

Almshouse Community Living

Welcome to your Almshouse News

DURING CORONAVIRUS LOCKDOWN

WELCOME

My new social distancing shoes have arrived



So I'm alright if I'm catching mice but I'm not allowed to meet other cats?



Dogs don't get the virus so are free to travel



Letter from Chief Executive

News

Virtual Quiz

A Poem

Quiz

History Quiz

Wordsearch

Poetry Corner

I don't even say bless you when people sneeze anymore. I just stare at em like this...



MY DOCTOR SAID I SHOULD SPEND AT LEAST AN HOUR A DAY ON MY TREADMILL.



STAY ALERT!

CONTROL THE VIRUS

SAVE LIVES

Juliet Ames-Lewis - Chief Executive

.....



by Juliet Ames-Lewis

Dear All,

As you will have heard in the past few days following the government's announcement on 23 June, lockdown will start to ease from 4 July.

The government has announced its new 1m+ rule, that we must all stay 1 metre apart while taking action to reduce transmission of the virus, for example by wearing face masks and avoiding face to face seating. The government says that we should all continue to keep 2m apart from others where it is possible do so.

The guidance on social contacts has changed and 2 households of any size can now meet inside or outside, and these 2 households do not have to be the same 2 households at each meeting.

However, it is still not permitted to meet with people from multiple households indoors. Outside, we can continue to meet in groups of up to 6 people, socially distanced. The government is asking

everyone to use common sense in full knowledge of the risks, and to stay vigilant. The fewer social contacts you have, the safer you will be.

There is a danger for all of us in complacency creeping in and the government has made it clear that if the infection rate increases, local lockdowns could be enforced. The rules on self-isolation remain the same; if you, or someone you have had contact with, has symptoms of the virus, you must self-isolate. We will also be advised to self-isolate if we are contacted by the test and trace team from NHS England and told that we have had contact with someone who has symptoms.

So as we gradually emerge from this long lockdown, and look forward to more easing of the government restrictions over the coming weeks and a return to some sort of 'new' normality, I would like to say a few thank yous to all those who have worked so hard over the last few months to support our residents and keep our community virus-free to date.

Firstly, to our staff, who have worked so hard and so cheerfully through a difficult time. Secondly, to our Trustees, who in so many different ways have supported the charity, supported me and kept the show on the road.

News - ALMSHOUSE NEWS

Thirdly, to our wonderful volunteer shoppers - what a fantastic service they have provided, shopping tirelessly for so many of you. I hope you all enjoyed Mindy's article about being a volunteer shopper in one of our recent Almshouse News editions. Fourthly, I would like to thank Chantal who has put together 12 editions of the Almshouse News during lockdown and she has turned them out on time week after week which is no mean feat! Thank you too to all those of you who have contributed to the weekly editions. From now, we are going to gradually reduce the frequency of the Almshouse News, but please keep your contributions coming!

Finally, I would like to thank all of you, our residents, for your calmness, patience, fortitude and forbearance during this extraordinary time and for abiding so carefully by the government rules which has kept our community safe and virus-free. Of course, we all need to remain vigilant in the coming weeks and months and as more of us are out and about, we will have to take extra care so that we can ensure that our community remains virus-free.

July will bring the biggest changes for us all since lockdown began in March, but particularly for those residents who were told by the government and their GP to 'shield' due to pre-existing

health conditions, many of whom have not been out of their homes at all since then, and who may be able to stop shielding from the end of July and adopt strict social distancing measures instead. We realise that some residents may be anxious about taking the first steps back to normality and we will continue to offer support to those who need it.

From 6 July I am planning that all staff will return to the offices full time, moving from stage 1 (working from home and shift patterns) to stage 2 of our plan and adhering to all the necessary covid-19 secure workplace guidelines. Though this means that you will start to see more staff around, please can I reiterate that residents are still not permitted to come to any of the charity's offices.

There will be more updates in the coming weeks about laundries, guest rooms and about when we may be able to re-start activities and events. But for now, thank you again and please continue to keep well and stay safe.

A handwritten signature in blue ink that reads "Julie". It is written in a cursive style with a long, sweeping underline underneath the name.

Chapel Reopening for Worship



by Stuart Lee, Chaplain

The announcement that churches could open for private prayer is associated with particular restrictions that make it impossible for the Chapel at Hickey's Almshouses to open at the moment. However, the most recent advice means that we will be able to hold regular Sunday morning services, beginning on Sunday, 5th July at 10.30am.

