

Welcome to your Almshouse News

New Year Resolutions & New Beginnings

New Year
Resolutions

Health &
Wellbeing

New Beginnings

Poetry Corner

Hollywood on
Thames

Stories,
Biographies and
Gospels

Page Turners



ALMSHOUSE NEWS - Contents & Chapel Schedule

Contents

| | |
|-----------------------------|-------|
| Chapel Schedule | 2 |
| Letter from Gennie Thompson | 3 |
| Almshouse Community News | 4-5 |
| Health & Wellbeing | 6-9 |
| Past Events and Reviews | 10-12 |
| Local News & Events | 13 |
| Local Charities | 14-15 |

New Year Resolutions & New Beginnings:

| | |
|----------------------|-------|
| New Year Resolutions | 16-18 |
| New Beginnings | 19 |

| | |
|--------------------------------|-------|
| Hollywood on Thames | 20-21 |
| Stories, Biographies & Gospels | 22 |
| Getting to Know You | 23 |
| Competitions | 24-25 |
| Answer Page | 26 |
| Page Turners | 27 |
| Poetry Corner | 28 |

Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is:
Friday 21st January.

Email your article to Chantal:
c.richards@richmondcharities.org.uk
or give to your Scheme Manager.
As a guide on word count, a one page article is ideally 340 words.

Credits:

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



This magazine is recyclable.

Welcome to our New Residents

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

Diana Nicholls
Jean Shurgold
and to our 6 new residents in Juxon's and Christchurch Road

Farewell To:

Margaret Burns - who has moved into a residential care home.

Chapel Schedule for January 2022

by Stuart Lee



| | |
|--|---|
| Sunday, 16th January <i>The Second Sunday after Epiphany</i> | 10.30am Eucharist 5pm Hymn singing |
| Sunday, 23rd January <i>The Third Sunday after Epiphany</i> | 10.30am Eucharist with hymns |
| Sunday, 30th January <i>The Presentation of Christ in the Temple</i> | 10.30am Eucharist |
| Sunday, 6th February <i>The Fourth Sunday before Lent</i> | 10.30am Eucharist |

Letter from Gennie Thompson, Scheme Manager



Dear residents,

Happy New Year 2022 to you all! I hope you all had a relaxing, peaceful festive period and enjoyed all the beautiful Christmas lights around the estates! It was so lovely to have such cheerful, sparkly scenery and certainly provided me with a good amount of festive cheer. I am glad to have this opportunity to thank all residents for the invaluable support and kindness shown to me since joining the charity; I am so grateful to have a job I adore, whilst getting to work with such a brilliant bunch! As many of you will know, I will be (temporarily) leaving my role as Scheme Manager and starting my maternity leave at the end of January, ready to welcome our new addition whenever they choose to arrive! I wish all of you happiness, health and the very best for 2022!

Whilst many of us may be experiencing possible feelings of deja-vu, we have decidedly kept a positive outlook in this new year 2022 edition of the Almshouse News. Our theme for this edition is New Year resolutions and new beginnings, which resonates with many of us at the start of a new year. In line with this theme, we have a beautiful article on this very topic, which includes practical tips for you to try. Similarly, we are planning (covid permitting) to offer a one-off taster wellbeing session in the Chapel to replenish the body and mind! Alongside

some new and old regular activities. We have shared some interesting features in this edition which we hope you enjoy, alongside all the usual bits. Some of our fantastic residents have shared their New Year resolutions with us, we have an article on the history of new year resolutions as well as some staff reviews of how successful last year's featured resolutions ended up being. Also, we have some photos and reviews of December's events and activities to enjoy.

I hope you all enjoy this edition, stay safe and cosy! With love.

Gennie

Competition Winners

Thank you to everyone who submitted competition forms for the December Crossword and The End of The Year Quiz. Picked at random, the winners this month are:

Mary Bronks - End of Year Quiz

Alan Shirley - Crossword

Congratulations!

Answers from last month's competitions are on page 26.

January Competitions

This month there are two competitions on pages 24 and 25.

Council Fuel Grants



by **Juliet Ames-Lewis**

Richmond residents can apply to get up to £170 towards their annual energy bill through the Council's Fuel Grant Scheme.

Applications for the latest round of grants close at midnight on **31 March 2022**.

Who is eligible?

This scheme is open to anyone on a low income, including pensioners. You are still eligible if you receive help with your fuel costs from anywhere else, including new COVID-19 funds.

Proof required

To support your application you must provide evidence of the following:

- Proof of any state benefits or pensions received, such as copies of bank/post office statements or DWP award letters
- A copy of your most recent Housing Benefit/Council Tax Reduction decision notice if you are entitled to either
- A copy of a letter, bill or statement from your energy supplier showing your account number

How it works

The Fuel Grant Scheme only has a limited amount of money to pay for these grants, so applications will be assessed depending on individual circumstances. All applications will be processed after the closing date of 31 March 2022. Richmond Council are unable to notify successful applicants until after the closing date.

How to apply

Complete the fuel grant application form by following this link:

https://www.richmond.gov.uk/services/housing/housing_grants/heating_grants/fuel_grants

OR if you would like a paper form to be posted to you, you can request this by contacting:

Hampton Fund on 020 8941 7866

or by email to:

lbrut@hamptonfund.co.uk

What happens next

A letter notifying you of the outcome of your application will be sent to you after the closing date. If successful, the money will be credited directly to your electricity or gas account. No cash alternative is available.

