

## Here's To New Beginnings. Happy New Year!

The Christmas Lunch

NEW: Chess Club

NEW: Calligraphy

NEW: Where You Live:  
Manning Place

NEW: Art Corner

Taking Care of Your  
Mind and Body - Part II

The Power of Yoga

Could You Be  
Anhedonic?

Boost Your Fitness and  
Brain



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## Competition Winner

Thank you to everyone who sent in entries for the Christmas Wordsearch.

Picked at random, our winner this month is:

**Melanie Stapelkamp**

*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 19th January 2024.**

Give the article to your Scheme Manager, or email to [c.richards@richmondcharities.org.uk](mailto: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:

**David Leslie RIP**

**Dajmar Whiting RIP**

## Chapel Schedule: November 2023

<b>Sunday 7th January</b> <i>Epiphany Sunday - the arrival of the Wise Men</i>	<b>10.30am</b> Communion with hymns. <i>Followed by refreshments</i> No evening service
<b>Sunday 14th January</b>	<b>10.30am</b> Communion with hymns <b>5.30pm</b> Songs of Praise
<b>Sunday 21st January</b>	<b>10.30am</b> Communion with hymns No evening service
<b>Monday 22nd January</b>	<b>6pm Worship &amp; Prayer for Christian Unity and World Peace</b> <i>Followed by refreshments</i>
<b>Sunday 28th January</b> <i>Last day of Christmas</i>	<b>10.30am</b> Candlemass Communion. <b>4.30pm</b> Christingle Service by Candlelight with a collection for The Children's Society
<i>Every Tuesday</i>	<b>Morning Prayer on Tuesdays at 10am</b>
<i>Every Thursday</i>	<b>Evening Prayer on Thursdays at 4.30pm</b>

**All are welcome to join us.**

For more information email:

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

**Magazine Design:** Chantal Richards & Eden Richards



## Letter from Juliet



Dear Residents,

As we bid farewell to 2023 and look ahead to 2024, there is much to celebrate within our almshouse community. Our activities programme continues to go from strength to strength and, as in 2023, we hope residents will in 2024 come up with more new ideas of activities and events which we could hold.

As you know from Mick's regular report in the Almshouse News, work is progressing well on our two new almshouse developments at St Mary's Grove and Queen's Road and we will be welcoming a whole host of new residents to our community towards the end of 2024 and into the Spring of 2025.

We carried out a lot of work and events in 2023 to raise the profile of the charity, so that we can be sure that those in need of housing in the borough know about us, and that work will continue in 2024. We will again have a stall at the Richmond May Fair on 11th May and we will also be opening up some of our gardens (as we did in 2022) for the Richmond Hill Open Gardens on 19th May.

We will be saying a temporary farewell to Gennie as she goes on maternity leave and we look forward to welcoming a new addition to our community in February!

May I wish you all a very happy New Year.

*Front page and left:* Many happy memories from our Christmas Lunch at The Richmond Hill Hotel on 14th December 2023. More photos on pages 12 -15.



## Boost Your Fitness and Your Brain!



by Debbie Flaherty

If you need added encouragement to walk, researchers have confirmed that walking not only strengthens our muscles, including the heart, but also our minds.

**WALKING FOR 30 MINUTES FOUR TIMES A WEEK WILL BOOST YOUR MOOD AND MENTAL HEALTH WELLBEING.**

It can counteract the effects of anxiety, depression and helps with your memory. It improves overall mood by increasing blood flow to the brain. The researchers also concluded that:

**ANY AMOUNT OF WALKING IS GOOD FOR YOU EVEN IF IT IS ONLY FOR 11 MINUTES PER DAY.**

It also reduces your risk of heart disease, strokes, development of some cancers, weight management, managing diabetes, maintaining bone density and is good for balance and co-ordination.

**SO WHY NOT START A NEW YEAR'S RESOLUTION – GRAB YOUR TRAINERS AND START WALKING. THE BENEFITS ARE JUST WAITING TO BE HAD.**

## The Power of Yoga



by Lorraine Bradley

Yoga is a powerful form of exercise and meditation that has been practised for centuries. It is an holistic approach to physical and mental health that combines physical postures, breathing techniques and meditation.

The practice of yoga has many benefits including improved flexibility, increased strength, posture, balance, concentration and mental clarity. Yoga can also help reduce stress, anxiety and increase overall wellbeing. Additionally, yoga can be used to help manage chronic pain and improve overall quality of life.

In addition to the physical benefits of yoga, it also has spiritual benefits as it encourages mindfulness and awareness of one's body, mind and spirit. By doing so, practitioners of yoga can create a sense of peace and connection with the Universe. When practised regularly, yoga can be a powerful tool for creating a sense of balance and harmony in life.



**Why not give yoga a try? We run sessions in the Chapel at Hickey's on Fridays at 10.15am.**

## Could you be Anhedonic?



by Juliet Ames-Lewis

Do you know the word 'anhedonic' or 'anhedonia'? I have to admit that they were new words for me, so I

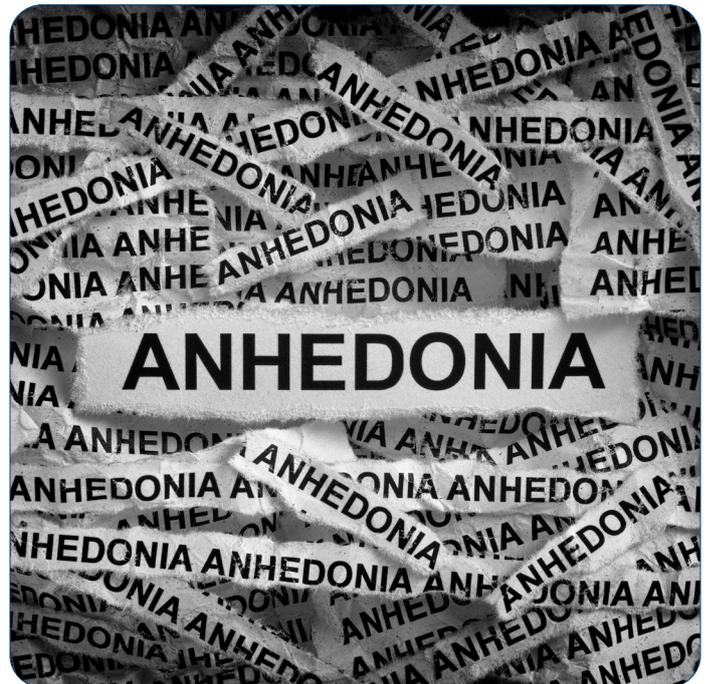
decided to investigate!

Anhedonia is the lack of interest, enjoyment or pleasure from life's experiences. You may feel as though you do not want to spend time with others or do activities that previously made you happy. If you answer more yes-es than no-es to the list below, it may be time to think about getting your brain's reward circuit back on track.

