

Welcome to your Almshouse News

DURING LOCKDOWN 2021

**STAY HOME ► PROTECT THE NHS ► SAVE LIVES**

## SPRING EDITION

Garden Birds  
Pullout

Interesting Apps

Springtime

Bird Quiz

Travel Diaries

All about  
Knitting

Easter Recipes

News

Crossword

Poetry



SPRING IS HERE!

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## Credits

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## Welcome to a New Resident

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

**Pamela Insoll**

## Winner of the Crossword Competition

Thank you to everyone that submitted their completed crosswords for a chance to win the M&S voucher. Picked at random, the winner this week is:

**Jackie Golding - Congratulations!**

Answers from last weeks crossword are on page 26.

This week's crossword competition is on pages 24-25.

## Front Page

Painting by Maria Merca

## Our Spring Flowers

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Beautiful white camellia at Michel's



Daffodils at Hickey's

## Last call: Pollen Art Community

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You may remember an article in February One issue of Almshouse News, about a new local art exhibition taking place in May 2021. Julie Derbyshire, the organiser, is putting out a last call for entries, with a cut off date of the end of March.

If you would like to submit a piece of 'lockdown' artwork please contact Julie Derbyshire:

email: [derbyshire.j23@gmail.com](mailto:derbyshire.j23@gmail.com)

mobile: 07976 576370

Pollen Collective website:

[www.pollen-collective.co.uk](http://www.pollen-collective.co.uk)



Daffodils at Hickey's

# Activities and Events: Outdoor Programme and th



by **Gennie Thompson**

Alongside welcoming Spring at last, we are looking forward to the relaxation of regulations and being able to resume our usual vibrant community events and activities slowly, but surely, with changes commencing from 29th March. Once again up to 6 people can meet outside in private gardens!

This will not be without changes to 'usual practice', as until restrictions are completely removed it will be necessary to limit numbers of attendees according to government guidance and to continue to comply with social distancing. To ensure we can effectively do so, residents will be required to book a place at future activities and events that the charity runs. Booking will simply be letting your Scheme Manager know. Booking will be on a first come, first served basis and all requests will be logged.

In the initial phase 1, which commences on 29th March, it will be permitted to meet outside in private gardens in a group of no more than 6 separate households whilst ensuring social distancing measures are in place.

We are inviting and encouraging residents to make use of our communal gardens and furniture in nice weather for reading, catch ups and coffees or cake with neighbours (in groups of up to 6).

If you would like to borrow chairs for such events, please speak to your Scheme Manager.

We have arranged a couple of outdoor activities to celebrate Easter which should be safe to go ahead and these are listed below.



### **Nordic Walking**

'Nordic Walking uses 90% of your muscles and is a healthy, non-impact form of exercise. It

helps with posture, mobility and toning. If you can walk, you can Nordic Walk!'

Rosie Cooke has kindly agreed to return to host a 6-week Nordic walking class. Rosie has agreed to run 2 groups, if demand requires. The walks will last approximately 1 hour and ideally you need to commit to the 6 consecutive weeks.

# the beginning of the end of restrictions – we hope!

Sessions will begin from **30th March** 2021, meeting at Hickey's in front of the Chapel.

Morning session: **11am on Tuesdays**  
Afternoon session: **1pm on Wednesdays**

## How to Walk Well Sessions with Rosie

Rosie Cooke has also kindly offered to run one off sessions on 'how to walk better', although these will not be held until further restrictions have eased. These sessions can complement Nordic Walking but are open to all and offer fantastic benefits to the body. If you are interested in this class, please let your Scheme Manager know and we will log this.



## Ukelele concert

A wonderfully talented resident musician and his associates have

kindly agreed to give us some outdoor performances. Dates and venues are to be confirmed. If you are interested in attending these events, please let your Scheme Manager know and we will log this.



## Croquet

We hope to have a couple of croquet games in the week before Easter (week commencing 29th March) and

the week after (week commencing 5th April).

Games will last approximately 1 hour 30 mins and will be held on the front lawn at Church Estate Almshouses.

Morning session: **Thursday at 11am**  
Afternoon session: **Tuesday at 3pm**

If you would like to join in with either of the above listed activities, please book with your scheme manager as soon as possible to avoid disappointment.

