

YOUR
ALMSHOUSE
MAGAZINE

OCTOBER 2024



Contents

Welcome to Your Almshouse Magazine

Page 4

Eloysia String Quartet

Page 5

Threads Through Creation

Page 6

Bronze Animal Sculptures

Page 7

Petworth House

Page 8

In Memory of Serge Lourie

Page 16

Adelaide Road Almshouses

Page 18

Advisory

Page 23

Chimpanzees of Richmond

Farewell

It is with great sadness that we say goodbye to **Joan Skeats**, Michel's Almshouses, who has moved to live with family.

Your Words and Photos! Contribute to our Next Issue

If you would like to contribute to our next issue, the deadline is **Friday 18th October**.

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:

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by Rebecca Evans*

Contents page:

*Water Lily at Kew Gardens
by Derrick Thompson*

Back page:

*Pembroke Lodge
by Derrick Thompson*

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magazine with others.

Dates for Your Diary

Tuesday 1st October

History Club
Hickey's Chapel
Details on page 10

Wednesday 2nd October

Nordic Walking Sessions
Hickey's Lawn
Details on page 10

Friday 4th October

Celebration of St Francis of Assisi
Hickey's Chapel
Details on page 10

Tuesday 15th October

Almshouse Residents' Club
Squire's Garden Centre
Details on page 7

Tuesday 15th October

**Food, Glorious Food
11am - 1pm at 7 Church Estate**

If you have an interest in the sight, touch, taste or smell of food then this is for you. Rock star Peter will be our guest speaker and demonstrator. To attend, please inform your Scheme Manager.

Wednesday 16th October

Film Club
Hickey's Chapel
Details on page 9

Wednesday 23rd October

Out and About
Asgill House
Details on page 11

Sunday 10th November


Remembrance Sunday
Hickey's Chapel
Details on page 11




Thursday 14th November

Quiz Night
Hickey's Chapel
Details on page 11


Tuesday 3rd December

 **Christmas Crafts with Afternoon Tea**
Hickey's Chapel
Details on page 12

Thursday 12th December

 **Residents' Christmas Lunch**
Richmond Hill Hotel
Details on page 12

Wednesday 18th December

 **Christmas Carol Service**
Hickey's Lawn
Details on page 12

An Evening of Classical Music

with the Eloysia String Quartet

by Alan Shirley

How lucky we all were to avoid what had earlier been heavy rain to be able to sit out at Michel's and enjoy a super wine and cheese evening listening to this lovely quartet.

It was great to see quite a few fellow residents from other estates too. The choice of music was not just 'classical' and included some contemporary pieces too, including a Scott Joplin 'ragtime' arrangement and also an Elvis classic.

Thank you to all involved and especially to Linda who organised all the logistics.



by Anon

I really believe the pleasure of listening to the quartet was heightened by the charming Almshouse buildings themselves. They're on a human scale (as opposed to high rises) and seemed to make for good acoustics too despite the outdoor playing. The quartet and we the audience sat in the intimate courtyard at Michel's which sits cosily within the enclosed private space made by the arms of the brick houses and a well-placed hedge giving privacy from the street. The space feels inviting and I'm sure that enhanced the recital we heard. It was lovely to catch glimpses of passers-by glancing in, inquisitive in the nicest possible way, peering through a gap near the entrance gate in the railings... they all smiled when they heard the quartet.

Before the recital, we enjoyed sitting under gazebos (protection from the rain that held off) enjoying cheese and wine, all of which were chosen and organised by Linda and assisted by Becky who were very attentive and hadn't forgotten a thing: we were all catered for and fussed over.

This picture showing the plaque and scroll (perhaps of Humphrey Michel) tells us that ten almshouses



were first erected by Humphrey Michel through his bequest of 1695. After his death in 1696, the completion of the buildings passed to his nephew John. It also says the almshouses were in a decayed state and were eventually rebuilt in 1811 with an additional 6 almshouses completed in 1858.

Threads Through Creation

by Derrick Thompson

Following the visit of a group of residents to the *Threads Through Creation* exhibition at Southwark Cathedral, resident Jane Bolden, wrote:

I have always indulged in lots of sewing and needlework including knitting, crochet, and cross-stitch etc, so when I heard about the *Threads Through Creation* exhibition I really wanted to see it. On arrival it was wonderful to view the items, and the stories they were telling.

However, it was when I looked closely at some of the items that my breath was blown away. There were so many tiny stitches creating the patterns ... animals, birds, flowers, everything, and it was stunning to realise how many stitches were needed even for just one bird! Not to mention creating the shapes and colours with those little stitches.

Southwark Cathedral was also beautiful and lovely to see. And I hope I will be able to see more of Jacqui Parkinson's work in the not-too-distant future.



Out and About Group

Bronze Animal Sculptures

by Richard Yardley

It was planned as a good day out to see the *Animal Sculptures*, get a drink and visit the Tate Modern.

Well the best laid plans... We got to Waterloo station alright and started to wait for the bus to St. Paul's which then disappeared from the display board (a trick of the 493 in Richmond!) so it was back into Waterloo and into the underground to St. Paul's.

By this time we needed a cup of tea or coffee, so on to the International Office of the Salvation Army which has a very good restaurant and is open to the general public (we have been before). After something to eat and drink we returned to St. Paul's to see the *Animal Sculptures* by Gillie and Marc who have been called the most successful and prolific creators of public art. Gillie and Marc did the *Table of Love* which we saw last year, *The Lions* in Waterloo Gardens and *The Chimpanzees* currently in Richmond (see page 23).

Also at St. Paul's were some photos of London from a time in the past which are currently on display from The London Archives.

