

YOUR
ALMSHOUSE
MAGAZINE

AUGUST 2024



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August issue!*

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Your Words and Photos!

Contribute to our Next Issue

If you would like to contribute an article for our next issue, the deadline is **Friday 16th August**. We're always happy to receive your poems, reviews, recommendations — shops and services, local activities, thoughts and memories...

As a guide on word count, a half page article is ideally about 170 words. Give the article to your Scheme Manager, OR email to c.richards@richmondcharities.org.uk

Photo Credits:

*Front page: View from
Richmond Hill*

*Contents page:
Twickenham Rowing Club
by Rebecca Evans*

*Back page: View from
Richmond Bridge
by Lesley Cizek*

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Derrick Thompson
& Mike Townsin.

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Chantal Richards
& Eden Richards

Kaisen...



....is a Japanese term for continuous improvement.

It is in the spirit of Kaisen that we present to you our newly titled and freshly designed journal: **Your Almshouse Magazine**.

There are five sections — Our Community, Entertainment, Mind & Body, News & Information, and Fun & Games.

We hope you will find it easier to locate familiar topics and anything that, from time to time, we feel is newsworthy, interesting and relevant to either you personally or our community at large.

In particular, we would like you to treat it as a 'notice board' for displaying your own artwork, stories, news, poems and articles that you feel would contribute to the enjoyment of the magazine.

The more contributions from you the better! In Japanese culture, one of the most important aspects of Kaisen is that it involves all members of the community, however that is defined.

Over to you dear readers...

The Editorial Committee

Dates for Your Diary

Thursday 8th August

Summer Party

Hickey's Lawn

1pm – 4pm

Fish'n'chips and ice cream!

Tuesday 13th August

Prize Giving

Almshouses in Bloom

Details on page 5

Wednesday 21st August

Film Club

Hickey's Chapel at 2pm

Save the Cinema

Details on page 6

Wednesday 28th August

Film Club Special

Hickey's Chapel at 2pm

American in Paris

Details on page 6

Thursday 5th September

Eloysis String Quartet

at Michel's Almshouses

Details on page 5

Friday 27th September

Macmillan Cancer Support Coffee Morning

Hickey's Chapel



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

The Elizabeth Twining Almshouses and The Elizabeth Doughty Almshouses

New almshouses for The Richmond Charities

by **Juliet Ames-Lewis**

I am delighted to let you all know that our new almshouses behind the Mitre Pub in St Mary's Grove will be called The Elizabeth Twining Almshouses. Elizabeth Twining endowed the first almshouses in Twickenham in 1876. She was of the



tea-merchant family and lived in Dial House in Twickenham until her death in 1889. Subsequently, William Candler left a bequest when he died in 1907 and his bequest led to the Twining's Almshouses being replaced and increased in number. The new almshouses were called Candler, and thus Elizabeth Twining no longer had an almshouse estate named after her – until now!

The new almshouse estate will comprise four high quality 1-bed wheelchair user dwellings and one high quality 1-bed accessible and adaptable dwelling. We are working with the Council to identify wheelchair users in the borough who are in need of specially adapted accommodation and we are also publicising the new almshouses widely across the borough.



We have a few almshouse residents who have applied to us for a move to a level access almshouse and we will be talking with those residents about whether they would like to be considered for a move to The Elizabeth Twining Almshouses. If there are any others residents who may be in need of level access accommodation, please do contact [Becky at Head Office on 020 8948 4188](#) for a discussion. People who are wheelchair users will be prioritised for these new almshouses but we may also be able to consider those with mobility issues who cannot manage stairs, but who do not currently use a wheelchair.



In Spring 2025 we will be opening another new almshouse estate, The Elizabeth Doughty Almshouses, on Queen's Road next to Manning Place.

Elizabeth Doughty lived in Doughty House on Richmond Hill and in 1822 she left a gift which augmented the Hickey's Charity, which led to the building of Hickey's Almshouses in 1834.

The Elizabeth Doughty Almshouses will comprise 11 1-bed level access almshouses and one 2-bed level access almshouse. One of the 12 almshouses will be specially adapted for a wheelchair user.

Again, any residents who are in need of a move to a level access almshouses should contact Becky for an initial discussion.

Almshouses in Bloom

Prize Giving Event

Tuesday 13th August

Church Estate Garden Room

2.30pm to 4.00pm

by Linda Prendergast

Come and join us to thank all the green fingered competition entrants and to present the trophies to the winners of all three categories:

- **Individual Gardens:**
First, Second and Third Prizes
- **Pots and Hanging Baskets:**
First, Second and Third Prizes
- **Special Commendation** Prize



- New Category: ***The Judges' Picks***
There will be some surprise presentations to residents who didn't enter, but have won *The Judges' Picks* in our new category.

It might be you who wins!

Refreshments and nibbles will be served.

We look forward to seeing you there!

