

Our River Thames

Pubs &
Restaurants

Days Out

Richmond Bridge

Serge's River Walk

Why We Love The
River

Growing Up By
The River

Historic Houses



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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 14th July 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.

Welcome to our New Resident

We offer a warm welcome to our new resident:

Roger Chapman

Competition Winner

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

**Doreen Colbert
Congratulations!**

Answers from last month's competition are on page 27

Chapel Schedule: July 2023

| | |
|--|---|
| Sunday 2nd July Led by Canon Julian Reindorp | 10.30am Communion with hymns, followed by refreshments. |
| Sunday 9th July | 10.30am Communion with hymns. |
| Sunday 9th July | 3.00pm Annual thanksgiving & Celebration Service, followed by refreshments. |
| Sunday 16th July | 10.30am Communion with hymns. |
| Sunday 23rd July | 10.30am Communion with hymns. |
| Sunday 30th July | 10.30am Communion Service of Healing and Wholeness with hymns. |

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

Magazine Design: Chantal Richards



This magazine is recyclable.

Letter from Mike Townsin, Trustee



Dear readers

As I write, on Monday 18th June, summer seems to have arrived at last. Let's hope

Mister Sun is still shining when you read this!

And hey, you gardeners: as rain has been in short supply, don't forget to keep your flower beds well watered; this is when our estate gardens and Richmond's open spaces are on top form.

Our theme this month, then, is Old Father Thames at Richmond, his ambiance, history, riverside hostelries, wildlife, flora and fauna.

And if you are feeling like a stroll along the river, Serge's walk (page 10-11) will take in many of these features, in particular the fascinating history of Richmond Bridge, the oldest surviving Thames bridge in London.

And let's not forget boating: we residents of Richmond are fortunate indeed to be a stone's throw from the jetties, and thus able to take a leisurely cruise to Hampton Court, or a rowing boat, ideally borne upstream by some muscular relative or friend – in my case anyway!

So, enjoy and have a wonderful summer.

Mike

SAVE THE DATE

Sunday 9th July

The Richmond Charities Thanksgiving Service at 3pm in the Chapel at Hickey's
Everyone is invited!

SAVE THE DATE

10th August Summer Party!

Don't forget to RSVP the invitation and let your Scheme Managers know you are attending.

Thames River Walks

“Always a delightful view with a foreground of cow parsley. Sometimes, walking along the towpath feels very *Wind in the Willows* and not at all urban.” *Anonymous*

Below: All Saints Church in Isleworth with its Thames frontage.



Why We Love The River Thames!

I adore walking from Richmond along the river path to Kingston, it takes a while but is a beautiful stroll. **Gennie Thompson**

I like to go for a stroll up to Ham House when it is not busy and enjoy the peace and tranquillity. **Lorraine Bradley**

My favourite thing about being so close to the River Thames is being able to walk from where I live in Twickenham, find a nice bench to sit on and people watch. Who wouldn't love living next to a place like this!
Linda Prendergast

I love walking across the weir and enjoying the ever-changing views, wilderness and landscapes, especially at sunrise and sunset. **Debbie Flaherty**

I love leaving on the river boat to Richmond after the Hampton Court Flower Show clutching an Alstroemeria in one hand and a cold Moretti in the other!
Gerry Wilson

I love bird watching anywhere along the river, but my favourite time of year is spring when the hatchlings start to arrive. **Claire Sanecka**

Sitting on any kind of boat on the river, with a picnic, would be my favourite thing on the river. If it was my boat, how lovely would that be, I'd want it have a little motor. Not sure I have the strength to row against the strong Thames tide!
Derrick Thompson

Ornithology on the river with my camera. **Mick Tinson**

I love walking down the river as it reminds me of my time living on a house-boat. **Pete Rees**

Walking from Richmond to Kingston when my sister Chrissy visited from Holland a few years ago, we came across some lovely riverside homes, I'd recommend doing that walk! **Alison McAlear**

Walk up Richmond Hill until you come to the seats looking across the river and trees. Take time to linger, a wonderful view — always changing in the light, always peaceful and uplifting. I love to enjoy my Sunday lunch and watch the tide get higher on the path at the White Swan in Twickenham. A wonderful pub in a beautiful location, I would recommend! My favourite thing is to stroll over the bridge to Eel Pie Island and nose at the houses. I love people watching and sitting by the wall at the Tide Table Café. **Anonymous**

Local Pubs and Restaurants by The River Thames

In Richmond we are blessed with lovely river walks and eating places which do become crowded in the summertime. However, if you wander along on a Monday morning it is quieter and easy to grab a coffee and take in the peace and tranquility while watching the boats, ducks and resident herons swimming along. Below are some ideas of places to sit, eat, drink and admire the views.

Tide Tables Café Riverside, (Next to Richmond Bridge), TW9 1TH

Lovely café in a stunning setting by the river Thames. The café is in a converted arch beneath Richmond Bridge. It has a beautiful outside seating area, directly adjoining the towpath. The views of the Thames are some of the best in London.

020 8948 8285 www.tidetablescafe.co.uk

Tropical Juice

If you fancy a fresh coconut, sugarcane or another tropical juice, Simeon a well-known character, usually has his stall set up a little further on along the towpath. They are tasty and so refreshing.

Stein's German Restaurant, Tow Path, Richmond, TW10 6UT

At Stein's you can relax and enjoy authentic Munich beer, wine and great German food. So, if you're out on your morning jog, strolling with the family and friends or go out for dinner in the evening, you'll be welcome at Stein's!

020 3746 6240
www.stein-s.com

Slug & Lettuce, Riverside House, Water Lane, (Richmond Riverfront) TW9 1TJ

Just along the path from the White Cross is this public house where you can enjoy a coffee, lunch or a cooling pint while people watching. 020 8948 7733 www.slugandlettuce.co.uk

The White Cross, Richmond Riverside TW9 1TH

(off Water Lane)

Serving Young's fine ales since 1869 and built in 1780 The White Cross is a piece of local history and home to the famous Richmond riverside sunsets.

Warning: take note of the high tides as you can become trapped by the tide in the pub!

020 8940 6844
www.whitecross@youngs.co.uk

Peggy Jean at Riverside Green The Boat, Bridge Boathouses, Riverside, Richmond, London, TW9 1TH

Peggy Jean is a lovingly restored former Jesus College Oxford barge enjoying unparalleled views of the Thames, Richmond Bridge and Richmond Riverside. The venue is home to twin Gozney clay ovens meaning a special menu of freshly baked pizzas, fresh calamari and sharing Tomahawk steaks — all cooked over a fire, Aussie BBQ style.

