

Welcome to your Almshouse News

## At Last! The Return of Community Events

Photos of the  
Summer Party!

The Return  
of Clubs and  
Activities

Serge's Walk #6

Pizza Discount!

Local News &  
Events

Accessing Your  
Doctor

Poetry

Mindful  
Colouring





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## Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is:

**MONDAY 20 SEPTEMBER 2021.**

Email your article to Chantal:  
[c.richards@richmondcharities.org.uk](mailto:c.richards@richmondcharities.org.uk)  
or give to your Scheme Manager.

Front Page Photos, by Juliet Ames-Lewis and Mick Tinson, from The Summer Party at Hickey's in August. More photos on page 17.

## Credits

**Editorial Committee:** Juliet Ames-Lewis, Debbie Flaherty, Chantal Richards, Gennie Thompson & Mike Townsin

**Design & Photography:** Chantal Richards

## Welcome to Our New Resident

We offer a warm welcome to a new resident who has recently joined our community:

**Gill Doling**

## Winner of the Crossword Competition

Thank you to everyone that submitted a competition form. Picked at random, the winner this month is:

**Sue McAnena**

**Congratulations!**

Answers from last month's competition are on page 26. This month's competition is on page 26.

## OFFER VALID FOR SEPTEMBER:

**£6 Pizza for ALL Almshouse Residents at The Mitre Pub**

The Mitre pub in St Mary's Grove (next to Church Estate and Hickey's) has a new pizza kitchen and is cooking delicious pizzas from Wednesdays – Sundays, either to eat in or takeaway. Throughout September the Mitre is offering all almshouse residents discounted pizzas for just £6 each (any pizza of your choice including additional toppings).

**To claim your discounted pizza, just take your copy of the Almshouse News along to the Mitre. Enjoy!**

**THE MITRE**

20 St Mary's Grove,  
Richmond  
TW9 1UY  
0208 940 1336

### Music in the Chapel

by Stuart Lee



The pause in singing in the chapel necessitated by Covid-19, together with the replacement of the organ, have given us an opportunity to rethink how we provide music for our services. From September, the Chapel will work in collaboration with a number of young organists at the beginning of their musical careers. Their time with us will give them an opportunity to develop the skills necessary to accompany singing and improvise without written music in response to the 'mood' and style of worship. These skills differ from the performance of well-rehearsed music in a concert atmosphere, but are essential for anyone hoping to build a career as a church (or, indeed, synagogue) organist. Our experience of working with children from Marshgate school has been that there is much to share, learn and enjoy across the generations and it is hoped that this scheme will extend that opportunity further. For special services we will continue to engage the talents and experience of professional musicians and continue the more recent tradition of welcoming visiting choirs.

### Letter from Gennie Thompson, Editorial Committee



In this month's edition we are celebrating the re-starting of our wonderful 'active' community at The Richmond Charities, after an 18-month hiatus due to Covid-19 restrictions.

As Autumn looms, looking back since the easing of restrictions, residents and staff have done a fantastic job of kickstarting events and gatherings again. Despite the strange weather, this summer has had its highlights... not least the beautiful gardens and wildlife surrounding our community! From croquet to coffee mornings, not to mention the much anticipated and fantastic Summer party where we were thrilled to have had such a brilliant turn out! I hope you all enjoyed catching up with friends, neighbours and sharing a good time at the party!

Finally, we can get excited about seeing our community in full swing once again! The pages ahead feature highlights from recent events and gatherings, articles on upcoming community news, clubs we are happy to welcome back, long-standing activities as well as some newer ideas, along with the usual magazine inclusions. I hope you all enjoy the range of activities that the charity will be running this month and the joy of connecting with each other once again! Enjoy the final days of summer and hopefully some sunshine!

*Gennie*

### Memorial Service for Suszie Vignoles

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Thursday 9th September  
2pm  
The Chapel at Hickey's



Following Suszie's death earlier this year, many residents have not yet had the opportunity to say a formal 'farewell'. Suszie did, in fact, carefully plan a service

which she hoped would be held at the Chapel and to which residents would be invited. Please join us to celebrate Suszie's life and to hear from family and residents about her time with us. Please let your Scheme Manager know if you are hoping to attend. It will not be possible to physically distance at this service and face masks are no longer obligatory, though some may choose to wear them.



### Film Club

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by Michael Hobbs

Wednesday 8th September  
2.30pm  
The Chapel at Hickey's

As long as there aren't any covid restrictions, we intend to resume the Film Club on Wednesday 8th September at 2.30pm. Our first feature will be **Military Wives**. We look forward to welcoming back old friends and new.

The Film Club is free and open to all residents. For the benefit of new residents the Film Club shows two films a month in the Chapel.

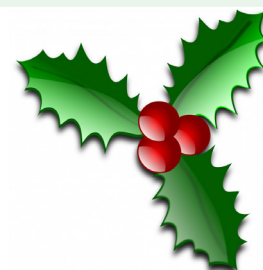
Films are on Wednesdays and begin at 2.30pm sharp. As the Film Club is supported by the Charity there will be no need for donations. Refreshments will be available mid-way through the film. Come and join us!

### Save The Date!

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Christmas Lunch  
Thursday 16th December 2021  
Richmond Hill Hotel

All being well, we are hoping once again to invite all residents, staff and trustees for Christmas Lunch at the Richmond Hill Hotel – please make a note of the date in your diaries: Thursday 16th December 2021. There will be more information to come in the coming weeks.





### Macmillan Cancer Support Coffee Morning



by Pat Platt

**Friday 1st October  
10.30am – 12 Noon  
The Chapel at Hickey's**

This is usually a very good occasion and we have raised in the past years over £1000.00 which has been brilliant until last year of course when we could only send a donation. So let's make up for it this year.

We will have several stalls, competitions and a raffle. The final decisions will be made at our meeting on 24th August and of course coffee will be served as it is a Coffee Morning!

