

YOUR

NOVEMBER 2025

ALMSHOUSE

MAGAZINE



The Gunpowder Plot Conspirators
by Crispijn de Passe the Elder
engraving, circa 1605

Your Photos



Hickey's by Kapil Lakhani



Kew Gardens Fox by Mike Townsin



Camouflaged Heron by Louise Allard



Thompson's Pond by Derrick Thompson



*Autumn in the Lily House at Kew
by Derrick Thompson*



*Ladybird
by Jan Thompson*

Seasonal or local photographs.

To have ***your*** photos appear on page 2, please send the images on WhatsApp to: Becky Evans **07386 667185** or Derrick Thompson **07796 619697**



Welcome

to our new residents:
Elizabeth Doughty
Almshouses

James Knight
Jacqueline and
Dale Edwards
Rory Rhind
Sandra Morris
Anita and Gary Cook
Margaret Clahar and
Mary-Ellen Brennan
Anthony Riley
Brian Everest
Kim and Mike Tullick
Michel's Almshouses
Jonathan Swaine

Farewell

It is with great
 sadness that we say
 goodbye to:

Jill Davidson, Queen
 Elizabeth's, RIP
Sylvia Ridout, Wrights,
 moved to a care home.

Photo Credits:

Front Cover:

The Gunpowder Plot
Conspirators by Crispijn
 de Passe the Elder.
 Engraving, circa 1605.
 (Courtesy of The National
 Portrait Gallery)

Back Cover:

Chrysanthemum
 pattern. November
 birth flower. (Adobe)

Editorial Committee and Content:

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 Lorraine Bradley
 Rebecca Evans
 Debbie Flaherty
 Chantal Richards
 Derrick Thompson
 Gennie Thompson

Magazine Design:

Chantal Richards

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

Dates for Your Diary

9 November 10.30am
Service of
Remembrance
see page 9

9 November 4pm
Annual Memorial
Service *see page 9*

11 November
Out and About
see below

19 November
Film Club
see page 10

20 November
Quiz Night
see page 10

 **2 December**
String Quartet
see page 11

 **17 December**
Marshgate Carol
Service
see page 11

 **17 December**
Christmas Carol
Service
see page 11

Deadline for the
 December issue is
Friday 14 November.

Forthcoming Out and About Days

Tuesday 11
November
 Visit to the [Bank](#)
[of England](#).

Tuesday 2
December
 Mini bus trip to
[Adrian Hall Garden](#)
[Centre](#) in Feltham.

Letter from Emma



Emma Halford

Dear Residents,

It has been great to get out and see you at the coffee mornings to talk about the things that are important to you. There are a couple of Estates left to visit so I hope to catch up with more of you soon, but you have already given me lots to think about and action – watch this space!

In the last couple of weeks we have been busy welcoming all our new residents to Doughty's on Queens Road, and it is so lovely to see them bringing the building to life. It's the people who make places which is why I would like us to celebrate all our fantastic people at the Christmas Lunch. This year we are introducing the Good Neighbour Awards and you will find a nomination form at the back of the magazine. This is your opportunity to ensure that those residents who 'go the extra' mile for the community receive some recognition for their efforts. Maybe your neighbour helps you with your garden, picks up your newspaper when they collect their own, or just passes the time of day when you need a friendly face. If you would like to thank someone for their help and kindness, why not nominate them. The winners will be announced at the Christmas Lunch. Speaking of which...

We want the Christmas Lunch this year to be a sparkly affair (and there are some clues as to where we are taking our inspiration from throughout the magazine). Your invitation will be dropping on the mat soon so be sure to RSVP to your Scheme Manager with your menu choices.

All the best

Emma  

We Sang For Our Supper!

by Norman Bramfitt

On 12 September all the residents were invited to a harvest supper to be held in the Chapel.

The bridge club finished slightly early and we made our way to the Chapel at 4 o'clock where we were lucky to all be seated at the same table.

The chapel was full as the function was fully booked.

Derek asked us to "sing for our supper" and we all gave a hearty rendition of the second verse of *We Plough the Fields and Scatter*.

The food, which was of excellent quality, consisted of pie and mash with a vegetarian option. There was also an excellent variety of desserts and also wine and beer. This was efficiently served by Jemima and Heather.

The unanimous opinion of everyone was that Richmond Charities had once again done us proud, with special thanks to Derrick.

As well as a car boot full of food donated to the Richmond Food Bank, we raised £200 for Water Aid.



Macmillan Coffee Morning raised £525!

by Joanne Davison

This year's Macmillan Coffee Morning was held on Friday 26 September, in the Chapel of St Francis. A huge thank you to the volunteers and residents who came along, and those who also donated money and items for the Tombola. You helped make this occasion such a success, raising a total of £525. The Food Glorious Food group, who set up a stall outside the chapel, raised £70.



Residents' Christmas Lunch



Thursday 11th
December

12.30pm arrival
for lunch at 1pm

Please complete the form with your menu choices and transport requests and hand back to your Scheme Manager by Friday 14th November.

Festival of St Francis: Songs of Praise

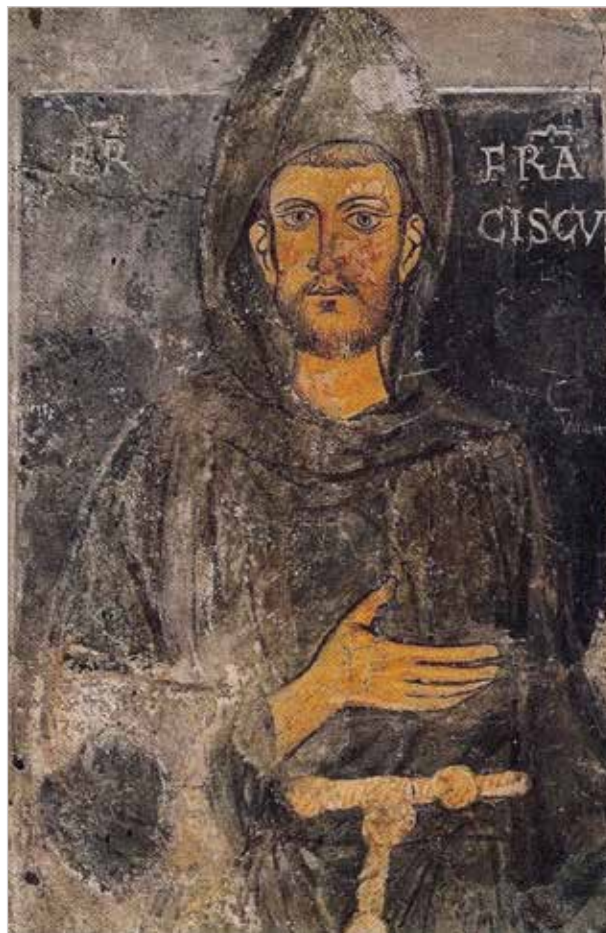
by Revd David Thomas

A number of us attended the above service in the Chapel of St Francis on Sunday 5 October, the time when the World Church remembers this popular saint, and after whom our chapel is dedicated. Derrick, our chaplain, had put together a fitting service, using the screen, which included features and images from an exhibition about the life of St Francis, which a group of us from the almshouses had seen at the National Gallery two years ago. We also had prayers and readings connected to the life of Francis

Nigel and Gwen Davis read Francis' *Canticle of the Sun*, an authentic poem which Francis wrote shortly before he died in 1226. This really sums up Francis' relationship with his Creator, and it is a remarkable and astonishing statement of his faith. Its essence comes through in the hymn *All Creatures of our God and King* which we went on to sing.

