

Twickenham & Richmond **TRIBUNE**

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A Twickenham Lockdown View
Photo by Berkley Driscoll

T&RT

TickerTape - News in Brief

Full of Life 2020 - postponed

The annual Full of Life Fair scheduled for October 2020 has been postponed until Spring 2021 due to the impact of the coronavirus pandemic on the planning and preparation required to deliver the event.

The event is held each year for residents over 55 and last year's event saw over 80 stalls run by local and regional organisations offer advice on healthy and independent living, tackling isolation and loneliness, as well as hosting fun activities and socialising opportunities.

TfL Buses - Middle-Door Only Boarding

Following a successful trial, from Monday 20 April, buses in London will temporarily become middle-door only boarding as part of Transport for London's (TfL's) efforts to help combat coronavirus.

This means the front doors will no longer be in use across the bus network. Please only use the middle doors to board the bus and allow others to exit the bus first before boarding. There is currently no need to touch in.

The vast majority of people have followed the instructions of the Mayor and Government and have stopped travelling. The number of people using buses has plummeted by around 85%. This is essential to stop the spread of coronavirus.

London Overground

On Sunday 19 April, there will be no service between:

Richmond and Gospel Oak. Use District line services between Richmond and Gunnersbury.

Rail replacement buses will run between Gunnersbury and Gospel Oak

Webinar: Managing stress, anxiety and low mood during COVID-19

Learn how to combat stress and anxiety during Covid-19. Join a webinar from the Richmond Wellbeing service. 27th April 9:30 - 11 am More details [HERE](#)

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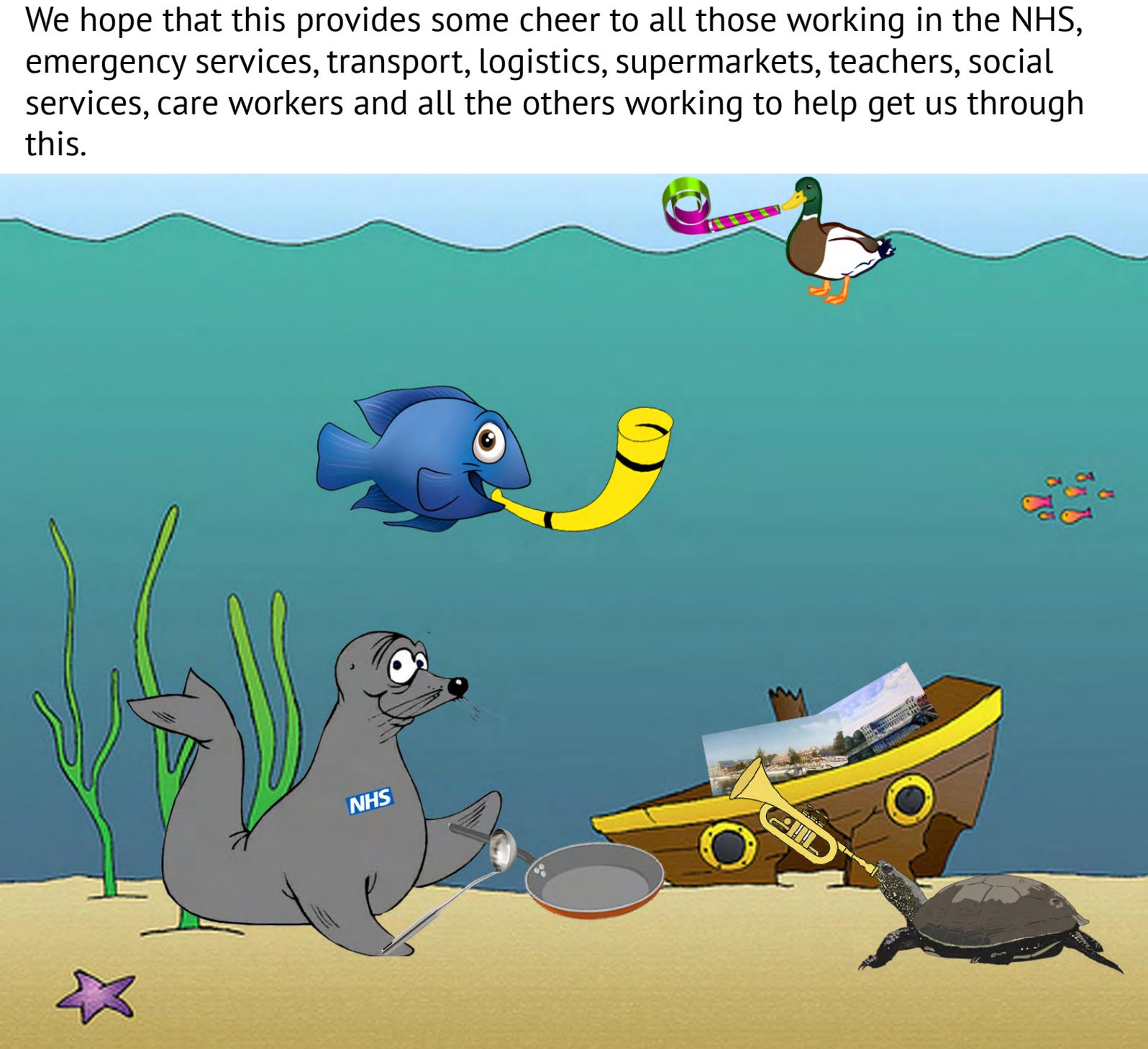


TwickerSeal

Every Thursday evening at 8pm a wonderful phenomenon occurs. People (and seals, ducks etc.) take a break from their Netflix boxsets, jigsaws or whatever else they are using to pass the time in lockdown.

Across the country, and below the waters under Eel Pie Bridge, we show our appreciation for those on the frontline during this terrible time with applause, cheers, banging pots 'n pans and the odd musical instrument (including bagpipes on occasion!).

We hope that this provides some cheer to all those working in the NHS, emergency services, transport, logistics, supermarkets, teachers, social services, care workers and all the others working to help get us through this.



PART 175 HAMPTON COURT'S MAZE

As I write this on Thursday 16th April, the news is dominated by the need to establish an exit strategy to move on from the lockdown here in the UK. This is an issue that all countries are focusing on right now of course. I find it interesting that the government of our friends across the Atlantic are going at it in a more 'gung - ho' fashion compared with the science based and evidential advice that supports the UK decision making process.

Over 60 years ago I remember finding myself in another difficult situation when my dad left me alone to find my way out of the maze at Hampton Court.

He had already told me that there was only one way out and that there was a little boy eating monster called a Minotaur at the centre of the maze waiting for its next meal!

I didn't realise it at the time of course as I thought I was doomed but what I really needed was a workable exit strategy. It arrived as my dad took pity on me after hearing a young lads sobs from the other side of the hedge and came to my rescue. For the rest of the day my thoughts were on my dad who had become a knight in shining armour. When I got home I sobbed to my mum that dad had saved me from being eaten by a monster! (I think I was 4 years old). She gave him one of those looks no doubt.

The point I make is that every difficult situation that we find ourselves in comes to an end at some point – and we have to believe that this one will too.

So as this is a local picture postcard column let's see two postcards of the Hampton Court Palace Maze. The first was posted in 1913 (107 years ago!) and was photographed and published by Richard Young and Co. of Teddington High Street.



Our second postcard was sent from Kingston also in 1913 and shows what appears to be a ghostly gardener trimming the top of the hedges in the Hampton Court Maze. Given that the hedges are about 7 feet high, he was either a very tall ghost or was standing on a stepladder!

So there you have it. Absolute proof that ghosts are alive and well and living in the circulation area of the Twickenham Tribune!

The Hampton Court Palace Maze is the UK's oldest surviving hedge maze. Commissioned around 1700 by William III, it covers a third of an acre and is known for confusing and intriguing visitors with its many twists, turns and dead ends. On average, it takes 20 minutes to reach the centre.

The Maze was designed by George London and Henry Wise and is trapezoid in shape. Originally planted using hornbeam, it was later replanted using yew. It is referred to as a multicursal or puzzle maze.



Before the creation of the Hampton Court Maze, unicursal or single path mazes were the most popular form of maze in the UK. Unlike the puzzle maze, the single path maze has one path, usually in a spiral shape, winding to a centre

Entry to the Maze is included in a normal admission ticket to Hampton Court Palace. Not at the moment though. We will have to wait for the virus all clear to be given before we can once again visit some of these wonderful places on our doorstep.

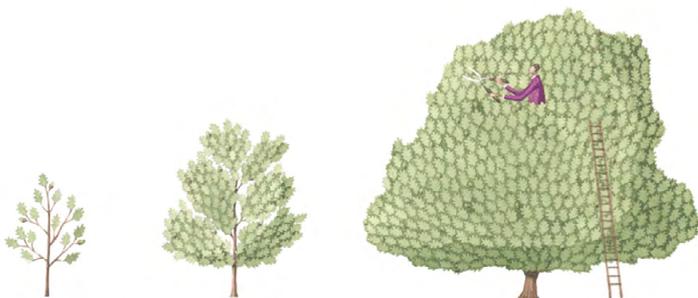
In the last two weeks in this column we looked at the Derby Arms pub in East Sheen and the period in the 50s and 60s

when it was managed by champion boxer Len Harvey. No one has yet come up with a postcard image of the pub on the Upper Richmond Road between the 1920's when the original building was demolished and then rebuilt a bit further back and 1987 when it closed for good. I have never seen a postcard from that period and so it is possible that no such card exists.

If you have a postcard or even a photo of the pub frontage from that period you can win a fabulous prize! Just send the picture to my email address or ring me if you prefer. With your permission we will show the image next week and credit you accordingly.

Your prize? I will come and buy you a pint or two in a pub of your choice in the Tribune's circulation area once life returns to a semblance of normality.

