

Celebrating Our Community

Thanksgiving Service

Almshouses in Bloom

Why I Love Living Here

Why I Love Being a Trustee

Today I Give Thanks

Richmond Park Minibus

“What’s great about being a trustee for TRC is the feeling of camaraderie between the trustees and the staff who all drive the charity forward together.
Jeremy Williams”

“The residents, staff and trustees are some of the most delightful people you could hope to meet.
Serge Lourie”

“Teamwork and seeking to improve lives - it's a great combination
Jon Blythe”

“Like others, I joined The Richmond Charities to ‘give something back’, I have been lucky enough to work with an outstanding CEO, a thoroughly committed management team and a delightful bunch of Trustee colleagues.
Mike Townsin”

“For me, it is special to have the opportunity to change someone’s life for the better by providing better accommodation and the opportunity of a place in our community.
Kate O'Brien”

“Where else would you experience in a chapel; mandatory safeguarding training, a raucous quiz night, sublime Christmas carol singing and copious wine consumption watched over by St Francis of Assisi.
Peter Marr”

“Being a Trustee is special because we get to meet so many different people and nurture our community.
Emma Halford”

“The Richmond Charities opens a whole new world, meeting so many interesting people and learning about their interesting & full lives.
Margaret Marshall”

“I love being a trustee for the charity - it's great to be part of a community of residents, staff and fellow trustees. Highlight of the year is definitively the Christmas lunch when we all eat and celebrate together.
Rev'd Wilma Roest”

Contents

Welcome to our New Residents	2
Farewell	2
Chapel Schedule	2
Letter from Lorraine	3
Celebrating Our Community	4-12
Community News	13
Forthcoming Community Events	14-17
Reviews of Past Events	18-19
Getting To Know You	19
Outreach	20
Local Richmond News & Events	21
National Awareness Days	22
On This Day	22
Page Turner	23
Natural Remedies	24
Wit & Wisdom	24
Timetable Richmond Park Minibus	25
Fun & Games	26
Miscellany & Answers Page	27
Handy Websites	27
Poetry Corner	28

Contribute to our Next Issue

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

Friday 18th August 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: Quotes from our Trustees about why they love working for The Richmond Charities.



This magazine is recyclable.

Welcome to our New Residents

We offer a warm welcome to our new residents:

Iryna Kushnarenko
Simeon Telesford

Farewell

It is with great sadness that we say goodbye to:

Pamela Insoll who has sadly died.
Tony Verner and **Audrey Thomas** who have both moved into care homes.

Competition Winner

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

Gabriella Lebentz
Congratulations!

Answers from last month's competition are on page 27

Chapel Schedule: August 2023

Sunday 6th August	10.30am Communion with hymns, followed by refreshments.
Sunday 13th August	10.30am Communion with hymns.
Sunday 20th August	10.30am Communion with hymns. 5.30pm Café Church.
Sunday 27th August	10.30am Communion with hymns. 5.30pm Evening Prayer.

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

Magazine Design: Chantal Richards

Letter from Lorraine



Dear residents,

Well what a busy month July has been! We have celebrated our community in so many ways. All the pink quotation boxes are just some of the lovely comments we have received.

The first Open Day held by the Charity was a roaring success and over 220 people came along to see Hickey's & Church Estate almshouses and grounds. The following day the Thanksgiving Service was held and also the judging of the Almshouses in Bloom competition. I am looking forward to the announcement of the winners – so glad I did not have to judge, as many of your gardens and pots look beautiful despite the weather being unpredictable.

Our annual trip to the seaside (this year Eastbourne) was enjoyed by 43 of us and 43 came back safely! The weather was perfect for walking around and enjoying the 'must—have—at—the—sea—side fish & chips'.

The next big event is, of course, the Tropical Party on Hickey's front lawn on Thursday 10th August so get your bright Hawaiian shirts out, grass skirts, and flowers in your hair for a fun afternoon.

Best wishes,

Lorraine

Water Lilies at
Kew Gardens
by Alan Shirley
(see page 18)

