

Love and Friendship

Make an Origami
Heart Bookmark

History of Valentine's

Alternative Love

The Four Loves

2024 Leap Year

Mosaic Workshops

Art Corner Feature:
Diana Nicholls

Resident Interview:
Danny Snowdon

Valentine's Quiz

Spot The Difference



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Competition Winner

Thank you to everyone who sent in entries for the Wordsearch and crossword. Picked at random, our winners this month are:

Juanita Agard-Batley (Wordsearch)

Marilyn Edwards (Crossword)

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 16th February 2024.**

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.

Farewell

It is with great sadness that we say goodbye to:
Buki Onabolu, who is moving to live with family.

Chapel Schedule: February 2024

Sunday 4th February	10.30am Communion with hymns. No evening service
Sunday 11th February	10.30am Communion with hymns 5.30pm Songs of Praise
Tuesday 13th February	2.00pm Pancake Tea! & Film: <i>West Side Story</i> <i>Check with Derrick for details</i>
Ash Wednesday 14th February	10.30am Ash Wednesday Communion with imposition of ashes.
Sunday 18th February	10.30am Communion with hymns. 5.30pm Cafe church
Tuesday 20th February	Lent Study Group <i>Check with Derrick for details</i>
Sunday 25th February	10.30am Communion with hymns. 5.30pm Evening Prayer
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

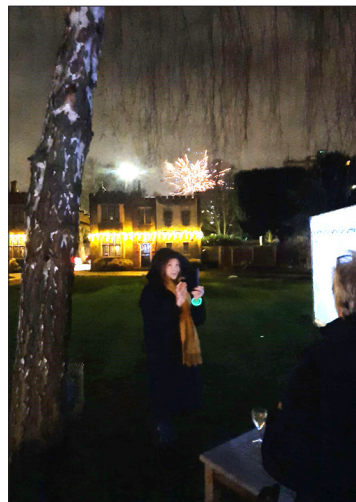
Editorial Committee: Juliet Ames-Lewis, Lorraine Bradley, Debbie Flaherty, Chantal Richards, Derrick Thompson, Gennie Thompson & Mike Townsin.
Magazine Design: Chantal Richards & Eden Richards



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

Memories of New Year's Eve

New Year's Eve gathering at Hickey's. We saw fireworks whilst having some festive fun and even the piper had a good time!



Letter from Gennie



Dear Residents,

Welcome to the February Almshouse News! We have selected the theme of love and the leap year to fit with the month! Unusually Valentine's Day falls on Ash Wednesday this year – this last happened way back in 1945. They will fall on the same day again in 2029 but that will be it for this century! Love is a powerful emotion that knows no limits, so in this edition we aim to celebrate the enduring power of love alongside the phenomenon of a leap year, with articles we hope you enjoy.

It has been a busy start to 2024 in our community. This month the activities calendar will be back in full swing and the annual calendar is quickly filling up! If you have any ideas for activities or events you would like to see this year please do let us know via your Scheme Manager or a suggestion box – we are always grateful for new ideas!

I hope you are all enjoying the stretch in the evenings as much as I am – next month is the official start of Spring! We will have sunshine, our beautiful gardens blooming and much more to look forward to. We hope this edition entertains you and may give you a renewed appreciation for the power of love. Happy reading!

This will be my last editorial letter for a while as I will be embarking on my maternity leave. I will miss coming into work and seeing you all of course, but I've no doubt I'll be kept very busy and the time will fly by. I wish you all the very best for this year and will look forward to seeing you all again soon.

With love,

Gennie

History of Valentine's



by Mike Townsin

Ah! St.Valentine's Day, when opportunity and motivation are in inverse proportion to one's age!

That said, its origins are interesting, albeit rather mysterious.

In fact, no-one has established the exact origin of Valentine's Day, although the first trace is to be found in ancient Rome and the festival of Lupercalia around February 15th: men sacrificed a goat and a dog and then whipped women with the animals' hides to boost fertility (at least that was their excuse!).

Later on in the 3rd century, the Emperor Claudius II executed two Christians – both named Valentinus – on February 14th of different years; one, a priest called Valentinus of Rome, was executed for defying the Emperor by performing marriages for soldiers who were forbidden by decree to marry; he was subsequently honoured by the Catholic Church as a martyr, with the celebration of St. Valentine's day.



Eventually, in the 5th century Pope Gelasius I combined St.Valentine's Day with Lupercalia in an attempt to displace the pagan ritual, but the notion of a day dedicated to fertility rituals lived on, even to the extent that young Roman men would give out hand-written messages of admiration in Valentinus' name.

To add to the confusion, two 'love' related events were at work in the Middle Ages: a belief that birds chose their partners in the middle of February, and the Norman celebration of Galatin's Day – galatin meaning 'lover of women'; it is thought likely that this was conflated with Valantine's Day at some point because the names sounded alike.

Valentine's Day was further embedded in English culture by Shakespeare: "To-morrow is Saint Valentine's Day. All in the morning betime" (Hamlet Act 4, Scene 5).

The rest, as they say, is history: in 1797, for example, a British publisher



issued *The Young Man's Valentine Writer* containing scores of sentimental verses for chaps unable to compose their own; and in the 19th century paper Valentines became so popular that mass production in factories started.

Today, Saint Valentine's Day is an official feast day in the Anglican Communion; the Eastern Orthodox Church also celebrates Saint Valentine's Day, but on July 6th.

This article is distilled from several sources which are not always consistent. Ed.

Alternative Love



by Debbie Flaherty

As it is February, the month that is sometimes associated with love, I wanted to write about alternative love, not romantic love.

Love comes in many forms and is described as an intense feeling of deep affection.

Friendship Love. Close friends are those that will always be there for you. You feel happy in their company and are excited to see them. They

are trustworthy, loyal, honest and those you may confide in when you need to talk. Some you may not see often but a true friend is always there despite distance or time lapse.

Platonic Love is a type of love in which sexual desire or romantic features are non-existent.

To Love your Neighbour. The idea is to treat others with kindness, compassion and respect regardless of their background, beliefs or circumstances.

Self-Love. The most important of all. Defined as love of self or regard of one's happiness. Mainly not sacrificing your own wellbeing to please others.



The Four Loves



by Derrick Thompson

As the old song says, 'love is a many splendoured thing', so much so that in some other languages there are several different words used, where in English we only have the one word that has so many different meanings. During the mid-twentieth century the well known writer, C. S. Lewis, wrote *The Four Loves*, a book that looks in detail at the many splendoured nature of love, using four ancient Greek words.

Firstly, there is **Storge** which he translates as affection. This is the kind of involuntary love that is felt for a newborn child, or dog or cat! It is love that is triggered by empathy of some kind and is directed at the other, not at the self.

Then there is **Philia** which he translates as friendship. This is the love, if we dare to call it that, that is shared with those we have chosen as friends; people who we share common interests with, that we have spent time with and have become close to, it has a mutuality about it. Science tells us that this kind of love relationship can lower our blood pressure too!

Thirdly there is **Eros**, which Lewis translates as 'romantic love', but it is much more than that. Eros can be passionate, consuming and, if unrequited and the focus is on the self, can turn quickly to hatred. At its best eros is what people have when they are 'in love' and the other is 'in love' with them, when their thoughts are preoccupied with each other, when they just want to be together, and to become one, often through sexual union.

Finally, there is **Agape**, which Lewis translates as charity and describes as the most important of loves. Agape is unconditional love that is primarily focussed on others. It's the kind of love that helps us to forgive, and it's the kind of love that motivates us to care for and serve others. It is, Lewis says, 'God's love' for humanity, creation and each individual.

