

JULY 2023 CORONATIONS

SPIRE



HAMPTON HILL'S PARISH MAGAZINE

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A MODERN KING

A MODERN CORONATION

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THE CHURCH
OF ENGLAND

Meet the clergy



VICAR Rev Derek Winterburn

Derek was born in Orpington, Kent, and ordained in 1986. He served in several diverse London parishes before becoming vicar here in 2016. He is married to Sandra, a teacher, and has two children. A keen photographer, he posts a picture online every day, combining it with a daily walk or cycle ride. He can be contacted at any time other than on Mondays (his day off).

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ASSOCIATE PRIEST Rev Jacky Cammidge

Jacky was born in Abertillery, South Wales, and ordained in 2015. She is a self-supporting minister, married to Alan, and has three children. During term-time she runs Hampton Hill Nursery School, based in the church hall, with her family.

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Supported by

ASSISTANT PRIEST Rev Canon Tim Marwood

Tim taught in London primary schools for 36 years. He was ordained priest in 1996 and was parish priest at Petersham for 13 years, retiring in 2021. He is now a part-time Chaplain at Kingston Hospital. Tim is married to Jane, a former headteacher. He supports Harlequins RFC, England cricket and walks his brown labrador, Ruby.

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ASSISTANT PRIEST Rev Canon Julian Reindorp

Julian was born in Durban, South Africa, and ordained in 1969. He has worked in parishes in East London, Chatham and Milton Keynes, and was Team Rector in Richmond until retirement in 2009. He continues to lead a busy life, is married to Louise and has four children, three stepchildren, and nine grandchildren.

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FROM THE EDITOR...

It may seem rather belated to include the Coronation in this issue, but deadlines were against us in June. Nick found a lovely informal photo of Charles and Camilla on St Martin's, in the Isles of Scilly, for the cover, and in our centre pages we have included memories of the Coronation of Queen Elizabeth II, along with how we celebrated the Coronation of our new King and Queen. Our nursery school had a lot of fun explaining it to the children. Quite a spectacle of pomp and ceremony.

We are starting a new series on the back page — *Simple Pleasures*. So much of our time nowadays is taken up with technology that it is good to think about the small things that we appreciate — some going back to our childhoods. I hope you enjoy my starter to this series. Right now I am eager to finish this letter and go out into the sunshine and enjoy my garden, the birds and flowers and the stream at the bottom. I shall then soon recover from the rigours of the computer and deadlines!

July brings the annual celebration of James, our patron saint, when we hold an open day and a service followed by lunch in the sun (hopefully) in the Vicarage Garden.

Best Wishes

Janet



Cover photo: King Charles and Queen Camilla on a visit to the Isles of Scilly © Alamy

SPIRE

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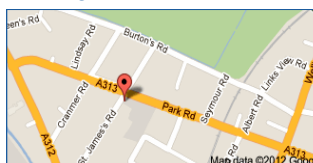
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Finding us



The church is on the corner of St James's Road and Park Road. The hall is between the church and vicarage. There is ample unrestricted parking. Buses stopping nearby include the R68, R70 and 285.

Follow us

For the very latest news go to our website or follow us on social media:

stjames-hamptonhill.org.uk

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Clerical Capers



'It's not a new stained-glass window... the young curate put his ramp too close to the East Window!'

'Unremarkable man' who became a saint



**DEREK
WINTERBURN**

They seemed to have often been named after notable figures — perhaps from the name of someone whose relics were held in there.

The original St. Peter's Basilica in Vatican City and the Basilica of Saint Paul Outside the Walls in Rome were named in this way. Later in the 12th century the Armenian Cathedral in Jerusalem was named St James; it has the head of 'our James' and the body of James, the brother of Jesus.

After the English reformation, the Church of England continued with the practice of giving churches the names of saints. However, with less attachment to revering relics (if any even remained), naming of new churches became more the free choice of the 'Patron' of the parish, the Lord of the Manor, trusts, or the Diocesan Bishop.

As such the 'flavour' of a church can sometimes be inferred from its dedication: Christ Church or St Paul's might be more evangelical — Holy Cross or All Souls, more catholic.

From James to James

I wonder if a suggestion might have been made to the Rt Revd Archibald Campbell Tait, Bishop of London, by the vicar of St Mary's Hampton, who had initiated the new parish in Hampton Hill, the Revd James Burrows?