SAVE THE DATE

CHRISTMAS LUNCH 2023

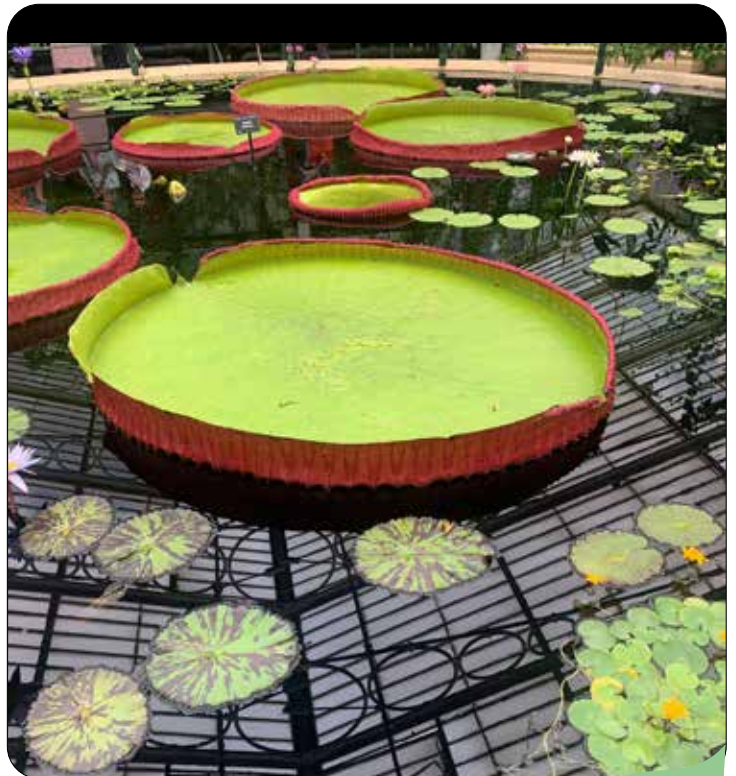
Date: Thursday 14th December

Time: 12.30pm for 1pm start

Location: Richmond Hill Hotel

Our Residents' Christmas Lunch will be held on Thursday 14th December this year. Please save this date in your diaries if you would like to attend.

Invitations with menu choices will be going out to all residents in October.



Thanksgiving Service

Revd Derrick Thompson, our new Chaplain, and Juliet Ames-Lewis, Chief Executive, welcomed us warmly to the chapel one Sunday afternoon for a service of thanks and celebration for the generosity of our almshouse benefactors. We celebrated the present by remembering the past. It was a reminder for us of the foresight of the benefactors who founded our almshouses with endowments they set up centuries ago. We also remembered the work and dedication of The Richmond Charities' current and past trustees and staff who continue to maintain the original aims of the almshouses, administering bequests while adapting to the challenges of the 21st century.

The service was a delightful, joyful programme of readings from psalms, the Bible, and uplifting hymns, along with some singers from Juliet's church choir at St Mary Abbots in Kensington who sang music from composers Thomas Tallis to Vaughan Williams. Their voices swelled in the chapel and they brought their organist along too. A small handful of residents read short

notes about the dates and original siting of some individual estates now owned by The Richmond Charities. Bishop Duppa's Almshouse of 1661 was originally in Friars Stile Road, for example, before moving to the Vineyard in 1851, or that the current Juxon's Almshouses in Mortlake built in 1911 were financed from a bequest established in 1626.

After the short service we all gathered on Hickey's lawn for drinks, nibbles and chat. It was so congenial, an afternoon that connected us with the almshouse traditions that sprang up in medieval times and are still supporting us.



Celebrating Our Community - ALMSHOUSE NEWS

“ During the service we wrote down things that we wanted to celebrate today.. ”

Today I celebrate..

“ ..the joy of community and togetherness. ”

“ ..being alive and in this place with these people. ”

“ ..being so lucky to be here today to celebrate the amazing generosity of all the people who enabled the almshouses to be built. ”

“ ..and give thanks to the staff for all the support over the years and the joy of getting new friends here at the charity. ”

“ ..all the visitors who came to the Open Day! It was like a festival! ”

“ ..my wonderful children and my wonderful miracle home! ”

“ ..that I am in my 80's but fit enough to enjoy walking and appreciate the beauty of nature. Also, I feel so lucky to be living so near Richmond Park and Kew Gardens. ”

“ ..family and friends and my almshouse, also my clubs I belong to and my health. ”

“ ..25 years since I first moved into the almshouses. 25 very happy years. Thank you. ”

“ ..the privilege of happiness and life. ”

Almshouse Open Day and Family & Friends Day



by Juliet Ames-Lewis

On 8th July we held our first ever open day and we welcomed 220 visitors!

The sun didn't shine for us but even the rain didn't put people off coming. Everyone was delighted to have the chance to look around Hickey's and Church Estate, to go inside some of the almshouses (huge thanks to the residents who welcomed visitors in), to learn more about all our almshouses estates, our new developments and our history, and about the process for applying for an almshouse.

Jo and Claire led tours around the estates, Alison talked to visitors about the application process (and is going to be kept busy with new applications in the coming weeks) and Trustees talked to attendees about the charity's history. Derrick welcomed visitors into the Chapel and gave a series of talks about the history of the Chapel.

The Mayor of Richmond also visited the open day. It was a huge success and visitors were full of positive feedback and many were asking us to run the open day as a regular event!



Celebrating Our Community - ALMSHOUSE NEWS

“
Companionship
and safety.
Adelaide Road

Our happy and
friendly community.
Hickey's
”

We've asked
residents why
they love
living here

“
Warm and
welcoming to all
with amazing staff.
Houblon's

Warm, sharing ideas,
progressive and safe.
Anon
”

“
Committed. Caring.
Capable. *Wright's*

True to its ethics,
providing security and
community to those at a
time of need.
Never feeling alone.
Candler
”

“
Security, safety,
smiles *Michel's*

I feel that we're just like
one big happy family.
Michel's

Friendly, caring and
interesting! *Anon*
”

“
The community spirit and
the knowledge that if
anything goes wrong in
the almshouse it will be
fixed. *Benn's Walk*

The care, attention
and security.
Bishop Duppa's
”

“
The comfort and security
of having a home and the
support of the community
in difficult times. *Michel's*

