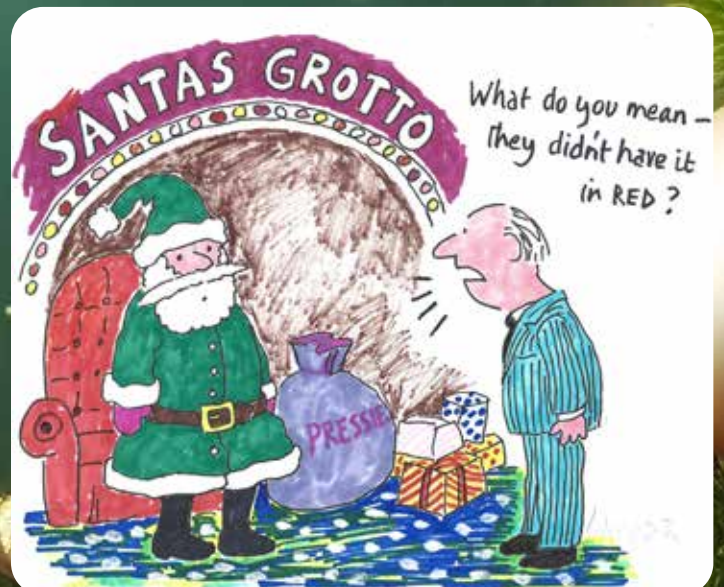


YOUR ALMSHOUSE MAGAZINE

DECEMBER 2024



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Almshouse
Magazine*

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Welcome

to our new residents
in The Elizabeth
Twining Almshouses

Eleanor Walker

Erin Pizzey

Janice Kendall

Ruki Alberts

Sobhnaben Lakhani

Farewell

It is with great sadness
that we say goodbye to

Jennifer Cooper, formerly of
Candler RIP

Joan Skeats, formerly of
Michel's RIP

Ann Bennett, Hickey's RIP

Photo Credits:

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Back page:

Mistletoe in Bushy Park
by Chantal Richards

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& Mike Townsin.

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Chantal Richards

& Eden Richards



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

Dates for Your Diary

Sunday 1st December

**Salvation Army
Christmas Concert**



Meet at Hickey's

Chapel

Details on page 8

Tuesday 3rd December

**Christmas Crafts with
Afternoon Tea**



Hickey's Chapel

Details on page 8

Friday 6th December

**Parkshot Singers
Concert**



Hickey's Chapel

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Sunday 8th December

**Community Christmas
Carols**



Various Richmond
locations

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Thursday 12th December

**Residents' Christmas
Lunch**



Richmond Hill Hotel

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Wednesday 18th December

**Candlelit Christmas
Carol Service**



Hickey's Chapel

Details on page 8

Monday 6th January 2025



**Nativi-tea and
Christingle
Afternoon**

Hickey's Chapel

Details on page 9

Thursday 23rd January 2025

Burns Supper

Hickey's Chapel

Details on page 9

Wednesday 29th January 2025

Film Club

Hickey's Chapel

Details on page 11

Forthcoming Out and About Days

Tues 14th January:

The Wallace Collection.

Keeping Time: Clocks by Boulle

Tues 11th February:

Kew Gardens:

Orchids of Peru

Please book with your Scheme
Manager as places are limited.

We meet at Richmond Station
at 10am on the day.

Your Words and Photos! Contribute to our Next Issue

If you would like to contribute
to our next issue, the deadline
is **Friday 13th December**.

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

richmondcharities.org.uk



Asgill House

An Inspiring Story of Vision and Commitment

by Derrick Thompson

A mixture of residents, trustees, staff and Chapel regulars formed an Out & About group to Asgill House on a sunny autumn afternoon. We saw the lovely garden, with its Tudor brick boundary wall and its small balcony overlooking the river. The house and garden sit on a strip of land at the edge of the grounds where the grand Richmond Palace once stood.



We were shown around by Petina Hauptfuhrer whose husband Fred, an American international journalist, had the vision in the late 1960s to lease the then derelict property from the Crown Estates and refurbish it to its original Robert Taylor design. This work took several years and much commitment by the Hauptfuhrers and the result is a beautiful 'Villa', owned by the Asgill House Trust,

used for various charity events and civic functions, as well as being Petina's home. Fred sadly died in 2023, but through his vision and commitment to restoring Asgill House has left an incredible legacy to Richmond.

Asgill House has had many names, but is now named after Charles Asgill (1714-88), the London banker and Lord Mayor who employed Taylor to build the house in 1761. Lord Mayor Asgill had Robert Taylor design the gold rococo Lord Mayor's Stagecoach

that is still used in The Lord Mayor's parade every November.

This Out & About was quite unique, although Petina suggested a return trip in the summer to see the garden in bloom!



Memorial Service

Remembering Loved Ones

by Derrick Thompson

Once again, the Chapel was full of residents and families of former residents and trustees for our Annual Memorial Service.

Candles were lit and messages placed on the memory tree as we remembered a total of 56 former residents and trustees, plus a further fifty family members and friends.

In between the prayers and readings, the beautiful singing of the singers from the Parish Church of Kensington, St Mary Abbots, lifted and comforted the spirits of those present. Especially poignant was their final piece, Douglas Guest's setting of Laurence Binyon's words, 'They shall grow not old as we that are left grow old', after which there was a moment of perfect stillness and peace.



Armchair Travel

Welcome to our new column featuring unusual trips to fascinating destinations. Or even just sharing your holiday photos to allow us all to travel from our armchairs! This month we feature Mick's trip to Mexico.

Día de los Muertos

The Mexican celebration to honour their dead loved ones.

by Mick Tinson

I have just recently returned from a holiday to Mexico where my wife and I took part in the Día de los Muertos, or Day of the Dead, celebrations which is a Mexican holiday celebrated on the 1st and 2nd of November. Instead of our tradition of Halloween, the Mexicans honour and remember deceased loved ones. Families create ofrendas, or altars, decorated with flowers, candles, food, and pictures of the departed. Marigolds and sugar skulls are popular symbols of this celebration. This celebration blends indigenous traditions with elements of Catholicism, reflecting Mexico's cultural heritage. It is a joyful celebration of both life and death, emphasizing the connection to loved ones who have passed away.