We also reflected on St Francis as proactive peacemaker in the prayers, remembering how he sought to make peace between the Christian and Moslem worlds during the time of the Crusades, and how such an attitude could inspire us to live at peace with one another in our world and in our communities. This led on to our singing the popular hymn *Make Me a Channel of Your Peace*, also attributed to Francis.

At the end of the service, we were left with the thought that Francis was a remarkable human



The oldest portrait of St. Francis, a mural painting in the sacred grotto "St. Benedict's Cave" in Subiaco, Italy. Parzi, Public domain.

being who had been transformed by his faith to live more simply through faith in his creator God, and in taking to heart the commands of his son, Jesus Christ, who offers us that same challenge today.

Remembering with Major Phil Shannon MBE

by Debbie Flaherty



Major Phil Shannon MBE gave a wonderful presentation in the Chapel reflecting on his distinguished career in the Army as he went from Junior Musician to the Director of Music of the Welsh & Irish Guards bands.

His talk was amusing and interesting, all accompanied with photographic slides and Phil playing the violin.

The residents that attended thoroughly enjoyed it.

Irish Guards Band State Opening of Parliament 2012. Wiki.

Out and About Trip to William Morris Gallery

by Richard Yardley

We left Richmond Station on the Mildmay Line Train, by chance in the company of the actor Richard E. Grant, a Richmond resident. Having arrived at the William Morris Gallery in Lloyd Park, Walthamstow, we enjoyed some refreshment at the gallery coffee shop.

William Morris, 1834 - 1896, was an influential British designer, writer and socialist most famous for his role in the Arts and Crafts movement, a decorative and fine arts movement popular from the 19th to early 20th century, primarily in Britain. It began as a reaction against industrial revolution mass production, and the excessive ornamentation of the Victorian era.

The movement emphasised traditional craftsmanship, the beauty of natural materials, and simple useful designs inspired by nature. Hence the use of flowers, plants and birds in the designs on the wall paper and fabrics.

A lot of designs were on display around the gallery, including tiles and material as well as audio visual displays on the life of William Morris.



Food Glorious Food: Curry Week

As we discovered it was National Curry Week, we had to cook, enjoy eating and discuss blending spices to produce a chicken curry with red lentil dahl and basmati rice. Together with paratha and garlic and coriander naan, it was so warming on a cold day.

Having a group of "Foodies" together from different countries we had some interesting conversations about assorted dishes and from where to source the ingredients in order to produce them.



FOOD GLORIOUS FOOD

Please join us for
our next session

..the more the
merrier!

**Tuesday 11
November**
at 11am

at Heather
Shipley's home

(Ask your Scheme
Manager for the address)



The Chicken Curry we made for National Curry Week

RECIPE: Chicken Curry

Ingredients

- 1kg chicken thighs, skinned and deboned and cut into 3cm pieces.
- A good splash of oil
- 1 large onion
- 6 cloves garlic
- 1 large piece of ginger
- 2 teaspoons cumin
- 1 teaspoon garam masala
- ½ tspn turmeric
- 2 large teaspoons medium Rajah curry mix
- 1 large teaspoon hot Rajah curry mix
- 1x400g tin peeled tomatoes in juice
- 2 cinnamon sticks

Method

1. Cut and fry onion, ginger and garlic on a low heat.
2. Add spices, stir on a low heat for 10 minutes.
3. Add chicken and coat in spices. Cook for 15 minutes.
4. Add tomatoes, stir and simmer for half an hour.
5. Cool and leave overnight.
6. Heat lightly and serve the next day with chutneys, yoghurt, naan or paratha and basmati rice. Dahl is always a good accompaniment as well as being vegetarian.

To get you into the spirit of the

Residents' Christmas Lunch

we have hidden 10 of each of these emoji's!



See if you can find them all!



Service of Remembrance

Sunday 9th November 2025

Chapel of St Francis at 10.30am

During this service of hymns and readings we will remember those who died during wars and conflicts with the sounding of the Last Post, a two-minute silence and the placing of poppies.

Medals may be worn.





The Chapel of St Francis

Service Times: November 2025

Sunday 2 November <i>Feast of All Saints</i>	10.30am Holy Communion
Sunday 9 November	10.30am Remembrance Sunday Service 4pm Annual Memorial Service
Sunday 23 November	10.30am Festival of Christ the King!
Sunday 30 November <i>Advent Sunday</i>	10.30am Holy Communion

All are welcome to join us.
Morning Prayer, most Tuesdays at 10am.
For more information email Chaplain Derrick:
d.thompsonrichmondcharities.org.uk
07796 619697



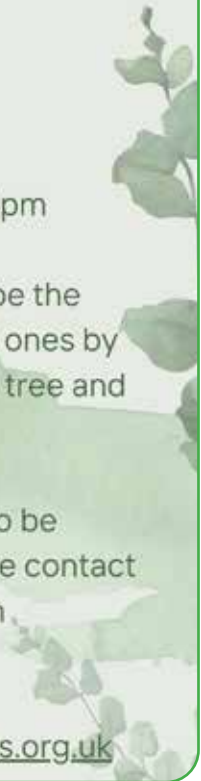
Annual Memorial Service

Chapel of St Francis
Sunday 9th November at 4pm

During the service there will be the opportunity to remember loved ones by placing their name on a memory tree and lighting a candle.

If you would like someone to be remembered in the service please contact Derrick, the Chaplain, on

07796 619697 or
d.thompson@richmondcharities.org.uk





Film Club
Red One

**Wednesday
19 November
at 2pm**

**Chapel of
St Francis**

When a villain kidnaps Santa Claus from the

North Pole, an E.L.F. (Extremely Large and Formidable) operative joins forces with the world's most accomplished tracker to find him and save Christmas.

Director: Jake Kasdan

Actors: Dwayne Johnson, Chris Evans, Lucy Liu

Rating: 12a. Runtime: 2h 3m

IMDb: 6.3/10, Rotten Tomatoes:30%, Popcornmeter 89%!

What score will you give it!

Refreshments during the interval.



**The session will be held in the
Garden Room.**

Spaces are limited to 10.

Please book a place via your Scheme Manager.

There is no charge for this event.

QUIZ NIGHT



Thursday 20th November

6,30pm

in the Chapel

Teams of up to 6

DRINKS AND NIBBLES PROVIDED.

New Community Choir All Welcome

St Mary Magdelene's Church in Richmond would like to set up a community choir for anyone interested in singing in a light, fun and relaxed environment.

All experiences/ability levels welcome and reading music is definitely not required.

If you are interested, please email Seb at music.stmarys@richmondteamministry.org or go and find him at St Mary's!



