

Welcome to your Almshouse News

The Origins of
March

Spring Gardens

Spring

Page Turners

Almshouses in
Bloom

Poetry Corner

Spot the
Difference

My Career:
Heather Shipley

Save the Date!



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Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is:

Friday 18 March 2022

Give the article to your Scheme Manager, or email to c.richards@richmondcharities.org.uk
As a guide on word count, a one page article is ideally 340 words.



This magazine is recyclable.

Farewell To:

It is with great sadness that we say goodbye.

Janet Brown RIP

**CLOCKS GO FORWARD:
Sunday 27th March 2022, at 2am**

Chapel Schedule: February 2022

Wednesday 2nd March <i>Ash Wednesday</i>	10.30am Eucharist with hymns
Sunday, 6th March <i>First Sunday of Lent</i>	10.30am Eucharist 5pm Lent Course and Compline
Sunday, 13th March <i>Second Sunday of Lent</i>	10.30am Eucharist with hymns 5pm Lent Course and Compline
Sunday, 20th March <i>Third Sunday of Lent</i>	10.30am Eucharist 5pm Lent Course and Compline
Sunday, 27th March <i>Fourth Sunday of Lent</i>	10.30am Eucharist with hymns 5pm Lent Course and Compline

Credits:

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

Design & Photography: Chantal Richards

Letter from Debbie Flaherty, Scheme Manager



by Debbie Flaherty

March being the first month of spring, marks the season of new beginnings. We see colourful flowers blooming which I have noticed on some of the estates also leaves starting to grow in hedges and on trees. It is a time to open up the windows and let the fresh air in, embrace the quietness and listen to the birds singing, take some outdoor exercise as the weather improves and feel those endorphins. A time also to enjoy the early warmth and breeze on our skins and to simply feel alive.

The Scrabble afternoon was a huge success, so many of you came along despite the awful weather and there has been good feedback for other sessions. It is always so great to see good attendance at these events and it is a great opportunity to get to know other residents from other estates. We so look forward to seeing you at the Re-engage Coffee morning in The Chapel on the 16th March at 11am - once again a great way of catching up with friends, neighbours and getting to know other residents and with the social tea parties they organise a great way of getting to know others in the community. Best wishes to you all.

Debbie

Competition Winners

Thank you to everyone who submitted competition entries for February's crossword, quiz and four page puzzle pull-out. Picked at random, the winners this month are:

Annelise Mehornay - Quiz

Alison Fleming - Crossword

.. and a special mention to **Mary Bronks** who was the only person to submit all answers to the Four Page Puzzle Pull-out!

Congratulations!

Answers from last month's competitions are on page 24.



New Handyman



Dave Cromer, new handyman

Introducing a new handyman at The Richmond Charities.

My name is Dave Cromer and I live in New Malden with my wife Ann.

We have been married for 52 years and we have 2 daughters and 3 grandchildren.

After retiring from my career in engineering after 40 years, I worked as a carpenter doing home maintenance.

I have now started to work for The Richmond Charities a couple of days a week, to do general maintenance work and support Gerry, so you will see me around all the charity's estates. I am hands-on with any handyman jobs, so if residents need a hand with anything I am willing to assist at your request for a reasonable charge. Please let your Scheme Manager know if you have any jobs you would like me to do and they will pass on your requests.

I like to keep fit playing badminton, going to the gym, and doing ballroom and Latin dancing which I really enjoy.

New Trustee



Jon Blythe, new Trustee

by **Juliet Ames-Lewis**

Following the recent merger with Mortlake Almshouse & Relief Charities, we have co-opted the former Chair of Mortlake, Jon Blythe, to our Trustee board for a transitional period. Jon

has been a Trustee of Mortlake Almshouse & Relief Charities for 30 years and was Chair for 15 years. Jon is an accountant and owns and manages the firm Blythe Tax which is based in Mortlake and which Jon set up in 1987. Jon also lives locally in the Mortlake area.

If you would like further information about other Trustees of the Charity, please do have a look at the Trustees section on the Charity's website: www.richmondcharities.org.uk

Save the date!



We are busy planning a party for Wednesday 1st June to celebrate the Queen's Platinum Jubilee. Invitations will follow shortly which will give more details and

we are hoping that everyone will be able to make it, so please pop the date in your diaries.

New Almshouses for The Richmond Charities

by Juliet Ames-Lewis



I am delighted to let you know that we have recently been successful in exchanging on the purchase of a new almshouse development in Richmond. We will be building a new block of 12 almshouses on Queen's Road on the site where there is currently an outdoor sports court, right next to our almshouses in Manning Place. This is a really exciting new development for the charity and will provide homes for more people in need in the borough. All the new almshouses will be level access accommodation and some will be suitable for wheelchair users and those with reduced mobility.



The build will start, we hope, in the Spring and will run for about 18 months. We hope to open the new almshouses in late 2023. There will of course be some disruption and noise for our residents living at Manning Place, but this will be a short-term price to pay for the longer term goal of having more almshouses.

Summer Outing

by Linda Prendergast



At last!! Covid restrictions have been lifted and we are finally able to arrange a coach trip for residents this year.

With this in mind, we are looking for ideas and destinations from residents. Maybe you would like to visit a city that has a cathedral or a museum you have always wanted to visit. Maybe the destination you want to visit has interesting architecture or a fantastic shopping centre. Or maybe you just want to have a stroll, something nice to eat and sit and watch the world go by with a cup of tea or a little glass of something else in your hand.

Before we settle on a date and a final destination, we would like residents to let us know where they would like to visit. When making your suggestion please think about the distance to travel and the time it would take to get to there and back from.

Please contact your Scheme Manager with your suggestion before **Monday 4th April**.

