

Welcome to your Almshouse News

Summertime!

Your Gardens

Pizza Discount!

Holiday
Memories

Getting to know
You

August Notebook

Osteoporosis

Community &
Local Events

Crossword

Poetry



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Deadline for Next Issue

If you wish to submit an article for the next issue, the deadline is:

FRIDAY 20 AUGUST 2021.

Email your contribution to Chantal Richards: c.richards@richmondcharities.org.uk or give to your Scheme Manager.

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:

Hazel Atkinson

Winner of the Towns & Cities Competition

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

Joy Sayles.

Congratulations!

Answers from last month's competition are on page 26. This month's crossword competition is on pages 24 & 25.

Front Page - Your Garden

The photos on the front page are from our new feature 'Your Garden'.

Front page (left column) is Gwen's garden at Candler Almshouses. Displaying red dahlias, coneflowers, nemesia and blue balloon-flowers.

Front page (right column) is James's garden at Hickey's Almshouses. A large collection of Bonsai trees are populated with Chinese and Japanese stone warriors and statues.

Letter from Debbie Flaherty, Editorial Committee



Welcome to the Summer Edition of the Almshouse News.

As Covid- 19 restrictions ease and the vaccination programme is rolled out, life is slowly returning to some kind of normality but obviously still with a degree of caution.

I am happy to say that we are all so looking forward to seeing those who are attending The Summer 60's Party. It should be a lot of fun and it will be great once again to meet up with those that we haven't been able to see for a long time. Also with the clubs, coffee mornings and activities all resuming this will be a good time to be able to once again see each other.

For those sports fans among us it has been an exciting time with England getting through to the European Championship Finals, Wimbledon, Cricket, The Golf Open and, so far so good, for the British medal winners at the Tokyo 2020 Olympic Games,

I look forward to seeing you out in the gardens enjoying the lovely weather and I must say your personal gardens are looking beautiful and in full bloom.

Enjoy the rest of the Summertime it is always a beautiful time of the year.
Best wishes,

£6 Pizza for ALL Almshouse Residents at The Mitre Pub

The Mitre pub in St Mary's Grove has a new pizza kitchen and is cooking delicious pizzas from Wednesdays – Sundays, either to eat in or takeaway. Throughout August and September the Mitre is offering to all almshouse residents discounted pizzas for just £6 each (any pizza of your choice including additional toppings) – a bargain!

To claim your discounted pizza, just take your copy of the Almshouse News along to the Mitre. Enjoy!

THE MITRE

20 St Mary's Grove, Richmond
TW9 1UY 0208 940 1336

NEAPOLITAN PIZZA

All of our pizzas start as a Margherita and you then choose your toppings - whichever you want and as many as you want!

MARGHERITA £8.50

San Marzano tomatoes, mozzarella cheese, fresh basil & extra-virgin olive oil

TOPPINGS £1 EACH

Chestnut Mushrooms	Rocket	Parmesan Shavings
Cherry Tomatoes	Olives	Blue Cheese
Caramelised Onions	Ham	Neapolitan Salami

Fresh Chilli / Dried Chilli

£1.50 EACH

Parma Ham Nduja

DIPS £2 EACH

Spicy Garlic

SMALL PLATES

Bread & Mixed Olives £4

Garlic Bread £2.50 add Pesto & Parmesan/Mozzarella £4

Caprese - Buffalo Mozzarella, Tomato, Oregano, Olive Oil & Basil £4

Rocket, Parmesan, Cherry Tomatoes Salad w Balsamic Glaze £5

Parma Ham, Rocket & Parmesan Salad w Balsamic Glaze £6.50

Burrata w Rocket, Cherry Tomatoes & Balsamic Glaze £6.50

SANDWICHES

Pesto, Cherry Tomatoes, Rocket & Buffalo Mozzarella £5

Salami, Fresh Chillies, Caramelised Onions & Blue Cheese £6.50

Parma Ham, Rocket, Parmesan & Mayo £6.50

WWW.THEMITRETW9.CO.UK @THEMITRETW9

Our Summer Party!



by Joanne Davison

**Thursday 12 August,
1pm - 4pm
The Lawn at Hickey's**

Great News!! We can confirm that the party on 12th August will go ahead.

All invitations were delivered in July, but if you haven't RSVP'd by 23rd July deadline don't worry just let your Scheme Manager know asap and they will add you to the guest list, the more the merrier!

60s Theme: As you know from the invitation it is a 60s themed party so we are encouraging everyone to dig out their 60s gear and there will be a **Prize For The Best Dressed**. There will be a trio of singers entertaining us throughout the day so feel free to get up and have a boogie if the mood takes you.

Dietary Requirements: Please inform your Scheme Manager of any dietary requirements. These will be passed on in advance to the Fish and Chip van that will be catering for us on the day.

Transport: Do you need transport to and from the party? Please inform your Scheme Manager by **Monday 9 August** (if you haven't done so already) We look forward to finally all being able to get together!

FREE Mobile & iPad Clinic

'How to get the most out of your equipment'

Tuesdays 3rd, 10th, 17th & 24th August
10am-12 noon

Would you like some one-to-one advice on getting more out of your mobile, ipad or tablet?

Our IT expert, Paul, will be at The Club to help you:

- Put your favourites on speed dial
- Enlarge your keyboard to make texting easier
- Show you how to increase volume or switch to silent
- Change your ring tone for one that you like
- See how colour filters can make it easier to read your screen
- Enter contacts on your phone
- Learn how to make a WhatsApp group
-and anything else you may want to know



To book a slot or for further information, contact The Avenue Club

Tel: 8948 8807

E-mail: avenueclub@kewcommunitytrust.org

Update on Resident Activities



by Gennie Thompson

Now that the rule of six is no more, it means that many more activities, particularly indoors, can begin! Finally, coffee mornings can go ahead!

Claire and I will finally be publishing the monthly events leaflet which will have information on all the activities running so far, so keep your eyes peeled for this. We are always open to any suggestions, new ideas, clubs or anything social you may like to try out so please let your Scheme Manager know if you have any.

Friends & Neighbours Meeting



by Pat Platt

At long last we can have meetings again, so please join us to discuss the next few months. The meeting will be held in **Hickey's Chapel on Tuesday 24 August 2021 at 3pm**. Looking forward to seeing you again and welcoming some new residents.

Callers At Your Door



by Joanne Davison

We've been made aware that at some estates the 'NHS' have been knocking on doors to ask if residents have had their COVID-19 Vaccinations. Please be aware that members of the NHS team should be wearing tabards with a clear logo and will carry ID, which we encourage people to check. They should also be dropping leaflets through doors before visiting to ensure everyone is aware that the team is genuine.

As always please make sure you check the callers-ID and there should be no reason for them to have to enter your house.

Lifting of Covid-19 Restrictions



by Juliet Ames-Lewis

As you will be aware, many of the restrictions that have been part of our daily lives since March 2020 were lifted by the Government in July, most notably the requirement to maintain social distancing, the rule of 6 inside and the rule of 30 outside.

As we emerge from lockdown and enter this new phase, it is really important that we are aware of how others may be feeling about the removal of these restrictions and respect each other's views. Some in our community may be relieved that restrictions have eased, whilst others will be anxious. The Government wants us all to take personal responsibility from now on for our safety and the safety of others. Some people will feel comfortable mixing in groups and crowds again and others will still be wary. We all need to be sensitive to each other's feelings and aware that others may not feel the same way as we do.

