

Welcome to your Almshouse News



## The Great Outdoors

Serge's Walk #5

Getting to know  
YOU

Stargazing &  
Sunrise

Health &  
Wellbeing

Crossword

Your Garden

Clubs &  
Activities

Competition

Poetry



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## Welcome to Our New Residents

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

**Aurea McFarlane**

**Jennifer Ruff**

**Alan Shirley**

### Credits

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

**Design & Photography:** Chantal Richards

## Letter from Peter Marr, Chair of Trustees



Dear Residents, Staff,  
Trustees and Friends  
of the Almshouses,

I am now well into  
my final year as the  
Chair of the Richmond

Charities and when I took on the role, I  
knew that one should be open to change  
and unexpected surprises; however, I  
could not have foreseen what we have  
had to contend with over the last twelve  
months or so.

On reflection, we can all be very proud  
of the way we have handled ourselves  
and that includes everyone associated  
with the charities. In one of our..

(> continued on page 3)

## Winner of the Competition

Thank you to everyone that submitted a  
competition form for a chance to win a  
£5 Marks and Spencer voucher. Picked  
at random, the winner this month is:

**Mary Bronks**

**Congratulations!**

Answers from last month's competition  
are on page 26. This month's  
competition is on page 27.

## Letter from Peter Marr, Chair of Trustees - ALMSHOUSE NEWS

Almshouse News editions in April 2020, I said that we would all have to buy in to Juliet's grand plan, if we were to successfully navigate our way through the pandemic and the evidence is there for all to see. To all intents and purposes we managed to keep Covid at bay and fulfil our duty of putting the care and safety of our residents as our top priority.

None of this would have been possible without the tireless work of Juliet and the staff. Whether it was working remotely, calling residents, knocking on doors, arranging shopping, caretaking the estates or administering our every move, each and every member of staff must be congratulated for their dedication to the charity.

I also want to highlight the work done by trustees. We have a very able Board with a wide skill set and it's only in situations like this that you realise the need for such diversity. Our Risk Management Committee helped Juliet through the first few months and made sure we were as prepared as we could be for any eventuality. The Welfare Committee spent many hours thinking about the residents and their ongoing needs. The Finance Committee analysed different scenarios that could potentially affect our short term liquidity and the Property Committee worked hard to find our new office, complete our newest estate, Wright's, and search for more opportunities to build our next estate and

increase the provision of independent almshouse living in the borough. And I must not forget the work done by the Communications Committee who have been responsible for the publication of the Almshouse News.

Now, we must look forward and bring back the 'community' to our wider organisation. Human interaction generates positive energy and with the vast majority of the population now vaccinated, it is time to start planning for various social events. Parties, clubs, gardening, exercise groups, coffee mornings or just a drink in the grounds are all to be encouraged and, most exciting of all, will be the re-opening of the Chapel after its recent refurbishment. As Stuart said in his presentation in March 2020, "the work will ensure that our chapel continues to be a comfortable, beautiful and sustainable building in which to meet with God and with friends in the 21st century."

Finally, though, I must thank the residents for displaying such fortitude during the last year. It's not been easy for you and you've maybe been more 'independent' than you would like but fear not, we are close to being able to celebrate together very soon.

With very best wishes.





### Save The Date!

.....



by Linda Prendergast

**Our Summer Party:  
Thursday 12 August, 1pm - 4pm  
The Lawn at Hickey's Almshouses**

What a hard year it's been for us all, but hopefully we have turned the corner allowing us to hold a summer party this year.

Come and enjoy fish and chips, live music and maybe even a boogie or two.



Why don't you "dust off your bell bottoms and throw on your love beads" and join us for a **1960s themed party**.

We have everything crossed that we can go ahead assuming that the rule of '30 outside' has been lifted by then.

Invitations will be arriving on your doorsteps very soon !

### Wright's Almshouses Guest Room

.....



by Linda Prendergast

The Richmond Charities is happy to announce that the guest room at Wright's Almshouses in Twickenham is now open and ready to take bookings.

As with our Hickey's and Michel's guest rooms, Wright's guest room can be booked by residents of any estate by contacting your Scheme Manager in the usual way.

The guest room is on the third floor of the building and is easily reached by lift. There is also an allocated car parking space on site for sole use by visitors using the guest room. Residents making the bookings will be given instructions on how to use the electronic door entry and car park entry system when the keys are handed over in readiness for their guest's arrival.





# Chapel Refurbishment



by **Stuart Lee**

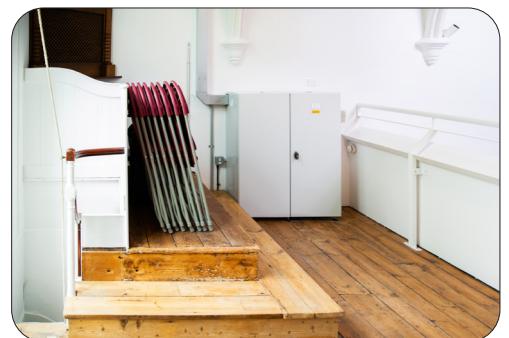
It was a great pleasure to gather back in the Chapel of St Francis on the 20th June for our first service 'back home' after the recent renovation work. The changes have been subtle, but significant, and we have respected the historic origins of the building while taking into account the way it is used in the present day.

You are most likely to notice the freshly cleaned and restored wall paintings, now reframed by the designer's original background colour choice which really helps them stand out. The colour also provides a gentle contrast for the newly-restored tiling in the sanctuary. Other significant changes have been the removal of the old, rather clunky, lighting system and the installation of a less obtrusive and more flexible system. This will enable us to create different 'moods' for the changing worship, study and social occasions we hold in the chapel.

Finally, the removal of the pipe organ and installation of a newer, more flexible, digital instrument (voiced to sound just like a pipe organ) has not only allowed more natural light in through the south window but should better support congregational singing and even the odd concert performance.

It is a great sadness that the 4th July Service of Celebration cannot go ahead but we hope to reschedule it for later in the year.

