



10 September 2020

To all residents of The Richmond Charities

Dear Residents,

September Almshouse News and new Government Rules from 14 September

The Almshouse News (attached) for September went to print on Tuesday 8 September 2020. In it, you will see, there is information about a number of activities that we were hoping to re-start from late September – film club, bingo and meditation – and information about the Friends & Neighbours' Coffee morning for Macmillan planned for 25 September. Unfortunately, as you will have seen, heard or read in the news, on the following morning, 9 September 2020, the Government issued new rules which come into effect from Monday 14 September making it illegal to meet with people from other households socially in groups of more than 6. This applies indoors and outdoors, including in private homes. There are a limited number of exemptions, such as places of worship (so our services in Chapel will continue), workplaces, education, Covid-secure venues such as pubs and restaurants, organised team sports and weddings and funerals.

These new rules have meant that we have regrettably had to cancel the planned re-start of activities – so for the foreseeable future, no activities will be able to restart and Friends & Neighbours will not be able to hold their coffee morning on 25 September.

Some residents have been asking whether they are allowed to meet each other for coffee, for example. The rules permit meeting in social groups of up to 6 people (these 6 people can all be from different households) indoors and outdoors, but social distancing must be maintained. Residents can therefore meet in groups of up to 6 in the almshouse grounds, but all at 2m distance from each other, and can also meet inside each other's almshouses. However, most almshouses are small and it simply would not be possible for 6 people to all be 2m apart from each other inside a small almshouse, so our guidance is that numbers meeting inside, eg for a cup of tea, should be much lower than 6 in order that you can all keep your distance from each other and stay safe. We need to all remain vigilant and ensure that we do not get complacent about this virus and to keep it out of our community.

I would urge you all to read the new rules so that you are up to speed with the changes.

The new Government rules from 14 September are accompanied by a new campaign and slogan – HANDS, FACE, SPACE:

- HANDS - Wash your hands regularly and for 20 seconds.
- FACE - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- SPACE - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

Thank you to you all for continuing to abide by the changing Government rules.

With my best wishes,
Juliet Ames-Lewis

Chief Executive



ALMSHOUSE NEWS

The quarterly newsletter for The Richmond Charities Almshouses

September 2020

Welcome to your
Almshouse News

WELCOME

Letter from Chief
Executive

Poetry

Coffee Morning

News &
Information

New Staff

Forthcoming
Events

Meditation

Film Club



Juliet Ames-Lewis Chief Executive



Letter from Juliet

Dear Residents,

I hope you have all had a good summer as lockdown has

gradually eased – though the heatwave in August wasn't much fun!

As I mentioned in my letter in the August Almshouse News, we have been working out how we can safely re-start some activities in our community and re-open guest rooms. Covid-19 is clearly here to stay and we will all have to continue to adapt, as we have done over the last 6 months, and continue to live and work in different ways. We must also be aware that if a local lockdown was implemented in Richmond we would have to stop activities again and close guest rooms.

We will be re-starting a few activities from late September which we feel it is possible to do whilst maintaining social distancing. These are film club, bingo and meditation – there is further information about these in the Almshouse News from Michael Hobbs, Norman Bramfitt and Stuart Lee. We will see how it works with these activities

and then consider re-starting others. You will notice some changes in terms of the layout of chairs and tables in the Chapel and the Garden Room to conform to social distancing, restrictions on numbers for each activity, hand sanitising, mask wearing (where possible – please see Stuart's article about face coverings) and adhering to track and trace (keeping a list of who attends each activity so that if a resident develops Covid-19 symptoms, all residents with whom they had come into contact will be phoned and advised to self-isolate and get tested). I hope that you will all welcome the new beginnings for our community activities. Friends & Neighbours will also be holding their first event since lockdown, an adapted Macmillan event on 25 September and there is more information about this event from Pat Platt.

Our Guest Rooms at Hickey's and Michel's will re-open from 21 September and you can book these in the usual way via your Scheme Manager. We have new cleaning protocols in place with our cleaners to ensure the cleans between bookings conform to the new Covid-19 government guidance on cleaning. Our new Guest Room at Wright's Almshouses will also open during the autumn.

From 21 September, we will start charging again for all the communal



Letter from the Chief Executive - ALMSHOUSE NEWS

laundries. At Hickey's and Church Estate, the token boxes will be put back onto the machines and you will need to purchase tokens at the estate office.