### Do you identify with these statements?

- You can't easily remember a time when you really enjoyed yourself.
- You often feel you have to fake having fun.
- You don't enjoy your favourite food or music as much as you used to.
- You struggle to remember the last time you really laughed.
- When asked how you are, you often struggle to articulate it.
- You feel you are holding yourself back or distancing yourselves during emotional moments.
- You feel irritated by other people around you being too lively and having fun.

Of course there are times in all our lives when we may feel one or more of the above, but if it becomes habitual, then there are things we can do to take action!



### How to take action.

- Spend **10 – 15 minutes a day outside** – this can boost your levels of serotonin, increase the number of dopamine receptors in the brain and boost your Vitamin D level.
- Instead of a to-do list, **write a don't-do list** and make sure you have time for yourself every day.
- **Plan things** to look forward to and record them afterwards.
- Take a weekly **'awe' walk** – get out in our local surroundings and take time to notice things that normally pass us by.

## Is Your Heart Healthy? Here are Five Ways to Protect It.



by Mike Townsin

About 7.6 million people in this country are living with cardiovascular heart disease – an umbrella term for a range of conditions affecting heart muscle, arteries, valves; these conditions include high blood pressure and high cholesterol which also risk memory loss and dementia.

So here are some measures which can help keep your heart healthy.

### Body Weight

The heart is a muscle which becomes stronger and more efficient the more it is used. However, a healthy heart is compromised by a number of risk factors: smoking, drinking, being overweight and underactive. This can result in narrowed arteries, restricting blood flow to the heart and brain, and thus heart disease.

### Diet

A heart-healthy diet should be balanced with plenty of vegetables, legumes, fruit, nuts, some fish and a small amount of meat if you eat it. Also replace saturated animal fats with polyunsaturated fats to reduce cholesterol. Avoid processed food, as in ready meals; and limit salt intake.

### A Little Red Wine is OK

While it's not a good idea to drink red wine thinking it will protect your heart, up to five glasses a week is judged to be low risk.



### Supplements



Nutritional evidence suggests that the ones worth taking are:

- omega-3 (oily fish)
- turmeric (anti-inflammatory)
- beetroot juice (140ml a day)

### Exercise

Simple short bouts of exercise such as stairs (instead of lift) and walking every day will help shift cholesterol to the liver where it is removed from your system. Experts say that a minimum for a healthy heart is forty minutes activity, five times a week, but of course your ability to do that depends on your mobility. But any is better than being inactive.

## New Almshouse Developments



by Mick Tinson

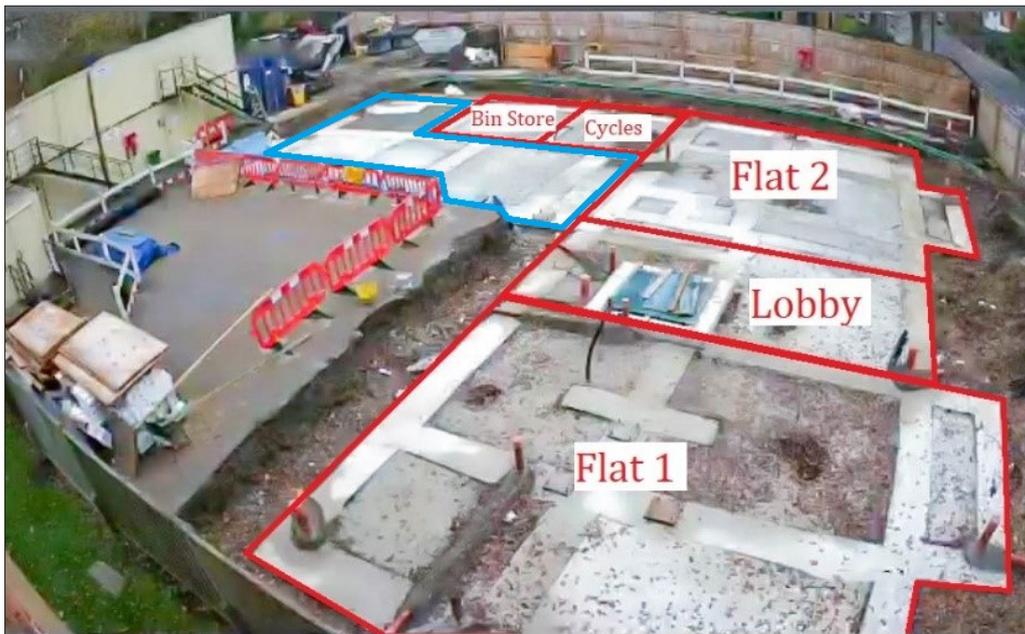
### St Mary's Grove Garages

The last of the rubble has gone and the guys have started to drill the boreholes with the piling rig. You may recall a couple of months ago we had the same process at Queen's Road to strengthen the ground; however, that process is not required on this project due to its size, but we do need to drill 5 holes to a staggering depth of 120 metres which will facilitate the Ground Source Heat Pumps. An Unexploded Ordinance Expert was also required as this site was heavily bombed during the war.

This meant that the expert had the task of carefully checking the boreholes during the drilling process using a magnet, every metre, for the first 10 metres of each hole.



### Queen's Road



Here we are, just 3 months in and you can already see the entire footprint of the building. Luckily, all the foundations have been completed before any cold weather sets in.

The ground floor will house two almshouses, a bike store and a bin store as marked in the photo.

Level 1 will sit over the two groundfloor

almshouses, bin and cycle store, but will extend out to cover the remaining concrete areas marked in blue. The raised area to the left, which currently houses the welfare containers, will eventually be levelled out to form the rear car park.

## Our Brilliant Bookshelves



by Jenny Ruff

How I started 'doing the books' I'm not quite sure. I sort of fell into it and I am so glad I did. I have now met so many people from other almshouses that I probably would never have met.