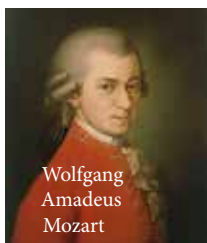
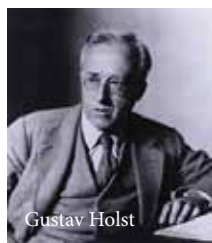
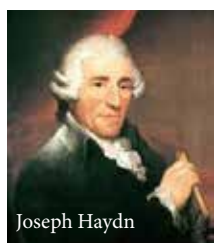
An Evening of Classical Music at Michel's Almshouses

The Eloysia String Quartet on Thursday 5th September

by Linda Prendergast

Join us in the garden at Michel's Almshouses for an evening of classical music on **Thursday 5th September** with The Eloysia String Quartet, featuring music from composers such as Bach, Mozart, Debussy, Holst and Haydn.

Music will start at 5.45pm. Refreshments: cheese and biscuits, wine and soft drinks.



Film Club

Special:

Theatre Evening

A New Event on the Calendar!

by **Derrick Thompson**

Now that we have a newly enhanced stereo sound system in Hickey's Chapel it is time to launch a new monthly event on the calendar: **Film Club Special**.

Film Club Specials will be the showing of live recordings of plays, musicals, operas and ballets from The Royal Opera House, The Royal Albert Hall, The National Theatre and other venues. An evening in the West End from the comfort of the Chapel!

Our first Film Club Special will be a Theatre Evening, watching the live recording of **'An American in Paris: The Musical'** from the Dominion Theatre in 2018 (see film details on the right).

We will meet at 3pm for drinks and nibbles, watch Act One from 3.30pm, then break for an afternoon tea of sandwiches and cakes, before watching Act Two.

The Theatre Evening will **finish at about 6.45pm**, early enough for an easy journey home, after rush hour!

There is **no charge** for this event, but donations for the Macmillan Cancer Support charity would be welcomed on the day.

Booking via your Scheme Manager is essential, so that enough food can be provided, and special diets catered for.

Come and join the show!

Film Club

Wednesday 21st August

2pm start in Hickey's Chapel

Refreshments: Bara Brith and Welsh cakes



Save the Cinema

Inspired by the life of Liz Evans, a hairdresser and linchpin to the local Carmarthen community. Her mission is to stop The Lyric Cinema being demolished. A phone call later and one of Hollywood's elite agrees to offer a very special treat for Carmarthen, but does this help save the cinema?

Cast: Samantha Morton, Tom Felton, Jonathan Pryce, Director: Sara Sugarman, Rating: 12A. Runtime: 1h 49m

Film Club Special:

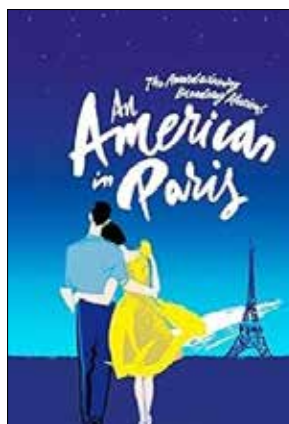
Theatre Evening

Wednesday 28th August

3pm for refreshments

3:30pm film start in Hickey's Chapel

Refreshments: drinks, nibbles, and afternoon tea with sandwiches and cakes



An American in Paris

Featuring the gorgeous music and lyrics of George and Ira Gershwin, *An American in Paris* tells the impassioned story of love in the 'City of Light'.

Jerry Mulligan is an American GI struggling as a painter in a city suddenly bursting with hope and possibility. Following a chance encounter with a beautiful dancer named Lise, the streets of Paris become the backdrop to a romance of art, friendship, and love.

Cast: Robert Fairchild, Leanne Cope, Haydn Oakley, Zoë Rainey. Runtime: 2h 35m

Your Photos

OUR COMMUNITY 7

Photographs taken by residents, staff and trustees in and around our community.



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 left:

1. *Sunset from Richmond Bridge* by Lesley Cizek
2. *Old Champion*: the biggest tree in Kew Gardens, planted from seed in 1843, by Mike Townsin
3. *Perfectly Framed* at Ham House by Derrick Thompson
4. *Anemone sylvestris* by Lesley Cizek
5. *Rose at Michel's* by Alan Shirley
6. *Clouds over Michel's* by Alan Shirley
7. *View from my window* by Derrick Thompson



Houblon's Almshouses

Spotlight on our Estates

by Lorraine Bradley

Houblon's Almshouses, which are close to the Red Cow pub on Sheen Road, were founded in 1757 by two sisters, Rebecca and Susannah Houblon, for nine poor women.

The sisters laid down strict and almost impossible-to-obey rules governing the behaviour and religious life of the residents such as no alcohol, no swearing and no male visitors. In fact, they encouraged the residents to tell on anyone breaking these rules and they would be fined or thrown out of their home!

Obviously, these rules do not still apply! The residents enjoy the central garden where they play bridge occasionally and enjoy afternoon tea or evening drinks during the summer.

There is a shade of pink called *Houblon pink*. This is because John Houblon, who was the father of the sisters, was the first governor of the Bank of England. *Houblon pink* was used on £50 notes. They were taken out of circulation in 2014.

Houblon's Almshouses is currently having photovoltaic panels installed at the back of the Grade II listed estate which will help with residents' electricity bills in the future.

The estate looks very Dickensian, especially in wintertime.



The Beginning of a New Book Club

by Claire Sanecka

Would you be interested in joining a book club?

OR

Would you be interested in hosting a monthly meeting for a book club?

We have received a great suggestion to start a book club and we would like to know if any of you would be interested in joining — before I set the books rolling.

Please inform your Scheme Manager or come to see me.

