

YOUR
ALMHOUSE
MAGAZINE

SEPTEMBER 2024



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September issue*

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Your Words and Photos! Contribute to our Next Issue

If you would like to contribute an article for our next issue, the deadline is **Friday 13th September**. We're always happy to receive your poems, reviews, recommendations — shops and services, local activities, thoughts and memories...

As a guide on word count, a half page article is ideally about 170 words. Give the article to your Scheme Manager, or email to c.richards@richmondcharities.org.uk

Photo Credits:

*Front page:
Stag in Richmond Park
by Mick Tinson*

*Contents page:
Seat for Two at Michel's
by Linda Prendergast*

*Back page:
Starling on My Bird
Feeder by Mick Tinson*

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

Dates for Your Diary

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September**
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at Michel's Almshouses
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Our Summer Party

Review from Heather Shipley
Photographs by Mick Tinson

The 8th August dawned bright and clear and not too hot. Almost 100 residents of The Richmond Charities and many of the trustees and staff gathered on the lawn at Hickey's under marquees for the annual Summer Party.

A most pleasant afternoon ensued. The theme of *Holidays at the Beach* brought back memories of sun-kissed days in August and happy hours spent paddling, making sandcastles, playing with beach balls and enjoying delicious treats.



Juliet spoke to the gathering and mentioned those residents lost to the Community this past year. They are all remembered with love.



The Richmond Brass Band entertained the guests for nearly two

hours with a variety of melodies. Event Food Cart's portable kitchen miraculously produced 100 delicious piping hot meals, with crisp potato chips and a choice of fried cod, chicken nuggets or scampi.



Jack the ice-cream man, with his delightful old-fashioned ice-cream cart, and ices of all flavours, proved very popular. For the young at heart a Coconut Shy and Hook the Duck provided a bit of after lunch amusement.

The quiz papers on each table tested the guests' knowledge, imagination and memory. After 3 tables ended up with even scores, table 3 eventually won after a tiebreaker question was put to the guests. "How many



tennis balls are used annually in the Wimbledon Championships"? The winners were closest to the answer of 50,000! Each person at the table was given a sparkly garden "whirly" to their delight.

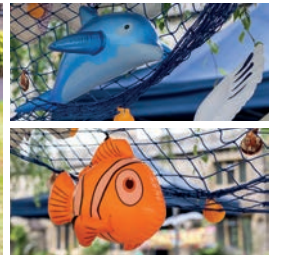
Margaret Goddard won first prize in



the competition for the Best Hat — well-deserved for her creation of a beach scene. The Seagull Hats too were impressive and caused much hilarity.

A sudden rain shower just before 4pm did not dampen the spirits and it cleared in time for the guests to make their way home.

Thank you to Debbie and Lorraine (and all the rest of the staff) for the inspiration, planning and for making this event so enjoyable.



Almshouses in Bloom

The Winners

Words and Photographs by
Linda Prendergast and Mick Tinson

This year's prizegiving event was held on Tuesday 13th August. All almshouse residents were invited to come and join in the presentation of the trophies and gift cards to all our worthy winners. Everyone enjoyed a glass or two of prosecco together with some nibbles. Juliet gave a short thank you speech to all who entered the competition as well as a thank you to those who came to support the winners. Unfortunately, Emma couldn't make it in person this year but she did write a little note that Juliet read out to say why the judges chose the winners of each category. Juliet then presented all the prizes and trophies to our winners.

Best Front Garden: Brian and Connie Yorke, Benn's Walk

Best Container Garden: Steve Smithson, Church Estate

Best Collaboration Garden Joint first place: Ron and Mary Bronks, Hickey's and Bill and Jackie Watson, Hickey's

The Judges Pick: a new category for this year. These awards were given to residents who didn't enter the competition but were deemed by the judges to be worthy of winning an award.

Rosemary Fraser-Thompson, Candler

Susanne Munslow-Adair, Benn's Walk

Barbara Costanzo, Bishop Duppa's

Sheila Walker, Michel's

Jill Davidson, Queen Elizabeth's

Jemima Prasadam, Church Estate

Roger Chapman, Hickey's

Special Commendations:

Terry and Elizabeth Byatt, Hickey's

Heather Keeler, Hickey's

Ferhat Khan, Candler

Karen Evans, Michel's

A Special Award was also presented to Bill Watson, Hickey's for being the unofficial community gardener who is always happy to help residents with their garden.