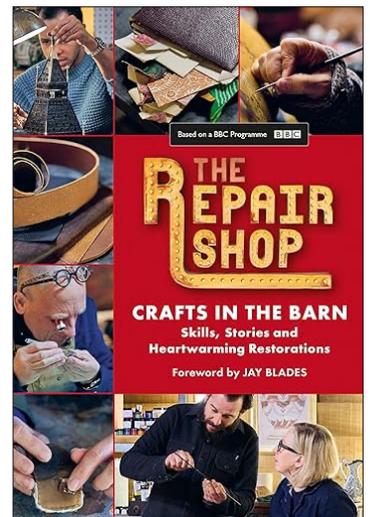
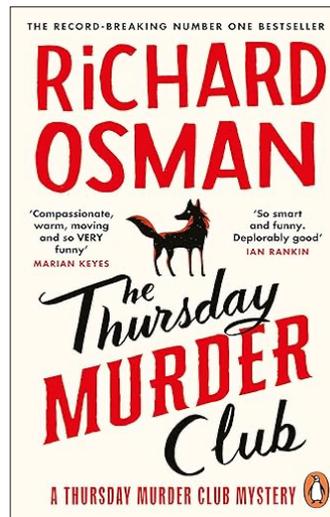
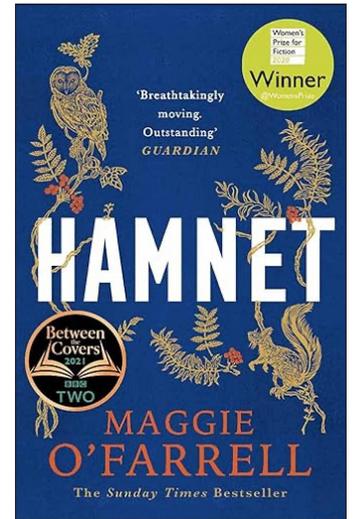
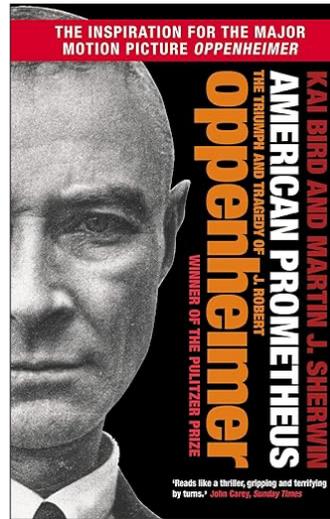
I quickly learnt who likes which genre of books (just lately we have had many requests for autobiographies of film and TV stars and, in particular, the old Hollywood stars, which sadly we are lacking in today's world). But just today I picked up three of those very books from a charity shop in East Sheen, all in good condition and, following a quick phone call to Debbie to approve the purchase, we now have them in our library.

Also a bit of detective work has been going on lately. One of my own books about the beautiful Ava Gardner has been very popular and is now 'on request'. During one of my visits to the laundry someone thanked me for it and apologised for keeping it for so long – never a problem as long as it is being read and enjoyed, job done! It will be winging its way to Houblon's very soon.

We've managed to get some new titles requested by residents courtesy of Juliet – our thanks from everyone. We've managed to get *Oppenheimer* – a mighty read – and the Maggie O'Farrell novel called *Hamnet* about Shakespeare's son who died when he was eleven years old of unknown causes. I haven't read that one myself yet.

The books by Richard Osman have been popular and are now well used (a new one is out soon. Reminder: must be nice to Juliet!)

The book on *The Repair Shop* is also well liked. I personally wish that books by my favourite author C.J. Sansom were taken



out more – they are such a good read.

If you would like to read a particular book that is not on the shelves, please do stop me and ask or let your Scheme Manager know and we'll see what we can do to get it for you.

The Richmond Charities offers us many activities which some residents are unable to participate in (maybe due to mobility issues), so a good book can be an alternative to watching daytime TV. A comfy armchair, feet up, cup of tea and a biscuit with a good book could be the answer. Hmm.. don't mind if I do!

## Chaplain's Chat



by **Derrick Thompson**

As I sit in the Green Room writing this, we are in the last two weeks before Christmas, with all the preparations in full swing. I am very much looking forward to my first Christmas here at The Richmond Charities, and hope to see most of you at the different Christmas events that the next two weeks will bring. But you are reading this in January – so what lies ahead?



### Christingle Service & Factory!

Here in the United Kingdom, we have become very used to starting Christmas celebrations in December and ending them on January 6th. But traditionally Christmas doesn't start until the 25th of December and runs through until the last Sunday of January when we remember the presentation of the Baby Jesus at the Temple. So, our final Christmas celebration for Christmas 2023 will be our **Christingle Service on Sunday 28th January at 4.30pm**. Using oranges, sweets and candles we will remind ourselves of why Jesus came to earth as a baby. This is another event that would be especially suitable for bringing your family to. I might even get my guitar out for this service! **On Thursday 25th January, at 3.30pm in the Green Room**, we will have a **Christingle Factory** where you can help create the Christingles ready for the Sunday!

### Christian Unity

January is also the time when a week is set aside to pray for Christian Unity. To mark this there will be **Worship and Prayer for Unity and World Peace on Monday 22nd January at 6.00pm**. We are hoping to have musicians from Holy Trinity Richmond to lead the worship and are inviting representatives from different church denominations in Richmond

to join us. This is a great opportunity for residents from all churches to worship and pray together. It would be great to see you there!

### This is My Story Group

Finally, looking ahead to February we have the launch of our **This Is My Story** group. In these group gatherings, run by myself and Marisca, from Richmond MIND, there will be the opportunity to both tell our stories and listen to each others' stories. I expect the feel of these groups to be similar to the autobiography group that Chaplain Stuart ran in the past. The first group will be on **Wednesday 21st February at 12 noon in the Chapel**. It will be the first time I take part in a group like this, so join me as we learn, story tell, and listen together.

Praying you have a good month and a blessed year!



This Is My Story Group

The aim is to come together once a month to share stories, listen deeply, speak from the heart and cultivate empathy and compassion among participants and promote a sense of community.

How does it work? A simple way is sitting in a circle, creating a center, agreeing basic intentions, using a talking / listening piece and conducting our attention to listen, witness, and facilitate a learning, a support and a wisdom inherently present within the participants, space and time allotted.

Sessions will be held monthly starting on Wednesday 21 February 2024 at 12pm, with Derrick and Marisca from Richmond Mind.

Future Dates: Wednesdays 20th March, 17th April.  
12 pm - 1pm in the Chapel

## Calligraphy Classes



by Juliet Ames-Lewis

Are you interested in learning calligraphy? If there is enough interest (and we need a minimum of 10 residents), we may be able to set up a taster session.

It's a very relaxing and calming skill to learn. Practising the skills and making lovely cards using calligraphy is a wonderfully creative activity.

The session would be a brush pen calligraphy session and would last around 2 hours to 2 and a half hours. The aim is to be able to create some gorgeous calligraphy greetings cards and gift tags by the end of the session. You would trace over templates to learn the basic brush pen calligraphy strokes, then learn how to put the basic strokes together to make letters and trace over alphabet and word templates. Laura, who would run the session, would provide lots of greetings cards templates to trace onto A6 size cards.

Here is Laura and her work.



[www.lauraprudencerecalligraphy.co.uk](http://www.lauraprudencerecalligraphy.co.uk)

**If you are interested, please let your Scheme Manager know by the end of January.**

## Chess Club?



by Alan Shirley

Anybody interested in playing chess?

Or indeed just learning how to play?



I've been a resident at Michel's since mid 2021.

I'm not a serious or advanced player by any manner of means but I do know how to play

and would be happy to become a volunteer to develop the idea further if there's any interest.

