

## Summer Time In Our Gardens

Summer Solstice

Local Summer Fairs &  
Markets

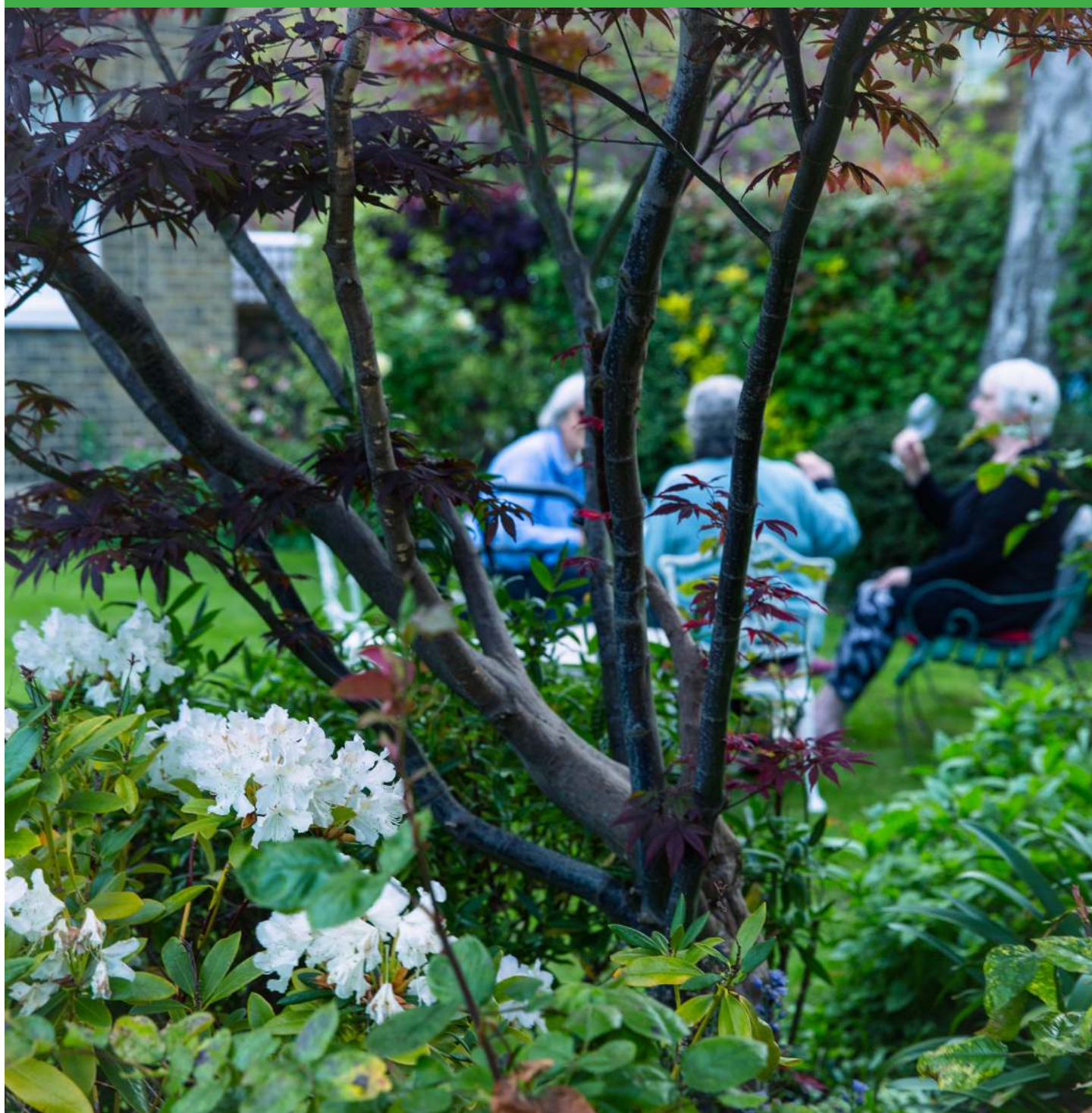
Papa George Band Free  
Concert on Hickey's Lawn

Distillery & Brewery Tour

Open Gardens

Mary Bronks Interview

New: Your Photos



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## Competition Winners

Thank you to everyone who sent in entries for the Spot The Difference and the Wordsearch in our May edition. Picked at random, our winners this month are:

**Joy Sayles – Wordsearch**

**Brian Yorke – Spot the Difference**

***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 14th June 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.

## Welcome to our New Resident

We offer a warm welcome to our new resident:

Kate Gustavson, Church Estate Almshouses

## Farewell

It is with great sadness that we say goodbye to:

Jill Taylor RIP, Hickey's Almshouses

## Chapel Schedule: June 2024

<b>Sunday 2nd June</b>	<b>10.30am</b> Communion with hymns, followed by refreshments. <i>Preacher: Hugh Dunlop</i>
<b>Sunday 9th June</b>	<b>10.30am</b> Communion with hymns. <b>5.30pm</b> Evening Prayer.
<b>Sunday 16th June</b>	<b>10.30am</b> Communion with hymns. <b>5.30pm</b> Songs of Praise
<b>Sunday 23rd June</b>	<b>10.30am</b> Communion with hymns. <i>Led by Revd Neil Summers</i>
<b>Sunday 30th June</b>	<b>10.30am Communion Service of Healing and Wholeness</b> <b>5.30pm</b> Evening Prayer.
For more info email Chaplain Derrick: <a href="mailto:d.thompson@richmondcharities.org.uk">d.thompson@richmondcharities.org.uk</a>	<b>Morning Prayer</b> on Tuesdays at 10am (except on 18th June). <b>Evening Prayer</b> on Thursdays at 4.30pm (except on 6th June) All are welcome to join us.

*Front page photo:* Residents at Michel's Almshouses enjoying a glass of wine at sunset by Chantal Richards

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





### Save the Date

#### The Papa George Band

Thursday 6th June  
at 6pm

You are all invited to  
a free open air gig on  
the lawn at Hickey's

More information  
on page 9.

### Save the Date

#### The Parkshot Singers

Friday 12th July at 3pm  
The Chapel, Hickey's  
Almshouses

Refreshments will  
be provided

More information  
on page 9.



## Letter from Derrick

'June is busting out all over', so sang the cast of Rogers and Hammerstein's 'Carousel' in 1956.

