

Welcome to your Almshouse News

## Memoirs & Journals Issue

Residents' Open  
Forum Meeting

Local News &  
Events

OutReach: Local  
Charities

Silver Sunday

Poetry

Defibrillators

Yoga Classes

Getting To  
Know You



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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 18 October 2021.**

Email your article to Chantal:  
[c.richards@richmondcharities.org.uk](mailto:c.richards@richmondcharities.org.uk)  
or give to your Scheme Manager.

As a guide on word count, a one page article is ideally 340 words.

Front page photo credit: © Suzy Hazelwood / Pexels

## 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:

**Juanita Agard-Batley**

## Winner of the Quiz Competition

Thank you to everyone that submitted a competition form. Picked at random, the winner this month is:

**Ron Bronks**

**Congratulations!**

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

## This Month's Competition

Please send in your

**Most entertaining story, poem or photo from this summer.**

The winner will receive a £10 M&S voucher.

We look forward to hearing your stories! Email your article to Chantal:

[c.richards@richmondcharities.org.uk](mailto:c.richards@richmondcharities.org.uk)  
or give to your Scheme Manager.

## Emails to Sarah Olney MP

Emails from residents to our local MP have not been reaching her as they accidentally were treated as spam. This has now been corrected but, as a safeguard, if you do not receive a reply to your emails within 3 days, telephone 020 8876 2986 where action will be taken by Sarah's office.

## Chapel Schedule for October



by Stuart Lee

### Sunday 3rd October:

10.30am Eucharist  
5pm Evening Prayer

### Sunday 10th October Harvest Sunday

10.30am Eucharist with hymns  
and collection of Harvest Gifts.

Gifts will go to the Richmond Foodbank. They have especially asked for: canned meat (such as stews) and fish, long life fruit juice and milk, crisps, chocolates and cleaning materials such as washing up liquid, cleaning sprays and bleach. Financial gifts will go to WaterAid.

### Sunday 17th October

10.30am Eucharist  
5pm Hymn singing

### Sunday 24th October

10.30am Eucharist with  
hymns

### Sunday 31st October

10.30am Eucharist

## Letter from Chantal Richards, Editorial Committee



Finally summer has melted into autumn, the leaves are turning colour and the sun is low in the sky. So before we are bombarded with Christmas (I'm saying it really quietly!), we have taken time in this issue to reflect and share some special memoirs and travel journals. You will love the photos and memories of Peter Shillingford's time in Hollywood. Ian Heath shares his photos and unusual findings from Lombok and Jane Whitmore digs out some super vintage photos of Richmond's past.

*OutReach: Local Charities* is a new feature on pages 16 & 17 that looks at local charities which are supported by The Richmond Charities. All of their activities are there to help enhance your life.

If you are a reader of *The People's Friend*, you will know that there has been a great article featuring Juliet Ames-Lewis and our resident, Norman May. If you missed it we have reprinted an extract and photos on pages 8 & 9.

We continue to work really hard behind the scenes on the editorial committee, bringing new and exciting features each month. We hope you continue to enjoy your AlmsHouse News.



# Residents' Open Forum Meetings



by Juliet Ames-Lewis

In 2018 and 2019 we held very successful Residents' Open Forum meetings which were well attended by residents and generally found to be very useful. The meetings provided residents with the opportunity to express views, comments and suggestions about your homes, the almshouse estates in general and the way in which The Richmond Charities is run and the services it provides.

For obvious reasons due to Covid-19, it was not possible to hold the forums in 2020 and we had a Residents' Survey instead. The Trustees and I would like to hold open forums again this autumn. The dates for the 2021 forum meetings are as follows:

**The Open Forum Meetings will all be held in the Chapel at Hickey's**

**Wednesday 20th October  
10am–11am**

**For residents from:** Adelaide Rd, Benn's Walk, Church Estate, Houlblon's

**Tuesday 26th October  
10am – 11am**

**For residents from:** Bishop Duppa's, Candler, Manning Place, Michel's, Queen Elizabeth's, Wright's

**Monday 1st November  
10am – 11am**

**For residents from:** Hickey's

If you have any items that you would like to raise at the meetings and put onto the agenda, please let your Scheme Manager know at least one week before the meeting.

## Summer Photos from Cathy's Garden

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

These photos were taken in July in Cathy Widger's very beautiful garden at Hickey's.





# Susanne is a Winner!



by Gennie Thompson

In the August edition of Almshouse News we advertised *The Almshouse Association Summer Photography Competition* to commemorate the Association's 75th anniversary.

We are delighted to announce that a Richmond Charities resident, namely the very talented Susanne Munslow-Adair, was awarded second place in this competition!



The competition was open to all residents who reside in the whopping 1600 independent almshouse charities represented by the Almshouse Association, across the whole of the UK. So coming second place was no small feat! There were six themes to enter the competition, Susanne fittingly chose 'Flora and Fauna'.

Susanne has been presented with a commemorative certificate and won some beautiful gardening gloves and a £20 Dobbie's garden centre voucher. Susanne will also receive coverage on the Almshouse Association website and social media streams!