We then got the Uber river bus to St George's Wharf at Vauxhall and the train back to Richmond. We will save the Tate Modern for another day.

Note: time change for our next outing:

The next Out and About Day is the visit to **Asgill House, on Wednesday 23rd October, meet at Richmond Station at 12.30pm.** Please note the time change. (see page 11 for more details on Asgill House.)



FORTHCOMING Out And About Days

Wednesday 23rd October: Asgill House, 12.30 meet. (see page 11)

Tuesday 12th November: The Royal Pharmaceutical Society Museum

Friday 6th December: Kew Sparkle

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

Almshouse Residents Club Outing

Petworth House

by Margaret Goddard

The weather was just right – not too hot, not too cold, not too windy and above all not raining!

It was a pleasant journey down the A3 – not too much of a hold-up at Wisley where unimaginable “improvements” are being made to the junction with the M25!

We arrived at about 11.30 and were warmly greeted at the reception. The house was about a 10 minute stroll away through the park, but there was also a courtesy buggy to drive us (and our walkers) there.

Lunch was served in the café in the old Servants’ Quarters and most of us duly indulged. Some of us explored the kitchens and sculleries – lots of gleaming copper pots and pans, and a trip down Memory Lane with some bits and pieces. An enormous fireplace with a spit big enough for an ox testified to the amount of food which would

have been prepared here for the household and servants.

A visit to the shop gave some ideas for presents though we felt that £6.50 for a jar of jam was a bit steep – come to the Macmillan Coffee Morning for more of a bargain!

A quick tour of the house — unfortunately there wasn’t time for a longer one. It was almost more of an art gallery than a house, the walls covered in paintings, a large number by Van Dyck, Turner and Gainsborough. An ice cream break later and it was time for a buggy ride or walk back to the minibus.

A scenic journey home through the verdant Sussex and Surrey countryside and the privilege of seeing lots of deer grazing in Richmond Park, and we were home, after a lovely day out.

Thank you, Pat, for arranging it.

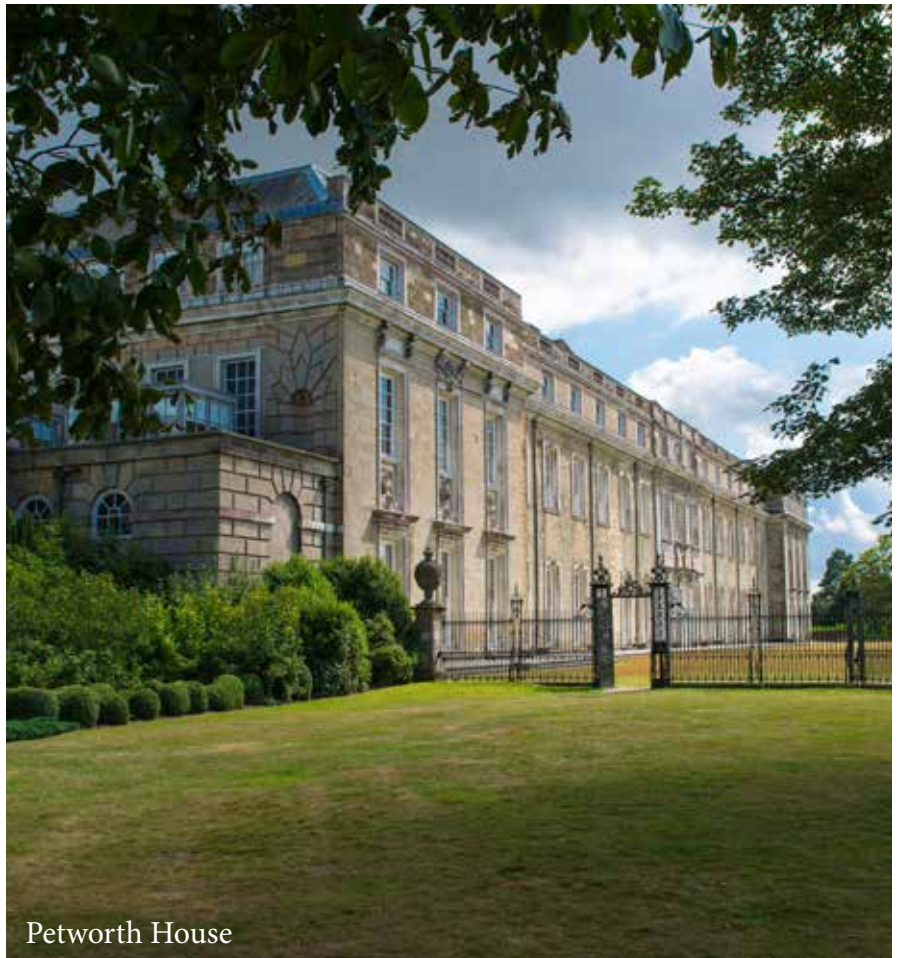
FORTHCOMING Almshouse Residents’ Club events organised by Pat Platt.

Tuesday 15th October: Visit to Squires Garden Centre in Hersham. The cost is £8:00. Transport at 11:00am from Hickey’s.

Tuesday 8th November: Drive around Richmond Park and lunch at Pembroke Lodge. The cost is £5 (for transport only). Transport at 11am from Hickey’s.

Tuesday 19th November: Visit to Cockney Museum, Epsom. The cost is £11. Transport at 11am from Hickey’s. There is a café and shop on site.

If you would like to attend any of the events, please contact Pat Platt directly on 020 8940 4233.



Petworth House

In Memory of Serge Lourie

by **Juliet Ames-Lewis**



I am writing with great sadness to let you know about the sudden death on 10th September 2024 of Serge Lourie, one of our Trustees.