I look forward to hearing from all you lovely book worms.



Why Not Try...

Bridge Club

by Debbie Flaherty

Bridge Club meets on **Mondays and Fridays**.

All are welcome, please come and join the fun!

Below are residents enjoying an afternoon of bridge in the garden at Houblon's Almshouses.

For timings and locations, see the **Monthly Activities Leaflet**.



Why Not Try...

Art & Soul Creative Classes

by Debbie Flaherty

Over the last few weeks I have been dropping in on various activities to report back and give you a taste of what our activity groups are like.

Last week I popped in to meet Gwen — the lady who runs the Art and Soul Classes. They take place on Thursday mornings in the Church Estate Garden Room at 11am.

Gwen and the residents were happily creating! The table was full of beautiful and colourful miniature clay creations.

These sessions are about your creativity and you get to take home whatever you create. It's also a great opportunity to meet new people in a relaxed atmosphere.

Please check your Monthly Activities Leaflet for future dates.



Autumn IT Sessions



Helping you understand new technology

Age UK are happy to continue the very successful IT sessions where they have helped residents get to grips with technology.

The Richmond Charities would like these sessions to carry on but will need to know if residents are interested before confirming details and dates with Age UK. Sessions have pre-booked timed slots so that each tutor spends 1 hour one-to-one with the resident.

ARE YOU INTERESTED IN BOOKING A SESSION?

The sessions will be held on a Wednesday, in the Church Estate Garden Room, with hourly time slots as follows:

10am - 11am

11am - 12noon

If there are enough residents wanting to book a slot, we will arrange more sessions.



Please contact your Scheme Manager **before the end of August** if you would like to book an appointment.

Donations Wanted for the Macmillan Coffee Morning



**Friday 27th September
at Hickey's Chapel**

“This will be our 20th Coffee Morning. The head of fundraising, Beckie Hunter, hopes to join us and she informs me that to date we have raised £18,238.46 which is enough to cover 552 hours of a Macmillan Nurse. So thank you all for support in the past. We hope to see you again this year.
Pat Platt

Once again ARC (Almshouse Residents' Club) will be hosting the Macmillan Coffee Morning in Hickey's Chapel on Friday 27th September.

Pat Platt is asking for donations to raise as much money as she and ARC can for this wonderful cause.

Donations needed for the bottle tombola, raffle prizes and, of course, cakes!

Any donations you can give will be greatly appreciated.

Please contact your Scheme Manager if you have any donations. They will gladly pick them up and give them to Pat Platt.

Hairdresser Home Visits

Summer is a hairdresser who has been recommended by a resident at Manning Place. Summer does home visits in our local area.



If this is of interest to you, please call for more information:

Summer
07455 526666

Chapel Schedule August 2024

Sunday 4th August	10.30am Holy Communion. <i>Followed by refreshments.</i>
Sunday 11th August	10.30am Holy Communion. 5.30pm Evening Prayer.
Sunday 18th August	10.30am Holy Communion. 5.30pm Songs of Praise.
Sunday 25th August	10.30am Holy Communion. 5.30pm Evening Prayer.

All are welcome to join us.

Morning Prayer, Tuesdays at 10am.

Evening Prayer, Thursdays at 4.30pm.

For more information email
Chaplain Derrick:
d.thompson@
richmondcharities.org.uk

Getting To Know You

with Alan Shirley

Where did you grow up?

Sudbury Town (Wembley).

What would you choose to give a 5-minute talk on? Living as an expatriate in Hong Kong.

If you were Prime Minister for the day, what would you do? Change voting system to proportional representation.

Is there anything you've recently watched on TV or at the cinema which you would recommend? Judy Dench as featured guest on 'Who Do You Think You Are'.

What is your guiltiest pleasure?

Flying first class.

Who is your celebrity crush?

Julie Christie (in *Dr Zhivago*).

What is your favourite music/song from your teenage years and what does hearing it remind you of? The band *The Shadows* reminds me of the group I played in.

What book do you currently have on the go? *East and West* by Chris Patten, the last Hong Kong Governor.

If you could travel back in time, where would you go and why? Year 1500. I would like to ask Copernicus how he coped with the 'powers that be' insisting he was a conspiracy theorist when he explained that the earth circles the sun rather than the other way round.

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

Really get to know your grandparents, ask loads of questions and keep notes.

If you could be a star in a movie – what movie would it be? Michael Douglas in *Falling Down*.

If you could teleport to anywhere, where would it be and why? Putin's office in Moscow. To try to persuade him that peace is always the best option.

Thanksgiving Service

A review of a memorable day

by Derrick Thompson

It was a temperamental summer's day with bright sunshine one minute and torrential rain the next. Undeterred, plans went ahead for the Annual Thanksgiving and Celebration Service at Hickey's Chapel.



His Worship the Mayor of the London Borough of Richmond-Upon-Thames, Councillor Richard Pyne, added a splash of colour to the proceedings arriving in his full-length scarlet robes wearing his sparkling chain of office. Alongside him was the Mayoress with her own chain of office.

Following introductory remarks, the service was off to a rousing start with words from Psalm 84 and the hymn, *Praise my soul, the King of Heaven*. The congregation, supported by the choir of St. Mary Abbots, Kensington, sung with great gusto.

