

Dear Friends

Another COVID affected Christmas has come and gone. Since our last newsletter we've seen the Omicron variant peak and with that some inevitable changes to planned activities. Fortunately our Good Afternoon Choir Concert and joint FiSH Age/UK Christmas Lunch at Barnes Green Centre were able to go ahead and were much enjoyed.



The Christmas Day Lunch at St Mary's in Mortlake had to be cancelled, however I'm pleased to say that 'turkey was not off' as our amazing cooks led by Penny Duprè, at just 5 days' notice rustled up 100 meals which were frozen to then be delivered chilled, ready for reheating, by our army of volunteer deliverers on Christmas Day. Huge thanks to everyone involved who made this possible, including the BCA who provided funding.

January started cautiously and we delayed the start of some regular activities due to the high level of infection rates in the borough. Throughout January hardly a day passed when we were not informed that a volunteer, staff member or member of their family had tested positive for COVID-19 and were therefore self-isolating. This reduced the number of volunteers available, but we coped and the good news is that although more people were getting infected, most have only had mild symptoms.

Although Government restrictions are relaxing, we are still proceeding with caution. It is a fact that the virus is still very prevalent and loves nothing better than a warm indoor environment. We know that ventilation reduces transmission; wearing a face mask protects others and that 1 in 3 people with the virus have no symptoms. So regular testing, along with **HANDS – FACE – SPACE** remains the safest way to get on with life.

The staff and volunteers who you come into contact with are all testing regularly and specifically, on the day of an activity. I urge you to do the same. Please get into the habit of testing before you come to a FiSH event or outing, even if you have no symptoms. If everyone tests routinely in this way, it will be safer for us all. Test kits are now more freely available from local pharmacies and can also be obtained by calling 119. If you should test positive, please let us know and don't hesitate to call the Helpline for assistance.

Micky Forster, Director 07870 473711
director@fishhelp.org.uk

WHAT'S ON AT FiSH EACH WEEK

For the latest info please see:

www.fishhelp.org.uk/whats-on.html

For online activities visit <https://zoom.us/> or open the **Zoom App** on your device.

Every Monday the **MeetUpMondays** group gets together from **11am to 1pm** at the Hare and Hounds, 214 Upper Richmond Road West, SW14. Transport can be provided. Please call **Linda** on **020 8876 3336** for more details.



Wednesdays 10:30am to 12:30pm
FiSH Coffee Corner

Starting **Wed 9 February** in the Sheen Lane Centre (outside the library) - a chance for a cuppa and a friendly chat. No need to book - everyone welcome!



Thursdays at 10:30am on Zoom
MeetUpThursdays

If you prefer to chat to friends from the comfort of your own home why not meet them on Zoom?

Meeting ID 876 0957 4576 Passcode 837451.



Thursdays at 2pm

Good Afternoon Choir at BGC - £5

Please call **Sally** on **020 3745 3341** to book and arrange transport.



Fridays at 10:45am

STARFiSH Dance Class - £5

The class now takes place 'live' at Barnes Green Centre. Please call **Sally** on **020 3745 3341** to book or arrange transport.



NEW:

Tuesdays at 1:30pm - 'Picassos in the Park' Art Therapy Workshops

FiSH is delighted that we have restarted the popular art workshops delivered by Picassos in the Park now at Barnes Green Centre. Open to people living with early dementia and their carers, these offer an opportunity for everyone to be creative together. To find out more or book a place, please contact **Liz** on **020 8878 8100** or email befriending@fishhelp.org.uk



Wednesdays from 2pm-4.45pm FiSH Bridge

We hope to restart this in the coming weeks for anyone who plays bridge but is unable to attend a regular bridge group due to loss of mobility, sight or memory. The sessions provide an opportunity to play bridge with others whilst enjoying a social afternoon. New competent players will be most welcome.

Pre-registration essential. Transport can be arranged. Call **Linda** on **020 8876 3336** for details.

THE FiSH INTERVIEW

Sally Godstone talks to Sally Madden, a FiSH client since 2016, about her life both here and abroad:



The house Sally's father designed

family who were some of the first settlers in Bermuda in the 1600s. Sally and Margie had an idyllic childhood surrounded by many friends and family.

After attending the local High School, at aged 12 Sally went to boarding school in Massachusetts where the school term was from May to September. She loved school. From school she joined the Bermuda Tourist Board as receptionist and secretary to the Sports Director and she enjoyed fun days often entertaining people from overseas.