With many of us confined to home it may be that you are using the time to tidy a few drawers or have a bit of a clear-out. If you trip over any old postcards, old envelopes with stamps on or photograph albums that you would consider parting with, I'd be very interested in arranging to see them. Please contact me on 07875 578398 or by email at alanwinter192@hotmail.com. I am happy to pay cash for anything like that which I find of interest. So don't throw old postcards in the skip or recycling bins. Show them to me first! Thanks, stay safe and well.



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darryl parkin

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The Tree Agency

COVID-19 - Don't Stand So Close To Me

Teresa Read

This week I think it is interesting to look at the situation in Gibraltar which has a border with Spain, open for Spanish workers.

Despite the high death toll over the border in Spain - at the time of writing - Gibraltar has done a magnificent job in containing the situation with social distancing and lockdown.

The population of [Gibraltar](#) was estimated at 32,548 in 2019; according to the World Health Organization (WHO) Situation Report there are Gibraltar 131 confirmed cases but no deaths

The Gibraltar police are always active on Twitter, giving lots of useful advice, and this week they have released “Don't Stand So Close To Me” – The Police and the Gibraltar Police
<https://twitter.com/RGPolice/status/1249623326718377985>
make sure the sound is turned on (bottom of video on the right)



How long can COVID-19 symptoms persist?

This week I have heard that doctors and healthcare workers in Gibraltar and the UK are discussing the length of time coronavirus symptoms persist; it has been said that between four and six weeks is not unusual, especially in those who have suffered chest symptoms. Apparently, some of the people who recover from the virus may suffer a repeat of symptoms.

Book for Children from the World Health Organization (WHO): *My Hero Is You*

The WHO have recommended a [book](#), full of illustrations, to help children come to terms with COVID-19.

Sara is in bed feeling upset as she was missing her friends at school, thinking to herself that “Heroes have super powers”. Then, Ario, a dragon, appears and asks her what she needs to be a hero. Sara says that she needs to tell all the children in the world how to protect themselves and everyone else.



Ario flies Sara to meet and see others around the world. The first stop is the desert where they collect Salem who sits on one of Ario's wings, opposite Sara on the other. Then, they fly off to meet Leila and then Kim; Ario explains about the virus and also the "superpower" within them. Finally, Ario returns Sara and her new friends back to their home – the message is that we can all be heroes every day.

Local Statistics

The In Your Area website gave the following statistics for COVID-19 on Friday 17th April: 304 confirmed cases in Richmond upon Thames, 330 in Kingston-upon-Thames, 530 in Hounslow, 831 in Ealing, 543 in Merton and 417 in Hammersmith and Fulham. Updates are also available from the BBC on their Coronavirus UK Map. **Remember that the published rates are much lower than actual rates as only people going into hospital are being tested.**

Number of Deaths from WHO Situation Reports:

At the time of writing the World Health Organization Situation Report for Friday 17th April 2020 gave the following details for countries with high death rates - the figures in brackets were last week's figures: deaths in China 4,642 (reassessed), 22,172 in Italy (18,281), 19,130 in Spain (15,238), 17,889 in France (12,192), 13,729 in the UK (7,978), 28,221 in the USA (14,665), 4,869 Iran (4,110); and a total of deaths worldwide 139,378 (92,787). (Note that World Health Organization Situation Reports are one day behind).

Statements from the World Health Organization during the week:

WHO Director-General Dr Tedros, in a press conference, highlighted the issue of planning the transition out of stay-at-home restrictions: "WHO wants to see restrictions lifted as much as anyone. At the same time, lifting restrictions too quickly could lead to a deadly resurgence."

Under WHO's coordination, a group of experts with diverse backgrounds is working towards the development of vaccines against COVID-19.

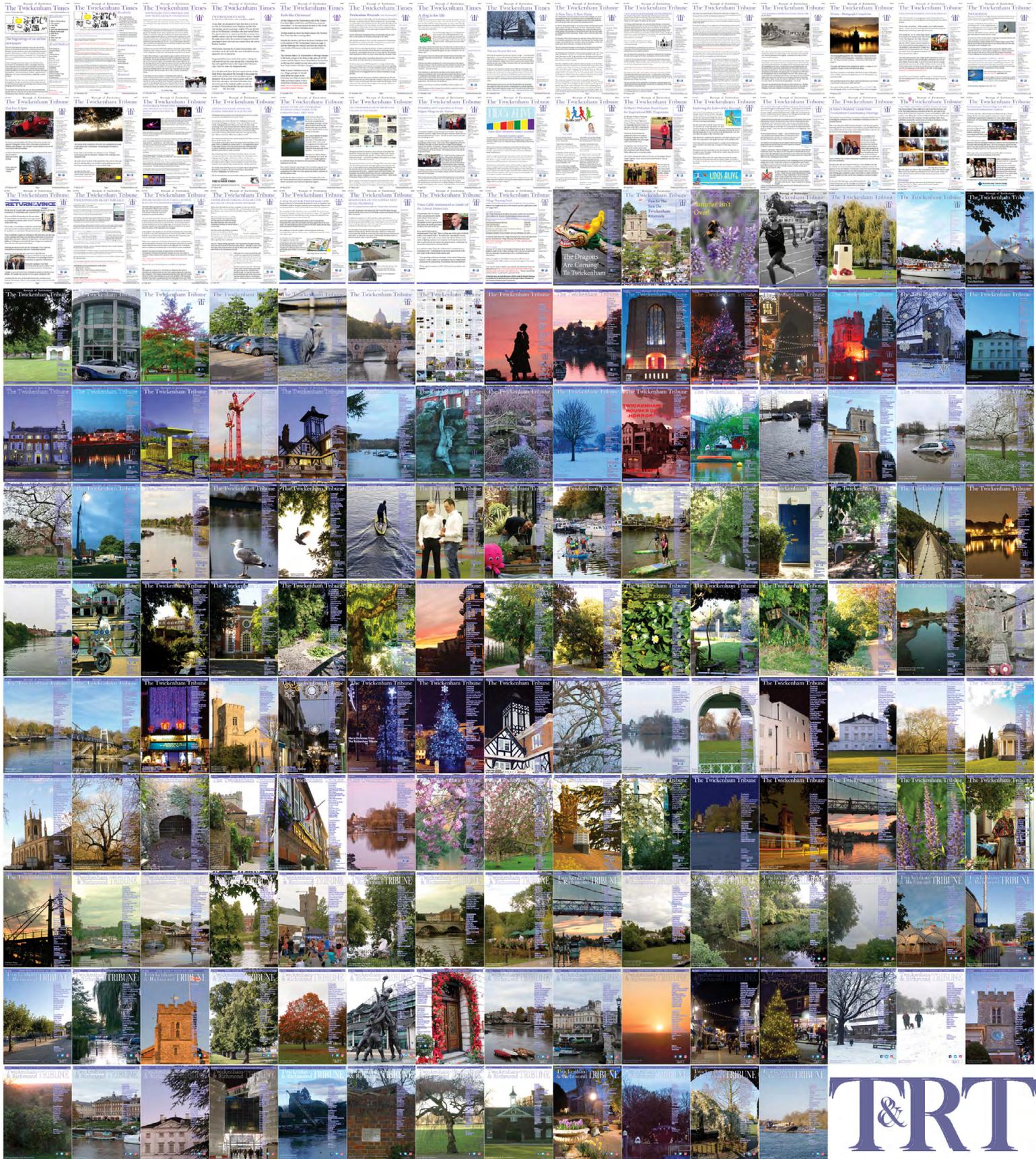
Statement from signatories:

"we applaud the implementation of community intervention measures that reduce spread of the virus and protect people, including vulnerable populations, and pledge to use the time gained by the widespread adoption of such measures to develop a vaccine as rapidly as possible. We will continue efforts to strengthen the unprecedented worldwide collaboration, cooperation and sharing of data already underway."

REMEMBER:

Regular hand washing, social distancing (Stay at Home), avoiding touching eyes, nose and mouth, respiratory hygiene and seeking medical advice if you have a fever, cough and difficulty breathing.

180 Editions of the Twickenham & Richmond Tribune online - Lots to read: News, Reviews, History and On-going Sagas in this Borough in South-West London.





RFS The Best of our Recent Historic Screenings

Issue 4, 17th April 2020

A HIJACKING

A new series for those of you who are missing Richmond Film Society's screenings or, indeed, trips to the cinema generally as a result of the COVID-19 crisis. Their committee is producing a number of weekly recommendations of films screened during the last 20 years that were extremely well received by their audiences. Should the notes reproduced below entice you to try and catch-up with this recommendation, then you should be able to do so, as it is available on streaming services and for purchase as DVD/Blu-Ray discs from the online retailers as indicated below.

