

YOUR

FEBRUARY 2025

# ALMHOUSE

MAGAZINE





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Almshouse Magazine*

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# Welcome

to our new residents

Christiana Fowaa,  
Candler Almshouses

Sandra Tennant,  
Michel's Almshouses

# Farewell

It is with great sadness  
that we say goodbye to:

Gill Doling RIP, Michel's  
Almshouses

## Photo Credits:

Front Cover: *Richmond  
Riverside*. (Adobe Stock)  
See article on page 16

Back cover: *Crocus  
- Spring is Coming!*  
(Adobe Stock)

Contents page: *Marble Hill  
House* by Becky Evans

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& Mike Townsin.

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

# Dates for Your Diary

## Sunday 2nd February

Presentation of  
**Christ in the Temple  
(Candlemas)**

Hickey's Chapel  
Details on page 8

## Tuesday 7th February

A Classical Concert  
with **Embracing Age**

St Stephen's Church  
Details on page 19

## Tuesday 11th February

**Food Glorious Food**

37 Hickey's  
Details on page 6

## Tuesday 19th February

**Film Club**

Hickey's Chapel  
Details on page 6

## Your Words and Photos! Contribute to our Next Issue

If you would like to  
contribute to our next  
issue, the deadline is  
**Friday 14th February.**

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](mailto:c.richards@richmondcharities.org.uk)

## Monday 10th March

**A talk by The Mulberry  
Centre**

Hickey's Chapel  
Details on page 7

## Wednesday 26th March

**Good Endings**

Hickey's Chapel  
Details on page 6

## SAVE THE DATE

**Residents' Summer**

**Outing** – annual summer  
outing for all residents on  
**Tuesday 24th June**

## SAVE THE DATE

**Annual Summer Party**

for all residents at Hickey's  
on **Thursday 14th August**

## Forthcoming Out and About Days

### Tuesday 11th February:

**Orchids of Peru**  
at Kew Gardens:

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

### Friday 14th March:

**Twickenham Museum  
followed by tea with  
the Mayor of Richmond**  
at York House. Details to  
follow, please book with  
your Scheme Manager  
for a guide to numbers.

## Farewell to Joan Skeats

by Joy Sayles

One day recently, we said farewell to Joan Skeats. When my husband and I moved into Michel's in 1990 she was the warden who welcomed us. She and her husband, Bill, lived on the premises and both of them were very willing to help whenever asked.

Joan was very thoughtful and caring. I would often find her chatting to Ken when I returned from shopping. He had a below-knee amputation and spent a long time indoors, especially before he had a prosthesis.



Bill's pride and joy was their caravan down at the coast where they could escape to when 'off duty'. They took us there for a day out one summer – typical of their kindness.

Joan was devastated when Bill died suddenly in 2013 so I like to think she is now at peace with her beloved Bill.

I shall miss our chats reminiscing about all the residents who have come and gone over the years and their stories and am grateful to have known her as a friend.

She will be greatly missed.

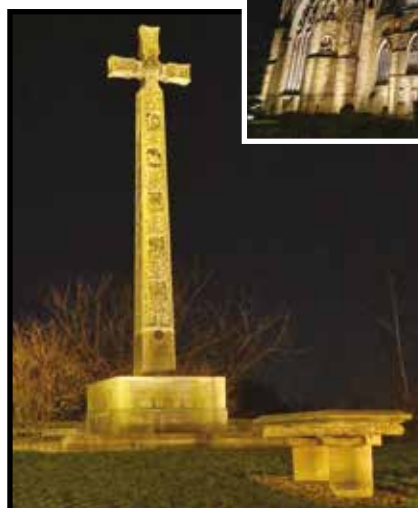
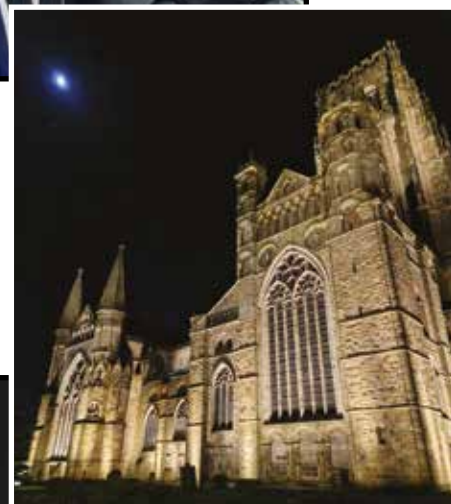


## Graduation Success

by Derrick Thompson

It was a sunny but freezing morning as myself, Jan and our son, Ben, climbed the cobbled streets and stone stairs that led up to Durham Cathedral and Castle for our double graduation.

I was graduating with a BA Hons in Theology, Ben an MA, also in Theology. This is my first university level qualification that has taken me the last five years to complete, studying part-time alongside work. As you can see from the photos, I am very happy – and very cold!



# Out and About Group

## The Wallace Collection

by Richard Yardley

We travelled by train to Waterloo then on the Jubilee line to Bond Street, then a short walk to Manchester Square off Oxford Street is Hertford House. This is the home of the Wallace Collection, a museum housing masterpieces of decorative art, paintings, sculptures and arms and armour.

Sir Richard Wallace (1818 - 1890) was born in London but grew up in Paris. He worked as an art agent for the 4th Marquess of Hertford. In 1870 he inherited Hertford's collection, to which he added European arms and armour and medieval and Renaissance works of art.

Lady Wallace (1819 - 1897), Julie Amelie Charlotte Castelnau, was born in Paris but moved to England after marrying Richard Wallace in 1871. She shared her husband's interest in philanthropy. She bequeathed the Collection to the British nation in 1897.

**The Exhibition: Keeping Time: Clocks by Boulle.** 5 clocks by Andre-Charles Boulle (1642-1732), the most famous cabinetmaker to have worked for the court of the Sun King, Louis XIV.



## Food Glorious Food



At our last gathering in January, we learnt as we watched one of us cook a risotto, from browning the base of onions and mushrooms to adding the chicken and short-grain rice for its ability to absorb

copious amounts of stock. The idea being the grains soak up the liquid, making a very creamy risotto but still with some bite to the grains. It was savoury, punchy and delicious.

We also talked about preparing common winter vegetables, roots and greens in different ways, including making dressings, sauces, warm and room-temperature salads and adding the brine/juices of some of the jars/tins still sitting in the fridge....and that will be the idea for our next get together – how to make a quick pickle, make your own mayonnaise, being frugal and creative with the limp, imperfect herbs and vegetables that you can turn into a vibrant meal.

**Please join us at our next group meeting on Tuesday 11th February, 11am at 37 Hickey's.**

## Good Endings

by Derrick Thompson

Let's be honest, none of us really likes to think about, let alone plan for, our own ending. Yet making and recording Wills, Lasting Powers of Attorney (LPAs) and Funeral Plans is an amazing thing to do for our next of kin, families and friends. Making these plans can also give us a great sense of peace that all is organised for when our ending comes.

