

# The Twickenham Tribune

## Vince Cable, Sarah Olney and Tim Farron visit Graze

Tim Farron joined Vince Cable on a visit to the HQ of Graze, one of the 100 fastest growing companies in the UK, and also on the Future 50 list of top tech companies. Graze was founded in 2007, and employs over 400 people. At Graze HQ in Heron Square, Richmond, they met with the CEO Anthony Fletcher and had a Q&A with staff before joining the creative team of product developers, in their kitchen, to see how they create their boxes.



Click image above to view video

The video above was taken in the Graze kitchen, where Tim Farron, Sarah Olney and Vince Cable were told about Graze's latest snacks. At the end of the clip Tim Farron and Vince Cable answered questions on their favourite foods!



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  - Shona Lyons
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  - Friends of the Earth
  - Vince Cable
  - Teddington Society
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## Hustings

General Election Hustings Meeting for the Twickenham Constituency  
Friday 2 June 2017 at 7.30pm, organised by Churches Together,  
at Teddington Baptist Church

# THE LOCAL POSTCARD PAGE

## PART 24 – BUSHY PARK – A MYSTERIOUS LIDO?

By Alan Winter

There have been large quantities of picture postcards showing Bushy Park scenes published between late Victorian times and the present day. The two pictured this week of deer and the Diana Fountain are typical of the images seen.

So when did the spelling change from “Bushey to Bushy” Anyone know when the “e” got dropped and why?

I have however, never seen a postcard of the Lido in Bushy Park. What Lido? I hear you say! To the left of the road and close to the playground as you walk towards the Hampton Court entrance at the top end of Chestnut Avenue this body of water remains in the same place today.



These days it looks like a rectangular wildlife pond about 100 yards or so in length. Back in the 1950's this was a regular swimming site for us kids as we hurled balls at each other and had competitions to jump in and make the biggest splash. Makeshift toy boats and yachts fought for space among the young swimmers and it sometimes resembled Cowes week at the Isle of Wight. The water was only a foot or two deep but what an attraction on a hot summer day. It's a certainty that today's health and safety brigade would have shut it down as soon as they saw it. But what fun!



Now I know I'm not dreaming about this but I have no proof other than a dodgy memory and so I think I need back up.

If you recall, or better still have a photograph or postcard of the water that I refer to, please send in to the letters page of this august journal or drop me a line at the email address below. Thanks!

If you have any postcards to dispose of, any comments on this subject, or ideas for future articles, please drop me a line at [alanwinter192@hotmail.com](mailto:alanwinter192@hotmail.com)

### **POSTCARDS WANTED**

**Cash paid for Old Postcards  
& postally franked envelopes.**

**Required by local collector / dealer.**

**Please ring Alan to discuss on**

**07875 578398**

# TwickerSeal

TwickerSeal visited the riverside where a peaceful demonstration was taking place. There he found TwickerTerrapin, TwickerDeer, TwickerLab, TwickerFly and TwickerShrimp. But before TwickerSeal was able to ask any questions, they were photobombed by TwickerPigeon, who as usual was being disruptive.



## Ciao! Twickers Foodie goes Italian

I've just had a holiday in Sicily, and as a consequence, was inspired to try out a one-stop online shop that stocks over 1500 premium Italian foods. The company has been going since 2005 apparently, but until very recently I hadn't heard of it. Nife is Life might have a very strange sounding name, but I'm told 'Nife' stands for 'nice Italian food everyday', but hey, what's in a name, and this one is memorable! The company has been going for over a decade, originally set up by two Italian friends to supply genuine Italian mozzarella to restaurants, and they haven't looked back. There is same-day delivery in London and next day across the UK.

First of all, the excitement of opening a large box filled with delicious Italian goodies was just like Christmas! There was an ice-cold bottle of Ferrarelle water – something you don't often see outside Italy. Then came the food: some buffalo mozzarella DOP - they have it flown in twice weekly from a small artisan producer. There was also burrata – made by another artisan producer. Oh wow, this was truly delicious. They both certainly proved the difference between the standard stuff we find in our supermarkets and the 'real McCoy'.



There was also some San Daniele prosciutto crudo – air-dried ham – plus some delicious baby plum tomatoes and together with the burrata and a few grilled Kent asparagus spears purchased from Coopers in Twickenham, they made the most divine starter – just drizzled with some good olive oil.

Another starter was an octopus salad, with Taggiasche olives. The addition of diced potato seemed to be unnecessary, but I'm told that traditionally it is served with potatoes. This was a tasty example of their recently launched range of ready-prepared foods (available selected London addresses only). Something, which sounds fun, is the ready-made pizza dough, which is very reasonable at £4.99 for a kilo – more than enough to serve four people. It's great fun creating your own toppings, especially if you get young children involved!



Check out the website [nifeislife.com](http://nifeislife.com) – there is so much available, from baby foods to household goods to gift hampers – in fact everything Italian. Minimum order £30, (free delivery over £60) Buon appetito – as we say in Twickenham!

See Offers & Competitions below for a chance to win a hamper!

# Offers and Competitions

Winner a bottle of bottle of Domaine Felix & Fils Saint-Bris Sauvignon Blanc

Is Yeing-Lang Crouch of TW2



Courtesy of Warren Wines, 56 Church St, Twickenham

## Win a hamper from NifeisLife

These lovely Italians are offering one lucky Twickenham Tribune reader the chance to win a hamper of produce similar to the one I enjoyed in my article above, worth over £50.

To enter, email [win@twickenhamtribune.com](mailto:win@twickenhamtribune.com) with nifeislife in the subject line, giving your name and postcode.

Visit [www.nifeislife.com](http://www.nifeislife.com) to view all the available goodies!

Closing date is noon on Friday 9 June 2017. The prize is as stated and no cash alternative is available. Entry deems permission to name the winner in the paper.



## Monthly Photography Competition

Win an 18 hole round of golf for 4 at Strawberry Hill Golf Club With a glass of wine or beer at the bar afterwards



Email your photo to [win@TwickenhamTribune.com](mailto:win@TwickenhamTribune.com) (include your name and postcode) All 4 players must play the same round.

