

Welcome to your Almshouse News



Richmond Issue

Richmonds of
the World

What I Love
About Richmond

The Queen Quiz

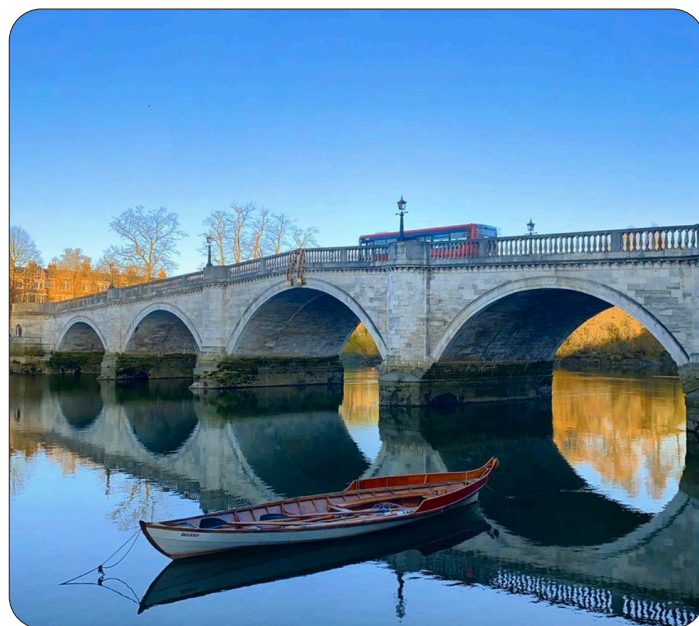
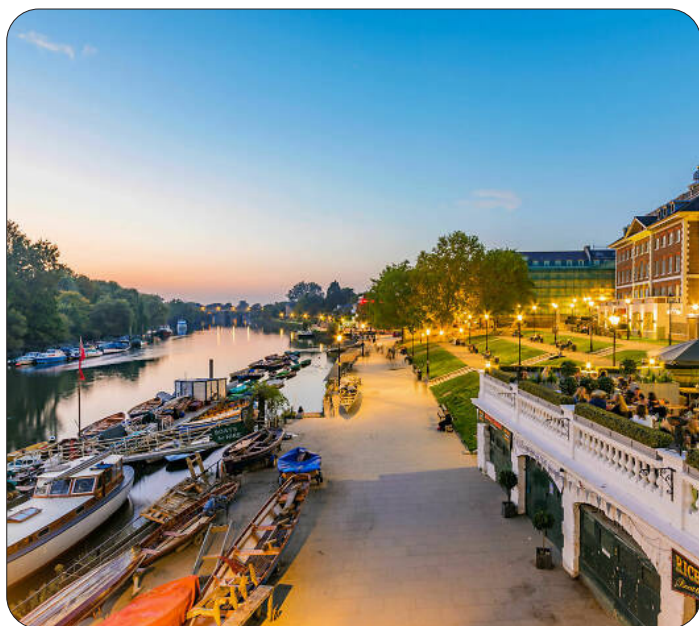
Serge's Walk

Poetry

My Favourite
Song

Crossword

Health &
Wellbeing



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Thought for the Day

**Some old
fashioned things
like fresh air and
sunshine are hard
to beat**

-Laura Ingalls Wilder

Welcome to Our New Residents

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

Gurdip Lota
Jane Whitmore

Credits

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

Letter from Mike Townsin - Trustee



by Mike Townsin

a short foreword to our June issue of the magazine.

Our main theme this month is 'Richmond' because summer is here (well almost!) and we are blessed to live in a borough with many beautiful open spaces, things to see, places to go, and both mornings and evenings are long, lighter and inviting.

But there's a particular reason this issue is special. The Japanese have a word for 'continuous improvement' which is *kaisan*, and *kaisan* is the reason we are inviting you to complete the enclosed questionnaire to find out what you think is useful or enjoyable about the magazine, or maybe not so much!

So please fill it in: your views are important to Juliet, the editor, and her team, and it will only take a few minutes to complete.

On the subject of Richmond another of our Trustees, Serge Lourie, has provided us with a tour of 'Richmonds' from around the world; he has also continued his 'saunter' around the borough in a

pull-out to keep for the summer months if you can't join him on 22nd June.

Richmond Park is our 2500 acres patch of countryside, so it was a bit of shock when it was recently announced that us dog walkers would have to keep our hounds on a lead for the next three months! But the reason, of course, is to protect the 650 or so deer during the deer birthing season, and to protect dogs from deer who can be unpredictable at this particular time; so a sensible move on the part of The Royal Parks management. You will see later in this issue similar consideration has been shown to Mr and Mrs Toad.

Other 'summery' things include gardening, sowing seeds, local events, flower power and poems.

And, in particular, we continue to talk about Health and Wellbeing, a subject that is on everyone's mind, particularly until COVID restrictions are completely lifted.

That's it from me. Enjoy the summer!

Mike

New Benches and Flower Beds

.....



New flower bed at Candler



New benches at Hickey's



Aidan and Sue enjoying a sunny day at Houblon's

Mobile Hairdresser



If you would prefer to have your haircut in the comfort of your own home, we have a recommendation for you.

“Hello, I’m

Claudia, I’m 20 years old and a mobile hairdresser in Richmond and surrounding areas. I specialise in cutting, colouring, blowdrying and styling women’s hair and I also cut men’s hair too!

I provide all things hair to my clients in the comfort of their own homes. From colour to blowdries, cuts to styling and setting for a special occasion, I strive to give all my clients amazing hair without them having to leave their front door!

I have worked in a salon for the last 5 years and I am now going it alone, setting up my own business as a mobile hairdresser and would love to build my clientele across Richmond.”

