

Taking Care of Your Mind and Body

The Therapeutic Power of Volunteering

Four is the Magic Number

The Power of Touch

My Book Club

Avoiding Loneliness

Power Naps

Soothing Scents

Secret Richmond II

Oxytocin **Love** **Chemical**

Petting Animals
Physical Touch
Helping Others
Socialising

Dopamine **Reward** **Chemical**

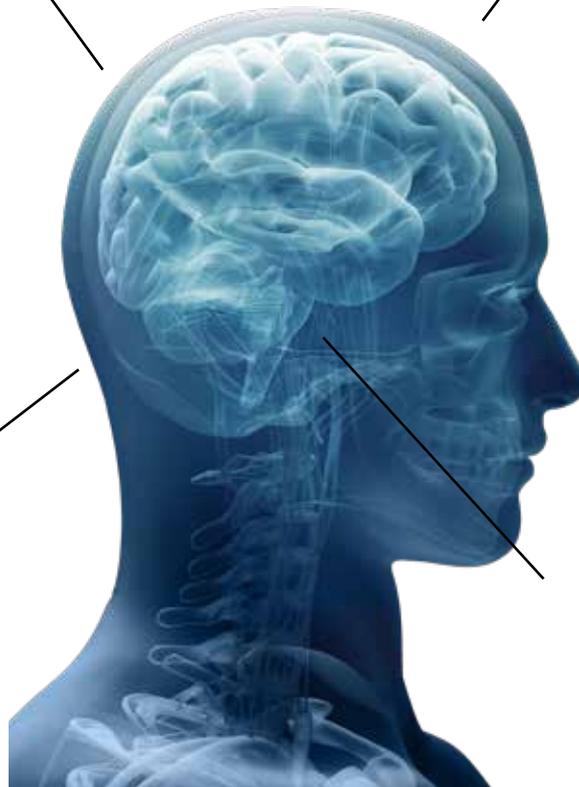
Getting Enough Sleep
Achieving A Goal
Eat Less Saturated Fat
Eating Protein

Serotonin **Calming** **Chemical**

Mindfulness
Sun exposure
Nature Walks
Foods with Vitamin D

Endorphin **Pain Killer** **Chemical**

Listening to Music
Exercising
Laughing
Meditation



The Chemicals That Make You Happy

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Competition Winner

Thank you to everyone who sent in entries for Norman's Quiz in our October edition.

Picked at random, our winner this month is:

Mary Bronks

Congratulations!

Answers from last month's competition are on page 27.

Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is: Friday 17th November.

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 Residents

We offer a warm welcome to our new residents:

Nick Taylor

Steve Smithson



Above and below: Breaking the Ground Ceremony with Mollie King at our new almshouse development. Read more on page 12.



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

Magazine Design: Chantal Richards & Eden Richards



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

Chapel Schedule: November 2023

Sunday 5th November	10.30am Communion with hymns, <i>followed by refreshments</i> 5.30pm No evening service
Sunday 12th November Remembrance Sunday	10.30am Remembrance Service and Communion 4pm Memorial Service <i>With singers from St. Mary Abbots, Kensington</i>
Sunday 19th November	10.30am Communion with hymns 5.30pm Café Church
Sunday 26th November	10.30am Communion with hymns 5:30pm No evening service
All are welcome to join us. For more information email d.thompson@richmondcharities.org.uk	Morning Prayer on Tuesdays at 10am Evening Prayer on Thursdays at 4.30pm

Letter from Gennie



Dear Residents,

After an unusually warm October, November is here, a time of central heating, reflection and gratitude. We thought this was a good time to delve into the realm of mind and body wellness. With winter looming, changing seasons and the approaching holiday season, it is ever important to prioritise our well-being and practice self-care.

First and foremost, let us emphasise the worth of maintaining a healthy mind and body. Engaging in activities that stimulate our mind and body is essential for mental sharpness, physical wellbeing and overall cognitive function. This month, we encourage you to explore new hobbies or revisit old ones, we highlight the benefits of volunteering, the importance of touch and napping to name a few, alongside all our usual features.

Stay warm everybody and enjoy the first twinkle of Christmas lights.

Gennie

Christmas Arts and Crafts Fair at Hickey's Chapel

Wednesday 29th November 12noon – 2pm
Thursday 30th November 6pm – 8pm

Please put the date in your diary to come and support all our arts and crafters in the community.

They have been busy making Christmas gifts and cards, stocking fillers and much more.

The Therapeutic Power of Volunteering



by **Juliet Ames-Lewis**

There is growing evidence from studies across the world that volunteering is good for you! Every volunteer gets something different from their volunteering experience including the opportunity to make a positive difference to people's lives, improving self-esteem, confidence and wellbeing. Volunteering can help you make friends, learn new skills, and even stay healthy.

So what are you waiting for?! There are so many voluntary organisations in the Richmond borough looking for volunteers. A good place to start is the Richmond Council for Voluntary Service (RCVS) which has lots of ideas for volunteering opportunities. A good way to start is to think about whether there are particular areas that you are interested in, in which you could volunteer, for example helping children, those who are homeless, those with mental health issues or disabilities, or perhaps volunteering to improve the local environment. If you would like ideas of organisations to approach for volunteering opportunities, please do talk with your Scheme Managers.

Good for your Physical and Mental Health

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety.

Give Back to the Community

Volunteering enables us to give back to the community and assist others. It also increases social interaction and is a brilliant way to **make new friends**. It can also provide people with a sense of purpose and teaches valuable skills.

Reduces Stress

Volunteering reduces stress and increases positive, relaxed feelings by releasing **dopamine**. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a **stress-reducing** effect.

Local Volunteering Opportunities:



The **Twickenham Museum** is looking for volunteers to work in the afternoons on Fridays, Saturdays and Sundays. If you are interested in the history of the borough and working with the public then please email the House Manager for further details: housemanager@twickenham-museum.org.uk

Local Volunteering Opportunities:



Arts Richmond is looking for enthusiastic individuals who are happy to commit their time to the various Arts Richmond sub-committees (Visual Arts, Literature, Drama, Music). If you have drive and want to see the local arts community from all backgrounds thrive, please get in touch with Arts Richmond office to find out more. www.artsrichmond.org.uk. Call: 020 8892 9446.

Local Volunteering Opportunities:



Twickenham Stadium Tour Guide. The World Rugby Museum and Twickenham Stadium Tours have been operating for nearly 30 years. The tour guides are passionate volunteers, coming from all walks of life and bringing with them a wealth of knowledge and experience. They all have a love for rugby, and each have different stories to tell. Knowledge of Rugby Union would be an advantage, but it is not essential. Training is provided. If you're interested in joining the team, please email museum@rfu.com

Avoiding Loneliness



by **Gennie Thompson**

You may have read publications regarding loneliness and be aware of its impact on people. Sadly, many factors of the modern world are causing loneliness to be considered a global health epidemic, which is on the rise and affecting all age groups.