**Photos of pets or wildlife, or any scenes taken within the local villages, ie Twickenham, St Margaret's, East Twickenham, Strawberry Hill, Teddington, Hampton Wick, Hampton, Hampton Hill and Whitton/Heathfield**

This competition is run in conjunction with [Strawberry Hill Golf Club www.shgc.net](http://www.shgc.net)

### STRAWBERRY HILL GOLF CLUB



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for returning/new/ novice golfers

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- Club Manager: Jon Wright 020 8894 0165
- Professional: Peter Buchan 07795 973926



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**Email: [secretary@shgc.net](mailto:secretary@shgc.net)**  
**To find out more visit: [www.shgc.net](http://www.shgc.net)**



# Arts and Entertainment

by Erica White

*Abbreviations explained at foot of article.*

Venture into the surreal world imagined by Franz Kafka in playwright Steven Berkoff's stage version of the famous novel, [METAMORPHOSIS](#). RSS will present the play at The Mary Wallace Theatre, Twickenham Riverside, on Saturday 3-Saturday 10 June (except Wed), at 7.45, but at 3.00pm Sunday 4 June. Tickets: £10. Tel: (10am-7pm) 8744 0547, or [www.richmondshakespeare.org.uk](http://www.richmondshakespeare.org.uk)

[THE RUDE MECHANICALS](#) are making their way up river to Teddington at Tamesis Sailing Club at 7.30pm on Friday 9 June, for one performance only of [THE COMMERCIAL TRAVELLER](#). Bring own low-back chairs or a rug to sit on for picnic from 6.00pm to enjoy the farcical events that unfold when former east end barrow boy, now rich and powerful tycoon, Sir Arthur Cattermole, sends his son around the world in the attempt to foil his love-lorn plans to marry the daughter of a hard-up doctor.

Tickets: £16-£9, Families £40. Tel: 07881-950 707, or [www.therudemechanicaltheatre.co.uk](http://www.therudemechanicaltheatre.co.uk)  
For more information: 01323 501 260 for other venues across south of England.

TTC's next Studio production at HHT will be [BREADCRUMBS](#) by Jennifer Haley, a compelling, bittersweet tale of memories lost and friendships changed forever, from Sunday 18 June-Saturday 24 June, at 7.45 (Sunday 6.00). Tickets £10 members, £14 non-members.  
Tel: 0845 838 5729 (10am-8pm), [ttc-boxoffice.org.uk](http://ttc-boxoffice.org.uk).

For Jazz, Folk and Rock lovers Sundays, Tuesdays and Thursdays at The Cabbage Patch Pub, Twickenham is the venue to head for.

[TW12 JAZZ FESTIVAL 2017](#) offers a variety of musicians and performers at the following venues:  
Friday 2 June: RACC, Parkshot, Richmond, TW9 2RE  
Saturday 3 June: Riverside Arts Centre, 59 Thames Street, Sunbury: TW16 5QF  
Sunday 4 June: HHT, 90 High Street, TW12 1NZ  
More info: [www.tw12jazzfestival.co.uk](http://www.tw12jazzfestival.co.uk). email: [tw12jazz@mail.com](mailto:tw12jazz@mail.com)

[THAMESIDE HARMONY CHORUS](#) presents an anniversary supper concert, [LOVE THAT SONG](#) at YMCA White House, 45 The Avenue, Hampton TW12 3RN on Saturday, 3 June at 7.45pm. Special Guests [MAGNA CARTA](#). Tickets £12: Tel: 8979 1884 or from The White House.  
Info: [www.ymcalsw.org/event/thameside-ladies-harmony-chorus-supper-concert](http://www.ymcalsw.org/event/thameside-ladies-harmony-chorus-supper-concert)

[CANTANTI CAMERATI](#) give a [CHORAL CONCERT](#), with Chamber Orchestra and accompanied by the Children's Choir from St Richard Reynolds Catholic College, on Saturday 17 June, at 7.30 at St Anne's Church, Kew Green, TW9 3AA. Tickets: £15 Tel: 8898 8020, or on door.  
The programme includes Chilcott: Five Days that Changed the World; Britten: St Nicholas; Elgar: Serenade for Strings.

# Arts and Entertainment cont.

**AN EXTRAORDINARY CHARITY ART AUCTION.** The Hidden Art of the late Desmond Jones goes under the hammer of antiques expert Charlie Ross at RUTC, Egerton Road, Twickenham, TW2 7SJ on Friday, 9 June at 7.00pm, door open from 5.00pm. Info: [www.desmondjonesart.co.uk](http://www.desmondjonesart.co.uk)

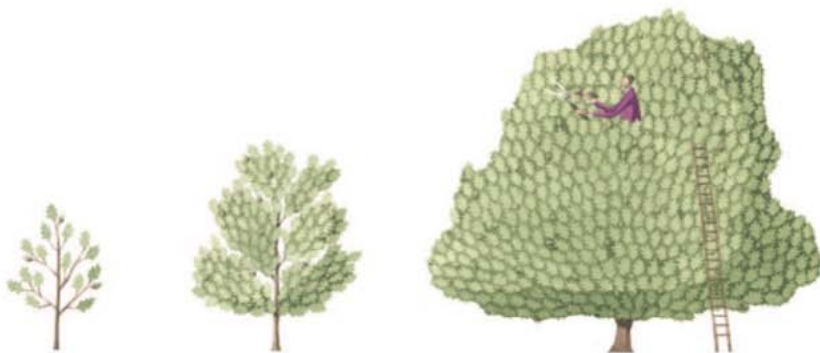
Start planning your route around the 100+ venues in the borough where over 500 artists show their work in their **ART HOUSE OPEN STUDIOS** over the weekends, 23-25 June & 30 June-2 July. Brochures available in public libraries. Info: [www.arthouseopenstudios.co.uk](http://www.arthouseopenstudios.co.uk)

Another event which will require some route planning is **TEDDINGTON IN FLOWER**, Sunday 11 June, 2.00pm-6.00pm. Ten gardens will be on display. Full list now available in public libraries and is printed in this edition.

May Bank Holiday means that the **HANDS CHARITY FAIR** will take place on Monday, 29 May. Books, records and discs, cakes in all shapes and sizes, plants large and small, rides, tombola, bands, and information on all sorts of activities in the area - all on offer on Twickenham Green. The weather forecast looks promising. So do come along and enjoy all the fun of the fair.

## ABBREVIATIONS KEY

RSS: Richmond Shakespeare Society  
TTC: Teddington Theatre Club  
HHT: Hampton Hill Theatre  
RACC; Richmond Adult Community College  
RUTC: Richmond upon Thames College



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# Thinly Veiled

## Dashing Dalby and his Bountiful Daughter

by Keith Wait

SMDG at Garrick's Temple to Shakespeare, 13th May

Review by Celia Bard



Nestling on the River Thames in Hampton is a small, picturesque pleasure garden hiding a tiny treasure, Garrick's Temple, built by David Garrick in the 18th Century to celebrate the talents of William Shakespeare. This delightful little building was a fitting venue for Keith Wait's latest drama documentary, *Dashing Dalby and his Bountiful Daughter*, in which he draws heavily from social history, meticulously researched material of people closely associated with Hampton, and St. Mary's Church. Indeed, the main inspiration for his story may be said to be the "funny tomb" of Three Men in a Boat fame, of Susanna Thomas and her mother, Lady Dorothy.



