

Thriftiness

Top tips on being careful with money and resources, especially by avoiding waste.

Make Do & Mend

Mrs Beeton's Tips

Recycling

Make Your Own
Natural Remedies

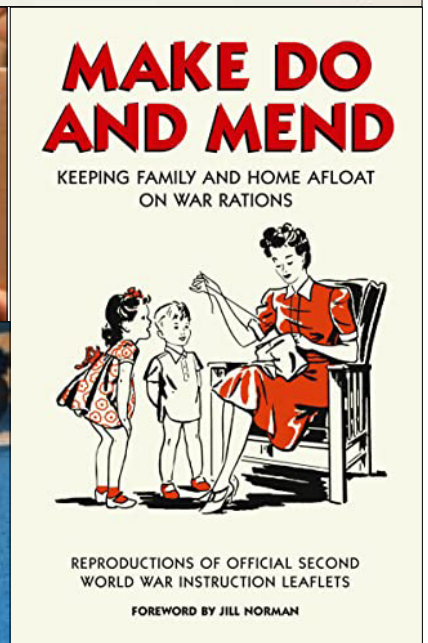
Food Banks

King Charles III

Kitchen Hacks

Moth Repellents

The Repair Shop



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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 16 June 2023

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.

Front Page: War-time posters with permission from The National Archives; *King Charles III and the hole in his sock!*
Credit and permission for use: Eddie Mulholland and Adobe Stock photos.



This magazine is recyclable.

Welcome to our New Residents

We offer a warm welcome to our new residents:

Danny Snowden
Raymond Tuite

Farewell

It is with great sadness we say goodbye:
Tina Tejuoso, who has moved to a care home

Competition Winner

Thank you to everyone who sent in competition entries for the wordsearch in April. Picked at random, our winner is:

Shirley Perry
Congratulations!

Answers from last month's competition are on page 27

Chapel Schedule: June 2023

4th June	10.30am Eucharist with hymns
11th June	10.30am Eucharist with hymns
18th June	10.30am Eucharist with hymns
25th June	10.30am Eucharist with hymns

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

Magazine Design: Chantal Richards

Letter from Juliet



by Juliet Ames-Lewis

The 6th May marked the Coronation of King Charles III and Queen Camilla; the first Coronation for 70 years. I am sure that we were all glued to our TVs to watch this historic event! It was lovely that residents at Michel's, Candler and Bishop Duppa's organised wonderful Coronation parties, and at Hickey's we celebrated both the Coronation and welcoming and Licensing our new Chaplain, Derrick Thompson. Derrick started his role with us at the beginning of May and he has been spending his first few weeks getting out and about around all our 12 estates and getting to meet all our residents.

Our theme for this edition is 'thriftiness': recycling, up-cycling and 'life hacks' for making life cheaper in both money or time. I feel sure that the King would approve – he is known for his 'make do and mend attitude' – or sometimes his 'make do and not mend':



King Charles III and the hole in his sock!
Credit and permission for use: Eddie Mulholland

did you see his socks with holes in?! We live in a throw-away society which is so wasteful. We hope this edition will give you ideas and suggestions for ways to save money and save the planet.

Juliet



*Thank you
Debbie
Flaherty for
this photo of
the beautiful
tulips in
bloom at
Hickey's.*

Save the Date

The Richmond Charities
Thanksgiving Service
Sunday 9 July at 3pm
in the Chapel at Hickey's

Everyone is invited!

Mrs Beeton's Thrifty Tips



by Mike Townsin

If you are interested in household tips from the Victorian era, look no further than this book. Here I have curated a few of what Mrs B. calls “Recipes” (the shorter ones!), from the large number in her book, for the delectation of Housemaid, General Servant and Laundry-Maid. It reminds us of what life was like before Robert Dyas and all the other products and services now available to swiftly deal with these quotidian domestic chores.

Recipes for the Laundry-Maid

TO MAKE STARCH

Allow $\frac{1}{2}$ a pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch. Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps and quite smooth. Then take the basin to the fire, and whilst the water is *actually boiling* in the kettle or boiler, pour it over the starch, stirring it the whole time. If

Extracts from Mrs Beeton's Book of Household Management (1861 edition, 2056 pages).

To Take Stains From Silk “Mix 2 ozs. of essence of lemon and 1 oz. of oil of turpentine together in a phial. Grease and other spots in silks are to be rubbed gently with a linen rag dipped in this mixture”

To Remove The Smell Of Onions From Hands “Rub well with celery or parsley”

To Polish Brown Boots “Remove stains with lemon juice, and polish with beeswax dissolved in turpentine”

To Remove Bad Smells “Place a jar of permanganate of potash in the vicinity of the obnoxious smell”

To Clean Looking Glasses “Remove, with a damp sponge, fly stains or other soils (the sponge may be damped with water or spirits of wine). After this dust the surface with the finest sifted whiting or powder-blue, and polish it with a silk handkerchief or soft cloth. Snuff of candle, if quite free from grease, is an excellent polish for looking glasses”

To Destroy Flies “Beer or treacle in a saucer or treacle smeared on sheets of paper will attract and kill flies. If a small quantity, say the equivalent of a teaspoonful, of carbolic acid be poured on a hot shovel it will drive the flies from the room”

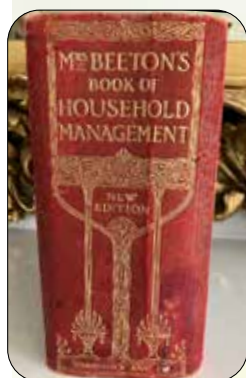
Recipes for the Housemaid and General Servant

TO SWEEP A CARPET

The Patent Carpet Sweepers are so effective and cheap that they are now in use everywhere, but where the floor is to be swept with the ordinary broom proceed as follows: before sweeping rooms strew the floors with dried tea-leaves; these will attract the dust and save much harm to the furniture, which, as far as possible, should be covered up during

PRESERVATIVES AGAINST THE RAVAGES OF MOTHS

Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.



