

YOUR
ALMSHOUSE
MAGAZINE

NOVEMBER 2024



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Welcome

We offer a warm welcome to our new resident Brian Myhill, Wright's Almshouses

Farewell

It is with great sadness that we say goodbye to Jean Shurgold, Wright's Almshouses, who has moved to a care home.

Your Words and Photos! Contribute to our Next Issue

If you would like to contribute to our next issue, the deadline is **Friday 15th November**.

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:

*Autumn at Thomson Pond
by Jan Thompson*

Contents page:

*Spindle Hedge
by Annalise Ruck*

Editorial Committee & Content:

Juliet Ames-Lewis
Lorraine Bradley
Rebecca Evans
Debbie Flaherty
Chantal Richards
Derrick Thompson
& Mike Townsin.

Magazine Design:

Chantal Richards
& Eden Richards

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

Editorial Letter

Dear Residents,

We hope that you are enjoying our 'new look' Almshouse Magazine which we deliberately titled 'Your Almshouse Magazine' as that is what it is! We know that you all feel part of The Richmond Charities' community and the magazine plays a really key role in bringing us all together.

In September, Chantal, Becky and I held a Focus Group with a small gathering of residents to hear their feedback on the new look magazine design and content. It was a really positive meeting and so many excellent ideas were put forward for new content and ways in which we could encourage more residents to contribute to the magazine.

Residents said that the magazine was the 'heartbeat' of our community, which I thought was a lovely way of expressing it. From all the new ideas put forward, we have kicked off with a new column this month called 'Recipe Corner' with a recipe from Jenny Heathcote (page 20). We would love to have more contributions from residents for this column. With the recipes, we are looking in particular for easy air fryer recipes or recipes that mean something to you and your family, and perhaps have been passed down the generations. We will be rolling out other new columns in forthcoming editions.

We are always also looking for residents to contribute to Art Corner, Getting to Know You and Residents' Interviews so please don't be shy and do come forward! We hope to hold more focus groups with residents from different estates in the future. One other idea that came out of the Focus Group is to have 'Resident Roving Reporters' who could talk to other residents and generate new articles – if this appeals to you, please do let me know. It really means a lot to have feedback from you all on the magazine – the Editorial Committee puts a lot of time and effort into it and it is lovely to hear (more widely, not just from the Focus Group) that residents appreciate the new look – indeed, one resident has framed the front covers to put on their wall!

Best wishes, Juliet

The Full of Life Fair with The Richmond Charities

by Rebecca Evans

Once again, we were delighted to take part as stallholders at the Full of Life Fair, held at Twickenham Stadium in September. The day-long event, which is free to attend, is a key occasion for older residents and their carers from across the borough.



The fair brings together a wealth of information on local services, activities, businesses,

groups and organisations, all conveniently under one roof. Attendees enjoyed a full schedule of demonstrations, including chair Zumba, massages and healthy food ideas.

We are particularly grateful to our wonderful residents David Baker, Lissa Good, Alan Shirley and Lesley Cizek, whose invaluable assistance helped make the day a success. Their efforts in sharing information about The Richmond Charities and promoting our vibrant community were greatly appreciated.

Macmillan Coffee Morning

by Pat Platt

The Almshouse Residents' Club held their annual Macmillan Cancer Support coffee morning in Hickey's Chapel on 27th September.

It was in fact our 20th such event and this year, thanks to the helpers and residents that supported us, we managed to raise £583. I'm sure Macmillan will be very grateful — as they say every cup of coffee helps to raise much needed funds.

So, thank you!



Celebration of St Francis of Assisi

by Margaret Goddard

We sang; we asked pardon for our failings and were forgiven; we listened – to readings from the Bible and to wise words from Bishop Martin (Bishop of Kingston); we prayed; we acclaimed God as Lord; and were blessed. Then we partied!

Why? What or whom were we celebrating?

4th October is the Feast Day of St Francis of Assisi and our chapel is dedicated to him. St Francis is best known as the patron saint of the environment, for his love and care for all creation and for all living things. But there was much more to him than that.

A rich and wild young man, he came to embrace poverty and owned nothing — not even the clothes he wore! Others joined him in his poverty and way of life and an order of monks, of friars, was born. He and his followers toured all over Europe preaching the Good News of Jesus and spreading peace by their example – using words when necessary.

That peace is his legacy to us, his essential message, the task he has left us, our vocation.

‘Make me a channel of your peace...’

Thank you, Bishop Martin, for leading us in worship and for your message of peace to us.



Left to right
Margaret Goddard,
Revd. Jemima Prasadam,
The Bishop of Kingston, Revd.
Canon Dr. Martin Gainsborough,
Revd. David Thomas and
Sheila Walker, who all
took part in the service.

Harvest Supper Sellout!

by Derrick Thompson

After a lovely traditional Harvest Service on Harvest Sunday, it was a full house for Harvest Supper in the Chapel of St. Francis on Harvest Monday. Autumn vegetable and leek and potato soups made by Derrick were served to guests by Juliet and her husband Mark. After the soups had been eaten with chunks of fresh bread and butter the diners took a rest from eating while Mark went from waiter to pianist and helped us sing some harvest songs.



Then came sweet apple and blackberry farmhouse crumble or rhubarb and ginger cheesecake or a bit of both! Of course, the food was all washed down with some tasty wine or fruit juice and a time of good company was enjoyed by all. In fact, we were having so much fun we forgot to take any pictures!

After the celebrations were over the Harvest Display was packed away and eight bags full of foods and toiletries were delivered to the Vineyard Foodbank, who were very grateful to receive them.



Out and About Group

Florence Nightingale Museum

by Angela Greaves

Five residents met at Richmond Station and took the train to Waterloo. A short bus ride took us to a stop near St Thomas's hospital. We found the Florence Nightingale Museum tucked down a side road. Most of our group only had vague memories from our school days of Florence Nightingale's life, however, once inside we were enthralled with a guided tour by a highly knowledgeable volunteer. A very interesting talk and an hour later we were buzzing with the history of this wonderful lady who lived a very full life.

The exhibition was small but wonderfully laid out with illustrations, interactive speakers and exhibits in a maze of information and colour. The shop at the entrance was stocked with all sorts of wonderful gifts and mementos. The usual entrance to this museum costs £12.00 each, however, our champion leader, Richard, had found out that this weekend London had an open day and entry was free!

