

Welcome to your Almshouse News

## Brain Games Edition!

Hollywood on  
Thames

Page Turners

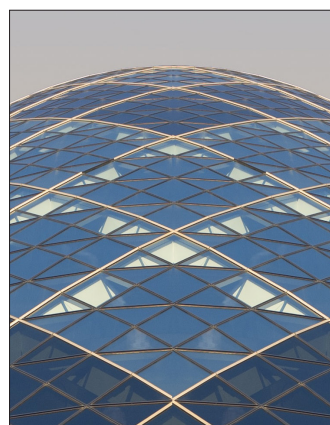
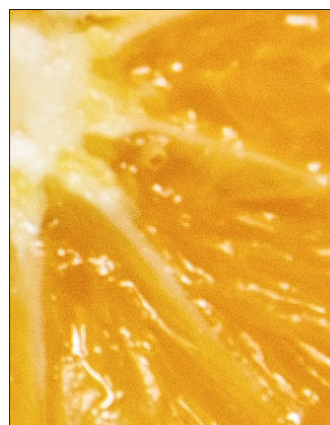
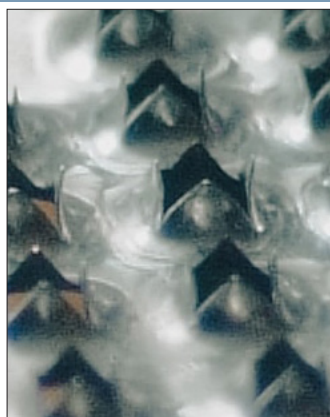
My Career:  
Ann Ellington

Poetry Corner

4-Page Puzzle  
Pullout

Famous  
Residents Quiz

Crossword &  
Wordsearch



# ALMSHOUSE NEWS - Welcome to our New Residents

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## Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is:  
**Friday 18 February.**  
Email your article to Chantal:  
[c.richards@richmondcharities.org.uk](mailto:c.richards@richmondcharities.org.uk)  
or give to your Scheme Manager.  
As a guide on word count, a one page article is ideally 340 words.

## Credits:

**Editorial Committee:** Juliet Ames-Lewis, Lorraine Bradley, Debbie Flaherty, Chantal Richards & Mike Townsin

**Design & Photography:** Chantal Richards

 This magazine is recyclable.

## Welcome to our New Residents

We offer a warm welcome to our new residents who have recently joined our community:

**Gwen Doyle**

**Micaela Espinosa**

**Daisy Maseyk**

## Farewell To:

**Vispi Banaji RIP**

**Valerie Keating RIP**

## Chapel Schedule: February 2022

<b>Sunday 6th February</b>  <i>Fourth Sunday before Lent</i>	<b>10.30am Eucharist</b>
<b>Sunday 13th February</b>  <i>Third Sunday before Lent</i>	<b>10.30am Eucharist with hymns</b>
<b>Sunday 20th February</b>  <i>Second Sunday before Lent</i>	<b>10.30am Eucharist</b>  <b>5pm Hymn singing</b>
<b>Sunday 27th February</b>  <i>Sunday before Lent</i>	<b>10.30am Eucharist with hymns</b>
<b>Wednesday 2nd March</b>  <i>Ash Wednesday</i>	<b>10am Eucharist with hymns</b>

# Letter from Lorraine Bradley, Scheme Manager



Welcome to the February edition of the Almhouse News and my first month on the Editorial Committee.

I was invited to join the monthly magazine as our lovely Gennie is now on maternity leave after doing a brilliant job. We wish her and Marco all the best and eagerly await the arrival of their baby.

I have been based at the Hickey's office since 2012 and remember when the Almshouse News was a small, in-house quarterly newspaper. It has grown from that to a monthly magazine with a variety of articles, information, events and puzzles to name just a few items

that residents may find interesting.

This has been, I feel, mainly due to our wonderful residents who have passed on to the committee ideas and suggestions they have for future editions, so please keep them coming.

This month, to help us all through the cold and dark days until Spring returns, we have put together more puzzles, quizzes and word searches to keep the mind active. I for one will be curling up on the sofa with a mug of hot chocolate and working my way through them all while patiently waiting for the longer warmer days to arrive!

*Lorraine*

## February Competitions

This month there are multiple competitions on pages 13-16 and 22-25.

## Front Page Photo Quiz

Do you recognise any of the objects in the extreme close-up photos on the front page? Fill in your answers on page 13 as part of this month's bumper competition.

## Competition Winners

Thank you to everyone who submitted competition forms for the January Word Scramble and Norman's Quiz. Picked at random, the winners this month are:  
Sue McAnena - Word Scramble  
Jackie Golding - Norman's Quiz  
**Congratulations!**

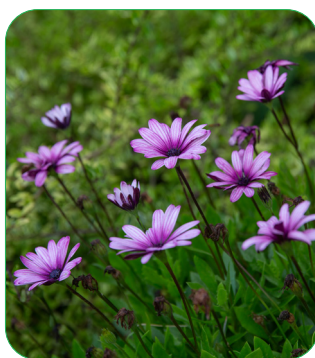
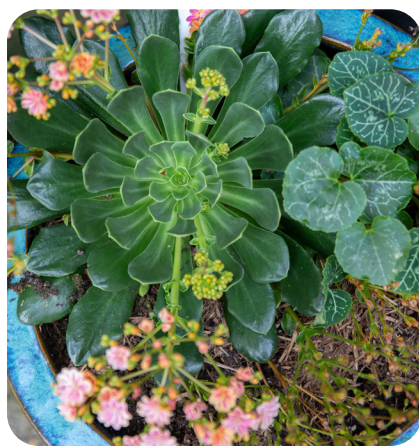
Answers from last month's competitions are on page 26.



### Your Summer Garden - photos from 2021

To keep the beauty of summer alive all year long, we have a stock of photos from many of our residents' gardens to cheer you up through the winter months.

These photos were taken at Margaret Goddard's front garden, Candler, in July 2021



### Getting to Know You

*This month we interviewed  
**Joy Beirne.***

**What makes you laugh the most?** My friends!

**What do you hope this year will bring?**

Peace and happiness.

**What is your favourite song and how does it make you feel?**

*Daytime Friends* by Kenny Rogers.

It makes me feel happy!

**Which songs makes you want to dance the most?**

*I Wanna Dance With Somebody* by Whitney Houston.

**What book do you currently have on the go?**

*An Infamous Army* by Georgette Heyer.

**Favourite hot drink?**

Hot chocolate.

**If you could invite anybody to a dinner party, who would it be?**

Anton du Beke.

### Join Us For A Game of Scrabble



by Debbie Flaherty

**When: Tuesday 15 February**  
**Time: 2pm - 4pm**  
**Where: The Secret Garden Room**



Scrabble can do wonderful things for the brain and memory, while also promoting feel-good emotions and it can even reduce blood pressure!

Please feel free to join us for a game of Scrabble on Tuesday 15th February in The Secret Garden Room, 2pm – 4pm. Tea, coffee and biscuits will also be provided.

