

Welcome to your Almshouse News

The Nature Issue

The nature of Nature

Community News & Events

Gardening

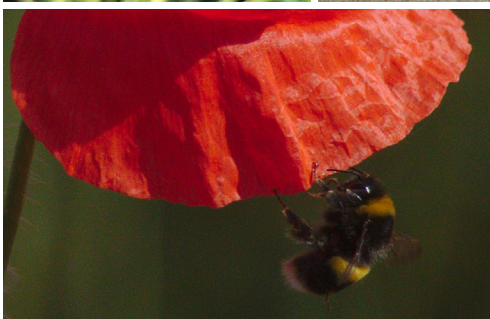
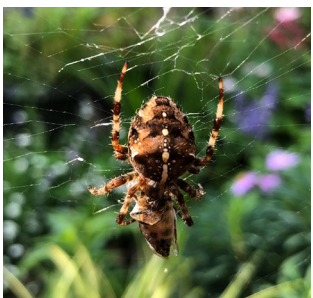
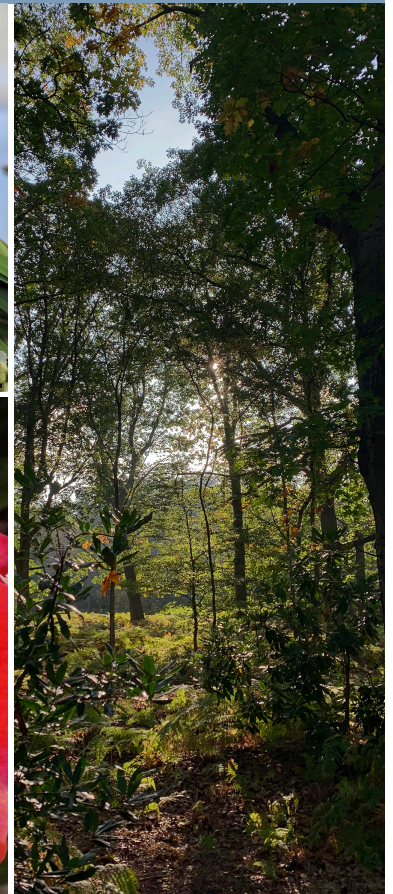
Memoirs

Vaccinations

My Career

Crossword Competition

Remembering



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Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is: Monday 22 November
 Email your article to Chantal: 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, Debbie Flaherty, Chantal Richards, Gennie Thompson & Mike Townsin

Design & Photography: Chantal Richards

Welcome to Our New Resident

We offer a warm welcome to a new resident who has recently joined our community:

Bernadette (Bee) Nightingale

Chapel Schedule for November

by Stuart Lee



Sunday, 7th November

Third Sunday before Advent

10.30am Eucharist

5pm Evening Prayer

Sunday, 14th November

Remembrance Sunday

10.30am Eucharist with hymns and Act of Remembrance

5pm Memorial Service

An opportunity to remember lost loved ones with special music from the choir of St Mary Abbots.

Sunday, 21st November

Christ the King

10.30am Eucharist

5pm Hymn singing

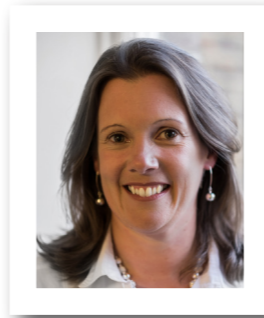
Sunday 28th November

First Sunday of Advent

10.30am Eucharist with hymns

Front Page Photo Credits: Lesley Cizek, Susanne Munslow-Adair and Chantal Richards. Cartoon by Ian Heath.

Letter from Juliet Ames-Lewis, Chief Executive



Dear All,

The theme of our November Almshouse News is 'Nature' and there is no better current example close to home of nature and

new life than the new baby who is to join our community!

As most of you have probably already heard, via The Richmond Charities grapevine, our Scheme Manager Gennie and her partner Marco are expecting a baby in February 2022. Gennie and Marco live at Hickey's Almshouses so their new baby will be growing up within our community.

It is many years since the charity last had children growing up at one of our estates, but residents who have been living in our community for a long time will remember Chris and Ruth Scott's children, Freya and Tian. We send our love and congratulations to Gennie and Marco and, with them, we look forward to welcoming their baby in February.

Gennie will be on maternity leave from late January and there will be some changes to the Scheme Manager rota and team structure. Jo Davison will be joining the on-call rota for covering weekends. In addition, there will be some

other changes to the structure of the Scheme Manager team, about which I will update all residents soon.

Inside this month's Almshouse News you will find a reflective piece from Stuart about remembrance, remembering and why we remember. We hope that many of you, along with your family and friends, will join us in the Chapel at Hickey's on Sunday 14th November at 5pm for our annual memorial service, when we remember all those close to us and in particular those from our community who have died.

Also this month we have some wonderful nature contributions from residents – this is YOUR Almshouse News so please do keep your contributions coming! The December issue will be about all things 'creative' so do let one of us on the Editorial Committee know if you would like to contribute to that edition, or to any future editions.

November Competitions

We have TWO competitions this month, on pages 24, 25 and 26.

The nature of Nature



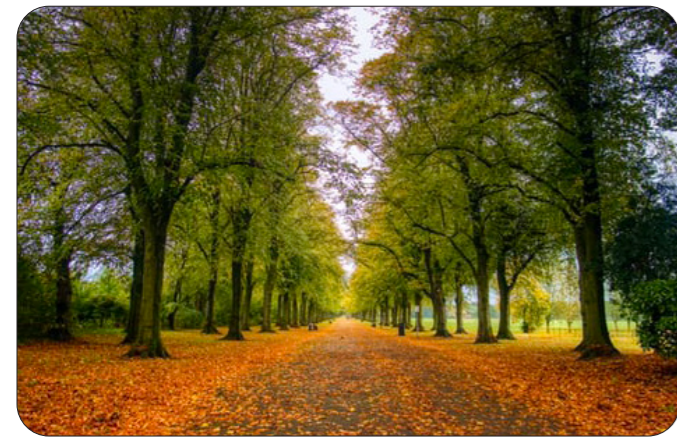
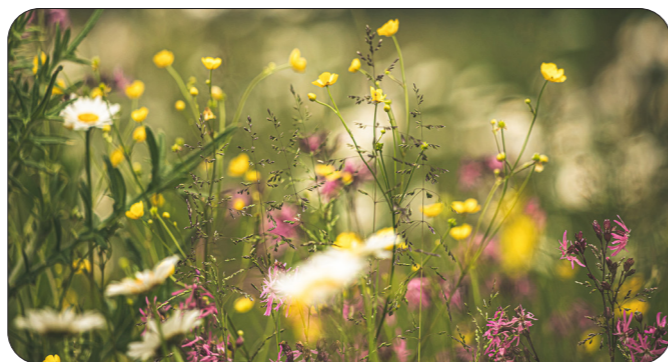
by Mike Townsin

'Nature' has, perhaps, the widest scope of any word in the English language, from human genes to the environment – as in 'nature versus nurture'. But in this November issue of Almshouse News our theme is the environment - the natural world as embraced by our most famous Richmond resident, the naturalist and broadcaster Sir David Attenborough.