The mutual support
amongst the residents.
Church Estate
”

“
The amazing generosity,
kindness and thoughtfulness
of the charity.
Benn's Walk

Knowing there is someone
around and never feeling
alone; feeling safe and
secure. *Hickey's*
”

“
Feeling safe, knowing that
I'm not alone and that
help is at hand.
Benn's Walk

Great home, super staff,
lovely neighbours! *Anon*

The quiet and peace.
Church Estate
”

“
Peace and tranquillity;
privacy; security; friendly
atmosphere and neighbour-
hood. *Michel's*

A first class
community project that
really works!
Anon
”

“
The freedom of being in-
dependent but with help if
required. *Church Estate*

Our beautiful
gardens and
grounds.
Hickey's
”

“
Being independent and yet,
if we need help, we can
ask. *Church Estate*

The level of support from
the staff. *QE*

A sense of
belonging. *Hickey's*
”

The Richmond Charities Almshouses in Bloom Prizegiving Event : Tuesday 8th August in The Garden Room



by Linda Prendergast

The sun came out just in time for the judges, Owen and Emma, to begin visiting the gardens and the gardeners who entered this year's Almshouses in Bloom competition. In total there were 20 entrants this year covering 5 different estates.

I had the pleasure of accompanying the judges, taking pictures of the gardens and the green fingered gardeners, who all did such a wonderful job for the second year of our in-house competition.

Both judges meticulously looked at each garden, hanging basket or pot and marked them accordingly. After the judges had finished their visits we retreated to the Mitre pub for something cold to drink.... It was hot work visiting all those gardens you know!

After some long discussions between Owen and Emma the final decisions were made. Both agreed it was harder this year to decide on the winners as there were more entrants and more prizes to give out.

And the winners are:

Drum roll please!!!

Ron and Mary Bronks

Gwen Doyle

Heather Keeler

Janet King-Martin

Sue McAnena

Jemima Prasadam

Sheila Walker

Jackie and Bill Watson

Lena Warboys

Richard Yardley

The category results are top secret until the prize giving so everyone will have to come to the event to find out what they have won.

This year's prizegiving event will be held on Tuesday 8th August at 2pm in the Garden Room.

All residents are invited to come and join in the presentation of the trophies and gift cards to all our worthy winners. Everyone who entered will also be given a certificate.

Whether you entered the competition or not, please come and congratulate and celebrate all the hard work everyone has put into making their gardens look so beautiful.

Refreshments will be served. Let's raise a glass to all of our entrants and winners.



Gwen Doyle



Heather Keeler



Janet King-Martin



Jean Newport



Lena Warboys



Jenny Ruff



Lisa Blakemore

ALMSHOUSE NEWS - Celebrating Our Community



Mary & Ron Bronks



Bill & Jackie Watson



Mary & Ron Bronks



Bill & Jackie Watson



Bill & Jackie Watson



Tatiana Mackay



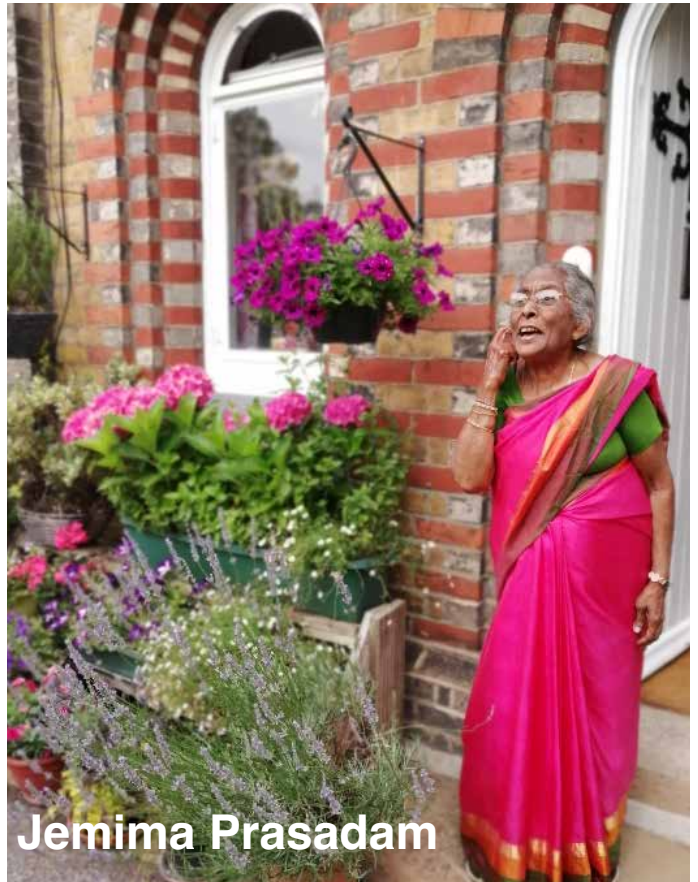
10
Snirley Perry



Susan Shaper



Sue McAnena



Jemima Prasadam



Richard Yardley



Sheila Walker



Sheila Walker

Out and About Group: Charterhouse Almshouses



While we were celebrating our community, the Out and About Group visited a similar community at Charterhouse Almshouses in central London.



by Angela Greaves

On Tuesday, 23rd May 2023, Richard, and 9 residents travelled by underground from Richmond Station and popped out near the



Barbican. We were about to visit the Grade 1 listed London Charterhouse in Farringdon, dating back to the 14th century. None of us were really prepared to experience such history and discover 650 years of architecture from the Black Death to the present day. We intrepidly entered the huge black gates and were amazed at all we saw – in fact very much in awe.