Always longing to travel, Sally decided to change paths and successfully applied for a job with BOAC. There she met her husband, John Madden, a BOAC airport manager posted from England. Sally and John married in 1959. After a short honeymoon they flew to England where, having imagined London to be the gloomy place she had read about in books, Sally was pleasantly surprised to arrive to cherry trees in full blossom and window boxes full of daffodils. The couple stayed with John's parents in Bexhill until John's job took them overseas.

So for the first six years of marriage they were posted to Abadan in the Persian Gulf, then to Bahrain, New Zealand and finally Singapore. Each posting lasted between 9-11 months until Singapore where they lived for 3 years. Always on the move, their worldly goods travelled with them as cargo. They would visit their parents in England and Bermuda between each trip.

The first posting in 1960 was to Abadan proved the most testing. As an oil company town, non-oil personnel were not permitted to enter grocery stores but instead had to rely on local market produce with little access to healthcare. Abadan is in the desert and every time the wind blew (pretty much all of the time!) the sand would come through the air-conditioning into their house. Now pregnant with their first child, Sally was unable to buy maternity or baby clothes so she flew back to England and went straight to Dickins & Jones to stock up on things they were missing, returning with huge suitcases packed with goodies.

Now in Bahrain, John taught Sally to drive. As tensions grew behind the wheel, she remembers having to pretend to herself it was not her husband instructing her but another man. At the point when she was due to give birth, John was called back to England on an urgent matter so she insisted on taking her test thinking she might have to drive herself to the hospital. However Alexandra was 3 weeks late and John was back in time for the birth. Linda and Bill, her other children, were born in Singapore.

By 1965, after what seemed like a lifetime of postings, they found it hard to say goodbye to many friends they had made.

Sally was born 1936 in Bermuda. She and her sister, Margie, 3 years her senior, grew up in a beautiful house built by her father who was an eminent civil engineer and architect. The house was built on land owned by her mother's



Sally with sister Margie

When they returned to England, John worked in the BOAC head office in Victoria and they lived in Merrow near Guilford. Alex was at school and the other two were at home. Having led a privileged life abroad with cooks and 'ahmahs' to wait on them and help with the children, it was a shock for Sally to suddenly find herself alone.



Sally's children Bill, Linda and Alex

After a couple of years John was posted to Manchester and on to Wilmslow, Cheshire where he found them a lovely house. From Wilmslow they moved to a house in Alderley Edge. Here Sally joined the WI and settled into village life, busy with the children and doing some work for local people. She and John were both passionate about the local cottage hospital which was under threat and having joined 'The Friends' John ended up as Chairman. Ultimately the hospital was saved. Sally was elected to the Parish Council and after a year was asked if she would stand for Chairman. Again she was duly elected.

Around this time John had a very serious accident which forced him to retire from BOAC and work from home. Sadly John and Sally's marriage was gradually breaking down. In 1983 Sally was struggling, and with her children's blessing, who by then had their own lives, she decided to leave England and return to Bermuda. Having already filed for divorce from John, there she met and married Ron, an Australian. Sadly this marriage only lasted for three years.

Sally stayed in Bermuda from 1983-2016 travelling back to the UK to see friends, her children and her grandchildren, Jobe and Esme. While married to Ron she took up golf, a game she loved and proved to be a natural at. However she developed arthritis in her thumb and was later forced to stop playing.

During these years Sally volunteered as manager of the Bermuda National Trust gift shop; this soon became very successful and she decided to give up the shop to spend more time with her passion, which was golf. However, always interested in gardening and roses, she had joined the Rose Society and Garden Club and she now volunteered to look after the rose beds. It was an honour to work with the team re-writing the book 'Bermuda Roses Revisited', and with a friend Sally was responsible for updating and adding new photographs. The book is still useful for identifying the mysterious roses of Bermuda which came over on the original tallships.