So, on the afternoon of Wednesday 26th March we will be holding a 'Good Endings'

## Film Club

**Wednesday 19th February at 2pm,  
Hickey's Chapel**



***Are you There God? It's Me, Margaret.***

11-year-old Margaret is uprooted from her life in New York City for the suburbs of New Jersey, going through the messy and tumultuous throes of puberty with new friends in a new school. She relies on her mother, Barbara, who is also struggling to adjust to life outside the big city, and her adoring grandmother, Sylvia, who isn't happy they moved away and likes to remind them every chance she gets.

Cast: Kathy Bates, Rachel McAdams and Abby Ryder Fortson

Director: Kelly Fremon Craig

Rating: PG

Runtime: 1h 46m

Refreshments during the interval.

afternoon in the Chapel at Hickey's Almshouses. We hope to have professionals who will speak to us about Will Writing, LPA Writing, Funeral Planning and how to organise your paperwork.

Whilst it all sounds a bit sad, I'm sure we will find ways of making it a positive and interesting afternoon, with a few moments of humour along the way.

**Put the date in your diary, come along for the afternoon on the 26th March, bring your family and friends and let's make plans for Good Endings.**



**Monday, 10th March at 2pm  
The Chapel, Hickey's Estate**

Come for coffee, tea and cake and learn about the wealth of free support services on offer from The Mulberry Centre, our local, award-winning cancer centre. Their Community Engagement Lead will be here to talk to you how they can support anyone affected by cancer including family, friends and carers, as well as how to be cancer aware.



For more information, visit our website  
[www.themulberrycentre.co.uk](http://www.themulberrycentre.co.uk)  
Or call **020 8321 6300**

Registered Charity No. 1108999

## Tai Chi Classes

Tai Chi is an ancient Chinese martial art, sometimes called “shadow boxing” or “meditation in motion”. It’s a series of different postures that flow into each other in slow movements. But, although it looks gentle, studies suggest it is as effective as conventional exercise for reducing body weight and visceral fat.



And because Tai Chi is a mix of exercise and meditation, your brain gets a work out too – leading to better brain function. It improves heart health, and has even been shown to boost your immune system.

If you are interested in attending Tai Chi, please let your Scheme Manager know. If we get enough interest we will add this new activity to our schedule.

## IT Sessions with Age UK



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

*You may want to:*

- Use a laptop, computer smart phone or another device for the first time
- Learn how to use the internet
- Learn a particular skill such as shopping online, using messaging apps, making video calls (Zoom, Skype, Facetime) or how to find information online.
- Improve your confidence
- Resolve a problem with a device
- Explore the benefits of being digitally connected.

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

For residents without a device, they can lend you an Android tablet for 8 weeks supported by free lessons. The tablets come with 40 GB of data. There is no charge for this help

Time slot appointments are pre-booked in advance and each tutor spends 1 hour 1-1 with the resident.

Depending on resident interest we can organise possible dates for Age UK to come and help residents get to grips with technology. If enough residents are interested, we will then confirm dates and times with the tutors

If you would like to book a slot, please contact your Scheme Manager.

## Chaplain's Chat

by Derrick Thompson

As February begins Christmas ends with remembering Jesus' first trip from Bethlehem to Jerusalem aged just 40 days old.



Back on January 6th, when we were remembering the arrival of the Magi (Wise Men) to Bethlehem, a group of us gathered in the Chapel for a 'Nativity-Tea & Christingle' afternoon. We admired twenty-two different nativity sets from around the world, completed a nativity jigsaw, and decided which sets were our favourites, the 'Precious Moments' and Teddy Bear one being very popular! After a cup of tea, we made Christingles to take home and to share, having sung the Christingle Song! Fundraising from our Christmas events has resulted in sending £250 to The Children's Society. Thank you everyone!

Back to February, a quiet month as Easter is very late, although not as late as it can be. The latest Easter Sunday can be is the 25th April and that won't happen until 2038! The earliest it can be is March 22nd and that won't happen until 2285! However, if the discussions between the Roman Catholic, Orthodox and Anglican Churches bear fruit then Easter could become a fixed date like Christmas, but that would be very boring!

This year Easter is Sunday 20th April, which means that Ash Wednesday and Mothering Sunday won't happen until March, hence the quiet February. So, enjoy the month, remember I am here for all residents and get in touch if you would like to chat with me over a cup of tea and a biscuit!

## Chapel Schedule

February 2025

<b>Sunday 2nd February</b> <b>Presentation of Christ in the Temple (Candlemas)</b>	<b>10.30am</b> <b>Holy Communion</b> <i>Followed by refreshments</i> <b>Preacher:</b> <b>Peter Greystone</b>
<b>Sunday 9th February</b>	<b>10.30am</b> <b>Holy Communion</b>
<b>Sunday 16th February</b>	<b>10.30am</b> <b>Holy Communion</b>
<b>Sunday 23rd February</b>	<b>10.30am</b> <b>Holy Communion</b>  <b>Led by Revd. Stephen Stavrou</b>

All are welcome to join us.

Morning Prayer, Tuesdays at 10am.  
Thursday Fellowship,  
Thursdays at 2pm.

For more information email  
Chaplain Derrick on:  
[d.thompson@richmondcharities.org.uk](mailto:d.thompson@richmondcharities.org.uk)

## Residents' Summer Outing

We will be holding our annual summer outing for all residents on **24th June**. Please put the date in your diaries now and also please let your Scheme Managers know by the end of February if you have a suggestion for the location this year (or put a note in the suggestion box).

We would love to hear where you would like to go – usually it's a seaside trip (last year was Whitstable) but we would welcome other ideas as well. We will then make a decision based on where the majority of residents would like to visit. And we'll hope for better weather this year!





## Festivals of Faith

### A New Column from Derrick Thompson

February is a busy month in the faith calendar...

**2nd** Presentation of Christ in the Temple, also known as Candlemas (Christian). Remembering when 40 day old baby Jesus was presented in the Temple. Traditionally also a day when the candles for the coming year were taken to Church and blessed.

**2nd** Vasant Panchami/ Saraswati Puja (Hindu) a festival that marks the beginning of preparations for the spring season.

**12th** Magha Puja (Buddhist), the second most important Buddhist festival, celebrates the creation of the Buddhist community.

**8th** or **15th** Parinirvana (Buddhist). Commemorating the death of the Buddha's physical body and his attainment of complete Nirvana.

**13th** Tu B'Shevat (Jewish). The New Year of the Trees, one of four Jewish New Years

**14th** The Night of Forgiveness [Lailat-ul-Bara'ah] (Islamic) The time when Muslims seek forgiveness for their sins believing that on this night one's destiny is fixed for the year ahead.

**14th** St. Valentine's Day (Christian). A commemoration of the martyr, Valentine.

**26th** Mahashivratri (Hindu). An annual Hindu festival that gives reverence to Lord Shiva.

## Line Dancing

We hold line dancing or – *Stroll for Fitness* – sessions in Hickey's Chapel every Friday at midday.