You will notice some changes in the chapel to enable us to work within the government and Church of England guidelines. These will include:

*asking you not attend if you have a new, continuous cough, a high temperature or a loss or change in your sense of taste or smell.

*asking you to observe physical distancing at all times ('One Metre Plus'), which will require that you are careful when entering and leaving the chapel as we only have one narrow entrance. Other measures will be explained during the service.

*asking you to wash your hands or use hand-sanitiser or hand-wipes when arriving and before leaving.

*Communion will be given in one kind only, that is, the bread, and into the hand.

*we will not be able to sing, although there will be live or recorded music during services.

It may well be that some people - not least those in the Clinically Extremely Vulnerable Group - do not feel able to return to chapel at this time which is, of course, quite understandable.

A more detailed outline of the changes should soon be received by regular Chapel attendees but, in the meantime, I hope these measures will enable a number of us to feel confident enough to worship together physically once again in our beautiful chapel.



Eve 'n' Steve's VIRTUAL Quiz Afternoon



by Juliet Ames-Lewis

Event: Eve 'n' Steve's VIRTUAL Quiz Afternoon
Date: Thursday 2 July
Time: 3pm

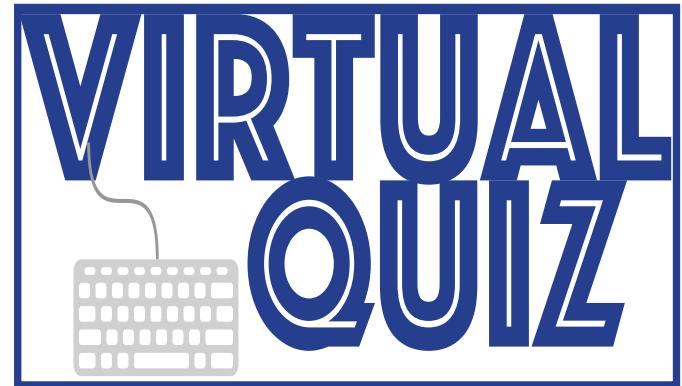
I hope you have all put your teams together and made contact with Steve and Eve – it's not too late to put your team together. Please email Steve at steveharbud@hotmail.co.uk

This is how the virtual quiz will work:

***Please register your team with Steve by 1st July** at the latest. Maximum of 6 in a team, residents, staff and Trustees only. Please email your group name and team members to Steve.

***Before 3pm on 2 July**, make sure your team is assembled either in the almshouse gardens (bring your own refreshments!) or on Zoom/Skype etc

***At 3pm on 2 July**, Steve will email all the group leaders with the first round of questions. You will have 15 minutes to



answer the first round and then email the questions back to Steve by 3.15pm.

*Steve will then email out the second round of questions, and again you will have 15 minutes answer them and email the answers back.

*And so on. There are 6 rounds of 8 questions each.

No cheating using the internet please! Steve and Eve will smell a rat if any team does much better than in previous quizzes!

Half way through the quiz Steve and Eve will email all the group leaders to let them know the current scores for all teams.

At the end, Steve and Eve will declare the winner via email!

Have fun and may the best team win!

My Childhood Memories

.....
by Suszie Vignoles



I'm listening to birdsong coming through the trees,
melodies from blackbird and thrush upon the breeze.