'James' as a dedication does not carry much baggage — high or low church. Indeed, as suggested by our lack of

knowledge of him, he is rather a colourless figure.

In the gospels, although with Jesus at key moments, he always appears alongside his brother, John. There is nothing described in the gospels to particularly mark him out.

Even in Acts when we read of his martyrdom — he is the first of the apostles to face execution — it is 'James, the brother of John'.

Regarded more after death

James became more highly regarded after his death, because there grew up in the 8th Century beliefs and legends that James had travelled to evangelise Spain, and that after his death his body had been enshrined in the church at Santiago de Compostela.

Given the reduced access to the Holy Land at this time, Compostela became a pre-eminent pilgrimage site in the Middle Ages. Consequently, James became the patron saint of pilgrims (and Spain).

The symbol of the Spanish pilgrims was the cockle shell (there are a number of accounts of its origin) and so the shell became James's 'identity badge'.

So if we were to take a lesson from James, perhaps we might reflect on how someone rather unremarkable was chosen by Jesus to represent him. And that in a strange way he in turn encouraged millions of people to seek the path of Christ.

St James Sundays

Holy Communion (said) 8am

Parish Communion 9:30am

Livestreamed on Facebook.

Together 3:30pm

Our shorter, all-age service, is now at 3:30pm, making way for Messy Church once a month.

Mon-Fri

Morning Prayer (not Wed) 9am

Holy Communion (Wed) 9:30am

Ark Playgroup (until 17 Jul)

Mondays 10am-12noon

Friendly playgroup for carers and under 5s during school term-time but not Bank Holidays. £2.50 for the first child, 50p for any others.



Connections Café

Tuesdays 10:30am-12:30pm



Join us for coffee, cake and conversation, with a free, walk-in NHS Hearing Aid Clinic on the first and third Tuesdays of the month. Plus, the chance to talk to a mental wellbeing professional about any concerns.

St James's Weekend

Sat 1 July 2-4:30pm

As part of our St James's Day celebrations we are throwing open our doors to the community.

Climb the spire for unrivalled views, have a go at bellringing, take a guided church tour.

There will also be a bottle tombola and refreshments. To

book tower tours use the QR code on your phone or: <https://bit.ly/StJTours23>



Sun 2 July 11am

Our celebrations start with a service, where the guest preacher is the Venerable Richard Frank, Archdeacon of Middlesex, pictured, followed by a barbecue lunch in the Vicarage Garden.



Coronations rain



SUSAN HORNER

There were five main roads leading into the town where I grew up. In preparation for the Coronation celebrations, a decorated arch was erected over each of these. Many people decorated their houses, and in some cases whole streets went in for elaborate designs and displays of bunting. On the day of the Coronation, the news came through that the summit of Everest had been reached for the first time. I can still remember the headline on our newspaper: *The Crowning Glory: Everest Conquered*.

Crowded round television

Those of us who had a television invited our friends and neighbours to come and watch the ceremony. We all crowded round the tiny black-and-white screen. One family we knew had a guest who insisted on standing up whenever the Queen could be seen, which meant that she was on her feet for almost the entire day!

As the Queen and her procession left the Abbey, it poured with rain and so unfortunately everyone had to travel in closed carriages. The exception was Queen Salote of Tonga, a very large and cheerful lady. She said that they had very little rain in Tonga and insisted that her carriage was left open.

The Coronation service and the procession afterwards were very long and took up most of the day. In the evening I walked with my family into town, where there was a community hog-roast.



Cheers! A group chose to take part in the Coronation service in church, ending with a loyal toast

For most of us, May's Coronation of King Charles III was our only experience of the crowning of a new Monarch. There are some, however, who can remember crowding round a small, flickering television screen in 1953. How times have changed! This time we screened the service on our big screen. But as Susan Horner recalls, you can rely on the British weather. It rained in 1953 and it rained in 2023!

We watched it all again

A few weeks later, all the pupils in my school processed to the local cinema to see the Coronation in colour. The film was showing all week and most of the adults in town went too. It was amazing how

different and impressive it was compared with the TV images.

Paul Peterken also remembers the event. 'My family travelled across London to see the Coronation on my grandfather's newly acquired television. We

must have started out very early, but the Underground and the buses were all running. There was a long procession in the rain, and I also remember Queen Salote of Tonga in an open carriage.'