To have a space set aside for contemplation, worship, learning and community at the heart of our almshouses is a precious gift in these unpredictable times. It is hoped that the recent work will enable us to carry this gift proudly into the future.



# Friends & Neighbours - Data Protection



by Pat Platt

This first paragraph is for the interest of new residents.

When in 2004 it was requested by a resident that I organise some outings, a meeting for Hickey's Residents was held in the chapel. The idea was unanimously welcomed and that it was needed, so we agreed to call ourselves Hickey's Friends and Neighbours.

The following year 'The Wardens' (as scheme managers used to be called) of Church Estate, Houblon's and Benn's Walk asked me if we would consider affiliating the 3 almshouses and at our next meeting it was agreed to say 'yes'. By 2009 it was decided to include all the almshouses run by The Richmond Charities. We now include everyone and our new name is Friends and Neighbours.

Then Data Protection came to the fore which means it can't just be **'inclusive'** any more. But we have to do the right thing, so I had to send a letter to everyone including a Data Protection form, which I hope you have received by now. If not please let me or your scheme manager know and I will get one to you.

Please think hard about this and I urge you to sign it. If you don't, you can't be contacted about any events, outings, meetings etc. After all, we are part of a community.

Friends and Neighbours have some very nice events one of which is Macmillan Cancer Support Coffee Morning, when we have stalls and competitions. We usually raise well over £1,000 for them - and have a good time too!

This is our upcoming outing:

**30 July 2021: River & Rowing Museum, Henley**

To date, we have been to about 100 different places, we even went out between 'lockdowns'! I can assure you that getting together and going out gives us the opportunity to get to know one another and some friendships have been formed through Friends and Neighbours which makes it all worthwhile.

I will inform you when we are allowed to hold another general meeting. If you do decide to join us, you would be made very welcome and I sincerely hope to meet up with you very soon.

With a welcome hand of friendship,  
*Pat Platt.*

# Water Meters



by James Dorey

As residents will know, The Richmond Charities covers the cost of water bills for all residents. This is a gift from the charity to residents and there is no intention to change this.

Currently, almshouses at half of the almshouse estates already have individual water meters in place and at the other half the charity pays flat rate bills i.e., water rates where there are no checks on actual water usage. The latter is costly to the charity because the bills are calculated on a higher £ rate than if meters were installed.

I was asked by the Chief Executive last year to embark on a programme to get Thames Water to undertake surveys on all of our almshouses where there are no meters installed. This was delayed due to Covid but they have now completed their surveys.

We are now scheduling Thames Water to complete final meter installations into the remaining almshouse estates. Dates are yet to be agreed and your Scheme Managers will inform you when this is going to take place. There are one or two estates where the surveys have shown that it is not possible to install water meters. At these estates,

the water bills charged to the charity will be reduced by Thames Water to the lower 'Assessed Household Charge'.

Please rest assured that the charity will not be charging the water bills to residents, nor will the charity be monitoring water usage. The new meters are all smart meters which means Thames Water uses wireless technology to take readings remotely, thus removing the need for manual reads and estimated bills. Installing water meters is becoming common practice across the country and some water authorities are making it mandatory that water meters are installed.

## Temporary Closure of Richmond Library

Richmond Lending Library, London's oldest public library still in use, will close from Friday 11 June 2021 at 6.00pm until mid-September 2021 to complete major repair works to protect the Grade II listed building, which was damaged by an incendiary bomb during World War II.

Whilst works are underway, a pop-up library will open in the Richmond Library Annexe, operating 7 days a week and for the same hours as Richmond Lending Library. From Monday, users will be able to reserve books via the Click & Collect services and will also be able to browse selections of stock that will be moved from the Lending Library to the Annexe.



### Benefit Checks



by **Juliet Ames-Lewis**

The majority of our residents at The Richmond Charities receive Housing

Benefit to pay for the whole or part of their WMC. However, we do have a few 'self-funders' who may not have qualified in the past for Housing Benefit due to having slightly higher pension income and/or having savings just over the £16,000 threshold.

Recently, we have had a few 'self-funders' whose financial situation has changed – pension income can fluctuate and savings can dwindle – and they have applied successfully for Housing Benefit. This is financially advantageous - where residents have the whole or part of their WMC covered by Housing Benefit, they will be financially better off. We recommend therefore that 'self-funders' have a benefits check regularly. The Welfare Benefits team at Age UK are excellent and have helped many of our residents to make sure that they are receiving all the benefits to which they are entitled.

If you are not currently receiving Housing Benefit and think you might now be eligible, please contact me or Alison at Head Office and we can talk you through the process and put you in touch with Age UK.



### Don't Panic...!

To avoid that awful feeling of panic when you cannot find your credit or debit

card, or your bus pass, you may find it helpful to take a photocopy of these and of any other documents such as your passport or driving licence.

Some cards have a helpline telephone number on the back, which is not very helpful if you have lost the card!

If you do not have a photocopier, a relative or a fellow resident (or Scheme Manager) may oblige. If you have a computer, Google "What to Do if Your Credit Card is Lost or Stolen." Click on Totally Money. Scroll right down to see all possible hotline telephone numbers. You may also find it useful to photocopy any of those small keys such as open sideboards, bureaux, jewel boxes (perhaps!) etc. A locksmith may be able to provide a replica. It is hoped that you many find this useful and give you some reassurance!

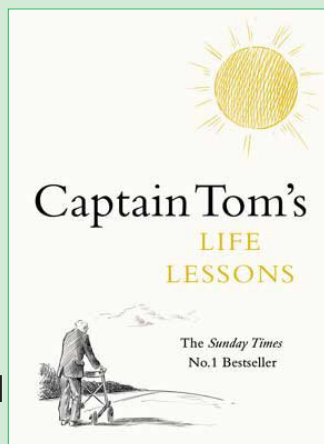
#### Four Ways to Keep Cool This Summer

- #1 - Sleep under a sheet and fill a hot water bottle with ice cubes and cold water. Placing it under your ankles will create an all-night cooling sensation.
- #2 - Keep the curtains closed during the day to avoid the sunlight warming the room.
- #3 - Make homemade popsicles from fruit juice or a mix of juice and water.
- #4 - Eat light cold meals and avoid alcohol and caffeine

### Recomended New Book

#### Life Lessons by Captain Tom Moore.

The perfect way to remember a remarkable human being who embodied hope and courage during the past troubled twelve months, this volume gathers together the wisdom accrued through a long and eventful life.



