

Then and Now The History of our Community

History of
Richmond's
Almshouses

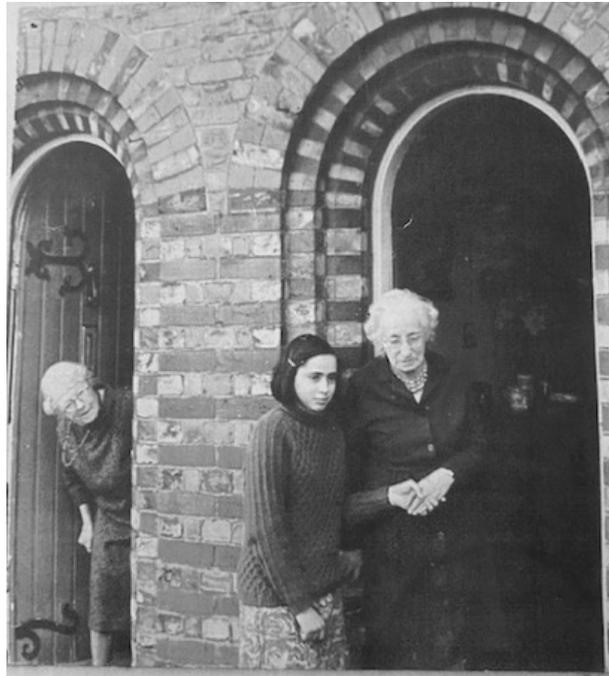
Then & Now: St
Francis Chapel

Sir Terry Waite

Why We Love
Working Here

Benefits of
Community Living

Summer Party
Photos



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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 15th September 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: 1950s photos courtesy of Richmond Museum and 2023 photos by Debbie Flaherty.

Points to Ponder



Collated by Margaret Goddard

- Is Atheism a non-prophet organisation?
- Isn't it a bit unnerving that doctors call what they do 'practice'?
- How is it possible to have a 'civil' war?
- Is there another word for synonym?
- What was the best thing before sliced bread?

Competition Winner

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

Debbie Asquith
Congratulations!

Answers from last month's competition are on page 27

Chapel Schedule: September 2023

| | |
|------------------------------|---|
| Sunday 3rd September | 10.30am Communion with hymns, followed by refreshments. |
| Sunday 10th September | 10.30am Communion with hymns. 5.30pm Songs of Praise with refreshments |
| Sunday 17th September | 10.30am Harvest Celebration! 5.30pm Harvest Supper |
| Sunday 24th September | 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



This magazine is recyclable. Please feel free to share your magazine with others.

Letter from Debbie



Dear Residents,

I would like to have started by saying what a lovely summer we are having, but unfortunately the weather is not very seasonal at the moment. Let's hope we get some sun late this year so that I can see you all sitting in the gardens having a tea, coffee or something a little stronger, which is something I personally love seeing. It feels like a true community.

Fortunately for us all, we were able to enjoy a very pleasant sunny day for the Annual Summer Party on Hickey's lawn. We have had great feedback about the food, music and dancing which all added to the lovely atmosphere of the day, and I must say everyone looked so colourful and really entered into the tropical theme.

The Almshouses in Bloom prize giving took place in The Garden Room which was well attended. It was so good to have so many entrants this year. I love to walk around and see individual gardens, hanging baskets and pots. All very colourful.

This month we take a look back at our community's history. I had lots of fun taking some captivating photographs for our Then and Now front page.

As usual I hope you enjoy this month's edition of the Almshouse News and 'thank you' to all that have contributed in some way.

Debbie

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.



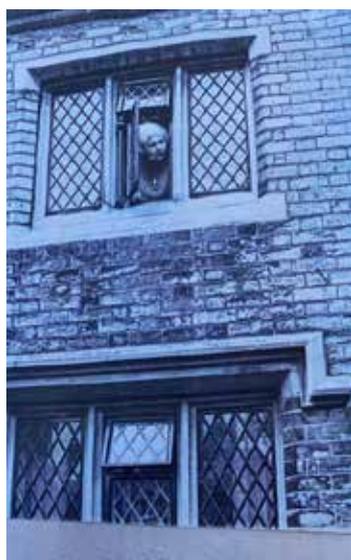
Summer Love for the parakeets!
by Mick Tinson

A bit of history about Richmond's Almshouses...



by **Juliet Ames-Lewis**

The almshouse world is a special place in which to live and work. There are a large number of almshouses in Richmond because Richmond Palace (between the reigns of Richard II and Charles I) was a regular residence of the Kings and Queens of England. Those associated with a court in residence, such as nobility, clerics and wealthy commoners, were therefore drawn to Richmond. It is from these people that benefactions were often received to establish almshouses. The first almshouses in Richmond were established in 1600 and The Richmond Charities currently have 145 almshouses.



Many of these philanthropists and benefactors from centuries past were moved by the poverty and hardship of good and deserving people and found that the best way to meet their needs was to provide a roof over their heads and pensions of money, coal, clothing or other goods. For example, alms people at Queen Elizabeth's Almshouses received bread, cheese and beer money, whilst at Bishop Duppa's Almshouses they received a chicken and 1lb of bacon every Christmas.

Michel's and Hickey's residents received between 1 and 2½ tons of coal each year and a great coat every 5 years.

Applicants for accommodation in the almshouses then, as now, had to have lived in Richmond for some years and to be of good character, although we don't any longer insist on the final stipulation which was that they had to be able to recite one or two prayers!

Once appointed, inmates, as they were then called, had to behave as required by the founder and failure to observe the rules resulted in fines or expulsion from the almshouse. Each almshouse estate had its rules and tables of fines and penalties. With the fines, almshouse residents were encouraged to tell on their neighbours. As fines were distributed amongst the alms people, I don't imagine that much encouragement was needed!

Houblon's Almshouses had the most comprehensive sets of Rules and Orders for Governance, which included:

1. Attending divine service every Sunday and holy day
2. Not keeping a hog in any of the almshouses
3. No tipping or drinking in any common alehouse or gin shop
4. No begging, swearing, blaspheming, fighting, smashing glass windows, destroying the almshouse or giving away the gift of a gown.
5. And the final order stated that the alms people were not to spend their time in idleness but employ it in some useful work, in reading the Holy Bible and other good books, in prayer and giving thanks and praise to God.