Lewis's Four Loves (I'm sure there are more) give us something to ponder on. Different types of love will be more important at different times and in different relationships. But Love, in all its splendour, is something that we need both to give and to receive. For, as another old song says, "**Love makes the world go round**".

2024 is a Leap Year!



by Juliet Ames-Lewis

29th February, also known as Leap Day, is the rarest birth date in the Gregorian calendar, occurring only once every four years during a leap year. The odds against being born on 29th February are very high. While the probability of being born on any given day is 1 in 365, the chances for leap year births are only 1 in 1,461 days. Being born on leap day does not affect your age in any way. It will affect the day you celebrate your birthday if you are born on leap day. Each leap year you will celebrate



your birthday on 29th February. In non-leap years you will celebrate on either 28th February or 1st March.

To be a leap year, the year number must be divisible by four –

except for end-of-century years, which must be divisible by 400.

Did you know?

- **Julius Caesar** introduced the first calendar leap year in 46 B.C. The Earth takes exactly 365 days, five hours, 48 minutes and 45 seconds to circle the sun. The occasional 29th Feb ensures we don't lose six hours every year.

- Leap year babies are called '**leapers**' or '**leaplings**.' You'd get a special name, too, if you had to wait four years to celebrate your birthday.

- 29th February has traditionally been a day on which **women were allowed to propose to men**. Sounds hopelessly outdated for the 21st century, but this is the way it has worked in many cultures for centuries!

- Some cultures consider 29th February an **unlucky day**. In Italy, people say, "Anno bisesto, anno funesto," which translates as, "leap year, doom year." In some countries, like Greece, people warn against planning weddings during leap years.



- 29th February is **not really a legal day**. Many companies don't recognize Leap Day as a 'valid day.' They make leapers choose 28th February or 1st March as their birthday instead.

- Lots of people **work for free on 29th February**. Most employees who are paid fixed monthly incomes will work for free on 29th February because their wages may not be calculated to include the extra day.

- There are two '**Leap Year Capitals of the World**.' If you want to celebrate this special day in a big way, head to Texas or New Mexico. Anthony, Texas and Anthony, New Mexico both claim the title 'Leap Year Capital,' while holding lavish, multi-day celebrations each leap year.

I didn't say it was your fault, I said I was blaming you.

In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."

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.

Origami Heart Bookmark



by **Derrick Thompson**

The Heart bookmark is a remarkable piece of paper art.

We have provided you with a piece of two-sided origami paper from which you can make two bookmarks!

Looking at the pictures follow the steps below:

Step 1: Fold your paper edge to edge and then unfold it.

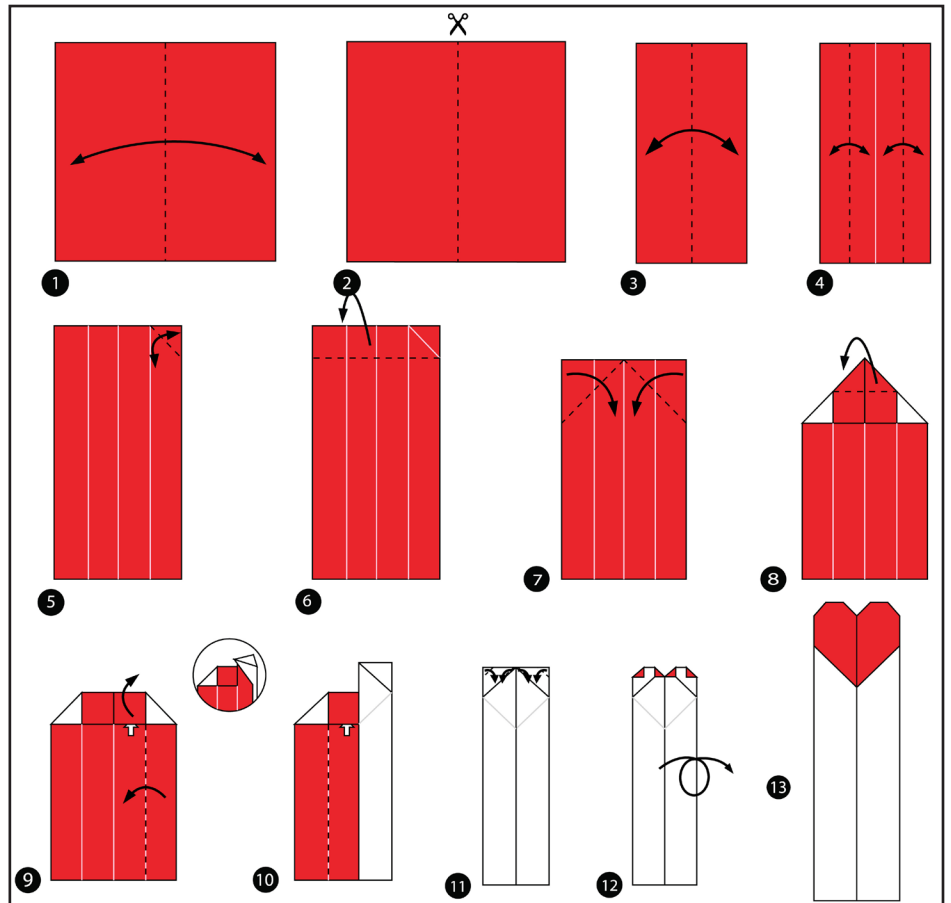
Step 2: Cut the paper neatly down the middle so you have two pieces from which you can make two bookmarks.

Step 3: Taking one piece of paper, colour side facing you, fold it in half lengthways and then unfold it.

Step 4: Now fold the outer edges into the middle and then unfold.

Step 5: Fold the top right corner down to the first crease, then unfold.

Step 6: Beginning at the crease at the top right-hand corner fold the top of the paper over to the back.



Step 7: Fold the left and right corners to the centre crease.

Step 8: Fold the top triangle over to the back.

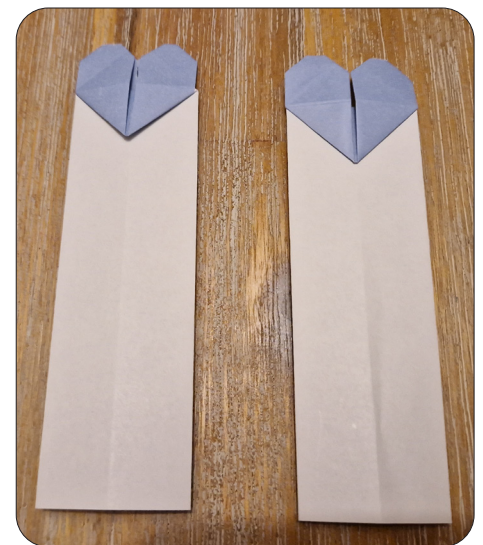
Step 9: Opening the top right-hand pocket, fold the right side into the centre then flatten the top.

Step 10: Repeat step 9 with the left-hand side.

Step 11: Fold in little triangles in the middle and at the outer edges of the top.

Step 12: Turn it over

Step 13: Ta-da! You have a heart bookmark!



"Here's one I made earlier!"

Why not make a second one to give to a neighbour, friend, relative or partner?

Have fun! Please send in photos of your origami masterpieces. We would love to see them.