020 3597 9908 www.daisygreenfood.com



Growing Up by The River Thames



by Jenny Ruff

How strange to be living in a row of ten houses at the beautiful Church Estate, because I was born and lived (until I left home to be married) in a tiny road, (no longer there), also of ten houses, the only exception being the River Thames flowed along the bottom of it so I have never really lived far from this majestic stretch of water. I can still sometimes hear my mother shouting at me saying “Jennifer if I catch you down that river on those barges along the tow path you’ll get the slipper when you get in” – many times I got the slipper and to this day I never wear slippers!!

It’s interesting to know the River Thames starts its journey in Gloucestershire and is over 200 miles long, the Thames path being 184 miles long, makes it the longest river walk in Europe and is tidal and non-tidal depending on where you are – becoming tidal after Teddington Lock before eventually flowing out into the North Sea.

We, in Richmond, have so much history associated with the river. Tourists flock to visit the riverside when the sun appears, to sit and picnic on the grassy banks, take a river cruise, hire a rowing boat or just sit at one of its many restaurants and bars, and just enjoy a pint or a glass of wine and watch the world go by.

Even the Kings and Queens of England loved Richmond and The Thames. Richmond Palace which covered ten acres of land (largely destroyed now) with only

The Gate House, The Wardrobe and the Trumpeters House, all from King Henry VII time, are designated Grade 1 listed buildings. Queen Elizabeth I actually died in Richmond Palace in 1603 – it was her favourite place.

How lucky are we (if we’re able) to stroll down to Richmond and take in the views over the Thames, across Petersham Meadows similar to the vista you will see in Richmond, Virginia, USA. Why not do it, buy an ice cream, sit on a bench and just enjoy this wonderful river that is known all over the world – sounds good to me.



Hampton Court Palace £1 entry until 9th July

Historic Royal Palaces are testing a new pilot scheme. They appreciate the very challenging times faced by many people on low incomes, and want them to be able to have a brilliant day out at Hampton Court Palace. One of the biggest barriers to this is the cost of the tickets (currently £29 / £23.20 conc)

Until Sunday 9th July, HRP are making £1 tickets to Hampton Court Palace available to anyone in receipt of Universal Credit or Pension Credit. The scheme applies for up to six people per household. Only one person per household needs to show supporting documents. More detail on the website below: <https://www.hrp.org.uk/hampton-court-palace/visit/tickets-and-prices/one-pound-tickets/#gs.1ps3su>

Historic Riverside Houses by Mike Townsin

Ham House: A Gift from a King. If you enjoy stately homes but dread the three hours it takes to troop round, visit Ham House, built in 1621, and gifted to the owner by Charles I. It is smaller than most, has wonderful rooms, art and architecture, lovely grounds next to the river, and a tea room to relieve weary feet.

Marble Hill House: A Palladian Classic. Marble Hill was built in the 1720s for Henrietta Howard, who became a remarkable figure in Georgian court society. The villa is an important and relatively rare example of a house built for and by a woman in Georgian England. Like Ham House, it is agreeably manageable on a hot day, with beautiful grounds, and a tea room! The house also has a fine collection of early Georgian paintings.



Days Out on the River



by **Debbie Flaherty**

As the weather improves why not take advantage of the beautiful River Thames on our doorstep.

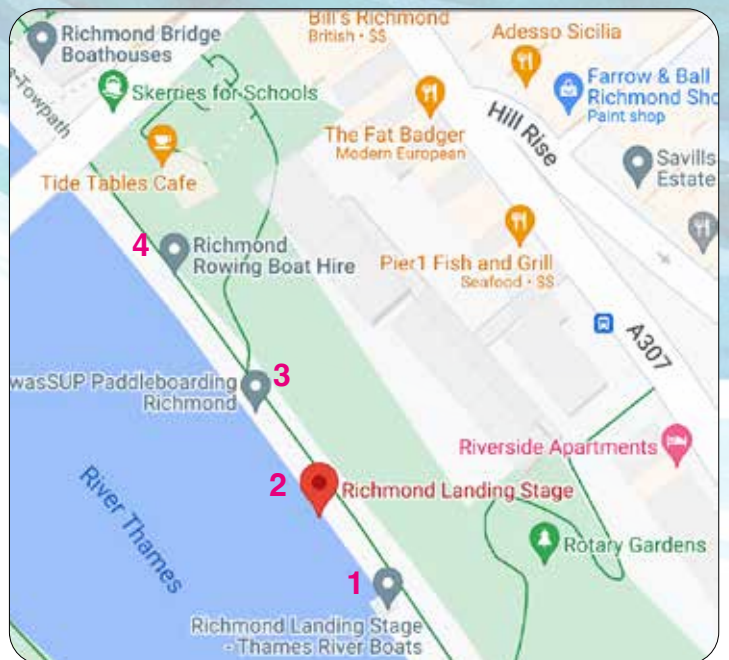
Thames River Boats cruise between Westminster, Kew, Richmond and Hampton Court daily. More info: www.thamesriverboats.co.uk or tel 0207 930 2062. (Number 1 on the map)

Turks Launches also run daily trips to Kingston and Hampton Court from Richmond. Your Scheme Manager can check times for you. With these trips you pay as you board either by card or cash. (Number 2 on the map - Richmond Landing Stage)

Paddle Richmond offer paddle board and kayak lessons/hire in Richmond, Teddington and Kingston. Contact hello@paddlerichmond.co.uk or tel 0203 488 1785. (Number 3 on the map)

For the more adventurous and energetic amongst us **Richmond Bridge Rowing Boat Hire** have rowing skiffs for hourly hire throughout the season (March – October) and boats are available on a first-come, first-served basis. To check availability feel free to call ahead on 0208 948 8270. (Number 4 on the map)

For a different perspective why not visit the lovely Marble Hill Park and incorporate a **Ferry Ride to Ham House** which runs daily between 10am – 6pm (March – October), then between December and February – weekends only 10am until dusk. The fare is £2 per adult plus an additional £1 if you take a bike.



Fishing is permitted from Teddington Lock, past Richmond Lock including the towpath at Old Deer Park and Petersham Meadows.

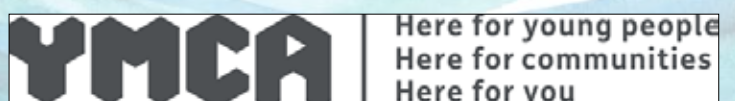
Discover a Great Gym in Ham

Enjoy a workout overlooking the YMCA Hawker, Kingston playing fields alongside the river near Ham.

Welcoming, friendly and inclusive, you'll find a modern gym, a wide range of group exercise classes to try and the guidance and support you need to achieve your personal fitness goals.

