

The Month of May

Maypoles
Three Weird Days in May
Richmond May Fair
Film Club

Richard Howard Memorial
Out and About Group
Volunteering
Finding Positive Solitude



Contents

Welcome	2
Chapel Schedule	2
Letter from Debbie	3
Maypoles	4
Three Weird Days in May	5
Community News	6-8
Forthcoming Events	9-12
Review of Past Events	13-14
Our Almshouse Community	15
Concorde Coincidence	16
Volunteering	17
Mind & Body	18-19
Local News & What's On	20-21
Good News	22
Page Turners	22
Getting to Know You	23
Who Am I?	23
Wit and Wisdom & Answers	24
Fun & Games	25-26
Sudoku & Miscellany	27
Poetry Corner	28

Competition Winners

Thank you to everyone who sent in entries for the True or False Quiz in our April edition.

Picked at random, our winner this month is:

Gaby Lebentz at Manning Place

Congratulations!

Answers from last month's competition are on page 24.

Contribute to our Next Issue

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



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

Welcome to our New Residents

We offer a warm welcome to our new residents:

Ruki Alberts, Candler Almshouses

Tuyun Nekibzade, Hickey's Almshouses

Atheelah Al-Qaraghuli, Juxon's Almshouses

Chapel Schedule: May 2024

Sunday 5th May	10.30am Communion with hymns, followed by refreshments.
Ascension Day Thursday 9th May	3.30pm - Creative Prayer. (See page 9)
Sunday 12th May	10.30am Communion with hymns. 5.30pm Stations of the Resurrection*
Pentecost Sunday 19th May	10.30am Communion with hymns. 5.30pm Evening Prayer.
Trinity Sunday 26th May	10.30am Communion with hymns. Led by Revd Charlie Middleton.
For more info email Chaplain Derrick: d.thompson@richmondcharities.org.uk	Morning Prayer on Tuesdays at 10am Evening Prayer on Thursdays at 4.30pm (except on May 2nd, 9th, 28th, and 30th). All are welcome to join us.

***Stations of the Resurrection** Using the Bible, liturgy reflections from Guli Francis-Dehqani, poetry from Malcolm Guite, artwork from Iain McKillop and music we will contemplate Jesus' resurrection.

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

Magazine Design: Chantal Richards & Eden Richards



Front page: Hickey's in springtime. Above left and right: Spring flowers at Marble Hill by Derrick Thompson

If you enjoy taking photos we would love to put them in our magazine. Please talk to your Scheme Manager.

Save the date

The Parkshot Singers
The Chapel, Hickey's Almshouses
Friday 12th July at 3pm
Refreshments will be provided

Save the Date!

Quiz Night
Thursday 16th May
6.00pm in the Chapel.

If you haven't been to a Quiz Night before, why not give it a try?

Don't panic – you don't have to know everything! You will be part of a team and can pool your knowledge. And you probably know more than you think!

Team sizes are up to 8. If you are on your own, don't worry – we can introduce you to another table. There is a small prize for each member of the winning team. If your group is bigger than 8, please make two (or more!) smaller tables – the smaller teams often win!

Why not give it a go! Drinks and nibbles will be provided.



Letter from Debbie

I love my job – it's a fact!

Each day it gives me such pleasure leaving for work to see my colleagues and all the residents I have the good fortune to visit or just to bump into as you all go about your daily lives.

Just recently I have been making visits and doing write ups for The Almshouse News about the many clubs and activities the charity has to offer and I must say they are excellent. To have these clubs and activities on hand has made me realise just how accessible they are, they bring the community together and it is a great chance to meet new people.

So if you ever feel like popping along to one of these activities, don't hesitate, give them a try, you will be made most welcome.

As the warmer weather approaches I look forward to seeing many more of you out and about in the gardens.

Debbie



Maypoles



by Derrick Thompson

In the summer of 2022, I was very fortunate to travel to Oberammergau for the world famous passion play held there every ten years. On the way we spent a few days in Austria where in every village we entered we saw the tallest maypoles you have ever seen, many of them with what looked like Christmas Trees at the top!

These maypoles, very unlike the English ones we might be used to, have to be guarded around the clock by young men in the village. If their maypole is captured by the young men from another village then they have to invite the whole village that captured their maypole to a feast of free beer and festivities!

Our own maypoles are first written about in a Welsh poem in the mid fourteenth century, with



The German maypole. Oberammergau is a town in the Bavarian Alps, Germany. It's known for its once-a-decade performance of the *Passion Play* in the Passion Play Theatre.

their use becoming widespread until the time of the Reformation and the Puritans, who didn't seem to appreciate merriment around maypoles very much!

Maypoles are still popular in some towns and villages where people will gather, on or around May Day, to watch young people, or perhaps even Morris Dancers, dance around them holding the ribbons attached to the top weaving and un-weaving them in various patterns.

Most of the maypoles we see today are not very tall, perhaps 10 to 15 feet high. But if you travel to Nun Monkton in North Yorkshire you will find one there reaching the dizzy height of 88 feet, 5 ¼ inches (27 metres)! I hope the locals are keeping a watchful eye out for any visiting Austrian villagers hoping for some free beer!



The maypole in Nun Monkton. Located on the extensive village green. Reputed to be the tallest maypole in England at 88 ft, and constructed in two sections, it replaced an earlier Norwegian Pine pole that collapsed during a gale in 2004. Photo © Chris Heaton (cc-by-sa/2.0)

Three Weird Days in May!



by Mike Townsin

Between May 22nd and 28th, **British Sandwich Week** celebrates the humble sandwich in all its glory, as well as the contribution the sandwich industry makes to the economy. The British Sandwich and Food to Go Association is the body behind it. They issue Press Releases, based on research, to help you locate 'Five of the best places to get sandwiches' in major British cities. Google British Sandwich Week for your best sarnie...