New Almshouse Developments

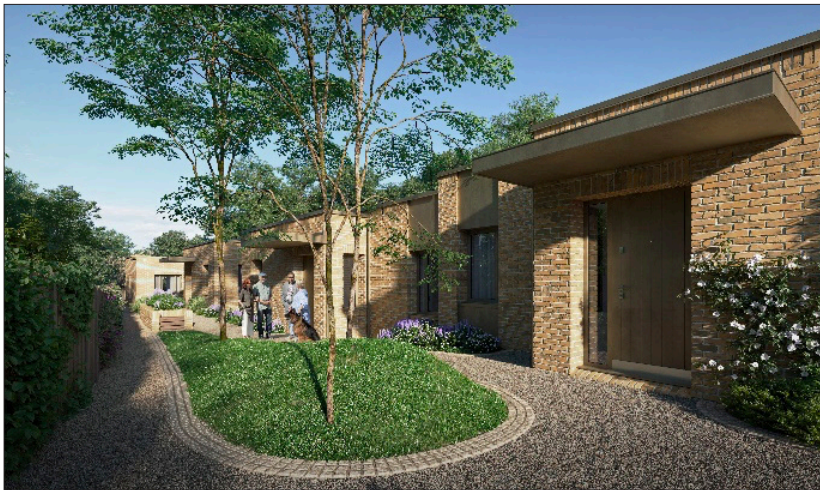
by Mick Tinson



St Mary's Grove Garages



The deep boreholes are complete and the ground is being levelled off to facilitate the concrete foundations as recently seen at Queen's Road. These foundations will also facilitate the new rear wall to the property which will reinstate the boundary lines between us and the neighbouring properties on the right of the picture.



The speed of both the foundations and brickwork, unfortunately, depends on the weather. With the conditions as low as they are it's slowing things down slightly, but luckily warmer weather is forecast, so it should be full steam ahead shortly.



Top left: current view of construction.

Middle left: the artist's impression of how the estate will look later this year.

Bottom left: aerial view of how the estate will look later this year.

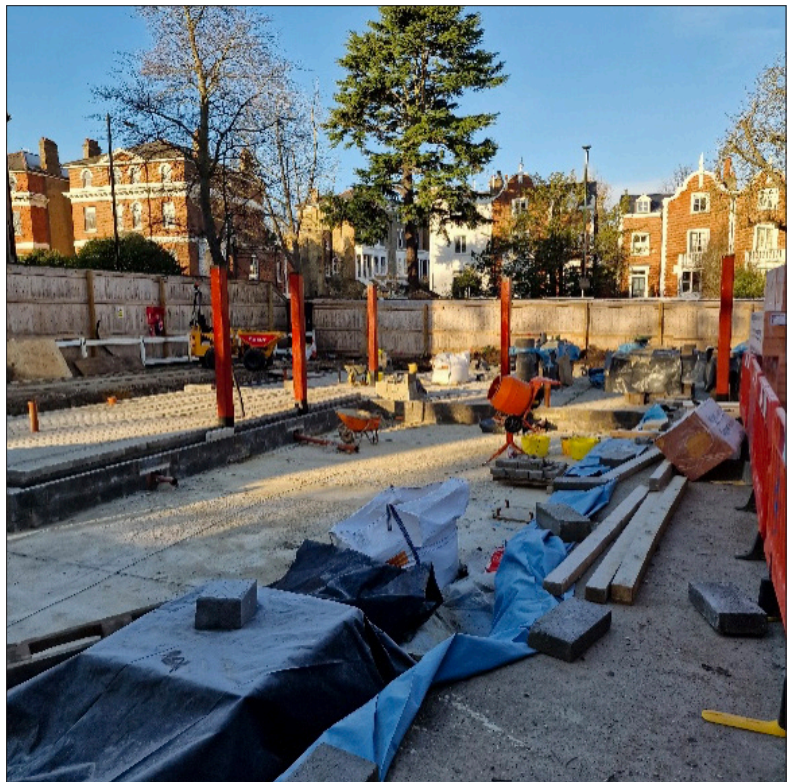
Queen's Road

Last month's update gave you the first glimpse of the ground floor layout following completion of the concrete foundations. That area has now been covered by what's called 'beam and block' flooring.

This flooring system comprises a series of inverted T-beams made of pre-stressed concrete, which look remarkably similar to train rails in profile. The beams are laid at suitable centres to allow them to be filled with standard-sized lightweight aircrete aggregate blocks, until the whole slab area is covered. Because this is an entirely dry process, in that no mortar or adhesive is required, installation isn't weather dependent and it also forms an instant working platform.

Right: top and bottom: foundations of Queen's Road with the inverted T-beams visible.

Below: Although frozen to the core, some of the Trustees had their very first visit to both of the construction sites to see the progress and get a better feel of the overall size of them.



Chaplain's Chat



by Derrick Thompson

The New Year is now well under way, bringing with it opportunities to join in new activities here in our Almshouse community.

Firstly, **Shrove Tuesday**. Not a new activity, but we will be showing the 2022 version of the film *West Side Story* in the Chapel that afternoon, with pancakes, tea and coffee during the interval! Everyone is welcome, so please come along and bring your friends. The following day is **Ash Wednesday**, which this year coincides with **Valentine's Day** (a bit of a dilemma for those receiving chocolate for Valentine's on the first day of the Lenten Fast)! There will be an Ash Wednesday service, including the marking of the forehead with an ash cross, at 10.30am.

During Lent there will be a lent group meeting each Tuesday (except 12th March) called **A Place for Us**. Using film clips from *West Side Story*, Bible readings, discussion and poetry we will look at the themes: Belonging, Otherness and Difference, The Gift of Love, The Promise of a Place for Us and The Tragedy of Betrayal. I'm sure we are in for an interesting time together. Everyone is welcome to attend any or all of the sessions. Just let me know if you are coming so I can let you have the small amount of pre-reading for each session.

Since I arrived, many residents have spoken to me about the **Autobiography Group** that Chaplain Stuart ran, and how they would like something similar to be run again. So, on February 21st we will be hosting the first of our new **This Is My Story** group sessions. During these sessions, using a theme with some simple questions, we will each be given the opportunity to share a bit of our own stories and to listen to others. I will be

joined by Marisca Ribeiro from MIND who is experienced in leading these groups. This is a great opportunity to listen and talk in a guided, safe environment. We will be holding sessions once a month – do join us!

The New Year had a bit of a sad start with our first service in the Chapel being the **Funeral and Thanksgiving Service for David Leslie** from Benn's Walk. David and his wife Lynda have been resident in Benn's Walk for thirteen years. The service was very well attended by family, neighbours from around the Benn's Walk almshouses, residents and staff. Afterwards there were some lovely hot sandwiches and drinks at The Orange Tree pub with lots of conversation about David's warm, welcoming personality, sense of humour and influence in the local community. Until the COVID pandemic David served at the altar in Chapel each week and was a valued member of the Chapel Community. Our thoughts and prayers continue to be with Lynda and her family, and all those mourning the loss of loved ones at the start of this year.



The flowers for David's funeral, arranged by Gwen

Tea at 2! Dates for February



by Derrick Thompson



Social gatherings for residents of all almshouses, their families and friends at 2pm on the dates below:

2pm on Monday 5th Feb at The Vineyard Community Church. Next to Elizabeth of Portugal Church, The Vineyard, TW10 6AQ.

2pm on Shrove Tuesday 13th Feb, 2pm – 5pm. We will show the film *West Side Story* and have a **Pancake Tea** at Chapel of St Francis, TW9 1XB

2pm on Monday 19th Feb at The Terrace Room, Wright's Almshouses. Heath Road, Twickenham, TW1 4DS

2pm on Monday 26th Feb at The Green Room, Hickey's Almshouses at the back of Chaplains House, TW9 1XB



Chair Zumba with Clare



by Linda Prendergast

As you all know the lovely Clare has been hosting Zumba classes in Hickey's Chapel for some time now and all who attend say how good they feel because of it. Well, Clare knows that not all residents are physically able to do the normal class, so she is pleased to let you all know that she has just qualified to teach **Chair Zumba** and has asked us to see how many residents would be interested in taking these classes.