Our tour, by one of the residing Brothers, David Shovel, was booked for 2pm, so we leisurely visited the Museum and the Chapel which was open to view. Everything was so well documented and displayed it was easy to visualise how it must have been in the winter months inside the buildings, where log fires must have been burning and no double glazing! Resident skeletons were on display. At 1pm a welcome lunch break was declared, and we picnicked in one of the study rooms. We paid our meagre £1 each for the tour (highly discounted by a word from Juliet).



At exactly 2pm our guide, David, arrived to take us on a behind the scenes tour of the buildings. This tour included some well-known stories from British history including the plague, Reformation and Tudor times, plus the Blitz, all from the unique heritage of one of London's hidden gems. The next 90 minutes were exhilarating as our guide David was knowledgeable and very dedicated and proud of his current home.

At the end of our tour, we bid David farewell and needed a sit down in the nearest café. Danny, one of our newest residents, kept up with us all despite being the eldest! Welcome to Danny, who joined our group and amused us all with his stories of the early days in London after the Blitz where he opened a market stall amongst the rubble and ruins.

Heading home wearily, after a wonderful day, we were a little shell shocked at witnessing such an amazing place almost on our doorsteps. Well done Richard once again for organising such an informative and fascinating day. We all appreciate that we too are 'brothers' and belong to a modern-day Almshouse Community in Richmond in 2023.

What Do Scheme Managers Do?!



by Gennie Thompson

As Scheme Managers, we often get asked by residents ‘what is it we actually do in the day?’ We mostly find this question difficult to answer as our role is incredibly varied and each day tends to be drastically different.

So to attempt to answer this question we have brainstormed and created this mind map which we hope will demonstrate some (not all) of the wide-ranging aspects of our job role. We hope this is helpful to you if you wanted to build a picture of what our job entails.



News from the Pews (well, comfy chairs!)



by Revd Derrick Thompson

This month will see the beginning of a return to Sunday Evening Worship in the Chapel of St. Francis,

starting with **Café Church on Sunday 20th August at 5.30pm.**

At Café Church we will sit around tables for an hour with tea, coffee and light refreshments, joining in interactive elements like quizzes, simple crafts, songs, meditations and interactive prayers. Everything will be linked

to a theme or short passage from the Bible. It's simply about exploring our faith in an informal and relaxed way.

On Sunday 27th August we will share in a more formal service of Evening Prayer. Hopefully September will see Evening Communion and Songs of Praise adding to our monthly Sunday Evening programme. Services will start at 5.30pm during BST and 4.30pm during GMT.

All are welcome. I hope to see you there!

Full of Life Fair by Juliet



by Juliet Ames-Lewis

Richmond Council's annual Full of Life Fair will take place at Twickenham Stadium on **Friday 13 October 2023 from 10am to 4pm.**

Once again, The Richmond Charities will have a stall at the event.

The fair will be an event filled with a variety of local stallholders and activities for people to interact with, all based around the 5 Ways to Wellbeing, and will support Full of Life's ultimate goal of providing borough residents aged 55 and over with the information they need to live healthier, happier and more social lives, as well as more independently in their own homes.

www.richmond.gov.uk/five_ways_to_wellbeing

This year, the focus will be on the theme of Physical Activity, exploring a wide range of local and inclusive opportunities and information to support people to be more active and stay physically healthy. This will prioritise taking a look at how people can practically include physical activity in their everyday life, and in ways they may not have previously considered.

Do put the date in your diary.

Further information about how to register for the fair will be published by Richmond Council in August.



Good Thinking.
Always continue to think of good things and everything will become good.

Thought for the day.

Craft Afternoons at Wright's Summer Break

The Craft Group at Wright's will be taking a short break during the month of August for the summer holidays.

The group will close on 4th August and re-open on Friday 8th September at 2pm.

Save The Date

Sing-Along Concert

9th October, 2.30pm



by Claire Sanecka

An hour full of sing-along songs, duets and solo performances followed by refreshments in the

Chapel. Please come and join us for a fun afternoon!



Songs on Wheels

Sing-along concert

Sing or hum along or just enjoy the music

2.30pm

Monday 9th October 2023



www.songsonwheels.org

IT Sessions with Age UK

Classes Are Back in the Garden Room!

Age UK are happy to continue the very successful IT sessions where they have helped residents get to grips with technology. We can confirm a further 4 dates so far in which to hold pre-booked timed slots so that each tutor spends 1 hour one to one with the resident.



There is now a fully working Wi-Fi connection in the Garden Room so the internet connection problems we encountered

earlier in the year have been fixed.

The sessions are being held on:

- Wednesday 6th September
- Wednesday 20th September
- Wednesday 4th October
- Wednesday 18th October

Time slots are as follows:

10.00am - 11.00am

11.00am - 12.00noon

Please remember to contact your Scheme manager if you would like to book an appointment.