In order to minimise the handling of cash by residents and staff, we have set up card terminals at the Hickey's and Michel's offices and we would urge all residents where possible to please pay for the laundry and guest room booking via contactless payment using a debit or credit card on our card terminals. Payments higher than the limit for contactless payment can also be taken by putting your debit or credit card into the card terminal and inputting your PIN. Payments can also be taken using the card terminal over the phone by phoning your Scheme Manager. We realise though that some residents may not have debit or credit cards and that it will not be practical at all estates for residents to pay by card, in particular the estates further away from the estate offices where laundry payment is made by cash in the laundries. It is therefore fine to continue to pay with cash where necessary but please note that exact change must be used; no change can be given by Scheme Managers. On collection of notes and coins, staff will disinfect the money.

Finally, here are some photos of Wright's Almshouses. New residents will be moving in during September

and October and I know that you will give everyone a warm welcome.

With my very best wishes,



Welcome to New Residents

We offer a warm welcome, into our community, to the new residents who have recently moved in:

- Maria Branquinho-Merca
- Deborah Findlay
- Noreen Nour
- Liz Prescott

Front Page Photos

Top Left: The Porters’ Lodge at Hickey’s.
Bottom Left: The Entrance to Hickey’s.
Top Right: The houses at Michel’s.
Bottom Right: The entrance arch at Bishop Duppa’s.

Credits

Editor: Juliet Ames- Lewis
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Face Coverings - The Changing Rules

by Stuart Lee



As you will know, government rules regarding the wearing of face coverings in England have changed a number of times over the last few months and it can get confusing. By the time you read this article it may be out of date, but here are how things stand at the end of August.

Put simply, it is now obligatory to wear face coverings in indoor spaces where a number of different people who do not live together come close to one another.

This includes (but is not limited to) public transport, shops, cinemas, banks and post-offices.

Places of worship, libraries, museums and art galleries, beauty salons and hairdressers/barbers and clubs providing social activities have recently been added to the list.

For residents of The Richmond Charities, this means that attending chapel, film club, or any social or fundraising activities (when we are able to begin them) will require the wearing of a face covering.



A number of people are exempt from wearing coverings, and this includes:

- those who are unable to put on, wear or remove a covering because of a disability;
- those for whom wearing a face covering would cause distress;
- those who are accompanying someone who relies on lip reading to communicate;
- avoiding causing harm, injury or distress to yourself or others.

As a result, you will need to decide for yourself how you can best follow the rules, keeping yourself and others safe. Generally, at any events we are able to organise you will see fellow residents wearing face coverings. However, there will be some who, for one of the reasons listed above, will not be able to and we hope you will understand that everyone has to make their own informed decisions.



ALMSHOUSE NEWS - Forthcoming Events

Bingo



by **Norman Bramfitt**

I am pleased to inform you that we will be starting the bingo again on **7th October in The Garden**

Room at 2pm.

However because of the current Covid situation we will be only allowed 8 players per session so that we can adhere to social distancing rules. With this in mind I will be running it fortnightly with players only allowed to attend one session per month.

Please give your names to your scheme manager. I am aware that some of you like to attend with friends so please let your scheme manager know this when giving names.

I am aware that this is unsatisfactory to some but this is the best we can do at the moment and I hope that you give it your support. I look forward to seeing you all.

Further dates are:

21 October

4 November

18 November

2 December

16 December



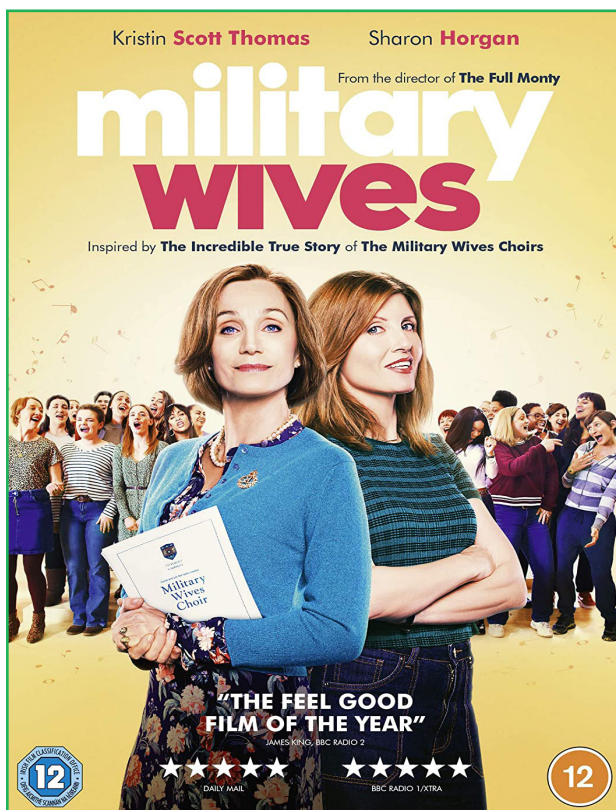
Film Club at Hickey's Chapel



by Michael Hobbs

The world has changed a lot since we screened *Green Book* on the 11th March 2020.

Community life hasn't been easy without our varied activities. Under Juliet's direction many will return soon. The Film Club crew have volunteered to restart the Film Club and so unless there are any new restrictions we intend to begin screenings on **Wednesday 30th September**.



We've chosen the light hearted comedy/drama *Military Wives* to lift the mood.

The arrangements for screening films have also changed. The safety of everyone attending including residents and Film Club crew, is of the upmost importance. Therefore the following protocols have been put in place.

1. Hand Sanitising. Liquid will be available.
2. Masks. Must be worn unless you are exempt.
3. Track and Trace will be in operation. The Charity has to carry out an internal 'track and trace' and people need to be aware that following an event, if someone goes down with Covid-19 symptoms, all attendees will have to self-isolate and get a test.
4. Please do not attend if you are feeling unwell.
5. Social distancing at all times. Seating will be preset to maintain this.
6. Refreshments will not be served. You may bring your own drinks.
7. The maximum number of attendees is 18.

We look forward to welcoming you again.

Live-Streamed Concert



by Juliet Ames-Lewis

Cara Curran, one of our volunteer shoppers during lockdown, sings with a fantastic group called Stile Antico.

They are taking part in the 'Live From London' event, which comprises 10 live-streamed concerts, broadcast live in High Definition from the church of St Anne and St Agnes in London.

As well as Stile's concert on **Saturday 26 September**, the festival includes performances from The Sixteen, Voces 8, I Fagiolini, The Swingle Singers, the Academy of Ancient Music, and other world-class musical groups. Something for everyone!

STILE ANTICO
LIVE FROM LONDON
26 SEPTEMBER 2020

VOCES 8
FOUNDATION
voces8.foundation/livefromlondon

If you are interested in 'attending' the concert from the comfort of your home, please go to <https://www.stileantico.co.uk/livefromlondon> where you can buy a ticket.

Whilst the concert will be live on **Saturday 26 September**, you don't have to watch the concert on the Saturday evening, so if you have other commitments you can catch up at a later date.

Forthcoming Events - ALMSHOUSE NEWS

Macmillan Cancer Support Coffee Morning



by Pat Platt

Date: Friday 25th Sept 2020.

Time: 10.30am - 12noon

Venue: The Garden Room at Church Estate

Friends & Neighbours are holding their annual coffee morning this September. It will be a very different event this year. Unfortunately we are unable to have our usual stalls or Lena's home-made produce. This is very sad, but it's the way it has to be this year. We will have a raffle and a competition, so please do try and join us.

Inside The Garden Room there will be coffee/tea, wrapped cakes and biscuits which you can have with your coffee or take home with you.

Due to government guidelines there will be someone at the entrance to take your details and please sanitize your hands. Sanitiser will be provided.

Only **FOUR people**, plus volunteers, will be allowed in The Garden Room at any one time, please. Enter at the left side of the building and exit from the right.

Keeping fingers crossed for a fine day, some chairs and tables will be in the garden for you to have your coffee. Please remember social distancing of 2metres. No need to wear a mask outside, but if only 1metre apart then a mask should be worn.

Anyone who would like to give a cash donation, please give it to your Scheme Manager in an envelope; or direct to Pat Platt. Macmillan, like all charities, need us more than ever this year, so please support us if you can.

Unfortunately the toilet in The Garden Room will be out of use. Donations for raffle prizes would be very much appreciated.

I can assure you that if anyone shows any symptoms of coronavirus, you will be notified.

We would love to see you on **Friday 25th September.**

Please note we hope to have a bigger event next spring so that we can increase our support to "Macmillan Cancer Support".