There's a café and, if you have grandchildren, a great indoor play area.

For membership information email info.hawker@ymcaspg.org



Richmond Bridge



by **Serge Lourie, Trustee**

is Grade I listed.

Richmond Bridge is the oldest surviving bridge over the Thames in Greater London. It is the only Georgian bridge and



The bridge from Tide Tables

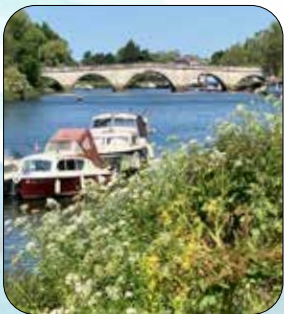
It was built between 1774 and 1777, as a replacement for the ferry which linked Richmond with East Twickenham. As the towns grew, the ferry was unable to cope with the traffic and became a major bottleneck.

The bridge today is largely what was built in the eighteenth century apart from some widening works in the 1930s.

In 1772 the Richmond Bridge Act was passed by Parliament, naming 90 commissioners, including landscape architect Lancelot 'Capability' Brown, actor David Garrick and the first gothic novelist, Horace Walpole, to supervise the building of a stone bridge.

The Act made clear that no public money could be used to finance the bridge.

The bridge was designed as a stone arch bridge of 300 feet in length and 25 feet in width, supported by five arches of varying heights. The tall 60 foot wide central span was designed to allow shipping to pass, giving Richmond Bridge a steep central arch. It was faced with Portland stone.



The bridge with new approach roads cost around £25,000 and was built by Thomas Kerr. Its construction was funded by two tontines;

and tolls were charged until 1859.

The money needed was raised from the sale of shares at £100 each.

Each investor was guaranteed a dividend of 4% per annum. £1,000 per annum from the income from tolls was divided amongst the investors.

On the death of a shareholder their share of the dividend was divided among the surviving shareholders. Any surplus over the £1,000 per annum required to pay the investors was held in a general fund for the maintenance of the bridge. The bridge was a commercial success. By 1822, the company had accumulated sufficient funds so that all vehicle tolls were reduced to one penny.

On 10th March 1859 the last subscriber to the main tontine died, having for over five years received the full amount available for investors to the tontines, and with the death of its last member the bridge became toll-free.

Richmond Bridge has been the subject of many paintings by many artists, including Thomas Rowlandson, John Constable and J.M.W. Turner.



Bernardo O'Higgins

To the south of the bridge, in a mini park at the Richmond end, is a bust of the Liberator and first president of Chile Bernardo O'Higgins, who studied in Richmond for three years until 1798.

200 years later, in 1998, the bust was unveiled. The mini park is called *O'Higgins Square*.

I was at the unveiling of the bust but, as they say, that is another story.

Serge's River Walk



by Serge Lourie, Trustee

We are very fortunate to live in this beautiful borough. This walk brings out some of the best in the area and helps explain the old slogan about Richmond upon Thames: 'where the countryside comes to town'.

I felt I was on holiday as I did the walk on a sunny weekend with many walkers and cyclists as well as paddle boarders, canoes and other boats on the river.



View of the river from Richmond Bridge with boat and paddle boarders

Henry David Thoreau, the nineteenth century American author of *Walking* and inventor of SAUNTERING, said that the protection of his 'health and spirits' required sauntering through the woods and over the hills and fields.

This walk takes you along riverside paths with trees and beside a field. You also get a wonderful view of Richmond Hill.

You can see the map of the walk, which is just over two miles, on the internet at: www.plotaroute.com/route/2274779

The most exciting part of the walk to me is that it involves a trip on the famous Hammerton Ferry by Ham House (£2 for an adult) and needs to take place in summer

10



Boats to rent at the start of the walk



Weeping willows



Petersham Meadow with Richmond Hill and the Star & Garter

between March and October between 10am and 6pm, (but not from 12pm to 12:45pm as they have a lunch break) or at weekends in the winter.

The walk starts on the Richmond side of the river at Tide Tables, a café with a large area for sitting out in the sun and watching traffic on the river and admiring the bridge.

You then follow the towpath past a number of cafés and restaurants as well as some fine trees on both sides of the river including some weeping willows on the Twickenham side.

Our River Thames - ALMSHOUSE NEWS



Hammerton Ferry

You continue along the river, passing Petersham Meadow, where you get a fine view of Richmond Hill and the Star & Garter.

Continue along the path until you reach the sign to the left for Ham House with the ferry landing spot on the river.

Be careful getting into the ferry as the steps are steep but the ferryman will offer a hand.

The ferry takes a couple of minutes and you return on the Surrey side passing the magnificent Marble Hill, which was built in the 1720s by George II, when he was Prince of Wales, for his mistress, Henrietta Howard.

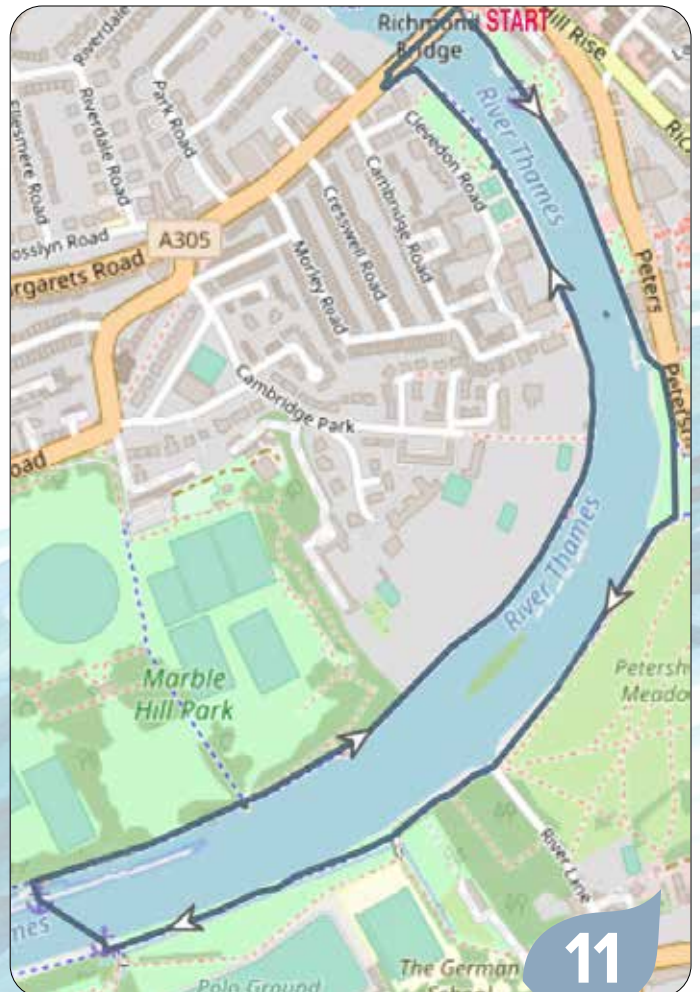
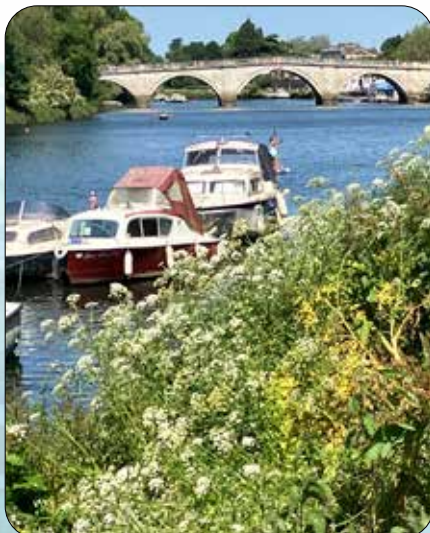
The walk continues along the river past the site of the old ice rink where there is a memorial to the large Belgian community of 6,000 that lived in the area during the First World War. Many of these people worked in the munitions factory built by French industrialist, Charles Pelabon. Some time after the war, this building became an ice rink. And so you return to Richmond Bridge. Happy sauntering.