If you need help please contact:

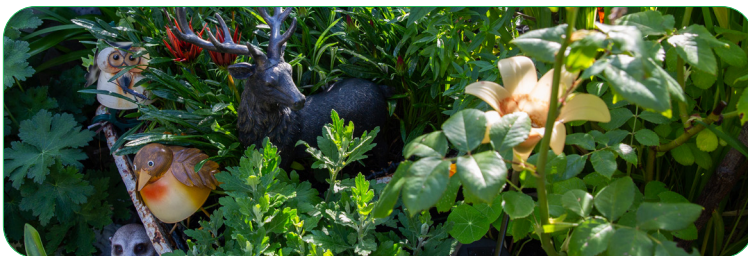
Telephone: 020 8941 7866

Email: lbrut@hamptonfund.co.uk

Your Summer Garden - photos from 2021

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

These photos were taken in July 2021 in Connie and Brian Yorke's front garden at Benn's Walk.



The Christmas Dinner Quiz Winner!

Congratulations to **Angela Greaves** on winning The Christmas Dinner Quiz. Thank you to all who entered. We hope it was fun!

The Silent Raffle - Winners!

Congratulations to our winners of the Silent Raffle (that should have been held at The Christmas Lunch!). Prizes were distributed with the Christmas Afternoon Tea delivery.

Two Hamper prizes go to:
Gordon Bliss and Jackie Wheaton.

There were 20 names drawn for the smaller prizes:
Lissa Good, Janet King-Martin, Richard Howard, Brian Yorke, Alex Scott-Parker, Sam Desmond, Michael Hobbs, Janet Hamilton, Michael Cordell, Ian Heath, Mary Bronks, Sylvia Ridout, Carmela Hinckley, Jonathan Cooke, Maggie Davidson, Ann Bennett, David Talbot, Elizabeth Byatt, David Thomas and Jean Pitcher.

Holistic Wellbeing - Yoga and Mindfulness

by Gennie Thompson



Claire Welton is a local yoga/ mindfulness teacher, with a holistic approach to wellbeing. Claire has kindly already hosted a very successful yoga course for residents last year (review further down).

We are planning on running another, longer yoga course this year which Claire has again agreed to host. In addition to this, Claire will be running a one-off taster well-being session on the 3rd February (see page 7)

In a similar vein to the theme of this magazine, the session will focus on a New Year refresh, benefitting your physical and spiritual health and well-being. Dates, times and more information about sessions can be found further down.

Claire wrote this insightful piece on new beginnings and new year resolutions which we hope you find useful and enjoyable.



New Beginnings and Resolutions – a Different Approach

A new year often signals the start of a new beginning. For some this results in setting resolutions to make a fresh start and for many, these may be health goals such as taking more exercise, a healthier diet, something for self-care.



Claire Welton

Following through with these resolutions can be a challenge and often many quickly fall by the wayside. A major reason for this is that they are not always holistic choices that nurture the mind and body.

The new year is not the only chance in the year to start over, indeed there are many opportunities; the first day of each week, month and each season, even each day - one day at a time. Change doesn't have to come all at once.

By taking a few small steps we can start to build the foundations for healthier living without being overwhelmed by huge changes and expectations!

If you are contemplating what your new year resolutions may be, consider taking

an holistic approach and incorporate goals that will nourish you as a whole.

Here are a few of my favourites:

Connect to your Breath:

Our breath is a powerful tool to calm our nervous system and increase our sense of wellbeing.

Begin by sitting or lying down in a comfortable position. Your eyes can be open or closed. Inhale for the count of 3 and exhale for the count of 5. All inhalations and exhalations should be made through your nose.

Practice Gratitude:

The simple act of giving thanks has scientifically proven benefits. Gratitude is a small perspective shift, but can significantly change your life.

Notice good things, look for them, appreciate them. Express your gratitude to yourself or thank someone.

Nourish in Nature:

Make nature part of your everyday. To boost your mental and physical wellbeing include spending time in nature and if you are not able to get outside, try bringing the outdoors in.

Listening to nature sounds or looking at natural scenes can have a similar effect on the brain to being outside and reduce levels of the stress hormone cortisol.

New Year Re-Fresh, Wellbeing Taster Session

.....

Location: Hickey's Chapel

Date: Thursday 3rd February

Time: 1 – 2pm

We would like to emphasise the session is accessible for all residents of all abilities and we would particularly encourage gentlemen to attend!

There will be nothing strenuous involved and everybody will be able to participate. The session will incorporate simple, practical practices that will aim to benefit your overall health and wellbeing, such as breathing and meditation techniques, that have a positive impact on your energy levels, pain management, mental clarity and mood and strengthen your immune system.

You will leave the session with some techniques you can use again should you choose.



If you have any questions or queries speak with your Scheme Manager and we hope to see you there!

Review of Last Year's Yoga Session



by Poppy Hillman

Yoga is an ancient form of exercise that focuses on strength and flexibility and breathing to boost physical and mental wellbeing.

Since the last lockdown, yoga sessions have been held on a Friday morning in the Chapel at Hickey's from 11.30am – 12.30pm. They are being taught by the lovely Claire Welton who is an experienced yoga instructor and spreads peace and tranquillity as she guides us through the many breathing techniques and exercises that ease our aches and pains and help us to relax. The sessions cater for all abilities and are carried out either sitting or lying on a mat and some exercises can be done standing – whatever suits the individual.