International Dawn Chorus Day takes place on the first Sunday of May and is a worldwide celebration of 'nature's greatest symphony'. Apparently, people around the world rise at the crack of dawn (not all at once due to the earth inconveniently moving around the sun) to revel in the sound of birdsong from wrens in Rotherham to cowbirds in the Caribbean. The chorus is at its best for 30 minutes either side of sunrise but carries on throughout the morning. Ornithologists claim birds do this to 'warm up' before singing to attract mates. (Should have put this in my Miscellany column!) [See Local Dawn Chorus Walks on page 20.](#)

Bet you didn't know that May 2nd is **International Harry Potter Day**, celebrated because that's the day the great battle of Hogwarts was fought in 1998. This final conflict of the Second Wizardry War took place at the Hogwarts School of Witchcraft and Wizardry. What do Potter fans do? They put on their robes, grab their wands and celebrate with potions, spell casting and Hogwarts-inspired fun! Warning: as May 2 is close to this magazine's publication day, this vital piece of information may not reach you in time.



Did you know?

Over 3,000,000,000 sandwiches are purchased from UK retail or catering outlets each year.

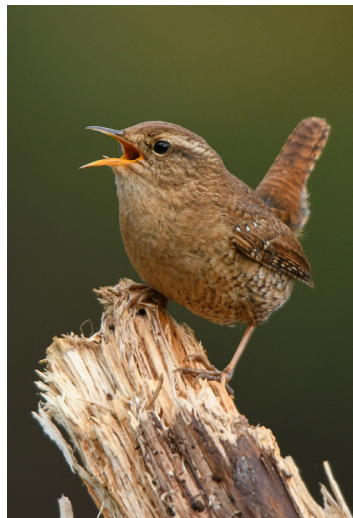
We spend over £8,000,000,000 a year on sandwiches.

In the UK there are over 300,000 people employed in the sandwich industry.

The first 'packaged' sandwich is believed to have been launched by Marks & Spencer in 1985 thanks to the creation of an 'easy seal' pack by Hans Blokmann.

Chicken remains the most popular filling in commercially made sandwiches.

Britons eat some 43,000 tonnes of chicken in sandwiches each year. That's the same weight as 258 Blue Whales or 6,006 double-decker buses.



Wren in Rotherham



Cowbird in the Caribbean



New Mayor for London Borough of Richmond upon Thames



by Juliet Ames-Lewis

I am delighted to let you all know that our Trustee, **Cllr Richard Pyne**, has been elected to be the Mayor of the London Borough of Richmond upon Thames from May 2024 to May 2025!

A Mayor and Deputy Mayor of the Borough are elected every May to represent the Council at civic functions and raise money for local good causes.

We all send our congratulations to Richard and look forward to welcoming him in his role as Mayor to various events within our community in the coming year.

The Richmond Charities: Almshouses in Bloom 2024



by Linda Prendergast

Spring is in the air and bulbs are popping their heads out to say hello.

Once again we're going bigger and better with the ***Almshouses In Bloom*** competition. There will now be trophies and garden vouchers for first, second and third places in both of the main categories. Firstly, individual gardens, and for those who don't have gardens — there will be a category for pots and hanging baskets.

Judging will take place on Saturday 13th and Sunday 14th July.

There will also be a prize awarded for that one garden the judges thought earned a *Special Commendation* and a new award called the *Judges' Pick* will be presented to a resident who hasn't entered the competition, but if a particular garden catches the judges' eye, they will be awarded a prize. Every entrant will receive a certificate of participation.

6



We are also keen to encourage residents at individual estates to collaborate and work together and enter the competition. This could mean all or just one or two residents on the estate getting together and working on their gardens or pots and have a planting theme or a colour theme.

All entries will be marked and rated by our judges and a prize giving event will be arranged to present the trophies and gift vouchers to the winners.

If you would like to enter the competition please contact your Scheme Manager and ask for an entry form.

All entrants will be reminded in advance of the date giving you the chance to dead head and do some more weeding before the judges visit.

Update on New Almshouses

by Mick Tinson

Queen's Road

We're thrilled to be able to show you what the team have accomplished over a short period of time in what has been a very wet start to the year. As you can see, level 1 is well under way which gives us our first internal look at flats 1 and 2 which are now fully watertight.

The pictures show the columns marking the area of the undercroft parking bays which also house the bin and bike store that backs onto flat No.2, situated at the front of the property. The area above will house flat No.4 at the far left of the picture looking out to Queen's Road, flat 5 in the centre and flat 6 at the rear. Flats 1 and 3 are located in front of the crane to the right of the picture

The yellow crane is situated in what will be the middle of the car park. There will be a line of bays along the right-hand side fence line which will accommodate an adjoining security gate through to our other Almshouses at Manning Place.

St Mary's Grove

Over the last six weeks or so, the weather was kind enough to allow the installation of the pre-fabricated timber panels of all 5 properties. Some residents were in awe of the enormous crane that was used to install the panels. Plots 4 and 5, being furthest away, were installed first, allowing the guys on-site to make a start constructing their interiors. Within a couple of weeks, the other three frames have been lowered into place giving us the first real look at the size and shape of this exciting new estate.



Rear of the property and Flat 6



Under-croft parking together with bin and bike store



Plot No.1 Exterior being installed by the crane



First look inside the Kitchen/Lounge of plot No.5

Chaplain's Chat



by Derrick Thompson

By the time you are reading this the Choir of Magdalen College, Oxford will have stood on the tower of their college chapel to sing 'Summer is come', something they do every May Day. Let's hope they are right, and that May Day marks the beginning of a lovely summer with plenty of sun and the right amount of rain!

During April Lent came to an end, and so did our Lent Group which met five times, sharing in discussions inspired by *West Side Story* and using passages from the Bible. We had such a good time that those who participated in the group have expressed a desire for a more regular Prayer and Bible Fellowship Group. So, I am proposing to start such a group on Thursday afternoons from 3.15pm to 4.30pm in the Green Room. There would be refreshments, a hymn or song or two, discussion around a theme or Bible passage and the opportunity to pray for each other and our communities. Would you be interested in attending? Please let me know if you are, either directly or via your Scheme Manager, so I can gauge interest and find a suitable start date.

We are now nearing the end of Easter Season, with Ascension Day on May 9th when we will be having a Creative Prayer Afternoon in Chapel, starting at 3.30pm, organised by residents and myself. After an initial act of worship there will be a number of different 'prayer stations' where there will be the opportunity to engage in prayer in different ways using different senses. This will then be followed by a concluding act of worship all together. Everyone is welcome to join us for this time of Creative Prayer on the first day of *Thy Kingdom Come*, a 10- day international, ecumenical festival of prayer leading up to Pentecost, also known as Whit Sunday, on May 19th. That occasion marks the sending of the Holy Spirit and the birth of the Church – so there may be cake in Chapel that day – we will certainly sing 'Happy Birthday'! (see advert on page 9).