Men’s Cut: £20

Women Cut & Blow Dry: £35

To contact Claudia please call:
07432 524922

The Date Has Changed. Guided Walk by Serge



Upcoming Event:

Guided Walk/ Saunter

led by Serge Lourie

Date: Tuesday 22 June

Time: 10.30am

MEET AT HICKEY’S

Please note that the date for Serge’s Walk IS NOW ON **Tuesday 22 June**, and not Thursday 10 June as previously advertised.

The walk is Saunter One - you may remember it from the January Two edition that starts at Hickey’s for a walk that is about 2 miles long.

The Walk on Tuesday 22 June is provided in this issue as a pull out on pages 13-16. Please register your interest with your Scheme Manager.

Message from the Editor:

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

**The Great Outdoors:
Gardening, Parks & Picnics**

Deadline is **Monday 14 June 2021**

Please talk to or email
your scheme manager.

National Awareness Days



by **Gennie Thompson**

Monthly round-up of awareness days.

Pride

1st – 30th June



Every year, during the month of June, the LGBT+ (Lesbian, Gay, Bisexual, or Transgender)

community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognising the influence LGBT+ people have had around the world. Why was June chosen? Because it is when the Stonewall Riots took place, way back in 1969.

Pride month is an opportunity to peacefully protest and raise political awareness of current issues facing the community. Parades are a prominent feature of Pride month, alongside many other events. Due to Covid, Pride London takes place this year on 11 September.

Pride Month is so important because it marks the start of huge change within the LGBT+ community, as well as the wider societal implications. Although attitudes

and injustice still remain, we have come a long way since the riots of 1969 and it remains important to continue to raise awareness, improve the attitudes of society and encourage inclusiveness.

National Volunteers Week

1st – 7th June



It is a week in which the UK celebrates volunteers and says thank you to them for the

contribution that they make. The week also raises awareness about the benefits of becoming a volunteer and the diverse volunteering roles that are available. In our local area we have lots of fantastic resources manned by hard working and wonderful volunteers, Richmond Good Neighbours, RUILS and AGE UK to name but a few... Cheers to that!

For more information on the above charities:

RUILS: www.ruils.co.uk

Age UK: www.ageuk.org.uk/richmonduponthames/

Richmond Good Neighbours: www.richmondgoodneighbours.org.uk

National Fish and Chip Day

4th June



This event is championed by trade organisation The National Edible Oil Distributors Association (NEODA) who represent all the major refiners, key packers and distributors of edible oils as well as suppliers of non-oil products (such as batter mix, sausages, packaging, range manufacturers and potato preservatives) in the UK. A perfect excuse to enjoy the nation's favourite meal!

A wonderful local fish and chip shop in Richmond that you might like!

Quality Fish Restaurant

11 King St, Richmond TW9 1ND
(just near Richmond Green, opposite the old House of Fraser)

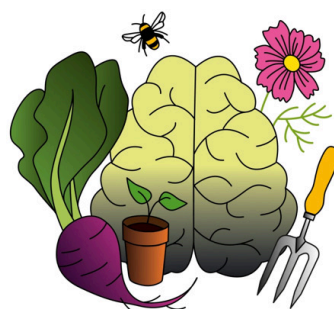
Telephone: 020 8948 4171

Open 12 - 8 every day;
12 - 9 on Saturday and Sunday.

A great place to go for delicious fish and chips, this restaurant is like an old fashioned diner with booths. There is waitress service and they also serve alcohol! Eat in or takeaway (also on the Just Eat app).

National Growing for Wellbeing Week

7th – 13th June



NATIONAL
GROWING FOR
WELLBEING WEEK

7th – 13th June 2021

Set up by Life at No.27, the week is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.

Approximately 1 in 4 people in the UK will experience mental ill health each year. There is strong evidence highlighting the health benefits of gardening and GYO in particular, including improved confidence, communication, concentration and ultimately self-belief.

Gardening improves mental health, enables better physical health, provides an opportunity to connect with others, acquire new skills and enjoy the great outdoors.

After all, It's not what you grow, it's how YOU grow.

For more information on the website:
www.lifeatno27.com/national-growing-for-wellbeing-week/

Four Things to Improve Your Health



by Gennie Thompson

Focus on deep breathing

Ensuring we take proper breaths has a significant positive impact on our mental and physical wellbeing. Normal breathing tends to be shallow, not making full use of the lungs' capacity. You may be familiar with deep or diaphragmatic breathing, which refers to correct use of the diaphragm (the most efficient muscle for breathing) whilst breathing. Regular practice of deep breathing techniques strengthens the entire body's healing system by calming the nervous system, decreasing stress, increasing energy, stimulating the body's detoxing and digestive systems, increasing immunity, energy and lowering blood pressure. Below is a deep breathing technique you could try if you wish. I would recommend starting with a few minutes each morning and evening and adding to this time if you choose and feel benefit.

Diaphragmatic breathing – lie on your back, place one hand flat on your belly button and the other hand flat above it. Concentrate on taking deep, slow breaths through your nose, using your stomach/ diaphragm to pull the breath in. Look down to see the hand on your belly button lift first, if this is the

case you are correctly practising this exercise.

Move More

The benefits of getting enough physical exercise are vast. It improves circulation, making the heart a more efficient pump and maintaining the elasticity of arteries. It tones our respiratory system, it promotes movement throughout our digestive system, it stimulates the release of endorphins, in turn improving mood, it regulates our metabolism and the body's economy of energy and improves the body's ability to relax and sleep soundly, to name a few.

Physical exercise can be whatever feels right and is comfortable to you. If your preference is to be sitting, trying lifting different areas of your body and reaching or stretching more than you usually would will help (my favourite chair-based stretches are included). Walking, which in many people's opinions is the most healthy form of exercise, uses not only the entire body but also the brain, as it requires functional integration of both sensory and motor experience. The electrical activity produced in the brain when walking has a harmonising influence on the entire nervous system, beneficial for overall health and wellbeing.