We will be gradually getting more events and activities up and running again within our community but it will be for each individual resident to decide what they feel comfortable attending. That said, Trustees and I very much hope to see you all in the coming weeks, starting with our summer party on 12 August!

A Charity That Could Help You With Fuel Bills



by Lorraine Bradley



SHINE stands for “The Seasonal Health Intervention Network” and is a fuel poverty referral network and free energy advice service for Londoners.

Shine offers a dedicated helpline and affordable warmth interventions to ensure households get the help they need to reduce utility bills, tackle debt and ultimately stay warm & well.

They accept referrals for households with an income below £16,190 or when a household member has a disability, long term health condition which is worsened by the cold, an adult over 60 years old or a child under 15.

Shine’s contact details are: -
tel: 0300 555 0195
email: SHINE@ISLINGTON.GOV.UK

They have lots of good advice on the website and you can download loads of great advice and tips:

For more information visit: www.shine-london.org.uk

Are You A Budding David Bailey?



The Almshouse Association is launching a summer photography competition to coincide with their 75th anniversary.

The competition is split into six themes:

- Generations
- Tea and cake
- Almshouse pride
- Happiness
- Flora and fauna
- Through the garden gate

You simply choose the theme your photograph relates to and send to the Almshouse Association in JPEG format, via email to gerryharmon@almshouses.org. The closing date for the competition is 4pm on 16th August 2021.

All are welcome to enter!
The winner and runner up, chosen by a group of judges, will be announced on 8th September and notified the week commencing 13th September 2021.

The winner will receive a quality garden tool set and £50 Dobbies voucher and the runner up will receive a pair of gardening gloves and £20 Dobbies voucher. Both will receive a commemorative certificate and Almshouse Association pin, as well as coverage on their website and social media channels.

The 75th Anniversary of the Almshouse Association

by Juliet Ames-Lewis



2021 marks the 75th anniversary of the founding of the Almshouse Association in 1946. The

Almshouse Association is a membership charity that represents the network of over 1,600 independent almshouse charities (including The Richmond Charities) across the UK. The charities, including ours, own and manage over 30,000 almshouses, supporting approximately 36,000 residents, providing affordable homes and supportive communities for local people in housing need.

The Almshouse Association supports all almshouse charities by promoting the welfare and independence of our residents and assists with the preservation of our almshouses for future generations. The Association is also working hard to raise the profile of almshouses nationally, to highlight the important role that our almshouses play

in society today and to support us all in our quest to build new almshouses. More than 1,000 new almshouses have been built in the last decade and more than 700 are in the pipeline with demand for more.

On 1 July I was invited by the Almshouse Association to give a speech to the All-Party Parliamentary Group for Almshouses, to talk about our response to dealing with the Covid-19 pandemic. I talked about how we acted quickly and how the small scale, community focused almshouse model gave us the flexibility to make the necessary decisions, and that we were able to respond to the needs of our residents on an individual basis due to the strong relationships between staff and residents. I also mentioned that the strength of our community was vital to fostering resilience amongst residents. I called on the government and local councils across the country for greater recognition of the unique role that almshouses play as part of the overall provision of housing.



August, Augustus



by Mike Townsin

To mark this month's August issue we travel back through antiquity, to the beginning of the Roman Empire. In 26 B.C., the Roman Senate conferred on Octavian, president of the Senate and defacto emperor, the name Augustus, the august or exalted one. Octavian was the great-nephew and adoptive son of Julius Caesar.



In 8 B.C., Caesar Augustus, as he became known, had the Roman month of Sextillius renamed after himself, just as his adoptive father, Julius Caesar, had done with the month of July. August was also the month of several of the Emperor's greatest victories,

including the defeat and suicide of Antony and Cleopatra. He kept the length of the month the same as Sextillius, which had been 31 days since the establishment of the Julian calendar, proposed by Julius Caesar, in 45 B.C.

But a particular event links Caesar Augustus with Richmond itself: the site close to where Kew Bridge stands is thought to have been where his adoptive father crossed the Thames on his first visit to Britain in 55BC. There is no written evidence of this but the existence of a Roman settlement in Brentford and a ford at low tide in the Thames at this point, makes it highly likely.

Royal Parks launch Help Nature Thrive campaign

The new campaign has been launched to urge visitors to help nature thrive in the borough's green spaces. A bird spotting photography competition is running to support this. For more information: www.royalparks.org.uk/parks/richmond-park

On This Day:

3rd August 1926

The UK's first traffic lights were installed at London's Piccadilly Circus

The NHS

COVID-19 is still circulating in our local communities and because the NHS cares for people when they are at their most vulnerable, it will be keeping all of its infection prevention and control measures in place after 19 July 2021 to keep patients, visitors and staff safe.

On This Day:

7th August 1840

Parliament vote that children will no longer be going up chimneys to clean them

August slipped away into a moment of time
'Cause it was never mine'

Taylor Swift (Singer/Songwriter)

George Gershwin's Summertime



Summertime, is the most covered song in the world (more than 25,000 times). Written in 1934, *Summertime* was one of the first compositions George Gershwin worked on for his brand-new

opera *Porgy and Bess*. The jazz-inspired song is a lullaby for Clara to sing to her child, and it is reprised several more times throughout the opera. The versatile hit went on to be covered by artists, in every genre from disco to reggae - including Billie Holiday, Janis Joplin, Sam Cooke and Miles Davis.

Summertime

*And the livin' is easy
Fish are jumpin'
And the cotton is high
Oh, your daddy's rich
And your ma' is good lookin'
So hush
Little baby
Don't you cry*

*One of these mornings
You're gonna rise up singing
Yes, you'll spread your wings
And you'll take to the sky
But 'til that mornin'
There's nothin' can harm you
Yes with Daddy and Mammy
Standing by.....*

Getting to Know You

Getting to know your neighbours and community friends.



Lena Warboys

What is your most valuable possession?

My family

What is your favourite song?

Too many to put down here!

If you could be a star in a movie – what would it be? A cook in a large house. I love cooking!

What would you never leave your house without? My purse.

What book do you currently have on the go? *Songbird* by Josephine Cox

What words of wisdom would you pass to the younger generation? Always make time for yourself, help if you can and if you cannot help, do not hinder.

What scares you most? That any of my family gets hurt.

Do not be dismayed by the brokenness of the world

All things break. All things can be mended.

Not with time, as they say, but with intention.

So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.

L.R Knost (U.S. author and children's rights activist)

OWL APP Available To Share Crime Information

OWL (Online Watch Link) is a crime fighting app, recommended by Richmond Council and the police, to send messages, advice and updates directly to the public by email and SMS. OWL has now launched a free mobile app to improve access and provide instant notifications. Notifications will include information on burglaries, car crimes, robberies, missing persons and more. There is no need to register or share any personal identifiable data. You can download the app by searching for 'owl crime alerts'.