Best Front Garden: Brian and Connie Yorke



Container Garden Winner: Steve Smithson



Joint Garden Winners: Ron and Mary Bronks



Joint Garden Winners: Bill and Jackie Watson



Judges Pick: Susanne Munslow-Adair



Judges Pick: Jemima Prasadam



Judges Pick: Barbara Constanzo



Special Commendation: Terry & Elizabeth Byatt



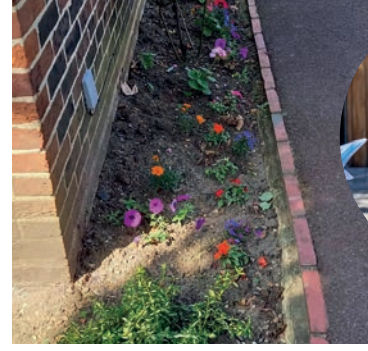
Judges Pick: Sheila Walker



Special Commendation: Heather Keeler



Judges Pick: Jill Davidson



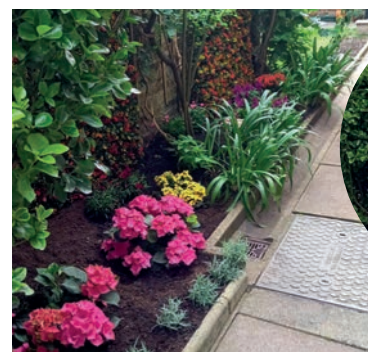
Special Commendation: Ferhat Khan



Judges Pick: Rosemary Fraser-Thompson



Judges Pick: Roger Chapman



Special Commendation: Karen Evans

Almshouses in Bloom

The Prize Giving Event

Photographs by Mick Tinson and
Susanne Munslow-Adair



Out and About Group

Kew Gardens

by Angela Greaves

Nine residents and friends met at Richmond Station on Tuesday 23rd July and made their way to Kew Gardens. A major new art exhibition inspired by nature and science by British contemporary artist, Marc Quinn, was being showcased. A very unusual collection of stainless-steel artworks, four of which were based on orchids and one a striking bronze, painted red, named *Light into Life, The Evolution of Forms*. (2011).

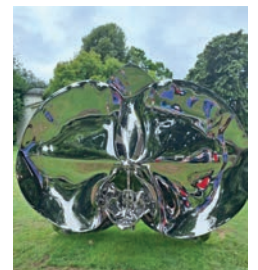
Three remarkable palms graced the front of the Palm House Pond. The artist, Marc Quinn, worked directly with Kew horticulturists and scientists to base these plants.

Five sculptures were inspired by Kew's Herbarium specimens and each one represents a plant that is used for the treatment of certain diseases, such as Parkinson's and some forms of cancer. These sculptures were named *Botanic Selves, Opium Poppy, Happy Tree, Turmeric Pacific Yew* and *Himalayan May Apple*. Moving away from the outdoor sculptures and into the Temperate House Octagons, to view the most beautiful bonsai plants. Quinn imagines two bonsai set free from pruning and containment to reach their full, monumental height displaying these alongside two life-sized bonsai sculptures. *Cloud Garden, The Dimensions of Freedom* and *Flying Dragon*.

As the packed lunches were already eaten by 11am, some of the group had afternoon tea and pastries under a beautiful shady vine, before making our way out of the park and back home by bus to Richmond.

A very enlightening exhibition and walk among the wonderful trees and gardens made the day one to remember.

Many thanks again to Richard for his research and planning.



FORTHCOMING Out And About Days

Tuesday 10th September: Chihuly Glass art at Chelsea Barracks.

Saturday 14th September: Florence Nightingale Museum

Wednesday 23rd October: Asgill House

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

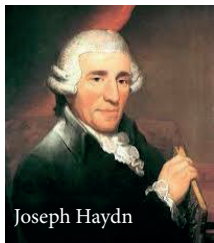
An Evening of Classical Music at Michel's Almshouses

The Eloysia String Quartet on Thursday 5th September

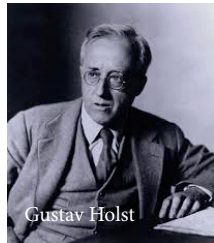
by Linda Prendergast

Join us in the garden at Michel's Almshouses for an evening of classical music on **Thursday 5th September** with The Eloysia String Quartet, featuring music from composers such as Bach, Mozart, Holst and Haydn.

Music will start at 5.45pm. Refreshments: cheese and biscuits, wine and soft drinks.



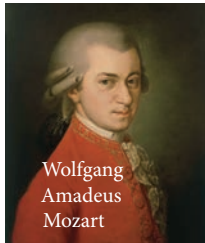
Joseph Haydn



Gustav Holst



Johann
Sebastian
Bach



Wolfgang
Amadeus
Mozart

Yoga Classes

with Claire Welton

This is a gentle chair-based yoga practice to calm, rebalance and ease the body and mind.

The classes will be 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.

New sessions begin in Hickey's Chapel on **Friday 6th September at 10:15am.**

All dates are advertised in the Monthly Activities Leaflet.

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



Chapel Schedule

September 2024

Sunday 1st September	10.30am Holy Communion. <i>Followed by refreshments.</i>
Sunday 8th September	10.30am Holy Communion. Led by Revd. Elisabeth Morse.
Sunday 15th September	10.30am Holy Communion. 5.30pm Songs of Praise.
Sunday 22nd September	10.30am <i>Harvest Festival.</i> 5.30pm Evening Prayer.
Monday 23rd September	5.30pm <i>Harvest Supper.</i> See page 12 for details.
Sunday 29th September	10.30am Holy Communion. Led by Revd. Julian Reindorp

All are welcome to join us.

Morning Prayer, Tuesdays at 10am.
Evening Prayer, Thursdays at 4.30pm.

For more information email
Chaplain Derrick on:
d.thompson@richmondcharities.org.uk



Complimentary drink on arrival

His Worshipful the Mayor of the London Borough of Richmond upon Thames, Cllr Richard Pyne would like to invite you to the

MAYOR'S Fish & Chip Cruise

Wednesday 11 September 2024 from 12pm* to 4pm

Join the Mayor of Richmond for a scenic cruise aboard the New Southern Belle along the Thames. Tickets are just £35 and this includes a Fish and Chip supper and a complimentary drink on arrival. Arrive at St Helena Pier at 11.30am to board by 11.45am and leave promptly at 12pm. We return at 4pm.