'close to nature', and personify it as 'Mother Nature'. Or why Shakespeare wrote 'One touch of nature makes the whole world kin': the power of nature to bond humanity.

Our perception, and appreciation, of nature is, above all, defined by the changing of the seasons and colour. November 1st marks the midway point between the September equinox and the winter solstice on December 21st, a period in which, in the northern hemisphere, foliage changes colour from green to vibrant hues of yellow, orange and red, and deciduous trees shed their leaves.



Perhaps we each have our own definition of nature depending upon our experience of the great outdoors: forest, savanna, mountains, English countryside, shifting clouds, wild animals, the sea and so on, but whatever our acquaintance with nature it is surely something that lifts our spirits, stirs our soul and even, sometimes, induces melancholy.

That's probably why we describe ourselves as 'nature lovers' or being

In Richmond the transition from summer to winter is, perhaps, best observed and enjoyed in Richmond Park, Kew Gardens or along the river and, if you fancy a short-ish trip, in The New Forest in Hampshire, Winkworth Arboretum in Surrey or the land of Pooh, Ashdown Forest in East Sussex. And for American ex-pats or tourists, early November may not be too late to engage in an activity they call 'leaf peeping' in which people view or photograph the autumn leaf fall and changes in the colour of foliage.



Van Gogh: " I experience a period of frightening clarity in those moments when nature is so beautiful...."

And to David Attenborough* on the subject of climate change: "The truth is: the natural world is changing. And we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it".

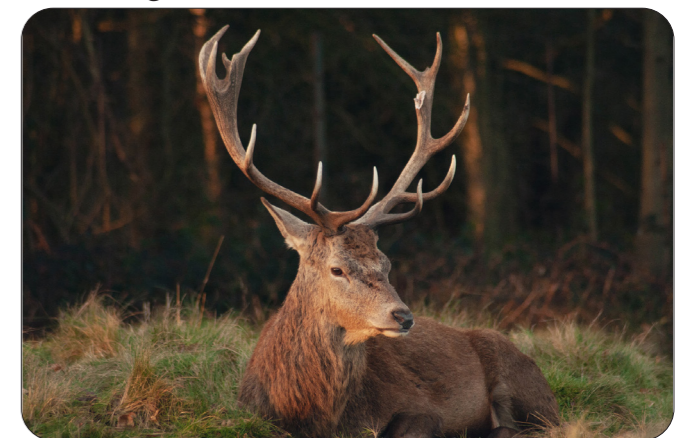


Speaking of 'fall', during the 17th century the English settlers in North America took the English language with them and, though 'fall' (of leaves) became obsolete in Britain, it became the word for autumn in America.

My last words on Nature belong to others:

Einstein: "Look deep into nature, and then you will understand everything better".

**See Attenborough on The Earthshot Prize via BBC1 catch-up: a brilliant documentary on protecting and restoring nature.*



All Photos ©Unsplash

What3Words (W3W)



by Roxanne Gent

What3words is a really simple way of pinpointing an exact location. The

entire planet has been split up into 3m x 3m squares and each one of these has been allocated a unique 3-word address that will never change. For example, the door of 10 Downing Street is: 'slurs.this.shark', while the area across the road where the press congregate is 'stage.pushy.nuns'.

How it works



The user of an iPhone or Android device can download the What3Words app (left: this is what the app icon looks like).

To view the What3Words address for your almshouse, simply tap the location button

on the lower right side of your screen, just above the Satellite View. This will give you your What3Words, which will identify your exact location with ease.

Scheme Managers are collecting the What3Words data for our records – in the event that staff need to call the emergency services to your almshouse, we can use What3Words which gives a much more accurate location than using postcodes. However, we feel it will be beneficial for you all to familiarise yourselves with your What3Words. You may find it useful to share with delivery drivers, emergency services, or any other persons trying to locate your address, as your What3Words will bring them straight to your exact location.

If you would like any further information please speak with your Scheme Manager or me at Hickey's office.

Summer Photos from Lisa's Summer Garden

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

These photos were taken in July in Lisa Blakemore's front garden at Bishop Duppa's.



All photos ©Chantal Richards

Christmas Craft & Coffee Morning



by Gennie Thompson

Wednesday 1st December
10am -12pm
Venue: Garden Room



We will be hosting a Christmas Craft & Coffee Morning and would love to see you there.

Please join us for mince pies and festive cheer on Wednesday 1st December in the Garden Room from 10am – 12pm.

If you are crafty or creative and have any items you would like to sell we will reserve you a table. Please let your Scheme Manager know in advance. (No food items please).

Residents' Library Re-Generation



by Jenny Ruff

With winter on its way, what's better than snuggling on the settee with a good book! That's why being a book lover I offered to 'sort out' the library corner in the laundry at Hickey's.

Managers or even myself will collect them for you.

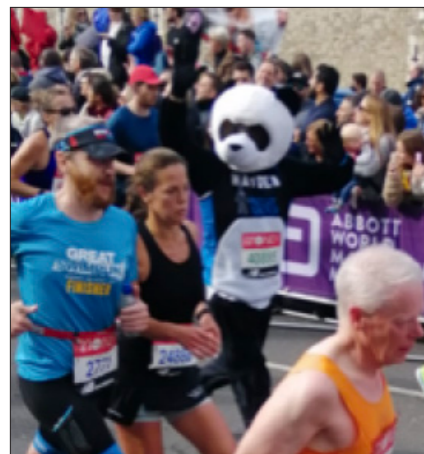
So looking forward to your help with this – I may have prodded you into having that clear out you've been meaning to do for ages. Thank you so much!