Have a merry, merry month everyone!

Films and Stories

The third Wednesdays of each month have become afternoons of stories and films as we start the afternoon at 12noon in the Green Room with 'This is my Story'.

Using 'The Way of Council' framework (based on the ancient practice of group discussion sat around a campfire or an element of nature), we sit together and share brief stories in an unhurried and unpressured way, finding solace, joy and peace in our shared humanity. No need to book, just come along ready to listen to and share stories inspired by a prompt given by the group leader. Join us in the Green Room by 12noon.

Afterwards, have a packed lunch on the lawn, or in the Chapel before joining in Film Club! (Details on page 11.) This month we will be watching the Irish comedy, ***Waking Ned***. Sticking with the Irish theme the refreshments will include Guinness Cake, and for those who book it in advance via their Scheme Manager, a glass of Guinness (with a shot of blackcurrant for those who prefer a 'Guinness and Black')!

We are very glad to now have Gurdip on board for the technical side of Film Club.

Could you help with the refreshments and choosing films? Let me know – its always better to work in a team.

Looking forward to seeing you on Wednesday 15th May !

Save The Date

**Annual Service of
Celebration and Thanksgiving
at The Chapel of Saint Francis
Hickey's Almshouses
on Sunday 7th July 2024 at 3pm
Guest Preacher: Revd Chris Scott
(Former Chaplain)**

**With the choir of St Mary Abbots, Kensington
and their Director of Music, Mark Uglow.**

**Join us as we remember those whose
generosity founded the charity, celebrate our
life together and socialise with refreshments.**

Family and friends welcome!

Richmond May Fair



by Juliet Ames-Lewis

**Saturday 11th May
10am - 5pm**

The Richmond May Fair returns to Richmond Green on 11th May. Visitors can look forward to all the things they love about this community fair – including children's rides, the Scouts' barbecue, the dog show, the craft marquee, local performers and musicians and a wealth of stalls hosted by Richmond-based charities.



RICHMOND MAY FAIR
est. 1970

Saturday 11th May 2024 • 10am - 5pm

The Richmond May Fair has been a firm fixture on the local calendar for almost 50 years, taking place on the second weekend of May every year since 1980 and only stopping due to Covid.

Borough residents have said that the May Fair is part of their family history – those that once looked forward to coming with their parents or grandparents are now bringing their own children to ride the helter skelter. The fair plays an important role in bringing the people of Richmond together to support good causes and enjoy a great day out.

As last year, The Richmond Charities will have a stall at the Fair to publicise the charity's work – so do come along and enjoy the Fair and come and say hello to us on our stall.

Save the Date

**Join us in the Chapel of St. Francis
on Thursday 9th May
at 3.30pm**

***An Afternoon of
Creative Prayer***



Light Up The World In Prayer

9th - 19th May 2024

For more details read Chaplains Chat.



Residents' Summer Outing

by Claire Sanecka

We are going to
**Whitstable Bay,
Kent**

on

Tuesday 9th July 2024

More information to follow in the next edition but please inform your Scheme Manager if you would like to attend.



Yoga Classes



With Claire Welton

This is a gentle chair-based yoga practice to calm, re-balance and ease the body and mind. The classes are totally accessible to all levels of ability and all will be welcomed and supported with a range of modifications to suit individual needs. The 60-minute classes will always be guided with warmth and empathy and will include nourishing stretches, guided breathing exercises and deep relaxation techniques.

All dates will be advertised in the Monthly Activities Leaflet.

If you would like to attend, please inform your Scheme Manager.

Zumba Classes



With Clare Sheehan

Classes typically consist of Latin-inspired songs, starting with a slower warm-up song, building intensity throughout the workout, and ending with a cool-down song. Even if you're not a strong dancer, the choreography is repetitive and designed to be built upon, so most people will catch on to the moves as they go.

But!! Did you know that you can still take part in the Zumba classes while you're sitting in a chair?

Any form of exercise is good for you, even if it is while you're sitting down. Think about stretching your arms, moving your shoulders, in fact your whole upper body and of course your legs, while sitting down.

Why not come and join in with the usual classes but do it sitting down.

All dates will be published in the Monthly Activities Leaflet.

There's no need to book, just turn up!



Monthly Film Club

by Derrick Thompson

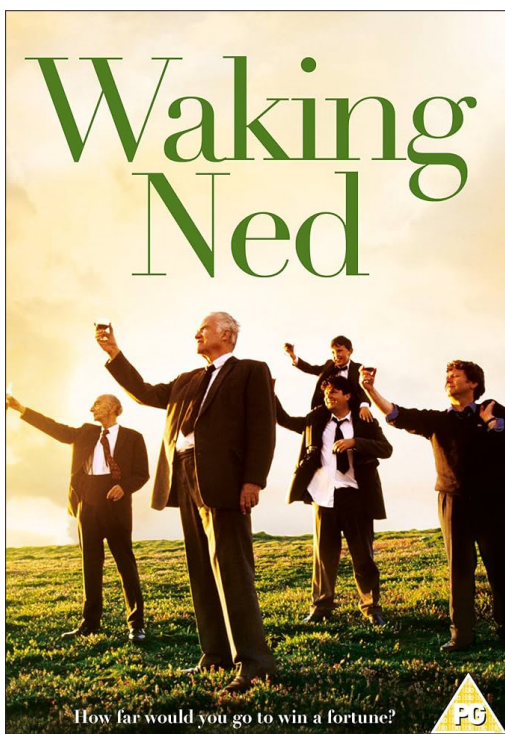
Next Film Club:
Wednesday 15th
May at 2pm
in the Chapel



The lucky winner of the national lottery is Ned Devine, so taken by his good fortune that he now can't be wakened, because he died from the shock of it! News of the win spread quickly in the scenic little Irish village of Tully More, but not the secret news of Ned's demise. With lottery officials closing in to confirm the prize claimed by the deceased Devine, Ned's closest friends scheme to keep the prize money close to home, in memory of Ned of course! But as the plot twists humorously, they learn it is hard is to keep such a secret in a small town.