If you are interested in taking the classes, can you please let your Scheme Manager know, and depending on how many residents show an interest, Richmond Charities are happy to add it to the list of activities.



'Chair Zumba: A fun and safe way to stay active.'

As we age, staying active becomes increasingly important for maintaining our physical and mental health. However, traditional exercise routines can be challenging for some people with mobility issues or chronic conditions. That's where Chair Zumba comes in!

What is Chair Zumba?

Chair Zumba is a modified version of the popular Zumba dance fitness program that is designed for seniors or individuals with limited mobility. Instead of standing and dancing, participants sit in a chair and perform modified dance moves that are low impact and easy to follow.

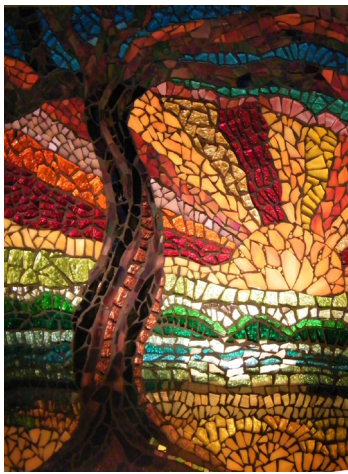
If you think this is for you let your Scheme Manager know!!

Mosaic Workshop



by **Susanne Munslow-Adair**

Now that Christmas and the New Year celebrations are over, I am planning to offer mosaic workshops for any residents that would like to come along to learn a new creative skill.



I will show you how to design a picture and how to use the hand cutting tools, along with how to apply and finish your projects once they are dry. We will cover preparation of the wood, sketching out the design and how to cut and apply tesserae and other materials.

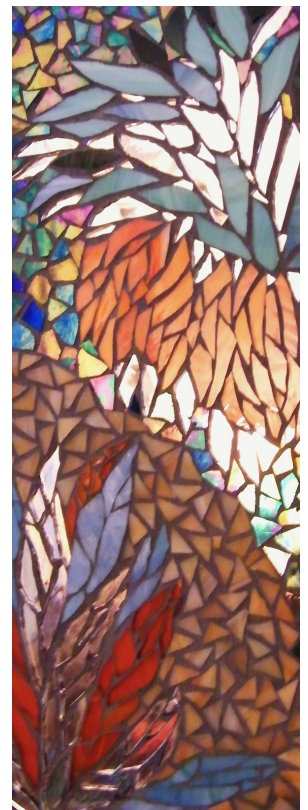
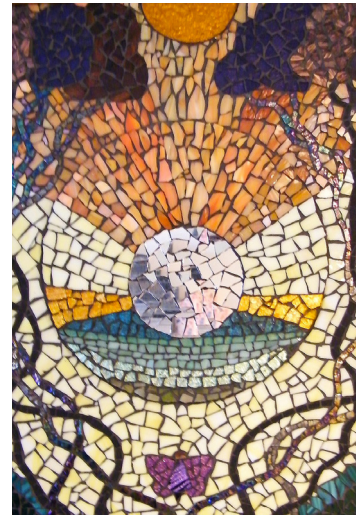
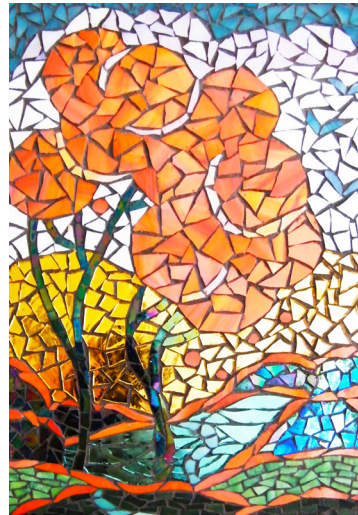
I will supply the basic items to get you started on a piece, and let you know where and how to find craft sellers on eBay and independent mosaic craft websites. The Richmond Charities will help fund materials.

The workshops will run weekly for two hours, with up to four places at a time so please let your Scheme Manager know if you would like to join in with the sessions.

If they prove popular I can probably offer a second afternoon class if the numbers are there for it.

The first workshops will be on a **Thursday or Friday afternoon** here **at my home in Benn's Walk Almshouses**. **The sessions are FREE and refreshments will be provided.**

Please note that I do have a cat, just in case you have an allergy.



An 800-Year-Old Tradition Comes to the Almshouses

by Carmela Hinckley

As darkness fell on Christmas Eve a small group of residents gathered in St Francis Chapel for the traditional blessing of the Christmas Crib. We were joined by Danny's family visiting from Colorado – it felt special to be joined by our visitors from across the globe in celebrating this Christmas tradition.

Carols, prayers and readings were shared as, one by one, we carried the figures of Mary, Joseph, the shepherds, the donkey and finally the Christ Child to the stable. This story of a young couple on an eventful journey, first told in the Gospels, was brought to life 800 years ago in the Italian village of Greccio. A young man called Francis told the story to the villagers, and – as Derrick reminded us – being a very practical person, Francis had the villagers enact the story...and so the first crib came to be.

And now, the chapel of St Francis has its own crib, resplendent with Kings carrying gold, frankincense and myrrh.....

We shared mulled wine and mince pies and welcomed the visitors...a universal story for a troubled time, a story of hope in these lovely figures. And a new tradition for the Almshouses. Thank you Derrick!



Club Cards — Are You in the Right Club?



by Mike Townsin

As a single chap with a low interest in grocery shopping (I'm not a foodie), I had never felt an urgent need to add yet more plastic to the ever-growing bulge in my wallet. Until now. As costs keep soaring and belt-tightening increasingly necessary, I'm a convert.

Loyalty cards have been around for a while (Tesco's Club Card was first in 1995, followed by Boots Advantage Card two years later) but many people, like me, couldn't be bothered to sign up just to accrue a few pennies per pound to be spent at some time in the future. But as many cards now unlock significant discounts off your grocery bill, memberships are on the rise – 21 million people have a Tesco Clubcard used in 80% of store purchases!

So, here are some examples for stores in Richmond, Sheen and Twickenham.



Tesco Clubcard

Apart from 1 point (1p) for every pound you spend and 2 points if you spend with Tesco partners like Pizza Express, the RAC and Hotels.com, there are now yellow stickers on hundreds of items in store and online: this week £7 instead of £9.20 for salmon, £2.40 for a tube of £5 Colgate Max toothpaste.



myWaitrose

Not points, but single use vouchers on your app every Wednesday, and in their glossy magazine membership gets you 20% off selected fish every Friday and meat on Saturdays.

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Nectar

Synonymous with Sainsbury's, but also Argos and Esso petrol stations, and can be spent with other companies including Vue cinemas, British Airways and Ebay. One point for every £1 spent, but their big draw since 2023 has been in-store Nectar-linked discounts on a whole range of products, e.g: Lurpack £2.50 instead of £3.75, Baileys £10 instead of £21.95.



M&S Sparks

No points, but discounts on certain items and categories with an M&S card, and an M&S app for downloading personalised Sparks offers each week e.g: recently 15% off women's dresses, jeans, shoes.



Boots Advantage Card

Three points (3p) for every £1 spent, but you must be able to cover the whole cost of the item you buy with points. There are also selected, substantial Price Advantage discounts, and cardholders also get 10% of 6000 own-brand products.