Once again June's abundance is upon us, as seen in this month's Almshouse News which is packed with things to read and do, news of summer fairs, fetes and street parties, community walks and a free concert on the lawn at Hickey's! Then there are the things to plan for next month like 'Almshouses in Bloom', so now is the time to get your summer bedding plants in! Once the gardening is done you might even be able to have some refreshment on a 'Gin Tasting' or 'Beer Tasting' tour.

Look out for new features in this month's Almshouse News, especially if you like taking photographs with your phone!

I often tell people our Almshouses are full of life and, like June, this month's magazine is bursting with life too! So, dive in and enjoy!

Happy reading – and have a wonderful month!

*Derrick*

### Save The Date

#### Annual Service of Celebration and Thanksgiving

Sunday 7th July  
at 3pm

The Chapel, Hickey's Almshouses

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!

### Save the Date

#### The Eloysia String Quartet

Thursday 5th  
September at 5:30pm

On the lawn at Michel's  
Almshouses



A classical  
quartet  
based in  
Kingston  
upon  
Thames,  
who have  
kindly  
agreed  
to come  
and play

for you while you enjoy some  
cheese and biscuits together  
with a glass or two of wine.

### Save the Date

#### Macmillan Cancer Support Coffee Morning

Friday 27th September

*"This will be our 20th Coffee Morning. The head of fundraising, Beckie Hunter, hopes to join us and she informs me that to date we have raised £18,238.46 which is enough to cover 552 hours of a Macmillan Nurse. So thank you all for support in the past. We hope to see you again this year." Pat Platt*

### The Summer Solstice and Other Matters... by Mike Townsin

An enterprising neighbour of mine is organising a residents' party on 26th May, in the garden of my estate, to celebrate the beginning of summer; he was not fazed when I pointed out that the actual, official start of summertime is at 9.50pm on 20th June, the occasion of this year's summer solstice. This is the astronomical summer, and the longest day of the year. For our friends in the Antipodes, in the southern hemisphere, it's the shortest day of the year.

The term 'solstice' comes from the Latin words for 'sun' and 'sistere' to stand still: at the solstice, the angle between the sun's rays and the plane of the equator appears to stand still.

The summer solstice has long been celebrated

by cultures around the world: in ancient Egypt it coincided with the rising of the Nile, crucial for predicting this annual flooding; many European cultures hold mid-summer celebrations including at Stonehenge and the lighting of bonfires on hilltops.

Should you be lucky enough to be present within the inner circle of stones at the rising of the sun on mid-summer's day, you may experience the same uplifting, semi-religious, sensation as our neolithic ancestors four and a half thousand years ago, as the sun rises dramatically between the ancient megaliths.

Scientists are currently investigating a theory that the moon may also have influenced the construction of Stonehenge: it too

'stands still' at the plane of the equator, but only every 18 years, and can next be observed in 24/25.

In about 2,500 BC the stones were set up in the centre of an earlier monument; an earthwork avenue was also built at this time connecting Stonehenge with the River Avon.

Recent archaeology has proved that the largest 'sarsen' stones come from an area fifteen miles south of the site, while the smaller 'bluestones' have been traced to the Preseli Hills in Wales. What has intrigued and challenged archaeologists is how a primitive neolithic society transported the 5 tonne bluestones 180 miles from Wales, and then had the engineering skills to erect them and the massive 20 to 30 tonne sarsen stones.

Something to ponder as the sun rises over a very 21st century A303 traffic jam as you head for Stonehenge on mid-summer's day!





### A Note from Alison

#### Dearest Residents,

I'd like to express my sincere thanks for the generous monetary gifts and other gifts given to me by you. I have been so very humbled by the expression of love and gratitude shown to me by your messages in my retirement cards.

I was given a truly lovely farewell gathering by my colleagues and members of the board of Trustees making me feel loved and cared for. It has been an amazing 17 years as I look back at my work life with the charity. I have always felt that I was extremely lucky in securing my job all those years ago and I've never looked back.



As I embark on my new life adventure, I am sending you my love, affection and respect knowing that you are all in safe hands with a team of trusted staff and a committed and caring board of trustees.

You are living in a beautiful housing environment run by people who feel passionate about making your lives as comfortable and as stress free as they possibly can. I am proud to have been a part of The Richmond Charities!

Take care dearest residents and please accept my love and gratitude for my time spent getting to know you all and for sharing some of your life stories with me. It has been an absolute honour and a pleasure. Thank you so much.

**With love, Alison**



### Thank You Dave!

by Lorna South

I am certain that many Almshouse residents, as well as myself, will really miss Dave Bell, who was contracted as a builder for The Richmond Charities, who recently retired. I would really like to pay tribute to Dave who worked for The Richmond Charities for many years.

Since I have known him, he was always the perfect gentleman. Whenever he was working at Hickey's estate and saw me, he always asked about my health and never

failed to offer to carry my shopping home for me. I know that he was always happy to run little errands for residents and get a much needed item for them from the shops. I have often seen him helping residents who have been struggling to get in and out of cars or taxis, and he always came to the aid of residents who may have had a fall.

So, I am sure many residents will join me in wishing Dave a long and happy retirement. He will be sorely missed.

### 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.



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 having 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.



## Advisory

This new, occasional column will cover subjects we think are of particular importance to readers, and on which advice or clarification may be helpful. The first is on personal taxation.

The State Pension went up by 8.5% in early April 2024 which was welcome news, although many pensioners are concerned that they will have to start paying tax and be left worse off.



The increase in state pension for a single person brings the maximum state pension

to £11,500. This is still below the point (threshold) at which income tax begins to be taken at £12,570. If your sole income is a state pension, then nothing will change for you. If you receive other income such as a private or workplace pension, then it is likely that you will have to pay tax as your total income will be in excess of £12,570. Tax is 20% on anything over £12,570.

But don't forget, depending on overall income, those above retirement age may be entitled to Pension Credit, in addition to the basic state pension.

You may also be entitled to other financial support, including cost of living payments, housing benefit, a reduction in council tax or help with heating costs through the Warm Home Discount Scheme.

## Chaplain's Chat

by Derrick Thompson



Speaking to a few residents recently I discovered I'm not alone in wondering where the beginning of this year has gone! How can we be nearly halfway through it already! By the time you read this Ascension and Pentecost will have been and gone and we will be approaching the summer solstice!