RFS Context: WADJDA was 732nd film screened by RFS on 13th January 2015. Wadjda was the top ranked film of Season 52, it got an approval mark of 95% from those attending. The film can be streamed from Amazon Prime and Curzon and the discs are available from Amazon and others. Haifaa Al-Mansour's latest film

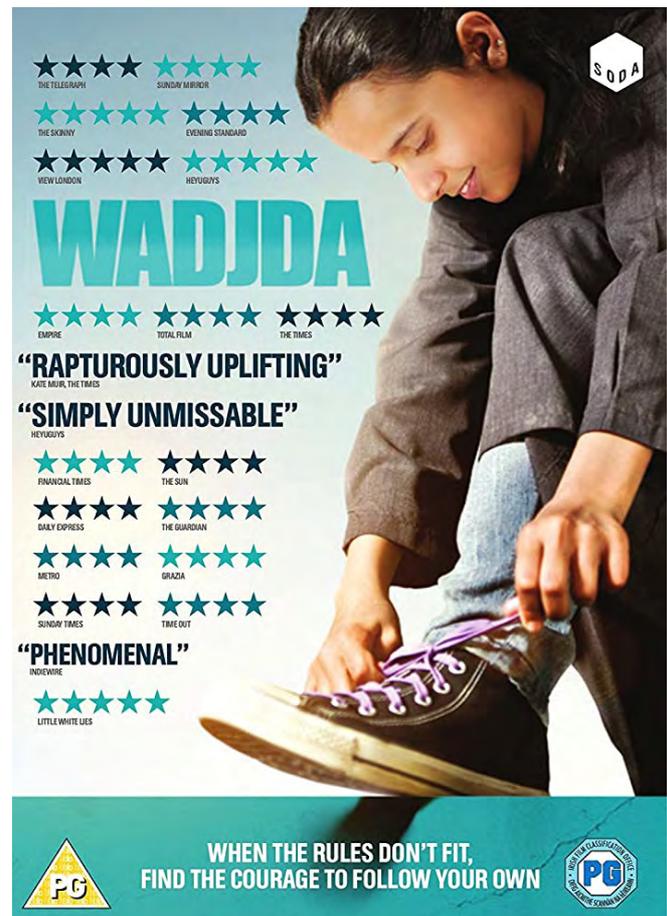
The Perfect Candidate, was about to be released when COVID-19 locked us all down. Two of your committee were lucky enough to catch it at the London Film Festival. It is one of the ones on the list of films in selection contention for RFS's 58th Season, our next - starting in September 2020, by which time we hope we will have returned to some form of normality.

WADJDA

Country: Germany/Saudi Arabia, 2012
Director: Haifaa Al-Mansour
Screenplay: Haifaa Al-Mansour
Editor: Andreas Wodraschke
Running Time: 98 mins., colour
Language: Farsi
Cinematography: Lutz Reitemeier

Leading Players:

Reem Abdullah	(Mother)
Waad Mohammed	(Wadjda)
Abdullrahman Al Gohani	(Abdullah)
Nouf Saad	(Koran Teacher)
Sultan Al Assaf	(Father)
Alanoud Sajini	(Fatin)
Rafa Al Sanea	(Fatima)
Dana Abdullilah	(Salma)



Wadjda is a 10-year-old girl living in a suburb of Riyadh, the capital of Saudi Arabia. Although she lives in a conservative world, Wadjda is fun loving, entrepreneurial and always pushing the boundaries of what she can get away

with. After a fight with her friend Abdullah, a neighbourhood boy she shouldn't be playing with, Wadjda sees a beautiful green bicycle for sale. She wants the bicycle desperately so that she can beat Abdullah in a race. But Wadjda's mother won't allow it, fearing repercussions from a society that sees bicycles as dangerous to a girl's virtue. So Wadjda decides to try and raise the money herself, At first, Wadjda's mother is too preoccupied with convincing her husband not to take a second wife to realise what's going on. And soon enough Wadida's plans are thwarted when she is caught running various schemes at school. Just as she is losing hope of raising enough money, she hears of a cash prize for a Koran recitation competition at her school....

This film gives us a unique glimpse into a society we know very little about. The story might seem simple at first but, as we witness events unfolding, we notice that the story is a lot deeper than that. Underneath the surface of a standard modern society, we see how women have to cope in a patriarchal and highly restrictive society. Despite the absurdities that women face every day, we can still relate to the characters and the themes in this film. What makes it so good is how it tells us a story of how people live their lives through the experiences of a little girl. Dreams can still be realised, despite how oppressive things may be, while a sense of optimism always lingers in the background, together with a healthy dose of humour. A rare but curious journey into a society that is so very different to ours. The director did a great job at telling the everyday story about the Saudi Arabian people without any bias or obvious political agenda - and all through the perspective of a charismatic young little girl who just wants a green bicycle.

Because of restrictions placed on women in Saudi Arabia, director Haifaa Al-Mansour was not allowed to interact with her mostly male crew. She had to direct the street scenes from a nearby van, watching through a monitor and giving instructions via walkie-talkie...which makes the fantastic result even more impressive.

This film clocked-up a number of firsts:

The first feature length film shot entirely in Saudi Arabia.

The first feature length film made by a female Saudi director.

Saudi Arabia's first official submission to the Oscars for Best Foreign Language Film.

Peter Sheil with assistance from Amazon

Gail Francis-Tiron Art

View Gail's work at www.gailfrancistiron.com and on Facebook [@gailfrancistironart](https://www.facebook.com/gailfrancistironart)

Here are a few of my series of paintings based on different types of blue coral. I love painting tiny details with the thinnest of brushes.



L E T T E R S

Dear Sir,

For the attention of TwickWatch

A most interesting article on the skating rink (3 April).

Besides the interest of the building background the names of Little & Jupp attracted my attention as I had recognised them from my research into past Fulwell Golf Club members.

One slight error, and I may well be wrong, is that the article refers to a Henry W Little, builder of the rink, passing away in 1914. I think Henry Little may have been the builder, who passed away in 1914.

Henry William Little was Henry's son, also an architect. Not sure if he was a builder also. H.W. may well have assisted in the design etc.

Father & Son - Henry Little (1833-1914), Henry William Little (1859-1939). The 1871 census also shows Henry's other son CP. See census attachments.

The article on Jupp also was interesting and it was nice to have seen the caricature of Jupp which I had not seen. I had been through Bioscope, via Find My Past, but had missed that picture.

I was strange looking through Bioscope, with many articles on Jupp, but no portraits / pictures of him. Do you have a portrait / picture of Dr. R. T. Jupp?

I hope you do not mind my comments.

Kind regards,
Keith FitzGerald

Borough View

By Graeme Stoten

'Richmond at Dawn'

Whilst lockdown prevails I am taking the opportunity to look back through my archive and this week return to early February. A very still and atmospheric early morning on the river at Richmond Bridge. Originally built in the mid 1770's of Portland stone, it is now the oldest surviving Thames bridge in London. Widening and flattening took place in the 1930's to meet increased traffic, but it's original character and architectural elegance still remain to be admired.



3d printing company create protective masks for social care workers

9,000 full face visors have been created and donated to the frontline and social care workers in Richmond by a local graphics company - offering protection against coronavirus.

Data Reprographics Ltd are a graphics company that service the Film, TV and theatre industry. Due to the lock down they have had to temporarily close their business. However, following appeals from the NHS and Richmond Council for vital Personal Protection Equipment, to protect front line staff, they decided to put their equipment to good use.

Working with over 500 volunteers, many of them from Twickenham, they have been producing the masks and have handed out nearly 9,000 already to doctors and nurses in local hospitals. Now, they have offered over 100 to social care workers in Richmond, protecting the staff when they enter people's homes and the clients from the virus. The masks are a simple design consisting of a 1mm Foamex band, acetate shield, foam head guard and a Velcro fixing.

The company are keen to continue to make the masks, expanding distribution to local community groups. However, they are appealing to the community to help with financial donations to purchase the materials needed to make the masks.

Anyone wanting to donate, can go to: <https://www.justgiving.com/crowdfunding/marie-gallagher-3>

Twickenham residents Faye Mccallum and Matt Jones have been driving the project over the past few weeks. They said:

"We wanted to do our bit to help those who are on the front line, saving lives.

"Everyone knows someone in the NHS and they all need protecting. This includes our niece Karina, who works in a London hospital ICU unit. She has inspired us to keep up the production until sufficient supplies reach them.

"Thanks to the generous donations from our suppliers, and an army of volunteers, we have been able to produce thousands of these masks. We know that they in part will provide vital protection. We would like to continue to make more, we have the machines and we have the man-power – we just need to be able to buy more acetate and foam."



CLlr Gareth Roberts, Leader of Richmond Council, said:

"Beating this virus will only be possible if we work together as a community. Everyone can do their bit. I would like to offer my huge thanks to John, Faye and Matt – and their volunteers. These masks are invaluable.

"Given the critical role social care workers are playing, it is absolutely essential that they are fully protected.

"Social workers provide a lifeline for so many of our vulnerable residents – enabling many people to stay independent in their own homes. It is imperative that they stay healthy.

"I hope that many people will donate to help Data Reprographics continue with their good work and enable them to help even more people."



“Love is like a Butterfly.....A rare and gentle thing”.

c. Dolly Parton 1974

This Holly Blue graced us with its presence as it fed on sap from our bay tree recently. Whilst having a good clear out during the lockdown we have found precious books not looked at for some time. One real hidden gem is a book we bought decades ago on a visit to Calstock where there was a converted chapel which was an artist/poet centre and housed a book exchange/sale.

Beningfield’s Butterflies 1978 has the most beautiful paintings and drawings by Gordon Beningfield and text by Robert Goodden.

Penguin books re-published 1981 Natural History ISBN: 0 14 00.6026x.

Gordon’s introduction ended with the words: *“Perhaps, if my pictures are successful in evoking the beauty and delicacy of butterflies, they will help a little towards encouraging their conservation.”* It inspired us to learn more and Nature has continued to be a constant joy. The Post Office commissioned four stamps from him which were issued on 13th May 1981 and maybe Alan Winter can find these Butterflies from his stamp collector contacts? The subjects were the Large Blue, Chequered Skipper, Small Tortoiseshell and The Peacock.

The last two are shown below and photographed this April.



The other book which some may find helpful, in our confined spaces alone or with the same people, is a non-judgemental, kind and insightful guide to understanding behaviour written by Philippa Perry. ‘The Book you wish your Parents had read. (And your children will be glad you did.)’ She starts with quoting Michael McIntyre joking that his dreams of idyllic parenthood were replaced with the realities of the need to do four things everyday: Dress, Feed, Wash and Bed! The four words which

came to me after reading Philippa’s book were: Listen, Respect, Communicate and LOVE. I’ve passed it on to my daughter so it will be interesting to find out her views! Perhaps the next edition of this book could have some illustrations by husband Grayson Perry if that would not make the book too expensive to buy!