Note - tables and seating is limited not everyone will be seated at a table.

THE MAYOR'S CHARITIES THIS YEAR ARE: HOME START & MIND RICHMOND

HOME START Richmond, Kingston & Hounslow

Mind Richmond

TICKET SALES: £35.00 per person available now by booking online: www.richmond.gov.uk/council/councillors/mayor/mayors_charities

Film Club

Wednesday 18th September
2pm start in Hickey's Chapel
Refreshments during the interval

The Aviator

Howard Hughes was a wily industrialist, glamorous movie producer and unstoppable American innovator – but thought of himself first and foremost as an aviator. In this spectacular epic, director Martin Scorsese focuses on the most prolific period in the life of Hughes: the mid-1920s through the 1940s. It was a time of brilliant aeronautical invention, turbulent love affairs and savage corporate battles. Prepare yourself for the ride of a visionary lifetime.



Cast: Leonardo DiCaprio, Cate Blanchett, Kate Beckinsale. Director: Martin Scorsese. Rating: 12A
Runtime: 2h 46m

Harvest Celebration!

by **Derrick Thompson**

Celebrating the provision of food, flowers and the joy of creation!

Sunday 22nd September

Harvest Celebration Service, 10.30am, with a Harvest Display and Harvest Hymns.

Monday 23rd September Harvest Supper at 5.30pm, with Soup & Sweet.

If you would like to attend the Harvest Supper please **let Derrick or your Scheme Manager know by Sunday 15th September at the latest.**

Harvest donations of tinned and dry goods for the Richmond Foodbank can be brought to Chapel from the 16th to the 19th of September.

Home grown fresh produce to brighten up the display is also welcome!

You are welcome to help create the harvest display from 3pm on Thursday 19th September.



Full of Life Fair

For everyone over 55

by **Juliet Ames-Lewis**

Richmond Council's annual Full of Life Fair will take place at **Twickenham Stadium on Friday 27 September 2024 from 10am to 4pm.**

Once again, The Richmond Charities will have a stall at the event. The annual Full of Life Fair provides local residents aged 55 and over, as well as carers, with the local information and resources they need to live physically active, healthy, happy and independent lives.

Do put the date in your diary. Further information about how to register for the fair can be found at www.richmond.gov.uk/full_of_life

FULL OF LIFE FAIR

The Free Café

There will be a free café with refreshments available to all visitors throughout the day. Enjoy hot drinks and some light snacks donated by local businesses.

There is a limited number of tickets available for a free sit down lunch, for local residents only, which must be pre-booked.

They allow each attendee to book a maximum of two tickets. Tickets for this are limited and given out on a first come, first served basis and sell out very quickly once they are released. Email: fulloflife@richmond.gov.uk or call 020 8871 8390.

WORLD'S BIGGEST COFFEE MORNING



Save the date...

Friday 27th September
10:30am – 12noon
Hickey's Chapel

"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

Celebration of St Francis of Assisi



**Friday 4th October
at 3.30pm**

Guest Preacher:

The Bishop of Kingston,
The Revd. Canon Dr Martin
Gainsborough.

A service of hymns and
readings with a focus on St.
Francis

Followed by refreshments.

Zumba Classes

with **Clare Sheehan**

Great News!

Clare will be running another seven-week course, beginning on **Monday 9th September until Monday 21st October in Hickey's Chapel.**

What is Zumba?

Zumba's most well-known and popular program is its namesake class, Zumba. This dance class features high- and low-intensity intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility, and to some degree, strength through the application of beginner-accessible choreography.

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.

You don't need any special dance skills to succeed in Zumba classes but those that have natural rhythm may pick up on the moves faster. Still no one is keeping score, so just dance, let go, and have fun. All dates will be published in the monthly events leaflet.

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



Nordic Walking Sessions

with Rosie Cooke



What is Nordic Walking?

It is a safe, natural and effective form of exercise. It is a sociable way of exercising whilst being in the great outdoors.

Benefits include:

- Exercises over 90% of skeletal muscles
- Increases cardiovascular activity
- Improves posture
- Increases spinal rotation and flexibility
- Shapes and tones
- Enhances your mood
- Uses both sides of your brain

Rosie has kindly agreed to begin another course of the very popular Nordic Walking Sessions.

This course will run for four weeks and begins on **Wednesday 2nd October at 11.00am**. Starting off on the lawns at Hickey's Almshouses.

If you would like to join the course, please **contact your Scheme Manager and book your place**. Rosie needs to know numbers so that she can bring the right number of poles with her.

Chaplain's Chat

by Derrick Thompson

September already! It hardly seems possible! But out in the countryside much of the harvesting is already done and it will soon be time to plant the seeds for next year's crops.

We will be celebrating Harvest this year on **Sunday 22nd September at 10.30am**, with a traditional Harvest Display and a display of tinned and dried goods for donation to the Vineyard Foodbank. A list of suggested donations can be found at the back of the Chapel or ask your Scheme Manager. Fresh fruit and vegetables are also welcome. Celebrations will continue with a Harvest Supper of Home-Made Soup & Sweet on **Monday 23rd September at 5.30pm**. Please let me or your Scheme Manager know if you plan to attend. All welcome!