Marble Hill House



Memorial to the Belgians ...and back to Richmond Bridge



Map of the walk

Beginners Canasta



by **Angela Greaves**

The beginners Canasta Group at Wright's will be closed for the Summer holidays, i.e., July and August 2023 and will reopen in September.

If you are a beginner and want to learn canasta, please come along once classes begin again in September, and Angela will give you lessons.

If you already know how to play, please come and join in. New dates will be posted in the Events Leaflet.

Please let your Scheme Manager know if you want to join in.



The Christmas Arts and Crafts Showcase

After the success of the Arts and Crafts showcase that was held in the chapel in May, we are now looking at doing another one towards the end of the year. This time it will be a showcase and a chance for anyone to sell any Christmas crafts they have.

The dates for the showcase and craft sale will be Wednesday 29th and Thursday 30th November. We would love to encourage all residents who enjoy doing Arts and Crafts to take part and display their work, so please get painting and creating!



Change of Date for Judges' Visit



Richmond Charities
Almshouses in Bloom 2023

by **Linda Prendergast**

If you would like to enter the competition please contact your Scheme Manager and ask for an entry form. Judging will now take place on Sunday 9th July and all entrants will be reminded in advance of the date, giving you the chance to dead head and do some more weeding before Owen and Emma visit.

There are now going to be trophies and garden vouchers for first, second and third places in both of the main categories. Firstly, individual gardens, and for those who don't have gardens there will be a category for pots and hanging baskets. There will also be a prize awarded for that one garden the judges thought earned a 'special commendation' and every entrant will receive a certificate.

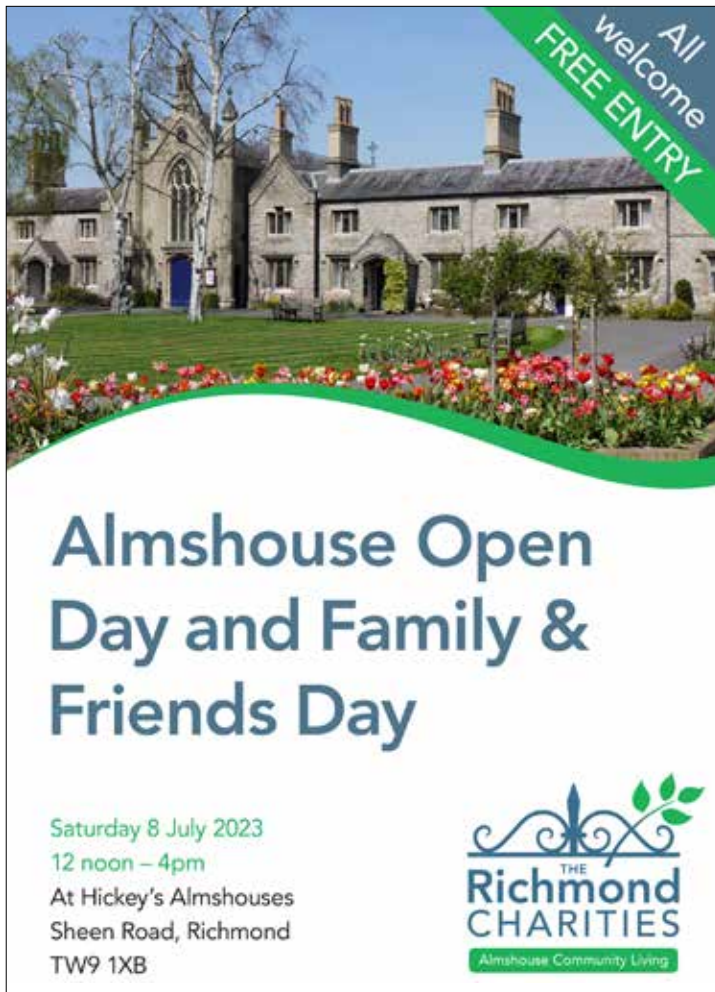
All entries will be marked and rated by our impartial judges Owen and Emma and a prize-giving event will be arranged to present the trophies and gift vouchers to the winners.

Almshouse Open Day and Family & Friends Day



by Juliet Ames-Lewis

A reminder about our Almshouse Open Day on Saturday 8th July from midday to 4pm at Hickey's. Please do come along and bring your family and friends! There will be activities for children, refreshments and the opportunity to meet and talk to members of the public who join us for our open day.



The poster features a photograph of a large, historic stone almshouse building with a blue door and a garden in the foreground. A green banner in the top right corner says "All welcome FREE ENTRY". The main text reads "Almshouse Open Day and Family & Friends Day". Below this, it says "Saturday 8 July 2023, 12 noon - 4pm, At Hickey's Almshouses, Sheen Road, Richmond, TW9 1XB". The logo for "THE RICHMOND CHARITIES" is at the bottom right, with the tagline "Almshouse Community Living".



This poster provides details about the event. It includes a list of activities: "Tours of the almshouses and chapel", "Information about our history and our almshouse estates", "Learn about our new almshouse developments", and "Details about criteria and how to apply for almshouse accommodation". It also mentions "Activities for children" and "Refreshments served". A small photograph shows two elderly women talking. Another photograph shows a large almshouse building. A third photograph shows a man and a woman smiling. The text states: "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." The website "richmondcharities.org.uk" and "Registered Charity No. 200431" are listed at the bottom.