WORLD'S BIGGEST
COFFEE MORNING
MACMILLAN
CANCER SUPPORT





ALMSHOUSE NEWS - Information

Lasting Power of Attorney (LPA) forms



by **Juliet Ames-Lewis**

Everyone should have Lasting Power of Attorney (LPA) forms set up in case they lose mental capacity in the future to manage their financial affairs and/or health and care arrangements.

The alternative to LPA is Deputyship which is a more expensive and lengthy process for families to engage with.

Age UK Richmond can assist people in setting up these forms which are reasonably straight forward when you know what you are doing!

During the appointment you will have the chance to ask questions about the different ways the forms can be drawn up, and consider any additional

instructions you want your attorneys to follow.

Due to concerns around the coronavirus it is possible to meet with Age UK Richmond, socially distanced, at offices in East Sheen or at your home where staff will wear PPE.

Please talk to Age UK Richmond about any anxieties you have surrounding health and safety.

For more information contact
Sara Wilcox
AgeUK Richmond
0208 878 3050
sara.wilcox@ageukrichmond.org.uk

Please note that whilst this is a free service it is still £82 to register a LPA form with the Office of the Public Guardian (or half price for those on benefits).
LPA forms cannot be used until they are registered.



Introduction to Meditation and Mindfulness



by **Stuart Lee**

Practicing meditation has been proven to provide many benefits.

These include reducing stress, improving concentration, slowing aging, lowering blood pressure and strengthening immunity and well as contributing to general feelings of well-being. Techniques are now being taught by the NHS as a way of managing depression, anxiety, chronic pain and COPD.

For **four fortnightly sessions starting on Wednesday, 7th October at 10.30am in the chapel**, Stuart will introduce a different form of meditation, talk you through a guided session and then encourage some reflection about the experience.

Writing about a previous course of sessions, one resident wrote: 'I know that in the past I definitely poopooed the idea of mindfulness/meditation, but I've had to eat my words. There's a reason it's been

practised for centuries! So, next time Stuart offers a course, make sure you're the first in the door. Come with an open mind and just see where it takes you. You won't regret it'.

Each session will last about one hour in total and will give you the tools to go away and try it out for yourself.

The types of meditation taught will be drawn from a variety of philosophical, spiritual and cultural traditions and will incorporate forms suitable for people who like to be active and moving as well as the more familiar still and silent practices.



Introducing Our New Member of Staff: Gennie Thompson



by **Gennie Thompson**

My name is Gennie Thompson and I am writing to formally

introduce myself as your new residential Deputy Scheme Manager based at Hickey's Almshouses.

I will also introduce my partner, Marco Bennett, who will also be joining the community as a neighbour as we are both moving into the Nurse's Lodge.

We are both very excited for our house move, getting to know our neighbours and integrating into the wonderful community at The Richmond Charities. My official first day at work will be 28th September but if you are near Hickey's before then you may see me and Marco struggling with boxes into the Nurse's Lodge!

So to start with a bit about me, I grew up by the seaside in Dorset. I am very much a people person so I am most excited about getting to know you all and of course, my new team!

My working background includes experience working in a range of roles within adult and children's social care remit, both privately and via local authority in practical and administrative roles.

Most recently, I have been employed as a residential estate manager for a retirement block of flats (The Greenwoods) in Harrow where Marco and I lived. This role shared many similarities to my new role with you all, so I can hit the ground running.



Gennie Thompson

New Staff Member - ALMSHOUSE NEWS

Prior to this, I was working in Glasgow as a service coordinator for a mental health charity. I am confident that I will be able to be an asset to your organisation and I will always try my best and strive to achieve the best outcomes possible for you all.

Marco is from Greenford, West London and is a relaxed, friendly person. He has worked in a variety of customer focussed roles in London and Australia, where he lived for a year.

More recently he has worked as a Barista. Whilst furloughed during the coronavirus pandemic Marco became a huge help to the community at The Greenwoods, helping residents with anything from shopping to DIY.

Our hobbies include cooking, cycling, anything to do with nature and learning new things. I am very interested in aromatherapy and so enjoy making my own lotions and potions!

Marco is very interested in health from his days as a personal trainer and enjoys learning about alternative



Marco Bennett

medicines and holistic therapies. Most recently, he has been improving his woodwork skills and made me a very nice pestle and mortar!

To summarise, both of us are so excited and happy to be moving into our lovely new home in a lovely wider community. We look forward to meeting and getting to know you all.