I am 78 years old and suffer from bad osteoporosis in my knees and back, and I find that after a one-hour session with Claire I certainly feel more relaxed and much freer in my movements. I would certainly recommend these sessions for anybody who suffers from aches and pains and who would benefit from a peaceful and calm session in the tranquility of the Chapel. One needs to wear comfortable clothes: leggings, a

loose top and comfortable light socks. And if possible, a throw or loose jumper in this cold weather, for relaxing at the end of the class.

Yoga Term Dates 2022

As mentioned on page 6, Claire has agreed to host another yoga course which we hope you will enjoy! If anybody needs persuading, we have a review of last year's course (left).

We are planning for two 5-week courses which will be held at Hickey's Chapel on Fridays at 11.30am - 12.30pm (dates below).

All residents, of all abilities are invited to attend and experience the benefits. Hope to see you there!

1st 5-week course: Friday 14th, 21st, 28th January; 4th, 11th February.

There will be a brief pause mid February – no class on the 18th.

2nd 5-week course: Friday 25th February; 4th, 11th, 18th, 25th March.



Falls And How To Prevent Them

.....
or Let's Keep Vertical!
by Dr Alex Hall



Firstly, don't rush or hurry - if the phone stops ringing, they can always ring back later - or you can phone 1471 to find out the number. If the bus appears in the distance, don't run for it, another one will come along before too long (we are incredibly fortunate for the regularity of our local bus services).

If ever you have tripped over something, get rid of it (or be more tidy). If it was a rug or mat you tripped on, you don't need it, chuck it, it's dangerous. If it was a shoe you tripped on, be more tidy - don't leave things lying on the floor.

And talking of shoes, what about those slippers? Have they got broken or trodden down heels? If so, bin them - even if your favourite daughter gave them to you, she'd much rather you got rid of them than know you fell over wearing them.

Be sure to get your eyesight tested regularly - checks are free of charge on the NHS. If you need spectacles, wear them! You're much less likely to fall if you can see properly. Many people like low level lighting, this can be just asking for a fall, at our age; it just doesn't make

sense to be moving around in twilight, so invest in some higher wattage light bulbs.

It's a medical fact that dehydration increases the risk of falls, so have your regular cups of tea, fruit juice and glasses of water. When you have less fluid in your body your blood pressure falls and this increases your risk of falling over. It has also been shown that the risk of falls is lessened by 11% by taking vitamin D supplements; I don't know the reason for this, but it seems a good idea to take vitamin D tablets regularly.

Also it's sensible to keep our balance in trim. I wrote an article in Almshouse News about this. If there is sufficient interest, the charity may organise some balance exercise classes. But please don't be silly - please don't climb up ladders or onto a chair to change a light bulb, or get the curtains back on that hook. Ask someone younger to help - it is their privilege to be of help (and will gain them brownie points!)

Finally, my apologies for being a party pooper, but gravity, alcohol and advancing years are not good bed fellows.

If you do have a fall, please tell your Scheme Manager. There are falls clinics, the aim of which is to find the reason for falls and to lessen the risk of, and prevent, them. And please don't be too proud to use a walking stick.

Handling History Review



by **Jenny Ruff**

The Handling History event was hosted by Renia Jenkins in the

Garden Room on 17th November, last year.

What a fun afternoon was had recently at the Handling History event, despite only five residents attending. On entering the Garden Room tables were spread out and covered with objects which brought back so many memories! We were allowed to handle things and pass them around – some of us knowing what they were and some not, especially pre-war tools (Leslie knew all of those!) and vinyl records (very desirable now). I knew all of those and fashions that had us crying with laughter.

Renia Jenkins, the lady leading the discussion has a passion for collectables and even has a pair of colourful platform sandals from a James Bond film – the heels about 8/9" high which apparently at the end of the film were used as a murder weapon. The ladies were invited to try them on and even I had to decline!! She had perfume bottles, one being Evening in Paris in a blue glass bottle that my mother used

and for once I wasn't treated with the slipper if I touched it!

It really was a joy to see and hear her enthusiasm for these practically forgotten objects and I for one say a big thank you for a totally enjoyable afternoon as we laughed our way through the 'Secret Garden' home.

Christmas Carols at Michel's Review



by **Carmela Hinckley**

A damp December afternoon, clouds threatening rain and

twilight nearing might not sound the most inviting for an outdoor event, but for this group of Almshouse residents and the choir of St Mary Magdalene, it was a real community event. Gathered on the lawns of Michel's Almshouses we listened to, and joined in, some very hearty carol singing. It was a real pleasure to hear these familiar words, old yet always new, sung so beautifully. With audience requests and participation, we soon warmed – not least with the mulled wine and mince pies on offer! As lights came on in the gathering dusk it really did feel as if Christmas was coming. Thank you to Wilma and all the members of the choir, and to Linda and Jo who, as always, made us so welcome.

Past Events - ALMSHOUSE NEWS



Photos from the Christmas Carols at Michel's in December.



Marshgate Primary School Carol Singing



by Chantal Richards

Once again in December, we were delighted to welcome the children from Marshgate Primary School, which is opposite Hickey's Almshouses. Singing traditional Christmas carols, two groups of children made their way around Hickey's and Church Estate. They brought happiness and festive cheer to many of the residents who listened from their doorsteps.



Local News and Events

PCR Testing Expanded in Richmond



The mobile PCR testing facility based at Old Deer Park in Richmond is now open seven days a week. As levels of COVID-19 remain high in the borough, this should make it as easy as possible for local people to get tested.