The winning photo: *Yellow Rudbeckias*



Susanne took the picture on her mobile of her tall yellow Rudbeckias growing by her garden gate on a rare bright day.

Susanne said she liked the picture as to her 'it shows a feeling of hope, the way they reach skywards to the Universe.' Inspiring indeed! So a huge congratulation Susanne and we hope readers enjoy the beautiful picture as much as we did!

# Defibrillators



by **Claire Sanecka**

The Richmond Charities has purchased defibrillators for many

of its almshouse estates. All our defibrillators are public access and can be used by members of the public (with the exception of Wright's and Benn's Walk). They are all listed on the HeartSafe website ([www.heartsafe.org.uk](http://www.heartsafe.org.uk)) so that in an emergency anyone can find where their nearest defibrillator is located.

## Where is the nearest defibrillator to my estate?

**Hickey's, Church Estate and Houblon's:** on the side wall of the estate office at 33 Hickey's

**Michel's, Bishop Duppa's and Queen Elizabeth's:** on the wall of the estate office at 10 Michel's

**Manning Place:** on the front of the bin store room

**Candler:** next to the communal notice board

**Benn's Walk:** on the front wall of the laundry room

**Wright's:** third floor, on the wall beside terrace room



This is what the new defibrillators look like

## What is an automated external defibrillator (AED)?

An Automated External Defibrillator (AED) is a portable life saving device that can give a casualty's heart an electric shock, when it has stopped beating normally in a sudden cardiac arrest.

A defibrillator works by checking the casualty's heart rhythm once the defibrillator pads are placed on their chest and giving them a shock if needed.

Defibrillators can be used on adults or children over one year old.

By using a defibrillator before an ambulance arrives, you can significantly increase someone's chance of survival.





The internal contents of the defibrillator bag

### **When should you use a defibrillator?**

Defibrillators are used to treat someone in cardiac arrest. A cardiac arrest is when someone's heart has stopped beating normally and they are unresponsive and not breathing.

### **Why is using a defibrillator important?**

A bystander performing CPR and using an automated external defibrillator (AED) can increase the chances of survival by two to four-fold.

### **Do you have to be trained to use a defibrillator?**

No – the defibrillator will guide you through what to do with simple voice instructions and visual prompts. Anyone can safely use a defibrillator. Do not wait

for the emergency services to arrive to start treating the casualty.

### **Are defibrillators easy to use?**

Yes. All makes of defibrillator will provide voice instructions or visual prompts instructing you what to do, from performing CPR to attaching the pads. All defibrillators check the heart rhythm of the person to determine if a shock needs to be administered.

### **Can you hurt someone by using a defibrillator?**

No. If a person is not in cardiac arrest the device will not administer a shock, even if you press the button, as it has detected a heartbeat.

### **What if a casualty has a pacemaker?**

Still use the defibrillator. If you see or feel a device under the chest skin, do not place the pad directly over it.

**Things you should do as a rescuer?** Pads must be attached to bare skin. You will need to remove clothing containing metal from the area where the pads are attached, such as an underwired bra.

### **How to use a defibrillator?**

Switch the defibrillator ON then listen to voice commands.

# We are in 'The People's Friend' magazine!

The September issue of The People's Friend magazine has a double page feature on *The History of Almshouses* (written by Olivia Greenway).

Our Chief Executive, Juliet Ames-Lewis, was interviewed for the article, as too was our resident, Norman May.

Below is an extract of the article accompanied by photos used from our archive.

Olivia Greenway says: "All almshouses are set up as charities, led by a board of trustees. Almshouses support a neighbourhood community but residents live independently, paying a contribution towards the accommodation, usually at below market rates.

As they have been built over the centuries, around a third of almshouses are listed buildings of historic interest. Of course, the fortunes of the charities running them have changed over the years. This is where the Almshouse Association comes in.

Celebrating its 75th anniversary this year, the Almshouse Association was set up to be a central body to support almshouses, to promote their work and liaise with government in the charities' best interests.

Nick Philips, Chief Executive [of the Almshouse Association] says, 'In the last decade over a thousand almshouses have been built, more than in any other time since the Victorian period.'

There is no doubt that the almshouse model is highly successful. Research commissioned by the Association has shown that people live on average four



Hickey's Almshouses

years longer in an almshouse than in other forms of social housing.

Juliet Ames-Lewis is Chief Executive of The Richmond Charities in London, which is a member of the Almshouse Association. It's one of the 'lucky' charities to have seen their fortunes improve over the years.

Richmond's association with royalty has always attracted the wealthy and they in turn wanted to leave a lasting legacy in their town.



## Community News - ALMSHOUSE NEWS

Although The Richmond Charities have some beautiful buildings, such as Hickey's, a new development of flats, with more planned, is found in nearby Twickenham.

'We have to build flats as land in Richmond is now prohibitively expensive' Juliet says. 'In any case, we need level accommodation (with lifts) with all the latest health and safety measures and wheelchair access so our residents can enjoy a home for life'.

The flats are near shops and on bus routes and all have a communal open terrace with planters".