**We welcome you to organise your own (6 max) events and gatherings that are safe to do so in our communal gardens and we look forward to offering more activities in the not so distant future!**

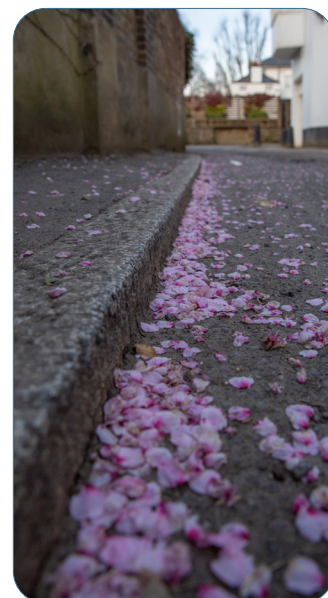
Please note all activities whilst only allowed outside are subject to the weather!

## Spring on Richmond Riverside



If you can find a warm spring afternoon to take a stroll along Richmond Riverside, you won't be disappointed at the beauty of the blossom tree at the junction with Friars Lane.

Did you know that Richmond Bridge is Grade I listed and the oldest surviving bridge on the Thames in London !?





## British Summer Time!



### Don't forget!

On Sunday 28 March, we will move to British Summer Time (BST) – at 1am, to be precise. The clocks will move forward an hour (remember the Americanised mantra: spring forward, fall back).

# Taking Care of Your Mental Health



by Gennie Thompson

**Richmond Wellbeing Service – Take Care of Your Mental Health**

**You don't have to cope on your own.**

Things like stress, worries or depression can affect your life in different ways.

**Here are some of the things that Richmond Wellbeing Services can help with:**

Depression  
Worry, panic and anxiety  
Obsessive compulsive behaviour  
Phobias, including spiders, flying  
Going outside  
Severe shyness  
Preoccupation and distress about your appearance  
Difficulties coping after severe trauma  
Relationship or family troubles



**Richmond Wellbeing Service**  
Talking Therapies and Specialist Support



Delivered by the NHS, Richmond Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. The trained NHS health professionals provide a wide range of resources and activities to support your mental wellbeing.

Currently there are Covid safe precautions to keep you safe during the pandemic. Virtual on-line therapy is available in Covid safe Digital Pods, located at St John's Health Centre, Oak Lane, Twickenham.(see photo below).

To learn more:

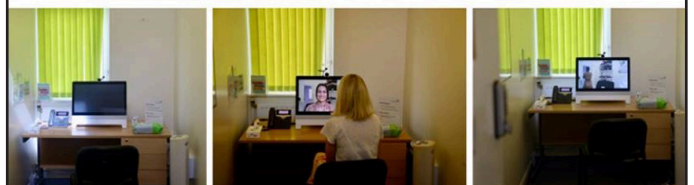
Call: 020 8548 5550

Visit the website: <https://www.richmondwellbeingsservice.nhs.uk>.

You will need to complete a short self-referral form and they will get in touch to talk you through available options.

Richmond Wellbeing Services is open Monday to Friday from 8:00am to 5:30pm..

Digital Pods – the solution for equitable access



Arrive



Talk



Go

# An Unexpected Holiday

by Margaret Goddard



The beside cupboard was stuffed full. Dad, newly retired, decided it was time to do something about it.

Soon papers galore covered the bed, and he began sorting. And found a letter card – remember them? About six postcard pictures strung together – of the Seychelles. It had been sent to his mother during the war when as a 22 year-old Petty Officer in the Navy, he had been stationed briefly in the Seychelles. Not being allowed to let anyone know where they were, he had asked the owner of the hotel where they were billeted to send it after the ship had left; and she had kept it.

What to do with it now?

Perhaps the current owner of the hotel might be interested to see what the hotel looked like during the war. So he sent it off and thought no more about it.

Until about six months later, when he had a letter from the Seychelles Tourist Board in London. The letter had taken time to get there; the hotel had changed its name several times since dad was there! But they were interested to meet my Dad and talk about his experiences there. Would he and my mum like to call and see them next time they were in London?

Next time they came to stay, they got in touch and were wined and dined, and Dad told them about his time there. He was

told that the hotel manager had blown up copies of the lettercard and they decorated the walls of the hotel's dining room.

"Have you ever thought about going back?"

"Of all the places I visited during my time in the Navy, the Seychelles were the one I would most like to visit again, but it's way beyond my budget," he replied. It was just becoming a popular elite holiday destination.

"The manager of the hotel in Mahe has offered you and your wife a fortnight's holiday at the hotel. We will fly you out on Seychelles Air Lines."

## Wow!!!

On 25th September 1985 Mum and Dad arrived at Gatwick to be greeted at check-in with a bottle of champagne. The area was cleared while a photographer took their pictures amid "hundreds of onlookers asking each other who the celebrities were!" as dad commentated.