Please support this event if you are able to, as this is a very good cause that helps many people.

We will need some volunteers to help man the stalls so if you would be willing to help in any way please contact me:

Pat on 0208 940 4233

**WORLD'S BIGGEST  
COFFEE MORNING**

### A Service in Celebration of the Life of Emma Davis



by Juliet Ames-Lewis

**Thursday 30th  
September  
3pm**

**St Mary Magdalene's Church,  
Richmond**

Although we weren't able to invite all residents to the ceremony in the Secret Garden in memory of Emma, all residents are warmly welcome to attend a service in celebration of Emma's life.

If you would like to come to the service, please let your Scheme Manager know as soon as possible as numbers are limited due to space.

### The return of the world-famous Eve 'n' Stephen's QUIZ NIGHT!

**Thursday 28th October  
at 6pm  
The Chapel at Hickey's**

By popular demand, Eve 'n' Stephen's amazing quiz night will return at the end of October. Make a note in your diaries now – you don't want to miss it! Teams are formed on the night and refreshments are provided.

### Ukulele Club



by Norman May

**Wednesdays 2pm - 4pm  
Terrace Room at Wright's  
Almshouse**

Want to have fun and make new friends? Come and join the new Ukulele Group which meets on Wednesdays at Wright's Almshouses, 151 Heath Road, Twickenham. Everyone welcome.

**Why ukulele?** There are so many reasons. It's fun to play, not difficult to learn, affordable, portable and very sociable. You'll make lots of new friends, get high on endorphins and be part of an amazing nationwide community of ukulele players. One strum and you'll be smiling, it's a happy place to be.

**We will teach you**, and you will be playing 2 or 3 songs by the end of your first session, and every week it will get better. It's a lot, lot easier than you think. You don't need any prior knowledge or any talent to start playing ukulele.

**Strumming and Singing Together.** We play a wide range of styles from reggae to rock to folk to classical. Hits from the 1920s through the 1980s, we can play it.

**Visiting Musicians.** From time to time we will have visits from musicians to demonstrate their skills and give advice.

A couple of times a year, maybe we will visit other groups or other groups will visit us. There are weekend ukulele festivals and ukulele clubs everywhere, and if you visit them you will be made welcome and they are always safe and supportive.

**Just want to sing?** Maybe you don't want to play a ukulele yet but just want to enjoy the fun, join in the singing or if you play a portable instrument, harmonica, bass, tin whistle or fiddle for example, all are welcome.

**Performance.** Once we have got a couple of dozen songs together we will start to do the occasional performance - care homes, summer fetes or local events. It sounds daunting but in reality it is not as hard or as demanding as you think, it's just fun and very rewarding.



#### **Your Own Ukulele.**

You will need a ukulele. They are very affordable, starting at £25 or at £40+ to get something that is reasonably playable.

I'm happy to give advice. You'll benefit from having a music stand and a tuner too. If you have a tablet or laptop then all our songs and workshop documents are available in our own Dropbox folders.

If you have questions, or want to know more: call or text Norman on 07710 056601.





# Yoga classes in Hickey's Chapel



by Juliet Ames-Lewis

One of the many suggestions put forward by residents in the recent survey was that some of you would like to have weekly yoga classes on offer.

Claire Welton is the wife of Paul Welton (who is our property advisor and who found Manning Place and our new Head Office for us, and continues to work with us to identify future possibilities for more almshouses). Claire is a yoga teacher and has offered to come and give a weekly chair-based class at Hickey's.

Before setting these up from the autumn, we wanted to find out if there is enough demand so [if you are interested, please can you let your Scheme Manager know as soon as possible](#), and then hopefully we will be able to sort out a regular day/time for the class.

The class will be both for beginner's and for those who have done yoga before – and if there is a lot of demand, we may be able to do a beginners class and a separate more advanced level class.

Claire writes:

My inspiration for teaching was born from a wish to share some of the wonderful gifts of yoga with my three young sons (now young adults). My passion for wellbeing and teaching yoga has grown organically, teaching young children



Claire Welton - Yoga Teacher

(extensively in schools) through to teens, adults and families within the local community.

My teaching style is holistic, kind and always nurturing. I firmly believe that the practice of yoga is for everyone and every 'body'. My classes are inspired by the classical Hatha yoga tradition as well as yin, restorative yoga, mindfulness and meditation practices.

Initially, I aim to offer a gentle chair based yoga practice to calm, rebalance and ease the body and mind. The classes will be totally accessible to all levels of ability and all will be welcomed and supported with a range of modifications to suit individual needs.

The 60 minute classes will always be guided with warmth and empathy and will include nourishing stretches, guided breathing exercises and deep relaxation techniques.

I hope to meet you very soon!

### Out and About Group



**Planning Meeting  
The Garden Room  
Thursday 9 September  
at 2pm**

Now we can begin our activities again, we've set up a planning meeting on Thursday 9th September over a cup of tea or coffee. It is informal and open to ALL residents.

**What is 'Out and About'?** We're constantly urged by health professionals to get more exercise but unless we're seriously motivated it can be difficult to get up and go. Enjoying the company of other residents and having a set aim makes it easier to get out. Usually we make one trip per month. By the way you can still join us at the station even if you were unable to come to the planning meeting.

Our present format is for all interested parties to meet up, suggestions are discussed and agreed upon. On the departure day we meet at Richmond Station in time for a 10.00am departure. The London Freedom Pass is essential to our group and we've made extensive use of it over the years. So please don't forget it!

We usually travel as a group to the venue after that everyone is free to do his or her own thing. We aim to keep costs to

the minimum. The vast majority of our trips are free. Occasionally there is an entrance fee but this is advertised well in advance. Any fees to be paid at the entrance by yourself as we do not handle any cash or payments ourselves.

Looking forward to seeing you on the 9th September.