After the choir sang Psalm 91, the act of 'Remembering with Thanksgiving' began. Residents, the Reverend David Thomas and Margaret Goddard, led this part of the service. In between the lighting of candles in remembrance of all the benefactors, words in response to the question 'what does your Almshouse dwelling mean to you', written by residents John Hassett, Jean Newport, Heather and David Shipley, Jonathan

Cooke, Dorothy Coe and Eleanor Walker, were read beautifully by Sheila Walker. Jan Nokes, Steve and Eve Harbud and Margaret Goddard each read their own responses to the question in person. The words were heartfelt, moving and humorous, prompting tears and laughter in the congregation.

The choir sang the soaring Johannes Brahms setting *How lovely is thy dwelling place*. This was followed by the Mayor's thoughtful reading of Micah, chapter 6 verses 6-8.

Our guest of honour, former Chaplain Revd Chris Scott, then shared memories of his life in Richmond. He spoke about different varieties of 'love', including the love of a grandparent, which Chris will become in January. The common link through the varieties of love, Chris said, is kindness, reminding us that in the passage the Mayor had read we are told that what the Lord requires of us is to love kindness.

Following a new hymn for the Celebration and Thanksgiving Service, *Christ, be our light*, during which an offering for the Mayor's Charities was taken, there were prayers and the final hymn, *Great is thy faithfulness*. Chris then gave a spoken blessing, followed by the choir's exquisite singing of the blessing *God be in my head* to music by H Walford Davies.

With the weather still uncertain, the Chapel was quickly turned into a dining venue. Residents, choir, Mayor, Chaplains, spouses, staff and trustees all mingled together to share conversation and refreshments. Derrick's wife, Jan, Debbie and Claire then dished out food bags, encouraging people to take the celebration home and to their neighbours.



Out And About Group

Hampton Court Palace Gardens

by Angela Greaves



On Friday 5th July, nine courageous residents braved the inclement weather and travelled to Hampton Court to see the gardens and maze. It was nice to put the voting and new cabinet results to one side and connect with nature.



Hampton Court Palace is home to the oldest surviving hedge maze in the world, as listed in The Guinness Book of Records. It was built for King William III around 1700; the iconic trapezoidal design is recognised as the most famous archetype in the world, its perfection is due to the "rule of reading" which makes it particularly unpredictable. On average, it takes 20 minutes to reach the centre. The maze was designed by George London and Henry Wise.



Some googled facts — you leave the same way you came in, you get lost along the way, there is a false sense of destination, when you finally do arrive it's over, your mother was right about using the loo before you leave home.

We all made it out thankfully and we moved on to check out the Great Vine.



Some facts — The Great Vine, *Vitis vinifera* 'Schiava Grossa' (synonym: Black Hamburg), is now 250 years old and is the largest grape vine in the world. It was planted in 1768 while Lancelot 'Capability' Brown was in charge of the gardens at Hampton Court.

In 1887, the vine was already 1.2 metres (4') around the base. It is now four metres (13') around the base and the longest rod is 36.5 metres (120'). The average crop of black dessert grapes is about 272 kilograms (600lbs), however in the autumn of 2001 it was 383 kilograms (845 lbs) — the best crop ever.

Another wonderful outing. Thank you Richard for making it so easy to attend and explore the delights of the gardens at Hampton Court.

FORTHCOMING Out And About Days

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.

Whitstable Bay Summer Outing

by Margaret Goddard

It wasn't quite as I expected.

After reading and then watching on TV the *Whitstable Pearl* stories by Julie Wassmer, I expected more seaside and much more in the way of seafood, shops and restaurants.

The High Street was interesting — the only chain stores seemed to be Sainsbury's and Boots so there were lots of small independent shops. But the famous Whitstable oysters were conspicuous by their absence (or at least I failed to find any!) and quite a few shops were closed. Only a few stalls were open in the Harbour Market which was a bit disappointing as they looked as though they might be interesting.

As a town it seems to have turned its back on the sea somewhat. There was a pleasant walk along the pebbly groyned shore to the Old Neptune pub but you lost sight of the sea as soon as you turned inland. One fascinating hidden gem for me was a library in an old red telephone box in a residential area on the way back to the town centre!

It was a pleasant town, but rather lacking in facilities (or at least ones that were open) for inclement weather, mostly just grey for us, though at least not too cold! And not too many places to sit and stare!

But a nice day out; and a special mention and thanks to the coach driver who gave us a very smooth comfortable ride!



Champagne Lunch on Concorde

by Alan Shirley



Following up on my recent story about the coincidence of meeting a Concorde pilot who is related to one of my neighbours here at Michel's where I now live, I decided to sign up for a 'Champagne Lunch' held at the Brooklands Transport museum near Weybridge. Here, amongst many exhibits of all kinds of modes of transport, they have an actual Concorde. It's one of a very few around the world now open to the public to view.

The event I attended was hosted by another ex Concorde pilot, John Tye, as well as other museum staff. John (coincidentally again) just happened to grow up in Surrey. He went to Hampton Grammar School and is now retired and living in Walton-on-Thames. He also happened to be a British Airways flying instructor (in little single-engined trainers that people wanting to gain a Private Pilot Licence learn in) at Booker Aerodrome near High Wycombe. It turns out that he was working there at the same time that I attended a gliding course back in 1986. We may even have shared time in the same club bar at that time.