Food Glorious Food

by Anon

Would you like to cook (more), share tips, learn about and talk food, expand your tried and trusted repertoire and try recipes you've not cooked before?

This is what 6 of us did when we met on Tuesday 12th November for our second chat about one of life's favourite subjects – food.



At our first food chat around the table in August we agreed on what food to prepare, the humble beetroot. Three of us volunteered to prepare beetroot in just three different ways to showcase its simplicity, versatility and the strong presence it creates on the table and on the palate.

Of course, there are numerous way to enjoy beetroot. We all chose the readily available purple beetroot, but it comes in several different colours and even striped.

In England, we know it mostly for the combination of beetroot and horseradish, but we enjoyed it this time as the Polish borscht, thickened with potato and winter vegetables, flavoured with dill and bay leaves. Lovely to see the steam rising from the bowl when a blob of sour cream is added to the hot soup too.

Beetroot was also made into a dip or puree to spread on bread, sausages, smoked fish, roast vegetables etc. It's an Ottolenghi recipe (search online for all these recipes) and relies on roast beetroot blended then flavoured with chilli, yoghurt and spice — cumin and coriander on this occasion, or whatever you have available, along with yoghurt and a little sweetness from date syrup or whatever sweet syrup you have on the shelf.

The third way with beetroot was as a crunchy salad — this time, raw beetroot was grated and mixed with couscous, toasted mixed seeds including caraway with oil, vinegar and seasoning.

The combination of the sweetness of the beetroot and the kick of the vinegar is contrasting.

We plan to meet in January on the second Tuesday of the month at 11am and we will confirm destination and theme when that is decided. Hope you can join us.

Review of The Quiz Night

by Danny Snowdon

I attended quiz night with my girlfriend. It is fantastic that friends and family can attend some of our activities. We had a smashing evening and met new people. The wine and nibbles on the tables was a nice touch. We didn't have a 'quizzing team' but shared a table with a fellow from another estate.

We are looking forward to the next one.

And the scores were:

Table 1 – 52 62%

Table 2 – 50 60%

Table 3 – 15.5 18%

Table 4 – 56.5 67%

Table 5 – 63.5 76%

Table 5 was the winning team who each received a tube of smarties!



Christmas Carol Service

with The Salvation Army Band, Choirs, Carols & Real Nativity.

Sunday 1st December

Meet at Hickey's Chapel at 4.30pm to travel by RAKAT mini-bus to Staines Salvation Army Church in Ashford, Surrey

Free event

Booking is essential through your Scheme Manager or Derrick

Afternoon Tea with Christmas crafts



Tuesday 3rd December, 2.30pm Hickey's Chapel

We hope you will join us for a Christmas afternoon tea – mulled wine, mince pies and craft stalls on Tuesday 3rd December, 2.30–4pm in Hickey's Chapel.

There will be festive music played by Norman May, The Avenukes and The Twickenham Ukulele group.

Parkshot Singers

Coming to entertain us!



Friday 6th December, 3pm Hickey's Chapel

Everybody welcome – just turn up. Tea and cake will be served after the concert.

Christians in Richmond invite you to join

Community Christmas Carols

● **8 December 2024**

3pm – Richmond Station

3:30pm – Richmond Green

4pm – War memorial on the river

All are welcome to come and sing at any or all of the locations.

Voluntary donations for the Children's Society.

Residents' Christmas Lunch



Thursday 12th

December, 12.30pm for lunch at 1pm

Richmond Hill Hotel

Thank you to all those that have returned their menu and transport choices.

We are looking forward to coming together to celebrate the start of the festive season.

Christmas Carol Service at Hickey's Chapel



Wednesday 18th

December, 6pm Hickey's Chapel

Featuring the choir of St Mary Abbots, Kensington.

Followed by refreshments.

(See poster page 9)

Nativi-Tea and Christingle Afternoon



Monday 6th January, 3pm
Hickey's Chapel



Come and view a variety of Nativity Sets, have a cup of tea (or coffee) and some cake, hear the story of the Christingle and make a Christingle to take home.

Donations will be taken for The Children's Society, the largest non-government provider of Children's services in the United Kingdom.

Chaplain's Chat

by **Derrick Thompson**

As always there is a lot happening at this time of year! So, don't forget;

- Candlelit Carol Service on December 18th at 6pm, with choir, carols, mince pies and mulled wine! A collection will be taken for The Children's Society
- Candlelit Crib Service on December 22nd at 4.00pm, putting together the Chapel Nativity Scene with Carols and short readings. Refreshments from 3.30pm before the Service.
- Christmas Day Communion at 11am on Christmas Day
- Lunch at The Chaplains House at 1pm on Christmas Day, if you would like lunch in company rather than alone (book via your Scheme Manager)
- Nativi-tea and Christingle Afternoon on January 6th at 3pm, Nativity Sets to view, tea and cake to consume, and Christingle making!

Have a blessed Advent and Christmas everyone!

Annual Candlelit Carol Service

'I believe in angels'

Hickey's Chapel
Wednesday 18th December
at 6pm

Readings, carols and music about the
Angels of Christmas.

With The Choir of St Mary Abbots,
Kensington and their Director of Music,
Mark Uglow.

Burns' Supper



*with a Scottish
Bagpiper and the
Traditional Address to
the Haggis!*

Thursday 23rd January
Hickey's Chapel
4pm for 4.30pm food service.

Cock-a-leekie Soup
Haggis (or Sausage), Neeps and Tatties
Oatcakes and Scottish Cheddar
Scottish Drinks!

Wear something Tartan!
Ticket Only (free) Event

Tickets available from your Scheme Manager in January

Come and Play Ukulele

Join our group!

by Norman May

Playing the ukulele has become hugely popular over the last few years and it continues to grow.

Why?

Because it is relatively easy for beginners to start learning to play. Instruments can be bought for budget prices and it is a wonderful social activity. Most of all, it is fun!



Why not join one of our ukulele groups. You'll learn to play in a practical and fun way in a friendly social atmosphere. Very soon you'll be singing and

strumming lots of songs and be part of a group entertaining others. You'll laugh a lot too!