**Richmond
Team Ministry**

www.richmondteamministry.org/st-mary-magdalene

Mobility Service and Repairs comes highly recommended by several residents.

NO CALL OUT FEE
£50 for a service and report on a medium sized mobility scooter.

MOBILITY SERVICE AND REPAIRS

Mobile number - 07592 521533
Email - mobilityservice666@gmail.com

The Parkshot Singers

will be coming to entertain us on

**Friday 5 December
at 3pm**

in The Chapel of St Francis.

Everyone is welcome and refreshments will be served after the concert.

The Parkshot Singers are a group from The Richmond and Hillcroft Adult Community College.



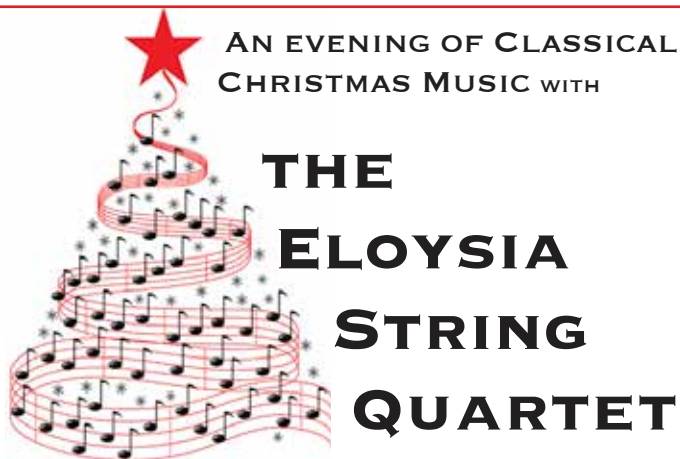
CAROL SINGING WITH THE CHILDREN FROM MARSHGATE SCHOOL

Wednesday
17 December
10.30am to
midday

The children will be touring around Houlton's, Church Estate, Twining's and Hickey's Almshouse to sing Christmas carols. Look out for the children arriving, come outside and join in the festive cheer!



If it's a rainy day the children will sing Carols in the Chapel - so come and join us there!



AN EVENING OF CLASSICAL
CHRISTMAS MUSIC WITH

THE ELOYSIA STRING QUARTET

TUESDAY 2 DECEMBER
MUSIC WILL START AT 5.30PM
IN THE CHAPEL OF ST FRANCIS

Please arrive at **5.15pm** so that you are seated before the music starts.

Mulled wine, mince pies and soft drinks will be served.

If you wish to attend, please let your Scheme Manager know.



Annual Carol Service

Stars in the Night Sky

Wednesday 17 December 2025
6.00pm

Come and hear the Christmas Story

Sing carols:

Away in a manger

O little town of Bethlehem

Silent Night

See amid the winter's Snow

*Listen to the beautiful singing of
the Choral Scholars of
St. Mary Magdalene's Church,
Richmond*

Followed by Mince Pies and Mulled Wine!

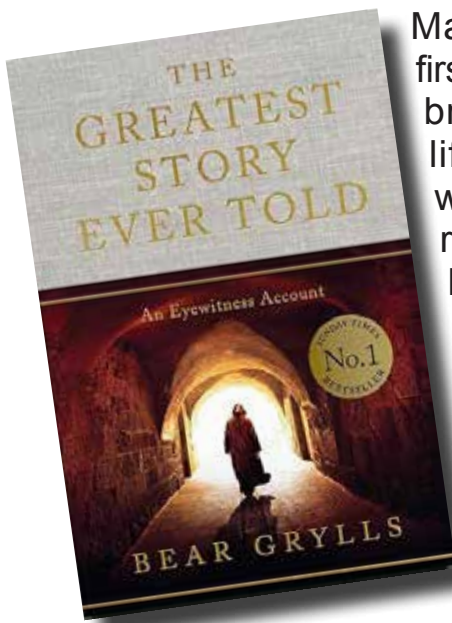




BOOK GROUP

The Greatest Story Ever Told

With gripping storytelling and raw honesty, Bear Grylls retells the gospel through the eyes of those who knew Jesus best—Maryam (his mother Mary), Ta'om (Thomas), Shimon (Simon Peter), Yohanan (friend) and Maryam of Magdala (Mary Magdalene). Their first-hand encounters bring the story to life with intensity, warmth, and deep reverence. At the heart of it all are Jesus' own words, taken directly from the Bible, letting the greatest story ever told speak for itself.



In each session we will watch a short video from Bear Grylls and Andrew Ollerton (Bible Society) and share in discussion about one chapter of this five-chapter book.

Book Group Dates at The Chapel of St Francis

4, 11, 18 November 2026
6, 13 January 2026

Time:
2pm to 3.30pm
Refreshments provided!



Festivals of Faith

by Derrick Thompson

ALL SAINTS' DAY

1 November, Christian

This day provides a chance to offer thanks for the work and witness of all Christian saints, recognising that not all are known or specially celebrated.

ALL SOULS' DAY

2 November, Christian

On this day the departed are remembered and prayers on their behalf are offered.

ANNIVERSARY OF THE CROWNING OF HAILE SELASSIE I

2 November, Rastafarian

One of the holiest days of the Rastafarian year, it celebrates Haile Selassie's accession to the Ethiopian throne. It cements the role Ethiopia plays at the heart of Rastafarian tradition.

In Rastafarianism, Haile Selassie I is regarded as a messiah who will lead the peoples of Africa and the African diaspora to freedom. The date of his coronation is celebrated by believers throughout the world.



The King of Kings: Selassie on Time Magazine 1930. (Public Domain. Wiki).

BIRTHDAY OF GURU NANAK (1469 CE)

5 November, Sikh

Although the first Sikh Guru, Guru Nanak, was born in April 1469, his birth anniversary is generally celebrated on the full moon day of the lunar month of Kartik. Sikhs gather at the gurdwara for celebrations and street processions, sometimes culminating in the washing and redressing of the Nishan, the flag and the flagpole erected outside each gurdwara.

Guru Nanak is fêted as the Guru who initiated the Sikh tradition and determined its direction for the future.

REMEMBRANCE SUNDAY

9 November

A day to commemorate the contribution of British and Commonwealth service personnel and civilians in the two World Wars and later conflicts.

MARTYRDOM OF GURU TEGH BAHADUR (1675 CE)

24 November, Sikh

As ordered by the Mughal Emperor, Aurangzeb, the ninth Guru, Guru Tegh Bahadur was beheaded in Sis Ganj, Old Delhi, on this date.

ADVENT SUNDAY

30 November Christian

The start of the Christian year, and the first of the four Sundays before Christmas when Advent Candles are lit in Churches.

In many Orthodox and Eastern Catholics Churches, Advent lasts for 40 days, starting on 15 November.

A Poem for Remembrance

Poem by Cyril Frederick Perkins

at BBC/ WW2 People's War

Photos: Poppies at Michel's by Alan Shirley

A million blood red poppies fell slowly to the floor
And I heard a million voices that I had heard before
Calling from a foreign field, the earth, the sea,
the sky
Telling all the story of why they had to die.