September is not only a time of harvesting, it is also a time of beginnings. With that in mind I am currently planning to start a **new, regular, 'fellowship, prayer and study' group** at the end of the month. It will be fortnightly on either a **Wednesday or Thursday afternoon**. Starting with refreshments from 2pm, we will then share prayer concerns finishing with some Bible based study. This will probably be in the Green Room. Interested? Let me know and watch out for final details.

Finally, keep the **afternoon of October 4th** free so that you can join us in a Celebration of St. Francis, with special guest, The Bishop of Kingston!

Blessings!

Line Dancing Classes

by Claire Sanecka



Good news!
New dates confirmed.

Line dancing, also known as Stroll For Fitness, will be back in September!

The two taster sessions during August were a success and I am so pleased to inform residents that Colin will be back with his microphone, speaker, dance routines and music.

“Great music. Good movement for balance and coordination”

“If you keep promising yourself to be more active, line dancing is an enjoyable way to achieve this without huffing and puffing by the end of the session. It’s basically doing simple steps in a line, on your own — no partner to synchronise with. During my first session, I learnt five dance sequences. Keeping time is easy to a regular beat of familiar music. By the end of the session, I felt alive and energetic.”

“I can’t dance but I really enjoyed moving to the music”



Keep an eye out for **dates in your September monthly leaflet.**

“One step, two step, three step, four and turn! Wahooooo!”

Getting To Know You

with Eleanor Walker

Where did you grow up?

I was born in Barbados and grew up with my Grandma while my Mum went out to work very early and came home very late.

As a child, what did you want to be?

A nurse, it felt like a gift to me. I always wanted to help people not to suffer.

What was your favourite song from your teenage years and what does it remind you of?

My favourite was *Morning Has Broken* and I was very proud to hear my son sing it at St. Luke’s Primary School.

Who is your favourite artist/performer and why?

Elvis Presley. Both performing and singing. I found his music very joyful, especially *I Love You Because*.

What would you choose to give a 5-minute talk on?

I would talk about Christ, his life and the difference he makes to me.

What book do you currently have on the go?

The Thursday Murder Club by Richard Osman.

Describe your ‘happy place’.

When I’m with my children, when the family come together, laughing together surrounded by the grandchildren.

If you were PM for the day, what would you do?

Help the street homeless. But I wouldn’t want to be the Prime Minister, it’s such a burden.

If you could travel back in time, where would you go and why?

To a time at the Isle of Wight with two friends visiting lots of places by the sea where I felt healthy and happy.

What words of wisdom would you pass on to the younger generation?

Listen to your parents who are older and have more experience. And remember things they teach you that will give you strength in life. I still remember things my grandmother, mother and father taught me. Appreciate things that are good and don’t take things for granted.

Bishop Duppa's Almshouses

Spotlight on our Estates

by Joanne Davison
and Linda Prendergast

Bishop Duppa's Almshouses were originally built at Friars Stile Lane. In 1851 they were rebuilt and relocated to The Vineyard. The front arch and gateway were transferred from the original almshouse estate and are still there.

There are 10 almshouses at Bishop Duppa's and their front doors face the back of the estate and all look out onto the communal garden. Bishop Duppa's residents like to host their own gatherings, particularly for special events such as birthdays and the King's Coronation. Although there is a communal garden all the residents have space outside the front of their almshouse where they have a colourful display of pots and plants with one of the residents winning first prize for the container category in the Almshouses in Bloom Competition 2022 and another resident winning a Judges Pick this year.

Solar panels have recently been installed at Bishop Duppa's, and residents are looking forward to benefiting from these.



New Almshouse Developments

by Mick Tinson

Queen's Road

The weather has not been the kindest this year but works are progressing nicely. The 3rd-floor brickwork is well underway and we will finally have a roof and be watertight in the coming weeks. Internal ductwork for the ventilation systems are being installed in the lower levels and the first of the electrical installation is due to start once the building is watertight.

Outside works are still to start due to the scaffolding being in place for the bricklayers, however, once they've completed, works to reduce the remaining surface of the sports court will begin in preparation for the final levels to be brought up to the damp proof course, creating a solid base for the future car park surface.

St Mary's Grove

Blink and you'll miss it. Works at the St Mary's Grove

site change dramatically on a regular basis. Externally, all brickwork is complete, so too are the roof works, including the roof lights, the living roof planters and the installation of photovoltaic panels. The scaffolding has finally been removed from the entire site giving us the first real look at the size and shape of this exciting estate. Digging of the service trenches



Front of Plot No.1 - looking down to plot No.5



Rear elevation from car park



Queen's Road Front Elevation

has begun in preparation for connection to the mains systems which is due to start in the next few weeks together with installation of the new boundary fence to the neighbouring



PVs, living roof and roof lights

properties.

Internally, each property has been dry lined, plastered and had a mist coat of paint. The second fix electrical works continues, together with the installations of the bathrooms and kitchens.

And the Good News is....

Curated by Mike Townsin

- Bodhana Sivanandan, a nine-year-old chess prodigy from London, will be the youngest person ever to represent England in an international sporting competition. She will join the England Women's Chess Olympiad in Budapest in September.



- Thanks to conservation efforts a pair of Spoonbills have been breeding and nesting in Cambridgeshire for the first time since the 17th century, when they became extinct through hunting and loss of habitat.

