro Arena when Take That's supporting act missed his flight and Daniel was called upon to replace him at no notice. "I usually play to around 40 people", he said. "It's madness!"

Page Turners



My Father's House:
James O'Connor

by Kate O'Brien

This novel is set in Vatican City in September 1943. Rome

was under German occupation, but the Vatican, as a separate state, was not. The key protagonist is an Irish priest, Hugh O'Flaherty, who gathers a disparate group under the pretence of choir rehearsals, and they plan the harbouring, and safe forward passage, of Jews and escaped allied prisoners. Although neutral, they suspect that the Vatican is bugged and as they sing the priest hands around the plans for them all to memorise. The German commander is fully aware of the mission but struggles to break it.

Although a novel, this is based on a true story and O'Flaherty was responsible for saving around 6,500 people and yet I, for one, had never heard of him.

This is an excellent thriller where the plot twists and turns are echoed through the Roman streets at night.

Wit and Wisdom

Curated by Mike Townsin

- Education is what survives when what has been learnt is forgotten. *B.F. Skinner US psychologist*
- Only the shallow know themselves. *Oscar Wilde*
- Optimists tend to be successful, and pessimists tend to be right. *Mark Zuckerberg*
- The man who never was lost, never went very far. *Motto of the Sheffield Clarion Ramblers Club*
- Art is what you can get away with. *Andy Warhol*
- Convictions are more dangerous enemies of truth than lies. *F. Nietzsche*
- All of us invent ourselves. Some of us just have more imagination than others. *Cher*
- Do not the most moving moments of our lives find us without words? *Marcel Marceau*
- Eeyore coughed in an impressive way and began to speak. "What I did was nothing. Any of you would have done the same...I feel that we should all do what we can to help". *AA Milne*
- He [Ernest Hemmingway] is gentle, as all real men are gentle; without tenderness, a man is uninteresting. *Marlene Dietrich*
- The quotations, when engraved upon the memory, give you good thoughts. *Winston Churchill*
- Married life requires shared mystery even when all the facts are known. *Richard Ford US author*

ART CORNER

Watercolour Paintings

by Melanie
Stapelkamp

While most of us spent Covid lockdown watching telly, decluttering, rabbiting away on zoom and generally not doing a lot, Melanie Stapelkamp was being productive, doing what she loves to do – painting one watercolour a day, from French landscapes to studies of wildlife, to Manning Place, her home. Here is just some of Melanie's wide-ranging work with more to follow in future issues.



Miscellany

Curated by Mike Townsin

- Everyone has a unique tongue print.
- Dogs visiting US National Parks can be certified as Bark Rangers.
- In London in 1814, eight people drowned when a vat in a brewery ruptured, creating a 15 foot tidal wave of beer.
- Calvin Klein kept a Pantone colour card in his kitchen so his chef could get the colour of his coffee exactly right.
- For its first 100 years the word 'mugger' meant someone who sold mugs.
- To poon is to prop up a piece of wobbly furniture with a wedge under the leg.
- All UK postal workers must sign the Official Secrets Act.
- Winston Churchill's funeral was planned under the name 'Operation Hope Not'.
- TV naturalist Steve Irwin (1962-2006) and Charles Darwin (1809-82) owned the same tortoise.
- The world's smallest computer is smaller than a grain of sand.

• Watering plants with club soda makes them grow faster and go a nicer shade of green.

• Perendinate is to put something off till the day after the day after tomorrow.

Solve the cryptic clues to identify this member of staff!

Who Am I? (Member of Staff)

- For 31 years I regularly wore a uniform.
- As a child I appeared on the front of a magazine, looking up at a Corporal wearing a bearskin hat, with the caption 'My Daddy's a Major'.
- I once danced a pas-de-deux on the stage of The Royal Albert Hall, but it wasn't Scottish Country Dancing.
- In the evening, I can sometimes be found wielding a hook or needles in front of the telly.

The answer is:

.....

Answers in next month's issue.