Serge was an extraordinary man who brought all his talents, experience, networks, passion, energy, verve, belief and enthusiasm to his role as a Trustee of The Richmond Charities for nearly 16 years. He was totally committed to his work with us and the objectives of the charity. We were lucky to have him as a Trustee for so long and he will be sorely missed.

He had a remarkable life. A chartered accountant by training, Serge became a Liberal Democrat Councillor for Kew from 1982 to 2010 and was Leader of the London Borough of Richmond upon Thames for 14 years. Amongst many other roles, he was also Chair of the United Kingdom Housing Trust, Kingston Hospital NHS Trust and Sanctuary Housing Association. He was also the General Secretary of Help the Aged and a board member of the London Pensions Fund Authority and the Notting Hill Housing Trust.

As well as being a Trustee of The Richmond Charities, Serge was also a board member of Kew Community Trust and he chaired Poems in the Waiting Room, a British charity providing poetry cards to doctors' waiting rooms in England and Wales.

Serge was a regular runner, taking part in the Richmond Park Run each weekend and he had run 5 marathons, one in each decade in his 30s, 40s, 50s, 60s and 70s. He had planned in the future to run his 6th marathon once he reached 80.

For someone who was always so full of life, it is hard to come to terms with his loss. We will miss him.

Chapel Schedule October 2024

Friday 4th October	3.30pm Celebration of St. Francis with The Bishop of Kingston <i>Followed by refreshments.</i>
Sunday 6th October	10.30am Holy Communion <i>Followed by refreshments.</i>
Sunday 13th October	10.30am Holy Communion 5.30pm Evening Prayer
Sunday 20th October	10.30am Holy Communion 5.30pm Songs of praise
Sunday 27th October	10.30am Holy Communion 5.30pm Evening Prayer

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



Chaplain's Chat

by Derrick Thompson

The days are getting shorter, by the end of this month the clocks will be going back to 'normal' (Greenwich Mean Time) and the glorious colours of autumn are here.

This month we have a new Chapel event, **A Celebration of St. Francis on Friday 4th October**. This simple service of hymns and readings will be led by the Bishop of Kingston, Martin Gainsborough. I'm not sure when the Chapel was last visited by a Bishop, if ever, so please come along and show him what an awesome community we are! There will be refreshments after the service to give us time to socialise together.

Now is the time to put into your diaries our November events, two special services in one day, **Sunday 10th November: The Remembrance Sunday Service at 10.30am**, and the **Memorial Service at 4.00pm**, when we remember former residents and loved ones who have died. Please let me or your Scheme Manager know the names of anyone you wish to be included in the Memorial Service. Praying you have a blessed month!

Film Club



Wednesday 16th October
2pm start in Hickey's Chapel
Refreshments during the interval

The Call of the Wild

Adapted from the beloved literary classic, *The Call of the Wild* vividly brings to the screen the story of Buck, a big-hearted dog whose blissful domestic life is turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon during the Gold Rush of the 1890s. As the newest rookie on a mail delivery dog sled team—and later its leader—, Buck experiences the adventure of a lifetime, ultimately finding his true place in the world and becoming his own master. Cast: Harrison Ford, Omar Sy, Dan Stevens, Director: Chris Sanders, Rating: PG, Runtime: 1h 35m.

If you would like to recommend a movie for Film Club, please send your suggestions to d.thompson@richmondcharities.org.uk

Film Club Review

by Derrick Thompson

In August we enjoyed two Film Club events with the entertaining and true story of the saving of the local theatre and cinema in Carmarthen, Wales, in the film *Save the Cinema*, and in our first 'Special – A Night at the Theatre' with the recorded live version of *An American in Paris* (2018). The latter being very colourful and sounding great through the chapel's upgraded sound system!

The Bara Brith (tea loaf) went down very well at *Save the Cinema*, and the sandwiches and cakes went down well at *An American in Paris*!

So, what next? On Wednesday 16th October at 2pm, *The Call of the Wild* (above). A film for those who used to love watching *Lassie*, as one of the stars is a big-hearted dog called Buck! The other is Harrison Ford. Don't be fooled though, *Lassie* this is not, but a film full of action and adventure as it follows the adventures of Buck from domestic bliss to being a sledge dog in Alaska.

The challenge is what to have for refreshments for this film club? Is Baked Alaska too much of a challenge? Perhaps we'll stick to biscuits this month, just not doggy ones!

History Group

by Derrick Thompson

Tuesday 1st October, 2pm

The members of the History Group have been quietly working away in the background finding out as much as possible about the history of the Chapel of St. Francis and people who have memorials in the chapel, as well as more information about The Richmond Charities Almshouses' various founders and benefactors.

We are meeting in the chapel on Tuesday 1st October at 2pm to share our findings so far and plan how we are going to write our findings up into a booklet.

We would love for you to join us to help with the writing process, or in helping fill some of the gaps in knowledge we still have!

No need to book, just turn up!

Celebration of St Francis of Assisi



**Friday 4th
October
3.30pm
Hickey's
Chapel**

Guest Preacher:

The Bishop of
Kingston, The

Revd. Canon Dr Martin Gainsborough.

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

Followed by refreshments.

Nordic Walking Sessions

with Rosie Cooke

**Wednesday 2nd October
11am**



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

The Next Course:

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**. The starting place is Hickey's Lawn.

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.