Nearly all of the torn and tattered books I have removed, even those that had evidence of our breakfasts inside the pages! So now we need your help and would like to ask you if you have any books in good condition that you may like to dispose of and donate to the library - we'd gratefully receive them. If you need help to carry them to the laundry just let the office know and one of the Scheme

And on behalf of The Richmond Charities a big thank you to Jenny Ruff for her kind assistance in sorting out the Hickey's laundry room library!

For those who are not familiar with the library, it is located inside Hickey's laundry room, opposite the estate office at 33 Hickey's Almshouses, Sheen Road (St Mary's Grove entrance), TW9 1XB. Opening hours 8:30am – 5pm, Monday to Friday.

Raising funds for Prostate Cancer Charity



by Eve and Steve Harbud

This is a photo of our son, Hayden, attempting to beat the world record for the fastest panda to complete The London Marathon. Unfortunately he missed out by just a few minutes. When a close colleague of his died from Prostate Cancer he decided to do a charity run to raise funds for the charity. Two weeks into his training, he discovered his dad had also been diagnosed with the disease. We are so proud of Hayden, who managed to raise over £9000 for Prostate Cancer UK.

The Museum Needs You!

The Museum of Richmond is reviewing what they offer and they are looking for adults to help them shape future plans. They are running **online** focus groups with 8 available places in each group.

To thank you for your time and help, you will receive a £30 / *Love to Shop* voucher, £10 to spend in the Museum shop and a ticket for an adult event.

You can apply to be in this group: adults who live in Richmond Borough, aged 45+: Saturday 27th November, 2pm to 3:30pm. If you would like to apply send an email to: learning@museumofrichmond.com

Film Club: Cheese & Wine Evening

Date: Thursday 18th November 2021

Time: Doors open 6.00pm

Film: 6.30pm.

Venue: The Chapel

FREE

The Film Club has been running in the afternoons for a good few years. It's well supported by residents who enjoy films, a cup of tea or coffee and a chat in the afternoon, and long may this continue.

If our afternoon shows are a bit too early for you then our Cheese and Wine Film Night might be just the ticket. The suggestion was put to us, and in asking around, we found that many residents liked the idea. So as a way of getting started we've chosen a light comedy* as we thought it might go down well with cheese and wine. Soft drinks also served.

*CRUELLA (Begins at 6.30pm)

Estella (Emma Stone) is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman (Emma Thompson), she embraces her wicked side to become the raucous and revenge-bent Cruella.

Friends & Neighbours Christmas Party

Please save the date:
Tuesday 7th December 2021 for our Christmas Party in The Chapel.



Please let Pat Platt know by 23rd November on [0208 940 4233](tel:02089404233) if you will be attending. We need to make sure that we have enough chairs for all, and numbers for food and drink. Thank you.

Handling History

Date: 17th November 2021

Time: 2pm

Venue: Garden Room

Handling History offers a unique experience to those who might enjoy a nostalgic interlude. The talk will be informal and engaging, using an extensive range of interesting and unusual objects all of which can be handled.

Every object tells its own story and provides an entertaining and light-hearted opportunity to recall how life used to be.

This talk will be entitled "Collectables and Curiosities" and will be lots of fun. Please let your Scheme Manager know if you are able to come along.

Christmas Wreath Workshop

Date: Monday 6th December
Time: 10am - 12pm
Venue: The Garden Room
Availability: 10 spaces
Cost: £14 each
With: Chantal Richards
Book with your Scheme Manager.



Would you like to learn how to make a fresh Christmas wreath? Chantal will be running a workshop

where you can make your own wreath to take home.

The material costs are being subsidised by The Richmond Charities so this is a great opportunity to come and be creative, mindful and have some fun too! Free refreshments available.

(For health and safety, those who have front doors in enclosed spaces [Manning Place and 11-18 Church Estate] cannot put wreaths up, but residents at those sites can make one for the main front door. Numbers 11-18 Church Estate could make a wreath for the sliding doors. Or you can gift your wreath to someone you love.)

Beginners Bridge

Starting Tuesday 2nd November
Time: 10.30am – 12.30pm
Venue: The Garden Room
With: Margaret Goddard

Come along and give it a go – even if it's only for part of the time!

Two hours can seem a long time when you're starting to learn something new. But we are flexible and adaptable – take as much or as little time as you like.

We are starting on a Tuesday morning so we can begin to get off the ground, but if that's not right for everyone, that is flexible too – within limits!

And don't forget the Intermediate group on Friday afternoons from 2.15pm – you are welcome to come and watch – or have a go (we'll help if you need it!)

PLAY BRIDGE

IT'S A FORM OF MENTAL BALLET

© WORDS & UNWORDS

Macmillan Coffee Morning



by Pat Platt

The Macmillan Cancer Support, Friends & Neighbours Coffee Morning

Our event was held in the Chapel on the 1st October 2021. It was great to be able to hold an event again after so long.

We were very lucky to have the Mayor of Richmond Geoff Acton, Sarah Olney MP and Councillor Nancy Baldwin joining us.

It was well attended with 55 – 60 people so the Chapel was very busy! And there was a very happy atmosphere. The feedback I have since received was that it was a very enjoyable morning.

We raised £917.18, so from myself and the committee we would like to say "Thank you very much to all the helpers as we couldn't do it without you"; and



Left to right: Councillor Nancy Baldwin, Pat Platt, Sarah Olney MP and The Mayor, Councillor Geoff Acton

also to everyone who attended or donated to this event which is such a good cause. In the future it would be very nice to see more residents come along to our meetings, events and outings. Those that do attend our outings do enjoy themselves and it is a good way of getting to know your "Friends & Neighbours".

Please call round and see me at 34 Hickeys if you would like any information about our Social Club or call me on 0208 940 4233.

On This Day:
 17 November 1959
 The first duty-free shops in Britain open in Prestwick and Renfrew Airports.

On This Day:
 3 November 1843
 The statue of Nelson is winched into place on Nelson's Column.

On This Day:
 20 November 1947
 Princess Elizabeth marries the Duke of Edinburgh in Westminster Abbey.

On This Day:
 10 November 1960
 After a six-day obscenity trial the previous month, Penguin Books is allowed to publish Lady Chatterley's Lover in the U.K. The 200,000 print run sells out before lunch.