Did you know? Isabella Beeton was a journalist, editor and writer born in 1836. She compiled this book at the age 21 for her husband's publishing company and it sold 60,000 copies in its first year. Isabella had four pregnancies but only two

survived. Isabella was working on *The Dictionary of Every-Day Cookery*, when she died of puerperal fever in February 1865 at the age of 28. Her husband Samuel sold the rights to the Book of Household Management to Ward, Lock and Tyler (later Ward Lock & Co). It has been in print ever since.

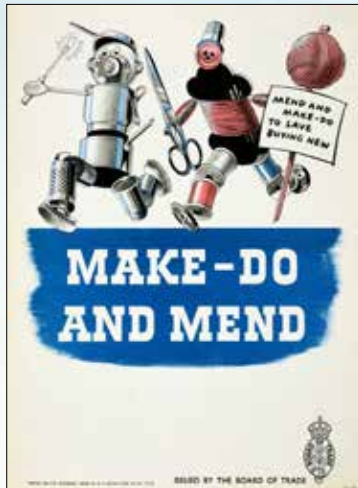
Make-Do and Mend from the War Years



by Lorraine Bradley

The Second World War saw unprecedented government intervention into everyday life on the British home front.

Food rationing began in 1940 and clothes were rationed from 1st June 1941. Fabric was essential for war purposes, such as uniforms. By reducing civilian clothing production, factory space and labour could be freed up for war production.



Rationing forced people to be painfully mathematic in how they spent their limited supply of clothing coupons and to find shrewd ways to avoid doing so. The government backed the *Make Do and Mend* scheme which was introduced to encourage people to revive and repair worn-out clothes.



Handmade and hand-repaired clothing became an essential part of wartime life. People got creative across the country out of necessity, finding ways to make and care for clothes - and forge their own wartime style.

People became shrewd and learnt how to spend their limited supply of clothing coupons. Making clothes was usually still cheaper and needed fewer coupons than buying

ready-made garments. Old blankets and un-rationed materials, like fabric for blackout curtains, were transformed into dresses. Men's suits left behind by serving soldiers became their wives' skirts and jackets.

Clothing exchanges were set up by the Women's Voluntary Service (WVS) to help meet the needs of parents struggling to clothe their growing children. Parents could take the clothes that their children had outgrown and were given a number of points for the clothes handed in. These could be 'spent' on other clothes at the exchange.



Clothes care was central to the *Make Do and Mend* message. Posters issued by the Board of Trade advised how to prevent moth damage to clothes.

Darning was a vital skill to give clothes a long life. Darning thread was widely available and un-rationed. Initially it came on skeins but when it was discovered that people were buying the thread and using it to knit or crochet whole garments, it was instead sold in shorter lengths on card.



A wartime instructional leaflet of 'Darning Do's and Don'ts' stated that 'a neat darn is a real badge of honour'.

With permission from The National Archives: Wartime posters & Board of Trade notices.

Thrifty Kitchen Hacks

- **Stale bread:** Rub an ice cube on each slice, then bake or air-fry for 5–10 minutes on low and they'll taste fresh as new. Alternatively, you can use these to make croutons.
- Store **strawberries** in a glass jar.
- Put your **lettuce** in cold water for 30 minutes to let it crisp up and rejuvenate its freshness.
- Store your **lemons** in a glass jar submerged in water in the fridge and they will last up to 3 months.
- **Old wine:** freeze in ice trays and use to flavour sauces and soups.
- **Banana skins:** chop and soak a banana skin in hot water and when cooled use to water your plants. The banana creates a wonderful fertiliser food for your plants.
- Chop and freeze your **herbs** with olive oil in ice trays.



- Regrow food from **scraps:** celery, green onions, leeks, Romaine lettuce, bok choy and cabbage. Place the stump/bottom inch in a bowl with a little water at the bottom. Keep the bowl in a sunny and warm place. You can either harvest from the bowl or re-plant into a pot with soil.
- Homemade **coffee** scrub exfoliant. If you're a fresh coffee lover, your used coffee grounds could serve to benefit your skin. Blend the used coffee grounds with melted coconut oil and some sugar to create a wonderful face and body scrub! It will help reduce inflammation, improve blood circulation, depuff swollen areas and many more. Add a few drops of essential oils for extra benefit!

Two Easy Make -Your-Own Cleaning Products

Homemade Antibacterial Cleaner

This home-made antibacterial cleaner is easy and quick to make and lasts for up to two weeks; it can be used to clean surfaces in kitchens, bathrooms and around the home.

For surfaces that are harder to clean, try sprinkling baking soda on the surface first then spray on your cleaner.

You will notice that the mixture starts foaming; leave for 5 minutes then scrub as usual.

Ingredients:

- Clean spray bottle
- ½ cup white vinegar
- 3 cups of water
- 10 – 15 drops of essential oil

Homemade Oven Cleaner

Ingredients:

- baking soda or bicarbonate of soda (3 tablespoons)
- water (1.5 tablespoons)

Mix together baking soda and water and apply to oven, leave for 20 minutes and wipe clean.

Local Charity Shops

Richmond is fortunate to have a wealth of charity shops which makes it easy to shop second hand, reducing your carbon footprint whilst supporting a good cause. Some of our favourites are listed below.

The Vineyard Charity Shops might be some of the best to grab a bargain in the borough, all whilst supporting a wonderful local organisation that provides excellent support to those in need in the community.