Available at Waterstones. Hardback £9.99.  
160 Pages / Published: 02/04/2021  
[www.waterstones.com/book/life-lessons/captain-tom-moore/9780241504017](http://www.waterstones.com/book/life-lessons/captain-tom-moore/9780241504017)

### Preventing Diabetes

by Jan Hamilton



I want to tell you about a free test you can do online, which may prevent diabetes. I found out about this by chance on social media.

Having been diagnosed as pre-diabetic a couple of years ago, this was of interest to me and so I took the brief questionnaire test and found that I met the criteria. I then applied and was accepted on the course. The course is run either online or on the phone once every fortnight for a short period of approximately 8 weeks and then once a month after that for a similar period.

### Healing Bare Feet



by Chantal Richards

Summer is the time to go barefoot and feel the air between your toes! But sometimes our poor feet take the toll with hard skin and dryness. Regular visits to the podiatrist are a must, but in between I have discovered foot masks! After just 20 minutes your feet receive intense hydration and remove ingrained dirt. They are amazing. Try them! Available at most chemists and supermarkets.



As we get older, we become more prone to developing diabetes with every passing year so if you don't meet the criteria, it's a good idea to repeat the test every year.

The Diabetes Prevention Programme is run by the NHS. A record number of people in the UK are living with Type 2 diabetes. The good news is if you're at risk of Type 2 diabetes there are lots of small changes you can make to prevent diabetes from developing in the first place. The first thing to do is find out if you are at risk.

TAKE THE TEST HERE:  
[www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)

# Water Board Saves Lives



by Dr Alex Hall

This may look somewhat like a *Sun* Newspaper headline. But it's not.

It's very true that the water companies, water boards and water charities combined have saved many more human lives than any number of doctors. But more of that later....

In these British islands we are extraordinarily fortunate that we have easy access to clean, unpolluted water at the turn of a tap. Having an adequate intake of it is absolutely essential to our health and wellbeing. Our bodies consist of about 60% of water.

The only way that we take water into our bodies is through our drink and food. We need to drink about 1,350ml liquid per day (about six mugs). Our food contains up to 800ml water (almost 3 mugs). So, in total, we need about 9 mugs of water per day (drink + food).

We lose most of our water in our urine and by sweating. More is lost through our lungs (in the form of water vapour) and in our solid waste. In hot weather we sweat a very great deal in order to regulate our body temperature. We may not notice this loss because the sweat evaporates as soon as it is produced and hence lowers our body temperature

(latent heat of vaporisation for the physicists amongst us).

It is of vital importance that we replace this water by drinking enough. As we get older we gradually become more susceptible to the effects of dehydration because our organ systems become less resilient. Dehydration causes dry mouth, lassitude, loss of body temperature control, generalised vague discomfort, loss of appetite, difficulty in concentrating, headache and sleepiness. Apologies for going on but is of incredible importance that we keep drinking enough, especially in hot weather.



So, have your cup of tea (or two!) in the morning and then fill up a large plastic bottle or a jug of water and put it by your chair. Flavour the water if you wish, but keep on sipping the water throughout the day. Don't worry if you have to pass more urine - it's far more important that you keep hydrated. Each year the newspapers publish the



### ..continued...

.....  
number of elderly people who die in the summer months; this is mainly because these poor souls fail to hydrate themselves adequately.

Back to the waterboard! When human beings first evolved on our planet some 300,000 - 200,000 years ago the only available drinking water was in streams, rivers, fresh water lakes and from the rain. All our ancestors had to drink was plain water until about 5,000 years ago when wine making was invented (they probably drank some plain grape juice too!). In the Middle Ages vast quantities of beer and ale were consumed, even by children. This was because ale had become safer than the water (boiling was involved in the process and that killed the pathogens).

As the global population increased, humans tended to gather in towns and cities. This led to the contamination of water supplies by human waste products and by pests. Enormous numbers of people died from contamination of the water by bugs such as the cholera vibrio. So let's raise a glass of water and say "Cheers! To Thames Water". Cheers!

### Getting to Know YOU

.....  
*A new regular feature. Getting to know your neighbours and community friends.*



**Vivienne Perkins at Hickey's.**

**What is your most valuable possession?** My late mother's watch, which I wear every day.

**In my fridge there is always....**Milk

**Would you rather have endless money or endless love?** Endless love

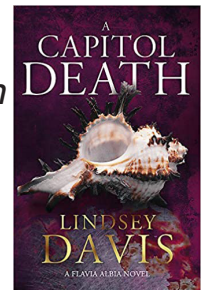
**If you could be a star in a movie – what movie would it be?** *The Tolkien Trilogy*

**What book do you currently have on the go?** *A Capitol Death*

**What words of wisdom would you pass to the younger generation?** Enjoy life

**What scares you most?** Snakes especially those who bite.

**What is your earliest memory?** A journey through the Suez Canal (age 4 years and 8 months); followed by as awful a November day when arriving in Liverpool. It was cold, wet and miserable.



## Chartering a New Life Course



by Dorothy Coe

**...allowing past endeavours to continue to help us move forward.**

On reflection, now in our retirement years, the limitations of our physicalities may cause frustration but with our heart's guidance and memorable spirit we can still gain meaningful experience from what we can do. We don't have to go back 'out there' but quiet reflection can show that the strengths gained can still be called on and applied regularly.