Grey Wagtail on The River Crane. Les McCullum is an artist whose work is seen in the local RSPB newsletters and he has also produced books for bird lovers so do take a look at his artwork if birds are your passion.

River Crane Sanctuary [website](#) and [Instagram](#)

Not a lot of people know this!

By Sue Hamilton-Miller

Easter is normally the time when stately homes and gardens fling open their doors to the visiting public but sadly not this year. It got me thinking about the folk who lived in Richmond House over the centuries and the many homes that they owned that are still in existence, are open to the public, and some with the same families still living in them.

Richmond House was only a two hour coach ride from London, and Twickenham attracted not only the nobility and people connected with the Court, either upstream at Hampton Court or downstream at Kew Palace, but also many writers and artists. All the earlier residents of Richmond House had not only a house in London but also a country mansion (or two in a couple of cases).

Edward Birkhead intrigues me because I have to date been unable to trace full details of many of the parcels of land or houses that he owned, maybe something I shall pursue at a later date. A 1661 survey of all the real estate in the Parish of Twickenham shows that he was the principal land-owner in Twickenham, and in 1664 Hearth Tax records show that Richmond House was the fourth largest house in Twickenham. I have proof that he owned land relating to both Marble Hill House and Strawberry Hill House.

His Will shows that he owned several homes in London but the ones I found most intriguing were two situated in St Margaret's Church churchyard adjacent to Westminster Abbey. One was a "newly built brick house" that he both built and lived in and the other was the Mason's Lodge, a lodging for the masons working on the Abbey. They were both demolished in 1737.

Francis Newport, First Earl of Bradford, owned a house in London, the Manor of High Ercall in Shropshire and the beautiful stately home Weston Park. The latter is now owned and maintained by the Weston Park Foundation, an independent charitable trust. This is where Frances Newport's internationally important art collection can still be seen. The house is also a wedding venue and luxury hotel.



Weston Park
(Photo [BsOu10e01](#))

Anthony Browne, Sixth Viscount Montague who lived in Richmond House from 1735 until 1744, also owned Cowdray House in Midhurst, as well as Battle Abbey which he sold.



Cowdray House painting circa 1790

Horace Walpole wasn't impressed with Cowdray House when he paid it a visit. In a letter he wrote "Mr Chute and I are returned from our expedition miraculously well, considering all our distresses. If you love good roads, conveniences, good inns, plenty of postillions and horses, be so kind as never to go into Sussex. We thought ourselves in the northeast part of England; the whole country has a Saxon air, and the inhabitants are savage". The original house, which is known to have been visited by both King Henry VIII and Queen Elizabeth I, burnt down in 1793 and its ruins can still be seen in the grounds of the present Cowdray House. It is now a luxury hotel, as well as home to the famous Polo Club.

The family home of **Sir Anthony Tracy-Keck** (Richmond House 1744-1766) was the outstandingly beautiful Stanway House in Gloucestershire. He adopted the name Keck as a condition of inheriting the Manor of Great Tew from his great uncle. Rupert Murdoch and Jerry Hall are recently reported to have bought Great Tew Manor in order to restore it. Stanway House, the setting for many films, can be visited in the summer months.

Mary, Dowager Countess of Shelburne's family home was Bowood House near Chippenham in Wiltshire, also open to the public and still in the same family. I wrote about her last week.



Bowood House from Morris's County Seats (1880)

The Honourable Thomas Fitzmaurice, son of the Countess of Shelburne, inherited Richmond House from his mother, and through an inheritance of his wife, the Countess of Orkney, he also lived (and died) in Cliveden in Buckinghamshire. The original house burnt down, but its successor became the home of the Astors as well as receiving notoriety through the Profumo Affair. His London home, 105 Pall Mall, later became the home of Mrs Fitzherbert and was used by George IV as an annexe to Carlton House. It is now the home of the Reform Club.

Mrs Elizabeth Allanson, née Aislalie inherited from her father, William Aislalie, Fountains Abbey and Fountains Hall in the grounds of Studley Royal Park in Yorkshire. The park, now owned by the National Trust, is possibly England's most important 18C Water Garden and has been designated a World Heritage Site.



Fountains Abbey Photo [Klaus with K](#)

Lambert Blair left plantations in Demerara and Berbice (and I hope an opportunity will present itself later for me to tell you more about this) and a house on the banks of the River Exe near Exmouth called Courtlands. This is now an eye-wateringly expensive luxury hotel called Lymstone Manor run by chef Michael Caines, one of Britain's most popular and well-known chefs. He has held two Michelin stars for 18 consecutive years.

Williamza Damer (and not Mary Georgiana Seymour as listed on other websites) was married to Lionel Damer, son of Joseph Damer, later 1st Earl of Dorchester. She was an immensely rich heiress and became the owner of Richmond House in 1815. The Damer family seat was Milton Abbey in Dorset, now a school. Their London home was in Park Lane and when it was eventually sold and demolished the hotel that took its place became the Dorchester Hotel, named after the family. It was Williamza who pulled down Richmond House and rebuilt it to resemble her cousin's house, Riverside House, now the home of the Panufnik family.



Milton Abbey in Dorset, England from Morris's "Country Seats" (1880)

A further 12 families, all famous in their own ways, either owned or lived in Richmond House over the next century but, maybe because the house was now much smaller, none of them were major land owners with stately homes in the country.

HOW WAS YOUR EASTER?

By Doug Goodman

Most of us stayed at home and took no risks during Easter. But for one 18-year-old a very different weekend awaited as a letter dated Easter Monday 1916 from the Somme trenches describes the experiences of Alec Reader.



Alec Reader in 1915

Private Bertram Alec Reader, 3623 B Company, 3rd Batt.15th London Regiment joined The Prince of Wales Own Civil Services Rifles in late 1915 at the age of 17. From the day he began training in Richmond Park until the day he was killed in High Wood on 15th September 1916 he wrote 78 letters and postcards to his family in Wandsworth. The original documents are in the possession of his nephew Doug Goodman who reproduces a letter from Alec to his mother.

Dear Ma,

I enjoyed Easter muchly. I spent it in the front line; the Germans sent up a mine about 300 yards on our right and also sent a lot of rifle grenades, trench mortars, 'minnies', just to celebrate the occasion. They attacked us for an hour and the old chaps say it was the worst bombardment they had ever been in. I was on sentry duty and of course had to stand upright. Afterwards I was told that I had stood it very well. One of the chaps, about 25 years old who came out on our draft, lost his nerve and laid in the mud groaning and crying the whole time.

We were in a barricade about five feet high and the only shelter we had was a sheet of corrugated iron. When the mine went up it threw us all over and nearly shook the parapet down. On the whole it was quite an exciting time.

The weather has been terribly hot for the last three days and at present I am resting behind the line with a towel wrapped around me. While resting we work all night and sleep in the daytime. I had a rotten experience last night. We were carrying rations up to the line when shells started bursting about five minutes' walk in front of us. We knew that if they didn't stop by the time we got up there we should all be gonners and it needed all my will power to keep on walking. I felt like dumping my load and running. Luckily they stopped when we were about 300 yards from them.

Your letter had been partly eaten by rats when I got it but I notice that the news about my bike had been left severely alone. I can't stop for more as there is a rifle inspection in half an hour and my gun is choked up with slime from last night's stunt.

Hoping to see you soon. Love to all.

Your loving son. Alec.

Five months later Alec was killed by a sniper as he and the men from the 47th Division attacked the German Switch Trench in High Wood. Doug and family were on the spot in the wood 100 years to the hour to remember Alec. He has no known grave but his name is engraved on The Thiepval Memorial.



Three generations of the Goodman family at The Thiepval Memorial

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Life With Covid 19 - Stay Home, Save Lives and protect the NHS

By Bruce Lyons

I guess like so many others, come the 21st of March, Hedda and I are (both over 80yrs) we got ready to go home and put the final touches of making the arrangements for the office (Crusader) to go "remote"

I thought I better get Vegetable seeds, as I would have times on my hands. I told my neighbours on social media that I would Spend time on the river (rowing our 115yr old leisure skiff) Well dear reader we were in for a shock! That was 3 1/2 weeks ago, I don't think I really felt any symptoms on the 21st but as the evening turned to night we became ill, both of us - lost taste, became a bit chesty with a small temperature, very muddled head and complete collapse - by the morning we were exhausted, both of us.

Even now 500 yards feels like a Marathon, just sitting in the garden for 20 minutes holding a hose pipe is exhausting! (Sitting down!!)

For the first 7/8 nights I couldn't sleep And kept thinking all the body would just give up! Luckily Shona lives above us on Eel Pie, I don't know how we would cope If she wasn't there - She made us eat!

After around 5 nights I could help out a bit on the IPAD and Lap Top The office went on Furlough but Shona checks all emails /messages and has to spend hours rebooking holiday dates to avoid loss of deposits, negotiate refunds and give advice on insurance claims all very demanding!

Hopefully in the coming days we will get our strength back, the Vegetable seeds will get planted and I will be able to tinker in the Garden, even go on the River?

Shona wrote last week about our /her experience and we got lovely messages from friends and clients which buoyed us up no end and hopefully we will be fine I do think all the time about those single People with little help and, when I am not resting, send notes to far away friends to check they are Ok - and of course see too much news which brings home to us just how lucky we are and the terrible plight so many find themselves in.

Thank you, Shona, and thank you all our friends and well-done Captain Tom Moore!

Stay Home Keep Safe



WIZ Tales

Teresa Read

In 2006 I was in touch with Dominique, the Educational Coordinator for the marine parks in Saba, St Maarten and St Eustatius in the Dutch Antilles.

All the environmental work in the Dutch Antilles is carried out under an umbrella foundation known as the DCNA (Dutch Caribbean Nature Alliance).