### Good Endings

by Stuart Lee



**Tuesday 21st September  
10am-12.20pm  
Venue: The Chapel**

Following the success of previous workshops, this will be a further opportunity to do some thinking and planning together about the later stages of life. This is a morning of information-sharing and support around preparing a will, how to go about preparing an Advance Decision or Power of Attorney, organising a funeral pre-payment plan and practical considerations around planning a good funeral.

Preparing these things in advance can be seen as a generous gift to family and friends at the time of death, sparing additional strain and stress. The session will include an opportunity to hear from visitors as well as staff from the charity.

Refreshments included. [Please let your Scheme Manager know if you would like to attend.](#)



### Bridge For Beginners



by Margaret Goddard

Do you like playing cards? Ever thought you would like to try bridge? Or do you think it's too

hard? If so, think about it.

Do you play a musical instrument? Or play a sport? Or even read books? Do you remember beginning to learn these skills? Seemed hard, didn't it? But with a little perseverance a whole world opened up! It's a bit like that with bridge. At the beginning there seems to be so much to learn. But it's worth it!

Many people are put off by devotees who are totally engrossed with the game and can be very critical of perceived mistakes. And at the higher levels, this may be true. But we don't play like that.

It is a game. Of course you play to win

– there would be no point in playing if you didn't! And there is always the element of chance – if you don't get at least some good (ie winning!) cards, there is not much you can do about it! Doing the best you can with a poor hand is equally challenging!

We would like to start a class for beginners – probably on a Monday or Wednesday afternoon depending on when the Garden Room is free. If you already play you would be welcome to join us, or to join our **“Intermediate” group on Friday afternoons from 2.15 – 4.15 in the Garden Room.** (Although it's a game for four, if we have more players we take it in turns to play, and you won't have the same partner every time! You can learn a lot from watching too!)

If you find it's not for you, fine. Maybe, like me, you gave up on musical instruments and sport! But, give it a go first! You might surprise yourself!

If you are interested, please let your Scheme Manager know.

### Calling All Men



by Debbie Flaherty

There will be a **Coffee Morning on Wednesday 8th September at 10am for gentlemen only, in The Garden Room.**

This will be a chance to meet each other and maybe plan some trips, outings or even a breakfast/lunch/dinner together in the future. I look forward to seeing you on the day as I will pop in initially then leave you to get to know each other.

### The Avenue Walk Club:



**by Serge Laurie**

*Trustee, and writer of 'Serge's Walks / Saunters'. He also organises walks for the Avenue Club in Kew*

After our Avenue Walk Club 'walk' from Kew along the river to Richmond, we passed by Michel's, Bishop Duppa's and Queen Elizabeth's Almshouses in the Vineyard and then by Houblon's Almshouses. When we arrived for our visit at Hickey's Almshouses, we were



given an interesting talk by Stuart Lee in and about the chapel and some of the history of the almshouses. He then showed people round



the chapel. Lunch was in the Secret Garden room and was followed by a really inspiring talk by Juliet Ames-Lewis.

Speaking in the Hidden Garden after the excellent lunch arranged by Linda Prendergast, I said "We are so grateful to Richmond Almshouses for their

Photos by Serge Laurie

wonderful hospitality". Sadly Linda had an emergency and could not come to meet the walkers, but we were well looked after by residents Susan Shaper and Norman May. All in all, this was one of our most successful walks. If you would like to join the Avenue Club Walks, contact Serge at [serge\\_lourie@yahoo.co.uk](mailto:serge_lourie@yahoo.co.uk)

### Lorraine Got Married!!



Lorraine and Les finally got married on Saturday 14th August after their first 2 dates in 2020 had to be postponed due to Covid-19. The

ceremony was held at York House and we had photos in the sunny gardens afterwards. We then all went for the evening reception at the Richmond Hill Hotel. A great day was had by all!





# Dedication of New Pergola in the Secret Garden in Memory of Emma Davis



by Juliet Ames-Lewis

On the evening of 2nd August residents, staff, trustees, former trustees and family of Emma and Nigel gathered in the Secret Garden at Church Estate to open and dedicate the new pergola in memory of Emma, who was Chair of the trustees of The Richmond Charities from 2014 – 2018 and who died in 2020.

Peter Marr, the Chair, and Nigel Davis, Emma's widower, gave moving speeches about Emma, about all she achieved in her time as Chair and about her devotion to the almshouse community.



Nigel Davis and Juliet Ames-Lewis

It was not possible for all residents to be invited to the event, but a representative group from nearly all the charity's estates attended.



*top: The new pergola in memory of Emma Davis  
below : Peter Marr and Nigel Davis.*

Everyone shared memories of Emma and we toasted her memory.

The new pergola is open for all residents to use – if you live at one of our other estates and haven't yet discovered our Secret Garden (at Church Estate Almshouses, Sheen Road, Richmond TW9 1UX) please do seek it out and enjoy sitting on the new pergola. The pergola and the Secret Garden are there for all our residents to enjoy.