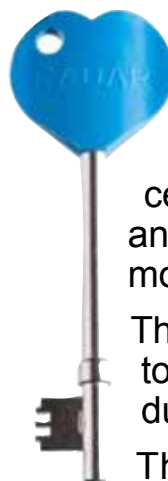


The residents who attend absolutely love the sessions and get so much out of it. Unfortunately though the numbers attending currently are low and it means the sessions are not viable to us to continue with – UNLESS we can find more residents to take part! If you would be interested, please let your Scheme Managers know by the end of February and, if we have more interest, we can re-start the sessions.

Please also let your Scheme Managers know if you would like to chat to one of the residents who has been enjoying line dancing over the last few months so that you can find out more about it. We would love to continue the sessions so please think about joining in – you won't regret it!

## Radar Key for Disabled Toilets

by Chantal Richards



The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

The Genuine Radar NKS Key is only available to people who require use of the toilet facilities due to their disability or health condition.

The key is available to buy for £6.00 on the Disability Rights website: [www.shop.disabilityrightsuk.org/products/radar-key](http://www.shop.disabilityrightsuk.org/products/radar-key)

However, if you would like one and are eligible, please let your Scheme Manager know and the charity will purchase one for you.

# Your Photos



Photo credits (clockwise): *Berries in the Rain* by Jan Thompson; *Newlands Corner, Surrey* by Gwen Davis; *Christmas Tree at the Crematorium* by Jenny Ruff; *Two-Necked Swan* by Gwen Davis; *Michel's Lights* by Nick Taylor and *Sunset from Terrace Gardens Cafe* by Derrick 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**

# My Story

by Chantal Richards

Introducing a new column using photos to evoke memories, and words exploring how those moments shaped you, taught you lessons or changed your perspective.



This is me as a cheeky 2 year old. Apparently wearing my favourite dress which was clearly too short for me but funds were tight for pretty dresses!

Just after my second birthday in 1970, my parents decided to emigrate to Australia and took advantage of the *Ten Pound Poms* scheme to enlarge Australia's population. We lived in these shared wooden sheds (left photo) near Sydney. The scheme required us to stay for 2 years or pay the full £120 fare back. My father looked after me and my mother went to work for a publishing company working on magazine design. How funny that this is now *my* job designing *Your Almshouse Magazine* for The Richmond Charities!

As a keen photographer, my father took endless photos of me and one day he took out all our Australian savings to buy a new camera. It was possibly the last straw for my mother who was working round the clock to make ends meet. Needless to say, we returned back to Blighty after two years and moved to Brighton to be near my grandmother.

But Australia doesn't leave your heart. In my twenties I returned to Sydney with a one year work permit and



had a taste of what my life might have been. It was absolutely fabulous and I loved the lifestyle and the weather. I applied for a resident visa but I was rejected.

# New Trustee

by Juliet Ames-Lewis

We are delighted to welcome our new Trustee Jeff Picton. After studying Law at university, Jeff qualified as a Chartered Accountant and was a partner at PwC from 1991 to 2019 where he worked with many clients – mostly in the banking and capital markets sector.



He spent 3 years in New York as well as time seconded to the Bank of England. As well as being an audit partner he led many other client engagements including investigations, due diligence and regulatory reporting reviews. He is a Non-Executive Director on the board of Mansfield Building Society and has recently served on the board of a start-up bank; he is a member of and Treasurer for the Richmond borough Safer Neighbourhood Board which acts as a key link between the local community and the police.

Jeff has lived in the East Sheen and Richmond area for nearly 40 years. He enjoys golf, walking and travel. He joined The Richmond Charities as a Trustee in November 2024 and is a member of the Finance Committee.

# The Elizabeth Doughty Almshouses

## New Building Update

by Mick Tinson

**B**ack in September last year, we celebrated a major milestone with a 'Topping Off' ceremony as the roof was completed and the building was watertight. That pivotal moment now seems like a distant memory, as the project has progressed at an incredible pace since then.

In recent months, the team have transformed empty shells into recognisable living spaces. From completing the initial electrical installation to boarding walls and ceilings, and installing water and gas supplies, kitchens, bathrooms, and utility cupboards, the list is endless. By methodically working from the top down, the team ensures each phase is completed efficiently, without getting in each other's way. We have to carefully navigate the site during visits to avoid disrupting the team's dedicated workflow.



Externally, progress is just as evident. The new fence line to Manning Place is underway, which will incorporate a new gateway through to Manning Place and the neighbouring block. The rear scaffolding began coming down just after Christmas with the remainder due to be struck in the coming weeks. Once cleared, work will commence on the car parking and landscaping, marking another step forward in the project's completion.



# Art Corner

by Irene Donovan

I have always been interested in crafts and love to experiment! I learnt to sew on my mum's treadle sewing machine and made my own clothes in college when fabrics were much cheaper than they are today so a failure wasn't too costly. When I had my children I made most of their clothes and my favourite style of knitting is Aran.

My love of creating pictures began when I retired and took a brilliant online course in Machine Embroidery with Anne Griffiths. She held residential courses in Cornwall which I attended for a few years and it was wonderful to be with other like minded people willing to share their knowledge.

We shared a passion for Shibori Indigo Dyeing and many of these fabrics have been made into wall hangings and cushions.

More of Irene's artwork will be featured in the March edition.



## Getting To Know You Janice Kendall,

The Elizabeth Twining Almshouses

**Where did you grow up?** Thorne near Doncaster

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

**What is your favourite music from your teenage years and what does hearing it remind you of?** I love anything from the 50's & 60's. It reminds me of when I used to love to dance. My favourite being sequence dancing and ballroom.

**If you were Prime Minister for the day, what would you do?** I would increase carers' wages and make transport free for them to travel. I would also educate those in charge!

**If you could travel back in time, where would you go and why?** I would travel back to Barbados. I lived there for two years and I loved looking after children with learning disabilities.

**What words of wisdom would you pass on to the younger generation?** Be loyal.

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## Your Pets!



We are thinking of starting a new column in *Your Almshouse Magazine* where residents can share photos and amusing stories of their pets — past and present.

Please send us your photo of a pet you would like to tell us about, and a few lines about them and your life together.

Pictures and stories can be sent via email to Becky:

[r.evans@richmondcharities.org.uk](mailto:r.evans@richmondcharities.org.uk)  
or send on WhatsApp: **07386 667185**.

Alternatively give stories and photos to your Scheme Manager who can scan them and return them to you.

We look forward to seeing and reading about your pets!

## Advisory Doorstep Scams

by Mike Townsin



In 2024, nearly twenty percent of adults were targeted in a doorstep scam. Fraudsters pose as energy suppliers, security staff, representatives of well-known brands and tradesmen; the most common are energy suppliers, tradesmen and people selling goods at inflated prices.

### How to protect yourself:

- **Always ask for identity.** If it's not clear, looks fake or they try to rush you, or for any reason you're not happy, don't let them in and promptly shut the door.

- Some callers will be legitimate and will offer a clear, legible form of identity: gas, electricity and water companies may visit to read meters; charities to seek donations; and council officials to discuss local issues.

**In all cases ask for identification and do not be rushed: They are used to this and won't mind.**

Tell them to wait outside while you carefully read their identity document or take the time to call their company; alternatively refer them to your Scheme Manager to deal with their enquiry in the first instance.