A first educational project carried out by DCNA was a turtle outreach project run simultaneously on Saba, St. Martin, Statia and Bonaire. This project was based on the enormously successful RARE Pride Program, run throughout the Caribbean and Pacific islands using a flagship species – turtles - to engender national pride in nature and the environment.



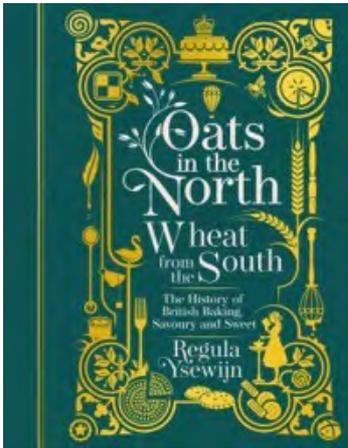
However, the federation of the [Netherlands Antilles](#) was dissolved in 2010; the islands of Bonaire, St. Eustatius and Saba are special municipalities of the Kingdom of the Netherlands. The larger islands of Sint Maarten and Curacao joined the Netherlands (and Aruba) as constituent countries in the Kingdom of the Netherlands.

Some photos from Dominique: *“Can’t have a full idea what the Antilles are about without Carnival!”*



A BRILLIANT BAKING BIBLE FOR LOCKDOWN

If, like me, you are spending some of your lockdown time in the kitchen baking (and attempting to make sourdough bread!) you will be interested in a lovely new book that has come to my attention. **Oats in the**



North, Wheat from the South is a meticulously researched and beautiful homage to the history, heritage and ingenuity of our British baking culture. It is written by **Regula Ysewijn**, in fact, a Belgian, who as a child taught herself English at just eight years of age by reading Jane Austen and watching historical documentaries and costume dramas on the BBC. With an insatiable interest in British food and drink, she's already written an acclaimed tome about the history of British puddings. She consults for the National Trust and museums and is also one of the two judges of the Belgian version of The Great British Bake Off.

The book is a fascinating exploration of how the diverse climate of the British Isles influenced the growth of cereal crops and development of rich regional baking identities. It takes us on a guided tour of our cake lore, exploring our

affection for tea and toast, as well as the one small Yorkshire town's 200-year-old obsession with baking the world's largest meat pie! Each recipe is accompanied by stories of the landscape, history, traditions and legends of the UK, from Saffron cake, Cornish pasties, Bakewell tart, Victoria sandwich cake, Lardy cake, Banbury apple pie, Welsh Bara brith, Clapcake to the many oatcakes, gingerbreads, buns and bread rolls such as Aberdeen buttery rowies, Kentish huffkins and traditional loaves. The photography is stunning – and that's by Regula too!



Of course, quite a few recipes call for yeast, so knowing how difficult it is to obtain at the moment, I have chosen a couple of yeast-free examples from the book that I thought you might like. They use everyday ingredients which most of us probably have lurking somewhere in our kitchen cupboards!

The book is published by **Murdoch Books** at **£25** and available now from [amazon.co.uk](https://www.amazon.co.uk) (while our local bookshops are still closed).

FLAPJACKS

Many English friends really love Flapjacks. You can buy them at almost any bakery, but they are so simple to make yourself that you will never buy them again. A Flapjack is actually a muesli bar made with oats, sugar, syrup and butter. A Flapjack is a blank canvas – often nuts, currants, other dried fruits and chocolate are added, but you can get creative and add whatever you like. I've given some suggestions below.

'Come, thou shalt go home, and we'll have flesh for holidays, fish for fasting-days, and moreo'er puddings and flap-jacks; and thou shalt be welcome.' From *Pericles, Prince of Tyre*, by William Shakespeare

For 8–10 bars

220 g (7¾ oz) rolled oats or spelt flakes
200 g (7 oz) butter
100 g (3½ oz) golden syrup, maple syrup or honey
50 g (1¾ oz) soft brown sugar
pinch of sea salt
butter, for greasing
flour, for dusting
chocolate chips (optional)

For a 20 cm (8 inch) square cake tin

Preheat your oven to 160°C (320°F) and prepare the cake tin (see page 21).



Put the oats in a blender and blitz for 3 seconds (skip this step if you are using fine rolled oats).

Melt the butter in a saucepan over low heat (make sure it does not bubble). Add the golden syrup, sugar and salt and stir until the sugar has dissolved. Remove from the heat and add the oats or spelt flakes, plus any other optional ingredients, and stir well.

Firmly press the mixture into the tin so the top is even. Bake in the middle of the oven for 20–30 minutes.

For a chocolate topping, add the chocolate chips as soon as the flapjacks come out of the oven. Once they have melted, use a spatula to spread the chocolate.

Leave the flapjacks to cool in the tin for 15 minutes. Using the baking paper, carefully lift the flapjack out of the tin and cut it into bars or squares.

Variations: add a handful of chocolate chips, chopped pecans, cranberries, dried blueberries, dried apricots or currants, or replace the oats or spelt flakes with your favourite muesli.

CORNISH FAIRINGS

Fairings are sweet treats, usually gingerbread, that were sold at English fairs for centuries. During the Reformation, fairs and festivals, which were mostly held on holy days, were outlawed – even Christmas and its festivities were abolished by an Act of Parliament in 1647. For nearly two decades, the preparation of food for festivities was a punishable offence. After Charles II was restored to the throne in 1660, people could return to their festivities. Gingerbread experienced a revival because the spices needed to make it became cheaper and, by then, sugar imports from Barbados brought large amounts of sugar to the London sugar refineries. Fairings were known throughout the country, but became connected to Cornwall when Cornish baker, Furniss of Truro, started selling Cornish fairings in 1886. In The Cornishman of 3 December 1908, an advertisement for Ginger fairings appeared with the headline 'A Genuine Cornish Delicacy for one & all of the Cornish Riviera'.

Today, Furniss Foods still sells Cornish fairings and holds the trademark for the name. In the early 19th century, newspapers describe how at village fairs stacks of gingerbread 'husbands' were sold to girls looking for a sweetheart. But gingerbread people are much older. The Oxford Companion to Sugar and Sweets tells us the legend that Tudor Queen Elizabeth I enjoyed having gingerbread men made in the image of her potential husbands and other guests, and serving the biscuits at the table. This way everyone could 'eat' themselves, and The Virgin Queen could decapitate the men who wanted to tame her with her teeth (which eventually turned black from excessive sugar consumption). She never married and reigned alone, to the great annoyance of the powerful men surrounding her.

For 14 fairings

50 g (1¾ oz) butter, at room temperature
100 g (3½ oz) plain (all-purpose) flour
50 g (1¾ oz) soft brown sugar
pinch of mixed spice
1½ tsp ground ginger
55 g (2 oz) golden syrup or maple syrup
1 tsp bicarbonate of soda (baking soda)
1 tsp baking powder
pinch of sea salt

Preheat your oven to 180°C (350°F). Line a large baking tray with baking paper.

Rub the butter into the flour, sugar and spices by hand.

Heat the golden syrup in a saucepan, then add the remaining ingredients and stir until well combined. Set aside to cool.

Knead the dough, then roll it into balls, using about 18 g (½ oz) of dough per biscuit, and place on the tray. Lightly press the balls down.

Bake for 8–10 minutes, then transfer to a wire rack to cool. The biscuits will flatten as they bake and form nice cracks on the surface. They are best eaten on the day they're baked because they don't stay



ROH takes home learning from our house to your house!

The Royal Opera House today opened the doors to a new virtual classroom and launched a brand-new programme of **free home-learning opportunities** for children and young people to encourage their creativity

Championed by former Royal Ballet Principal **Darcey Bussell**, this unique series of home learning activities has an inspiring range of content for every age across music, dance and making.

Darcey Bussell said:

“The Royal Opera House has played a vital role in my life as a dancer, and it plays a key role in the heart of the UK’s arts landscape. At this difficult time and as a parent, it’s crucial that we continue to celebrate and share with our children the many amazing aspects of performance, dance and music and I’m so excited to launch this exciting home learning series from the Royal Opera House.

“Join me and my family over the next 13 weeks, as we go behind the scenes of one of the world’s most loved theatres to learn and experience every aspect of theatre-craft and performance in bite-sized chunks for all the family to enjoy”.

With no prior knowledge of ballet or opera required, the ROH’s [Create & Learn](#) series gives children a sneak peek behind the scenes of one of the world’s most famous theatres, inviting them to **design and make** their own sets, **create and perform** their own dances, **learn about music** and warm up their vocal chords.

Anyone can get involved between now and **17 July**, with new activities and courses added every week at **12pm** each and every **Friday**.



Darcey Bussell at Ballet Studio Live (c) 2018 ROH. Photograph by Rachel Cherry.



Make your own ROH. Finished cutting out all sides. (c) ROH, 2020.

Whether you’re looking for simple activities, a creative home schooling project, or theatre craft fun, the Royal Opera House’s new Create and Learn resources let you unleash your creativity and explore the magical world of **singing, dancing and artistic design** in your home.

The first instalment of Create & Learn includes six creative challenges, all jam-packed with activities including creating your own special opening night invitation inspired by *Cinderella*; falling down the rabbit hole and constructing a short dance based on *Alice’s Adventures in Wonderland*; learning about opera and the voice with songs from *Hansel*

and *Gretel* and making your very own ballet or opera stage set using just a cereal box.

With hours of activities planned for this week, the ROH is excited to announce its next batch of home learning opportunities next Friday 24 April on the theme of “*Magical Adventures*”.

To join us for these weekly creative adventures, alongside our wider suite of on-line broadcasts and House Music programme, follow: **#OurHousetoYourHouse**.

Go behind the scenes of the ROH learning programme [here](#).