This time round

The church offering for the Coronation of King Charles III was very different. Then, groups of people gathered round several black-and-white television sets in the old church hall. This time, we opened the church and a group of us watched the ceremony in colour on our big screen.

Being together in church made us feel part of the service, particularly when we stood to join in the hymns. At the end of the service, as the royal party left Westminster Abbey, two of us rang the church bells and then we all enjoyed a celebratory glass of Prosecco.

Street parties

Many people attended street parties on the Sunday, including Rita Malyon, who has been to every party on her street since the one to celebrate the end of the war in 1945! This has now included two Coronations, many jubilees and several royal weddings.

Nursery school's crowns

In the week leading up to the Coronation, Hampton Hill Nursery School had lots of fun learning about what they might see on the day. The children were excited to hear that there would be soldiers, some walking and others riding horses, guarding the King and Queen in a carriage, and that there would be bands playing as they marched.

During the week they linked lots of learning through play, dressed up as kings and queens and made crowns, bunting and flags to wave. The week ended with a lunchtime party. The following week the children couldn't wait to tell the staff about it. 'I saw soldiers and horses and carriages,' said one. Another added, 'The King and Queen waved to everyone.'



Crowning glory Children at Hampton Hill Nursery School had a week-long celebration of the new King

over us!



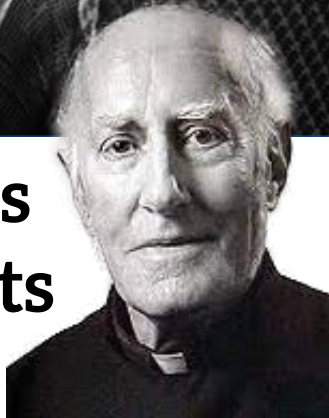
TV age Televising the Coronation led to a surge in set sales

Despite the cold, windy, showery and altogether unseasonable weather, the time of the Coronation passed as one of devotion, joy, hardships cheerfully endured, and lots of fun. Never can the nation have been so still and quiet as it was on that Tuesday, and for so long.

Millions of the Queen's subjects stayed at home, or sat for hours in halls, cinemas and schools, viewing the noble and dignified ceremony and the processions. Many of them must have had their consciences stirred and tried to join their own act of self-dedication to that of the Queen.

In this parish, 19 of us met around the altar at 7 am. Others who would have liked to be with us were by this time taking up their seats in various stands, or had already spent more than 12 hours on wet and cold pavements along the processional route.

Rupert's thoughts in 1953



Later, the streets became deserted as people gathered round television sets. Those of us who spent the morning in our hall (about 85 members of the Darby and Joan Club, and some 35 parishioners) were very grateful to Councillor Futter [Michael Futter's father] for the time and trouble he had taken in securing the provision and installation of the TV sets, and to Mr Childs and his small band of stewards who arranged the chairs and rigged up the improvised black-out to stave off

the glare of the windows from the screens.

The parties began in the afternoon, and soon our hall [now the Greenwood Centre] was packed with children from Roy Grove whom the unkind weather had driven indoors, and the days that followed, even for those who had to stay in Hampton Hill, and missed the thrill and excitement of London and other attractions, seemed full of zest and interest.

Rev Rupert Brunt,
Vicar 1950-80



Street party Celebrations in St James's Avenue a day later

Around the Spire

Sallie Colak-Antic 24.06.31-06.05.23

A very classy lady with a free spirit

SALLIE COLAK-ANTIC led a remarkable life and met some amazing people. Born in 1931 in Hampstead, she was inspired by a school-teacher to explore Spain.

With no real life plan, she obtained a job as governess to the Marquesa de Cabriñana's three children in Madrid. The following year she taught English for the British Council where she met the first of many celebrities – Julian Bream.

She also went to the British American Club and became friendly with a group of stuntmen which resulted, much to her surprise, in her playing Sophia Loren's double in a Hollywood film.

Following on from working in America, Sallie had all sorts of jobs in Spain and London meeting a variety of well-known people.

Married a Serb film maker

Sallie met her husband, Ciga, a larger-than-life film maker and they were married at the Serbian Orthodox Church in Notting Hill Gate in 1968. Their son, Ilya, was born in 1971 and they lived in Park Road for many years.