# Thank You to Our Loyal & Trusted Contractors

by Juliet Ames-Lewis



On 21st July we held a party in the Secret Garden at Church

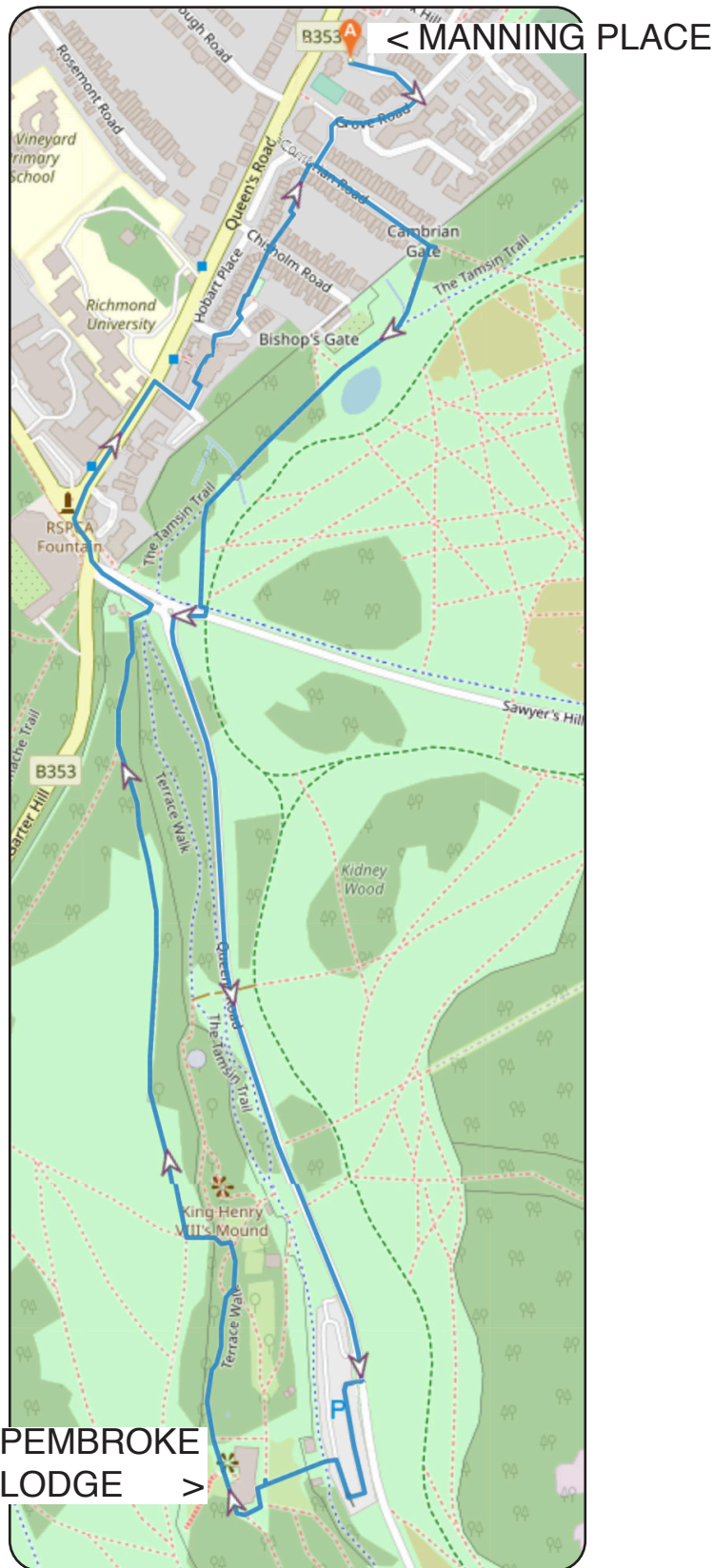
Estate to say thank you to all our regular, loyal and trusted contractors, many of whom have worked for the charity for years if not decades. Builders, plumbers, electricians, gardeners, IT consultants, property consultants, surveyors, carpet fitters, window cleaners, roofers – they all attended and a good time was had by all!

We are very fortunate to have such a loyal group of contractors, who over the years have got to know residents well, who are polite and respectful, hard working and produce work of high quality. Our contractors always put the charity first and go the extra mile for us, and in particular we wanted to thank them for everything they have done over the last 16 months during the Covid-19 pandemic. Some of the contractors even joined our army of volunteer shoppers! There have been many occasions over the years when contractors working on our estates or in particular almshouses have helped out in emergency situations, such as when a resident has had a fall or been taken ill. They really are all part of The Richmond Charities 'family'.





## Serge's Walk #6 From Manning Place



This sixth SAUNTER starts at our new almshouse in Manning Place on Richmond Hill. The Cambrian Road bus stop for the 371 bus is very close to Manning Place and is where you start if you are coming by bus from the direction of Richmond. Buses are every 15 minutes.

This walk takes you into Richmond Park and along to Pembroke Lodge along the perimeter to the park. You return at a lower level to Richmond Gate and come back through the London and Quadrant housing development by the Lass of Richmond Hill.



*Manning Place*



## ALMSHOUSE NEWS - Pull Out - Serge's Walk #6

Henry David Thoreau, the author of “Walking” and inventor of SAUNTERING, said that the protection of his “health and spirits” required “sauntering through the woods and over the hills and fields”. This walk takes you along wooded paths and up and down some small hills.

This walk is about two miles and can take 45 minutes or, preferably up to two hours...if you saunter or stop for a coffee at Pembroke Lodge, which I strongly recommend. Beware: the walk needs a bit of care as the paths can be boggy especially on the way back.

Whether you start at the bus stop or in Manning Place, walk along Cambrian Road and enter the park at the Cambrian Gate.

Turn right along a delightful wooded path until you meet the main path around the



*Path at Cambrian Gate to Tamsin Trail*

park, called the Tamsin Trail. Be a little careful as this path is shared with cyclists.

Bear right and follow the boundary of the park. As you get to the Richmond Gate on your right, take the left fork.



*Fork in the path*

You cross over the road to Sheen and continue along the path. You will see the road to Kingston on your right running parallel to your path.

The path is quite bendy and there are lovely woods on your left as well as a clear view of London, if the air is clear.

Continue along the path passing an outstanding ancient oak tree..

..until you see Pembroke Lodge. You can then either go across the grass or take the next path to Pembroke Lodge.





*View of London through the trees*



*Pembroke Lodge*



*Ancient Oak Tree*

I was involved many years ago in a local campaign to prevent Pembroke Lodge becoming a private house so am very fond of it. I enjoy sitting on the magnificent terrace sipping a coffee, visiting Henry's Mound or walking round the lovely gardens.