Many studies have compared the impact of being lonely as the same as smoking 15 cigarettes a day. Loneliness is more than just feelings of sadness or isolation; it can have serious consequences on both mental and physical health. Research suggests that chronic loneliness can lead to increased stress levels, depression, cognitive decline, elevated blood pressure and even a higher risk of cardiovascular diseases. Additionally, it has been associated with a compromised immune system and a shorter lifespan.

Therefore, it is crucial to address and combat loneliness to maintain a healthy and vibrant life. Fortunately, our community and wider borough have plenty of opportunities to help reduce this risk; below are some of the most effective ways to combat it.

Seek Support

Reach out to those around you, family, friends, a scheme manager or support groups if you are feeling lonely. It may help strengthen your existing relationships and often talking about how you are feeling can help identify practical ways to improve things.

Practise self-care

Take time to look after yourself, make time to exercise, relax, get enough sleep and eat well. This will all only help you to feel good, as well as enjoying the little things.

Embrace technology

Utilise technology as a way to help create or maintain connections: why not try an IT session we are currently running?

See page 11 - *IT Sessions with Age UK*.

Stay socially active

Engage in activities that bring you joy and allow you to connect with others. Join local clubs, or take up a new hobby and become a regular. Participating in group activities can help you build new friendships with like-minded individuals and strengthen existing relationships.



Easy-to-Integrate Life Hacks with a Profoundly Positive Lasting Impact on your Health

With winter approaching, it's ever-important to take extra care of our physical and mental health. Cold weather, short days and limited sunlight can pose challenges, but we hope that these simple tips will help you make the most of the season whilst ensuring your well-being.

Embrace Vitamin D

Sunlight exposure is limited in the winter months, so it is important to ensure your vitamin D levels remain sufficient. Consider taking a supplement or increasing foods plentiful in vitamin D like fatty fish, fortified dairy products and egg yolks. Recent research has shown stepping outside first thing in the morning can greatly improve your sleep quality and will help top up your vitamin D (providing the sun is out).

Stay hydrated

Drinking enough fluids will help maintain your immune system and ensure your body is functioning at its best.

Prioritise Sleep

Adequate sleep is essential for the body to repair and rejuvenate itself. Establish a regular sleep routine, avoid stimulants like caffeine before bedtime, and create a comfortable sleep environment to ensure a restful night's sleep.

Stay Active

Ensure you exercise enough each day: movement helps improve our sleep, flexibility, strength and balance, whilst also helping to manage chronic health conditions such as arthritis, that tend to worsen with weather changes. Walking is a great way to keep active: you could try joining a class or check the activities leaflet to join in with something running here. If you are unable to get out then try to incorporate some at home: stretching, a light yoga routine or chair exercises.

Spend two hours in nature each week to boost your mental health

A study completed by Exeter University shows that this is the minimum amount of time needed in nature to improve your mood and wellbeing. Fortunately, this does not have to be all in one go.

Reduce drinking at mealtimes

Although this is a normal custom for us, increasing amounts of research show that abstaining from drinking during mealtimes can have numerous benefits for our overall health and well-being, particularly if you suffer from digestive issues. These include improved digestion and enhanced nutrient absorption.

Listen to music more

Music is not just for entertainment, it can also enhance performance, boost motivation, and minimise distractions. Not to mention make you feel good and maybe exercise your vocal cords!



by
**Gennie
Thompson**

The Power of Touch



by Derrick Thompson

A recently released book, ***When We Touch*** by Michael Bannisy, reminds us of the importance of touch for our wellbeing. We live in a time and culture when physical touch is on the decrease and where half a million older people in the UK can go for days, sometimes weeks without touching anyone.

Lack of touch is partly caused by increased sensitivity to inappropriate touch and partly by the COVID effect where the fear of shaking hands or getting close to someone lingers on. So, it is good to be reminded that appropriate touch is good for our health. Bannisy goes even further and says that touch is an essential aspect of our humanity.

Bannisy's research, an international survey, the ***Touch Test*** conducted with 40,000 participants, found that patients who hold hands with someone before surgery have lower adrenaline levels, and that sports teams that touch each other more seem to get better results.

Of course, some people prefer less touch than others, and we do need to be sure that when we touch someone it is both appropriate and consensual. (The Bible shares this wisdom with the phrase 'lay hands on no one suddenly'). Self-touch also has its place as non-sexual self-touch can calm us and may also make us more emotionally aware.

Touch need not be about long bear hugs, wonderful as they are when appropriate, it can simply be a hand on the shoulder, arm or hand. Benissy says, 'brief social touch can exert a powerful effect on our behaviours...people are particularly good at detecting emotion from touch', especially gratitude, sympathy and love.



Soothing Scents



by Debbie Flaherty

I have just finished reading an article from a newspaper which suggests that drifting off to sleep amid scents of lavender, peppermint or rosemary may help to keep one's mind sharp in later life.

When testing a small group of 65 to 80 year olds, researchers found that exposure to pleasant smells each night, for several months, often increased scores involved in learning and recalling lists of words. Although this study was small, researchers felt the findings warrant a larger, follow-up study.

I then did a little research to look at scents that will boost your focus and productivity, and found:-

Sage – in aromatherapy clary sage is known for its ability to improve mental function.

Lemon – citrus based scents are good if you need a bit of a lift or help waking up in the morning.

Peppermint, jasmine, cedarwood, orange and lavender – all have been shown to help reduce tension and anxiety.

And finally lemon and rosemary – can enhance focus and cognitive performance.

Happy smelling these lovely natural scents.

In Conversation, Four is the Magic Number



by Mike Townsin

It is generally accepted that people's wellbeing is improved by human contact through shared activities and experiences, which include conversation, eating and laughing together, singing and dancing, storytelling, and reminiscing. It is this 'sharing' that produces a sense of bonding, which I'm sure everyone has felt at one time or another at such times.

Recent research has taken this further by exploring how people communicate and act in groups. It has been led by Robin Dunbar, the Professor of Evolutionary Psychology at Oxford University.