My First Six Months as a Scheme Manager



by **Claire Sanecka**

What a journey so far...

I can hardly believe how quickly the past six months have flown by.

As lots of residents have mentioned, what an unknowingly surreal time to start... I was in post for three weeks before being banished, under government guidelines, to working from home life, whilst this pandemic really did take us all by surprise, and what a surprise it was in more than one way.

I had self-expectations and had challenged myself to remembering residents' names, during face-to-face introductions and as quickly as possible, this didn't happen. Instead, I remembered residents' names by the sound of their voice after making numerous telephone calls due to COVID-19 restrictions.

A different approach to learning but one I have thoroughly enjoyed. I spent almost four months working from home but was keen to get back to some form of normal

working routine of which I am glad we are now at that stage, somewhat. I was so impressed and excited when browsing the Chapel calendar and annual events, immediately I realised how lucky we are and I cannot wait to get stuck in to this, sometime soon.

I still walk around the Estates and gardens, whilst pinching myself and asking myself; 'is this real? Am I really a member of such an amazing charity?'

Whilst it feels I am only fulfilling a percentage of my role, I am enjoying every second of it.

Thank you all for your warm welcome and I look forward to the next six months!



Wordsearch - ALMSHOUSE NEWS



DISCUS

RINKBALL

SKIING

ROWING

HIKING

CYCLING

KUBB

ARCHERY

FISHING

GOLF

DARTS

BIATHLON

FLYAK

LUGE

POLO

SQUASH

JAVELIN

BOULES

TENNIS

QIANBALL

My First Six Months as a Trustee



by Emma Halford

I became a Trustee in November last year and was asked to sit on the

Property and Welfare committees.

I had attended my first set of meetings and was just starting to get to know the team and some of the Almshouse Estates. Juliet had promised me guided tours, summer parties and the opportunity to meet our residents and I was looking forward to it all, when alas, we were plunged into lockdown.

The last six months have not been what I was expecting and have brought many changes and challenges for us all as we've adjusted to life in lockdown, and tried to keep our friends and families safe and well.

My own experiences of lockdown have been mixed. I've worried a lot about my parents, missed seeing my friends and learnt what two metres actually looks like! I've formed an orderly queue, made space in all my handbags for face masks and accepted the fact that whatever perfume I've got on, I will only ever smell of hand sanitiser.

All of that aside I can't think of a better time to have joined the Almshouse community. The team led by Juliet have been outstanding, and their commitment to keeping you all safe and as happy as possible has been inspiring. It has been lovely to work with the team and my fellow Trustees, and to feel useful as we've planned for and adapted to a fast-moving situation.

I've met one or two of you whilst fulfilling my duties on the shopping rota, and James has even found time to give me that promised tour of the Estates.

As we start to come out of lockdown we have some very exciting things to look forward to. Our new Almshouses on Heath Road are looking very smart and will be ready very soon.

I've been interviewing potential new residents as part of my work on the Welfare Committee, and I've met some lovely people who I hope you will have the pleasure of getting to know very soon.

We had an excellent response to our advertising campaign for the new Almshouses, and it has been lovely to

think that we are helping people to start new chapters in their lives after such a weird and isolating start to the year for many.

On the Property Committee we are looking at new opportunities for more new Almshouses in the future, and making sure that we maintain all of our existing beautiful buildings.

I can already see that the Charity will

continue to grow and develop over many many years, and I'm feeling very pleased that joining the Board at this time has given me the opportunity to see the best of what we can do. I'm only sorry that I've not had the opportunity to meet as many of you as I would have liked - I hope to rectify that soon.

In the meantime stay safe and well and do say hello if you see me passing through.



Leather Sofa For Sale

Beautiful brown leather sofa for sale.
£450.00

Please call Val on 0203 092 3084 if you are interested.



St Francis of Assisi – Patron Saint of Ecologists



by Stuart Lee

The global response to the Covid-19 pandemic has, not surprisingly, pushed environmental concerns from the top of the political and news agenda. Just as we were finally waking up to the consequences of the way we live for the planet and all the life that it sustains, we have had our attention drawn elsewhere – but that does not mean the environmental crisis has gone away.

Our chapel at the Hickey's site of the Richmond Charities is dedicated to St Francis of Assisi and, whilst being popularly known for his closeness to nature and wildlife, he has been more recently adopted as the Patron Saint of Ecologists and Environmentalists. Francis shows us how to live in a way that honours and respects nature as part of the unfolding of God's life amongst us.