Head now for the lower gate to the garden and turn right along the top of the area

below Pembroke Lodge. After about 300 metres you come upon another path, slanting from the left, where you turn right, up some steps and you are at the Richmond Gate.

You go out of the gate past the Star and Garter on your left and turn right into Queen's Road. You then turn right after



*Garden of Pembroke Lodge with a view*



## ALMSHOUSE NEWS - Pull Out - Serge's Walk #6

the Lass of Richmond Hill and almost immediately left following a sign that says "Sayers Walk".



*Sayers Walk*

(When this area was developed by London and Quadrant Housing Association in the 1970s and 1980s, it was believed to be the most expensive social housing ever built.)

You then follow the various alleys making sure to go towards the right at Hobart Place and follow the alley way until you find yourself at Cambrian Road. It is then just a few paces back to Manning Place or to the bus stop on the other side of Queen's Road.

I hope you enjoyed this SAUNTER.

### HISTORICAL NOTES

1. Richmond Park was enclosed as a deer park by Charles I as a replacement for the Old Deer Park. It was opened to the public as a result of a campaign waged in the eighteenth century by a local brewer called John Lewis.

2. Pembroke Lodge is owned by the Crown Estate and is managed as a cafe and wedding venue by the Hearsum family, who were responsible for its renovation. It was the home of Lord John Russell, when he was prime minister in the nineteenth century. It was also the home of his grandson, the noted philosopher and mathematician, Bertrand Russell.

3. The area between the Cambrian Gate and the Richmond Gate was a field hospital during and just after the first world war where South African service people were treated.

It is the reason that there is a Lutyens Memorial in Richmond Cemetery to commemorate those service people who died as a result of wounds received in the war. *(Photo below from Walk One, of Lutyens Memorial in Richmond Cemetery)*

*All photos by Serge Lourie*





## The Summer Party

by Jane Whitmore



As a new resident at one of The Richmond Charities

Almshouses, I am so glad I attended the 1960s Summer Party at Hickey's. It was so much better than I had anticipated and I was able to spend time and get to know some of my lovely neighbours there.

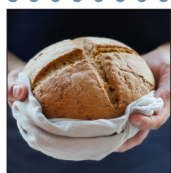
The event was wonderfully organised and very relaxing. The music provided by The Barn-Ettes was perfect for the 60s era and they were such good singers. The food and drinks provided were also excellent and the time just flew by!





# National Awareness Days

Monthly round-up of awareness days.



### **Sourdough September**

**2021:** The Real Bread Campaign helps you to discover that life's sweeter with sourdough!

### **Oddfellows Friendship Month:**

A month-long festival of friendship, holding hundreds of taster events, to show you the benefits of joining a local friendship group first hand. To find out more log onto [www.oddfellows.co.uk](http://www.oddfellows.co.uk)

### **Urology Awareness Month:**

Aimed to increase public awareness of all urological cancers, diseases and conditions that affect the kidney, bladder, prostate and male reproductive organs. For more information talk to your GP or log onto [www.theurologyfoundation.org/](http://www.theurologyfoundation.org/)

### **World Alzheimer's Month:**

Raising awareness and challenging the stigma surrounding Alzheimer's and dementia. For more information talk to your GP or log onto [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Blood Cancer Awareness Month:**

Raising awareness of blood cancers and disorders, and also the incredible second chance at life that blood stem cell donors give to those in need. To find out more information log onto [bloodcancer.org.uk](http://bloodcancer.org.uk)

### **National Doodle Day - 3rd September:**

Run by Epilepsy UK, a range of famous people will pick up their pens and paints to support people affected by epilepsy. All their doodles are available to buy in the online auction. [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

### **Migraine Awareness Week - 5th-11th**

**September:** The third most common disease in the world. This year raising awareness and improving treatment options for sufferers. For more info log onto [migrainetrust.org](http://migrainetrust.org)



### **Organic September**

**2021:** Raising awareness of organic products, and the brands, producers and farmers who bring them to us in the UK. Just look out for the organic logo when shopping for fresh produce and see if you can taste the difference!

### **Know Your Numbers Week - 6th-12th**

**September:** This year the focus is on home testing and giving you the tools to monitor your own blood pressure and identify any problems early on minimising the risk of heart attacks and strokes.

### **National Eye Health Week - 20th-26th**

**September:** Promoting the importance of good eye health and the need for regular eye tests for all.



### Orchid's Male Cancer Awareness Week -13th-19th September:

Messages for men at risk of testicular, prostate or penile cancer. Find out more at [orchidcancer.org.uk](http://orchidcancer.org.uk)

### Rheumatoid Arthritis (RA) Awareness Week -13th-18th September:

Raising awareness of the condition and eliminate misconceptions by educating the general population about what rheumatoid arthritis truly is. This year focusing on Mental and Physical Wellbeing. To get involved register your interest at [nras.org.uk](http://nras.org.uk)

### Organ Donation Week - 20th-26th September:

The 'Leave Them Certain' campaign aims to encourage people to talk to their loved ones about organ donation through highlighting that families are always involved before organ donation goes ahead.

## New Richmond Society Patron: Anita Anand



Anita Anand, author, broadcaster and journalist, has become a Patron of The Richmond Society, a

civic and amenity charity with 1,250 members dedicated to preserving and enhancing the town's natural and built environment. For more info:

[www.richmondsociety.org.uk/](http://www.richmondsociety.org.uk/)

## Getting to Know You



by Beatrice Quaid

*Getting to know your neighbours and community friends.*

If you could star in a movie which actress would you be, and in which movie ?

*Meryl Streep in [The Bridges of Madison County](#)*

What type of music do you enjoy?

*Country music*

What is your earliest memory ?

*Being given a Cocker Spaniel puppy when I was about 5 years old*

What book are you currently reading and would you recommend it ?

*[The Moon Sister](#) by Lucinda Riley*

Do you have any particular hobbies or interests ?

