

Welcome to your Almshouse News

Sleep habits

News



Daily habits

Poetry

Keep Our Balance

My Favourite Song

Keep Fit

Crossword

Mind Fit

Word Quiz

Healthy Habits Issue

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Credits

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

Design & Photography: Chantal Richards

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Thought for the Day

.....

“Good habits,
once
established
are just as
hard to break
as bad
habits.”

Winner of the Competition

.....

Thank you to everyone that submitted their completed Crossword Competition form for a chance to win a £5 Marks and Spencers voucher.

Picked at random, the winner this week is:

Gabby Lebentz

Congratulations!

Answers from last weeks Crossword Competition are on page 26.

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



Update on the Renovation of the the Chapel



by **Stuart Lee**

Readers will know from previous editions that a major project of renovation and redecoration is underway in the chapel.

For now, Sunday morning services continue at 10.30am in the Garden Room, in the Secret Garden off St Mary's Grove. If you are not sure where this is, please check with your Scheme Manager. Hopefully by early Summer we will be back in chapel again - please keep an eye on your noticeboard to find out exactly when.

Thank You All



by **Linda Prendergast**

On behalf of Martina and all the staff who work at the small residential home for adults

with learning difficulties in Twickenham, they would like to say a huge THANK YOU for your donations of hand cream and the handmade lip balms.... they were gratefully received.

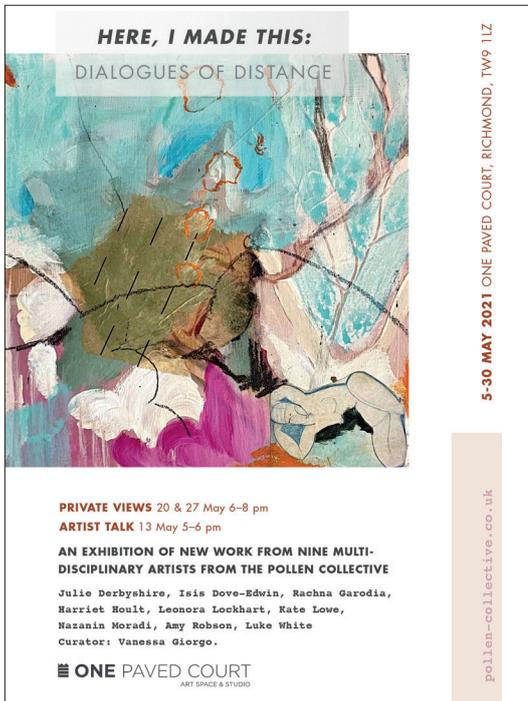
The pandemic has really highlighted the importance and value of all key workers but as the home does not fall under the umbrella of the NHS, the team is often overlooked.

Your kind donations have proved once again that when asked to helpyou rise to the occasion.

I personally want to thank each and every one of you who donated so generously to help to make a front-line worker's day a little easier.



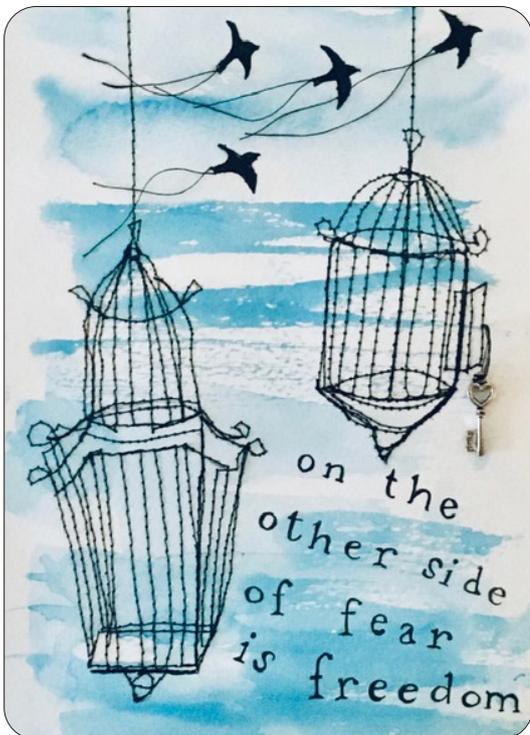
Our Residents' Art on Show in Richmond



“Here, I made this: Dialogues Of Distance” is a new art exhibition in Richmond town centre which includes the work of three of our residents!

Previously advertised in The Almshouse News, Melanie Stapelkamp, Ian Heath and Suszie Vignoles have all successfully submitted their work.

The art show runs from 5-30 May 2021 at One Paved Court, Richmond TW9 1LZ (which is just off Richmond Green behind Mary’s Living and Giving Shop). See poster (left) for more details, or online at www.pollen-collective.co.uk



Watercolour and free form stitch by Melanie Stapelkamp



Cat by Ian Heath



Disco Cat by Ian Heath



Friends and Neighbours

by Pat Platt

I thought that now was a good time to inform new residents and to remind the older residents as to how Friends & Neighbours was started.

There was once a resident named Ellen, who lived in Adelaide Road. She invited a few of us round for a drink on her birthday. During the course of general conversation, she expressed the wish that we had more events and outings. Could we not do something about this? So Dawne Clively (a Scheme Manager at that time) and I got together and decided to call for a meeting of Hickey's Residents to see what the response would be. Catherine Rumsey (Clerk to the Trustees) approved the idea of a meeting and this was held in Hickey's Chapel on 1st March 2004.

The response was positive, so Hickey's Friends and Neighbours was formally established with unanimous approval of its proposed constitution. During the next few years all The Richmond Charities almshouses were included and we became known simply as Friends and Neighbours, now running for seventeen years.