I hope that just the mention of 'The Great Outdoors' immediately breaks open your memory banks of life's great pleasures and personal adventures. What have we learned from these past endeavours? Firstly, just enjoy being outside! Simple as it sounds, we have no excuse for not sitting in our community gardens and enjoying the pleasure of absorbing the sunlight and fresh air. This can offer us a great sense of peace too, of tranquility, of being at one with nature, to just 'be' and build our inward serenity.

We don't have to climb a mountain or hike ten miles to enjoy the same feelings. As long as you just choose something you love and can do.

Further aspects are the feeling of exhilaration acquired on completing a set goal. Facing fears and new challenges which, strangely enough, added further motivation to succeed, but one just had to do it! Offering 'feel good' moments...

Outdoor pursuits often addressed the elements full on, whether it was starting to rain just when we're putting the tents up! Or coping with impossible terrain underfoot, or fitness levels, we pulled through these experiences, often discovering inner strengths that were never evident before. For me, sliding down an Alpine glacier and giving birth complement each other quite nicely!

By adjusting and adapting our decision making; finding bravery and courage to take risks, altering our mind-set to survive; but above all embracing the personal self confidence and self belief that outdoor adventures instilled in us, we can still move forward. YES, for example, we have all coped wonderfully well in these last months of lockdown.

I hope you can be inspired to 'Re-charter your Life Course'. Release the emptiness of lockdown, re-fuel your spirit and re-charge your batteries. Just see 'what speaks to you' and do it!

## Serge's Richmond Walk #5



This fifth SAUNTER starts at Candler Almshouses in Amyand Park Road, Twickenham. They are an easy walk from the bus stop on Richmond Road by York House or Twickenham Station.

They were built in 1936 to fulfil the bequest of William Candler, a local shopkeeper, who died in 1907. They consist of 10 one-bedroom almshouses and were refurbished over the past ten years.

*Start the walk at Candler Almshouses*







*Overgrown Cemetery*

This walk takes you down to the river, along to Marble Hill and then back past the Crown, along Richmond Road and back via Marble Hill Gardens and then an alley past Orleans Primary School.

Henry David Thoreau, the author of “Walking” and inventor of SAUNTERING, said that the protection of his “health and spirits” required “sauntering through the woods and over the hills and fields”. This walk takes you along the wooded towpath and through a splendid park.

This walk is about two miles and can take 45 minutes or, preferably, up to two hours...if you saunter or stop for a coffee at one of the restaurants on the route. Beware: the walk needs a bit of care because some of the roads are shared between pedestrians and traffic.

Turn right out of Candler's and then take the first left into Oak Lane. On the right is the **overgrown Oak Lane Cemetery**. Land for the cemetery was given by Queen Victoria in 1838 and the last burial was in 1955. It is now an overgrown haven for wildlife.



*York House*

Continue down Oak Lane and cross Richmond Road into the grounds of **York House**, the seat of the local council.

Take the first path on the left immediately after the wrought iron gate and follow the path beside the tennis courts. Turn left and then after a hundred yards or so turn right into Sion Road. Follow this down to the river, where you turn left.

Walk along **Riverside** passing the White Swan and admire the river on your right where you get a lovely view of **Eel Pie Island and Ham Lands**.





*Riverside, Eel Pie Island and Ham Lands*

Continue along the road past a barrier and a zig zag. On your left you will see Orleans House Gallery and on your right, Orleans Gardens, where you can walk along the river. This walk turns left through a pedestrian gate and you can have a good look at Orleans House Gallery with its dramatic **Octagon Room**.

If you need a rest there is a delightful “Stables Café” behind the main building. You can also have a look round one of the many interesting exhibitions organised by Richmond Council’s Art Department in the gallery.

Follow the road out of the gardens, which are overgrown and well worth a visit in themselves. Make your way down to the river (past another café!). Turn left and walk along the river passing the ferry to Ham on your right and Marble Hill on your left.



*The Octagon, external and internal*

It was built by Henrietta Howard, the mistress of George II when he was Prince of Wales. The house and grounds were intended as an Arcadian retreat from crowded 18th-century London. It is a small house with a grand interior.





*House and  
Wildflower  
Meadow*

Enter the grounds from the gate on the towpath and walk up to the right main house, which is currently closed for renovation. The park is very attractive and is also being refurbished. The café is open.

Walk north across the cricket pitch away from the house and head for the far left corner where you join the Richmond Road. Turn left and walk past the excellent Crown pub on the left at the end of Crown Road and then past Orleans Park School which is also on



*Entrance to the  
Alley to Amyand  
Park Road*

your left turning right into Marble Hill Gardens.

Walk along the road and, when you think I have led you into a cul de sac, look to your right and turn into an alley past Orleans Primary School. Follow the alley to the top and you turn left into Amyand Park Road. Just follow the road and, hey presto, you are back at Candler Almshouses.

I hope you enjoyed this SAUNTER.

### **HISTORICAL NOTE**

You may be wondering about the “Orleans” connection.

Louis Philippe Duc d’Orléans 1773 – 1850 went to live in exile after the French Revolution. In 1800, the Duc came with his two younger brothers to live in Twickenham. They lived here for seven years accompanied by a few followers. Eight years later, when Napoleon attempted a comeback in France, Louis Philippe with his wife and family, returned to Twickenham. They rented the house which then became known as Orleans House.

Today the only part of Orleans House which still stands is the public art gallery.

Louis Philipe became the last King of France in 1830. He visited Orleans House once as King in October 1844. He was deposed in 1848 and died in 1850.



# National Awareness Days

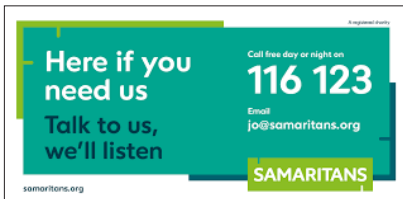
*Monthly round-up of awareness days.*



## National Picnic Week

22nd - 27th June 2021

This week celebrates all things picnic and encourages people to get outdoors, socialise and enjoy nice food. Why not celebrate by arranging a picnic in one of the beautiful green spaces we have at The Richmond Charities – all of our gardens make lovely picnic spots.