On Ascension Day our first Creative Prayer afternoon went well. After songs and readings people wandered between the five different prayer stations: *Thy Kingdom Come on Earth*, *Thy Kingdom Come As Light*, *Thy Kingdom Come In Others*, *Thy Kingdom Come In Me* and *Thy Kingdom Come...* At each station people silently engaged in prayer in different ways before we all joined back together for some more singing and readings to conclude. Look out for details of future Creative Prayer events!

Coming up in June, before taking a break for July and August, is *This Is My Story* on 19th June, at the earlier time of 11am. I hope to see you there!

As there are five Sundays in June there will be a 'Service of Healing and Wholeness' on 30th June. During this simple and gentle service there will be the opportunity to receive prayer and anointing for healing and wholeness. All are welcome, even if you don't usually attend Chapel.

Don't forget to let me have any prayers requests, or requests for visits. I love spending time with you, so don't be shy in arranging a time for me to visit you.

### Distillery and Brewery Tours



by Juliet Ames- Lewis

A number of residents have asked if we could organise either a gin tasting evening or a beer tasting evening.

We have decided therefore to investigate tours of Sipsmith's gin distillery in Chiswick and Fuller's Brewery, also in Chiswick.

If there is enough interest, we can organise a group tour for residents at either or both and organise transport, but before doing so we would need to know if there are enough residents interested.

Both tours cost £25 per person. The charity would be able to subsidise the cost and cover £10 per person and so residents would need to pay £15 each per tour.

We would need definite numbers before going ahead with booking. If you are interested in either or both of these tours, please can you let your Scheme Managers know by the end of June and we will then see if we have enough interest to make organising one or both trips worthwhile.

### Art Auction for Richmond Foodbank



by Mike Townsin

Art Corner is where we normally showcase our residents' work and that of local artists. But this month we depart from this and feature an ad for a charity auction of artwork, which will be mainly signed photographs by renowned photographers; this is in aid of the Vineyard Community and Richmond Foodbanks, a charity which The Richmond Charities itself supports with grants. Examples of the work from the auction will then appear in Art Corner in August.

One of our Trustees, Serge Lourie, who is a jobbing charity auctioneer, will be holding the gavel. He said "We hope to raise £10,000 for the Foodbank on the night which is very important for this crucial service in the borough".

## VINEYARD EDITIONS

2024



### ART AUCTION & PRIZE DRAW

In aid of Vineyard Community & Richmond Foodbank.

In a live auction of 40 items, you are invited to bid for original works generously donated by world-renowned and award-winning artists and photographers. Their work covers a wide variety of genres, including sport, music, fashion, portraiture, landscape, and the avant-garde. There will be a Prize Draw, with the chance to win some fantastic pieces from the contributors, as well as a secret auction prize.

Tickets are £10 each and include a free entry into the auction prize draw on the night. If you cannot make the event but would like to show your support and enter the prize draw, you can do so by donating via our JustGiving page [here](#). Every £10 donated will be one prize draw entry.

Featuring live entertainment and a bar, you will have the opportunity to meet members of the Vineyard Community & Richmond Foodbank, and hear about the work they do, along with some of the photographers and artists who have contributed.

7:30 PM

THURSDAY 27TH JUNE

Vineyard Community Centre and  
Richmond Foodbank, TW10 6AQ

tickets [here](#)





### 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](http://www.papageorge.co.uk) for more information on the band.

### The Parkshot Singers



We asked The Parkshot Singers if they could share some background information about their choir prior to their **Summer Concert at Hickey's Chapel on Friday 12th July at 3pm.**

*"We sing a wide variety of music in many different genres, from different cultures and in different languages. We usually give two concerts a year at Hickey's — one in the summer and one at Christmas.*

*We are currently preparing for our summer concert in Hickey's Chapel — everyone is most welcome and we hope you will stay to enjoy cake and a chat with us afterwards.*

***The Parkshot Singers is a long-established local choir formed of people from a wide variety of backgrounds, but who all share a desire to learn to sing, or return to singing — in some cases after a very long break.***

*At 2pm on a Friday afternoon we meet in the Richmond & Hillcroft Adult & Community College, Parkshot, Richmond and spend two hours singing with our inspirational conductor, musical director and teacher, Janet Oates, herself a professional singer and composer — her fun and energy is contagious. We are also fortunate to be accompanied by our wonderful pianist Edward.*

*We look forward to meeting you all on Friday 12th July."*

### Food Glorious Food!

Let's get together to talk about  
and share delicious food  
on Monday 2nd June at 2pm  
at Heather Shipley's home

For more details please contact your Scheme Manager

### ART AND SOUL

*Art & Soul  
forthcoming dates:*

Thursday 4th JULY 2024  
and  
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.

### Inner Guidance — Dedicated Meditation Sessions



**Promoting Health &  
Well-Being  
with Deborah Flanagan**

Deborah has completed her first  
6-week course of Inner Guidance and Meditation  
sessions at The Richmond Charities.

Previous sessions have been really successful with  
wonderful positive feedback so we have arranged  
for another 6 week course.

**“It was enlightening, peaceful and really  
helped me to make a safe space. It’s now  
up to me to carry on and practise on my  
own” — Angela Greaves, resident.**

If you feel you would like to take part, why don't you  
come and join in with our next course on **Tuesdays  
between 11:00-12.00 noon.**

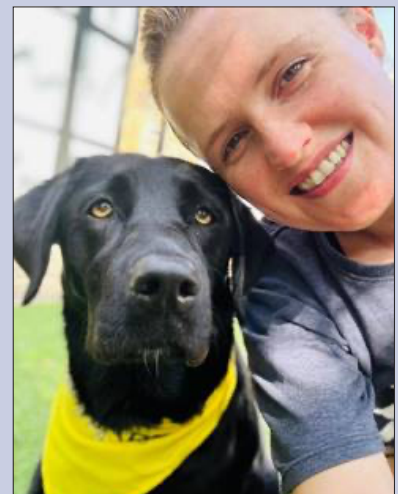
The first session is on **Tuesday 11th June.**  
Numbers are limited, so if you would like to join in,  
please let your Scheme Manager know and they will  
book your place.