- **The Vineyard Community Centre** (the main shop), The Vineyard, Richmond TW10 6AQ. Open: Mon—Fri 10am—4pm.
- **The Vineyard Pop-up shop**: 21 Paradise Road, Richmond, TW9 1SA. Open: Mon—Sat 10am—4pm.
- **Marie Curie**: highly rated amongst our residents, 1 Lichfield Court, Sheen Rd, Richmond TW9 1AS
Open: Mon—Sat 9:30am—5pm.
- **Oxfam**: also sells artisan goods supporting communities: 6 The Quadrant, Richmond TW9 1BP.
Open: Mon—Fri 9:30am—5:30pm.
- **Mary's Living & Giving**: 29 The Green, TW9 1LX.
Open: Mon—Fri 10am—6pm and Sat 12pm—5pm.
- **Cancer Research UK**: 1 Hill Street, Richmond TW9 1SW. Open: Mon—Sat 9.30am—6pm and Sun 11am—5pm.
- **Fara**: 420 Richmond Rd, East Twickenham TW1 2EB. Open every day 10am—6pm.
- **Princess Alice Hospice**: 412 Richmond Rd, East Twickenham TW1 2EB. Open Mon—Sat 10am—5.30pm and Sun 11am—5pm.
- **British Heart Foundation**: 27 King St, Twickenham TW1 3SD. Open Mon—Sat 9.30am—5pm and Sun 11am—5pm.
- **Shelter**: 337 Upper Richmond Rd W, East Sheen, SW14 8QR. Open: Mon—Fri 9.30am—5.30pm and Sun 11am—5pm.

Recycling Clothes

Local textile and clothes recycling banks exist around the borough and can be used to recycle clean and dry clothes (including underwear and pairs of shoes) including accessories such as belts, handbags, bed linen, curtains and towels. They do not accept carpet/ rugs, pillows, duvets and teddy bears. TRAIID Textile banks offer a free doorstep collection at www.traid.org.uk/book-a-collection/

Most large supermarkets have a donation station. TRAIID stations are located at:

- Heath Road outside of Wright's Almshouses
- Richmond Road, at The Rising Sun
- Kings Road, Richmond near the post office

Furniture Scheme

Richmond Furniture Scheme aims to reduce waste by repurposing existing furniture and sells affordable furniture for the community; those on state benefits are eligible for a 20% discount. Free collection of donations (usually with a 3 week lead time) and delivery of goods for a small fee. Visit the online shop: rfsonline.co.uk

Local Repair Café

What is a Repair Café?

Repair Cafés are all about repairing things (together). A watch and learn experience with expert volunteers. Visitors bring their broken items from home. Together with the specialists they start making their repairs in the Repair Café. It's an ongoing learning process. There are over 2,500 Repair Cafés worldwide.

Why a Repair Café?

We throw away vast amounts of stuff. Even things with almost nothing wrong, and which could get a new lease of life after a simple repair. The trouble is lots of people have forgotten that they can repair things themselves. This is a threat to a sustainable future and to the circular economy, in which raw materials can be reused again and again.

Your nearest Repair Café is:

St. Margaret's Church Hall, 130, St. Margaret's Road, Twickenham TW1 1RL.

No need to book. Open on 3rd Saturday of each month **10:30am – 1:30pm. (Last check in 12:45pm)** Next dates: 17th June, 15th July, 16th September, 21st October, 18th November, 16th December. www.twickenhamrepaircafe.org

My Trip to the Repair Cafe by Chantal Richards

I have an antique clock that needed fixing, so last weekend we went to the Repair Cafe in St Margaret's. It was very busy even at 10.30am! But an absolute joy seeing such a busy hub and many happy customers.

Everything is by donation including the tea, coffee and home baked cakes (cash or card). We waited just 10 minutes before an horologist (clock maker/repairer) came to find us. After much testing, the clock was fixed within an hour!

What an amazing service, I highly recommend this repair cafe. Here is a photo from our visit.



Five Top Tips for Recycling House Items

- Repurpose household items for cleaning: save old toothbrushes to clean grouting in between tiles, old dish sponges can be used to clean floors.
- Sell your unwanted items: selling your unwanted things is an easy way to make some extra cash whilst decluttering, and it has never been easier. Sites like Vinted, Gumtree, Ebay and Music magpie.
- Old clothes and bedding etc: rather than use the recycling centre, you could use scissors to cut your old bedding/ towels/ clothes to make cleaning cloths. To make a cat toy you could cut them up into strips and tie them into knots – a washable new toy for your cat!
- Wrapping gifts: using cloth to wrap gifts is common practice in Japan called *Furoshiki*; you can use ribbons to accessorise and the fabrics can be used many times. Alternatively, pick pretty pages from a magazine or newspaper and use these as wrapping paper. Brown paper bags are also a lovely way to wrap gifts and is fully recyclable.
- Light weight watering can: why not use an old milk/ detergent (any handled) bottle.

Pay-As-You-Feel Café

The Real Junk Food Project is an amazing organisation that has recently opened a new pay-as-you-feel community café at the Cambrian Centre (TW10 6SN), right next to Manning Place Almshouses.

The café is open from 11:30am—1:30pm on a Wednesday.

I was able to visit the café (see pictures) and was amazed by the delicious food available, tasty toasties and super soup! I can't recommend it enough, everyone was so friendly and welcoming!

The project gives away surplus food so they recommend bringing a carrier bag to take any shopping you need away. All of this is available on a pay as you feel basis, so any donation is greatly appreciated but not required.

Many of our residents have also highly recommended visiting the café and said it is a brilliant place to stop in after a walk in the park!

The Real Junk Food Project also operates at the ETNA Community Centre in East Twickenham on Monday, Wednesday and Friday 11:30am—1:30pm.



FREE bike repairs

Twickenham Repair Café have donated a brilliant free of charge local bike repair station for all to use at any time for breakdowns or general maintenance. The station is bright green, designed to hold any bike and offers a tool kit and tyre pump – it is located in front of St Margaret's Church (130 St Margaret's Road).

Make-Your-Own Spider Repellent!

- Take six sprigs of rosemary about 10" in length
- Strip the leaves from the stem as only the leaves will be used
- Take 10 cloves and add the rosemary also to one pint of water and boil for 10—15 minutes
- Leave to stand overnight then strain into a bottle—a spray bottle is best and easy to use
- Add to the mixture 10 drops of eucalyptus then shake the bottle and it is ready for use (lavender oil works just as well and smells good).

Footnote: Just using the rosemary and cloves only is an old remedy as a hair restorer and is supposed to thicken the hair — just rub a few squirts into the scalp twice a day!