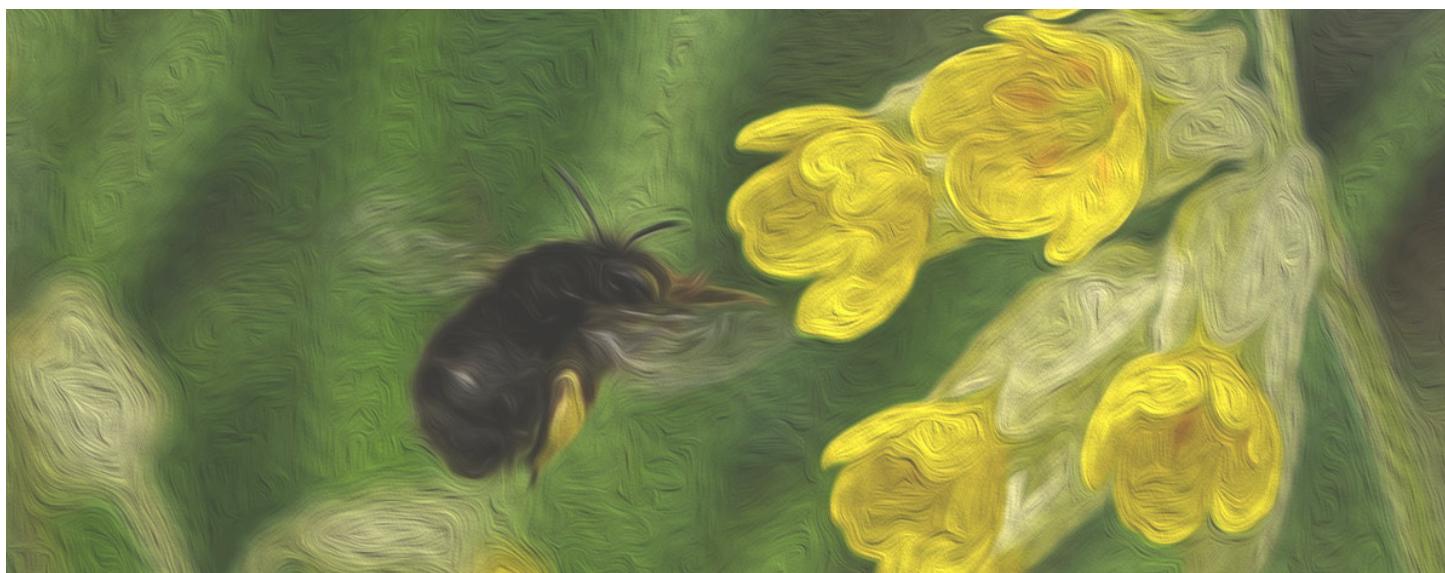
Birdsong rising, from a bluebell wood,
robins' notes reminding me of my childhood.

Fragrant days in springtime when fields were full of flowers,
playing in the open air, all my daylight hours,
Bees were humming drowsily in yellow cowslip bells,
Curlews crying wistfully across the windswept fells.

Hymns resounding in our church, on an Easter Day,
Heady with the scent of flowers as we knelt to pray.

Summertime - and cuckoos calling, on our way to school,
We'd have our lessons in the garden trying to keep cool.

Then, the school day over, after the last class,
We would take our sandals off and dance across the grass
Walking home through woodland beside a rippling stream,
anticipating high tea with wild strawberries and cream.



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General Knowledge Quiz



by Richard Pyne

1. Which poet wrote “The Charge of the Light Brigade”?
2. According to the stories written by Michael Bond, what was the home country of Paddington Bear?
3. What letter of the alphabet is the chemical symbol for Potassium?
4. Stilton cheese enjoys protected status under EU law, but to qualify it must be produced in one of three English counties. Name any one.
5. Which fashion designer developed the costumes for The British team at the 2012 Olympics?
6. The rumba and the salsa are dance forms developed in which country?
7. In the Sherlock Holmes stories, what was the name of Sherlock’s long-suffering landlady?
8. Who was the founder of the Wildfowl and Wetland Trust and founding Chair of the World Wide Fund for Nature?
- 9) What four-letter word is given to the home of an otter?
- 10) The Adi Granth is the holy book of which religion?

Answers on page 10.