Her husband died in May 2008, aged 78. and Sallie later moved to a cottage in Wolsey Road. When her health and mobility became more difficult she moved to a care home in Woking to be close to her son and his family. Her last outing was a treasured lunch with the family on Easter Day.

Sallie was very proud of her family and that Ilya has continued to work in the media industry.

Sallie was well-known locally for playing her part in local affairs. In 2002 she won a seat on Richmond borough council for the



Double Sophia Loren, left, with Sallie

Conservative Party in the Fulwell and Hampton Hill Ward, and took her role very seriously.

It is thanks to Sallie that the planning application for the West Porch to the church went through, as initially the council had turned it down.

Centre of life

Sallie was a remarkable lady, at the centre of things, but also listening and helping where she could. She also was a faithful member of the church.

In a feature she wrote for the *Spire* several years ago, she said, 'I am an optimist who believes in the power of love and having a spirit that will never give up.'

'I have never felt myself special. I have just been very lucky, that's all.'

Sallie's funeral was held in St James's Church on 9 June and she was laid to rest at Brookwood Cemetery, Woking, in the Serbian section, with her husband, Ciga.

Janet Nunn



Family Sallie with her grandchildren Woody and Honey

A right royal mystery!



Paget graves Seen by the vestry. Inset: Lord Alfred



JANET NUNN

was 6 Beaumont Street, London, and Rev Leslie Morris took the funeral.

Lord Alfred

Lord Alfred Paget CB was born in 1816 in Lichfield and died unexpectedly on his yacht in Inverness in 1888.

He was in the Royal Horse Guards, was Liberal MP for Lichfield, and sat in the House of Commons from 1837 to 1865, was Commodore of the Royal Thames Yacht Club and Director of the North Staffordshire Railway Company. Such was his fame that this caricature, pictured right, by Ape, was published in *Vanity Fair*, in 1875 (Picture: Wikipedia).

Lord Alfred Paget was married twice and had 14 children, five from his first marriage and nine from the second. Just out of interest, I looked up to see where Lord Alfred Paget was buried and, believe it or not, it came up as St Mary's Church, Hampton! Both Lord Alfred and Lady Cecilia are buried there as well as some of the children.

There is obviously a lot more that can be said about the family and their life in the Hampton area.

There is even a road bearing the name. Paget Close can be found opposite St James de Sales Church. Lord Alfred's address at his burial was listed as Bushy Park.

Depicted in TV drama

You may remember that Lord Alfred was depicted by Jordan Waller in the ITV drama series *Victoria*. The drama showed him marrying Lady Wilhelmina Coke (the niece of the Duchess of Buccleuch); though in real life, he married Cecilia Wyndham.



Lord Alfred Jordan Waller with Leo Suter

The two graves

The first grave is for Guinevere Eva, wife of Reginald Hart-Dyke and daughter of General Lord and Lady Alfred Paget, who was born on 16 March 1869 and died on 26 February 1894, aged 24.

The second grave has two names on it. The first is for Evelyn Cecilia, pictured, daughter of General Lord Alfred and Lady Paget.

Maid of Honour to the Queen (Victoria) born 16 July 1849 and died 17 May 1894, aged 44, and also Sydney Augustus Paget 5th son of Lord Alfred Paget, born 19 April 1857 and died 16 September 1916, aged 59.

Why are they buried here?

We don't know how they came to be buried in our churchyard. The registers state that Guinevere lived in Hove, East Sussex, and Rev Charles Job took the funeral.

Evelyn is listed as being from Hampton Hill and Rev Job took her funeral. Sydney's address



Picture: Royal Household Collection

The summer is full steam ahead!



Steam railway Kempton Hampton Waterworks



ASH WAKEFIELD

Whatever the weather, living in London means that there is no shortage of fun things to do. Here are a few activities for you and your family to visit over the holidays:

Gaia Earth artwork

Do you know the song, *He's got the whole world in his hands*? Gaia is a monumental artwork by Luke Jerram. It measures seven metres in diameter and features high-resolution NASA imagery of the Earth's surface, pictured.

Last year, I visited Southwark Cathedral to see this. It puts into perspective God's creation and all that he has in his hands. It is coming to the Landmark Arts Centre in Teddington from 16 June to 2 July. It is a must-see event and it is free for all to visit.