Almshouses Living today

There have been 2 remarkable research studies recently carried out by the Almshouse Association which show the huge and positive impact that living in a community, with staff support, activities, events, friendship and companionship, can bring to almshouse residents across the country.

The first study was an assessment of the evidence of the financial benefits provided by almshouses. Whilst many almshouses have been in existence for a long time, their impact and associated financial benefits to the broader health and social care economy have not been widely known or estimated. Almshouses offer a wide range of benefits to their residents including maintaining independence, health and mental cognition and reducing loneliness. The report sets out evidence to show that almshouses provide a range of financial benefits to the health and social care economy as well as wider financial benefits, including:

- Lower likelihood of residential care admission.
- Reduction in the likelihood of the use of domiciliary care.
- Reduction in ambulance call-outs (linked to falls).
- Reduction in length of stay and delayed discharges from hospital.
- Reduction in GP and A&E visits as a result of lower incidence of loneliness.
- Investment in local economies through expenditure on staff.
- The 'freeing up' of housing in the wider housing market.

It is estimated that living in an almshouse generates financial benefits to the social care and health economy of c.£1,340 per almshouse resident, per annum. Overall it is estimated that almshouses provide financial benefits to the



social care and health economy of:

- c.£25,400 per 'typical' almshouse charity (per annum).
- c.£43.2m for the almshouse sector (per annum).

The almshouse sector also provides additional financial benefits including:

- The provision of c.37,000 units of affordable housing.
- Moves into almshouses free up between c.3,700 and c.4,000 homes in the social rented and private housing market per annum.

The second study looked at longevity and asked the question 'can living in an almshouse lead to a longer life?'. Almshouses from around the country, including The Richmond Charities, provided data for the study. The results demonstrate that a longevity boost does indeed occur generally amongst almshouses, although the report notes that the effect varies from almshouse to almshouse. In the best cases, the study found that some almshouses provided a longevity boost to their residents of up to an additional two and a half years of life! More research needs to be carried out into what it is about the experience of living in an almshouse that causes residents to receive a longevity boost, though the study suggests that it is the sense of community that is the most powerful force.

Chapel of St. Francis, Then and Now



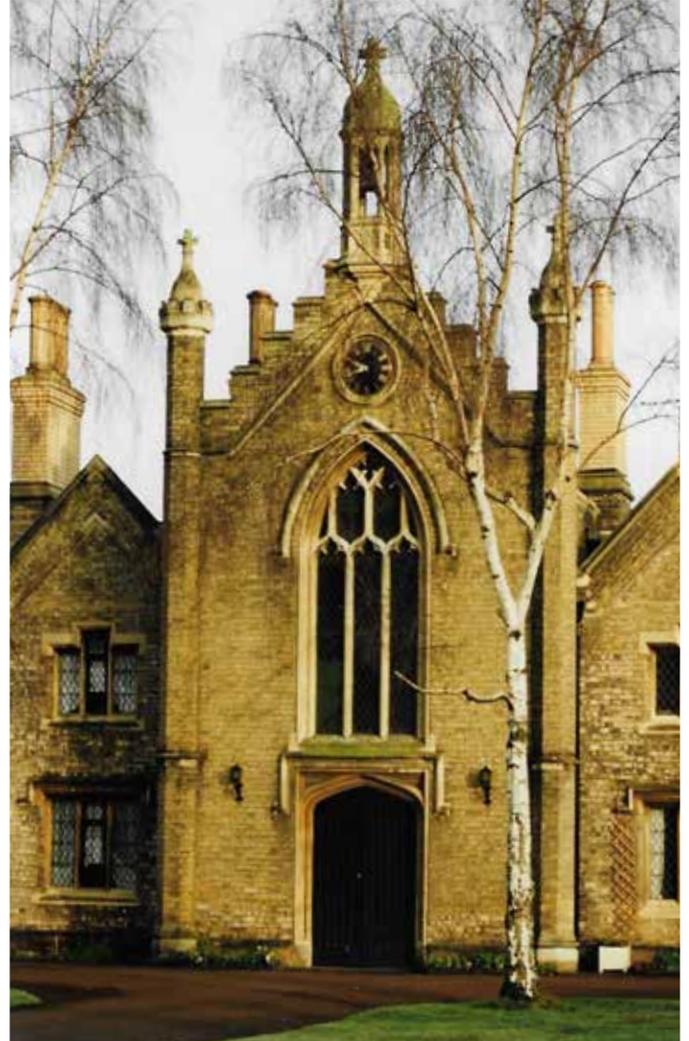
by **Derrick Thompson**

It was not until 106 years after William Hickey's death that twenty almshouses and a Chapel were built with part of his bequest in 1834.

As people from the local area, then known as the 'slum district' of Richmond, chose to worship at Hickey's Chapel rather than the alternative 'posh' Parish Church in town, the chapel had to be enlarged twice, firstly in 1851 and then again in 1864. It is records from 1884 that give us an insight to chapel life then.

Then, the Chaplain had to be Church of England, as did all of the Almsmen and Almswomen. The Chaplain had to provide, and the Almspeople had to attend, two full services every Sunday, plus services on Christmas Day, Ash Wednesday, Good Friday, and Ascension Day. Holy communion had to be administered at least monthly. But by 1894 trustees were not expressly imposing Church membership and attendance.