We will then choose a destination from all the suggestions made and let you know where and when.



The Wider Almshouse Movement



by Juliet Ames-Lewis

As most residents will know, The Richmond Charities now has 145 almshouses across 12 estates in Richmond, Twickenham and Mortlake. The charity has recently taken over Mortlake Almshouse & Relief Charities. We have opened two new almshouse estates in the last 4 years and we have just exchanged on the purchase of a new 12-unit development in Richmond, which will open in 2023 (see page 5).

What you may not be so aware of is that we are part of a much wider Almshouse Movement, which dates back over 1000 years. Our first almshouses in Richmond were in 1600, but other charities date from the 1100s, so we are the new kids on the block! There are over 1700 almshouse charities in the country, housing over 36,000 people. We are not the only charity currently expanding – the Almshouse Association, which is the umbrella body which supports all almshouse charities, says that we are currently in the largest period of new almshouse building since the Victorian era.

Almshouses bring benefits to those housed within them, but the wider

THE
ALMSHOUSE
ASSOCIATION

benefits of almshouses have now been investigated. The Almshouse Association commissioned a report looking in particular at the financial benefits of almshouses to the local health and social care economy. These are some of the findings:

- £43m total financial benefit per year
- Almshouse residents are less likely to use domiciliary care
- Residents make fewer GP appointments and are less likely to visit A&E
- Living in an almshouse generates financial benefits to the social care and health economy of c£1,340 per almshouse resident per year
- Moves into almshouses free up between c.3,700 and c.4,000 homes in the social rented and private housing market per year
- Almshouses contribute to local economies through their staff and volunteers with an estimated value of £56m.

Living With Covid Strategy

by Juliet Ames-Lewis



As you may have seen from the government's press conference on 21st February, from 24th February it was no longer a legal requirement to self-isolate if you test positive for covid. However, the government has said that the public health advice for people with covid is still to self-isolate, to prevent others catching it, as it is for many other highly infectious diseases. Therefore, the Trustees and I would encourage residents to continue to self-isolate if you test positive for covid. The guidance is to stay at home and avoid contact with others for at least 5 full days.

Routine contact tracing has ended and therefore people who have had contact with someone with covid will no longer have to self-isolate (if unvaccinated) or take daily tests (if vaccinated).

Lateral flow tests are still available for free (online and from pharmacies) but from 1st April they will no longer be free (other than for those deemed most at risk) and will probably cost in the region of £20 for a pack of 7 tests. Free PCR tests are also coming to an end.

Once free testing has ended, if you are unwell it is unlikely that you will know whether you have covid, or the flu or a cold. Trustees and I are asking residents

to please remain cautious. If you feel unwell and think that your illness may be transmissible, please stay at home and limit your social contacts, just as you would if you had, for example, flu or norovirus.

Trustees and I would also like to encourage all residents over 75 and those at high risk to get their Spring booster vaccination.

The Story Behind the Painting

by Stuart Lee



The Lent Course: The Story Behind the Painting

When: Starting Sunday 6th March 2022

Time: 5pm

The first lockdown disrupted our exploration of the distinctive images in the almshouse chapel. This year's Lent Course will give us an opportunity to wonder about the distinctive and precious images painted on our chapel walls which have recently been restored.



Beginning on 6th March at 5pm, and on each Sunday evening throughout Lent, we will hear the story depicted in one of the chapel wall paintings and reflect on its significance together. We will end our time each week with a brief, meditative act of worship.

Out & About Group

Out
& About
Group

by Michael Hobbs

For the benefit of our newer residents let me explain the idea behind Out and About and how it works. It's always been difficult for some of us to motivate ourselves to just get up and get out for a bit. It helps if there's a focus and some neighbours to join in with.

The plan is simple: Meet at Richmond Railway Station at 10.30am with your FREEDOM PASS. Travel to the location. (See Events Calendar). Enjoy a coffee or tea. What you do next is up to you: return home with group, go shopping, visit an exhibition or whatever.

Our Next Outing:

The Born Free Exhibition

Date: Thursday 24th March 2022

Location: Millennium Green (opposite the Old Vic)

Born Free Forever is the largest lion sculpture of its type in the UK, and is a celebration of Elsa the lioness. The exhibition's stunning bronze centrepiece features Elsa standing on top of a vintage 4x4 surrounded by cubs, capturing the essence of the iconic classic 1966 film *Born Free*. The film, starring the



charity's co-founders Virginia McKenna OBE and Bill Travers MBE tells Elsa's true story.

Film Club

In January we kicked off with *The Courier* and *The Windermere Children*, which were both well received. The latter was particularly interesting. Catch it if you can. In February our patrons chose to view *The Rescue* and *Little Women* (2019 version).

At the film club we offer complimentary refreshments and the opportunity to chat and meet new residents. If you've never been or haven't been for a while, think of this as an invitation to join us. Films are chosen by our audience once a month. Brief outlines of films are included in the monthly Events Calendar.

During March:

Wednesday Afternoon Film Club

When: Fortnightly on Wednesdays

Arrive at 2.00pm for 2.30pm start

Location: The Chapel.

The film: check Events Calendar



Cheese and Wine Film Night

When: Thursday
31st March

Arrive at 6.00pm
for 6.30pm start

Location: The
Chapel

The film this time
is *The Duke*.

Friends and Neighbours Afternoon Tea and Fundraising Event

When: Tuesday 8th March
Where: Hickey's Chapel
Time: 3pm - 5pm
Admission: £3.00

Friends and Neighbours are holding an afternoon tea combined with a fundraising event in order to raise some much-needed funds. These funds are required to pay for such things as outings which may require payment in advance as well as the Friends and Neighbours Christmas party held every year in the chapel.