On one of their outings they chatted to a taxi-driver who used to work on an oil-tanker between the Persian Gulf and Liverpool. He had visited Blackpool, and thought it was fantastic! Dad told him he had always wanted to come back to the Seychelles; the taxi driver said he wanted to return to Blackpool!

They had a wonderful holiday. What price being a hoarder now!?!

# All About Knitting!



by **Gennie Thompson**

Spring has finally sprung! And if you feel inclined to knit in the spring, there are a variety of ideas and projects to inspire. The internet is a never-ending resource for free knitting patterns, ideas and inspiration. Your Scheme Manager can provide a copy for any of the below listed patterns.



Catnip filled bunny



Cross bookmarks



Bunny bunting



One egg Easter basket



Easter chick treat holder



Tiny hat (for AGE UK's Big Knit)

Alongside being a fabulous hobby to make beautiful things and keep us busy, did you know knitting has a whole range of health benefits? Different studies have demonstrated that knitting and other types of needlework have significant health benefits for both our brains and bodies. The repetitive and rhythmic act of knitting can actually change our brains chemistry, increasing good hormones like serotonin and dopamine and decreasing stress hormones. It also helps to manage and prevent pain, depression and stress, which after time leads to strengthening of the body's immune system as well as stimulate relaxing responses in our bodies which can help lower our blood pressure, heart rates and act as a defence against illness. The finale is that knitting can help reduce the likelihood of dementia causing illnesses and reduce pain associated with arthritis.

Whether you want to learn more about the impact knitting has on our wellbeing, find some inspiration, connect with fellow knitters or learn how to, there are organisations available to help in any situation.

### Stitchlinks

Stitchlinks are advocates of therapeutic knitting as a tool to improve wellbeing. Stichlinks combines practical resources and academic research and offers a

range of resources, materials and activities to be involved in and a wider community to benefit from. The aim is to promote knitting as a therapeutic tool to improve wellbeing and help manage chronic conditions and advocate the many benefits knitting can unlock for us. There is a wide range of resources available at Stitchlinks, including patterns and guides. To find out more about Stitchlinks you can go to their website at [www.stitchlinks.com](http://www.stitchlinks.com) or ask your scheme manager to pass on some information.

### AGE UK Big Knit

AGE UK Richmond are asking people to knit tiny hats to raise money in a joint campaign with Innocent drinks. The campaign is aiming to raise funds and create awareness of the struggles vulnerable older people can experience in winter months. Innocents Drinks is giving AGE UK 25p for every hat knitted. The goal is to have 3000 hats by September 2021. If you would like to get involved there are a variety of patterns available or you can create your own. To find out more you can ask your scheme manager, log onto – [ageuk.org.uk/richmonduponthames/get-involved/the-big-knit](http://ageuk.org.uk/richmonduponthames/get-involved/the-big-knit) or call 0208 744 1965.

### Knit or crochet for charity in the UK

There are various websites dedicated to sharing the different charities who are running campaigns that require hand knitted goods to be created and

donated to support those in need and raise money and awareness for a good cause! Current projects running need blankets and teddies for babies (**Warm Baby Project UK**), 8-inch squares (used to create blankets and sent to vulnerable children in South Africa **Knitasquare**) and children's jumpers, scarves, gloves and mittens (**HIHFAD – Knit for Syria**).

If you would like more information or a copy of any knitting pattern let your scheme manager know.

Some of the websites that list upcoming charity projects and update regularly are listed below:

<https://woolyknit.com/2021/01/08/9-charities-looking-for-knitters-crocheters/>

<https://www.ukhandknitting.com/knitting-for-charity>

<https://www.letsknit.co.uk/blog/knitting-for-charity-january-february-2021>

When it is safe for activities to resume there are also a number of knitting groups in the local area, you can join these to meet likeminded people or to improve or learn a new skill.

Please ask your scheme manager for more information.

# Norman's Quiz



1. What was the name of Princess Margaret's husband, who she married in 1960?



*Engelbert Humperdinck*

2. Engelbert Humperdinck had two UK number one hits in 1967. Can you name them?

3. February 6th was the anniversary of the Munich Air disaster involving Manchester United players. In what year did this tragedy take place?

4. Who is the current leader of the Liberal Democrats party?

5. Who was the original host of the TV gameshow '3-2-1' in which the booby prize was *Dusty Bin*?

6. What was the Christian name of Winston Churchill's wife?

7. Which artist painted *The Last Supper*, and *the Virgin of the Rocks*?

8. Who is the highest ranking UK Royal female in order of succession to the throne, ranked No.4?

9. 'ritual jewels' is an anagram of which famous UK actress and comedian?