We found out all about Nightingale, one of our greatest Victorians, the founder of modern nursing, a healthcare pioneer and discovered more about her legacy. We saw the lamp she carried during the Crimean War, her medicine chest, her best-seller *Notes on Nursing* and her pet owl Athena!

Florence was a pioneer, whose research into disease control shaped how hospitals run wards and manage infection control. Her meticulous attention to detail and record-keeping lay the foundation for modern nursing today. She established her own nursing school at St Thomas' hospital in 1860. She will always be remembered as The Lady of the Lamp, who tenderly nursed soldiers during the Crimean War. She also wrote over 200 books, pamphlets and articles. She died in 1910.



Our group thoroughly enjoyed this museum and went away with proud thoughts of this wonderful lady who achieved so much in London and the whole world. It was her calling and nothing would stop her achieving her dream despite being ill most of

her later life and receiving much opposition from her family.

A highly recommended trip, thank you Richard for the research and guiding us through this wonderful experience.

FORTHCOMING Out And About Days

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.

Out and About Group

Chihuly Glass Exhibition at Chelsea Barracks

by **Angela Greaves**

Ten residents met at Richmond station and took the tube to Sloane Square. First stop was Peter Jones, a beautiful multi-storied store, where we enjoyed coffee and croissant or a cream tea. The view across London from the restaurant was stunning.

A short journey by bus to Chelsea Barracks to the prestigious square where there was an exhibition of glass by the renowned American artist, Dale Chihuly.

Thoughtfully placed throughout Chelsea Barracks in Belgravia, the outdoor programme welcomes the public to explore art amongst its architecture and public grounds, embracing the creativity and community of the development.

Across his 60-year career, Chihuly has used glass to explore the way form interacts with light and space, creating installations in harmonious dialogue with the environments in which they are sited, and inspiring new perceptions of space. His latest selection of works features four installations at Chelsea Barracks.

Electric Yellow and Deep Coral Tower (2017)

A soaring structure of up-stretched tendrils in radiant yellow and coral hues, this tower of hand-blown glass forms affixed to a steel armature evokes flames and, though static, suggests a riot of writhing movement.



Amethyst Reeds (2024)

Chihuly's Reeds made their debut during the groundbreaking 1995–96

Chihuly Over Venice project. Reminiscent of the icicle forms common in his Chandeliers and Towers, Reeds became the most extreme expression of this elongated form, at up to three metres tall each.



Mulberry Square Fiori (2024)

The name of Chihuly's Mille Fiori compositions is scarcely an exaggeration. Italian for a *thousand flowers*, these arrangements of glass in every conceivable shape become lush gardens of what may as well be living forms.



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.



Inner Guidance Meditation Sessions

Promoting Health and Wellbeing

Tuesday 5th November, 11am

Hickey's Chapel



Deborah has completed the latest course of Meditation Sessions. The course has been really successful with wonderful positive feedback.

"Thank you to Deborah for the 12 weeks of guided meditation. Each of us started from wherever we were and, guided by Deborah, we experienced the joy of coming together in a group to meditate weekly and to deepen our practice. Even if you have a superficial feeling of curiosity about meditation, it's worth taking that sign seriously! You may discover that it will be more than it at first seems"

If you feel you would like to take part, why don't you come and join in with our next 6-week course on Tuesdays between 11-12 noon in Hickey's Chapel.

***Your journey begins
from within.***

Are you ready to join her?

Numbers are limited, so if you would like to join in, please let your Scheme Manager know and they will book your place.

Quiz Night

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

If you haven't been to Quiz Night before - why not give it a go? 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!

It has been suggested that smaller teams would give a better chance of everyone participating, as it will be easier to discuss the questions without neighbouring teams overhearing! So we will try teams of up to 6. 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 6, please make two (or more!) smaller tables — the smaller teams often win!

Why not give it a go!

Please note the change of time to 6.30 (to allow Emma time to get back from work!). Drinks and nibbles will be provided.

ARC Outing

**The Original Cockney Museum, Epsom
Tuesday 19th November, time TBA**



ARC have arranged an outing to The Original Cockney Museum in Epsom.

The concept of The Original Cockney Museum had long been a dream of George Major since he was 20 years of age, the Pearly King of Peckham. You will be walking through that dream ever since the day he acquired the Pearly

Crown Jewels as they are known.

For those not in the know, the Crown Jewels are a collection of Pearly Kings' and Queens' suits and other fascinating and historically significant artifacts dating back some 179 years! George's, in fact, is the only known collection of its type.

The museum celebrates the unique history and heritage of the cockney tradition and provides an enthralling insight into the evolution of old London cockney coaters and pearlyies.

As you tour around this amazing museum, you can dance and sing along to the *Lambeth Walk* and also you will be hearing real old cockney songs which we're sure you'll be singing along to while you enjoy the exhibits. The Original Cockney Museum won the Prestige Award for the Best Museum of 2023.

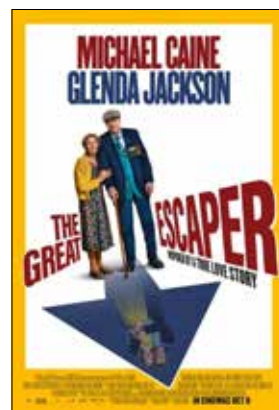
If you would like to attend, please speak to your Scheme Manager or contact Pat Platt directly on: 020 8940 4233 to book your place. The outing costs £11.

Film Club

**Wednesday 20th November, 2pm
Hickey's Chapel**

The Great Escaper

Michael Caine and the late Glenda Jackson bring their A-games to this true-life heart warmer about the 89-year-old second world war Royal Navy veteran Bernard Jordan, who in 2014 jauntily sneaked out of his seaside care home (where he lived with his wife Irene) on a secret mission to get aboard a cross-channel ferry and attend



the 70th anniversary celebrations of the D-day landings in Normandy.

Cast: Michael Caine, Glenda Jackson
Director: Oliver Parker
Rating: 12.
Runtime: 1h 35m

Refreshments during the interval.