Do come along and try it, you won't regret it!

No previous musical experience or knowledge is needed.

You can come and see the Ukulele Club in action at our **Afternoon Tea with Christmas Crafts** (see details on page 8)

Ukulele Groups:

Every Friday, 1.30-3.30pm.
at The Avenue Club, Kew, TW9 2AJ.

Alternate Wednesdays, 2-4pm.
at Wright's Almshouses, Twickenham, TW1 4DS

If you have questions, or want to know more please contact Norman May.

Text, WhatsApp or Phone: 07710 056601

email: normanwmay@gmail.com

Chapel Schedule December 2024

Sunday 1st December <i>First Sunday of Advent</i>	10.30am Holy Communion <i>Followed by refreshments</i>
Sunday 8th December	10.30am Holy Communion
Sunday 15th December	10.30am Holy Communion Preacher Revd. Neil Summers
Wednesday 18th December	6pm Candlelit Carol Service 'I Believe in Angels' - with singers from St Mary Abbot's, Kensington
Sunday 22nd December	10.30am Holy Communion Preacher Louise McFerran 3.30pm Refreshments 4.00pm Candlelit Crib Service – a simple service of carols and readings as the figures are placed into the nativity scene.
Wednesday 25th December <i>Christmas Day</i>	11am Christmas Day Communion with Carols
Sunday 29th December <i>First Sunday of Christmas</i>	10.30am Communion with Carols

All are welcome to join us.

Morning Prayer, Tuesdays at 10am.

Evening Prayer, Thursdays at 4.30pm.

For more information email

Chaplain Derrick on:

d.thompson@richmondcharities.org.uk

Almshouse Association Trustee and Clerks Seminar

by Becky Evans

10th October, 2024

On a mild October morning, our Head of Finance and Policy, Sam Maskell; Administrator and Communications Coordinator, Becky Evans; and Chaplain, Revd. Derrick Thompson, set off together for a one-day seminar hosted by the Almshouse Association in Royal Tunbridge Wells.

With an early morning start to ensure we arrived on time, the hour-and-a-half car journey was filled with lively conversation. On arrival, we were warmly welcomed with coffee and pastries—a great way to start the day ahead of learning and connection.

The seminar offered insightful and valuable training, bringing together representatives from Almshouse charities managing anywhere from three to over a hundred dwellings. Throughout the day, experts led discussions on topics such as governance, trustee recruitment and common daily challenges. The sessions encouraged engagement with plenty of opportunities for delegates to ask questions and share experiences.

We left with renewed enthusiasm and a deepened sense of belonging to a unique and inspiring movement dedicated to supporting communities across the country.

Film Club



**Wednesday 29th
January
3.30pm**

The Next Film Club will be a **Special** with sandwiches and cake during the interval.

See January's issue of *Your Almshouse Magazine* for more details!

Charity Finance

with Samantha Maskell

In October our Head of Finance, Policy and Governance, Samantha Maskell, was interviewed by *Charity Finance* magazine. Here are some extracts from the article.

Sam began her career at the Department for Environment, Food and Rural Affairs, and subsequently went into audit at leading accountancy firm KPMG, looking after companies and charities.



But after two decades in the private sector she wanted a change and joined us in January 2023; Sam told the magazine that part of her decision to join was “that sense of lots of inequality in the world” and how she could “positively try and make a difference”, and that “being an accountant in the charity sector is more rewarding”

She said that the charity's decision to hire its first head of finance was “to help fulfill its eight key objectives for 2022 to 2026, including continuing to seek opportunities to develop more almshouses...” and “continuing building and strengthening the almshouse community”; Sam also pointed to the need “to adapt to the increasing needs of residents and their expectations”.

Regarding the charity's investments and assets Sam concluded by saying, “I'm optimistic through our reporting and governance that.... we will be using them wisely in the future”.

Richmond Society Award

by Juliet Ames-Lewis

I am delighted to let you know that we have been given an Award for our photovoltaic installation project by the Richmond Society.

The Richmond Society honours development that has made a distinguished contribution to Richmond town's built environment.

Last year we were awarded a commendation for the first estate in this project, Queen Elizabeth's and this year the full award is to recognise the total project to date but in particular the PV installations at Bishop Duppa's and Houblon's, both of which are listed buildings.



The Richmond Society said that the charity deserved the big award because it has shown concern for the environment along with the sensitive treatment of listed buildings, improving the almshouses for our residents and shown other organisations the way forward in terms of the installation of renewable energy sources on listed buildings.

I am also pleased to report that the Trustees have given the go-ahead for Phase 3 of the project for 2025 which will see the charity installing PV panels on the almshouses and bungalows at Hickey's.

Debbie's Life Hacks

by Debbie Flaherty

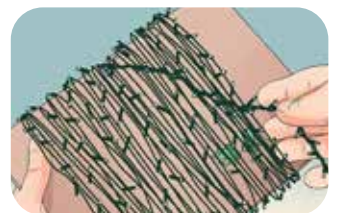
- Use the inside of kitchen cupboards. Add hooks to attach cleaning clothes or attach a metal magazine rack to the inside of the door which is perfect for storing tin foil and cling film

- There is nothing like a good old to-do list. They keep us on track and make us realise how much we have achieved that day.

- To clean your kitchen sink, sprinkle bicarbonate of soda around the bowl and wipe with a soft cloth this will effectively remove any stains. (£2 at www.peacewiththewild.co.uk)



- Wrap tree lights around cardboard to store for next year.



- Pick up stray pine needles on the floor with duct tape.

- Christmas Shopping: Make a list – and check it twice! Christmas shopping on impulse is dangerous. So make an old-fashioned shopping list and stick to it. Remember, shops spend a fortune on targeting your spending impulses – a list helps you beat them!

Your Almshouse Magazine Noticeboard

This may restart in our next issue. Please give your Scheme Manager information on anything you would like to sell, buy or exchange.

Residents' Survey 2024

and Prize Draw Winner!

by **Juliet Ames-Lewis**

Thank you to all of you who completed the residents' survey in October. We will be sharing analysis and feedback with you all in January. Everyone who completed the survey was entered into a prize draw – and the winner, drawn out of the hat by our Trustee Kate, is DAVID SHIPLEY! Congratulations to David – your prize will be delivered to you in early December!