SMDG succeeded in entertaining its audience with a thoughtful, imaginative, and well-constructed production. Skilfully directed by Helen Smith, narrators and actors gave life to these long dead folk, otherwise forgotten.

Genteel music sets the scene for the entrance of the Venturers, businessmen used to financial risk. The Venturers are carrying a gaming board, but before their game begins they are interrupted by the energetic entrance of Dalby Thomas, a merchant and courtier, described by the narrator as a "complex character, highly principled, rash and brash with a strong propensity to upset people". Ron Hudson's interpretation of this role was excellent. He was highly successful in portraying the many facets of this character's personality, at times protagonist and then antagonist.

Dalby's wife, played by Gina Way, was credible in the way she could convey the age range expected of her. At the beginning of her relationship with Dalby she is romantic, young, and very much in love with him. But after two children and forced to spend many years apart from him because of his travels, she becomes disheartened, preferring to live away from Hampton. This was reflected in her characterisation.



Although I am loathe to single out individuals, for the whole of the cast were admirable, I should like to further mention Christina Bulford. This young actress has a striking stage presence and gave a lively and thoughtful performance as Susanna Thomas, the daughter of Dalby. Susanna is an interesting character for she is clothed in a thin veil of mystery. The audience is never certain about the nature of her relationship with eminent architect, Sir Thomas Archer ... ..

For full review see: [www.markaspen.wordpress.com/2017/05/18/dash-dalby](http://www.markaspen.wordpress.com/2017/05/18/dash-dalby)

Photographs by Doina Moss and Bill Bulford



Mark Aspen

[www.markaspen.wordpress.com](http://www.markaspen.wordpress.com)

Expressing the art of the theatre critic



Lidos Alive explores lidos in the borough, especially on the Twickenham side of the river where it seems there have been more outdoor swimming venues.

As well as traditional lidos the project has discovered details of less conventional lidos which are well worth investigation:

[www.lidosalive.com](http://www.lidosalive.com)



The project will explore our lidos in the context of the national lido movement – past and present - and comparisons will be made with lidos in other parts of the country.

At the moment we are collecting memories of lidos locally so if you would like to add your information to the project please write to [contact@LidosAlive.com](mailto:contact@LidosAlive.com)



## Competition: Evening Standard London Food Month Night Market

We have a pair of tickets to win – worth £15 each - for the Evening Standard London Food Month Night Market. The event is part of the London Food Festival, running throughout June. From June 7-18 Night Market guests will enter a thrilling festival site with 50 different food stalls from London's favourite restaurants, food trucks and street food vendors. There will be DJs, entertainers and even an outdoor cinema. Celebrity chefs, cocktails, food and live music on a hot summer evening – what could be more perfect!

The event takes place at Perks Field, Kensington Palace Gardens and more information is available at [londonfoodmonth.co.uk](http://londonfoodmonth.co.uk)

To enter our competition, tell us the twitter handle for the event and send it, with your name and postcode to

[win@twickenhamtribune.com](mailto:win@twickenhamtribune.com).

Please mark the email **Night Market**.

Closing date is noon on Wednesday 7 June 2017. The prize is as stated and no cash alternative is available. Entry deems permission to name the winner in the paper.



# Twickenham Green Music Day

## Sunday 2nd July

The annual fair and music day takes place on Twickenham Green on 2 July, as always on the first Sunday of the month.

There is a line-up of seven bands who will play from 12 until 8pm.

The fair and music day is organised by the Friends of Twickenham Green for the community; there is no entry fee.

As well as free music and all the fun of the fair there will be a cricket match outside the Cricket Pavillion – a typical English village event on one side of the Green with live music, food and craft stalls on the side near Arthur's restaurant.

Twickenham Green is surrounded by three Indian restaurants, an Italian restaurant and the popular TW2 Bar and Grill so you do not need to walk far if you would like an evening meal to round off the day.

[www.twickenhamgreen.org](http://www.twickenhamgreen.org)



**Twickenham Green Music and Fun Day**  
**Sunday 2nd July**  
**12pm to 8pm**  
**Free Live Music**

**FOOD & DRINK**  
A range of national and international cuisines, soft drinks and alcohol.

**FOR CHILDREN**  
Funfair, Bouncy Castle and Balloons

**SPORT**  
Watch Twickenham Cricket Club play on The Green

**PLUS**  
A variety of stalls and games: commercial, therapy, drama, local schools and charities

**BANDS**

- 12pm Scarlet Wite
- 1pm Midnight River Blues Band
- 2pm Stomping Nomads
- 3pm Richmond Music Trust Soul Band
- 4pm Buddy Flame and The Rockets
- 5pm Raffle draw
- 5.30 pm The Secret
- 6.30 pm Infinity

Organised by the Friends of Twickenham Green



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Places People Play

# Twickenham Festival 2017 by Shona Lyons

This is just around the corner! You should have had a guide delivered to you but if you don't you can find these at Crusader Travel 57-58 Church Street, Twickenham Library and also at Hands Charity Fair this bank holiday Monday. There are lots of fun events all over town as detailed in the online calendar of [www.twickenhamthetown.org.uk](http://www.twickenhamthetown.org.uk) and in the guide.

The events in Church Street this year are the Tug of War on the 9th of June, the Craft Market on the 10th of June, Church Street Goes Green on the 17th and 18th of June and the Big Picnic on the 25th of June.

The Tug of War is the inaugural start to the Twickenham Festival. It takes place in Church Street, outside the Eel Pie at 6pm on the 9th of June. There are teams from associations, friends and businesses from all over Twickenham. Teams are made up of 8 team members and the 2 teams in the final get free beer from the manager of the Eel Pie Pub. The Tug of War is compered by Stuart Green from the Cabbage Patch Pub. Teams entered so far are:

- |                                    |   |
|------------------------------------|---|
| The Puzzle Academy                 | Samis Barbers                                 |
| Leap Lawyers Regal House           | Sweet Memories of Twickenham                  |
| Any Time Fitness Regal House       | Affinity Crew                                 |
| Pull My Finger Group of friends    | Goodgym                                       |
| Blitz Fitness                      | Boxercise                                     |
| Percy Thrower Appreciation Society | & two other groups of friends from Twickenham |

The Craft Fair on the 10th of June will show case art and crafts from all over the borough from a wide range of talented artists and crafts people. There is also street food and lots of live music from Shelle Luscombe, The Elastic Band of St Margaret's and also the Richmond Music Trust. You can also try FREE Swing dancing with District Swing!