Superdrug Health and Beautycard

On purchases of £5 and over, you get 1 point (1p). 100 points gets you £1 off and, unlike Boots, you can part pay with points.



Holland & Barrett Rewards for Life

Four points (4p) for every £1 spent, converted into quarterly money-off vouchers to be used in store or online. You earn 300 points (£3) on joining and bonus vouchers on your favourite products.

Short Exercises to Prevent Frailty



by Lorraine Bradley

Frailty is a common condition among older adults, characterized by loss of muscle mass, strength and physical function. It is often accompanied by increased vulnerability to falls, disability and even mortality.

“short and simple workouts can make a significant difference in reducing frailty”

However, regular physical activity has been shown to be an effective way to reduce frailty and improve overall health in older adults. Many people may think that a long and intense workout is necessary to see results, but in reality, short and simple workouts can make a significant difference in reducing frailty.

One of the key components of a workout to reduce frailty is **resistance training**. This type of exercise involves using resistance bands to build and maintain muscle strength.

Cardiovascular exercise helps to improve heart health, increase endurance, and can also aid in weight management. Activities such as brisk walking, cycling, or swimming (or water aerobics) will get the heart pumping!



Regular exercise has been shown to reduce the risk of depression and anxiety in older adults. It can also improve cognitive function and memory, helping to maintain overall brain health.

So, put on something comfy, grab some resistance bands, and get moving to reduce frailty and improve your quality of life.

What You Need to Know About Resistance Bands

- They are lightweight, versatile, portable and **inexpensive** (prices on Amazon start at £3.69)



- **Really good for beginners** and gym experts

- Easy to use and learn. (Find starter lessons on the British Heart Foundation website: Resistance Band Exercises.)

- You build strength by providing a tension that your muscles have to work to resist.

- There is **no fear of your muscles hurting** afterwards as you are in complete control — starting with least resistance and building as you get stronger.

- Resistance bands are available in either elastic fabric (better for lower body) or rubber latex (for upper body).

- As with any new exercise, if you are worried always check with your doctor or physiotherapist.

Easy Starter Exercises

Leg Press

Sit on chair. Put one foot in the middle of the resistance band and hold both ends with your hands.



Bend your knee towards you, then straighten it out in front of you before returning to your starting position. Repeat 10 times with each leg.

Lateral Raise

Put the band under both feet, hold each end with your hands. Raise hands to shoulder height and repeat ten times.



More exercises: [www https://www.bhf.org.uk](https://www.bhf.org.uk)

Bridge Club



by **Norman Bramfitt**

The Bridge Club meets every **Tuesday morning at 10am** and on **Friday afternoons at 2.15pm** in The Garden Room at Church Estate.

We always welcome new members. There are experienced players to teach anyone and even the less experienced players are more than willing to help.

All the players are now close friends with each other. We also enjoy a tea/coffee and biscuits and sometimes even a homemade cake.

So why not come along and join us!



Out and About Group

by **Richard Yardley**

On Monday 12th February the Out & About Group will be visiting the **Poppy Factory** here in Richmond. Places are limited so please speak to your Scheme Manager to let them know if you would like to come. There is no charge for this visit.



Also, on 27th February we will be going to **Kew Gardens** for the **Orchid Festival**.

On Monday 4th March we have arranged to meet the Richmond Member of Parliament at the **Houses of Parliament**. Again, places are limited so please speak to your Scheme Manager to let them know if you would like to come.

More outings are planned including return visits to Windsor and Reading in the summer months.



Visit from a Furry Friend



by **Claire Sanecka**

Jen (owner) and Wilma (black Labrador) are settling well into Estate visits and you may well have noticed they visit a different Estate each week.

Please continue to let your Scheme Manager know if you would like a visit. Please note that Jen and Wilma are happy to visit all Estates across The Richmond Charities.





Age UK Richmond

Free Information & Advice
Welfare Benefits support
Wellbeing & Social activities
Connect to Tech - digital skills
Dementia Friendly Richmond
Handyperson, Housekeeping, Gardening

Your local, independent charity working in the community to support older people, their families and carers.

Love Later Life

020 8878 3625
info@ageukrichmond.org.uk
www.ageukrichmond.org.uk

Housekeeping:

Call: 020 8878 3569

Email: housekeeping@ageukrichmond.org.uk

Our useful housekeeping service can help you at home with housework, cleaning and shopping. We do not provide personal care. Chargeable.

Dementia Friendly Richmond

Call: 020 3816 0020

Email: dementiafriendly@ageukrichmond.org.uk

Dementia Friendly Richmond (DFR) is a Richmond Council funded project delivered by Age UK Richmond.

DFR aims to create an inclusive borough where all residents affected by dementia are empowered and supported to live well. Contact DFR for help.

Handyperson: Call: 020 3 326 9432 Email: handyperson@ageukrichmond.org.uk

Our handyperson service is designed to help and keep older and vulnerable people living independently and safely at home, by delivering minor adaptations and repairs. This is a subsidised service for those over 65, unpaid carers and those with long term disabilities. Our low rate is £30 an hour plus materials, or £20 an hour plus materials for older people in receipt of pension credit. We also complete some smaller jobs free of charge.

For more information on all aspects of Age UK Richmond:

Website: www.ageukrichmond.org.uk

Social Media: Twitter, Facebook and Instagram @AgeUKRichmond

Sign up to the weekly e-bulletin: aydee.burke@ageukrichmond.org.uk

ALMSHOUSE NEWS - Resident Interview



by **Danny Snowdon**

I was born in Whitton so I am a local lad.

I was evacuated to Acton in Suffolk as a boy and stayed there for 4 years – I was so happy when my grandfather came to get me and brought me back to London where I continued to live with him.

I went to Nelson Primary School followed by Whitton Boys School (which was in the grounds of Kneller Hall). Then on to Kneller School.

When I left school I started at Twickenham Technical College to study brickwork, plumbing, carpentry and technical drawing and when I had finished that course I went to work for British Telecom as a telephone engineer.

I then applied for a job at Heathrow Airport to fit communications and telephones. I found that I missed physical and mental stimulation so I started a job in Osterley Park working on the lead roof of one of the acorn turrets on the National Trust House there. When we stripped off the old roofing cover we found an old coin underneath so once we were near finishing we placed a new coin with it.

I did enjoy playing football but got a very bad injury which put me in hospital for some months.

Some of my friends were professional football players so one night I was sitting with them and some others in The Crown pub in St Margaret's when one of them suggested that we all go to Spain for a couple of months. So we headed off to the Costa Brava. We were on the beach having a kick around and a man in a local bar asked if we were footballers. We all said yes so we started playing against hotel residents who wanted to play against a professional team.

We had a great summer there enjoying the sunshine and keeping fit.

When I came back from Spain my Dad saw an advert for loaders at the airport. One day as I was working someone approached me and asked if I was Danny Snowdon and do I still play football! He then invited me for a trial with him the next day and then two weeks later I found myself playing in New York in the Airlines Cup which we won.

At the airport I had the good fortune of meeting my wife to be and we eloped to Spain. We lived on the Costa del Sol where I was lucky enough to find work as a painter/ decorator.

After 18 months we returned to the UK where I started my own building business.

We had our daughter and then sadly my wife became ill so I stopped working as a builder.

I then started buying and selling building tools.

My wife and I continued to visit Spain during our married life and saw quite a bit of America.

I can reflect and say that I have had very good times in my life which I continue to have.

I now live at Hickey's and I must say living here is one of the best things that has ever happened to me and I am so very happy.



Michel's Almshouses



by Linda Prendergast
and Jo Davison

The beautiful garden at Michel's Almshouses is the heart of the estate.

