



# ALMSHOUSE NEWS

The quarterly newsletter for The Richmond Charities Almshouses

October 2020

Welcome to your Almshouse News

SPECIAL HEALTH AND WELLBEING ISSUE

# WELCOME

Letter from Chief Executive

News & Information

Coffee Morning

Poetry

Health

Diet

Fitness

Mental health

Wordsearch



## Welcome to New Residents

We offer a warm welcome, into our community, to the new residents who have recently moved in:

Margaret Burns

Angela Greaves

Norman May

Susanne Munslow-Adair

Buki Onabolu

Beatrice Quaid

Peter Shillingford

David & Heather Shipley

Ronald Warren

## Credits

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## Juliet Ames-Lewis Chief Executive



### Letter from Juliet

Dear All,

Welcome to a special Health and Wellbeing edition of the Almshouse News. Lockdown and the last 6 months has taken its toll on everyone in different ways and we hope that you will find the articles and information inside useful.

Usually in October each year we hold Residents' Open Forums in the Chapel, to which residents from all estates can come and hear about the work of the charity in the last year, raise comments and questions and make suggestions about the almshouses, the estates and the community. For obvious reasons it is not possible to hold the Forums this year and so instead we are sending out with this month's Almshouse News a Residents' Survey.

I would really encourage you all to complete the survey and return it so that we can hear your experiences of living within our community and your ideas and

suggestions in particular for events and activities for the future. We want to hear both the positive and the negative!

Looking ahead to the Christmas season, as long-term residents will know, we have for the last 3 years held a Christmas lunch for all residents, staff and Trustees at the Richmond Hill Hotel. Sadly, due to government restrictions on social gatherings, you won't be surprised to hear that we have had to cancel the lunch for this year.

We will however be able to hold one Christmas Celebration and further information from Stuart about this is on page 5.

With best wishes to you all,



## Chapel News



by Stuart Lee

We are fortunate that, in the physical heart of our community, we have a chapel that mirrors the vast, still quietness that exists at the core of every human being. Being in touch with this space offers us one way to manage the changes, upheavals and uncertainty that sometime come to us from the outside world.

It is a great joy that we have been able to find a way to meet safely Sunday-by-Sunday over the past few months and, rules permitting, we shall continue to meet in the months ahead.

A variety of residents come to chapel – some to explore and nurture their Christian experience and belief, others simply to find some space and to enjoy the quiet company of others.

In addition to our usual Eucharist at 10.30am on Sundays, there will be some additional Wednesday services between now and Christmas, all at 10.30am.

## NOVEMBER

### 4th November Requiem Eucharist

A special celebration of the Eucharist where we remember benefactors of the almshouses and residents who have died over the past couple of years. If you would like a loved one named in the prayers at this service, please let the Chaplain know in advance. (07780 997528)

### 11th November Remembrance Service

Traditional readings, prayers and music for Remembrance Day with an Act of Remembrance at 11am.

## DECEMBER



### 2nd, 9th and 16th December The Spirit of Advent

A simple service of morning prayer together with a short reflection on the Spirit of Advent and a shared period of silent meditation.

### 25th December Eucharist for Christmas Day



# Hope and Light at Christmas



by Stuart Lee

**Save the date:  
17th December  
2020 (evening)**

The usual annual Richmond Charities Carol Service cannot take place this year due to restrictions on numbers in our chapel and the fact that we would not be able to sing any carols together.

However, I am determined that we should find some way to celebrate the hope and

light that exists amongst us in what has felt like a rather darkened year.

The Reverend Wilma Roest, Rector of the Church of St Mary Magdalene in Richmond (and one of our Trustees) has generously offered us the church for a different kind of celebration. It is hoped we will be able to enjoy a variety of popular secular and religious music, some scripture, poetry and a little Christmas drama.

Whilst things are still in the planning stages, you might like to pop the date into your diary and look out for further details coming through your letterbox later in the year.



## Finding The Silver Lining



by Emma Halford

I hope you are enjoying this special 'Wellbeing' edition of the Almshouse

News and that you have found something useful. Remember that we would love to hear your top tips for healthy living so that we can share them within the wider community.

Enjoying good health is something that we can take for granted. I don't know about you but I never notice when everything is all in working order but I do when it isn't!

When we were planning this issue we felt it was important to include items on both physical and mental health as the two can be so closely linked. This year has affected so many people in so many different ways. I like to think I'm quite a calm and resourceful person but 2020 has certainly put that to the test. The world changed overnight when we went into lockdown and I'll be honest it's taken a bit of getting used to.

The news has been depressing with alarming numbers and sad stories on a daily basis, all my familiar routines have been lost and I have missed seeing my family and friends.

*"there have been times when I've felt a little lost and fragile"*

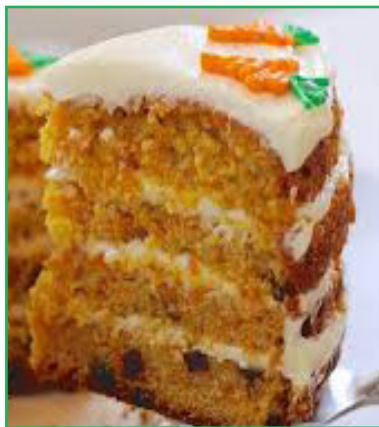
Little things have become bigger things and every day there has been something I couldn't do, had to do or had to do differently. The upshot has been a lot of anxiety and a growing carrot cake addiction. I suspect I'm not alone with the anxiety (you can swap out carrot cake for whatever has kept you going). However, I've realised that I have kept going. Coronavirus has not affected my family in the way it has some families, and I have not been on the front line in the way that our key workers have. BUT, there have been times when I've felt a little lost and fragile, and now that we are starting to move towards our new normal it's helped me to take a breath, take stock and look for the silver lining. So in no particular order here are the things I have learned:

Isolation can be very difficult. A phone call is a wonderful thing when you can't see your friends and family. With nothing else in the diary I have been able to make time to give people a call and have a good catch up over a cup of tea. I'm going to try and keep that up.