Farewell to Wilma Roest

**Sunday 24th
November, 6.30pm**

St Mary Magdalene

by **Juliet Ames-Lewis**



Wilma Roest has been the Team Rector of the Richmond Team Ministry since 2016 and Vicar of St Mary Magdalene, Richmond.

As part of her role there, she became an ex-officio Trustee of The Richmond Charities and we have been so lucky and privileged to have Wilma as a Trustee for the last 8 years. She has also been in recent years Chair of our Welfare Committee and has carried out many consultation meetings with applicants for almshouse accommodation.

Wilma has decided that the time is right for her to move on from Richmond and she has resigned from her post, which also means that we will lose her as a Trustee. Wilma has decided that now is the time for her to begin the next phase of her life as she works towards retirement. We will miss her hugely, and we will send her on her way in November with all our love and thanks.

Her final service at St Mary Magdalene will be at 6.30pm on Sunday 24 November and all are welcome.

Christmas Is Coming!

by **Derrick Thompson**

Looking forward to December, there is an opportunity to enjoy a Christmas Carol Service with The Salvation Army at Staines on Sunday 1st December at 6pm. I am hoping to have a minibus to take us to this free event where you can hear The Salvation Army band and choirs, sing some great carols and enjoy a real nativity scene. Want to join me? Then let me or your Scheme Manager know. We will be meeting at Hickey's at 4.30pm to travel across to Staines, returning by about 8.30pm.



**Christmas
Carol
Service**

with The
Salvation
Army Band,
Choirs, Carols
& Real Nativity.

Sunday 1st December

Meet at Hickey's Chapel at 4.30pm
to travel by RAKAT mini-bus
to Staines Salvation Army Church
in Ashford, Surrey

Free event

Booking is essential
through your Scheme Manager or Derrick

Later in December there will be our own Carol Service on 18th December at 6pm. The theme is '*I Believe in Angels*', with readings and carols about Angels, as well as music from the St. Mary Abbots Choir.

We will finish Christmas off on Monday 6th January at 3pm with a *Nativi-tea And Christingles* afternoon. We will add the Magi (Wise Men) to the Nativity Scene, enjoy some tea and cake, and make Christingles to take home. At both the Carol Service and Nativi-tea there will be collections for The Children's Society, the largest provider of care to children in the UK – so please give generously!

Afternoon Tea with Christmas crafts

 **Tuesday 3rd
December, 2.30pm**

Hickey's Chapel

We hope you will join us for a Christmas afternoon tea – mulled wine, mince pies and craft stalls on Tuesday 3rd December, 2.30 – 4 pm in Hickey's Chapel.

There will be festive music played by Norman May, The Avenukes and The Twickenham Ukulele group.

Residents' Christmas Lunch

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

Richmond Hill Hotel

Please complete the form with your menu choices and transport requests and hand back to your Scheme Manager.

Deadline to return forms is Friday 15th November.

Parkshot Singers

**Coming to
entertain us!**

 **Friday 6th
December, 3pm**

Hickey's Chapel

Everybody welcome – just turn up. Tea and cake will be served after the concert.

Christmas Carol Service

 **Wednesday 18th
December, 6pm**

Hickey's Chapel

Featuring the choir of St Mary Abbots, Kensington.

Followed by refreshments.

(See poster on the right)

Annual Candlelit Carol Service

'I believe in angels'

**Hickey's Chapel
Wednesday 18th December
at 6pm**

**Readings, carols and music about the
Angels of Christmas.**

**With The Choir of St Mary Abbots,
Kensington and their Director of Music,
Mark Uglow.**



Chaplain's Chat

by Derrick Thompson

Although the first of November is the Celebration of All Saints, I always find it to be quite a subdued kind of month as the nights get longer and we enter a season of remembrance.

Firstly, with All Souls, then Remembrance Sunday, including our Annual Memorial Service. All occasions when we remember those who have died, and perhaps are reminded of our own mortality.

Thank goodness the month ends with the beginning of Advent (as well as my wedding anniversary) and we can start to look forward with hope to Christmas! For the moment, though, we stop and remember.

Our Annual Memorial Service is on Sunday 10th November at 4pm. During the service, as we read the names out of former residents and loved ones who have died, there will be the opportunity to light a candle and leave a message on the memory tree.

If there is someone you would like to be named in the service, please let me or your Scheme Manager know. Alternatively, write the name onto the list at the back of Chapel.

At the service that morning we will stop and hold the two-minute silence as we remember those who died in the two World Wars, and



conflicts since.

Even if you don't normally attend Chapel it would be good to welcome you on this important date in our national calendar. Blessings!

Chapel Schedule November 2024

Sunday 3rd November <i>All Saints Sunday</i>	10.30am Eucharist of All Saints <i>Followed by refreshments</i>
Sunday 10th November <i>Remembrance Sunday</i>	10.30am Holy Communion with an Act of Remembrance 4pm Annual Memorial Service — See poster for details
Sunday 17th November	10.30am Holy Communion 5.30pm Songs of Praise
Sunday 24th November	10.30am Holy Communion

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

Thursday Fellowship

Hickey's Chapel

Our new 'Thursday Fellowship' has got off to a good start with a number of residents meeting with Derrick for fellowship with tea, coffee and biscuits, informal prayer and a short bible study.

We meet in Chapel **most Thursdays at 2.00pm and finish at 3.30pm**. No need to book, just turn up! We look forward to welcoming you!

Plans for 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.

However you celebrate, I hope you have a happy Christmas Day!

Getting To Know You

with Jackie Golding

As a child, what did you want to be?

I wanted to be an air hostess/flight attendant. I always thought it was such a glamorous life.

Who is your favourite live performer or artist and why?

I love *Cliff Richard and the Shadows*. Their music takes me back to the 60's.

Describe your 'Happy Place'

My happy place is my memories of going on holiday to my Nan's in East Sussex as a child.

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

Be kind to people, and listen to them.

If you could be a star in movie — what movie would it be?

I would love to star in any *James Bond* movie.

Is there anything you've recently watched on TV or at the cinema which you would recommend?

I have been watching Miriam Margoyles in *An Australian Adventure*. I think she is hilarious, especially when she toured Scotland with Alan Cumming in a camper-van.

Can you describe yourself in three words?

Kind, caring and thoughtful.

If you were an animal, what would you be?

I would be a koala bear. They are so cute and cuddly.