As COVID-19 cases continue to rise, Richmond residents are being urged to continue doing everything they can to stop the virus spreading after national restrictions ended on 19 July.
(Google: Healthwatch Richmond)

Richmond Music Trust: seeking dedicated and hard-working singing teachers from September.
tel: 0208 538 3866,
email: admin@richmondmusictrust.org.uk

Online Council Services: the Council offers a range of online services, eg., parking permits, Council Tax, report fly tipping, register to vote and many more. For more information: www.richmond.gov.uk/services/online_services

Richmond Named As Most Improved For Healthy Streets

Richmond upon Thames has been announced as the highest mover in this year's Healthy Streets Scorecard. The Scorecard compares each London borough on the actions taken to promote active and sustainable travel in line with the Mayor's Transport Strategy targets.

The Healthy Streets initiative encourages all London boroughs to implement key measures that aim to improve air quality, reduce road danger, boost active lifestyles and reduce carbon emissions. The measures include 20mph speed limits, controlled parking zones, protected cycle lanes, and traffic-free streets around schools. Richmond upon Thames is the highest mover on this year's scoreboard, and is third overall among the outer London boroughs.

Twickenham - Railway Disruption

Twickenham is set for six weekends of railway disruption after Network Rail announced there would be major work done around Twickenham station from Sunday 22 August. The works will continue every Saturday and Sunday until 10 October, and will see bus services replacing trains around Twickenham, with Network Rail advising customers to check services before they travel.

Artist of the Year

Arts Richmond is looking for 50 artists to come along to the Kempton Steam Museum, Hanworth on 28th August to compete for a prize of £250.00.

Details: 11:00 - 17:00 on 28 August
Kempton Steam Museum
Snakey Lane, Hanworth TW13 7ND.
50 Artists on the day will compete for a prize of £250.00.
Entries are free
To express an interest please contact info@artsrichmond.org.uk

Habitats & Heritage

Habitats & Heritage is a new charity dedicated to looking after the natural and historic environment in south and west London. They promote volunteering opportunities, events and resources that will enable all ages to explore, enjoy and preserve nature and heritage. From practical nature conservation activities, walks, talks and community clean-ups to lectures, webinars and food reuse cafes. For more information:

ETNA Community Centre, 13 Rosslyn Road, East Twickenham, TW1 2AR
tel: 07860 878462
email: hello@habitatsandheritage.org.uk

Fear is a reaction.
Courage is a decision.

Winston Churchill

The Benefits of a 'Richmond Card'

It is worth applying for a (free) Richmond Card to access parking discounts, library, leisure facilities and offers from local businesses.

This month's offers include:

*Buy one tea or coffee and get the second for **free** - at The Stables Cafe at Orleans House, Twickenham.*

Apply online here: www.richmond.gov.uk/services/richmondcard

Biodiversity For Our Roadsides

'Highway grass verges are no longer cut every two to three weeks during the growing season. The new approach ranges from monthly during the growing season or just one cut per year at the end of the growing season for areas categorised as conservation verges.'

In support of the changes of mowing regimes for roadside verges Habitats & Heritage, in partnership with Richmond Council, are working on a citizen science scheme to monitor wildflower growth and changes to biodiversity of roadside verges. *Habitats & Heritage are recruiting citizen scientists to take part in a monitoring programme of your local roadside verges. The scheme will include full training and is open to all. If you are interested in becoming a road verge citizen scientist, please get in touch at biodiversity@habitatsandheritage.org.uk*

ALMSHOUSE NEWS - FREE Local Events in August

FREE Local Events

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Marble Hill House: Arts in the Park in collaboration with English Heritage. A range of events this August, from music to talks about history, local wildlife and more. Most events are free to attend. For more information: www.english-heritage.org.uk/visit/places/marble-hill-house/events/

Virtual Coffee Mornings with Sarah Olney, MP for Richmond Park

Join Sarah for a brief update on what she has been working on in Westminster and in the constituency, followed by informal conversation about local and national issues of interest. The next event will be **Wednesday, 11th August at 10:00am**. Sign up here: www.saraholney.com

Summer Recital Series at Saint Anne's Church, Kew. 23 May to 5 September 2021. Sunday Afternoons at 3.30pm This Recital Series have consistently attracted musicians of international repute to perform in this atmospheric setting. More info: www.saintanne-kew.org.uk. Address: 31 Kew Green, Richmond TW9 3AA

Therapeutic Cooking

The Positive Living Group provides an opportunity for people to connect through therapeutic cooking. Members learn how food impacts on health, and how to source and prepare meals and occasionally go on trips. Times: Wednesdays 12.30pm - 2.30pm Tel: 07849 091024 Contact: Agnieszka Stasiak Email: agnieszka.stasiak@rbmind.org. Group held at: Barnes Methodist Church, Station Road, Barnes SW13 0NH

Pay As You Feel Community Cafe

Offering award winning food every Monday and Wednesday - 11.30am to 1.30pm at The ETNA Centre, 13 Rosslyn Rd, East Twickenham, Twickenham TW1 2AR.

For more information:

www.trjftwickenham.com/. Tel: 020 8892 3676



Kew Village Market - 40 colourful stalls of independent traders selling their own produce. Lots of coffee shops too! Once a month, on the first Sunday of every month between 10am and 2pm. Next to Kew Station.

Exhibition of Hope 2021 - Marble Hill Park.

Discover uplifting quotes from Charlie Mackesy's beloved book *The Boy, The Mole, The Fox and the Horse* as you explore the grounds at Marble Hill. The collaboration with author Charlie Mackesy presents prints across the park to encourage reflection and positivity. It is hoped that this exhibition will offer words of wisdom and inspiration to uplift visitors during the current challenging times. Exhibition continues through August.



Local Events

.....
Petersham Open Gardens. - Sunday 12th September 2021. In aid of local charities. Big and small beautiful gardens are all within easy walking distance around the village. You will be given a clearly labelled map to help you find your way around. £8 for concessions. Book tickets in advance here: www.petershamopengardens.org/

Turner's English Coasts.



Christine Riding, curator of Turner's English Coasts, explores Turner's life-long engagement with the sea in the context

of Britain as a naval and maritime power, from national events to the rise of domestic tourism. Currently showing at Turner's House, Sandycombe Lodge, St. Margarets. Booking in advance only via: <https://turnershouse.org/visit-us/>. £8 each.

London Wetland Centre. Experience the beautiful & peaceful Urban Wetlands with over 105 acres of nature reserve to explore. One of the most important conservation projects of the 21st century. There is also an art exhibition showing until 31 August: *Fragments of Nature*. . Booking in advance only via: <https://www.wwt.org.uk/wetland-centres/london>. Concessions £11.36.



Music and Arts



.....
Geno Washington & The Yo Yos.
12 August 2021. Eel Pie Club at The Patch, 67 London Road, Twickenham TW13. (Cabbage Patch). £16 (£14 Members). Booking via website: www.twickenham.nub.news/e/geno-washington--the-yo-yos

Midsummer Night's Dream at Kew Gardens. 28 July – 29 August 2021. Tuesdays to Sundays at 8pm. Concessions from £25. Advance booking only via: <https://www.kew.org/kew-gardens/whats-on/theatre-on-kew-a-midsummer-nights-dream>

Van Gogh Alive. Showing now in 25,000ft purpose-built venue in Kensington Gardens (opposite the Royal Albert Hall) from June to September. A Covid-safe, immersive, multi-sensory experience. Opening times: Sunday – Thursday: 10am – 8pm. Friday – Saturday: 10am – 9pm. Concessions £19. Advance booking only via: <https://www.ticketmaster.co.uk/van-gogh-alive/>

Remember the Future at Orleans House Gallery. A group exhibition and artist-led research project unearths and interrogates our connection with our habitats and ecosystems, both global and local. 18 May – 14 November 2021. 10am–5pm. FREE.