■ landmarkartscentre.org/shows/gaia/



Sir Christopher Wren

Did you know that when Christopher Wren presented plans for St Paul's Cathedral to King Charles II, he suggested that a giant 60-

foot statue of a pineapple should be put on top of the dome! Instead of a cross or religious symbol, he wanted a pineapple as they symbolise peace, prosperity and hospitality – all traits associated with churches.

Have you ever been? More to the point, would you like to attend? As St Paul's is our Mother church, we have four free entry tickets. Contact our office to arrange to borrow these for a day trip!

■ stpauls.co.uk

Coronation Exhibition

We also have four free entry tickets to Westminster Abbey. If you visit between now and 30 September, you can use these tickets to gain entry to the Coronation Exhibition!

■ westminster-abbey.org

Hampton Kempton Waterworks Railway

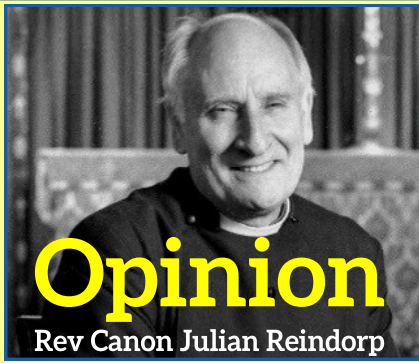
This could be South West London's best kept secret — and it is in our backyard! Located just off the A316 near Sunbury Cross is the only operational 1915 heritage narrow gauge railway within the M25. There is also a steam museum housing the world's largest pumping engine. The railway is open on Sundays over the summer, and there are a number of special events, such as a Princesses and Pirates Day and a Dinosaur Weekend!

Check out their website for further details, including ticket prices and how to plan a visit!

■ hamptonkemptonrailway.org.uk



Wren Pineapple-topped cathedral plans!



Opinion

Rev Canon Julian Reindorp

CARE HOME CRISIS

Three factors are making the care home crisis worse. Care workers are often on the minimum wage c.£10 an hour — hence a 10-15% workforce shortage, some 165,000 vacancies (an agency replacement costs a home £34 an hour). The government recently announced that it was cutting £250 million from its recruitment fund for the social care sector. The head of Care England says this could set back care 'for years to come'. Then there is the loss of confidence in the sector since Covid — over half of us have lost confidence in the care offered in homes (Ipso polling). There is also the issue of public money. Five of the largest private care chains are taking £150 million a year in taxpayers' money for places rated inadequate or requiring improvement, including some 'not safe'. As I say at funerals when thanking care home staff, 'We will all end up in your care'. We need to campaign for them now.

NO-FAULT EVICTIONS

In its 2019 manifesto, the government committed to a Bill that would prevent landlords from taking back possession of their property without giving a reason. Since then 230,000 tenants have been served these eviction notices. The new bill will end no-fault evictions. Tenants will also be given the legal right to request a pet, and landlords will have to consider their request and will not be able to 'unreasonably refuse'. It will be illegal for a landlord to refuse tenancies to families with children, or those in receipt of benefits. At the same time landlords will be able to evict antisocial tenants more easily. The bill will affect 11 million renters and 2 million landlords. An election 18 months away may well hasten the passing of the bill.

VOTER SUPPRESSION

At the May local elections all voters had to produce photographic ID, despite the statistics showing no recent proven case of impersonation. Over 60s could use their travel cards, but not the over 18s. This led to accusations that this would affect young potential Labour voters. Jacob Rees-Mogg, who helped pass the legislation when a minister, now says this kind of voter suppression is wrong and is even affecting Tory voters!

CHRISTIANITY IN UK

A recent article in *Prospect*, a monthly non-party-political journal, using research from the University of Durham, suggested that London was more Christian than in Margaret Thatcher's day. Between 1979 and 2012 there was a 50% rise in the number of churches in London. African evangelical churches have played a large part in this. This suggests another side of the North/South divide. A recent *YouGov* poll found that over 60% of British voters would support a practicing Catholic, an Orthodox Jew or a Muslim holding high office, but fewer than 53% would support an evangelical Christian in power. The writer concludes that the progressive assumption that religion will fade away is wrong.