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HOUSE

Primary School offers day

Ninety five percent of in-borough applicants have been offered a place at one of their first three preferred primary schools.

On Thursday 16 April 2020, Richmond Council made the initial allocation of Reception class offers for this September. This year, the parents/carers of 2,232 children applied for a place – compared with 2,247 last year.

Eighty four percent have been offered a place at their first preference primary school, compared to last year's figure of 85%. In addition, 97% have been offered one of their top three preferences (95% last year) and 98% have received one of their preferences (same as in 2019).

Currently there are no children without an offer of a primary school place.

Cllr Penny Frost, Chair of the Education and Children's Services Committee at Richmond Council, said:

"I am delighted that we have again been able to offer such a high number of parents a place at their first preference school.

"Our schools are deservedly popular owing to the fact that they continue to top the league tables and offer excellent, inclusive education for local children.

"I would like to thank our team at Achieving for Children who have worked so hard in coordinating this effort, particularly throughout the pandemic. It hasn't been easy.

"I would like to also take this opportunity to thank all our schools for their work over the past few weeks. Particularly the way they have pulled together to make sure there are enough places for children who are vulnerable or children whose parents are key workers in the fight against coronavirus. This has not been an easy time for schools and I know that there has been a huge amount of work that has gone into making sure that places and school meals are available."

[Hear school's message from Cllr Frost](#)



St Mary's University Update

Simmiess Spotlight: Building Strong Communities

We think St Mary's University's students and alumni (Simmiess) are pretty amazing. That's why, to keep everyone updated with what Simmiess are doing to support their communities whilst we all practise social distancing, we are starting a 'Simmiess Spotlight'! Here are some of the great stories we've heard so far.

Joe Wicks – Becomes the Nation's PE teacher



One of our most famous alumni Joe Wicks, [@TheBodyCoach](https://www.instagram.com/thebodycoach), has taken the country by storm with his daily PE Lessons. Joe is helping the country keep fit whilst schools & colleges are closed, live streaming lessons on YouTube to almost a million homes at 9am every week day! He's recently announced that he is [donating all of his advertising revenue for the videos to the NHS](#).

Tayla Porter – Paramedic Makes Headlines

Recent alumna and paramedic Tayla Porter [made headlines](#) after her entire

street greeted her with a round of applause before she left for her shift that evening. She wouldn't be home for the national #ClapForTheNHS celebration.

Speaking to the Daily Mail, Tayla's mum Ali said, "It was overwhelming for all of us. Tayla just couldn't believe it. She couldn't believe that people would even notice what she's doing. She just loves her job".

Sports Journalism Masters Students – Create an International Podcast

The MA Sports Journalism programme draws Simmiess from all around the world to train at St Mary's. As part of the degree, students get to work on the editorial team of the programme's digital publication The Sports Gazette.

It would take more a shift to online teaching and the closing international borders to stop our students from delivering excellent content. Simmiess have written articles on Coronavirus's (COVID-19) impact on sport and created a [special podcast](#) episode to share their experiences of the situation in their countries.



St Mary's
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Quentin Weiver critiques

Car Crash

by James Joseph Hunter

Statistics! We get a lot of statistics at present. It's almost like a scoreboard, various analysis of the growing deaths, country by country. It can get too easy to forget that these numbers represent real people, with real loved ones. It is also perhaps too uncomfortable to ponder how painful each of those deaths are, for those left behind, and for that person-statistic, the process of such a death.

In mid-March, just as the impact of coronavirus was beginning to make its evil presence felt, I was privilege to see a production at the Exchange in Twickenham, the last theatre event locally before lockdown. The [Young Writers' Festival 2020](#) was a showcase of literary work by child and teenage authors.



This year's Senior Laureate, drawn from the winners in all categories was James Joseph Hunter, a sixth-former at St. Benedict's School, Ealing. His *vers libre* poem, *Car Crash* has kept returning to my mind as I think about COVID-19, maybe in the light of my own painful experience of trying to breathe with pneumonia. The lines that seem particularly relevant occur in the middle of the poem.

"I call out to the silent air, to pall me in darkness,
In thick, numbing fog - to constrict me in its coils 'til
I can't think, can't breathe. But life weighs heavily on
My lungs, shackles me like its prisoner."

Perhaps this is what it is like to die of COVID-19, I muse.

Although this poem, written towards the end of last year, seems prescient, it in fact refers to a death caused by severe chest injuries, the driver of a car. James Hunter's poem is full of insight, but took a lot of courage to write, as he has let slip that the poem relates to the true experiences of two people close to him. *Car Crash* is a memorable poem, candid in its exposition, skilled in its expression and brave in its sharing.

Read the full text of James Hunter's *Car Crash* with Quentin Weiver's critique at www.markaspen.com/2020/04/17/car-crash.



Photography by J.L McPortach



The Economy After Corona: Recovery or Intensive Care?

Webinar

30th April 2020, 1pm

Speakers: **Sir Vince Cable
and Trevor Williams**

Chair: **Professor Syed Kamall**

As large parts of the economy are put into cold storage as a result of the COVID-19 crisis, we have invited Visiting Professors, Sir Vince Cable (economist, author, former Leader of the Liberal Democrat Party, and former cabinet minister), and Trevor Williams (former Chief Economist at Lloyds TSB) to give their perspectives on the likely impact of the Coronavirus on the economy in the medium-to-long term. Each will speak for about 15 minutes before opening up to questions and discussion from the audience.

**To register your attendance please visit:
kim.salmons@stmarys.ac.uk**



Church Street in Lock Down.

By Shona Lyons

It seems like yesterday that I last wrote for the Tribune. It is amazing how fast time does fly. My parents do seem slowly to be getting stronger after they contracted the virus. They are still very weak and I spend a lot of time trying to entice them to eat. It was a real breakthrough last week when they started to eat and drink a little more normally so I have been buying bags of carrots and oranges and making them drink a glass of each every day as well as other things! The first breakfast was so exciting that I took a picture to celebrate the fact that they both had had a shower, Bruce had shaved and both were eating again!! But the celebration was short lived and the picture I took only told half the story because they went back to bed pretty soon after it was taken, & have stayed there most of the time.

Bruce is the stronger of the two and is more alert now and we are able to have conversations about things but his concentration is very short lived but he even managed to write an article too for the Tribune this week which goes to show. But on the other hand he did develop a bad pain in his leg which really bothers him a lot but the doctor gave him some medication for that. Now that both of them are more aware of things again I'm sure they will get back on track with their medication so hopefully that pain will subside in time.

They both have more colour in their cheeks now and I hear them chatting to each other and laughing at things on their TV which is such relief after their few weeks pretty much unconscious in their bed!

In Church Street Limpopo, Rosie Chai, Corto and Masaniello have managed to stay open and are offering take-away and deliveries. It is amazing to walk down the empty street and see the queues outside their shops. We also had the Easter Competition but only just a handful of children took part but hopefully they enjoyed it and they got bigger vouchers too!

I have managed to water the spring flowers in the street every week but I think soon I will have to take all the straggly tulips and daffodils out and get bedding plants for around the square and the planters at the top. It will be more of a challenge than usual because we used to drive up to Columbia Road Flower Market in Hackney when the time came to replant everything in the Street but Bruce still has to self-isolate so we won't be going there. But I do enjoy it so I am sure I will find a solution.

Work is still very trying and difficult but I managed to learn the procedure to make refunds this week and sent off some checks to the trustee to countersign and check. I am anticipating some problems as we can only give back what suppliers give us which is obviously the nett without commission and vat. Things in the travel business do seem to be getting better organised though after the obvious first weeks of

utter chaos and a few suppliers have managed to organise online systems to request changes, credit notes and refunds etc. But there is still long delays and still many suppliers are very slow in getting back to you, (with many furloughed and others working remotely) if they get back to you at all. But it is to be expected and it just symptomatic of how these large successful and well organised companies were absolutely shaken to the core as airlines were grounded and countries went into lock down.

When this is over, if it is ever over, I think like many that the world that we knew will be a very different place. Whether that's a good or bad thing we will just have to wait and see.

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Another Winter Journey

Stuart McRae returns to Israel (and Sinai)

Last year I wrote about our trip to Jordan and Israel over Christmas/New Year. This year we wanted to return to Tel Aviv for family reasons so I thought I would try to take in three things we didn't manage to include last time. In preparation for that trip, Bruce Lyons at Crusader Travel had lent me a copy Alexander Flinder's book *Secrets of the Bible Seas* about his time doing underwater archaeology in the Middle East, which sparked several ideas.

We wanted warmer weather in north Israel than last January, so Bruce suggested late February and arranged for us to fly into Eilat, staying at the Cactus B&B again to visit our favourite haunts. Then we took a taxi down the coast to the Egyptian Border and crossed into Sinai. It was like entering another world. No taxi rank, just a dispatcher offering taxis at a fixed price (50 Israeli Shekels - no Egyptian pounds). A few others crossed at the same time, but most just walked the short distance to the border Casino Resort (which required no visa). It was just us and an Israeli couple who had to wait in a van in the sweltering heat until a taxi turned up for us to share.

The purpose of the visit to Sinai was to visit Jezirat Fara'un (also known as Île de Graye, Solomon's Island or Pharaoh's Island) where Flinder had first dived and become interested in underwater archaeology. Bruce booked us a room at a very nice looking hotel, the Tolip Taba, which is not in the border town of Taba but further along the coast, just a kilometre or so from the island. As well as Flinder's wonderful, evocative description of the island, it was of interest because, on our previous visit to Jordan, we had been to Shawbak and Karak, the first two Crusader castles in the built Oultrejordain (beyond the Jordan). But there was another castle protecting the caravan route to Egypt built on the island by the Crusader's in the early 1160's (and taken by Saladin in 1170) called Aila (after the nearby oasis that became Aqaba).