Credits

Editor: Juliet Ames-Lewis

Design: Chantal Richards

History Quiz: In This Week: 29 June - 5 July

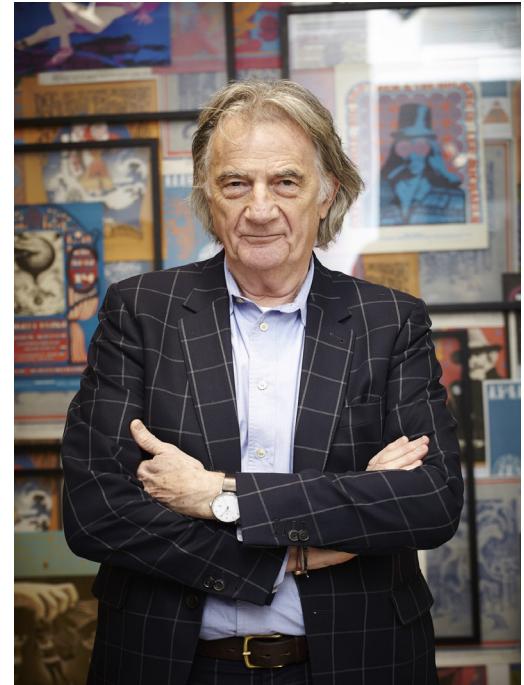
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29. On **29 June 2007**, this company released its first mobile phone. The multinational company is headquartered in California and is one of the Big Four technology companies alongside Amazon, Google and Microsoft. What is the name of the phone?
30. On **30 June 1992**, former Prime Minister Margaret Thatcher took her place in the House of Lords as Baroness Thatcher of Kesteven. She was the Member of Parliament from 1959 to 1992 for which constituency?
31. Born on **1 July 1961**, in Sandringham, Norfolk. She supported many charities, most notably land mine clearance, AIDS and Great Ormond Street Children's Hospital. She was killed in a car crash, age 36. Who is she?
32. On **2 July 2019**, The Glastonbury Festival clean up began, as all the festival-goers headed home. Who is the founder of The Glastonbury Festival?

33. On **3 July 2018**, the doors opened at Wimbledon for the Tennis Championships. The Wimbledon championships is the oldest tennis tournament in the world. What year was the first Wimbledon Championship?

34. On **4 July 1776**, the Declaration of Independence was declared in which country?

35. British fashion designer, Paul Smith was born **5 July 1946**. To the nearest million, what is Paul Smith's net worth?



Answers on page 10.

Paul Smith CBE

Newspaper Headlines Quiz



1. Who was the King of Pop?
(newspaper date: 25 June 2009)



4. What is the date of this newspaper headline?



2. What is the date of this newspaper headline?



5. What is the date of this newspaper headline?



3. What is the date of this newspaper headline

Answers on page 10.



6. Who is the man in the photo?
(newspaper date: 5 November 2008)

WORKING REMOTELY



Answers. Page 7. General Knowledge Quiz. 1. Alfred, Lord Tennyson. 2. Peru. 3. K. 4. Derbyshire, Leicestershire, Nottinghamshire. 5. Stella McCartney. 6. Cuba. 7. Mrs Hudson. 8. Sir Peter Scott. 9. Holt. 10. Sikhism.

Answers. Page 8. In This Week Quiz. 29. iPhone. 30. Finchley. 31. Diana, Princess of Wales. 32. Michael Eavis. 33. 1877. 34. USA. 35. \$390 million.

Answers. Page 4. Newspaper Headlines Quiz. 1. Michael Jackson. 2. 11 November 1991. 3. 2 May 2011. 4. 25 October 1929. 5. 19 June 2020. 6. Barack Obama.

Wordsearch: Classic Book Titles

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SYBIL
ONTHEROAD
JEANBRODIE
HERZOG
LITTLEWOMEN
LANARK
DONQUIXOTE

WISECHILDREN
THEBFG
SOLOMON
LUCKYJIM
CLARISSA
ULYSSES

HOUSEKEEPING
SCOOP
USA
LOLITA
EMMA
DORIANGRAY

Poetry Corner



by Nigel Davis

I think that I have remarked before in Poetry Corner that songs can be very fine poetry – although not always!

This is the Shepherd's song heard by the band of pilgrims as they make their way through the Valley of Humiliation in John Bunyan's Pilgrim's Progress (written in 1684). The viewpoint of the young shepherd boy surely is as relevant now as it was then. On the one hand, how, we may ask ourselves, can we advance from poverty and hardship and unhappiness without being discontent with our lot, without being determined to strive to change things? On the other hand, we may ask ourselves, how can we ever achieve true happiness without resting content – which surely involves ultimately accepting where we have got to in life? Constantly striving, constantly wanting, constantly demanding – that no doubt, to an extent, has its place. But all of us surely also have to ask ourselves: how much is enough?

This poem can be sung as a hymn, to a very simple, fittingly Puritan, tune. It is a very good hymn too – although I don't myself recall if we have had it in chapel, have we Stuart?

He That Is Down Needs Fear No Fall

by John Bunyan

He that is down needs fear no fall,

He that is low no pride;

He that is humble ever shall

Have God to be his guide.

I am content with what I have,

Little be it or much;

And, Lord, contentment still I crave

Because Thou savest such.

Fulness to such a burden is

That go on pilgrimage;

Here little and hereafter bliss

Is best from age to age.