SUMMER BREAKS

Back in 2008, I married a couple of TV producers, one of whom directed *Escape to the Country*. This programme has been a frequent afternoon luxury on BBC One at 3pm! I have no wish to live in the country, but I look for a spacious farmhouse kitchen, a very manageable garden, good views, and neighbours, but not too many... In the past few months the podcast world has hit me: *The Rest is Politics*, with Rory Stewart and Alastair Campbell. Stewart, a former government minister and one-nation Tory, discusses national and international affairs with Campbell, a former Labour adviser to Tony Blair when he was PM. They agree to disagree agreeably, always fascinating.

CHARITIES WE SUPPORT WELCARE

Support shows families matter



DEREK WINTERBURN

In 2018 the Archbishop of Canterbury published a book, *Reimagining Britain: Foundations for Hope*. A key chapter was *Family - Caring for the Core*. He believes that many families face enormous pressures, yet 'there is a great deal still to do if we are to ensure the flourishing of every family and household'. The book led to a commission which has just published a report that lays out five ambitions to support and strengthen family life.



Family A blissful childhood requires thriving parents

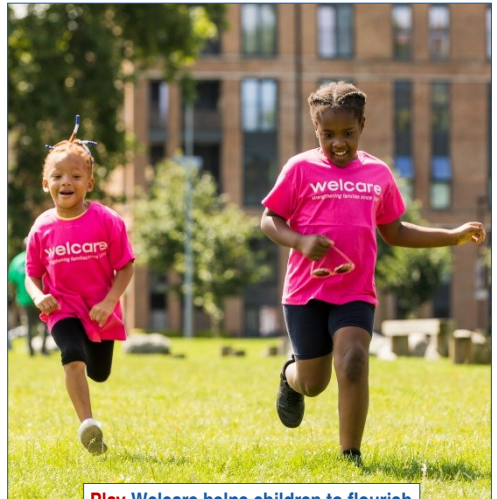
St James's is pleased to make a donation to Welcare for its work in the Richmond Borough. In this small way we are responding to the Archbishop's call to 'support local families and households to flourish.'

Call to action

Of course, the Church has always worked with families, and this is simply a fresh 'call to action'. Such concern led to the Bishop of Rochester, Randall Davidson, and his wife Edith to launch the Diocesan Association for the Care of Friendless Girls in 1894, originally in the Southwark Diocese. Later, Hampton Deanery, being in the borough of Richmond, joined what had now become Welcare.

The focus of the Christian charity is now broader — encompassing the whole family. To enjoy a good childhood, a child or young person needs adults around them who themselves are thriving. Social workers work alongside families dealing with difficulties with parenting or their own relationships, the legacy of domestic abuse, children with behavioural difficulties, problems engaging in education, emotional and physical welfare issues and problems exacerbated by the cost of living crisis.

The centres run play-based sessions for babies and parents/carers and courses on parenting, or recovering from abuse. There is a network, *Caring Dads*, for men. Then there are particular interventions, for example, language delay, special needs or English as an additional language.



Play Welcare helps children to flourish

Bernadette Gibbs, belle of the ballroom

BERNIE, as she was known, was from a large family in Limerick City and came to England in 1956.

She met her husband at the Tower Ballroom in Blackpool, a town to which she often returned.

She brought up three sons, donating a kidney to Andrew, who died in 2003. Peter lives locally and Jim in Sheffield. She worked as a shorthand secretary and typist in a design firm.

Bernie came to St James's more than 10 years ago and despite her deafness made friends with her outgoing nature, sense of humour and concern for justice.

She championed our Traidcraft stall, frequently buying something, and encouraging others to support the cause.

She died peacefully, aged 87, receiving hospice care.



Julian Reindorp

REGISTERS

MAY

FUNERAL

31 Bernadette Rosaria Gibbs, 87, Hampton Hill





SIMPLE PLEASURES

The things we do when we take time out

Natural world absorbs stress



Janet Nunn

WILD ORCHIDS

I have always loved country walks and had a keen interest in wild flowers. My particular favourites are wild orchids. I remember walking along the SW Coast Path and coming across a large patch of bee orchids. I also went on a National Trust walk from Box Hill where we found 10 different wild orchids. They are such delicate flowers often hidden in the undergrowth. I have also seen the lovely area of wild orchids at the London Wetlands Centre and bee orchids in hidden places. They give me a thrill each time I find them.