Would be lovely to see you there.

### Mindfulness Afternoon Tea with Debbie



by Debbie Flaherty

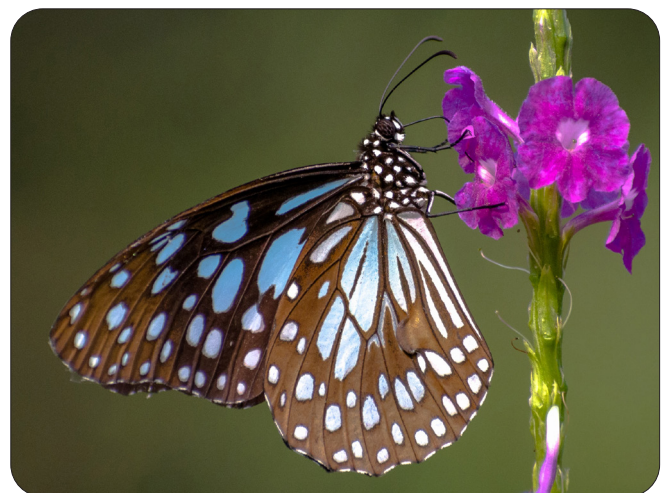
**When: Tuesday 22nd February**  
**Time: 2pm - 4pm**  
**Where: The Secret Garden Room**

Are you looking forward to the year ahead?

Would you like to join us for a coffee/tea to discuss our wellbeing for the coming year?

We will be making some butterflies to mark new beginnings.

Please join us for a chance to share our thoughts and feelings.



### National Awareness Days

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#### LGBT+ History Month

A month-long celebration of lesbian, gay, bisexual and transgender history. This year's theme is 'Politics in Art'. For more info: [www.lgbtplushistorymonth.co.uk](http://www.lgbtplushistorymonth.co.uk)

#### Time to Talk Day

3rd February 2022. The nation's biggest mental health conversation, aims to bring the nation together to get talking and break the stigma surrounding mental health issues. For more info: [www.timetotalkday.co.uk/](http://www.timetotalkday.co.uk/)

#### World Cancer Day

4th February 2022. A global uniting initiative led by the Union for International Cancer Control (UICC). For more info: [www.worldcancerday.org/about-us](http://www.worldcancerday.org/about-us)

#### Tinnitus Awareness Week

7th – 12th February 2022. Organised by the British Tinnitus Association. For more info: [www.tinnitus.org.uk/tinnitus-week-2022-updates](http://www.tinnitus.org.uk/tinnitus-week-2022-updates)

#### St Valentine's Day - 14th February

#### Random acts of Kindness Day

17th February. A day which encourages people to make spontaneous gestures of kindness, however big or small you see fit! This day came about in the early 80s when author, Anne Herbert, coined the

phrase "practice random kindness and senseless acts of beauty."

#### World Encephalitis Day

22nd February. Organised by The Encephalitis Society to raise awareness and support for Encephalitis (inflammation of the brain, caused by either an infection invading the brain (infectious encephalitis) or through the immune system mistakenly attacking the brain (post-infectious/ autoimmune encephalitis). This can affect any person at any age; the UK has up to 6,000 cases each year.

#### You Can Care Week

21st – 27th February. All about shining a spotlight on the incredible people working in the care sector and encouraging others to come and join, organised as a recruitment drive by Home Instead.

#### Rare Disease Day

28th February. Aims to increase public and government awareness of rare diseases and the impacts they have on people's lives. For more info: [www.rarediseaseday.org](http://www.rarediseaseday.org)

#### Thought for the Day

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"The real index of civilisation is when people are kinder than they need to be"  
*Louis de Bernieres*



### Local News & Events



#### Active Richmond Fund

The Active Richmond Fund gives money to local groups and organisations so that they can provide an extended range of activities that promote an active lifestyle for Richmond upon Thames residents. How would you use the money?

#### The Comedy Network



The Landmark Arts Centre have announced an impressive line-up of comedy talent for their

February Comedy Network event. For more info: [www.artsrichmond.org.uk](http://www.artsrichmond.org.uk)

#### Urgent appeal for blood donations

With fewer people donating blood last year, the Twickenham blood donor centre is experiencing a shortfall. They are asking people to start this year by doing something amazing and giving blood.

#### Drawing Competition

##### Enter the Diana Armfield Prize for Drawing from Observation

In collaboration with Arts Richmond, distinguished and highly respected artist Diana Armfield is sponsoring a competition to encourage artists aged 16 years and over to draw from observation.

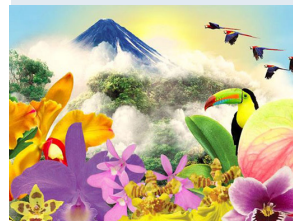
All drawings must be brought to ETNA - Arts Richmond, Room 21, 13 Rosslyn Road, Twickenham, TW1 2AR between Monday 14th February - Saturday 26th February.

For more info: <https://www.artsrichmond.org.uk>

#### Orchid Festival: Kew Gardens

Journey through Costa Rica at the Kew Gardens Orchid Festival.

The annual festival takes place from Saturday 5th February to Sunday 6th March 2022.



#### Long Covid Patients

Support for long COVID patients is available at Richmond clinic. In the borough of Richmond upon Thames, an estimated 3,000 people have long COVID and Hounslow and Richmond Community Healthcare's Long COVID Service can help. For more info: [www.richmond.gov.uk/news/january\\_2022/](http://www.richmond.gov.uk/news/january_2022/)

# Originem Sancti Valentini



by Mike Townsin,  
Trustee

Ah! St.Valentine's Day, when opportunity and motivation are in inverse proportion to one's age. A bit like the celebration of New Year.

That said, its origins are interesting , albeit rather mysterious.

In fact no-one has established the exact origin of Valentine's Day, although the first trace is to be found in ancient Rome and the festival of Lupercalia around February 15th: men sacrificed a goat and a dog and then whipped women with the animals' hides to boost fertility (at least that was their excuse!).

Nevertheless legend has it that the young women not only lined up to be hit because they believed the fertility notion,



they also engaged in a matchmaking lottery in which young men drew names from a pot.

Later on in the 3rd century, the Emperor Claudius II executed two Christians – both named Valentinus – on February 14th

of different years; one, a priest called Valentinus of Rome, was executed for defying the Emperor by performing marriages for soldiers who were forbidden by decree to marry; he was subsequently honoured by the Catholic Church as a martyr, with the celebration of St. Valentine's day.



Eventually, in the 5th century, Pope Gelasius I combined St.Valentine's Day with Lupercalia in an attempt to displace the pagan ritual, but the notion of a day dedicated to fertility rituals lived on, even to the extent that young Roman men would give out hand-written messages of admiration in Valentinus' name.

To add to the confusion, two love related events were at work in the Middle Ages: a belief that birds chose their partners in the middle of February, and the Norman celebration of Galatins Day – galatin meaning "lover of women"; it is thought likely that this was conflated with Valentine's Day at some point because the names sounded alike.