These three mainly chair-based exercises are what I find the most effective in terms of helping with all back pain, reducing symptoms of bloating, indigestion and improving digestive function so I thought you may like to try them. Please use a supported and non-slip chair to practise these.

•**Knees to chest:** when lying down flat in bed pull your knees to your chest as much as you can and hold them with your hands in a position that is comfortable, try wiggling your knees or gently rocking from side to side and hold for as long as is comfortable.

•**Body twists:** sit up straight in a chair and bring your hands together in front of your body slowly. Whilst remaining in a straight sitting position twist your head and body to the left side, breathe deeply and hold for around 10 seconds, return to centre and alternate.

•**Seated cat/ cow:** whilst seated in an upright and comfortable position, raise your shoulders up and arch your back – sort of push backwards so you can feel a stretch and hold for 3 – 5 seconds.

Then come back to centre position, push your shoulder blades back, chest outwards and chin towards the ceiling, hold for 3 – 5 seconds and come back to centre.

Improve Your Diet

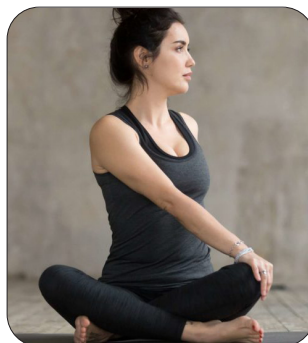
Changes to your diet can be small and staggered, such as ensuring you drink enough water, reading nutritional labels or simply being mindful about what and when you eat. Other things to consider are reducing the amount of processed, salty and sugary foods you eat, ensuring you get enough fibre, good fats, eat enough fruit, vegetables and complex carbohydrates (ie legumes, beans and wholegrains) and overall enjoy a healthy and balanced diet. AGE UK provide detailed information about dietary advice and recommendations.

Improve Your Sleep Quality

Sleep is the body's main time to repair, restore and heal, whilst keeping your immune system strong so working on this can play a major role in promoting overall good health and effective healing.



Knees to chest



Seated body twist



Seated Cat / Cow

Flowers in my Window - A Sensory Beacon



by Dorothy Coe

Sharing her healthy habits during the pandemic, Dorothy hopes

to inspire others with her continued motivation.

To enhance my mental health every week I find constant delight in choosing 'flowers for my window.' I select them carefully, not only for their lovely colours but for the comfort, joy and pleasure they will bring. Flowers, for me, offer a sensory beacon for life and hope, of happiness and are often full of memories.

As the week passes this beacon shines, and often offers time for reflective thoughts. I like to take time to question this new growth; is there a new fragrance? Are the colours right for me this week? Do they lift or dampen my spirits?



These thoughts are stimulated from one of my favourite creative dance

teaching lessons with a class of ten 5-6 year olds. I was working on sensory exploration to develop language



skills. I gave each child a pink tulip magnolia flower and together, through dance movement, the children explored how this flower enhanced their senses. I played a xylophone and left the children to their discovery. The delicacy of colour, the satin texture of the petals, the composition of the flower fascinated them. The children danced lightly with the complete flower, on their toes! They stroked their faces, arms and legs with the petals, they passed them to each other, they smelt them and then carefully, watching each other, they took each flower apart and placed all the petals in the centre of the room and sat down in a circle around them, creating a shape of the flower. Their facial expressions were unbelievable. There was not a dry eye in the room from the teachers watching the children focus, through this new perspective, on nature's wonder. After a calm pause the children then all burst into vocalising

their favourite part and new language erupted from their excitement. Really quite magical.

I share this lesson as an illustration of what it can be like to look through the eyes of the children, and find meaningful heightened sensory perception to give us strength. As we get older, we tend to become more sensitive, as little things upset or delight us, so to find a calm sensory beacon is, I believe, important for our mental strength. We have time to smell the roses now, and realise that flowers often indicate what we cannot sometimes find words for, but the sensory source of wonder and comfort is there, if you look for it.....in the window !

Sowing Seeds - For Summer Happiness



by Chantal Richards

This week I visited the quite charming Chelsea Physic Garden on the riverside near Albert Bridge. Established in 1673, the garden was established by the Apothecaries in order to grow medicinal plants. Truly worth a visit (www.chelseaphysicgarden.co.uk). There is nothing quite like a garden visit to inspire your own horticultural skills. I purchased seeds for a wildflower patch

- which are easily sown with 1-part seed and 5-parts sand straight onto the soil. Not only are they low maintenance but they are good for the bees too! Seeds available from www.pictorialmeadows.co.uk



Returning to my own magic of solitude, my seed trays are currently pushing up lettuce, carrots, sunflowers, cosmos, gloriosa daisies, briza, zinnia and strawflowers. Watching them grow each day brings so much happiness. I can't wait to get them planted outside.



If you are inspired to get planting flowers for your garden - or windowsill, the garden centres are very low on the stock of seed trays as gardening is super popular at the moment - so try ordering via Amazon (www.amazon.co.uk/Seed-Trays/s?k=Seed+Trays) for an easier option.

Let's get busy creating flowers for our windowsills, for pretty gardens, happy bees and positive mental health!

Toads In Ham Woods

If you are familiar with the Ham Gate entrance to Richmond Park, you may have seen this sign.

During the end of March, each year, a 400-metre length of Church Road in Ham is subject to a road traffic order and is closed to all traffic. This is to allow toads to cross the road and get to their annual breeding grounds.

The toads move from Ham Woods and across the carriageway during their annual migration from hibernation to their breeding areas. The toads mate in the same ponds they were born in, following the same migratory route every year.