The Church Street Goes Green event is when Church Street grass the street and originally when they started this event for the Festival it was to compliment Lord True's Borough wide garden festival in 2012. At first it was very horticultural in nature and although there are still plant stalls it has morphed into a Village Fair with lots of entertainment, live music from the Richmond Music Trust FREE Dancing with District Swing, Barnes Wind Band, face painting, arts & crafts, street food, and even Thames Water is taking a stand who will be encouraging members of the public to take part in their interactive Customer Engagement Tool. There will also be giveaways on the day, including rubber ducks, bubbles, loo roll, fat traps, water efficiency freebies, and water bottles!



For Church Street's Big Picnic, Church Street will be grassed for the occasion so bring a picnic or buy a picnic at Snax Sandwich Bar or Corto Deli, Church Street, Twickenham to eat on the grass or you can also eat Al Fresco at the many restaurants in the street or buy real Pizza Napolitana from Masaniello. Buy a raffle ticket for the Great Church Street Picnic Hamper, watch Punch and Judy, workshops with White Rabbit Drama Club, play garden games, competitions and prizes with Harlequins Rugby Union, a children's carousel, face painting and live music with Richmond Music Trust, FREE Swing Dancing District Swing and Jim Sole. Orleans House Gallery are also making a strong appearance with "Treasures on Your Doorstep" where you can join Octagon Club and Transitions Art Group in creating a collaborative artwork about stories, memories and the history of Twickenham. The groups will be collecting the local communities' memories of the area and creating an artwork from them. Bring along a photograph or object that tells your story! This project will result in a summer exhibition at St Mary's Church. Octagon Club and Transitions Art Group are artists with Special Educational Needs aged 13 upwards. The groups meet weekly at Orleans House Gallery

# St Mary's University Update

## The Marathon des Sables 250km run: St Mary's physiotherapist has completed his 2017 challenge!

Setting yourself a challenge means different things to different people. For St Marys' physiotherapist Rory Brown it meant running 250km in the desert over Easter. The Marathon des Sables (MdS) is an annual event attracting over a 1000 like-minded individuals from around the world to Morocco, where they take on the heat and sand dunes of the Sahara.



After months of training, Rory took to the start line on the 9th April. Not only did he complete the race, he finished in an amazing 37th out of 1183! Here is what our athlete had to say:

“What an experience. There were lows, highs and everything in between, but I am proud to say I made it to the end. After a long journey we finally arrived at the Sahara. We were given a day and a half to prepare, go through technical and medical checks and to get used to sleeping rough. We were also plied with water and food... then it all began for real.



On the first stage I struggled immensely, I could feel myself overheating and felt awful for most of the day. We covered around 20 miles and had an introduction to the different conditions we would have to face across the coming week. We had to adapt to run across terrains of soft sand and rolling dunes, hard and uneven rocky ground, dried out riverbeds and small foothills. By the end of the day I was ready to come home, however being in a tent with a great group helped. The rest

of the day was spent refuelling, trying to get comfy and chatting. My thoughts focussed on the understanding that someday it hurts, but I had done the training and had a general plan for each day, so it was a case of just getting on with it and taking each stage as it came.

Luckily things started to improve. I think my body was getting back to normal after the journey and the sitting around doing very little, and adapting to the heat. Day 2 was longer and also included going over one of the Jebels, which involved a steep climb with a mixture of scrambling over large rocks, some loose stony areas and then down deep soft sand on the other side. It was fun but it certainly takes it out of your legs. Overall I kept a better pace and felt much more in control. As we all got more into the race talk inevitably turned to the infamous 'long' day, which this year was just over 86km. Scared is an appropriate word and was felt by most of us, although this was also one of the reasons we were there. The start of the long stage is staggered to ensure everyone finishes in the dark and experiences running at night. In the desert there is no light pollution so when you turn off your head torch and look up you see a night sky like never before. There were more stars than you could count and we saw a stunning red moon rise as it turned dark. This made me appreciate how lucky I was to be there.

Planning was the key to the long day: I had decided when I would properly refuel and timed this to correlate with the sand dune sections where I would likely be walking. This allowed me to take on good amounts of carbs and give myself time to absorb them before running again. In the end I pretty much managed to only walk the two pre-planned bits when refuelling. The rest was somewhere between running and what we termed the 'Sahara shuffle'. Camp was a welcome sight when I finally spotted it lit up in the skyline, however, being the desert, this meant there was still 3 or 4 miles to go. Running through what looked like a runway of glow sticks lighting our path over rock and sand, we all slowly made our way home. When I finished late evening, camp was still relatively quiet and there was a steady trickle of arrivals throughout the night and well into the next day. The long day was followed by a rest day for those who got in in time, allowing recovery and refuelling before what was a relatively short marathon on the last race stage. Finally we started to move back towards civilization, running through a couple of small settlements and an old mine.

The heat was brutal at times, regularly hitting low 40's and reportedly hitting the mid 50's in one of the dune sections on the long day. What made a difference was the breeze, from anywhere- even just running down a slope. This allowed my body to cool a little and keep going. Throughout the race and within each run the terrain was mixed which I found helped with the distances as when your speed varies frequently and there are steep sections you are forced to walk, ensuring the intensity of effort was at a more sustainable level.



Crossing the line on the last day was an amazing feeling, knowing you had survived and made it through such a challenge. Race director Patrick Bauer was on hand to give everyone their medals and celebratory photos were taken. Although this marked the end of the official timed race, there was one more stage the following day. This is the Charity day and was in aid of a sport based school and community education centre that the Marathon des Sables has supported for many years, having a direct impact on the local communities and giving otherwise non-existent opportunities to children and adults alike. This was a great way to finish an unforgettable race, before I slowly made my way back to reality and took some well-earned days off.

Lastly, the people. From over 52 nationalities, everybody was amazing. People were friendly and from the first to the last mile would offer help and support to others. Those in your tent were even more important and have become friends for life after having experienced the desert together. Personally I am proud to have completed the race and gave all my best efforts. I have learned a huge amount in many ways and now rather than thoughts of returning to the desert I am finding myself looking at other challenges and different environments in order to keep my running passion fired up and experience more amazing places.”

We are all immensely proud of Rory's achievements, and excited, though maybe a tad nervous, to hear where he's planning to run off to next!

View the Morocco gallery at:

<http://www.worldinfozone.com/gallery.php?country=Morocco>



# TEDDINGTON HOSPITAL NHS CYBER-ATTACK

By a local resident

It seems that a fortnight after the NHS cyber-attack, the hospital has had to close its X-ray department.