- From this summer visitors to Copenhagen will be offered rewards of free drinks, meals and museum tours if they take part in litter picking initiatives, use public transport or cycle to mitigate the environmental impact of the millions of tourists who visit each year.

- Oldham's historic Coliseum Theatre was to be demolished until a campaign by the actress Julie Hesmondhalgh persuaded the Council to refurbish the 139-year-old building. Council leader Arooj Shah said people had shown "an affection for this building you can't ignore".

- An all-female team of British and Irish rowers have smashed the record for the 'World's Toughest Row' from California to Hawaii. Jess Godard, Charlotte Irving and Taylor Winyard covered the 2,800 nautical miles in 38 days, one hour and 34 minutes – knocking 15 hours off an all-male team's record last year. "The conditions were brutal, there were many tears, but we never thought of giving up," said Irving.

Advisory

- It is reported that the Chancellor plans, in the autumn budget, to stop **winter fuel payments** for pensioners except for those receiving pension credit. Currently one in three pensioners, although eligible for this benefit, don't claim it – according to Age UK. So, if that's you we recommend you put in a claim without delay, otherwise you will lose your winter fuel payment.

- Age UK and 50 other charities have written to the Chancellor to ask her to reverse her decision.



- **Pension credit** is means-tested. You should be eligible for Pension Credit if your weekly income (all pensions combined, including the state pension) is less than £218.15 for a single person or £332.95 for a couple. It was originally split into two elements: guarantee pension credit and savings credit, but savings credit is only available to those who reached pension age before 6th April 2016.

As long as your income and savings do not exceed £16,000, you are not only entitled to guarantee pension credit but also to several other benefits including free dental treatment and help with the cost of glasses; it also gives automatic entitlement to housing benefit and council tax reduction (sometimes even when savings are over £16,000). Caveat! Benefit entitlement is a complex area, so if in doubt please seek advice which can be Age UK, Citizens Advice, or your Scheme Manager who can refer you to the charity's benefits advisor. Before asking for a benefits check, please calculate your weekly income and check that it is below £218.15 for a single person or £332.95 for a couple.

Local News, Events & Information

This month's round-up of local news and events that are relevant to you.



3rd September
Talk: E H Shepard
 6.30pm - 8.30pm.
 His story from the First World War to the *Winnie-the-Pooh* illustrations. Duke Street Church, Richmond, TW9 1DH. Tickets £5. Info on Visit Richmond website.

7th September
Ham Parade Market
 10am - 2pm. Fresh local produce, crafts, delicious treats, kids activities and live music.

7th September
 10am - 4pm. **Their Finest Hour: Digital Collection Day.** Bring Second World War stories and memorabilia to be preserved in a free-to-use digital archive. Richmond Library. Free.



14th September
Barnes Food Fair
 6.30pm - 8.30pm.
 The BCA Barnes Food Fair is now an established event in the SW London foodie calendar. There will be a carefully chosen selection of exhibitors selling speciality food and drink to sample and take away. Barnes Green, Barnes, SW13 9HE. Tickets £9. For more info visit: www.barnes-ca.org/bca-events/barnes-food-fair.

15th September
Historic Richmond Walk. 2pm - 4pm.
 The perfect introduction to the history of Richmond in its role as a Royal residence. The ancient Green with splendid listed properties from the 17th and 18th centuries, the remains of the Tudor Palace,



together with the riverside and the Georgian elegance of Richmond Bridge. Meet 2pm at the kiosk, Richmond Station. Tickets £5. Pay on the day.

27th September
Full of Life Fair.
 10am - 4pm.
 See page 12.

28th September
Mortlake History Walk.
 11am - 1pm.
 Wander by gentrified Victorian almshouses, the site of dark deeds in an old ale house, a brewery with no beer and the resting places of an Elizabethan alchemist, a bold Victorian explorer and a mysterious French Count. Meet outside Mortlake Rail Station, Mortlake Green Entrance, Sheen Lane, SW14 8HY. Tickets £5. Pay on the day.



Pub Quiz Nights!

The Fox and Duck
 194 Petersham Road, Ham.
Tuesdays 7.30pm.
 £2 entry. £50 bar tab for winners!

The Red Cow
 59 Sheen Road, Richmond.
Tuesdays 9pm

The Rising Sun
 277 Richmond Road, Twickenham.
 £2 each.
Wednesdays 10pm
 £50 food & bar tab for the 1st and up to 2 free pizzas for second to last.

The Hope
 115 Kew Road, Richmond.
Wednesdays 8pm.
 £2 entry. Wine and cash prizes.

Resident Poetry

Observations in the Park

by Angus Douglas

Far over there, some Lowry folk attached by line to sky
 Pulled tight to keep aloft their coloured sheets
 Which dance on the breeze with loops and dips
 As a child's laughter skips to where I sit.
 And there some riders rise, fall and rise again,
 The metal hooves mute on muddied tracks:
 The bracken which in autumn cracks like fire
 Here merely whispers a presence.
 And there, lycra joggers, legs bowed in pursuit,
 Slip and slide in search of forgotten youth;
 A few words taken by a passing gust
 Are lost forever to fading ears.
 And here, a dog with a heart greater than her strength
 Wrestles with her owner for a stick
 Which like dead Arthur's sword is tossed into the lake
 While Black headed gulls excited to the wing.
 In chevron, the dog paddles on her quest
 To bring the wood Excalibur back to shore
 She shakes off the added water weight
 And bounds away to find a master's praise.