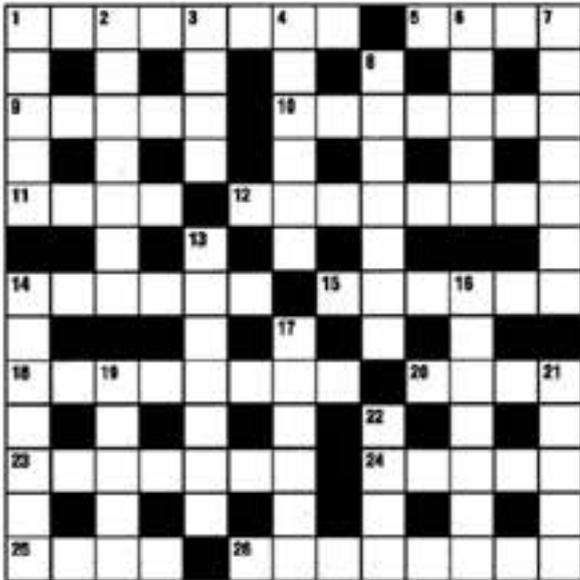


Sally following her passion for golf

Sally remembers one occasion, in 1997, when Her Majesty the Queen and Prince Philip visited Bermuda for the 7th time. They came to view the traditional Tucker House in St George's, and at the last minute Sally was asked to stand in the small kitchen and answer any questions the Queen might have. When the Queen entered, she asked Sally what a certain utensil was for and Sally was relieved she knew the answer. Only after the Queen and her entourage had left did she realise she had forgotten to curtsy - something that has haunted her ever since!

Sally returned to London in 2016 to be near her family. Initially feeling like a lost soul, it was on a visit to Sheen library that she met our volunteer Penny Cowell at Coffee Corner and was introduced to FiSH. Sally confesses: "It was a life-changing moment. Belonging to FiSH has absolutely saved my sanity and gives me the feeling that everything will be alright!"

FEBRUARY PUZZLE PAGE



Clues Across:

1. In the direction of sunrise
5. Facts and figures
9. Extreme fear, live in
10. Vinyl or PVC, eg
11. Thick cord
12. Improvements, .. in technology
14. Deep sadness
15. Supported, ...the project
18. Demanded, On
20. Cudgel, mace
23. Bringing up, the issue
24. Each strand of a beard eg
25. Type of eating plan, high-protein.....
26. Gestured indifference, his shoulders

Clues Down:

1. Community leader
2. Overnight train carriage
3. Broad
4. River's fast-flowing waters
6. Storage space in a roof
7. Blamed for a crime
8. Holiday home on wheels
13. Idolise, reverse
14. Mixed with a spoon
16. Sandra Oh TV series, Eve
17. End-to-end distance
19. Grasp
21. Founded, in fact
22. Old form of 'you'

This is a PRIZE CROSSWORD. Please send your completed entry to Micky Forster at FiSH, Barnes Green Centre, Church Road, SW13 9HE no later than Friday 25 February 2022 (Answers available from Micky on request).

The prize will be awarded to the first correct entry drawn.

Our congratulations to December/January's winner, Rosilyn Bullock.

- a) Vincent Van Gogh b) Henri Matisse c) Salvador Dali
d) Rene Magritte

9. What was the name of the Turkish city of Istanbul before 1930?

- a) Constantinople b) Ankara c) Andalucia d) Rome

10. What is the capital of New Zealand?

- a) Canberra b) Wellington c) Christchurch d) Auckland

Quiz Answers: 1. c) knee 2. b) Iago 3. a) All The President's Men 4. d) 3 5. b) The French Open (Roland Garros) 6. a) The Netherlands 7. d) Krone 8. c) Salvador Dali 9. a) Constantinople 10. b) Wellington

FEBRUARY TRIVIA QUIZ

1. In which part of your body would you find the cruciate ligament?

- a) Spine b) Elbow c) Knee d) Foot

2. What is the name of the main antagonist in the Shakespeare play Othello?

- a) Caliban b) Iago c) Boris d) Prospero

3. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?

- a) All the President's Men b) Jaws c) One Flew over the Cuckoo's Nest d) King Kong

4. How many of Henry VIII's wives were called Catherine?

- a) 8 b) 5 c) 1 d) 3

5. Which tennis grand slam is played on clay?

- a) Australian Open b) The French Open (Roland Garros) c) US Open d) Wimbledon

6. In which European country would you find the Rijksmuseum?

- a) The Netherlands b) France c) Spain d) Germany

7. What is the currency of Denmark?

- a) Dinar b) Pound c) Pesos d) Krone

8. Which legendary surrealist artist is famous for painting melting clocks?

FUN FACTS

Did you know?