The Comedy Of Errors by William Shakespeare - RSS (Richmond Shakespeare Society). 9th August - 14th August. Held in Fountain Gardens, York House, Twickenham. Box Office: 07484 927662 Performances start at 8pm each evening. There will also be a 3pm matinee on Saturday 14 August

National Awareness Days

Monthly round-up of awareness days.

National Road Victim Month. August was designated National Road Victim Month following the death of Princess Diana on 31st August 1997. The month is run by Road Peace, the national charity for road crash victims in the UK and the month aims to remember and commemorate people that have been killed or injured on our roads.

National Allotments Week. 9-15 August. This year's theme is 'Plotting for the Future', celebrating the contribution that allotments make to a sustainable future. [Many residents at The Richmond Charities have or have had allotments and we would love to hear your stories!](#)

This year the National Allotment Society are holding a virtual show with interesting talks and Q&A sessions, if you are interested, log onto www.nsalg.org.uk/news-events-campaigns/national-allotments-week-events/



Afternoon Tea Week. 9th-15th August. This tribute week

celebrates the great British tradition of Afternoon Tea and is the perfect excuse to catch up with loved ones whilst treating yourself and supporting a local business.

World Calligraphy Day. 11th August. Calligraphy is an ancient art form that is one of the oldest forms of communica-

tion. Celebrate art meeting handwriting and try some yourself!

World Elephant Day. 12th August. Join in the worldwide observance on August 12th of one of Earth's most magnificent creatures.

International Left Handers Day. 13th August. A day to recognise all those individuals who have mastered using their left hand in a right-handed world. We take our hats off to you – left-handers! If you are right-handed try doing something with your left hand.

Victory Over Japan Day. (V-J Day).



15th August. An annual day in Europe to remember the day Imperial Japan surrendered in WWII. Subsequently, the surrender of Japan brought WWII to an end.

World Photography Day. 19th August. World Photo Day celebrates the art, craft, science, and history of photography. The day also encourages photographers from around the globe to share a single photo that encapsulates their world.

International Strange Music Day. 24th August. Encouraging people to listen to a type of music they don't usually listen to. It's also a day to discover strange and bizarre kinds of music!

Health Conditions: Osteoporosis



by Linda Prendergast

As someone who has suffered from this condition myself, I thought it would

be a good subject to write about. The good news is that with medication my condition has actually reversed.

What is Osteoporosis and how can it affect your life.

Osteoporosis is a condition where your bones lose strength, making you more likely to break a bone than the average adult. Living with osteoporosis means you are at higher risk of breaking a bone. But not everyone with osteoporosis goes on to break a bone. It's not inevitable.

Osteoporosis and broken bones have a number of known risk factors, which cause bones to lose strength. Some do this by reducing how much bone tissue your body makes and repairs, known as bone density. Others influence how strong your bone tissue is.

Understanding your risk factors for osteoporosis and broken bones can help you identify if there's anything you can change. Remember, it's never too late to start taking action for your bones - even after a diagnosis.

If you have low body weight, you're more likely to have less bone tissue.

If you're older, having low body weight also means you have less fat padding around the hips, to cushion the impact of a fall. This makes broken bones more likely if you trip and fall.

Smoking

Smoking slows down the cells that build bone in your body. If you're a woman, smoking also increases your chances of an earlier menopause. Postmenopausal women have an increased risk of osteoporosis and breaking a bone.

Drinking too much alcohol

Alcohol affects the cells that build and break down bone. It also makes you unsteady on your feet, making you more likely to trip, fall and break a bone.

Slips, trips and falls

If you have low balance, coordination and reflexes, you are more likely to trip or stumble, and potentially break a bone in a fall.

Your Genes

Your genes determine the potential size and strength of your skeleton. Research shows that if one of your parents broke their hip, you are more likely to break a bone yourself.

Ageing

From your late thirties, the amount of bone tissue you have starts to naturally decrease. This happens at different rates

continued on page 16

Health Conditions: Osteoporosis continued..

in different people. The amount of bone tissue you have is known as your bone density, which is measured in a bone density scan.

As you get older, your bone tissue loses strength and becomes more likely to break in general, regardless of your bone density.

Becoming less steady on your feet also becomes more likely with age. This increases your risk of slipping or tripping, and breaking a bone in a fall.

Being a woman

Osteoporosis and broken bones are more common in women than men. Your bones lose strength at a faster rate after the menopause. This is because

levels of oestrogen (the female sex hormone that helps keep bones strong) decrease.

Women tend to live longer, on average, so are more likely to live with the lower bone strength that comes with age.

Women tend to have smaller bones than men. Having bigger bones is found to reduce the risk of broken bones.