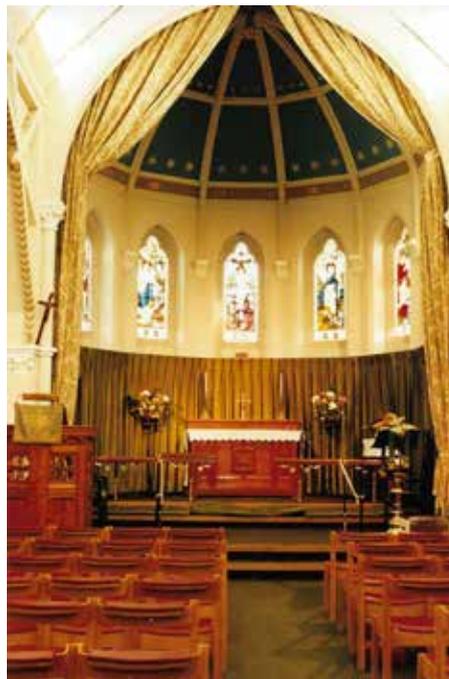
Now, we still aim to have services twice on Sundays and on the other four special days,



Chapel of St. Francis, c1978



Date Unknown



c1978



2023

but no one is required to attend and all are still welcome, residents or otherwise. We still have people from the locality join us on Sundays.

Then, the services would all have been from the 1662 Book of Common Prayer, using the everyday language of Shakespeare.

Now the services are from 'Common Worship' 2000, using language more familiar to us today.

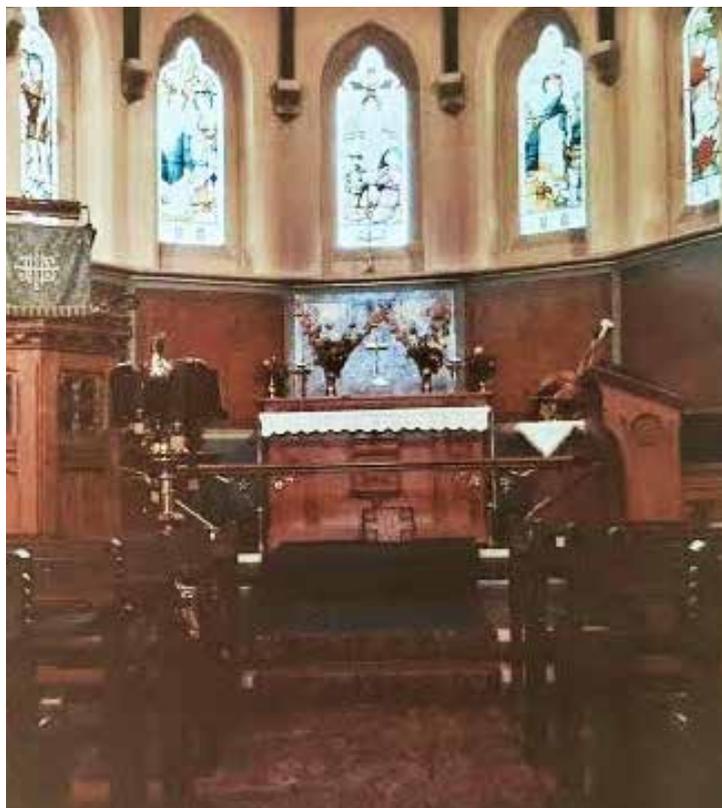
Then, the seating in the Chapel was wooden pews, which Almspeople and the poor of the neighbourhood used rent free. Anyone else had to rent their pew, with the rents going to the Chaplain to add to his annual income of £100 plus ten tons of coal. (The organist was to be paid £20 a year).

Now, the seating in the Chapel is very comfortable cushioned chairs, the Chaplain gets no coal, and the Chapel has gas fired central heating.

Then the Chaplain was Astley Cooper. Now the Chaplain is Derrick Thompson. The hairstyles are the same.

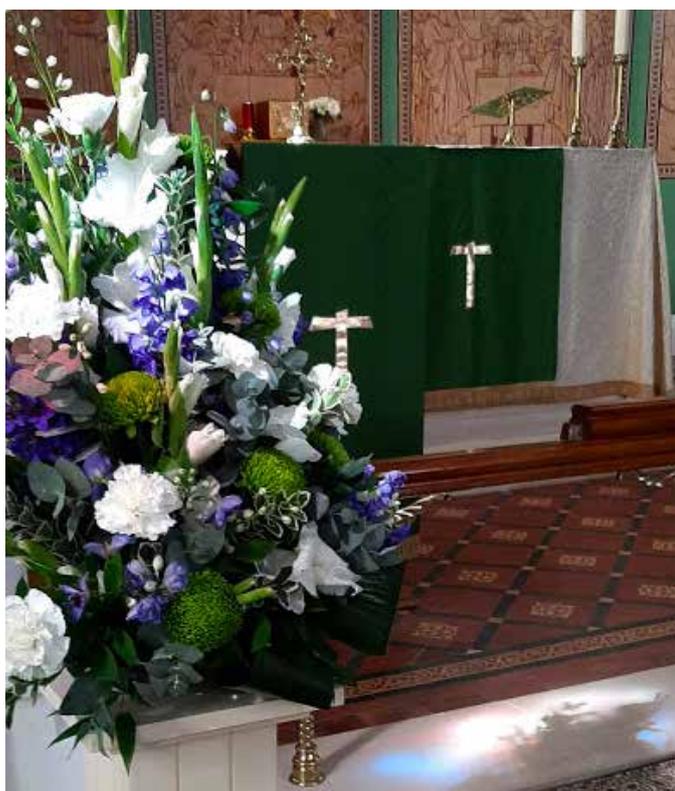


Hickey's Chapel, date unknown.



The Altar, 1973.

Now, a little puzzle. Who were William Francis (died 1904), Isabella Gray Francis (his wife, died 1899), Edwin Henry Walton (died 1899), Richard Woodland (died 1879) and Lily Agnes Maud Stanford? All of them have windows or other things in the chapel dedicated to them. Wouldn't it be great to know their connections to Hickey's and the Chapel?



Thanksgiving Flowers, 2023

ALMSHOUSE NEWS - Staff Quotes

Every day offers something different with so much variety which keeps the interest in the workplace... that's why I have been part of the Charity's culture for so long! *James Dorey*

Why do our staff love working for The Richmond Charities?

