

Welcome to your Almshouse News

Health &
Wellbeing

DURING CORONAVIRUS LOCKDOWN

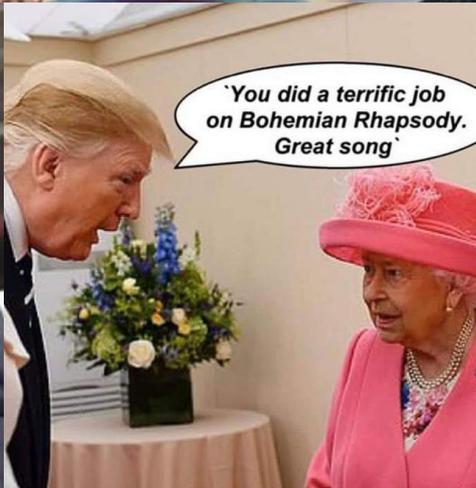
Puzzles

WELCOME

Recipe

Poetry

Get set for the return of parents as hairdressers...



Puzzle: Scattergories



by Claire Sanecka

Using the first letter of your surname, how many of the below can you complete?

1. A boy's name: _____
2. A river: _____
3. An animal: _____
4. Things that are cold: _____
5. Insects: _____
6. TV Shows: _____
7. Things that grow: _____
8. Fruits: _____
9. Things that are black: _____
10. School subjects: _____
11. Movie titles: _____
12. Musical Instruments: _____

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Credits

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Online Sleep Clinic



by **Stuart Lee**

Snoozing, slumber, forty winks, shuteye – whatever you call it, sleep is an integral part of our lives.

We spend about a third of our lives asleep, or at least we are supposed to if all goes according to plan. However, when you are lying in bed counting down the hours until your alarm goes off, feelings of helplessness can threaten to overwhelm and they can start to affect day-to-day life.

The good news is that while you cannot force sleep, there are loads of things you can do to encourage it.

A new series of of videos is now available on the Richmond Charities website (www.richmondcharities.org.uk/our-community/chaplaincy) You will learn how to break negative sleep patterns, feel properly rested and improve your all-round wellbeing through learning what sleep really is (and busting some common myths), how to banish bad habits, practising some exercises for winding down and inducing sleep, and taking control of your sleep environment. As with all videos, the password is: **francis**.

Richmond Library Home Delivery Service

The Richmond upon Thames libraries' are offering free book delivery for anyone over the age of 70 who is unable to leave the house during Covid-19. Books, CDs or DVDs are delivered once a month. Reading is good for your mental wellbeing and for boosting morale.

If you would like to access the home delivery service, contact your local library on **020 8734 3308** or email: **information@richmond.gov.uk**



Coronavirus, Anxiety and OCD



by **Stuart Lee**

Another news report with worrying figures about the spread and the effect of this virus...Another night lying in bed wondering whether this is just my asthma, a cough or have I actually caught it...I haven't been out but maybe I should wash my hands just one more time...

Anybody can find their minds racing with worries at the moment, but when you suffer from anxiety or obsessive-compulsive disorder, the response to a health crisis can be extreme. Intrusive, unwanted thoughts drawing our attention to perceived threats or danger mean we can find ourselves responding in ways which go well beyond official guidelines and that can leave us mentally and physically exhausted. Furthermore, we can end up projecting our fears onto others such as monitoring people going out, or standing over a loved one to make sure they wash their hands 'properly'.

As a result of the increased media coverage – much of which can be unhelpful – the charity OCDuk has suggested some coping tips that might help any of us to notice when our worries are taking us unreasonably

beyond public health advice for this virus.

1) **20 seconds and no longer!**

When we have been outside or touched things that have been delivered to us, health professionals advise trying not to touch our faces and washing hands with soap and comfortably hot water for 20 seconds. Stay in control and follow the advice. If you have not been outside or touched anything other than your mug or your book, you don't need to wash your hands.

2) **Be kind to yourself**

If your worries have taken you beyond that 20 seconds or you could not resist washing your hands after using something that only you use, such as your telephone, it is not the end of the world. Remind yourself of the target (above) and then try to be kind and compassionate to yourself as you would to others.

3) **Don't let your anxiety diagnose you**

At times of fear about germs and bacteria it is easy to think that every odd physical sensation is a sign of illness. Remind yourself of the known, reported symptoms of the virus (from Juliet's letter, gov.uk, NHS111 or BBC News). Stay with the facts. If certain friends,

newspapers or websites are working your fears up, avoid them and go back to trusted sources.

4) **Focus on what you can do**
News reports are full of what you can't do, but...

YOU CAN STILL:

- Listen to your favourite music
- Call, skype or facetime your friends and family.
- Reread your favourite book.
- Enjoy being outdoors if you follow all the advice. (Stay 2 metres from people and avoid touching things. Wash hands for 20 seconds when you get home.)
- Sing or dance like an idiot behind closed doors. Open the door if you are feeling brave.
- Watch your favourite TV show.
- Hope for a time when this is over.

So, instead of implementing excessive strategies to prevent yourself getting coronavirus, try some of these practical strategies to challenge and channel your anxiety.

Healthwatch Online



by **Debbie Flaherty**

During the COVID-19 crisis, Healthwatch Richmond wishes to make everyone aware that the NHS continues to provide comprehensive health care and **people should not avoid getting medical care when needed.**

It's easy to get NHS help and key advice using your smartphone, tablet or computer. The NHS 111 service is available both online and by landline telephone.