**Please let your Scheme Manager know if you would be interested in playing chess.**

## Why Not Give Zumba a Go?



by Debbie Flaherty

The regulars who attend Zumba on a Monday morning tell me that it is a great way to start the week giving you the energy and zing to face the week ahead. The music is varied salsa, rumba, bhangra, disco — a real mix.

The teacher Claire is a great inspiration and you don't need to be a dancer to attend. It is all about body movement. The residents assure me that the class is never boring.

So why not pop along or even join in!

### Art & Soul - Art Workshops

by Diana Nicholls

*Art & Soul* will always have a special place in my heart. The *Art & Soul* group and workshops helped me personally when I needed it most, for which I always will be grateful. We have been fortunate to have held two *Art & Soul* workshops in our almshouse community. We hope to run some more workshops in the New Year but in the meantime, here is some further information on this wonderful charity:

“**Art & Soul** is a charity in south-west London. It initially began as *We Can Draw!* art classes organised by founding member Maggie Hughes, to support her husband Trevor after a stroke had left him with emotional challenges. In 1998 the name of the group changed to *Art & Soul* and the project evolved to include adults with a range of mental well-being and coping challenges. In June 2017 *Art & Soul* became a registered charity and welcomed Sir Vince Cable as its patron. For more than 20 years it has used creative activity to improve the emotional well-being

and mental health of local people and to help improve their mental health. Over that time it has run over 300 therapist-led art workshops and coordinated more than 20 exhibitions of participants' artworks. *Art & Soul* provides a range of therapeutic arts workshops and other creative activities for local people, to help improve their mental health.”

Below are some photos from our recent workshop, and a piece of my artwork, previously created.



### Tea At Two



by Derrick Thompson

**Tea at Two** has now been held in each of the five venues we are using for this informal gathering over tea, coffee, biscuits and cakes! The different venues are: the Green Room at Hickey's, the Garden Room at Church Estate, the Terrace



Room at Wright's, The Vineyard Centre near Michel's and the Cambrian Centre near Manning Place. One of the things that has been good to see is the mixture of people from different

almshouses at each venue.

At two of the December **Tea at Two** afternoons we had a go at glass painting, mostly using acrylic paint pens, with fabulous results. The jars we painted then featured in the Chapel, with candles in them, during the Christmas season.



Our first **Tea at Two** afternoon of 2024 is on **Thursday 4th January at the Vineyard Community Centre**, and you can find the rest of the dates on the activities leaflet. Come and join us for a chat and a cuppa – we'd love to see you!

# Review of the Christmas Lunch



by Angus Douglas

'Tis the season to be merry and there was much merriment evident as residents, staff and Trustees of The Richmond Charities ascended the Richmond Hill Hotel for the Christmas lunch. Many of those attending made a sartorial effort and there were Christmas jumpers and extravagant festive headgear seen at this event which is one of the highlights of our year, and gives everyone the chance to rekindle friendships and make new acquaintances from across the various estates.

Juliet welcomed us, especially new residents, while Steve and Michael, making their magical return, baffled and amazed with their close-up table prestidigitations: a coin appeared in a sealed glass jar, a signed playing card miraculously discovered in a zipped section of a wallet and other tricks too numerous to mention. How do they do it?

A topical table quiz (\*\*Buche de Noel? Gluhwein? And the killer question: what are 'pigs in blankets' called in Scotland?) was done and won (on a tie break). The weight of a bag of sand was guessed. All the while, a rather dashing young man, Ryan Grant, resplendent in a burgundy tuxedo, entertained us wonderfully with Christmas classics and crowd favourites.

As always, the focus of the event was the lunch and though I cannot speak for everyone, my Ham Hock Terrine and Roast Turkey were absolutely delicious. After these two courses we had speeches from Juliet and our new chairman, Jeremy, and there was much praise from both as to what makes our community so special: the selflessness of residents, Trustees and staff who between them give

support, organise societies, pastimes and entertainment throughout the year.

Then it was time for desserts, mince pies and coffee. Ryan, our saxophone playing songster took it up a notch and soon the usual suspects were tripping the light fantastic, cajoling others onto the dance floor. It was doubtless an aid to digestion after that lovely lunch. There were high jinks and some high kicks to *New York, New York* and then, too soon, it was time, sated with food, wine and entertainment, to return to our homes across the borough with one overriding thought as to how lucky we all are to live in such a fantastic, caring community.

Finally, a special 'thank you' to Lorraine and Alison who organised the event and now we look forward to a New Year full of possibilities.

(\*\*Yule Log, Mulled Wine and Kilted Soldiers)



# Christmas Lunch - ALMSHOUSE NEWS



# ALMSHOUSE NEWS - Christmas Lunch



# Christmas Lunch - ALMSHOUSE NEWS



### Chapel Carol Service



by **Derrick Thompson**

After words of welcome from Juliet and an opening prayer from myself, the Chapel lights dimmed as a single voice sang into the semi-light 'Once in Royal David's City'. As the second verse began the St Mary Abbots Choir were led down the aisle of the chapel by one of the singers carrying a lit candle which was then placed on the altar. As the congregation swelled the singing the candles on the altar and advent wreath were lit, adding their light to the already flickering candles and sparkling fairy lights around the chapel walls.

The service continued without announcement with Bible readings reminding us of the first Christmas read by residents Sheila Walker, Jan Nokes and Margaret Goddard. Poems *Nativity*, *At Bethlehem* and *Peace on Earth* caused as to pause and ponder as they were read by Nigel Davis and residents David Thomas and Carmela Hinckley.

The service was richly enhanced by the beautiful and sensitive singing of the St Mary Abbots Choir with most of their songs being sung a capella. With the help of Mark on the organ, and the singers, the congregation sang the carols eagerly.

Following prayers led by Derrick all joined together to sing heartily and with soaring descant 'O come let us adore him, Christ the Lord'.

After a blessing the singers entertained us with a rousing addition of 'We wish you a merry Christmas'. Then the mince pies, mulled wine, spiced apple and other drinks appeared, conversation flowed, and Christmas greetings were exchanged as we went out into the night with the joy of Christmas in our hearts.



### 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.



## Carols Around the Christmas Tree at Michel's



by Alan Shirley

Despite the best efforts of wind, rain and naughty foxes we all managed to get out and enjoy the lovely choir and their Acapella efforts—with the tree back up and twinkling—and some blue sky.

Not to mention warm mince pies and mulled wine. It was great to get this year's festive season suitably up and running.



On This Day:

9th January 2007

Steve Jobs presented the first iPhone to the public complete with camera and internet.

On This Day:

21st January 1892

The Coca Cola Company was formed in the US.

On This Day:

25th January 1759

Birth of Robert "Rabbie" Burns, Scottish poet. Burns Suppers are celebrated all over the world each year on this day.

On This Day:

24th January 1848

Flakes of gold were discovered along the Sacramento River in California triggering prospectors to the area in search of gold.