Refreshments:

- Guinness – but only if you pre-order with your Scheme Manager!
- Chocolate Guinness Cake
- Tea and coffee



Cast:
 Ian Bannen,
 David Kelly,
 Fionnula
 Flanagan,
 Susan Lynch,
 and
 James Nesbitt

Rating: PG
 (mild nudity,
 infrequent mild
 bad language)

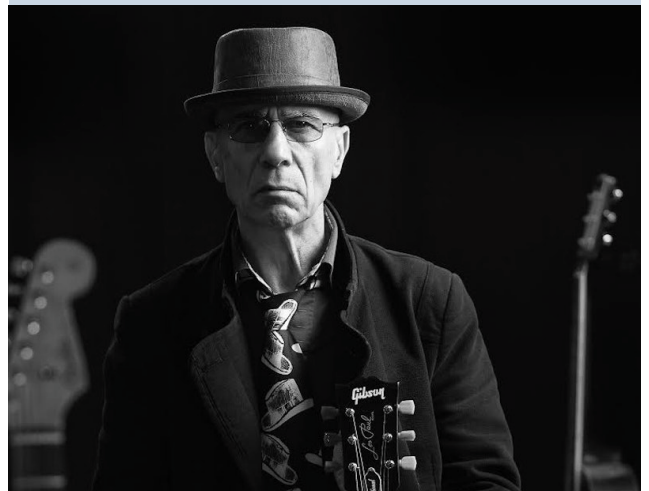
Runtime: 1h 31m

Save the Date

The return of
THE PAPA GEORGE BAND

*You are all invited to a
 FREE OPEN AIR GIG ON
 THE LAWN AT HICKEY'S*

on Thursday 6th June at 6pm



Following the huge success of the last concert, The Richmond Charities would like to proudly present The Papa George Band once again. Featuring: Peter Rees on bass (our very own almshouse resident), Derby Todd on drums and Papa George on guitar and vocals.

All residents, their families and friends are welcome. We will supply chairs but please bring your own rugs, food and drink/picnics! Transport can be arranged for residents who are unable to use public transport.

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

ART AND SOUL

Date change for Art & Soul:

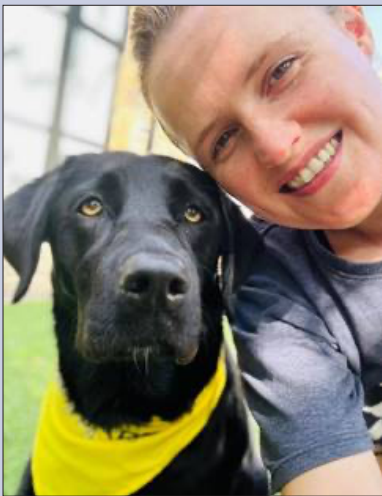
Thursday 4th JULY 2024
&
Thursday 18th JULY 2024
11am - 12.30pm

Spaces are limited – please inform your Scheme Manager if you would like to attend this two-day workshop.

More information to follow in our next Almshouse News edition.

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 IT Sessions

by Linda Prendergast



You may be new to the world of IT and computers, or you may be looking to develop your existing skills. There are lots of benefits to being online!

You may want to:

- Use a laptop, computer, smart phone or another device for the first time
- Learn how to use the internet
- Learn a particular skill such as shopping online, using messaging apps, making video calls (Zoom, Skype, Facetime) or how to find information online.



In fact, Age UK can help with most things from internet searches to Zoom to online shopping.

For residents without a device, Age UK can also lend you an Android tablet for up to 8 weeks with tuition free of charge. The tablet also comes with 40GB of data.

The Richmond Charities has arranged for Age UK to come and help residents get to grips with technology. We have confirmed 3 more dates in which to hold pre-booked timed slots so that each tutor spends 1 hour one-to-one with the resident.

One-to-one sessions are being held **in the Garden Room** on the following dates:

Wednesday 8th May between 10.00am – 12.00noon.
Wednesday 22nd May between 10:00am-12:00noon

Please note: **Places are limited therefore sessions are by appointment only and on a first come first served basis.**

When making your appointment, it would be useful if you let your Scheme Manager know what device you have, whether it's a laptop or a mobile phone, or if you don't have a device but would like to borrow one of the Android tablets with tuition from Age UK. **If you would like to make an appointment, please contact your Scheme Manager.**

Memorial for Richard Howard

by Heather Shipley

On Saturday 9th March many friends and a few of Richard's family members gathered in the Chapel of Saint Francis at Hickey's Almshouses to remember Richard Howard as it would have been his 80th birthday on the 8th March and he was, during the past year of his life, looking forward to celebrating this milestone.



Arranged (plus a lot of cooking) by Margaret and Carmela from Candler, a delicious and copious table for luncheon was set out, lovingly prepared for the guests by various residents of the almshouses. Jan Heathcote's daughter, Melissa, (Jan lives at 5 Candler) brought smooth music to the afternoon with renditions of well-known ballads.

Richard's stepdaughter, Siubhan Reid, who now lives locally, said how much Richard would have enjoyed the assembly of friends.

Not to forget a thank you to Linda for the sterling assistance in setting up, bar tending, clearing up and restoring the Chapel to its normal serene state!



Out And About: Museum of English Rural Life

by Angela Greaves

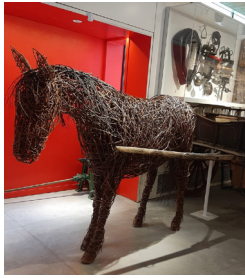
On Wednesday, 10th April, the Out and About group of 9 residents went on an adventure to Reading! (Richard found a way on the Elizabeth Line for us to travel to Reading for free on our Freedom Passes).

On arrival at Reading Station, we caught a local bus to the Museum of English Rural Life which is attached to the University of Reading and is Heritage Lottery funded. What an interesting, fantastic place! Wonderfully catalogued and visually portrayed.