Make technology work for you and don't be frightened of it. As someone who had the office I.T. help desk on speed dial before all this, I'm feeling pretty pleased with myself on the technology front. Turning things on and off really seems

to work sometimes and mum and I have mastered Skype together. It has been lovely to see her on a daily basis (if only on the screen). I hope technology has helped you during lockdown, but if you are yet to get to grips with it I would encourage you to persevere. It opens up a whole world on line with something for everyone. It is really satisfying to master something new and it keeps the grey matter ticking. We do hope to be able to set up some computer classes for residents who struggle with technology but this is not likely to be possible until social distancing ends – it is difficult to train someone in how to use a laptop/ ipad or whatever whilst having to stay 2m apart!

My jogging bottoms are extremely comfortable. Sadly I have not been jogging in them and they've lulled me into a



false sense of security so that now my normal work clothes are feeling a little snug (that carrot cake I mentioned.) I should have kept to my usual routine as far as possible and dressed as if I was going to work and then I would have noticed the change. Ditto my usual walk at lunchtime and dental check ups (yes the carrot cake again).

Watching the news is useful but should be rationed. Being informed and

understanding guidance on important issues is essential but sometimes you need to switch off or you can become anxious and lose perspective. I'm working on applying the switch off technique metaphorically in other areas too.

*"Watching the news is useful but should be rationed"*

Doing nothing isn't the same as relaxing. In fact some people find being very active relaxes them. We all need some downtime. I've discovered that for me it is pottering in my garden.

Being at home has given me the time to get to know my neighbours better and I'm now on first name terms with the postman. A little chat (at a distance) does more than pass the time. Despite the restrictions I hope you have had the opportunity to get to know some of your neighbours a little better.

2020 for me so far is the year when nothing has happened but everything is different. Initially I was obsessed with getting back to normal. Now I don't think that will be happening anytime soon but that isn't necessarily a bad thing. We are where we are. It would be nice to have a conversation with a sales assistant without a mask on but I do know her name now. And she makes a lovely carrot cake.

## Flu Vaccine



by Jo Davison

It's that time of the year again when your GP gets in touch to offer you the

flu jab. We are encouraging residents to have the flu jab especially with the current pandemic.

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of flu and its complications.

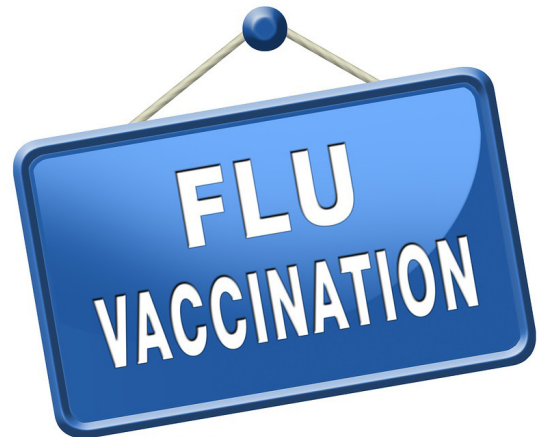
The best time to have the flu vaccine is in the autumn before flu starts spreading. But you can get the vaccine later.

Flu vaccination is important because:

- if you're at higher risk from coronavirus, you're also more at risk of problems from flu
- if you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- it'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus

If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

It may also be worth thinking about having the Pneumonia vaccine and Shingles vaccine if you haven't already had them but check with your GP surgery first to make sure they are still offering them currently.



**Pneumococcal Vaccine** – This one-off vaccination is very effective at protecting you against serious forms of pneumococcal infection.

**Shingles Vaccine** – This is a one-off vaccination. You are eligible for the Shingles Vaccine if you are 70 or 78 years old and it can be given at anytime of year. In addition, anyone who was previously eligible (born on or after 2 September 1942) but missed out on their shingles vaccination remains eligible until their 80th birthday. The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective for this age group.



## Covid-19 App

# How to download the NHS contact tracing app



by Mick Tinson

The NHS Covid-19 contact tracing app is available to download now for those

residents who have either an Android phone or an iPhone. It's free to download from either Google Play or the App Store, but please ensure you select the NHS Covid-19 app and not the standard NHS app.

Once you have downloaded the app, open it up and answer a few simple questions and enter your postcode.

Once set up, the app will run in the background where it logs other nearby app users and will alert you if anyone nearby has tested positive. The app also lets you report any test results and has a simple symptom checker just by answering a few simple questions.

You may have noticed a lot of places and businesses displaying a check-in



poster which has a large square QR code (2-dimensional bar code) which enables you to use the NHS Covid-19 app to check-in to that location and to trace where you have been and also to alert you of the status of that business or location.

We have put up some posters around the estates for you to use and try out. Just go on to the app and tap "venue check-in" and your camera will automatically open. All you need to do is hold your phone over the poster as if taking a photo, but without pressing any buttons. The app will then read the code and tell you your location, and that's it, all done. The app will then give you the option to return to the home screen.

Please do not worry about getting anything wrong as you can scan any of these posters any number of times. If you have any issues or concerns I will be happy to help if I can.

# 'DPD' Scam

by Michael Hobbs

Receiving the following email surprised me as I was not expecting a delivery from DPD.



DPD (UK)-Delivery ★ 68919157807323 - Parcel Delivery Faile... -Hello,mikehob... 22 Sep

However, I had placed an order for a friend for a delivery to be made to another address.

Unusually for me I opened the email. It read: "As we've been unable to deliver the parcel it will remain in our depot for seven days before being returned to the sender but you can click on the link below to see other options."

### **STOP, Don't do that.**

<http://dpd-co-uk-delivery-server.justgoodcajun.org/>

### **But I Did.**

The options invited me to insert my correct address and asked for my bank details so that I might pay

'DPD' two Euros to re-deliver the parcel. Convinced it was a scam I decided to check the tracking number 68919157807323 on the genuine site. And found it was not a valid tracking number.

There are five clues which identify this email as a scam: The genuine DPD would already have: my correct address and Bank details. They use Sterling not Euros and as far as I know they do not charge for re-deliveries. Their Logo (above) was missing. Needless to say I took no further action.

Note: the genuine DPD company is a well respected one which I have often used.

Search Google for more 'DPD' scams.

## Small Coffee Mornings



by Debbie Flaherty

As you are all aware Autumn and Winter are upon us so it will become increasingly difficult for residents to meet outside.

With social gatherings it is problematic to have enough space inside almshouses for 6 people to socially distance.

Therefore we would like to offer groups of maximum 5 residents plus a Scheme Manager to book the garden room for a morning coffee or afternoon tea so we are able to socially distance, keeping within the government rules.