You will by now have received a letter from me and the Committee as to how to go forward after the easing of lockdown restrictions. If you would like to join us please ring me on 020 8940 4233.

We shall notify you of the date of our next meeting - whenever that may be. (Our last meeting was on 4th February 2020!)

Looking forward to getting together again and, hopefully, meeting new residents.

Guided Walk by Serge



**Upcoming Event:
Guided Walk/ Saunter
led by Serge Lourie
Date: Thursday 10
June
Time: 10.30am**

Serge Lourie, one of our trustees, who has been writing a series of SAUNTERS in this magazine, will be leading a REAL walk for residents.

The walk is Saunter One - you may remember it from the January Two edition that starts at Hickeys for a walk that is about 2 miles long. Please register your interest with your Scheme Manager.

Mobility Trainers for You

by Linda Prendergast

We are all suffering from the impact of ageing and Covid in one way or another. Yes even me!!

Our hips and knees ache, our back hurts, our shoulders and arms get stiff and we find walking more difficult. Covid has certainly not helped the situation by restricting our freedom to go out and do the things we all took for granted like yoga, the gym and in my case dancing.



With this in mind, I wanted to gauge the interest there might be in the possibility of using a Mini Mobility Trainer in a class situation.

The mobility trainer is designed with everything you need for a low impact, yet rewarding workout from the comfort of your chair.



Made in two parts, with a detachable upper body section, this unique machine helps you build strength,

gently improve mobility, posture and circulation. The motion of the handlebar with the use of the pedals simultaneously may help to develop better limb coordination.



Key Features

- Combines resistance training and core conditioning in one
- Helps improve balance and posture whilst building strength
- Designed to improve circulation and help loosen joints
- Allows you to work on stretching to help gently enhance mobility in wrists, elbows and shoulders
- Perform upper and lower body workouts simultaneously or adapt to focus on one at a time
- Helps target quads, glutes, back and more major muscle groups
- Low impact - only 10 mins a day needed!

Richmond Charities would like to hear from you if you are seriously interested in using a mobility trainer before we explore the possibility any further. If there are enough residents who are interested, the charity will think about purchasing a few of the trainers which could then be used by residents for group sessions in one of our communal rooms.

Please register your interest by contacting your Scheme Manager.

Odd jobs by Marco



by Gennie Thompson

In light of restrictions easing on 17th May, my partner Marco, with

The Richmond Charities' approval, will be offering his general handyman style services to the residents of The Richmond Charities – if he is wanted.

This will not be a free service so as to keep it sustainable, however Marco will charge a reasonable fee based on individual requirements/time needed to complete task.



Marco Bennett

Marco and I live on site at Hickey's so many residents at Hickey's in particular will be familiar with seeing Marco around. This idea came about

following chats with some residents who had mentioned the difficulty in finding handy people that were available to do smaller odd jobs that come up occasionally, without costing the earth. Marco is accomplished with most general household DIY jobs but importantly, he will always be honest about his capabilities when discussing job requests. It is also worth noting

that Marco does now work full time at a school so requests will have to be fitted around this. Fortunately, he is working a shift pattern so on alternative weeks he has free time in the mornings/ afternoons so we think it is viable.

If you have a job that you would like Marco to do please let your Scheme Manager know. They will pass the request onto me and then Marco will be in touch with you directly. In making a request via your Scheme Manager, you will be consenting to your contact details being passed to Marco.

Weekly Dance Classes at Orleans House Gallery

Bolder not Older is a pioneering dance programme for older people. Each session is tailored to the needs and requirements of those participating. The seated class starts with a warm-up, which mobilises the joints, there are structured exercises, choreography and then freestyle.

A brand new weekly class at Orleans House Gallery will take place on Thursday mornings (10:00 – 10:45am) from 27 July. Places are available. More information and bookings can be made online at www.dancewest.co.uk call 07494 513079 email admin@dancewest.co.uk

The New Editorial Committee for Almshouse News



Juliet Ames-Lewis
- Chief Executive



Mike Townsin
- Trustee for
The Richmond
Charities



Gennie
Thompson -
Deputy Scheme
Manager



Debbie Flaherty
- Scheme
Manager



Chantal
Richards -
Designer &
Photographer

As The Almshouse News magazine continues to grow, a new Editorial Committee has been appointed. The committee will meet monthly to decide on future themes and articles, making sure that the magazine remains relevant to all our residents. If you would like to comment or contribute to the magazine, please do get in touch with your scheme manager who will pass all correspondence to the committee.



Art by our Residents

Thank you
to Maria
Merca for
sharing her
beautiful
painting.

A Poem: The Queen at the Funeral

Seated.

Do not look at me with sorrow,
Simply because I sit alone.
It is a choice I chose to make
To compose the shivers from my bone.

Do not look at this with pity,
As it was what I chose to do.
It was Philip's place to be,
I wanted to show that to all of you.

My world of love is shattered,
And my heart is broke in two
But as the people's Queen,
I still have a job to do.

I want to thank you for your kind words.
As I laid my husband to rest
I had 73 wonderful years,
Being married to the best.



So do not look at me with sorrow,
For a choice that I did make.
I chose to sit alone.
For my country's sake.

The seat beside me was my husband's
It was not an empty space.
His presence sat beside me,
You just couldn't see his face.

(Written by Joanne Boyle, found on Facebook by Mike Townsin)

Behind Marble Hill's Closed Doors

Marble Hill House shut in late 2019 and will re-open in spring 2022. Are you intrigued to know what they are doing!? Friends of Marble Hill assure us that the long closure will be well worth it.

The Friends of Marble Hill will host a free zoom talk from English Heritage on **Thursday 27th May from 6-7 pm** to give you a glimpse behind closed doors as they update you on progress and share the significant changes in public access, and reinterpretation of the House.