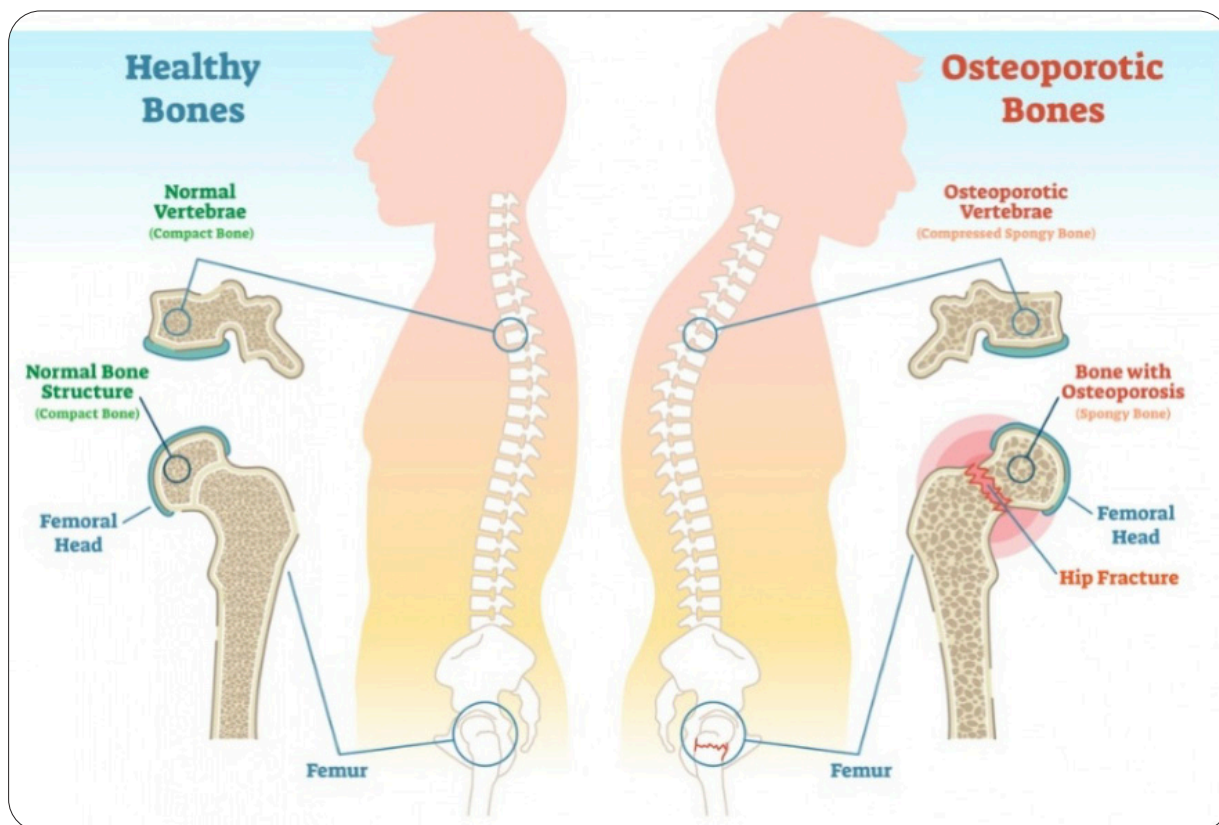
Being of Caucasian or Asian origin

If you are of Afro-Caribbean origin, your risk of osteoporosis and broken bones is lower than those of Caucasian or Asian origin, because your bones are bigger and stronger.

A history of broken bones

If you've broken bones easily in the past, including in the spine, you are much more likely to break a bone in the future.

Research shows that after one broken bone you



are two to three times more likely to have another.

Osteoporosis Treatment

Osteoporosis treatments help strengthen your bones and reduce your risk of breaking a bone. They're prescribed if your risk of breaking a bone is significantly higher than normal.

Osteoporosis treatments can work by:

- Slowing down the cells that break down bone (osteoclasts) - these are known as 'antiresorptive' drugs
- Stimulating the cells that build new bone (osteoblasts) - these are known as 'anabolic' drugs
- A combination of both

Living with Osteoporosis

It's natural to be concerned about how osteoporosis is going to affect your daily life. But having osteoporosis doesn't always mean avoiding activities and interests that are important to you and your loved ones.

In general, life should be able to go on as normal - perhaps with just a few adjustments.

Not everyone with osteoporosis goes on to break a bone. Be reassured that if you don't break a bone, you won't be in pain, or experience the long-term problems associated with osteoporosis.

If you do break a bone, pain and

ongoing problems aren't inevitable. But if you have pain and other symptoms, there are ways you can manage them so you can continue living the best life possible.

Bone health

Your genes determine the potential size and strength of your skeleton, but that doesn't mean your bone health is out of your control. There are things you can do to help them stay strong and healthy, and reduce your risk of osteoporosis and broken bones.

Bone tissue is alive and constantly changes through life to make sure it remains as healthy as possible. Through a combination of:

- eating the right foods
- being active
- leading a healthy lifestyle..you can support your body as it builds and maintains your bones, to keep your bones strong and healthy for as long as possible

Free Osteoporosis Helpline

Get support from a Specialist Nurse. You can contact this free helpline for tailored information about osteoporosis and bone health.

Tel: 0808 800 0035

Email: nurses@theros.org.uk

The Helpline is open from 9am-1pm and 2pm-5pm, Monday to Friday.

Friends & Neighbours River Trip



by Carmela Hinckley

June 29th was certainly a wet day – one of those ‘rain coming down in

sheets’ days we’ve seen recently – but six of us (Buki, Lorna, Ann, Poppy, Margaret and myself) were tentatively hopeful as we embarked the Thames Discoverer at Teddington.

Clouds threatened, the sun did its best and the welcome from Ian, Nigel and Dave, the boat crew, could not have been warmer. The Discoverer is part of the Thames Valley Boat Project. It’s a beautiful boat, designed to make passengers and visitors comfortable, as indeed we were. With the skies holding back the rain, we set off, via Kingston and Hampton Court, towards the Molesey Locks.

The journey was a discovery of the life of the river, as Ian regaled us with stories of past and present life along this stretch of the Thames. There’s the wildlife – cormorants drying their wings and the always serene swans drifting by – and then the human life of the houseboats,



the narrow boats, canoes and steamers with residents and crews working, relaxing, pausing to wave.

At Hampton Court carriages and horses were being prepared for the Flower Show visitors, a glimpse of the past come to life. By the time we reached the Molesey Locks rain was truly setting in. We didn’t mind too much, there was a cream tea to be demolished and plenty of discussion going on, ‘some serious debating’ as Ian said (we let him do the washing up)....a wet afternoon is just a wet afternoon, but a wet afternoon on the river has a story of its own... good company, warm welcome, and the wonderful Thames.



Photos by Carmela Hinkley

Holiday Memories

Four unusual holiday memories to keep us in the summertime spirit!

Red Sea Adventures

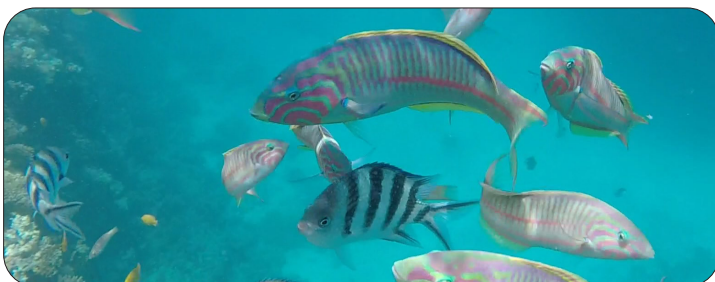
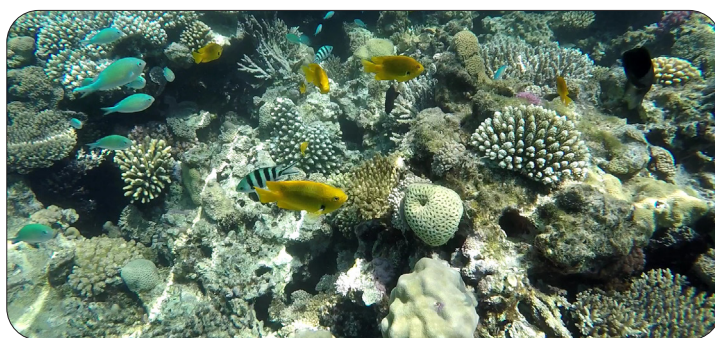
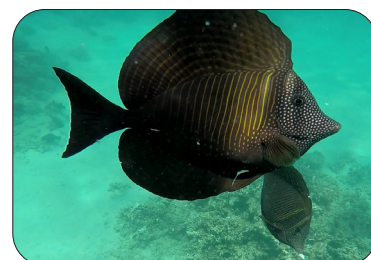
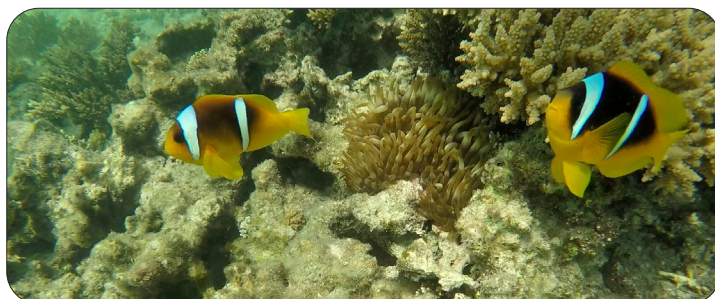


by Mick Tinson

In July 2017 I whisked my family off on a last-minute holiday to Egypt. Being a last-minute booking, I didn't expect it to be that great but it was more about spending time with the family.