Test and trace records would need to be kept, social distancing, hand sanitising and face masks would need to be worn except when drinking and eating.

The Scheme Managers would make the tea/coffee to restrict handling.

If you are interested, please talk to your Scheme Manager to book a slot.

If the government rules change and some form of lockdown is imposed, then this offer will have to unfortunately be withdrawn.



## Let's Get Moving!



by Claire  
and Debbie



During these Covid times we recognise the importance of keeping moving. We know there are restrictions with swimming, exercise classes etc and not everyone is able to access the internet for online classes.

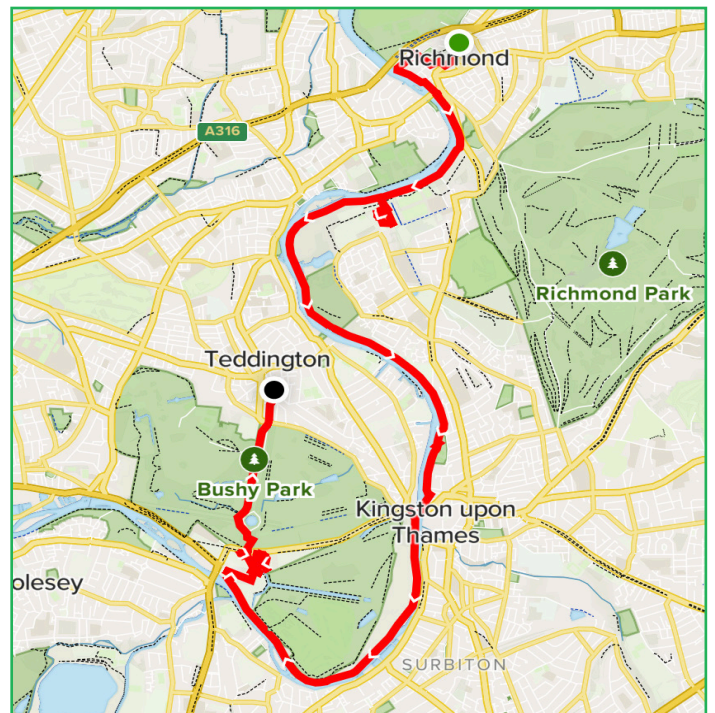
We have therefore put together some simple NHS approved exercises that can be done at home and some suggested information of local walks for you to enjoy. The borough of Richmond upon Thames is the perfect place for walking. It has 260 public rights of way and five signposted walking routes, including strategic walking routes of

- The Thames Path,
- Capital Ring
- London Outer Orbital Path (LOOP),
- The shorter path of the River Crane Walk
- Beverly Brook Walk.

Walking can be fun and easy, here are a few reasons to walk:

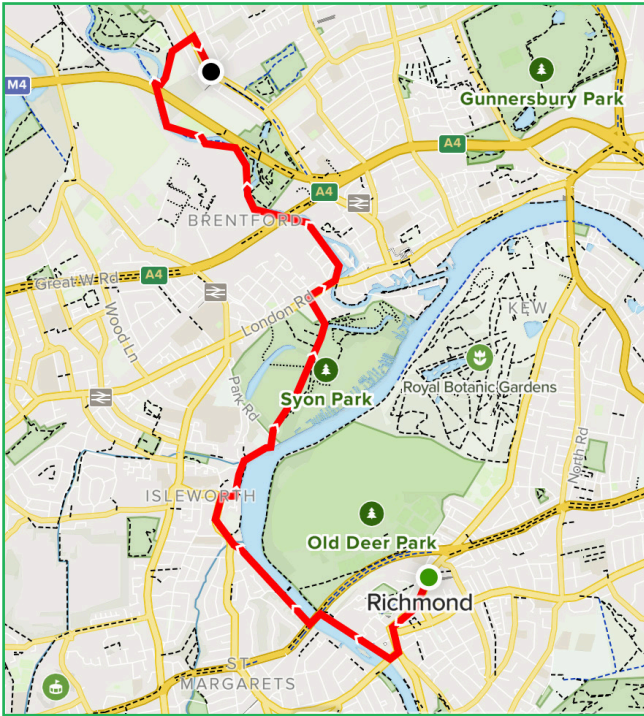
- Helps your heart and lungs work better Lowers your blood pressure
- Keeps your weight down
- Lightens your mood
- Keeps your joints, muscles and bones strong Increases 'good' cholesterol
- It is also simple and free!

Overall, exercise is good.  
Happy Exercising!!