10

**Your journey begins from within.  
Are you ready to join her?**

### 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.



### Why Not Try... Croquet!



by Debbie Flaherty

It is thought that croquet was invented in Ireland and introduced to England around 1850.

It is mainly a summer sport and very easy to learn.

With that in mind on a sunny **Monday afternoon** I popped over to **the front lawn at Church Estate** to see our residents playing croquet. As I approached the lawn before I saw anyone I could hear laughter and merriment. I then spoke to those participating and they all said they thoroughly enjoyed playing: it is good fun and has the extra bonus of keeping you fit.



They would love to welcome others to join in. Once they have finished they all meet for well earned tea and biscuits in the Garden Room. They even had some residents watching on, so a lovely afternoon in the sunshine was had by all.



### Monthly Film Club

by Derrick Thompson

**Next Film Club:**  
Wednesday  
19th June  
2pm  
Hickey's Chapel

The  
Children Act

What a great time we had at film club in May, with some of those attending getting their first (and probably last) taste of Guinness before we



settled down to watch the very funny Irish comedy, *Waking Ned*. All present enjoyed the chocolate Guinness cake with a hot drink during the interlude. After more

laughter during the second half we all left with a smile on our faces.

On Wednesday 19th June we have the more serious and challenging film *The Children Act*, a compelling and powerful drama telling the story of Fiona Maye (Emma Thompson), a high court judge presiding over ethically complex cases.

As the demands of her job cause her marriage to reach tipping point, she is asked to rule on the case of a young boy who is refusing a life-saving blood transfusion on religious grounds. Fiona's



judgement is put to the test with momentous consequences as she must ultimately decide whether Adam lives or dies.

Cast: Emma Thompson, Stanley Tucci, Reena Lalbihari  
Rating: 12A. Runtime: 1h 45m

**Refreshments** for June will be lollipops and ice cream!

### Richmond May Fair



by Juliet Ames-Lewis

The Richmond May Fair was held on 11 May 2024 and, once again, the charity had a stall at the fair to advertise our accommodation and raise the charity's profile. The sun shone and the weather certainly brought everyone out and there was a real buzz all day on Richmond Green.

There were many more stalls than last year, which shows the success of the current organising committee in attracting organisations to come and be part of the fair. We had a rota of staff and trustees covering the day and it was excellent to be able to talk to potential applicants about our almshouses, and about our new developments, and to talk to visitors more generally about the charity. Thank you to those of you who stopped by to say hello!



On This Day: 1st June 1935  
Compulsory Driving Tests were  
introduced for all drivers  
in England.

On This Day: 14th June 1942  
Anne Frank began her diary after  
receiving it for her 13th Birthday.

On This Day: 16th June 1978  
The movie *Grease* was released.

On This Day: 30th June 1997  
J K Rowling's first *Harry Potter* book  
was released in the UK.

On This Day: 24th June 1901  
First major exhibition of Pablo Picasso's  
artwork was displayed in France.



### Richmond Hill Open Gardens



by Margaret Payler

The lawns mowed, weeds pulled up and the garden tidied, we were ready!

We woke to a beautiful sunny morning, a cool breeze blowing fluffy white clouds scudding across the bright blue sky.

Just after 9am Linda threw open the gates and started to lay out tables and put up no-entry barriers to our back garden, Jo coming to help later. Two wood pigeons perched on the chimney were wondering what was happening to their feeding ground!

Information about the Almshouses and a plan of the garden containing a comprehensive list of trees and shrubs to be seen were laid out on the table at the far end. Juliet, Derrick our Chaplain and Trustees took their turn, ready to ask any questions the visitors asked. "How can I buy one of these cottages" asked one! "How do I apply to live here?" was a common one. Some were interested in how The Richmond Charities works. Most just enjoyed the garden!

Sitting at the gate watching folk come and go was fascinating. Beautiful summer dresses, children with their parents, older ones enjoying the day, some fretful, some being carried on dad's shoulders and babies and toddlers in pushchairs. A colourful array of young and old. One little boy eyed some chocolate cookies on the table and to his delight was given one. A few minutes later he was back with a darling little girl, "My sister would like one too!" As she was handed the dish, he said, "You can only take one!" He looked with longing eyes, obviously wanting another but sadly didn't get one!

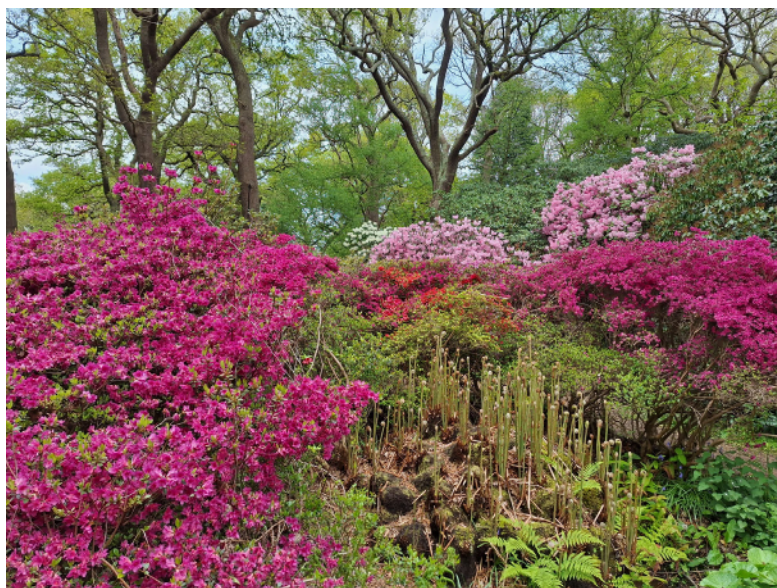
Some obviously just 'doing the 19 gardens' popped in and quickly taking a photo, rushed on to the next one. Others walked around without comment but most came out happy with what they had seen. "Beautiful!" "Oh so peaceful!" "I would love to live here!"

It was a successful day and most of the 1,456 people who came through our gates went away, happily going on to the next garden having enjoyed what they saw in ours!





### Out And About: Isabella Plantation, Richmond Park



by **Angela Greaves**

Four friends from three different almshouse estates went to Richmond Park on 24th April. We travelled around the park on the free minibus from Richmond Gate.

The ride around the park was brilliant with the driver giving an interesting commentary the whole trip.