We arrived at the hotel which was really nice and our room had a lovely sea view. We settled in quickly and went for a recce down to the beach. It was a rather rocky beach and the water was knee-deep which was perfect for the kite surfers but not us swimmers. We thought we'd have to stick to the pools. The next day we took our snorkelling gear with us and finally found the deep water. Wow, it was amazing - warm, crystal clear and teeming with life below us. I love exploring the depths of the sea and always take underwater cameras which on this occasion gave us some spectacular footage and images.

Over the course of the two weeks we went on many excursions and loved every minute of it. Here are just a few images of the spectacular life in the Red Sea.



All photos by Mick Tinson

A Holiday in Snowdonia



by Margaret Goddard

A tale of the not-so-great outdoors!

My brother-in-law had bought a house in North Wales three months earlier and was doing it up, but the work was progressing more slowly than he had anticipated when he offered it to us for our holiday. When we arrived the builders were in the process of putting tiles on the roof and pebble-dashing the walls, and the water supply was a stand-pipe in the kitchen; the loo was outside....

It was on this particular day that we accidentally climbed Snowdon! We followed a footpath sign and after about an hour went through a stile indicating that this was the 'Watkin path' (one of the most difficult routes up Snowdon). But we didn't know that and carried on.

After a while the going began to get steep. It was now quite a long way back and so we thought it might be best to carry on to the top, when the dog and I could get the train down, and my husband would go back the way we had come, pick up the car and meet us at the station at the bottom.

But the path got steeper still, and we eventually had to climb using hands and feet. At one point I was spread-eagled across the mountain and everywhere I tried to put my foot the ground moved; the dog was scrambling around and setting off mini-avalanches. I was petrified but we struggled



Photo by Daniel Seifler on Unsplash

on, only to find when we reached the top that the last train had gone!

There was no way I could have gone down the way I had come up – I would have preferred to curl up in a corner, brave the cold and wait for the first train in the morning. After some discussion we decided to go down the 'easy' way following the train route – 5 miles of relatively easy walking. Three quarters of the way down there was a thunderstorm. The rain hammered down, the thunder bounced off the mountains, and lightning lit up eerie shapes. We sheltered in the lee of a wall.

We finally got to the bottom cold, wet and hungry, and it was now half past 7 and getting dark. But we were on the opposite side of the mountain from the car. The last bus had gone; the only option was a taxi. So we walked into the village, enquired in the local pub and managed to find one.

It took a quarter of an hour to get back to the car in the taxi – heaven knows how long it would have taken on foot in the dark. We finally got back to the house wanting nothing so much as to sink into a hot bath – but all we had was a washing up bowl of cold water!

Increments of a Summer Holiday



by Gerry Wilson

2nd August 1955. Darlington to Somerset by rail, via York and London.

This year I wear the blue suit, my brother the brown one. Twenty minutes' walk to local station. Validated cardboard tickets blue and pink for two adults and three clean faced children.

Cross over the railway bridge and wave to my friend. Mr Potter in the signal box. Check my *Ian Allan* train book. Linger triumphantly on the last entry: "Union of South Africa". Pencil a moustache on the lady at Scarborough but Dad stops me at the twinset beard. Tanker 4-6-2 to Darlington. Stephenson's Locomotion No.1 static on platform 2. Gresley Pacific A3 "Spion Kop" to York and a mad dash to the connecting train on platform 4. A4 "Silver Link" to Kings Cross with leather strap windows and Agatha Christie corridors. "Hotspur" for me and the "Topper" for my sister. How long now Dad-what! Can I pull that chain?

Peg solitaire for two hours then egg sandwiches with flask tea. Is that me or the egg genie! Cross eyed and sleepy watching telegraph wires endlessly looping on trackside poles. Black faced from a window peek out, going through a tunnel. Sorry Mam, won't do it again. Kings Cross and another race to Paddington for the "Castle" class slam door Weymouth express.

Check with mother on Grandad's leg shrapnel. Yes, you can, if he has it chopped off. Why is it getting so warm and where did the wind go? Don't they speak funny down here. Brown suitcases lifted from the rack. Pulling into Frome at last after eight long hours. Every road is a gradient and Summer Hill is an eagle's nest. Why don't they live at the bottom?

Time goes Dali for two weeks. Above the brass bed heavenly angels and a Pears soap poster.

Gas lit mantles burn brightly. Fairy tales in the bookcase. Warm bread delivered in a wicker basket.

Brass crocodiles, letter racks and fireside spills. In the garden hens to chase and eggs to collect.

Grandad shaving with a cut-throat sharpened on a leather tongue. Can I watch?

Cider accents that tickle my ear. Kisses under the apple tree. Who can whistle the loudest?

Farm gates and country stiles. Skylarks in a blue velodrome sky. Is that a cow or a bull?

Bats at dusk over the hedgerow, hold on to your hair! Saturday market and squealing pigs.

Ticking clocks and church bells on Sunday. Down the lane, bindweed and "pop goes the weasel".

Box Brownie smiles-cheese! Don't be sad Mam, we'll be back next year.

Bye Gran, Bye Grandad.



Holiday of a Lifetime



by Kate O'Brien
Trustee of The Richmond Charities

My husband is a keen eclipse follower and also interested in standing stones, such as Stonehenge or Avebury. Eclipse dates are known in advance and when he retired, in 2004, he said he had no idea what he would be doing in future, apart from the fact that on 11 July 2010 he would be watching a total solar eclipse on Easter Island.



Moai Statues or Easter Island Heads

Locally known as Rapa Nui, the island is renowned for its strange stone heads, moai, and also for being the most remote inhabited place on earth. But for us a straightforward itinerary – Heathrow to Madrid, Madrid to Santiago, Santiago to Easter Island. What could go wrong ... just about everything it turned out!

The evening flight to Madrid was cancelled. A short night at Heathrow, up at 4.30am and a plane to Quito

via Guayaquil. En route the pilot said we could not land at Quito due to bad weather, so we would re-route directly to Guayaquil. 5 hours wait then a flight to Santiago. A 3-hour turnaround and finally, 51 hours after leaving home we landed at Mataverí airport. Unfortunately, our luggage had managed to get to Madrid without us.

After all that ... the place was magical, the rain cleared, the eclipse was astounding and our view was perfect.



The total solar eclipse on 11 July 2010



The diamond ring - part of the total solar eclipse

Our local guide said the moai were representations of each village's ancestors and they faced away from the sea as if they were portraits on a mantelpiece. Truly a trip of a lifetime.



The Moai statues face away from the sea

All photos by John O'Brien

TV Viewing to Cheer Us Up!



by David Thomas

One of the good things that has come out of the pandemic has been the

BBC's showing of vintage TV series such as *All Creatures Great and Small* and *Yes Minister*. These have given us once again, or perhaps for the first time, some first class British actors such as Christopher Timothy, Robert Hardy, Peter Davison and Carol Drinkwater in *All Creatures Great and Small*, and Paul Eddington, Nigel Hawthorne and Derek Fowlds in *Yes Minister*. Apart from the acting, these programmes have given us something to really smile about in their characterisations and situations.