## Talk to us 2021

July 2021

Every year in July, local events are held to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night. More information available at: [www.samaritans.org](http://www.samaritans.org)



## Plastic Free

July 2021

Plastic Free July® is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. For more information on how to reduce your plastic consumption: [www.plasticfreejuly.org/](http://www.plasticfreejuly.org/)

## #GladtoCare Awareness

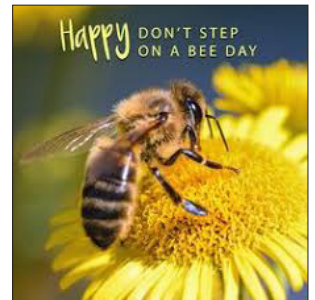
Week - 5th - 9th July 2021

#GladtoCare Awareness Week is a celebration of resilient care workers, following what has undeniably been a trying period for the industry. The aim is to show appreciation for the extraordinary contributions that carers make to the lives of recipients of care and reassuring families.

## Don't step on a Bee Day!

10th July 2021

Bees help to keep us all fed and watered! Without the tireless work of our little buzzing friends, over a third of everything we eat would disappear from our tables. What can you do? Don't step on a bee! (of course!); support your local beekeeper; keep sowing the seeds for continuous flowers.



## National Preserving Awareness Week

25th July – 1st August 2021

A week of events designed to get people preserving their own food. The Stay At Home Jam Festival will be an old-fashioned Festival run on-line, with competitions and events for all. Tips for making jam and preserving can be found here: [www.lovejars.co.uk](http://www.lovejars.co.uk)

# Friends & Neighbours at the Isabella Plantation



by  
**Eleanor Walker**  
On the 18th May, we travelled by coach to the Isabella Plant-

ation to see the lovely azalea and rhododendron flowers. We were all so excited and happy to finally get out. The kindness and the love we showed to each other was so wonderful. Our spirits were not dampened by the sudden change of the heavy rain! We then went to Pembroke Lodge for a tea break. We had ice-cream, cakes, tea and coffee. That was when the heavy rain and very loud thunder came. Pat said "I couldn't plan the rain" and we all had such a laugh.

All of us were so happy, the rain didn't spoil the happiness or the special experience we had on that wonderful afternoon. We would all like to thank Pat Platt for her efforts in considering our well-being. We all love Pat and thank her for all that she does for us at Friends & Neighbours. Until next time, all our love.



by **Ann Ellington**

This was my first trip with 'Friends & Neighbours' since I arrived in June 2020. So this was very exciting for me. We set off to Richmond Park and arrived at the Isabella Plantation and what a surprise. Suddenly you were transported into a world of long, tall, waving white grasses along a lake with ducks and ducklings scooting across the surface to try to catch a fly or two or tail up to look into the waters below.. The water looked like a glass mirror.

As we walked forward there was an avenue of colour that took your breath away. Rhododendrons of deep violet, light violet, white, blue, pale blue, all simply stunning. I have never seen such a display of marine colours mixed together displayed in such a breath-taking way. The yellow broom and purple heather was several feet high with as many colours of green foliage that you can imagine from ferns and the ancient trees all high in the sky. I took lots of photographs from the bank overlooking the sunken pool. Such striking colours reflecting on the pool, rather like a Monet painting. The pictures and the scent of it all I will treasure, always.

Please do recommend it to your family and friends as right now it is in full bloom. I look forward to seeing and meeting more of you, maybe on the river trip.

# Croquet on the Lawn at Church Estate



by Maureen Bliss

**Every Wednesday  
2pm - 4pm  
At: Church Estate**

I suggested starting croquet to Juliet over a year ago as it is a game any one of any age and ability can manage. Juliet kindly bought a croquet set and when the weather finally improved in June, we had our first croquet session.

These photos show our first game at Church Estate. But, it is a game of strategy and would need a lot of practice to understand it fully. However it is great fun and however good you are and appear to be winning, if played strategically, it is possible for what appears to be the losing couple, to actually win. There is very little skill in hitting the ball through the hoop, the skill is in the partnership.

On this occasion the weather was perfect and we finished up sitting under the arbour drinking juices and eating cake, well deserved by all.

We intend to play every Wednesday from 2pm to 4pm. Parking is free outside Church Estate for those of you who have to drive. Do come and join. Everyone is welcome and it is great fun!



## How To Walk Well Session

**Date: Tuesday 27 July**

**Time 2pm - 3pm**

**Where: Hickey's Lawn**

**With: Rosie Cooke**

**All welcome.**

Come and stretch your legs and pick up some top tips for maximum benefit. Increase your lung capacity and gain more energy. Please contact your scheme manager for more information and booking.



# Nordic Walking Club Review



by Mary Warner

I've never been a person who actually enjoys sport, especially when the weather's dodgy. I don't like being cold. I'm usually relieved when 'outside' is over and I'm back in the warm. Memories from way back still haunt me - the horrors of compulsory hockey practice at school. Chasing up and down a muddy pitch, freezing fingers, numb knees, biting gales, in pointless pursuit of a nasty, hard, dangerous little ball.

So it felt distinctly odd to me when, one chilly lunchtime in March, I found myself walking voluntarily across Hickey's lawn, to sign up for six introductory lessons in Nordic Walking.

Rosie, our friendly instructor, was great from the start, ever encouraging and cheerful, enthusing about the myriad health benefits. Thanks to her patience and humour I stuck with it and, slowly, even I managed to learn the basics - well enough at any rate to 'graduate' out of the confines of Hickey's and into the freedom and gorgeousness of Richmond Park in the springtime.



I could go on and on about the unlooked for and unexpected treats of those

first Park sessions, especially after so much lock-down. There were the deer, obviously. The ecstatic spring song of the birds. The sudden silences. The flash of a green woodpecker crossing our path inches in front of us. An aerobatic dogfight between a kestrel and a mobbing crow, high in a blue spring sky. A line of little trees, smothered in blossom the colour of squashed raspberries.