PARKS

We are lucky to live so close to Bushy Park and the Woodland Gardens. You only have to walk into the park from the High Street and you enter a world of peace and calm – unless the deer are rutting! Even if you can't walk far, there are seats and, at weekends in the summer, cricket matches to watch. Richmond Park has three very popular areas – Pembroke Lodge, Pen Ponds and the Isabella Plantation, *seen in the main picture above*, as well as lots of lovely walks with views to the London skyline. I love the view from King Henry's Mound in the grounds of Pembroke Lodge where, on a clear day, you can see St Paul's Cathedral through a gap. Turn the other way and see St James's Church.



TREES



From my kitchen window, *pictured left*, I can see a hazel with catkins in winter, a cherry tree in blossom in the spring and a huge horse chestnut, which is lovely in spring and autumn.

One of my favourite parts of Kew and Wisley are the Arboretums. There are so many magnificent trees towering above us. They have been there for so many years and could tell their own stories.

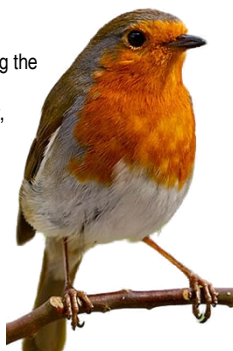
I also love the swamp cypress in the Woodland

Gardens, near the Pheasantry, in Bushy Park, where the aerial roots show above ground. There are so many different shades of green, types of leaf, coniferous and deciduous, large and small. Whatever the time of year there is always something to look at. My real favourite is the huge copper beech tree in our churchyard.

BIRDS

When I wake up in the morning the birds are singing. Every time, particularly at this time of year, as soon as I go out into the garden the robin appears and keeps very close when I am gardening in case I find a worm or tasty insect. They also sing their hearts out to make sure we know they are there. Another fascinating thing about birds is that if you remain quiet for a few minutes when in the countryside or woodlands, it is amazing how many birds you can hear.

Sadly, I am not very good at identifying birdsong when I can't see the actual bird.



BY BUS OR TRAIN

I have had a Freedom Pass for many years, and it gives me the freedom to travel by bus or train all over Greater London. Besides the ecological benefits, using public transport takes most of the strain away. You don't have to worry about parking or journey times. I know people who have undertaken epic journeys by bus and train to see how far they can get! It is lovely to be able to look out of the windows and admire the views. I particularly enjoy going to Waterloo Station. It is close to several bridges and there are lovely views of the Thames.

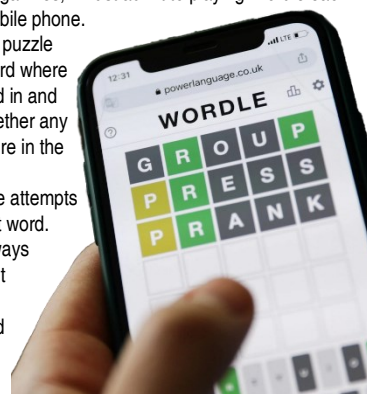


WORD PUZZLES

As soon as I receive a magazine or paper I look to see if there are any puzzles! I love word puzzles of all kinds and keep several books around the house and in my handbag to do when I am out and about. I have always had a love of words and like nothing better than looking up words in a dictionary or thesaurus. Although my true love is puzzles in books and magazines, I must admit to playing *Wordle* each day on my mobile phone.

This is a word puzzle like a crossword where you put a word in and it tells you whether any of the letters are in the answer.

You have five attempts to get the right word. I am nearly always successful, but occasionally there is a word that is new to me.



CLASSICAL MUSIC



My knowledge of music is not great but I am a fan of Classic FM, and enjoy listening to the radio station both at home and in the car. Many of the presenters are well-known, as well as the musicians. I have learnt a lot from the programmes, even though I still have difficulty recognising pieces. When you live alone it is very comforting to hear presenters engaging with their listeners.

PADDLING

Every summer when I was a child we went to the coast for holidays. I didn't learn to swim until later in life so became an avid paddler! Who doesn't remember walking over pebbles in bare feet to get to the sandy beach? Whenever I go to the coast I am tempted to have a paddle. For many years I went to Sidmouth, *pictured*, on holiday with a friend, where the beaches are superb for paddling. Our days revolved round the tides so we could spend time strolling along the beaches with the waves lapping at our feet. I find the whole experience very calming.