Queen Elizabeth's Almshouses

Spotlight on our Estates

by **Linda Prendergast**

Queen Elizabeth's Almshouses have had a chequered life since they were originally founded by Sir George Wright in 1600 and built on Petersham Road. The almshouses were rebuilt and relocated to the Vineyard in 1767 and then rebuilt for the last time as 4 one-bedroom houses in 1955 due to damage in World War II.

PV panels have been installed recently and residents are hoping to reap the financial benefits that they will bring.

Residents are able to enjoy a beautiful secluded communal garden that benefits from a lovely pergola thanks to the generosity of a previous resident at Queen Elizabeth's who wanted the residents to enjoy the garden as much as he did when he lived there.

The residents also have a small border outside their back doors that they can look after themselves as well as the area outside their front doors that looks wonderful in the summer months when residents fill pots with plants. Passers-by often stop and comment on how colourful it looks.

During the summer months, the residents spend most of their time outside in the garden, some enjoying breakfast under the pergola and often just sitting in the sun with a cup of tea or coffee and maybe a glass of something a little stronger.





London to Brighton Veteran Car Run

A review by Richard Yardley

Sunday 3rd November saw the 128th car run from Hyde Park to Madeira Drive in Brighton — about 60 miles. Veteran cars must be manufactured before 1905. It marks the historic day in 1896 when a group of pioneer motorists set out from London towards the seaside in celebration of the emancipation of the motor car.

The Red Flag Act of 1865 required a person waving a red flag to walk 60 yards ahead of an oncoming mechanically propelled vehicle, warning of its approach. A new Act of Parliament in 1878 removed the requirement for a red flag to be carried, and reduced the distance ahead of the vehicle that the person needed to walk from 60 yards to 20 yards. On 14th November 1896, the Light Locomotives on the Highway Act completely removed the need for a person to walk ahead of a vehicle and raised the speed limit to 14 mph.

In 1897 the first annual Commemoration Run for the Motor Car Club drove from Whitehall Place to the Sheen House Club adjacent to Richmond Park. A distance of about eight miles.

Before the cars made the journey to Brighton, all the cars were on display in Pall Mall, along with many modern cars. Hopefully it will happen again in 2025.



Getting To Know You

with Hazel Atkinson

Where did you grow up?
Reading, Berkshire.

As a child, what did you want to be? A vet.

What is your favourite music/song from your teenage years and what does it remind you of?

The Beatles. They remind me of freedom and love.

Who is your favourite live performer/artist and why? Bob Dylan — his poetic lyrics.

What would you choose to give a 5-minute talk on? Spirituality and God.

Describe your 'happy place'. The beach!

If you were Prime Minister for the day, what would you do?
Re-distribute the wealth!

If you could travel back in time, where would you go? Atlantis.

What words of wisdom would you pass on to the younger generation?
Love and forgive one another.

If you could be a star in any movie — what would it be and why? *Alice in Wonderland*.

Is there anything you've recently watched on TV or at the cinema which you would recommend? *Schitt's Creek*.

If you were an animal, what would you be?
An octopus or dolphin.

What film or play makes you cry? *Bambi*.

Who would you invite to your fantasy party/lunch? *Sacha Baron Cohen*.

If you could teleport to anywhere, where would it be and why?

The Pleiades, to check out who is there.

Who is your celebrity crush?
Keanu Reeves.

Your Photos

Photos by Jenny Heathcote
Marc Quinn: *Light into Life*
at Kew Gardens



Leading contemporary artist Marc Quinn worked closely with Kew scientists and horticulturists to create more than 20 new works, from huge mirrored stainless steel sculptures in the Gardens to radical artworks in the Shirley Sherwood Gallery. The show finished in September.



My Story

by Peter Shillingford

It is four years since I moved into Wright's Almshouses. My first reaction on stepping into Flat 8 was of pure bliss, space, light and silence — all contributing to a perfect environment for a future of comfort, safety, and once I get my photographs up, hopefully the look of an elegant art gallery. It does not get better than that. At 85 I feel protected and secure and I am most grateful and thankful for that.

I was almost on the street; I have close family but why should I ruin their lives by incumbering them with an old fart, medically challenged, still pretty but set in his ways.

Kew was peaceful. Twickers is bustling — full of people and energy, so time to walk and explore the hidden passageways leading to secret green spaces, and then on to navigating Church Road with its pubs, restaurants and gift shops. Its latest establishment, *Flicks Film Posters* is stuffed to the gills with original film posters of the last 100 years so it is immediately close to my heart after 25 years working in Hollywood.

Now I am wrapped around the computer and almost at the end of my autobiography, 80 pages in and 250 photographs to edit. Multiple car crashes, 3 extremely bad landings in helicopters, 4 disasters in big and small boats, 1 parachute jump followed by 2 hours of babbling and shaking. On a happier note, kissed on the cheek by Marilyn Monroe, Elizabeth Taylor and on the lips by Tony Curtis. It is a dangerous world out there.

Residents are stuck with me until I hit a 100 years young and break dancing (not) at my twin granddaughters 21st birthday party.

The next milestone is 105 and my brother's 100th birthday. I wish you all long life and happiness and thank you again.

Art Corner

by Beatrice Quaid

It all began when I was around 7 years old. In our house we always kept a rag bag and a button box and each time we went to my grandmother's, which was probably four or five times a year, we took the bag and the box and emptied it when we got there because my grandmother did patchwork. My job was to turn the wheel on the sewing machine, but I was only allowed to sew under supervision just in case I got stuck with a needle...I couldn't change the bobbin though, that was done for me..... and that's how I started quilting.

I continued quilting and after my grandmother passed away, my aunt Kate took over the sewing. I was older then so was allowed to sew. Where my aunt lived everyone was neighbourly and they would keep their cast-off clothing and scraps of material to give to my aunt. I absolutely loved going through the bags and matching the pieces and cutting them into certain lengths. I would cut off the buttons and put them in the button box. That went on for years, then I finally made my first patchwork when I was around twelve or thirteen years old using pieces of shirts and old trousers amongst other things!