Wright's Almshouses



### "It was like winning the Lottery"

Norman May had been living in a bedsit for three years and his future felt bleak. 'When I heard that I was being offered an almshouse, I danced around my room' he says. 'When I viewed the flat, I was left speechless - it was like winning the Lottery'. 'I moved in in October last year and it still feels like I am on holiday! I'm looking forward to the future again, making new friends and enjoying life'.

Another resident comments, 'The very best thing about living in an almshouse is the fact that I know my neighbours for the first time in years'.

Aside from accommodation and friendship, almshouses usually organise activities for their residents too. Juliet - responsible for 140 almshouses - tells me they have a group that is looking at residents' family trees, a film club, an art group, and a whole raft of other interests, often suggested by residents. She told me there is evidence that people's mental wellbeing benefits from social activity, not just physical activity.

Although almshouses only form a tiny fraction of UK housing provision, they play an essential role in so many older people's lives, enabling them to enjoy privacy at home but at the same time companionship. And that alone makes them something to treasure.

# Writing For Your Life



by Stuart Lee

### Guided Autobiography Group Starting Tuesday 11 January for 12 weeks

Beginning on Tuesday, 11th January at 10.30am in the Green Room, Stuart will be leading a Guided Autobiography Group which will last for up 12 weeks.

Using a tried and tested method, developed over 25 years of experiment, Stuart will guide us through a series of exercises (and set homework!) that can help anyone organise and write their own experiences and share them in a group with others on the same journey.

The method is particularly helpful for those who like the idea of writing their own story for family or friends (or simply for yourself) but don't know where to begin. By the end you will have a 'collage' of your life experiences which, if you wanted to, you could further work on to turn into a more polished autobiography. However, experience shows that going through this process together is almost more important than worrying about any finished product.

A previous participant writes, 'I thought my life had been fairly mundane and ordinary – especially in comparison with other members of the Guided Autobiography Group – no great achievements, no glamour, no bling! But it opened the box and pulled out admittedly small memories, but, examined with hindsight, polished by sharing and further enhanced by the others' interests and comments, they acquired a lustre entirely their own.'



It may be a small life; we may not have done anything particularly great or inspiring, but our memories make us what we are and those who love us are interested in that.'

Numbers will be limited for this course (and there will need to be a minimum of 5 people for the course to run), so please book with your Scheme Manager if you would like to attend.

Contact Stuart if you would like further details or would like to reserve a place.



### Yoga classes in Hickey's Chapel - Confirmed



by Claire Sanecka

**Yoga**  
**Friday 5 November**  
**for 6 weeks**

Due to lots of interest received, we are delighted to confirm that yoga classes will commence on Friday 5th November at 11:30 for six weeks in the Chapel at Hickey's.

This is a gentle chair-based yoga practice to calm, rebalance and ease the body and mind. The classes will be totally accessible to all levels of ability and all will be welcomed and supported with a range of modifications to suit individual needs. The 60-minute classes will always be guided with warmth and empathy and will include nourishing stretches, guided breathing exercises and deep relaxation techniques.



If you would like to attend, please inform your Scheme Manager.

Claire Welton,  
Yoga Teacher

### The return of the world-famous Eve 'n' Stephen's QUIZ NIGHT!

Thursday 28th October  
at 6pm  
The Chapel at Hickey's

By popular demand, Eve 'n' Stephen's amazing quiz night will return at the end of October. Make a note in your diaries now – you don't want to miss it! Teams are formed on the night and refreshments are provided.

### Richmond Literature Festival

This year's Richmond Literature Festival will take place from 5 to 21 November in venues across the borough. Their programme of events was recently released, with a timely focus on how we can be more sustainable, more inclusive and more equal. The themes will delve into the concept of Breaking Ground and will look back to history and bring together some of today's most exciting writers and thought leaders to explore what our future could look like.

The festival, which will see a return to in-person events, will feature book launches, panel discussions and some of the most exciting releases of 2021. To see the programme of events and find out how to buy tickets, please visit: [www.richmondliteraturefestival.com](http://www.richmondliteraturefestival.com)

# ALMSHOUSE NEWS - Local Events

## What is Silver Sunday?



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

Initially  
launched as a  
local campaign

to tackle loneliness and isolation, Silver Sunday is now a national day where people of all generations can come together by hosting fun and free activities for older people. It is a day where older people can meet new people, visit new places, try new activities and connect with their local communities and the generations around them.

**FREE Local events** include the event, top right, at the ETNA centre in East Twickenham and also the event below at Hampton Court Palace:

## Sensory Palaces - a creative session exploring autumn at Hampton Court Palace

Join artist Alex Hirtzel for a special creative session inspired by the palace and gardens, exploring autumn and the harvest at Hampton Court Palace with a number of sensory objects, exploring printing techniques and making traditional corn dollies to take home.

There is also the opportunity to explore the palace and gardens before or after our session. The sessions are free and light refreshments will be provided. For more info: <https://silversunday.org.uk/>

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*RGN invites you...*

to celebrate Silver Sunday with us!

Please come to our  
*Afternoon Tea with Songs from the Musicals*

Sunday 3rd October 2021 from 3-5pm  
at ETNA, 13 Rosslyn Road, East Twickenham TW1 2AR.