10. What is celebrated each year in the UK on April 23rd?

11. What is the American Kamala Harris famous for?

12. Which famous group consisted of Barry, Robin and Maurice?

13. The word 'ovine' refers to which animal?

14. In the *Goon Show* which star voiced Eccles, Minnie Bannister and Count Moriarty?

15. In which famous musical would you find the characters Tony, Maria and Riff?

Answers on page 26.

# Spot the Top 18 Garden Birds



Each year in January, the RSPB run the Big Garden Birdwatch. Nearly half a million people count almost eight million birds. The results are published yearly and give an accurate picture of the birds that are in decline and give information on how we can maintain the bird population.

The RSPB says that 'The reasons behind these declines are complex and continue to be investigated, but fewer green spaces, pollution and a changing climate are just some of the challenges faced by garden birds.... but our feathered friends continue to entertain and fascinate us.'

There are lots of ways that we can encourage wildlife and let nature bring a smile to our day, especially with wildlife-friendly gardening. Nature has a special way of lifting our spirits and by giving it a helping hand we can all enjoy a world where wildlife thrives.'

In the spirit of the *i-spy* books, I have also added a small circle for you to tick when you have spotted the bird!

You can use this pullout all year round.

### #1 House Sparrow



**Male**  
House Sparrow:

A common little visitor to gardens, it will readily feed on seeds from the bird table



**Female**  
House Sparrow:

she does not have the full grey cap and white cheeks of the male, but sports



a light brown strip along her head instead.

### #2 Starling



These speckled

birds can look black from a distance.



## #3 Blue tit



A colourful and popular garden visitor, these little birds are easily attracted to most types of bird feeders. A gardener's friend

they eat more aphids (small plant-eating insects) than any other species.

## #4 Woodpigeon



The large Wood-pigeon is found in all parts of the country and as there are about 10 million of them in total, they are a

common sight in many gardens.

## #5 Blackbird



**Male** Blackbird: With his shiny black plumage, yellow beak, and yellow ring round his eye, the male Blackbird is a handsome bird.

His song is also very musical.



**Female** Blackbird: The female Blackbird is smaller than the male and is not black at all, but instead is more of a dark brown colour.

## #6 Goldfinch



Red faced and with golden wings, this pretty little finch is easy to recognise. If you are out and about you might see it feeding on

thistle heads, but in the garden you're more likely to see it feeding on seeds from the bird feeder.

## #7 Great tit



With its blue-black head, white cheek patches, and yellow breast with a black bar down the centre, this is an easy bird

to identify in the garden. The male's 'teacher teacher' song is also a familiar spring sound.

### #8 Robin



One of the most popular and recognisable garden birds. Both male and female have the familiar red breast making it



very hard to tell the sexes apart.

### #9 Long tailed-tit



They prefer hedges and light woodland but their long tails and plump little bodies make this delightful member



of the tit family easy to recognise when it visits a garden.

### #10 Magpie



With its very long tail and bold black and white colours, this is an easy bird to recognise. They are not fussy



and will eat many different things, often pushing smaller garden birds out of the way to get food.

### #11 Chaffinch



A very familiar garden bird, the bright colours of the male Chaffinch (shown here) make it particularly easy to spot. The



female has a similar pattern but as with many birds, her colours are duller. Both males and females are fond of seeds and insects.

### #12 Collared Dove



With their pinkish-grey colour and black, collar-like mark on either side of the neck, these birds are easy to recognise.



### #13 Dunnock



These nervous little grey-brown birds are great at picking up the little seeds and crumbs that fall off bird tables.



### #14 Jackdaw



Smaller than most crows and with a greyish head and pale eyes, the Jackdaw is quite easy to identify.

Its harsh 'keeaw' call is also very noticeable.



### #17 Carrion Crow



A larger black garden bird with a black bill that it uses to carry large objects. It is usually solitary but may be found

in small family groups ganging up on smaller garden birds.



### #15 Feral Pigeon



Feral pigeons, also called city doves, city pigeons, or street pigeons, are pigeons that are descended from the domestic

pigeons that have returned to the wild.



### #18 Greenfinch



If you've got little trees and shrubs in and around your garden, you're bound to spot this little, greenish-yellow bird looking

for food. There are estimated to be about 1.7 million breeding pairs in the UK.