The road closure is intended to allow the toads to cross the carriageway unharmed and to eliminate the risk of accidents if drivers were to be distracted by the presence of these creatures in their path. Not to mention, avoiding the squelching sound if any are hit.

To keep an eye on things, local volunteers maintain a “toad patrol” during the migration period to make sure the toads get across safely, and that people don’t decide that the road closure affects everyone except them.



Photograph by Mike Townsin

The volunteers also work to save the toads from falling into drains, which is a main cause of toad death when the road is closed.

A study by Froglife and partners from The University of Zurich in Switzerland found that on average common toads have declined by 68 percent over the last 30 years in the UK.

The road closure has been in operation since 2010, following reports from local residents that toads were being killed during their annual migration.

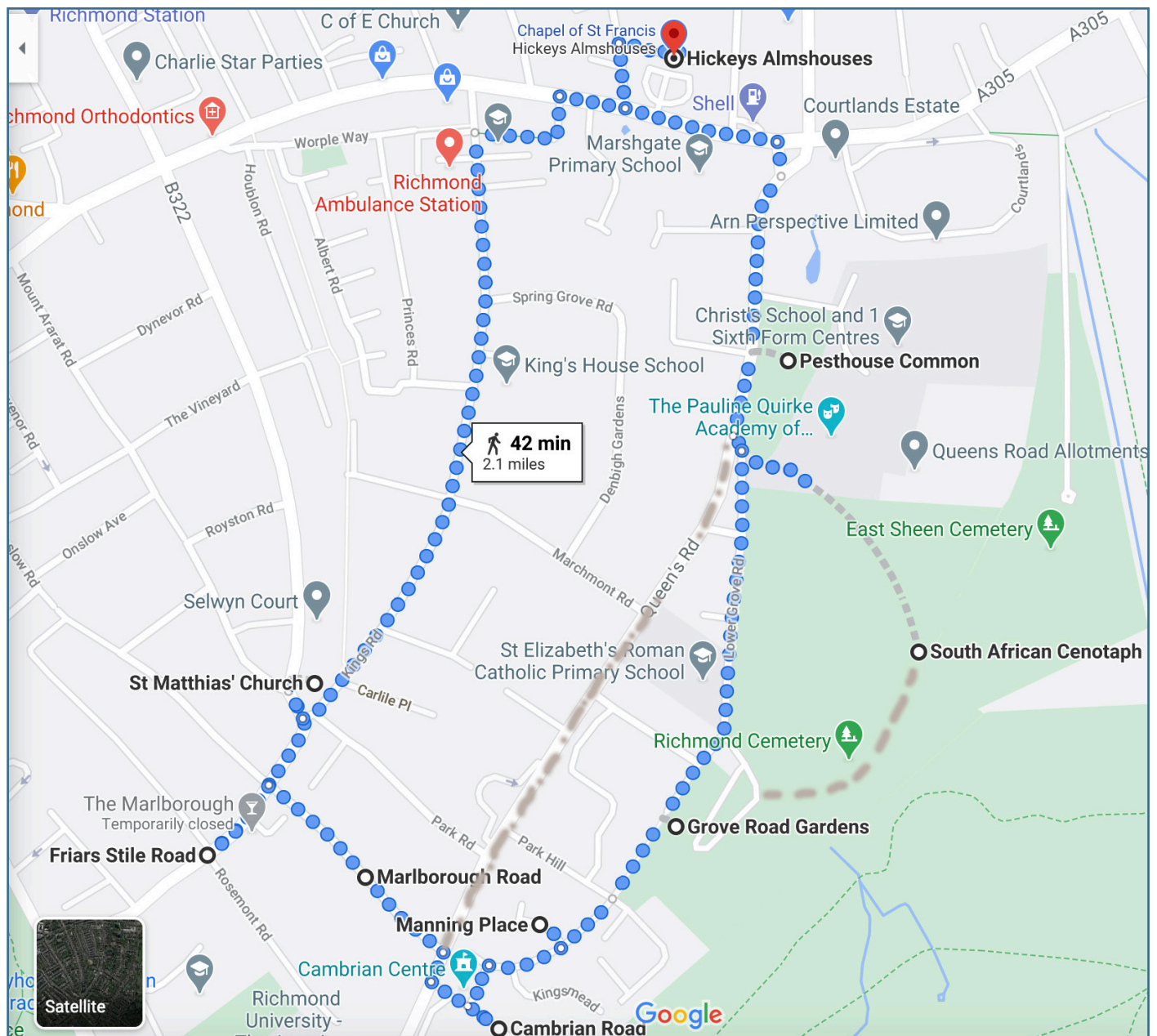
Source: <https://www.ianvisits.co.uk/blog/2021/03/02/mating-toads-closes-road-in-ham-richmond/>

Serge's Richmond Walk #1 for Tuesday 22 June

Turn left out of Hickey's and walk down to the lights, crossing Manor Road and then Sheen Road to walk up hill on the west side of Queen's Road.

You soon reach what is left of

Pesthouse Common with Christ's School behind it. This is a pocket park, but when it was handed over to Richmond Vestry by Act of 1785, it was much bigger going up Queen's Road to the Richmond Gate.