- Red kangaroos can leap more than eight metres in one bound
- The canopy of a rainforest is so thick that only about one percent of sunlight reaches the ground

MYSTERY WORD GAME

Knock out all the words that match the clues. When you do, there will be one word left. This is the mystery word

Clues

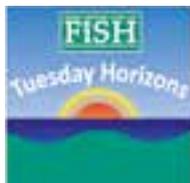
1. Wild cats
2. Shades of blue
3. One-word movie titles
4. Desserts
5. Car Brands
6. Mythical creatures
7. Types of boats
8. Stationery item

JELLY	SKY	PUMA
SILENT	TRIFLE	ROCKY
PENCIL	LION	SPRITE
AZURE	TUG	JUNKET
TIGER	SPLASH	NAVY
FAIRY	TOYOTA	SLOOP
SHREK	RULER	FROZEN

Mystery Word Game answer: SILENT

'TUESDAY HORIZONS' TALKS

On **Tuesday 15 February 2022** at **11am** (refreshments provided from 10:30am) our series of inspiring Tuesday Horizons' Talks will restart 'live' at Barnes Green Centre. We will then stage them once a month.



The first talk is by **Peter Lane** of **The Worshipful Company of Mercers**. This is the premier Livery Company of the City of London and is focused on being a philanthropic force for good.

Then on **Tuesday 15 March** we're repeating the interesting illustrated talk by **Veronica Schroter** about the wildlife around the Leg 'o' Mutton Reservoir in Barnes which she last presented on Zoom over a year ago.

Space is limited so booking is essential. Transport can be provided - please call 020 8876 3765.

Barnes Music Festival 2022



This year's Festival, celebrating its 10th anniversary, takes place from **4 - 20 March** at venues around Barnes. For details of the programme and to book tickets please visit www.barnesmusicfestival.com. Tickets also available from **Chestertons, Barnes**, event sponsors.

Two special FiSH concerts have been arranged with performers from the **2022 Barnes Music Festival**.

The first is on **Monday 7 March** at **2pm** in the **Community Hall at St. Michael & All Angels**, Elm Bank Gardens, SW13 0NX.

The second, on **Tuesday 15 March**, takes place immediately after the talk at BGC (see above). Names of the performers and programme to be confirmed. Tea and cake will be served. **Transport can be provided - please call 020 8876 3765.**

DOOR TO DOOR SHOPPING - Transport £4

FiSH provides a door-to-door supermarket shopping trip in our accessible minibus to Sainsbury's in Richmond **every Wednesday** and **now ALSO on the first Tuesday of the month**. Please call **Deborah** or **Sally** on the 'Bus Line' **020 8876 3765** or **020 3745 3341** if you, or someone you know, would be interested in using this service.

FUTURE OUTINGS ON THE FiSH BUS

Covid permitting, some outings have been arranged over the next few weeks. Numbers are still limited on our buses so if you would like to join us for any of the outings below please book early! Call Deborah or Sally on the 'Bus Line' **020 8876 3765**

BATTERSEA PARK & SIGHTSEEING

Thursday 10 February from 1pm - Transport £5

Enjoy an afternoon ride on the bus to marvel at new buildings all around Battersea Power Station and Nine Elms and enjoy a leisurely cup of tea at the lakeside Pear Tree Cafe in Battersea Park.

PUB LUNCH at the NEW INN, HAM COMMON

Wednesday 16 Feb from 11am - Transport £5

Join with friends on the FiSH bus for a short journey to Ham Common and enjoy a delicious pub lunch at this well-known pub.

M&S KEW, RETAIL PARK

Thursday 24 Feb from 11am - Transport £4

Another opportunity to buy clothes for your spring wardrobe or to visit the large Boots store for health and beauty items. 1:1 help can be provided if you are in a wheelchair or need extra assistance.

and IN MARCH...

THE MUSICAL MUSEUM, BRENTFORD

Friday 11 March from 12 noon - cost £15

Another opportunity to visit this fascinating museum just over Kew Bridge with a tour by volunteer guide Clive Preston who plays in Barnes Concert Band. Light lunch (soup and sandwiches) to buy in the café, followed by the tour at 2pm.

VISIT TO SYON HOUSE & GARDEN CENTRE

Wednesday 23 March from 11am - cost £15

Come and enjoy a visit to this magnificent stately home, owned by one family for over 400 years, with a wealth of art and grand classical interiors. There's time for lunch in the Garden Centre first before a guided tour of the house at 2pm.

Thank you to Ned and Will from Harroddian School who as 'Castelnau Services' raised £1,700 by selling Christmas trees on behalf of FiSH. Thank you to everyone who bought Christmas trees to help raise this fabulous sum.



If you need help with your shopping - or transport for a Covid vaccination or hospital appointment - FiSH is here to help! Call the Helpline 020 8876 3414

FiSH A registered charity number 1147516 and a limited company registered in England and Wales number 07933796