Out and About

Asgill House

by **Derrick Thompson**

**Wednesday 23rd
October, 12.30pm**

Each month resident Richard E Yardley does an excellent job of arranging Out and About Days to various places that can be reached using a Freedom Pass. In October I will be joining Out and About for a trip closer to home as we visit Asgill House at the bottom of Old Palace Lane on the side of the River Thames. Dating from the mid eighteenth century and described as “among the last villas of importance to be erected on the banks of the Thames”, Asgill House is not open to the general public, so this is a great opportunity to visit one of Richmond’s less well known historic houses!



Meet at Richmond Station at 12.30pm on the 23rd October to walk down to Asgill House together for a guided tour at 1pm. Afterward there will be the opportunity to go to one of Richmond’s many cafés for a well-earned cup of tea!

I hope to see you there!

Remembrance Sunday

Sunday 10th November, Hickey’s Chapel

Service of Remembrance, 10.30am

A communion service during which we will remember those who died during wars and conflicts with the sounding of the Last Post, a two-minute silence and the placing of poppies.

Medals may be worn.

Annual Memorial Service, 4pm

A service of readings, hymns and music during which there will be the opportunity to remember loved ones by name, light a candle and place their names on a memorial tree.

If you are unable to attend but would like someone remembered in the prayers, please contact Derrick, the Chaplain.



Quiz Night

**Thursday 14th November, 6.30pm
Hickey’s Chapel**

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

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

Team sizes are up to 8. If you are on your own, don’t worry – we can introduce you to another table.

There is a small prize for each member of the winning team. If your group is bigger than 8, please make two (or more!) smaller tables — the smaller teams often win!

Why not give it a go!

Drinks and nibbles will be provided.

Christmas Crafts

with Afternoon Tea

 **Tuesday 3rd
December, 2.30pm**

Hickey's Chapel

We hope you will join us for Afternoon Tea — mulled wine and mince pies.

There will be craft stalls to buy Christmas gifts and treats.

Residents' Christmas Lunch

 **Thursday 12th
December,
12.30pm for
lunch at 1pm**

Richmond Hill Hotel

Scheme Managers will post invitations this month, please complete the form by **Friday 15th November** with your menu and transport choices and return to your Scheme Manager.

Christmas Carol Service

 **Wednesday 18th
December, 6pm**

Hickey's Chapel

Featuring the choir of St Mary Abbots, Kensington.

Followed by refreshments.



Photo credits:
Red Rose by
Alan Shirley,
Kingfisher by
Mick Tinson,
Calendula by
Lesley Cizek



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

Photo credits (clockwise): *Baby Robin* by Serge Lourie, *Richmond Signpost* by Lesley Cizek, *Athene Owl* by Mick Tinson, *Hickey's Almshouses* by Derrick Thompson, *Red Fox* by Mick Tinson, *Leaf Spirit* by Simon Gudgeon, *Kew Gardens* by Jan Thompson.

What do you do on Christmas Day?

by **Derrick Thompson**

There are so many different ways to mark Christmas Day, and to ignore it too! For some people it is a great opportunity to feast with family and friends, for others it is the ideal opportunity to hunker down with favourite foods and a good book or film in splendid isolation!



This Christmas, if you are one of the people who would prefer to mark Christmas Day in company, but don't have family or friends nearby, then Jan and I would be delighted to welcome you to the **Chaplain's House for a traditional Christmas lunch at around 1pm, finishing with the King's Speech at 3pm.** It may be possible to arrange transport if you need it.

If you would like to join us either let me know directly or speak to your Scheme Manager.

I know it's still a few months away, but however you celebrate, I hope you have a happy Christmas Day!

Gatherings over Christmas and New Year

by **Juliet Ames-Lewis**

For the last couple of years, a group of residents at both Hickey's and Michel's have asked the charity to put up a marquee on the lawns at those estates either for Christmas or New Year, so that residents can gather. Residents at estates where there are communal rooms (Church Estate and Wright's) are able to use these rooms to gather if they wish.



The charity is happy again to fund the cost of marquees, tables and chairs for these gatherings at Hickey's and Michel's – these are the estates where it is easiest to put up marquees. Any gatherings that take place in these marquees, however, are open to all residents of the charity and are not exclusive for residents at a particular estate, nor are they exclusive for

a particular group of residents within one estate. They are open to all.

If residents would like to have a marquee up either over Christmas or over New Year, **please will you let your Scheme Manager know by the end of October.** We will need to know the approximate number of residents that you think will take part in a festive gathering to assess whether it is viable to go ahead (which will mean residents will need to decide, collectively, who will be the 'organiser' for the event and they will need to invite/ask other residents on their estate/neighbouring or nearby estates).

We will then see if we can hire marquees of an appropriate size. Once we know if an event is going ahead, we will then ensure/remind all residents so that they can join in if they wish.

Getting To Know You

with Steve Smithson

Where did you grow up?

I grew up in south London and was born in Balham. I was one of five children, one being my twin sister!

What is your favourite music/song from your teenage years and what does it remind you of?

My favourite music is Motown.

I Heard It Through The Grapevine by Marvin Gaye is my absolute favourite — but I do love it all.

Describe your 'happy place'.

Having a beer watching Arsenal win their match.



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

I would travel back to Egypt to see the Pyramids being built and travel along the Nile and see the Valley of the Kings.

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

To have no regrets in your life. So, put down your mobile phone, get off your backside and just do it. Grab life now as time doesn't wait for no one.

Can you describe yourself in 3 words?

Happy, Happy, Happy.



What film or play makes you cry?

The Revenant starring Leonardo Di Caprio which is inspired by true events but stays faithful to Hugh Glass' story of survival and revenge, all set in the most wonderful scenery.

Who is your celebrity crush?

Helen Mirren – she's the best actress and beautiful. If she asked me to take out her rubbish — well, it's a done deal and I would be there!