Handling History: Treasure or Tat?

With Renia Jenkins



Good reminiscence is a two-way journey – a portal from the past and a bridge to the future.

Reminiscing is both enjoyable and empowering as it creates an opportunity for self-expression and a platform for fun and shared humour. Reviving and sharing nostalgic experiences draws people together and the social interaction benefits everyone involved.

Handling History offers a unique experience to all types of community groups who might enjoy a nostalgic interlude. The talks are informal and engaging, using an extensive range of interesting and unusual objects – all of which are supplied by Renia and can be handled. Every object tells its own story and provides an entertaining and light-hearted opportunity to recall how life used to be.

Come and join Renia for this fascinating and interactive session at: **2pm on Thursday 14th September in the Garden Room.**

Pet Therapy



by Claire Sanecka

“Remember the article about the beautiful Greyhound dog looking to visit residents in their own home? Sadly the Greyhound dog is no longer available. However Wilma the Labrador is in town and will be visiting very soon”

“Oh really?! When?”

“Jen and Wilma are available on Mondays and will start on 31st July. They will be visiting those residents who are currently on the waiting list following the article about the Greyhound.”

“Well I never, how do I book?”

“Speak to your Scheme Manager who will arrange a visit for you.”



If you would like a visit from Wilma and Jen, please let your Scheme Manager know.

Important information: Please inform your Scheme Manager if you suffer with dog allergies so that we can manage Jen and Wilma’s visits accordingly.



Please also note, Wilma is not too fond of cats following an attack from one in her younger years. If you have a cat and would like to meet Wilma, we will arrange a visit for you in a communal area.

If you have any queries, please speak to your Scheme Manager.

Kew Gardens: Free Tickets from The Richmond Charities

by Alan Shirley

How often have you said you don't take advantage of the excellent things going on near to where you live and only make the most of them when you have visitors? I know I have, when living in Cornwall and many other places, over the years.

I visited Kew Gardens quite a few times when living in North West London but had not realised until yesterday (Wednesday 5th July) how it has literally grown and changed. The massive Temperate House and Palm House are of course centres of attraction including their upper walkways, but there is also now a treetop walkway. Access for the less able is via a lift. You need a decent head for heights but it is well worthwhile. And for my visiting daughter in particular the waterlily house was the icing on the cake.

Please take advantage of free entry — thanks to The Richmond Charities — and make the most of this wonderful world beating treasure trove.



Getting To Know You

Jenny Heathcote

- What is your favourite song and how does it make you feel?

Most songs – I love all music

- If you could be a star in a movie – what movie would it be?

Gone with the Wind – I love the costumes

- What book do you currently have on the go?

Nemesis by Jo Nesbo

- What words of wisdom would you pass on to the younger generation?

Always be kind, honest and have respect for others

- What makes you laugh?

A good comedy and family get-togethers

- Which public figure do you most admire?

Marie Curie

- What is your greatest achievement?

Having my son

- If you were Prime Minister for the day, what would you do?

Reduce taxes

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

Back to my late 30's and into my 40's.

Residents' Seaside Trip to Eastbourne



by Debbie, Lorraine and Roxanne

9am. The coach and the lovely driver Muthu turned up right on time.

Derrick popped into the coach to wish everyone a good day and as the coach started to pull away we realised that Derrick was still with us!!

That was our only funny little hiccup and, other than that, the day could not have gone better. Everyone was there at the pick-up points on time and there was a lovely air of excitement on the coach. We drove through some rain but as we arrived in Eastbourne the sun was shining.

Everyone went off to enjoy their day and it was lovely to see new friendships made. The weather stayed glorious all day. Everyone said they had a lovely time and are now thinking of ideas for the next destination in 2024.

For us staff it was lovely to be able to enjoy such a good day out with some of our wonderful residents and to enjoy a laugh and some silliness together.

We would like to say a big “thank you” to everyone who came along for making our day special too.



Ruils independent living charity

Looking for an Activity Group to join?

ruils
independent living

Ruils provides a range of accessible and inclusive activities to enhance the health and wellbeing of our clients. Find the right group for you and get in touch to join us!

Breath and Body Sessions

Sessions take place on Zoom

Every Monday from 6:00 – 7:00 pm

Every Wednesday from 2:00 – 3:00 pm

Ignite Me Theatre Workshop

Every Friday at Twickenham Age UK

Wellbeing Centre from 3:00 – 4:30 pm

Arts and Crafts

Every Tuesday at Whitton Community

Centre from 10:30 – 12:30pm

Wellbeing/Accessible Walks

Wellbeing Walks are once a month at different Richmond Parks & Accessible Walks are once a month along the River Crane

Community Allotment

Every Wednesday at the Shacklegate

Lane allotments in Teddington Cemetery

from 11:00 – 1:00 pm

Bowls Club

Every Monday at Cambridge Park Bowls

Club in Twickenham from 2:00 - 3:30 pm

Community Choir

Every Tuesday at Twickenham Age UK

Wellbeing Centre from 11:00 – 11:45am

Creative Writing

Every Monday, alternating weekly between:

Twickenham Age UK Wellbeing Centre

1:30 - 3:30 pm and **Zoom** 5:00 - 6:30 pm



Get in touch!