Residents' Seaside Trip to Eastbourne



by **Debbie Flaherty**

This year the residents' seaside trip destination will be to Eastbourne on

Thursday 13th July.



Please contact your Scheme Manager if you would like to join us for a fun day out. Also please let us know if you would like to bring a friend or carer (who will be most welcome subject to spaces on coach). Unfortunately for Health and Safety and insurance reasons, we are unable to accept children on this trip.

Craft Club at Wright's



by **Linda Prendergast**

The Terrace Room at Wright's Almshouses in Twickenham is now the home of craft sessions every Friday afternoon from 2pm—5pm.

Everyone is welcome to come and join in with your various craft projects whether it's painting, knitting, ceramics or in fact anything you want to bring and work on.

At the moment we have four residents using the room for various craft projects. The hope is that more residents from within our Almshouse community will come and join the group.

Whatever skill you have, or if you want to learn a new one, the Terrace Room is perfect for you to come and work on your project. The room is spacious, bright, airy and has a terrace for you to sit out on in the good weather with a cup of tea or coffee.

Wright's Almshouses is on a bus route so easy to get to and, as always, if you are not able to use public transport and would like to join the group, we can arrange transport for you.

Croquet is Back at Church Estate!

We are all looking forward to starting the croquet again this year and of course it is open to all abilities. Those who already know the game so far will be playing a lot more competitively but those starting from scratch will be shown how to play.

The first game was on 22nd May and it is running weekly every **Monday at 2.30pm at Church Estate.**

Everyone is welcome to come and watch and /or compete.



Almshouse Open Day and Family & Friends Day



by Juliet Ames-Lewis

On Saturday 8 July we will be welcoming the public and, I hope, family and friends of almshouse residents, into Hickey's and Church Estate for a day of raising awareness about the work of the charity, our community and our almshouse estates. We will have staff and trustees around to talk to members of the public about what we do, we will be running some tours of the Chapel and the estate grounds and almshouses, we will have information on hand about our history, our almshouses and our new developments plans, and also the opportunity for people to talk to Alison if they are interested (or know someone else who might be interested) in applying for an almshouse.

We will have refreshments during the day and also giant activities on the Hickey's lawn for children! I very much hope that you will come and join us between 12noon and 4pm on 8 July and bring your family and friends too. I would love it if there were a number of residents happy to volunteer to be on hand to talk to members of the public about what it's like living in our community. Some residents helped us out on our stall last year at the Full of Life Fair and it was lovely for people interested in perhaps applying for an almshouse to be

able to talk first hand to residents about what it's like. If you would be willing to be around for part of the day, please do let me or your Scheme Managers know.

Our open day will be a good opportunity for the charity in terms of raising the charity's profile so that more people in need of housing in the borough will know about the charity, our almshouses and our community. However, our focus is also of course on ensuring residents' privacy. There will undoubtedly be some disruption and noise caused by the day for Hickey's and Church Estate residents, and I will be writing to those residents separately about this. We will ensure that, except whilst visitors are on organised tours, they keep as much as possible to the main lawn at Hickey's.

We will be publicising our Open Day across the borough in the next few weeks, and we hope that we will have a good turnout on the day.

Almshouse Open Day and Family & Friends Day

Saturday 8 July 2023
12 noon – 4pm
At Hickey's Almshouses
Sheen Road, Richmond
TW9 1XB

richmondcharities.org.uk
Registered Charity No. 200431

Almshouse Community Living

All welcome
FREE ENTRY

Open Day for the public and for family & friends of almshouse residents – please come and join in!

- Tours of the almshouses and chapel
- Information about our history and our almshouse estates
- Learn about our new almshouse developments
- Details about criteria and how to apply for almshouse accommodation

Activities for children
Refreshments served

Entry is FREE and there is NO need to book.
Buses 33, 337 and 493 stop right outside.
Limited parking may be available in side streets nearby. There is no parking on site.
Visit our website for more information.

richmondcharities.org.uk
Registered Charity No. 200431

Arts & Crafts Showcase

Across two days in May, ten residents from our almshouse community showcased their own Arts and Crafts. An array of colourful work brought a lovely new look to the Chapel, where residents came and admired the exhibits and chatted to the artists and crafters. Drinks and nibbles were provided by The Richmond Charities.

On display were lots of totally different forms of art and craft, from cross stitch to paint pouring, each table depicting their craftsmanship. One exhibitor, Angela Greaves from Wright's, describes herself as a 'Crafty Dabbler' and showcased her stand using props and photographs of work she had undertaken over the years. Her written blog on her stand explained that you are never too old to pick up a new hobby.

Well done to all the exhibitors who were brave enough to show their work, and to Linda and Jo who made it all possible. A massive thank you too, to all the visitors who came and saw their work.

The Terrace Room at Wright's, Twickenham has a new social Art and Craft group which meets on a Friday at 2pm – 5pm. All welcome.



Michel's Coronation Party

by Margaret Payler

On Monday afternoon, after all the excitement of the weekend, watching the crowning of our King, friends from Queen Elizabeth's and Bishop Duppa's joined us at Michel's.

Though overcast and chilly, the rain held off, the marquee was full, and some were able to sit outside.

Music played, tables overflowed with delicious snacks and cakes, many homemade. With bubbly and cups of tea in our hands we celebrated, chatting happily together. Many remembering the Coronation of our late Queen and some of us that of King George 6th!

There was a shout of welcome when Linda popped in and many "Oos" and "Ahs" as Gennie brought wee Tafari to see us; being the centre of attraction he played happily among us, charming us with his sweet smile.

Thank you everyone for making it a memorable occasion.

God save King Charles III.



Bishop Duppas Coronation Party

by Jean Newport and Terri Ekkel

Bishop Duppas's Almshouses hosted our 'street party' on Sunday 6th May amid flags, bunting and decorations to celebrate King Charles III's Coronation.

This was especially exciting as the same day our new Chaplain, Revd Derrick Thompson, was licensed. As the pictures show, we were so blessed to enjoy blue skies and sunshine as we all sat and chatted outdoors.