Who is your favourite live performer/artist and why?

Morecambe & Wise – the funniest two men on the planet.

Who would you invite to your fantasy party/lunch and why?

Lord Nelson, Sophia Loren, Sammy Davis Jr, Henry VIII, Ann Boleyn and finally Boris Johnson, who when he rang the bell I would say "There is no party going on here!!"

Getting To Know You

with Jemima Prasadam

Where did you grow up?

South India, until I was 35 years old.

As a child, what did you want to be?

I wanted to be in the healing profession.

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

Healing.

Describe your 'happy place'.

Anywhere with my family.

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

Always be kind. Smile at people — it doesn't cost you anything.

Can you describe yourself in 3 words?

Content, creation, thankful.

Adelaide Road Almshouses

Spotlight on our Estates

by Lorraine Bradley

Adelaide Road Almshouses consists of four houses on the front of Adelaide Road and a further almshouse tucked away behind. The original four houses were built in 1934 on a patch of vacant ground. The additional almshouse was added in 1985 to accommodate a live-in warden. This no longer is used for staff and is the home of a couple who are residents in our community.

The property has a lovely private walled garden where the couple host occasional afternoon teas for their neighbours. The four homes along the front have a communal garden and their own strip of garden to the rear where they can enjoy the warm sunshine and grow beautiful shrubs. One resident has made a raised bed for growing tomato plants and runner beans which are coming along nicely. It is a friendly small estate with lovely built homes.



Residents' Survey

Coming to you in October

by **Juliet Ames-Lewis**

Every autumn since 2018 we have held Residents' Forums which are an opportunity for staff, trustees and residents to meet and hear comments and suggestions from residents about the charity, our almshouses and grounds and our community, activities and events. In 2020, however, because of Covid, we couldn't gather for forums and so we sent out a Residents' Survey instead, following the previous survey in 2016, to which we had a 53% response rate.

Last year's forums in October and November 2023 were much more interactive than in previous years; many residents attended from all estates and we received a huge amount of valuable information, comments and suggestions, about which we have now fed-back twice to residents to share what we have been able to implement and what we haven't been able to implement, and if so, why.

We have decided this year to do another survey instead of holding forums and we hope that, through the survey, we will hear a wider number and range of responses from residents who may not have wished, or may not have been able, to attend previous forums.

The Residents' Survey will be sent out to you all in October.

I would please encourage you all to complete it so that we can hear your thoughts and take action where possible.

Free Courses and Information

MSE's Academy of Money

MoneySavingExpert (MSE) has produced a new free badged course to give you the skills and knowledge to master your finances. The course was written by The Open University, with MSE providing support and guidance.

Packed with videos, audios, quizzes and activities, the course covers all the key aspects of personal finance in six sessions of study that each take around two hours to complete.

www.open.edu/openlearn/money-business/mses-academy-money

Alison Courses

Alison is an online learning platform that offers free, self-paced courses on a variety of subjects. Alison courses are designed to be easy to follow and well-structured. Some of the topics covered in Alison courses include:

- Technology
- Language
- Science
- Health
- Humanities
- Business
- Maths
- Marketing
- Lifestyle

alison.com

Libby App

Libby is a free app that allows users to borrow and access digital content from their public library, such as ebooks, audiobooks, and magazines, newspapers.

Libby offers a variety of resources, including catalogue guides, extras, and learning and entertainment resources.

To use Libby, users need a library card and can download the app from the Apple App Store, Google Play, Amazon Appstore, or libbyapp.com.



And the Good News is....

Curated by Mike Townsin

- 102-year-old Manette Baillie, who served in the Wrens in WWII, jumped from a plane at 7,000ft over East Anglia to celebrate her birthday, making her Britain's oldest skydiver; for her 100th she had driven a Ferrari at 130mph around Silverstone.

- Until wolves became extinct in the 18th century, they were responsible for the spread of woodland flowers from seeds picked up in their fur. Now pet dogs equipped with perforated backpacks full of 23 types of seed, including bluebells, orchids and foxgloves, have been enlisted to re-wild a stretch of woodland in East Sussex by roaming around the area.



- Una Cameron, a Scottish sheep shearer has broken a world record by shearing 517 sheep in nine hours; she beat the previous women's record by 59 sheep, set by a New Zealander at a farm in Cornwall earlier this year.

- A 2000-year-old beautiful intact mosaic depicting brightly coloured dolphins and fish has been excavated during work to locate a temple in Wroxeter Roman City. The city was established around AD90.

- Residents of Beckenham just raised £3,000 to send Paul Spiers, a road sweeper, on holiday to Portugal; he had only been abroad once before. His employer had said staff were not allowed to accept gifts and wouldn't let him go, so local residents got around it by entering him into a £3,000 competition via a travel agent designed so that only Mr Spiers could win!

Advisory

In our September issue of the magazine, we commented on the Chancellor's reported plan to restrict winter fuel payments to recipients of Pension Credit (which Age UK and other charities have urged her to reverse).

We also explained that as long as your income and savings do not exceed **£218.15** weekly for a single person or **£332.95** for a couple, you are not only entitled to Pension Credit but also to several other benefits including free dental treatment, help with the cost of glasses, housing benefit and council tax reduction. **Age UK has a free and confidential Welfare Benefits Service: a new claim for Pension Credit made before 21st December might qualify you to also receive the Winter Fuel Payment. Call 020 8878 3546 or email: welfarebenefits@ageukrichmond.org.uk.**

But there is one more thing to be aware of: whilst all this is assessed at the time you claim benefits, you must report to the benefits department any changes to your circumstances which result in savings rising above **£10,000** (e.g. receipt of an inheritance, other windfall or a gradual increase in your bank account balance); this may affect your entitlement and is a legal requirement.