*[Patchwork](#)*

Is there a song for you that evokes a special memory?

*[The River](#) by Bruce Springsteen.*

Which words of wisdom would you give to the younger generation ?

*[Be kind to each other](#)*

What is the one thing that can instantly make your day better?

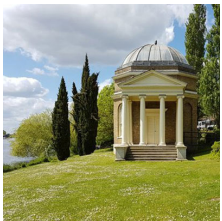
*[Talking to my daughter](#)*

**On This Day:**  
17 September 1929  
The British Occupation Force that has been in Germany for over ten years begins its withdrawal.

### FREE Local Events

**FREE Dance Classes with Dance in the Park** in the grounds of Orleans House Gallery. During September there is a series of free dance, health and wellbeing classes. Book classes in advance or turn up on the day. Contemporary Dance for adults 55+; Zumba for adults 55+; Latin Dance, Jazz Dance, African Diaspora, Yoga and Salsa. More info here: [www.dancewest.co.uk/danceintheparkrichmond](http://www.dancewest.co.uk/danceintheparkrichmond)

**Richmond Live Music** on Sunday 5th September, 2-3pm. FREE. Marble Hill House lawn. Just take a blanket. Sounds from Richmond Brass Band and Richmond Community Choir.



**Garrick's Temple to Shakespeare** on the Riverside at Hampton (TW12 2EJ) was built by the 18th century actor

David Garrick in 1756 to celebrate Shakespeare. The Temple is open on Sunday afternoons (2pm-5pm) from 4th Sept 2021 until Sunday 24th October. Free admission. More info: [www.garrickstemple.org.uk/](http://www.garrickstemple.org.uk/)

### The London Pride - Tusk Trail

27 life-sized lion sculptures with artwork by some of the world's foremost artists, musicians and comedians. For a map and more info: [www.tuskliontrail.com/london-pride/](http://www.tuskliontrail.com/london-pride/)

### Music and Arts

#### *The Children at The RSS*

Saturday 18th - Saturday 25th September. A couple in their 60's who were, once, both scientists in the nuclear industry are living in retirement in a rented holiday cottage by the sea. The routine of their life is altered when an old friend, also a scientist, pays a visit. To book tickets: [www.richmondshakespeare.org.uk/Shows](http://www.richmondshakespeare.org.uk/Shows) Richmond Shakespeare Society at The Mary Wallace Theatre. The Embankment, Twickenham, Middlesex, TW1 3DU

#### **Instant Opera: Grand Opera Gala**

at Richmond Theatre. Saturday 25th September. Tickets from £21.99. To book tickets: [www.atgtickets.com/venues/richmond-theatre/](http://www.atgtickets.com/venues/richmond-theatre/)

#### **Kew Gardens**

New exhibition *Paradise Lost* by artist Jan Hendrix. *Delight in the Detail*, a collection of beautiful botanical art from Dr Shirley Sherwood's collection.

The world of bees in The Hive, is a 17 metre tall installation recreating life inside a beehive. Designed by UK based artist Wolfgang Buttress as a tribute to Britain's honeybees. More info: [www.kew.org/read-and-watch/best-things-to-do-at-kew-this-autumn](http://www.kew.org/read-and-watch/best-things-to-do-at-kew-this-autumn)

If you attend any of these events, we would love to hear about your experiences. Please send your reviews to Chantal: [c.richards@richmondcharities.org.uk](mailto:c.richards@richmondcharities.org.uk)

### Local News

#### Age UK Richmond's Hydrotherapy sessions to resume this September

Age UK Richmond will be running weekly half hour sessions in blocks of five weeks, with a demo on how to use the water and aids in the first week. The Hydrotherapy sessions will take place weekly at Teddington Pool. There are two options available for booking with a five week course from Thursday 16 September or a five week course from Thursday 21 October 2021; both from 11am to 11.30am. Please email your interest to [wellbeingservices@ageukrichmond.org.uk](mailto:wellbeingservices@ageukrichmond.org.uk) and allow plenty of time for booking as you may need to get a sign off from your GP.

#### Attend an Open Day at Richmond

**Fire Station** Richmond fire station are opening their doors on Sunday 19th September between 12 noon and 4.30pm for a fun and educational open day. [323 Lower Richmond Rd, Richmond TW9 4PN](#)

#### The Royal Parks Urges Visitors to Take Litter Home to Protect the Wildlife

Sir David Attenborough, said: "In busy London, the Royal Parks are a haven for wildlife and there are simple things we can all do to protect it and help it thrive. Litter, and especially plastic, is a growing danger to wildlife worldwide, and we can all help by taking it home or using the bins. Please also leave

the wildflowers and fungi, the acorns and deadwood where they are; all of them are vital parts of the Parks' ecology. Remember to tread lightly and leave no trace of your visit."

#### New Flower Pots Adorn Richmond Centre to Entice Bees and Other Insects

The planters are located in Golden Court and Church Court lanes, and four outside Richmond Station and were installed by Be Richmond and Richmond Council. They are filled with pollinator-friendly greening and are maintained by local environment charity Habitats & Heritage. Residents are invited to share their comments on the new pollinator-friendly planters by going to the consultation page: <https://haveyoursay.citizenspace.com/richmondec/s/greening-21/>



#### Age UK: Planning For The Future - Tell us What You Think!

The last year and more has been difficult for everyone. Age UK Richmond with their partners have been doing their best to support older people throughout the London Borough of Richmond upon Thames. Now they are looking to the future - and they need your input to help them make sure their services are ready for it. They welcome any and all feedback and comments you would like to make. You can answer as many or as few of these questions as you like. They are looking for input from all older people, family members and carers. Find the survey here: [www.ageuk.org.uk/richmonduponthames/](http://www.ageuk.org.uk/richmonduponthames/)



# Mobility Trainer Sessions (with tea & biscuits!)



by Linda Prendergast

The idea of the Mobility Trainer session is to safely, and within your own physical capabilities, have some seated exercise for your legs and your upper body while being in the company of your fellow residents. Training on the use of the apparatus is given by a Scheme Manager.