Last week I had a go for a chest X-ray to monitor my pneumonia. They were keeping everyone on hold then, as they could not access records. Eventually I was referred, using their manual systems to West Middlesex Hospital and had the X-ray there. Yesterday, I had a telephone message from Teddington



Memorial Hospital: they had no record of the referrals and were contacting everyone on their lists by phone. When I phoned back, I had a chat with them and they told me that, although the X-ray machinery software was working normally, the systems delivering it to the radiographers to analyse was still affected, as were all IT means of communicating with other NHS departments and patient records. So pro-tem the whole department is shut down.

The direct line to the X-ray department is 020 8714 4005

## Police safety message following Manchester attack

Message from Parm Sandu, Police Borough Commander for Richmond upon Thames:

Following the terrorist attack in Manchester, the Metropolitan Police is stepping up patrols on the streets of London to protect all our communities in the capital and our borough.

Over the next few days people will see increased numbers of officers on duty - both armed and unarmed. This is to provide a highly visible and reassuring presence across London, the additional patrols will continue for the time being.

Richmond upon Thames Police are reviewing the preparations for upcoming events in light of this attack and are working closely with partners in order to protect and reassure those who attend these events.

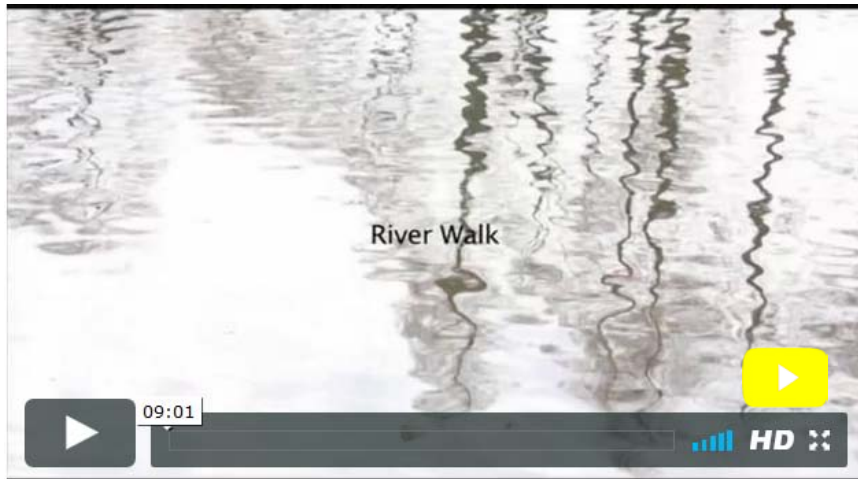
Investigations by Greater Manchester Police and the Northwest Counter-Terrorism Unit are continuing and colleagues in The Met will be doing all we can to support them in this work.



**METROPOLITAN  
POLICE**

Anyone with information about the attack or who wants to report any suspicious activity is being urged to call 0800 789 321 or 999 if urgent.

# TWICKENHAM ALIVE FILM FESTIVAL 2017



*Click image to view film*

## Film of the week

Entries come from all over the borough and this week we are showing:

## River Walk

Filmmaker: Joycelyn Lewis

Richmond Adult Community College

*River Walk is a short documentary following the path of the River Thames from Richmond Lock to the Ferry. Looking at the History that surrounds Richmond as well as featuring locals who work along the river.*

Running time: 9:50 mins - Aspect Ratio: 16:9

Thanks to Try Twickenham for their sponsorship



The first Twickenham Alive Film Festival, was launched in 2012, and the awards ceremony took place in 2013. The original theme “Where We Live” has been widened to allow a more varied entry criteria, although films are limited to a maximum of 10 minutes.

## Film Festival is now open for entries

To submit an entry contact:

[film@twickenhamalive.com](mailto:film@twickenhamalive.com)



[www.twickenhamfilmfestival.com](http://www.twickenhamfilmfestival.com)

# Age UK Richmond upon Thames Man with a Pan cooking up national interest!



Age UK Richmond upon Thames first set up 'Man with a Pan' in 2014 for older men in response to a report published by Independent Age. The report highlighted that men were more likely to be dependent on their partners than women, and therefore more likely to be lonely if they then found themselves on their own. It also showed that men are more prone to be isolated than women, particularly as there are fewer opportunities for men to socialise together and women are naturally more sociable.

In response to these findings, Age UK Richmond set up a range of men's activities including Man with a Pan cookery courses. Older men would traditionally not have been the cook in the household and when they find themselves on their own they may not have the skills to cook, let alone understand the importance of good nutrition. This can lead to poor health, both physically and mentally and can escalate the likelihood of social isolation. Susan Hollins, Community Services Team Leader at Age UK Richmond says, "The idea is to reach men who are in danger of becoming, or are already, isolated, perhaps due to changes in personal circumstances. Traditionally, many men were not the cooks in the family, and so are prone to not taking such good care of their nutrition and diet if they find themselves on their own in older age."



Man with a Pan was originally set up as 6 week courses, where men prepare, cook and eat together as a group under the direction of a tutor. Nutrition has been absolutely key to the initiative, where they learn the importance of a healthy diet and our tutors also give advice about budgeting. The recipes are for bigger portions so that there is enough to freeze for a later date.

In addition to the courses we run across the borough we have also been running Man with a Pan Clubs for the last 2 years. These clubs are a similar format to the courses and take place every week. We also have a partnership with St Mary's University and they deliver some Man with a Pan courses and a monthly club for us, whereby participants receive a 40-minute interactive nutrition talk, covering topics including micro and macro nutrients, salt, food labels, and food hygiene amongst others.

In the last year alone we've worked with around 300 men and we've made a huge difference to their lives. One of our regular participants said, "It's difficult to say which bit is the best part of the club. Mary, who takes the club, is absolutely brilliant. How she puts up with us is amazing. We produce some very lovely food and the whole time is great fun. I'm reluctant to recommend it to anyone else because I feel we are a great group of silly old fools!"

The social aspect of the courses are as important as the cooking. We want men to form friendships and hopefully take part in some of our other men's activities together, such as walking football, Fit for Men circuit training, pub lunches, golf/table tennis and men's only outings.

The project is cooking up national interest with recent interviews with The Food Chain at BBC World Service and also United Christian Broadcasters. You can listen to the interviews on our website: [www.ageukrichmond.org.uk](http://www.ageukrichmond.org.uk)

We are grateful for the funding from charitable trusts, such as the City Bridge Trust and Hampton Fuel Allotment Charity and we are also partly commissioned by the local authority.



# DRAGON BOAT RACES



© Rhodri Williams

**Sunday 6<sup>th</sup> August**  
**Twickenham Riverside**

**Enter a team of 16 (plus drummer)**

**Sponsored by Tech21**

**food stalls, crafts**

**water zorbers, climbing wall**

**live music**

**[www.TwickenhamAlive.com](http://www.TwickenhamAlive.com)**

**tech21** ●●●™

**TWICKENHAM ALIVE** →

# NEWS FROM THE HAMPTON WICK ASSOCIATION

Mark Merrington

Last year, the Hampton Wick Association set up the Friends of Hampton Wick Library to ensure that people in the area are aware of Hampton Wick Library and make good use of it.