What film or play makes you cry?

Goodnight Mr. Tom starring John Thaw.

What is your guiltiest pleasure?

Eating a Magnum ice lolly.

Who is your celebrity crush?

I have always had a crush on Bruce Welch from *The Shadows*.

New Almshouse Developments

by Mick Tinson

Queen's Road

On Wednesday 24th September 2024, staff, trustees, and everyone closely involved with the project gathered to raise a glass and celebrate a significant milestone with a *Topping Out Ceremony*. This marks the completion of the final structural element at the

highest point of the build. The photo shows the intricate roof structure in flat No.12 on the 3rd floor. Fortunately, the floor screed set just in time, providing a nice level surface for the event.



Topping Out Ceremony

Despite the challenging weather over the past few weeks, London House and the team have persevered to keep the project on schedule. With the main roof structure now finished, they can begin waterproofing and adding tiles. Meanwhile, the lower levels will have floor screed applied, allowing work on the internal fit-out to commence.

St Mary's Grove

The speed at which Buxton and the team are working is nothing short of incredible. Every time I visit the site, I'm astonished to see how much they've progressed in such a short period. The heating systems are fully operational, ensuring the properties will be warm and functional as we go into the colder months. The bathrooms are currently being installed, and another coat of paint is being applied to all areas. The entire electrical system has been fully installed, and the kitchens are now in place. A particularly innovative feature of the kitchens is the addition of an electronic height-adjustable worktop, which houses both the sink and hob.



Staff and trustee visit, September 2024

The exterior has also seen significant advancements. The planters and pathway brick setts edging have been laid, the bin store built, and the driveway is currently being prepared. Most of the ground levels have been raised making it sound like you're walking on Brighton Beach; however, this is in preparation for the final surface. Once the thick layer of tarmac has been laid it will be topped with a generous layer of fine resin-bound gravel to complement the high-quality exterior finish.

There is still lots to do but with the speed in which the team are working, they'll have it complete in no time...

Christchurch Road and Juxon's

Spotlight on our Estates

by Linda Prendergast

Christchurch Road Almshouses are located in Christchurch Road, Sheen and consist of 3 one-bedroom level access almshouses situated in a lovely residential street, and conveniently there's a really nice pub just across the road.

Juxon's Almshouses are located in Milton Road Sheen and consist of 3 one-bedroom level access almshouses. The almshouses are situated just off the high street with excellent access to all the local shops and buses.

Both sites were originally owned and managed by Mortlake Almshouse and Relief Charities before being taken over by The Richmond Charities in 2021. Each almshouse has its own front and rear garden allowing the residents choice of where they would like to spend time enjoying their outside space.



New Books in our Library!

by Jenny Ruff

How lucky are we — look at all our new books! I have tried to get a wider selection but still include the top sellers and the books that folks have requested.

Please don't think that these books are just for Hickey's residents only, they are for everyone. So if you are visiting from another estate please have a browse and use this facility as we are adding new books all the time and now winter is approaching there's nothing like a good book to keep you company.

A smashing book to have a look at is called *We Are The Legion* which tells the history of The British Legion and their support to servicemen and women not just in the UK (as I thought) but around the world, including rehabilitation to even finding jobs for ex-servicemen. Very informative.

A different genre altogether is Shirley Ballas's new book *Murder on the Dance Floor* which has been mentioned to me, so for you (mostly)



ladies that are fans of *Strictly Come Dancing* here's one for you but be careful if you get up on the dance floor at the Christmas Party later this year, do look over your shoulder!!

If anyone would like a certain title please do not hesitate to ask me or your Scheme Manager. I can't promise but I'll give it my best shot. Juliet is very generous in letting us have all these lovely books.

Maybe, if you have enjoyed a particular book, you would like to write a short piece for the book review page in Your Almshouse Magazine — and yes, reading and writing to keep you all busy and out of mischief!

Advisory

Scam Alert!

A scam is a confidence trick or other fraudulent scheme designed to swindle you out of money. Each month, for the next few months, we will identify a fraud which we believe is most likely to affect residents and advise how to prevent it. This month we talk about what is known as 'push payment' fraud – exploiting the banking system in the following ways.

A criminal pretends to be from somewhere official, such as your bank or HMRC, via email, phone, text or social media; they warn you of suspicious or criminal activity on your bank account and say they have set up a safe account into which you should transfer your money. But this is actually their account. This is how to protect yourself.

- Be suspicious of any unexpected call claiming to be from a position of authority
- Don't engage with them. Instead write down their details (name, where from), and then check their identity using an independent source – don't use their phone number or contact details.
- Never transfer money into an account unless you know the owner.
- Your bank will never set up a 'safe' account for you.
- If you realise you have fallen for a scam, contact your bank immediately – they may be able to stop it.
- And, of course, if you need help contact your Scheme Manager.

Caveat! The Police, your bank, HMRC or any other trusted authority will never call and ask for your personal banking details, PIN, or password, or threaten you with arrest.

And the Good News is....

Curated by Mike Townsin

- The number of plastic bags washed up on UK beaches has fallen by 80% since charges for single bags were introduced by all four nations between 2011 and 2015.

- American playwright Ken Ludwig has donated £1 million to the *Shakespeare Birthplace Trust*, the largest in its 177-year history. On a visit to Stratford, he was told that the home of the bard's daughter Susanna was in danger of "falling over" and the cost of saving it.

- England's first official 'hedgehogs crossing' signs have been installed in Old Malden in London, in an effort to protect the species. There are fewer than one million left in the UK, down from 36 million in the 1970s.



- On October 1st Marylebone Town Hall in London celebrated 100 years since its first wedding, and to mark the anniversary it hosted 100 ceremonies between 8am and 10.30 pm. One couple said it felt like a "really lovely conveyor belt".

- 10,000 redheads recently gathered in a park in the Netherlands for the *Redhead Days Festival*, an annual gathering since 2005. That year Bart Rouwenhorst, an artist, advertised for 15 redheads for a show; 150 turned up, a meeting so remarkable he was asked to run the event again – the rest is history!

Your Almshouse Magazine Noticeboard

This will restart in our next issue.
Please give your Scheme Manager information on anything you would like to sell, buy or exchange.

Kew Gardens Membership

We are delighted to share that our membership with Kew Gardens will reopen for 2025 from **1st November**.