Liberty and freedom, motherland and home

These are words to cherish but the dead
lie deathly prone.

Have we learned the lesson, all they gave was
it in vain?

Is this a better world we live in built upon their pain?

A million blood red poppies, remember them and pray
They gave their tomorrow that we might have this day
We must strive to greater effort for peace and goodwill
to reign

Never should one single poppy fall to the floor again.



WW2 People's War is an online archive of wartime memories contributed by members of the public and gathered by the BBC. The archive can be found at bbc.co.uk/ww2peopleswar

Trustee File

Kate O'Brien



I first moved to Richmond in 1981 and my four children all went to local schools. I was mainly at home during their early years, but went to Kingston University to do a degree when the youngest was

5. I subsequently worked for a software company which was based in Auckland and did a huge amount of travelling for work, visiting places I might never have otherwise seen – including India, Kenya, China, Mexico, Australia and, of course, New Zealand.

I have volunteered as a school governor, I trained as a Samaritan where I worked for 7 years, I did a couple of years as a bereavement counsellor and then the opportunity to apply to be a trustee at TRC came up. I have been here 6 years, and it has been some of the most rewarding work I have done – the ability to transform lives for the better is a huge privilege.

As a family we have supported Wimbledon Football Club since the early 1980s, from the old Plough Lane days through the Premier League to the loss of our club, building back up from the bottom and finally back to Plough Lane again and, this year, playoff success at Wembley sees us back in Division One. There are currently seven of us with season tickets. It's been quite the journey!

I also look after my grandchildren and keep fit with Pilates and walking. I love to cook, and we have monthly family meals for the now 14 of us! I also sew and knit and, as you may know, I love to read. My book group celebrated its 40th birthday last year with a trip to Ilkley and, most suitably, a visit to the Bronte Parsonage in Haworth.

The Moment's Now

by Steve Harbud

To think about the days we lost

And every dream that came with cost.

To wonder where the years have gone

And why the nights feel twice as long.

All the things we meant to do

Just sit behind a dream or two.

If in the moment here and now

Keeps slipping through your hands somehow,

With all the plans you'll start one day

As every moment slips away.

It's all worked out the life you'll live

Once you've got more time to give.

The only truth one ever knows

Is what we touch before it goes.

It's not what was or what could be

But what we feel and what we see.

The breath we take, the love we share

The beating heart that's really there.

Don't let it pass or miss the sound

The moment's now, it's holy ground.

Home and Away

A cruise around the UK but not quite what I expected!

by Margaret Goddard

A cruise round the British Isles from Dover to Shetland, across the top of Scotland and down the other side calling at the Isle of Man, Belfast and then Guernsey! At the end of August — should be fine!

But we hit weather!

A boat trip round Mousa Island on Shetland had to be cancelled because the tail end of Hurricane Henry was causing too much underwater sea swell to operate safely — it was replaced with a bus trip, but not the same! In Stornoway we had to get ashore by tender — some doubts and a bit choppy, but OK.

At Oban we had a trip into the Highlands — wonderful rainbow at Fort William! But after visiting Glen Coe we had news of an accident ahead causing long tailbacks, so had to turn round and go back the way we had come to be sure of getting back to the ship in time.

Due to the worsening weather, the itinerary for the next day had changed; instead of the Scenic cruise along the Isle of Arran we would visit Douglas on the Isle of Man a day early and hope to be able to get ashore.

But ... because of the swell and having to land by tender only three trips managed to land; the weather was getting stormier, and the captain was concerned that we might have difficulty getting back to ship. The Lido and Promenade decks were closed.

Next day we returned to the Scenic Cruise of

the Isle of Arran — very windy; nearly blown overboard as we walked round the prow!

Belfast was OK. No real problems. But we were told that we would not be able to land in Guernsey as the weather was still bad and we would have had to go ashore by tender. The captain had been searching for an alternative port of call, and we ended up in Portland. Seeing the dramatic breakers hitting the shore and harbour at West Bay, I think it was just as well we hadn't tried to get to Guernsey. When we left Portland, they saw us off with a 3-cannon salute!

Finally, back in Dover and disembarkation — all very well organised in groups. But halfway through there was a pause. The ship had moved and dislodged the gangway, and we had to wait for it to be restored safely.

Not quite what I had expected! But the captain and crew dealt amazingly well with all the disruptions to schedule; the food was excellent, and the onboard facilities and entertainment very good.

However, throughout the cruise the weather app on my Amazon Fire seemed to think I was in Al Hudbaiba in the United

Arab Emirates where the temperature was 40° – 43°! So am quite thankful for the weather we did have.

Next year I have booked to go to Norway and the Midnight Sun, right into the Arctic Circle. Fingers crossed for better weather there!!



LOCAL CHRISTMAS EVENTS



SQUIRES CHRISTMAS GARDEN CENTRES SHOPPING EVENING

**Thursday 6 November
from 5pm - 8pm**

A welcome glass of prosecco, live music and a festive atmosphere. Exclusive discounts throughout the centre.

Café Bar will be open from 5pm to 7.30pm, serving a delicious curry meal, (£10 adults).

Book meal in advance online:

www.squiresgardencentres.co.uk

*Address: Squires Garden
Centre, Twickenham/Fulwell*



Christmas Makers Market

Friday 21st November, 2-8pm at Patch Twickenham



THE CHRISTMAS MAKERS MARKET

**Friday 21 November
from 2pm - 8 pm**

at Patch, Twickenham.

Local makers, crafters, and designers with children's activities, face painting, and live music. Attendees can find Christmas gifts, enjoy festive treats, and have mulled wine.

Live music, festive treats and mulled wine.

*Address: 42 York St,
Twickenham TW1 3LJ*




CHRISTMAS CRAFT FAIR



**Whitton Library
Saturday 8 November
from 11 am to 3 pm.**

Unique, handmade Christmas gifts from local crafters.

*Address: Whitton Library, Nelson Road,
Twickenham, TW2 7BB.*



TWICKENHAM'S CHRISTMAS LIGHTS

**Friday 21 November
3pm onwards, King Street, Twickenham**

There will be music groups, Riverside Radio, Gospel choir.

6pm Christmas Lights on King Street switched on by The Deputy Mayor of the London Borough of Richmond upon Thames, Councillor Clare Vollum.

5pm Christmas Lights on Twickenham Green with the Mayor of the London Borough of Richmond upon Thames, Councillor Penny Frost.



EAST SHEEN CHRISTMAS GATHERING

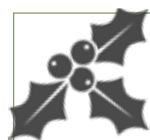
**Friday 21 November
from 4pm
East Sheen High Street**

The community will come together to kick off the festive season with an evening of Christmas cheer, late-night shopping, carols, and family fun.

Carols & live music – local choirs will fill the air with Christmas spirit.

Late-night shopping – browse unique gifts and seasonal delights at Sheen's much-loved local shops, cafés,

*Address: Milestone Green, on the corner
of Sheen Lane and Upper Richmond Road
West, East Sheen SW14 8LR*



TEDDINGTON LIGHTS UP 2025



**Thursday 27 November
4-8pm**

Celebrate Teddington's annual Lights Up.