Anyway, he has written a most interesting book *The Life of a Concorde Pilot — From the Orphanage to the Edge of Space*, which I now have a signed copy of, of course.

These photos are from my day at Brooklands. A day that was set up for us to effectively check in to a 'flight' on their Concorde, sit on board, be served with a glass of bubbly, take turns to sit in the cockpit and be talked to about the controls and actually flying it. Then some fascinating memories from a retired lady cabin crew member and her experiences including the many VIPs and celebrities she encountered over the years. Then back to the dining room to listen to John Tye's presentation over lunch. I thoroughly recommend it for any like-minded fellow residents or staff. They don't hold many such events there but it's worth looking them up. Search online for Brooklands Museum.

Local News & Events

This month's round-up of local news and events that are relevant to you.



4th August Kew Village Market.

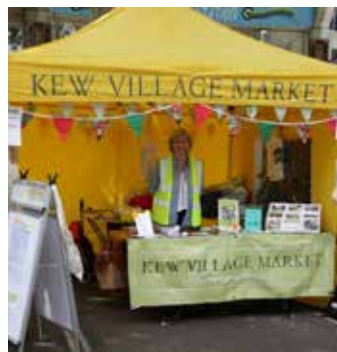
45 stalls selling quality food and crafts, and a party spirit with live music from local bands. Open 10am - 2pm.

7th August Evening History Walk on Barnes Common

Join Barnes Common Chair, Mike Hildesley, for an evening walk on the Common, and learn about the fascinating history of this small nature reserve. Tickets £6.13 Book in advance.

www.eventbrite.co.uk

**11th August
Twickenham
Riverside History Walk** 11am - 1pm.
This walk along the Twickenham



riverside from Church Street to Marble Hill reveals some of the rich Arcadian legacies that still survive. Guided Tour. Meet 11am at St Mary's Church, Church Street, Twickenham, TW1 3NJ. £5. Pay on the day.

18th August 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.

Meet 2pm at St Ann's Church Kew Green, tickets £5. Pay on the day.

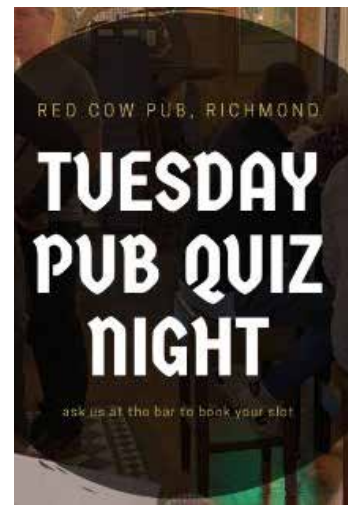


6th September New Book Club

at The OSO Arts Centre, Barnes. New monthly Book Club to meet fellow bookworms, explore a diverse ranges of novels and share your thoughts over a cup of coffee in the cosy Café. Tickets for each session are £5/ free for low income. Book in advance: www.osoarts.org.uk/oso-book-club

Community Growing Session

Vine Road Pavilion, Barnes, SW13 0NE. Weekly growing sessions every Saturday, 10am - 12noon. No need to register, just turn up, roll up your sleeves and get stuck in. For details, including polytunnel access, contact communitygrowing@barnescommon.org.uk



Pub Quiz Nights!

The Fox and Duck
194 Petersham Road, Ham.

Tuesdays 7.30pm.
£2 entry. £50 bar tab for winners!

The Red Cow
59 Sheen Road, Richmond.

Tuesdays 9pm

The Rising Sun
277 Richmond Road, Twickenham.
£2 each.

Wednesdays 10pm
£50 food & bar tab for the 1st and up to 2 free pizzas for second to last.

The Hope
115 Kew Road, Richmond.

Wednesdays 8pm.
£2 entry. Wine and cash prizes.

And the Good News is....

Curated by Mike Townsin

• Five-year-old Poppy Davies was at home in Caerphilly when her mother Leisha collapsed with septic shock. Poppy stayed with her mum until morning, pulled on her wellies, walked to school and told teachers: "Mummy's on the floor and I can't wake her up". They rushed to the house, dialed 999, and Leisha was saved.

• A metal detectorist has found a Rolex watch lost in a field 54 years ago by farmer James Steele, now 95. Mr Steele searched the field at the time, couldn't find it and assumed it had been eaten by one of his cows.

• Good news for canoeists who fancy a paddle under the Pennines. The 3.5-mile Standedge Tunnel, built in 1811 has just been opened for enthusiasts. The bad news is, it's 636 feet underground "cold, grimy and not a place for claustrophobes" reports the Guardian.

• Wildcats released in the Cairngorms to save them from extinction in Britain have had kittens. Camera traps captured the kittens, which are fitted with GPS trackers, playing in long grass.

• A British teenager, with severe epilepsy, has become the first patient in the world to be fitted with a neurostimulator under his skull. His 'sometimes hundreds' of daytime seizures have been reduced by 80%.

• A former maths lecturer has become the oldest-ever international wicket keeper – and she's a granny to three grandchildren. Sally Barton recently made her international cricket debut at the age of 66 and 334 days in a match between Gibraltar and Estonia. "The words 'too old' just aren't in my vocabulary...don't let anyone tell you it's time to stop playing sport" she said.