Also, google Action Fraud which has useful advice on protecting yourself against doorstep scams.

[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

or call: **0300 123 2040**

# The Elizabeth Twining Almshouses, Mitre Mews

by Claire Sanecka

Our beautiful new estate, known as Twining's, tucked away on St Mary's Grove... have you had the chance to take a peek? If not, see the photos on the right, an enchanted feel at dusk.

Elizabeth Twining founded the first almshouses in Twickenham. She was a celebrated artist, notably of botanical drawings hence the name and why we have honoured her in this way.

The bungalows are occupied and our residents are settling in well.

I am amazed that the new build took only 12 months to complete and it is very high tech indeed.

**Eleanor Walker:** *I never knew how depressed I was before I came here. Since living here, something has lifted. I feel so good.*

**Ruki Alberts:** *I love my new home. It is spacious and wonderful. I am very happy here and it feels like home. It is very good to have Scheme Managers who are helpful and always willing to help.*



**Janice Kendall:** *Amazing! I keep pinching myself daily*

**Erin Pizzey:**  
*I am unimaginably happy.*

**Shobna Lakhani:** *A joyful chapter of my life in a beautiful home provided by The Richmond Charities — a place that feels like a fresh pair of wings, inspiring new beginnings.*

# The Best Place to Live in the UK...

...is Richmond! This is according to a recent UK-wide survey conducted by the Times, which covered every local authority across the following nine different criteria: -



- Crime
- Schools
- Progress 8 (pupil improvement)
- NHS targets
- NHS waiting time
- GP satisfaction
- Listed buildings
- Community interest groups
- Green flag parks

There are, of course, individual boroughs which score higher on some measures (eg: - Kingston on public services), but Richmond is the happiest place overall across all data points.

The slightly bad news is that average house prices in Richmond (£748,000) are the third highest in the country behind Kensington and Westminster, but the survey found that 'happiest place to live' did not correlate with house prices, as the top five show: Richmond, Cheltenham, Stroud, Merton and Ribble Valley District (Lancashire).



## The ETNA Community Centre has something for everyone!

This community centre in Twickenham runs events, workshops, courses and one-off activities on everything from Art

to Zumba either free or at a modest price – especially for the over-65s.

There are too many for us to feature every month in the magazine, so this ad will be run as a periodic reminder in Local News for you to check them out on the ETNA website...and we really recommend you do.

The website also has information about local services/resources, organisations, local groups and charities.

ETNA is open 7 days a week, 365 days a year at **13 Rosslyn Road, Twickenham TW1 2AR** and is walking distance from St. Margaret's station. Or on bus routes H37, R68, R70, 33, 110 or 490. There is disabled access on the ground floor.

For more details go to: [www.etnacentre.org](http://www.etnacentre.org) call **020 8892 3676** or ask your Scheme Manager.

## Debbie's Life Hacks

by Debbie Flaherty

- Toothpaste polishes silver.
- Put your celery in aluminium foil, it will last 3 to 4 weeks longer.
- When squeezing a lemon, microwave it for 15 seconds then roll it around on the counter. You will get much more juice out of it.
- Make your rooms smell good by using 1 or 2 dryer sheets in your vacuum cleaners air filter.
- Used teabags buried near the roots of acid-loving plants, such as roses and hydrangeas, will make them blossom faster with more vibrant colours.



# Local News and Events

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



**Gresham College produces education talks and videos for the public FREE of charge.** There are over 2,500 videos available on the website on a wide range of subjects including philosophy, law, science, history, politics and the arts. Each month there are talks at the college itself in Holborn which are available simultaneously online.

In March the dates are 4, 11, 18, 19, 20, 25, 26, 27. **For further information go to [www.gresham.ac.uk](http://www.gresham.ac.uk).**



**Arts Richmond** is looking for local artists to take part in **The Art House Open Studios festival** on 14, 15, 21, 22 June 2025. The deadline to register is 16th March 2025 at [www.ArtsRichmond.org.uk](http://www.ArtsRichmond.org.uk)



**Age UK has an Advice Extra Service (AES)** which supports older people dealing with significant emotional, social or practical challenges, or those simply in need of more comprehensive and extensive support. For help or further information contact AES which is FREE on [0208 8878 3546](tel:020888783546), or email: [advice@ageukrichmond.org.uk](mailto:advice@ageukrichmond.org.uk)



**Second Hand Pop-Up Book Shop** Have a look at our pop-up book shop and browse our collection! The bookshop is set up at our Marble Hill Cafe Overflow from 11am. Proceeds go towards helping the upkeep of Marble Hill. 22nd-23rd February. Richmond Road, Twickenham, TW1 2NL. 11am - 3.30pm.



**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 & second place winners. 5th February, 6pm. Entry £5. Olympic Cinema, Barnes.

**VisitRichmond** has chosen 31 different, low-cost Fitness and Wellbeing activities for residents to try out throughout the year — from night events to hidden gems. For more in information contact [visitrichmond.co.uk](http://visitrichmond.co.uk)



If you're 40 or over, ensure your health and wellbeing is on the right track by booking a quick and **free NHS Health Check** at a local GP or pharmacy.



**International Garden Photographer of the Year: Exhibition 18.** Launching this February, it will feature a curated selection of high-placed photographs. The competition is a celebration of our planet's green spaces, flora, fauna, and fungi showcased via some of the world's finest photography. *Entry to the exhibition is free to our residents with our complimentary Kew Gardens tickets.*

## **Bingo Extravaganza**

Need a midweek pick-me-up? Eyes down and have a bit of fun! Weekly prizes to be won! Last Wednesday of each month, 2 to 3.30pm. Ham Library, Ham Street, Ham. TW10 7HR. Free entry, no booking required.

# World Events

## Carlo the Saint

by Mike Townsin

This is an occasional column where we report events of global interest and significance which are feel-good — as opposed to the wars, pestilence, extreme weather events and acts of terrorism that seem to dominate the world's media.

### The making of a teenage saint.

At 10.30 pm on the 27 April 1.4 billion baptized Catholics will witness the anointing of the first millennial saint. As a child, eleven-year-old Carlo Acutis from Milan, Italy collected stories of miracles and began typing them up and posting them on his website in which he invited readers to read stories of young saints, whose ranks he hoped one day to join: he was convinced he would die before reaching adulthood. In the meantime, he devoted his life to his church and as a teenager taught catechism classes to young children.

To be recognised as a saint an individual must go through what is essentially a posthumous trial during which their physical and spiritual remains are assessed. The Vatican office responsible for this is known as the Dicastery, operational since 1588. Apart from leading an exemplary life, every candidate must have two scientifically inexplicable miracles posthumously attributed to them before they can be canonised. Acutis wrote extensively about his theological devotion, as if anticipating his own post-mortem trial, and filmed a video of himself in which he proclaimed he was “destined to die”. Then, on 1 October 2006 he fell ill, and on 11 October, aged 15, suffered a cerebral haemorrhage and died. After a long process of investigating his short life, his writings and internet history, the Vatican approved his candidacy and his journey to sainthood began. The Holy See saw Acutis as an avenue to connect



*Carlo Acutis (3 May 1991 – 12 October 2006)*

with a younger generation as “the first millennial saint”; he has been nicknamed “God’s influencer” and “the patron saint of the internet”.