In Chaucer's day, February 14th became associated with romantic love and various celebrations of love, marked by his poem "The Parliament of Fowles" in which a group of birds gather in early spring on "seynt valentyne's day" to choose their mates.

Valentine's Day was further embedded in English culture by Shakespeare: "To-morrow is Saint Valentine's day. All in the morning betime" (Hamlet Act 4, Scene 5).

The rest, as they say, is history: in 1797, for example, a British publisher issued "The Young Man's Valentine Writer" containing scores of sentimental verses for chaps unable to compose their own; and in the 19th century paper Valentines became so popular that mass production in factories started.

Today, Saint Valentine's day is an official feast day in the Anglican Communion; the Eastern Orthodox Church also celebrates Saint Valentine's Day, but on July 6th.

*This article is distilled from several sources which are not always consistent. Ed.*

## Universal Love



by Ann Ellington

LOVE is the sunshine upon your face,  
LOVE is a friend, in a lonely place,  
LOVE is the source of power from within,  
LOVE is the answer of where you've been.

LOVE is the sword that cuts through indifference,  
LOVE is the weapon to conquer war,  
LOVE is the answer to everyone's questions,  
About what, why, and who we are.

LOVE is the answer, when you're lost,  
LOVE is the ocean upon which dreams are tossed,  
LOVE is the freedom for you to be you,  
LOVE is not a possession; no-one can own you.

LOVE is the knowledge that you're part of the whole,  
LOVE is our home when it touches the soul,  
LOVE grows with feeding, from strength to strength,  
LOVE is a cord of endless length,  
LOVE is eternal and always there,  
All we have to do, is banish care.

LOVE is what we need, in order to survive,  
LOVE is the food, that keeps us alive,  
LOVE costs you nothing, but gives more pleasure than gold,  
LOVE is freedom, which cannot be bought or sold.

LOVE is a small trusting hand in yours,  
LOVE is the word that opens doors,  
LOVE is the fountain of wisdom and youth,  
LOVE in the end, is the only God given truth.

# Outreach: Getting to Know Local Charities

### The Vineyard Community Centre

is a charity located in the heart of Richmond. As their strapline says, they exist to provide help in crisis and hope for life for anyone who walks through the door.

Since 2011 they have been running a range of services to support homeless and vulnerable people across the borough, including:

- A morning drop-in service for homeless and vulnerable people
- The Richmond Trussell Trust Food Bank
- Works of Love, a craft project aimed at reaching vulnerable women
- A community café
- Two charity shops



In the last six months over 4,000 people have been helped by the team, including 35 people who have been helped off the streets into accommodation.

Although Richmond is a wealthy borough it has one of the highest levels of economic inequality in London. Rough sleeping and loneliness are key prevalent issues which the Vineyard Community exists to address.



When guests come through the door, they are warmly welcomed with breakfast, food to take away, shower facilities and clean clothing. The staff also provide phone chargers, access to Wi-Fi, and computers. Caseworkers



The Vineyard Community Café

offer help with housing, and guests have access to a community nurse and mental health support from Richmond Borough Mind. Other partners provide services from the Centre, including Glass Door, SPEAR, the Salvation Army, and Citizens Advice Bureau. For the 40 or so homeless people who visit the drop-in each morning, the Centre is their lifeline.

The Vineyard Community also runs the Richmond Trussell Trust Food Bank, which have helped more than 2,300 people in the last six months alone. Throughout the pandemic the team made food parcel deliveries to anyone isolating and unable to come in person. This was a lifesaver during what was a difficult time for so many facing loss of income.

To volunteer or donate please visit their website: [www.vineyardcommunity.org](http://www.vineyardcommunity.org) They can be found at The Vineyard, Richmond, TW10 6AQ.

# Address Your Stress

by Gennie Thompson



Stress is everywhere and, in small doses, is part of a healthy and balanced lifestyle. However, too much stress or prolonged stress is directly linked to poor mental health and can also adversely impact physical health. 1 in 6 adults in Britain will experience depression, anxiety or problems relating to stress at any one time so it is vital that we have the tools and knowledge to be able to tackle this, before it becomes unmanageable. One method to do this is to follow the simple tips and coping strategies from the #Address Your Stress toolkit (below).

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies. Here's some **self-care tips** to help protect against stress:

## #ADDRESS YOUR STRESS

### Try

**Get moving!** Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.

**Setting aside time** to have fun or indulge yourself — positive emotions can help build a buffer against stress.

**Learning a new skill** — whether painting, playing guitar or a new language.

**Sharing how you're feeling** — it's OK to ask for help and support.

**Switching off from distractions** — make time for yourself as a regular part of your routine. Schedule a reminder if you need to.

### Avoid

**Overdoing it** on sugar, caffeine or alcohol — they're a quick fix which can increase stress in the long term.

**Overworking** and checking your emails out of hours — we all need time to unwind.

**Spending too much of your free time** in front of a screen — phone included. Don't feel pressured to always be 'doing' something.

**Chasing perfection** — it can create unrealistic expectations. Accept that mistakes will happen.

**Bottling up your feelings** and assuming they will go away — this can make things worse in the long run.

There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)

MHFA England



# Wordsearch: Top Walks in Britain 2022

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

BEDDGELERT  
 BUTTERMERE  
 GRASSINGTON  
 LIZARD  
 NEEDLES  
 SANDSTONE  
 STONEHENGE

BENNEVIS  
 CHEVIOT  
 GROSMONT  
 LLANGOLLEN  
 PENYFAN  
 SCAPELL  
 THAMES

BROCKENHURST  
 CLIFTON  
 HELVELLYN  
 MALVERNS  
 PITLOCHRY  
 SNOWDON  
 TRYFAN

BRONTE  
 DUNSTANBURGH  
 INGLEBOROUGH  
 MAMTOR  
 RHOSSILI  
 SOLVA  
 WHITBY

## Puzzle Competition Pullout - ALMSHOUSE NEWS

**Your chance to win a £10 M&S Voucher!** Answer as many puzzles in this 4 page pullout and give the pullout to your Scheme Manager, before Friday 18 February.

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

### RIDDLES:

1. I am the beginning of the end of every place. I am the beginning of eternity and the end of time and space. What am I? \_\_\_\_\_

2. You can break me without ever holding me. What am I? \_\_\_\_\_

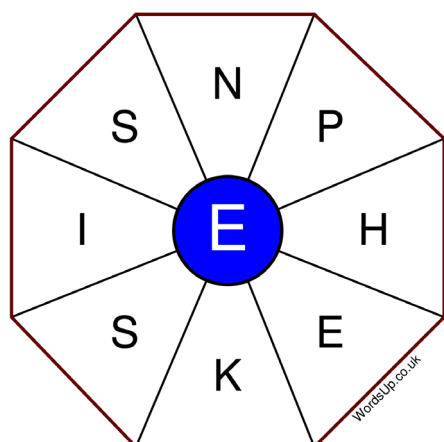
3. I lose my head in the moment but get it back at night. What am I? \_\_\_\_\_

4. Tom's height is six feet, he's an assistant at a butcher's shop and he wears size 9 shoes. What does he weigh? \_\_\_\_\_

### Word Wheel Puzzles

Find as many words as possible using the letters in the wheel. Each word must use the central letter and at least three others. Each letter may only be used once.