Address: Teddington High Street



THE FESTIVE MARKET AT SYON PARK

**Friday 28 – Sunday 30 November
at The Great Conservatory, Syon Park
in Brentford.**

Friday 2pm – 7pm

Saturday 10:30am–7pm

Sunday 10:30am–4:30pm

Admission is free, and the market features a variety of vendors selling handcrafted goods, fashion, jewelry, and Christmas decor.

*Address: The Great Conservatory at
Syon Park, Brentford, TW8 8JF.*

Access: Via the Hillier Garden Centre



RICHMOND BRIDGE CHRISTMAS LIGHTS

**Friday 28 November
4.30pm onwards**

Enjoy mulled wine and mince pies along with some amazing Christmas entertainment with performances from the local schools! Speeches and the lighting ceremony will be followed by choir singing!

*Address: Outside Dolphin House,
364 Richmond Road,
Richmond Bridge, TW1 2DX*



The Carbon Garden at Kew

by Mike Townsin



Kew Garden's innovative **Carbon Garden** showcases the role that plants and fungi play in tackling climate change and how our gardens will have to change in future.

In the centre of the garden is a pavilion inspired by the symbiotic relationship between the plant and fungi kingdoms. There is information and advice on what varieties

are available for planting in your own garden.

I found that the garden is not well signposted, so after you enter the main gate, hang a right and look for the signs to the HIVE – the Carbon Garden is close by.

And don't forget that Scheme Managers have your free Kew Garden tickets.



Local News, Events & Information

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

Coffee and Crafting at The Museum of Richmond

Weds 12 and Sat 15 Nov

1pm to 3:30pm:

Embroidered cards, inspired by postcards sent in World War One

Weds 10 and Sat 13 Dec

1pm to 3:30pm:Decoupage Christmas Cards.

Book in advance: www.museumofrichmond.com

Price: Donate what you can

Marble Hill Remembrance Service & Tour, Twickenham

Remembrance Day Service at Marble Hill Park on Tuesday 11 November, 10.30-12pm. This will be followed by a guided tour of the park, focusing on areas affected by bombings during the First and Second World Wars.

Hampton Court Palace - Free Gardens Open Day.

The gardens will be open for free entry on 22 November and 23 November. Entrance to the Palace and the Maze will still require a ticket.

The **Diabuddies Coffee Morning** is a social gathering for individuals affected by type one or two diabetes on Sat 29 November at 2pm. At The Prince Blucher pub in Twickenham. It's a chance to meet other local people who have similar experiences to discuss and support each other.

As part of ongoing efforts to support local households navigating the rising cost of living across London and the wider UK, Richmond Council is contacting residents who may be eligible for **Council Tax Reduction**.

The Richmond Art Society Winter Exhibition 2025,

showcasing collection of artwork from its members. The Landmark Arts Centre, Teddington, from Friday 28 November to Sunday 30 November 2025, with the opening night taking place on Friday 6-8pm. Admission is free, and all are welcome.

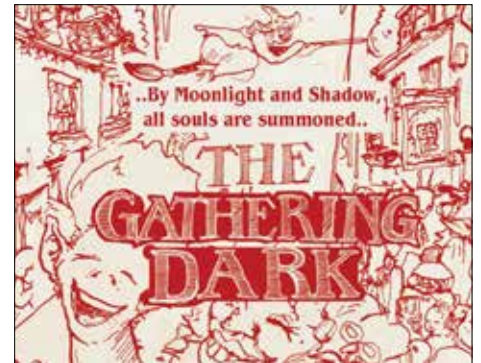
Winter Recital Classical Music Series at Christ Church East Sheen, SW14 7AW.

FREE Midday concerts on Wednesday's throughout November at 12noon. 5, 12, 19, 26 November Professional artists feature Damla Tuncer (oboe), Nexus3 Brass Trio, and Timothy Lin (theorbo). Donations in aid of the Christ Church Music Fund.

Richmond Riverside Longer Monday Guided Walk.

Starting at White Cross Hotel, Water Lane, Richmond. Linear walk along the Thames towpath from Richmond along the riverside. Monday 3 November . Meet 10:30 Duration: 1 - 1.5 hours.

This walk is challenging and for those who want to increase their level of physical activity. This walk may include steep slopes, hills, steps and uneven surfaces. End point: Boater's Inn, Kingston, KT2 5AU or Ship Inn, Mortlake, SW14 7QR



Introducing The Gathering Dark.

A series of art events curated by Sandra Murtagh at Brewery Market Church Street, Twickenham. As the year's light softens and autumn dusk gathers, join us for The Gathering Dark — a month of free evenings of art, film, poetry, music, and community throughout November. Each evening is free to attend. 🎃

Dates:

6 Nov: Exhibition Opening Evening

13 Nov: Film Screenings

19 Nov: Art & Music Evening

26 Nov: Spoken Word, Guest Poets & Storytellers

Remembrance Day Service Richmond.

10am - Sunday 12 November. A parade will form at the Old Deer Park at 10.15 am and will process to Whittaker Avenue at which point Members can join in the procession. A service will be held at the War Memorial, Whittaker Avenue, Richmond at 10.40 am. The wreath will be laid at 11 am. The Mayor, Cllr Suzette Nicholson will take the salute from Golden Court/George Street, Richmond.

And the Good News is...

Curated by Mike Townsin

- Nicholas McCarthy set his sights on becoming a pianist, but he was born without a right hand. His local music school declined to help him, but he didn't give up. He found a teacher, and in 2012 became the first one-handed pianist to graduate from the Royal College of Music. At this year's Proms he played a concerto by Ravel, commissioned by Paul Wittgenstein, a concert pianist who'd had his right arm amputated in the First World War.



- It was feared the pandemic would finally kill off the cinema, but Box office revenues for the first 6 months of this year have exceeded £532m, an 18% rise on the same period in 2024 and are forecast to reach £1.2 billion by the end of this year.

- A couple who spotted a stranger in their wedding photos four years ago have finally tracked him down; the bride, Michelle Wylie, though perhaps he was a stalker. But Andrew Hillhouse had been invited to a different wedding in the same Ayrshire town, was late, in a rush, and when he spotted a piper outside a hotel, he went in. It wasn't until the bride walked down the aisle that he realised he was in the wrong wedding. It seemed rude to walk out so he stayed.

- For the first time scientists have successfully treated Huntington's disease – it's inherited, progressive, incurable and robs people of the ability to walk, talk and look after themselves. A team from University College London have developed a new gene therapy which slows progression by 75%.