Michel's Almshouses has been well known for winning gold for *Richmond in Bloom* for many years and *London in Bloom* on one occasion.



The garden is host to many gatherings organised by the residents during Summer evenings. It is well-used for birthday celebrations, or just for residents to get together to enjoy each other's company, open a bottle of wine or share some food.

The estate has a friendly welcoming feel with a great sense of community. Michel's is also home to one of the estate offices where we are based and also get to benefit from the lovely gardens where, during nicer weather, we can sit and chat with residents.




**OUR
ALMSHOUSE
COMMUNITY**

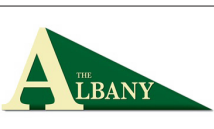
WELCOME to a new regular column focussing each month on your almshouse community. Each of your communities are unique and we would love you to contribute your thoughts.



ALMSHOUSE NEWS - Local What's On

Coffee and Crafting Workshops at The Museum of Richmond.  **MUSEUM of RICHMOND**
 Weds 21st and Sat 24th February. **Cross Stitch Sampler inspired by a Georgian Sampler.** In each workshop you will explore the story behind a beautifully crafted object in the Museum's collection and use the object as inspiration for a craft project based on the object and the skills needed to create it. No experience needed – absolute beginners very welcome. Everyone gets a beautifully designed information booklet along with a goody bag which includes: aida/joblene material, an embroidery needle and a selection of embroidery floss/thread. Booking essential as places are limited. These workshops are 'donate what you can' (from £0 to £10) Book here: www.museum-of-richmond.arttickets.org.uk/ **FREE EVENT**

The Albany Quiz Night in Twickenham. Weds 7th February from 8pm. It's £2 each and up to 6 in a team. £30 bar voucher for winning team. 1 Queen's Rd, Twickenham TW1 4EZ. **£2**



As part of the **Friendly Parks for All** activities project, there are **free** weekly walking activities. To take part register in advance by phone, call Frances **020 8401 6837** or email: parks@richmond.gov.uk

Thursday 1st February	1-30am- 3.00pm	Twickenham Junction Rough to Kneller Gardens and return Fountains at The Exchange, London Road, Twickenham TW1 1BE
Thursday 8th February	10.30am- 11.30pm	Kneller Gardens Meadow, Twickenham, TW2 6PH Near pavilion
16th February	10.30m- 12.30om	Twickenham Riverside and Marble Hill Park. Church Street Twickenham beside Champions Wharf Play area.

Music at The Mitre
 (next to Hickey's)
Simone & Alex are an acoustic duo playing a versatile mix of genres from Jazz and RnB to Pop and Rock. Expect silky smooth vocals undercut by jazzy guitar and bass grooves to create the perfect chilled vibes. Sunday 18th February from 5pm. **FREE EVENT.**



Make Do and Mend
 Save money and help the environment by learning how to darn socks, re-attach buttons or replace worn-out zips! Bring along some clothing to fix or start a special project under the guidance of experienced facilitators. Sewing, knitting, crocheting, and more are all encouraged. Sewing machines will be provided. Taking place from 10am to 12noon on the following dates:
 Richmond Lending Library on Thursday 22nd February and Teddington Library on Wednesday 20th March. **FREE EVENT**



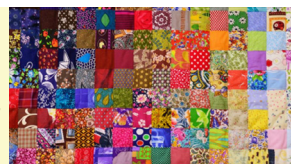
Knit and Natter at Twickenham Library. Do you enjoy knitting, crocheting or cross stitch? Bring whatever you're working on and join our friendly group for a morning of making. Crafters of all levels are welcome to join these informal gatherings to learn some tips, gain inspiration, and meet new people. Please bring your own yarn if you can. Dates: Monday 12th February and Monday 11th March 2024. Time: 10am to 12 noon. Location: Twickenham Library. **FREE EVENT**



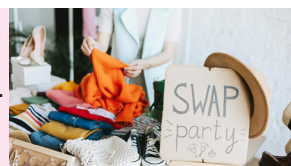
Book Club at the OSO Arts Centre, Barnes. Join the brand-new monthly book club to meet fellow readers. The café will be open so you can warm up with a hot drink. This event is generously supported by Barnes Bookshop, so once you've secured your ticket, they will provide 10% off the featured book of the month. Dates: Frid 23rd Feb 1pm-2.30pm; Fri 22nd Mar 1pm-2.30pm. Book in advance: www.osoarts.org.uk/oso-book-club. **£5.**



Project Linus Quilting Session at Teddington Library. Create a quilt for a child in need. All materials are provided, giving a great opportunity to learn new techniques whilst supporting a worthy cause! Project Linus UK is a network of needlewomen across the UK who make quilts and blankets for babies, children and teens who are going through challenging times. Date: Friday 9th Feb 10.30am-2.30pm. **FREE EVENT**



Get Swishing with a clothing swap at Twickenham Library. Regenerate your wardrobe without buying new! Swishing is so simple, just bring in your unwanted clothing garments* and exchange them for tokens, then come back later to choose alternative items to take home and enjoy. Drop off between 10am - 12pm. Saturday 17th Feb. Choose items between 1pm - 3pm. *All donated items must be in a good condition. **FREE EVENT**



Twelve Angry Men, Reginald Rose's gripping courtroom thriller, at Richmond Theatre, 5th-10th February, visit www.atgtickets.com for tickets starting at **£13**



NHS Health Checks are now being offered at even more local pharmacies. If you are over 40 you may be eligible for this free, quick check, which can help to identify risks before any problems occur.



George Street in Richmond will be closed from the junction of Red Lion Street to outside number 80 for mobile crane operations overnight on Saturday 10 February 2024.



Do you know of an inspiring person, organisation or business that has made Richmond upon Thames and their local community a better place? Help recognise them for the value they add to the borough by nominating them for the **2023 Community Heroes Awards!**



There are 10 award categories to nominate within, which all recognise those who have stepped up in a big way to care for the most vulnerable among us, build safer, stronger and fairer communities for their neighbours or put in the hours to make the borough a better place to be. Nomination categories include: *Communities Together*, *Lifetime achievement*, *Environmental Award* and *Trustee of the year* If you know someone who you consider to be a hero to your community, submit your nomination via a short online form by **Monday 26th February 2024**. You are more than welcome to submit more than one nomination. Nominees should be nominated for their work in a **voluntary capacity only**. Find details here: <https://www.richmond.gov.uk/news/>

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



New Year, new you! Sign up to **Feel Good Fitness** today and get up to two months half price. Richmond Sports and Fitness Services are offering **free specially tailored programmes** for those new to or returning to exercise. Over 200 fitness classes are available including indoor cycling, Zumba and Pilates. These will be available at Pools on the Park, Teddington Pools and Fitness Centre, Sheen Sports and Fitness Centre, Whitton Sports & Fitness Centre, and Hampton Sports & Fitness Centre. The offer is valid from Tuesday 2nd January to Wednesday 7th February 2024 and cannot be used in conjunction with any other offer and can be withdrawn at any time. Visit one of the gyms above to sign up or online here at: www.richmond-self.achieveservice.com

The **Cambrian Centre** are welcoming residents to join their small and friendly gym in Richmond. The centre particularly welcome people who have never attended a gym before and may need support with exercise. To help get residents started, the Cambrian Community Centre gym also provides a number of complimentary group classes such as Pilates, Yoga, Tai Chi and weights for seniors. To find out more and how to join, visit the Cambrian Centre's website. www.cambriancentre.org



On the third Saturday of each month, the **Twickenham Repair Café** opens its doors for repairs. The café's ethos is to bring broken items or unwanted tools to be repaired. The team are experienced to fix almost anything including: iPads, clocks, lawn mowers, coffee machines, clothes, bikes, lamps, ceramics, furniture and even sharpen garden shears! The next repair café takes place on Saturday 17th February from 10.30am to 12.45pm at St Margaret's Church Hall, 130 St Margaret's Road, TW1 1RL.