Miscellany

Curated by Mike Townsin

• The world record for the most stairs climbed while balancing another person upside down on one's head is 90.



• All Jack Russells are descended from a dog called Trump.

• Fifty three million years ago Antarctica was covered in palm trees.

• Zoologist Francis Buckland had a parrot that liked to hail taxis from a perch by the window.

• Mosquitos on the London Underground's Piccadilly Line are genetically different from those on the Bakerloo Line.

• The French don't have Christmas crackers or Christmas pudding at Christmas.

• Blood donors in Sweden are sent a thank-you text message when their blood gets used.

• From the 16th to 19th century England had the world monopoly on pencil production.

• Beatrix Potter shot a squirrel out of a tree to provide a model for Squirrel Nutkin.

Art Corner

In last month's Almshouse News, we presented some of the artwork **Melanie Stapelkamp** did during the Covid lockdown – one painting each day! These were widely admired by readers, so we are showing more here, and in future editions of Art Corner.



Points to Ponder

Curated by Margaret Goddard

How is it possible to have a "civil" war?



What was the best thing before sliced bread?

Is there another word for "synonym"?

What do you do when you see an endangered animal eating an endangered plant?



Is Atheism a non-prophet organisation?



Isn't it a bit unnerving that doctors call what they do "practice"?

Resident Poetry

What's the Point

by Steve Harbud



What's the point of having paints if I'm not painting,
There's a clock that doesn't work hanging on the wall,
I've things I'll never need and books I'll never read
And sometimes I just sit here like a fool.

What's the point of having photos left in boxes,
And there's all them things tucked away,
A bike chained up outside I keep meaning to ride
And that guitar I've forgotten to play.

That's the point of going out and spending money,
The time will come when I'll have to pay the cost,
There's gadgets that I buy that I never even try
And sometimes I just sit here feeling lost.

What's the point of all the things I should be doing,
In my mind there's one big list, I can't recall.
The coffee does smell good, but I see trees and not the wood
So I'll just sit here feeling like a fool.

Wit and Wisdom

Curated by Mike Townsin

If at first you don't succeed, then skydiving definitely isn't for you. **Steven Wright, US comedian**

I think everyone should get rich and famous and do everything they ever dreamed of, so they can see it's not the answer.

Jim Carrey

Sorry isn't the hardest word. It's often the easiest. **Stephen Cherry, author**

A date is an experience you have with another person which makes you appreciate being alone. **Quote from TV show Curb your Enthusiasm**

Art, like morality, consists of drawing the line somewhere. **G.K.Chesterton**

Politics is the art and science of running the circus from the monkey cage. **H.L.Mencken US journalist**

To the world he was one of many, to us he was the world.

Inscription on Normandy war grave

The real index of civilization is when people are kinder than they need to be.

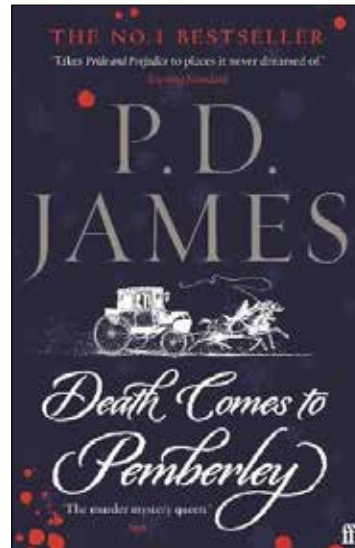
Louis de Bernieres

Page Turners

Book Review by Margaret Goddard

When Death Comes to Pemberley

by P D James



Jane Austen's novels have spawned several sequels and spin-offs, some more convincing than others, but this is my favourite.

We meet again many of our favourite characters from *Pride*

and *Prejudice*: Elizabeth and Darcy, Jane and Bingley, Lydia and Wickham, Colonel Fitzwilliam, Georgiana Darcy, with cameos of many others: Mr and Mrs Bennet, Mr and Mrs Collins, Lady Catherine de Bourgh – and even including references to the Elliots of *Persuasion* and the Knightleys and Martens of *Emma*.

It is 1803. Elizabeth and Darcy are married and living at Pemberley and have two sons; Jane and Bingley and their children live not far away.

It is the evening before the annual Lady Anne's ball at Pemberley (named in honour of Darcy's mother). It is a wild and stormy night and the guests are thinking of going to bed when there is the sound of a chaise being driven wildly and recklessly along the drive from the woodland. It stops at the door and out stumbles a hysterical Lydia screaming that her husband Wickham has been murdered in the woods

Managing Your Summer Gut Health

Tips for a Happy Tummy

by Rebecca Evans

While the warmer months provide more chances to socialise and get out and about this brings the added risk of sunburn and sleepless nights which can have an impact on your gut health.

Here, are some tips to keep your digestion on track.

Probiotics

Probiotics can help maintain gut balance, especially after illness. Foods rich in probiotics (shown below) and probiotic supplements can support gut health. Always consult your doctor before taking probiotics if you have any health conditions.



Exercise

Physical activity promotes healthy gut bacteria and aids digestion. Exercise during cooler parts of the day or indoors, and choose low-impact activities like walking, yoga, or swimming.

Limit Alcohol

Alcohol can disrupt your gut microbiome and cause bloating. Alternate between alcoholic and non-alcoholic drinks and monitor your intake to avoid dehydration and gut irritation.