As we said last month, benefit entitlement is a complex area, so if in doubt please seek advice: this can be from Age UK (as mentioned above), Citizens Advice, or your Scheme Manager who can refer you to the charity's benefits advisor.

NB. Following publication of the Chancellor's October budget, we will issue another Advisory explaining any aspects of it which may specifically affect you as residents.

Local News, Events & Information

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



3rd October
Online talk: Sarah McGrady
 7pm - 8pm.
A Woman's Place: How the Royalist Women of Ham House Defended Their Home, fought for the crown and got away with it!. Free. Book tickets at: www.ticketsource.co.uk/luminaries/a-woman-s-place

6th October
Kew Village Market
 10am - 2pm. With around 45 stalls selling quality food and crafts, and a party spirit with live music from local bands. Kew Village Market is famous as the finest, friendliest market in the area. More info at kewvillagemarket.org



6th October
Phil Dexter Live
 5pm. Singing all of your favourite covers from the 60s right up to today's charts! Phil loves to take requests, adding his own unique twist with distinctive locals that has drawn comparisons to Kelly Jones (Stereophonics) and even Rod Stewart. It's a great way to enjoy the classics in an intimate venue. The Mitre Pub, 20 St Mary's Grove, TW9 1UY. Free.

12th October
Twickenham Record Fair
 9am - 3.30pm. The Twickenham Record Fair has over 20+ tables of collectable and new vinyl + CDs and music memorabilia. St Mary's Church Hall, Church Street, Twickenham, TW1 3NJ. £1 Entry donation.



13th October
Simon and Jon Live
 5pm. A gypsy jazz guitar duo that celebrate the music of the legendary Django Reinhardt & The Hot Club of France. Upbeat & swinging tunes from the 20s & 30s including bebop and beyond. The Mitre Pub, 20 St Mary's Grove, TW9 1UY. Free.

16th October
Coffee & Crafting, Richmond Museum.
 1pm - 3pm. Blackwork embroidery, inspired by mourning wear and ghost stories from Richmond Palace! For more info on the many other afternoon workshops, exhibitions and events, visit www.museumofrichmond.com or drop by Tue - Sat, Old Town Hall, TW9 1TP.



20th October
Simone and Alex Live
 5pm. Simone and Alex are an acoustic duo playing a versatile mix of genres from Jazz and RnB to Pop and Rock. The Mitre Pub, 20 St Mary's Grove, TW9 1UY. Free.

Saturdays and Sundays
Duck Pond Market.
 11am - 4.30pm. In the centre of Richmond, tucked between Hill Street, Bridge Street and the riverside is elegant Heron Square, home to Richmond Duck Pond Markets every weekend. Free. For details on this market as well as other events, visit duckpondmarket.com

Resident Poetry

This poem was written by the late, great Spike Milligan and is a favourite of Norman Bramfitt's (Houblon's resident). He wanted to share it with others, and with it, a smile.

If you wish to share a poem, that has meaning to you, send it to your Scheme Manager.

Smile

by Spike Milligan

Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too

I walked around the corner
and someone saw me grin
When he smiled I realised
I had passed it on to him

I thought about the smile
Then realised its worth
A single smile like mine
Could travel round the earth

So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.



Miscellany

Curated by Mike Townsin

- *Parrorexia* is the desire to eat strange foods.
- 20 – 20 vision is not perfect, just normal.
- The Queen owns several pubs including one called the Windsor Castle.
- There's a spa in the Czech Republic where you can bathe in beer.
- *Seelenklempner*, German for 'psychiatrist', literally translates as 'soul plumber'.
- Counting sheep to get to sleep keeps you awake for longer.
- In the Cabinet Office at 10 Downing Street, the Prime Minister's chair is the only one with arms.
- In 2018, a plane full of Norwegian plumbers had to turn back because of a broken toilet.
- Winston Churchill trained his pet budgie to walk up and down his dining-room table carrying a salt spoon.
- *Crytoscopophilia* is the urge to look through the windows of someone's house as you pass by.

Wit and Wisdom

Curated by Mike Townsin

The trouble with Freud is that he never played the Glasgow Empire on a Saturday night. **Ken Dodd**

We sleep safely at night because rough men stand ready to visit violence on those who would do us harm. **Winston Churchill**

Every kind of writing is good save that which bores. **Voltaire**

Truth is rarely pure and never simple. **Oscar Wilde**

All gardeners know better than other gardeners. **Chinese proverb**

Every child is an artist. The problem is how to remain an artist once we grow up. **Picasso**

I touch people. I think everyone needs that. Placing a hand on a friend's face means making contact. **Diana, Princess of Wales**

Desperation is sometimes as powerful an inspirer as genius. **Disraeli**



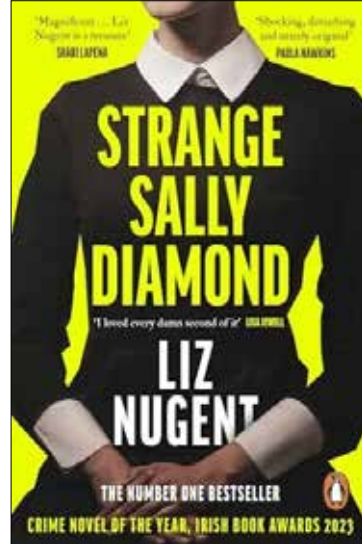
Holmes: *I followed you.*
 Watson: *I saw no one.*
 Holmes: *That is what you may expect to see when I follow you.*
Arthur Conan Doyle

Page Turners

Book Review by Kate O'Brien

Strange Sally Diamond

by Liz Nugent



While I would recommend this novel, I would also add a warning. As per the title, Sally Diamond is definitely strange (the opening paragraph throws you straight into her world where

she takes everything literally), but there are very good reasons for her to be so.