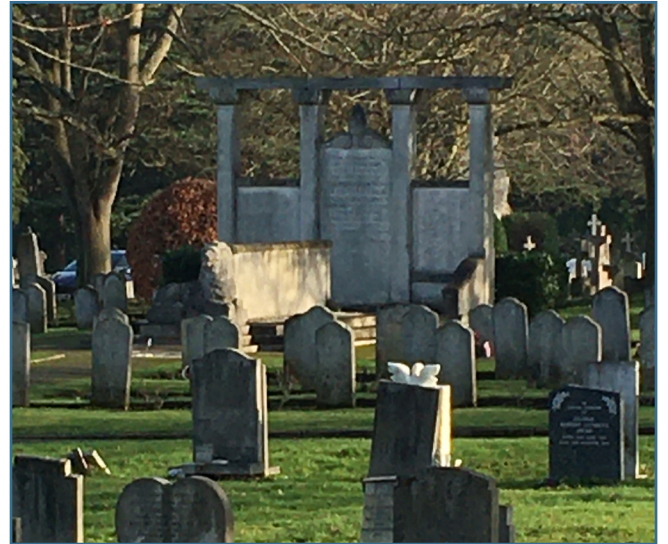
Pesthouse Common

Typically, the pest house was a building where people with contagious diseases could be quarantined. The land was used to build a workhouse and for Richmond cemetery. The rest was handed over for the relief of poverty to what became Richmond Parish Lands Charity.

Passing the school, take the left fork up Lower Grove Road and you soon reach the entrance to Richmond Cemetery on your left. It is now merged with Sheen Cemetery. Many famous people are buried here including many with military connections most notably five people with VCs of whom three were generals.

Walk straight up the hill. After you crest the top, at the second main

crossroads, look to the left at an angle of 45 degrees and you will see the Bromhead Memorial, a large monument for deceased ex-servicemen from the Star and Garter Home, formerly at the top of Richmond Hill, who are not commemorated elsewhere.



Bromhead Memorial

You should now turn right and you will soon come upon the important South African Memorial, surrounded by war graves commemorating 39 soldiers who died at the South African Hospital which operated in Richmond Park during, and immediately after, the First World War. The cenotaph was designed by Sir Edwin Lutyens and is based on the Cenotaph on Whitehall, albeit much smaller.

There is also a Cross of Sacrifice designed by the noted architect Sir Reginald Blomfield, whose great

nephew, David Blomfield, former Kew councillor (and a good friend of mine) is buried nearby. Just to keep it in the family, Reginald's uncle, Sir Arthur, designed the Anglican chapel in the cemetery!



Lutyen's Memorial and Cross of Sacrifice

Keep straight on, out of the gate, across a small lane and in another. After a few metres, at 45 degrees to the left, along a small path, on the right is the taxi memorial to Leonard Victor Manning, a taxi driver, who was clearly the life and soul of the party.

After you have admired his grave turn right and continue round the perimeter next to Richmond Park bearing right at the top. To your left is a wooded area. This is a wild part of the cemetery, very overgrown with some magnificent trees...but maybe not for this visit.



Leonard Victor Manning's Grave

Go straight on and exit the cemetery and turn left. Continue up the hill through Grove Road Gardens and on your left you will see the old workhouse, disguised as a luxury housing development called King George Square.

Continue towards the top of the hill and on your right you will see Manning Place, where Richmond Charities has created the first new almshouse for many years.

Finally you reach the end of the walk, Cambrian Road. Turn right and you reach Queen's Road, which you can walk down to get back to Hickey's (grey dotted line).

ALMSHOUSE NEWS - **PULLOUT** - Serge's Walk for 22 June



Old Workhouse

If you want a coffee (once lock down is over) you can cross Queen's Road on the zebra crossing, and walk along Marlborough Road to the coffee shop in Friars Style Road...and then back to Hickey's along King's Road. You go past St Matthias Church which was designed by George Gilbert Scott, built in 1857, and is described by Nikolaus Pevsner as the "Grandest Church in Richmond". It is now part of the Richmond Team Ministry.



Manning Place

...and if you want a walk in the Park, turn left in Cambrian Road, enter the park at the end of the road, and turn left to walk along the perimeter of the park or the Tamsin Trail to Bog Gate, and then back via Sheen Common Wood and turn left when you reach Sheen Road.

This walk will be run in conjunction with The Avenue Club on Tuesday 22 June. Please see the News section for further details.

If you would like to get in touch with Serge, please email him:
serge_lourie@yahoo.co.uk.



St Matthias Church

What I Love About Richmond



by Heather Keeler

What I love about Richmond is that it never changes. Commercial

businesses come and go but the overall beauty of it remains.

The view from Richmond Hill overlooking the river still enchants. Richmond Green is always a pleasure to walk across, framed by the beautiful Georgian houses. It never fails to impress. And what would the dog lovers do without the park!

No wonder, the writer Virginia Woolf and playwright William Shakespeare confessed to falling a little bit in love with Richmond.



Above: Georgian houses on Richmond Green, Above Right: Richmond Green, Bottom Right: The View from Richmond Hill

If one is fortunate enough to reside at Hickey's, what have we got: at the most a fifteen minute walk to the town centre, convenient shops along the way (a pharmacy, a post office and hairdressers). And on our return home, what do we see: manicured lawns and beautiful blooms. So pretty. So peaceful.

Hopefully we can now look forward to some get togethers and organised events and the sun!



Richmonds of the World



by Serge Lourie

Serge Lourie is a Trustee of Richmond Charities. He has visited Richmonds in Yorkshire, Virginia and New South Wales. He is a former Leader of Richmond upon Thames Council.

There are a lot of Richmonds in the world. Estimates vary, but the “Richmonds of the World” website has found 119 places called Richmond including over 70 in the USA, 12 in Canada, six in the UK and Australia and four in South Africa. There is a Schloss Richmond in Braunschweig, Germany built for Princess (later Duchess) Augusta, wife of Karl Wilhelm Ferdinand,

daughter of Frederick, Prince of Wales and granddaughter of George II. The castle was named after the princess’s home in Richmond Park.

Richmond in North Yorkshire was undoubtedly the first English Richmond. The name comes from the old French ‘Riche-Monte,’ which means strong hill. In 1071, Count Alan the Red (Rufus) of Brittany built a castle on the “strong hill” overlooking the River Swale.