### #16 Coal Tit



The Coal Tit has a black cap with a white patch in it. When food is abundant they are usually found in woodlands but in

winter they join mixed-species flocks to visit bird tables and feeders.



#### Further reading & resources:

**Book:** i-spy Garden Birds (Harper Collins, 2018)

#### Websites:

<https://ebird.org>

<https://www.rspb.org.uk>

<https://www.frp.org.uk/the-birds-of-richmond-park-3/>

<https://www.royalparks.org.uk/parks/richmond-park/richmond-park-attractions/wildlife/birds>

# Bird Quiz



by **Nigel Davis**

Can you identify these birds or ducks of the British Isles?

1. A wise bird, devoted to the pussy-cat.



*Illustration by Denise Di Battista*

2. Batman's side-kick. Or, if you like, a three-wheeled car.

3. Sounds like a toasted teacake.

4. A circus in a meadow?

5. My other name is Mavis.

6. Don't confuse this small wading bird with a Double Sheepshanks or a Reef.

7. A very speedy bird.

8. A resident of the Tower of London.

9. What a joke, high up there!

10. A wizard of a hawk!

11. A brightly coloured implement in the tool-box.

12. The favourite bird of the Lady with the Lamp?

13. An orange flavoured duck from China?

14. On a large scale, perhaps you might find this river bird at a fair-ground.



*Tower of London Medieval Illustration, artist unknown*

Answers on page 26.

# Recipe: Easy Hot Cross Buns



by Joanne Davison

Makes 8

### Ingredients for the buns

500g strong white bread flour  
½ tsp salt  
2 heaped tsp mixed spice  
50g caster sugar  
50g butter, chopped into cubes  
200g mixed dried fruit  
7g sachet easy blend dried yeast  
200ml milk  
2 eggs

### For the crosses & glaze

3 tbsp plain flour  
Honey or golden syrup, for brushing

### Method

Tip the flour into a bowl and stir in the salt, mixed spice and sugar.

Rub in the butter with your fingertips. Stir in the dried fruit, then sprinkle over the yeast and stir in. Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds. Beat with the eggs, then pour into the dried ingredients.

Using a blunt knife, mix the ingredients to a moist dough, then leave to soak



for 5 mins. Take out of the bowl and cut the dough into 8 equal pieces.

Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely with cling film, then leave in a warm place until half again in size. This will take 45 mins to 1hr 15 mins, depending on how warm the room is.

When the buns have risen, heat oven to 220C/fan 200C/gas 7. Mix the flour with 2tbsp water to make a paste. Pour into a plastic food bag and make a nick in one of the corners. Pipe crosses on top of each bun.

Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns, then brush all over with honey or golden syrup. The buns will keep fresh for a day. After that they are best toasted and served with butter.

# Recipe: Easter Simnel Cake



by Linda Prendergast

### Ingredients

8oz/250g plain flour  
6oz/150g soft brown sugar  
6oz/150g margarine  
4 eggs  
1tsp ground cinnamon  
12oz/375g currants  
4oz/100g sultanas  
3oz/75g mixed peel  
8oz/250g marzipan

### Decoration

1lb/450g marzipan  
3tbsp apricot jam  
1 egg white

### Method

Line and lightly grease the cake tin (8in /20cm round cake tin).

Roll the 8oz marzipan to a 7½in or 17cm circle.

Cream the margarine and sugar until light and fluffy, then beat in the eggs, one at a time.

Put the flour, cinnamon and dried fruit into a large bowl and mix well. Fold half



of the dry ingredients into the egg, fat and sugar mixture with a metal spoon. When thoroughly mixed fold in the remaining half.

Put half the cake mixture into the tin, and then level with a palette knife, then lay the circle of marzipan on the top. Carefully top with the remaining cake mixture, smoothing the top level, then making a shallow well in the centre to enable the cake to rise evenly.

Bake at gas mark 3 / 325f /160c for 2hours. When cooked remove from the tin onto a wire cooling rack and leave the cake to become cold before decorating.

## Sketch Club

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## Sketch Club - ALMSHOUSE NEWS

We would love to see your work - if you would like to share your finished drawing - please hand it to your scheme manager for inclusion in a forthcoming issue. Happy Drawing, Colouring or Painting!


# Interesting Apps: Things to do on your device or smartphone



by Gennie Thompson

Things to do on your device or smart-phone: interesting apps



**Flight Radar** - if you ever wonder where or what the plane flying over your head is, this is the app for you! Coined as the 'world's most

popular flight tracker', you can use it to track and identify planes above you in real time, it shows you where they have come from and where they are going!