Remembering



by Stuart Lee

November is the month of remembering here in the United Kingdom. Firstly, there is the celebration of the 'heroes' of the Christian religion on All Saints' Day, closely followed by recollection of the ordinary men, women and children who have touched our lives but that we see no longer on All Souls' Day. November 5th sees the memorial of a failed assassination attempt by those involved in the great political and religious disputes of the seventeenth century. Finally, we come to Remembrance Day on November 11th, observed since the end of the First World War as a time to remember all those who have lost their lives in conflict and warfare.

All this remembering the dead. But what are we doing when we remember? Partly, of course, we want to pay honour and respect to those who have died, especially when in service to others. For those from a religious tradition, we may want to pray that those who have died may find rest and peace and continue to evolve in their relationship with the divine. However, on a more personal level, I suspect that remembering has a significant role too.

The word 're-member' implies putting something back together again, as

if something has been broken apart or scattered. But maybe that is what happens when someone dies. Not only is the physical body taken from us, our memories, thoughts and feelings become scattered and it is hard to hold on to a rounded sense of the person we knew in life.



I am always fascinated by the injunction that people place on the grieving not to 'speak ill of the dead,' as if acknowledging that those who have gone before of us were a mix of good and bad like you and me is somehow disrespectful. Psychologically and emotionally I think it is more important that we tell the truth about those who have died. That can be one of the ways we re-member them, literally put them back together again in our minds and hearts. In that way we can in some way access and even enjoy the relationship we shared with them in life.

So, let's embrace this month of remembering, but let's do it honestly. That might be the greatest way to pay your respects to your departed loved ones and to acknowledge the reality of the grief you have experienced.

Community Clubs



by Jo Davison



Cambrian Community Centre

The centre is now fully open with a wide range of activities and services on offer.

There is a gym and they offer bespoke exercise programmes often with specific rehabilitation needs in mind.

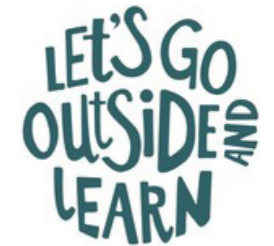
New groups and activities for 2021 include Tai Chi, a choir, a Papier Mâché group and table tennis.

The Centre is easily reached by bus (#371) and by car (with parking on Grove Road). The gym is open 9am-3pm Mon-Fri and 10am-3pm Saturdays.

Email: manager@cambriancentre.org
Website: www.cambriancentre.org
Call: 020 8948 3351
Address: 1 Grove Road, Richmond, Surrey TW10 6SN.



by Gennie Thompson



Let's Go Outside and Learn

This is an organisation operating in Richmond and surrounding areas that connects local communities with nature on their doorsteps. They introduce people to the natural environment, showing the benefits of improved health and wellbeing that spending time outdoors offers, and brings people together to make new friends. They offer activities for adults and work with community groups and individuals from the local community.

For more information visit the website where there is a wealth of free resources and information available. There is also an events calendar which lists all upcoming events and sessions.

Email: outdoor.learning@outlook.com
Website: www.lgoal.org
Call: 07939 001731

A Poem by Ann Ellington



I Live In Hope

How blessed we are
At this moment in time
To still be surrounded by nature in all its prime
But for how long can we maintain this balance
Between animals and mankind?

This morning as the sun rose,
A flock of swallows filled the sky
Swooping in formation as one, and I felt
Sad that I wasn't one of them!

How is it that when animals are left
To themselves, they manage to survive
Although they fight for food, survival
Or leadership they never kill for greed,
power or retribution.

We'd better start to think outside our box and find a better way
When polluting all the waters and taking the forests away.

I want to tell my grandchildren's children that we WILL find a way
Just because we cannot always see it doesn't mean it isn't there
And just because we close our eyes
It doesn't mean we don't care

We have to find a way to survive together,
Peacefully, with love, consideration, balance and respect
But how long have we got?
It's now or it could be too late.
I worry but I still live with hope.

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Vaccination: Our Knight in Shining Armour

by Alex Hall



Dr Edward Jenner was a doctor in the West Country; little could he have known that his observations on milk maids in Gloucestershire would have such a profound effect on the world, eventually ridding the planet of a deadly infection. In 1980 the World Health Organisation (WHO) pronounced the world to be free of smallpox.

Dairy farmers in Gloucestershire were aware that milk maids didn't get smallpox. But there is a milder disease called cowpox: Dr Jenner deduced that cowpox contracted by the milk maids conferred immunity to smallpox. Smallpox had a 30% mortality rate and caused a third of all cases of blindness. In Europe alone, in the 18th century, 400,000 people a year died from it.

In 1796, to test his theory, Jenner inoculated a boy with cowpox. He later exposed the lad to smallpox. The boy was immune: he did not get the dreaded smallpox! (*Vacca* is Latin for cow - hence the term vaccination). The practice of vaccination took off rapidly and, by 1853, there was an Act of Parliament to make vaccination compulsory in Britain.

The smallpox vaccination worked because the cowpox virus has a small part which is very similar to a small part of the smallpox



virus. That small part (the antigen) triggered production of an antibody which destroyed the smallpox virus as well as the cowpox. It's the same with the COVID-19 vaccine: it produces an antigen which is very similar to, or the same as, the disease microbe (not the live microbe) and gets our body to produce antibodies which destroy the virus.

Many diseases have been controlled by the judicious use of vaccination: influenza, diphtheria, tetanus, mumps, measles, chicken pox, shingles, tuberculosis and smallpox (which killed the second Queen Mary, Louis XV of France, Henry Gray (of *Gray's Anatomy*), and typhoid (killed Queen Victoria's Albert).

My plea is that you all take full advantage of the available COVID-19 and influenza vaccines, and so are protected, just like that lad in Gloucestershire all those years ago. And please ignore the scaremongering on (anti) social media!!

My Career : Working with Long Covid



by Jonathan Cooke
Jonathan is a new resident at Michel's Almshouses

I work part-time at the Gateway, the NHS acupuncture clinic in Lambeth. Like all NHS facilities we have had to adjust our service to respond to the needs of the pandemic. We are not an acute facility but we have taken on a role in accepting patients with Long COVID.

COVID itself is a bit of a mystery with its variable symptoms and severity. These can be caused by direct viral damage to the body's systems or by immune system overdrive that is the body's natural response. The symptoms we feel are often a reflection of the scale of that battle inside the body.

Long COVID is also variable in its effects. The viral agent that causes the initial problems can access and continue in the nervous system, causing lingering invasion and inflammatory response after the infectious phase. Studies seem to be showing a significant portion of patients, not only those who needed hospital treatment, continue with symptoms after their initial recovery. In one sense this is not different to other known viral infections, as we know from normal

'flu, but COVID has been serious with its novelty and thus the lack of natural human antibodies to combat it and stop its initial spread.