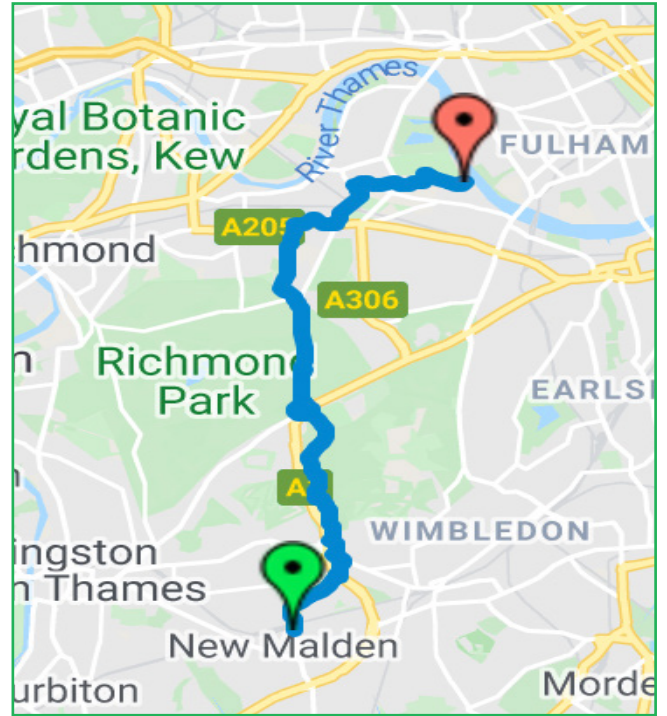


**The Thames Towpath: Richmond to Hampton Court 12.7miles**

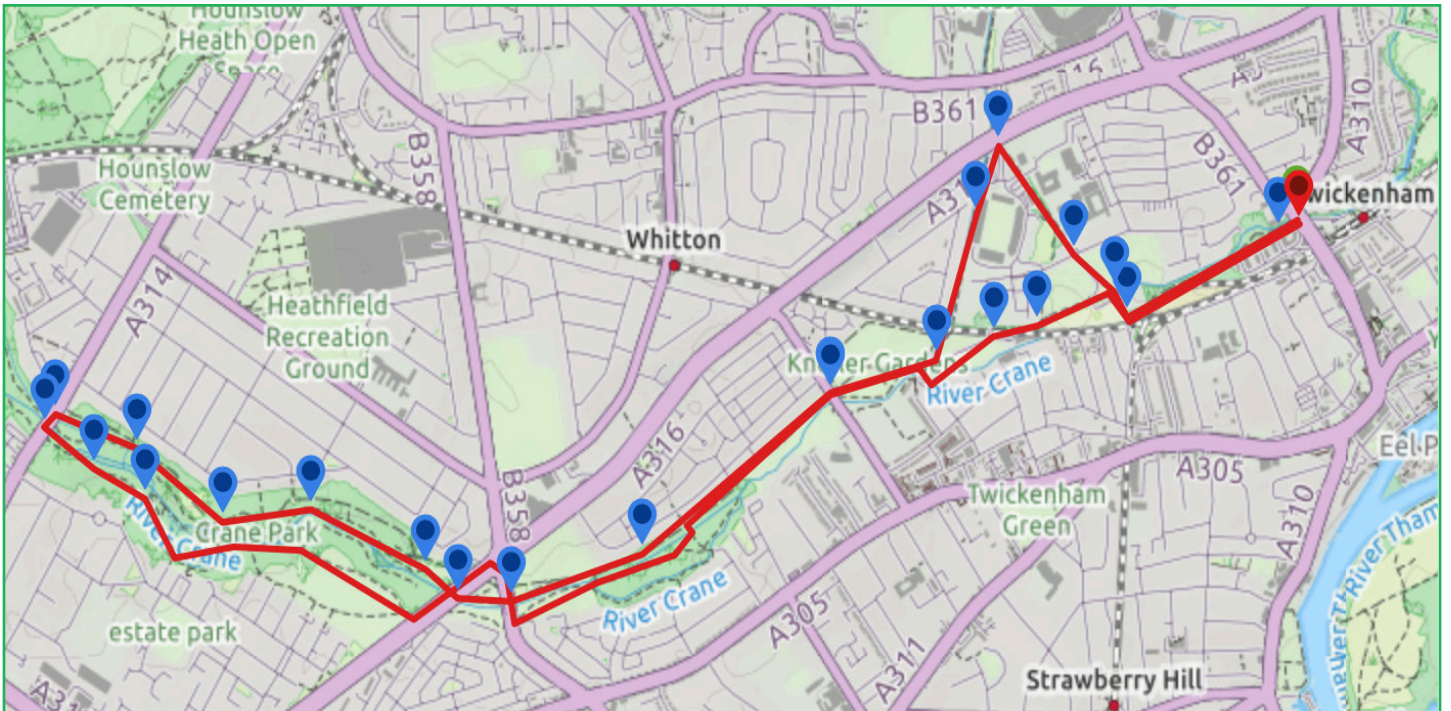




**Capital Ring Walk: Richmond  
Bridge to Osterley Lock. 4.7miles**



**Beverly Brook Walk. New Malden  
Station to Putney. 8miles**



**River Crane Walk. Round trip from Twickenham through the  
new Twickenham Rough footpath. 5.6miles**



## Walks with the Avenue Club in Kew



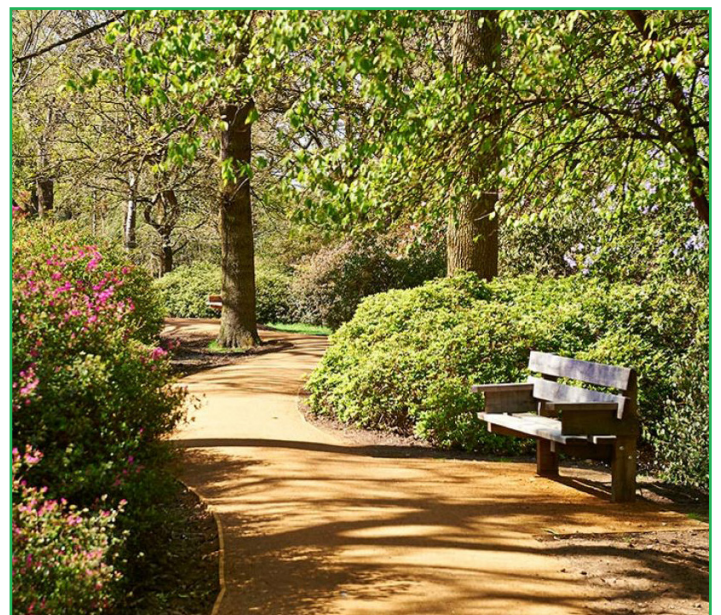
by Serge Lourie

Serge Lourie, one of our trustees, who organises monthly walks for the Avenue Club in Kew (You do not need to be a member to walk with the group) has invited residents of Richmond charities to contact him if they would like to take part by emailing [serge\\_lourie@yahoo.co.uk](mailto:serge_lourie@yahoo.co.uk) or phoning him on **020 8876 3545**.

Serge says:

“Our walks are intended for fitter older people and take place once a month starting at the Avenue Club, The Avenue, Kew at **9:30 for 9:45**. The next two walks are on **12 November** and **3 December**. Because of Covid-19, we are currently walking for around two hours, have a comfort break and refreshments, and then walk for a further hour or so. We walk in groups of up to six to comply with current regulations.

We review how we are doing after every walk and have only just restarted after a six month break.”



# Podiatry/Chiropody Services on the NHS



by **Lorraine Bradley**

A podiatrist (chiropodist) can help you with common foot problems, including ingrown toenails and bunions.

Podiatrists are healthcare professionals who have been trained to diagnose and treat abnormal conditions of the feet and lower limbs.

They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections.

They can give you advice on how to look after your feet and what type of shoes to wear. They can also treat and alleviate day-to-day foot problems including toenail problems, such as thickened toenails, fungal nail infections or ingrown toenails, corns and calluses, athlete's foot, dry and cracked heels, bunions and blisters to name a few.