We all contributed to delicious plates of food and a glass or two of fizz as we raised a glass and toasted the King! Thank you to the Charity for supporting the celebrations by providing tables which Jo kindly brought down to us!



Candler's Coronation Party



by Margaret Goddard

It was perhaps not the warmest of Mondays, but then it was a Bank Holiday so what could we expect! At least the rain held off! And thanks to the marquee the Charity had erected on the lawn we were sheltered and not too cold.

Food there was in plenty — a Celebration chicken, salad, sandwiches and sausage rolls — plus a very tasty rice dish brought by Buki. And to follow fresh fruit salad, trifle and cakes. And of course a wide selection of liquid refreshment!



Bunting adorned the tent and the garden – put up with lots of laughter the day before, and balloons welcomed people at the gate (one escaped and was rescued by Tafari further down Amyand Park Road!)

It was good to see friends and neighbours debating the answers to some quiz questions (and hear the groans at some of the answers!)

Many thanks to Richard and Carmela for all their hard work, to all who took doggy bags and saved us from a week of party food (!), and to family and friends who helped clear up.



Revd Derrick Thompson's Licensing Service



by Juliet Ames-Lewis

The day after the rain poured for the King & Queen's Coronation, we all gathered at our Chapel at Hickey's for the Licensing Service for our new Chaplain, Derrick.



The service was led by the Archdeacon of Wandsworth, the Venerable John Kiddle, who spoke warmly about The Richmond Charities' community and formally Licensed Derrick to be able to lead services in our Chapel.



The Archdeacon invited Derrick's wife, Jan, up to the front of the Chapel where we welcomed them both with a rousing round of applause. We were blessed that the rain from the day before had passed, and though a bit damp underfoot, we all gathered for lunch after the service in the marquee on the lawn.



It was wonderful to have had a full Chapel for the service, and residents, residents' family and friends, staff, Trustees and family and friends of Derrick and Jan all stayed to enjoy lunch and time to chat.

We are delighted to have welcomed Derrick and Jan into our community.

Chaplain's Chat



by **Revd Derrick Thompson**

Sitting looking out of the Chaplain's House window on a sunny but windy afternoon it is hard to believe I have only been living here for just over three weeks! And I have only been working here for two. So much has happened in such a short space of time. With the move, starting work, the Coronation, the welcome and Licensing Service in the Chapel, and a visit to a Buckingham Palace Garden party (more about that in a later issue, perhaps), it has certainly been a busy time!

In the midst of all the busyness it has been a delight to meet so many other residents and to start to settle into The Richmond Charities community.

With the help of Scheme Managers, I have been able to meet lots of my fellow residents at their own homes and I want to say 'thank you' for the many warm words of welcome. I've not managed to knock on everyone's door yet but will keep going until I have. Meanwhile, if you would like me to visit to talk about something specific either give me a call (07796 619697) or speak to your Scheme Manager and I'll come and see you.

It was a delight to see a full Chapel on 7th May for my welcome service. Thank you to all those who came to support and welcome me and Jan, we really appreciated your

presence. It was a lovely service, beautifully led by Archdeacon John Kiddle, who is a good friend and supporter of the charity.

Part of my role here is to pray for the residents and staff of the charity, which I am already doing. Should you wish to join me in prayer then I will be saying prayers in the Chapel daily, Monday to Thursday. I'm currently looking to find out if it is better for

others to join me at 9am or 4.30pm. If you have a view on that let me know!

I'm also looking forward to recommencing worship on Sunday evenings in the Chapel at 5pm. What sort of worship service would you be interested in attending?

A less formal

communion service with hymns? A meditation group focusing on encountering Jesus? A 'Craft Church' informally sitting together doing some simple craft related to a Bible passage whilst thinking about what the passage says? A Café Church, sitting around tables with a drink, singing some songs, activities and prayers?

Or have you other suggestions? I would love to hear your thoughts and ideas. Again, call, email or drop a note to me via your Scheme Manager or at the Chaplain's House at Hickey's.

Blessings to all!



Out and About Group Recent Trips



The Big City Exhibition by Angela Greaves

Our numbers are growing! On Tuesday, 4th April, twelve of us met at Richmond Station and we followed our leader, Richard, to Waterloo by train, then on to the Guildhall Art Gallery in Basinghall Street by shuttle tube.



The Big City exhibition celebrated the extraordinary artists, past and present, who paint London on a huge scale. We wandered around and admired it at our leisure. The sheer size of the paintings were difficult to photograph as they were really enormous!



The highlight of the tour was the basement exhibition of The Roman Amphitheatre. In 1988 excavations undertaken ahead of the construction of the Guildhall Art Gallery

found, to everyone's surprise, that a Roman amphitheatre formerly stood here. The remains of the east entrance of the amphitheatre are conserved below the Art Gallery and the arena is outlined in the Yard's pavement. A stunning display impressed us all. Thanks again to Richard, for his research and planning.

Kew Gardens and the Orchid Festival. Orchids from Cameroon Africa. A very enjoyable visit with wonderful plants arranged with animals. Well done Kew, we look forward to next year's festival.



Richmond May Fair



by Juliet Ames-Lewis

On 13th May The Richmond Charities had a stall at the Richmond May Fair, to raise awareness about the charity and our almshouses, to publicise our Open Day in July and to talk with visitors to the stall about our criteria for applying for an almshouse.

It was a great day and there was lot of enthusiasm from the public for what we do and lots of interesting conversations. Staff and Trustees ran the stall, where we had lots of information about the charity on display including photographs of our almshouse estates. Some residents stopped by to say hello as well!



Quiz Night

The Quiz Night was a great success lively, well attended and held in Hickey's Chapel.

The organisation was down to the inspiration of Margaret Goddard and Richard Howard who organised and selected a wide scope of subjects covering questions from music, sport, childhood nursery rhymes and stories and those homophones!



The interval was filled with socialising over wine and nibbles and completing a page or two of questions testing our observational powers. Emma, one of the Trustees, kept the score on her laptop which was shown on a screen for us all to check our table's progress.