This year, find out how you could volunteer with help from the friendly **Richmond Volunteer Service**. Whether you want to use your existing skills or do something completely different, Richmond CVS is bound to have something of interest. Some of the latest opportunities you may find in the Richmond CVS newsletter include those with animals, young people, finance, teaching, comms, cookery, office admin, retail, the environment, sport and more. If your curiosity has been piqued, make a date to drop in, send an email on volunteer@richmondcvcs.org.uk or give the team a call on 020 8843 7940.



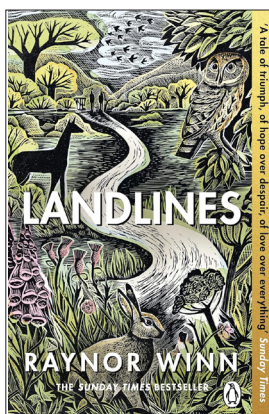
Miscellany



**Curated by
Mike Townsin**

- A new-born giant panda weighs less than a cup of tea.
- The word school comes from the ancient Greek for 'free time'.
- In 1672 the Dutch killed and ate their prime minister.
- Trousers are responsible for twice as many accidents as chainsaws.
- The words written on X (formerly Twitter) everyday would fill a 10-million-page book.
- The average person walks the equivalent of three times around the world in a lifetime.
- One third of Russians believe the sun revolves around the earth.
- Italy's biggest business is the Mafia. It accounts for 7% of GDP.
- The world's largest pearl weighs 14 pounds.
- Abulia is the inability to make decisions.
- In 1894, The Times estimated that by 1950 London would be nine feet deep in horse manure.
- Every year Peruvians eat more than 60 million guinea pigs.

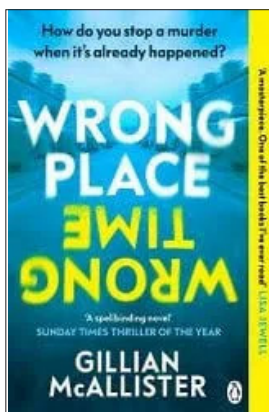
Page Turners



***Landlines* by Raynor Winn**

Reivew by Chantal Richards

This bestseller is a beautiful story of a couple who tackle Britain's toughest trail along Cape Wrath, starting at the top of Scotland and then keep heading south. Despite her husband's failing health the couple keep going discovering the depth of their marriage and all of nature's beauty along the way. It is set post-covid so there is a timely reminder of keeping your distance. Winn comments on the effects of climate change, the kindness of strangers, the migration and extinction of birds, the harsh conditions of Scotland's weather, the plight of her walking boots and the continual awareness of a terminal illness. Despite the many depressing themes the book is uplifting and makes you want to go out and explore and live! Once you have zipped through this book go find her other amazing stories: *The Salt Path* and *The Wild Silence*. You will love it, I promise!



Wrong Place Wrong Time

by Gillian McAllister

Review by Mike Townsin

This combination of a 'whodunnit' and a 'time-travel trip', begins with Jen, a Merseyside lawyer, witnessing her geeky son committing a murder: she spots him with someone, and her funny, happy teenage boy stabs this stranger. After he is taken into custody Jen falls asleep in despair. But when she wakes up... it is yesterday. The murder has not happened yet – and there may be a chance to stop it, and she finds herself moving back in time playing detective. This hard-to-put down paperback is suspenseful, full of emotion and a kind of commentary on how far mums will go for their children! It will now be donated to our library, so watch out for it...

ART CORNER

Diana Nicholls - Artist
by Mike Townsin



In our January edition Diana Nicholls talked about the Art & Soul charity and the workshops held in our almshouse community, in which she featured her artwork from those sessions. Here we show you

more of her inspiring work.

Diana Nicholls (resident) is a self-taught artist with a great passion for abstract art and a firm believer that everything happens for a reason. Her artwork is the soul-searching journey, the way to express her emotions, thoughts, dreams, joy or fears, the way to escape and

feel free.

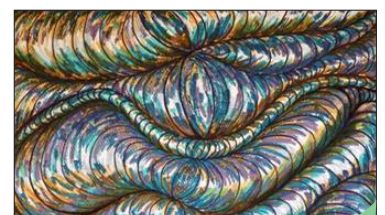
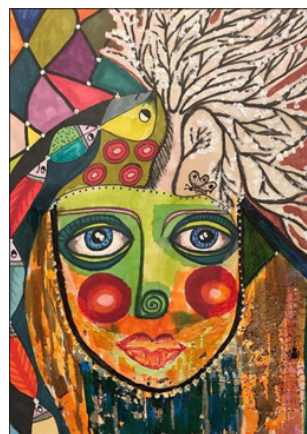
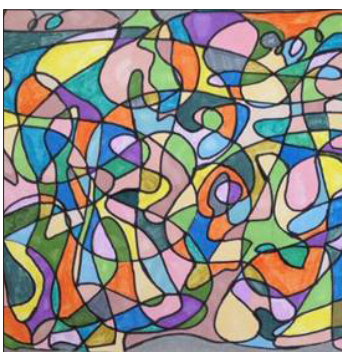
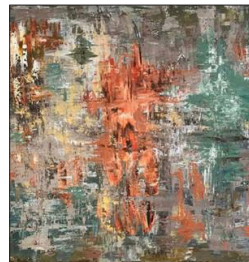
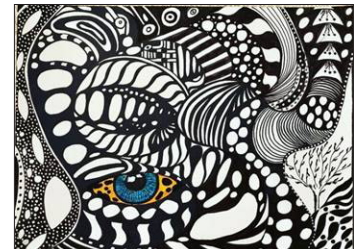


Diana at The Orleans House Gallery

Diana equally enjoys painting on big canvases with a preference for acrylic mediums or just drawing on white or black paper with

a black ink or metallic pen. In 2015 Diana became a member of the Art & Soul group and her artworks have been exhibited in various Art & Soul local exhibitions. Since 2016 she has been donating her artwork every year to the anonymous exhibition called *The Secret Art Sale* — organised by the local charity Habitats and Heritage, helping to raise funds for their important work. Diana's artworks can be viewed on Instagram

@diananichollsart or online at: www.instagram.com/diananichollsart/



On This Day:

7th February 1301

The son of King Edward I of England becomes the first English Prince of Wales.

On This Day:

21st February 1804

British engineer Richard Trevithick demonstrated the first steam engine to run on rails.

On This Day:

12th February 1554

At the tender age of 16, the 'Nine Days Queen', Lady Jane Grey is beheaded at the tower of London.

On This Day:

1st February 1901

The royal yacht *Alberta* brings the body of Queen Victoria into Portsmouth harbour en route to her funeral in London. The Queen, aged 82, died on January 22, at Osborne House on the Isle of Wight.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

To be sure of hitting the target, shoot first, and call whatever you hit the target.