### How can a podiatrist help?

You may want to see a podiatrist for advice and treatment if you have painful feet, thickened or discoloured toenails,

cracks or cuts in the skin, growths such as warts and scaling or peeling on the soles, or any other foot-related problem or just need the toenails cut. Even if your feet are generally in good condition it's a good idea.

A podiatrist can also advise you about footwear (take your shoes with you) and check that you're looking after your feet properly.

There's no difference between a podiatrist and chiropodist, but podiatrist is a more modern name.

Any minor problems that are picked up can usually be treated on the spot, including the removal of hard skin, corns and calluses.

You may be able to see a podiatrist/chiropodist on the NHS via your GP, an occupational therapist or other health worker. They will refer you to your nearest Chiropodist clinic if you fit their criteria.

If free NHS treatment isn't available, you can visit a local clinic for private treatment, but you'll have to pay.



**Healthy feet are happy feet!**

## Chair Exercises



by **Claire and  
Debbie**



If you've not done much physical activity for a while you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit

with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least **TWICE A WEEK**, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over

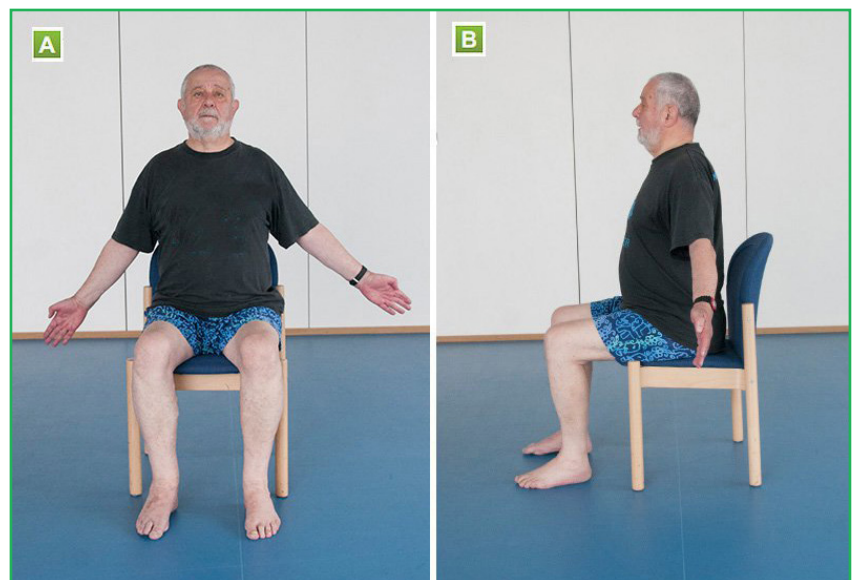
### **Chest stretch.**

**This stretch is good for posture.**

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.





## Upper-body twist.

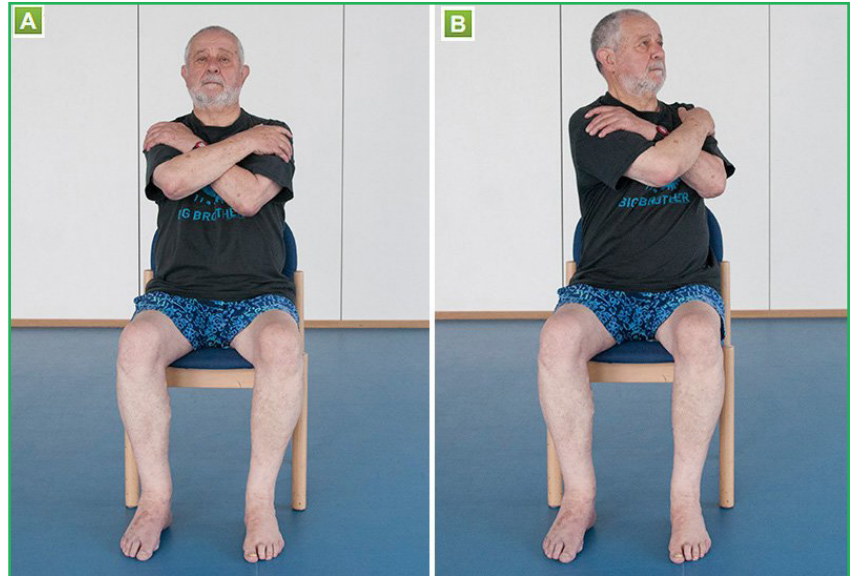
**This stretch will develop and maintain flexibility in the upper back.**

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

C. Repeat on the right side.

Do 5 times on each side.



## Hip marching.

**This exercise will strengthen hips and thighs, and improve flexibility.**

A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

C. Repeat with the opposite leg.

Do 5 lifts with each leg.



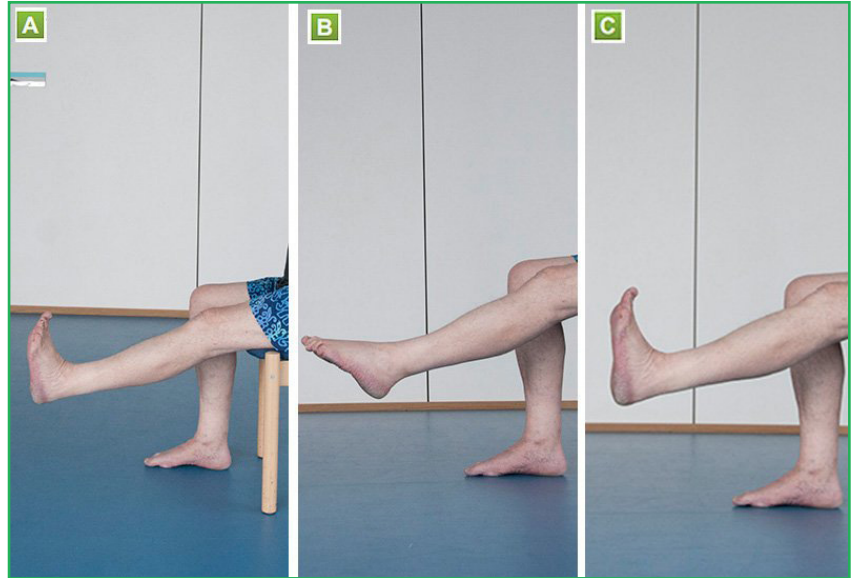
## Ankle stretch.

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.