Entry tickets for residents are FREE. We have 120 tickets to use per year and encourage residents to come forward and make use of them. We will monitor usage so that residents can visit throughout all seasons. If tickets are high in demand, we may have to restrict use to one ticket per resident every six months. Scheme Managers will keep you informed of the process upon your request.

Perhaps you would like to invite a friend, join a neighbour or go it alone to relax and unwind while watching the seasons change among the world's most diverse collection of plants. Our membership offers entry only and does not permit entry to exclusive events.

Debbie's Household Tips

- Use battery-powered sensor lights inside kitchen cupboards — no more scrabbling around in the dark!
- Fold *Bags for Life* into small triangles – it saves an enormous amount of space in smaller homes.
- Keep your cheese in a Tupperware box with a sugar cube in it. The airtight box prevents a stinky fridge and the sugar cube absorbs moisture and stops them from getting 'sweaty'.
- To get another day out of a hardened baguette or a fresh loaf, dampen it with water and then heat it up in the oven — it will soften up surprisingly well.
- Snip herbs with scissors, it's so much easier than chopping them with a knife.



Sunlight Fires

The Hidden Dangers of Fire Due to Sunlight Shining on Glass

by Lorraine Bradley

The sun's rays even in the autumn and winter can magnify like a powerful lens when they pass through glass. Under the right conditions this concentrated sunlight can ignite combustible materials such as curtains, furniture, or even paper and scorch surfaces in the home.

Fires caused by sunlight through glass are more likely to occur when glass is clear and faces the sun. Uncoated or untreated glass allows sunlight to pass through more easily. Curtains, blinds, or furniture made of flammable materials can easily catch fire.

When the sun is low on the horizon the rays are more concentrated and powerful in the early morning or late afternoon. A fire caused by sunlight on glass can have devastating consequences. To help prevent fires from this, please take these steps:

- When the sun shines directly through windows cover them with curtains or blinds. Choose materials that block sunlight, such as blackout or reflective fabrics if possible.
- Keep flammable items away from windows, for example nail polishes, perfume or aftershave bottles, sprays and most importantly mirrors and magnifying mirrors especially as the sun's rays can bounce off these onto glass items and start scorching fairly quickly!
- If a fire starts due to sunlight on glass call 999 immediately – your smoke alarm will go off as soon as it detects smoke or heat and the fire brigade will be alerted, then the Scheme Manager on duty/on call.
- Evacuate your home if safe to do so, do not return to the home for anything until the fire brigade has given the all clear to do so.

By understanding the dangers and taking appropriate precautions, we can prevent fires caused by sunlight shining on glass.

Local Events

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



6th November Olympic Cinema Quiz

6pm.

The Olympic Cinema quiz is back to test your knowledge on all things film! Expect all the usual general knowledge, picture, poster and sound rounds — with exciting prizes for first and second place winners. Olympic Cinema, Barnes, SW13 9HL. £5.

Book tickets at www.olympiccinema.com/film/Olympic-Film-Quiz

8th November Marble Hill Tree Tour

1pm - 2pm. Come to Marble Hill and learn about our trees and the work we've done in regard to trees across the park!



Meet at the Coach House Cafe at 1pm. This event is graded as moderate access as it will take place outside on sometimes uneven ground. Free Entry.

9th November The 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, TW1 3NJ. £1 Donation on entry.

13th/16th November Coffee and Crafting at Museum of Richmond

9am - 3.30pm.

Embroidered cards, inspired by embroidered postcards sent in WWI. In each workshop we explore the story



behind a beautifully crafted object in the Museum's collection and how it helps us tell the story of Richmond, and use the object as inspiration for a craft project based on the object and the skills needed to create it. Absolute beginners very welcome. Museum of Richmond, Whittaker Avenue, TW9 1TP. For times and prices of this and other events at the Museum call 0208 332 1141, or visit www.museumofrichmond.com

17th November Nathan and Katie Live.

5pm. Nathan & Katie are a professional acoustic duo based in London and Surrey. They are currently performing at various bars, weddings and corporate events with an eclectic repertoire covering



everything from old time classics to modern day songs. The Mitre Pub, 20 St Mary's Grove, TW9 1UY. Free.

19th November Philosophy Club.

7.30pm. *Religion and Spirituality in the Modern World* with Dave Tomlinson. Despite the discrediting of many religious tenets in a modern age, an appetite for a spiritual dimension to life surprisingly persists. And while few people are bothered about the salvation of their immortal souls, even less wish to live in a world without soul. OSO Arts Centre, 49 Station Rd, Barnes. Entry £5.

Local News and Christmas Events

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



Richmond Council Steps In To Help Pensioners With Winter Fuel. They will be offering £100 to all pensioners who receive a Council Tax Reduction, but who are not eligible for the government's winter fuel payments. This is in addition to the Fuel Grant Scheme which is a payment of up to £170. Those eligible for the Government Winter Fuel Payment can also apply for the Council's Fuel Grant Scheme which will open for applications on 2nd December 2024.



Throughout October and November, Richmond Libraries are hosting **Richmond Reads 2024**, an annual season of events celebrating the joys and benefits of reading.



Richmond Councillors paid tribute to former Leader **Serge Lourie** last night, praising his stalwart public service, charity work and kindness.



The **Deputy Mayor, Councillor Kuldev Sehra**, attended an event hosted by the Richmond in Europe Association and unveiled paintings by local students celebrating Richmond's twinning partnership with France and Germany.



The Chestnut Leaved Oak on Ham Common has been crowned **Tree of the Year**.



The much-enjoyed **High Tide Festival** has been listed in the categories of Best Small Festival, Best Metropolitan Festival and Best Grassroots Festival at the UK Festival Awards 2024. It is a community-based music festival, held annually in July. Featuring the best local and established bands and musicians.



Residents are invited to enter the **Arts Richmond Poetry Prize** and showcase their creativity. Submit your poem before 17th January 2025 to win prizes of £250, £150, £75. The theme is 'Changes' judged by Roger McGough. Poems can be up to 40 lines in length. The final 40 poems will be read by actors experienced in the performance of poetry, and an anthology will be published.

Christmas Lights and Markets



22nd November Twickenham Christmas Lights 4pm-8pm. King Street/Church Street with entertainment and Riverside Radio.