Friends and Neighbours would be very grateful if residents have any items they would like to donate for the "make me an offer" table, "raffle prizes" or even cakes to go with the afternoon tea.

If you would like to attend or donate anything please contact Pat Platt directly on [020 8940 4233](tel:02089404233)



Morning Coffee with Richmond Good Neighbours

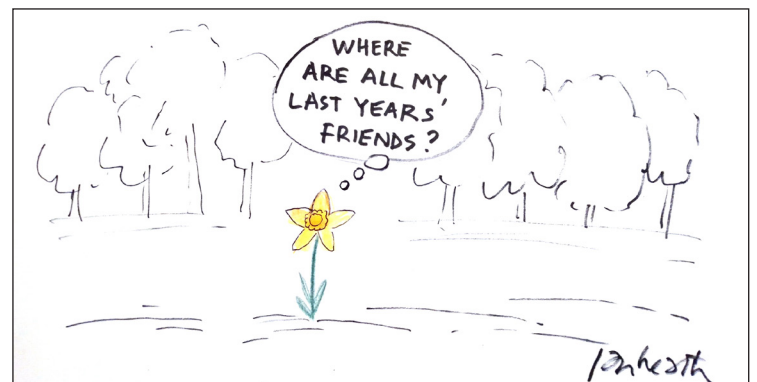


When: Wednesday
23rd March
Where: The Garden
Room
Time: 10am-11.30am



Please join us for a morning coffee at The Garden Room.
Please call [020 3538 4060](tel:02035384060) if you would like to come.

Richmond Good Neighbours ETNA, 13 Rosslyn Road East Twickenham TW1 2AR



Richmond Charities Almshouses in Bloom



by Linda Prendergast

As you will remember, many of our almshouse residents used to enter Richmond in Bloom as well as London in Bloom, and most of you were the proud winners of either of bronze, silver or gold certificates. Sadly, Richmond in Bloom is no longer around, but on a brighter note... how would you like to enter our own annual Richmond Charities Almshouses in Bloom competition?



The Richmond Charities would like to put all of our wonderful gardeners to the test with our very own in-house Richmond Charities in

Bloom competition. The idea is to have two categories, firstly individual gardens, and for those who don't have gardens there will be a category for pots and hanging baskets, so two groups.

There will be two main trophies, one to be presented to the winner of each group. The trophies would then be handed back at the end of the year ready for the next winners. The good news is that each winner would receive

their very own replica trophy that's theirs to keep forever as well as a garden centre voucher to spend.



All entries will be marked and rated by an impartial judge and a prize giving event will be arranged to present the trophies to the winners.



If you would like to enter the competition please contact your Scheme Manager and ask for an entry form. Judging should take place in early

July and all entrants will be advised in advance of the date when the judging will take place.



Bingo in the Chapel

by Norman Bramfitt



When: First Wednesday of each month

Time: 2pm

Where: The Chapel

Cost: £1.00. Free tea and coffee.

There is a very friendly atmosphere with about 15-17 players who come from the different estates. It is really nice to meet up with them all and get to know each other.

It only costs £1 per play, with the opportunity to win eleven prizes varying from bags of groceries to M&S Vouchers. These prizes are generously supplied by Richmond Charities. The £1 goes to a jackpot prize at the end of the afternoon which rolls over each month if not won.

At half time we enjoy a break for tea and coffee and a nice chat.

Everyone is welcome and we always look forward to seeing new players each month.



Scrabble Club - Now on Fortnightly

by Debbie Flaherty



Following a very successful and fun Scrabble afternoon

with so many of you attending, we have decided to run this event **fortnightly** on a Tuesday afternoon in The Garden Room between 2pm and 4pm.

Please check your events list for dates



Date for Your Diary: Eve 'n' Stephen's Quiz

It's that time again!

Eve 'n' Stephen's Quiz

Date: Thursday 5th May

Location: Hickey's Chapel

Time: 6pm

Free drinks and nibbles.

Outreach: Getting to Know Local Charities

You Are Invited

Join Hannah Ali from the Re-engage charity for a coffee morning and a talk about the services they provide.

When: Wednesday 16th March

Time: 11am

Where: Chapel at Hickey's

Are you living alone and finding it difficult to get about? You're not alone. There are thousands of people who wish they could get out and do more.

Re-engage's Sunday afternoon tea parties are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

Re-engage groups meet right across the UK every month and their local volunteers even provide transport to and from the tea party so that you have nothing to worry about and no costs to pay.

If you are interested please let your Scheme Manager know or just turn up.

Visit www.reengage.org.uk

About Re-engage

Re-engage is a charity that is positive about older age and committed

to fighting loneliness so that people can have social lives and friendship groups however old they are. We inspire and enable meaningful connections and shared experiences within communities across the UK for people over 75 facing loneliness and social isolation.



Our volunteers work together to create better communities and help to enrich the lives of our members by giving them something to look forward to.



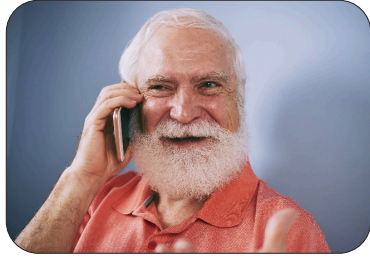
Older people who may have felt very alone, now feel valued as individuals, continue

to form friendships, and have groups that give support. We make sure that people know they are important well into old age. Respectful, determined, warm, pioneering, and local: we are Re-engage and we are bringing generations together.

All our activities are free and include:

Telephone befriending through call companions

Our call companion volunteers make regular telephone calls to lonely and isolated older people providing a lifeline of friendship. The regular chat and companionship offers a vital link with the outside world.