Air Quality Sensors

Innovative air quality and traffic sensors have been installed in Richmond upon Thames. Richmond Council is one of the first London Boroughs to install new Breathe London air quality sensors in priority locations across Richmond upon Thames, to give access to important data that will help provide a previously unseen detailed picture of local air pollution.

The Comedy Network



The Comedy Network has announced a new line-up for the next 3 months. The Landmark Arts Centre have announced an impressive line-up of comedy talent for their January Comedy Network event. For more info: <https://www.landmarkartscentre.org/events/comedy-and-other-events.php>

Richmond Local History Society



Richmond Local History Society announce new events for 2022.

Local historian Jonathan Crofts will reveal Cambridge Park with a talk based on his book Meadows, Mansions and Munitions, while Andrew George will present a talk on the gardens of Twickenham Park. For more info: <https://www.richmondhistory.org.uk>

Town Twinning



The date of reaffirmation of town twinning has been confirmed for 2025.

The Richmond in Europe Association has announced a new date for the reaffirmation of the borough's twinning with Fontainebleau and Konstanz following the postponement in June 2020.

Coffee & Crafting

9th Feb - 23rd April 2022, 1pm - 3pm.
Pay What You Can.

Museum of Richmond.

Each month the workshop explores the story behind a beautifully crafted object in the Museum's collection, then the Works of Love Team will show you how to start your own projects. You will be given a goody bag of materials to continue crafting at home, plus tea, coffee and snacks. Book here: <https://museum-of-richmond.arttickets.org.uk/>

Outreach: Getting to Know Local Charities

Age UK Richmond is your local, independent charity working in the community to support older people, their families and carers. We provide a wide range of services to promote health and independence in later life.

Information & Advice: - First Contact Helpline: [020 8878 3073](tel:02088783073)
Email: info@ageukrichmond.org.uk
Ask us anything! Looking for advice or need some support? Give us a call. Free and confidential.

Welfare Benefits: [020 8878 3546](tel:02088783546)
Email: welfarebenefits@ageukrichmond.org.uk
Do you know which welfare benefits you are entitled to? If you are over state pension age, contact us to check your entitlement. Free and confidential.

Advice Extra: [020 8878 3546](tel:02088783546)
Email: advice@ageukrichmond.org.uk
In-depth support, including accessing care, housing, scams, sorting out paperwork, accessing better utility deals - among others. Free and confidential.

Wellbeing Services: [020 8744 1965](tel:02087441965)
Email: wellbeingservices@ageukrichmond.org.uk
We provide an extensive range of opportunities for older people in the borough to build social networks, learn

new skills and improve wellbeing. Our activities take place at different locations, including our three Social & Wellbeing Centres in Barnes, Twickenham and Whitton.

We also offer home-based activities: online groups and sessions, Telephone Befriending, accompanied walks and home-based wellbeing courses.

Connect to Tech: [020 8744 1965](tel:02087441965)
Email: carol.horne@ageukrichmond.org.uk

Our comprehensive IT SUPPORT SERVICE can help you get online if you are new to the world of computers, or help you develop your existing skills.

Home Services
Handyperson: [020 3326 9432](tel:02033269432)
Email: handyperson@ageukrichmond.org.uk

Our trustworthy service can support you at home with minor adaptations and repairs. Heavily subsidised for [those over 65 or registered disabled](#). Chargeable.

Gardening: [020 3326 9432](tel:02033269432)
Email: handyperson@ageukrichmond.org.uk

Our friendly gardeners can help tend to your garden all year round! Chargeable.

Local Charities - ALMSHOUSE NEWS

Housekeeping: 020 8878 3569
Email: housekeeping@ageukrichmond.org.uk

Our useful housekeeping service can help you at home with housework, cleaning and shopping. We do not provide personal care. Chargeable.

Dementia Friendly Richmond

020 3816 0020

Email: dementiafriendly@ageukrichmond.org.uk

Dementia Friendly Richmond (DFR) is a Richmond Council funded project delivered by Age UK Richmond. DFR

aims to create an inclusive borough where all residents affected by dementia are empowered and supported to live well.

For more information on all aspects of Age UK Richmond:

www.ageukrichmond.org.uk

Twitter, Facebook and Instagram @AgeUKRichmond

Sign up to the weekly e-bulletin by emailing aydee.burke@ageukrichmond.org.uk



Age UK Richmond

Free Information & Advice
Welfare Benefits support
Wellbeing & Social activities
Connect to Tech - digital skills
Dementia Friendly Richmond
Handyperson, Housekeeping, Gardening

Your local, independent charity working in the community to support older people, their families and carers.

Love Later Life

020 8878 3625
info@ageukrichmond.org.uk
www.ageukrichmond.org.uk

Whose Bright Idea was a New Year Resolution Anyway?



by Mike Townsin, Trustee

The first new year resolutions began in remote antiquity, in Babylon. The Babylonians are said to have started the tradition during Akitu, a twelve day new year celebration, during which they would plant crops, pledge loyalty to their ruler, and make promises to their gods to pay debts and return borrowed property.

Centuries later, in ancient Rome, new year resolutions continued when Julius Caesar introduced a new calendar in 46B.C. which established January 1st as the start of the new year.