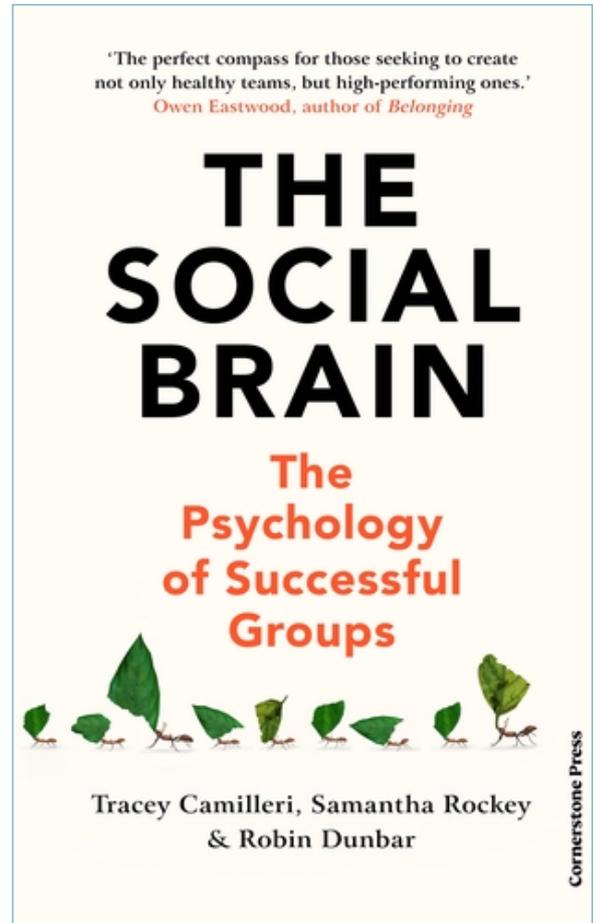
Among other things, he concludes that when it comes to having an enjoyable chat, the upper limit is four people, and when social groups have five or more members, the chances of them laughing together falls sharply: generally when a fifth person joins a group it quickly becomes two conversations, or a 'lecture' situation develops in which one person dominates and the others act as an audience.

Scientists call this the 'theory of the mind', or 'mentalizing', which involves being able to see the world from another person's perspective. Dunbar says "the language we use is full of metaphors and unfinished sentences, so the listener has to figure out what the speaker is trying to say". This limits our ability to predict the thoughts of others in conversation and works best in groups of four.

In his book, ***The Social Brain***, co-authored with two others, he posits that Shakespeare intuitively knew this as it is rare for his plays to have more than four key characters speaking in one scene. He wanted to ensure that (the minds of) his audience weren't overburdened by the number of actors on the stage.

I guess, based on my lifetime of socialising and working in groups, this research makes sense, but it would be interesting to know what my colleague,

Kate, thinks in light of her experience, reported next, of thirty years spent in a book club with somewhat more than four people!



My Book Club



by Kate O'Brien

After writing book reviews for the Almshouse News I have a different story – that of my book group.

In August 1984 four of us met to discuss *The Color Purple* by Alice Walker. We were all mothers of young children – I had three and the fourth was the first of several 'book group babies' who came to meetings when tiny.

The 'chooser' does some research; in those early years we searched for reviews on microfiche in the Reference Library – today it's just a quick google!

We take it in turns to choose: ten books a year, none in August or December. The chooser buys the books which we pay for on the night and we all love the rustle of the carrier bag when the choice is revealed. We have coffee (and cake), never wine ...

Only two of the founding members remain. We've had fourteen members over the years, with a maximum of ten. Now we are nine, eight in person and one who emails and visits occasionally. However, no new members for almost thirty years.

During lockdown we zoomed, but we were so happy to return to meeting in person. My lockdown project, posted to everyone for Christmas 2020, was an A4 book with a page for each year and the cover of every book – a labour of love and not something I could have contemplated in the microfiche days!



We hear of other book groups where books aren't read, or finished, and barely discussed. We pride ourselves that at least an hour, or more, is devoted to the book and rarely does someone not read it. But we also have time to catch up with news and these days we seem to focus on our twenty-eight

grandchildren! My book group is hugely important – it has provided much mental stimulation (394 books read to date), masses of laughter, a few tears and an enormous amount of pleasure. Great for the mind; maybe a bit less so for the body given the delicious cakes!

Is a Nap Good For You?



by Chantal Richards

YES!

Winston Churchill said that a 20 minute nap was "sufficient to renew all the vital forces". He was right! New research is testament to that. There is even proof that napping can extend your life by about 4 years.

Having a regular siesta can help stop the brain shrinking in later life. So if you feel awkward about taking a nap – now is the time to start that lovely afternoon rest.

Research has also found that napping can improve your cognitive performance. Tests showed that people who had a short snooze did better in mental tests than those that had not had one.

Here are ways to know if you should have a nap:

- you can't process information as quickly as you could in the morning
- you are daydreaming and you have a 'fog' that you can't get through

The best time for napping is between 1pm and 3pm – or if you are a nightowl between 5pm and 6pm.

That nap will also make you happier and brighten your mood. Happy napping!

Chaplain's Chat



by Derrick Thompson

This morning I saw the first frost of the Autumn, always a reminder to me that we are entering into the season of Remembrance. **On Sunday 12th November at 10.30 we will have an Act of Remembrance as part of our Sunday morning Communion.** This is not only an opportunity to remember ancestors, relatives and friends who died in the World Wars and conflicts since, but also to pray for peace in our war-torn world now.

Later that day, at 4.00pm, we have our Annual Memorial Service where we remember former residents, and family and friends who have died, by lighting candles or hanging their names on a memory tree. We will be supported by the St. Mary Abbots singers with Mark on the organ. If you want to have a relative or friend named in the service please add their name to the list in Chapel or let your Scheme Manager know.

Looking further ahead Christmas is fast approaching! Although I am no artist, I'm organising a **glass painting workshop on Monday 20th November** in the Green Room from 2pm (whilst we are having 'Tea at Two') to create some tea-light holders for the **Carol Service, which is on Wednesday 20th December at 6.00pm.** To create the tealight holders we need lots of empty jars! So please save your jam, marmalade, pickle etc. jars and leave them in the Chapel or on Chaplain's House doorstep, so we can paint them!

And finally, if you would like to nominate a Carol, or a reading, to be included in the Carol Service, and if you would be willing to take part in the service, then please let me know as soon as you can.

Have a blessed November!

Kew Gardens Membership Scheme 2023



by Claire Sanecka

In the midst of Autumn our membership with Kew Gardens comes to an end BUT due to such brilliant feedback and good use of our membership tickets, I am so happy to tell you our membership will be renewed.



This past year has given us the opportunity to see if the membership would be beneficial to residents and we can confirm it certainly has. We now know we can offer more than one ticket per resident and would like to encourage you to continue to request tickets via your Scheme Manager.

Perhaps you would like to invite one 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.

Since light travels faster than sound, some people appear bright until you hear them speak.

New Almshouse Developments



by Mick Tinson

St Mary's Grove Garages

On Thursday 28th September the St Mary's Grove Garage site had its official ground-breaking ceremony with Mollie King. Ground-breaking ceremonies have been used for centuries to celebrate the start of a new venture and give thanks to those who made it possible.