The distant dome of St Paul's, spied from King Henry's Mound, gleaming in soft sunshine. Dogs of all shapes and sizes, let loose in the ponds, plunging and splashing like lunatics.



I know you could see all of this using just your two legs and no poles. But - speaking only for myself of course - some of us aren't as mobile as we once were. Walking, sadly, is no longer effortless. And that's what for me has turned out to be the biggest and best advantage of the Nordic way. I've discovered that in many ways it's easier to walk with the poles than without them. I can actually feel them helping to balance and propel me forward. Poles attached, I can walk further than before, and faster, and this to me feels like a joy - a welcome and unexpected return to a forgotten sense of freedom.

### What is Nordic Walking?

**What is Nordic Walking?** A full-body method of walking, where you propel yourself along using a pair of long poles. It's cross-country skiing, basically, but without the skis or silly clothes.

**What does it promise?** Nordic walkers burn around 50% more calories than their regular-walking counterparts. It can be adapted to meet personal needs, especially beginners, to help with mobility problems.

### Don't feed the ducks!



..in Richmond Park (or the swans and the deer).

London's royal parks are urging visitors to stop feeding bread to ducks because it is causing overcrowding and bullying among birds.

The Help Nature Thrive campaign is highlighting how excessive feeding upsets fragile ecosystems, leading to large groups of aggressive gulls and crows that steal the eggs and chicks of other birds. Leftover food also attracts rats, and soggy bread and waterfowl faeces contaminate the water.

Sadly, no need to save the crusts for the ducks anymore.

## NEW REGULAR FEATURE

### Your Garden

We are looking each month to feature **one of your beautiful gardens**. If you have 'green fingers' or just a small patch of beautiful chosen blooms - Chantal

would love to come and photograph your garden. Let's capture the beauty of



summer while it's here and spread the love all year long.

As we all know, gardening is good for the mind and body, the bees and the birds. Even Squires



Garden Centre is focussing on that good feeling right now with their new poster!

**Please let your scheme manager know if you would be happy for Chantal to come and photograph your little oasis.**

*The flowers on the front page were photographed around Hickey's.*



# Star Gazing

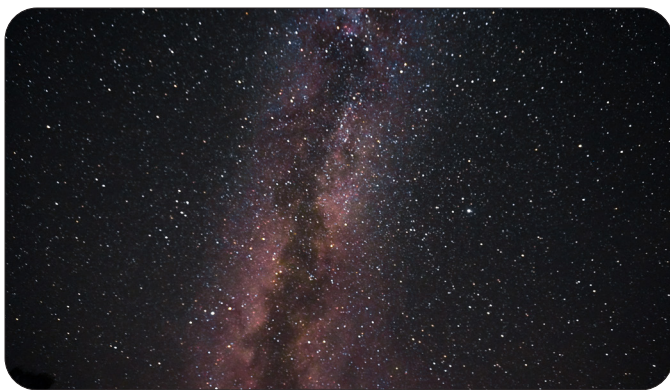
by Gennie Thompson



Marco and I spent some time in the North of Scotland last year and

we happened to see the most beautiful night sky whilst we were camping in Ferness, The Highlands. Fortunately for us, our very talented friend Ella managed to capture this beautiful sky and so I thought it might be nice to share these pictures with you!

For us, the novelty of having such beautiful skies in Richmond still hasn't worn off! We often step outside when the sky is dark to look out at the great expanse and find wonderful sights from Hickey's. If you haven't taken some time to appreciate the night sky recently, here are some incentives to do so. Alongside being a relaxing experience, star gazing has other holistic benefits for us to enjoy.



- Star gazing inspires awe – an emotional state that psychologists know is positive and healthy for us.

- When we contemplate what is the night sky, we may consider how we are part of a great and infinite whole.



- Star gazing also reconnects us with nature. Studies have proven that just 15 minutes spent in nature can lower our cortisol levels – helping us feel refreshed and less stressed.

- Looking for stars in the night sky is a concrete reminder from nature that even in times of darkness, light persists. The ever-changing blanket of stars and the moon reminds us that light can never be entirely extinguished.

- The night sky can be a source of inspiration and spark creativity – we can never see it all and will never see the same thing. Just looking at the night sky can play a role in quieting your thoughts and lets your creativity flow freely.



## Sunrise



by Chantal Richards

The invitation to the start of a new day is an extraordinary event.

Watching the sunrise gives a sense of gratitude and satisfaction. Mary Oliver (1935-2019) was an American poet whose work reflected a deep communion



with the natural world. Here is her poem about why she got up early each day to greet the sun.

(left, Mary Oliver)

### Why I Wake Early by Mary Oliver

Hello, sun in my face.

Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety—

best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching,  
to hold us in the great hands of light—

good morning, good morning, good  
morning.

Watch, now, how I start the day  
in happiness, in kindness.

## Rosewater Toner



by Debbie Flaherty

Bring the outside inside!  
Rosewater is lovely to  
use on your skin, morn-

ing and evening, as a toner. It keeps  
in a jar up to a month. And can be re-  
freshing if kept in the fridge.