Janus symbol

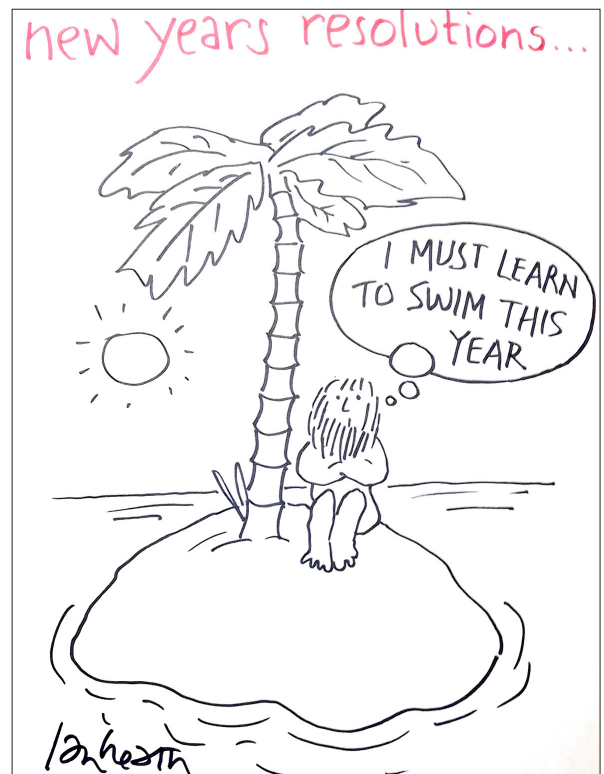
The Romans would offer sacrifices to Janus, the two-faced god who looked back to the previous year and forward to the next (hence January), and made promises to him of good behaviour in the year ahead.

Fast forward to the middle ages when knights would renew their chivalric vows by placing hands on a live or roasted peacock; the “Peacock Vow” would take place at year end as a resolution to maintain those knightly values.

By the nineteenth century, resolutions were common, and in 1813 a Boston (USA) newspaper featured the first

recorded use of the phrase “New Year resolution” in an article which stated – and I paraphrase – “there are multitudes of people...who will sin all the month of December with a serious determination of beginning the new year with new resolutions...and with the full belief that they shall thus expiate and wipe away all their former faults”.

Today’s resolutions are often health focussed, driven by the excesses of the Christmas period. The symbology of the New Year also makes it a great time to wipe the slate clean. Yet research shows 80% of people break their resolutions by the first week of February, a statistic which this magazine will be testing among residents, staff and Trustees in January 2023!



New Year Resolutions by Residents, Staff & Trustees

Remember your cup is half full.

Hazel Atkinson, Resident

I resolve to give up booze until Easter.

Serge Lourie, Trustee

To recycle more.

Val Keene, Resident

Get into Pilates and do more stretching.

Steve King, Trustee

Give the sweet things a miss this year and strengthen the spine!

Lissa Good, Resident

I'm not sure that I can do the 'Couch to 5k' (I hate running!), but I resolve to try to keep fit by going to the gym regularly.

Jeremy Williams, Trustee

Keep smiling.

Elsbeth Murray, Resident

Mine is to wait 5 minutes before I have a slice of cake just to make sure that I really need it.

Emma Halford, Trustee

Every year when I write Christmas cards to friends I haven't seen for a long time. I think how much I would like to see them again. Some are too far away, but many are within a day-out distance, and each year we both say, "We must try to meet again this year." So my New Year's Resolution is to do it! Or at least to STOP PROCRASTINATING and set a date!

Margaret Goddard, Resident

Grow more flowers for the bees.

Chantal Richards, Photographer

Go out with my friends and enjoy life.

Joy Beirne, Resident

In 2022, I aim to complete the Surrey Hills 20km cross country run!!

Peter Marr, Chair

In 2022 I want to start playing the violin again after years of hardly touching it. My goddaughter Lily has just got her grade 2 violin (with merit) and we are planning to play duets, whenever we see each other!

Rev Wilma Roest, Trustee

I made this New Year Resolution many years ago and have stuck to it ever since and that is that I will not be making any New Year Resolutions in the future.

Richard Yardley, Resident

I don't believe I have ever made a New Year resolution, which has the upside that I have also never broken one. So my only resolution is to continue in the same vein.

Kate O'Brien, Trustee

Do more exercise: do the walking, swimming and weights! Get fitter!

Terri Ekkel, Resident

Come to grips with losing weight!

Jonathan Cooke, Resident

Cultivate a grapevine, and provide photographic evidence on 1st September 2022!

Mike Townsin, Trustee

Drink two mugs of water a day.

Dr Alex Hall, Trustee

My resolution is to grow more plants from seed (I'm a zealous gardener!).

Richard Pyne, Trustee

Achieving New Year Resolutions from Last Year!

Last year we asked staff to publish their new year resolutions in this magazine. So we decided to go back and see if they succeeded.



Claire's 2021

Resolution: Upskill my very basic cooking knowledge.

Achieved! I am pleased to report that I have managed to complete my New Year Resolutions and I now cook a variety of dishes, admittedly by following a recipe.

My New Year resolution for 2022: I want to work on getting fitter overall for health reasons.



Gerry's 2021

Resolution: To visit Vancouver or Cape Town

Not Yet Achieved:

Covid restrictions on international travel negated any travel to Vancouver or South Africa.

But we did manage to get to the Globe Theatre for the first time, after one cancellation, to see *The Tempest*.

My New Year resolution for 2022: I hope to get to the end of it!



Lorraine's 2021

Resolution: To get married

Achieved!



My New Year resolution for 2022: I would like to learn to dance (waltz, etc)!



Gennie's 2021

Resolution: To create a vegetable garden.

Achieved!

The vegetable garden was created and we had a fair bit of produce. What was more productive was the massive amount of learning gained in our garden and our time in the allotments with help from experienced gardeners...

My New Year resolution for 2022: Now to put it all into practice this year!