Left to right - David Norman, (MD of Buxton), Juliet Ames-Lewis, Mollie King, Andrew Gilbert (Architect at Clive Chapman) Juliet opened the ceremony with a few words before handing over to Andrew Gilbert, the lead Architect for the project, who spoke of the challenges and the dream of building such a design to strict energy-efficient specifications. Derrick, our Chaplain, then said a prayer before Mollie officially broke the ground for the first time.

Mollie is well known for being part of *The Saturdays* pop group, for starring on *Strictly Come Dancing* and she is now a Radio 1 DJ. She is also the daughter of our former Trustee, Stephen King, who sadly died last year. The event was also attended by Mollie King's sisters, staff and trustees of the Charity, together with representatives of the key companies working closely with us on this project.

This exciting project officially started on Monday 23rd October.

Queen's Road

We're just over a month into the project and Bob and the team are making good progress. The utility company finished their work on time allowing London House to officially take over the site as agreed on the 18th September.

As you can see in the picture below, there is some rather large specialised equipment completing what's called piling. Piling is the process of boring lots of deep holes into the ground beneath a building that is under construction. Piles are the large metal cages at the bottom right of the picture that are forced into the holes and then filled with concrete. Once complete these piles transfer loads from the structure to the ground, helping to support it. On this site, 97 pile foundations have been necessary as the ground in the Richmond area is too weak to underpin the structure without them.



Once the piling is complete, the main foundations can be dug and filled with concrete which will give the first real look at the overall footprint of the building. Look out for next month's update.

The Red Cow Pub: Worth a Visit

by Norman Bramfitt

I recently met up with several friends for a Sunday afternoon/evening meal at The Red Cow. The Thai food was amazing followed by live music from an excellent guitar/vocalist James Dean.

The co-managers have said that if any residents from the Almshouses would like to go there for a meal, afternoon or evening, just mention to the staff where they live and a special discount will be given.



We are calling for volunteers to host the following popular activities:

Bingo and Film Club

We are open to new ideas, suggestions and ways of sharing each responsibility. We require new hosts from January 2024.

If you would like to nominate yourself, please inform your Scheme Manager who will inform the activities committee.

We look forward to hearing from you by 30th November.



Reminder: Residents' Forums



by Juliet Ames-Lewis

Each year we hold forums for residents to attend and share comments and thoughts about their homes, the grounds and the charity in general. The forums are also a chance for residents to hear about the charity's future development plans and about forthcoming improvements to our estates.

This year we are going to make our forums more interactive and based around themes. Staff (Juliet, Derrick and Scheme Managers) and Trustees will also be attending the forums. The number of residents who attended the forums last year was rather low. We have therefore decided to hold them all at midday and they will be followed by a sandwich lunch in the Chapel – we hope that by providing lunch we will get a good turnout of residents!

The next forum is in the Chapel at Hickey's Almshouses on:

**Tuesday 7th November. 12noon.
For Adelaide Rd, Benn's Walk, Church Estate, Houblon's and Manning Place.**

We look forward to seeing you there!

MENU CHOICES & TRANSPORTATION

CHRISTMAS LUNCH 2023

Date: Thursday 14th December

Time: 12.30pm for 1pm start

Location: Richmond Hill Hotel

Invitations with menu choices went out to all residents in October. Please remember to return your menu choices to your Scheme Managers in Hickey's and Michel's offices. Also, don't forget to tick the box about transportation if you would like to join others in one of the Rakat buses; it is important to tick the box so that we can arrange this for you.

Quiz Night

THURSDAY 9TH NOVEMBER
6.00PM
IN THE CHAPEL

Teams of up to 8.

You don't have to make up your teams in advance (though you can if you like!) Just turn up and we'll make up the teams as we go!

Drinks and nibbles provided!

Following an excellent concert in the Garden Room earlier this year, The Richmond Charities proudly present:

The Papa George Blues Band

Featuring:

Peter Rees, bass (almshouse resident)

Papa George, guitar and vocals

Derby Todd, drums

Thursday 16th November, 6pm – 7pm
at **The Chapel of St. Francis** at Hickey's Bar opens at 5.30pm and closes at 7.30pm

All residents, their families and friends are welcome.

Transport can be arranged for residents.

We're expecting a full house so book your seats with your Scheme Manager now!

See www.papageorge.co.uk for more information on the band.

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 2 tutors for each session and a further 2 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 1st and Wednesday 15th November.**

Time slots are as follows:

10.00am - 11.00am x 2

11.00am - 12.00noon x 2

If there are enough residents wanting to book a slot we can contact AGE UK to add more sessions.

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

Visit From A Furry Friend



Jen and Wilma will be visiting the following estates during the month of November:

Monday 6th November: Hickey's at 11am

Monday 13th November: Church Estate at 11am

Houblon's at 11:30am

Monday 20th November: The Vineyard at 11am

Monday 27th November: Hickey's at 11am

If you would like a visit at home or in a communal area from Jen and Wilma, please let your Scheme Manager know.

ART AND SOUL

Back by popular demand, dates confirmed for another workshop!

These sessions will be led by an Art & Soul trained artist.

You don't need any artistic skills or previous creative experience to join. All art materials are supplied.

Everyone attending this workshop automatically joins the Art & Soul community with access to a range of further artistic activities, services and experiences.

Please book a space with your Scheme Manager

When: Monday 13th November & Monday 20th November

Where: Secret Garden room

Timings:
11:00am – 12:30pm,
with a 15 min break.



On This Day:

10th November 2011
Africa's western black rhinoceros was declared extinct in the wild.

On This Day:

19th November 1969
Pele the Brazilian football star scored his 1000th goal.

On This Day:

26th November 1865
The children's classic *Alice in Wonderland* was published in London.

On This Day:

14th November 1969
The BBC began colour television programmes.

Out and About Group in Hatton Garden

Out of sight of the glittering world of diamonds and gemstones of Hatton Garden, there are some historical gems to be discovered.



Expertly guided by Geoff and Arthur we were led down a narrow lane to the oldest pub in London, tiny but very atmospheric, Ye Olde Mitre, built in 1546. Part of its front is supported by a cherry tree round which Queen Elizabeth I is supposed to have danced.

Not far from here is Ely Place, a quiet road once the site of the Bishop of Ely's London Palace. Part of it was gifted to Sir Christopher Hatton by the Queen when she made him Chancellor. It included extensive gardens, hence the name Hatton Garden.

We visited the only remaining building of the palace, the 13th century chapel, tucked in between modern office buildings named after Saint Etheldreda. The stained-glass windows were particularly impressive in their wonderfully glowing colours.

Bleeding Heart Yard was next with a gruesome story of the murdered second wife of Sir Christopher Hutton. By now we were ready for lunch and we ate at an Italian Trattoria across the road. Good company and the history of The Garden made for a great experience. Many thanks to Geoff and Arthur.