Residents' Seaside Trip to Eastbourne



by Debbie Flaherty

This year the residents' seaside trip destination will be 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.

Summer Party! 10th August



by Linda
Prendergast

It's nearly time for our tropical themed summer party.

Think steel bands, grass skirts and Hawaiian shirts.



Think rum punch, BBQ and a chocolate fountain filled with fresh fruit.



Prizes for best dressed.

Don't forget to RSVP the invitation and let your Scheme Managers know you are attending.

FREE Tickets to Kew Gardens



by Claire Sanecka

Now summer is officially here, we would like to invite residents to make use of our membership with Kew Gardens. We currently have 75 tickets remaining and those who have already visited Kew Gardens may come forward for another ticket.

Perhaps you would like to invite a friend, join a neighbour or go it alone to relax and unwind while watching the seasons change among the world's most diverse collection of plants.

Our membership offers entry only and does not permit entry to exclusive events. Summer exhibitions included with our tickets are:

- The Wonderful World of Water Plants
- Plants of The Qur'an
- *All The Flowers Are For Me* – by contemporary artist Anila Quayyum Agha

Opening times: Monday to Friday, 10am to 7pm (last entry 6pm)

Saturday, Sundays & Bank Holidays, 10am to 8pm (last entry 7pm)



Electoral Register

Residents are being urged to check their electoral registration details or risk losing their chance to vote on decisions that affect them. The annual canvass allows the Council to keep the electoral register up to date, to identify who risks losing their voice at elections, and to encourage them to register before it's too late.

Scams

Residents are warned to be on the lookout for Council Tax scams and not to give out any personal details if you have any concerns or doubts about a message you receive.

High Tide Music Festival 2023



Sunday 30th July
High Tide is a community-led festival that aims to reignite the spirit of Eel Pie Island in its heyday here in the heart of Twickenham. We seek

out and showcase a diverse selection of the best young and established bands and musicians across 20 stages. And, while all the music is free to watch, we make sure that the artists get a fair reward for the enjoyment they bring to our community over the weekend.

The festival is delivered thanks to a collaboration between Eel Pie Records, Discover Twickenham BID, Richmond Council, The Friends of Twickenham Green and a wide range of local Twickenham businesses. There are four external stages and at least 10 other pub venues. More info: www.hightidetwick.com.

Take Care in the Heat



Over the past couple of weeks, hospital services across south west London have seen a surge in people due to extreme heat, pollen, and pollution levels. There are high numbers of people attending with breathing difficulties, and older people who are dehydrated.

Art House returns for 2023

Art House is a chance for local artists, crafts people, artist and community groups to open their homes, studios and group venues to showcase their talents to members of the public.



Individual artists, artist groups and local arts organisations will be displaying a fantastic range of artworks for two weekends this summer: **Saturday 15th and Sunday 16th July, and Saturday 22nd and Sunday 23rd July**. Special events and demonstrations will also take place at several venues throughout the festival.

Group exhibitions featuring borough artists will also take place at FAAM Gallery in Whitton, the Landmark Arts Centre in Teddington and RuptureXIBIT in Hampton Wick between **14th and 24th July**.

Visit the Art House website for more information.

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

St Francis of Assisi Exhibition at The National Gallery



by Revd Derrick Thompson

I'm not sure when I first became aware of St. Francis of Assisi, he just seems to have always been part of my life, especially since I worshipped in a church in Edinburgh in my teens which was, at that time, run by Brothers of the Society of St. Francis (A Church of England religious order that I believe previous Chaplain, Chris, was once a part of).



Sao Francisco de Assisi (Saint Francis of Assisi) vector. Brazilian woodcut style illustration. (Adobe Stock)



Bronze Statue of St Francis of Assisi, Italy (Adobe Stock)

Since then, I have always been interested in the life and spirituality of St. Francis, and those who follow in his footsteps today, so much so that part of the attraction of applying to become Chaplain at The Richmond Charities was our Chapel, dedicated to St. Francis.

Unsurprisingly, I was very interested to see advertisements appearing in the spring for the free exhibition of artwork of St. Francis at



Saint Francis of Assisi, church in Porto Azzurro, Elba, Italy (Adobe Stock)

The National Gallery until the end of July.

Writing for the *Daily Telegraph*, Ann Wroe describes the exhibition as 'Extraordinary' because it focuses not on a single artist, but on a single figure who inspired and inspires so many people. She writes, 'Though Francis may have died in 1226, he has become for the modern world the quintessential eco-saint, the patron of the environmental movement and a model of life based on love for all creation'.

When both my son and then Juliet started talking to me about the exhibition I was inspired to organise, with some help from Richard who organises 'Out and About', a group outing to see the exhibition for ourselves.

The National Gallery invite us to 'Come face-to-face with one of history's most inspirational and revered figures in the first major UK art exhibition to explore Saint Francis of Assisi's

... continued

life and legacy'. With medieval panels, relics and manuscripts to modern-day films and a Marvel comic there is plenty of variety in this exhibition which includes works by Sassetta, Botticelli, Zurbarán, Caravaggio, Antony Gormley, to name just a few!

In his 4 out of 5 star critique of the exhibition Christopher Howse declares it to be:

'A magnificent, moving reappraisal of the alarming St Francis of Assisi!'

So, come and join me and 'Out and About' as we explore the **St. Francis of Assisi Exhibition at The National Gallery, Trafalgar Square, on Monday 24th July 2023**, leaving from Richmond Station at 10.30am. On arrival at Charing Cross we will take morning coffee at the St. Martin-in-the-Fields Church Crypt before crossing the road to the exhibition, entering on a group ticket.

To book a place let me know:
phone/text: [07796 619697](tel:07796619697)
email: d.thompson@richmondcharities.org.uk or via your Scheme Manager.

I look forward to exploring this magnificent exhibition with you!



St Saint Francis of Assisi. Generative Ai. (Adobe Stock)

More details of the exhibition are here:
<https://www.nationalgallery.org.uk/exhibitions/saint-francis-of-assisi>

Thanksgiving and Celebration 2023



by Revd Derrick Thompson

I am looking forward to a full chapel for our **Annual Thanksgiving and Celebration Service on Sunday 9th July at 3.00pm**. This year our theme is 'Giving Thanks for the Past — Celebrating the Present'.

During the service we will give thanks for the Benefactors, Trustees and staff of yesteryear and there will be opportunity for all present to celebrate life today.

I'm delighted that we will be joined by singers from St. Mary Abbot's Church, Kensington along with their Music Director and Organist, Mark Uglow.