Over time, call companions and the older person they are paired with will get to know each other well and will spend many hours of fun and laughter, sharing stories as well as offering vital support over the phone.

Social tea party groups

Our tea parties are monthly social groups run across the UK. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

Older guests are taken to the tea parties and home again so don't need to worry about organising travel.

If you live on your own and find it difficult to get out and about, you're not alone – we're here to help. Do you know an older person who lives alone and is feeling isolated? Whether they're a friend, relative or neighbour, we're here to help.

National Awareness Days

World Book Day

3rd March. This year is the 25th anniversary of World Book Day. For more info: www.worldbookday.com

International Women's Day

8th March. A global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. For more info: www.internationalwomensday.com

World Sleep Day

8th March. Held on the Friday before spring Equinox each year, World Sleep Day is designed to call for action on important sleep related issues. For more info: www.worldsleepday.org

Prostate Cancer Awareness Month

March. Prostate cancer is the most common cancer in men. More than 47,500 men are diagnosed with prostate cancer every year – that's 129 men every day. The aim of this charity is to improve the care and welfare of those affected by prostate cancer, increase investment in research, and raise public and political awareness of a long-neglected disease. For more info: www.prostatecanceruk.org

Mothering Sunday UK

27th March.

The Origins of March



by Mike Townsin

“Beware the Ides of March”: the soothsayer’s warning to Julius Caesar in the eponymous Shakespeare play. The date – March 15th – branded it one of the most infamous months in history: in modern times March, because of the assassination of Caesar, has become associated with bad news and gloomy omens, especially in films and pop culture.



Ides of March coin minted by Brutus

And yet its origins are far from threatening. The name March comes from Martius, the first month of the early Roman calendar, named after Mars the Roman god of war, and originally a time of new year celebrations and rejoicing.



Mars, God of War

Among several other observances celebrated in March was Bacchanalia on March 17th, after Bacchus the Greco-Roman god of wine, freedom, intoxication and ecstasy.



The God, Bacchus

In the Roman empire, March remained the first month of the year until around 153 BC, but remained so in Russia until the end of the 15th century; and Britain and its colonies used March 25th until 1752 (you may recall from our January issue that Julius Caesar introduced a new calendar in 46BC which finally established January 1st as the start of new year – in the nick of time as he was assassinated two years later).

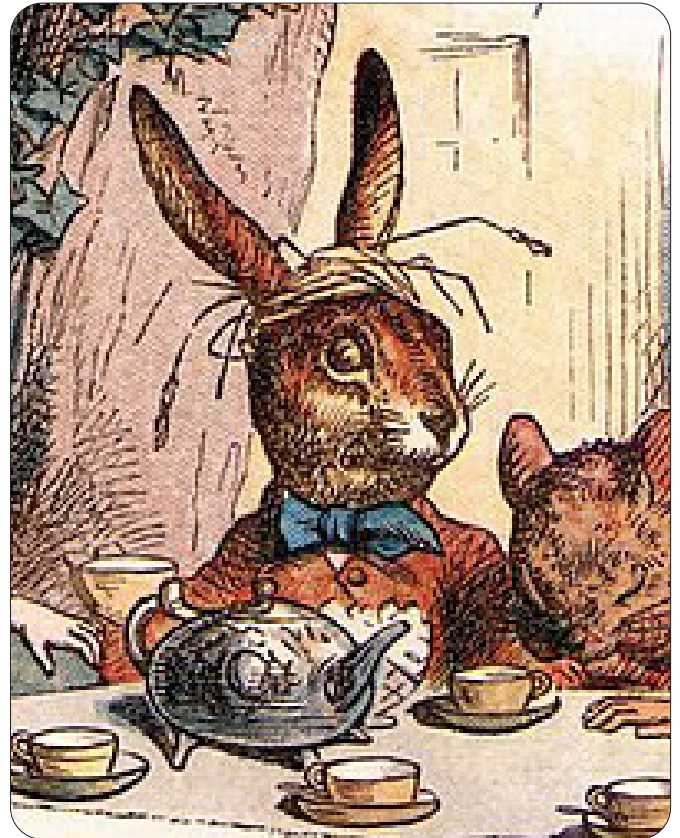


A spring lamb

There are two other aspects of our culture associated with March: the March Hare and March weather (the proverb “in like a lion...out like a lamb”).

Since ancient times hares have been seen as icons of fertility due to the time they devote to mating, and the speed at which they breed: hence the hare being honoured in pagan rituals celebrating springtime or renewal – which explains why March, for much of history, was a more logical time to mark new year.

Lewis Carroll, in *Alice in Wonderland*, made “Mad as a March Hare” colloquial (though the epithet was common as a proverb by the 16th century). Alice hypothesises: “The March Hare will be much the most interesting, and perhaps as this is May it won’t be raving mad – at least not so mad as it was in March”.



The March Hare

And if any of you happen to have been born in the town of March (from the old English “mearc” meaning boundary) in Cambridgeshire, you may be descended from ancient stock because March was recorded as “Merche” in the Domesday Book, and may even have been a Roman settlement – but that’s another story.

Myths and Legends of the Moon & The Effect on the Tides



by Lorraine Bradley

The moon is, in terms of distance, the closest heavenly body to earth. We can see it in the sky for three weeks out of four, and for thousands of years, people have used its light to guide them in the dark. In addition to the personification of the moon as a deity, there are all kinds of fascinating legends and myths associated with the moon and its cycles.

Did you know that the word lunatic comes from the Latin luna, because it was believed that people were more likely to exhibit aberrant behaviour during a full moon? Although studies have been done showing that emergency room visits and accidents are increased during the full moon period, there has yet to be conclusive evidence for this sudden increase.