Thank you to the staff, Debbie and Jo, for organising the evening and making sure everyone present was participating and happy. Here's to a repeat performance!



Never To Be Repeated!

.....
by Alan Shirley

Everyone at some stage in their lives has done something or been somewhere that they will never be able to do again, hence the title *Never To Be Repeated*. It all came about while chatting to my family who suggested I write about the things I've done and the places I've been throughout my life.

- Landed at Kai Tak airport in Hong Kong on flight deck when cockpit doors were not locked (airport closed in 1998).
- Flew in Concorde across the Atlantic (only once!)
- Scheduled steam train across the Forth Bridge en route to Perth
- Visited the top of Twin Towers in NY
- Crossed the Berlin Wall and stayed in a hotel in East Germany
- Saw *The Beatles* live at Hammersmith Odeon
- Watched England play at the old Wembley Stadium
- Watched Henry Cooper floor Cassius Clay at Wembley Stadium
- Saw Michael Crawford in original cast of *Phantom of the Opera*
- Met Chris Patten (last governor of Hong Kong) whilst living in HK pre 1997
- Drove at over 100 mph on the M1 (when there was no speed limit!)

If anyone has interesting experiences which they are never likely to repeat, please email Linda (l.prendergast@richmondcharities.org.uk) and we'll feature in a future issue, Ed.

Zumba Review

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The latest 6 week course of Zumba is underway but it's fine to join mid-way through. Forthcoming dates are 5th June, 12th June, 19th June and 26th June. All at 11am in the Chapel.

"I've attended a couple of these fun, invigorating classes along with about 10 residents, including chaps. It doesn't feel like exercise, as it's joyous to perform the movements and dance steps to a beat. I notice it's good for flexibility and a sense of balance and no need for stretch lycra either, I just wear loose clothes".

Yoga Review by Alan Shirley

.....
"I always thought Yoga was for very flexible and quite fit ladies. And that a mat was essential. How wrong I've been. Thanks to the lovely Claire Welton and her great Friday classes in Hickey's Chapel we have been able to enjoy movement, breathing and meditation and the pleasure that these can bring. Whether seated, standing or prone on the floor (if you care to) I'm discovering the value of Yoga to bring stillness, and how breathing exercises can increase wellbeing. I recommend it to all. Namaste."

ART AND SOUL

The feedback from the recent Art & Soul taster sessions has been brilliant. So much so, we are already in talks of working with Art & Soul again. Attendees tell me the sessions were well-led and thoroughly enjoyed – some even learnt new things. Art & Soul run exhibitions and we are delighted that some of the attendees work will be displayed this year. Thank you to those who attended these sessions and gave such brilliant feedback.

Keep a watch out for future dates to come. Numbers will be limited so please speak with your Scheme Manager if you would like to attend.

Barnes Common charity has several opportunities available to help with their various projects.



There are lots of opportunities if you've got some spare time and would like to help.

Volunteering with us is a great way to learn new skills, meet like-minded people and help us deliver our conservation, community and education engagement projects. <https://barnescommon.org.uk/support-us/volunteer-with-us/>

The new Mayor of Richmond upon Thames



and their chosen Deputy have been formally announced at a special meeting of Richmond Council.

Richmond Arts & Ideas Festival - June



Richmond Arts Service is launching a brand new festival this summer, the Richmond Arts and Ideas Festival, where you can explore a wide range of events and activities

happening throughout the borough. There is so much on offer including a drawing course in Turner's house (pictured above); music at The Exchange; script writing at OSO Barnes; an over 60s performance at The Orange Tree; Arts & Ideas: Makers Fair at RHACC and many more. Find all the details at: <https://richmondartsandideas.com/events>

FOR MORE INFORMATION ON ANY OF THE ABOVE ARTICLES,
Google: www.richmond.gov.uk

Coronation Champions



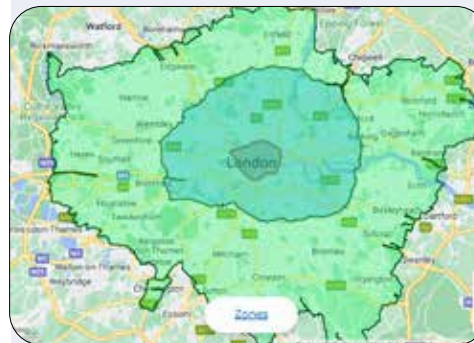
The co-founder and trustee of the bereavement charity **space2grieve**, Jenny Harris, has been named as one of 500 Coronation Champions.

Reduce Your Risk of Getting Dementia



Richmond Council are launching the **Think Brain Health campaign** in Richmond upon Thames, to increase awareness of the healthy behaviours you can adopt which may reduce your risk of getting dementia.

ULEZ Expansion to ALL London Boroughs



To help clear London's air and improve health, the Ultra Low Emission Zone (ULEZ) is expanding

across all London boroughs from **29th August 2023**.

If you drive anywhere within the ULEZ, including the expanded area from 29 August 2023, and your vehicle does not meet the emissions standards, you could face a daily charge of £12.50.

If you have a car and are unsure whether you need to pay ULEZ, use this website to check: <https://tfl.gov.uk/modes/driving/ultra-low-emission-zone/ulez-expansion-2023>

There is also a scrappage scheme if your old car does not meet emissions standards.

What is the Purpose of Art? Art at Kew Gardens



by Mike Townsin

You may recall the *Ars Gratia Artis* article in our April issue, in which I invited residents to submit their definitions of 'what is the purpose of art?'.
Terri Ekkel kindly sent in her definition:

**TO AWAKEN THE SENSES
FEED THE MIND
and
PERMEATE THE SOUL**



by Claire Sanecka

All the Flowers are for Me and Plants of the Qur'ān
Exhibition at Kew Gardens

Acclaimed artists Anila Quayyum Agha and Sue Wickison present new works at the Shirley Sherwood Gallery of Botanical Art, Kew Gardens from 1st April. Exploring themes of faith and cultural exchanges, this tandem exhibition showcases stunning contemporary sculptural work alongside intricate botanical paintings, reflecting the evolution of art inspired by the natural world.