This book is described as a 'crime' novel, but it is much more than that. There are crimes, but it is definitely not a whodunnit — we do know who did it, although it is quite a way through the book before we find out what they did.

In an interview, Liz Nugent said she was inspired by the character of Boo Radley in *To Kill a Mockingbird* — a recluse ... Why had he been locked up? Why was he reclusive? But, she says, she went a lot darker than Harper Lee!

It's hard to provide much detail of the story without giving away what I thought was a very clever and intriguing plot with many twists and turns. It is not a book for the faint-hearted, but I found it well written and very thought provoking. But if you are looking for a cosy Agatha Christie type mystery, this is not the book for you!

If you have read a book that you love, send your review to c.richards@richmondcharities.org.uk

Gum Health

by Debbie Flaherty

Open wide and check your mouth in a mirror. If you see pale pink firm gums around your teeth this is a good sign. If, however, they are red and swollen and receding and there is a pink tinge or blood when you swill out your mouth after brushing and flossing it is a sign of gum disease. This can lead to a long list of health issues including dementia, type 2 diabetes, lung and heart disease and by the time we reach our fifties and sixties most of us are susceptible.

The good news is that you can improve your gums by getting back to basics using a toothbrush held at a 45 degree angle to the gum line twice a day. Flossing is advised but interdental brushes are far more effective. A mouthwash used daily is advisable.



Depending on the state of your gums you need to brush for 6 – 10 minutes a day but this is quite a commitment.

It is important to see your dentist and hygienist regularly as there is plenty that can be done.

Happy brushing!

Nutrients That May Benefit Gum Health

At the moment, the research linking specific foods to better gum health is limited. However, scientists have drawn a number of conclusions from the research that is available regarding some nutrients that may benefit gum health.

Vitamin C: Foods that contain vitamin C may reduce gum inflammation, according to an article published in *Frontiers in Nutrition*. The NHS notes that many fruits and vegetables contain vitamin C, but some of the best sources include citrus fruit, berries and leafy greens.

Vitamin B12: An article published in the *International Healthcare Research Journal* suggests that vitamin B12 may support gum health. Animal products, such as milk, eggs and meat, are good sources. In addition, some cereals are fortified with B12.

Omega-3 fatty acids: A diet that's rich in omega-3 fatty acids may play a role in keeping your gums healthy, too. As a study published in *BMC Oral Health* reports, there is evidence showing that they help to regulate inflammation in the gum tissues. Some good sources include flaxseed oil and fish.

Source: www.colgate.com

Debbie's Household Tips

- Don't throw away old toothbrushes as these can be a very useful tool. When you have finished with them rinse under boiling water to kill any germs. Then use it to get into any nooks and crannies that your vacuum cannot reach. Toothbrushes are very useful to clean around taps and drains.

- To mask strong smells in your fridge cut a lemon in half and place one half on the top shelf and the other half on the bottom shelf. Renew when necessary.

- Toasters: After unplugging, use a pastry brush to clear crumbs out of your toaster.

- If your sofa is looking a little worse for wear and you do not have any upholstery cleaner to hand, try dabbing a little shaving foam on any stains, leave for a while then blot away to remove the foam and the stain.

- If your patio furniture has any rust stains dab some ketchup on the area – the rust will lift right off.

Art Corner

Photographs by Brian and Connie Yorke

This month we feature photographs of chimp sculptures you may have seen around Richmond, taken by Brian and Connie Yorke of Benn's Walk. These are part of a 'Chimps are Family' trail set up by Gillie and Marc Art, Be Richmond and WWF UK to highlight the importance of wildlife conservation.



Jaska, aged 17.
Walking at Richmond station.



Anya, aged 14 and Hugo, aged 4.
Family at The Quadrant.



Noah, aged 6. *Nest Making* in George Street.



Alex, aged 10, and Owen, aged 12. *Conflict* on the riverside.



Asher, aged 5, and Isaac, aged 7. *Chimp Laughter* on Richmond Green.



Gertrude, aged 8. *Throwing* Top of Terrace Gardens.



Esme, aged 47. *Grief* on Terrace Gardens.



Luca, aged 8 and Aidan, aged 2. *Play* on the river bank.

Who Am I? (Member of Staff)

Solve the cryptic clues to identify this member of staff.

1. I'm a qualified cook.
2. If I lived where I was born, it would take a long time to get to work every day.
3. I love to travel, especially if water is involved.
4. I used to work at a stables and have been known to clear a few jumps.

My guess is:.....

Answer in next month's issue!

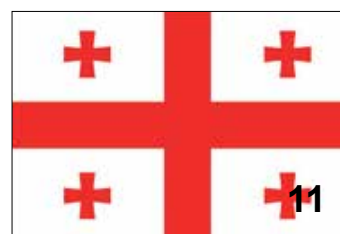
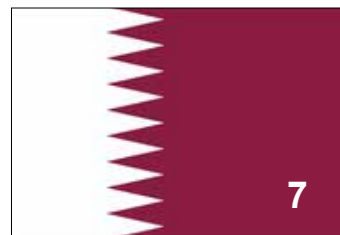
Competition Winners

Thank you to everyone who sent in entries for the Picture Quiz Crossword and the Wordsearch in our September edition. Picked at random, our £10 voucher winners this month are:

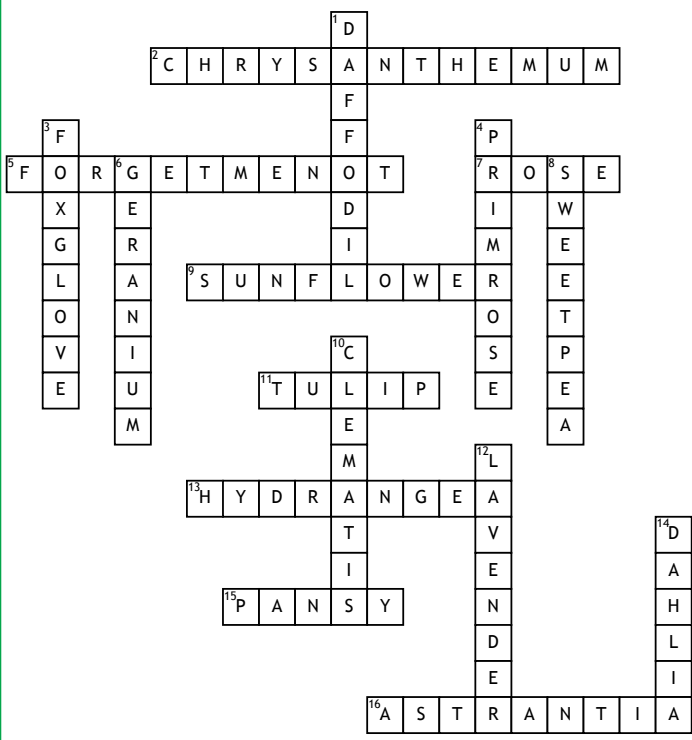
Ron Bronks – Picture Quiz Crossword

Brian Yorke – Wordsearch

Congratulations!



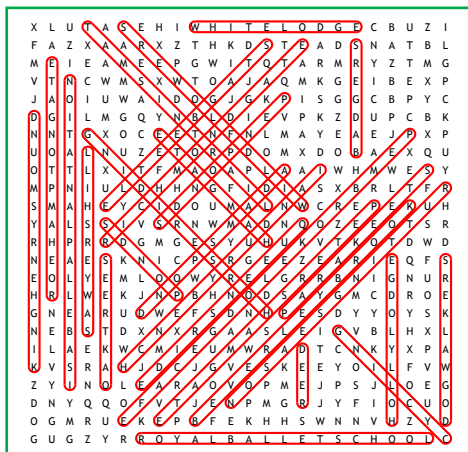
Picture Crossword Answers September



Wordsearch Answers September

Who Am I? Answer for September

Mick Tinson



Picture Quiz

Flags of the World

Across

- 3. Picture 19
- 4. Picture 11
- 8. Picture 13
- 10. Picture 5
- 12. Picture 6
- 13. Picture 21
- 15. Picture 12
- 17. Picture 7
- 18. Picture 3
- 20. Picture 10
- 21. Picture 25
- 22. Picture 18
- 24. Picture 8

25. Picture 1

Down

- 1. Picture 17
- 2. Picture 20
- 5. Picture 9
- 6. Picture 23
- 7. Picture 22
- 9. Picture 15
- 11. Picture 2
- 14. Picture 24
- 16. Picture 4
- 19. Picture 14
- 23. Picture 16



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 18th October.

NAME:

Wordsearch

28 Famous British Authors.

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

- | | | | |
|-----------------|-------------------|---------------------|------------------|
| E. M. Forster | Emily Brontë | Daniel Defoe | Ian McEwan |
| Ian Rankin | Michael Morpurgo | H. G. Wells | Rudyard Kipling |
| John le Carré | Lewis Carroll | Richard Adams | Geoffrey Chaucer |
| George Eliot | John Tolkien | William Shakespeare | Thomas Hardy |
| C. S. Lewis | Daphne du Maurier | Iris Murdoch | Ian Fleming |
| Jane Austen | Charles Dickens | George Orwell | J. K. Rowling |
| Agatha Christie | Roald Dahl | Charlotte Brontë | Virginia Woolf |

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 18th October.**

Name:.....

Answers in next month's issue.

Lore

by RS Thomas

Job Davies, eighty-five
Winters old, and still alive
After the slow poison
And treachery of the seasons.

Miserable? Kick my arse!
It needs more than the rain's hearse,
Wind-drawn, to pull me off
The great perch of my laugh.

What's living but courage?
Paunch full of hot porridge,
Nerves strengthened with tea,
Peat-black, dawn found me

Mowing where the grass grew,
Bearded with golden dew.
Rhythm of the long scythe
Kept this tall frame alive.

What to do? Stay green.
Never mind the machine,
Whose fuel is human souls.
Live large, man, and dream small.

Poetry Corner

by Nigel Davis

RS Thomas, the Welsh poet, was a bleak man who wrote much bleak poetry. As a church minister in remote north-west Wales, he saw at close hand in the middle of the last century the harsh and unremitting lives of the local farmers, eking out a subsistence living as best they could on the bare hills.

Still, this poem is a bit more upbeat than most of those he wrote on this subject. The farmer here introduces himself as Job Davies. Note the name Job (a name synonymous with stoical suffering) and his age as expressed in “winters” — two typical bleak Thomas touches.

But then Job shifts into positive gear. He is fit, he is active, he is continuing to farm as his father and grandfather and great-grandfather before him have done: and what is more, he is doing it in the way they did it. Not for him the tractor or machine — the scythe will do. And not for him either any wider ambitions — instead, “dream small.” Well, it is a viewpoint (Thomas himself was fiercely opposed to modernization). It is difficult not to think that a tractor would greatly have eased Job's life. But would it have made him any happier?