Two miracles were attributed to Acutis:

***In 2013 in Brazil a three-year-old boy recovered from a terminal bowel condition having kissed a relic of Acutis’s clothing,***

***In May 2024 in Costa Rica a woman, whose daughter had suffered brain damage following an accident, visited Acutis’s tomb and asked him to heal her daughter. In neither case could doctors nor the medical board of the Dicastery explain the disappearance of all signs of disease and injury respectively.***

*A much longer version of this article appeared in the Guardian.*

## Classical Concert

Join us for an uplifting evening of solo and ensemble classical music

Friday 7 February, 8pm

St Stephen's Church, Richmond Rd, TW1 2PD

Raising funds towards befriending care home residents

find out more about our mission & values on our account page

Booking essential: visit [embracingage.org.uk/concert](http://embracingage.org.uk/concert) or phone 020 3778 0035



## What's the Origin of..?

A new regular column tracing the origin of sayings.

Curated by Mike Townsin

• **He saved my bacon**, dates from the 17th century when bacon was expensive and had to be kept safe. It was also known as slang for a thief's treasure.

• **Abracadabra** was first known in Aramaic two thousand years ago as "avra kadavra" meaning "it will be created by my words". It was used by ancient Roman sages in various rituals and magic, and in medieval Europe as an incantation to ward off evil bewitchment.

• **Above board**, dates back to 17th century piracy when "board" meant "deck": when the scruffy looking crew of a pirate ship was approaching its intended victim, they would hide below decks to conceal the ship's identity. Soon the crew of targeted ships learned that ships without any people "above board" were just pirate ships trying to trick them, hence the meaning "open and without trickery".

• **Till the cows come home**: when society was mostly agrarian herdsmen would take their cattle out to pasture in the morning and return them in the evening. Cows, being much slower than goats or sheep, would amble along testing the herdsmen's patience; hence the meaning "for a long indefinite, unpredictable time".

• **All at sea**: before navigation was a science, there was always the risk that sailors might never make it back to land. That's how the expression "all at sea" came to mean feeling lost or confused.



## Age UK Richmond

exists to support older people, their families and

carers in Richmond upon Thames. They have a wealth of services including:

- Mental Health Services, Dementia support, LGBTQ+ Services, Nightingale Service - Home from Hospital Support, Community Independent Living Service (CILS), Gardening Services and Wellbeing Activities and Events

- The community hub locations are in Twickenham, Barnes and Whitton.

- ACTIVITIES such as Walking Football, Allotment Club, Healthy Strolls, Man with a Pan, Table Tennis, Fit for Men Swimming, Ukulele Club, Zoom Tai Chi, Hairdressing (cost varies), Reading Group, Chiropody (£20), Knitting Group (£1) and Physiotherapy.

- There are also ORGANISED MEALS AND COFFEE MORNINGS at Squires in Twickenham, Tide End Cottage Pub, and the Eel Pie Pub in Twickenham.

- Find all of this and more on their website: [www.ageuk.org.uk/richmonduponthames](http://www.ageuk.org.uk/richmonduponthames)

The White House Community Centre,  
45 The Avenue, Hampton TW12 3RN  
Monday - Friday, 10am to 2pm  
Phone number: 020 8878 3625  
Email: [info@ageukrichmond.org.uk](mailto:info@ageukrichmond.org.uk)

## And the Good News is...

Curated by Mike Townsin

According to the Sunday Times, in many ways the world became a better place in 2024. Global life expectancy is soaring and air pollution is dropping; voles, pine martens and beavers (see below) are thriving; and new techniques can turn banana skins into clothing, dissolve potentially polluting plastics in sea water, restore eyesight and treat epilepsy.

An 88-year-old man has just passed his grade 8 piano exam with distinction, 67 years after he passed grade 7. Ray Everleigh, a retired vicar from East Yorkshire, took up the piano as a child, and passed grade 7 when at university. After that music “took a back seat” as he got older. But a year ago his daughter bought him grade 8 piano music and he took lessons. “It was fun and hard work, because the older you get the more difficult it is to learn things”.

Pupils from English schools have performed better than expected in an international survey measuring maths and science. England was ranked ninth out of 66 countries in primary maths, sixth in secondary maths, and fifth in primary and secondary science.

Beavers have been reintroduced to the wild in Scotland, where they have been granted legal protected species status. There are also wild populations in England and Wales, as well as many enclosed beaver populations on nature reserves.



**Did you know?** Beavers can swim at speeds of up to five miles per hour and hold their breath for up to 15 minutes. They even have a pair of swimming goggles – extra

eyelids (called nictitating membranes) that are transparent, which they can close when they're underwater.

## Wit and Wisdom

Curated by Mike Townsin

I've done the calculation, and your chances of winning the lottery are identical, whether you play or not.

*Fran Lebowitz, US author*

Most recruiters do not really want “passion”. It is code for: “I want someone prepared to come in early and – because of their fervent love for the job – be willing to accept a poor salary”. *Harry Wallop, journalist*

Whatever you do, always give 100%. Unless you're donating blood. *Bill Murray*

The innocent and the beautiful have no enemy but time. *W.B. Yeats*

I cannot and will not cut my conscience to fit this year's fashions. *Lillian Hellman*

The man who says his wife can't take a joke, forgets that she took him. *Oscar Wilde*

Bad decisions make good stories. *Ellis Vidler, US author*

It is a wise father that knows his own child. *Shakespeare*

I always look skint. When I buy a Big Issue, people always take it out of my hand and give me a pound. *Billy Connolly*

## On This Day...

**11th February 1930** — Barbara Mary Quant British fashion designer was born. Her mini skirts and hot pants became fashion necessities in the 1960s.

**18th February 1852** — A giant fish tank was ordered by The London Zoo. This Fish House opened a year later as the world's first public aquarium.

**24th February 1923** — The steam locomotive *Flying Scotsman* began its service carrying passengers from London to Edinburgh. During a test run it became the first locomotive to reach a record breaking speed of 100mph.

**29th February 1940** — Hattie McDaniel became the first Black actress to win an Oscar for best supporting actress in her role in the movie *Gone with the Wind*.