The moon seems to have an effect on animals as well as people. Dr. Frank Brown of Northwestern University, an expert on animal behaviour, reports that hamsters spin in their wheels far more aggressively during the moon's full phase. Deer and other herbivores in the wild tend to ovulate at the full moon, and in Australia's Great Barrier Reef, the full moon is mating time for coral. There is a legend in the UK that if Christmas fell on the day of a dark Moon, the following year's harvest would be a bountiful one.

Some parts of the British Isles believed that a waxing moon at Christmas meant a good crop the next fall, but a waning moon indicated a bad one would come.

The full moon has long had an aura of mystery and magic about it. It is tied to the ebbs and flows of the tide, as well as the ever-changing cycle of women's bodies.

What are the tides?

Tides are the rise and fall of sea levels around the world. There are two high tides and two low tides each day. The size of the high and low tides change over the month. During a full moon or a new moon the difference between the high and low tides is at its greatest. This is because when the Earth, the Sun and the Moon are in a line, the gravitational pull is at its strongest.

Turtles are seen on a regular basis crawling up onto beaches to nest during the full moon. This usually occurs during high tide so is perfect for the adult turtle to find a suitable nesting site and return safely to the ocean. The babies also tend to hatch during a full moon and high tide for the same reason. It shows how the effects of the moon and tides entwine into the lives of all living species on our wonderful planet and why it is vital we help to protect it.



Local News & Events



Explore 100 years of The Poppy Factory at the New Visitor Centre

Discover the story of the people behind the poppies at the home of Remembrance, as the charity marks its centenary in 2022. Visiting groups can see first-hand how veterans still make royal and regimental wreaths by hand and have a go at making their own poppy.

Online booking is open now for group visits throughout 2022. For more info and booking: www.richmond.gov.uk/news/february_2022/explore_100_years_of_the_poppy_factory_at_new_visitor_centre

Richmond Council Announces 50% Reduction in Emissions Over Last Five Years



Cllr. Julia Neden-Watts, Chair of the Environment, Sustainability, Culture

and Sports Services Committee, said: "Reducing the borough's carbon emissions, remains a key priority for this Council, and while there is much work still to be done, Richmond upon Thames is now at the forefront as a climate action leader."

Claim £150 Towards Your Energy Bills

42% of households in Richmond upon Thames will be eligible for a £150 one-off payment towards their energy bills. If you live in a property in Council Tax bands A-D you are due to receive this payment. You will need to be paying your council tax by direct debit. For more info: www.richmond.gov.uk/news/february_2022/claim_-150_towards_your_energy_bills

Richmond Hearing Voices Friendship Group (Online – Zoom)



The Hearing Voices Friendship Group supports residents who hear voices and those who support them. The group currently meets online from 11am to 1pm on the last Thursday of each month and offer information, support and understanding. For more info email Wendy Micklewright on wmicklewright@yahoo.co.uk

Report hate crime to Stop Hate UK

Richmond Council works with the police and Stop Hate UK to reduce incidents of hate crime in the borough. Reporting hate crime is essential in making sure no one suffers in silence. Stop Hate UK offers a 24-hour telephone number for people wanting to report hate crime. They also offer support and advice to those affected by hate crime and discrimination. Call [0800 138 1625](tel:08001381625) or visit [Stop Hate UK](http://StopHateUK.com) website.

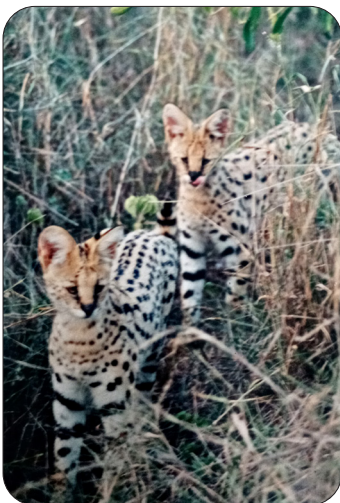
My Career: Heather Shipley - A Vet in Africa

by Heather Shipley

Our family has always appreciated all aspects of nature, especially those that surrounded us during our lives in Africa. Melodic sounds of multi-hued birds, the squeaking of bats leaving their roosts at nightfall in their hundreds, the haunting calls of bush babies in the moonlight.

Visits to the many game reserves afforded us views of herds of antelope, buffalo, wildebeest, giraffe and elephants, the occasional rhino (now so endangered) and the magnificent large cats, lions, leopards, and cheetahs, hippos and crocodiles in the rivers. Monkeys and baboons abound, together with a wealth of insects, reptiles and amphibians.

We went to live and work in Swaziland (now Eswatini) in 1978, on a large irrigated sugar-cane estate, with a sugar mill, in Big Bend, on the



Usutu River. The Lebombo mountain range in the distance. The estate comprised 25,000 acres of sugar-cane, a main expatriate village, 2 mill workers and transport workers



villages. There were 10 outlying villages housing agricultural labourers, it was an isolated rural community with few facilities, not least of all for the many domestic animals in the area. Little did I imagine that my concern for these animals would change my life.

When I met the only private vet in the country at that time, whose practice was 65 miles away, he suggested he could travel to Big Bend once a month to hold clinics for sterilisation and vaccination. So I arranged these days and learned to assist, and so it began... In the early days, operations were done on our dining room table, and only years later our company built kennels for the company security dogs and attached a small operating room, as well as subsidising the clinics.

As the word spread that there was help available, not only during monthly clinics, people with their pets were arriving at the gates of our home at all

hours. I was not in any way medically trained, so in addition to assisting at operations, had to quickly learn to treat skin conditions, parasitic infections, wounds, tick borne diseases, poisonings, snake, spider and crocodile bites and to give injections for vaccines. These treatments were all charged at nominal rates, mainly to cover the cost of the medications.