Wit and Wisdom

Curated by Mike Townsin

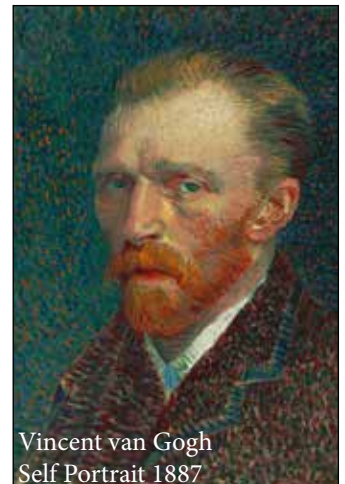
- When you're 20 you care about what everyone thinks; when you're 40 you stop caring what everyone thinks; when you're 60 you realise no one was thinking about you in the first place. *Adage in The Times*

- I had lunch with a chess champion the other day. I knew he was a chess champion because it took him 20 minutes to pass the salt. *Eric Sykes*

- Diplomacy is about surviving until the next century; politics is about surviving until Friday afternoon. *Sir Humphery in 'Yes, Prime Minister'*

- Art is to console those who are broken by life. *Vincent van Gogh*

- It's discouraging to think how many people are shocked by honesty and how few by deceit. *Noel Coward*



Vincent van Gogh
Self Portrait 1887

- Remember that as a teenager you are in the last stage of your life when you will be happy to hear "the phone is for you". *Fran Lebowitz, US author*

- There are two problems in life. The political ones are insoluble, and the economic ones are incomprehensible. *Sir Alec Douglas-Home*

- Winning is everything. The only ones who remember when you come second are your wife and your dog. *Damon Hill, racing driver*

- Britain will be honoured by historians more for the way she disposed of an empire than the way in which she acquired it. *Lord Harlech*

Miscellany

Curated by
Mike Townsin

• Horses have five 'hearts': each hoof acts as an extra blood pump.

• Babies born in October are more likely to live to 100 than those born in March.

• A sex pheromone found in male mouse urine is named darcin, after Mr Darcy.

• In ancient Greek, one line of text would be written left to right, and the next line right to left.

• The first real murder on the Orient Express took place the year after Agatha Christie's novel came out (1935).



• Theodore Roosevelt coined the expression 'lunatic fringe'.

• A hecatompedon is a building measuring exactly 100 ft by 100 ft. 🦿

• In 2003, the Tate announced that two Turner paintings of Venice were actually of Portsmouth.

• The 911 emergency number used to be spoken as 'nine – eleven' but was restyled as 'nine – one – one' to avoid people wasting time looking for the '11' button'.

On This Day...

curated by
Debbie Flaherty

1

November
1994

The first World Vegan Day was celebrated to celebrate veganism.

7

November
1861

A crowd of 4,000 watched the first ever horse race of The Melbourne Cup.

19

November
1969

Pele the Brazilian football star scored his 1000th goal on his way to a world record of 1,279.

26

November
1922

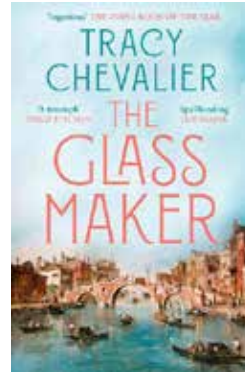
British archaeologist Howard Carter entered Tutankhamen's tomb in Egypt.

30

November
1874

Winston Churchill, British Prime Minister, was born.

Page Turner



The Glass Maker

by Tracy Chevalier

Review by
Amani Orr Ewing

This book starts amongst the 15th century residents of Murano, a small island next to Venice. The island is renowned for its glassmakers, whose skill is passed down through generations of men in the same families. The glass from Murano is highly prized and merchants bring orders that can bring great wealth to a successful family business. Venice and Murano are alive with traders from all over the known world who bring exotic cargoes from newly discovered lands.

The book tells the story of one family of glass makers, the Rosso family, whose fortunes are about to be transformed. Fashions can change and suddenly your glass is not popular any more. Cheap copies can ruin your business. Plague can stop a city in an instant. In such a volatile time it falls to the daughter of this family to defy tradition and snobbery, and to start making glass to keep her family from ruin. But she must do this in secret, in order not to bring shame to the family. This is scandalous! But as time passes the family business has to change to survive.

The book is written so vividly you can picture the rich colours of the glass and the dazzling beauty of Venice with its many Palazzos and canals. A very enjoyable read that feels like a film.

Podcast Recommendations

by Chantal Richards



PLACES & TRAVEL

Gone To Timbuktu, hosted by author and journalist Sophy Roberts, explores the art of travel with writers, poets, photographers and filmmakers. Conversations range from physical journeys to inner landscapes, creative influences and new ideas. The most recent episode is about one of my favourite journalists.

Lyse Doucet, the BBC's Chief International Correspondent, discusses her first major book, *The Finest Hotel in Kabul*. An instant Sunday Times bestseller, it tells the story of the last 50 years of Afghan history through the everyday lives of people working in the same hotel Lyse has called home during four decades of frontline conflict reporting.



NATURAL SCIENCE

The Life Scientific, Professor Jim Al-Khalili talks to leading scientists about their life and work, finding out what inspires them and asking what their discoveries might do for us in the future.

With the recent death of Jane Goodall (1934-2025), a primatologist and anthropologist, there has been a lot of coverage of her achievements but in this podcast Goodall provides a condensed history with amusing anecdotes. Well worth a listen if only for her soft posh accent! Jane Goodall on *Living With Wild Chimpanzees* — recorded 2 June 2020. All of the *Life Scientific* podcasts are from the weekly Radio 4 show Tuesday mornings at 9am and it is also repeated on the same day at 9pm.

You can listen to these podcasts on any of these apps: *Spotify*, *BBC Sounds* and *Apple Podcasts*.

“With All Due Respect..”

British ‘Polite-isms’ by Mike Townsin

‘I beg your pardon’.

Translation:

“I’m fuming”

“Happy to help”.

Translation:

“I’m obliged to help, but somewhat reluctant”

“I’d appreciate it if you

would let me know either

way” **Translation:** “I can’t believe you haven’t replied”

“It might be easier if”.

Translation: “Please just get on with it”

NB: this is the final column as I’ve run out!

What’s the Origin of..?

Curated by Mike Townsin

• Raining cats and dogs.

In 17th century London dead pets and waste from butcheries were thrown onto the streets and washed into the river Fleet in heavy rain, thus giving the impression that they had fallen from the sky. That’s how ‘raining cats and dogs’ came to mean ‘it’s raining heavily’.

• To pull out all the stops refers to the stops or knobs on an organ which, when pulled out, allow the instrument to play all the tones at the same time to produce the highest volume of sound. Hence the meaning: ‘to make a maximum effort to achieve something’.



• To turn a blind eye. Nelson was ordered by his fleet commander, Admiral Parker, to stop his attacks on enemy ships at the Battle of Copenhagen. Nelson didn’t agree and pretended not to see the flag signal by ‘turning his blind eye’ to look through his telescope; he went on to win the battle and was promoted to fleet commander after Parker was fired.

• Caught red handed. In 15th century Scotland there was a law to punish people who butchered stolen farm animals. For a suspect to be convicted he had to be found with the blood on his hands.

If anyone has a saying they would like ‘originated’, email mike_townsin@yahoo.com and we’ll do the research.

Vitamin Alert

by Mike Townsin

Vitamins are essential nutrients that help the body function properly. The body can't produce enough on its own, so they must come from food. There are 13 vitamins.

IODINE

The main functions of iodine:

Makes thyroid hormones, which help keep cells and the metabolic rate (the speed at which chemical reactions take place in the body) healthy.