There is at least one nine-letter word in the wheel.



Any words that are permissible in Scrabble are allowed, so that excludes names, abbreviations and foreign words.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Photo Quiz: Front Page

There are 12 extreme close up photos on the front page. Can you guess what they are?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

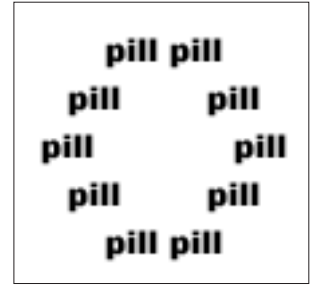
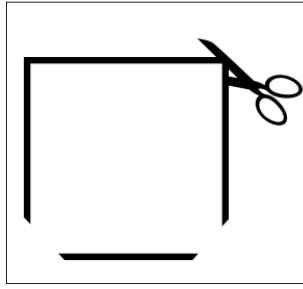
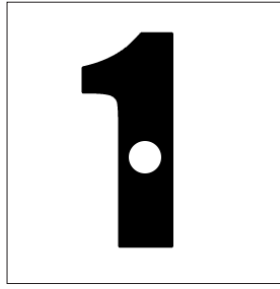
10. \_\_\_\_\_

11. \_\_\_\_\_

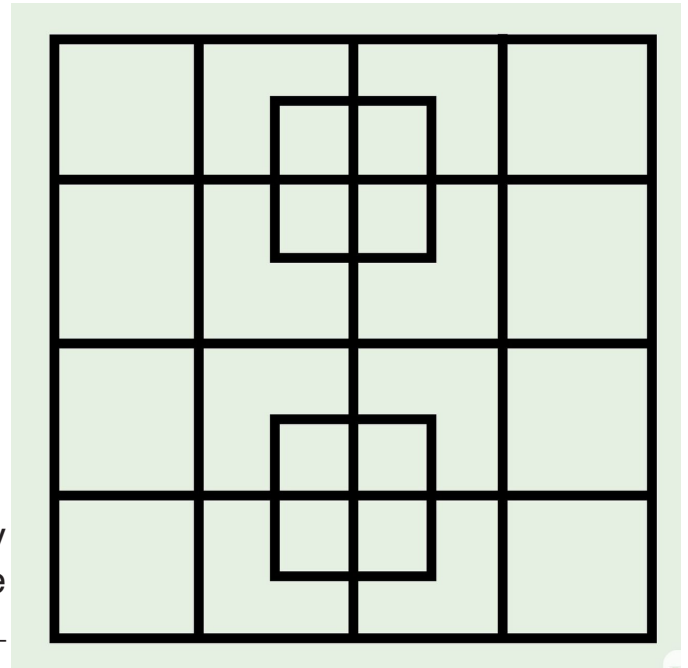
12. \_\_\_\_\_

# ALMSHOUSE NEWS - Puzzle Competition Pullout

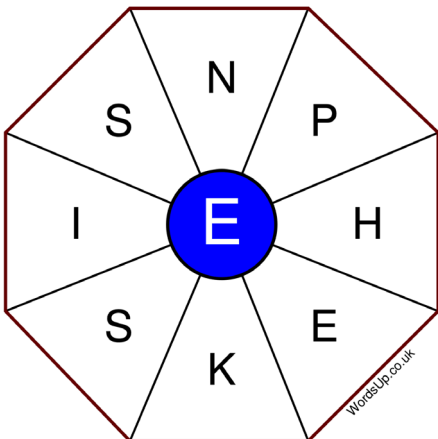
**Rebus** puzzles, also known as word picture puzzles or picture riddles, use images or words to convey a phrase or message, typically a common idiom or expression. To help you solve them, make sure to look at word placement, size, color, and quantity.



What is the missing number? \_\_\_\_\_



How many squares are there? \_\_\_\_\_




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## Cryptography

In Cryptography, teasers, phrases or expressions have been encoded in some way (frequently by replacing letters with other letters). You need to figure out the encoding method and then decode the message to find the answer.

1. If James' number is 87, Sally's number is 66, and John's number is 61, what is Matt's number? Answer: \_\_\_\_\_

As you may know, a group of fish is called a "school", a group of lions is called a "pride", and a group of seagulls is called a "flock". Some are a little more unusual. See if you can guess what animals belong to the following groups:

Crash	Answer: _____
Exaltation	Answer: _____
Mob	Answer: _____
Murder	Answer: _____
Parliament	Answer: _____
Pod	Answer: _____
Sounder	Answer: _____

Which is the only fruit to have its seeds on the outside?

Answer: \_\_\_\_\_

Q: A boy goes to a school that is the best of its kind. The school does not appear on any map or any list of best schools. The school is British, but nowhere near Britain.

Many people know about this school. What is the school's name and who is their most famous student?

A: \_\_\_\_\_

Q: Which country, from group A, belongs in group B?

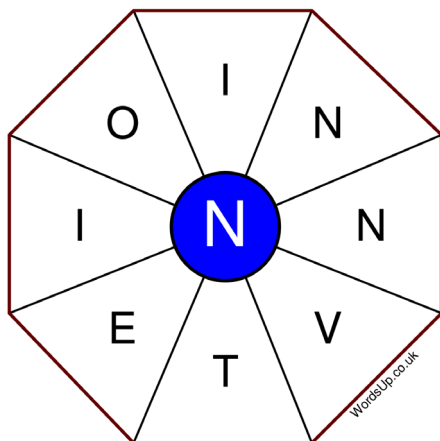
### GROUP A

Australia  
Cyprus  
France  
Great Britain  
Hong Kong  
Japan

### GROUP B

United States  
China  
Egypt  
Kuwait  
Norway

Answer: \_\_\_\_\_



What phrase is shown in the figure below?

S-n-o-w

Answer: \_\_\_\_\_

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# ALMSHOUSE NEWS - Puzzle Competition Pullout

**Mnemonic** devices help people to remember the order of something by using the first letter of each name in the set to make other words in a catchier phrase or another word that is easier to remember. For example: ROY G. BIV stands for Red, Orange, Yellow, Green, Blue, Indigo, and Violet. These are the order of colours in the rainbow, or light spectrum. Can you work this one out?