Animal welfare was not regulated in Swaziland, but for many years I was affiliated to SAWS (Swaziland Animal Welfare Society) who gave me tremendous support as they do for their volunteers all over the country. The staff at the kennels are run by the society, a self-funded NGO, no profit organisation, with no help from the government. They depend on donations from the general public, to continue with their life saving endeavours, to prevent suffering and cruelty, to promote sterilisation and rabies vaccinations.

Rabies is endemic in Africa, and with many strays unvaccinated, adds to the incidence of contagion. The World Health Organisation (WHO) states that "vaccination is the foundation of all rabies control efforts". At present, SAWS has been stretched beyond their limits in a country plagued by poverty, and during the years of the Covid pandemic, the kennels in Mbabane are overflowing with strays or abandoned animals surrendered by families whose members have lost their lives or their

livelihoods in the pandemic.

Ongoing political violence in Swaziland (now Eswatini) causes even more hardship for the citizens and in turn the animals. Donations from Global Giving on the internet have helped them survive.



Then there were the wild animal orphans, lost or injured creatures brought to us. Sometimes the parents are killed, to protect livestock, for fur for wearing apparel, for food or for fetish material for sorcery practitioners. The calves are taken, sometimes offered for sale. Most of the orphans whilst bottle-fed were raised in our home and moved to cages we had built in the garden for them until rehabilitation. A heartbreaking but necessary outcome.

Over the years we had baby antelope, hares, green pigeons, monkeys, bush babies, servals, eagle owls, genets, a fruit bat, a python and a baboon. We treated animals and reptiles burnt in bush or can fires or caught in snares. We bred rabbits, guinea pigs, rats and mice as food - to teach carnivores to hunt for themselves, a necessary part of raising these animals.

Getting Your Garden Ready for Spring



by **David Shoubridge**,
DCS Landscapes

DCS Landscapes has really enjoyed working with The Richmond Charities over the last year and we are excited to see how the gardens develop over 2022. We are the gardeners with responsibility for the gardens at Church Estate, Michel's, Bishop Duppa's and Queen Elizabeth's Almshouses.

The winter months are always spent chasing the leaves and keeping the gardens nice and tidy but as the weather gets warmer and Spring is in the air, it is a good time to prepare the beds. Now is the best time to start removing any weeds and digging/raking the soil to create a fine tilth all ready to sow seeds and plant up. You'll find daffodils, tulips and other spring bulbs will all start blooming, adding a great splash of colour to any borders, beds and planters.

The rising temperatures will also accelerate the growth in the flower borders and vegetable beds, so it's important to keep on top of the weeds with regular hoeing. During dry spells, I would highly recommend watering the plants once a day. This is especially important for any

young and recently transplanted plants that won't have developed their root systems.

February / March is also a good time to do any hard pruning which will allow the plants to regenerate during the spring and look the best all summer long.

It's also the perfect time to give our lawns a little makeover if they are looking a bit thin – we simply rake the ground gently to loosen the soil, spike it with a fork, sprinkle in a general garden fertiliser, and follow that with a handful of fresh grass seed. It is always best to rake the seed in to the soil and keep it well watered. We then find that the new grass will quickly fill in the patches. This tried and tested method is a favourite of ours.

If you see us around and have any gardening questions or would like some hints and tips, feel free to ask; we are always happy to help!



DCS LANDSCAPES LTD

The Joy of Being an Allotment Holder

by Norman Bramfitt and Gurdip Lota (Gurdy)

For many years now Gurdip Lota and myself along with a friend of ours Pat have had adjoining allotment plots on the Manor Road Council site.

Personally I am more of a fair weather person whilst Gurdy is there 12 months a year.

In the warm weather there is no better place to spend a few hours each day enjoying the peace and quiet whilst planting your favourite vegetables. One of the first vegetables to be planted is potatoes which I am to plant out around St Patricks Day (March 17th). Later, we plant a terrific variety of vegetables, lettuce, beetroot, cabbage, beans, cauliflower, cucumber, leeks, parsnips plus many others.

Gurdy and myself have greenhouses so now is the time to sow seeds ready to plant out later.

We have a shed which we call our “tea shed” where we have a cooker on which to boil a kettle for frequent tea/coffee breaks.

I now share my allotment with Scheme Manager Gennie Thompson and Marco who are both looking forward to taking

their new baby to the allotment.

This time of year is taken up with preparation, digging, weeding and composting but when you see all the produce it is well worth it.

We will post more photographs later in the year when the plots are full of veg.



Left: The main path. The large shed at the end of the path is our allotment shop where we can buy subsidised produce such as seeds and compost. *Right:* The fish pond on the allotments



Our three allotments (Gurdy in the background)

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 at Lena Warboy's garden in July 2021.



Getting to Know You

*This month we have some new
Either / Or questions.*

*Thank you to **Frances Bonar** for
taking part this month.*

Classical or pop
Pop

Casual or smart-
Casual

Beach or countryside
Beach

Fiction or Non-fiction
Non-fiction

Modern art or Old Masters
Old Masters

Night-in with good book or out on the
town
Out on the town

Flowers or chocolate
Flowers

Guitar or violin
Guitar

I couldn't get through the weekend
without...**a T.V.**

Quiz: Do You Know Your Herbs?!



1. _____



7. _____



2. _____



8. _____



3. _____



9. _____



4. _____



10. _____



5. _____



11. _____



6. _____



12. _____

Your chance to win a £10 M&S Voucher! Name all the herbs. Give this whole page to your Scheme Manager, or place in the suggestion box before Friday 18 March 2022.