The history of life and work in the countryside past and present can be seen through modern immersive galleries, hands-on activities, digital interactive games and trails. Historic objects and archives reveal the range of processes tied to the changing seasons and where our food comes from. Large and small objects from the past 200 years, scythes, sickles, sheep shears, harvest jug and shepherds coat, set along a wagon on a 1917 tractor and sheep dip. A timber wagon stands alone reminding us of how trees once dominated the landscape and that clearing them was the first step in creating the English countryside that we know, and shows how the countryside is shaped by nature and by human activity, season after season, year after year.

Plenty of interest for us all and we were stirred by fond memories of our childhood in rural Britain on the farms and in the countryside. We browsed in the shop and the feasted in the café.

A fascinating, enjoyable day out, highly recommended. Many thanks to Richard for looking after us and his thoughtful planning.



Upcoming Out and About dates:

Wednesday 8th May - Canary Wharf for 'Paws on the Wharf' Guide Dog Sculptures.

Tuesday 4th June - Horizon22, the view across London from the 58th floor of 22 Bishopsgate.

Please book with your Scheme Manager as places are limited. We meet at Richmond Station at 10am on the day.

Candler Almshouses



by Linda Prendergast
and Jo Davison

Candler Almshouses is made up of 10 bungalows all linked together in the shape of a crescent. All the almshouses face a large circular lawn-shaped garden complete with benches and tables for all to sit on and enjoy the sunshine.

In times gone by Candler was for ladies only, primarily because every other almshouse shared a bathroom between them. Since The Richmond Charities took over Candler from Twickenham United Charities in 2008, every almshouse has been totally refurbished, giving residents their own bathroom and an extension, housing a beautiful kitchen with external storage cupboards. Recently a new roof has been fitted as well as PV panels to help residents with their electricity bills.

Candler residents enjoy sitting out in the garden during the good weather. The garden has been used to host several get-togethers including a Royal themed party and Shakespearean event.



A Wonderful Concorde Coincidence!



by Alan Shirley

Anyone living close to a Heathrow flight path since the early 70s will be very familiar with Concorde arriving and departing. Unlike any other aircraft it seems that its extra loud engine noise was tolerated due to a sense of British pride. Apologies to the French who obviously played an equal part in its success. Plus the fact that they weren't flying over all day every day.

I've no doubt you all now know they were taken out of service back in 2003 for quite a large number of reasons. Not simply because of the Paris crash or 9/11 fears.

My story stems from that final day (24th August 2003) when the last three commercial flights came into land, one behind the other at Heathrow.

I was living in Hampton Wick at the time so not directly on a flight path but became aware via the press and TV that this was going to happen so decided to drive to near Isleworth so I could take photos. One rather annoying detail: I was anticipating they would fly overhead on the left hand runway. Just my luck, they had been told to use the right hand runway. So the pictures are from a little further

away than I'd hoped. I've kept these and of course in those days photos were developed and printed from negatives and had date and sequence recorded on the back. These have lived in amongst many other treasured pictures of mine ever since.

Arriving to live at Michel's almost 20 years later I found myself sat with neighbours in the garden on a summer afternoon and got chatting to Joy Sayles and her son in law Mark. I knew he was a BA Pilot and soon learnt that he had been flight crew on Concorde too. So I decided to show him my photos from 2003. He held them and, working out which was which, he pointed to the middle one and said "I was flying that one on that day."

How's that for a coincidence!?

The picture shown with this story is how I have now framed the pictures and included the aircraft registrations, their routing and the flight deck crews names which Mark and his wife Carolyn helped me to collate.

PS I was lucky enough to have flown on a BA Concorde from Washington DC to London in the mid 80's so for me, this is all completes a much treasured memory which I'm very happy to share.

Celebrating the Heart of Volunteering



by **Lorraine Bradley**

Volunteering Week will be celebrated this year from **3rd-9th June**.

Volunteering has always been at the heart of the UK community. Every year thousands of selfless individuals come together to make a difference in their local communities through volunteering. From helping the homeless to protecting the environment, volunteering has been a crucial part of making the world a better place for all. As we look towards the future, Volunteer Week UK 2024 is set to celebrate the spirit of volunteering and recognize the invaluable contributions of volunteers.



Volunteer Week UK was first established in 1984 by the National Centre for Volunteering to celebrate and promote volunteering across the country. Since then, it has become an annual event that takes place in the first week of June, bringing together volunteers, charities, and organizations from all over the UK. In 2024, it will be celebrating its 40th anniversary, making it a significant milestone for the volunteering community.

The theme for Volunteer Week UK 2024 is 'Celebrating the Heart of Volunteering'. This theme reflects the core essence of volunteering – the passion, compassion, and kindness that drives volunteers to make a positive impact in their communities. It also highlights the vital role that volunteers

play in creating a more inclusive, equitable, and sustainable society.

If you are interested in volunteering the contact details are below for more information:

Richmond CVS contact details:

Telephone: **020 8843 7945**

Website: www.richmondcvvs.org.uk

Email: action@richmondcvvs.org.uk



If you're feeling inspired, why not visit the Richmond Volunteer Fair at Richmond Adult College in Parkshot to meet local groups and find out how you can help and make a difference. The fair runs from 2pm to 6pm. You will need to register for the event beforehand and also to indicate your chosen arrival time on the form. Please note that the busiest time is usually between 2pm and 3pm so you might like to bear this in mind when booking your slot. Book here: <https://richmondcvvs.org.uk>

Volunteer in our Community

On page 8 — see *Films and Stories* article — Derrick Thompson is looking for a volunteer to help with **Film Club**. Maybe that's you?

Volunteer Locally

The **Twickenham Museum** (next to the Parish Church of St Mary the Virgin) is currently looking for volunteers to work in the afternoons on Fridays, Saturdays and Sundays. If you are interested in working with the public, please email the House Manager for further details on housemanager@twickenhammuseum.org.uk

Reduce Your Stress with Mindful Meditation



by Debbie Flaherty

The *Mindful Meditation Course* is currently on every Tuesday between 11am -12pm in the Chapel at Hickey's.

This week I met with the lovely lady Deborah, who runs the *Mindful Meditation Course*. She explained that this course can improve our moods, increase positive emotions, decrease stress and anxiety and it also promotes relaxation. I also spoke to some of the residents who were attending and their feedback was very positive saying that the mindful meditation is very therapeutic.