We have the ability to change peoples' lives in such a positive way by providing almshouses, and being part of that team has given me so much job satisfaction! *Alison McAlear*

It's very rewarding knowing that our values and actions have the potential to improve our residents' quality of life. *Mick Tinson*

I feel blessed to work with a good supportive team and a great mixture of residents. *Lorraine Bradley*

I love getting to work with such interesting, varied and wonderful people. *Gennie Thompson*

I am really enjoying being part of the supportive community of residents and staff. *Derrick Thompson*

I like making a positive difference and being available to residents when we are needed. *Claire Sanecka*

Lovely to work alongside wonderful residents and fantastic staff. *Debbie Flaherty*

Thank You to all our staff!

It is a privilege to work alongside such a dedicated and caring team, delivering wonderful community living for our residents, in stunning buildings for a charity.....

...that has been in existence over 400 years; ensuring the almshouses are in existence for the next 400 years and beyond. *Sam Maskell*

A Talk by Sir Terry Waite, at the Almshouse Association Conference

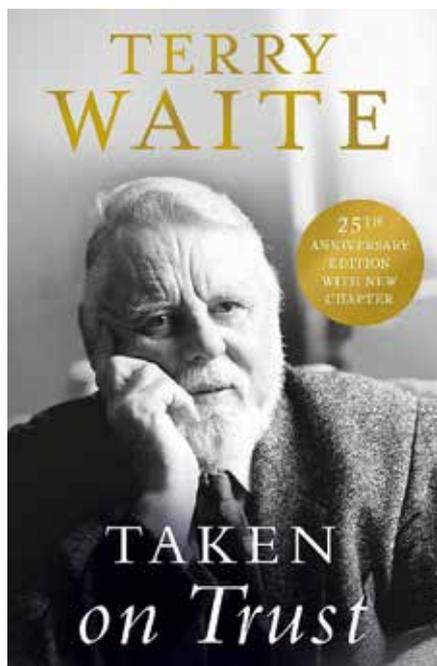


Reported by Mike Townsin

On 20th of January 1987, Terry Waite, Envoy to the Archbishop of Canterbury, and hostage negotiator, was promised by an Islamic Jihad group, the captors of some hostages, safe passage to meet them; instead the group broke trust and took him hostage.

He remained in captivity for 1,763 days, the first four years of which were spent in solitary confinement, chained 24/7, blindfolded whenever a guard entered the cell, and frequently interrogated.

At one point he was given five hours to live before execution, during which time he wrote a letter, prayed and slept! Listening to his story, I had one overwhelming thought: how would I have coped physically and remained sane in the same circumstances; I'm sure others in the audience felt it too.



His theme in his speech at the recent Almshouse Association conference was loneliness. In his confinement, there was much introspection, depression and, of course, prayer, about which he advised not to expect protection, but at least the resources to deal with such extreme hardship. One focus was to write a book in his head which subsequently formed the basis of *Taken on Trust*.

He was refused writing materials and books until, late in his captivity, he persuaded one of his captors, who spoke no English, to find him one. Irony of ironies, the man brought him *The Great Escape*, the famous WWII novel; this was topped later by a breast feeding manual – two rare humorous reflections in his story.

In 2004, Terry Waite returned to Beirut for the first time since his release on 18th November 1991. He told the BBC "If you are bitter, it will eat you up and do more damage to you than to the people who have hurt you".

Terry Waite's latest book

Three Reminders on the Benefits of Community Living

- 1. Brings fun into your life:** Getting together or celebrating important moments can bring joy to your life, creating happy memories. Helps relieve stress too.
- 2. The feeling of belonging:** When you spend time with community members you will find a sense of togetherness. You will not feel alone.
- 3. Helps your mental health:** Loneliness increases feelings of anxiety, depression, and isolation. A sense of connection with other people can make you feel less lonely and ease stress, anxiety, and other mental health issues.

Harvest Celebrations!



by Derrick
Thompson

**Sunday 17th
September**

This year, to celebrate the provision of food and flowers and the joy of creation, there will be a Harvest Celebration Communion in Chapel at 10.30am with a Harvest Display and Harvest Hymns. There will also be a Harvest Supper at 5.30pm in the Chapel.

The display will include your donations of tinned and dry goods for the Richmond Foodbank. A list of goods the foodbank needs will be sent out with the September Activity leaflet.

Goods can be brought to Chapel, whenever it is open, from the 3rd to the 14th of September. You are welcome to join me to create the harvest display from 3.00pm on 14th September.

Home grown fresh produce to brighten up the display is also welcome!

The Harvest Supper will be 'Soup & Sweet'. Hopefully we will have a couple of home-made soups on offer with bread, and some autumnal desserts. Volunteers to help serve this are very welcome!

If you would like to attend the Harvest Supper please let me or your Scheme Manager know by Sunday 10th September at the latest.

Arts and Crafts Showcase

Reminder

29th - 30th November 2023

After the success of the Arts and Crafts showcase that was held in the chapel in May, we have booked another one and this time we are encouraging all our arts and crafters to participate and not only display their artwork but also bring any crafts that they have to sell, such as stocking fillers, Christmas cards and gifts. The dates for the showcase and craft sale will be Wednesday 29th and Thursday 30th of November.

Almshouse Residents Club (ARC)

ARC is open to all residents; we never intended it to be a private club so now there is no fee.

We go out usually about once a month and travel by RAKAT mini buses which is a great help to many of us but also always makes travelling so much easier for everyone.

So if you are interested in joining us, please let me know your name and which Almshouse you live at or tell your Scheme Manager and I'm sure they will let me know, and then I can send Diary Notes etc to you.

Please let me know if there is anywhere that you would like to visit or any ideas for events.

Hope to see you on Friday 29th September for our annual Macmillan Cancer Support Coffee morning, held in Hickey's Chapel 10.30am — 12 noon.

Pat Platt, 34 Hickeys, 0208 980 4233

WORLD'S BIGGEST COFFEE MORNING



by Pat Platt

Our annual coffee morning for Macmillan Cancer Support will be held on:

Friday 29th September
Hickey's Chapel
10.30am - 12noon

- Coffee, tea and biscuits
- Make Me An Offer stall
- Guess the Number of Sweets in the Jar
- Cake stall
- Raffle

If you are able to donate anything to the Make Me An Offer stall (no clothes), the raffle and/ or the cake stall, it would be much appreciated and will help us to raise more money for this great cause.