**TuneIn** - access to over 100,000 radio stations from around the globe!



**SnoreLab** - this app tracks and records

your snoring whilst you sleep and then provides advice, analysis and recommendations to help reduce your snoring and improve your sleep quality based on this!



**Word Twist** - an 'app-friendly' take on scrabble, this aims to help improve your literacy skills whilst working our brains.



**Draw Something** - a doodling game to play with friends, family or strangers.



**PlantSnap** - you can use this app to scan or take pictures to identify any plant, tree, herbs or flowers you may be unsure of.



**FreePrints**

**FreePrints** - this app gives you

45 free prints a month, so you can get your favourite phone pictures printed free, aside from postage and packaging. The company also offer other apps: Free photo tiles/ photo books/ free prints cards – which operate the same way, one free thing per month – you just pay for postage and packaging.

## Interesting Apps - ALMSHOUSE NEWS



### **Duolingo**

- pick one of 30+

languages to learn, the app offers varied learning via listening exercises, flashcards and multiple-choice questions and will even remind you to practice, if you choose.



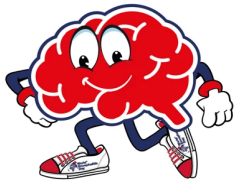
**Shazam** - use this app to identify any

songs or music you may hear and want to remember!



**Elevate** - brain training!  
An award-

winning app that aims to help improve communication skills, focus and analytical skills.



**Brain Walk** - this app is made by a charity, who encourage you to download it and join the community, take

part in brain teasers, online chats and more.



**The Poetics** – choose your category and have daily quotes from a range of wise poets and authors delivered daily to your device.



### **Lumosity**

- improve memory, increase

focus, and feel sharper — a brain training app, personalized for you.



### **Flashlight & Magnifying Glass**

- the simplest, easiest-to-use magnifying glass. Flashlight (LED torch light), digital

magnifier, restaurant menu reader, and prescription bottle reader all-in-one.



### **Medisafe**

- free app to take the

stress out of taking your medications. The fastest, most secure, and accurate way to keep track of all your meds.