Our **Richmond, Surrey**, was named in the early 16th century, following Henry VII’s rebuilding and renaming of Richmond Palace after Henry’s earldom of Richmond in North Yorkshire. The local burghers sought to curry favour with their new king by renaming the town which had formerly been called Shene.



Richmond Castle, North Yorkshire

Historically, there were several nobles who took their name from Richmond including the extramarital son of Henry VIII, Henry Fitzroy, and then of Charles II,



The Gatehouse, Richmond Palace

Richmonds of the World - ALMSHOUSE NEWS

Charles Lennox, from whom the present Duke of Richmond is descended. A number of Richmonds were named after these Dukes...and some Richmonds were named after other Richmonds or after people with the name "Richmond".

I went to the four hundredth celebration of the discovery of what was to become **Richmond, Virginia** in 2007. The English had created a settlement at Jamestown in 1607 (before the Pilgrim Fathers established their colony in Massachussets in 1620) and a party led by Captain John Smith (who brought Pocahontas back to London and Syon House) came upon the view of the James River, which looks just like the famous view of the Thames from Richmond Hill. The difference is that the James River flows from right to left and the American view used to include a lot of tobacco warehouses.

Richmond, Virginia was an important city and became the capital of the Confederacy. As America was gradually settled, many towns were named Richmond and there is a Richmond in 39 states. The largest is Richmond, Virginia with over 200,000 inhabitants, about the same size as our Richmond upon Thames. The smallest is Richmond, Oregon, a ghost town with no people living there any more.

In **Canada, 12 Richmonds** are to be found in eight provinces, the largest being in British Columbia also with a population of around 200,000. It is just south of Vancouver and part of Greater Vancouver. Although named after a Richmond in Ontario, it is an interesting coincidence that Captain George Vancouver lived and died in Petersham.



The James River from Richmond Hill, USA



The Thames River from Richmond Hill



Richmond Bridge, Tasmania

There are six **Richmonds in Australia**. Like us, Richmond New South Wales is at the end of a Sydney railway line. It was named by Governor Macquarie and is near Windsor, named at the same time.

In **Richmond, Tasmania**, perhaps the most important structure is Richmond Bridge, the oldest bridge in Australia.



Richmond Station, New South Wales, Australia

There are many other Richmonds including in **Fiji, Sri Lanka** and **India**, but the one I would really like to visit is in **Antarctica** (I like cold places). Richmond Peak in the main peak of the Tonney Mountain massif in Marie Byrd Land, Antarctica.

It was named after Addison E. Richmond, Jr., Chairman of the Interagency Committee on Antarctica. Unfortunately, it is 1000 miles from the Antarctic Peninsula and quite unreachable without a full expedition.

If you cannot make it there, I would suggest the original **Richmond in North Yorkshire**. It is a delightful market town on the River Swale. My wife and I spent a night there on the Coast to Coast walk many years ago and I have been back several times.

If you want to learn more about the Richmonds of the world, have a look at <https://globalrichmonds.org/>

I Can't Remember!

Poem submitted by Joan Skeats
Author unknown.

Just a line to say I'm living
That I'm not among the dead
That I'm getting more forgetful
Slightly mixed up in the head.

I'm used to my arthritis
To my dentures I'm resigned
I can manage my bi-focals
But how I miss my mind.

Sometimes I can't remember
When I'm standing by the stair
Am I going up for something
Or just come down from there.

And when I stand before my fridge
My head is full of doubt
Did I just put some food away?
Or must I take it out.

Often when it's night time
With my night cap on my head
I wonder if I'm hopping in
Or hopping out of bed.

I remember the cheese of my childhood
And the bread we cut with a knife
And the children helped with homework
And dad went to work, not the wife.

The cheese never needed an ice chest
The bread was crusty and hot
The children healthy and happy
The wife content with her lot.

I remember the milk from the billy
With lovely thick cream on the top
And dinner straight out of the oven
And not from the fridge in the shop.

The kids were a lot more contented
They didn't need money for kicks
Just a game with a friend in the
paddock
And sometimes the Saturday flicks.

If it's not my turn to write, dear
I hope you won't be sore
I think I may have written
But I hate to be a bore.

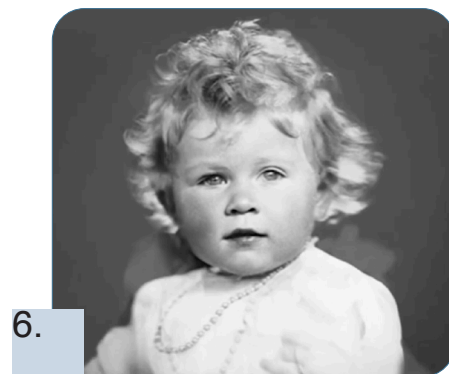
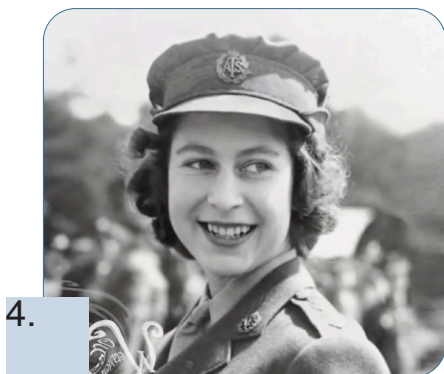
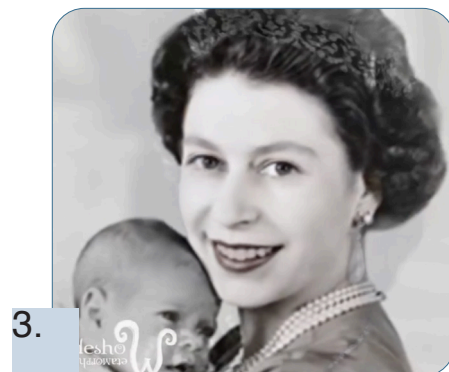
So remember that I love you
And wish that you were here
I'll finish off this letter
And say goodnight, my dear

PS. I've walked down to the post-box
And has my face gone red
I should have posted this to you
But I've opened it instead.