Famous landmarks, ancient trees and the park was teeming with wildlife. Our destination was the Isabella Plantation which did not disappoint as you can see from the photographs.

This wonderful display of floral beauty only comes once a year and is highly recommended. The sun kindly peeped through the clouds, a perfect harmony of peace and beauty.

What a wonderful borough we live in. Look out for Richard's Out & About visit to the Isabella Plantation in April 2025 — not to be missed!

#### **Forthcoming Out and About Dates:**

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

**Friday 5th July** - possible trip to Hampton Court Gardens free open day, gardens only (details to be arranged) travel by train.

**Tuesday 23rd July** - Kew Gardens for Light into Life sculptures. Free event. Please let your Scheme Manager know so that the free tickets can be arranged.

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

#### **Free minibus service around 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. To view more information about this service including a timetable and route map go to: [www.royalparks.org.uk](http://www.royalparks.org.uk)



### History Group



by Derrick Thompson

#### The mystery thickens, the plot deepens...

Who were William and Isabella Francis and why are there windows dedicated to them in the Chapel? Why are there memorials to a Mr Woodward and a Mr Walton? When was the clock installed and who painted the picture of the Madonna and child?

On 24th April we had the first meeting of the History Group, spending a fascinating afternoon poring over documents, books and photographs in the Chapel of St Francis, finding out what we didn't know!

The gaps in our knowledge that we discovered have become our homework for the next few

weeks, after which we will meet again to share what we have found out. Eventually creating a presentation and a booklet giving as full a history of the Chapel as we can.

We also started wondering about our Almshouse Benefactors, who were they? Where and when did they live? How did they come by the resources to enable them to provide almshouses?

If you like investigating and having a nosy around research libraries let me know and we can give you a Benefactor to find out more about – we already have some of the answers, which we would share.

As part of our research I'm going to arrange a group visit to the Richmond Museum and Local Studies Library – so look out for the date!



The Caritas (latin for 'love') window is dedicated to Isabella Francis. Another window is dedicated to her husband.

The Suffer Little Children Window is dedicated to Edwin Walton. Who was he and what was his link to the charity?



### Build Up Your Bones



by Debbie Flaherty

Keeping your bones healthy will protect against osteoporosis. Not only does the condition cause 50% of women and 20% of men over 50 to break a bone, emerging evidence suggests it might play a role in the decline of brain function.

A Dutch study showed that people with low bone density are more likely to suffer dementia.

To keep bones healthy the skeleton responds well to a diet that contains key bone nutrients and it is recommended that adults get 700mg of calcium daily.

Dairy is renowned as one of the best calcium sources and vitamin D from sunshine is also important.



Eating a wide range of foods including almonds, nut milk drinks, pulses, sesame seeds, leafy greens, prunes and dried fruit are advisable.

Adding weight-bearing exercise to your fitness regime is also a good way to strengthen those bones.

### Poem by Steve Harbud

#### I Need More Pills by Steve Harbud



I saw my doctor yesterday and not a day too soon,  
The first appointment I could get I made it back in June.  
I hadn't seen him for a while, I've aches and pains and ills,  
So maybe he will understand and give me lots of pills.

Take these tablets twice a day and these ones every morning,  
Don't take this on standing up make sure you read the warning.  
There's one for this and one for that, one to make you sleep,  
If you still wake up at half past three just lie there counting sheep.

Don't worry if you get confused with all the pills you're taking,  
You'll really feel much better once the pills have stopped you shaking.  
We're always here to help you know, it's just a case of phoning,  
I'm sure we'll fit you in one day, don't sit at home just moaning.



### Church Estate Almshouses



by Lorraine Bradley

Church Estate is situated on Sheen Road near our larger Hickey's estate. It comprises 18 homes made up of 10 almshouses in the front, 4 one-bedroom almshouses and 4 studio almshouses at the back. The Church Estate is the oldest charity in Richmond as research indicates that it may date back to 1375.

10 almshouses were built in Sheen Road in 1843. Church Estate and The Richmond Charities merged in 2004.

The residents have a wonderful, private Secret Garden where the charity built a Garden Room which is used for various events and activities and can be used by all residents of the Charity. The garden itself is a sun trap during summer and usually peaceful so it's a lovely place to sit and read a book or just get away from the hustle and bustle.

The front of the estate has been used in the past for some smaller parties and gatherings. In 2012, when I first started working for the charity, a lovely resident turned 100 years old and her family were given permission to put a marquee up and all residents and staff were invited along including partners and children. We had such a fun day and the family did all the work which was a real treat for us!

In Summer 2019 we held an Indian themed party comprising delicious curries, rice, samosas and ice cream all washed down of course by wines, Indian beers and soft drinks. Some of the very talented residents of Manning Place helped make and decorate the marquee and a band played in the corner of the lawn. It was a hot, sunny day and enjoyed by all that came along. During the late Spring and Summer months some residents from other estates come along to play Croquet (see page 11 for more details as well as the monthly activities leaflet) and welcome any newcomers.





### Mary Bronks, Hickey's Almshouses

I was a war baby! One of five siblings, we lived in a small Somerset village. I'm even older than the NHS! American soldiers billeted in our house would take me for walks in my pram. Later, several Polish refugee families lived with us, although I don't remember much about that time. Village life was our whole world, where everyone knew everyone else. We had to make our own entertainment and would spend a lot of time outside paddling in the streams, picking watercress and wild flowers. If anyone stepped out of line the local policeman, Mr. Claxton, would put a stop to any mischief.

Our parents, being musical and artistic, were heavily involved with village entertainment, so every year we'd be in the carnival, the pantomime, ballet concerts and the flower show. Our Aunty was a farm hand, so we'd spend long summer days helping with haymaking, riding on the tractor and having picnics.



I wanted to be a teacher so after I left Grammar School I went to Teacher Training College for 3 years in Bristol. Even though we didn't have to pay fees, we had to get up every Saturday morning and do the gardening, make cocoa for everyone in the evenings, lay tables and dress properly for dinner each night and be in bed by 10.30pm.

No male visitors allowed! How times have changed.