With some rousing hymns and congregational participation, I feel sure we are in for a good afternoon together in the Chapel of St. Francis, followed by refreshments on the lawn.

I look forward to seeing you there!



St Saint Francis of Assisi statue in Hickey's Chapel.
©CRichards

Resident Interview with Eleanor Walker

.....

In Barbados, a magazine would arrive requesting trainee nurses for the UK. My friend Pauline and I applied and before we knew it we were on a ship bound for the UK. I was 23 years old.

On arrival we met a man from the British Council and were then booked into a hotel overnight. The following morning, we both headed to Watford Hospital Halls of Residence; we settled in and then began our training. We went to study each day from 8am until 4.30pm and then headed to the wards for practical training. It took two years for me to qualify as a state enrolled nurse.

At first, we all struggled with the food but once we discovered fish and chips we were happy!

I also enjoyed the varieties of biscuits on offer and I often invited other students into my quarters, which was a lovely way to socialise and help others and myself feel less lonely.

I did lose a beloved aunt shortly after I arrived and the matron did offer for me to return to Barbados, but as this was a long

journey I decided not to go. This did bring it home to me that I was a long way from home, family and friends.

During this time my sister-in-law arrived in London and invited me to come and meet with her and her brother Alvin. Alvin and I had an instant attraction and it wasn't long until Alvin asked me out. Our first date was to the tunnel of love where we shared a little kiss. Alvin then visited me at my halls of residence but was never allowed in. After three months Alvin proposed and 6 months later we were married.

Alvin and I moved to Barnes. I then had my four sons and later returned to various hospitals working on the night shift. Alvin was a bus conductor on the Number 9 which took him through London. He was well respected and quickly promoted to be a driver.

After 16 years I returned to Barbados. It was wonderful to see my mother and all my family and friends. Over the years since I have been back to visit as often as I could and take my family with me. I intend to go again

in the near future.

On the whole I have been very happy in the UK. I have met many lovely people along the way who have cared for me.

I just want to end by saying that I have always attended church and my faith has given me great strength through my life. I thank the Lord for all my lovely family and friends.



Outreach Charities: The Vineyard



by Mike Townsin

In the heart of Richmond, down a narrow passage next to The Vineyard Life Church, lies a doorway in the wall, within a white trellised arch. Through this door emerges – Tardis-like – a huge, bright welcoming space with tables, comfortable chairs, a café bar, a guest reception area and a kitchen; this is the Vineyard Community & Richmond Foodbank.

We three Trustees – Kate, Alex and your's truly – were there at the invitation of CEO David Logan to discover first hand what the Centre does, and how our residents might perhaps engage as volunteers, in particular because it is one of fifteen local charities to which The Richmond Charities gives an annual grant.

David explained that they provide a drop-in service “dedicated to helping vulnerable individuals overcome personal crises”. Since November last year he and his team have redeveloped and expanded its services in order to support the growing number of individuals – previously in a stable position – affected by the cost-of-living crisis, in particular, through the Richmond Foodbank-plus, its emergency food provision service.

As well as this, the Vineyard Community can provide showers, clothing, support for the homeless or those at risk of it, healthcare, employment, welfare, addiction recovery.

It also has a charity shop run by volunteers.

David recounted several examples, out of many, of how he, his volunteers and his small management team, have helped individuals – just one being Jack who, he says, “arrived with tears in his eyes and a smile on his face”. Jack had been trying to hold down two jobs before losing them, dealing with a



very sick mother and a struggling family; as a result he had felt cut-off, lonely, without friends and community, and struggling with his mental health. In Jack’s words: “...coming here to get some food for my loved ones and experiencing the humanity and welcome of it, is what makes me want to see another day”.

Before we departed David’s hospitality, he took us through to his large secret garden, with its terrace, well tended flower beds, trees, lawns – easy to imagine it in full summer bloom, an oasis of calm, tranquility and momentary respite, hidden from the challenges of the outside world.

If you would like to volunteer, please email: info@vineyardcommunity.org

ETNA Community Centre: Watercolour Class

Explore washes, textures, colour theory, advice on materials etc. Advance with tutor projects and themes.



Suitable as a refresher for the experienced and for beginners. A warm welcome to new students. Sociable tea break.

Tutor Jan Lee Johnson brings expertise and experience. She has taught workshops and courses at V&A, Kew, RHACC and Orleans House.

Watercolours: **Tuesdays: 1pm to 4pm in the Community Kitchen**

For more details, please email Jan: janleejohnson@me.com

Residents' Poetry

This Is Me by Steve Harbud

I'm hoping to achieve my goals as days and years go by,
And I'm open to whatever lies ahead.
The inner peace within me may not always show
But I'm as healthy as I can be that I know.

I feel safe in the knowledge with everything I've learnt,
I value all the time that I have left.
I feel the love within me I sometimes can't express
But I'm stronger and I'm wiser none the less.

I'm thankful for the lessons learnt that led me here today,
And the energy to do the things I love.
I love to feel inspired and express what's in my heart
It's a journey I've been making from the start.

Would life be so different if I could go back in time,
To have everything in life that I desired.
But if it's written in the stars what's meant to be will be
'Cos it's taken me a lifetime to be me.

Cambrian Centre: Papier Mâché Group

Fridays 1-3pm **FREE**

Papier Mâché literally means chewed paper and was invented in China in the Second Century. It has been used as a creative technique for centuries. For example, it has been used for boats, furniture, picture frames, decorative boxes, paintings and trays, puppets but also fun and frivolous animal sculptures to name but a few!* The technique is simplicity itself, all you need is paper (any kind —good for recycling!), a flour and water based glue, sometimes a little wire and masking but most importantly, imagination. It is fun and sticky and everyone can do it!

Contact: David Lemon on [020 8948 3351](tel:02089483351) or email manager@cambriancentre.org for more information.

*see Miscellany on page 27

Sculptures by the River Thames in Richmond



The Naked Ladies at York House They represent the Oceanides, or sea nymphs of Greek mythology. No one knows who the sculptor was but it seems that they came from the Roman studio of Orazio Andreoni at the turn of the nineteenth century. (Thewub/Wikimedia Commons)



The War Memorial, Radnor Gardens by Mortimer Brown. A soldier marching forward, smiling with one hand holding his hat in the air. Victorious! (BobSpeel)



The Bulrushes, Twickenham Riverside next to St. Mary's Church, the last resting place of Alexander Pope. (Des Blenkinsopp, Wikimedia Commons)



Father Thames outside Ham House by John Bacon 1775. (Ethan Doyle White, Wikimedia Commons)



Milestone Obelisk to the east end of Richmond Bridge Late C18, commemorating erection of Richmond Bridge. West face inscription: "The First Stone of this Bridge was laid 23 August 1774 and Finished December 1777". (Iridescent, Wikimedia Commons)



Aphrodite Statue, Terrace Gardens, Richmond There used to be a fountain here, but it was removed during the war to use the iron for something else. Aphrodite by Allan Howe was put in its place, nicknamed Bulbous Betty (aimee rivers, Wikimedia Commons)



Father Thames, Terrace Gardens Richmond by John Bacon 1775. Coade stone statue, from the same cast as those at Ham House and Somerset House. (Jim Linwood Wikimedia Commons)

On This
Day:

1st July 1903

The first stage of this long distance bicycle race known as the Tour de France began in Paris

On
This Day:

6th July 1907

The Mexican artist Frida Kahlo was born. Famous for her colourful self portraits that she started after getting injured in a bus accident.