When I was eighteen years old I spent six weeks on the west coast of America where they are well known for making patchwork quilts. While I was there, I went to classes in a fabric shop and that really inspired me. I came home with all the tools I needed to continue, including lots of fabric.

At home when someone was getting married, we always made the 'wedding quilt' for the bride to be. This was a tradition where all the ladies would gather at each other's houses and put the quilt together. Down through the years I have made several wedding quilts. I also made my own wedding dress and my daughter's first communion dress. That's another side of sewing although I prefer quilting, but now with my arthritis it's getting difficult, especially with so much hand sewing.

The photographs show my latest quilt along with a couple of Christmas stockings I've just finished.



Advisory

by Mike Townsin

The Budget



In her October 30th Budget the Chancellor confirmed that the winter fuel payment would be withdrawn for everyone except recipients of pension credit and certain other benefits. You should already have received a letter from the Department for Work and Pensions telling you that this is with immediate effect. If you have not, please contact your Scheme Manager

Anticipating this in previous issues of the magazine, we urged any resident not in receipt of pension credit, but entitled to it, to apply immediately: if your income and savings do not exceed **£218.15** weekly for a single person or **£332.95** for a couple, you are not only entitled to pension credit but also to several other benefits including free dental treatment, help with the cost of glasses, housing benefit and council tax reduction.

Age UK has a free and confidential Welfare Benefits Service: a new claim for Pension Credit made before 21 December might qualify you to also receive the Winter Fuel Payment. Call 020 8878 3546 or email: welfarebenefits@ageukrichmond.org.uk.

There is also one more thing to be aware of: whilst all this is assessed *at the time* you claim benefits, you must report to the benefits department *any changes to your circumstances* which result in savings rising above £10,000 (e.g., receipt of an inheritance, other windfall or a gradual increase in your bank account balance); this may affect your entitlement and is a legal requirement.

Benefit entitlement is a complex area, so if in doubt please seek advice: this can be from Age UK (as mentioned above), Citizen's Advice or your Scheme Manager who can refer you to The Richmond Charities advisor.

We are advised that there are no other changes affecting residents' benefits.

And the Good News is....

Curated by Mike Townsin

- Scientists have managed to grow a tree from a 1000-year-old seed found in a cave in the Judean desert. The tree, named Sheba, has been identified as a cousin of the extinct tree that produced 'Judean Balsam' a medicine mentioned in the Bible.

- Two parrots missing from London Zoo since October 21st after their daily routine flight, have been returned, having been spotted by a family in Cambridgeshire in a field. When zookeepers arrived to collect them, they flew straight to the keepers and were treated to pumpkin seeds, walnuts and pecans.



- An 84-year-old man who fell and hurt himself in a remote cabin in Washington State was rescued thanks to his dog Gita. She walked to the nearest road and sat down. A policeman driving by tried to get her into his car, but she refused to move. Instead, she walked down the narrow path, and he followed, eventually hearing cries for help.

- Egypt has been declared malaria-free 100 years after efforts were first made to eradicate the disease. Egypt is the third country in the Middle East and the 44th in the world to be certified as malaria-free.

Local News and What's On

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

Christmas Lights and Markets



1st December Whitton Christmas Market and Lights Switch-On. 2-4pm. Big event for Christmas shopping.

1st December Hampton Village Christmas Event. 4-7pm. Choirs, crafts, Santa's Grotto and tribute acts.

1st December White Hart Lane Christmas Evening, Barnes. 5-8pm. Raffle, Santa, late night shopping and music.

6th-8th December Christmas Festival. The Anglers Pub in Teddington. Live music, choirs, local artisan stalls, Santa's Grotto. Free entry. More info: www.anglers-teddington.co.uk

6th December Barnes Christmas Fair, Barnes Village. 3-8pm. Choirs, funfair and festive stalls.

6th & 14th Dec Second Hand Book Shop.

Pop-up shop at Marble Hill cafe. 11am - 3.30pm. Free. Richmond Road, Twickenham.

6th December Kew Sparkle, Kew Village. 5-8pm. Market with food, drink, crafts, fairground rides, petting farm and Santa's Grotto.

7th-8th December Chiswick Christmas Collective Market at Chiswick House, W4. 10-4pm. Gifts, food and workshops.

10th December Christmas Carol Concert at St Mary's Church in Twickenham, TW1 3NJ. Musical performances, carol singing, light refreshments and raffle. Entry is free. 6.15pm - 8.30pm.



Every Saturday Barnes Farmers' Market. One of the oldest farmers' markets in London. It is held in the Essex House Surgery car park every Saturday between 8:30am and 2pm.

Every Saturday and Sunday. Duck Pond Market, Richmond. In the centre of Richmond, tucked between Hill Street, Bridge Street and the riverside is elegant Heron Square. Independent crafters and food producers. Every weekend. 10.30am - 4pm. Free.



Above: Councillor Gareth Roberts

Caught red-handed! New CCTV plans to nab lawbreakers in Richmond. With the introduction of cutting-edge technology, Richmond Council are stepping up efforts to protect residents and tackle crime head-on with the approval of new CCTV plans. Councillor Gareth Roberts, Leader of Richmond Council, said: "CCTV is critical in our mission to keep Richmond the safest borough in London. Residents can be reassured that CCTV is something we continue to invest in so they can feel safe in their communities."

Help Change the NHS.

Members of the public, as well as NHS staff and health experts are invited to share their experiences, views and ideas for the NHS via the online platform, change.nhs.uk. The portal will be live until the start of next year, and available via the NHS App.



Resident Poetry

A Christmas Tale

by **Steve Harbud**

It does sound very strange and I think it's really weird,
There's this man with a bright red coat and a long white beard,
I know my kids believed it, they thought it true some how
Do they still believe a word I'm saying now.

With his flying reindeers pulling a toy filled sleigh,
He manages to fly around the world in just one day,
He lands on every rooftop, wishing he was thin
Cos if he can't get down the chimney he can't get in.

He tiptoes through the house there's always one surprise,
On the mantle piece, glass of milk and his favourite mince pies,
Plus a carrot for old Rudolph who really just eats grass
So he might as well just shove it up his sleeve

In all the world in every house in every street,
How many mince pies can just one man eat,
It's no wonder he's so fat, but he's always full of cheer
But he only has to work one day a year.