The group had their first mobility session on 10th August with no injuries or mishaps, I'm happy to say. Residents take it in turn to have a go and see how much or little they want to do within their time slot. You can always go back and have another session once you have a little break. It's up to you!

While the other residents were waiting for their turn they all enjoyed a cuppa and nibbles and a good old catch up.

This is a perfect way to have some exercise and meet residents from other estates.

So why don't you sign up and join us **every Tuesday afternoon in The Terrace Room at Wrights Almshouses in Twickenham, from 2.30pm - 4.00pm.**



If you're interested in joining the group please let your Scheme Manager know or even better just turn up.



Photos by Linda Prendergast

# Seeing Your GP



by Dr Alex Hall, Trustee

*Dr Alex Hall is a trustee of the The Richmond Charities and a member of the Welfare Committee.*

Getting to see your general practitioner is not nearly so easy as it used to be. If you wish to be seen by a particular doctor, you may well have to wait some time for an appointment. Indeed, the days of turning up at the surgery and waiting your turn to be seen are well and truly over.

Since February / March 2020, you are very likely to be offered a telephone consultation from your doctors' surgery. This is likely to be a consultation with the 'duty doctor'. Many problems and queries can be resolved by a 'phone consultation. Should the doctor deem it appropriate, you may well be offered a face to face appointment so that you may be physically examined. Or perhaps you will be offered an appointment with the practice nurse, or for blood tests or to see the physiotherapist.

Before you phone the surgery, make sure that you have made a note of all your symptoms and what you wish to discuss. If you have a pain, be able to say how long it lasts and what it feels like - sharp? dull? stabbing? colicky? tight? You will be asked how bad it is on a scale from one to ten (10 = absolute

agony, 1 = very mild pain/ache) - have your answer ready. Also be able to answer if the pain spreads anywhere - to the back? down the arm? to the neck? etc. And make a note of anything that relieves the pain or makes it worse. If you have a rash or a lesion on your skin, it is a good idea to take a photograph of it on a smartphone and send the photo to the surgery. A friend or relative may be able to help you with this.

For people of retirement age it is sensible to have an annual health check. This normally involves a blood pressure check, routine blood tests for sugar diabetes, thyroid disease, liver and kidney function and a blood test for prostate cancer in men. And please be sure to attend for your annual 'flu vaccination': in future this will probably also be accompanied by a booster Covid vaccination.

Fortunately these days, pharmacists have a good knowledge of many conditions. Therefore if you are having difficulty in getting an appointment at the surgery, it may well be worth your while seeking the pharmacist's opinion at your local chemist. Pharmacies usually have an area set aside for confidential discussions. He or she can advise you if you need to get an early appointment or, perhaps, go straight to the hospital. Sometimes, the pharmacist's advice may be all that is required.

**With every good wish for your good health.**



## The Royal White Tiger

by Eric & Jennifer Cooper



Photo by Kar Ming Moo on Unsplash

I ride a fine white Tiger,  
His razored feet flame with crimson and gold  
They glow as the Robe of Ra in his splendour  
and ignite the dead Earth.  
He roars, and silence shakes my Brain.  
His eyes blaze with the brilliance of morning suns,  
They are the crucibles of my Spirit  
His mighty bloodstream fills the vessels of my Soul  
His coat of fire illuminates the abyss of my inner eye.  
His jaws are damp and fresh as morning dew  
and are the coming in  
His tail is long as memory and evening shadows,  
it is the going out  
Between these two, the conflagration of my Mind  
explodes the night-bound noon.  
Living tissues quicken upon the bone of Word.  
I ride the Tiger - the Tiger is ridden -  
My beloved and I are his keepers -  
He rests beneath the arches of her brow  
and there is no division between us.  
See, is he not the fruit of our union  
and the perfection of our Will?  
Hunter and quarry are we both -  
Each the creation of the other,  
Our hearts beat as one -  
Transmutation is our function and the scent  
of galaxies has entered our nostrils.  
We ride the Tiger  
A-hai-ya!

## One Step at a Time

by Steve Harbud

Take one day at a time,  
When your heart is aching  
And there's nowhere left to turn,  
No more doors to open  
No bridges left to burn,  
But every day that passes by  
With love we have to learn,  
Taking one day at a time.

Never see what may have been  
Or let time slip away,  
Love is for a reason  
Every minute every day.  
Yesterday has gone now  
And tomorrow's on its way,  
Just live for today.

Take one breath at a time,  
Every precious heartbeat  
Is a moment we can share,  
With all the love around you  
And people really care,  
Remember life's a journey  
And soon you will be there,  
Taking one breath at a time.

Never see what may have been  
Or let time slip away,  
Love is for a reason  
Every minute every day.  
Yesterday has gone now  
And tomorrow's on its way,  
Just live for today.

Take one step at a time,  
What your heart desires  
Your hopes and wishes too,  
Are captured in the moment  
And belong to only you,  
When every thought is filled with love  
Your dreams can all come true,  
Taking one step at a time.



Thank you to Susanne Munslow-Adair for this beautiful summertime drawing, intended for you to colour in. Mindful colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish. Hopefully you can enjoy this mindful colouring to relieve a restless mind. Enjoy.