Please confirm to Anne on 020-3538-4060 if you can attend and if you need help with transport. Family members are welcome too.



**An Invitation  
from  
Richmond  
Good  
Neighbours  
for  
Silver  
Sunday**

## Opportunity to Help Revitalise A Garden for Community Use

Local environmental and heritage charity Habitats & Heritage has been awarded funding to help support the revitalisation of a vacant garden site for community use in the heart of Twickenham. It is anticipated that the garden site will be let to a not-for-profit organisation which will maintain and manage the garden to deliver services which reflect the local need. This could include gardening activity to support people with mental health issues, those who are suffering from loneliness and isolation or other vulnerabilities.

**Local residents** are encouraged to register their interest by email to Edward Stannard at Habitats & Heritage:  
[grimwood@habitatsandheritage.org.uk](mailto:grimwood@habitatsandheritage.org.uk)

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](mailto:c.richards@richmondcharities.org.uk)



### Top Ten Tips for COVID Safe Autumn Travel

Richmond Council has issued these top ten tips for travelling safely throughout the coming months.

\* Remember hands, face, space and ventilate – whilst no longer a legal requirement, it is the safest way to be safe.

\* Wear a face covering if travelling on public transport. Remember it is mandatory on TfL transport.

\* Have your vaccination before you go away. There are plenty of places in South West London where you can just walk in and have your second dose if your first was eight weeks ago or more.

\* From 4am Monday 4 October 2021, the rules for international travel to England will change from the red, amber, green traffic light system to a single red list of countries. Check the government traffic light system for your destination and the rules you need to follow before, during and after travel.

\* Isolate if you test positive, have come into contact with anyone with COVID-19 or you display any symptoms.

\* Remember the symptoms of the virus.

\* Stay outdoors as much as possible if meeting others – the virus spreads faster inside.

\* Remember different rules apply in Wales and Scotland.

### Celebrating Richmond's Twin Towns

Richmond Mayor Geoff Acton and MP Sarah Olney have recently unveiled a new information board about Richmond's twin towns of Fontainebleau in France and Konstanz in Germany. The board has been commissioned by the Richmond in Europe Association, and erected outside East Sheen Library on Sheen Lane.

More info: [www.richmondineurope.com](http://www.richmondineurope.com)

### What's On in Richmond brochure

The October edition of Visit Richmond's *What's On* magazine is now available from Richmond Libraries and Richmond Station Info Kiosk.

### Register for Richmond CVS' online Trustee Recruitment Event

Being a trustee is a specialised form of volunteering and fulfils a vital role in any charity. Richmond CVS' friendly informal event on Thursday 14th October, 6.30pm to 8pm, is one of the best ways to learn more about it, as well as hear directly from a range of local charities that you could get involved with right now.

More info: [www.richmondcv.org.uk](http://www.richmondcv.org.uk)

### 10th Birthday for Kew Village Market

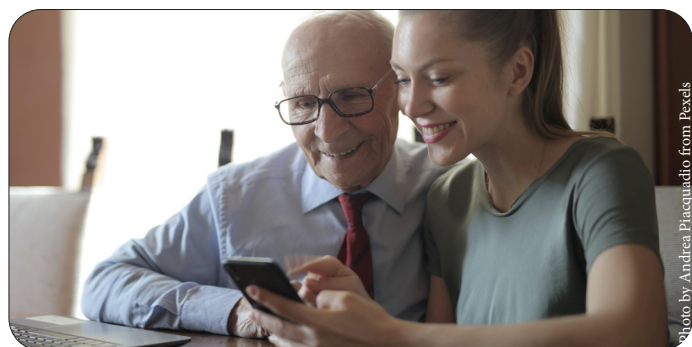
The 10th birthday Kew Village Market will be held on Sunday 3 October with over 45 stalls and live music on the day. More info: [www.kewvillagemarket.org](http://www.kewvillagemarket.org)

# ALMSHOUSE NEWS - National Awareness Days

## International Day of Older Persons – Friday 1st October 2021

The International Day of Older Persons was created by the United Nations General Assembly in 1990 and aims to raise awareness of the impact of an ageing population and the need to ensure that people can grow old with dignity and continue to participate in society as citizens with full rights.

Globally, there were 703 million persons aged 65 or over in 2019. Over the next 50 years, the number of older persons in the world will grow from about 600 million to almost 2 billion.



The International Day of Older Persons 2021 theme is “Digital Equity for All Ages” and highlights the need for access in the digital world by older persons. The rise of technology has transformed all sectors of society, including how we live, work and relate to one another. Not to mention how we access services which we tend to rely on more as we get older, such as GPs, hospitals and social care. For more information visit: <https://www.un.org/en/observances/older-persons-day>

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## National Awareness Days

**Black History Month:** Black History Month is an annual celebration of the achievements of Black communities and the remembrance of Black history across the world. More info: [blackhistorymonth.org.uk/listings/region/greater-london](http://blackhistorymonth.org.uk/listings/region/greater-london)

**Go Sober for October:** If you can't wait for Dry January, Sober October encourages people to go booze-free in October to raise money for Macmillan Cancer Support, who need your support now more than ever.