Gary Williams

Community and Volunteer Manager

garywilliams@ruils.co.uk

020 8831 6083

www.ruils.co.uk

Ruils is a registered Charity
Charity no: 1127896

January 2023

Train Ticket Offices



South Western Railway is proposing to close all of their ticket offices. Customers will still

be able to access products and services through South Western Railway's website, their mobile app, contactless payment, pay as you go, at their customer contact centre, or at the station.

Changes to NHS Primary Care complaints

The way you can make a complaint about your GP practice, dentist, optician, or pharmacy has changed. There are two ways you can complain: directly to the healthcare provider or to the healthcare commissioner. After 1 July 2023, if you want to make a complaint about primary care services to the commissioner you will now contact South West London Integrated Care Board (ICB) instead of NHS England.

You can do this by:

Telephone: 0800 026 6082

Email: contactus@swlondon.nhs.uk

Or by writing to: NHS South West London ICB, 120 the Broadway, Wimbledon, London SW19 1RH

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

Free minibus service to AND around Richmond Park



The minibus operates every Monday, Wednesday, and Friday, from 5 April until 29 November

2023, between the hours of 9.25am and 4.20pm. The minibus is free and fully accessible with a ramp and steps to aid access. **WE HAVE PRINTED THE FULL TIMETABLE FOR THIS FREE SERVICE ON PAGE 25.**

Reading Al Fresco at Teddington Library

The Shared Reading session in Teddington Library's Garden. Nature-themed sessions throughout July and August. "In these summer sessions we will read an extract or short story together, pausing to discuss. Then we will read a poem and share our thoughts."

Biscuits and cold drinks are provided. Everyone is welcome.

Sessions details:

Date: Every Friday from July to August 2023

Time: 4 to 5pm

Location: Teddington Library, Waldegrave Road, Teddington TW11 8NY

Price: Free. No booking required

Evening Entertainment in Richmond

As part of the work taking place in the borough to rethink how we can improve our evenings, Visit Richmond have collated a list of entertainment taking place post-6pm. Richmond Lates showcases the best of the borough. With pub quizzes, contemporary jazz and karaoke on the schedule, there is no shortage of activities to check out. <https://www.visitrichmond.co.uk/events/richmond-lates>

On This Day:

6th August 1965
Beatles release the album *Help!* in the U.K.

On This Day:

10th August 1897
Automobile Club of Great Britain Formed.

On This Day:

21st August 1959
Hawaii becomes the 50th state in the United States.

Collated by
Debbie Flaherty

Spelling!

Putt knot yore trussed
inn spell chequers

I have a spelling chequer witch
came with my pea see.

It plainly marques for my revue
miss steaks I cannot sea.

I strike a quay ore right a word
and weight four it to say

weather eye am wrong ore write
– it shows me strait a weigh.

As soon as a mist ache is
maid it nose before two late

an eye can put the error rite.
Its rarely, rarely grate!

I've run this poem threw it. I'm
sure your pleased to no

It's letter perfect in it's weigh.
My chequer tolled me sew.

**Thank you to Margaret
Goddard for sending this in.**

National Awareness Days



Collated by Lorraine Bradley

Psoriasis Awareness/ Psoriasis Action Month. Psoriasis Awareness month is used as an opportunity to educate and inform sufferers on a range of topics varying from treatment, causes, triggers and management of the inflammatory and often irritating disease. The cause of psoriasis is still unknown but specialists do know that it is largely affected by the immune system and genetics. www.psoriasis.org.uk

Afternoon Tea Week 7th - 13th August. Celebrating



the great British tradition of Afternoon Tea, it is the perfect excuse to catch up with loved ones over a cup of tea and some delicacies. Venues across the UK (including lots of London hotels) will run a selection of exclusive discounts and exciting events to pay tribute to the nation's favourite

pastime. <https://afternoonteaweek.co.uk>

World Photo Day 19th August. The main aim of World Photo Day is to inspire positive change across the world. Connecting people and raising awareness through the use of photography. www.worldphotoday.com

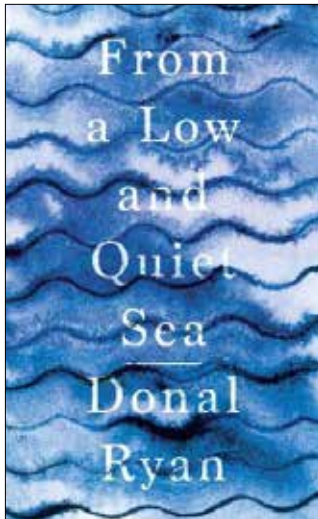
World Humanitarian Day 19th August. The purpose of World Humanitarian Day is to raise awareness of the plight of civilians around the world who have become caught up in conflicts, and also honour and raise support for the humanitarian workers who risk, and sometimes lose, their lives to help.