To book your free ticket go to: <https://friendsofmarblehill.org.uk/whats-on/tickets/>

Let's Keep Our Balance



by Dr Alex Hall

Dr Alex Hall is a trustee of the The Richmond Charities and a member

of the Welfare Committee.

As we get past middle-age the risk of falls and the consequences gradually increase. Fortunately, there are many things that we can do to minimise the risk.

With increasing age our skeletons gradually become more fragile, but we can lessen the risks with a good diet and some exercises.

We must by now all be aware of the importance of a healthy diet with sufficient protein, fresh vegetables, carbohydrate, fat, vitamins and minerals, not forgetting water and roughage! The foods that particularly help bones maintain their strength are those rich in calcium and vitamin D such as milk, cheese, yoghurt,



spinach, fish, eggs and fortified cereals etc. We can also increase our vitamin D levels by sitting or walking in the sun for a while - the sunshine vitamin.

It is of great importance to do some daily exercise - a short daily walk is excellent. However, if we can't get out for a walk, a few repeats of sitting to standing will help. Exercise actually strengthens bones - the left arm bones of left handed tennis players are much stronger than their right arm bones, and vice versa. Too much sitting around causes bones to weaken.

Falls are sometimes caused by a deterioration in our sense of balance. Luckily we can do exercises to help keep our balance in trim. A good exercise is to stand facing the back of a chair that has a back the top of which is about 3 or 4 feet high. With both hands, grasp the top of the chair back. Standing with your feet a little bit back from the chair and the feet 3 or 4 inches apart, let go of the back of the chair and just stand still; if you feel at all unsteady, immediately grab hold of the back of the chair. If you separate your feet a little more, say 9 inches, you'll find that you feel more stable. When you feel stable standing still for half a minute, try doing the same

with your eyes closed, but open them immediately and grab the chair if you feel the slightest bit unsteady. Very, very gradually you can try increasing the length of time you stand with your eyes closed not touching the chair.

Only providing that you feel ABSOLUTELY steady and balanced doing the above exercise, you can try doing the exercise standing on one leg but keep your eyes open and grab the chair if there is any unsteadiness. Please don't try this exercise with closed eyes - it is then far too risky.



You may have noticed how much better your balance is with your feet further apart and with your eyes open. So walking on a wider base (i.e. feet more separated) will make you more stable. As for better vision, get enough vitamin A (dairy products, eggs, carrots), wear your glasses and make annual visits to the optician!

Another point to prevent having a fall is to be careful to limit one's intake of alcohol to safe amounts. Alcohol significantly increases the risk of falling - we aren't asked to walk down a



straight line for nothing!

It is a good idea to have a low wattage night light on in the bedroom so that you can see your way to the toilet if needed.

In spite of our best efforts to maintain a good sense of balance and look after our bones, falls unfortunately sometimes happen. Therefore I think, if possible, it's useful to practice getting up from the floor. To do this make sure that there's a good chair or small table near you and gradually lower yourself to the floor. To get up again, firstly roll on to your tummy, push up your chest with your arms so that you can then get on your knees, then with the help of the chair or table, gradually get to stand up. If you're already suffering a lot of arthritic pain you may not wish to do this exercise, however, for the rest it's a useful exercise and uses all sorts of muscles that usually don't get much exercise.

If you actually have fallen and think you have broken a bone or are in a lot of pain in a limb, best to shout out or press your care line.

Lastly, please never be too proud to use a walking stick - pride does indeed often come before a fall!

Introduction to Meditation & Mindfulness



by **Stuart Lee**

Weekly Meditation Sessions
Starting: Wednesday 16th June
Time: 10.30am
Where: The Chapel

Practising meditation has been proven to provide many benefits. These include reducing stress, improving concentration, slowing ageing, lowering blood pressure and strengthening immunity as 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 breathing difficulties.

For six weekly sessions starting on Wednesday, 16th June 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.



Duke of Edinburgh's Healthy Habits



by Chantal Richards

The longest-serving consort to a British monarch and the oldest-

ever male member of the royal family. The late Duke of Edinburgh was only 2 months short of his 100th birthday when he died. So what were his healthy habits?

1. **He kept active.** Philip's free time was famously jam-packed with outdoor pursuits: sailing, polo and carriage driving (a high-octane equestrian sport). His daily cheap and cheerful workout routine was a basic routine called 5BX – 'five basic exercises'. The aerobic workout uses five basic exercises to strengthen every muscle in the body: stretching, sit-ups, back extensions, push-ups and running in place, all crammed into 11-minutes.

2. **He stayed the same size his whole life.** Philip, more or less, retained the same trousers measurements throughout his life. It was rumoured he could still fit into the same naval uniform he wore on his wedding day.

3. **He didn't drink to excess.** While the Queen is rumoured to enjoy four drinks

per day, including a gin and tonic and a glass of champagne, it was reported that Philip only consumed small amounts of alcohol.

4. **He ate a low-carb diet.** Royal chefs have hinted that he enjoyed eating a low-carbohydrate diet. That means he prioritised meat, fish, eggs, vegetables, fruit, nuts, seeds, high-fat dairy and healthy oils, while cutting out sugary desserts, wheat, trans fats, starchy fruit and vegetables, and legumes.

5. **He gave up smoking.** Philip gave up smoking cigarettes in 1947, shortly before his marriage to the Queen.

7. **Kept his mind sharp.** Dubbing himself "the world's most experienced plaque unveiler", Philip undertook an astonishing 22,191 solo engagements in his lifetime, gave 5,493 speeches and had one of the royal family's busiest diaries.

8. **A sense of humour.** Amongst the royals, Philip was well known for his quick wit and his good sense of humour which meant that he managed to stay upbeat and optimistic.