Handy Websites for You



This month **Sam Maskell** shares her favourite websites.

Wordle Game

www.nytimes.com/games/wordle

Designed by a Welsh software designer and then later sold to the New York Times, Wordle is a highly compelling word games where you get 6 tries to guess the 5 letter word. You get one free game a day and it tracks how many attempts you take.

Duolingo

www.duolingo.com

If you have ever fancied learning a new language, this free website has 40 languages to learn with fun free daily challenges. Which level can you get to?

Horticultural highlights on display this month at Kew Gardens include magnificent magnolias in bloom across the gardens. Visitors can also enjoy the early cherry blossom around the Temperate House, alongside bluebells in the Natural Area. At Wakehurst, the rhododendrons throughout Westwood Valley bloom into a tapestry of reds, pinks and whites, whilst a blanket of bluebells carpets the enchanting Bethlehem Wood.

For those of you who have not yet requested a ticket, maybe the start of Spring could entice you to visit. **E n t r y** to the art exhibition is included in admission.

Please make contact with your Scheme Manager if you would like a ticket. Perhaps you would like to take a friend along...



TV Review by Mike Townsin **THE REPAIR SHOP**



Can there be a more soothing programme on TV for us oldies than The Repair Shop. Its transfer from BBC2 to BBC1 earlier this year was confirmation of the series' mass appeal among the nation's viewers

The people who bring in their family heirlooms to be restored at the hands of a band of specialists – fine art conservators, upholsterers, toy repairers, clock doctors, cabinet makers, book binders, metalworkers, you-name-it – also bring with them heart warming stories of treasured objects fallen into disrepair through neglect or wear and tear over, usually, decades.

We observe in a compression of time, the genius of these restorers who bring back to life, and original condition, an almost infinite variety of treasures.

In the real world they must spend many hours, weeks even, working to achieve this, with a respect for tradition and workmanship usually only available at great expense, but for guests the bargains of the century.

Just one story I recently watched, we saw Lucia, an art conservationist, bring back to life a 19th century painting of Madonna and Child belonging to Maria, a Ukrainian descendant of the priest who owned it: Maria and her parents escaped from Poland to Ukraine in WWII and eventually to the UK, with the painting folded and concealed in their coats.

Review by Mike Townsin **MAKE DO AND MEND**

Forward by Jill Norman

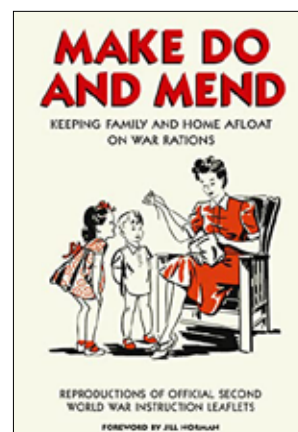
If the front cover of this little book* was redesigned for the 2000s, with a modern type face, glossier paper and contemporary imagery – maybe also a daddy to keep the PC brigade happy – then it could be almost as relevant today as it was in wartime.

Because the cost-of-living and the 'green' society is prompting a revolution in our attitude to recycling and waste.

Of course there are differences between now and then. Then there was food and fuel (coal) rationing to aid the war effort, now price inflation is necessitating personal food and energy economies. But the book also advises how to carry out simple household repairs and savings: mending dripping taps; washing up in a bowl rather than the sink; with a gas cooker it is more economical to fry than to grill, the reverse being true of an electric cooker; using a pressure cooker or a three tiered steamer to provide a whole meal in one go – all tips as useful today as in the '40s.

We're not at war – except by proxy – but climate change and the realisation that resources are finite, has put a spotlight on the need to 'make do and mend' once again.

* Available in our library at Hickey's Almshouses, and on Amazon for £3.79.



Miscellany



Curated by Mike Townsin

- Buzz Aldrin's mother's maiden name was Moon.
- Fritinancy is the buzzing of insects.
- The average car in Britain is parked for 96% of the time.
- Casanova was a librarian.
- South-east England has a lower annual rainfall than Jerusalem and Beirut.
- In Norway, 'Odd' and 'Even' are common male first names. You can even (oddly) have 'Odd-Even'.
- Brenda means 'inside' in Albanian.
- In 1915 lock millionaire Cecil Chubb bought his wife Stonehenge. She didn't like it so in 1918 he gave it to the Nation
- Ultracrepidarian n. Someone who doesn't know what they're talking about.
- Francash is an Irish word which means both 'rat' and 'Frenchman'.
- The 1 million inhabitants of the Chinese city of Zhuji make 8 billion pairs of socks a year, 35% of global sock production.
- In Italy 17 is an unlucky number, not 13.
- MI5 used to own special kettles specifically for steaming open envelopes.
- Almost any domestic cat can run faster than Usain Bolt.

Natural Remedies



by Debbie Flaherty

10 Amazing Health Benefits of Spring Onions



- Prevents colds and flu
- Aids digestion
- Reduces the risk of cancer
- Lowers blood sugar levels
- Good for your eyes
- Contains good antioxidants
- Boosts immunity
- Prevents stomach complications
- Helps in building bone health
- Works for anti-aging

The humble spring onion makes tasty dishes but is also high in nutrients as it is packed with vital vitamins and minerals which help lower high cholesterol and blood pressure which in turn lowers your risk of heart attack.