New Year, New Beginnings

Written by Emily John
Caseworker for Ruils

We often take for granted the small things in life, whether it be food on our plate at the end of the day, access to clean water or the ability to leave our home whenever we like. Mary*, 65, from Twickenham knows all too well what it means to have barriers placed on her freedom. In December 2020, Mary was told to finalise her affairs and to prepare for her passing due to ill health. Two weeks later after receiving this devastating news, Mary made a staggering recovery, but was left with long-term health conditions that critically affected her mobility.

Since December 2020, Mary has been housebound due to her flat being located on the second floor of the building with no available lift. Despite losing access to the outside world, Mary was closely supported by the local charity Ruils, friends, family and her local church. Although Mary had a strong support network around her, her quality of life was limited and her housing situation was no longer feasible. As a result, Ruils began to advocate for Mary and explored every option to get her moved. When Ruils began communication

The Ruils logo features the word "ruils" in a bold, lowercase, sans-serif font. The letters "ru" are black, "i" is red, and "ls" are black.

working together for independent living

with The Richmond Charities, they demonstrated compassion, attentiveness and professionalism beyond our expectations. Following weeks of applications, interviews and paperwork, we received news that The Richmond Charities had accepted Mary's application and made her an offer of housing. We could not believe the news, especially as we know how challenging it is to be rehomed within the borough.

Mary will now be moved to one of the almshouse estates that has both wheelchair access and a lift. As we approach the end of 2021, Mary will now be able to go to church, meet with friends and leave home whenever she wishes. The Richmond Charities have given Mary a new lease of life, which we know will offer her a happy and prosperous beginning to the year 2022. We wish Mary all the best in her new home and thank The Richmond Charities for their incredible generosity and support.

**name has been changed*



by Mike Townsin,
Trustee

Picture this. You are 40,000 feet over the

South China Sea, between Hong Kong and Sydney. It is night time. The cabin lights are low and you are watching *Killing Me Softly*, a film starring Joseph Fiennes and Heather Graham. They are deep in conversation as the camera pulls back to reveal them sitting on a love seat. But wait: that love seat and the room beyond looks familiar, and indeed it is. A few weeks ago you were sitting on the same seat in your next-door neighbour's living room!



Killing Me Softly with Joseph Fiennes and Heather Graham

This is a true story, and a slightly surreal experience I had back in 2003 – but not, I suspect, the first time a Richmond resident has spotted a familiar film location sitting in the Odeon or watching the telly. The scene was shot in my neighbour's house in Marchmont Road,

just off Queens Road, but, on reflection, not a surprising locus for me because a dozen parking spaces were regularly blocked off in our road, and round the corner in Denbigh Gardens, to accommodate the huge trucks carrying the actors, technicians, equipment, loos and assorted crew, not to mention the caterers supplying essential life support!

In fact, for many years Richmond has been a favoured location for a vast number of film and TV productions, which prompted me to ask Sue Lewis and Sarah Hillman – the ladies at Richmond Council in charge of filming (and its handy contribution to our municipal coffers) – for a list of films and their locations over the last 20 years or so. The list of 42 she gave me



Sense and Sensibility: Emma Thompson and Hugh Grant

Hollywood on Thames- ALMSHOUSE NEWS

is by no means complete, being just the ones that became the most popular. There are too many of them to list here, but more recent ones with which you may be familiar are:

Bridgerton: St.Mary's parish church

Fleabag: Twickenham and Ham

The Crown: Ham

Endeavour: Teddington

The Hours: The Terrace, Richmond Hill

Evita: Richmond Theatre

Manhunt: Twickenham Green

Sense and Sensibility: Ham House

Bridget Jones: Kings Road

Silent Witness: throughout the borough since the '90's

The End of the Affair: Kew Green

Peter Rabbit 2:

various locations.

The largest film

project to date,

shot in 2019, with

two units filming

simultaneously:

the main one with

a crew of 180, and

the plate unit (for

background shots

and back projection) with a crew of 90,

plus cast. Locations included: Richmond

Green, Bridge Street, Patten Alley

(near Bishop Duppa's and Michel's),

Hill Rise, Duke Street, the Quadrant

Road and Lancaster Park. It was a

successful shoot, but subsequently

COVID prevented a private screening

for Richmond residents.



Peter Rabbit 2: James Corden, Margot Robbie



Poirot: David Suchet

Poirot: Richmond Green. A location which will be familiar to all of you reading this. But those residents who visited the former Richmond Charities offices at 8 The Green, where you first met Juliet and her predecessors, may recognise a scene from *Poirot* because the office is just out of camera range on this photograph of the shoot taken by Sarah Hillman, with David Suchet as Poirot walking along on the opposite side of the road.

That's it for now folks. More from Hollywood on Thames next month, and another surreal experience!



The End of the Affair: Ralph Fiennes and Julianne Moore

Stories, Biographies, Gospels..



by **Stuart Lee**

As I prepare for running another series of sessions to help people write the story of their own lives, it sets me thinking about all the different stories that we tell – about ourselves, about each other and about our world. Of course, we generally try to tell the truth, but I am not sure that is as easy as it sounds.

This especially becomes an issue when we are reading stories that people consider ‘holy’ in a religious tradition. Tales about prophets, holy men and women, are the mainstay for teaching, guidance and reference in every religious family. But are they true? And what does it mean for something to be true?

For Christians, the gospels that speak about the life and teaching of Jesus have always been the main source of instruction and support. But what are they? Are they biographies? Are they history books? Are they divinely inspired, whatever that might mean? And, can we be brave enough to ask the trickiest question – are they true?