The symptoms themselves are quite well known: breathlessness, muscular and general fatigue, body and joint pain, sensory deficiency, headaches and skin and circulation issues (e.g. COVID Toe).

The holistic ideas of Chinese medicine are useful with long term conditions, since they are directed at finding a good balance for the mind and body when the natural balance is disturbed. Its first assessment is about the general state of the body – is the battle still ongoing causing obstruction to normal healthy functioning and if so what should we do to clear it, and how strongly? Alternatively, is the body so depleted that its pressing need is to be strengthened and toned? Or is it a combination of the two which needs a careful eye to how to achieve each without compromising the other.

As one low cost strand of the continuing care need, we support our conventional

Accupuncture on the feet (www.guysandstthomas.nhs.uk/our-services/community-acupuncture-clinic)



A Sonnet by Leslie Cook



A SONNET TO AUTUMN

Autumn comes now with winter at its heels,
Cruel nature comes relentlessly and steals
All shades of green from nearly every leaf.
But some stay on, defy this would-be thief.
Before they fall some others change their hue
From green to red and yellow then anew
The homes from which they fell awake in spring.
Tired bird, unfold your winter-weary wing,
Delight us all with your songs without words.
Robin and thrush, sparrow and finch cross swords.
Time to slow down, the sun's low in the sky.
We all thank you who stay here, too small to fly
And thanks to all who, eager, wait to grow
Beware – your winter blanket may be snow!

©Unsplash

medical services by taking some of their load. Patients often find we can ease their physical symptoms, help with the recovery of strength and vigour and can discuss how to plan their time and activity to maximise what they are able to achieve within the limits of their current energy levels.

As a service which had its origins in the early pre-medication days of HIV, we are also accustomed to being a team that is willing and able to discuss patients' anxieties and fears and how that may affect their mental health. Throughout our thirty-year history, many of our patients have found it a help to have an empathetic ear with long experience of how medical conditions can be considered, accepted and processed to bring better balance to their way forward. This will I think be a requirement which will not go away quickly.

We aim to be a facility where some patients can come for multi-faceted treatment across the spectrum of their needs.

Local News and Events

Give Rutting Deer Space in Richmond Park and Bushy Park

The rutting (breeding) season is underway, in which male deer compete for breeding rights. Red stags and fallow bucks, flooded with testosterone and adrenaline, roar and clash antlers in a bid to fight off rivals and attract as many hinds and does as possible.

The Royal Parks charity is urging visitors to Bushy and Richmond Parks to be extra vigilant and keep a minimum distance of 50 metres away during the annual deer rut.

Get Fit for Free

Although it may be colder and darker and you might feel your motivation slipping, The Royal Parks' 'Our Parks' classes can help you stay active with free fitness classes in Richmond Park.

'Our Parks' is an initiative from Royal Parks allowing you to participate in quality group exercise classes, outdoors in one of the borough's great outdoor spaces for free. There are yoga, boot camp and many more fitness classes for you to choose from all regularly held in Richmond Park. More info: www.ourparks.org.uk/borough/richmond-park

Festival of Art and Wellbeing

A local charity, Art & Soul, are inviting Richmond Borough residents to their first ever festival of art & wellbeing, taking place for International Stress Awareness Week. Art & Soul's events run from 1 to 6 November 2021.

Events take place online and at The Vineyard Community Centre and ETNA Community Centre.

All events are free.
More info: www.artandsoul.org.uk/activities

Art & Soul Festival 2021
NOVEMBER 1-6
events calendar ONLINE & IN PERSON

MON 1 NOVEMBER 4pm Talk and Draw - Exploring the Art & Soul Exhibition	TUES 2 NOVEMBER 11am Introduction to Practical Mindfulness 2-4pm Adult Art Workshop @ The Vineyard Community Centre	WEDS 3 NOVEMBER 11am Colour Therapy Workshop 2.30-3.30pm Virtual visit to the October Gallery	THURS 4 NOVEMBER 11am Metaphorical Portraits with Turner's House
FRI 5 NOVEMBER 11am Mindful Art-making Workshop	SAT 6 NOVEMBER 2-4pm Family Workshop @ ETNA Community Centre	A free festival of art and wellbeing workshops, plus a virtual exhibition	

Civic Pride Community Conversation

National Awareness Days

Guy Fawkes/ Bonfire/ Fireworks, 5th November. Remember, remember the 5th November... There are local events happening around Richmond such as Twickenham Bonfire Night on Sion Rd and Richmond Fireworks at the Athletic Association on Sunday 7th, alongside many more which, even if you do not see, you are more than likely to hear!

International Stress Awareness Week, 1st - 5th November. Set up by the International Stress Management Association with the mission of raising awareness of the many negative effects of prolonged and excessive stress.. A good reason to aim for a relaxing, stressless day. More info at: www.mentalhealth-uk.org

Sugar Awareness Week, 8th – 14th November. Established by the charity Action on Sugar in 2015 the week aims to help people increase awareness of the detrimental and damaging impact of excess sugar consumption on our wellbeing. More info at www.actiononsugar.org

Talk Money Week, 8th – 12th November. An annual campaign run by the money and pensions service to get the nation talking about money. Talking about

money helps us build financial resilience, confidence and reduces money-related anxiety and stress. Fortunately, our local AGE UK is an excellent resource which offers money related advice and information services. More info at: www.maps.org.uk

Remembrance Day / Sunday, 11th November and Remembrance Sunday on 14th November. A national opportunity to remember the service and sacrifice of all those who have defended our freedoms and protected our way of life. More info: www.britishlegion.org.uk

Road Safety Week, 15th – 21st November. Coordinated annually by Brake and inspiring thousands of organisations to improve road safety and raise awareness. More info: www.brake.org.uk

Anti-Bullying Week, 15th – 19th November. Organised by the Anti-Bullying Alliance, aiming to raise awareness of bullying. The theme for this year's awareness week is 'one kind word'. The difficulty of the past year has highlighted the importance of little acts of kindness which brighten the lives of people around us! So why not try to incorporate one random act of kindness a day this week? More info: www.anti-bullyingalliance.org

Towards Christmas - Local Events



by Chantal Richards

As Christmas rattles towards us, here are some festive activities to get you in the joyous mood. After all, the anticipation is always greater than the event!