We all have moments of stress in our busy lives, so it is important that we take time out for relaxation and wellbeing. So why not sign up and give it a go? Please talk to your Scheme Manager for availability. This event is free for residents.



I am Deborah Flanagan and I run the Mindful Meditation Course.

"In 2018 I fell in love with meditation and mindfulness and how it has transformed my well-being.

After years of practising, I have made it my mission to help others heal and cultivate their inner calm. Your journey begins from within. Are you ready to join me?"

Poem by Steve Harbud



You might remember an article by Angela Greaves in our March issue about forgetting things — losing keys, reading glasses and multi tasking without success.

Well, here is a poem from our resident Steve Harbud, that might also resonate with you!

I've Just Remembered by Steve Harbud

I walked into the room then stopped, I must be going mad,
I've come in here for something my memory's not that bad.

I'll go back out and come back in, maybe that can work,
I did that half a dozen times and I'm feeling like a jerk.

It wasn't going to beat me I've a plan that can't go wrong,
I'll clear my mind of everything that shouldn't take too long.
I go back out just one more time my legs now feel like jelly,
I knew that it would do the trick, I came to watch the telly.

Finding Positive Solitude



by Lorraine Bradley

Solitude is often perceived as a state of loneliness and isolation but is actually essential for the human mind to thrive.

Escape Interaction: In today's fast-paced world, where constant connectivity and social interaction have become the norm, the concept of solitude is often overlooked and undervalued. However, taking time out for oneself, away from the chaos and noise of the outside world, can have a profound impact on our mental well-being.

Self Awareness: When we are alone our minds are free from distractions and external influences. This allows us to focus on our thoughts, emotions and needs without any outside interference. In this state, we can truly tune into our inner selves and gain a better understanding of who we are. This can lead to a deeper sense of self-awareness and clarity.

Creativity: Moreover, solitude gives our minds the space and time to wander freely and be creative. In the absence of external stimulation, our brains can explore new ideas and thoughts, leading to increased creativity and innovation. Many renowned artists, writers, and scientists credit their best ideas to moments of solitude and introspection.

Free Thinking: When we are alone, we are not limited by the opinions or expectations of others, allowing our minds to think freely and come up with unique and original ideas. By eliminating distractions we can fully immerse ourselves in a single task, leading to increased productivity and efficiency.

Manage Stress and Anxiety: Solitude also plays a crucial role in managing stress and anxiety. In a society where being busy and constantly on-the-go is glorified, taking a break and being alone can be seen as a sign of weakness. However, being constantly surrounded by people and activities can be overwhelming and draining for our minds. Solitude allows us to recharge and relax, reducing stress levels and promoting inner peace and calmness. Or even practise mindful meditation (see page 18)!



Having said the above we need to balance time on our own for our health and wellbeing with time spent socialising with family and friends. This will help our minds and bodies to work together in a healthy, contented way.



ODEON Silvers

Why not spend an afternoon at The Odeon in Richmond?

During quieter times during the week Odeon Cinemas

offer cheaper tickets for the over 60s with tea, coffee and biscuits served free.

It is cheaper to book online and it is also worth checking out Odeon memberships for cheaper deals. Find a selection of new, talk-of-the-town releases and timeless classics

Check online or pop in to the cinema for film showings. Tickets from £3.50. www.odeon.co.uk/silvers/



Saturdays at 11.00am on 18th May, 15th June, 13th July, 21st September, 19th October

Richmond Hill History Walk with [Richmond Walks.co.uk](http://RichmondWalks.co.uk)

Yes, it's a hill but taken at a gentle meander. And there are plenty of things to see on the journey including historic churches, an ancient burial ground and a cluster of fine almshouses (!!). The rewards of the walk are paid in the famous view of the Thames and the beautiful Terrace Gardens.

Meet at Richmond Station by the Visitor Information Stand on the upper concourse. **All walks are £5** per person and last around one and half to two hours. There is no need to pre-book, just turn up at the designated meeting point on the day, buy a ticket from the guide and off we go. For any enquiries please contact: Jane on 020 8894 3678 or Alan on 020 8948 2612.

The seasonal programme of regular walks features Richmond, Twickenham and Kew together with a rolling selection of walks in other parts of the Borough or special themed walks.

20

Sunday 5th May
4.30am - 6am



Dawn Chorus Stroll along The River Crane - Organised by Friends of the River Crane Environment.

A dawn bird walk from the Shot Tower along the Crane to see the birds at dawn and celebrate



International Dawn Chorus Day. Catch the early morning birds in Crane Park with bird expert Keith Martin. The group firstly meet in the meadow to listen as the birds wake up, and then go on to the island to spot the birds flying. The walk starts early at dawn from the Shot Tower (the What3words location is host.about.scope). The walk is free but booking is essential via the website: www.force.org.uk

Wear sturdy footwear and suitable clothing Plus bring a torch as it is dark when at the start. "We are a very sociable group and look forward to meeting you"

Sunday 5th May
4.30am

Dawn Chorus Walk at Marble Hill Park

Free but booking essential: www.english-heritage.org.uk Please meet at the car park gate on Richmond Road to begin the walk with the team.



Sunday 14th May
10am - 2pm

Plant Sale

Come along to the Habitats & Heritage Plant Sale for Wildlife and Open Day at the Grade II* listed Kilmorey Mausoleum, 275 St Margaret's Road, Twickenham, TW1 1PN (opposite Ailsa Tavern).

No need to pre-book, just turn up on the day and enjoy.



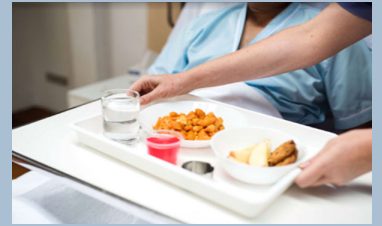
Monday 27th May
10.30am to 3.30pm

The Rotary Fair, Twickenham Green



A lovely bank holiday day out featuring local arts and crafts, charity information stands, food / soft drinks and some great entertainment. This year the theme of the fair is the health and wellbeing of our community and the health and wellbeing of our planet. We hope that the positive social environment of our Fair might be a small boost to the mental health of our community and maybe even a catalyst for change for some people, the start of something new or resumed.