22nd November Christmas Makers Market at Patch. 2pm-8pm. Local craft and designers and free mulled wine. York Street, Twickenham.

25th & 26th Nov Richmond Riverside Christmas Market. 11am-5pm. Festive cheer along the Riverside and Whittaker Avenue, with over 35 stalls.

29th November East Twickenham Christmas Lights Switch-On. 5pm. Entertainment, choir singing, mulled wine and mince pies.

1st December Whitton Christmas Market and Lights Switch-On. 2-4pm. Big event for Christmas shopping.



Recipe Corner

Air fryer chicken with bacon and roasted vegetables

Method

- Skin chicken and rub on your choice of seasoning.
- Slice peppers and onion.
- Halve mushrooms and potatoes.
- Prick tomatoes (this stops them exploding)
- Par boil potatoes for about 4-5 mins and allow to cool
- Wrap the chicken in the bacon

Air fryer

- Lightly spray basket and chicken.
- Add chicken upside down and cook on 180 for 10 minutes.
- Turn chicken over and then add veg, (not the mushrooms and tomatoes).
- After about 6 minutes give the basket a shake to move the veg around.
- Then add the mushrooms and tomatoes. Carry on cooking for another 10 mins.
- Check that the chicken is fully cooked – and enjoy:)



by Jenny Heathcote

Ingredients (Serves 2)

- 2 chicken thighs
- 2 peppers (1/2 of each)
- 6 chestnut mushrooms
- 8 plum tomatoes
- ½ red onion
- 6 baby new potatoes
- Bacon (2 back or 4 streaky)
- Seasoning
- Oil

On This Day...

1st November 1512 – Michelangelo's iconic work on the Sistine Chapel was revealed to the public.

9th November 1989 – The Berlin Wall fell.

28th November 1919 – Nancy Astor became Britain's first female MP to take a seat in parliament after being elected as MP for Plymouth, Devon.

30th November 1934 – The British train *Flying Scotsman* became the first steam locomotive as having tipped the hundred miles an hour mark.

Miscellany

Curated by Mike Townsin

- Statistically it takes only 23 strangers in a room for at least a 50% chance that 2 of them will share a birthday.
- Two American astronauts stranded on the international space station will be able to vote in the Presidential election using password protected clickable boxes; voting from space was legalized in Texas, home of NASA, in 1997.
- The tagline for the National Poo Museum on the Isle of Wight is 'Have you been?'.
- Holding hands causes heart rates, breathing and brainwaves to synchronize.
- Buying every gift mentioned in *The Twelve Days of Christmas* would cost £27,016.92.
- Piggy banks get their name from the old English *pygg* meaning 'clay'.
- A group of Pandas is called an 'embarrassment'.
- A *zoilist* is someone who gets pleasure in finding fault.
- Hitler's nephew, William Hitler, served in the US Navy.
- Your nose is always in your eyeline, but your brain has learned to ignore it.

Wit and Wisdom

Curated by Mike Townsin

Getting old is like climbing a mountain; you get a little out of breath, but the view is much better. **Ingrid Bergman**

The Labour party is like a stagecoach. If you rattle along at great speed, everybody is too exhilarated or seasick to cause any trouble. But if you stop, everybody gets out and argues about where to go next. **Harold Wilson**

To err is human – and to blame it on a computer is even more so. **Robert Orbin, US comedy writer**

Behind every successful man is a surprised mother-in-law. **Hubert Humphrey, US Vice President**

I always arrive late for the office. But I make up for it by leaving early. **Charles Lamb, British actor**

Bliss was it in that dawn to be alive,
But to be young was very heaven!
Wordsworth

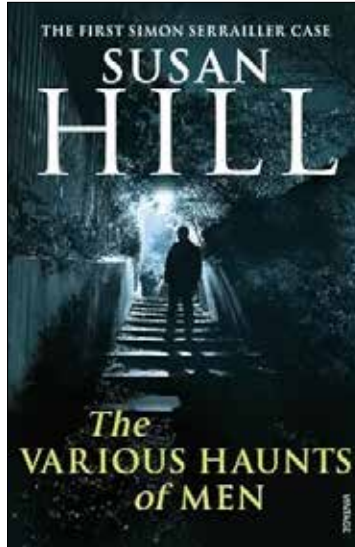
From my experience of life, I believe my motto should be 'Beware of men bearing flowers'. **Muriel Spark**

I'm President of the United States, and I'm not going to eat any more broccoli!
George Bush Snr.

Better to keep your mouth shut and appear stupid than to open it and remove all doubt. **Mark Twain**

Page Turners

Book Review by Kate O'Brien



The Various Haunts of Men

by Susan Hill

Susan Hill is perhaps best known for the novel (and film, and play) *The Woman in Black*. But this is the first in a series of books featuring DCI Simon Serrailer and a very different read.

Published over 20 years ago, it is a good place to start and, like me, you might get sucked into reading all eleven!

We have several women (and a man and a dog) disappearing with no trace, a cast of alternative therapists, a medium, standing stones, the DCI and his sister, the local GP, and a female detective, Freya Graffham, newly moved from London – among many others. The many characters are cleverly interwoven and well-drawn so there is no confusion about who we are focusing on. Throughout we have the voice of the killer on 'tape' and red herrings as to who they actually are before the reveal, at which point we are only just ahead of Freya.

The plot moves at a good pace and it's the kind of book that has you doing 'just one more chapter' as you want to find out what happens next.

I found the books not dissimilar to P.D. James' Adam Dalgleish novels, with an attractive, cerebral detective (see also *Sherlock Holmes, Morse* etc.) But instead of being a poet, Simon is an artist. I was surprised to see how little he features in this first book (I have to admit this was a re-read as I thought it was a new one!), but you get a good grasp of what he is like, which develops further in later books.

So, to conclude, if you like a good, well plotted detective thriller with an interesting cast of varied characters, look no further!

Resident Poetry

Everyman in the Mud

by Angus Douglas

Arthur squats in the Flanders' mud
His limbs and mind are numb with shock
As fury rages overhead
And lightning seeds the fields.

Jean-Claude rots in the Flanders' mud
He gently hums a tune and rocks
Cradled in his makeshift bed,
Beneath the whole Earth yields.