CHRISTMAS LIGHTS

Teddington Christmas Lights Up

Thursday 25th November
6.30pm - 10.30pm.
More info: www.teddingtontogether.org

Christmas Lights Switch On in East Twickenham

Friday 26th November at 5pm.
Richmond Road TW1 2EF

Illuminature at WWT London Wetland Centre

22nd October to 9th January 2022.
Barnes SW13 9WT
A unique opportunity to see a different side of the wetlands while enjoying an immersive art experience after dark.
More info: www.wwt.org.uk/wetland-centres/london/whats-on

Christmas at Kew 2021

17th November 2021 to 9th January 2022. 4pm - 10pm.
Lights and Christmas food
More info: www.kew.org

CHRISTMAS FAIRS

Sparkle Contemporary Craft and Gourmet Food Fair

Friday 19th - Sunday 21st November.
Landmark Arts Centre
Teddington TW11 9NN
Tickets: £4

Strawberry Hill Christmas Fair

Saturday 27th & Sunday 28th Nov.
11am - 5pm (last entry at 4pm).
Original, unique, affordable Christmas gifts created by over 40 exhibitors, all held in Strawberry Hill House.
Tickets: £7.50

Chelsea Physic Garden Christmas Fair

Thurs 25th - Sun 28th November
10am - 4pm.
More than a hundred curated stalls, within the magnificent environment of the Physic Garden.
More info: <https://www.chelseaphysicgarden.co.uk/visit/whats-on/christmas-fair/>
Tickets: £7

Festive Fayre at Hampton Court Palace

Friday 3rd - Sunday 5th December.
More info: www.hrp.org.uk/hampton-court-palace/whats-on/festive-fayre
Tickets: Concessions: £20.20

If you attend any of these events, we would love to hear about your experiences. Please send your reviews to Chantal: c.richards@richmondcharities.org.uk

Gardening: My One Pot Winter Garden



by Susanne Munslow Adair

My One Pot Winter Garden

Find a largish container, which should be big enough to grow at least three sizes of plants in. I would advise putting something in the bottom like a smashed up plate you've become fed up with or a couple of handfuls of that white squeaky stuff that the bedding plants come in, polystyrene as it's known, for drainage.

Buy some compost and then you are ready to begin. You'll need three sizes of plants for the pot, ideally a biggish evergreen plant to keep its glossy green leaves on throughout the winter and a middle sized one that can be made up of things like Agastaches (not moustaches) or Japanese Anemones or sky blue Salvias to add a cottage garden feel to your display. Next you need some 'tinies', to poke in all around the edges of your lovely new pot. Also, see if there are any old unwanted bricks lying around as you can recycle them as props to stand your pot on so that it doesn't sit in a puddle when it's bucketing down with rain. The tiny plants are things you can find when you are out and about, getting your daily walking exercise. There is plenty of

Ivy Leaved Toadflax growing wild on old churchyard walls. In summer they have tiny violet and white flowers or some butter yellow Moschatel



that look like hundreds of singing canaries, perched amongst its silky green fronds. These are all free wild flowers and will take well as long as you poke the roots in firmly and keep the plant moist while it's recovering from being moved.

In my pot as shown I chose a small Hypericum shrub that has bright egg yolk coloured flowers which nestle between the newly forming red berry seeds. The middle sized plants are a couple of mixed coloured geraniums (or Pelargoniums to be correct). So there it is, your beautiful miniature garden right on your doorstep which hasn't cost the earth because you cleverly used freebies from nature and bricks from a skip or left outside where builders have been.

Happy Gardening from Susanne.

Climate Week

Coinciding with COP26, Richmond Climate Week has a full timetable of events taking place in our borough from 1st to 7th November.

Each day there will be a specific theme that will introduce residents to topics such as food, waste and recycling, energy saving, transport and air quality, net zero, nature, habitats and biodiversity. The events are either online or in-person.

More information on how to get involved: www.richmond.gov.uk/news/press_office/campaigns_and_events/climate_emergency/climate_week

Climate Emergency and Social Inequality

The above issues (and many more) will be explored in this year's Richmond Literature Festival - now in its 30th season. The festival gathers together pioneering writers, visionary change-makers and local communities. Taking place at venues across our borough from 5th-21st November.

More information: www.richmondliteraturefestival.com/aboutthefestival

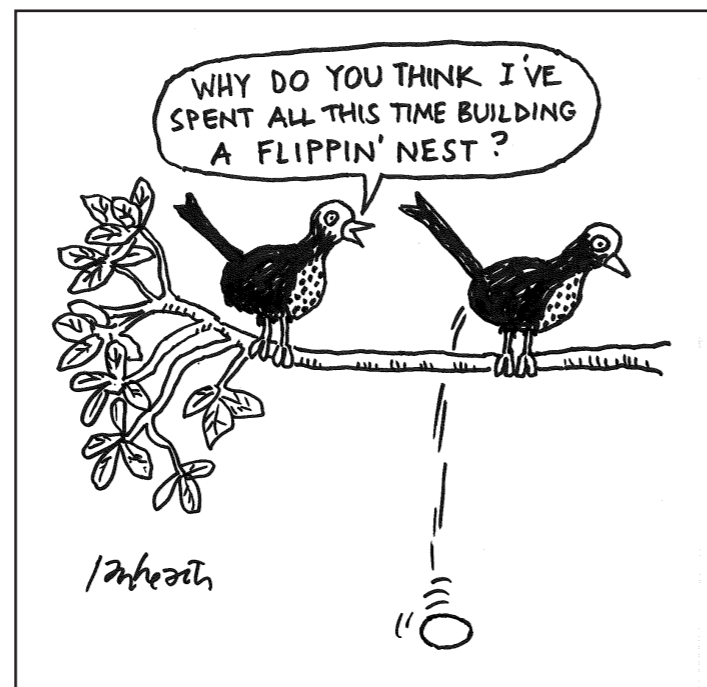
Flowers For Winter

Amaryllis is fast becoming the nation's favourite Christmas plant, over the poinsettia.

New varieties are being bred all the time so the colours vary from 'Red Lion' to 'Lemon Star'. You may find ready planted bulbs that will be ready for Christmas or plant bulbs now for new year colour. Try three in a pot surrounded by moss and they will reappear for years. Keep them growing inside until the frosts have gone.



It is time now to plant out tulip bulbs, narcissus, iris and crocus. There is so much joy to be had waiting for the colour to arrive early in the year.