(Source: <https://www.independent.co.uk/life-style/health-and-families>)

Serge's Healthy Habits to Keep Fit



by Serge Lourie

The Roman poet, Juvenal is best known for his reference to “a healthy mind in a healthy body” (mens sana in corpore sano) Satire X. He was also an old misery when he wrote: “Long life just means ugliness, helplessness, impotence, and the loss of all pleasure.” and “Old people are deaf and full of diseases. Dementia is the worst affliction of all.”

As I start my fourth quarter century I believe that one should be positive. I am a great believer in keeping fit both physically and mentally so mens sana in corpore sano! You will know from my articles in Almshouse News that I try to keep fit physically by walking and running...but you do not have to go mad about it. If there is one message I would like to leave with you, it is “everything in moderation”. I believe you also need to think positively and make sure that your brain remains in good working order (Do not discuss this with my wife who thinks I have brain fog!).

The third arm of my fitness regime is to eat and drink healthily

When I had COVID last year really

badly, I came out of hospital barely able to walk. I decided that I would try and do a little more every day...to walk a little further and a little faster every day, but always doing it with a smile.

I set myself small tasks. When I came out of Intensive Care, I walked round the ward every day. When I got home, I walked round the block. The next day I walked a bit further and a bit faster. After a couple of months, I got to my target of walking a set distance every day. Do what you are comfortable with and do not overdo it, but stretch yourself a bit.

Some people go to a gym; some people like to swim; some people like Pilates or yoga. All these are good for your physical health, and there is a lot of evidence that if you are fitter, your mental health will be better.

This has been especially important during lockdown when people's lives have been severely disrupted. I came across an interesting quotation from the Government's Chief Social Worker, Sean Holland, who has urged people to look after their mental health and wellbeing during the COVID outbreak. He said “We should continue to check up on friends, family and neighbours by

phone or online and pursue the activities we are able to do from home and in line with guidance. Establishing a new routine is important along with other practical things like eating healthily, doing exercise and getting regular sleep.”

I have a few things I do to keep myself mentally in trim but I am sure there are many others that you can think of:

1. Be positive;
2. Keep busy;
3. Use your brain (I like crosswords and Sudoku);
4. Do something you enjoy (I love walking along the river, in Richmond Park and in Kew Gardens)
5. Read a book;
6. Get out of the house;
7. Sit in the garden;
8. Learn a foreign language;



The Allotment



The Pagoda at Kew Gardens



Cake decorated by my granddaughter, Mia.



My daughter and grandchildren in the garden.

9. Have a chat with a friend on the ‘phone or outdoors;

10. Try something new. I took up the ukulele a few years ago in a group led by a resident, Norman May. (It is a good way of keeping my brain and my fingers training.) *Norman is always looking for new recruits!*

11. Gardening: Julia my wife, and David, my son, look after the garden and the allotment, my excuse is that I have a bad back. I am responsible for preparing and cooking the produce...which takes me effortlessly to the importance of a good diet.

I do not follow any fads and am not a vegan or a vegetarian. However, I do try to eat well and am the cook in our family. I try to eat my “five a day”, especially fruit but also vegetables. We eat less meat than we used to and more fish...but most of all we have good vegetables.

My grandchildren are now learning to cook and it is lovely spending time with them in the kitchen.

There is no perfect recipe for a healthy life but I hope you have found what we do interesting.

Now that we are coming out of lockdown, I hope that life will start to get back to what used to be normal. Be positive; eat and live healthily; try something new; and enjoy yourself!

Sleep Hygiene: How To Get A Better Night's Sleep



by Gennie Thompson

It is estimated that at least 65% of Brits struggle with sleeping, and poor sleep has a detrimental impact on both our physical and mental health. Quality rest is vital for our body's healing system to properly function. I have compiled some well-researched and recommended tips that should help improve sleep quality when incorporated into a regular routine.

Bedtime routine:

Creating a habitual and regular relaxing bedtime routine sends strong signals to your brain that it is time to slow down and relax.

Becoming in tune with your body's natural sleep cycle, known as circadian rhythm is a powerful tool in improving sleep quality. Increasing the amount of natural light you get helps keep this healthy, improving energy levels in the daytime and the quality and length of sleep at night.

Getting in the habit of waking and sleeping at the same time each day helps to set your body's internal clock and improve sleep quality.

Bedroom environment:

Often even small changes to a sleep environment can make a big difference to sleep quality. Ideally you want your bedroom to reflect your vision of relaxation and calm, whilst being quiet, dark and without stimulants at least an hour before bedtime. Some things to help you achieve this can be:

- Checking your mattress is comfortable
- Using a colour scheme you find relaxing
- Using fragrances with sleep inducing and relaxing properties, such as lavender, chamomile, ylang-ylang, eucalyptus, neroli, bergamot, jasmine, cedarwood, clary sage and geranium (to name a few!).
- Reducing noise levels – if these are out of your control try using ear plugs or utilise relaxing sounds. Examples that help people are rainfall, waves or nature related noises.
- If you regularly wake in the night for whatever reason, consider reviewing your lighting options and ensure you have a dim lamp you can use. Bright lights can mimic daylight.

Switching off:

Incorporating relaxation techniques into a bedtime routine may help you fall asleep quickly and will definitely support your body to feel relaxed. Techniques to consider include deep

breathing, hot showers, visualisations, meditation or simply sitting quietly.

Reduce blue light exposure:

Blue light emitted from electronic devices has a negative impact on our circadian rhythm, making our bodies think it's daylight which reduces the amount of sleep-inducing chemicals (like melatonin) our brains produce. Try to stop using your device or tv at least 2 hours before bedtime.