On This Day:

28th January 1807

London becomes the first city in the world to be lit by gas lights.

## Out and About Group visit Kew Sparkle



by Angela Greaves

Six residents very bravely met up on Friday 1st December at Richmond Station at 5.00 pm suitably dressed for the bitter cold evening.

We followed our leader Richard onto the tube to Kew where the *Kew Sparkle* was in full swing. Lots of stalls selling food, albeit very overpriced. A stage with school children from various schools were singing their little hearts out and having the time of their lives.

Several craft stalls were lining the streets and the retail shops in the village remained open to trade. We wandered around the stalls and the best stalls of all were the petting animals, sheep, goats, hens, and donkeys.

We all dived into the nearest coffee shop to warm ourselves up and then ventured towards the station but were mesmerised with a fabulous brass band which soon had the crowds dancing in the street. A very enjoyable time was had by all. Thanks to Richard.



NEW  
MONTHLY  
FEATURE

## Manning Place



by **Debbie Flaherty**

I have been lucky enough to have been visiting Manning Place since June 2018 when most of the residents moved in. In this time I must say I have got to know the residents very well. They are always so welcoming when I visit and it is always a pleasure to see them all.

The residents at Manning Place have formed a wonderful friendship together as well as being neighbours. They take a pride and interest in their block and gardens. They live as a close community even sharing a WhatsApp group to organise their coffee mornings, games afternoons/evenings, to exchange birthday greetings, to have garden gatherings in fine weather (where they share food and wine) also to offer help or keep in contact with a neighbour if someone is unwell. They enjoy joining in when events are run by the charity and always with gusto and fun.

Most residents are very arty and creative, with painting, crafting and knitting being some of their skills. They have some excellent cooks as well.

All in all Manning Place is a happy place with a great bunch of 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.



## What's On



**MUSEUM of RICHMOND**



### The Museum of Richmond

Second Floor, Old Town Hall, Whittaker Avenue, Richmond, TW9 1TP

Open: Tue to Fri: 11am to 5pm and Saturday: 10am to 4pm

The Museum of Richmond hosts a variety of events and exhibitions, curators talks and Coffee and Crafting Events. Either free or by donation, the programme here is very interesting.

### The Curators' Talks: Every Thursday at 2pm.

Join the Museum Team and discover more of the secrets and stories behind the Museum's collection at one of our FREE Curators' tours. No need to book – just head to the Museum's reception. Tours last 20-30 minutes. Every month has a different theme:

### Coffee and Crafting. On Wednesdays and Saturdays throughout the year.

Fancy learning a new craft but not sure where to start? Want to brush up on your craft skills? Would you like to meet some fellow crafters? Then join the Museum of Richmond for an afternoon of crafting and creativity!

In each workshop we explore the story behind a beautifully crafted object in the Museum's collection and how it helps us tell the story of Richmond, 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.

These workshops are 'donate what you can' (from £0 to £10) to help us keep them open to as many people as possible. Booking essential as places are limited. Book here: [www.museum-of-richmond.arttickets.org.uk/](http://www.museum-of-richmond.arttickets.org.uk/)

### Marble Hill Winter Garden Tour.

Join one of the expert volunteers as they guide you around the stunning grounds of Marble Hill in winter. This time of year is usually seen as a drab month, where the trees lie bare and the spring flowers are yet to bloom.



However, look under the surface and you'll find that winter at Marble Hill is every bit as fascinating and beautiful as the rest of the year. Date: Mon 15th Jan 2024. Time: 2pm - 4pm. FREE. Book: <https://www.english-heritage.org.uk/visit/whats-on/marble-hill-seasonal-garden-tour/>

### Nerubashenko Ballet:

**Swan Lake** at Richmond Theatre £13. 11th Jan 2024.

*Swan Lake* is a timeless tale: Prince Siegfried falls in love with Odette, Queen of the Swans but is tricked into the ultimate betrayal, leading to tragedy. A live orchestra performing the familiar scores is the perfect complement to these remarkable ballets. Book here: <https://www.atgtickets.com/shows/swan-lake/richmond-theatre/>



### Richmond Film Society Presents

**Cairo Conspiracy.** £3 – £5 at

The Exchange Twickenham. 16th January, 2024 Time: 8pm.

Adam, a fisherman's son from a poor, rural background is proud to have been offered a place at Egypt's most prestigious Islamic university, but little does he know what awaits him - a leap from innocence into the world of political and religious...



### Cecil Beaton's Diaries

at OSO Arts Centre, Old Sorting Office, 49 Station Road, Barnes SW13 0LF -Direct from Brits Off Broadway 2023.

For the first time, the diaries of photographer and designer Sir Cecil Beaton come to the stage, to accompany his most iconic images. Beaton's photographs showed his versatility; his diaries exposed the cost.... Tickets: £19 / £17.10. 18 Jan / 19 Jan 2024



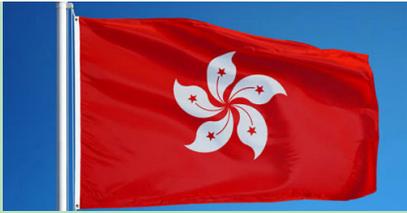
### The Richmond Murderess

In this talk, Vicky McGrath, Learning Officer at the Museum of Richmond, will take a closer look at an infamous crime from Victorian Richmond.

at St Mary's Church, 113 Church Road, Barnes, London, SW13 9HL. Members - Free. Non-members - £2 per adult. 18th Jan 2024 at 8pm.



**Hong Kong Nationals.** In 2022 and 2023, Richmond Council were awarded funding from the Greater London Authority's (GLA) Hong Kong British National Overseas (BNO) fund. improving access to advice and information for Hongkonger's (HK) settling in the borough. The council developed a digital Welcome to Richmond information pack for new residents from Hong Kong.



**Richmond & Hillcroft Adult Community College (RHACC)** runs many different visual and creative courses throughout the year for adults – there really is something for everyone! So have a look through the list and why not try something new?



RHACC hold open days throughout the year when you can find out more about their courses and events. The next 2 open days are on **6th and 9th of January**. See their website for more information: <https://www.rhacc.ac.uk/events>

In a momentous achievement for the borough, Richmond upon Thames has been named the **'happiest place to live'** in Great Britain, according to the latest **Happy at Home** index by Rightmove.