On This Day:

13th July 1985

The Live Aid concert was held in Wembley Stadium. It raised £150 million for famine relief in Ethiopia.

On
This Day:

17th July 1955

Built under the supervision of Walt Disney, the Disneyland theme park in California opened for the first time.

Collated by
Debbie Flaherty

National Awareness Days



Collated by Lorraine Bradley

International Plastic Bag Free Day 3rd July. Created by Bag Free World, the day is a worldwide

initiative for the purpose of getting rid of single-use plastic bags. It is all about promoting environmental conservation by encouraging us all to stay away from the use of plastic bags and instead look for more eco-friendly alternatives, increasing awareness of the dangers of the impact they have on marine life, animal life, and nature. If you want to become even more proactive, then you can head to www.plasticbagfreeday.org/

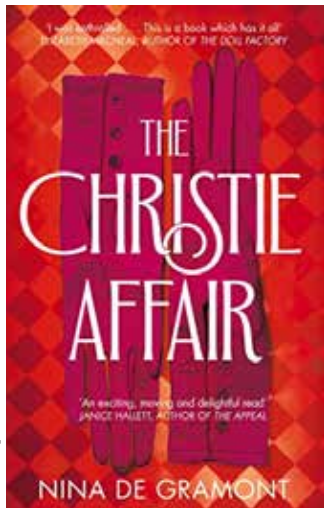
The Samaritans - Talk to Us 24th July

On this day and throughout July, The Samaritans will be running an awareness-raising campaign *Talk to Us*, to remind people that they are here for anyone who needs someone to listen. www.samaritans.org/support-us/campaign/talk-us Available 24 hours - call **116 123**

International Self Care Day 24th July

On this day, individuals throughout the world are encouraged to make self-care a part of their everyday routines and turn it into a priority. Ways to help combat stress: compose a list of all the ways you can continue to provide self-care for the rest of the year, for example: reading a good book; having a regular sleep pattern; paying your bills on time; take a walk; write a journal to relieve stress; spending just a few minutes quieting your mind through meditation will go a long way. <https://www.selfcarefederation.org/international-self-care-day-page>

Review by Kate O'Brien
The Christie Affair
 by Nina de Gramont



Agatha Christie needs no introduction and arguably her greatest mystery was her own sensational disappearance for eleven days in December 1926 which resulted in one of this country's largest manhunts. Just before she went missing, Agatha's husband, Archie, had told her he wanted a divorce.

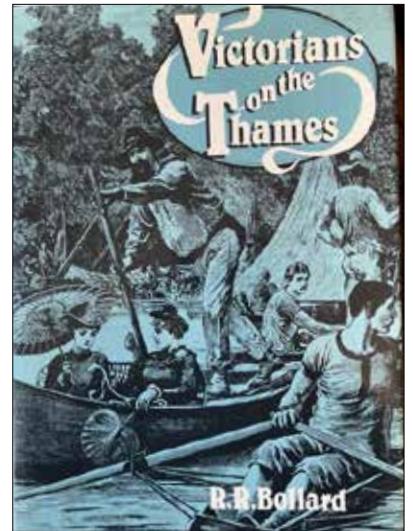
Lucy Worsley, the historian, this year wrote a book and a television series about it.

Christie claimed to have no memory of the event and never wrote about it herself.

This book is, however, a novel (several of the reviews use the term 're-imagining') and the whole story is told from the perspective of Archie's mistress. Here she is called Nan O'Dea and given a backstory that allows for plot twists and turns that Agatha Christie herself might have written. Throw into the mix a home for unmarried mothers in Ireland, nuns and priests, stolen babies, a rejected lover, unexpected deaths and a detective brought out of retirement, and you have a very clever intertwining of fact and fiction.

De Gramont is clearly a Christie fan and uses many of her plot devices in this book as, I suspect, a sign of respect; and I would like to think that the Queen of Crime herself might have enjoyed the adventure.

Review by Mike Townsin
Victorians on The Thames
 by RR Bollard



It was in the 1880s that Londoners discovered the river Thames: they crowded onto it, in skiffs, punts, canoes, steam launches and palatial houseboats (descended from barges).

Throughout the summer, regattas, Venetian fetes and firework displays attracted large crowds. Rich and poor enjoyed the delights of the river Thames, seen below in this print of a fete on the Thames at Richmond. It was the era of Jerome K. Jerome and *Three Men In a Boat*.

In this nostalgic book, first published in 1974, the author describes this world largely in the words of contemporary commentators, including visitors from the United States, together with a mass of prints, cartoons and paintings from that time.

Thoroughly recommended, especially for those with an interest in the life and times of Victorian London.



Natural Remedies



by Debbie Flaherty

Sore Throat Remedies

- Drink lots of liquid including herbal teas, veggie juices, warm broths and soups
- Drink fresh pineapple juice
- Make sage tea, sage is known to soothe a sore throat. Gargle with warm sea salt water, for additional relief add a few drops of tea tree or thyme essential oil, or add apple cider vinegar
- Take vitamin C supplements
- Take goldenseal tincture, keep doing this until you feel relief
- Echinacea (which you can also gargle with) and elderberry supplements are helpful to boost immunity
- Dry air can irate sore throats, so try making a steam bath or having a hot shower
- Garlic is high in antibacterial properties and antioxidants; it contains allicin – a compound known for its ability to fight off infection. You can take garlic supplements or add extra fresh garlic to your diet. Try sucking or chewing on a garlic clove – if you're brave enough!
- Licorice root is known to soothe sore throats, you can supplement or chew.