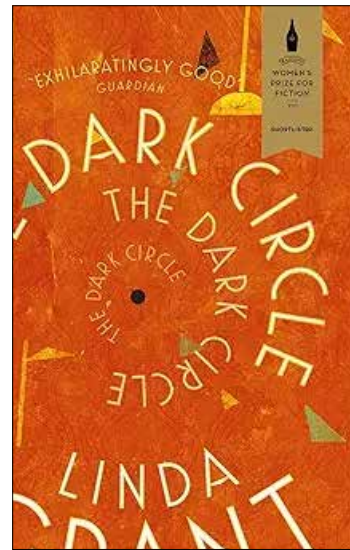
## Miscellany

Curated by Mike Townsin

- $(6 \times 9) + (6 + 9) = 69$ .
- Avocados are not vegan.
- TASER is an acronym for Thomas A. Swift's Electric Rifle.
- The oldest known boomerang is from Poland.
- The highest mountain on British soil is in Antarctica.
- *Grampussing* was a punishment in which sailors' hands were tied above their heads and buckets of water poured down their sleeves.
- Farrow and Ball paint colours include Savage Ground, Smoked Trout, Mouse's Back, Mole's Breath, Setting Plaster, Railings and Pigeon.
- There are over 4000 pubs in the UK called *The Red Lion*.
- *Widdershins* is another word for anticlockwise.
- The Vatican's Chief astronomer has written a book called *Would you Baptise an Extraterrestrial?*

## Page Turners

Book Review by Kate O'Brien



### *The Dark Circle*

by Linda Grant

This novel is set in the late 1940s. The war is over, and life is getting back to normal, albeit with rationing and bombsites all over the east end of London. We meet Lenny and his twin sister Miriam. At eighteen he is an 'emerging Teddy boy' in his sharp Italian suit and is due to start national service. She works in a Mayfair flower shop. In the opening chapter we see antisemitism both outright in a speaker in Trafalgar Square referring to 'swarms' of Jews and, more subtly, in Miriam's boss saying she is to be called Mimi as "... Miriam is a little too Hebrew for our clientele."

After his medical, Lenny meets his uncle Manny who has paid £60 to get Lenny off national service. But the plan is scuppered when he is diagnosed with TB. Both he and Miriam are sent to a sanatorium which was previously a private clinic. It has now come under the recently created NHS and so Lenny and Miriam will be able to stay for as long as required at no cost and will receive unrationed food – not to mention Guinness and milk!

It is a fascinating insight into postwar Britain, with all its class nuances.

Grant is a great storyteller whose characters jump off the page – a really good read.

# 8 WAYS TO STAY HAPPY AT 70+

Thank you to **Wiliam Mehornay** for submitting this article.

• **LETTING GO OF THE PAST:** holding onto past mistakes and grievances can take up mental and emotional space which could be better used to enjoy the present moment — live in the present!

• **LIFE IS NEVER PERFECT:** perfection is an illusion; mistakes and flaws are part of being human — they are how we learn and grow.

• **KEEPING PHYSICALLY HEALTHY:** many older people neglect their physical health because they assume it's too late to make a difference. But regular exercise not only improves health, it also improves mood, reduces stress and enhances cognitive function.

• **STAYING SOCIALLY ACTIVE:** we are social creatures and thrive on connection and interaction. Socialising improves mental health and physical well-being.

• **SEEKING NEW EXPERIENCES:** new horizons stimulate the mind, keep us engaged and remind us that there's always something new to learn, no matter our age.

• **LOOKING AFTER OURSELVES:** taking care of yourself as well as others is a necessity, not an indulgence. Small acts of self-care can make a big difference to your sense of well-being.

• **DE-CLUTTERING YOUR LIFE:** those who stay happy in later life often embrace minimalism — it's about understanding the freedom that comes from de-cluttering homes and lives and having less.

• **EMBRACING CHANGE:** resisting change can lead to feelings of frustration and disconnect. Instead, embracing change can keep us in touch with the world and open to new possibilities.

*Written by Tina Fey, who is a US author and motivational speaker.*

## Your Recipes



### Red Split Lentils Masala Dal

by **Gurdip Lota**

#### Ingredients

1 Cup red split lentils washed and soaked for 30 minutes then drained  
 1 Litre water  
 ½ tsp ground turmeric  
 1 tsp. salt  
 3 tbsp. ghee  
 1 tsp. cumin seeds  
 4-6 Cardamon pods  
 6-8 Cloves  
 4-6 Dry red chillies  
 2 Bay leaves  
 1 Cinnamon stick  
 1 onion (roughly sliced)  
 4-6 Garlic cloves (roughly sliced)  
 2" ginger (thinly sliced)  
 4-6 green chillies (chopped)  
 1 large tomato (peeled roughly cut)  
 1 tsp Garam masala  
 2 tbsp. chopped fresh coriander

#### Method

**Step 1.** Combine the lentils and water add salt and turmeric stir to mix. Bring to simmer, lower heat and simmer for 30 minutes stirring occasionally.

**Step 2.** Heat the ghee in a frying pan add cumin seeds, cardamon pods, cloves, dry red chillies, bay leaves and Cinnamon stick roast for few minutes. Then add onion, garlic, ginger, green chillies fry for 10 minutes. Add chopped tomatoes fry for 5 minutes. Add this to the lentils stir to mix, add garam masala simmer for 10 minutes.

**Step 3.** Sprinkle with fresh coriander — serve with naan bread/rice and enjoy.

# 1970s Pop Culture Wordsearch

4 K Y L F R E P U S W O O D S T O C K M N P F O  
 L C P C H A R L I E S A N G E L S Y 4 5 N 4 H S  
 H D L L 4 4 X E I S W B O T E D Y E R X W P S H  
 M E I Y R B M E Y R M C B C J U K E B O X L A 4  
 K E D 5 N C O R O L L E R S K A T E S S J O L T  
 H R C R B I O O I M 5 S X D E B S R Y T C T C B  
 Y R E H 5 B V S G D 5 D U C V 5 Y V M S X B E A  
 K E E V K V P P P I D S J W S 4 A K I X T 4 H V  
 K H O F E R T E F K E A H S P U D D G J 5 I T X  
 X T F R B F C 5 R O X C C S I O Y W E S A F 4 L  
 E A A S O X T W O M S H F U N K P R B D Y W V V  
 T F W R H R H H P L A T F O R M P I B V Y J S B  
 E D L A P M S S G J O C U W 4 L A B N 5 U H P K  
 L O T W U I S O J I D V V D O F H A G 4 J I U S  
 T G Y R Y G I U D B N T O 5 I N W C F P N 5 I V  
 S E T A L G K L 5 W D Y P 4 S O D 4 M U M V M V  
 U H O T G Y C T P Y M U A N W V 5 E D X L S D 5  
 H T W S S P B R D X D O O D 5 S L 4 R E U J L D  
 E L E D 5 O T A N T F D R F R M O S O W M E S 5  
 H F R D X P N I P J X 5 K K 4 U A N O S O 4 I T  
 T Y S N P N X N C X 4 J N B S A T G T B V M N S  
 M X B E L L B O T T O M P V T U W A S D I F A X  
 I S B C F C G L A M R O C K Y U C Y S W X G J N  
 A Y S D Y Y T T E P M O T L F A R R A H T M O W

Bellbottom  
 Elvis  
 Glam Rock  
 Jukebox  
 Roller Skates  
 Star Wars  
 The Godfather  
 Wonder Woman

Boogie  
 Farrah  
 Happy Days  
 Kiss  
 Roots  
 Studio 54  
 The Hustle  
 Woodstock