Please let me have any donations before **Monday 25th September**, except for cakes which can be brought to the chapel any time after **9.30am** on **Friday 29th September**.

We hope to see you for this event and let's hope we have a good turn out so that we can do our bit to help Macmillan Cancer Support continue helping people.



Exercise Sessions with Chrissie Donovan

We will be running 2 more exercise sessions with Chrissie Donovan. The sessions are open to all no matter your ability and we would really like to encourage you to come along and give it a try. You can come and take part or just come along and see what it's all about.

The sessions will be held on **Tuesday 26th September** and **Tuesday 3rd October** at **6 pm** in **Hickey's Chapel**.



On Tuesday 26th September, the session will be all about Core, Stretch and Flexibility. This will be a low-impact, mobility warm-up including simple core conditioning, balance work, stretch and flexibility training. The focus is on body posture, alignment and aims to improve muscle flexibility and core strength. A great stress reliever too!

On Tuesday 3rd October the session will be a Total Body Workout. This will be a low-impact, fun and invigorating class which combines a variety of exercise routines, body conditioning and strength work - much needed for our physical health and well-being.

Come and join the fun ...bring water, and wear comfortable clothing and footwear. A small towel would be good for some final stretches but mainly bring yourselves and get that feel-good factor!

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.songsongwheels.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 – My visit from Wilma and Jen

by Doreen Colbert

What a thrill it was to spend time with Wilma and Jen. It brought back so many happy memories of my own little dog Cindy. I'm sure everyone who has ever had their own dog will agree that they give you such joy and unconditional love.

I certainly felt joy when Wilma came right up to me and said hello with no hesitation. On her first visit, I gave her a little biscuit which she obviously enjoyed because on her second visit she came in and went straight to the kitchen for another.

I'm positive she remembered me (and not just because of the biscuit!) because she came to me with her tail wagging and jumped straight up on the sofa for a cuddle. I can't wait for the next visit.

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



Getting To Know You

Noreen Nour

- What is your favourite song and how does it make you feel?
***When You Were Sweet Sixteen* by The Fureys, because my Dad used to sing it to my Mum. Happy memories.**
- Who is your favourite artist and why? **Michael Bolton – I saw him in a concert in Marbella and he sang to my daughter and I.**
- If you could be a star in a movie – what movie would it be? ***The King and I* – I had a thing for Yul Bryner!**
- What book do you currently have on the go? ***Lessons in Chemistry.***
- What words of wisdom would you pass on to the younger generation? **'Know the importance of respect'.**
- What makes you laugh? **Lots of little things, like hearing my grandson's nickname - Riggy!**
- Which public figure do you most admire? **J.K.Rowling.**
- What is your greatest achievement? **Being the mother of four children.**
- If you were Prime Minister for the day, what would you do?
I would need much longer than a day to do anything!
- If you could travel back in time, where would you go? **Ancient Egypt.**

Bushy Park Buggy Shuttle!

Bushy Park has launched a new and free shuttle service to help visitors enjoy the 1000-acre parklands. The service has started operating between the car park, near The Pheasantry Café, the beautiful Woodland Gardens, the Diana Fountain car park near the ponds and the new kiosk. The battery-powered buggy shuttle has already proved to be a popular new service especially amongst new visitors who enter through the Hampton Court Gate and park near the Diana Fountain, but wish to explore other areas of the park.



As well as new and curious visitors, the service can accommodate wheelchair users and anyone with mobility challenges. It can seat four passengers. Volunteer drivers from the Friends of Bushy and Home Park are behind the wheel with a first-class knowledge and history of the park, which is part of The Royal Parks, including the wide range of wildlife, the trees and shrubs and its vital role in the Second World War.

The pilot scheme this summer is operating until the end of September and is available on Sundays, Tuesdays and Thursdays between 11am and 4pm (weather permitting)

The buggy stops are found next to the Visitor Centre in the Pheasantry car park and near the kiosk in the Diana car park, where a small flag and notice board will be erected when the service is running.

Out and About Group Visit to Windsor

On Wednesday 19th July the Out & About group (9 residents) set off from Richmond station to Windsor. It was an easy commute as our leader, Richard, had researched an inexpensive and easy route to the beautiful village of Windsor.

On arrival we stopped in a quaint low ceiling cottage on the High Street for coffee and cake to refuel before branching off in various directions. A few ventured onto the open top bus for a guided tour, Dan found a lovely restaurant and sat himself down for a light lunch, Connie and Brian went on a river cruise, whilst Beatrice and Angela hit the lovely shopping centre where the sales were on! The Queen's Train was on display and it was magnificent. It was impossible to do the castle tour as it was a whole day out – so we vowed to return on another occasion.

In the afternoon the group gathered by the waterfront and observed the busy river scene and watched the swans looking for tourists with treats, and the sun shone on our last two weary travellers, Brian and Connie, disembarking at the quay – we all gave them a royal wave!

We were soon back on the train home to Richmond after a very pleasant day. Another lovely outing – and one which we hope to repeat again. Many thanks to Richard and Sue.



Saint Francis of Assisi at The National Gallery



by Derrick Thompson

During the last week of July, fourteen of us met together outside Richmond station to board the train for our journey to The National Gallery, Trafalgar Square. Pausing for coffee and cake in The Crypt café at St Martin-in-the-Fields, where we were joined by a resident's friend, fifteen of us then went across the road and into the Getty Entrance of The National Gallery and found the St Francis Exhibition just inside.

After stopping for a photo in front of a wall of greenery we each set off to explore on our own. The exhibition was fascinating for the way it showed how the story of Francis's life and love for Christ inspired some great art by some great artists, such as Giotto, Caravaggio, Murillo and El Greco, together with the modern-day sculpture by Anthony Gormley as you entered.