There's a moral to this tale don't be misled,
When kids were young they believed the things I said,
But as the years go by and the children get so wise
They probably see right through me and my lies.

Happy Christmas Everyone!

On This Day...

8th December 1980 — Forty-year-old Beatles star John Lennon was shot and killed at the entrance of the Dakota Building in New York.

11th December 1936 — After ruling for less than one year, Britain's King Edward VIII became the first English monarch to abdicate the throne.

25th December 336 — The first recorded celebration of Christmas on 25th December took place under the first Christian emperor, Constantine I.

28th December 1918 — The results of the first General Election in Britain, in which women were allowed to vote, resulted in David Lloyd George becoming Prime Minister.

Miscellany

Curated by
Mike Townsin

- The Makira people of the Soloman Islands use flying-fox teeth as currency.
- There are over 4000 pubs in the UK called *The Red Lion*.
- Dogs see in blue and yellow.
- The only ants in Iceland are in a zoo.
- The cucamelon is the size of a grape but looks like a watermelon and tastes like cucumber.
- The South Korean Ministry of Food and Drug safety has warned people not to add wasps to cocktails.
- The world's largest cruise ship is five times the size of the Titanic.
- In 1899, Henry Bliss became the first American pedestrian to be killed by a car.
- Russia has four monuments to dumplings.
- When astronaut Harrison Schmitt ran for the US senate, his opponent's slogan was '*What on Earth has he done for you lately?*'

Wit and Wisdom

Curated by Mike Townsin

Behind every great man is a woman rolling her eyes. **Jim Carey**

“Miss Ferber, you look almost like a man”

“And so do you Mr Coward”.

Novelist Edna Ferber (wearing a tweed suit) and Noel Coward

A modest man with much to be modest about. **Churchill about Clement Attlee**

There are two seasons in Scotland: June and winter. **Billy Connolly**

I married beneath me – all women do. **Nancy Astor**

Liam is the angriest man you'll ever meet. He's like a man with a fork in a world of soup. **Noel Gallagher.**

When a girl marries, she exchanges the attention of many men for the inattention of one.

Helen Rowland US journalist

Never trust people who smile constantly. They're either selling something or not very bright.

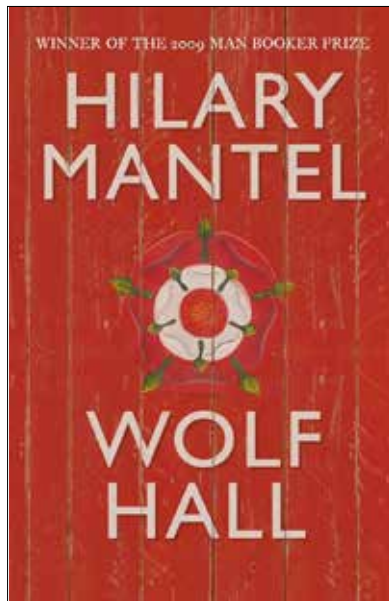
Laurell Hamilton, writer

The male is a domestic animal who, if treated with firmness and kindness, can be trained to do most things.

Joan Collins

Page Turners

Book Review by Jenny Ruff



Wolf Hall

by Hilary Mantel

Although *Wolf Hall* has been on our shelves for some time I thought I would draw your attention to it now as at the end of November the follow up book *The Mirror and the Light* is being serialised on TV with the same two actors Damian Lewis as

King Henry VIII and Mark Rylance as Thomas Cromwell and they are still getting up to their plotting, scheming and murdering. To enjoy this perhaps a first or re-read of *Wolf Hall* would help – it is a brilliant read, a little complicated at times but well worth it.

The Tudor period was brutal, exciting and punishments were harsh. People were discarded for the most trivial of crimes by being beheaded by sword or axe. Children usually started work around 6 years old and girls were married to much older men by the age of 12.

It sounds a very grim read but Hilary Mantel was obsessed by the Tudor period and spent her whole earlier life researching and writing *Wolf Hall*. Henry VIII craved power and money but particularly love and attention and sometimes you actually feel sorry for him but he really was a cruel and lonely man.

Once you are into this book it will keep you awake at night wanting to read the next chapter even thanking your lucky stars that Henry has not set his sights on you because you would not have lived very long to tell the tale!

A televised version of *Wolf Hall* — *The Mirror and the Light*, started on November 10th, and is now available to watch on BBC iPlayer.

Positive Effects of Music

by Lorraine Bradley

Did you know that music has the power to change our brain activity? When we listen to music, several areas of our brain light up—all at once! These include the auditory cortex, which processes sound, the limbic system, which is responsible for emotions, and even the prefrontal cortex, which is involved in decision-making.

Research shows that listening to music can trigger the release of dopamine, the ‘feel-good’ neurotransmitter, creating feelings of happiness and pleasure. Imagine your favourite song coming on after a tough day—it just makes everything feel so much better. This boost in mood can be incredibly helpful in battling stress and anxiety.



Listening to music while exercising not only makes workouts more enjoyable but also enhances performance. Multiple studies have demonstrated that athletes who listen to music often show improved endurance and faster times.

Certain types of music can also promote relaxation and even help with sleep. Slow-tempo tunes create a calming effect that lowers heart rate and reduces stress, making it easier to unwind and drift off into a peaceful slumber.

Recipe Corner

Honey and Orange Salmon

by Lorraine Bradley



Salmon in the air fryer is your new best friend: crispy on the outside and flaky on the inside!

Ingredients (Serves 2)

2 salmon fillets
3 tbsp honey
2 tbsp orange juice
1 tbsp soy sauce
1 tsp crushed or grated garlic
1 orange, sliced

Method

- Pat dry the salmon fillets with some kitchen paper
- Combine the honey, orange juice, soy sauce and garlic in a bowl to make a sauce and pour it over the salmon as a glaze (it's runny, but that's ok).
- Place the orange slices over the salmon and cook in the air fryer at 200°C for 12 minutes, reglazing the salmon with its glaze and juices halfway through for maximum flavour.