The Tolip was, indeed, a comfortable, well maintained hotel, suffering only from a lack of tourists. The long beach, good pools and Spa were pretty much deserted as the staff tried to interest the few guests in the activities they arranged. We met one German speaking family and a couple of Russian women - beyond that there were just some Egyptian guests we hardly ever saw, maybe because the season had not really started yet. The staff said I was the first English person they had seen for years! The whole place was a contradiction: great facilities and potential that was not being used. While the staff were always keen that we were happy, they seemed unable to help if we wanted anything out of the ordinary. For example, we were not really interested in the Spa (we were only there for the island) but every time we went to the pool, the same sales guy told us what a great deal they had on today's package of treatment (that we were not interested in). But he did not once try to find out what might interest us instead!



In fact our main interest was Jezirat Fara'un. When we asked if there was a ferry to the island, reception strongly advised us not to leave the hotel grounds and instead to speak to the guy who organised boat trips. But he couldn't be found as he had left for the day. The next morning we tracked him down and he said yes there was a trip on Sunday - the day after we were leaving. No, he couldn't arrange anything earlier. So in the end we just took a delightful afternoon walk along the beach and photographed the island at sunset (I'm told that the romantic views of the island are more impressive than the heavily restored castle!)

If we had had more time we would have asked the hotel to organise a taxi to take us to the landing stage by the island to try to find a way across, but when travelling off the beaten track it is harder to research things in advance. Another alternative is a hotel right by the ferry, but the reviews weren't good and Bruce had trouble

trying to book. Though when we passed it on the way back there were three coaches in the car park so it might have been a better option. Our hotel charged us in US Dollars (via credit card) and organised a pre-paid taxi to the border, so we only needed Egyptian Pounds for the Visa to enter Sinai (collected at a road block one kilometre from the border, costing 405 pounds - so I imagine they got through a lot of change!)

After crossing the border at Taba, it felt like coming back to civilisation. There is even an express bus (30) directly from the border to the new Ramon International Airport (via Eilat central bus station) as well as one that does a tour of the Eilat hotel area (50). We found the new airport to be very efficient, both arriving and leaving (which somewhat compensates for it being well out of town, unlike the old one). We took an Arkia flight to Tel Aviv (much more comfortable than the turbo-prop last time we did the trip and much faster than the 5 hour coach journey last year!)

Unfortunately, the way the schedule worked we flew on Saturday afternoon (Shabbat) so our plan to take a train to our next hotel, the Smadr Inn in Zikhron Ya'akov, did not work out (the trains only restart in the evening). But Crusader Travel spotted that and had the hotel arrange for a taxi to pick us up at the airport. The hotel was lovely: family run, just eight rooms, full of character with real attention to detail. It is also a winery with a wonderful restaurant attached. Zikhron Ya'akov is a very nice, historical town with good bars and restaurants, a wonderful Gelateria, and plenty to explore in the day we had available.

But the reason for staying there was that it is only a taxi ride from Caesarea, where Flinder did a lot of his archaeological diving. We had heard that it was beautiful, which it is, but its Roman history is also fascinating. There is no space here to go into detail about the city and harbour that Herod built there, or how Flinder helped to uncover the truth about the harbour, but for the former I would recommend a visit to the exceptionally well presented Roman site and the interpretation centre by the harbour, and for the latter do read his book!



Next, we took the train to Haifa (staying in the same Bat Galim Boutique Hotel as last time). This was the third reason for our trip as nearby is the National Maritime Museum that contains the Atlit Ram (circa 103 BC) from the prow of a warship belonging to the fleet of Ptolemy IX Lathyrus, King of Egypt, that Flinder discusses in his book (though he was not involved in its discovery). It is one of the largest bronze rams ever discovered, and is exceptionally well presented in the museum with

a good description of the evolution of such rams, including a video. I found the whole museum fascinating, including an excellent collection of models of ancient ships. While in Haifa we also visited the famous Bahá'í gardens and delightful sculpture garden by Ursula Malbin.



From Haifa we returned to Tel Aviv. By now, the Coronavirus crisis was well underway. Although we had no problems, a week after our trip to Sinai Israel suddenly closed its land borders (which would have been a major problem if we had been in Egypt at the time!) and a planned meeting with an old friend in Tel Aviv couldn't happen as he had just arrived back from Europe and had to self-quarantine. Then, the day before we flew out, the government announced that all overseas arrivals would have to self quarantine and advised tourists to leave, which made it seem like a very good time to be boarding our (unusually, half empty) flight back to London.



FOOTBALL FOCUS

By James Dowden



BRENTFORD FC

Bees play off hopes take a hit

Brentford 2 – 2 Bolton Wanderers

18/4/15

Preview

As there is currently an absence of football the Tribune takes a look at retro matches that took place this week in Brentford's history. Today we take a look at a home encounter for Brentford at Griffin Park as they host Bolton Wanderers in the Championship. Brentford have had an excellent season having been promoted from League One the previous season and come into the game in 7th just three points off the play offs. Bolton look to be safe in 17th with the business end of the season approaching.



Key Moments

Brentford took the lead in the 35th minute when on loan midfielder Alex Pritchard scored his eleventh goal on the season. The Bees joyed was short lived however as Adam Le Fondre scored for the Wanderers just four minutes later. However, the Bees produced a quick reply of their home to retake the lead before the interval as Alan Judge crossed for Jonathan Douglas to restore the hosts advantage. After half time Brentford looked to be heading for a very valuable three points but a late goal from Kevin Davies following a defensive mix up with James Tarkowski David Button.

Mark Warbuton quotes

“We looked good going in at half-time and we'd worked hard to force the game on the front foot. After the break, the loose ball has cost us and we were a little bit sloppy in the final pass, perhaps because the players wanted to force the game a little too much.

“There will be a lot more twists and turns this season. We are far from disappointed because we can still get 78 points this season and if we do, then who knows what might happen?”

Half-time Brentford teaser

Which Brentford player holds the record for the most appearances for the Bees?

Peter Gelson

John Docherty

Paul Bence

Ken Coote

Brentford starting Lineup

D Button

J Bidwell

H Dean
J Tarkowski
J Douglas (Goal 42' Yellow carded 90')
M Odubajo
T [Diagouraga](#)
A Pritchard (Goal 35' Subbed off 61')
Jota
A Judge (Subbed off 79')
A Gray (Subbed off 79')

Substitutes

S Dallas (Subbed on 61' Yellow carded 85')
J Toral (Subbed on 79')
T Smith (Subbed on 79')
J Bonham
T Craig
A McCormack
J Udumaga

Referee: Carl Boyeson
Attendance: 11,874

Stay safe Bees fans!

HAMPTON & RICHMOND BOROUGH

Rocket from Roberts sends Beavers into the play offs St Albans City 1 – 3 Hampton

21/4/18

Pre-match teaser

For which team did current Hampton manager play for during his career?

Wingate & Finchley

Wealdstone

Hendon

Dulwich Hamlet



Key moments

Hampton made the dream start inside the opening ten minutes on a roasting hot April day in Hertfordshire. Influential centre back Charlie Wassmer latched onto a cross from Brendan Kiernan to power home his eight goal on the season, with the ball initially having been cleared from a corner. St Albans hit back through Zane Banton as the City forward capitalised on a weak punch from on loan Hampton keeper Seny Dieng. However, on the stroke of half time Hampton were ahead once more as Shaun Jeffers rounded the St Albans keeper for the second.

With twelve minutes to go Hampton had sealed their place in the play offs. The ball was cleared from defence but found its way to Taurean Roberts on the edge of the area. Roberts promptly curled home an audacious first time effort that flew into the top corner to send the Hampton fans wild.

Hampton starting lineup

S Dieng
S Long
J Casey
J Cook (Yellow card 53')
C Wassmer (Goal 10')
S McAuley (Subbed off 90')
T Roberts (Goal 78')
J Mulley
S Jeffers (Goal 44' Subbed off 90')
B Kiernan
B Hudson-Odoi (Subbed off 74')

Substitutes

E Charles (Subbed on 90')
L Sheldrick
M Kamara (Subbed on 90')
D Randall
B Wynter (Subbed on 74')
Attendance: 1,021

Stay safe Beavers fans!

Teaser Answers

Brentford = D
Hampton = C

COVID-19 mental health campaign launched

The Duke and Duchess of Cambridge support new Every Mind Matters advice for looking after mental wellbeing

- Data shows over 4 in 5 adults are worried about the effect that coronavirus (COVID-19) is having on their life right now, with over half saying it affected their wellbeing and nearly half reporting high levels of anxiety
- Public Health England's Every Mind Matters website includes new NHS expert tips and advice on looking after mental wellbeing and supporting your family and loved ones during this time
- Their Royal Highnesses The Duke and Duchess of Cambridge have narrated a powerful new film in support of campaign and to encourage people to look after their mental and physical wellbeing
- Every Mind Matters campaign will be supported through social media, digital, national TV and partner support activity, helping to reach the audiences most at-risk of poor mental health

Public Health England's Every Mind Matters platform has launched new advice, focussed on looking after people's mental wellbeing during the coronavirus (COVID-19) pandemic. It has been updated after new data shows over 4 in 5 (85.2%) Brits are worried about the effect that coronavirus is having on their life, with over half (53.1%) saying it was affecting their well-being and nearly half (46.9%) reporting high levels of anxiety.[\[1\]](#)

With many feeling worried, anxious or isolated during these challenging times, Every Mind Matters highlights that there are lots of things we can all do to look after our mental wellbeing and help others to prevent these concerns from becoming more serious.

The range of new resources, designed specifically to help manage our mental wellbeing during coronavirus, include a tailored COVID-19 Mind Plan, COVID-19 specific content for individuals and their loved ones, and support for specific mental wellbeing issues such as anxiety, stress, low mood and trouble sleeping. The website signposts people to activities such as mindful breathing exercises, help reframing unhelpful thoughts, and muscle relaxation.