After a few weeks there, we were all sent out to remote Somerset villages for our first Teaching Practice. I turned up on the first day at this tiny one-roomed school to find the only teacher there was away ill and there were only 9 children in the school, all in one class, aged 4 to 11. I coped as best I could and really enjoyed it. I will never forget one little 9-year-old boy, who lost both his legs in a terrible farming accident, age 3, on his Dad's farm. But he was very determined with his artificial legs, playing football and letting nothing stop him.

When I finally qualified, my first teaching job was in East London with 42 children in my class in a dark, Victorian building, with high windows so that the children couldn't look out.

We would take the class out for walks along the river, escorted by a policeman, as the East End was an undesirable area!

I remember turning an old unused classroom into an Art Room, which was a great success. It was 1966, so we made life sized figures of the England team, painted flags from all over the world, and we all had so much fun. An HMI (inspector) walked in one day, unannounced (as they did at that time), and he was very impressed with our efforts! One child called Winston won an Art Competition for Stepney so I took him to have tea with the Mayor as part of his prize.

My next teaching job was in Hounslow where we had to stop talking every time a plane passed overhead. There I was Head of the Infant Department, and it was while I lived in Isleworth with a group of friends that I met my future husband.

I was taken to a party by one of Ron's friends and he happened to be there with the party hostess. We were introduced, and that was that. Ron lived on a barge on the Thames at Chiswick and was a member of Osterley Rugby Club, where we have a lot of happy memories of partying with old friends.



We were married in Somerset and eventually I took time off from teaching to have our four children, moving to Teddington where the children grew up.

We were lucky to be able to travel quite a lot during those years, as part of Ron's job, visiting several states in the USA, all over Europe and the Caribbean. I also visited Australia to see my sister there, who emigrated as a £10 Pom as a nurse and has lived there ever since. The 26-hour journey there is not something I recommend with an 18-month-old and a 3-year-old. I think I had PTSD!

One of my most exciting experiences was meeting the late Duke of Edinburgh at a Buckingham Palace Garden Party. Our daughter was the Director of the Duke of Edinburgh Award Scheme, so she took me as her guest and I got presented



to him. He was charming, and asked us to his 80th Birthday Celebration Concert at the Albert Hall, in our own private box.

Another famous person I have met is Kate Moss. My son knew her from filming her, and he took me out on Mothers' Day to a restaurant, when she came over to our table and ate with us. After we'd eaten the manager came over and asked her to go on a private tour of the new building and she invited us to go round with her, and then we had to stay and drink with her in the garden. I was very star struck, although she was very down to earth and friendly. Afterwards I went to school and told everyone I was one of the Mossee Possee!



The same son was also friendly with Billie Piper, who he brought home late one evening when we were in our pyjamas, and then they ate our left-over macaroni cheese at midnight!

I went back to school and did many years of supply teaching with primary school children aged 3 to 11. I really enjoyed it, never sure what the day would bring but it was never boring.

Working with young children and also young teachers helped to keep me young at heart. I never intended to retire, but when Covid struck, my family were worried for both of us, so I reluctantly stopped, just days before the first lockdown. I do miss it, though I don't miss getting up at 6am.

We were very lucky to be given an almshouse in 2011 when we moved into Hickey's and where we were warmly welcomed by our lovely neighbours. We enjoy the community life. And since moving here, we have become grandparents, so we are now on call for babysitting, dog-sitting and are enjoying watching the little ones grow up.



Walking became a big thing for me during lockdown. Either along the towpath, Sheen Common, Kew Gardens and, of course, the lovely Richmond Park, all on our doorstep.

Our days are busy, we love our lives here, in such a friendly, supportive community, and count ourselves very lucky.

## Getting To Know You

### Gwen Doyle

**Where did you grow up?** Streatham.

**As a child, what did you want to be?** A mother.

**What is your favourite song from your teenage years and what does hearing it remind you of?** *I Love You Because* (writer: Leon Payne) - as it reminds me of my husband.

**Who is your favourite live performer/artist and why?** Roy Orbison.

**Describe your 'happy place'?** Here in England.

**If you were Prime Minister for the day, what would you do?** Fill all potholes on roads.

**If you could travel back in time, where would you go and why?** To the day I first met my husband Brian.

**What words of wisdom would you pass on to the younger generation?** Always let your conscience be your guide.

**Can you describe yourself in 3 words?** Considerate, loyal & understanding.

**If you were an animal, what would you be?** A cat.

**Who is your celebrity crush?** Richard Gere

## ALMSHOUSE NEWS - Local Summer Fairs & Markets

**Sunday 2nd June: 10am to 2pm**

### Kew Village Market

Over 50 stalls of award winning food and hand made crafts with live music. Run by volunteers and supporting local charities.

KEW VILLAGE MARKET

**Saturday 8th June: 11am to 4.30pm**

### Ham Fair

Over 130 stalls, antiques, books, bric-a-brac, clothes, gifts, toys, vintage, bands, dog show, children's rides, vintage and military vehicles, hot and cold food stalls.



**Saturday 15th June: 11am - 5pm**

### Summer Fair at White Lodge

White Lodge is home to our younger students and usually closed to the public. Don't miss this chance to step inside the grounds of this remarkable historic site, see our students perform and enjoy a day of all the traditional fun of the fair. Prebook £5.50/ On the day £6.



**Saturday 22nd June: 11am - 6pm**

### Kew Fete

Over 100 stalls, Reuben Bond's Vintage Fairground, entertainment on the stage all day, the famous Kew Fete Friendly Dog Show, the infamous Kew Fete Tug of War and a charity raffle.



**Sunday 30th June: 12.30pm to 5.30pm**

### A Taste of Twickenham Street Party

The second annual summer street party with tasting portions, live music, more DJ's, kids activities and dancing in the streets!



**Saturday 13th July: 9.30am to 5.30pm**

### Barnes Fair

300 exhibitors offering fashion, jewellery, gifts and home-ware. Plus food and drink stalls from some of Barnes' favourite bars and restaurants.



Barnes Fair





**Richmond Foodbank,** part of the Vineyard Community charity and the Trussell Trust's network of foodbanks, has issued an urgent call for food and toiletries donations to help meet the increasing demand for emergency food parcels. The Vineyard, Monday to Thursday 9am - 3pm.



Enjoy the fresh air, pleasant surroundings, and community spirit with our regular **Community Walk at Marble Hill House.** The experience is led

by our volunteers, and free to attend with no pre-booking requirement. Please meet outside the front of the café at 11am. 4th June, 11th June, 18th June and 25th June. Free.