Over 130 million people throughout the world are currently in crisis, either through war or natural disasters and are in need of humanitarian aid. www.un.org/en/events/humanitarianday

Review by
Kate O'Brien

***From a Low
and Quiet
Sea***

by **Donal
Ryan**



I had read Donal Ryan before and *The Queen of Dirt Island* was firmly set in Ireland, so I was surprised when *From a Low and Quiet Sea* opened in war-torn Syria with Farouk's story. This section was topical and heart-breaking.

The next section is Lampy's, a lost young man, living in Ireland with his mother and grandfather (quite the character ...), who is working in a care home. In the final section we meet John, an old man who seems to be nearing the end of his life.

There appears, at first sight, to be no connection between these three characters and I wondered if I was reading a book of short stories – until I didn't.

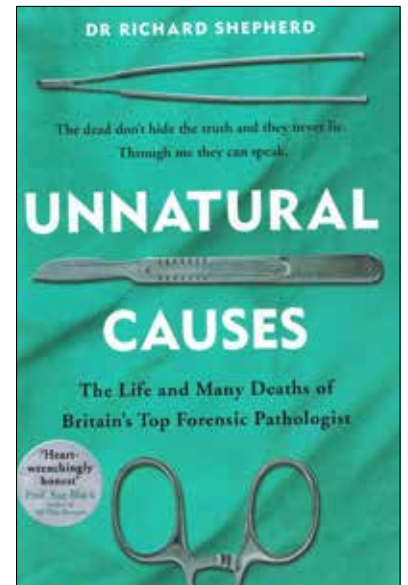
This is a very short novel (novella?), only 180 pages, but is beautifully written. You really get to know all three main protagonists as the characterisation is outstanding and you feel you can hear their voices as you read. And the plot twist at the end was genuinely a shock. I would highly recommend it.

Review by Alan
Shirley

Unnatural Causes

***The Life and Many
Deaths of Britain's
Top Forensic
Pathologist***

by **Dr Richard
Shepherd**



As The Times critic said "one of the most fascinating books I have read in a long time. A book I could not put down".

Dr Richard Shepherd was born in West London but grew up in Watford. He trained as a doctor at St George's, qualifying in 1977 and already set on a career in forensic pathology, he went on to qualify in 1987 joining an elite department at Guy's Hospital.

The book, something of a cathartic autobiography, charts his experiences from the early days attending the Hungerford massacre and onward including different levels of involvement, amongst thousands of others, involving 9/11 in New York, London train disasters and Princess Diana's death in Paris.

It really is a page turner and covers how this all had to be fitted around a very demanding family life.

Some fascinating and very illuminating examples of giving evidence in courts including the Old Bailey and brushes with cross examinations, some incredibly confrontational.

He remains a world authority on forensic pathology.

It was first published by Penguin in 2019.

Natural Remedies



by Debbie Flaherty

Gout

Fingers and toes are the most likely areas to be affected by gout. They can become red, hot, shiny and swollen and very painful.

Causes may include:-

- High alcohol consumption.
- High meat intake.
- Insufficient water.
- Insufficient fibre, fresh fruit and vegetables.
- Obesity.
- Crash dieting.
- Chemotherapy.
- Surgery.

Gout is very much affected by diet so good to eat/drink –

- At least 8 glasses of water a day.
- Vegetable juices.
- Raw vegetables.
- Fresh fruit – pineapple, cherries and strawberries particularly good.
- Artichokes.
- Flax seeds and celery seeds are good to sprinkle on a salad.
- Aduki beans are good for reducing the swelling and heat of gout.

Wit and Wisdom



Curated by Mike Townsin

- *If you only do what interests you at least one person is pleased.* Katherine Hepburn
- *In all affairs, it's healthy now and then to hang a question mark on things you have long taken for granted.* Bertrand Russell
- *I feel these days like a flamingo. No matter where I turn there is always a very large bill.* Joseph O'Connor
- *Hating the things other people like is not a reliable sign of superiority.* James Marriott, Times journalist.
- *Only Napoleon did more than I have done. But I am definitely taller!* Silvio Berlusconi.
- *Everyone you meet is fighting a battle you know nothing about. Be Kind.* Robin Williams
- *Not how long, but how well you have lived is the main thing.* Seneca
- *Love is a lot like toothache. It doesn't show up on an x-ray but you know it's there.* George Burns
- *Places move into people as much as people move into places.* Nicola Dinan, author.
- *Fashion passes, style remains.* Coco Chanel.
- *All truly great thoughts are conceived while walking.* Neitzsche.
- *Advances are made by asking questions. Discoveries are made by questioning answers.* Bernard Haisch, astrophysicist.