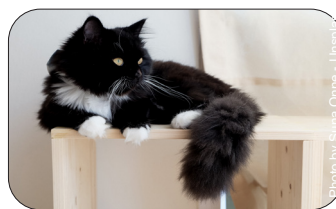
**National Cholesterol Month:**  
For advice visit: [heartresearch.org.uk](http://heartresearch.org.uk)

**Back Care Awareness Week** (4th – 8th Oct): For more info: [backcare.org.uk](http://backcare.org.uk)

**National Poetry Day** (7th Oct):  
Encourages all to enjoy, discover and share poetry. For more info: [nationalpoetryday.co.uk](http://nationalpoetryday.co.uk)

**Legs Matter Week** (11th – 15th Oct):  
Lots of information, tips and resources on [legsmatter.org](http://legsmatter.org)

**UK Malnutrition Awareness Week**  
(11th – 17th Oct): For more info: [malnutritiontaskforce.org.uk](http://malnutritiontaskforce.org.uk)



**National Black Cat Day**  
(27th Oct)

# Friends and Neighbours visit to The Musical Museum



by Ann Ellington

A number of Friends and Neighbours set off in our lovely coach to

The Musical Museum, just over Kew Bridge.

When we arrived we went to their café where we had a lovely cup of tea and then were shown into the first room by a very experienced guide. The room was full of the most amazing selection of the earliest hand wound gramophones – where intricate sheets of concertinaed paper - which were pierced with holes - are fed through the raised pieces of metal on the silver revolving barrel. So gradually from the paper attached to the silver barrel, tunes can be played one after another. And they were surprisingly melodic considering they were hundreds of years old.

Then we saw larger versions in the next room, old and some more modern, but still old by today's standards, which were not only bigger and beautifully designed but also more complex and automatic. There were boxed hand gramophones with the trumpet speaker and organs, both small and large enough to be in a church all encased in beautiful carved

wood.

There were two or three “Wurlitzer” organs. Handsome, beautifully designed and compact. There was a large red Wurlitzer on the stage from which we were lucky enough to be given a recital by our guide who happened to be one of the Directors of the Museum, an accomplished musician. Watching him play looked very tiring as he pulled out all the stops literally, with one hand while the other played the two keyboards then using his foot to move the pedals side to side pumping the wooden panel. He made it look so easy and after which we asked questions and viewed it closer. Then one of our party (see photo of Sue below) offered to play which was wonderful. It was one that could go up and down as used in our cinemas. I remember that, such fun.



What an unexpected and interesting day all round, followed by a tasty afternoon tea. What more

could you ask for – Oh! another day out please.

Photos by Ann Ellington



# Community Clubs - The Avenue



by **Gennie Thompson**

A reminder of things you can get involved in locally! With our community re-

opening following the coronavirus, we thought it might be useful to share some of the brilliant things available in our local community and will aim to share something new with each edition.

If any readers know of any community clubs, events or similar please do let your Scheme Manager know so we can share them with the wider community.

## The Avenue Club



Located in St Luke's Parish Church & Community Centre, The Avenue, Richmond TW9 2AJ

The Avenue Club, a vibrant social and leisure club that is recommended and used by residents and trustees alike. They run a wide and varied range of regular classes, activities and events for older people in the local community. The below from the Avenue Club website explains what they offer, as well as Serge's walking club which readers will all be familiar with!

'The Avenue Club is run by Lisa, Caroline and Siobhan, who try to make sure that the Club offers 'something for everyone'. There is always an interesting mix of regular activities and classes taking place, usually between 10am and 3pm (except on public holidays). These include Yoga, Pilates, Men's Wellbeing, classes in French, Italian, Spanish and Art, and lectures on Opera, History of Art and Film as well as more sedate activities such as Knit & Stitch.'

To see a full list of regular activities visit [www.kewcommunitytrust.org.uk/avenue-club](http://www.kewcommunitytrust.org.uk/avenue-club)

Or for more information via phone call **0208 948 8807** between 10am – 3pm Monday to Friday.

If transport to the Club is a problem, Kew Neighbourhood Association (at KNA or on **020 8948 8054** or Richmond Good Neighbours (at RGN or on **020 3538 4060**) may well be able to help.

Membership details: Annual subscription is only £33 for individuals or £55 for couples (on a sliding scale if you join part way through the year).

Members enjoy an unlimited mix of classes/activities and outings on a pay-as-you-go basis.

# OutReach: Getting to Know Local Charities



### Supporting You To Stay Living Independently For Longer

Ruils is a local charity that supports disabled adults, the elderly and people with long term health & mental health conditions to live independently, be part of their community and to live life to the full. They provide information, advice, advocacy, befriending and activities to clients and their families.

There comes a time when we all need a little support to stay living independently. Whether it is help with cleaning, gardening or more personal support, it is hard to know where to start. That is where Ruils comes in – their advisors can help you to decide what kind of help you need, where you can find that support and how to access financial aid and support from Social Services. If you feel you need more support to stay living at home contact Ruils on 020 8831 6088 and they will be happy to take you through the process.