Try 2 sets of 5 stretches with each foot.

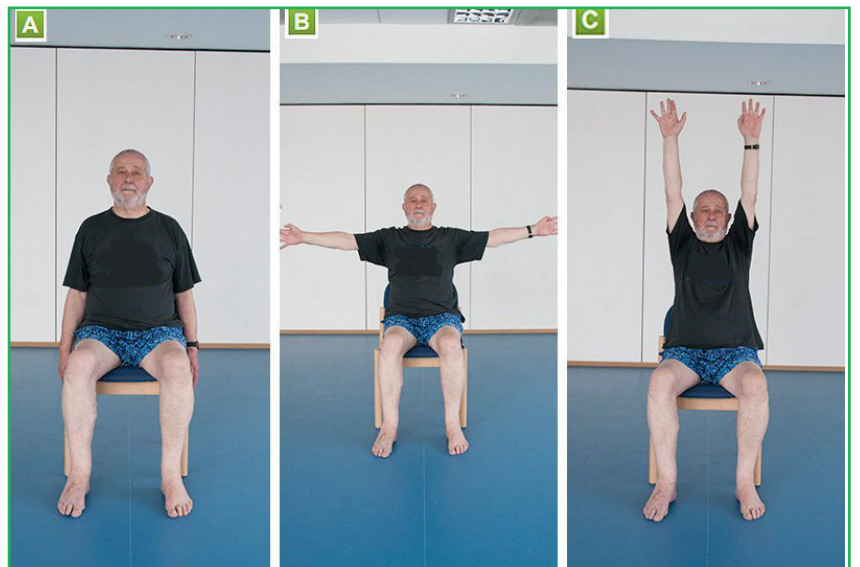
## Arm raises.

This exercise builds shoulder strength.

A. Sit upright with your arms by your sides.

B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

C. Return to the starting position.



Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

### Neck rotation.

**This stretch is good for improving neck mobility and flexibility.**

A. Sit upright with your shoulders down. Look straight ahead.

B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.

C. Repeat on the right.

Do 3 rotations on each side.



### Neck stretch.

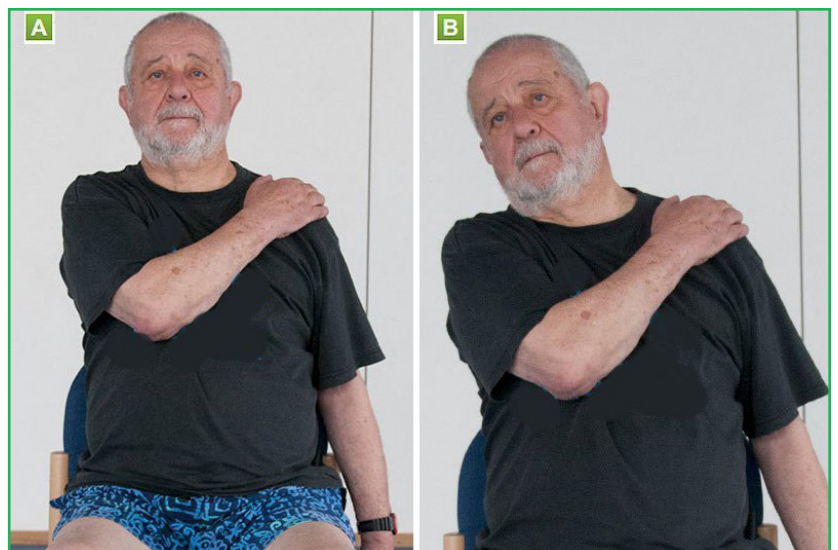
**This stretch is good for loosening tight neck muscles.**

A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down.

C. Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.





# Pain related to using tablets and smartphones



by Chantal Richards

With the increase in the use of tablet devices and mobile phones over the past few years, there is a rise in head and neck pain and posture issues, according to researchers at the Harvard School of Public Health.

### How can using a tablet lead to problems?

As more and more of us find ourselves absorbed by our tablets or smartphones with our heads down, tapping away we may be compounding the problem by adding tension pressure.

### Is it RSI or altogether different?

Traditionally, common RSI problems are tendonitis in the back of the wrist and elbow. But these days physiotherapists are seeing increasing problems in the fingers, shoulder, neck and upper arm which are linked directly to the use of smaller devices such as tablets and phones. Headaches and neck pain also commonly occur after prolonged periods in the wrong position.

### Is it really a major problem?

There is plenty of anecdotal evidence to show that sitting in an unnatural position for any length of time such as with a tablet on your lap, has led to new types of problems.

Soft tissue pain is not nice, and can affect anyone through poor posture. There is however, a light at the end of the tunnel. RSI issues may potentially be avoided in the future with the increasing ways of using our devices differently, such as voice recognition and sliding as opposed to tapping.

### Ways to avoid pain:

- Good posture is key – sit as tall as you can, slide your shoulders down and engage your core muscles
- The best way to use your tablet is placed on a table, propped at an angle. Make sure you are also sitting with your back supported (you can achieve this by placing a cushion at the small of your back)
- Take regular breaks, every 15 minutes and stretch the muscles in the shoulders and chest.
- If you would like to avoid typing then try installing a voice recognition app.



# The NHS – not just for Covid-19



by Stuart Lee

Whilst the NHS has faced significant pressures over the past few months, chief executive Sir Simon Stevens has warned that people avoiding or delaying treatment could result in an even more serious health crisis in the long term.

Four in ten people currently fear being a burden on their GP. However, health officials continue to encourage us to seek help for urgent health needs.

This naturally includes responding quickly to a fall, symptoms that might

indicate heart or breathing issues or the emergence of serious abdominal pain. However, more routine procedures such as cancer screening, flu jabs, seeing a mental health professional or checking out a long-term health worry are just as important and should not be put aside.

Many of us who have had to visit the GP or hospital during the pandemic have been impressed at how carefully NHS workers have helped us to feel safe during our visit. So, **do not delay if you have a health concern.**



Help us help you  
get the treatment  
you need.

# Eating well to help boost physical and mental health



by Gennie Thompson

One of the most important aspects of eating a healthy diet is to **ENJOY YOUR FOOD!**

It is a common misconception that healthy eating means missing out and restricting your diet. However, a healthy, balanced diet, should be easy and enjoyable which in turn makes it realistic to stick to! It is about ensuring your body gets all the nutrients, vitamins and minerals it needs.