### Ingredients:

Makes around 500ml

-A large handful of fresh rose petals  
(around a mug full)

-500ml water

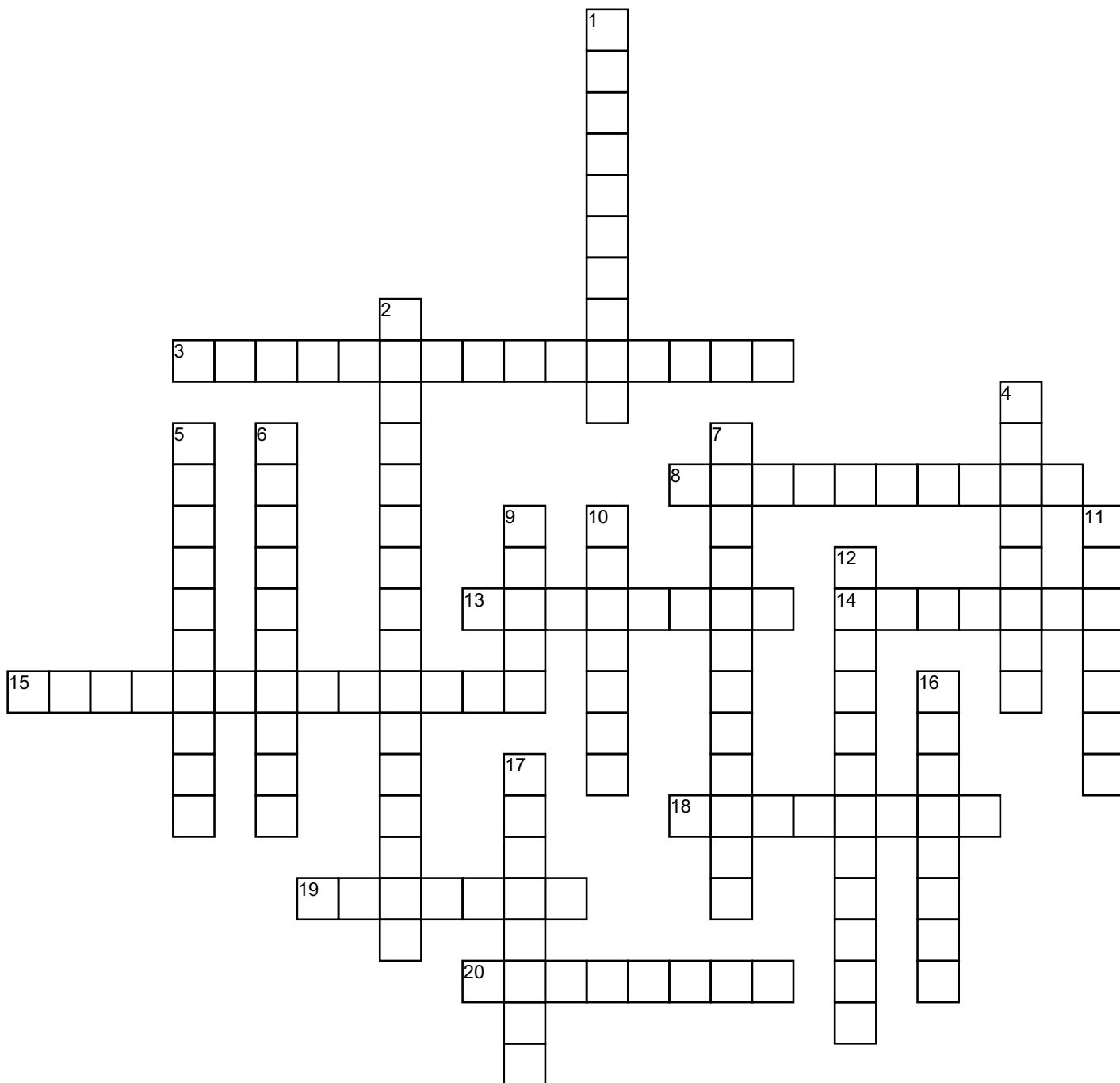
-250ml witch hazel (available at Boots)

### Method:

1. In a pan, bring rose petals and water to a gentle boil. Reduce to a low simmer for 45mins, poking the petals back down under the water.
2. Turn off the heat and allow the rosewater to cool down. This added steeping time increases the intensity of the rosewater so don't be in too much of a hurry.
3. When cool, strain the rosewater through a muslin cloth or coffee filter and discard the petals.
4. Combine equal quantities of rosewater and witch hazel in a jar and seal.
5. Enjoy



# The Crossword - The Great Outdoors



### Crossword Clues

#### Across

3. Large sculpture of a winged human form designed by Sir Antony Gormley, located in Gateshead, Tyne and Wear (5,2,3,5)

8. Alfred \_\_\_\_\_ (1907 - 1991) fell and hill walker, author of walking guides to the Lake District. (10)

13. Tallest mountain in Scotland (3,5)

14. Largest UK land mammal (3,4)

15. Charity looking after many British buildings and landscapes (8,5)

18. The Giant's \_\_\_\_\_, a Northern Ireland geological landmark of basalt columns (6,8)

19. Wiltshire neolithic henge monument containing three stone circles (7)

20. Essex seaside town with the UK's longest pleasure pier (8)

#### Down

1. Chalk hill range from Farnham in Surrey to the White Cliffs of Dover in Kent (5,5)

2. Large vehicle used by farmers for harvesting (7,9)

4. Famous Cumbrian huntsman (1776-1864) and subject of a song (4,4)

5. Mountain range in Scotland and part of the UK's biggest national park of the same name (10)

6. Presenter of BBC's *Countryfile* (4,6)

7. Defensive structure built by a Roman Emperor, sometimes considered to be the border between England and Scotland (7,4)

9. Britain's third longest river, passing through Stoke and Nottingham (5)

10. Sir Ben \_\_\_\_\_ (born 1977), most successful British Olympic sailor winning gold medals at four successive games (7)

11. Vehicle in which holidays can be taken (7)

12. Sport requiring navigational skills using a map and compass to navigate at speed from point to point (12).

16. The \_\_\_\_\_ Coast stretches from Exmouth in East Devon to Studland Bay in Dorset and noted for its outstanding rocks, fossils and landforms (8).