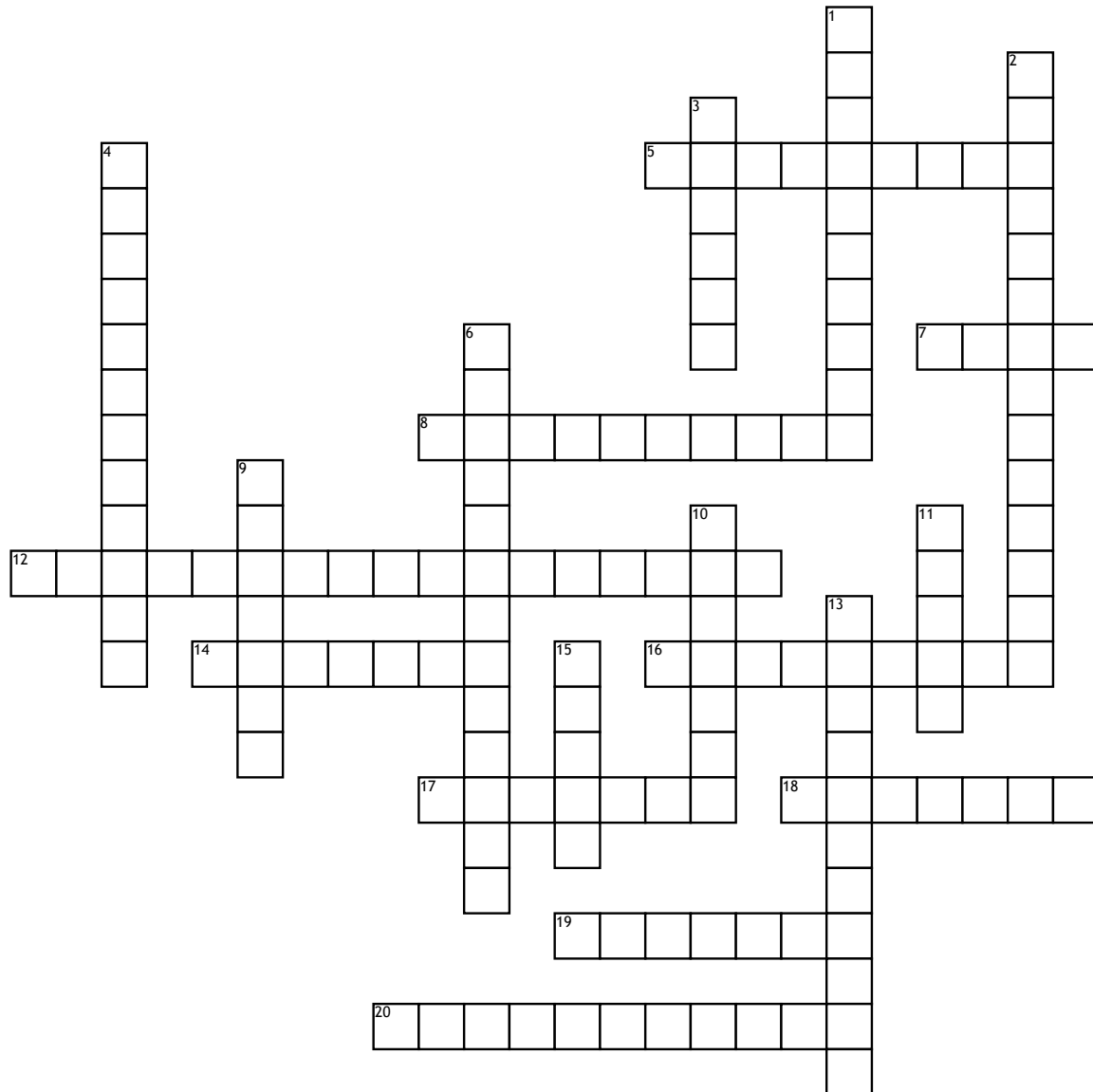
Charlie's Angels  
 Fawlty Towers  
 Iggy Pop  
 Mork  
 Saturday Night Fever  
 Superfly  
 Tom Petty

Disco  
 Funk  
 Jaws  
 Platform  
 Soul Train  
 The Clash  
 Vinyl

**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 14th February.** Name:

# 1970s Music Groups Crossword

Each clue has the first names of band members.  
Can you guess the name of the 1970s band?



## Across

5. Stewart, Sting and Andy  
7. Benny, Frida, Agnetha and Björn  
8. Paul, Glen, Johnny and Steve  
12. Art and Paul  
14. Debbie, Gary, Clem, Chris and Jimmy  
16. Brian, Dennis, Carl, Mike and Al  
17. Barry, Robin and Maurice

18. Frank, Dean, Sammy, Joey and Peter

19. Joey, Johnny, Dee Dee and Tommy

20. Robert, Jimmy, John and John

## Down

1. Donny, Jimmy, Alan, Wayne, Merrill and Jay

2. Don and Phil

3. Roger, Pete, John and Keith

4. Mick, Christine, John, Stevie and Lindsey

6. Karen and Richard

9. John, Paul, George and Ringo

10. Mike, Phil, Peter and Tony

11. Billy, Frank and Elwood

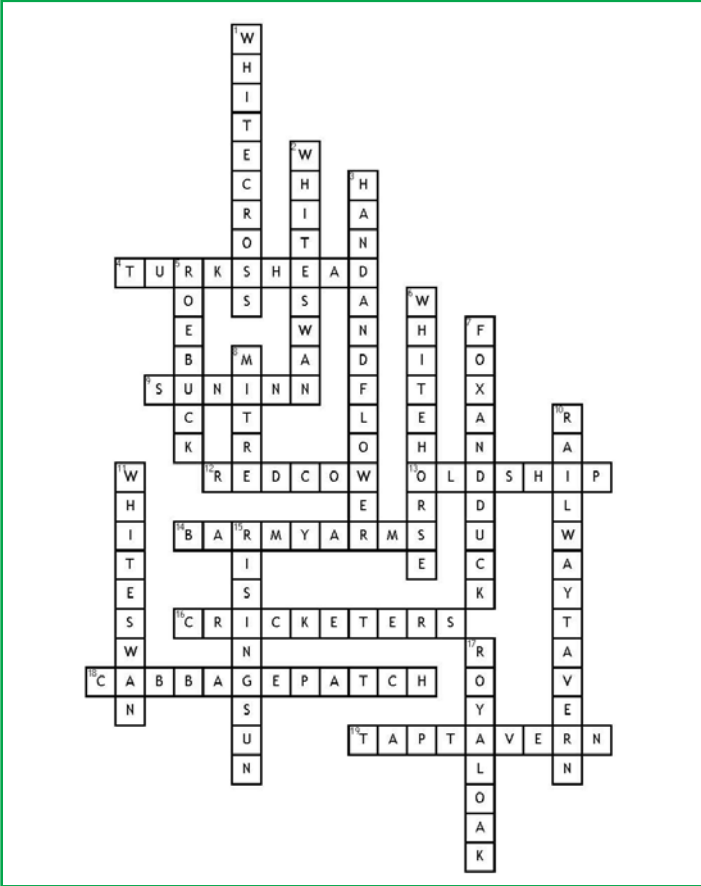
13. Tito, Marlon, Michael, Jackie and Jermaine