Review your drinking and eating habits:

•Caffeine may have a significantly detrimental effect on sleep quality, particularly if you drink large amounts in the late afternoon or evening. Decaffeinated options are readily available.

•Avoiding alcohol before bed is also recommended. Although it may help you fall asleep initially, it can reduce night-time melatonin production and result in poor sleep quality and disrupted sleep patterns.

•Eating large meals late at night can lead to hormone disruption, digestive issues and poor sleep. It is recommended to avoid eating a couple of hours prior to sleep. Avoid heavy, spicy or acidic snacks in the evening.

10 Tips for Better Sleep

What can
HURT



Light



Noise



Heat



Alcohol



Caffeine

What can
HELP



Exercise



A consistent
sleeping schedule



Melatonin



Magnesium



Lavender

•Reduce consumption of sugary and refined carbohydrates (ie white bread/ pasta/ rice), much research has linked diets with high consumption of these things with disturbed sleep patterns and insomnia. Essentially, they delay the body's ability to release melatonin.

•Consider a natural remedy to help: chamomile tea, valerian root, kava or passionflower tea, ginko biloba, magnesium or melatonin supplements.

Daytime habits: Physical activity also plays an important role in sleeping soundly by neutralising stress, regulating metabolism and the body's economy of energy, allowing greater relaxation. This will get easier with summer on the way.

If you have any useful strategies, habits or tips that help you get to sleep or sleep soundly and would like to share them with our community, please let your scheme manager know.

Pre and Post Covid —Using our Resilience



by Dorothy Coe

Dorothy has shared her healthy habits to inspire others through the pandemic.

I believe we have had to establish two ways to cope through this pandemic. Firstly, accepting the restrictions, risks, demands and fears of this pandemic and then secondly, developing personal coping strategies to keep physically and mentally well, not only for our own sake but for our families and community. For me, it has been about strengthening my resilience, my ability to adjust to all these changes.

Personally, I established this adjustment in three ways: addressing personal physical health needs, mental and spiritual needs, and setting up an essential social network. During



the initial stages of lockdown, I acknowledged my basic strengths, knowledge, security and wisdom.

My physical workouts of yoga, Pilates, and tai chi routines have always been part of my regular lifestyle so they became even more important to me. I kept adding and changing the music to keep them challenging, upbeat and strived to do my routines every other day, throughout the last fifteen months.

I found faith in my journal writing every morning to stabilise my mental health. My journal writing has always been a lifeline for me helping me with my career and life experiences.

Through my writing I release my fears and anxieties, discover answers to problems, and always conclude with prayers of gratitude, intention and

acceptance of what the day is going to offer. Without fail, my 'positive goal for the day' was always established - not always achieved but it gave me a challenge to try. The best half hour of the day!

Establishing and keeping a strong social network has been another essential jewel in my crown. I was so grateful for my technical knowledge, allowing me to stay sane through my social media connections (thankfully these were always constantly being upgraded by my grandsons!) I put these to full use every day and I know how fortunate I was to have these



links and this available expertise.

Reading over this I sound very knowledgeable and capable etc., quite a saint! But without those routines I was a 'mess'. My head ran away with me, I tended to carry too many 'monkeys on my back' (worries and anxieties), I ached all over and became fearful and insecure. Now, in these latter stages of the pandemic, hopes for normality are being raised by vaccinations, stages of freedom are opening up again and life is becoming more comfortable. Nearly there! For me, my resilience has paid off.

I know my way is not everyone's way, but I do feel very strongly that keeping a balance, establishing routines and using our resilience is something that we older folk have learned, throughout our lives. It doesn't matter what flavour it takes, as long as we recognise and draw on our own values and self-belief and wisdom and be brave enough to use it when coping with difficult times. We should because we can!!



Keeping Your Mind Fit



by Margaret Goddard

It all started with my dad.

A life-long puzzler, he always enjoyed mental work-outs.

In the 50s' and 60s' advertising world many companies ran competitions to promote their wares – you answered some questions, there was usually a caption tie-breaker (the most important part of the puzzle!) and you included wrappers or labels from the appropriate tins or packets as proofs of purchase. In the cupboard under the stairs in our house there was a biscuit tin; whenever mum opened a new tin or packet the label went in the tin, so we always had a supply. Eventually the manufacturers twigged that this was happening and only specially printed labels became valid! There was a magazine dad used to get called Competitors' Journal which gave tips and advertised upcoming competitions. Dad won several prizes with his efforts, the most noticeable a caravan, and several holidays.

He also taught English, Shorthand and Typing at night school and was a firm believer in making learning fun. Hence all the word puzzles!

I shared his love of the English language, and enjoyed his puzzles as much as, if not more than, his students!

Fast forward thirty years or so.

We lived in Norwood Green where my husband was parish priest, and, like most churches, the parish needed to do some fund-raising. A member of the congregation said that his daughters' school ran quiz suppers which were very popular and profitable. Would I like to help him run one – his wife was happy to organise the food!

It took off! It became an annual event, and dad's puzzles had a new lease of life – with additions covering other subjects. When I moved to Twickenham I introduced similar events at the church I attended, and so I acquired a couple of files of questions – one of language related games, the other grouped into various fields of knowledge.

Fast forward again. Covid struck and lockdown happened.

And with it so many kindnesses and offers of support. I wanted to do something too, but didn't know what I could do.

Then inspiration struck. I could organise

all dad's puzzles into groups of twenty or so, adding more as I thought of them, and email them to people I thought would enjoy them.

Like Topsy it just grew! And took over. I had bits of paper all over the place where I jotted down ideas as they occurred. My first aim was 100; then 200; then I thought 365 – a year's worth. I had lots of positive feedback, and reached the target. And still ideas came! I have now ventured into the collection of other subjects, and am working my way through them too – still adding as I go!