On the last Sunday of each month at 11am the Friends' Gardening Gang usually meets at the Library to don gardening gloves, do battle with weeds and dead leaves and help return vitality to the Library gardens. Sunday 28 May is the next session, with much planting and weeding to be done. Please contact [mark@dtew.co.uk](mailto:mark@dtew.co.uk) if you wish to help or to check on future dates.



The Friends want to show off the work they've been doing and are planning to hold a Grand Garden Party in the Library gardens in September. If you can make a mean cucumber sandwich or would like to help more generally, please do get in touch with them. The Friends are particularly pleased to be able to report that there's a real chance that new Library signage (for which it has been campaigning) may be arriving soon - more news as and when we get it.

Finally, the Friends stage regular exhibitions in the Library. Currently, there is one on R C Sherriff, a resident of Hampton Wick who came back from active service in the trenches of World War I to write "Journey's End", a play which is still performed on stage and is about to be released as a major feature film. His later career took him to Hollywood where he wrote, amongst other things, the screenplay for The Dambusters. Roland Wales, the biographer of Sherriff, gave an illustrated talk for the Friends earlier this year and has provided the material for this fascinating exhibition. If you've not seen it yet, please do make an effort to visit it as it's had some great feedback.



**TCS**  
**TEDDINGTON CHORAL SOCIETY**  
Sam Evans *Conductor*

with **The Lallemand Trio**  
and **Vanessa Bowers** *soprano*

**WILL TODD**  
**MASS IN BLUE**  
*and a selection of*  
**JAZZ CLASSICS**

**1st July 2017, 7.30pm**  
**Kingston Parish Church**

Tickets £15.00 (U/16 free) from  
[www.teddingtonchoral.co.uk](http://www.teddingtonchoral.co.uk)



Membership of the Friends of Hampton Wick Library costs just £5 for life, with further details (including the library's opening hours and location) available at

[www.friendshwlibrary.org.uk](http://www.friendshwlibrary.org.uk).

## Lower Twickenham Village by Bruce Lyons

By the time you read this our Al Fresco season will be underway in Church Street. Overtime it has become for us a calendar date that the whole street works towards from Xmas Time on. By now the street has it's baskets and floral scene in place and whilst, when we first had Al Fresco in 2005 we never expected (nor did) sit out on the 1st night – not so now!!!

Al Fresco, The Twickenham Festival, Events on Diamond Jubilee Gardens, River Activities – Like Charlie Shore's Regatta and Dragon Boat Racing and of course Rugby all bring visitors to Twickenham and the Church Street Association and the Twickenham Town Business Association works hard to focus on all of those and more in the never ending drive to improve our awareness in our community'

We “dubbed” the area from The White Swan to the Diamond Jubilee Gardens the “Lower Twickenham Village” this year to encourage the neighbours (Bell Lane, Embankment, Eel Pie Island and Studios, Flood Lane Car Park and of course Church Street and The White Swan) to engage and so to highlight our diversity and celebrate the Thames running through it, we have, for our coepetition entries (London in Bloom , Small Village Category and Richmond Borough in Blooms LBRUT, Village Category annexed York House Gardens and St Mary's Churchyard and are busy engaging with all so that the local and wider community can enjoy our tranquil Riverside backwater and quaint street and lanes ( and some are working hard on the Car Park)



*SILVER GILT THE WHITE SWAN*

*GOLD AND CATEGORY WINNER COMPLETELY FLOORED D*

Some ask why, well as time goes by retailing is a relentless battle to sustain and if you don't challenge the forces working against it you will fail. As it stands Church Street “at the centre of this village” defies the norm, when shops close (as they do) another one comes attracted by the eclectic mix of traders and shoppers enjoying the welcoming environment that has evolved and the CSA & TTBA believes it is right to work together with our neighbours to widen our vision and we hope other will share our passion.

Oddly all the expenses are borne by the Traders and supporters – we have no real grants but have had enormous help from local businesses like Harlequins, RFU, Thames Water, film units using the street as a location and companies advertising in either of the two annual programmes, which enable us to reach out further into the Borough, we even “share” our grass with St Margarets for a small contribution and for the Floral scene get help from Squires , Metropolitan Gardens of London & Taylors Bulbs of London as recognition of our endeavours. This summer we have worked with Floral Scape (Jonathan Snape) who also keeps the White Swan so glorious

Late news Langtons (recently The Food Hall) is reopening in the coming days – shop local please – we appreciate it

# River Thames fatalities: RNLI says ‘fight your instincts, not the water’ to help stay alive

New research<sup>1</sup> commissioned by the RNLI has revealed that more than half (53%) of Londoners would follow a potentially life-threatening instinct if they fell unexpectedly into water. The RNLI is now calling on the public to fight their instincts and remember one simple action – floating – that could save lives from drowning.



Meanwhile, fatality figures<sup>2</sup> released today by the RNLI show 42 people accidentally lost their lives along the tidal reaches of the River Thames over the past five years, and 40% of those didn't even intend to enter the water.

Sudden immersion in cold water puts these people at severe risk of suffering cold water shock, which triggers the instinctive but life-threatening reaction to gasp uncontrollably and swim hard, which can quickly lead to drowning.

Research commissioned by the RNLI shows over half of people in London would follow this potentially life-threatening instinct if they fell into water<sup>3</sup>, with 40% of respondents saying their immediate reaction would be to swim, while 2% said they would panic – two of the instinctive responses the RNLI is urging people to fight. Others said they would do nothing (5%); remove clothing (4%), and 2% said they would not know what to do.

As the RNLI's national drowning prevention campaign Respect the Water enters its fourth year, the charity is calling on the public to fight their instincts and remember one core survival action of floating, until the effects of cold water shock pass and they can catch their breath, before then trying to swim to safety or calling for help.

With nearly three-quarters (74%) of Londoners saying they visit the coast at least once a year, the RNLI is urging them to remember this advice – whether they're along the River Thames or by the sea.

Overall, just over a fifth (21%) of respondents in London alluded to a recommended first course of action, with just 7% knowing specifically to float (4%) or tread water (3%). Others said they would stay calm (10%); look for something to hold on to (1%); wait for the shock to pass (1%); catch their breath (1%) or relax (1%).