West Middlesex University Hospital is Recruiting Volunteers



Volunteers needed to support patients during mealtimes on their adult inpatient wards. Volunteers will work alongside clinical staff to support patients with eating, chat with them, run errands for staff and patients and assist with other non-clinical tasks. Shifts are from 11.30am to 1.30pm and 5 to 7.30pm on weekdays and weekends. For more information and how to apply on the West Middlesex University Hospital website.

The Cambrian Community Gym

The local charity gym features highly qualified and experienced staff providing instruction and advice on exercise programmes, designed to improve fitness and wellbeing.



There is a bespoke service for users of all abilities and ages in an informal and comfortable atmosphere, allowing you to get active on your own terms. The Cambrian Community Gym can be found at Caplan Court, 1 Grove Road in Richmond, TW10 6SN.

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

Free minibus service to Richmond Park

This free service will operate for all residents every Monday, Wednesday and Friday until 27th November, from 9.25am to 4.20pm.



The minibus has disabled access, and runs between all the Richmond Park car parks, Ladderstile Gate, Richmond Gate, Pembroke Lodge and Isabella Plantation. View more information about this service including a timetable and route map. www.royalparks.org.uk



**Wednesday 15 and
Saturday 18 May**

Embroidery
inspired by an
embroidered silk
Georgian Waistcoat

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 sign up for an afternoon of crafting and creativity!

In each workshop the group explores the story behind a beautifully crafted object in the Museum's collection and how it helps 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.

Everyone gets an information booklet along with a goody bag of materials so you can keep crafting at home.

These workshops are 'donate what you can' to help us keep them open to as many people as possible. (£0 to £10)

Booking essential as places are limited
www.museumofrichmond.com

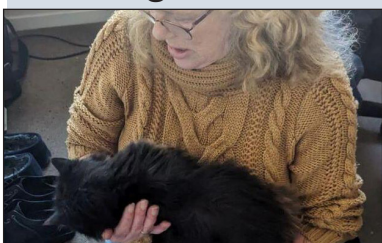
And the Good News is....

Collated by Mike Townsin

This is a new, regular column to cheer us all up in face of all the bad stuff that seems to preoccupy the news media. For example, good news for me, would be re-joining the EU, although that's a distant prospect. (*No more politics! Ed*). Anyway, here we go, with stories from here and abroad.

- **Amazon deforestation halved in 2023.** The Brazilian Government has committed to phase out deforestation by 2030 – great news for the climate.

- **Missing cat reunited with family after 10 years.**



Whiskas, who is 16 years old was found in a shed in Chilton Moor, Durham. Whiskas disappeared when the family moved house. A local resident took her to a vet who found her microchip and reunited her with the family.



- **Wind energy surpasses gas for electricity generation in EU.**

Combined with solar energy, the two renewables created 27% of EU electricity in 2023, the first time it has exceeded 25% — more good climate news.

- **Kindhearted students help their teacher.** Students at a school in Arizona have raised \$10,000 to help their economics teacher pay for his wife's open-heart surgery by starting a GoFundMe fundraiser.

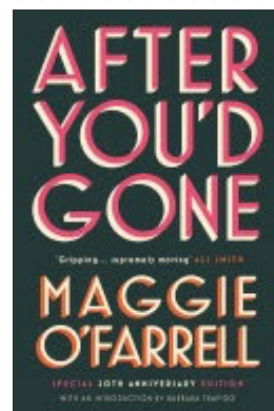
- **Finland was named the happiest country** in the world 6 years in a row, according to the United Nations World Happiness Report.



- **Double amputee Gurkha war veteran climbs Everest.** Hari Budha Magar, who lost both legs in Afghanistan, has reached the peak of Everest helped by a team of Nepalese climbers.



Page Turners



After You'd Gone

by Maggie O'Farrell

Review by Kate O'Brien

In *After You'd Gone*, we follow the life

of Alice, a young Scottish woman now living in London. The book opens with her on a train journey which ends in tragedy (but not, as with most of the story, what you might expect) and the novel itself is a journey that goes backwards and forwards in time, interweaving Alice's story with her mother, who as a young English woman moved to Scotland on marriage. The complex relationships, between Alice, and her mother, her mother and her grandmother, and Alice and her grandmother, dominate until Alice leaves home and another chapter begins.

The characters are all very well-drawn and you get to understand and empathise with them to the point that when another tragedy occurs, you are left heartbroken. Be prepared with a box of tissues ... Unusually for me, I re-read this book on a regular basis and every single time it hits the mark. When I'm asked for my favourite book, this is usually the one I choose.

Maggie has also written a remarkable memoir about her own, almost unbelievably, seventeen brushes with death, called *I Am, I Am, I Am*, reviewed by Mike last month.

Solve
the cryptic clues to
identify this member of staff!

Who Am I? (Member of Staff)

1. My parents were convinced I was going to be a boy and I was due on 6 January so I was to be called Caspar! However I was a girl and arrived 3 weeks early so they had to revise their plans!
2. Growing up with 3 brothers, I didn't have any dolls and I played mostly with Action Men.
3. My first work experience after leaving university was working for the charities Christian Aid and Action Aid. I have always worked in the voluntary sector.
4. When I was at university, I sang for the late Queen and for the late Princess Diana.

The answer is:

.....

Answers in next month's issue.

Our Community Library - Submit Your Book Review

If you have read a book from the Hickey's library and would like to write a review (between 200 and 300 words),



please hand it to your Scheme Manager. We will put it next to the book in the community library.

We thought that it would be so nice to help others choose a book if there is a resident review next to the book on the shelf.

Getting To Know You

Vivienne Perkins

- Who is your favourite artist and why? **Hobbema, I have a print of my favourite painting. It is in the National Gallery. I just like to imagine walking down the avenue, Middelharnis. Apart from the roads being tarmacked I gather the horses are still here.**
- What book do you currently have on the go? **The God Particle, if the universe is the answer, what is the question?**
- What words of wisdom would you pass on to the younger generation? **Follow the most dear of your dreams.**
- What makes you laugh? **The antics of my great niece and nephews.**
- What is your greatest achievement? **Graduating from university. I was 36 years old, had an honours degree in Classics and Archaeology.**
- If you could travel back in time, where would you go? **To meet my father. I was eighteen months old when he died.**

Wit and Wisdom

.....