1. My very excellent mother just served us nine pizzas.

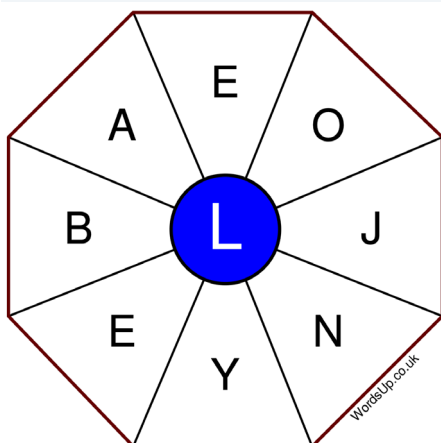
Answer: \_\_\_\_\_

**Sudoku** is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

In each sentence the name of a tree is hidden. The willow is hiding in the first sentence. Can you find the others?

1. I **will ow**e you a favor if you drive me to the airport.
2. I am afraid of going up in elevators. \_\_\_\_\_
3. Drinking cocoa keeps me warm on long winter nights. \_\_\_\_\_
4. I hope the map leads us to buried treasure. \_\_\_\_\_
5. "Eat another bonbon," said our charming hostess. \_\_\_\_\_
6. Nepal may be the most interesting place I have ever visited. \_\_\_\_\_
7. Remember to fold the map, please. \_\_\_\_\_
8. I feel many lumps in this mattress. \_\_\_\_\_



Q: When Archduke Ferdinand was shot, in 1914, his attendants could not undo his coat to stop his bleeding wound. Why not? \_\_\_\_\_

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# What Is Wordle And Why Is Everyone Playing It?



by Juliet Ames-Lewis

My family and I love word games (Scrabble, Boggle, Bananagrams etc) and

we are all hooked on a new online game called Wordle.

Wordle is a free game in which users try to guess a five-letter word. If a letter from your guess isn't in the word, that letter will turn grey. If it does feature, it'll turn yellow. If it's in the word and in the right position, it'll turn green. You get six attempts, and that's really all you need to know.

Wordle is the creation of British-born software engineer Josh Wardle (its name is a pun). His partner, Palak Shah, is a fan of word games so with spare time in lockdown, he decided to create a new one for her. As pandemic gestures go, it's as romantic as they come: a simple but gently challenging distraction, homemade with love and care, allowing us to engage our brains in an activity that isn't panic, worry or reading graphs showing rising case numbers.

The couple played for a while and became hooked. Then Wardle introduced it to his family WhatsApp group, who became similarly addicted. And then, at the end of October, he released it to the public. Two months later, more than 300,000 people played

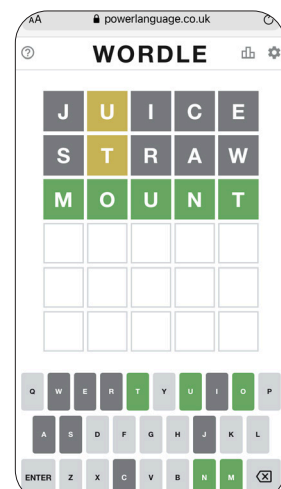
in a day. It's now over 2 million people worldwide

Wordle's greatest strength lies in its restraint: like a daily newspaper's puzzles section, just one is posted online each day. If you're quick, that's perhaps two minutes of your time. Everybody is guessing the same word, so it's competitive, too, but not so much that anybody is going to feel more than a spurt of frustration or pride at their performance.

It doesn't seem like Wardle is interested in making millions, but he has programmed Wordle with 2,500 words, meaning we won't run out for years. His simple act of love has given the world a gift – and it's not even robbing our attention. "It's something that encourages you to spend three minutes a day," Wardle says. "And that's it. It doesn't want any more of your time than that."

Give it a go – it's fun! You can play the game on your phone, laptop, ipad or other device.

Go to <https://www.powerlanguage.co.uk/wordle/>



Screenshot of Wordle



## My Career: Ann Ellington - Actress



by Ann Ellington

If anyone asks me "Who is the person you have met or worked with that most impressed you?", I would have to think for a moment or two, as I have been very lucky. For most of my young life I was, what is called, a 'Jobbing Actress'. In truth that is exactly what it was. I did some films, voice overs, commercials and photographic work in order to support my two lovely children following my divorce at 28, bar something I loved doing.

So back to the leading question. When I was in my late 20s I was offered an audition for a part in one of *The Saint* series (at that time TV was still in black and white). I was so excited to do the audition thinking that as it was a very popular TV series, and doubted that I would get the part, but I did! It was called *Element of Doubt* and of course starred Roger Moore. The day

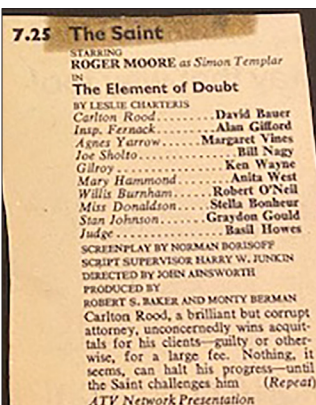
I arrived at Shepperton Studios (where it was made), I was shown to my Dressing Room.

Then there was a knock on the



door and there he was. Blond haired, stunning blue eyes and a wonderful smile. I was lucky I was still standing, as we shook hands and he said "I believe you are Anita". (In those days my acting name was Anita West). "Yes" I replied rather meekly and smiled back. "I can't wait to work with you" he said graciously. He smiled, winked and left.

I was playing an American lawyer brought over to solve the riddle of a murder. I had quite a few scenes with him and he was so easy to work with. He made me feel very much at ease by cracking a joke or telling me a funny story, then he was able to switch off and continue with his dialogue whilst I was left still laughing! I had to control that pretty quickly but it made it so much more easy for me and was so much fun.



## My Career: Ann Ellington - ALMSHOUSE NEWS

But there was one scene that I will always remember. The scene was Roger and I sitting on a sofa talking about the murder case, relaxed with drinks in hand and he is about to give me a kiss (something you girls probably recognise!). It was in the script and something I was looking forward to. So we leaned towards each other and the Director said "Cut!" (which was in the script). So I never got my kiss!

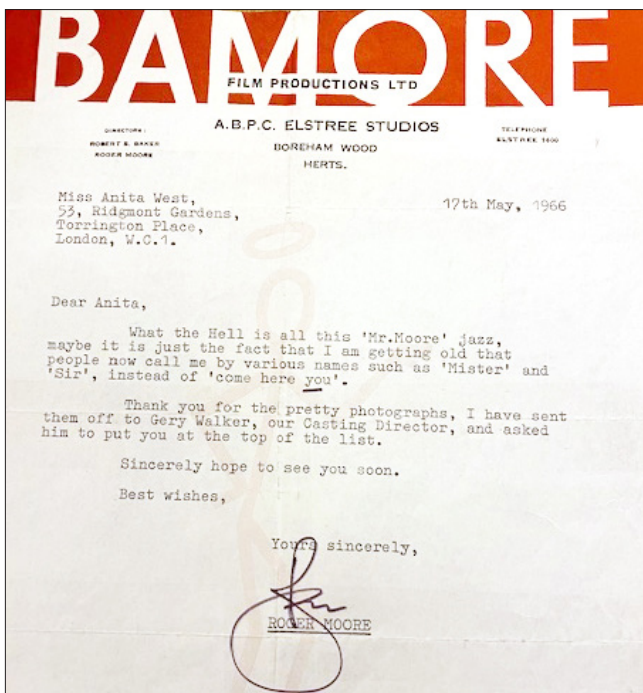
What I had been aware of was that as this scene was set up ready to shoot, a very attractive woman with a mane of dark flowing hair and piercing dark eyes was sitting on a chair just outside the camera view but right in front of our sofa! As we cut, I turned and whispered to Roger "Excuse me, but have you noticed the lady sitting over there? Do you know who she is?" He



Anita West - aka Ann Ellington

answered "Ah yes, actually she's with me" and he laughed. Of course that was the lady who was to become his third wife. He may be gone, but never forgotten by me and many others I am sure.