Miscellany

Curated by Mike Townsin

- There's a train in Japan that barks like a dog to scare deer off the line.
- People suffering from plague may not enter a library in the UK.
- In 2018 a charity snail race was cancelled after cold weather caused all the competitors to go into hibernation.
- There's a tanning salon in Lytham St Anns called Lytham St Tanz.
- A single queue at an airport makes passengers more relaxed because they don't worry about other queues moving faster.
- In 2017, a peacock caused £3,000 worth of damage to a new Range Rover after seeing its reflection in the paintwork and mistaking it for a rival.
- The roundest country in the world is Sierra Leone.
- The UK's first postboxes were painted green to blend in with the landscape.
- Qin Shi Huang the first emperor of China, took mercury pills for immortality and died of mercury poisoning aged 39.

Wit and Wisdom

Curated by Mike Townsin

A party without cake is really just a meeting. **Julia Child, US TV chef**

Knowledge is of two kinds, we know a subject of ourselves, or we know where we can find information upon it.

Samuel Johnson

If you want a happy ending, that depends, of course, where you stop your story.

Orson Welles

Judge not, that you be not judged.

Matthew 7:1

A habit cannot be tossed out of the window; it must be coaxed down the stairs a step at a time. **Mark Twain**

The only person who likes all kinds of art is an auctioneer. **Oscar Wilde**

We must all believe in free will – we have no other choice.

Isaac Bashevis Singer, American novelist

I've never yet met a man who could look after me. I don't need a husband. What I need is a wife. **Joan Collins**

I want to tell you how important it is to make things. That's how man lives, by making. To be is to make. To make food, to make drink, to make shelter – yes, but also to make thought. Because to think is to make.

Michael Frayn

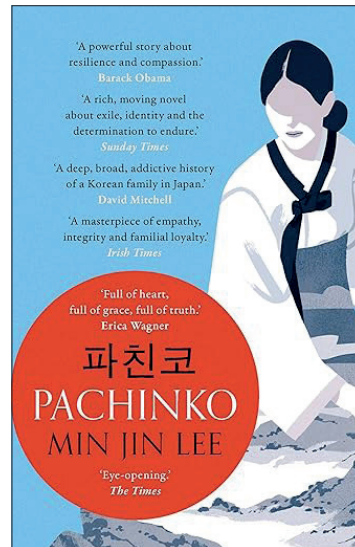
You're only given a little spark of madness. You mustn't lose it. **Robin Williams**

Page Turners

Book Review by Kate O'Brien

Pachinko

by Min Jin Lee



This book is a prime example of fiction taking you to places and times you know nothing about. It is a multi-generational saga starting in Korea in 1910 when the country had been annexed by Japan and ends

almost 80 years later including, of course, WWII and the split of Korea into north and south.

A young Korean girl, Sunja, becomes pregnant and then discovers her Japanese lover, Hansu, will not marry her as she thought because he already has a wife and family in Tokyo.

She ends up moving to Japan with the man who becomes her husband, where her son is born. Her life is intertwined with her ex-lover's as he keeps a watch over her and their child.

Pachinko in the title refers to the gambling slot machines which are very popular in Japan and link various characters. Hansu is a member of the yakuza – the Japanese equivalent of the mafia.

The lives of the Koreans, both in Korea under the Japanese and living in Tokyo, are very difficult and they are treated as second-class citizens in both countries.

It is a tale of resilience and family loyalties that are stretched to their limits. A real page-turner.

What Really Makes Us Happy?

by Mike Townsin

According to Bruce Hood, professor of developmental psychology at Bristol University, it's not money: when wealth becomes the norm money quickly loses its lustre. This is just one of many insights in his book *The Science of Happiness*, written after five years researching what makes humans feel good. He distils everything he knows about living joyfully into seven key lessons.

- **It's not (all) about you:** when we think less about ourselves, we become more aware of what others need. Like parents with a new baby, they must figure out why the baby is crying, what it needs. This process puts things in perspective.

- **Stay connected:** humans thrive in groups and languish in isolation; areas of the brain activated by physical pain are also triggered by the pain of loss. Hood recommends reaching out to someone you haven't spoken to in a long time and telling them you've been thinking of them.

- **Avoid negative comparisons:** a study of athletes at the 1992 Olympics showed that bronze medal winners were happier than silver winners because they were relieved to have made it onto the podium. The silver



ones were more likely to be consumed by thoughts of what might have been. The key is to enjoy what you achieve on its own terms.

- **Look on the bright side:** it has been shown that optimism can add years to your life. The trick is to try to reframe any setback in a more positive light, and not be paralysed by failure. But don't take it too far – optimism that denies reality makes you delusional, viz: Boris Johnson.

- **Control your attention:** these days we find it hard to focus because there is too much stimulation – the wandering mind usually results in lower mood. Controlling your attention prevents intrusive thoughts.

- **Make deeper connections:** people who join sports club or a choir or do anything that makes new friends, thus promoting social interaction, are generally happier. An act of unconditional kindness usually has the same effect.