To help get this vital message out there, The Duke and Duchess of Cambridge are supporting Every Mind Matters and have narrated a new short film which is set to be broadcast across national TV channels from Monday 20th April.

Everyone in the country has been affected by COVID-19 in some way, be it through staying at home and being separated from friends and family, uncertainty about work or education, or knowing someone with the virus. The film portrays a range of people whose lives have been affected by COVID19 and aims to reassure people that support is available and encourages everyone to take care of their mental wellbeing at this difficult time.

Alongside the new COVID-19 mental health support, Every Mind Matters encourages people to complete a personal 'Mind Plan', a quick and free interactive tool offering tailored mental well-being advice. More than 1.9 million 'Mind Plans' have been completed since the launch in October.

The NHS-endorsed content has been developed in partnership with clinicians, academics and leading mental health charities and social enterprises including Mind, Mental Health Foundation, Samaritans, Rethink, Mental Health First Aid England, and offers authoritative, evidence based and practical support to the general public, as well as people with specific mental health concerns.

NHS's Top 5 Tips for maintaining mental wellbeing during the Coronavirus outbreak (please view all tips on the Every Mind Matters [website](#))

1. **Talk about your worries:** it is normal to feel worried, scared or helpless about the current situation. Maintain contact with friends and family via phone and video calls to share how you are feeling.

2. **Keep a regular routine and set goals:** you may need to set a new routine for now. Try writing a plan for your day with the things you can still do at home, like watching a film, reading a book or completing a puzzle. Setting goals and achieving them gives a sense of control and purpose. Maintaining good-quality sleep makes a big difference to how you feel mentally and physically too, so it's important to get enough (the [Every Mind Matters sleep page](#) provides practical advice on how to improve your sleep).
3. **Manage your media and information intake:** if 24-hour news and constant social media updates are making you worried, try to limit the time you spend watching, reading, or listening to coverage of the outbreak to once or twice a day.
4. **Do things you enjoy and try something new:** focussing on your favourite hobby, learning something new, or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can help boost your mood. Look online for lots of free tutorials and courses.
5. **Look after your body:** our physical health has a big impact on how we feel. At times like these it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. You can leave your house, alone or with members of your household, for one form of exercise a day – like a walk, run or bike ride. But make you keep a safe 2-metre distance from others.

Professor Paul Cosford, Emeritus Medical Director at Public Health England, said: “During the coronavirus outbreak, it is natural for many of us to feel worried or anxious. There are things we can do to help ourselves and others, to prevent these feelings from becoming more serious. Every Mind Matters offers NHS-endorsed guidance on the simple actions we can take to maintain good mental wellbeing.”

Health and Social Care Secretary Matt Hancock said: “We have asked people to make unprecedented changes to their day-to-day lives as part of our national effort to respond to this global pandemic. Staying at home and not seeing friends and loved ones can take its toll and it is completely understandable to feel overwhelmed or anxious. “It’s vital that we all look after our mental health in these challenging times, so today we are launching new guidance on the NHS Every Mind Matters website which is tailored to help people deal with this outbreak through practical tips and advice.

“Whether it’s through exercise, keeping to a routine, or trying something new – there is so much we can do to keep our minds healthy and prevent issues becoming more serious - and I’d encourage everyone to take advantage of this brilliant resource.”

Minister for Mental Health, Nadine Dorries said: “I know how scary a time this must be for many. We are all feeling something over Coronavirus – anxiety, fear of the unknown, or even just frustration at not being in control. It’s easy to forget that this is an unprecedented situation which is both physically and mentally draining.

“The new guidance that has been launched on the NHS Every Mind Matters website has been adapted, providing top tips for maintaining our mental well-being. We must all remember during these challenging times that while we are practicing social distancing for the physical health of ourselves and others, there is help out there to make sure we are taking care of ourselves mentally.”

Claire Murdoch, National Director for mental health and NHS England and Improvement, said: “At a time when as a country we face significant uncertainty which can be worrying and stressful, it has never been more important to keep well and look after our mental health.

“While we stay indoors to protect our loved ones and save lives, we must also think about ourselves and how we can protect our mental wellbeing which is why I am pleased Every Mind Matters reflects current pressures and am encouraging everyone who needs it to visit the website which includes advice on dealing with stress and anxiety.”

The campaign is backed by NHS psychiatrist, Dr Max Pemberton, who has shared his top tips for supporting mental wellbeing at this current time, including advice on managing your sleep and trying to stay positive (please see Notes to Editors for full range of tips).

For more information, search ‘Every Mind Matters’ or visit <https://www.nhs.uk/oneyou/every-mind-matters/> to create your personalised Mind Plan.

NHS



Now, more than ever

For simple steps to look after your mental wellbeing search **Every Mind Matters**

STAY HOME • PROTECT THE NHS • SAVE LIVES

New NHS Nightingale Hospital pop-up store at ExCel in London

We have begun work on a dedicated pop-up store at NHS Nightingale ExCel in London, to serve NHS staff there. Construction started on Friday and we aim to open the store on 19th April.

As background, the idea for the Nightingale pop-up stores came from Public Health England and we were happy to help. The purpose is to ensure there is a store open and on site for busy NHS workers as they start or end their shifts at the hospital, to ensure they get the essentials they need without having to make an extra trip.

We announced last week that we will be opening a dedicated NHS Nightingale Hospital pop-up store, at the NEC in Birmingham at the end of this week.

The 24-hour store will be in an existing retail unit next to ExCel with a marquee at the front to increase the amount of space. It will be staffed by 40 colleagues from nearby Tesco stores. As you'd expect, there will be social distancing measures as we have across our other stores, including: a separate entrance and exit; one way only aisles; extra-wide aisles; hygiene screens at the checkouts; queue distancing; a limit on the number of customers in the store at one time.

Any surplus food from the store will be redistributed, as part of our existing food surplus programme to frontline NHS staff where possible and to those who need it across the borough.

Tesco Group CEO, Dave Lewis said:

“As part of our continued commitment to support and thank those in the NHS for all they are doing, we have begun work on a dedicated NHS Nightingale Hospital pop-up store at the ExCel in London.

Following an idea from Public Health England, we will be providing NHS staff with on-site 24-hour access to the food and household products they need, to help them shop as quickly and conveniently as possible. Construction started on Friday and we aim to open the store on 19th April.”

On background:

We have previous experience of getting stores up and running in a very short timeframe. For example, we put up a temporary store on stilts in a car park in Carlisle following the floods there in 2015 to continue serving the community there.

Coronavirus and the social impacts on Great Britain: 16 April 2020

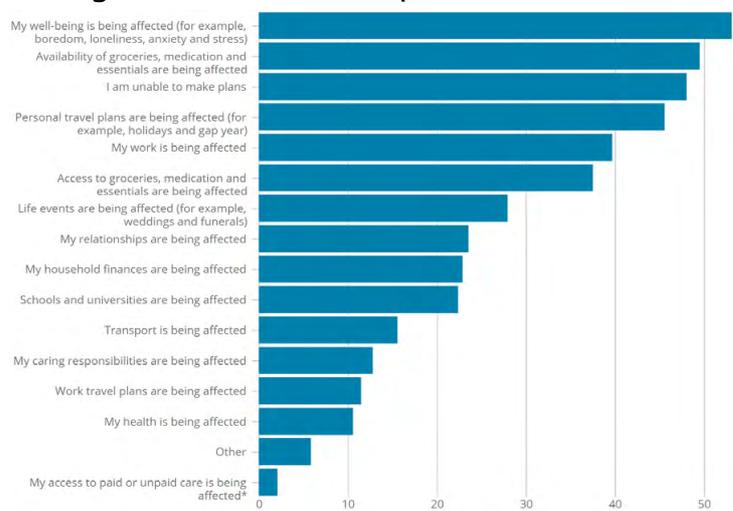
Indicators from the Opinions and Lifestyle Survey covering the period 27 March 2020 to 6 April 2020 to understand the impact of the coronavirus (COVID-19) pandemic on people, households and communities in Great Britain. This 10-day collection period is the first to be based wholly after the government Stay At Home measures were introduced on Monday 23 March.

Main points

- Over 4 in 5 adults in Great Britain (84.2%) said they were very worried or somewhat worried about the effect that the coronavirus (COVID-19) is having on their life right now.
- Just over half of adults (53.1%) said it was affecting their well-being.
- Nearly half of adults (46.9%) reported high levels of anxiety.
- Just over 1 in 5 adults (22.9%) said it was affecting their household finances.
- Staying in touch with friends and family remotely was the most common action that is helping people cope with staying at home (76.9%).

Understanding the impact on society

This weekly bulletin contains data and indicators from a new module being undertaken through the Office for National Statistics (ONS) Opinions and Lifestyle Survey (OPN) to understand the impact of the coronavirus (COVID-19) pandemic on British society. This release updates statistics on concerns about the coronavirus pandemic, the actions people are taking as a result of the pandemic and introduces new information on the financial impact



Source: Office for National Statistics – Opinions and Lifestyle Survey

is having on disabled people, young people and those who are more socially isolated will be published in additional articles over the coming weeks, as well as more in-depth analysis on impacts to people’s finances and their well-being.

The statistics in this bulletin are based on a survey of 1,581 adults in Great Britain (79% response rate) sampled through the OPN conducted online between 27 March 2020 and 6 April 2020 (inclusive).

Throughout this bulletin, “this week” refers to the period 27 March to 6 April 2020, and “last week” refers to the period 20 to 30 March 2020.

View the full report PDF [HERE](#)



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Landscape

Quarter Page Portrait

Eighth Page

Eighth Page
Landscape

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Registered in England & Wales
Reg No 10549345

The Twickenham Tribune is registered with the ICO under the Data
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