The gospels included in the Christian bible (Matthew, Mark, Luke and John) were written, we believe, between around 30 and 70 years after Jesus had

died. Other stories about Jesus's life, work and death were written after this time but they were never approved for inclusion in the bible. However, none of the gospels can really be called a biography. They do not set out to tell the whole story of everything Jesus said or did. Rather, they set out to paint a particular picture of Jesus for a particular audience. For example, Matthew is writing to help Jews enter the Christian community. He emphasises Jesus’ faithfulness to the Jewish tradition. Luke, on the other hand, is not especially interested in the Jewish community. He wants to show how Jesus’ message was for everyone. Each gospel-writer has a specific message designed to speak to a particular audience.

I suspect this is true of all of the stories we tell. We like to think we are ‘telling the truth’, saying the same thing to all people at all times, but could that be possible? Our understanding of the events of our own lives changes over time, and we will give a slightly different account of what has happened to us as a result. Whether it is a gospel or your own biography, the stories that we tell are not simply designed to convey bare facts. What makes a story fascinating is that it evokes a person, a place or a feeling, and that gives us an opportunity to work on it in our own imagination. And that is where the magic really happens.

National Awareness Days

January Christmas Card Recycling.

WH Smith and Tesco have drop off points in most stores.

Dry January

Challenging you to go alcohol free for 31 days. If you fancy signing up visit alcoholchange.org.uk

Veganuary

Challenging you to omit or reduce the amount of animal products you consume for 31 days! Veganuary.com

World Braille Day

4th Jan. Promoting braille literacy and blindness issues.

World Religion Day

16th Jan. Promoting inter-faith understanding and harmony.

Burns Night

25th Jan. Celebrating the life of poet, Robert Burns.

Holocaust Memorial Day

27th Jan. More info: hmd.org.uk

RSPB Big Garden Birdwatch

Weekend

28th–30th Jan. Count the birds you see from your window or in a local park for one hour between 28th – 30th. The results help the RSPB to keep track of bird populations across the UK. To sign up: www.rspb.org.uk/get-involved/activities/birdwatch/

Getting to Know You



Margaret Goddard

1. If you could travel back in time, where would you go?

Jane Austen's time – but only if I was in the right social class!

2. How do you relax?

Listen to silence

3. What is your favourite word?

Aestivate – it's like hibernate but you do it when it's hot in summer

4. What do you hope next year will bring?

A world free from Covid!

5. **All time favourite movie and why?** *Best Exotic Marigold Hotel* – an amazingly talented cast (especially Maggie Smith and Judi Dench) and gentle humour.

6. What book do you currently have on the go?

Just about to start a new one; tossing up between Terry Pratchett *Interesting Times* (No. 17 of the Discworld series) and re-reading Alexander McCall Smith's *Ladies Detective Agency*. I used to work in a library and acquired many books by my favourite authors when they were withdrawn. I am working my way through them trying to read series in order! These are two of my favourite authors.

7. What words of wisdom would you pass to the younger generation?

Don't worry about anything you can't change.

ALMSHOUSE NEWS - Word Scramble Competition

Word Scramble Competition:

20 Popular Words in This Month's News

Your chance to win a £10 M&S Voucher!

(yes! we have increased the prize money to £10!)

To enter this competition, complete as many word scrambles as you can. They are the top 20 words found in January 2022 news. Clues at the end of each line.

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

Name: _____

Estate _____

1. STREAMR
politician
2. EDLAE
singer
3. EAAARTZCSNE
pharmaceutical
4. TURONSOIEL
a decision
5. SSPCNLADARE
tv drama
6. IHSIR
politician
7. SRCMLEINDIEA
stop offence
8. RSIICS
difficulty
9. VC9DOI1
pandemic
10. AMPEBP
footballer
11. ELHSEAC
club
12. VAYGREUAN
no meat
13. USDAN
n.e. africa
14. EAWEHTR
atmosphere
15. OIRNMCO
variant
16. OBSETRO
a dose of vaccine
17. ARQTA
world cup
18. TDERMSMI
half way
19. APTILNUM
70th anniversary
20. NSOOHNJ
PM

Norman's Quiz Competition

1. In which Italian City is Shakespeare's *Romeo and Juliet* set? _____

2. What was the old name for 'Snickers' bar before it changed its name in 1990? _____

3. How many times has Andy Murray won the Wimbledon men's singles title? _____

4. By what name is the 'blow fly' better known? _____

5. Who presented the TV quiz show *Blockbusters* from 1983 – 1995? _____

6. Which politician was Mayor of London before Boris Johnson? _____

7. Who wrote the novel *Jane Eyre*? _____

8. The famous jazz singer Cleo Laine was married to whom, from 1958 till his death in 2010? _____

9. Which actor played James Bond immediately before Daniel Craig, making 4 appearances as Bond? _____

10. Which island group includes; Ibiza, Menorca and Majorca? _____

11. Anagram: 'frog had teeth' is an anagram of which Oscar winning film? _____

12. If all the states of America were placed in Alphabetical order which would come first and which would come last? _____

13. Who had a Christmas number one hit in 1958 with *Rocking around the Christmas Tree*? _____

14. Which famous actress said 'you only live once, but if you do it right, once is enough' _____

15. In what year was the battle of Waterloo? _____

Your chance to win a £10 M&S Voucher!

To enter this competition, answer as many questions as you can.