Wit and Wisdom



Curated by Mike Townsin

- **Be useful** *Arnold Schwarzenegger*
- **The ocean finds**

something in us that we already know – that loss is inevitable and the only way to live well is to let go *Emma Pattison on the death of her sister Deborah Kirk, Head of Epsom College*

• **All those moments lost in time, like tears in rain** *Rutger Hauer as the dying android Roy Batty, in Blade Runner*

• **Loyalty means nothing unless it has at its heart the absolute principle of self-sacrifice** *Woodrow Wilson US President.*

• **Some will always be prettier. Some will always be smarter. Some will always be younger. But they will never be you** *Freddie Mercury on his fiancée, Mary Austin*

• **The true definition of friendship is that you forgive your friends their faults** *Kim Philby, head of MI6, who spied for Russia.*

• **I don't want to live on in the hearts of my countrymen, I want to live on in my apartment** *Woody Allen*

• **We are here on Earth to help others. What on earth the others are here for I don't know** *WH Auden*

• **You never know what people are going through, so if it's in your heart to do something nice for someone, just do it** *Taheera Harris, person on Facebook.*

• **No amount of computing power can predict what irrational humans will do** *Dominic Lawson on the future of Artificial Intelligence*

• **People say nothing is impossible, but I do nothing every day** *Winnie the Pooh*

Who Am I? (Member of Staff)

- 1. Not the winter of '63'
- 2. My gate is always open to you.
- 3. I can move time.
- 4. Lionel Bart and "rings ain't what they used to be"

The answer is

.....

Solve the cryptic clues to identify this member of staff!

New staff member every month.

Love And Valentine's Quiz

Answers in next month's issue.

1. a) Who is the Roman goddess of love?

b) Who painted this picture?



c) Who is the Roman god of love often associated with Valentine's Day?

2. a) In Shakespeare's play *Romeo and Juliet*, in which Italian city does the story take place?

b) In *Romeo and Juliet*, what is the name of Romeo's first love interest?

3. a) In Disney's *Beauty and the Beast*, what is the name of the enchanted object that was once a human and is a close friend to Belle?

b) What narcissistic hunter wants to marry Belle?

4. How many points is the word 'love' worth in the game of Scrabble?

5. In which 1956 film did Elvis Presley make his debut?

6. How many Beatles songs with 'Love' or 'Loves' in the title have reached number one in the UK Charts?

7. *That's Amore* was a major hit and signature song for which singer?

8. Which well-known Sanskrit phrase means 'love story'?

9. What used to be called the apple of love or love apple?

10. Which of the 7 wonders was built as a symbol of love to an emperor's wife?

Your chance to win a £10 M&S Voucher! Submit this page with your written answers to the Valentines Quiz. Give this whole page to your Scheme Manager, or place in the suggestion box **before Friday 16th February 2024.**

Name: _____



Your chance to win a £10 M&S Voucher! Circle the TEN differences on the bottom image and submit this page to your Scheme Manager, or place in the suggestion box before Friday 16th February 2024.

Name: _____

If I agreed with you, we'd both be wrong.

You're never too old to learn something stupid.

Where there's a will, I want to be in it.

Getting To Know You



Rev. David Thomas

• What is your favourite song and how does it make you feel? **10,000 Reasons (Bless the Lord)** by Matt Redman. This song lifts my heart and soul and makes me want to sing along.

• Who is your favourite artist and why? **Sir Cliff Richard**, for his longevity, integrity and memorable music has to be admired and respected.

• If you could be a star in a movie – what movie would it be? **War and Peace**. I would play 'Pierre'.

• What book do you currently have on the go? **Teresa of Avila** by Rowan Williams. This is a biography and study of a remarkable Spanish Saint.

• What words of wisdom would you pass on to the younger generation? **Make sure you choose good friends you can rely on and enjoy good companionship with.**

• What makes you laugh? **Watching the late Tommy Cooper**, and remembering moments shared with friends and family.

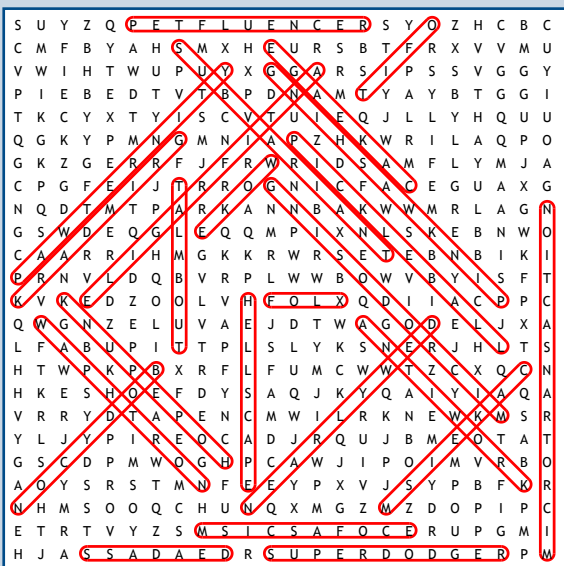
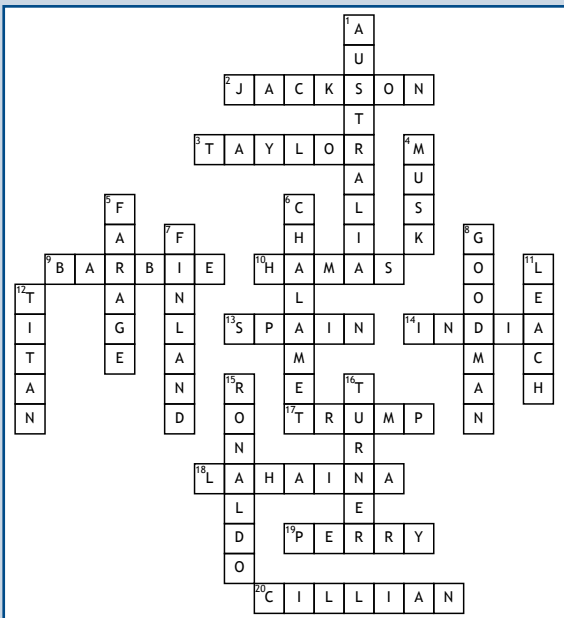
• Which public figure do you most admire? **Sir David Attenborough** for his love of nature, and his warning to look after our planet and cherish it.

• What is your greatest achievement? **My ordination as a priest in the Church of England.**

• If you were Prime Minister for the day, what would you do? **Promote an emphasis with money for resources on community policing, nursing, and health prevention.**

• If you could travel back in time, where would you go? **1st century Palestine in the time of Jesus.**

Answers From Last Months Edition



If you would like to contribute a quiz, puzzle or game to be used in next month's edition, please contact your scheme manager.



by Nigel Davis

What shall it profit a man if he gains the whole world and loses his own soul? Quite so. And even if there are those who would not necessarily identify with that way of putting it, people nowadays should surely at least acknowledge that they should aim to have self-respect — not judging themselves solely by what they have managed to achieve in their lives but by how they have tried to live their lives.

This poem by Dale Wimbrow, first published in the USA in 1934 (it has since been revised and altered and also given various titles), is on precisely that subject. I believe, in fact, that it still to this day is sometimes included as part of motivational talks delivered to such differing groups as graduating students, the armed forces and business and sports people. Although the poem is written entirely from a masculine point of view its underlying theme seems to me to be universal. Food for thought!



The Man in the Glass

by Dale Wimbrow

When you get what you want in your
struggle for self

And the world makes you king for a day

Just go to the mirror and look at yourself

And see what that man has to say.

For it isn't your father or mother or wife

Whose judgment upon you must pass

The fellow whose verdict counts most
in life

Is the one staring back from the glass.

He's the fellow to please — never mind
all the rest

For he's with you clear to the end

And you've passed your most difficult,
dangerous test

If the man in the glass is your friend.

You may fool the whole world down the
pathway of years

And get pats on the back as you pass

But your final reward will be heartache
and tears

If you've cheated the man in the glass.