The entrance to Hatton Garden safe deposit which was burgled in April 2015. The film about the robbery will shown at our film club in November.

Doreen's 90th Birthday



by Linda Prendergast

What on earth can you get for a 90th birthday present that the birthday girl hasn't already got? Well in Doreen's case it was a trip to Whipsnade Zoo. That's what she asked for, and what a wonderful day she had.

She wore her 'Happy Birthday' badge the whole day and we lost count of how many people including countless children said "Happy Birthday" to her. The staff on the



Whipsnade steam train also wished her "Happy Birthday" and presented her with a fridge magnet and a badge to wear as well as a free ticket to ride the train when she visited the zoo again.

Back at home Doreen was presented with a birthday cake, made by our very own cake maker supreme Jo Davison, which not only looked amazing but tasted amazing too.



As you can see from the picture there was enough to share with family, friends and of course staff. In mum's words... "This was the best birthday ever".

Full of Life Fair



by Alison McAlear

The Richmond Charities had a stall at this year's Full of Life Fair which was held at the Rugby ground in Twickenham.

We were in one of the large halls and there were plenty of other stalls around us creating a hive of activity.

The organisers had arranged some activities for people to join, and as Claire and I entered the hall for our slot, an announcement was being made for people who wanted to join a walk. There was also a free lunch provided for those attending.



A huge thanks to Margaret Goddard, Lesley Cizek and Lissa Good who helped Jo, Gennie and Lorraine on their slots.



Songs on Wheels Review

by Eleanor Walker

We were entertained by a group of 12-14 people to sing and act for us. It was so fresh and I felt such happiness. We kept laughing most of the time as well as singing along. They changed clothing and hats to play their part, not a dull moment throughout their performances. It was special because there were some members of the choir from Ireland and some from Scotland. Even our



Reverend, Derrick, joined in, put on a hat, sang and danced up the front with the group. One person played the flute and another played the piano. The group were interactive with us and gave us some stuffed toy birds to go along with **Whistle a Happy Tune**. Great fun, so beautiful, everyone was laughing. These are the songs we enjoyed:

Lambeth Walk, Side by Side, Whistle a Happy Tune, Shall We Dance, Yip-i-addy-i-ay, I Could Have Danced All Night, The Happy Wanderer, Blame It On Me, Blame it on the Bosa Nova, The Land of Walk, as well as solo performances.

There were lots of drinks and treats available for us to enjoy. Don't ever miss this event. This was good entertainment for the afternoon.

Macmillan Coffee Morning Review



by Lena Warboys

On Friday 29th September, we had our sale for Macmillan Cancer Support. I look forward very much to doing this sale as I know it will help so many people.

Pat Platt, with the help of some fit gentlemen, spent some time putting the tables up on Thursday for all the goodies to go on.

On the morning of Friday 29th September, at about 9:45am, I went over to put the cooking I had done on our table and other very kind people also brought cakes, tarts, jams and marmalade to be sold.

At 10:30am Pat declared the sale open, friends and neighbours came in to have a look round all the stalls and to have a cup of tea or coffee and a chat to each other.

We had a good time talking to people and selling our lovely cakes etc. for them to enjoy when they got home.

Some lovely assorted items were for sale on the table as you come in, which was very popular with all of us.

Pat also had raffle tickets that you could buy when you came in and everybody enjoyed the draw.

With the help of all who did the baking, we managed to raise £139.00 and with everything else we managed to raise altogether £835.00.

Anything that was left over goes to The Vineyard Project.

Friends & Neighbours, now known as Almshouse Residents Club, has two upcoming outings in November. See posters on communal noticeboards. Our next event held in the Chapel is our **Christmas Party on Wednesday 13th December**. Please feel free to join us, but let Pat know for catering purposes: [020 8940 4233](tel:02089404233).

Candler Almshouses



by Margaret Goddard

Once upon a time as all good stories begin! – Candler Almshouses were owned and run by Twickenham Charities.

Sadly, the charities had few investments and couldn't afford to maintain the properties.

In August 1998 I moved into number 8. There were 10 houses built in a semicircle round a garden. And five bathrooms between them all. The kitchen sink doubled as a wash basin and the loo was off the kitchen.

And the bath was a hip bath. I discovered that the only way to get properly wet was to sit in the well and put my feet on the seat!



The kitchen was small and had four doors. One from the living room, one to the patio at the back, one to a 'larder' (originally probably a coal house), and one to a tiny lobby which had a cupboard on one side and the loo on the other.

There was a sink unit with a cupboard below, a gas cooker on legs and a shelf high up on one wall.

Outside the back door was a patio and I bought a small shed to house bits and pieces like garden tools

Having lived in large 4 or 5 bed roomed houses, most of my furniture was far too big. And there was far too much of it. With my son's help I whittled it down.

When I moved in I painted the equivalent of 19 doors. Add windows back and front and there was not a lot of wall space for book shelves.

I was thankful for years of caravan holidays which taught me how to make the most of a small space!

Secret Richmond - Part Two



by Mike Townsin

According to Richmond Library's *Local History Notes*, Asgill House, a Palladian villa, in Old Palace Lane, was 'among the last villas of importance to be erected on the banks of the Thames'. It was built in 1757 by Sir Charles Asgill, Lord Mayor of London, on the site of the brewhouse of Henry VIII's Richmond Palace. In the garden is a 200 year old copper beech tree, one of the *Great Trees of London*.

In which context, by the way, is another of Richmond's secrets, the 750 year old Royal Oak near Pen Ponds in Richmond Park.

Nearby Asgill House, along Cholmondelay Walk, is Cholmondelay House, bought in 1780 by William Douglas, 4th Duke of Queensbury, and one of the most prominent characters in the court of George III. A dandy and wit, he had a passion for gambling, horse racing, music and the ladies, lavishly entertaining members of the royal family and celebrities of the time.

And round the corner in Friars Lane, near Old Friars, former home of Sir Richard Attenborough (see October AH News), is the site of the Privy Gardens and Privy Orchard from the time of Henry VII's palace, in which he died in 1509. He had named it Richmount (Richmond) after the Earldom he held in North Yorkshire. Along the lane is a hidden surviving stretch of Tudor wall beside a block of flats called Queensbury House, the site of one of the Duke's houses.

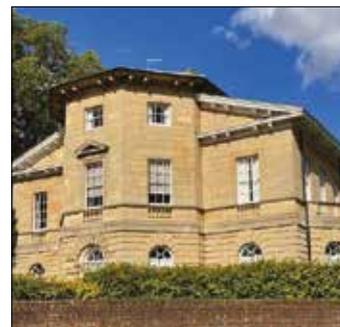
On Petersham Road, next to the towpath, is the site of Buccleuch House in Buccleuch Gardens, home of Ignatius Sancho, a slave, born on a slave ship, butler to the Duke of Montague. From these unpromising beginnings he became hugely famous in 18th century society as an entirely self taught composer, playwright and connoisseur of art and music, and had his portrait painted by Gainsborough.