Helmut prays in the Flanders' mud
He prays to God, his loving God
Who, in his infinite wisdom, lets
His lambs be led to the slaughter.

Theodore crazed in the Flanders' mud
Diseased and shell-shocked in the sod
As over the top the bullets fly
In the face of a madman's laughter.

Ranjit dies in the Flanders' mud
His body dances with the crows
Who peck and pick his noble face
In grace his misery will cease.

Everyman lies in the Flanders' mud
And where he falls a poppy grows
And regiments of stone white men
Stand attention for his peace.

Poetry with AI

(Artificial Intelligence)

by Rebecca Evans

This poem was generated using ChatGPT, using key words related to our Almshouse Community.

In Richmond's heart, where history dwells,
Stand the almshouses with their tales to tell.
Beneath the summer's golden light,
A gathering stirs, warm and bright.

The charity folk, with hearts so kind,
Prepare a fête for all to unwind.
Tables are set with linen so white,
Bunting flutters, a cheerful sight.

Laughter rings in the garden air,
Residents gather, free of care.
Teacups clink and stories flow,
Of days gone by and gardens to grow.

A band strikes up a merry tune,
As roses blush in their full bloom.
Old friends dance with steps so light,
In the glow of the fading twilight.

The cakes are shared, the toasts are made,
For memories and kindness that never fade.
In Richmond's nook, this joyous hour,
Community blooms like a summer flower.

As stars peek out, the party slows,
In the warmth of friendship, everyone knows,
In these almshouses, through seasons' tide,
It's the love and care that truly abide.

Art Corner

by Maria Branquinho-Merca

I spent 20 years as a beauty therapist before deciding to change course. I went to Kensington and Chelsea College and did a BTEC in stained glass. At the same time, I applied for a stall at Covent Garden and have been there 30 years. I paint glass, vases, mirrors, in fact, anything!

It's nice to meet the public rather than sell online. I also get commission work which is nice because it's something that you haven't done before.

I've had people asking me for specific things such as a painting based on Led Zeppelin and I'm working on a Beatles piece now: every time I do one, I try to incorporate more songs into the piece, which is quite a selling point. Doing this work keeps my mind and body active and gives me a reason to get up. And because it's a market, you must ensure you have enough items to sell.

Here are just a few examples.



Who Am I? (Member of Staff)

Solve the cryptic clues to identify this member of staff.

1. I can play the flute (although I'm a bit rusty)
2. I was once the captain of a swimming team and was the fastest in the borough at backstroke.
3. One of my hobbies includes baking cakes and sweet treats.
4. I like to travel.

My guess is:.....

Answer in next month's issue!

Competition Winners

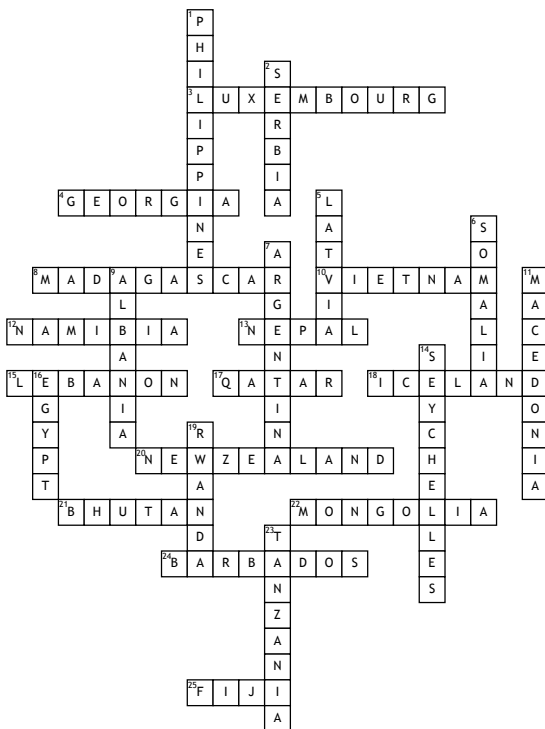
Thank you to everyone who sent in entries for the Picture Quiz Crossword and the Wordsearch in our September edition. Picked at random, our £10 voucher winners this month are:

Richard Lebenz – Picture Quiz Crossword
Annelise Mehornay – Wordsearch

Congratulations!