Mike Tipton, Professor of Human and Applied Physiology at the University of Portsmouth, explained: 'We often rely on our instincts but our instinctive response to sudden immersion in cold water – gasping, thrashing and swimming hard – is potentially a killer. It increases chances of water entering your lungs, increases the strain on your heart, cools the skin further and helps air escape from any clothing, which then reduces buoyancy.'

'Although it's counter-intuitive, the best immediate course of action in that situation is to fight your instinct and try to float or rest, just for a short time. The effects of cold water shock will pass quite quickly, within 60–90 seconds. Floating for this short time will let you regain control of your breathing and your survival chances will greatly increase.'



‘Floating is not an easy skill in cold open water but most people can float, and the air trapped in their clothes as they fall in should make it easier. As little exercise as necessary can be undertaken to help stay afloat. The recommended floating position is to lean back in the water and keep your airway clear. Keeping calm will help maintain buoyancy. Some people find it helpful to gently scull with their hands and kick their feet to keep afloat.

‘The main principle is to do as little as possible until you have control of your breathing. At this point you have a much better chance of avoiding drowning and surviving until you can swim to safety, call for help, or continue to float until help arrives.’

Guy Addington, RNLI Community Safety Partner for London, said: ‘The RNLI’s volunteer lifeboat crews and lifeguards saved hundreds of people from near-fatal incidents in 2016 and rescued thousands more but, sadly, they aren’t able to reach everyone. If people in danger in the water can help themselves initially by floating and regaining control of their breathing, they stand a much greater chance of surviving.

‘Through our Respect the Water campaign, we want to start a national conversation about water safety. We’re asking the public to remember this lifesaving advice, share with others and practice the survival skill of floating – it could be the difference between life and death.

‘For those who are planning to go into the water, the best way to stay safe is to choose a lifeguarded beach and swim between the red and yellow flags, which is the area most closely monitored by the lifeguards. And if you see someone else in danger in the water, fight your instinct to go in and try to rescue them yourself – instead call 999 and ask for the Coastguard.’

The campaign is targeted at adult men, who account for a staggering 79% of the fatalities over the past five years in the tidal reaches of the River Thames (57% last year)<sup>4</sup>, although the advice is relevant to anyone who goes near the water.

The Respect the Water campaign will run throughout the summer on channels including cinema, outdoor, radio, online, and on catch-up TV channels. The RNLI is asking people to visit [RNLI.org/RespectTheWater](https://www.rnli.org/RespectTheWater) where they will find information on the effects of cold water shock and floating techniques. On social media search #RespectTheWater.

1. Basis research conducted on behalf of the RNLI (nationally representative sample across the UK n=1,000). Figures shown are respondents in London, n=140.
2. Records from the National Water Safety Forum’s Water Incident Database (WAID) 2012–2016. RNLI has analysed the data using GIS software to plot and analyse incidents before inclusion in a specific coastal dataset (accident and natural causes only).
3. Respondents asked: Imagine a scenario where you have fallen unexpectedly into a body of water such as the sea, river or canal. What are the very first action(s) you would take to get yourself out of this situation safely?
4. All males except for those known to be under 18. Includes those where age was not recorded.



*Click image to view video right*

# Great British Bee Count - Join the buzz and help Britain's bees

Our bees aren't just an iconic sign of a British summer, they are vital for pollinating much of the food we enjoy every day, and the wildflowers that decorate our countryside.



But Britain's bees are under threat, with around 35 UK species considered to be at risk of extinction, from loss of habitats, pesticides and intensive farming.

This is why Friends of the Earth is running the Great British Bee Count, which runs until 30 June.



By downloading a fun, free app you can find out more about the bees that visit your gardens, parks and neighbourhoods, and find out what you can do to help them – such as creating bee-friendly spaces. And you can also send in sightings and photos of the bees you spot too.



Join the buzz at [www.greatbritishbeecount.co.uk](http://www.greatbritishbeecount.co.uk) or search for 'Great British Bee Count' in your app store.



*A previous bee article from edition 27*

## The honey bee 'swarming months' have begun

By Julie Hill, Twickenham Beekeeper

The honey bee 'swarming months' have begun. Many readers may have seen a swarm hanging from a tree branch but swarms can gather on just about anywhere – cars / lamp posts / sides of buildings and even shop windows – who remembers the swarm on the Top Shop window in Oxford Street which caused much excitement – and trepidation - amongst shoppers?! As Urban beekeepers, we have an obligation to try to prevent swarming or collect swarms as quickly as possible and thus minimise any nuisance they may cause.

As such beekeeping can at times be a very challenging hobby. One hive can very quickly become, two then three and so there is a fair amount of management to be done particularly during April – July which is the peak swarming time.

Read the full article at: [www.twickenhamtribune.com/Articles/bees](http://www.twickenhamtribune.com/Articles/bees)

# Turbo-Charged Falsetto Fun! The Mikado

The Mikado, by W.S. Gilbert and A. Sullivan

Sasha Regan's All-Male The Mikado

Regan De Wynter Productions at Richmond Theatre  
until 27th May

Review by Mark Aspen

Gilbert and Sullivan is fun! And The Mikado is probably G&S's most fun piece. As a well-seasoned reviewer, I have seen many manifestations of it: local light operatic societies' versions, Jonathan Miller's acknowledged classic, even The Hot Mikado, but with Sasha Regan's All-Male The Mikado the fun is turbo-charged.



Director Sasha Regan's inspiration for all-male productions of Gilbert and Sullivan has its spark in her own experiences of single-sex school cross-cast productions, and the awkward humour that can emerge. Her The Mikado, is set in the fifties, as a typical all-boys' boarding school take a camping trip to the exotic land of Titipu ... and immediately goes native. In spite of the obvious play on the idea of "camping", this is not a Julian and Sandy Polari knockabout, but rather the gentle half-innocence of school-boys squirming at the idea of dressing up as ... girls!! In fact, the only real camp elements were three tents and a campfire, continuously smouldering downstage (the fire, not the tents – although there was a lot of smouldering going on in these).

Ryan Dawson Laight's economic design strips off theatrical embellishments: the highly mobile tents are almost the only set, and there is not a single kimono in sight. However, these are set against Tim Deiling's atmospherically lit cyc-cloth, a luminescent forest of leggy trees.

This economy of approach allows the characters to come to the fore, but relies heavily on the performers. And my, how this works: for here is a truly multi-talented cast. These boys can act, they can sing and they can dance.

A strong dance sequence opens the show, and Holly Hughes' choreography is relevant and lyrical, nicely setting the scene.

The Mikado - Peter Houston (Ensemble), courtesy of Stewart McPherson



The self-deprecating style, which adds to the humour, is obvious right from the overture, delivered on a solitary keyboard by tireless Musical Director Richard Baker. Maybe my ear was falling in with the style of the production, but was the piano sound tuned to a slightly high pitch? If so, it certainly foreshadowed the falsetto voices of the "female" characters. How can singers take their so voices high in their register for a whole evening? There is no change of key and they stay true to the characters. It is literally breath-taking....