17. Large forest in the English midlands, said to be the hideout of Robin Hood (9)



## Noticeboard

### Request from the Editor:

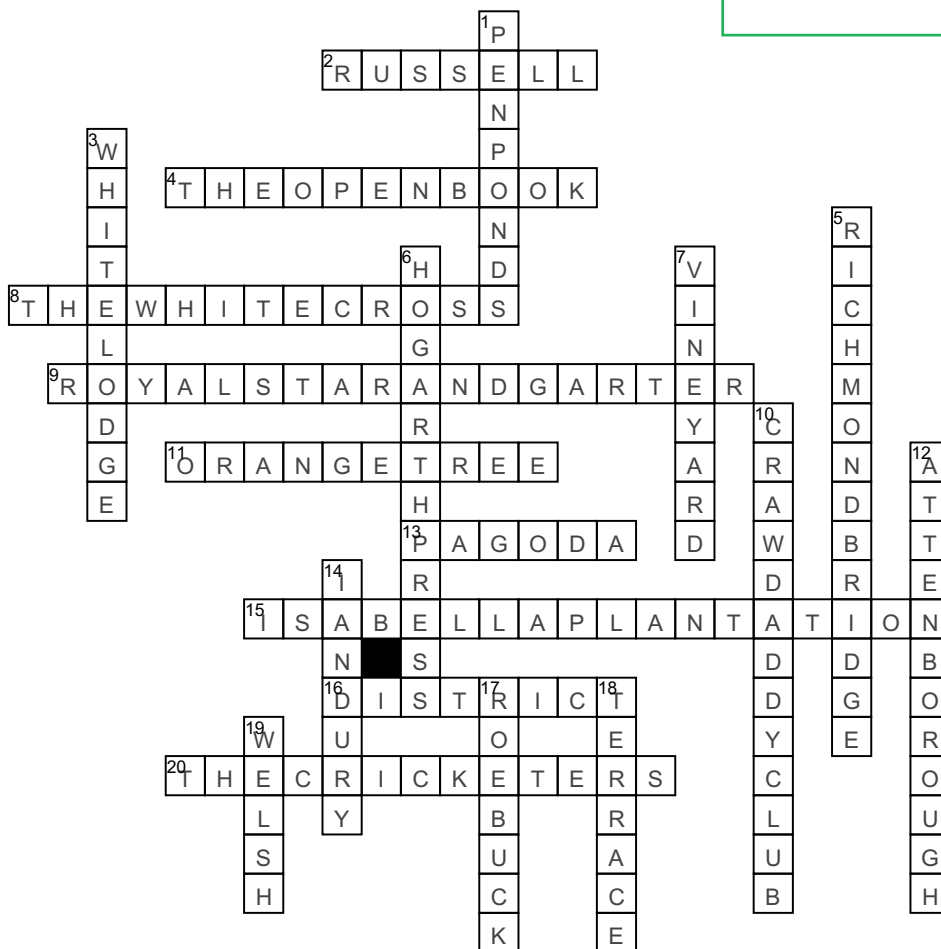
We are looking for residents that would like to share their stories, thoughts or photos on this upcoming feature:

## All Things Summer!

Deadline is **Monday 19 July 2021**

Please talk to or email your scheme manager.

**Answers: Last month's crossword:  
June 2021 Issue**



## Brand New Shopper

Free to good home.

If anyone is interested, please contact Linda on the Vineyard office number: 020 8332 2839.



### Answers: The Queen Competition. June issue:

1. 2012
2. 1967
3. 1960
4. 1945
5. 1947
6. 1929
7. 2021
8. 2006
9. 1980

# UK Cities, Towns & Places Competition

Can you guess the name of the town or city from the clue? Submit your answers on the blue form for a chance to win M&S Vouchers!

1. Not an ancient fortress
2. Precious metal and a large pebble
3. A large trunk and a hesitation
4. British currency in Scotland
5. Entrances and somewhere to hang your hat
6. Timber and what the shopkeeper has
7. Opposite to West died
8. Citrus fruit for royalty
9. Checks the weight of lorries
10. You shuffle, I'll
11. Men marched from here
12. Gorge on cheese
13. Degree of slope to the briny
14. Send a greeting? Maybe! .
15. Roman X sands near
16. For a packed lunch
17. Harvey's cream
18. Is it also the sea's beginning?
19. .... or shower if you prefer
20. Finished with horses' house
21. Seven grown up acorns
22. Remains of a fire and a river crossing
23. Royal bird is how old?
24. Some are hard to remove, red wine
25. Used to stop a bottle
26. Mr in Jane Eyre
27. Silent chips
28. We move the 'O' from Oxford
29. Swift forest
30. Flat liquorice cakes

Your Name \_\_\_\_\_



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### Poetry Corner by Nigel Davis



Unlike a scientist, I have, through ignorance and ineptitude, absolutely no idea of how a jet engine works; any more than I have any idea of how fireworks work.

But some things are not just unknown because of ignorance but are unknowable. A macho man, for instance, may be convinced that his ideal woman is a beautiful, statuesque blond with an impressive bosom; and then falls head over heels in love with a tiny, dark-haired, flat chested girl with a Parisian bob of a hairstyle. A swallow returns thousands of miles each year from Africa to nest in the same outbuilding in the Borders of Scotland. And so on.

This fine poem by WH Auden addresses these inexplicable aspects of life. Auden, though generally considered a “modern” poet, was in fact wary of intellectualised poetry and also of what is politely called “free verse”. He

was a complete poetic craftsman. This poem is in a very traditional form called a villanelle: five verses of three lines with a final verse of four lines, and with a stylised rhyming refrain. This also is, deliberately, an enigmatic poem (clowns? lions?) and almost an unsettling poem. But, I suggest, once read it is not a poem which it is easy to remove from one’s mind.

#### **But I Can’t** by WH Auden

Time will say nothing but I told you so,  
Time only knows the price we have to pay;  
If I could tell you I would let you know.

If we should weep when clowns put on their show,  
If we should stumble when musicians play,  
Time will say nothing but I told you so.

There are no fortunes to be told, although,  
Because I love you more than I can say,  
If I could tell you I would let you know.

The winds must come from somewhere when they blow,  
There must be reasons why the leaves decay;  
Time will say nothing but I told you so.

Perhaps the roses really want to grow,  
The vision seriously intends to stay;  
If I could tell you I would let you know.

Suppose all the lions get up and go,  
And all the brooks and soldiers run away;  
Will Time say nothing but I told you so?  
If I could tell you I would let you know.