Timetable for Richmond Park FREE MINIBUS SERVICE

RP1

Roehampton Estate – Pen Ponds – Isabella Plantation – Roehampton Estate
(within Richmond Park and via Ham Village, Ham Gate Avenue and Mortlake Station)

Monday, Wednesday and Friday – Service for 2023

5 April 2023 to 29 November 2023

Roehampton Danebury Avenue (barrier)	09:25 Pick up only	11:00	Gap in the minibus service is for the driver's lunch break	13:10 Pick up only	14:45
Roehampton Gate Car Park (café and toilets)	09:27	11:02		13:12	14:47
Robin Hood Gate Car Park	09:31	11:06		13:16	14:51
Pen Ponds Car Park	09:35	11:10		13:20	14:55
Broomfield Hill Car Park for Isabella Plantation	09:49	11:24		13:34	15:09
Ladderstile Gate (for 85 and K3 buses on Kingston Hill)	09:53	11:28		13:38	15:13
Kingston Gate Car Park	09:58	11:33		13:43	15:18
Ham Village Ashburnham Road (371 bus stop to Richmond)	10:06	11:41		13:51	15:26
Ham Gate Avenue (65 Bus Stop to Richmond) see Board nearby	10:11	11:46		13:56	15:31
Isabella Plantation Disabled Car Park at Peg's Pond Entrance	10:16	11:51		14:01	15:36
Pembroke Lodge (café, information centre and toilets)	10:23	11:58		14:08	15:43
Richmond Gate (bus stop inside gate by mini-roundabout)	10:28	12:03		14:13	15:48
Sheen Gate (out)	10:35	12:10		14:20	15:55
Mortlake Station (969 bus stop outside community centre)	10:45	12:20		14:30	16:05
Sheen Gate (in)	10:55	12:30		14:40	16:15
Roehampton Danebury Avenue (barrier)	11:00	12:35 Drop off only	14:45	16:20 Drop off only	



If wheelchair access is required for your journey, please email:

jmeays@royalparks.org.uk
volunteering@royalparks.org.uk

Further information on The Royal Parks and Richmond Park is available at: royalparks.org.uk

For more information on the minibus service, visit: royalparks.org.uk/parks/richmond-park/visitor-information/free-minibus-service-in-richmond-park

Or you can email: jmeays@royalparks.org.uk volunteering@royalparks.org.uk

Can you name these local landmarks?



1.



2.



3.



4.



5.



6.



7.



8.

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 18th August 2023.**

Name: _____

26

Answers in next month's issue.

Handy Websites for You



This month, Gennie shares her favourite websites and apps.

www.timeout.com/london for events, activities, news about what's on locally. There are also discount offers for events, dining, massages and more.



www.londonist.com for things to see and do in London.

www.groupon.co.uk and www.wowcher.co.uk

These websites offer deals on local activities, events, services, beauty and hair treatments and goods at discounted prices.



Vinted app is a very handy app for selling and buying clothes and accessories.



Merlin app Use this app to listen to bird sounds. It identifies which birds are singing near you.

ANSWERS: July London Bridges

1. Tower Bridge
2. Albert Bridge
3. Waterloo Bridge
4. Westminster Bridge
5. Southwark Bridge
6. Putney Bridge
7. Kingston Bridge
8. Millennium Bridge

Miscellany



Curated by Mike Townsin

- For a million years the human population of the Earth was less than 26,000.
- In 1947, the Duke of Windsor bought the Duchess a black patent leather Hermes wheelbarrow.
- More than 90% of the blackcurrants grown in Britain go into Ribena.
- The average pencil can write 45,000 words or a single line 35 miles long.
- Since the Second World War only 20 babies born in the UK have been called Adolf.
- Dalek is Croatian for 'far away thing'.
- Leonardo da Vinci worked on the Mona Lisa for 15 years. By the time he died in 1519, he still didn't consider it finished.
- The Oxford English Dictionary takes 9000 words to describe the 45 different meanings of 'at'.
- Winston Churchill is the only politician to have won the Nobel Prize for Literature.
- Angel Falls, Venezuela, is 17 times higher than Niagara.
- There are 1,200 species of bat in the world, and not one of them is blind.
- In Spanish the word esposas means both 'wives' and 'handcuffs'.



by Nigel Davis

The good, strong Scottish name Angus (connoting manly strength) is represented in Gaelic by the name Aengus. In Irish myth, apparently, Aengus represents a figure of youthful ardour and love. WB Yeats (1865-1939), a dominant figure in 20th century poetry, loved myth and magic. This poem can perhaps be read in many ways.

Certainly the young Aengus who reckons that he has with his magic wand (hazel is traditionally associated with magic) caught “something” finds that he has in fact been caught by “someone” — someone who twice (in that lovely Biblical phrase) “calls him by name” before disappearing.. Thereafter he endlessly, though full of hope and never despairing, searches for her (or is he searching for a vision?).

Those who want can find many layers of symbolism and implied meaning in this poem. The rest of us can simply enjoy it for the exquisitely beautiful poetry that it is. Do read it out aloud to yourself.

The Song of Wandering Aengus

by William Butler Yeats

I went out to the hazel wood,
Because a fire was in my head,
And cut and peeled a hazel wand,
And hooked a berry to a thread;
And when white moths were on the wing,
And moth-like stars were flickering out,
I dropped the berry in a stream
And caught a little silver trout.

When I had laid it on the floor
I went to blow the fire a-flame,
But something rustled on the floor,
And someone called me by my name:
It had become a glimmering girl
With apple blossom in her hair
Who called me by my name and ran
And faded through the brightening air.

Though I am old with wandering
Through hollow lands and hilly lands,
I will find out where she has gone,
And kiss her lips and take her hands;
And walk among long dappled grass,
And pluck till time and times are done,
The silver apples of the moon,
The golden apples of the sun.