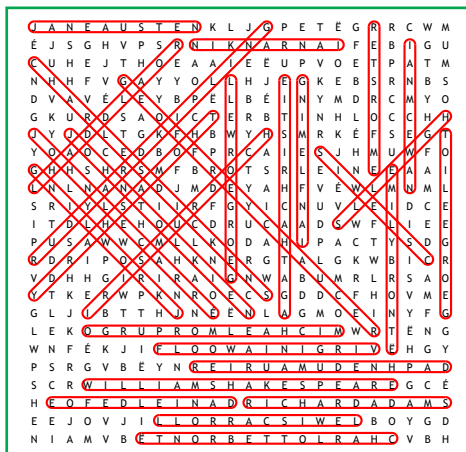


October Picture Crossword Answers



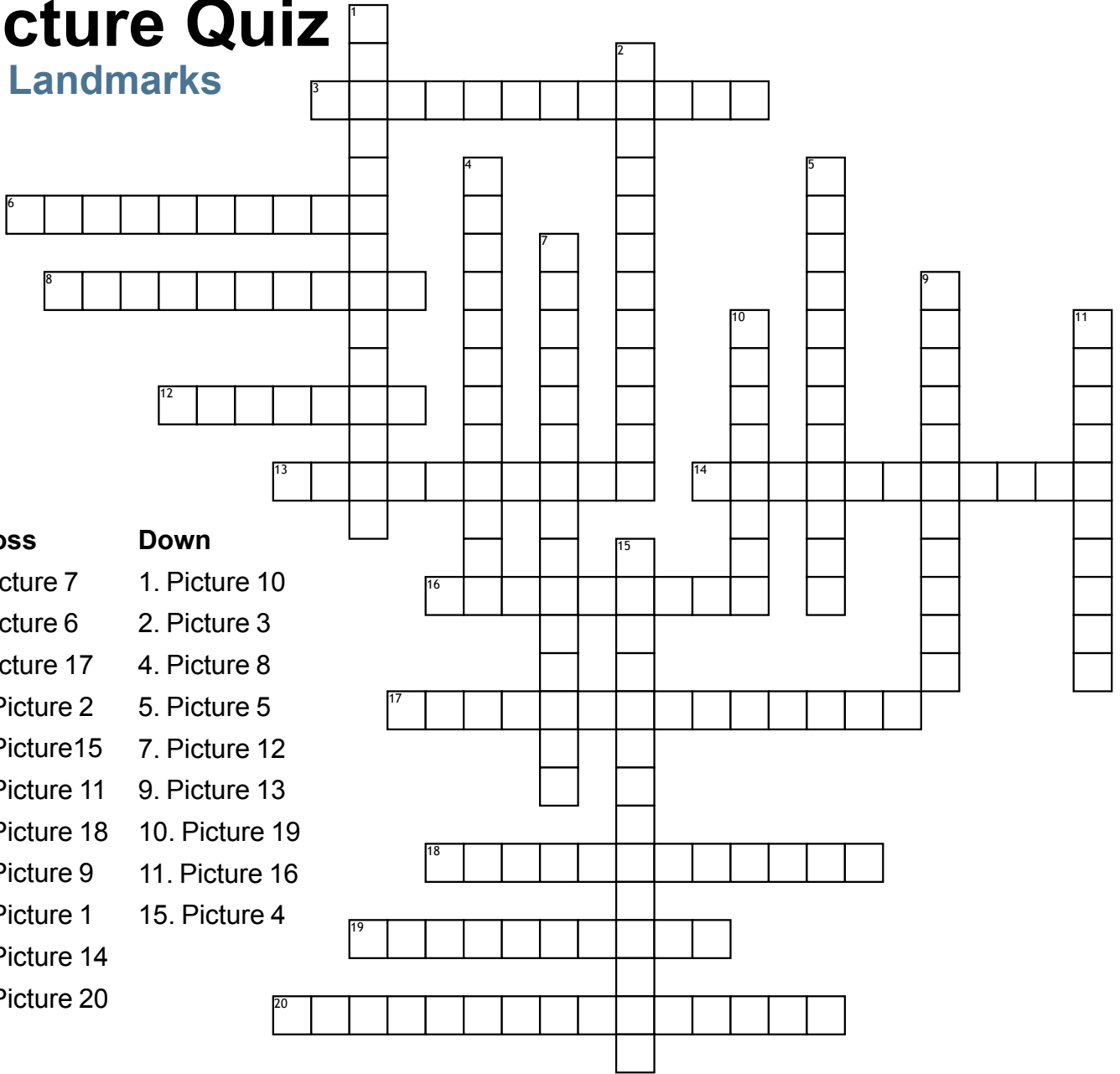
Wordsearch Answers October

Who Am I?
 Answer for October
 is *Linda Prendergast*



Picture Quiz

UK Landmarks



Across

- 3. Picture 7
- 6. Picture 6
- 8. Picture 17
- 12. Picture 2
- 13. Picture 15
- 14. Picture 11
- 16. Picture 18
- 17. Picture 9
- 18. Picture 1
- 19. Picture 14
- 20. Picture 20

Down

- 1. Picture 10
- 2. Picture 3
- 4. Picture 8
- 5. Picture 5
- 7. Picture 12
- 9. Picture 13
- 10. Picture 19
- 11. Picture 16
- 15. Picture 4



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 15th November.

NAME:

Wordsearch

30 Famous Residents of Richmond (Past and Present)

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

Amanda Holden
 Brian May
 Dougie Poynter
 Jerry Hall
 Mick Jagger
 Richard Ashcroft
 Sandra Howard
 Virginia Woolf

Angelina Jolie
 David Attenborough
 Fearne Cotton
 Keeley Hawes
 Mo Farah
 Rick Wakeman
 Tom Fletcher

Ben Shephard
 David Gilmour
 Gabby Logan
 Keira Knightley
 Pete Townshend
 Ronnie Wood
 Tom Hardy

Brad Pitt
 Davina McCall
 Hayley Atwell
 Michael Caine
 Philip Glenister
 Samantha Bond
 Trevor McDonald

Your chance to win a £10 M&S Voucher! Find all 30 words and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 15th November.**

Name:.....

Answers in next month's issue.

Poetry Corner

by Nigel Davis

I love going to the Wetlands Centre in Barnes (an easy journey on the 33 bus from Richmond). It offers fine and easy walking among the ponds, lagoons, reeds and trees. A particularly good time to go—though any time is good—is in winter, when the migrating ducks and geese assemble there. In London, of course, you don't get the great flocks you can see in places like the Solway Firth or Severn Estuary. But most of us will at least have seen in Richmond Park or near the river a small skein of geese in their characteristic arrow formation, honking overhead — always an uplifting sight.

The American poet Mary Oliver (1935–2019) wrote much poetry focused on the need for connection between human beings and the natural world — a world in which we individuals have our own part and place. (Derrick, our chaplain, tells me that a little while back he was on a course at Hawarden, the former home of the Prime Minister Gladstone in the glorious Border country between England and North Wales, and showed me a communion service sheet which included two of her more spiritual poems.)

This particular poem, *Wild Geese*, asks us to consider whether we can truly fulfill our worth and potential as humans unless we have regard and pay attention to what the natural world all around us has to offer. Moreover, doing so, the poem tells us, is restorative. And it also perhaps reminds us that we should not put off doing so: note the three-time repeated word “meanwhile”. So that is another message. Listen. Time is moving. Listen.

A fine poem. It is one which repays reading out aloud to yourself.

Wild Geese

by Mary Oliver

You do not have to be good.

You do not have to walk on your knees
for a hundred miles through
the desert, repenting.

You only have to let the soft animal
of your body love what it loves.

Tell me about your despair, yours,
and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the
clear pebbles of the rain

are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.

Meanwhile the wild geese,
high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild
geese, harsh and exciting—
over and over announcing your place
in the family of things.



Your Photos



Photo credits (clockwise):
Charney Manor sunset
by Jan Thompson,
*Emma's Pergola in the
Secret Garden* by Derrick
Thompson, *Windsor
Castle* by Mick Tinson,
Deer in Richmond Park
by Mick Tinson, *Autumn
at the Isabella Plantation*
by Jan Thompson.

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