Francis often took himself off, away from the business of the world and its people, to spend time amongst untouched and unaltered nature. He had a preference for deserted places – caves, ruins, forests and mountainsides. It was in these places that he came to realise his intimate relatedness with nature and drew closer to the mystery of God.

In fact, Francis never used the word 'nature', with its implication that we are somehow separate from it.



Saint Francis of Assisi by Philip Fruytiers

St Francis of Assisi - ALMSHOUSE NEWS

Instead, he spoke and wrote repeatedly about 'creation', the wonderful, rich fabric of which we and every living thing are part and bound together. Our destiny, he believed, is bound up with that of every tree, flower, river, animal and insect.

Far from denying the material world – a spiritual tradition that seems to forget God as creator or 'first cause' – Francis dedicated himself to loving all of creation. This showed itself in a profound respect for aspects of our world which we might not like so much.

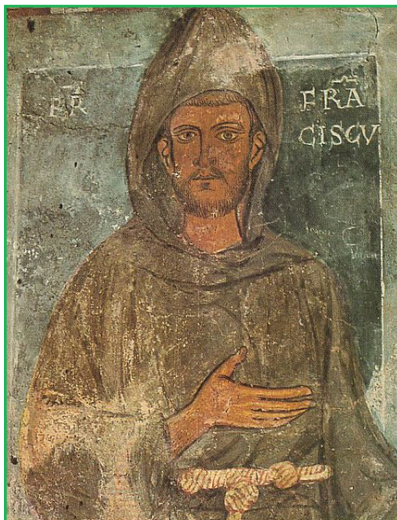
He was as keen to praise an earthquake, a spider or a scorpion as he was to honour pretty flowers or cute little lambs. Through prayer, stillness and attention, Francis came to see that God's goodness was at the heart of all matter. Try that next time you are stung by wasp or someone treads on your toe!

Francis's vision moved beyond the immediate, familiar aspects of the created world and out into the cosmos. He came to realise that he was a brother to the sun, moon and stars just as much as he was to his human, animal and vegetable 'neighbours'.

Essentially, Francis's encounter with the natural world helped him to come close and listen to God, and this was truly his life's work. Of course, this will not be every environmentalist's or ecologist's motivation, but it certainly provides a distinctive way for many of us to approach God through the rich tapestry of the created world.

Saint Francis is remembered in the Western Church's calendar on 4th October.

The oldest surviving depiction of Saint Francis is a fresco near the entrance of the Benedictine abbey of Subiaco, painted between March 1228 and March 1229



*But ask the animals, and they will teach you;
the birds of the air, and they will tell you;
ask the plants of the earth, and they will teach you;
and the fish of the sea will declare to you.
Who among all these does not know
that the hand of the Lord has done this?
In his hand is the life of every living thing
and the breath of every human being.*

The Book of Job 12: 7 - 10

POETRY CORNER



by Nigel Davis

I enjoy watching, when
I can, the TV quiz show
“The Chase” – when a team
of four members of the public take on
a professional quizzier. It interests me
when the contestants are asked at the
outset what they would do with the
money if they win – most seem to put a
foreign holiday at the top of their wish-
list.

Well, each to their own. But all of us at
some time have surely thought about
what we would want if we won the lottery
or if all our dreams came true (as if!).
This typically romantic poem of the
Victorian era by Thomas Lovell Beddoes
(1803 – 1849) does not set its sights that
high – a country cottage seems to be the
height of the poet’s ambitions. And come
to think of it – why not? (Especially when
Beddoes himself suffered significant
health problems, physical and mental).
Anyway, of its type it is, I think, a very
fine poem.

Pedlary, by the way, is an old term for
the activities of an itinerant salesman,
who in those days often would frequently
advertise himself by shaking a bell.

Dream Pedlary by Thomas Lovell Beddoes

If there were dreams to sell,
What would you buy?
Some cost a passing bell;
Some a light sigh
That shakes from Life’s fresh crown
Only a rose-leaf down.
If there were dreams to sell,
Merry and sad to tell,
And the crier rang the bell –
What would you buy?

A cottage lone and still,
With bowers nigh,
Shadowy, my woes to still,
Until I die.
Such pearl from Life’s fresh crown Fain
would I shake me down.
Were dreams to have at will,
This best would heal my ill –
This would I buy.

Thomas
Lovell
Beddoes