Signs of deficiency:

- Swollen thyroid gland
- Fatigue
- Weight gain
- Dry skin
- Muscle weakness
- Constipation

The best food sources are:

- Cows' milk and dairy products
- Eggs
- Sea fish
- Shellfish

How much do I need?

- 140 micrograms a day
- If you are vegan and don't eat fish, eggs and dairy, consider an iodine supplement – 0.5mg or less a day (more can be harmful)

Consult GP or pharmacy if in doubt.

Next month: **IRON** 🏃

Recipe for Autumn: Golden Immune-Boosting Broth

Serves: 2–3. Prep time: 5 minutes.

Cook time: 20–25 minutes.

The benefits: This broth is easy to digest, has a calming effect on the digestive system and is packed with natural anti-inflammatories like turmeric, garlic, ginger & herbs. The warmth supports circulation, while garlic and black pepper offer immune support and detoxification benefits.

You can make this much quicker by using prepared and chopped frozen vegetables, ginger and garlic.

Ingredients:

- 1 tbsp olive oil or coconut oil
- 1-inch piece of fresh ginger, grated
- 2 garlic cloves, finely chopped
- ½ tsp turmeric powder (or 1-inch fresh turmeric, grated)
- ½ tsp ground cumin
- ½ tsp ground coriander
- Pinch of black pepper (helps absorb turmeric & activate curcumin)
- 1 small carrot, finely chopped or grated
- 2 sticks of celery, finely chopped
- ½ courgette, grated or finely chopped
- 1 tbsp dried red lentils (optional for extra protein and heartiness)
- 700ml hot water or vegetable broth
- Juice of ¼ lemon (add at the end)
- Sea salt, to taste
- Fresh parsley or coriander (optional, for garnish)

Optional add-ins:

- A handful of finely chopped greens like spinach or kale (added right at the end)
- A dash of tamari or coconut aminos for extra depth
- A pinch of cayenne if you're fighting off a cold and want an extra warming effect

Instructions:

1. In a pan, warm the oil over medium heat.
2. Add ginger, garlic, turmeric, cumin, coriander, and black pepper. Sauté gently for 1–2 minutes until fragrant.
3. Stir in carrot, celery, courgette, and lentils if using. Cook for 2–3 minutes.
4. Pour in the water or vegetable broth. Bring to a simmer, then cover and cook gently for 15–20 minutes until everything is tender.
5. Turn off the heat. Add lemon juice and salt to taste.
6. Serve warm, garnished with chopped parsley or coriander if desired.

NHS Covid and Flu Vaccine Alert

When autumn comes protection from any earlier vaccination will be starting to wane. The NHS offers a free vaccine for certain age groups and health conditions. If you are eligible, having your covid and flu vaccination this autumn will give you protection from serious illness over the winter. These vaccines can be offered together or separately.

But this year, the eligibility for the covid vaccination has changed compared to previous years.

Eligibility for COVID-19 is now:

- Everyone over 75 years
- Individuals over 6 months who are immunosuppressed

Eligibility for flu vaccination is unchanged:

- Everyone over 65 years
- Everyone under 65 with certain long term medical conditions

How to get your covid and/or flu jab:

- Contact your GP for an appointment
- Visit your local pharmacist
- Book online via the NHS website

For advice and information, particularly about long term medical conditions, speak to your GP or local pharmacist, or check www.nhs.uk



Swapping Out The Biscuits!

Welcome to a new column to help you make positive, healthy changes that will put you in a good mood! Consuming nutritious foods promotes mental well-being by supporting brain function and the gut microbiome. Start by making these small changes to your snacks.



SWOP: Try eating nuts instead of biscuits. And salted peanuts or roasted peas and beans in place of crisps.



Biscuits tend to be high in sugar, which increases your blood sugar levels. They may also cause blood sugar dips for some, which can make you feel hungry sooner.



Biscuits are also high in saturated fat, and we know a diet high in saturated fat can increase the risk of heart disease in the long run.



Nuts are a nutritional powerhouse. And they help make us feel fuller for longer, reduce blood cholesterol, and improve our overall heart health.



Debbie's LIFE HACKS

• Whether it's a trip to the hospital or a day trip, having a bag ready to go can save time. Fill it with basics like your ID, a water bottle, a small snack, and tissues. Keep the bag near the door so you can grab it on your way out.

• Make up remover wipes work well for getting hair dye off your face.

• Men's razors are much more cost effective than women's razors and have better performance overall.

• After taking a pill, flip the bottle – then you will not have to worry whether or not you took it.

• If you struggle to read text messages on your phone, increase the text size on your phone settings. Go to Accessibility > Text Size.



Competition Winners

Thank you to everyone who sent in entries for the October competitions. Picked at random, our £10 M&S voucher winners this month are:

Picture Quiz — Mary Bronks

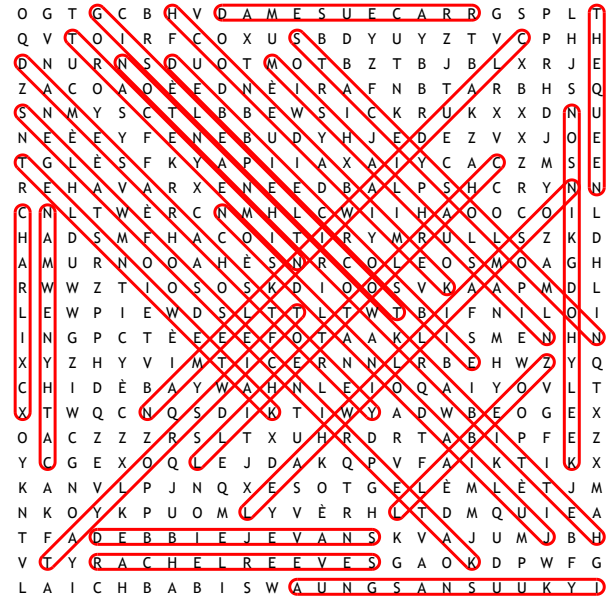
Wordsearch — Melanie Stapelkamp

Congratulations!

Answers: Picture Quiz. Cakes! October Issue.

- | | |
|-------------------------------|-------------------------|
| 1. Battenburg Cake | 9. Bath Bun |
| 2. Simnel Cake | 10. Croquembouche |
| 3. Panettone | 11. Eccles Cake |
| 4. Angel Cake | 12. Macaron |
| 5. Black Forest Cake | 13. French Madeleine |
| 6. Mille Feuille | 14. Lebkuchen |
| 7. Golden Bundt Cake | 15. Opera Cake |
| 8. Colin the Caterpillar Cake | 16. Portuguese Egg Tart |

Answers: Wordsearch. Influential Women 2025. October Issue.



Answers: Anagrams. Seasonal Food for Autumn. October Issue.

- | | | |
|----------------|---------------|---------------|
| 1. Pomegranate | 5. Apple | 9. Parsnips |
| 2. Turmeric | 6. Blackberry | 10. Jerusalem |
| 3. Pumpkin | 7. Beetroot | artichoke |
| 4. Artichoke | 8. Celeriac | |

Answers: Brain Exercises. TV Quiz. October Issue.