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

Name: _____

Estate _____

ALMSHOUSE NEWS - Answer Page & On This Day

On This Day:

16th Jan 1793

The first free settlers arrive in Australia aboard the Bellona, five years after the first convicts were landed.

On This Day:

12th Jan 1908

The first long-range radio messages are sent from the top of the Eiffel Tower in Paris.

On This Day:

21st Jan 1908

The City of New York makes it illegal for women to smoke in public.

On This Day:

11th Jan 1974

The first sextuplets to all survive are born to Susan and Colin Rosenkowitz in Cape Town, South Africa.

On This Day:

3rd Jan 2003

Greta Thunberg, Swedish climate change activist, born in Sweden.

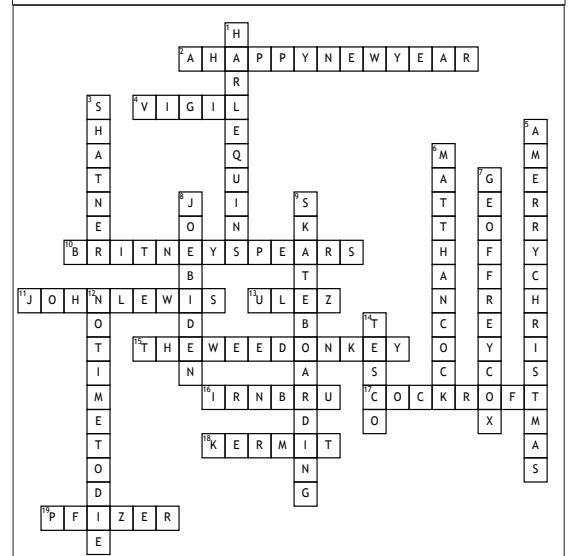


Heather's End of the Year Quiz. December Issue. Answers:

- 31st January 1983
- Edward G Robinson
- Franz Schubert
- Saltwood

- Castle, Kent
- The Way of All Flesh
 - Romeo and Juliet
 - The horse chestnut
 - Cash and Cary
 - Her Annus Horribilis
 - Ariel Sharon

Last Month's Crossword Answers: A Look Back at 2021.



Page Turners



by Mike Townsin

This review of books is a regular feature inviting readers to contribute their own reviews of books they

have enjoyed and would recommend. Please send them to your Scheme Manager



The Hand that First Held Mine
by Maggie O'Farrell
Review by Mike Townsin

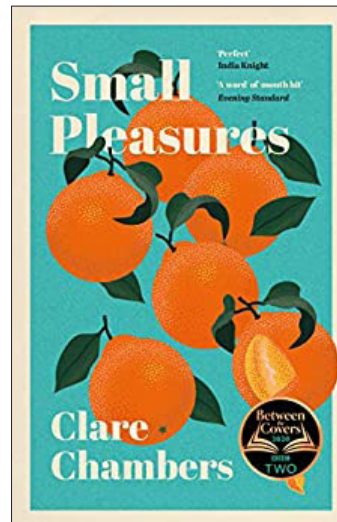
If one of the pleasures you get from reading is the precision of the prose and the sheer

fluency of the literary artist, then look no further than Maggie O'Farrell's *The Hand that First Held Mine* – and her opening paragraph:

“Listen. The trees in this story are stirring, trembling, readjusting themselves. A breeze is coming in gusts off the sea, and it is almost as if the trees know, in their restlessness, in their head-tossing impatience, that something is about to happen”.

This is a spellbinding story of two women connected across fifty years

by art, love, betrayals, secrets and motherhood. It is one of the author's eight, acclaimed novels and winner of the 2010 Costa Novel Award.



Small Pleasures
by Clare Chambers
Review by Debbie Flaherty

I have been part of a small book club now for just over two years.

Each month we review a book and score the book. The book that we all have enjoyed and that gained our top points is *Small Pleasures* by Clare Chambers definitely our favourite.

An easy read with short chapters and flows so easily. I felt very nostalgic reading it.

Without giving anything away I would love to chat with any of you that read it to know if you enjoyed it as much as I did.



Poetry Corner by Nigel Davis



Why do bad people prosper while good people suffer? A question as old as the hills and confronted in the Book of Job: although perhaps we need to remember that appearances do not always convey the whole reality.

This poem by Gerald Manley Hopkins (1844 – 1889) raises this question, without attempting an answer. Hopkins as a young man converted to becoming a Jesuit priest (much to the distress of his old – fashioned High Anglican parents) and throughout his poetry and his life he wrestled with trying to understand God's purpose. Why, he asks – almost in the manner of a young novice pestering his headmasterly abbot – do my works seem to come to nothing, in spite of all my attempts and all my good intentions? But all the same he is not defeatist. Still he prays for the divine rain to fertilise his efforts and make his works grow.

A little poem which at the same time is, I think, a great poem.

Thou art indeed just by Gerald Manley Hopkins

Thou art indeed just, Lord, if I contend
With thee; but, sir, so what I plead is just.
Why do sinners' ways prosper? and why must
Disappointment all I endeavour end?

Wert thou my enemy, O thou my friend,
How wouldst thou worse, I wonder, than thou dost
Defeat, thwart me? Oh, the sots and thralls of lust
Do in spare hours more thrive than I that spend,

Sir, life upon thy cause. See, banks and brakes
Now, leavèd how thick! lacèd they are again
With fretty chervil, look, and fresh wind shakes

Them; birds build – but not I build; no, but strain,
Time's eunuch, and not breed one work that wakes.
Mine, O thou lord of life, send my roots rain.