Curated by Mike Townsin

- **The moment of change is the only poem. The changes we dread most may contain our salvation.** *Adrienne Rich, US poet and essayist*
- **I married for love, but the obvious side benefit of having someone around to find my glasses cannot be ignored.** *Cameron Esposito, US actress and comedian*
- **What matters in life is not what happens to you, but what you remember and how you remember it.** *Gabriel Garcia Marquez, Colombian novelist and screenwriter*
- **Millions long for immortality who don't know what to do with themselves on a rainy Sunday afternoon.** *Susan Ertz, writer*
- **There is only one corner of the universe you can be certain of improving, and that's your own self.** *Aldous Huxley*
- **I never forget a face but, in your case, I'll make an exception.** *Groucho Marx*
- **Who wants to be 98? Someone who is 97.** *George Melly, Jazz musician*
- **There are things to confess that enrich the world, and things that need not be said.** *Joni Mitchell*
- **Too much of a good thing can be wonderful.** *Mae West*
- **Time misspent in youth is sometimes all the freedom one ever has.** *Anita Brookner*
- **I always felt that the great high privilege of friendship was that one had to explain nothing.** *Katherine Mansfield, writer*
- **Pooh hurried back home as quick as he could; for he felt that he must get poor Eeyore a present of some sort at once, and he could always think of a proper one afterwards.** *A.A. Milne on 'it's better to give than to receive'*

FOR SALE

Tuni Spectra Rollator. (Without bag but with handbook)

Enquiries and offers to Margaret Goddard 020 8892 5765



Answers From April - True or False

.....

1. True - your nose does get warmer
2. True - Ghandi started in South Africa
3. False - built in 2020
4. False - born in Scotland
5. True - skin is largest overall organ
6. False - it's hockey
7. False - they always turn left!
8. True - no words rhyme with orange
9. False - he has been here 28 years
10. False - it's Rabat
11. False - she is a Liberal Democrat
12. True - twinned since 1980
13. False - Richmond Park is the largest
14. False - it was *Oppenheimer*
15. True - with Cat Deeley
16. True - Art medals were given between 1912-1948
17. False!
18. False - it is spice and ham
19. True - the moon drifts away at rate of 4cm per year.
20. True - made to fit more compactly in a fridge!

Who Am I? Answer From April

.....

Alison McAlear

Fun & Games - ALMSHOUSE NEWS

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

Dover	Margate	Edenbridge	Chatham	Wye
Iwade	Ightham	Deal	Lydd	Dartford
Ramsgate	Broadstairs	Gravesend	Sevenoaks	Canterbury
Appledore	Ashford	Rochester	Swanley	Biddenden
Elham	Northbourne	Dymchurch	Sandwich	Whitstable

Your chance to win a £10 M&S Voucher!

Find all 25 TOWNS IN KENT and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 17 May 2024.**

Name: _____

Answers in next month's issue.

Spot The Difference

This is the Mae Klong Railway Market, south of Bangkok in Thailand. It is a fresh market selling seafood, vegetables, fruits, meats and other miscellaneous goods. There are 12 differences! Good luck!



Your chance to win a £10 M&S Voucher!

CIRCLE all 12 DIFFERENCES and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 17 May 2024.**

Name: _____

Sudoku - Brain Teaser

Difficulty: Medium

Answers in next month's issue.

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

On This Day: 9th May 1959
The first launderette opens in London's Queensway.

On This Day: 11th May 1949
Siam changes its name to Thailand.

On This Day: 26th May 1940
The first ships sail out from Britain to evacuate troops trapped in Dunkirk.

On This Day: 6th May 1954
British medical student Roger Bannister becomes the first man to run a mile in under four minutes.

Miscellany

Curated by Mike Townsin

- Cranberries bounce when ripe: another name for them is 'bounceberries'. One that bounces seven times is in perfect condition to eat.

- If all the time our eyes are shut when blinking is added together, we spend 1.2 years of our waking lives in darkness.

- Every time a woodpecker's beak hits a tree, its head is subject to 1000 times the force of gravity.

- The smallest trees in the world are the dwarf willows of Greenland. They are two inches tall.

- The world's smallest test tube has a diameter 10,000 times narrower than a human hair.

- The national anthem of Bangladesh includes the lines: 'The fragrance from your mango groves Makes me wild with joy'.

- Towels are a central part of the culture of Belarus, even appearing on the country's flag. At a traditional Belarusian wedding, the bride walks into the church dragging a towel.

- In 2009, a retired policeman called Geraint Woolford was admitted to Abergel Hospital in north Wales and ended up next to another retired policeman named Geraint Woolford. They weren't related, had never met and were the only two people in the UK called Geraint Woolford.

- There is no word in English which rhymes with 'pint'.



by Nigel Davis

Where would conversation be in this country without the good old subject of the weather?

Yet while any number of poems have been written on the subject of the seasons, spring and autumn in particular, relatively few poems, I think, have been written about our actual climate.

Thomas Hardy turned exclusively to writing poetry after the hostile public reaction to his controversial novel *Jude the Obscure*.

Remarkably, he nowadays is as famous for his poetry as he is for his novels. He was a very fine poet.

This poem about weathers (not just weather), if not exactly characteristic of his poetry, is one we can surely all identify with.

Gwen tells me that she was made to learn it off by heart as a school-girl and then recite it to her assembled class; but, notwithstanding that, she also tells me that she likes it to this day all the same!



Weathers

by Thomas Hardy

I
This is the weather the cuckoo likes,
And so do I;
When showers betumble the chestnut spikes,
And nestlings fly;
And the little brown nightingale bills his best,
And they sit outside at "The Travellers' Rest",
And maids come forth sprig-muslin dressed,
And citizens dream of the south and west,
And so do I.

II
This is the weather the shepherd shuns,
And so do I;
When beeches drip in browns and duns,
And thresh and ply;
And hill-hid tides throb, throe on throe,
And meadow rivulets overflow,
And drops on gate-bars hang in a row,
And rooks in families homeward go,
And so do I.