NHS online services can help you to:

- *contact your GP
- *order repeat prescriptions
- *manage long-term conditions
- *maintain your mental and physical wellbeing

If you need an NHS service, try to do it online first. If you cannot get what you need this way or do not have internet access, try asking a friend or family member to help you, or phone your GP surgery.

<https://www.nhs.uk/health-at-home/>

<https://111.nhs.uk>

A Quiz for the Not So Young!

by Norman Bramfitt



1. Who was the British prime minister immediately after WWII - 1945-1951?

2. Which actress played Eva Sharples in the early episodes of Coronation Street?

3. Who was the first professional boxer to be knighted?

4. Mr Darcy is a major character in which novel?

5. The song *Some Enchanted Evening* comes from which musical?

6. In the 1960s who became the first female prime minister of Israel?

7. Which comedian and presenter replaced Bruce Forsyth as presenter of *The Generation Game*?

8. In which year was decimal currency introduced in the UK?

9. Cilla Black had two UK number one hits, both in 1964. Can you name them?

10. Name the two £60.00 locations on a Monopoly board?

Rainbow Yarn Bombing



by Debbie Flaherty

You may remember early last year the craft club made lots of yarn bombs which decorated the trees at the front of Hickey's during the dark winter months and brightened everyone's days. Irene Donovan at Manning Place has been busy again and has created a rainbow yarn bomb to celebrate our NHS heroes and she has put it up around one of the trees in the Manning Place gardens. Perhaps other residents would like to follow suit?



11. Which actor starred in the films *On The Waterfront* (1954) and *A Streetcar Named Desire* (1951)?

12. Who was the last Liberal Democrat Deputy Prime Minister?

13. Which actor played Mr Barrowclough in *Porridge* and Foggy Dewhurst in *Last of the Summer Wine*?

14. How many children did Queen Victoria have?

15. The opening lyrics of which 1950s hit song are *Sweet 16 goes to church, just to see the boys*?

Answers on page 10

Lockdown Lingo!

‘Lockdown Lingo’ - are you fully conversant with the new terminology?



Coronacoaster

The ups and downs of your mood during the pandemic. You're loving lockdown one minute but suddenly weepy with anxiety the next. It truly is "an emotional coronacoaster".

Quarantinis

Experimental cocktails mixed from whatever random ingredients you have left in the house. The boozy equivalent of a store cupboard supper. Southern Comfort and Ribena quarantini with a glacé cherry garnish, anyone? These are sipped at "locktail hour".

Coronials

As opposed to millennials, this refers to the future generation of babies conceived or born during coronavirus quarantine. They might also become known as "Generation C".

Furlough Merlot

Wine consumed in an attempt to relieve the frustration of not working. Also known as "bored-eaux" or "cabernet tedium".

Coronadose

An overdose of bad news from consuming too much media during a time of crisis. Can result in a "panicdemic".

Getting on your Wicks

Vexing noise levels from neighbours doing their daily workout with Joe Wicks.

Claphazard

Someone so enthusiastic about saluting our care workers that they forget all social distancing guidelines, start hugging their neighbours and high-fiving passing pedestrians.

The elephant in the Zoom

The glaring issue during a videoconferencing call that nobody feels able to mention. E.g. one participant has dramatically put on weight, suddenly sprouted terrible facial hair or has a worryingly messy house visible in the background.

Guess the Staff Member - THE ANSWERS!



Debbie Flaherty



Gerry Wilson



James Dorey



Juliet Ames-Lewis



Stuart Lee



Mick Tinson



Lorraine Bradley



Claire Sanecka



Alison McAlear

Cheese and tomato pasta



by Margaret Marshall

A nice and easy pasta dish from Margaret, one of our trustees.
Serves 2.



INGREDIENTS

- 4 ozs pasta (macaroni, spirals or similar)
- 4 ozs cheddar
- 1 can chopped tomatoes or passata
- 1 small onion
- 1 clove garlic (optional)
- Mixed herbs
- 1 tbs ketchup

METHOD

Gently fry, chopped onion and garlic with oil in saucepan, for few minutes.

Pour in tomato and approximately half a can of water. Bring to a simmer with the lid on. Add salt and pepper and a good slug of ketchup.

Simmer for 10 minutes, or so, until the sauce has thickened.

Meanwhile, cook the pasta according to packet instructions, and drain.

Chop the cheddar cheese into small cubes.

Pour the cooked pasta into the tomato mixture, add the cheddar cheese. Stir well and add herbs.

Serve in warm bowls.



POETRY CORNER



by Nigel Davis

Time for a short poem
in Poetry Corner, I
think. Or, rather, time
for a little poem.

Emily Dickinson (1830-1886) was a strange woman. She was born and lived all her life in Amherst, Massachusetts. She became increasingly reclusive, eventually towards the end of her life communicating with visitors only through her sister. She wrote vast quantities of poetry, almost none of which was published in her lifetime. But she since has become firmly established, particularly in the USA.

Much of her poetry is rather melancholy. But we don't want that at present, do we? This little (untitled) poem is decidedly impish - one can almost hear two school-children whispering and giggling at the back of the class.

It is (very gently) putting down the pompous and self-important, the pretentious and self-righteous, the great and good. Note how the very brevity of the poem helps make its point. What's not to like?

This, by the way, is an easy poem to learn off by heart, if you feel so inclined.



Emily Dickinson Photograph: ©Amherst College Archives and Special Collections

Poem by Emily Dickinson

I'm nobody. Who are you?
Are you nobody too?
Then there's a pair of us.
Don't tell! - they'd banish us, you know.

How dreary to be somebody,
How public - like a frog,
To sing your name the livelong June
To an admiring bog.