Some people asked if they could forward them on to other friends – no problem. I love the feeling that I am doing something people enjoy – and I enjoy working on them too! A double bonus!

I am happy to start again from the beginning if anyone would like them – just let me have your email address and I will send you a puzzle a day! (margaret.goddard@yahoo.co.uk) Some people may like some topics more than others, and there are often valid alternative answers to the ones I give. You don't have to do them all!

Here is one of Margaret's puzzles to keep your mind fit! More puzzles on page 27.

RHYME AND REASON Decode the following to reveal a rhyming two word answer – eg wet feline = soggy moggie. The first letter of each word in the answer is given underneath.

- | | | | |
|--|---|--|---|
| 1. A coloured toilet
b____ l____ | 6. What outsize
clothes are made
for
b____ f____ | 10. A mad flower
c____ d____ | 15. Keep-fit pair
s____ c____ |
| 2. An obese puss
f____ c____ | 7. Self-important
horse-rider
c____ j____ | 11. A triumphant
slimmer
t____ w____ | 16. A phony dance
f____ w____ |
| 3. "Carrots"
r____ h____ | 8. A disgusting
nightbird
f____ o____ | 12. Seafood platter
f____ d____ (or)
s____ p____ | 17. A sturdy primate
h____ m____ |
| 4. Twice the worry
d____ t____ | 9. A very dark bag
b____ s____ | 13. A sluggish river
s____ f____ | 18. Tidy tootsies
n____ f____ |
| 5. A Lancashire
dish
h____ p____ | | 14. Rainy 24 hours
g____ d____ | 19. Soaking animal
doctor
w____ v____ |

Answers on page 26

Recipe: Greens and Noodles



by Chantal Richards

A super fast and easy vegan dish to serve as a side or main when you

need quick, healthy food.

Although this recipe comes from a vegan cookbook, you could add your favourite protein. The 'straight to wok' noodles are a great food cupboard or fridge standby and make a delicious meal with seasonal vegetables. Super filling and healthy too! (see various brands below)

Ingredients

- 1 tbsp sunflower oil
- 1 red chilli, deseeded and finely chopped
- 100g (3 1/2oz) sugarsnap peas, trimmed and sliced on the diagonal
- 6 large leaves of cavolo nero, stems removed, roughly chopped
- 300g (10oz) ready-to-wok soft noodles
- juice of 1 unwaxed lime
- generous pinch of sea salt



Method

-Heat the oil in a wok over a high heat, then add in the chilli flakes and allow to infuse for a minute.

-Throw in the sugarsnap peas and cavolo nero, then stir-fry for 3–4 minutes.

-Add the soft noodles to a bowl and pour over a little boiling water. Use a fork to separate the noodles, then drain away the water and add the noodles to the wok. Stir-fry for 2 minutes.

-Remove the wok from the heat and stir through the lime juice. Season with sea salt just before serving.

-Tip: Substitute 1 tablespoon of light soy sauce for the sea salt to deepen the finished flavour.

A recipe from Five Ingredient Vegan by Katy Beskow (Quadrille).

My Favourite Song: *Viva La Vida* by Coldplay



by Claire Sanecka

This week's song is from Heather Shipley: **Viva La Vida** by Coldplay.

Heather says "Music gives me inspiration to work.... I never work in silence! And I'm always changing the music according to the mood of the day!"

Coldplay's *Viva La Vida* (translates as *long live life*) is their second biggest selling song of all time. Written by the four band members, the song was released in 2008.

Interestingly, the lyrics tell the story about a king who's lost his kingdom but also has references to the bible, missionaries and revolutionaries. Written from the point of view of the King, he presents himself as "just a puppet on a lonely string", referencing not only internal discontent but in a roundabout way his own powerlessness. Then he questions why someone would actually desire to be king.

What's your favourite song? Fill in this slip and give to your Scheme Manager.

Name _____

My favourite song: _____



I used to rule the world
Seas would rise when I gave the word
Now in the morning I sleep alone
Sweep the streets I used to own

I used to roll the dice
Feel the fear in my enemy's eyes
Listen as the crowd would sing
"Now the old king is dead! Long live the king!"

One minute I held the key
Next the walls were closed on me
And I discovered that my castles stand
Upon pillars of salt and pillars of sand

I hear Jerusalem bells a ringing
Roman Cavalry choirs are singing
Be my mirror, my sword and shield
My missionaries in a foreign field