Hydration

Water helps food move through your digestive system. Aim for six to eight glasses of fluid daily, more on hot days. Include hydrating foods like cucumbers and melons in your diet. Consider electrolyte drinks to replace lost minerals.



Sleep

Quality sleep supports a healthy gut microbiome. Aim for adequate sleep and use resources like the NHS app, Sleepio or the Calm app if needed.



Mindful Eating

Mindful eating helps you make better choices for your gut. Focus on the eating experience, chew slowly, and avoid distractions. This can help prevent overeating and improve digestion.

Prevent Bloating

Dehydration and inactivity can cause constipation and bloating. Drink plenty of water, avoid carbonated beverages, and stay active with gentle movements.

Dose of Nature

by Chantal Richards

“When we are in harmony with the natural world we can begin to heal. Our nervous system can rest itself, our bodies and minds can go back to how they ought to be. Dr Qing Li, Associate Professor at the Medical School in Tokyo



Dose of Nature is a local charity in Kew that works with people with mental health problems and the general population, encouraging everyone to connect with nature in order to improve their mental wellbeing. The Dose of Nature prescriptions, available via your GP, take place in south-west London.

If you feel low or depressed, have been through a trauma or are having difficulties sleeping, you might benefit from meeting a Dose of Nature Guide in a natural space once a week. They encourage you to visit nature independently every day.

How do I obtain a Dose of Nature prescription?

You can be referred by your GP or any other health professional. Ask your GP for a referral, and if they haven't heard of Dose of Nature, email them on info@doseofnature.org.uk and they will contact your surgery.

Debbie's Lifehacks

by Debbie Flaherty

Freshen up your chopping board

— After every use wipe down board with half a lemon or a squirt of “Jiffy” lemon juice after chopping garlic or onions. If the odour is difficult to eradicate you can rub in a tablespoon of table salt and leave for 15 minutes then rub over with half a lemon.

Prolonging Perfume — Rub a small amount of Vaseline on the skin of your wrist before spraying perfume to make the scent last longer.

Cleaning Suede — Remove marks from suede shoes gently using micellar water.

Keeping Keys — To make your keys easily identifiable paint both sides of the key head with nail varnish.



Understanding 'Closed Coding' Food Labelling

by Chantal Richards

While most food products follow an open dating system (e.g. 20/08/24), closed or coded dates are typically found on shelf-stable products such as cans and boxes of food.

Closed coding uses the twelve letters (A-L) to refer to the month in which it was produced.

The following numbers represent the date of the month, and the year (e.g. H2024).

Jan - A	Jul - G
Feb - B	Aug - H
Mar - C	Sep - I
Apr - D	Oct - J
May - E	Nov - K
Jun - F	Dec - L

Other closed coding systems use a number for every day of the year, meaning 20/08/24 would read H23224.

While closed coding dates are often used alongside a regular 'Use by'/'Best Before' date, by understanding both you can gain more detailed information on the quality and shelf-life of your food products.



2



Ancient Rome

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

Who Am I?
Answer for July

Derrick Thompson

A collection of various colorful magnets, including cityscapes, buildings, and vehicles, with several red bounding boxes highlighting specific objects for detection.