- **Get out of your head:** go for a walk – it helps deactivate two crucial brain regions, the amygdala responsible for dealing with threats and the default mode network associated with planning. Or gaze at the stars on a clear night and think about the immensity of space.

Health Walks

These are free, gentle walks for people of all ages, health conditions and mobility. Each group walk is led and supervised by a walk leader. There is a walk around different locations in the borough on each day of the week, so you can choose a day, location and duration of walk that suits you.

Locations include central Richmond (30 minutes), Richmond Park (60-70), Mortlake (50-60); other locations and details about bus routes, meeting points and times for each walk can be found at richmond.gov.uk/health_walks or by contacting your Scheme Manager.

Health Walks in Richmond

RAMBLERS WELLBEING WALKS
Richmond upon Thames

Free, short, led walks in the Borough of Richmond

Walks Timetable
www.richmond.gov.uk/health_walks

LONDON BOROUGH OF RICHMOND

The Mulberry Centre

by Claire Sanecka



Cancer Support Services

© June 2024

Face-to-face and remote services offered free of charge

One-to-One Support

Counselling and Coaching
Emotional Support
Legal Advice
Soul Midwife Support
Welfare and Benefits Support

Support Groups

Bereavement Support Group
Men's Support Group
Patient Support Group
End of Life Carers' Support Group

Workshops

Wig Information Workshop
How People Grieve
Look Good Feel Better
Nutrition and Cancer
Relaxation and Breathwork (online)
....and many more!

Complementary Therapies

Acupuncture
Aromatherapy
Aroma Sticks
Massage
Reflexology
Reiki
Shiatsu

Wellbeing Classes

Art Classes
Creative Writing
Emotional Freedom Technique (EFT)
Health Walks
Men's Yoga for Prostate Health
Pilates
Yoga for Breast Cancer
Seated Yoga
Tai Chi
Yin Yoga

I felt compelled to write this article following a wonderful visit from Michelle Wheeler who engages with the community, sharing information on the fantastic support and wide range of activities available at The Mulberry Centre which is based at the very back of West Middlesex hospital. I learnt the services on offer are not just for the individual with the cancer diagnosis but carers, families and friends.

This is very sad but true... latest research suggests that 1 in 2 people born in the UK will receive a cancer diagnosis. Improvements in treatment and diagnosis are now allowing people to live longer after their diagnosis.

I urge you to familiarise yourself with the information provided, you might just be able to help someone someday. **Scheme Managers have information leaflets if you would like one.**

Michelle will be returning for a coffee and chat in 2025.



For more information, the timetable, and to register, please visit our website.

The Mulberry Centre
West Middlesex University Hospital Campus
Twickenham Road
Isleworth
Middlesex TW7 6AF

[f TheMulberryCentre](https://www.facebook.com/TheMulberryCentre)
[i The_Mulberry_Centre](https://www.instagram.com/The_Mulberry_Centre)
[X @MulberryCentre](https://www.x.com/MulberryCentre)

Registered Charity No.1108999
For more information
call 020 8321 6300
www.themulberrycentre.co.uk

Art & Soul Review

I have enjoyed the two Art & Soul sessions at the Church Estate Garden Room and although I always felt anxious when I've been presented with something new or unknown, those two sessions have been very enjoyable.

We worked with clay and we had the freedom to create and decorate our creations beautifully.

I've also learned something new — when the clay items got dried, the use of the clear glue applied with a paint brush would preserve your clay 'masterpiece' for longer.

Art & Soul sessions provide helping tools



to manage your wellbeing, anxiety and depression. They transport you into a calm and beautiful world of art where you are the creator of your unique artwork — it's very rewarding, isn't it?

When many things in life are problematic, during Art & Soul sessions you just forget about them and you feel free and happy.