Royal Oak, Richmond Park



Cholmondelay House



Asgill House



Surviving stretch of Tudor wall.



Site of Henry VII's Privy Gardens excavated by Time Team



Buccleuch Gardens, site of Buccleuch House

Christmas Lights & Christmas Markets! 🎄🎄🎄🎄🎄🎄🎄🎄🎄🎄



by Chantal Richards

If you can't wait to get started on Christmas, here is your go-to list of (mostly) **free** festive activities in November and early December.



Christmas Lights On in November

Thurs 2nd Nov: Christmas Lights on in Oxford Street and Carnaby Street. Free.

Tues 7th Nov: Covent Garden Lights on. Free.

Thurs 9th Nov: Regents Street and St James Lights on. Free.

Thurs 23rd Nov: Teddington High Street Lights Up and festivities. 4pm - 9pm. Free.

Fri 24th Nov: Richmond Bridge Lights on, carol singing and festivities. Free.

Fri 24th Nov: Twickenham Christmas Lights on and festivities. 3pm - 7pm. Free.

Sunday 26 Nov: Whitton Lights on and Christmas market. 11am - 6pm. Free.

Christmas Markets

Eel Pie Island Winter Open Studios
Sat 2nd & Sun 3rd December. 11am-5pm both days.

Orleans House Gallery Christmas Shopping Weekend 2nd & 3rd December.

Christmas at Kew Gardens
15th Nov 2023 - 7th Jan 2024
Mon - Sunday 4.20pm - 10pm. Book in advance.

Hampton Court Palace Festive Fayre Two weekends.
1st Dec - 3rd Dec. Fri - Sun, 10am- 6pm & 8th Dec - 10th Dec. Fri - Sun, 10am - 6pm.

Curated Makers Christmas Market at Battersea Power Station
Sat 9th Dec - Fri 22nd Dec
Ground Floor, Turbine Hall B.

Barnes Christmas Festival
Fri 8th Dec. Late night shopping.

The Fair Symposium Christmas Fair Duke Street Church, Richmond. Saturday 2nd Dec. 11am-6pm.

Landmark Centre Sparkle Festive Fair
Fri 17th Nov - Sun 19th Nov. £3 (book in advance concession).

The Fair Symposium Christmas Fair at York House, Twickenham. Thu 14th Dec. 3pm-8pm.

Southbank Winter Market, London
Thurs 2nd Nov - 26th Dec.

Above: Regents Street Christmas Lights.
Right: Battersea Power Station at Christmas.





Richmond Walks. A Literary Feast.

This annual themed event is one of the most popular walks. The lives and works of many famous writers are highlighted during this engaging cultural promenade past the places which connect them to Richmond.

Sunday 5 November at 2.00pm. Meet at Richmond Theatre TW9 1QJ. Learn about the history of people, places and buildings and enjoying a healthy stroll in the company of like-minded folk. There is no need to book, just turn up and pay the guide on the day. Walks cost £5 per person. Cash only please. <https://richmondwalks.co.uk>

The Health Bus Schedule

The bus will visit the following locations.

St Margarets

Date: Thursday 31st October

Time: 10am to 3.30pm

Address: The Barons, off St Margarets Road, TW1 2LH

Ham

Date: Wednesday 1st November

Time: 8.30am to 3pm

Address: 177 Ashburnham Road, Richmond, TW10 7NR

East Sheen

Date: Thursday 9th November

Time: 10am to 3.30pm

Address: Sheen Lane car park, SW14 8LP



Book club at Twickenham Library

Garfield Road, Twickenham, TW1 3JT

Weekly book club sessions, delivered in partnership with **The Reader***. Come along to one of our friendly, relaxing Shared Reading sessions, led by an experienced Reader Leader. There is no need to read anything in advance, just join the sessions. Hot drinks and biscuits are provided. Everyone is welcome. Free event. No need to book. **Every Wednesday at 2pm - 3pm** until 13 December 2023 *<https://www.thereader.org.uk>



CHRISTMAS PANTO!

Jack and the Beanstalk

9th Dec to 23rd Dec

OSO Arts Centre, Barnes.

020 8876 9885

www.osoarts.org.uk

Book in advance.



Hampton Hill Photographic Society

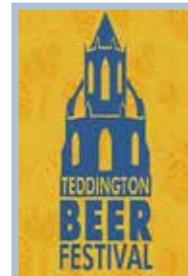
Presentation by John Lam.

Wednesday 15th November, 8pm. At The Bell Inn, 8 Thames St, Hampton TW12 2EA. £3.

Addressing air quality is a top priority for Richmond upon Thames. They want everyone to be able to get around and access the services they need effortlessly and safely. That's why they have rolled out a number of initiatives to make active travel easier and greener choices more attractive.



Residents may have read about a confirmed sighting of an Asian hornet in East London recently. Originally from China and the Indian subcontinent, sporadic sightings have been recorded since 2016.



Teddington Beer Festival is back for a second time after its sell-out success last year, which saw over 1500 visitors through the doors.



East Sheen Market — Sheen Lane, SW14 8LP. Last Saturday of every month. 11am - 5pm.

W4

WINTER CERAMICS FAIR

SATURDAY 26TH NOVEMBER, 10AM-5PM

CATHOLIC CENTRE, 2 DUKES AVE, W4 2AE (JUST OFF CHISWICK HIGH ROAD)














UNIQUE GIFTS BY LOCAL ARTISTS AND MAKERS

FREE ENTRY

SUPPORTING THE
QUEEN ELIZABETH FOUNDATION
FOR DISABLED PEOPLE
WWW.QEF.ORG.UK



Queen Elizabeth's
Foundation for
Disabled People

CAKES & DRINKS

As part of the Black History Month, meet the Artist Q&A; we spoke with actor, writer, and director, Kalungi Ssebandeke.



Getting To Know You



Deborah Findlay

• What is your favourite song and how does it make you feel? **Back to Black** by Amy Winehouse.

Devastatingly Dark!

• Who is your favourite artist and why?

Artemisia Gentileschi – a female painter living in the 17th century.

• If you could be a star in a movie – what movie would it be? **Bettie Davis in All About Eve**

• What book do you currently have on the go? **Providence by Anita Brover**

• What makes you laugh?
Pomposity – and Frasier (before Niles married Daphne!)