Explore the work of local visual artists at venues across Richmond

Free Admission



**Art House Open Studios** Artists will be opening their studios and homes over

two weekends in June for our Open Studios event. Our Art House Open Studios festival is a chance for artists and crafts people across Richmond. 15th June to 16th June. Open 11am-5pm. 29th June to 30th June. Open 11am -5pm. Download brochure for locations.

OPEN MIC NIGHT

POETRY ON THE RISE

June 27th, 7PM



**Poetry on the Rise: Open Mic Night.** Join us for our June open mic, get a chance to read your poetry or

listen to all the exciting upcoming talent Richmond has to offer! At Books on the Rise, Hill Rise Richmond, 27th June, 7pm to 8.30pm. £4.99.

FOR MORE INFORMATION ON ANY OF THESE NEWS ARTICLES, Google: [www.richmond.gov.uk](http://www.richmond.gov.uk)

This summer, **Arts Richmond** is hosting an Affordable Art Tent for residents to purchase unique artworks from local artists. 22nd June at Kew Fair.

**Affordable Art Sales 2024**



By popular demand - **The Embracing Age Charity Quiz Night** is back! at Stephen's Church, Twickenham. A fun-filled evening with Quiz Master Sean



Carey, a question writer for The Chase. Amazing raffle prizes to be won. Bar and snacks available on the night. Suggested donation for tickets: £5 each. Raising funds for Embracing Age, a Richmond-based charity befriending older care home residents. Teams can be up to 6 people, but if you don't have a team, you can join one on the night. Saturday 8th June, 7.30pm. Previous years have sold out so prior booking is essential on [www.embracingage.org.uk](http://www.embracingage.org.uk)

**Richmond Hill History Walk.** 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. 15th June 2024. 11am. Meet at Visit Richmond Kiosk, Richmond Station. Pay on the day.

**Twickenham Riverside History Walk** This walk along the Twickenham riverside from Church Street to Marble Hill



reveals some of the rich legacies that still survive. French Princes, Royal mistresses, celebrated poets - Twickenham has them all. Meet at St Mary's Church, Church Street, Twickenham, London, TW1 3NJ. £5 cash, pay on the day.

## Wit and Wisdom

Curated by Mike Townsin

- My husband can do the work of two men. Unfortunately, those men are Laurel and Hardy. *Jo Brand, English comedienne*
- I sometimes think that God, in creating man, somewhat overestimated his ability. *Oscar Wilde*
- You learn a lot about someone when you share a meal together. *Anthony Bourdain, US chef and author*
- Lord Nelson was 5ft 6in. His statue is 17ft 4in. That's Horatio of 3:1. *Twitter/X post*
- A successful man is one who can lay a foundation with bricks others have thrown at him. *David Brinkley, US Broadcaster*
- I always take my wife her morning tea in my pyjamas. But is she grateful? No. She'd rather have it in a cup. *Eric Morecambe*
- People will forget what you said, people will forget what you did, but people will never forget how you made them feel. *Maya Angelou, US memoirist and poet*
- If you can't explain something in simple terms, you don't understand it. *Richard Feynman, US theoretical physicist and Nobel Prize winner*
- The two most powerful warriors are patience and time. *Leo Tolstoy*
- Politics is the art of the possible, the attainable – the art of the 'next best'. *Otto von Bismarck*
- It is the friends you can call up at 4am that matter. *Marlene Dietrich*

## And the Good News is....

Collated by Mike Townsin

- Chris Lewis, a RNLI volunteer who has spent 58 years coming to the aid of swimmers on Bournemouth's beaches, has been named as the world's longest serving lifeguard by the Guinness World Records.



Above: Chris Lewis, RNLI Volunteer.  
Credit: Nathan Williams, RNLI

- Harry Hunter a 76-year-old from Windsor has become the oldest Briton to complete the notoriously challenging Marathon de Sables – a six-day, 155-mile race across the Sahara in up to 50 C of heat carrying all his own supplies. It's to raise money for his local hospice.
- New imaging techniques applied to a papyrus scroll that was turned into a lump of carbon by the eruption of Vesuvius nearly 2000 years ago, has revealed how Plato spent the last evening of his life in 348 BC. This opens the way to decode many other classical texts and plays lost to history by the conflagration.
- The British public donated a record £13.9 billion to charity last year, 9% more than 2022.
- A plant house in South Yorkshire which contains some of the West's oldest camellias has been saved from dereliction. The building was erected in 1738 as an orangery, for which the owners imported rare blooms. The plants are still there, and the orangery has been turned into a community facility serving tea.



## Miscellany

### Curated by Mike Townsin

- Sitting in a 15-minute meeting uses more energy than Usain Bolt expends over three 100-metre sprints.
- A walleter is an indispensable word for someone who has a wallet.
- Zemblanity: means bad luck occurring as expected: the opposite of serendipity.
- Baghdad means 'God's gift' in Persian.
- Tokyo has three times as many Michelin starred restaurants as Paris.
- By 2025 there will be more English speakers in China than the rest of the world put together.
- Quantophrenia n. is an obsessive reliance on statistics.
- Rasceta n. The creases on the inside of the wrist.
- When Radio 4's Woman's Hour began in 1946, it had a male host. Early items included 'Cooking with whale meat' and 'I married a lion tamer'.
- In 1937, comic acrobat Joseph Spah survived the Hindenburg airship disaster by jumping out of a window.
- Handsschneeballwerfer is German slang for 'coward'. It means someone who wears gloves to throw snowballs.

## Page Turners



### *My Favourite Author:* **Terry Pratchett**

**by Margaret Goddard**

Not so much a book as an author!

If I hadn't worked in a library, I would probably never have read any of the books by one of my favourite authors – Terry Pratchett.

At the time we also loaned story cassettes and if any were reported as faulty, I investigated. If there was no obvious damage, I would listen to random snatches to see if I could detect any faults. One day, one of Pratchett's stories fell to my lot. And I found myself listening until I decided I had to read the book!