*“To have everything managed for me by one organisation makes life easier. Ruils has helped me to put aside my worries, I feel in safe hands and able to enjoy precious time with family”.*  
Mrs Jones

They also run a range of community activities you might like to join:

**Accessible Wellbeing Walks** - free, guided walks, suitable for people using wheelchairs and/or walking aids. Next dates: 21 October, 18th November and 16th December, contact Ruils' activities coordinator (details below) to join,



**Community Choir** - a mixed group of all abilities and ages - meets every Tuesday at the Age UK Wellbeing Centre at 11am,

**Community Allotment** - Wednesdays from 11am – 1pm Shacklegate Lane, Teddington. It's a great opportunity to help with planting and maintenance or to simply enjoy the outdoors.

Ruils also runs a creative writing group, mental health support group, Breathworks & Mindfulness, art groups and theatre workshops.

For more information about Ruils and their activities, please visit [www.ruils.co.uk/activities](http://www.ruils.co.uk/activities) or contact Gary Williams on [garywilliams@ruils.co.uk](mailto:garywilliams@ruils.co.uk) or call 07904 608 404.

# The Month of October



by Mike Townsin

I guess in the minds of most of us autumn begins in October, although this year its official start date is September 22nd.

Since remote antiquity, autumn has been about harvest, abundance and the transition to winter, as leaves fall, temperatures cool and the nights draw in.

It is a season illuminated by one of the best known first lines in English poetry: “Season of mist and mellow fruitfulness”, written just over two hundred years ago by Keats in his ode “To Autumn”. In the poem autumn is personified as a woman sitting on the floor of a granary with her hair lifted by the wind: “Thy hair soft-lifted by the winnowing wind; Or on a half reap’d furrow sound asleep....”

Elsewhere, in Greek mythology, autumn began when Persephone was abducted by Hades to be Queen of the Underworld; in distress Persephone’s mother, Demeter, (goddess of harvest) caused all the crops on Earth to die until her daughter was allowed to return, marking Spring.

More prosaically, British summertime ends on October 31st. Although October is the tenth month of the year, it literally means ‘eighth’ because it was the eighth month of the ancient Romulus calendar c. 750 BC – from the Latin and Greek ‘octo’ meaning eight; later, January and February were inserted and thus October became the tenth month.

Closer to home, the Anglo-Saxons called it Pinterfyllep because at the full moon (fyllep) winter was supposed to begin.



Photo by Yokel Zok on Unsplash

And, finally, for the romantic among you, October’s birthstones are tourmaline and opal, and its birth flower calendula.

On This Day:  
18 October 1922  
The BBC was founded

On This Day:  
14 October 1926  
Winnie the Pooh was first  
published by English  
author A.A. Milne



## Memories of a Hollywood Producer



*Peter Shillingford is a cinematographer and producer who now resides at Wright's Almshouses.*

### **What would you say is your greatest achievement as a director / producer?**

Best achievement must be our Academy Award winning film "Genocide". To get the nomination the film needed it had to be screened in a theatre for four weeks. As producer I arranged this and received a mention at the Awards when the director received the Oscar.

### **What was it like working with Orson Welles and Elizabeth Taylor?**

Working with Orson Welles on six commercials was a pleasure. Citizen Kane is still my favourite film. At lunch breaks I would listen to his stories of Hollywood's decadent 40's. A short film has been written exploring the shoot time I spent with him when he was accused of being drunk. We also had great lunches at his favourite restaurant. He had three lunches each day! His voice over work on "Genocide" was exemplary as was Elizabeth Taylor's but lunch with her required me matching her drink-to-drink Bloody

Marys, six in all. She, sober-ish! Me! Legless.

Kissed by Elizabeth T, Marilyn M and Tony Curtis. Bliss!

### **Who was the easiest/ or most difficult to work with?**

One of the good guys is James Coburn. The call came in from London for an interview with him from the English director Dr. Miriam Stoppard, ex-consort of Tom Stoppard the playwright. The subject was of the arthritis of his hands of which James was a known sufferer. Knowing James socially, we piled into his sprawling palatial estate to be greeted by the great man himself. He had us in tears as he described the many cures he subjected himself to, some quite painful...the tears were of laughter as he had a great self-deprecating humour. A delightful actor



Peter Shillingford and Orson Welles  
©James Cobain



The Rolling Stones 1968 © Peter Shillingford

to work with. A lesson in life is never bad mouth anybody...you may have to work with them. (...continued on next page..)

### **Please do tell us about your night working with The Rolling Stones?**

Invited to a 1968 filming session of the Rolling Stones "Jumping Jack Flash" was an experience of very loud music, very large milk/vodka cocktails and a very large hangover, all the next week!

### **How did you get the job of filming 'The Making of Star Wars' (1977)?**

Star Wars office called so I screened my

showreel and got poured on to a plane to Tunisia two days later.

### **What were the highlights of making your film 'Naughty Girl'?**

My film "Naughty Girl" was an excuse to shoot in the Far East. The concept was "girl meets boy" in all the hot spots I had only dreamed about.

### **You have shot a lot of commercials, which ones do you remember most?**

A huge commercial shoot was when I took over the Marquis of Bath's estate for two weeks and produced twenty car commercials.