For most of us there was at least one piece that we were drawn to; for some it was the mural of St Francis standing on top of a hill with his arms outstretched towards *Brother Sun* (by Giovanni Costa, painted 1878-



85), with the text of Francis's *Canticle of the Sun* next to it. For others it was the papers with Francis's own hand-writing on, the Marvel Comic *Francis, Brother of the Universe* (various artists, 1980) or

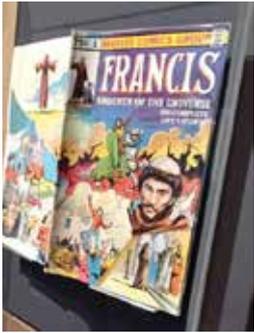


the contrast between the large scale *Sermon to the Birds* (Andrea Büttner, 2010) with the original smaller and more ornate panel from the *Bardi Dossal* (Coppo di Marcovaldo, date unknown) which inspired it.

With wood carvings, tapestries, film clips, ancient art and modern art there really was something for everyone to appreciate. For those who only knew a little about St Francis the whole exhibition gave a brilliant insight into his life. One who felt they had known the story of St Francis forever said, "it was amazing to hear it through the medium of art, which I found very powerful". Perhaps this was not only due to the art, but also to the powerful philosophy of St Francis which is today as relevant as ever: Earth and all living creatures should be respected as creations of the Almighty.

Visiting the exhibition together, discussing what we had seen





A handwritten note and drawing from St. Francis to Brother Leo

over lunch (back at St Martin's Crypt) and the journey back to Richmond, left us with many images and thoughts to ponder over.

For those who were unable to join us we brought back a beautiful book of the exhibition, with colour plates of each of the exhibits, which is already out on loan. If you would like to borrow

it please let Derrick know and he will add you to the list of those waiting to look at it.

We will be celebrating the life of St Francis at the 10.30am Communion Service, and then the 5.30pm Songs of Praise in the Chapel on **Sunday 8th October**. We would love to see you there. Watch out for more details nearer the time.



Munira Wilson MP visits Wright's Almshouses



by **Juliet Ames-Lewis**

On 15 August 2023, Munira Wilson, the Member of Parliament for Twickenham, visited Wright's Almshouses.

Staff gave her a tour of the almshouse building and terraces and 2 residents, Beatrice and Eddie, kindly welcomed Munira into their almshouses and showed her around.

Residents from Wright's and Candler Almshouses (both of which are in Munira's constituency) gathered with staff and a trustee for tea in the Terrace Room with Munira.

Munira was pleased to learn more about the charity, though she knew a fair amount about what we do already, as she often refers applicants in need of housing to us, and chatted with residents about what it's like living in our almshouse community.

We had a group photo in the sunshine on the outside top terrace at Wright's.

Summer Party 2023

On Wednesday 10th August at Hickey's, we saw what 'summer' weather we've had so far be kind and stay warm and dry.



As usual, thanks to the hard and creative work of all the staff, we were able to enjoy the Tropical theme from steel band to Tiki Bar and chocolate fountain.





Adorned with floral leis, residents got out their best Hawaiian shirts and skirts and entered into the spirit, tucking in to a variety of treats from the grills.



Here's hoping we now get to see more of a late summer with warmer weather and decent spells of sunshine.



The Richmond Charities In Bloom Prize Giving Event



by Linda Prendergast

This year's prize giving event was held on Tuesday 8th August in the Garden Room and all residents were invited to come and join in the presentation of the trophies and gift cards to all our worthy winners. Everyone enjoyed a glass or two of prosecco together with some nibbles and some delicious slices of cucumber directly

each category before presenting all the prizes and trophies to our worthy winners.

Best Front Garden

- 1st place: Heather Keeler (Hickey's)
- 2nd place: Janet King-Martin (Hickey's)
- 3rd place: Jemima Prasadam (Church Estate)



Best Container Garden

- 1st place : Sheila Walker (Michel's)
- 2nd place: Sue McAnena (Houblon's)
- 3rd place: Gwen Doyle (Church Estate)



Best Collaboration Garden

- Joint first place:
Jackie and Bill Watson (Hickey's) and
Ron and Mary Bronks (Hickey's)

Special Commendations

- Lena Warboys (Church Estate)
- Richard Yardley (Hickey's)



from Gurdip's allotment, before Juliet gave a short 'thank you' speech to all who entered the competition as well as a 'thank you' to those who came to support the winners. Emma gave a little run down on how and why the judges chose the winners of

We had a total of 20 entries this year. Let's make it bigger and better next year!

- Top Left:** Heather Keeler, Emma Halford, Sheila Walker, Mary Bronks and Bill Watson
- Middle left:** Heather Keeler
- Middle right:** Heather Warman's garden
- Bottom left:** David Thomas's garden

Richmond Council invites input on five-year strategic plan to meet local health needs

People who live and work in Richmond-upon-Thames are being invited to feedback on a updated strategic plan for how local organisations, including Richmond Council, the NHS, and voluntary and community sector partners, will meet local health and wellbeing needs over the next five years.

This feedback will help to ensure the actions in the final plan are bold enough to make a real difference to local communities. Submit your feedback here: <https://haveyoursay.citizenspace.com/richmondasd/jhwb-24/>

RichmondLive Festival is back!

The free festival is a celebration of theatre, dance and music and will take place on **Sundays 3, 10 and 17 September in Marble Hill Park**. Starting on Sunday 3 September with a celebration of theatre, guests can enjoy a variety of performances, interactive workshops and taster classes. The following Sunday 10 September is a celebration of dance including performances from Ukrainian Dance Ensemble, Freedom Tango, Bollywood Magic. Ending the festival on Sunday 17 September, a celebration of music will showcase the talents of Whitton Community Band, Richmond Brass Band and more!

Vintage Routemaster Tour and Cream Tea

Take a tour of the local area in a vintage Routemaster bus and indulge in a cream tea provided by Ellera Hall. Get entertained by live music and discover the various activities and events that take place at different community spaces throughout the borough. Tours are available on:

- **Tuesday 12 September:** Departing from Richmond railway station. The tour will cover Twickenham, Hampton Hill and Hampton and will finish at Whitton Community Centre. Includes a guest appearance from The Mayor of Richmond
- **Friday 15 September:** Departing from Richmond railway station. The tour will cover Richmond Hill, Kew, Mortlake and will finish at Castelnau Community Centre. Includes a guest appearance from The Deputy Mayor of Richmond

Both tours will start at Richmond railway station bus stop Z. Please meet at 1pm and be prepared to begin the tour at 1.30pm. Be prompt, don't miss the bus! The event will run until 4pm. Lifts back to Richmond town centre on the vintage bus will be available at 4pm.