Many of his books are set on an imaginary planet called Discworld. This world is a flat disc balanced on the back of four huge elephants who are standing on the back of a giant turtle which is slowly propelling itself through space. This disc is home to many species (echoing our planet's ethnic groupings!) including wizards and witches, humans, werewolves, dwarves, gargoyles, trolls and many other mythical-type beings who all have their own cultures and prejudices. Its main city, where many of the books are set, is Ankh Morpork, home to the wizards at the "Unseen University" and to the "Watch", while out in the countryside live Granny Weatherwax, Nanny Ogg and Magrat, the three witches. Some books are set in other parts of the "world" but the places involved are recognisably parodies of our own world.

He often uses the idea of a parallel universe in which we see what might have happened had we made different choices. Another delight is that, although the only character to feature in all the books is "Death", and feuds and prejudices are plentiful, there is no nastiness in them – anything potentially nasty is gently ridiculed and becomes funny.

I can and do read all his books (not just the Discworld ones) time and time again and never fail to enjoy them.

**Solve  
the cryptic clues to  
identify this member of  
staff!**

## Who Am I? (Member of Staff)

1. I once attended a Garden Party with the then Prince Charles.
2. Next year I will have been married for 40 years.
3. I love rap music.
4. I lived in New Zealand for 9 years.
5. I love my job.

The answer is:

Answers in next month's issue.

## Sudoku - Brain Teaser

**Difficulty: Easy**

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

## Brain Teasers

Answers in next month's issue

1. 84% of people reading this will not find the the mistake in this A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,W,X,Y,Z.
2. Where will you find roads without vehicles, forests without trees, and cities without houses?
3. How many of each species did Moses take on the ark with him?
4. The more it dries, the wetter it gets. What is it?
5. Sam's mother had 4 children in all. The first one was named May. The second and third were called June and July respectively. What was the fourth child's name?
6. What letter comes next in the following sequence? D R M F S L T \_
7. What comes next in the sequence? 7, 8, 5, 5, 3, 4, 4, ?
8. If  $R + B = P$  and  $R + Y = O$  then  $B + Y = ?$

Who Am I? Answer from  
May issue

Juliet Ames-Lewis

Spot the Difference Answers from May issue



Sudoku Answers from May issue

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



# Men's Wimbledon Tennis Champions since 1955

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

Trabert	Hoad	Cooper	Olmedo	Fraser
McKinley	Emerson	Santana	Laver	Newcombe
Smith	Kodes	Ashe	Borg	Connors
McEnroe	Cash	Becker	Edberg	Stich
Agassi	Krajicek	Sampras	Ivanisevic	Hewitt

**Your chance to win a £10 M&S Voucher!**

**Find all 25 names** and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 14th June.**

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

**Answers in next month's issue.**

## Spot The Difference

Find the 12 differences on this summer picnic table.



## 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 14th June**.

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



NEW  
MONTHLY  
FEATURE

Your Photos - ALMSHOUSE NEWS



Clockwise from top left: *Isabella Plantation* by Juliet Ames-Lewis; *Hickey's Almshouses* by Derrick Thompson; 2 x *Michel's Almshouses* by Chantal Richards; *Rhododendron* by Juliet Ames-Lewis and *Heron in Richmond Park* by Derrick Thompson.

We want to see YOUR PHOTOS!

If you would like to share your seasonal or local photos please send them on Whatsapp to Becky Evans on **07386 667185** or Derrick Thompson on **07796 619697**.

All resident and staff entries will be considered for inclusion in this new feature. No camera needed - photos taken on your phone are perfectly acceptable!

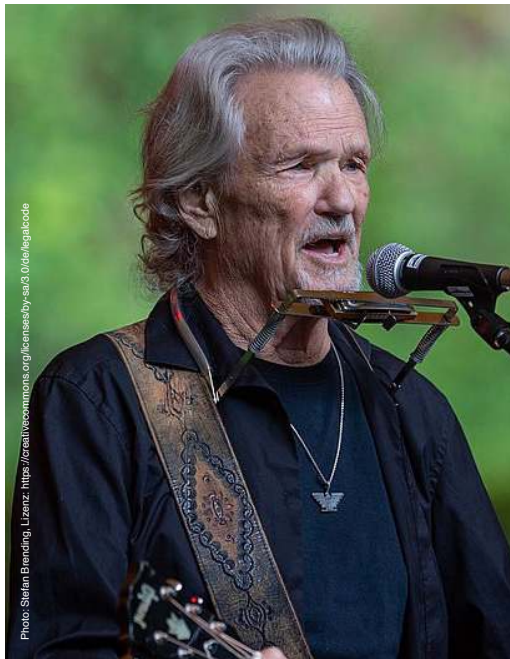




by Nigel Davis

Songs like *Some Enchanted Evening* or *The Sound of Silence* of course have wonderful tunes. But they also have wonderful words. A song is, after all, a form of poetry and sometimes (though often not!) really good poetry. The Beatles' *She Loves You, Yeah, Yeah, Yeah* is no doubt a good pop song but as poetry it is drivel. Then again, The Beatles wrote some wonderful poetic songs like *Eleanor Rigby* and *Norwegian Wood* ("I once had a girl, or should I say she once had me....").

This particular song by Kris Kristofferson, who later became famous as a screen actor as well as a singer/songwriter, is, I think, a lovely poem. With its metre



and refrain it is very obviously written as a song but at the same time it is very moving poetry. It has been covered by many other singers — Sammi Smith, Joan Baez, even Elvis Presley, among others — with the words slightly altered ("my" for "your" etc.) when sung by

a woman. There is a hideously syrupy version by Michael Bublé — but then I can't stand Michael Bublé. Of the various versions I have heard the one I like the best is a duet version sung by the great Johnny Cash with his wife June Carter Cash. It seems to me to catch perfectly the poem's raw sense of loneliness, of longing, of the need for comfort.

A fine song — and a fine poem.

### Help Me Make It Through The Night by Kris Kristofferson

Take the ribbon from your hair  
Shake it loose and let it fall  
Lay it soft upon my skin  
Like the shadows on the wall

Come and lay down by my side  
'Til the early morning light  
All I'm taking is your time  
Help me make it  
through the night

I don't care who's right or wrong  
I don't try to understand  
Let the Devil take tomorrow  
'Cause tonight I need a friend

Yesterday is dead and gone  
And tomorrow is out of sight  
And it's sad to be alone  
Help me make it  
through the night

Yes, it's sad to be alone  
Help me make it  
through the night  
I don't want to be alone  
Help me make it  
through the night