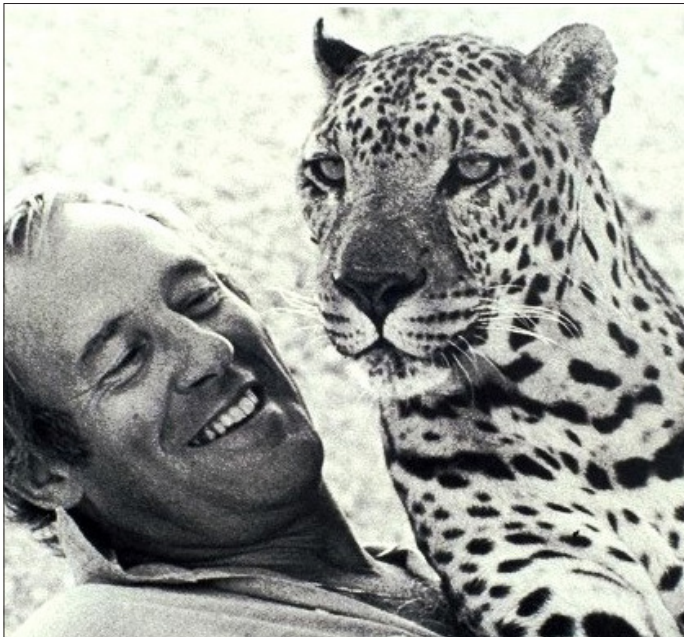


Roger Moore,  
Cannes  
Film Festival  
© Peter  
Shillingford



### **Did you hang out with Roger Moore in Cannes to capture this photo?**

Roger was a guest as I was on a huge piratical yacht which visited the coast after the Cannes Film Festival.



Peter with Buster © Bill Wade Shambala

### **This is a great photo of you with the leopard - can you tell us about it?**

A gentler encounter was with Buster the leopard. We spent a half hour together, her mouth close to my ear and mine to hers, we were humming to each other... best ever! Owner Tippy Hedron said she had never experienced anything like that, we really did communicate. This is a plea for me to management to have two cats (small) in my flat...please!

### **What are your current interests and hobbies?**

The Rolling Stones images have been licensed globally and are being utilised for NFT's... non-fungible token. A new exclusive digital art form.

My career is over except for the NFT's but my bio, for my four grandchildren, is divulging great memories.



## My Lombok Travel Journal



**by Ian Heath**

*Ian is an artist and cartoonist and has travelled extensively throughout the world. He now resides at Manning Place.*



I had spent a wonderful few weeks on Bali, when on a whim, I decided to travel to the adjoining island of Lombok. The journey took about five hours on a fast boat which played non-stop Bob Marley songs blasting out from huge speakers. Many of the passengers danced on the top deck of the ferry, where I was sitting. We stopped at three beautiful islands en route to drop-off/pick up passengers.

What struck me as I explored that first evening was the more-or-less empty beachside bars and restaurants. Upon enquiring I was informed that since the earthquake a few months previously tourists had stayed away. Earthquake? What earthquake? I did not know, as I rarely research places I visit. I just go!

(top: map of Indonesia; middle: the fast boat; bottom: my hotel and beach)







I asked to be taken to a village which had endured damage from the earthquake. It was, maybe, a hundred miles from the epicentre, but I saw many collapsed and demolished houses. I met several people who had suffered from this disaster and was told that two local residents had died from injuries.



In the same village I happened upon an outside keep fit class which was well attended by about twenty females. Further up the road I found a local derby football match being played. There were hundreds of spectators. My ticket cost about 10p!



I encountered two ladies carrying heavy loads of water on their heads, and further on downhill came across the spring where they collected the water. They walked well over a mile uphill to transport the water to their home - and did this every day! (...continued on next page...)

(top left: the spring; top right: water carriers; middle: the football match; bottom: girl spectators)





One of the strangest customs I have come across concerned the female inhabitants of a village I visited. Apparently they have to be in their houses by 10pm. If caught disobeying they were warned by the village elders, but on a second occasion they were banished from the community and had to leave immediately. The displaced



girls/women have created their own village further up the mountain. Of course, I could not verify this, nor did I find out whether this peculiar tradition occurred in other communities on Lombok.

(*top*: local transport; *bottom*: local scenes in Lombok)







I visited Mataram, the bustling capital, and amongst other things visited a massive chaotic cattle market. I enjoyed wandering through a small part of this stunning island and especially meeting its all-smiling and happy people who had endured a tragedy.

I left in February 2019 and just two weeks later at the beginning of March



another earthquake struck, bringing the total fatalities on the unusual and charming island to more than 500. So sad.