As a result, I located and took out the biography of the real James Herriot, by his son who worked alongside him at his veterinary practice in Yorkshire. The real James Herriot was actually called Alfred Wight, and his son is Jim Wight. The book is a fascinating read, telling the story from his upbringing mainly in Glasgow, where he trained at veterinary college, and then going on to practice in Yorkshire, and where he subsequently went on to become a world famous author.

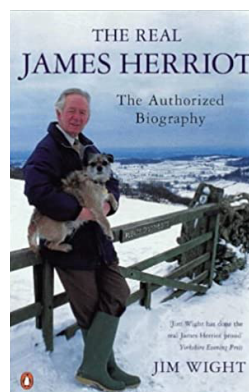
In the book you will read that Alf Wight was a true gentleman and a highly competent and caring veterinary

surgeon, who went on to also become a brilliant writer, making his profession famous through his books, some of which I and I am sure some of you have read.

He started his veterinary career working mainly with farm animals, but later went on to work mainly with domestic animals such as cats and dogs. The stories and characters he writes about were all true and real, even though the characters were renamed, and sometimes compilations.

So animal lovers, do look up the books and this biography if you haven't already, or dust them down and read again. They are usually available at the local library, while the TV programmes can be accessed on BBC iPlayer if you have it. Happy reading and viewing.

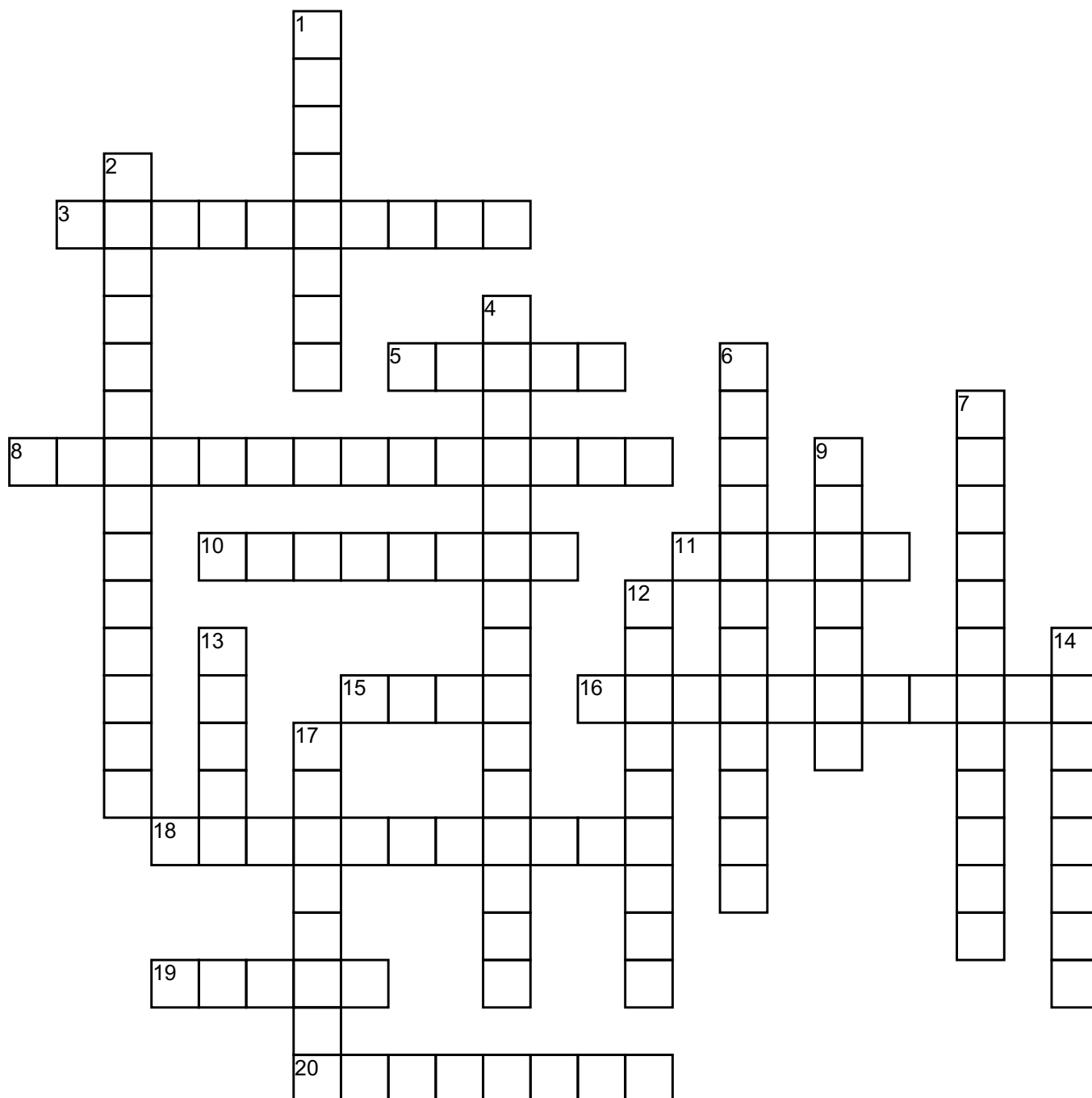
BBC iPlayer is also available online:
www.bbc.co.uk/iplayer



The Real James Herriot - The Authorized Biography is available on Amazon for £8.95

www.amazon.co.uk/Real-James-Herriot-Authorized-Biography/

The Crossword Competition



Enter your details here, to be entered into the draw for a £5 M&S Voucher.

Your Name:

Your Address:

Crossword Clues

Across

3. Often done in summer, but not in water! (10)

5. British star of 1962 film, 'Summer Holiday', Sir _____ Richard (5)

8. Family attraction on the Isle of Wight and the oldest amusement park in the UK (9,5)

10. International cricket team which played England this July in three One Day (ODI) and three Twenty20 (T20I) matches (8)

11. 'A Midsummer Night's _____', play by Shakespeare (5)

15. Open air place for swimming (4)

16. Time for a drink! (5,1,5)

18. Site of Butlin's holiday camp in West Sussex (6,5)

19. Sadly, Eddie Cochran got these in summer! (5)

20. Site of Butlin's holiday camp in Somerset (8)

Down

1. This year, the summer _____ fell on the 21st June (8)

2. Essential tools for children on a beach! (6,3,5)

4. Nickname of the A303 road due to its use by holiday makers heading for Devon and Cornwall (7,2,3,3)

6. Favourite cold food eaten with a wafer holder (3,5,4)

7. Book and film / sweet / south coast mineral! (8,4)

9. According to Aristotle, one of these doesn't make a summer (7)

12. 2021 FA Cup Final winners (9)

13. City where the 2020 Summer Olympics are being held (5)

14. Site of Butlin's holiday camp in Lincolnshire (8)

17. You might put this on your arms but not on your strawberries! (3,5)

Please give page 24 to your Scheme Manager or put it in the Suggestion Box.

Summer Recipe Pear, Blue Cheese and Walnut Salad



by Margaret Marshall,
Trustee for
The Richmond Charities

I often make this salad for a light lunch.