**Richmond Council** have gathered advice on ways to keep your home warm, efficient, safe and how best to look after yourself and others through the cold months. **Keep your home warm.** You should heat



your home to a temperature that is comfortable for you. Low indoor temperatures can have a serious impact on your health, especially if you have medical conditions or are older. Simple changes can help to keep you and your home warm. These include:

- Try to heat rooms you spend a lot of time in, such as the living room or bedroom, to at least 18°C
- Try to reduce draughts; you can fit draft excluders around doors cheaply
- Keep your bedroom windows closed at night
- Wear several layers of thinner clothing - this could keep you warmer than one thicker layer

When you are indoors, there are things you can do that will help to keep you warm and **reduce the risk of developing medical problems**, for example:

- Try not to sit still for more than an hour or so
- If you find it difficult to move about, stretching your arms and legs can also help keep you warm
- If you have visitors, it can help stop the spread of germs to ventilate the room for a few minutes before and after they arrive; you might be more comfortable leaving the window open during their visit, if it's not too cold
- When out and about, wear shoes with good grip to avoid slips and falls on slippery or icy surfaces.

Richmond Council has launched its first Climate Emergency Resident Action Pack, an easy-to-navigate guide for local people looking for guidance on actions they can take to reduce their impact on climate change as well as lower the impact that climate change can have on our borough's people, homes and spaces.



**BIG BAND NIGHT at The Turk's Head**  
28 Winchester Road, St Margarets. TW1 1LF  
FREE ENTRY. BOOKING ADVISED. Wednesdays:  
22nd February, 22nd March and 26th April 2024.  
Doors Open 7pm. 8-10pm. Food and bar available.  
Book here: [www.turksheadtwickenham.co.uk/whats-on/big-band-night](http://www.turksheadtwickenham.co.uk/whats-on/big-band-night)



## Miscellany



Curated by Mike Townsin

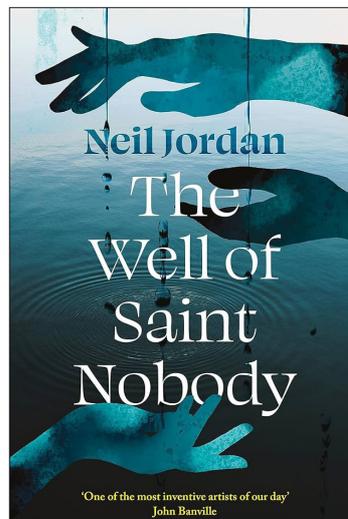
• The muscles that close a crocodile's jaws exert a force equal to a truck falling off a cliff. But the muscles that open them are so weak they can be held shut with a rubber band.

- There are no moles in Ireland.
- 99% of Austrians are German, although most insist they are not.
- Sudan has more pyramids than Egypt.
- 'Forty' is the only number in English that has its letters in alphabetical order.
- The highest value notes issued by the Bank of England are Giants (£1 million) and Titans (£100 million).
- The chemical name for titin, the world's largest known protein, is 189,891 letters long.
- Korea is Finnish for 'gorgeous'.
- In 2008, Usain Bolt set the 100 metres world record with one shoelace undone.
- In 2011, a 61-year-old woman gave birth to her own grandson. The baby was conceived with an egg donated by her 35-year-old daughter.
- In German, Turnbeutelvergesser is a boy who's too weedy for school sport and 'forgets' to bring his gym bag.
- Baby hedgehogs are called 'hoglets'.

## The Well of Saint Nobody

by Neil Jordan

Review by Kate O'Brien



Neil Jordan is a film director, best known for *Mona Lisa* and *Michael Collins* (for which he wrote the screenplays) and *The Crying Game*.

This is his latest novel.

We are in Ireland for this story, in West Cork where an English concert pianist has retired and bought the local rectory. William Barrow is no longer able to play because of the psoriasis in his hands. Into his life comes a woman, a piano teacher called Tara (*Gone with the Wind* anyone?) who has returned to Ireland after many years and is living in the cottage her mother left her. Tara recognises William not just as a famous pianist, but because they have met on three previous occasions, none of which he appears to remember, and takes up a job as his cleaner.

As their relationship blossoms, we also stray into the realms of magic realism – an old well is found in the garden and Tara invents a story about it, hence the book title. But the well appears to have magical, and healing, properties.

Mid-book, there is a sudden shift to a caravan in Cleethorpes where two young men have taken heroin. The result of this event infringes on the lives of Tara and William and the tale takes a darker tone.

By this stage, you should be fully engaged with the characters and for a while fear the worst, but I would urge to carry on reading .... a good romping tale.

NEW MONTHLY FEATURE

## ART CORNER



by Mike Townsin

This is our new space dedicated each month to Art and Artists in Richmond, as well as, from time to time, showcasing the work of our residents. As you know, we just did a series on Secret Richmond. Now we're going to talk about something that's also 'hidden in plain sight' – public art in Richmond: I'm sure we have all walked past sculptures and statues in the borough without even noticing them. But Richmond is awash with art, and what follows are just a few examples from the 'villages' that collectively make up Richmond-upon-Thames.



### Twickenham

In York House Gardens is one of our most famous and aesthetically pleasing sculptures – in white Italian Carrera marble – the Oceanides or sea nymphs of Greek mythology, probably from the Roman studio of Orazio Andreoni at the turn of 19th century.



### Mortlake

Flowers, Mortlake crematorium. A glass sculpture.



### Richmond

Euterpe, over the entrance to Richmond Theatre by John Broad 1899. Architectural sculpture.



### Richmond

Time and Tide, in Lower George Street by Tony McSweeney 2010. Bronze river motif.



### Teddington

The Canadian Totem pole in Bushey Park by Norman Tate, 1992. It relates to the Nisga'a indigenous people of British Columbia, Canada.



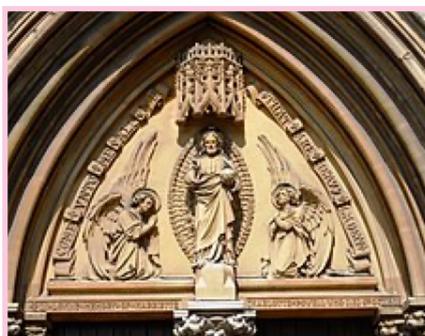
### Ham

Community Mosaic in Ashburnham Road, by residents Miriam Gold, Howard Grange, Kim Porrelli. Dedicated to local young people who have lost their lives.



### Kew

The Elizabeth Gate, Kew Gardens, a Grade II structure by architect Decimus Burton, 1846.



### Richmond

Entrance of St Matthias Church, Kings Road. Christ with two angels by George Gilbert Scott, 1857.



### East Sheen

A mosaic by Sue Edkins on the wall of the Sheen Lane Centre marking Tim Berners-Lee's invention of the World Wide Web; he was born and raised in East Sheen.