• Which public figure do you most admire? **Aneurin Bevan for our NHS**

• If you were Prime Minister for the day, what would you do? **Rejoin the EU, ensure the NHS is properly funded and make sure we remain in the international convention for human rights.**

National Awareness Days



Collated by **Lorraine Bradley**

World Vegan Month is held in November. This raises awareness about the benefits of a plant-based diet for people of all ages, including older adults. www.vegansociety.com

National Stress Awareness Day. Monday 6th November. It focuses on promoting stress management techniques and mindfulness practices that can benefit all. www.nationalstressawarenessday.co.uk

Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism. www.britishlegion.org.uk

World Diabetes Day. 14th November. 1 in 10 adults worldwide have diabetes. Over 90% have type 2 diabetes. Close to half are not yet diagnosed. In many cases, type 2 diabetes and its complications can be delayed or prevented by adopting and maintaining healthy habits. Knowing your risk and what to do is important to support prevention, early diagnosis and timely treatment. www.worlddiabetesday.org

To steal ideas from one person is plagiarism. To steal from many is research.

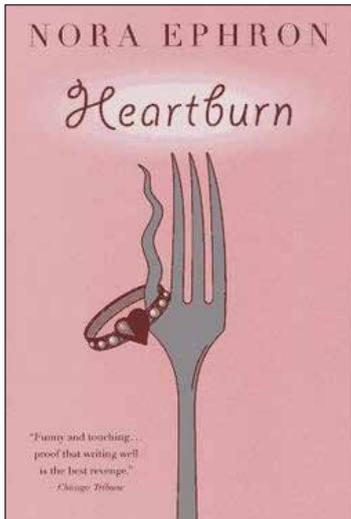
We never really grow up - we only learn how to act in public.

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.

Thank you to Margaret Goddard for collating these paraprosdokians.

I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Heartburn



by Nora Ephron

Review by Kate O'Brien

Nora Ephron is one of those people whose name you may not know, but you will have doubtless heard of. She was a highly acclaimed screenwriter—*When Harry Met Sally* and

Sleepless in Seattle are probably her best-known films. Her other claim to fame is having been married to Carl Bernstein who was one of the Washington Post journalists responsible for uncovering the Watergate scandal (and thus forever changing the name of every subsequent scandal).

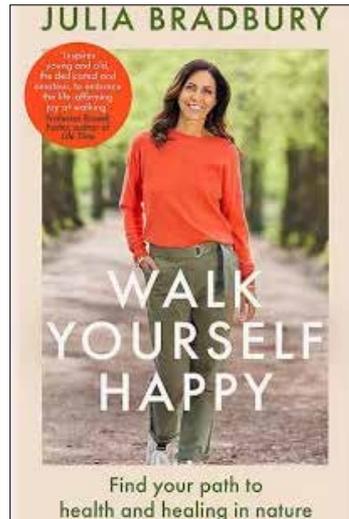
And it is this marriage, or more precisely the end of this marriage, that is the inspiration behind this novel. To add to the intrigue, in real life, Nora was pregnant with their second child when she discovered that Carl was having an affair with Margaret Jay ... and she was the wife of the then British ambassador (Peter Jay) and daughter of a UK PM (James Callaghan).

My copy of the book has an introduction written many years later by Nora in which she talks about what is true and not true, although the 'not true' was often true but just didn't happen to her ... apparently her mother advised her that "everything is copy", so she has taken that and run with it.

Rachel, the wronged wife, is also a cookery writer and recipes are interspersed throughout the book, so should you need a recipe for vinaigrette you can check that out too. There are some American references which I didn't get, but I didn't find it too distracting.

Despite what you might expect, this a very funny book.

Walk Yourself Happy



by Julia Bradbury

Review by Mike Townsin

This is a book about addiction – but Julia Bradbury's addiction to the natural world through

walking: using "its healing powers to strengthen my body and sooth my mind".

Nietzsche said, "All truly great thoughts are conceived while walking" (Oct. AH News), or as even the ancient Romans believed: 'solvitur ambulando': it is solved by walking.

This book provides practical advice about how to build walking and nature into your everyday life.

There is a chapter about nutrition, the importance of the gut microbiome and 'gut instinct'; about sleep; about gardening and mental health; inspiring stories about people like Louise, a grandmother, who went from walking 25 steps a day while battling dependency on prescription painkillers, to 12,000 and rediscovering the joys of hiking and sea swimming.

This is walking as a curative, and in the words of the author it "can invigorate the body and ensure we live better, for longer".

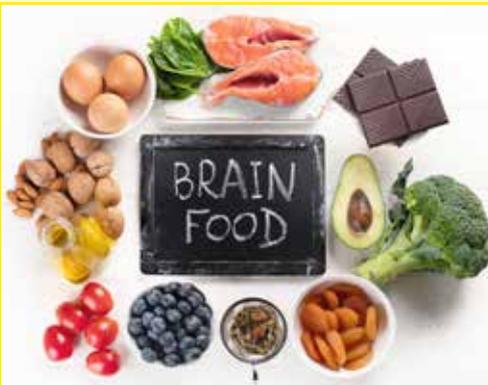
Natural Remedies



by Debbie Flaherty

Brain Food

The foods you eat play an important role in your brain health. You can improve your brain health, memory and alertness by including a variety of nutritious foods in your diet including:-



- Walnuts and almonds
- Dark and leafy greens
- Lamb
- Avocados
- Tomatoes
- Eggs
- Turmeric
- Oranges
- Dark chocolate with at least 70% cacao
- Blueberries, strawberries, blackberries and blackcurrants
- Salmon, and other oily fish including mackerel, tuna, herring and sardines.

Wit and Wisdom



Curated by Mike Townsin

- **There's nothing like a jolly good disaster to get people doing something.** *Prince Charles, 2014.*
- **I've decided to sell my Hoover...well it was just collecting dust.** *Tim Vine, English comedian.*
- **I have come to view the courts not as a cathedral, but as a casino.** *Richard Ingrams.*
- **When you make people laugh, you open the door.** *Jean-Claude Carrier, French novelist and actor.*
- **Whatever you do, always give 100%. Unless you're donating blood.** *Bill Murray.*
- **I find television very educating. Every time someone turns on the set, I go into the other room and read a book.** *Groucho Marx.*
- **A true friend never gets in your way unless you happen to be going down.** *Arnold Glasow, US humourist and businessman.*
- **Anybody who likes my house, I am sure I will get on with.** *Marilyn Munroe.*
- **Nothing links man to man like the frequent passage from hand to hand of cash.** *Walter Sickert, British painter.*
- **There is a Providence that protects idiots, drunkards, children, and the United States of America.** *Otto von Bismark.*
- **As you may possibly have noticed from time to time, I have tended to make a habit of sticking my head above the parapet and generally getting it shot off for pointing out what has always been blindingly obvious to me.** *Prince Charles, 2014*

RSPB Richmond & Twickenham Local Group

.....
by **Clare Million**, Leader of RSPB Richmond & Twickenham.