If you require further information, please contact ETNA Community Centre on 020 8892 3676 or info@etnacentre.org.

Know Your Place Festival

Throughout September 2023, Richmond's Local Studies Library and Archive invites you to delve deeper into the fascinating history of Richmond upon Thames through the annual Know Your Place festival. Initially created as a way of promoting Richmond's Local Studies Library and Archive, the festival is now a wonderful celebration of all-things Richmond. Know Your Place continues to grow and evolve, reflecting the curiosity and creativity of Richmond's residents, both past and present.

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

5 Apps To Help Cut Your Food Bills



by Gennie Thompson

Olio is a community based app that connects neighbours and a network of volunteers and local businesses with each other, letting you pass on what you no longer need to those who want it and live nearby. This is inclusive of food, clothes and other household items. Users upload a picture of the item they wish to pass on and those interested get in touch and collect.

Karma an app that shares surplus food from restaurants, cafes and grocery stores for people to collect. Currently there is not much around Richmond but certainly worth downloading if you head into London.

TooGoodToGo is a fantastic app for saving money and food that would otherwise go to waste from businesses, has lots of listings local to Richmond including bakeries, restaurants and supermarkets. For example, a large bag of groceries from M&S in Richmond Station for £5.

No Waste an app aiming to help users reduce food waste at home. It allows users to keep an inventory of what foods are in your home. Counting things in your fridge and freezer and allowing users to scan shopping receipts. Users can input the use-by-dates for all food items and receive reminders of when to use items. The app also tells you what items you waste the most of!

Kitche similar to No Waste, but also helps users plan meals, providing recipe ideas based on the foods you have at home.

National Awareness Days



Collated by Lorraine Bradley

Second-Hand September 2023. This is a campaign to encourage people to buy only second-hand items for 30 days. Since 2019, Second-Hand September has inspired thousands of people to shop in a way that is kinder to people and the planet. www.oxfam.org.uk/get-involved/second-hand-september/

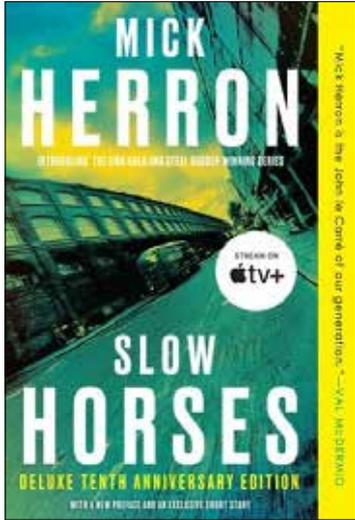
Urology Awareness Month September 2023. Throughout the month, teams of experts and patients aim to increase public awareness of all urological cancers, diseases and conditions that affect the kidney, bladder, prostate and male reproductive organs. www.theurologyfoundation.org/get-involved/urology-awareness-month

World's Biggest Coffee Morning 29th September 2023. This is Macmillan's biggest fundraising event for people facing cancer. People all over the UK host their own Coffee Mornings, and donations on the day are made to Macmillan. Your support has the power to raise vital funds for people living with cancer. Last year alone over £27 million was raised. www.coffee.macmillan.org.uk/

The Almshouse Residents Club will be hosting a Macmillan Coffee Morning on Friday 29th September in Hickey's Chapel, 10.30am - 12 noon. More information on page 11.

***Slow Horses* by Mick Herron**

Review by Kate O'Brien



Nick Herron has written a series, eight so far, of spy thrillers starting with *Slow Horses*. These have recently been extremely well adapted for television starring Gary Oldman (only on Apple TV unfortunately). In fact, I watched this first and then read the book which meant I had a very clear picture in my head of all the characters. Interestingly, having enjoyed the TV show, I

also really enjoyed reading the book; not always the case. If you can't watch the programme, I'd recommend the trailer which gives you a real taste, and then read the books!

Jackson Lamb had a successful career as a spy but has fallen out of favour with The Park (the home of MI5) and has been confined to running a unit in Slough House where he is joined by other failed (for a whole series of reasons) spies, who cannot be sacked. They are collectively known as the slow horses and they eke out their days pushing paper and sending pointless reports to The Park, all of which are ignored.

Lamb comes across as extremely unpleasant and, despite his very low opinion of those working for him, which he happily shares with them all, he is loyal to a fault. We gradually learn the back stories of all the Slough House inhabitants as the books progress, as well as several other finely drawn characters (an MI5 boss and a Home Secretary for a start).

In *Slow Horses* there is a kidnapping and a threat of an internet beheading but all is not as it seems.

Several reviews liken Lamb to Smiley and Herron to Le Carré – if you are a fan of the latter, I would recommend reading these and seeing what you think. Real page-turners.

On This Day:
2nd September
1666

The Great Fire of London broke out. It started at a bakery on Pudding Lane.

On This Day:
13th September 1916

Road Dahl, British author, was born. He ranks among the world's most popular authors.

On This Day:
18th September 1960

The first Paralympic Games took place in Rome, Italy.

On This Day:
29th September 1829
Robert Peel launched his crime fighting team – The Metropolitan Police Force.

Collated by
Debbie Flaherty

Natural Remedies



by **Debbie Flaherty**

Bruising

Bruising can occur with injury or a blow to the body; they can also be triggered by steroid therapy, anaemia, smoking, anti-clotting drugs and vitamin K deficiencies.

Eat/Drink

- Citrus fruit pith, kiwi fruit, apricots, onions, peppers and green vegetables, buckwheat, asparagus, broccoli, brussel sprouts, egg yolks kelp and nettles which all contain vitamin K.

- A probiotic is a good supplement to take as it improves vitamin K absorption.

- Sweet potato and cauliflower which are high in Vitamin C which helps to build collagen tissues.

- Liquid algae is good to drink if bruising has not occurred with a fall or knock.

Apply

- Arnica cream to the bruised area to aid healing.

- A cold water compress to avoid swelling.