15. Paul, Linda, Jimmy, Denny and Joe

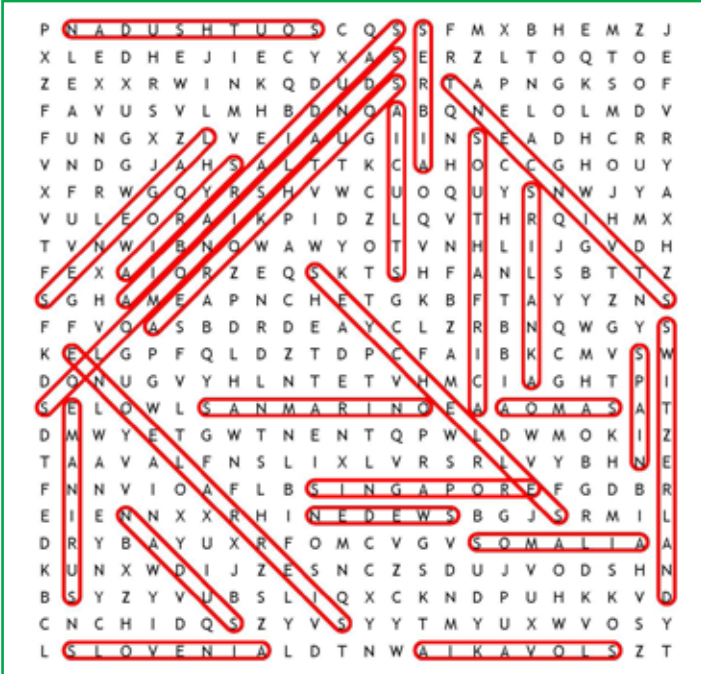
**Your chance to win a £10 M&S Voucher! Complete the crossword.** Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 14th February.** Name:



**Crossword Answers for January**



**Wordsearch Answers for January**



**Who Am I?**

Answer for January is *Samantha Maskell*.

**Competition Winners**

Thank you to everyone who sent in entries for the January competitions. Picked at random, our £10 M&S voucher winners this month are:

**Brian Myhill** — Local Pubs Crossword

**Valerie Keene** — Wordsearch

***Congratulations!***

**Who Am I? (Member of Staff)**

Solve the cryptic clues to identify this member of staff.

1. I am the youngest between my twin and I – these 9mins are still a factor in our lives today!
2. I love to sing and quite often will perform to anyone who will listen, especially after a tipple or two.
3. I love my job and all that it entails.
4. I love dogs, anyone's dogs.

My guess is:.....

Answer in next month's issue!

**Small Changes**

**To Make Your Meals More Nutritious**

*Ad* **raw shredded kale to a salad to bolster nutrient intake.**



Yes, it's a superfood, but boiling, steaming, microwaving or vacuum-cooking kale was shown by food scientists at the Universidade de Vigo in Spain to reduce its total antioxidant and mineral content significantly, with reductions in levels of calcium, potassium, iron, zinc, and magnesium. Cooking kale can also destroy an enzyme called myrosinase, which helps to boost its antioxidant properties. It's best chopped or shredded with lettuce for a salad or prepared with minimal cooking such as with flash stir-fryng.

# General Knowledge Quiz

by Heather Keeler, Hickey's Almshouses

Can you name the country that invented writing?

.....

What is the main component that goes into the production of glass?

.....

What 18th century artist of great acclaim was accused of a violent murder?

.....

Can you name the country that produced the cuckoo clock?

.....

In 1898 fourteen years before the sinking of the Titanic a fictitious novel was published about an ocean liner that hit an iceberg. Hundreds of passengers perished. Who was the author and what was the title of the book?

.....

The beautiful gemstone the fire opal is extracted from the mines of which country?

.....

“Hey you’re Norma Desmond you used to be big” “I am big, it’s the pictures that got small” From which film comes this dialogue ?

.....

Denmark, Netherlands, Sweden, UK. Name the country that has the most islands?

.....

Persona non grata — What is the English translation?

.....

He was a play wright, a screen writer, a producer and has received The Nobel Prize. His brilliant and sharp dialogue and unique play on words made him a household name. In September 2012 he was entered into The Oxford Dictionary. Who was he?

.....

# Poetry Corner

by Nigel Davis

February is the month of Valentine’s Day: a day when, at least in the UK, romantic love is usually celebrated. But the word “love” in the English language has a lot of ground to cover. Not only can there be love of objects (money, power, music etc.) but also there can be different kinds of love of other humans: love of one’s spouse, of one’s children, of one’s parents, of one’s friends — as well as the passionately romantic love of the Romeo and Juliet type and which more approximates to the conventions surrounding Valentine’s Day itself. And one of the most frequent readings at church weddings is from Paul’s letter to the Corinthians, ending in the words: “And now there remain these three: faith, hope and love. But the greatest of these is love.” Absolutely beautiful and absolutely profound. Yet in the King James version of the Bible (1611) we have the word “charity”, not “love”. Nothing like as affecting, is it, in fact by modern standards a bit offputting. But that is because the original translators were translating in a more literal way from the Greek and Hebrew a word which has no direct counterpart in the English language: a word more in line with the kind of love shown by the Good Samaritan to the man who had fallen among thieves.

Anyway, let’s have a “two for the price of one” Poetry Corner this month. Both poems — fine poems — are about human love but each is about a very different kind of human love. That by W.B. Yeats is about the headlong, passionate, romantic, chancey kind of love in which a young man is, depending on the toss of a coin, about to plunge. The other, by Robert Burns, is about the kind of love which is perhaps the most moving of all — that is, the love which endures.

## Brown Penny

by W.B Yeats

I whispered, "I am too young",  
 And then, "I am old enough";  
 Wherefore I threw a penny  
 To find out if I might love.  
 "Go and love, go and love, young man,  
 If the lady be young and fair."  
 Ah, penny, brown penny, brown penny,  
 I am looped in the loops of her hair.

O love is the crooked thing,  
 There is nobody wise enough  
 To find out all that is in it,  
 For he would be thinking of love  
 Till the stars had run away  
 And the shadows eaten the moon.  
 Ah, penny, brown penny, brown penny,  
 One cannot begin it too soon.

## "John Anderson, My jo, John"

by Robert Burns

John Anderson, my jo, John,  
 When we were first acquaint,  
 Your locks were like the raven,  
 Your bonny brow was brent.  
 But now your brow is beld, John,  
 Your locks are like the snaw;  
 But blessings on your frosty pow,  
 John Anderson, my jo.

John Anderson, my jo, John,  
 We clamb the hill the gither;  
 And mony a canty day, John,  
 We`ve had wi`ane anither.  
 Now we must totter down, John,  
 And hand in hand we`ll go;  
 And sleep the gither at the foot,  
 John Anderson, my jo.



"jo" means darling  
 "brent" means unlined  
 "pow" means head  
 "the gither" means  
 together  
 "canty" means happy