As a codicil: before I left he said "By the way it looks as though I might be the next Bond. Why don't you send your CV to the Broccoli's and we might work together again". Wow! I did send my CV and after a year and a half I got an extra part in the original *Casino Royale*, the Bond spoof picture with Niven, Sellers and Ursula Andress, standing behind Orson Wells at the Baccarat table. But that is another story – for another day!







by Mike Townsin, Trustee

Last month we left the story of Richmond's starring role in movie history

right outside The Richmond Charities' former offices at 8, The Green. Or, more accurately, on the pavement across the road as Hercule Poirot strode along in the company of Maude Williams, another character in an episode called "Mrs McGinty's Dead".

But before we check out other films and locations, let's pause our tale and tell you a little about what goes on behind the scenes in the offices of Sue Lewis and Sarah Hillman, who promote Richmond as a film location and manage projects.

In October 2018 they were approached to see if Sony Pictures could film scenes for the sequel to Peter Rabbit in Richmond Town centre over 6 days in March/April 2019; as Richmond's biggest project to date the logistics involved for Sue and Sarah were formidable (and exhausting!):

- 500 bay suspensions over 6 days
- 27 separate risk assessments
- 21 traffic management plans



Ham House, doubling as Kensington Palace: *The Young Victoria* with Emily Blunt

- traffic orders covering 11 road closures
- 10 crane licences
- letters delivered, twice, to 1000 residents

Britain's stately homes are filming hot spots, including Ham House – Sense and Sensibility, Young Victoria, A Little Chaos, Anna Karenina, The Crown. But not cheap. The Times recently reported that a crew of 150 people can cost up to £15,000 a day, and that Royal Palaces, such as Hampton Court, can charge up to £60,000 a day if they need to keep members of the public out.

Inevitably, for stately homes locations in particular, there are risks: the National Trust which looks after Ham House, among other stately homes, has film officers, like Sue and Sarah, to represent them. Artworks in shot would have to be cleared for copyright, and people



## Hollywood on Thames - ALMSHOUSE NEWS

employed by the Trust would move the artworks and furniture. On a large production there could also be up to 200 cast and crew on set, not to mention the huge amount of equipment, big trucks and generators. On a smaller scale the same logistics and risks apply to people's houses, though owners are very well paid and are compensated for any wear and tear.

There is currently a filming gold rush in this country as producers flock to our shores to take advantage of tax breaks and our highly skilled crews and cinematographers: the future of Richmond's movie economy is assured!

Back to a few more Richmond locations and films you may have seen.

- Twickenham Green: *Manhunt* with Martin Clunes
- Ham House, doubling as Kensington Palace: *The Young Victoria* with Emily Blunt
- Richmond Theatre: *National Treasure* with Nicolas Cage
- Old Palace Terrace, Richmond Green: *Finding Neverland* with Johnny Depp/ Kate Winslet



left: Twickenham Green: *Manhunt* with Martin Clunes, right: Richmond Theatre: *National Treasure* with Nicolas Cage

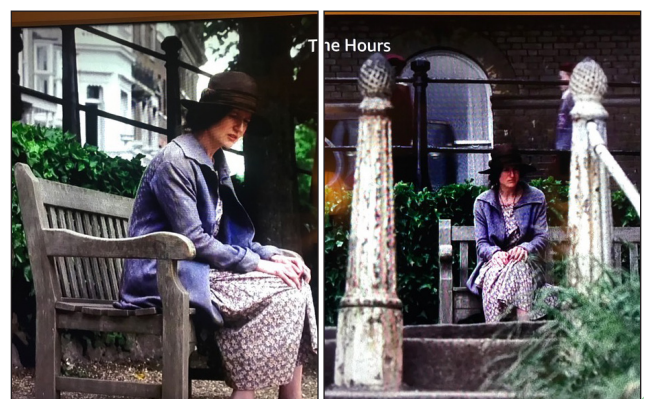


Old Palace Terrace, Richmond Green: *Finding Neverland* with Johnny Depp/Kate Winslet

And back, too, to the second “surreal experience” that I promised last time.

Flying between London and Singapore, scrolling through the movie menu, I light upon a new release called *The Hours*, starring among others Meryl Streep and Nicole Kidman as Virginia Wolfe. Halfway through I do a double take: Virginia is sitting in a place that looks very familiar – and so it is!

It's The Terrace on Richmond Hill where I walk Murdoch (our dog): in the attached shots you see her on a bench opposite two Victorian iron bollards marking the entrance to Terrace Field, Murdoch's favourite playground. And yes that really is Nicole Kidman, with a prosthetic nose.....



The Terrace, Richmond Hill: *The Hours* with Nicole Kidman as Virginia Woolfe

# Quiz: Local Residents, Past and Present.



by Chantal Richards

Richmond borough is well known for its huge variety of famous residents.

Can you match the famous name to their description?

- On this page are the answers to 20 questions on the opposite page.
- Match the answer to the question and write the corresponding letter next to the question.
- Submit the whole of page 21 to your Scheme Manager for a chance to win a £10 M&S voucher. Good luck!