- If the bruises do not go away, see your GP.

Wit and Wisdom



Curated by **Mike Townsin**

- **Nothing is ever as good as it is in the beginning.** *Lauren Bacall*
- **Books are the great equaliser. At one literary festival, I saw Queen Camilla step out of a Portaloo.** *Simon Kuper, writer*
- **More is lost by indecision than the wrong decision.** *Cicero*
- **The first eighty years are tough. Life gets better after that.** *Len Deighton*
- **People do not die for us immediately, but remain bathed in a sort of aura of life which bears no relation to true mortality but through which they continue to occupy our thoughts in the same way as when they were alive.** *Marcel Proust*
- **Why is there so much month left at the end of the money?** *John Barrymore*
- **Attention is the rarest and purest form of generosity.** *Simone Weil, philosopher*
- **Revenge is a confession of pain.** *Latin proverb*
- **I wish Pooh were here. It's so much more friendly with two.** *Piglet (on the importance of sharing)*
- **One is not born a woman, one becomes one.** *Simone de Beauvoir, philosopher*
- **It is easy to be independent when you've got money. But to be independent when you haven't got a thing – that's the Lord's test.** *Mahalia Jackson, gospel singer.*
- **Who knows the thoughts of a child?** *Nora Perry, US poet.*

Wellbeing Walks and Accessible Walks 2023. Organised by Ruils

| Dates | Times | Meeting place | Info |
|---|-----------------------------|---|---|
| Thursday 7th September Accessible | 12.45 Meet 1.00pm-3.00pm | Twickenham Junction Rough to Kneller Gardens and return Next to the fountains at The Exchange, London Road, Twickenham TW11BE | Free activity but please register in advance - see email below. * Limited disabled parking is available please book in advance |
| Friday 22nd September | 10.30am-12.30pm | Ham Lands Circular Walk Teddington Pedestrian Bridge near Anglers Pub | |
| Thursday 5th October Accessible | 12.45 Meet 1.00pm-3.00pm | Twickenham Junction Rough to Kneller Gardens and return Next to the fountains at The Exchange, London Road, Twickenham TW11BE | Free activity but please register in advance - see email below.* Limited disabled parking is available please book in advance |
| Friday 20th October | 10.30am-12.30pm | Thames Towpath Twickenham Riverside to Richmond Bridge Linear Walk. York House entrance facing York Street. | |
| Thursday 2nd November Accessible | 12.45 Meet 1.00pm-3.00pm | Twickenham Junction Rough to Kneller Gardens and return Next to the fountains at The Exchange, London Road, Twickenham TW11BE | Free activity but please register in advance - see email below. * Limited disabled parking is available please book in advance |
| Friday 17th November | 10.30am-12.30pm | Bushy Park Circular Walk Hampton Hill Gate, High Street, Hampton Hill behind supermarket. Walk led by Gary @ Ruils | |
| Thursday 7th December Accessible | 12.45 Meet 1.00pm-3.00pm | Twickenham Junction Rough to Kneller Gardens and return Next to the fountains at The Exchange, London Road, Twickenham TW11BE | Free activity but please register in advance - see email below. * Limited disabled parking is available please book in advance |

*Ruils garywilliams@ruils.co.uk Phone: Gary 07904608404

Spot the Difference

Your chance to win a £10 M&S Voucher!

Circle the TEN Differences.

Give this whole page to your Scheme Manager, or place in the suggestion box **before Friday 15th September 2023.**

Name: _____

Answers in next month's issue.



Handy Websites for You

This month, Mike Townsin shares his handy helpful websites and apps.

Money

- MoneySavingExpert.com

e.g: deals, insurance, banking, loans, complaints, bills, utilities.

Investment and financial advice

- savvywomenonline.com

General Health

- nice.org.uk
- patient.co.uk
- nhs.uk

Mental Health

- nhs.uk
- mind.org.uk

General advice

- citizensadvice.org.uk

e.g: legal, benefits, debt, consumer, housing.

ANSWERS: August Local Landmarks

1. Twickenham Stadium
2. Star and Garter
3. Orleans House Gallery
4. Strawberry Hill House
5. Eel Pie Island bridge
6. Richmond Station
7. Hickey's Chapel
8. Richmond Theatre House

Miscellany



Curated by Mike Townsin

- The opening line of Jerome K. Jerome's *Three Men in a Boat* are: 'There were four of us'.
- One in ten European babies are conceived in an Ikea bed.
- Apodysoiphilia n. A feverish desire to rip one's clothes off.
- In 1881, there were only six men in Britain called Derek.
- For 48 years after tinned food was invented, people who wanted to eat it used a hammer and chisel. The can opener wasn't invented until 1858.
- Deipnophobia n. The fear of dinner party conversations.
- If you say the letters S.O.C.K.S aloud in English, you will find yourself pronouncing the Spanish for 'it is what it is' almost perfectly!
- The Eiffel Tower has the same nickname as Margaret Thatcher: La Dame de Fer (The Iron Lady).
- The acnestis is a part of the back that is impossible to scratch.
- King Herod's first wife was called Doris.
- To *chork* is to make a noise like feet walking in waterlogged shoes.
- The NHS is the world's 4th largest employer after the US Defense Department, the Chinese Red Army and Walmart.



by Nigel Davis

Following after the high flown poetic style of Victorian poets like Shelley, Keats and Swinburne there was perhaps an inevitable reaction. But not all poets took the complex, intellectual road taken by great poets like TS Eliot, Hopkins and Yeats (to be followed in turn by poets like Auden and Larkin).

The American poet Robert Frost (1874 -1963) was one of those whose idea of modernism was to turn to a simple, plain, almost conversational style. This poem, one of his best known, is characteristic. It has a clear and plain metre, a tight but unobtrusive rhyme structure, direct and simple language. Nothing whatsoever is forced down the reader's throat. The poet simply leaves it to us to make what we want of it (why, for instance, is the last line repeated?). But once read it is not a poem easily forgotten.

There is an old saying to the effect that 'still waters are the deepest'. Perhaps in its own way this poem is an example of that.

Stopping by Woods on a Snowy Evening

by Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