The benefits of eating properly are holistic and far reaching at any age but are particularly important as we get older. Healthy eating will not only improve your physical energy levels and your body's resilience to the ageing process, but also strengthens your immune system and thus your ability to resist illnesses, especially important in the flu season!

Another benefit is that healthy eating can support a positive mindset and help us to stay emotionally balanced, which can be especially challenging in the grey winter months.

## HINTS AND TIPS TO SUPPORT A HEALTHY BODY AND MIND

- Hydration: **Water** is essential for our bodies to function effectively and good hydration is massively important to support organs functioning correctly, good health and wellbeing.
- Try to drink at least **5 glasses** of water or an alternative liquid (juice or squash but try to avoid sugary drinks) a day... Alcohol does not count!
- **Hot drinks** including teas, soups and cordials all support good hydration.

## TOP TEAS



**Peppermint**  
Good for nausea and stomach pain



**Matcha**  
Boost energy levels and reduces brain fog



**Hibiscus**  
Helps high blood pressure and respiratory issues



**Oolong**  
High in polyphenols can help stress



**Chai**  
Enhances immune system and fights inflammation



**Ginger**  
Helps reduce bloating and upset stomach



**Chamomile**  
Beneficial for sleep



**White**  
Highest in antioxidants

In fact, warm beverages are actually easier for our bodies to process, as our bodies don't have to compensate for the difference in temperature.

- You may like to experiment with different **herbal teas**, lime water or a trusty honey and lemon which all have additional health benefits.
- Eat lots of **fruit and veg**: Try to eat at least five portions a day of fruit and vegetables, fresh, frozen, dried or canned all retain maximum nutrition!
- A **colourful plate** is best, different colours mean the different vitamins and minerals our bodies need to function properly are present. Why not try shaking up your shop and picking up something different to add variety to your diet next time you're out?
- To save money, **shop seasonally**. You can always freeze portions of any extra fruit or veg for future use.
- Also, most supermarkets sell convenient **ready to eat portions** of a variety of fresh fruit and vegetables for ease of eating!
- Vary your **proteins**: Including variety in the types of proteins we eat ensures we get the maximum nutritional



benefits which helps our bodies maintain and repair themselves.

- A traditional protein source you will be aware of is meat, however increasingly health experts advise the benefits of including alternative sources of protein in our diets.
- Some high **protein alternatives** include lentils, chickpeas, eggs, various fishes, almonds, seeds, beans and rice, peanuts, dark leafy green vegetables like kale and broccoli.
- Healthy fats: Try to limit the amount of trans and saturated fats you consume, ie battered foods and processed foods.
- The good news is not all fats are bad and healthy fats support our immune system and bodies.



# Eating well to help boost physical and mental health (continued)

- Examples of **healthy fats** include avocados, nuts and seeds, extra virgin olive oil, coconut oils, butter and ghee.
- Vary carbohydrates: Try to minimise your intake of **processed carbohydrates** which tend to have little nutritional value for example white bread, baked goods and white rice.
- Eat more **complex carbohydrates** – examples of these are wholegrain and granary breads, brown rice and pasta, potatoes (skin on is best), quinoa, lentils, beans and peas.
- **Calcium**: We need calcium to maintain good bone health and for our muscles and nerves to function well. This can be found in green leafy vegetables (broccoli, cabbages, spinach), dairy products and some canned fish like sardines and salmon (also high in



vitamin D which is helpful for bones).

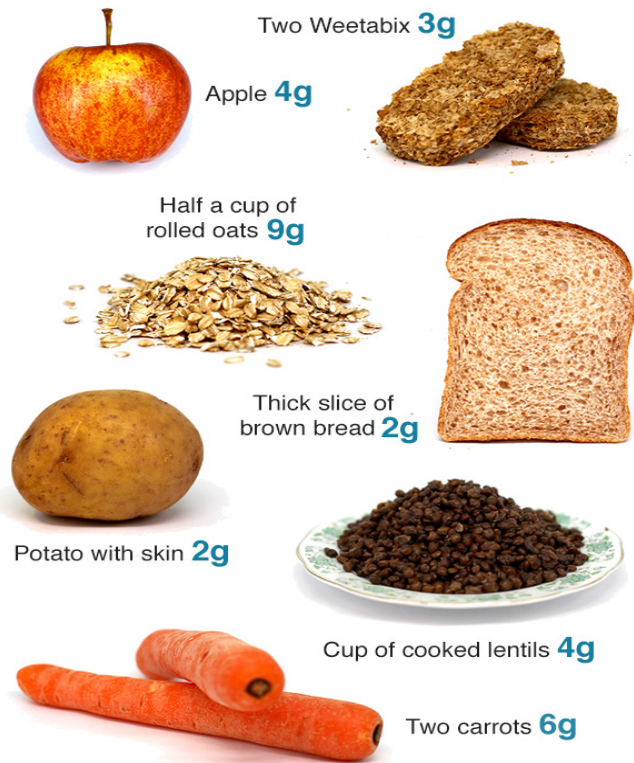
- **Salt & sugar** consumption: Whilst both play an important role in our bodies, too much is not beneficial. As salt and sugar occur naturally in many foods we eat and are added to most pre-made foods, most of us already get enough of them. Try to reduce the amount of foods you eat that are high in these, opting for reduced versions where possible.
- Perhaps try flavouring your meals



with alternative seasonings, such as spices and herbs.

- **Natural sweeteners** can be used to replace white sugar, try stevia, maple or agave syrup.

## What does 30g of fibre look like?



- **Fibre:** The majority of the UK does not consume the recommended daily allowance of fibre, which is 30g.
- The benefits of a **high fibre diet** include reduced cholesterol, a lower risk of strokes, heart disease and bowel cancer.
- Eating enough fibre helps the smooth running of our digestive system and the elimination of waste from our bodies.
- Good sources of fibre include oats, high fibre cereals, nuts, barley (a great substitute for risotto rice), pears, berries and wholemeal breads.

## EAT WELL, ENJOY YOUR FOOD, PROTECT YOUR HEALTH!

### TIPS FOR CHANGING YOUR DIET

Remember: Healthy, wholesome food can be just as, if not more, delicious as unhealthy alternatives.