Sudoku Answers From June

6	1	3	2	7	9	5	8	4
7	8	9	5	4	3	2	1	6
5	4	2	8	6	1	3	7	9
8	3	1	6	2	4	7	9	5
4	2	5	7	9	8	1	6	3
9	6	7	1	3	5	8	4	2
2	5	6	9	1	7	4	3	8
3	7	8	4	5	6	9	2	1
1	9	4	3	8	2	6	5	7

Who Am I? Answer from June issue

Debbie Flaherty

Wordsearch Answers from June issue

Z	Z	V	D	H	S	K	W	L	Q	S	J	T	A	N	A	N	A	U	P	M			
Q	A	G	R	N	E	C	K	C	R	N	U	J	L	Q	R	I	Q	S	W	P			
W	Q	R	Y	V	M	E	K	I	V	E	S	I	N	A	V	M	I	K	S				
Y	W	A	K	A	Z	G	S	H	E	W	I	T	N	R	X	K	L	U	N	B			
G	P	T	E	I	C	E	A	E	H	U	A	C	F	A	A	R	S	S	Z	S	R	L	
L	I	A	Q	R	H	I	F	E	N	E	W	C	O	M	B	U	W	R	Y	G	X		
D	B	E	R	J	F	E	M	I	U	X	Y	R	M	U	N	E	Y	S	Y	Q			
P	L	Q	J	Z	S	V	Q	U	E	Q	W	Z	L	I	R	K	R	Q	Q	R	S		
F	B	E	K	Q	D	X	Q	Q	S	E	D	D	B	C	T	W	B	M	Z	E	A		
Z	X	K	E	R	I	P	X	E	P	L	V	L	A	U	O	Q	G	L	K	I			
T	V	W	N	Z	S	Q	K	W	D	H	K	R	H	S	A	A	A	C	Q				
C	T	Q	T	W	C	J	V	N	A	S	Z	A	K	F	C	X	E	Q					
C	N	N	F	U	H	I	I	G	D	K	N	Z	Z	P	L	X	B	A					
I	S	M	C	T	F	R	B	K	W	P	A	S	O	Q	N	A	K	A	T	D			
T	D	L	Y	Y	K	R	N	C	E	H	S	D	A	O	B	F	M	G					
H	V	X	M	X	U	Y	I	D	T	T	H	A	Y	A	N	A	V	S	J				
B	X	H	M	N	B	K	Q	M	N	B	F	Y	C	A	B	V	V	Q	S				
B	M	N	W	N	Y	Q	E	T	E	S	O	U	Y	Q	S	T	U	I	S				
O	X	Y	F	R	M	K	K	V	F	U	U	J	Q	E	D	C	V						
B	R	L	Q	A	E	F	K	K	V	S	A	R	P	M	A	F	O	Z	S				
U	W	G	A	A	M	E	S	A	E	M	E	R	S	O	N	S	H	C	O	N			
S	V	T	B	L	E	K	F	P	R	Z	D	K	P	W	Q	C	J	D	P	K	X	G	
S	P	T	J	Y	B	R	I	F	H	V	N	H	J	K	X	E	O	C	K	A	K	P	X
J	E	L	N	K	C	Q	R	R	E	R	E	D	E	L	N	B	L	K	E				

Trabert	Hoad	Cooper	Olmedo	Fraser
McKinley	Emerson	Santana	Laver	Newcombe
Smith	Kodes	Ashe	Borg	Connors
McEnroe	Cash	Becker	Edberg	Stich
Agassi	Krajicek	Sampras	Ivanisevic	Hewitt
Nadal	Murray	Federer	Djokovic	Alcaraz

Spot the Difference Answers from June issue



Ancient Rome Wordsearch

H L E G A T E S E L Z X D Q N A I V A T C O I U
T G Q S U K A B R A W E X A C T L Y X Z T J K S
C O E O O R E N I B F N V G F E S I L Y J T U K
U H I K A O A X P K S C L O S M N I E O Y M O X
D D C W O R X M M P P U U T A N U S P W E H Q U
E J F T V O I O E G H L T K N U O E U R S Q L I
U R N T F M W S L H V L A U Z Z G I S S M R J O
Q M Z X M D V A T B X C Z T R G S U R O U C X C
A R E B I T D W V O O S Y P O B J I S U L B J T
C C L D C I M E J N T M K S N H M F D T T L D Z
O Q V A A J S L S P I L Z F S V U C D I U N O P
X J L T H P H T A W T S E O E J E G E O H S E C
T H O I A O A N O Y T A I F U N S F Y S K L Q C
J R B S M N T E W Z J L S L E O E X M O S A I C
A U I E T H T R I B U N E S O E L E Y C Y A E A
C A R I E S J D Y J M B Z S N P L S O N I G L M
N B N O X E C A E S A R H W U J O G S L O U X E
Y E N K X T R D Y M L A W S G L C R E L G T X W
E G I V H A T M O T O T Z O Q X U U C I J E N Z
N R Q O S R C V I Z Z C R A K N K M L A H L G A
W N C S B C V J V G F E R S B G E A O O U S U Y
D L J S E O A X C J C Y P A E Z C Z Q R W H M K
K X P D E S S G P I U R K N C W C P X M J R L A
H V D O P M Q T C J M D B P Z Y P E Q L D B M R

Acropolis	Antony	Aqueduct	Aristotle	Augustus
Brutus	Caesar	Caligula	Census	Centurions
Cicero	Colloiseum	Constantine	Democracy	Empire
Gladiator	Homer	Legates	Mosaic	Nero
Octavian	Pantheon	Plato	Remus	Romulus
Socrates	Tiber	Toga	Tribunes	Vespasian

Your chance to win a £10 M&S Voucher!