Picture Quiz

Flowers in Bloom



7



8



9



10



11



12



13



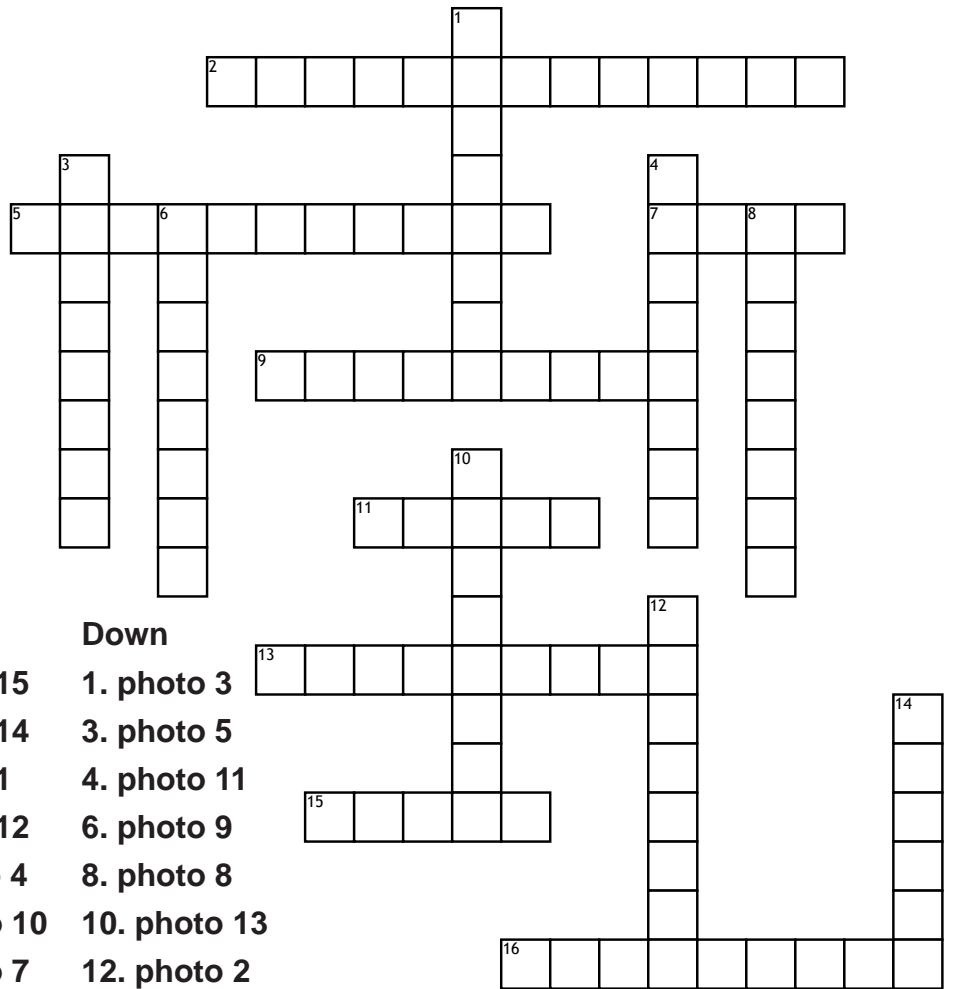
14



15



16



Across

- 2. photo 15
- 5. photo 14
- 7. photo 1
- 9. photo 12
- 11. photo 4
- 13. photo 10
- 15. photo 7
- 16. photo 16

Down

- 1. photo 3
- 3. photo 5
- 4. photo 11
- 6. photo 9
- 8. photo 8
- 10. photo 13
- 12. photo 2
- 14. photo 6

Your chance to win a £10 M&S Voucher! Fill in the crossword. Please submit this page to your Scheme Manager, or place in the suggestion box before Friday 13th September.

NAME:

Wordsearch

28 words about Richmond Park: Landmarks, Nature and Wildlife.

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

- | | | | |
|--------------------|---------------------|----------------|---------------------|
| Ian Dury Bench | Pembroke Lodge Cafe | Adam's Pond | Badgers |
| Beverley Brook | Cycling | Deer | Dog Walkers |
| Ham Gate | Holly Lodge | Horse Riding | Isabella Plantation |
| King Henry's Mound | Oak Trees | Parakeets | Pen Ponds |
| Petersham Gate | Ponds | Queen's Ride | Richmond Gate |
| Roehampton Gate | Royal Ballet School | Rutting Season | Sawyer's Hill |
| Stag Beetle | Tamsin Trail | White Lodge | Wildflowers |

Your chance to win a £10 M&S Voucher! Find all 28 words and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 13th September.**

Name:.....

Answers in next month's issue.

The Echoing Green

by William Blake

I've come to give you fruit from out my orchard,
Of wide report.

The sun does arise
And make happy the skies.
The merry bells ring
To welcome the spring.
The skylark and thrush,
The birds of the bush,
Sing louder around
To the bells' cheerful sound,
While our sports shall be seen
On the echoing green.

Old John with white hair
Does laugh away care,
Sitting under the oak
Among the old folk.
They laugh at our play
And soon they all say:
"Such, such were the joys
When we all, girls and boys,
In our youth-time were seen
On the echoing green."

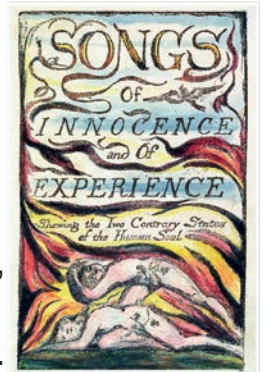
Till the little ones weary
No more can be merry;
The sun does descend
And our sports have an end.
Round the laps of their mothers
Little sisters and brothers,
Like birds in their nest,
Are ready for rest,
And sports no more seen
On the darkening green.

Poetry Corner

by Nigel Davis

I would think that probably the best-known and most frequently sung hymn in Britain is *Jerusalem* (I once heard it sung at a funeral near Edinburgh where the word Scotland was substituted for the word England!). It was written by William Blake (1757-1827). Blake was not only a poet but also an expert illustrator and engraver, as well as being a political philosopher with, for his time, decidedly unusual and libertarian views. Many of his contemporaries, including Wordsworth, thought him utterly bonkers.

His *Songs of Innocence and Experience* are still widely read. The very simple style of the poems was a deliberate attempt to break away from the high flown, 'poetic', diction of predecessors such as Pope and Gray.



Many of the poems concern children. Blake regarded children not as fallen beings at birth destined thereafter to be chastised and disciplined into obedience and virtue — then a widely held viewpoint — but as beings whose innocent natures should be permitted to have full rein. This poem is in part about that. At the same time, it brings in older people whose life experiences cause them, looking at the playing children, wistful regret for their own departed childhood ("Such, such were the joys....").

And perhaps the closing adjective 'darkening' alludes not just to the setting of the sun but also to the passage of time, to the cares to come and to the mortality of humankind.