Wit and Wisdom



Curated by Mike Townsin

- ***There's no such thing as fun for the whole family.*** Jerry Seinfeld.
- ***Mistakes are part of the dues one pays for a full life.*** Sophia Loren
- ***We can only learn to love by loving.*** Iris Murdoch
- ***Just remember, we're all in this alone.*** Lily Tomlin (Actress)
- ***Egotist: a person of low taste, more interested in himself than me.*** Ambrose Bierce (Writer)
- ***I stopped believing in Santa Claus at the age of six when my mother took me to a store....and he asked me for my autograph.*** Shirley Temple
- ***I've learned one thing: people who know the least, always seem to know it the loudest.*** Andy Capp (British cartoon character)
- ***What passion cannot music raise and quell?*** John Dryden
- ***Nature does nothing without pure purpose.*** Aristotle
- ***A little Consideration, a little Thought for Others, makes all the difference.*** Eeyore (from Winnie-the-Pooh).
- ***Knowledge comes but wisdom lingers.*** Tennyson
- ***All my possessions for a moment of time.*** Elizabeth I (on her deathbed)
- ***Dost thou love life? Then do not squander time, for that's the stuff that life is made of.*** Benjamin Franklin.

Getting To Know YOU

Bill Watson

- What is your favourite song and how does it make you feel? **All songs, as long as I know the words!**
- Who is your favourite artist and why? **Cher — still going strong at her age.**
- If you could be a star in a movie — what movie would it be? **The 300 Spartans (1962)**
- What book do you currently have on the go? **Music and Guitar Chords**
- What words of wisdom would you pass on to the younger generation? **Think before you speak, don't jump if you can't swim.**
- What makes you laugh? **My wife and family.**
- Which public figure do you most admire? **Florence Nightingale.**
- What is your greatest achievement? **Service in the forces (15 years).**
- If you were Prime Minister for the day, what would you do? **Sorry, no alcohol driving and no smoking till age 21.**
- If you could travel back in time, where would you go? **To the day I was born to see the first year of my life — 1951.**



Household Products: Name the Brand



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.

NAME THE BRAND. Your chance to win a £10 M&S Voucher! NAME THE 16 BRANDS.

Give this whole page to your Scheme Manager, or place in the suggestion box **before Friday 16 June 2023.**

Name: _____

Norman's Quiz

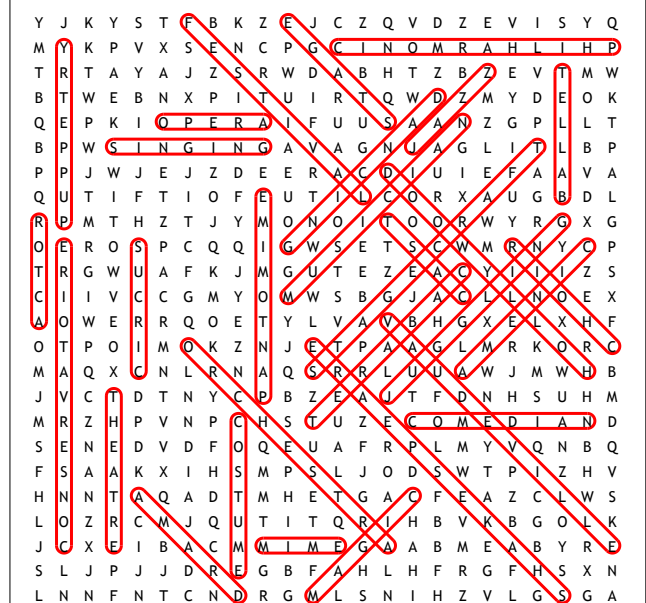
I stopped submitting quizzes as one resident told me they were a waste of time as everyone just Googles the answers. However several residents have asked me to continue. Out of curiosity, see how many you can get before you Google!

1. Who was the British Prime Minister immediately before Margaret Thatcher?
2. Which nursery rhyme ends with the line 'What a good boy am I'?
3. In which country is Mount Kilimanjaro?
4. In Coronation Street which actress played the character of Rita Sullivan for 50 years?
5. In Monopoly what colour are: (a) Marlborough Street, (b) Bow Street and (c) Vine Street?
6. The Chinese Year 2023 is represented by which small animal?
7. Who was the first woman to win a Nobel Prize?
8. The songs *Nothing Like a Dame* and *Some Enchanted Evening* come from which musical?
9. Which ex-England footballer is the current manager of the American soccer team D.C. United?

10. Which road safety procedure did the Minister of Transport Barbara Castle introduce in 1967?
11. O V E R L A I D D O G G E D L Y is an anagram of which former UK Prime Minister?
12. Whose first UK top 10 hit was with the song *Wichita Lineman*?
13. Which author wrote the novel *Catcher in the Rye*?
14. Which 70s and 80s TV show starred Michael Langdon as Charles Ingalls living on a farm with his wife and four daughters?
15. Which London building consists of three identical arches and is situated where The Mall leads to Trafalgar Square?

Answers in next month's issue.

ANSWERS: April Wordsearch: Performing Arts





by Nigel Davis

In the last issue of Poetry Corner we had a poem by Walt Whitman, based on his observation of a solitary oak tree, on the need for companionship. A simple theme but a complex, though fine, poem. This lovely modern poem by Benjamin Zephaniah is on precisely the same theme but is not at

all complex, having been written by a totally different kind of poet. It speaks for itself, really. And, as Zephaniah reminds us, our need for love, affection and companionship can be just as much in a minor key (“to share tasty bites with”) as in a major key (“to love and to hold”). The point is: we need the human connection.

Note the quiet, reflective, firm “yes” at the end of the poem. Great stuff!

People need people

by Benjamin Zephaniah

People need people,
To walk to
To talk to
To cry and rely on,
People will always need people.
To love and to miss
To hug and to kiss,
It's useful to have other people.
To whom to moan
If you're all alone,
It's so hard to share
When no one is there.
There's not much to do
When there's no one but you.
People will always need people.

To please
To tease
To put you at ease,
People will always need people.
To make life appealing
And give life some meaning,
It's useful to have other people.
If you need a change

To whom will you turn.
If you need a lesson
From whom will you learn.
If you need to play
You'll know why I say
People will always need people.

As girlfriends
As boyfriends
From Bombay
To Ostend,
People will always need people-
To have friendly fights with
And share tasty bites with,
It's useful to have other people.
People live in families
Gangs, posses and packs,
It seems we need company
Before we relax,
So stop making enemies
And let's face the facts,
People will always need people,
Yes,
People will always need people.