PPS. My liver function is on the blink
My joints and eyes just fair
But my sense of humour doesn't sink
So this with you I share.

The Queen Competition

Identify the decade to be in with a chance of winning an M&S Voucher



Fill in the decade to each photo, and give the slip to your Scheme Manager.

Answers: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____

Name: _____ Deadline: Friday 11 June



My Favourite Song



by Claire
Sanecka

This
week's
song has been written by
our very own resident,
Steve Harbud.

Don't forget to use the
form below to let us know
your favourite song - or a
song you have written.

My Favourite Song.
Fill in this slip and
give to your Scheme
Manager.

Name:

My Favourite Song:

Given Time by Steve Harbud

Given time the world may just stop turning,
Given time perhaps the sun won't shine,
As long as I have you, there's nothing we can't do,
And we'll be here, until the end of time.

Everything in life we need will one day just be gone,
And if we just keep taking, how long can we go on.
One day we may understand and change the way we
live,
Learning to forget and to forgive.

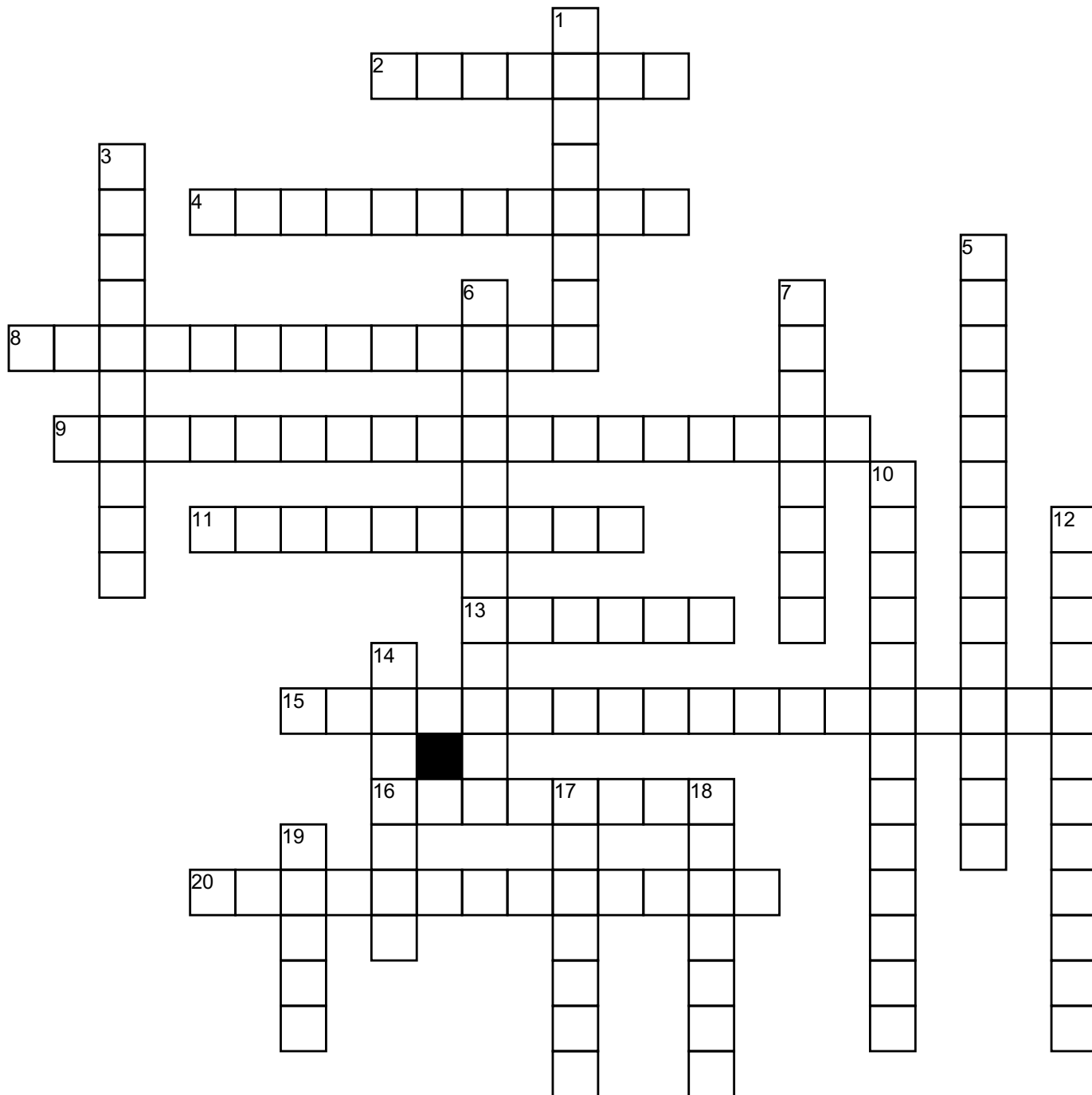
Given time and when the rain stops falling,
With no more rainbows, left for me or you,
Was it all pretend, the dreams at rainbows end,
Cos all our dreams, have already come true.

Everything in life we need will one day just be gone,
And if we just keep taking, how long can we go on.
One day we may understand and change the way we
live,
Learning to forget and to forgive.

Given time and everyone may realise,
The life is here, they wanted all along,
We never come this far, by wishing on a star,
But given time our world will just be gone.
Given time, our world will just be gone.