Small Changes

To Make Your Meals More Nutritious

Add three tablespoons of chickpeas to a meal just once a week to reduce your risk of bowel cancer.

Eating one 40g portion of dried pulses* (about 3 tablespoons when cooked) a week could decrease your risk of colon cancer by 21 per cent compared with eating no pulses, according to a study published in February in the European Journal of Clinical Nutrition.

Patel, a lead author on the paper, says that adding pulses to soups, casseroles and salads even once a week will improve your health. “Pulses contain fibre that acts as food for your gut microbiota” she says. “But they also contain bioactive compounds known as phenolics that are believed to play a role in the prevention of colon cancer.”

*chickpeas in hummus also work!

Your Photos

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



Photo credits (clockwise): *Wentworth House* on Richmond Green by Jan Thompson, *Deer* by Mary Bronks, *Bird cage* at Wentworth House, *Flora and Fauna* at Kew Gardens by Lesley Cizek, *White Deer* by Mick Tinson, *Christmas Tree* at Ham House by DerrickThompson.



Who Am I? (Member of Staff)

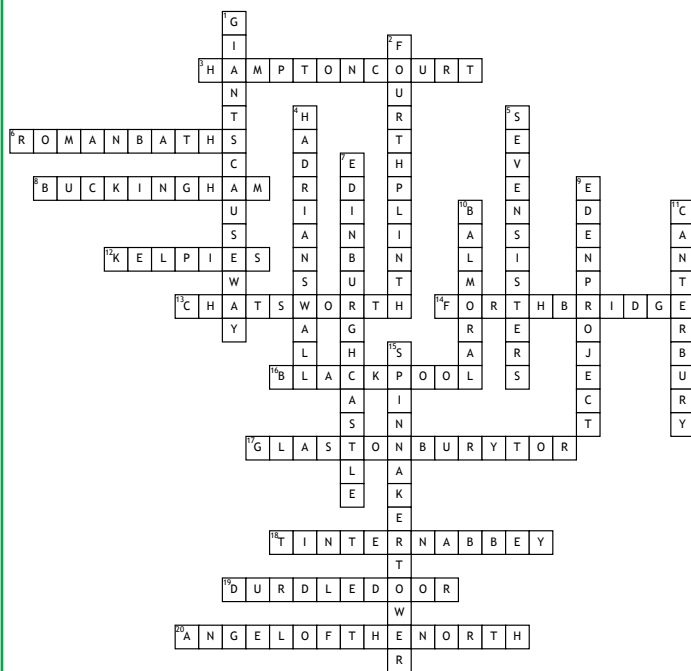
Solve the cryptic clues to identify this member of staff.

1. I was an air cadet and wanted to fly commercially as a pilot
2. I loved dancing when I was a child and still do now. I used to do impressions of a number of 1980's pop artists
3. I like travelling and often travel to the Balearic Islands as I have a relative who lives there
4. Whilst holidaying in France I was playing table tennis and slipped and broke my ankle in 3 places – a triple fracture!!

My guess is:.....

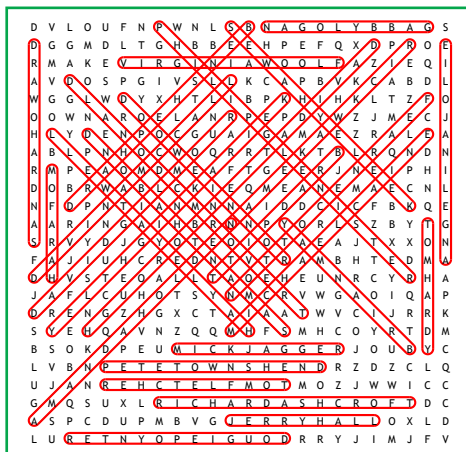
Answer in next month's issue!

November Picture Crossword Answers



Wordsearch Answers November

Who Am I?
Answer for November is
Jo Davison



Competition Winners

Thank you to everyone who sent in entries for the Picture Quiz Crossword and the Wordsearch in our November edition. Picked at random, our £10 M&S voucher winners this month are:

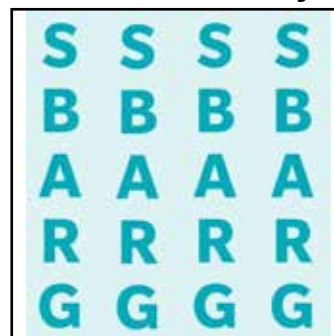
Maureen Bliss – Picture Quiz Crossword

Shirley Perry – Wordsearch

Congratulations!

Rebus Puzzles

Answers in January issue.



1.



5.



2.



6.



3.



7.