- | | |
|---------------------|----------------------|
| 1. Tom Baker 1974 | 6. Cillian Murphy |
| 2. Rupert | 7. Crilly |
| 3. Olivia Colman | 8. Cl5 |
| 4. Jennifer Aniston | 9. <i>Emmerdale</i> |
| 5. Jimmy Carr | 10. Magnus Magnusson |

Blue Plaque addresses for Wordsearch page 26

1. **Virginia Woolf.** 34 Paradise Rd, Richmond TW9 1SE
2. **Bernardo O'Higgins.** Richmond TW10 6AQ
3. **Sir Robert Watson-Watt.** London SW14 8RN
4. **J. M. W. Turner.** 40 Sandycumbe Rd, St Margarets, TW1 2LR
5. **Walter De La Mare.** Montpelier Row, Twickenham, TW1 2NQ
6. **Tommy Cooper.** 51 Barrowgate Rd, Chiswick, London W4 4QT
7. **Dame Celia Johnson.** 46 Richmond Hill, Richmond TW10 6QX
8. **David Garrick.** Garrick's Villa, Hampton Ct Rd, Hampton TW12 2EJ
9. **Mark Twain.** 23 Tedworth Square, London SW3 4DR
10. **Sir Christopher Wren.** East Molesey KT8 9BW
11. **Enid Blyton.** 207 Hook Rd, Chessington KT9 1EA
12. **Thomas Hardy.** 172 Trinity Rd, London SW17 7HT
13. **George Eliot.** 4 Cheyne Walk, Chelsea, London SW3
14. **Sir Joseph Lyons.** 42A Earsby St, London W14 8QW
15. **Aldous Huxley.** 16 Bracknell Gardens, London NW3 7EB
16. **Oscar Wilde.** 34 Tite St, London SW3 4JA
17. **Bob Marley.** 42A Oakley St, London SW3 5HA
18. **P.L. Travers.** 50 Smith St, London SW3 4EP
19. **Bram Stoker.** 19 St. Leonard's Terrace, London SW3 4QG
20. **Alan Alexander Milne.** 13 Mallord St, London SW3 6DT
21. **Ava Gardner.** 34 Ennismore Gardens, London SW7 1AE

Political Leaders Quiz

Cradle to Grave

Match the person to the life span

eg. 14. Shinzo Abe 1954-2022

- | | |
|----------------------------|------------------|
| 1. John Prescott May | A. 100-44 BC |
| 2. Adolf Hitler | B. 1938 - 2024 |
| 3. Saddam Hussein | C. 1889 -1945 |
| 4. Julius Caesar | D. 1162-1227 |
| 5. Mikhail Gorbachev | E. 1929-1968 |
| 6. Mahatma Gandhi | F. 1931 - 2022 |
| 7. Abraham Lincoln | G. 1911-2004 |
| 8. Cleopatra | H. 1954-2022 |
| 9. Winston Churchill | I. 1809-1865 |
| 10. Martin Luther King Jr. | J. 1937-2006 |
| 11. Ronald Reagan | K. 1874-1965 |
| 12. Nelson Mandela | L. 69 BCE-30 BCE |
| 13. Genghis Khan | M. 1869-1948 |
| 14. Shinzo Abe | N. 1918-2013 |

Answers in next month's magazine

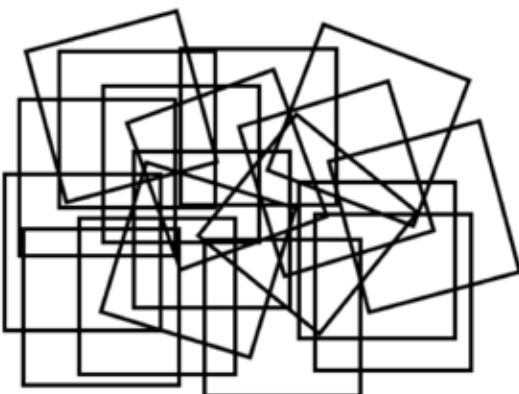


Brain Exercises: Numbers

1. What number comes next in this sequence:

914275 94275 9475 975 {?}

2. How many squares are in the drawing?



Picture Quiz: War Memorials

November is the month of remembrance.

Do you know these war memorials from home and abroad?



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



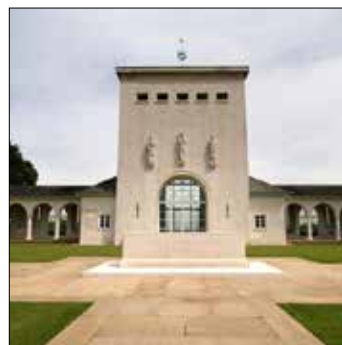
12.



13.



14.



15.



16.

Your chance to win a £10 M&S Voucher! Identify as many war memorials as you can. Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 14 November.** Name:

Wordsearch: Local Blue Plaques

November is the month of remembrance. Can you find the names of these local and London Blue Plaques.



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



Ava Gardner
 P.L. Travers
 Aldous Huxley
 Thomas Hardy
 Mark Twain
 Tommy Cooper
 Sir Robert Watson-Watt

Alan Alexander Milne
 Bob Marley
 Sir Joseph Lyons
 Enid Blyton
 David Garrick
 Walter De La Mare
 Bernardo O'Higgins

Bram Stoker
 Oscar Wilde
 George Eliot
 Sir Christopher Wren
 Dame Celia Johnson
 J. M. W. Turner
 Virginia Woolf

If you are curious to know where to find these Blue Plaques, all the addresses are on page 24.

Your chance to win a £10 M&S Voucher! Find all 21 names and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 14 November.**

Name:

Poetry Corner

by Nigel Davis

It can sometimes help the appreciation of a poem if one knows something about the context, either of the poet or of the poem.

I would imagine that quite a few of us will remember from our younger days Tennyson's poem *The Charge of the Light Brigade* ("Half a league, half a league, half a league onward"). It is a good poem in its own right but properly to understand it you really need to know about the doomed cavalry charge at the battle of Balaclava in 1854. And how many schoolchildren nowadays know about that?

This poem by Langston Hughes (1901-1967) is, I think, an example of that. It is pleasant enough when you first read it; and when you read it for the second time you start to focus more on the use of the adjectives "white", "dark", "pale" and "black".

You then start to realise that it is actually a poem about racial equality and the brotherhood of man — the natural world and humanity are (or should be) there to be shared by all, equally and alike.

It perhaps helps to know that Langston Hughes himself was at the forefront of the black civil rights movement in the USA in the last century. Unlike some, he never advocated violent means. And I think that this poem gets its power and depth just because it is quietly and simply reflective rather than being angry, strident and aggressive.



Langston Hughes
(1901-1967)

Dream Variations

by Langston Hughes

To fling my arms wide
In some place of the sun,
To whirl and to dance
Till the white day is done.
Then rest at cool evening
Beneath a tall tree
While night comes on gently,
 Dark like me—
That is my dream!

To fling my arms wide
In the face of the sun,
Dance! Whirl! Whirl!
Till the quick day is done.
Rest at pale evening,
A tall, slim tree....
Night coming tenderly,
 Black like me.