Ingredients per plate

- chopped lettuce
- handful walnut pieces
- approx 40gms blue cheese of your choice, I like Dolcelatte

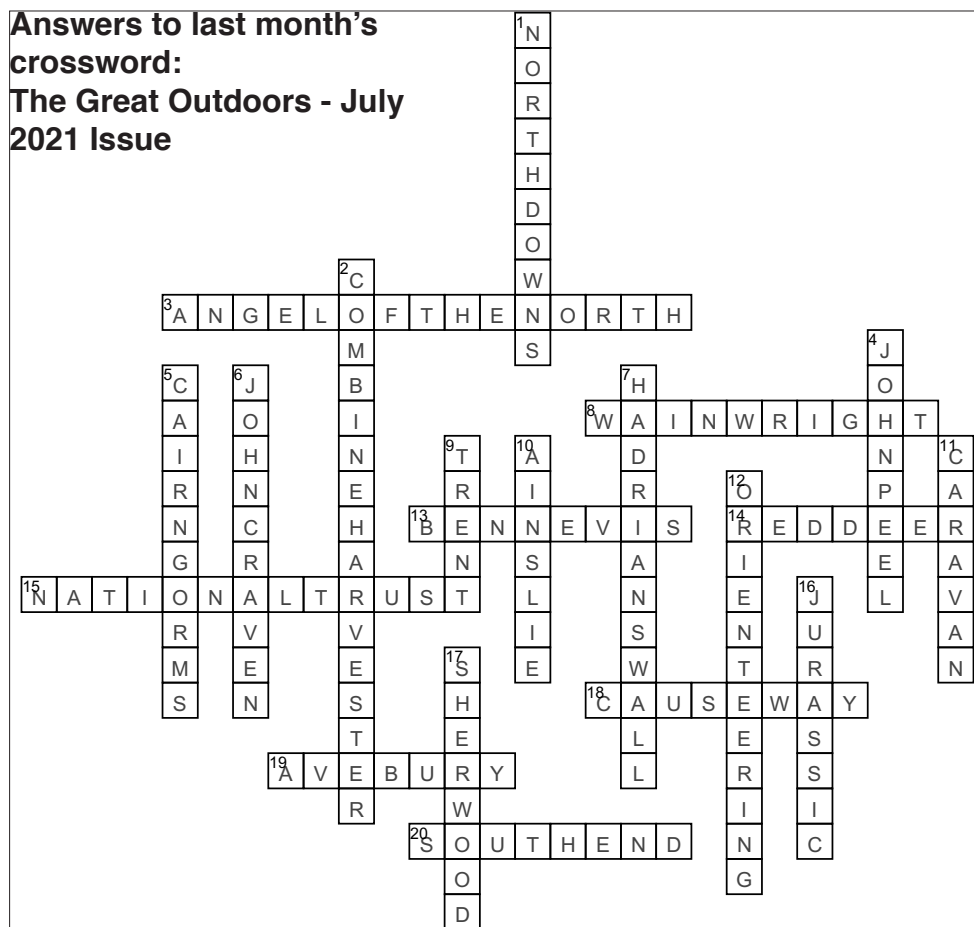


- 1 ripe pear
- vinaigrette dressing

Method

- Put lettuce on plate, core pear & cut into 8 pieces, arrange on top of lettuce
- Cut blue cheese in 1cm cubes. Scatter with walnut pieces & cheese around pear
- Sprinkle with dressing - enjoy.

Answers to last month's crossword: The Great Outdoors - July 2021 Issue



Answers to Towns, Cities and Places. Page 27. July 2021 Issue:

- Newcastle.
- Silverstone.
- Chester.
- Stirling.
- Gateshead.
- Woodstock.
- Eastbourne.
- Lyme Regis.
- Weybridge.
- Deal.
- Jarrow.
- Cheddar.
- Anglesey.
- Cardiff.
- Tenby.
- Sandwich.
- Bristol.
- Lands End.
- Bath.
- Dunstable.
- Sevenoaks.
- Ashford.
- Swanage.
- Staines.
- Cork.
- Rochester.
- Dumfries.
- Wexford.
- Fleetwood.
- Pontefract.

Quiz by Norman



1. In which decade was Marilyn Monroe born?
2. The country now known as Myanmar was previously known by which name?
3. Who was the original host Mastermind who coined the famous phrase "I've started so I'll finish"?
4. In which Shakespeare play would you find the characters; Prospero, Miranda and Ariel?
5. Who had UK hits in the 1970s with: *We've Only Just Begun* (1970), *Close To You* (1970) and *Rainy Days & Mondays* (1971)?
6. Who is the current Chancellor of the Exchequer?
7. In the Beatrix Potter books, what type of creature is Jeremy Fisher?
8. Who directed the Oscar winning film *Titanic* in 1997?
9. Which author wrote *The Strange Case of Dr Jekyll and Mr. Hyde*?
10. Which TV game show has been hosted by: Terry Wogan, Les Dawson and Lily Savage?
11. Which is the only letter in a game of scrabble worth five points?
12. Julia Gillard was the first female Prime Minister (2010 -2013) of which country?
13. BOTCHED EVIL FAIRY is an anagram of which famous TV comedy show?
14. In traditional *Punch and Judy* shows, what is the name of Mr Punch's dog?
15. Which Disney cartoon character made his debut in the 1939 movie *Steamboat Willie*?

Answers in next month's issue

Song by Steve Harbud



Written by Steve Harbud

Given time the world may
just stop turning
Given time perhaps the
sun won't shine,

As long as I have you, there's nothing we
can't do,
And we'll be here, until the end of time.

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

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

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

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

Poetry Corner by Nigel Davis



John Betjeman (1906-1984) was an immensely successful poet of the 20th Century. Much of what he wrote perhaps can seem a bit dated now and he is rather out of fashion. But he knew his craft – Larkin rated him, which must count for a lot. What is more, he was tireless in trying to preserve our ancient buildings. That we still have the magnificent Giles Gilbert Scott St Pancras Railway Station building, for instance, is to a great extent due to Betjeman. His intense hatred, reflected in many of his poems, of modern housing developments and of the ill-considered town planning of the time (“Come, friendly bombs, and fall on Slough”) is matched by many other poems demonstrating his love of the old and traditional. Churches and church bells (a feature of my own childhood in Kent – but where are those church bells now?) often figured strongly in his poems. This poem (“Sunday-ly” is a typical Betjeman touch) is characteristic. It is not just a descriptive invocation of nature, and of our owed thanks for that nature it is almost, really, an invocation of what might be called Olde Englande. Sentimental, if you like – but it is good stuff all the same.

The Bells of Wantage by John Betjeman

Now with the bells through the apple bloom
 Sunday-ly sounding
 And the prayers of the nuns in their chapel gloom
 Us all surrounding,
 Where the brook flows
 Brick walls of rose
 Send on the motionless meadow the bell notes rebounding.

Wall flowers are bright in their beds
 And their scent all pervading,
 Withered are primroses heads
 And the hyacinth fading
 But flowers by the score
 Multitudes more
 Weed flowers and seed flowers and mead flowers our paths are
 invading.

Where are the words to express
 Such a reckless bestowing?
 The voices of birds utter less
 Than the thanks we are owing,
 Bell notes alone
 Ring praise of their own
 As clear as the weed-waving brook and as evenly flowing.