Find all 30 Ancient Roman words and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 19th July.**

Name: _____

Answers in next month's issue.

Spot The Difference Find the 12 differences in this fridge magnet display!



Answers in next month's issue.

Your chance to win a £10 M&S Voucher!

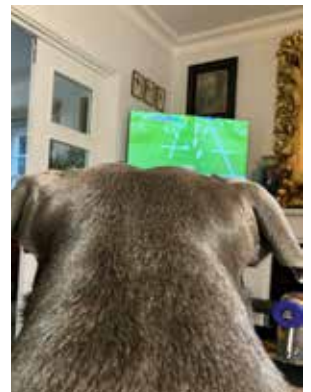
CIRCLE all 12 DIFFERENCES and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 19th July.**

Name: _____

We want to see
YOUR PHOTOS!

If you would like to share your seasonal or local photos please send them on Whatsapp to Becky Evans on **07386 667185** or Derrick Thompson on **07796 619697**.

All resident and staff entries will be considered for inclusion in this new feature. No camera needed - photos taken on your phone are perfectly acceptable!



Clockwise from top:
Flower Detail by
Lesley Cizek
Echinacea by
Lesley Cizek
Doggiebox by Mike
Townsin
Hickey's Rose by
Juliet Ames-Lewis
Dragonfly by
Jennry Ruff
**Ducklings at
Thomson's Pond**
by Jan Thompson
**Pigeon In My
Living Room**
by Jenny Ruff,

How many ducklings can you find in the central photo at Thomson's Pond? The pond inside the Isabella Plantation is named after George Thomson, the Park Superintendent responsible for developing the gardens during the 1950's and 60's.



by Nigel Davis

In Tennyson's wonderful poem *Ulysses*, the ageing Ulysses, a king in Ancient Greece, has returned home after many years fighting in the Trojan war and then struggling through much adversity to get back to his island home. But, having eventually returned, he finds that he cannot settle. Though in advancing years, he cannot rest from travel; he must drink life to the lees; he must strike out on the sounding seas once more in search of more adventures and experiences.

This poem by John Masefield, on the same theme of growing old, is in complete contrast with that of Tennyson. In fact, it seems to be a direct rejection of it ("I cannot sail your seas"). The first stanza — the poem is written in unusual double sonnet form — is almost defeatist: the ageing dog, the flickering fire, the yellowing pages of the book, the broken down piano (spinnet). But the second stanza takes a different and altogether more positive tone — not that of action and energy and adventure, it is true, but of a determination to find fulfilment in reflection and thought and feeling. So perhaps the two poems are not so different after all and share a common message — to strive, to seek, to find and not to yield.

On Growing Old by John Masefield

Be with me, Beauty, for the fire is dying;
My dog and I are old, too old for roving.
Man, whose young passion sets the spindrift flying,
Is soon too lame to march, too cold for loving.
I take the book and gather to the fire,
Turning old yellow leaves; minute by minute
The clock ticks to my heart. A withered wire
Moves a thin ghost of music in the spinet.
I cannot sail your seas, I cannot wander
Your corn-land, nor your hill-land, nor your valleys
Ever again, nor share the battle yonder
When the young knight the broken squadron rallies.
Only stay quiet while my mind remembers
The beauty of fire from the beauty of embers.

Beauty, have pity! For the strong have power,
The rich their wealth, the beautiful their grace,
Summer of man its sunlight and its flower,
Spring-time of man all April in a face.
Only, as in the jostling in the Strand
Where the mob thrusts or loiters or is loud,
The beggar with his saucer in his hand
Asks only a penny from the passing crowd,
So, from this glittering world with all its fashion,
Its fire, and play of men, its stir, its march,
Let me have wisdom, Beauty, wisdom and passion,
Bread to the soul, rain when summers parch.
Give me but these and though the darkness close
Even the night will blossom as the rose.