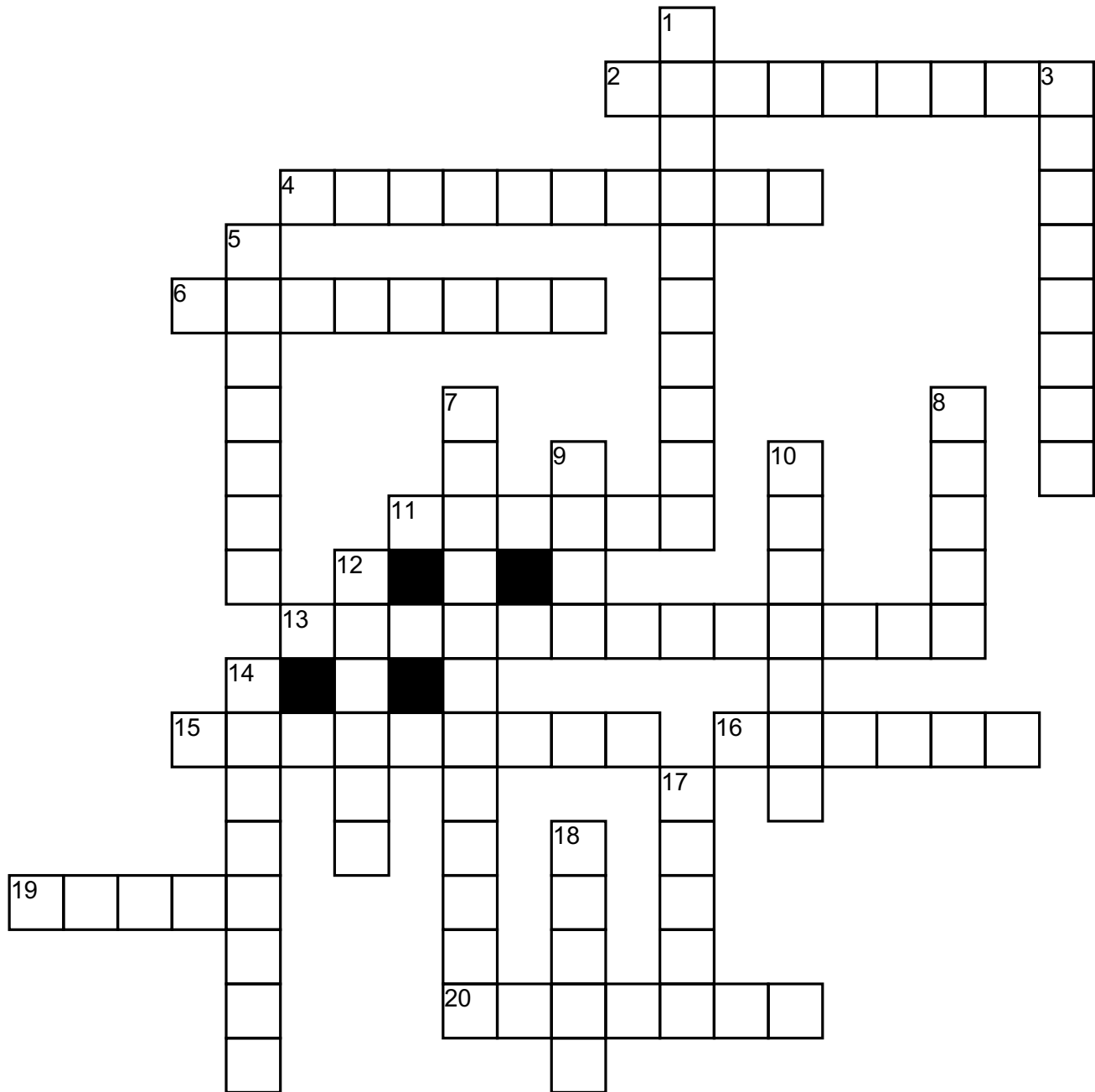


**Good Reads** - find new and interesting books by browsing personalized recommendations based on books

you've read and your favorite genres. See what your friends are reading, write book reviews, and keep track of what you want to read.

# Crossword Competition March Two 2021

Animals and Nature



Name \_\_\_\_\_

Address \_\_\_\_\_

# Crossword Competition March Two 2021

This week's crossword prize is a **£5 M&S Voucher**

### How to enter:

- Complete your crossword on page 24
- Fill in your name and address at the bottom of page 24
- Place page 24 in your suggestion box by **Friday 27 March**
- Completed crosswords will be entered into a prize draw. The winner will be announced in the next issue. Good luck!

### Across

2. "When all at once I saw a crowd, A host of golden \_\_\_\_\_" (Wordsworth) (9)
4. Butterfly / communist naval chief! (3,7)
6. Spotted beetle that feeds on aphids / Lyndon Johnson's wife! (8)
11. Viral infection spread by the bite of animals, usually dogs (6)
13. Famous primate at London Zoo (3,3,7)
15. Victim of an arrow shot by a sparrow (4,5)
16. Dairy cow / island (6)
19. Bird of prey / pastime (5)
20. Gerald \_\_\_\_\_ OBE (1925 – 1995) British naturalist and writer (7)

### Down

1. Scottish mountain range (10)
3. Legless lizard (8)
5. Infant frog or toad (7)
7. Large, invasive plant that causes burns (5,7)
8. British animal welfare charity (5)
9. Carnivorous fish / soldier in Dad's Army (4)
10. A pine tree for example (7)
12. Bird which lays its eggs in other birds' nests (6)
14. Pollinator and food maker (5,3)
17. Huge aquatic mammal and home to Jonah (5)
18. Government department with responsibility for farming in England (5)

## Noticeboard

### Message from Resident: Angela Greaves:

I love playing Canasta and wondered whether there is a Canasta Group already ? If not, I hope to start a group for anyone interested after the lockdown.

It would be lovely if the Terrace Room (at Wright's) could accommodate.

*Please let your Scheme Manager know if you are interested.*

Please give your Noticeboard messages to your scheme manager or email to:

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

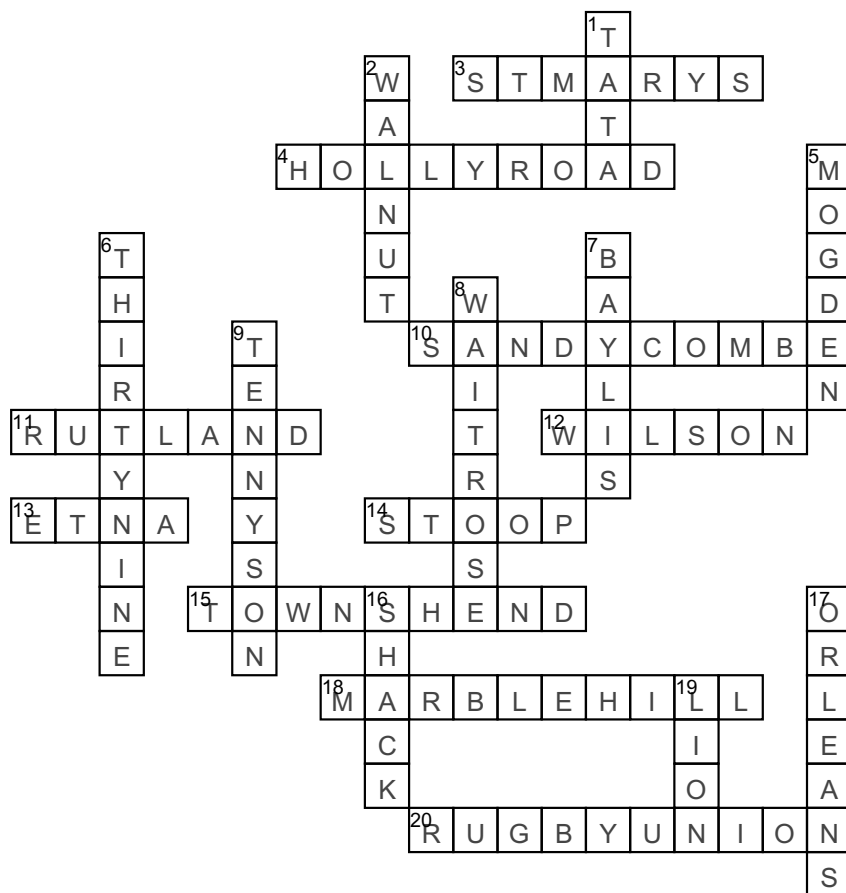
### Message from the Editor:

We are looking for residents that have any interesting stories about the River Thames - past or present. Deadline: **Wednesday 7 April.**

Please talk to your scheme manager or email:

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

### Answers to last week's crossword - March One 2021



### Page 18. Bird Quiz. Answers:

1. Owl 2. Robin 3. Puffin  
4. Fieldfare 5. Song Thrush 6. Knot 7. Swift 8. Raven  
9. Skylark 10. Merlin  
11. Yellowhammer 12. Nightingale 13. Mandarin Duck  
14. Dipper

### Page 12. Norman's Quiz. Answers:

1. Anthony Armstrong Jones.  
2. *Please Release Me* and *The Last Waltz*. 3. 1958. 4. Ed Davey. 5. Ted Rodgers. 6. Clementine. 7. Leonardo Da Vinci. 8. Princess Charlotte of Cambridge. 9. Julie Walters. 10. St George's Day. 11. First female American Vice President. 12. The Bee Gees (The Brothers Gibb). 13. Sheep. 14. Spike Milligan. 15. *West Side Story*.

# Wordsearch: Spring Flowers

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

allium	camellia	primrose	hyacinths	scilla	anemone
magnolia	crocus	trillium	iris	snowdrop	lilac
muscari	pansy	daffodil	pussywillow	tulip	spiraea
azaleas	peonies	forsythia			

### Poetry Corner by Nigel Davis



My beloved late wife Emma, being a true Scot, dearly liked a bargain. Buy one get one free or three for the price of two in the supermarkets were usually irresistible to her. She would then ruthlessly crush my protestations that I did not want to be eating Quiche Lorraine, or whatever, 3 times that week. Still, in the same spirit of economy I offer in this Poetry Corner two for the price of one – not, I hope, that you are actually paying for your issues of Almshouse News.

Poets write very short poems usually to make a simple point with directness and immediacy. William Carlos Williams (1883-1963) and Charlotte Mew (1869-

1928) could hardly have been more different poets. One, Williams, wrote in the American modernist idiom, the other, Mew, in the English traditionalist idiom. But very different though these two particular poems are (though note how both focus on layout and on how the poem appears on the page) they both brilliantly succeed, I think, in capturing the sense of spontaneous delight at a simple pleasure in life.

You can decide for yourselves which of these two poems you prefer. Or maybe, like me, you will like them, in their different ways, both equally.

#### I so liked Spring by Charlotte Mew

I so liked Spring last year  
    Because you were here;—  
        The thrushes too—  
Because it was these you so liked to hear—  
    I so liked you.

This year's a different thing—  
    I'll not think of you.  
But I'll like Spring because it is simply Spring  
    As the thrushes do.

#### This is just to say by William Carlos Williams

I have eaten  
the plums  
that were in  
the icebox

and which  
you were probably  
saving  
for breakfast

Forgive me  
they were delicious  
so sweet  
and so cold