We are one of a network of RSPB local groups across the country, providing a great way to meet friendly, like-minded people in your area while learning more about birds and other wildlife.

We offer a wide range of evening and afternoon talks held at York House Twickenham. There is also a busy programme of guided local walks together with regular coach, minibus and car trips further afield.

Our events are open to RSPB members and non-members alike, from fully-fledged birders to those just beginning to enjoy wildlife or who just enjoy birds! Membership of the this local group is £20 per year.

To find out more, including meeting times and locations go to: <https://group.rspb.org.uk/richmond/news-blogs/>

Or contact **Clare Million**, Group Leader
email: claremillion@gmail.com
or call: 07794 835571

Below is a small selection of our upcoming events over the next couple of months:



Tuesday 7th November	Evening Talk, Birds of Honduras
Wednesday 8th November	Morning Walk, Richmond Park
Tuesday 14th November	Afternoon Talk, Birds of Heath, Moor and Mountain
Thursday 23rd November	Morning Walk, Bushy Park
Sunday 10th December	Coach trip to Slimbridge (WWT), Gloucestershire
Monday 18th December	Morning Walk, London Wetland Centre



Riddles and Puzzles

1. The more you take, the more you leave behind. What am I?
.....

2. You have a barrel full of water. What do you add to the barrel in order to make it lighter?
.....

3. What English word retains the same pronunciation, even after you take away four of its five letters?
.....

4. Which word is the odd one out: Seventy, Brawl, Clover, Proper, Carrot, Swing, Change, Travel, Sacred, Stone?
.....

5. What has only two words, but thousands of letters?
.....

6. I exemplify a rare case where today comes before yesterday. What am I?
.....

7. Which word has three consecutive double letters?
.....

8. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
.....

9. What are the next three letters in this combination? OTTFFSS
.....

10. What word in the English language does the following:
.....

The first two letters signify a male, the first three letters signify a female, the first four letters signify a great man, while the entire word signifies a great woman. What is the word?
.....

11. How do eight eights add up to one thousand?
.....

12. I'm full of holes but strong as steel. What am I?
.....

13. I can be long or can be short, I can be black, white, brown, or purple. You can find me the world over and I am often the main feature. What am I?
.....

14. What connects two people, but touches only one?
.....

15. What can be given and can be accepted, is worth a great deal but costs nothing yet has no monetary value?
.....

16. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?
.....

Your chance to win a £10 M&S Voucher! Submit this page with your written answers. Give this whole page to your Scheme Manager, or place in the suggestion box **before Friday 17th November.**

Name: _____

Miscellany Curated by Mike Townsin



- From 1912 to 1948, painting was an Olympic event.
- Zischeln is a useful German word meaning 'to whisper angrily'.

- Bovril was originally called 'Johnson's Fluid Beef'
- James Naismith invented basketball in 1891. It was 21 years before it occurred to anyone to cut a hole at the bottom of the basket.
- Genghis Khan had over 500 wives and a vast number of children. 1 in 10 people in Central Asia are his direct descendents.
- Hitler's home phone number was listed in Who's Who until 1945. It was Berlin 11 6191.
- Muntin n. The thin strip of wood or metal that divides the panes of glass in a window.
- Shakespeare, Sir Walter Raleigh and King Charles I all had pierced ears.
- Trombone is French for paperclip.
- Margaret Thatcher was part of the team that invented Mr Whippy ice cream.
- The word ambisinistrous is the opposite of ambidextrous: it means 'no good with either hand'.
- Britain is the windiest country in Europe.
- Sending a man to the moon and finding Osama Bin Laden cost the US government about the same: ten years and \$100 billion.

ANSWERS: November Issue - Norman's Quiz

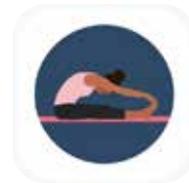
- | | | |
|---|----------------------|-----------------------------|
| 1. <i>The Prime of Miss Jean Brodie</i> | 5. Boat | 11. Ruth Ellis |
| 2. Lufthansa | 6. David Copperfield | 12. Gallery-Largely-Regally |
| 3. Sheep | 7. Murrayfield | 13. Seattle |
| 4. <i>Sale of the Century</i> | 8. <i>Golden Eye</i> | 14. Oxfordshire |
| | 9. Rudy Giuliani | 15. Mary Berry |
| | 10. Bangladesh | |

Apps to Supplement Your Mind and Body

by Eden Richards



Calm. The meditation, sleep and relaxation app encourages both mindfulness and movement through meditations, soundscapes and more.



Bend. This app offers dozens of stretching and mobility routines that contain easy-to-follow yoga poses and exercises that are suitable for beginners.



Day One. A personal journalling app with which you can record, reflect, and revisit your thoughts and memories.



NHS Food Scanner. Measure sugar, salt and fat levels of different foods when buying foods or cooking.



Lumosity. A fun, interactive way to train your brain and learn how your mind works. Designed to exercise memory, speed, flexibility and problem solving.



Blinkisk. Read or listen to key insights from books and podcasts in 15 minute summaries. Great for replacing scrolling social media with microlearning!



by Nigel Davis

I suppose the most famous poem on Autumn, in fact one of the most famous poems in the English language ever written, is the Ode to Autumn by John Keats (“Season of mists and mellow fruitfulness” etc. etc.). This poem by John Clare (1793-1869), a true nature poet if ever there was one, could hardly be more different, even though on the same subject. Clare, a Northamptonshire agricultural labourer with an intense sensitivity to the natural world, writes with simple and affectionate perceptions of what is there all around him. Many of his poems in fact, just like this one, start with the words: “I love...”. There is no symbolism: it is all observation and his response to that observation. He chooses November as his autumn month. That can sometimes get a bad press as a month (“The month of the drowned dog” as the bleak poet Ted Hughes described it). But in Clare's eyes it is a month and a season to be cherished.

Perhaps I will be shot for saying so, but I much prefer this poem to Keats's high-flown and elaborate effort. But of course it is all a matter of personal taste.



Autumn

by John Clare

I love the fitful gust that shakes
 The casement all the day,
 And from the mossy elm-tree takes
 The faded leaves away,
 Twirling them by the window pane
 With thousand others down the lane.

I love to see the shaking twig
 Dance till the shut of eve,
 The sparrow on the cottage rig,
 Whose chirp would make believe
 That spring was just now flirting by
 In summer's lap with flowers to lie.

I love to see the cottage smoke
 Curl upwards through the trees
 The pigeons nestled round the cote
 On November days like these;
 The cock upon the dunghill crowing,
 The mill-sails on the heath a-going.

The feather from the raven's breast
 Falls on the stubble lea,
 The acorns on the old crow's nest
 Drop pattering down the tree;
 The grunting pigs, that wait for all,
 Scramble and hurry where they fall.