*(top left and right: cattle market, bottom: earthquake victims - middle left: this guy outside his 'now' home; middle right: his house unsafe to live in; bottom left: outside the remains of her house; bottom right: her temporary family home.)*





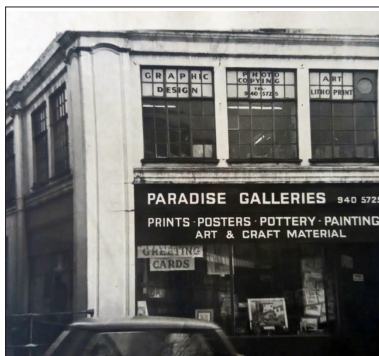
# Fond Memories of Richmond



by Jane Whitmore

I have many fond memories of Richmond. My mother was born in Chiswick and my father was a US Sergeant billeted in Kew during WW2. I was born and spent my first twelve years living at the foot of the Wasatch Mountains. Happily, we arrived back in England in 1962 and lived on Tangier Road, Richmond.

It was a wonderful time during the Swinging Sixties and Seventies. I finished school in Surbiton while my parents established art and printing businesses in Richmond. I enjoyed riding in Richmond Park, worked part-time for a short while, in a department store in the middle of George Street, before training to be a compositor. And, of course, the events on Eel Pie Island were wonderful.

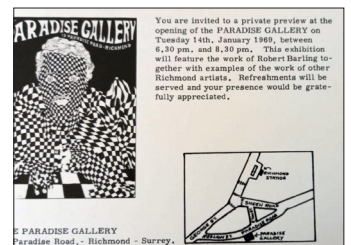


My parents, Paul and Joyce, opened Paradise Gallery in 1969 at 19 Paradise Road, Richmond. It focused on supporting local artists, specialising in moderately priced works of art 'within the reach of persons of modest means'.

There was also a repro studio upstairs, making negatives in preparation for printing.

In 1972, the lease expired and the gallery, along with other shops, were rebuilt as an office block, which is now a hotel.

What was originally a confectionery shop was then acquired at 9 King Street and the Richmond Art Shop was established there. And what was originally a car repair garage on The Vineyard, just off Richmond Hill, was also acquired and a printing machine plus equipment was installed. This enabled The Richmond





Review to be printed, amongst other things.

I am so pleased to be living in Richmond again. I have so many memories and I'm still catching up with 'the old days' here... my younger brother still lives locally and we do many walks down memory lane. And of course, enjoying the present!



## September Issue: The Quiz Answers Biographies:

1. Arsene Wenger
2. Michelle Obama
3. Victoria Wood
4. Billy Connolly
5. Bruce Springsteen
6. Billie Holiday
7. Richard Branson
8. Charlton Heston
9. Richie Benaud
10. Jim Morrison & the Doors

## Getting to Know You



### Susanne Munslow-Adair

What would you choose to be for a day and why?

A lady tram driver in 1950's

London. I remember riding on them as a small girl and loved the feeling of the wooden slat seats on the back of my legs.

Favourite hot drink and how do you make it?

Coffee and a dash - so called because Lyons corner house in the Holloway Road where I grew up made the best coffee. I still make it now. You take a cup of hot milk and add a half teaspoon of coffee and a half spoon of sugar then stir it up in big white mug all together.

What makes you angriest?

The dog meat trade abroad where they breed and kill dogs for their meat. I support the rescue groups who risk life and limb trying to save them.

All time favourite movie?

There are so many but I love 'Albert Nobbs'. With Janet McTeer, Glenn Close and Mia Wasikowska.

Who would you invite out of anyone to a dinner party?

I'd invite Charlie Dimmock because we'd have a lot in common, both being gardeners and like a laugh.

What is your worst habit?

Sitting down for too long whilst engrossed in my drawing/crocheting or watching tv and then I can't get up again. I think we all know that one.

What is your favourite word?

'Grandiflora', meaning a cultivated form of a plant, that has large flowers.



### Poetry Corner by Nigel Davis



In the eyes of modernist literary critics, John Masefield (1878 – 1967) had many irredeemable faults. He lived a long, contented and prosperous life. He was not only a popular poet in his own lifetime but also was a successful writer of novels and children's books. He was Poet Laureate for over 30 years. Worst of all, he wrote poetry positively intended to appeal to "ordinary people" (i.e., virtually all of us), designed in fact (the horror! the horror!) to be "accessible".

Ok, he was not a great poet. He never claimed to be. But he is too good to have disappeared altogether. The American novelist F. Scott Fitzgerald,

who wrote *The Great Gatsby* and knew his literature, was fond of reciting from memory when drunk (which was often) Masefield's fine poem, written in double sonnet form, "On Growing Old". This particular, and once famous, poem entitled "Sea Fever", seems to me to be wonderfully descriptive of sea life and a longing for adventure - Masefield had been in the Merchant Navy as a young man - and to crackle with energy and vigour: rather like a Victorian "ripping yarn".

Close your eyes. Smell the salt, feel the breeze, hear the sails flapping...

#### Sea Fever by John Masefield

I must go down to the seas again, to the lonely sea and the sky,  
And all I ask is a tall ship and a star to steer her by;  
And the wheel's kick and the wind's song and the white sails shaking,  
And a grey mist on the sea's face, and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide  
Is a wild call and a clear call that may not be denied;  
And all I ask is a windy day with the white clouds flying,  
And the flung spray and the blown spume, and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,  
To the gull's way and the whale's way where the wind's like a whetted knife;  
And all I ask is a merry yarn from a laughing fellow-rover,  
And quiet sleep and a sweet dream when the long trick's over.