## Getting To Know You



### Heather Shipley

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

***Evergreen* by Barbra**

**Streisand. Makes me feel nostalgic.**

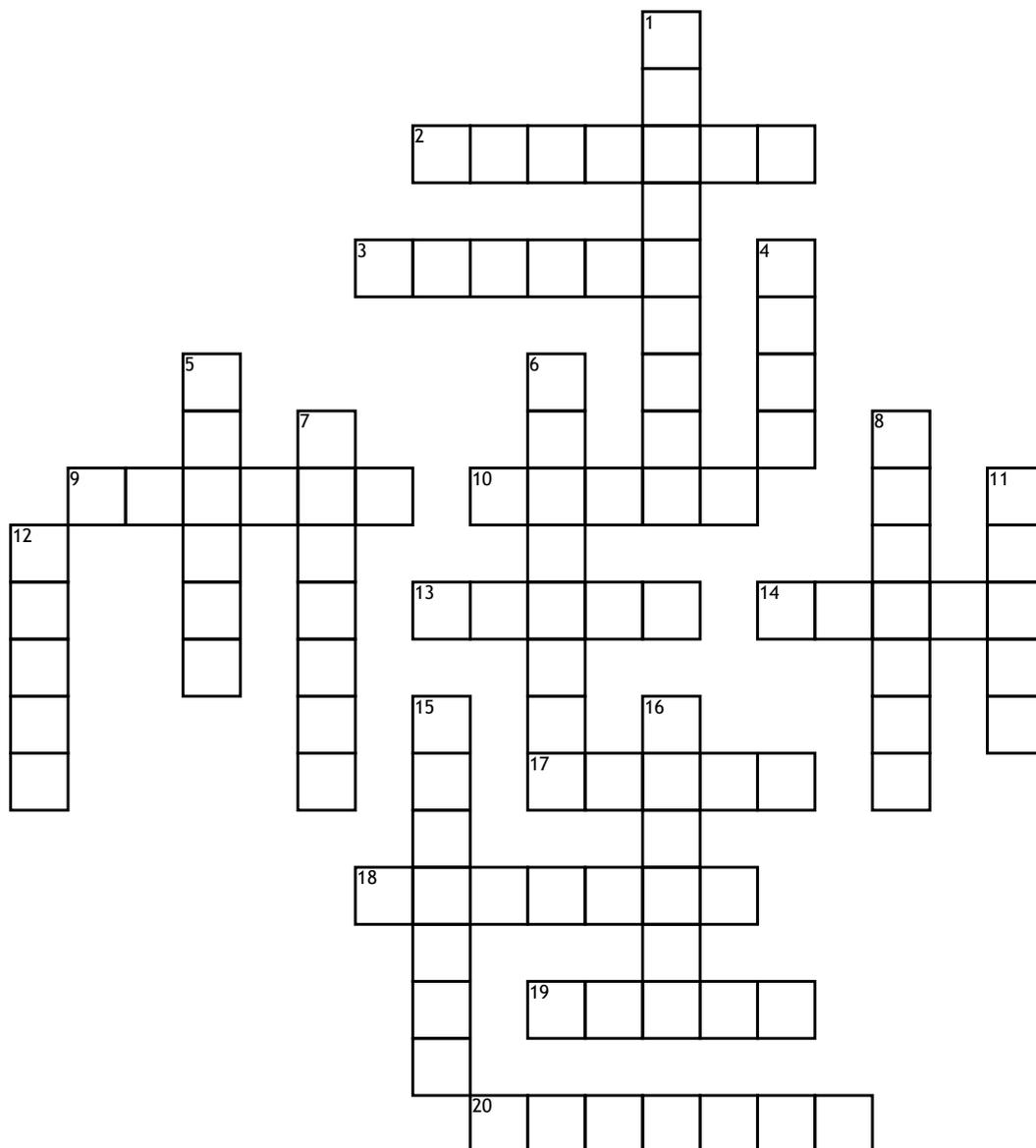
- Who is your favourite artist and why? **Monet. I love the gentle scenes and colours.**
- If you could be a star in a movie – what movie would it be? ***A Room With A View* with Helena Bonham-Carter.**
- What book do you currently have on the go? ***A History of the Kings & Queens of England.***
- What words of wisdom would you pass on to the younger generation? **Maintain your integrity whatever you do.**
- What makes you laugh? ***Animal Antics***
- Which public figure do you most admire? **David Attenborough**
- What is your greatest achievement? **Raising my sons (and many wild animals!)**
- If you were Prime Minister for the day, what would you do? **Pass laws for the protection and welfare of domestic and wild animals in Britain.**
- If you could travel back in time, where would you go? **South Africa in the 17th century.**

## Wit and Wisdom



Curated by Mike Townsin

- **If plant life stops, all life stops.** *Kew Gardens poster*
- **Do you know how many married men go out for a pint of milk and never return?** **Not enough.** *Jenny Éclair, comedian*
- **Sometimes I feel guilty because I travel through people. That's true of a lot of ambitious people. You take what you can and move on.** *Madonna*
- **Every man has his secret sorrows which the world knows not; and oftentimes we call a man cold when he is only sad.** *Longfellow*
- **Who plants a garden, plants happiness.** *Chinese proverb*
- **Never trust a man who, when left alone in a room with a tea cosy, doesn't try it on.** *Billy Connolly*
- **Like as waves make to a pebbled shore, so do our minutes hasten to their end.** *Shakespeare*
- **One never notices what has been done; one can only see what remains to be done.** *Marie Curie*
- **Think wrongly if you please, but in all cases think for yourself.** *Doris Lessing*
- **If you're just on time you're late, because you're not ready to start.** *Anna Scher, theatre school founder*



**Across**

- 2. Which Oscar winning actress and former British politician died in June 2023?
- 3. What is the first name of American singer-songwriter who performed the Eras Tour in 2023.
- 9. Which film based on a popular toy brand was released in July 2023 and was the highest grossing film directed by a woman?
- 10. What is the name of the Palestinian militant group at war with Israel?
- 13. Who won the Women's Football World Cup 2023?
- 14. The population of which country surpassed China for the first time?
- 17. Which former US president was charged with 31 counts of falsifying business records?

- 18. Which historic resort town on the island of Maui in Hawaii was destroyed by wildfires in August?
- 19. Which actor, known for playing Chandler Bing in Friends, died in October 2023?
- 20. What is the first name of the actor who portrayed J. Robert Oppenheimer in the hit 2023 film?

**Down**

- 1. Who defeated India to catch a record 6th title in the Men's Cricket World Cup?
- 4. Who bought and rebranded social media site Twitter?
- 5. What is the surname of the controversial politician who featured on this year's I'm a Celebrity Get Me Out of Here?
- 6. What is the surname of the actor portraying the new Willy Wonka?
- 7. Which country became the 31st member nation of NATO?
- 8. Which former head judge of Strictly Come Dancing died in April 2023?
- 11. What is the surname of the winner of Strictly Come Dancing 2023?
- 12. What was the name of OceanGate's submersible which imploded on its descent to the wreck of the Titanic?
- 15. What is the surname of the world-famous football star who moved to Saudi Arabian club Al Nassr in January 2023?
- 16. Which American singer and longtime rhythm-and-blues icon died in May 2023?