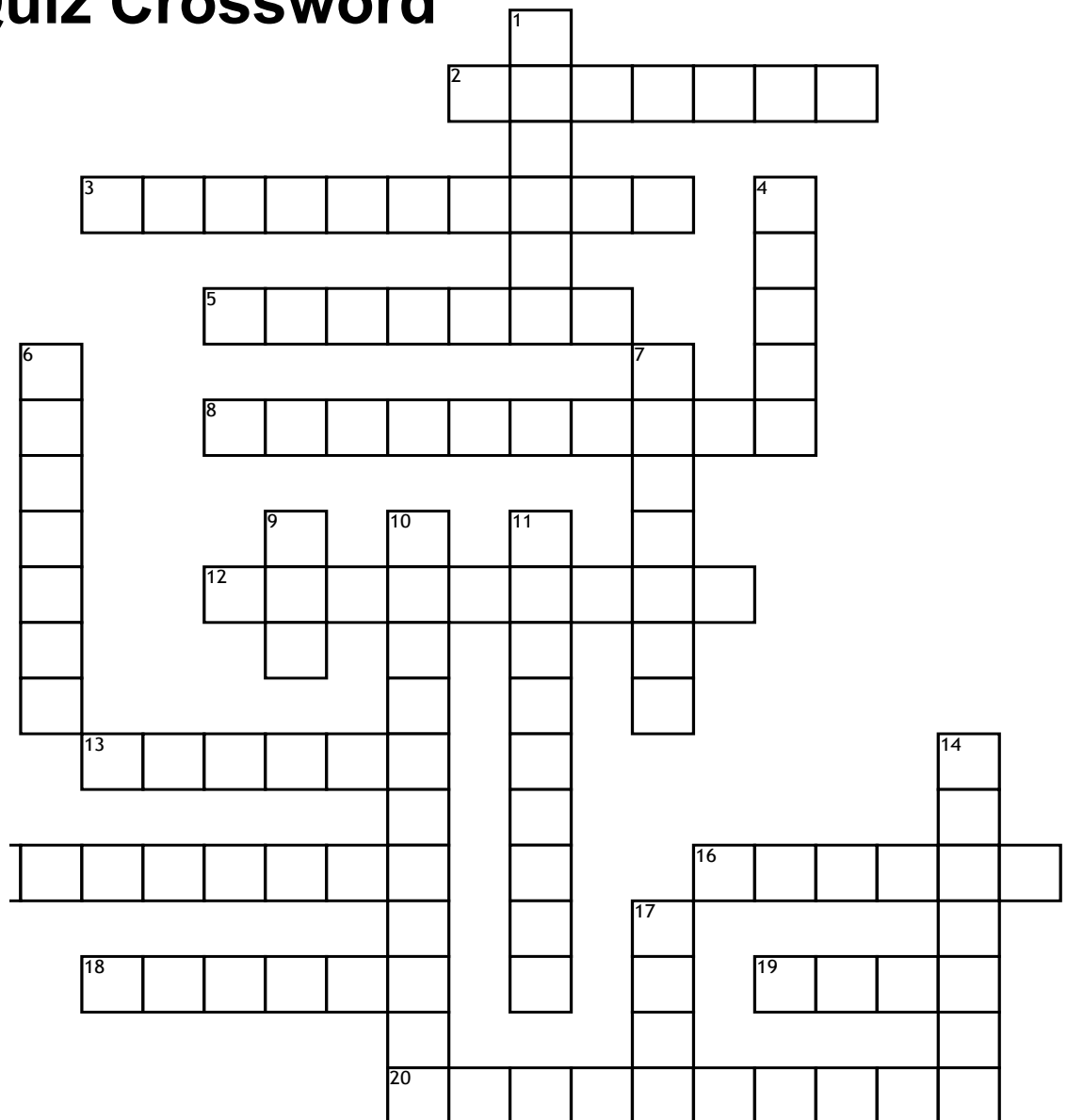
Picture Quiz Crossword

Across

- 2. photo 6
- 3. photo 7
- 5. photo 18
- 8. photo 15
- 12. photo 10
- 13. photo 11
- 15. photo 12
- 16. photo 17
- 18. photo 1
- 19. photo 13
- 20. photo 19

Down

- 1. photo 14
- 4. photo 2
- 6. photo 16
- 7. photo 4
- 9. photo 5
- 10. photo 20
- 11. photo 8
- 14. photo 9
- 17. photo 3



Your chance to win a £10 M&S Voucher! Match the photos (1-20) to the crossword and find the connection between all the answers. Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 16th August.** THE CONNECTION..... NAME:

Wordsearch

30 Commonly Used Words that were Invented by Shakespeare

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

Amazement	Apostrophe	Assassination	Bloody	Countless
Critical	Dishearten	Dislocate	Dwindle	Exposure
Frugal	Generous	Gloomy	Hurry	Impartial
Indistinguishable	Invulnerable	Lapse	Laughable	Lonely
Majestic	Monumental	Obscene	Pious	Premeditated
Radiance	Reliance	Road	Sanctimonious	Suspicious

Your chance to win a £10 M&S Voucher! Find all 30 words and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 16th August**
 Name:.....

Answers in next month's issue.

The Crossed Apple

by Louise Bogan

I've come to give you fruit from out my orchard,
Of wide report.
I have trees that bear me apples
Of every sort.

Clear, streaked; red and russet; green and golden;
Sour and sweet.
This apple's from a tree yet un beholden,
Where two kinds meet,-

So that this side is red without a dapple,
And this side's hue
Is clear and snowy. It's a lovely apple.
It is for you.

Within are five black pips as big as peas,
As you will find,
Potent to breed five great apple trees
Of varying kind.

To breed you wood for fire, leaves for shade,
Apples for sauce.
Oh, this is a good apple for a maid.
It is a cross,

Fine on the finer, so the flesh is tight,
And grained like silk.
Sweet Burning gave the red side, and the white
Is Meadow Milk.

Eat it; and you will taste more than the fruit:
The blossom, too,
The sun, the air, the darkness at the root,
The rain, the dew,

The earth we came to and the time we flee,
The fire and the breast.
I claim the white part, maiden, that's for me.
You take the rest.

Poetry Corner

by Nigel Davis

Late summer is the time for apples. An apple traditionally can have a lot of symbolism attached to it. It is, for example, often represented as the fruit of the Tree of Knowledge in the Garden of Eden (although in fact the Bible never identifies the fruit). It certainly is often taken as a symbol of love. The Greek poet Theocritus, writing in the third century BC, even describes how young shepherds would pelt country girls with apples as sign of attraction — which seems to me an odd way of going about wooing a girl (but then what would I know?)

This slyly humorous poem by the American poet Louise Bogan builds on that tradition.



The young apple farmer seems very self-assured (too self-assured?) in his wooing. He has presented the crossed — that is, hybrid — apple to the maiden as a love symbol. He is none too subtle about it, either. The red side of the apple clearly is intended to represent vigour, strength and passion (i.e. him) and the white side represents gentleness, calm and tranquility (i.e. her). The suggestion is that the two will make a fine combination — producing, moreover, vigorous and lusty offspring, five in number. Maybe he will get his comeuppance from his cocky bumptiousness and be contemptuously rejected. But maybe the rather beautiful last two verses will win her round. Who knows?