Name: _____

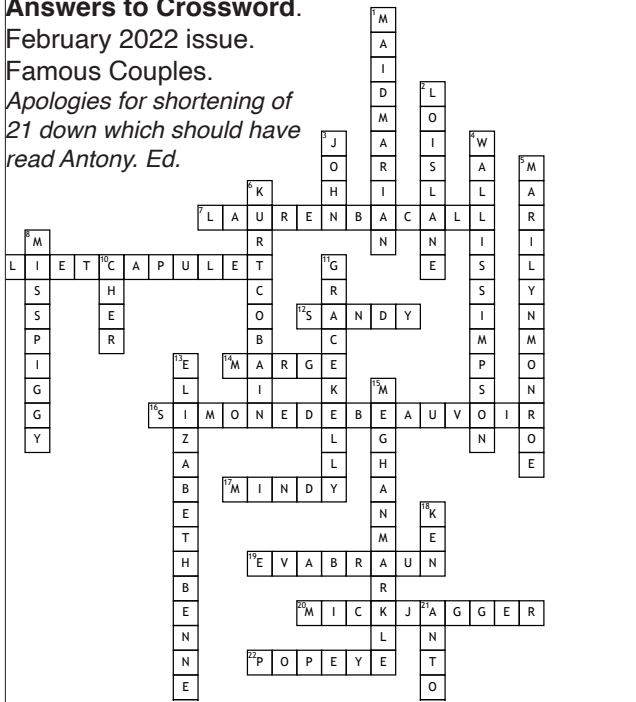
ALMSHOUSE NEWS - Answers Page

Answers to Crossword.

February 2022 issue.

Famous Couples.

Apologies for shortening of 21 down which should have read Antony. Ed.



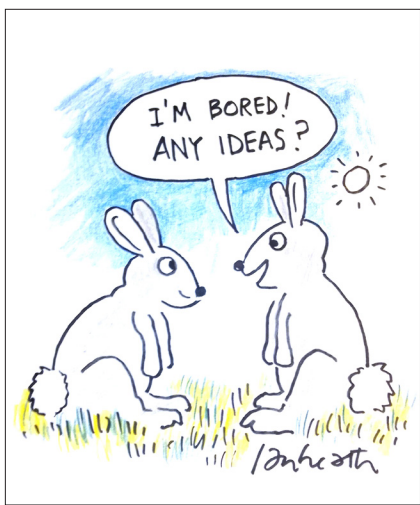
Answers to Famous Couples Quiz.

February 2022 issue.

1. = T
2. = B
3. = O
4. = F
5. = P
6. = E
7. = H
8. = M
9. = L
10. = I
11. = D
12. = K
13. = N
14. = A
15. = Q
16. = G
17. = R
18. = S
19. = J
20. = C

On This Day:
30th MARCH 1903

Residents close to Niagara Falls wake up to an eerie silence as their national attraction has run dry. An ice jam further up the river has completely cut off the flow.



Answers to Puzzle Competition Pullout:

February 2022 issue.

Page 13:

Riddles:

1. The letter E
2. A promise
3. A pillow
4. Meat

Photo Quiz:

1. analogue radio
2. fork
3. cheese grater
4. cassette tape
5. door key
6. light bulb
7. Morris Minor front headlight
8. orange flesh
9. clothes peg
10. scissors
11. tennis ball
12. The Gherkin

Wordwheel E: max words received was 50.

Page 14:

Rebus:

- One upon a time
Hole in one
Cutting corners
Pillow

- Green with envy
Safety in numbers
Travel overseas
Street corner

Missing number: 9

How many squares: 40

Wordwheel: E max words received was 44.

Page 15:

Cryptography: Answer: 54.

Use the code: Z=1, Y=2, X=3....B=25, A=26.

M=14, A=26, T=7, T=7.

14+26+7+7=54.

Q: Which country? A: France.

The countries in group A all drive on the left hand side of the road, France belongs in group B, as they drive on the right.

Animal Groups:

Crash - Rhinoceros

Exaltation - Lark

Mob - Kangaroo

Murder - Crow

Parliament - Owl

Pod - Whale

Sounder - Pig/Hog

Only fruit with seeds on the outside is a strawberry.

Q: A boy goes to school. A:

Hogwarts - Harry Potter

Q: What is the phrase S-N-O-W? A: Dashing through the snow.

Wordwheel N: max words received was 35.

Page 16:

Mnemonic: The planets:

Mars, Venus, Earth, Mercury, Jupiter, Saturn, Uranus, Neptune and Pluto

Hidden Trees Answers:

1. Willow
2. Pine
3. Oak
4. Maple
5. Bonsai
6. Palm
7. Apple
8. Elm

Archduke Ferdinand's uniform was sewn onto him so that he looked immaculately smart. It could not be taken off quickly. His desire for a perfect appearance probably cost him his life.

Wordwheel L: max words received was 35.

Sudoku:

5	4	2	3	7	9	6	8	1
1	6	7	4	8	5	2	9	3
9	8	3	6	1	2	4	5	7
3	9	6	5	2	1	7	4	8
4	5	8	7	9	6	3	1	2
7	2	1	8	3	4	9	6	5
2	3	9	1	6	8	5	7	4
6	1	5	2	4	7	8	3	9
8	7	4	9	5	3	1	2	6

Spot The Difference

There are **TEN DIFFERENCES**. Circle the differences on the bottom photo.
Your chance to win a **£10 M&S Voucher!** Give this whole page to your Scheme Manager, or place in the suggestion box before Friday 18 March 2022.

Name: _____

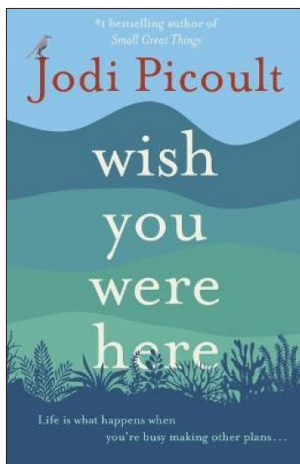


Page Turners



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.