Memories of a Hollywood Dental Nurse

In 1965, our Houblon's resident, Jill Hayes, went to work as a dental nurse for the renowned cosmetic dentist, Dr Charles Pincus, on Sunset Boulevard, Hollywood.

Dr Pincus was considered one of the best cosmetic dentists in the world. (In the 1960s, a full mouth reconstruction cost a staggering \$25,000!). Back in 1928, the Max Factor brothers asked him to develop a means of correcting faulty smiles overnight, so the speaking actor would photograph well. His patients went on to include James Dean, Mae West, Joan Crawford, Barbara Stanwyck, Walt Disney, Bob Hope, and even little Shirley Temple.

Jill originally began her American sojourn in 1961, when her doctor husband emigrated to California to work with UCLA. Two eventful years passed, including the unforgettable day that President John F. Kennedy was assassinated. It became imperative that they return to England for a year.

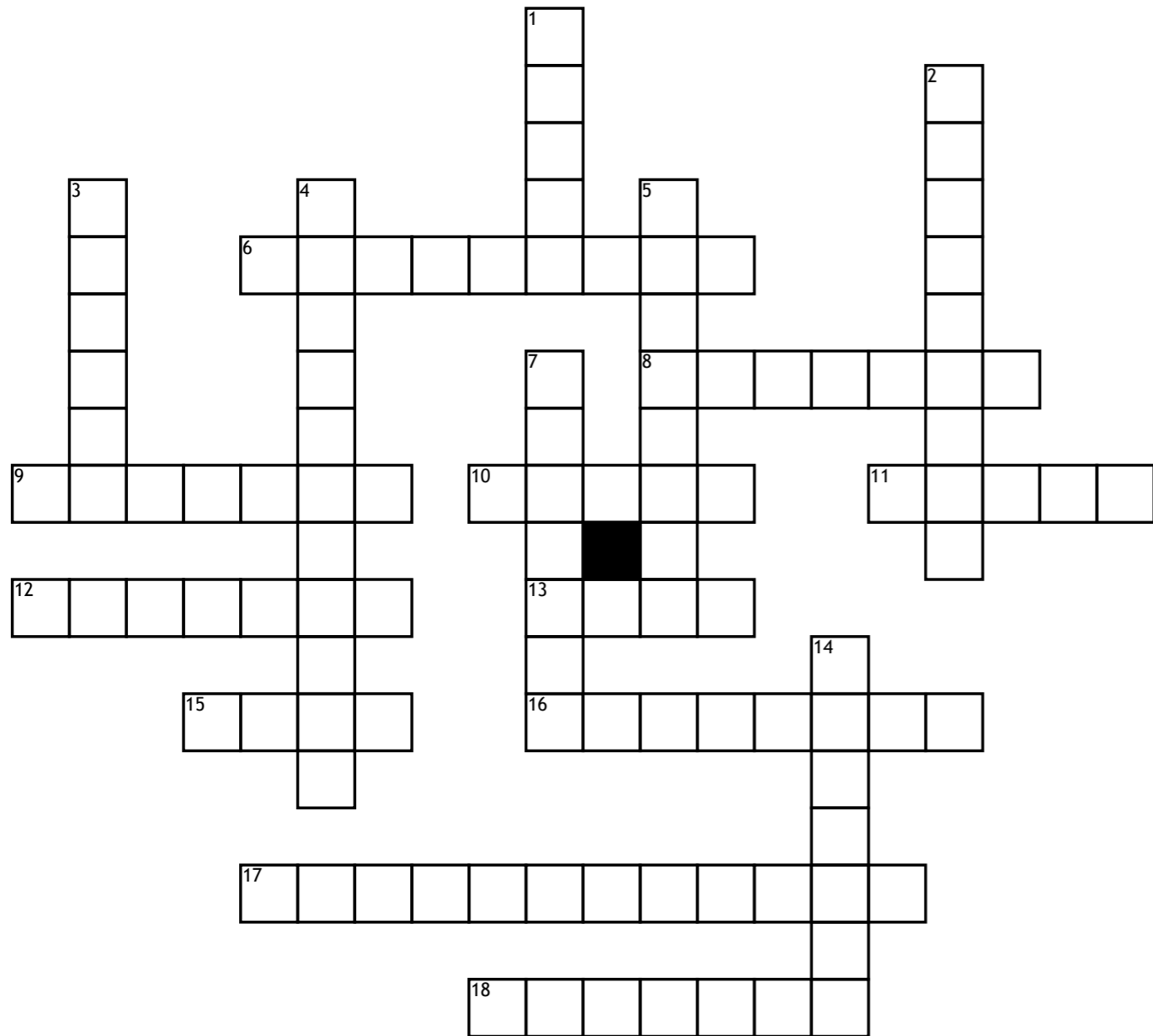
On their return, Jill rang Dr Pincus to see if he needed a dental nurse. His first question was very abrupt, 'What do you look like?'. Jill replied 'small, dark, and ugly'. After a couple of beats he said, 'If you are willing to work for 3 weeks without pay, we will give it a go'. So in 1965, Jill entered the world of the clever and unpredictable Dr Pincus.

Right: diary entries from Jill's time with Dr Pincus

*1965 My First Day
I was rushing to enter the elevator before the doors closed - I tripped and fell into the arms of John Wayne (the Duke) he said 'Oops', I said 'I'm so sorry'. Everyone in the 'car' (inside the elevator) were laughing. When John Wayne exited on the third floor, he said 'Good luck Honey, say hi to Charlie for me'.*

*1965 Working for Dr Pincus - (dentist to the Hollywood stars)
On entering the penthouse I encountered Mae West and her 'scaffolding' (a type of corset)! We ended the day imbibing whiskey with the boss, and Billy Wilder (director of Grace Kelly, Frank Sinatra, and Bing Crosby) 'This is high society! What next? Not many employees have days like this!'*

Crossword Competition



Name: _____

Enter your completed crossword into the Prize Draw for a chance to win a £5 M&S voucher.

Give this whole page to your Scheme Manager or place in the suggestion box.