Experimentation is key – remember everyone is different and it may take a period of experimenting till you find a diet that works well for you. Pay attention to how you are feeling and how different foods make you feel, keeping a food diary may help in tracking this and establishing a healthy diet which works well for your individual needs.

Read the labels – generally, less ingredients tend to mean healthier products and try to avoid heavily processed foods.

If you would like more information or have questions relating to healthy eating, you can contact me, look at AGE UK's healthy eating guide (phone 0800 678 1602) or check the NHS Eatwell guide.

## REMEMBER A COLOURFUL PLATE IS A HEALTHY PLATE!

# Rev. Adam Thomson DD (1779-1861)



by Nigel Davis

In chapel the other day, we were told by Stuart that 6th October in each year is the day of commemoration of William Tyndale, born in around 1494. Tyndale had the presumption to want to translate the Bible from Greek into contemporary English. Against fierce opposition, he eventually (from abroad) succeeded in his task, although he was ultimately burned at the stake for heresy. His work proved to be the precursor for the Authorised Version and hence for the many more modern derivative versions.

Tyndale was of course not the only person to appreciate that for the word of the Lord to be comprehensible it also has to be accessible. In the small town of Coldstream, on the Border of England and Scotland, there is a delightful little museum. There is, naturally enough, a lot of emphasis on the famous Coldstream Guards. But one person who features there is the Reverend Adam Thomson (1779-1861). Thomson was an energetic, courageous and independently minded minister. At the time of his ministry in Scotland the sole printing rights for the Bible in Scotland were, remarkably, in the hands of just one (well-connected) family. The printing was often very inaccurate

and copies were expensive. Thomson was determined on breaking this monopoly. After a long- drawn out struggle – he even travelled to London to see the Prime Minister, Lord Melbourne – Thomson succeeded in establishing free rights to print the Bible in Scotland. He himself set up a printing press in Coldstream. His vision was shown by the fact that his printed versions included a Family Bible, a large type for the aged and poor sighted, a school Bible, and a pocket Bible, all at prices much cheaper than before. Over 175,000 copies had been produced by 1845 (some churches in Scotland still have copies). There is still a street in Coldstream called Bookmakers' Lane.

Amidst relentless and ruthless competition, the Coldstream Free Bible Press eventually failed. The workers all lost their jobs and Thomson and his family, who had put their money into the venture, were made bankrupt. But his popularity, and the affection for him of the people of Coldstream and elsewhere, never waned. He died honourably and peacefully at the age of 81. Whether one is interested in the Bible or not, people like Adam Thomson are surely inspiring for all of us.

A quite remarkable man, then, and, in his own way, one following in the footsteps of Tyndale: even if he did not, thankfully, come to quite such a sticky end.



# Wordsearch - ALMSHOUSE NEWS

I	H	E	A	L	T	H	W	M	S	T	G	I	Y
V	H	W	U	L	B	F	W	A	E	W	N	T	N
I	P	T	R	A	I	E	I	L	L	G	I	I	F
G	E	L	G	T	L	G	A	N	B	N	K	N	I
O	E	S	N	N	E	A	L	U	A	L	L	I	N
R	L	E	R	N	E	R	U	S	T	A	A	M	E
A	S	H	F	M	T	R	A	G	U	Y	W	A	F
S	I	N	V	L	W	W	T	F	H	T	E	T	E
S	P	Z	L	A	I	S	T	S	L	T	L	I	T
M	L	L	T	C	L	Z	E	S	T	E	E	V	T
H	E	E	P	A	M	P	E	R	C	H	W	R	L
W	R	A	I	S	B	L	E	S	S	I	N	G	E
T	R	O	F	M	O	C	E	H	T	A	E	R	B
K	I	A	E	T	N	R	E	I	A	E	E	I	I

HEALTH

SANITY

CALM

VITAMIN

FITNESS

COMFORT

FINEFETTLE

ZEST

WELFARE

BEAUTY

PAMPER

WALKING

VIGOR

WELL

LAUGHTER

WATER

STRENGTH

BLESSING

BREATHE

SLEEP

## POETRY CORNER



by Nigel Davis

I have three daughters, wonderful girls all of them (a friend in an unguarded, and therefore truthful, moment once said to me: “Lovely girls, Nigel. They aren’t a bit like you”).

My eldest daughter Louisa recently rather shyly reminded me of a poem written as long ago as 1885, which she had loved as a child and which, when much later on she read it to other children (she is a school teacher), she noted the children also seemed to love. My own experience, for what it’s worth, is that if a poem which is written for children remains loved by children over many generations then it is likely to be a pretty good poem.

Robert Louis Stevenson (1850 – 1894) was a remarkable man. Born a Scot (good!) he throughout his life was dogged by ill health. Notwithstanding that, he was an astonishingly active, adventurous, energetic and (by all accounts) charming man. He wrote very widely, including some cracking novels such as *Kidnapped*

and *Treasure Island* which remain in print to this day. He died in Samoa, where he had gone to live for health reasons (his self-composed epitaph includes his famous lines: “Home is the sailor, home from the sea, And the hunter home from the hill”).

This poem, which Louisa drew to my attention, comes from his delightful anthology *A Child’s Garden of Verses* (1885). It seems to me to capture just how an imaginative and sensitive child might dream and feel. Maybe the career prospects of a lamplighter in the 21st century

do not now look that promising. Even so, what imaginative child reading this poem would still want to be an engine driver or ballerina?

Note the poignant phrase “When I get stronger” – the child, we can deduce, is a sickly child (as Stevenson himself had been). So the child is not just dreaming of becoming a lamplighter, he is also, and no less deeply, dreaming of becoming healthy and strong. A lovely and moving touch. A *Leerie*, by the way, is indeed an old Scottish word for a lamplighter.

### The Lamplighter by R.L. Stevenson

My tea is nearly ready and the sun has left the sky;  
It’s time to take the window to see *Leerie* going by;  
For every night at teatime and before you take your seat,  
With lantern and with ladder he comes posting up the street.

Now Tom would be a driver and Maria go to sea,  
And my papa’s a banker and as rich as he can be;  
But I, when I am stronger and can choose what I’m to do,  
Oh *Leerie*, I’ll go round at night and light the lamps with you!

For we are very lucky, with a lamp before the door,  
And *Leerie* stops to light it as he lights so many more;  
And O! before you hurry by with ladder and with light,  
O *Leerie*, see a little child and nod to him tonight!