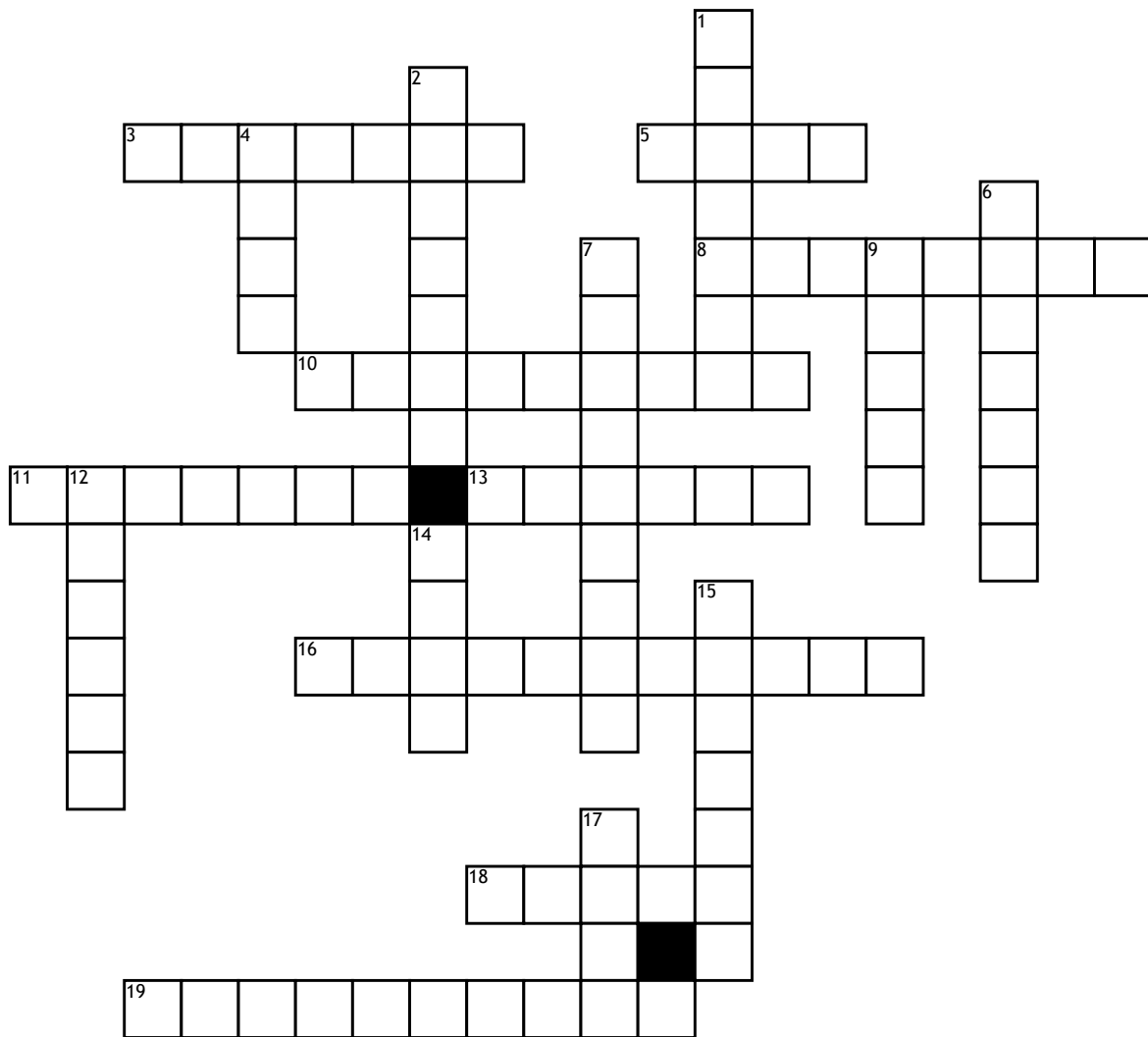


4.



8.

Christmas Crossword



Across

3. Which angel visited Mary in the nativity?

5. How many ghosts show up in 'A Christmas Carol'?

8. In what classic novel does the protagonist set sail for a sea voyage on a cold Christmas day?

10. Which festive sweet resembles a shepherd's staff?

11. Which actor plays Buddy the Elf in the Christmas movie *Elf*?

13. The Trafalgar Square Christmas tree is a gift from which country?

16. What Christmas song was written by James Pierpont in 1857?

18. What colour are mistletoe berries?

19. Which ballet is set on Christmas Eve and tells the story of a young girl who discovers the world of romance

Down

1. Which film features the song 'Walking in the Air'?

2. Stollen is a famous cake from which country?

4. What colour was Elvis Presley's Christmas song?

6. Which King of England was crowned on Christmas Day, 1066, at Westminster Abbey?

7. Which musician sings the ever-so-catchy Wonderful Christmastime?

9. Who sings the first line of the 1984 version of Band Aid's "Do They Know It's Christmas?"

12. Which popular Christmas beverage is also called 'milk punch'?

14. Cliff Richard had his 12th number one hit with his sing-along Christmas classic Mistletoe and what?

15. Which King in 1932 delivered the first ever Christmas message?

17. How many reindeer does Santa have?

Your chance to win a £10 M&S Voucher! Fill in the crossword. Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 13th December.**

Name:

TV Programmes at Christmas

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

BakeOff

RoyalVariety

Bullseye

JamiesChristmas

BigFatQuiz

Outnumbered

MaskedSinger

TheWheel

MrsBrownsBoys

GrahamNorton

MaryBerry

SongsofPraise

NationalLottery

HairyBikers

Pointless

VicarofDibley

Strictly

CalltheMidwife

GavinandStacey

Eastenders

TheSnowman

WallaceandGromit

DoctorWho

KingsSpeech

Your chance to win a £10 M&S Voucher! Find all 24 words and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 13th December.**

Name:.....

Poetry Corner

by Nigel Davis

Living as I do on Richmond Hill, I like to hear on Sunday morning the church bells of St Mary Magdalene in the centre of the town — it is a church which still, unlike most nowadays, has a team of bell-ringers. There is, to me, something very evocative about a peal of church bells heard at a distance. Mind you, I also like to hear the tolling of the single bell at our own little chapel of St Francis, when Derrick summons us on Sunday mornings at 10.25am.

Church bells still appear frequently on Christmas cards. Tennyson in his great poem *In Memoriam* captures, I think, their significance and symbolism in this particular canto. (*In Memoriam*, written in memory of a great friend who died young, was in fact written over a period of some 17 years and comprised 133 separate cantos, although all written in the same quatrain verse form.) The poet here expressly links the sound of the bells from four different local Lincolnshire parishes (it couldn't happen now!) to the messages of Christmas — peace, goodwill, joy. At the same time, the poem reflects on the sadness of memories that such a time can also bring to many of us, as it did to Tennyson himself.

A beautiful Christmas poem. But then, with Tennyson, what else would one expect?

A very happy Christmas and New Year from Poetry Corner to one and all in the Almshouse community and all their families.

In Memoriam XXVIII

by Alfred Lord Tennyson

The time draws near the birth of Christ

The moon is hid; the night is still;

The Christmas bells from hill to hill

Answer each other in the mist.

Four voices of four hamlets round,

From far and near, on mead and moor,

Swell out and fail, as if a door

Were shut between me and the sound.

Each voice four changes on the wind,

That now dilate and now decrease,

Peace and goodwill, goodwill and peace,

Peace and goodwill, to all mankind.

This year I slept and
woke with pain,

I almost wished
no more to wake,

And that my hold
on life would break

Before I heard
those bells again.

But they my troubled spirit rule,

For they controll'd me when a boy;

They bring me sorrow touch'd with joy,

The merry merry bells of Yule.