The Crossword - Richmond



Crossword Clues

Across

2. Bertrand _____, (1872 - 1970), philosopher who spent his early years in Pembroke Lodge (7)
4. Bookshop in King Street, Richmond (3,4,4)
8. Pub on Richmond riverside (3,5,5)
9. Home on Richmond Hill, which closed in 2013, providing accommodation and nursing facilities for services personnel (5,4,3,6)
11. Richmond pub and theatre! (6,4)
13. Famous building in Kew Gardens built in 1761 in Chinese style (6)
15. Gardens within Richmond Park opened to the public in 1953 (8,10)
16. Underground line to Richmond, normally green on the tube map (8)
20. Pub on Richmond Green (3,10)

Down

1. Watery places in Richmond Park (3,5)
3. Building in Richmond Park housing the Royal Ballet School (5,5)
5. Completed in 1777, "a simple, yet elegant structure... one of the most beautiful ornaments of the river..." (8,6)
6. Publishing company set up in Richmond in 1917 by Leonard and Virginia Woolf (7,5)
7. Richmond street and school / place for growing grapes! (8)
10. 1960s Richmond music venue, of which The Rolling Stones were the first house band (9,4)
12. David and Richard _____, famous brothers and Richmond residents (12)
14. Pop star (1942 – 2000) with a commemorative bench named after him close to Pembroke Lodge (3,4)
17. Pub on Richmond Hill (7)
18. Name of gardens on the side of Richmond Hill (7)
19. London _____, Rugby club, playing in red shirts, based in Old Deer Park (5)

Noticeboard

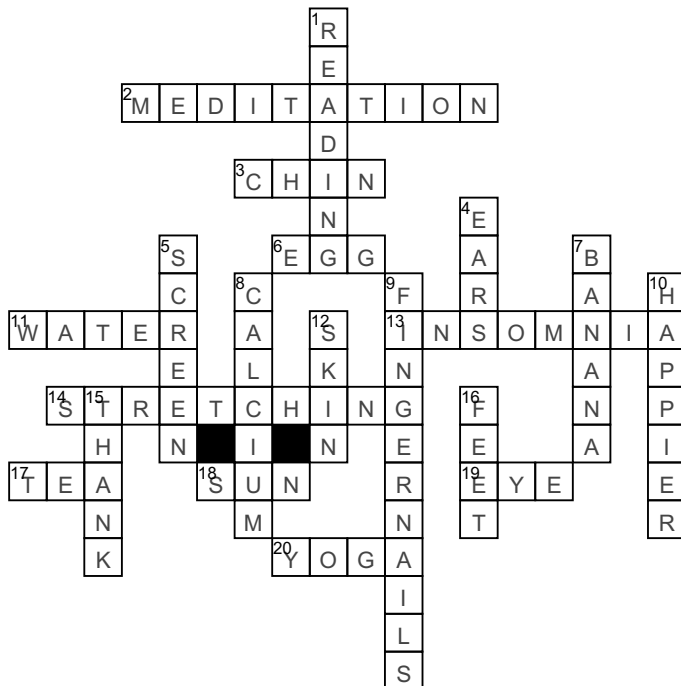


Message from Norman Bramfitt

The Editorial Committee want to encourage more residents to contribute regularly to the Almshouse News. Many residents already do submit articles, puzzles, quizzes, travel journals, poems etc and it would be great if more residents came forward and contributed.

Fold up single bed. Free. Please call Debbie - 0208 439 9294, if interested.

Answers: Last week's crossword: May 2021 Issue



This is YOUR Almshouse News! As well as residents contributing longer articles, we are also now going to try something new in future editions of the Almshouse News: **A Residents' Page**.

We would welcome all comments from you for this page, to make it a success. It doesn't have to be about the Almshouses.

This page can contain a variety of subjects: e.g. what were your memories of the Duke of Edinburgh; apart from family what do you miss most during lock-down and what are you most looking forward to once restrictions have eased; do you have an unwanted item to sell or perhaps something else you would like to share amongst our almshouse community. Do you have any top tips or recommendations for places to visit, restaurants, pubs, books, films etc. These are just a few suggestions, I am sure that you can think of many more.

Please write your comments down and hand them to your scheme manager. Remember, it is always nice to air your comments and we look forward to hearing from you all.

Wordsearch - Richmond

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

friarslane

richmondhill

olddeerpark

richmondtheatre

mountararat

littlegreen

orangetree

richmondpalace

pembrokevillas

kewgardens

thevineyard

royalstarandgarter

waterlane

pembrokelodge

dukestreet

poppyfactory

parkshot

poolsonthepark

Poetry Corner by Nigel Davis



At the time I am writing this, there are not that many people using Richmond railway station. But it always used to puzzle me how many young people in the morning would stop to buy a coffee and a pastry at one of the many outlets there, before getting on the tube or train. Have they really not got time to make breakfast for themselves (and save themselves a fiver in the process)? I suspect it in part is because advertisements on TV and elsewhere simply encourage us all to believe how “busy” we are, how “on the go” we always must be – before those same advertisements then try and sell to us the idea of, say, the leisurely two week sun and sea holiday in Turkey which (apparently) we so richly “deserve”.

This poem by WH Davies (1871-1940) is a good antidote to that. My own broad rule of thumb has always been that when someone says they are too busy to do something what they really mean is that they prefer to give priority to something else. How about giving some priority to the things this poem is talking about?

Leisure

by WH Davies

What is this life if, full of care,

We have no time to stand and stare?—

No time to stand beneath the boughs,

And stare as long as sheep and cows:

No time to see, when woods we pass,

Where squirrels hide their nuts in grass:

No time to see, in broad daylight,

Streams full of stars, like skies at night:

No time to turn at Beauty’s glance,

And watch her feet, how they can dance:

No time to wait till her mouth can

Enrich that smile her eyes began?

A poor life this if, full of care,

We have no time to stand and stare.