### Answers:

A. John Hannah

B. Cardinal Wolsey

C. Captain George Vancouver

D. Ronnie Wood

E. Gustav Holst

F. Sir Joshua Reynolds

G. Sir David Attenborough

H. Syd Barrett

I. Lawrence Dallaglio

J. J. M. W. Turner

K. Milton Jones

L. Bamber Gascoigne

M. Richard Attenborough

N. Amanda Holden

O. Edward VII

P. Anne of Cleves

Q. Richard E. Grant

R. Richard Ashcroft

S. Sir Noël Coward

T. Sir Tim Berners-Lee



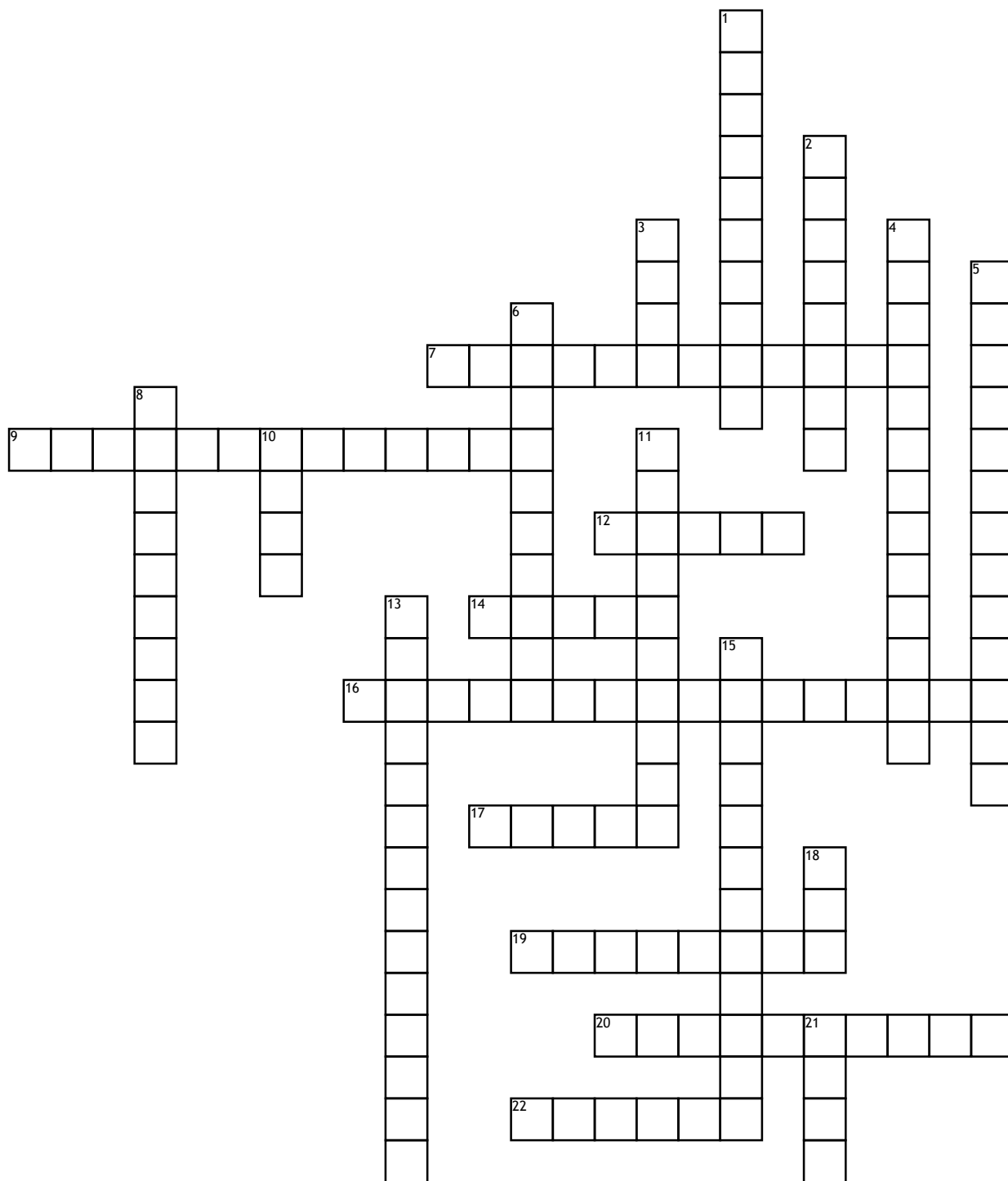
## Quiz: Local Residents, Past & Present - ALMSHOUSE NEWS

### Questions:

1. Inventor of the World Wide Web, lived in East Sheen. \_\_\_\_\_
2. Churchman, statesman and Lord Chancellor of England, lived at Richmond Lodge. \_\_\_\_\_
3. King of the United Kingdom (1901 - until his death in 1910), resident of the White Lodge, Richmond Park. \_\_\_\_\_
4. English portrait painter, he lived at The Wick House (1772 to 1792). \_\_\_\_\_
5. Fourth wife of King Henry VIII, lived at Richmond Palace. \_\_\_\_\_
6. Composer, best known for his orchestral suite *The Planets*, lived at 31 Grena Road, Richmond. \_\_\_\_\_
7. Former lead singer with *Pink Floyd*, lived in a flat in Richmond. \_\_\_\_\_
8. Actor and film director, lived on Richmond Green. \_\_\_\_\_
9. Original quizmaster on *University Challenge*, lives in Richmond. \_\_\_\_\_
10. Retired rugby union player, former captain of England, lives in Richmond. \_\_\_\_\_
11. Guitarist for the *Rolling Stones*, lived at The Wick, Richmond. \_\_\_\_\_
12. Comedian, often on *Mock The Week*, lives in St Margarets. \_\_\_\_\_
13. Actress and co-host of *Heart Breakfast* radio show, lives in Richmond. \_\_\_\_\_
14. Scottish actor, known for his role in *Four Weddings and a Funeral*, lives in Richmond. \_\_\_\_\_
15. Swazi-English actor, known for his role in *Withnail and I*, lives in Petersham. \_\_\_\_\_
16. Naturalist and film director, lives in Richmond. \_\_\_\_\_
17. *The Verve* singer and songwriter, lives in Richmond. \_\_\_\_\_
18. Actor, playwright and songwriter (1899–1973), born in Teddington. \_\_\_\_\_
19. English Romantic painter, printmaker and watercolourist, lived in St Margarets. \_\_\_\_\_
20. Buried in the churchyard of Petersham Parish Church, Captain in the Royal Navy and one of Britain's greatest explorers and navigators (1757–1798) \_\_\_\_\_

**Your chance to win a £10 M&S Voucher!** Give this whole page to your Scheme Manager, or place in the suggestion box before Friday 18 February.  
Name: \_\_\_\_\_

# Famous Couples Crossword Competition



**Your chance to win a £10 M&S Voucher!** To enter this competition, complete the crossword. Give this whole page to your Scheme Manager, or place in the suggestion box before Friday 18 February 2022.

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



# Famous Couples Crossword Competition

## Across

7. Humphrey Bogart and ?

9. Romeo Montague and ?

12. Danny Zuko and ?

14. Homer Simpson and ?

16. Jean-Paul Sartre and ?

17. Mork and ?

19. Adolf Hitler and ?

20. Jerry Hall and ?

22. Olive Oyl and ?

2. Superman and ?

3. Yoko and ?

4. King Edward VIII and ?

5. Joe DiMaggio and ?

6. Courtney Love and ?

8. Kermit the Frog and ?

10. Sonny and ?

11. Prince Rainier of Monaco and ?

13. Mr Darcy and ?

15. Prince Harry and ?

## Down

1. Robin Hood and ?

18. Barbie and ?

21. Cleopatra and ?



ANSWERS: Word Scramble. [Apologies for spelling mistake on DECRIMINALISE. Ed.](#)

1. STREAMR starmar
2. EDLAE adele
3. EAAARTZCSNE astrazeneca
4. TURONSOIEL resolution
5. SSPCNLADARE landscapers
6. IHSIR rishi
7. SRCMLEINDIEA decriminalise
8. RSIICS crisis
9. VC9DOI1 covid19
10. AMPEBP mbappe

11. ELHSEAC chelsea
12. VAYGREUAN veganuary
13. USDAN sudan
14. EAWHTR weather
15. OIRNMCO omicron
16. OBSETRO booster
17. ARQTA qatar
18. TDERMSMI midterms
19. APTILNUM platinum
20. NSOOHNJ johnson

ANSWERS: Norman's Quiz.