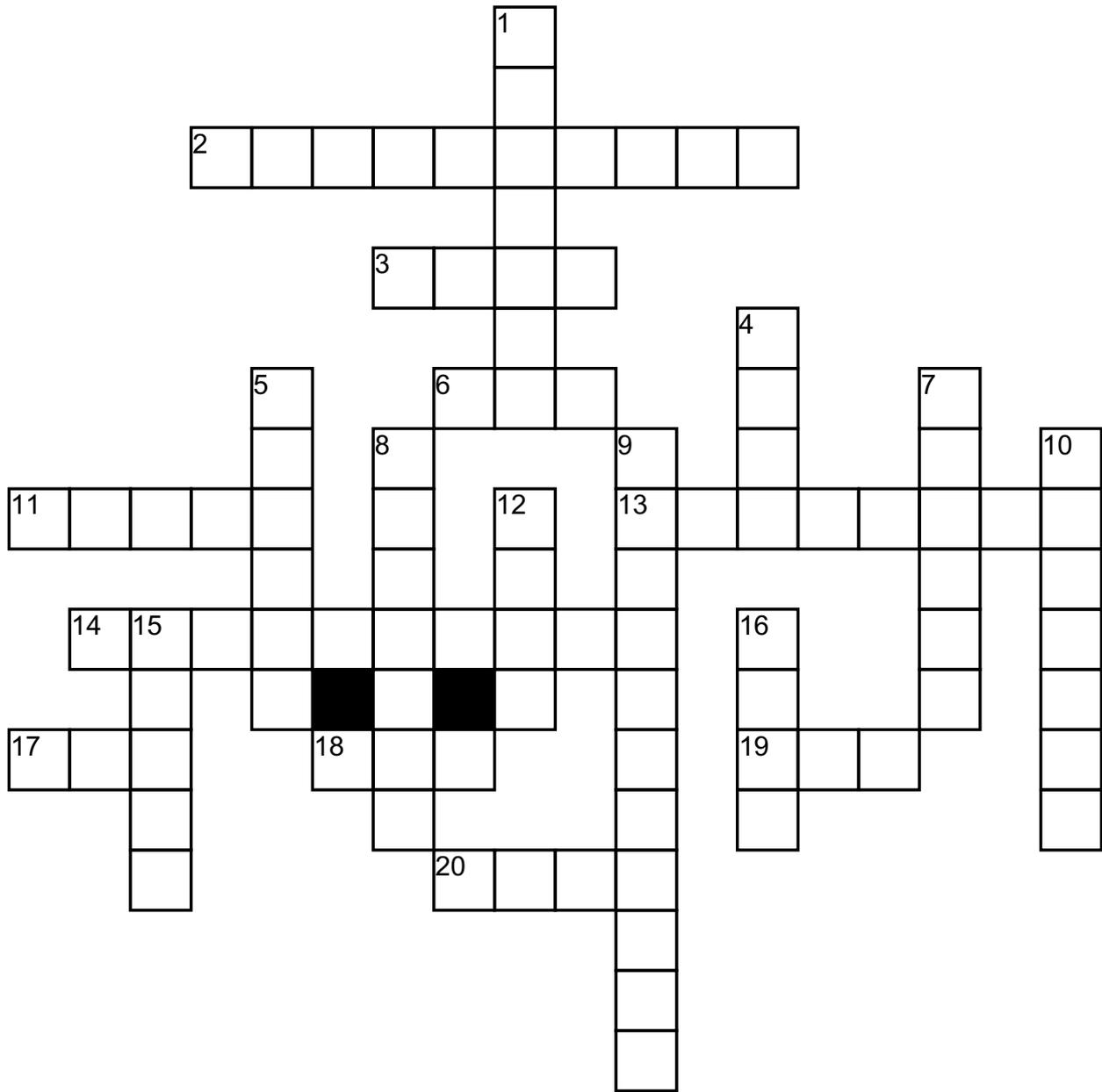
For some reason I can't explain
Once you go there was never
Never an honest word
And that was when I ruled the world

It was the wicked and wild wind
Blew down the doors to let me in
Shattered windows and the sound of drums
People couldn't believe what I'd become

Revolutionaries wait
For my head on a silver plate
Just a puppet on a lonely string
Oh who would ever want to be king?

For some reason I can't explain
I know Saint Peter won't call my name
Never an honest word
But that was when I ruled the world

Crossword Competition - Healthy Habits



Name _____

Address _____

Crossword Clues

For this issue, the competition will be the crossword below.

The Prize: £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 **Wednesday 19 May 2021**
- Completed crosswords will be entered into a prize draw. The winner will be announced in the next issue. Good luck!

Across

2. Beginning with the letter M, what practice gives you better sleep, improved memory and a reduction in symptoms of anxiety (10)
3. Humans are the only animals with what facial feature? (4)
6. What food in a shell is known to increase energy and alertness and improve mood? (3)
11. A lack of can cause a range of problems, such as constipation, asthma, allergy and migraines (5)
13. Eating oatmeal, eggs, chicken, and peanuts help with depression and what? (8)
14. increases the blood flow to your muscles and helps avoid injuries (10)
17. Which everyday drink may help lower risks of heart attack, certain cancers, type 2 Diabetes and Parkinson's disease. (3)
18. Basking in the morning -what?- helps with weight loss. (3)
19. Which muscles are the most active in the body, moving more than 100,000 times a day! (3)
20. What exercise can slow the ageing

process, improve your productivity and even help you recover from a hangover!
(4)

Down

1. Which seated hobby will reduce stress levels by up to 68% (7)
4. Although bodies stop growing, _ _ _ _ will not (4)
5. Reading a tangible book promotes better comprehension than reading on a what? (6)
7. Which fruit has approximately 30% of your daily recommended intake of vitamin B6 (6)
8. Vitamin D is as important as in determining bone health (7)
9. What grows faster on your dominant hand? (11)
10. Keeping a journal can make you a person (7)
12. What is the largest organ in your body? (4)
15. Saying _ _ _ _ you measurably improves your mood. (5)
16. More than half of your bones are in your hands and ? (4)

Noticeboard

Message from the Editor:

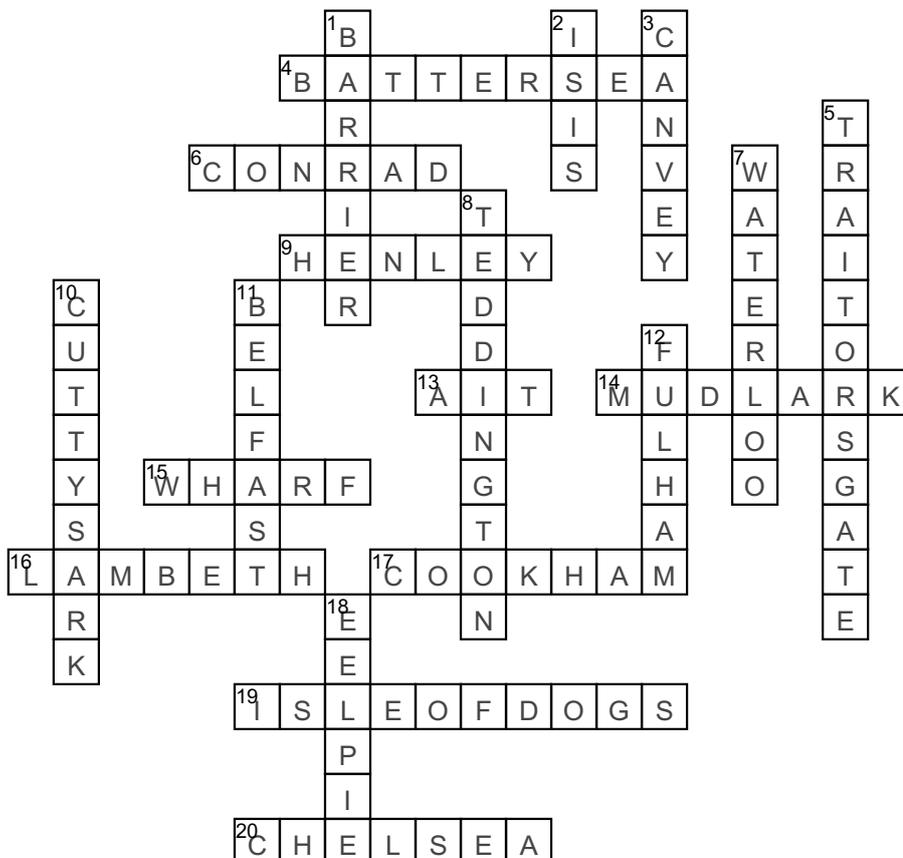
We are looking for residents that would like to share their stories, thoughts, photos or illustrations on this upcoming feature:

“What I Love About Richmond”

Deadline is **Wednesday 19 May 2021**

Please talk to or email your scheme manager,
or email: c.richards@richmondcharities.org.uk

Answers: Last week's crossword: April Two Issue



Answers: Rhyme And Reason Page 21:

1. A coloured toilet / blue loo;
2. An obese puss / Fat cat; 3. “Carrots” / Red head; 4. Twice the worry / Double trouble; 5. A Lancashire dish / Hot pot; 6. What outside clothes are made for / Bigger figure; 7. Self-important horse-rider / Cocky jockey; 8. A disgusting nightbird / Foul owl; 9. A very dark bag / Black sack; 10. A mad flower / Crazy daisy; 11. A triumphant slimmer / Thinner winner; 12. Seafood platter / Fish dish / skate plate; 13. A sluggish river / Slow flow; 14. Rainy 24 hours / Grey day; 15. Keep-fit pair / Supple couple; 16. A phony dance / False waltz; 17. A sturdy primate / Hunky monkey; 18. Tidy tootsies / Neat feet; 19. Soaking animal doctor / Wet vet.

Homophones Quiz



by **Margaret Goddard**

Homophones are words which sound the same but are spelt differently eg hare and hair. English abounds in such words – At the last count I had 292 pairs, 35 threes, and 2 fours!

Here are the first 20 for you to work out!

Answers in the next edition.

Abandon	Pudding	Desert	Dessert
Abstract without permission/ pilfer	Metal	S	S
Accomplishment	Units of measurement (length)	F	F
Add value	Flatter	C	C
Aeroplane garage	Dress support	H	H
Alloy	Spirit	M	M
Amphibian	Pulled	T	T
Anchor	Greater	M	M
Ape	Resistance fighter	G	G
Appearance	Men	G	G
Aptitude	Blaze	F	F
Army officer	Nut	C	K
Aromas	Feeling	S	S
Baby girl	Monk's bedroom	D	D
Badge	Interfere	M	M
Barrier	Fashion	S	S
Barrier	Part of a fingerprint	W	W
Basement	Purveyor	C	S
Be cold	Picture	F	F
Be informed	Negative	K	N

Poetry Corner by Nigel Davis



“No man is an island” John Donne wrote in a famous essay written over four hundred years ago. In the same essay, he also wrote: “send not to know for whom the bell tolls, it tolls for thee.” (It remains the custom in the legal Inn of Court, Lincoln’s Inn, of which Donne had been Preacher (Chaplain), to toll the chapel bell at 1pm whenever a senior judge of that Inn has died).

In this poem – starting straight away and confrontationally with the word “Yes” – Matthew Arnold directly challenges that viewpoint. The poem was written in 1852, as part of a series of poems, when Arnold was travelling in Switzerland and trying as best he could to confront a failed romantic attachment. But the underlying sense of abandonment and aloneness cannot conceal the power of the poem or the beauty of its expression, in fact it enhances it. Personally, I do not share his viewpoint. But so what? This is magnificent poetry.

To Marguerite

by Matthew Arnold

Yes! in the sea of life enisled,
With echoing straits between us thrown,
Dotting the shoreless watery wild,
We mortal millions live *alone*.
The islands feel the enclasping flow,
And then their endless bounds they know.

But when the moon their hollows lights,
And they are swept by balms of spring,
And in their glens, on starry nights,
The nightingales divinely sing;
And lovely notes, from shore to shore,
Across the sounds and channels pour—

Oh! then a longing like despair
Is to their farthest caverns sent;
For surely once, they feel, we were
Parts of a single continent!
Now round us spreads the watery plain—
Oh might our marges meet again!

Who order’d that their longing’s fire
Should be, as soon as kindled, cool’d?
Who renders vain their deep desire?—
A God, a God their severance ruled
And bade betwixt their shores to be
The unplumb’d, salt, estranging sea.