# ALMSHOUSE NEWS - Noticeboard, Answer Page & Quiz

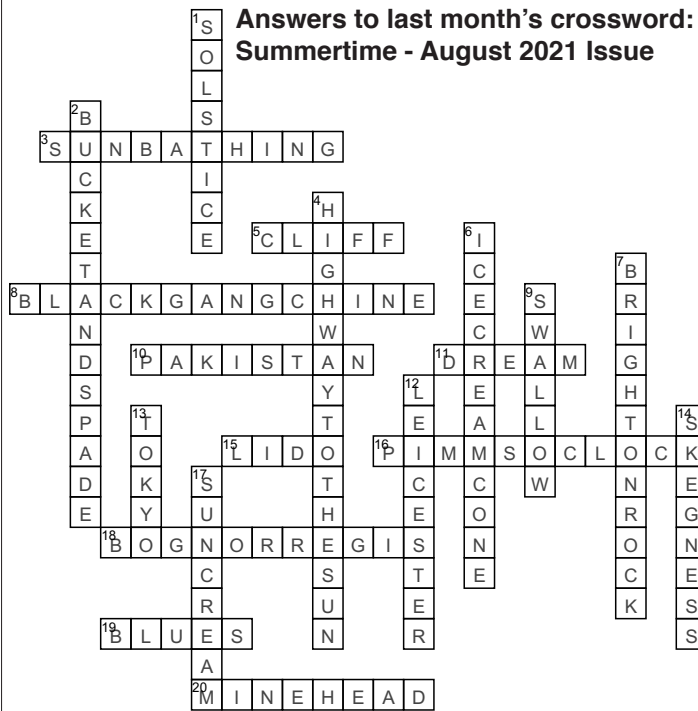
## Coat for sale

M&S, Size 24, Brand New.  
£20.00 o.n.o.

**Please call Eleanor:**  
**0208 940 5959**



## Answers to last month's crossword: Summertime - August 2021 Issue



## Quiz by Norman. August Issue. Answers:

1. 1920s (1926)
2. Burma
3. Magnus Magnusson
4. The Tempest
5. The Carpenters
6. Rishi Sunak
7. A frog
8. James Cameron
9. Robert Louis Stevenson
10. Blankety Blank
11. K
12. Australia
13. The Vicar of Dibley
14. Toby
15. Mickey Mouse

## The Quiz - Biographies

This quiz is in anticipation of our October issue which will feature biographies and memoirs. Complete the answers and give to your Scheme Manager for a chance to win a £5 M&S voucher.

### Whose biography is called:

1. My Life in Red and White

2. Becoming

3. Let's Do It

4. Made in Scotland

5. Born to Run

6. Lady Sings the Blues

7. Losing My Virginity

8. In the Arena

9. Over But Not Out

10. Riders on the Storm

Your Name





# The Almshouse News Survey



by **Mike Townsin**

*Trustee and Member of the Editorial Committee*

Readers will recall that in the June issue of Almshouse News we invited you to complete a questionnaire designed to find out what you thought was most relevant and/or enjoyable about the magazine in general and certain content in particular.

As a reminder, you were asked to score articles using a scale of 1 to 10.

The whole exercise was carried out in order to help Juliet and her editorial committee check whether the magazine is fulfilling the needs and interests of residents, and thereby think about ways it might be improved.

Without drilling down into statistical detail, the average scores across 20 or so articles and news items ranged from 5.7 to 8.6 out of 10, meaning that none was lower than 5.

The most popular content was news about The Richmond Charities' events and clubs, local news and information, interviews with, and contributions from, residents; also health and wellbeing items scored well.

Overall, the opinion of those of you who responded was very positive and the comments constructive.

So many thanks for both your valuable input and the time spent completing the survey: it was much appreciated by Juliet and the committee. Armed with this feedback, we will certainly endeavour to reflect your views in future editions of the magazine.

We promised TWO RESIDENTS the chance to win a £10 M&S voucher each for their time in completing the survey. Picked at random - our two winners are:

**Richard Lee  
and Alison Fleming**

**On This Day:**  
2 September 1666  
The Great Fire of  
London begins.

**Quote:**  
“The real index of  
civilisation is when  
people are kinder than  
they need to be”  
*Louis de Bernieres*

**On This Day:**  
23 September 1846  
German astronomer Johann  
Gottfried Galle announces the  
existence of a large planet that is  
eventually named Neptune.

### Poetry Corner by Nigel Davis



Virtually all poets have had a go at writing poetry in sonnet form. The form can actually vary a lot. The classical version is in 8 lines followed by 6 lines. But there are many variants: Shakespeare, for example, always used the 12/2 format (which meant that the last two lines had a lot of heavy lifting to do). Whatever the variations, one constraint is the requirement for 14 lines in length.

This sonnet by the American poet John Crowe Ransom (1888-1974) is in classical 8/6 form and rhyming structure. As we read it, we can smile at the theme of the dirty old man trying it on and then getting an indignant brush-off from the beautiful and virtuous young girl. And perhaps the title of the poem and the formal language ("Back from my trellis, Sir!") ask us to think of Italy in the time of Romeo and Juliet.

But then we read it again and we start to wonder. Why is the gentlemen in a "dustcoat"? And what kind of chat-up line is it to refer to dying roses and the spectral singing of the moon? And why is the beautiful young girl not just indignant but, clearly, a little frightened?

So it all becomes just a bit sinister. Then the penny drops. This poem is a clever variation on the time-old theme of Death and the Maiden. And the repeated first and last lines in each stanza remind us: he (Death) is not going to give up trying, she (Youth) is not going to give up resisting.

A fine modern poem, all in meticulously classical sonnet form. The art is in concealing the art.

#### **Piazza Piece by John Crowe Ransom**

—I am a gentleman in a dustcoat trying  
To make you hear. Your ears are soft and small  
And listen to an old man not at all,  
They want the young men's whispering and sighing.  
But see the roses on your trellis dying  
And hear the spectral singing of the moon;  
For I must have my lovely lady soon,  
I am a gentleman in a dustcoat trying.

—I am a lady young in beauty waiting  
Until my true love comes, and then we kiss.  
But what grey man among the vines is this  
Whose words are dry and faint as in a dream?  
Back from my trellis, Sir, before I scream!  
I am a lady young in beauty waiting.