1. Verona
2. Marathon
3. Twice, 2013 and 2016
4. Bluebottle
5. Bob Holness
6. Ken Livingston
7. Charlotte Bronte
8. Johnny Dankworth
9. Pierce Brosnan
10. Balearics
11. The Godfather
12. Alabama
13. Brenda Lee
14. Mae West
15. 1815

## Page Turners

by Mike Townsin



*This review of books is a regular feature inviting readers to contribute their own reviews of books they have enjoyed and would recommend. Please send them to your Scheme Manager.*

### On This Day:

14th February 496

Feast of Saint Valentines was established by Pope Gelasius I in AD 496 to be celebrated in honour of Saint Valentine of Rome.

### On This Day:

10th February 1840

Queen Victoria marries her first cousin, Prince Albert.

### On This Day:

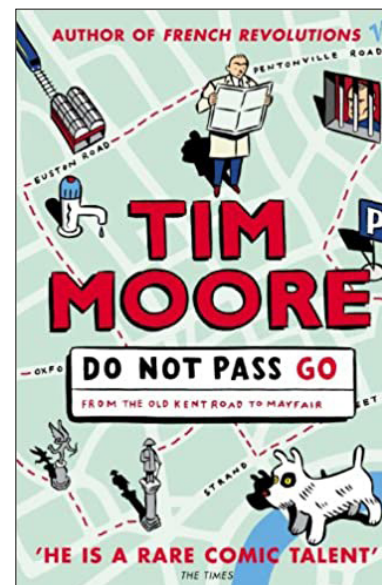
5th February 1958

Having first seen the light of day in America in 1935, the first parking meter makes its debut in London's Mayfair.

### On This Day:

29 February 1960

Amid a storm of protest from women's groups, Hugh Hefner opens the first Playboy Club in Chicago.



**Do Not Pass Go**  
by Tim Moore

Review by  
Barbara Constanzo

If you loved or endured playing

Monopoly during the Christmas period, you may enjoy Tim Moore's humorous walking exploration of all the places mentioned on the board.

28 streets from the sought-after dark blues of Mayfair to the low-rent browns of Old Kent Road. The Utilities and the Railway Stations are visited and Moore does indeed Go To Jail, (Pentonville. Golden

### Page Turners (continued)

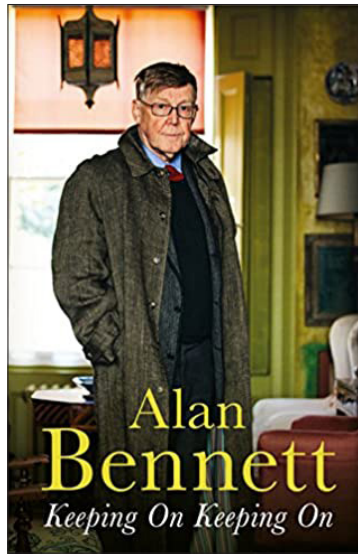
Rule: "never catch a prisoner's eye") and tries to find Free Parking and an Angel in Islington.

Moore, as with most of us, finds London fascinating, absorbing, tiring and infuriating but never dull. He is funny, knowledgeable and tackles the streets by their colour code, by day and night giving brief histories where relevant but also observing and listening to what is going on as he walks.

Moore defines Mayfair thus: "Except as a packet of cheap fags and a defunct pornographic monthly, Mayfair doesn't exist" but still we compete to put our little green houses on the lovely dark blue square and shout "Rent!" to our luckless opponent (From experience, this is the point to end the game, saves tantrums).

If lockdown made you long for London, or the mask refuseniks cause hesitancy in visiting now, try this very funny and informative armchair walk.

Note. Richmond libraries hold a copy of the book. It is also available on Amazon.



#### Keeping On Keeping On

by Alan Bennett

*Review by Mike Townsin*

I have a confession. I am an Alan Bennett groupie – one of his legions of fans who

wouldn't lend his books for fear of never getting them back! So this review of his 700 page memoir is more a eulogy than a book review.

In these diaries, like much of his work, he confirms his reputation as one of the sharpest and funniest observers of life – both the silly and serious aspects of it. They cover a decade of his erudite, witty, temperate (even when driven by anger) observations of the Arts, nature, current affairs, ordinary and extraordinary folk, politics, modern history, celebrity.

If this rumination, typical of Bennett, appeals to you then I think you would enjoy Keeping On Keeping On or any of his other work: "The majority of people perform well in a crisis and when the spotlight is on them; its on the Sunday afternoons of this life, when nobody is looking, that the spirit falters".

Buy the book: no, you can't borrow mine!

### Poetry Corner by Nigel Davis



This poem by Seamus Heaney (1939 – 2013) has a number of themes. There is the clear affection (and respect) for his father and grandfather and graphic description of their work. Then there is the quiet (and completely unpatronising) reflection that people have different attributes and that Heaney himself has “advanced” from being the grandson of a turf – cutter and son of a potato farmer to being a poet (who in fact later in life was to go on to win the Nobel prize for Literature). And then, too, there is the reflection the turf - cutting is not just hard graft but also, in skilled hands, is a craft. Correspondingly, poetry is not just a craft born of effortless inspiration – it too, in its own way, requires hard graft.

#### Digging by Seamus Heaney

Between my finger and my thumb  
The squat pen rests; snug as a gun.

Under my window, a clean rasping sound  
When the spade sinks into gravelly ground:  
My father, digging. I look down

Till his straining rump among the flowerbeds  
Bends low, comes up twenty years away  
Stooping in rhythm through potato drills  
Where he was digging.

The coarse boot nestled on the lug, the shaft  
Against the inside knee was levered firmly.  
He rooted out tall tops, buried the bright edge deep  
To scatter new potatoes that we picked,  
Loving their cool hardness in our hands.

By God, the old man could handle a spade.  
Just like his old man.

My grandfather cut more turf in a day  
Than any other man on Toner's bog.  
Once I carried him milk in a bottle  
Corked sloppily with paper. He straightened up  
To drink it, then fell to right away  
Nicking and slicing neatly, heaving sods  
Over his shoulder, going down and down  
For the good turf. Digging.

The cold smell of potato mould, the squelch and slap  
Of soggy peat, the curt cuts of an edge  
Through living roots awaken in my head.  
But I've no spade to follow men like them.

Between my finger and my thumb  
The squat pen rests.  
I'll dig with it.