**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 19th January 2024.**

Name: \_\_\_\_\_

# ALMSHOUSE NEWS - Fun & Games - New Dictionary Words!

S U Y Z Q P E T F L U E N C E R S Y O Z H C B C  
 C M F B Y A H S M X H E U R S B T F R X V V M U  
 V W I H T W U P U Y X G G A R S I P S S V G G Y  
 P I E B E D T V T B P D N A M T Y A Y B T G G I  
 T K C Y X T Y I S C V T U I E Q J L L Y H Q U U  
 Q G K Y P M N G M N I A P Z H K W R I L A Q P O  
 G K Z G E R R F J F R W R I D S A M F L Y M J A  
 C P G F E I J T R R O G N I C F A C E G U A X G  
 N Q D T M T P A R K A N N B A K W W M R L A G N  
 G S W D E Q G L E Q Q M P I X N L S K E B N W O  
 C A A R R I H M G K K R W R S E T E B N B I K I  
 P R N V L D Q B V R P L W W B O W V B Y I S F T  
 K V K E D Z O O L V H F O L X Q D I I A C P P C  
 Q W G N Z E L U V A E J D T W A G O D E L J X A  
 L F A B U P I T T P L S L Y K S N E R J H L T S  
 H T W P K P B X R F L F U M C W W T Z C X Q C N  
 H K E S H O E F D Y S A Q J K Y Q A I Y I A Q A  
 V R R Y D T A P E N C M W I L R K N E W K M S R  
 Y L J Y P I R E O C A D J R Q U J B M E O T A T  
 G S C D P M W O G H P C A W J I P O I M V R B O  
 A O Y S R S T M N F E E Y P X V J S Y P B F K R  
 N H M S O O Q C H U N Q X M G Z M Z D O P I P C  
 E T R T V Y Z S M S I C S A F O C E R U P G M I  
 H J A S S A D A E D R S U P E R D O D G E R P M

Pickleball

Grimdark

Hopepunk

Bodycon

Pawternity

Antiwork

Microdosing

Superdodger

Subvariant

Microtransaction

Ecofascism

Cakeism

Woke

Deadass

Talmbout

Tifo

Petfluencer

Folx

Pinkwashing

Northpaw

Antifragile

Hellscape

Nearlywed

Cakeage

**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 19th January 2024.**

Name: \_\_\_\_\_

## Citizens Advice Richmond

Citizens Advice Richmond is a local charity which has helped the people of Richmond since 1940. We offer generalist advice on any issue and specialist debt advice. Citizens Advice Richmond is a member of the national Citizens Advice service, a network of around 300 local advice centres. The charity offers a variety of services, including:

### Cost of Living Support

In response to the cost-of-living crisis, Richmond Council are funding us to deliver an advice project that supports residents with financial issues.

We are at Ham Library on Fridays 1.30-4.30pm; and at Whitton Library on Wednesdays 11am-2pm. No appointment needed. For more information visit <https://www.citizensadvice-richmond.org/cost-of-living-advice-project/>

### Manage your Money

We have a dedicated team with the skills and tools to help you better manage your household budget.

Struggling to pay bills? Visit <https://www.citizensadvice-richmond.org/get-advice/money-debt-advice/>

### Ukraine Nationals

We receive funding from Richmond Council to support Ukrainians who have come to the UK.

In response to the war in Ukraine the Government has made it easier for Ukrainians to come to and remain in the UK. They've done this by:

Introducing a scheme to allow Ukrainians to join family members already in the UK, and a scheme to allow British nationals to sponsor Ukrainians to enter the UK and stay with them making it easier for Ukrainians with visas to extend or switch them.

This page contains information about the new schemes and the support available for newly arrived Ukrainians. It may be helpful for Ukrainians in Wandsworth and residents who want to host or support Ukrainian refugees: <https://www.citizensadvice-richmond.org/ukraine-richmond/>

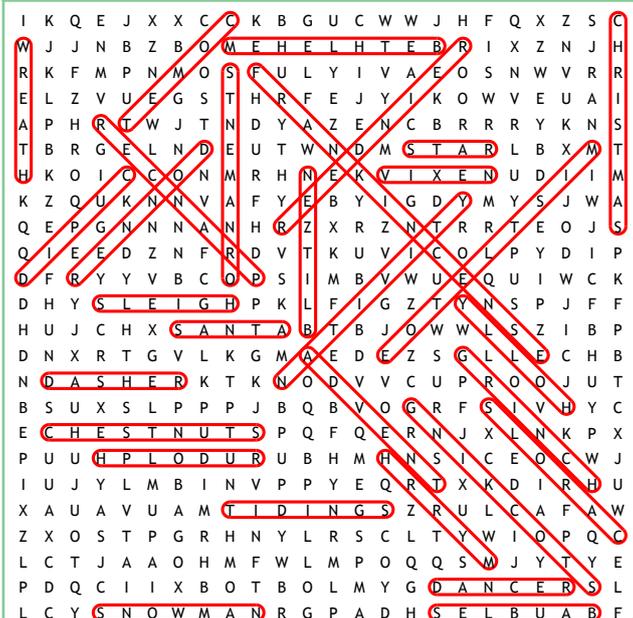


Our telephone helpline Freephone number is **0808 278 7873**. Calls are free from both mobiles and landlines. This line is open Monday-Thursday from 10am-4pm.

For any additional advice or information, please visit <https://www.citizensadvice-richmond.org/get-advice/online/>

To volunteer or donate, visit <https://www.citizensadvice-richmond.org/get-involved/>

### Answers: Christmas Wordsearch





by Nigel Davis

It is always upsetting to see an unhappy and lonely child who does not seem to fit in with his or her fellow children and who appears to have no friends or particular aptitudes. Very often, of course, they 'come good' as they grow up. But still, unhappiness in a child is a particular sadness.

This short poem by the American poet Frank O'Hara (1926-1966) starts bleakly with that theme. But it then unexpectedly moves, in the last verse, in to adulthood and the joyous, unexpected and thrilling discovery of poetry. O'Hara disliked high-flown 'poetic' language and forms and mostly wrote poems in a simple and accessible form. The pretentious and pompous Latin title used here is heavily ironic. In fact, the reference in the poem to dolls makes one doubt if the poem is even intended to be autobiographical at all. This, therefore, is meant to be a poem for anyone and everyone. It is in its own way a sort of love poem—the object of love being poetry itself.

Note the triple use of exclamation marks in the last verse, designed to emphasise the sense of thrill and amazement. Great stuff!



### Autobiographia Literaria

by Frank O'Hara

When I was a child

I played by myself in a

corner of the schoolyard

all alone.

I hated dolls and I

hated games, animals were

not friendly and birds

flew away.

If anyone was looking

for me I hid behind a

tree and cried out "I am

an orphan."

And here I am, the

center of all beauty!

Writing these poems!

Imagine!