Crossword Competition

Across

6. Butterfly that became extinct in the UK in 1979 but reintroduced in 1984 (5,4)

8. Agricultural activity / festival (7)

9. Site of Special Scientific Interest (SSI) in Barnes, the London _____ Centre (7)

10. Sir Peter _____ British, ornithologist (1909 – 1989), conservationist and painter, who established the Wildfowl & Wetlands Trust in Slimbridge in 1946 (5)

11. Government department responsible for nature conservation in England (5)

12. Bird of prey, reintroduced into Britain in 1989 (3,4)

13. Home for an otter (4)

15. Charity founded in 1889 to conserve bird populations in the UK (4)

16. Bay bolete, charcoal burner and penny bun are edible types of this (8)

17. Wildlife hospital in Buckinghamshire named after a Beatrix Potter character (12)

18. According to the London Wildlife Trust, there are over three million of these spaces in Greater London (7)

Down

1. Wild land / cleaning (5)

2. A biological community of interacting organisms and their physical environment (9)

3. Common plant causing a sharp tingling sensation (6)

4. A fish might climb these but you wouldn't! (6,5)

5. Insects might stay here but you wouldn't! (3,5)

7. Chris _____, British naturalist whose house was recently attacked by arsonists (7)

14. Tree seeds / children's game (7)

Norman's Nature Quiz



by Norman Bramfitt

1. Which flower, usually with 5 blue or purple petals, is associated with free masonry and has the scientific name myosotis?

2. Which fruit is sometimes called love apple?

3. Which animals are called 'bovine'?

4. Which flowers inspired the Wordsworth poem which starts 'I wandered lonely as a cloud'?

5. Which two kings resided at Kew Gardens?

6. Where in the human body would you find the mandible?

7. From which flower is saffron obtained?

8. What is the common name for the flower antirrhinum?

9. What is the largest known animal on earth?

10. What is the largest planet in our solar system?

11. What is the largest internal organ in the human body?

12. What do you call a female alligator?

13. Lemurs are only native to which country?

14. What is another name for the rowan tree?

Name: _____

Enter your completed quiz into the Prize Draw for a chance to win a £5 M&S voucher. Give this whole page to your Scheme Manager or place in the suggestion box.

Page Turners

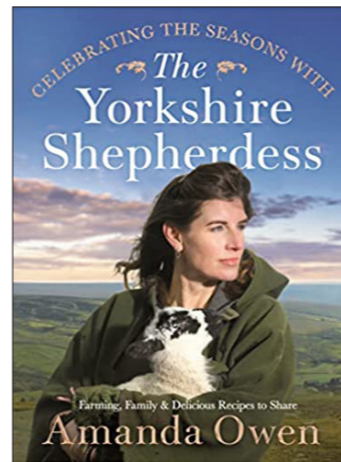


by Mike Townsin

This review of books is the first of a regular feature to which, from next month, we are inviting readers to contribute their own reviews of books they have enjoyed and would recommend.

This month we spotlight books that reflect our 'nature' theme, but that's not a rule: any book, fiction or non-fiction, is welcome, whatever the theme.

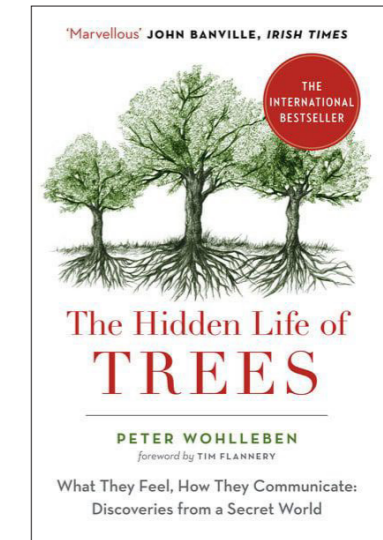
Unless you have a good photo of the front cover to hand, we will source one, so all you have to do is provide the text. As you will see from the reviews here, we would like about 100 words per review. Please send them to your Scheme Manager or email to Chantal: c.richards@richmondcharities.org.uk



The Yorkshire Shepherdess
by Amanda Owen

Amanda Owen – shepherdess, wife, mother of nine – lives and works at Raveuseat, the family farm in the Yorkshire Dales. Her latest book, called 'Celebrating the Seasons', describes, in vivid prose, a life that is about being

close to nature, finding contentment in the beauty of the Dales and handling the challenging routines of the farming year. It is a rewarding read for anyone with a love of the countryside and a yearning for the simpler life! Her story is also a Channel 5 TV series.



The Hidden Life of Trees
by Peter Wohlleben

This unpromising title camouflages fascinating discoveries about the nature and life of trees. Do they feel? Have they awareness of their surroundings? Do they communicate? The answer, according to the author of this international best seller which is backed by new scientific research, is 'yes'.

Recent ground breaking discoveries provide evidence that trees are much like human families: tree parents relate to their 'children', supporting them as they grow, sharing nutrients with the sick and struggling, creating an environment that protects them from extremes of climate. If you are interested in the science behind nature in a book that is written in language we can all relate to, this one is for you.

Poetry Corner by Nigel Davis



I imagine that most of us have seen the film *Gone with the Wind*. They sure don't make them like that anymore. Perhaps not quite so many people know that the title of the book on which the film was based was taken from this particular poem. And so, for that matter, was the title of Cole Porter's wonderful song "*Always true to you darling in my fashion*" which personally I always think of in the version sung by Ella Fitzgerald.

The life of the Victorian poet Ernest Dowson (1867 – 1900) was short. He was dead by the

age of 33, having led a wildly dissolute life ("They are not long, the days of wine and roses", as he wrote in one poem. Too true, in his case). This poem was itself based on a poem written some two thousand years earlier by the Roman poet Horace, which I well remember as a groaning schoolboy having to translate from Latin into English. But while the original poem is wryly ironic and detached, this poem by Dowson has, I think, a real fire and passion, conveying a true sense of regretful longing for a past love which has not entirely gone cold.

Cynara **By Ernest Dowson**

Last night, ah, yesternight, betwixt her lips and mine
There fell thy shadow, Cynara! thy breath was shed
Upon my soul between the kisses and the wine;
And I was desolate and sick of an old passion,
Yea, I was desolate and bowed my head:
I have been faithful to thee, Cynara! in my fashion.

All night upon mine heart I felt her warm heartbeat,
Night-long within mine arms in love and sleep she lay;
Surely the kisses of her bought red mouth were sweet;
But I was desolate and sick of an old passion,
When I awoke and found the dawn was gray:
I have been faithful to thee, Cynara! in my fashion.

I have forgot much, Cynara! gone with the wind,
Flung roses, roses riotously with the throng,
Dancing, to put thy pale, lost lilies out of mind;
But I was desolate and sick of an old passion,
Yea, all the time, because the dance was long:
I have been faithful to thee, Cynara! in my fashion.