Wit and Wisdom



Curated by Mike Townsin

• *Patience is not the ability to wait, but to keep a good attitude while waiting.*

Joyce Meyer, author

- *Action speaks louder than words but not nearly as often. Mark Twain*
- *We are what we repeatedly do. Excellence, then, is not an act, but a habit. Aristotle*
- *In my older face I see my life. My face carries all of my memories. Why Should I erase them? Diane von Furstenburg, fashion designer*
- *We contend that for a nation to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. Winston Churchill*
- *If only we'd stop trying to be happy we could have a pretty good time. Edith Wharton, writer*
- *A man who is very busy seldom changes his opinion. Nietzsche*
- *A painter's got a canvas. The writer's got reams of blank paper. A musician has silence. Keith Richards*
- *Education is the kindling of a flame, not the filling of a vessel. Socrates*
- *A wealth of information creates a poverty of attention. Herbert A. Simon, political scientist.*

Getting To Know You



Maureen Bliss

• **What is your favourite song and how does it make you feel?** *If This Is Goodbye* by Emmylou Harris and Mark Knopfler. I sang it to an audience once with a guitarist friend and was petrified, but great memories.

• **Who is your favourite artist and why?** Edgar Degas is one of many artists I love but I adore ballet and I think his people speak to each other in his paintings.



The Ballet Class (Degas, Musée d'Orsay) 1874

• **If you could be a star in a movie – what movie would it be?** *Gone with the Wind* as Scarlet. She had such character, both good and bad and was beautiful but vulnerable. But my favourite movie of all time is *Some Like it Hot*.

• **What book do you currently have on the go?** *The Romantic*, William Boyd's latest and it happens to be the book we are reading for our Book Club group.

• **What words of wisdom would you pass on to the younger generation?** "Do to others as you would have others do unto

you" Matthew 7:12. In other words what you put in is what you get out.

• **What makes you laugh?** Apart from my husband, Victoria Wood's *Soup* sketch with Julie Walters. So yes, a little slapstick.

• **Which public figure do you most admire?** Present: Volodymyr Zelensky for his tenacity and unassuming profile and fighting for the rest of Europe. Past: Nelson Mandela for his ability to change

a partheid and keep South Africa steady. I was born in South Africa and can



remember all the bad things about apartheid, but didn't realise until I came to the UK at the age of 12.

• **What is your greatest achievement?** Setting up my own Keep Fit business in a converted water mill in Hampshire called *Jumpers*, where I had two dance studios, a juice bar, exercise and leisure wear outlet, a beautician, an aromatherapist, two receptionists – one being the editor of our leaflet, a jacuzzi and a sun bed. There were eight teachers for yoga, aerobics, dance 'n' stretch, slimnastics and tap. It was the eighties and everyone was wanting dance and exercise classes. Unfortunately, my husband did not like commuting and so eventually we sold up and moved back to London, but I made a lot of very good friends who I still keep up with today.

• **If you were Prime Minister for the day, what would you do?** Ban cars for one day making everyone walk, cycle or take public transport.

• **If you could travel back in time, where would you go?** The Court of King Henry VIII.

Can you name these bridges over the River Thames



1.



2.



3.



4.



5.



6.



7.



8.

Name the eight bridges. 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 14th July 2023.**

Name: _____

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Answers in next month's issue.

Handy Websites for You

This month **Sue McAnena** shares her favourite gift websites.

Devon Hampers for great Devon and Cornish afternoon teas (among other things) delivered to your door. www.devonhampers.com

Bloom And Wild for flowers that can be dropped through the letterbox. Also plants, candles, chocolates, cookies, hampers and pamper gifts. www.bloomandwild.com



ANSWERS: June - Norman's Quiz

- | | |
|-------------------------|---------------------------------|
| 1. James Callaghan | 9. Wayne Rooney |
| 2. Little Jack Horner | 10. The breathalyser |
| 3. Tanzania | 11. David Lloyd George |
| 4. Barbara Knox | 12. Glen Campbell |
| 5. Orange | 13. J.D. Salinger |
| 6. Rabbit | 14. Little House on the Prairie |
| 7. Marie Curie | 15. Admiralty Arch |
| 8. <i>South Pacific</i> | |

ANSWERS: June Household Products

- | | |
|------------|-----------------|
| 1. Andrex | 9. Viakal |
| 2. Brasso | 10. Kleenex |
| 3. Vileda | 11. Cif |
| 4. Spontex | 12. Cillit Bang |
| 5. Fairy | 13. Marigolds |
| 6. Dettol | 14. Mr Muscle |
| 7. Raid | 15. Vanish |
| 8. Method | 16. Calgon |

Miscellany



Curated by **Mike Townsin**

- To 'baffle' someone once meant to subject them to public disgrace by hanging their picture upside down.
- The huge gong that was struck before Rank Films was made of papier mâché.
- To dringle is to waste time in a lazy manner.
- Tyrosemiophile (noun). One who collects cheese labels.
- Schimpf-los is a 24 hour German hotline which allows customers to release pent-up aggression by swearing at telephone operators.
- Ants nod at each other as they pass.
- By 2025, there will be more English speakers in China than the rest of the world put together.
- Chess, Ludo and Snakes and Ladders were all invented in ancient India. The latter game was called Moksha Patam – 'the path to liberation'.
- There is no word in English which rhymes with pint.
- Gary Kremen, the founder of match.com, lost his girlfriend to a man she met on match.com
- Quantophrenia is an obsessive reliance on statistics.
- Christopher Columbus had arthritis in his wrist as a result of a bacterial infection caught from a parrot.



by Nigel Davis

When I was a boy, I used to like playing a board game called Buccaneer. I don't remember the precise details but basically you had to navigate your pirate toy ship on rolls of the dice through various hazards across the board to Treasure Island, pick up the treasure allocated by the cards you had drawn (diamonds, rubies, gold bars and barrels of rum) and then try to navigate your way back to port again.

The diamonds, rubies, gold and rum were of course not real but plastic. But what is real treasure?

This wonderful poem by the Welsh poet RS Thomas confronts that issue. It is a sonnet written in traditional 8/6 form but in untraditional free verse. To those familiar with the gospel according to Saint Matthew there are explicit references to two short, linked parables of Jesus about buried treasure and a pearl beyond price, relating to the kingdom of heaven.

Thomas (a church minister) undoubtedly intended that meaning; and he also goes on specifically to refer to Moses and the burning bush from the Old Testament. But any reader, whether or not familiar with the Bible, can read this

poem as he or she chooses. And underpinning it is the reassurance that even if you previously have passed real treasure by, it is not too late to "realise now".

What is the real treasure? That is for each of us to find out for ourselves, if only we are prepared to look up, look down, look around. But it won't be diamonds, rubies, gold or barrels of rum!

The Bright Field by RS Thomas

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the
pearl of great price, the one field that had
treasure in it. I realise now
that I must give all that I have
to possess it. Life is not hurrying

on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.