Wish You Were Here

by Jodi Picoult

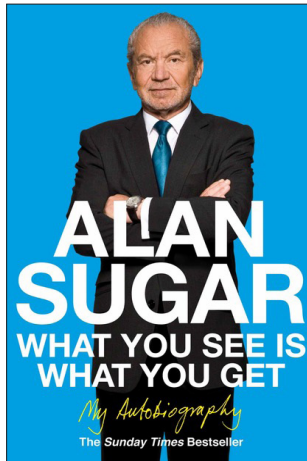
Review by Kate O'Brien

We have not had to wait long for a 'pandemic' novel...

and here one is!

We start just as COVID hits New York. Diana works for Sotheby's (no prizes for guessing the inspiration for her famous client ...) and her boyfriend Finn is a surgeon. She expects him to propose on their planned trip to the Galapagos, but his leave is cancelled when he has to stay at the hospital.

A rollercoaster ride follows and the twist when it arrives is breath-taking – pretty appropriate given the subject matter. I would highly recommend it as a good read – despite the topic it is not all doom and gloom.



What You See Is What You Get: My Autobiography

by Alan Sugar

Review by Claire Sanecka

Alan Sugar describes his amazing journey, from schoolboy enterprises

like making and selling his own ginger beer to setting up his own company at nineteen; as founder of Amstrad, his ground-breaking ventures in hi-fi and computers made him the darling of the stock exchange, to the dark days when he nearly lost it all; from his pioneering deal with Rupert Murdoch to his boardroom battles at Tottenham Hotspur FC.

I was pulled towards this autobiography after binge watching The Apprentice television show with the man himself, hiring and firing potential employees.

His life journey is interesting, as is the way he shares his rags to riches story. To me, Alan comes across as very honest about both his successes and his failures. He is very proud of the former, but also takes the latter in his stride and always tries to identify the reasons why certain things didn't go to plan, without making excuses. Straight, honest talking!

There is a large portion of the book dedicated to his Tottenham years, so if (like myself) you are not a football fan, you might find that section a bit tedious. Overall, a good read.

Films I Have Loved

by Joy Beirne

West Side Story 2021

(Director: Steven Spielberg)

I have already seen the new version of *West Side Story* but personally I liked the original, which for me was the best.

I thought I would mention that The Silver Screen has come back to The Odeon Richmond from 22nd February 2022. Ticket prices are £4.00. The first film is *Stillwater* with Matt Damon. For more info: www.odeon.co.uk/offers-membership/odeon-silver/

Wit and wisdom

Enjoy the little things, for one day you may look back and discover they were the big things.

Author Unknown from "Share the Hope"

On
This Day:
9th MARCH
1959

Barbie doll makes her commercial debut at the American Toy Fair in New York City.

On
This Day:
1st MARCH 1940
The previously unknown British actress Vivien Leigh picks up an Oscar for her role as Scarlett O'Hara in *Gone with the Wind*.

Wit and wisdom

Difficulties along the way are opportunities in disguise; they reflect your expectations. Facing them with surrender helps you follow a more peaceful and perceptive life.

Carl Abbott

Spring Recipe



Chicken Tray Bake

Ingredients

Chicken thighs skin trimmed (or removed) or breast
1 lemon zest and juice
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 teaspoon smoked paprika/turmeric
Potatoes cubed, washed and dried
Salt and pepper
Feta cheese

Method

1. Place chicken in an oven dish. Place potatoes in dish between the chicken.
2. Mix oil and balsamic, paprika, salt and pepper.
3. Pour the oil mix over the chicken with the zest and juice of a lemon.
4. Place the dish in a hot oven and cook for 30-45 minutes until brown on top and the potatoes are soft.
5. Sprinkle feta cheese on top and serve with couscous, roast vegetables or salad.

Poetry Corner by Nigel Davis



As this is a spring issue of the Almshouse News, let's have a poem about spring. This one is by the American modernist poet ee cummings, always a favourite of Poetry Corner.

Here, cummings gleefully adopts Wordsworth's famous (or, depending on your viewpoint, infamous) notion that that objects in nature – woods, rivers, hills – can have feelings and impulses. Mountains, millions of tons of rock and granite formed over hundreds of thousands of years, cannot dance, can they? Oh yes they can, read this poem. And the poem is not just about the conventional signs of spring – the trees coming into leaf, the birds pairing off and nest-building etc, etc. It is about how the whole natural world, mountains and all, joins in. And what is more, that extends to us human beings, to you and me. We must join in too. Don't just repeat yourself – renew yourself. Don't just live – be alive. That is one of the themes of the poem. Good advice.

I have loved this poem for over 50 years. I hope you like it too.

a poem by ee cummings

when faces called flowers float out of the ground
and breathing is wishing and wishing is having-
but keeping is downward and doubting and never
-it's april (yes, april; my darling) it's spring!
yes the pretty birds frolic as spry as can fly
yes the little fish gambol as glad as can be
(yes the mountains are dancing together)

when every leaf opens without any sound
and wishing is having and having is giving –
but keeping is doting and nothing and nonsense
–alive; we're alive, dear: it's (kiss me now) spring!
now the pretty birds hover so she and so he
now the little fish quiver so you and so i
(now the mountains are dancing, the mountains)

when more than was lost has been found has been found
and having is giving and giving is living-
but keeping is darkness and winter and cringing
–it's spring (all our nights become day) o, it's spring!
all the pretty birds dive to the heart of the sky
all the little fish climb through the mind of the sea
(all the mountains are dancing; are dancing)