For full review visit: [www.markaspen.wordpress.com/2017/05/25/mikado/](http://www.markaspen.wordpress.com/2017/05/25/mikado/)

Photographs by Stewart McPherson

## SIR VINCENT CABLE TALKS TO LOCAL BUSINESSES AT TW BAR & GRILL ON TWICKENHAM GREEN

Friday was an early start – 7.45am for breakfast at TW Bar & Grill for Vince Cable and Try Twickenham guests – a very generous array of breakfast rolls, followed by croissants, coffee and fresh orange juice helped to get the initial networking going.

Sir Vincent Cable spoke about Brexit, business rates, taxation and improving apprenticeships. He also said that he hoped that there would be improved facilities for residents on Twickenham Riverside.



As Secretary of State for Business, Innovation and Skills from 2010 to 2015 Vincent Cable feels that he has a lot to contribute to Brexit but said that he would concentrate on being a local MP.

With a very busy schedule ahead of him for the next week or so Vincent Cable left TW Bar & Grill to meet students at Richmond upon Thames College.

## England rugby players make centenary visit to CWGC Brookwood Military Cemetery

England rugby players Jonny May and Will Collier have taken time to pay tribute to the war dead at the Commonwealth War Graves Commission's biggest UK site, Brookwood Military Cemetery, near Woking, in Surrey.



The invite was extended as part of the CWGC's centenary, this month (May), and in recognition of the Commission's status as the Rugby Football Union's nominated services charity for this season.

The two international players paid their respects by laying a wreath at the cemetery and touring the CWGC Centenary Exhibition, currently on display at Brookwood. The CWGC is one of the world's largest horticultural organisations, managing an estate the size of almost 1,000 rugby pitches.

In its centenary year, the CWGC is also partnering with the RFU to raise awareness of the sacrifice made by rugby players, from all levels of the game, who lost their lives in the two world wars. The Rugby Remembers campaign encourages young people to discover these stories and visit their local war graves. Jonny May and Will Collier met some of the young people already involved in the campaign.

The CWGC's Centenary Exhibition, "For Then, For Now, Forever", is free to visit and is open every day from 10am to 4pm.

For more information about the CWGC, the Centenary Exhibition and the Rugby Remembers campaign, visit the website [www.cwgc.org](http://www.cwgc.org).



**CWGC**  
Commonwealth War Graves Commission



# Heathrow Expansion - Vince Cable

Responding to the Conservative manifesto pledge to deliver the third runway at Heathrow Liberal Democrat parliamentary candidate Vince Cable said:

“The Conservatives from their leader down have cemented their commitment to building the third runway at Heathrow in their manifesto, ignoring the warnings from health organisations concerned about air pollution and everyone else who says that there are far better alternatives.

“At the same time the Conservative manifesto doesn’t even mention Crossrail 2, which is a vital transport project much needed to help long suffering commuters in south west London.

“It seems the Conservatives are obsessed with more planes over Twickenham and opposed to better train services.

“No one, including Theresa May, has any idea how much the real cost of a third Heathrow runway will be, or how they will keep air quality within legal limits.

“Conservative supporters across Twickenham and indeed the country must be baffled by the claims by some Conservative parliamentary candidates that they are supposedly opposed to a third Heathrow runway when it is written in black and white that it will be delivered in their manifesto.”

*Note; information about Crossrail 2 was published in The Twickenham Tribune Edition 12*

## HANDS FAIR ON TWICKENHAM GREEN - Monday 29th May 10Aam- 3pm

Over seventy charities and voluntary organisations have stalls around the Green selling a variety of goods including plants, toys, home produce, jams, cakes, craft, jewellery, gifts, books, bric-a-brac, refreshments, barbecue.

- Live music Wind Quartet
- There will be simple competitions and amusements for children



## Teddington War Memorial Hampton Road, Teddington

The above memorial has been added to the List of Buildings of Special Architectural or Historic Interest. The memorial is now listed at Grade II.

Listing helps us to mark a building’s significance and celebrate its special architectural and historic interest. It brings specific protection so that its special interest can be properly considered in managing its future.

Photograph by David Neller

# Man 'five seconds away from drowning' rescued by RNLI London lifeboat crew

On the day the RNLI launches its national drowning prevention campaign, 'Respect the Water', one of the charity's London lifeboat crews rescued a man who was seconds away from drowning in the River Thames.

The rescue of the man, who was in the water near to Blackfriars Road Bridge, happened at 5.11am (Thursday 25 May), after the UK Coastguard in London requested the urgent assistance of Tower RNLI lifeboat crew.

And, after pulling him from the river to safety, lifeboat crews have classed the rescue as a "life saved"\*<sup>†</sup>, saying he was just 'five seconds away from drowning'.



The dramatic rescue coincides with today's launch of the Royal National Lifeboat Institution's 'Respect the Water' campaign, a national drowning prevention initiative aimed at preventing people getting into distress on or near water.

Fatality figures released today show 42 people have accidentally lost their lives along the tidal reaches of the River Thames over the past five years, and 40% of these didn't even intend to enter the water.

This morning's incident unfolded after the crew of a Thames Clipper passenger vessel saw a man in distress the water near Blackfriars Road Bridge. The lifeboat crew launched immediately at the request of the UK Coastguard and ascertained the casualty had already floated with the fast-moving tide through one of the arches of the nearby Blackfriars rail bridge.

Craig Burn, helm of Tower RNLI lifeboat crew, said: 'We reached the scene and located him in the water with just the top of his head visible. But as we approached his head went under and all we could see was an arm and hand as he was struggling to stay afloat. We were reaching out for him and his head came up again, and my crew grabbed his flailing arm and pulled him aboard the lifeboat.'

The man, a 36-year-old, was wearing dark clothes and had dark hair. This, coupled with the limited light at that early hour, had reduced visibility. He was treated on board the lifeboat for cold and water inhalation and was taken back to the lifeboat station to be handed into the care of London Ambulance Service and the Metropolitan Polices Marine Police Unit.



## Lifeboats

Craig continued: 'Based on how we found him, he was probably five seconds away from drowning. Given his temperature and the water he had ingested, if we hadn't got him there and then, he'd have gone under. This just show how important, how absolutely vital the advice of our Respect the Water campaign is. Water can be very dangerous and needs to be treated with respect.'

This is the fourth year the RNLI charity has run its 'Respect the Water' campaign. One of the key messages the charity is promoting to the public is how to deal with the potentially fatal effects of cold water shock.



If someone finds themselves unexpectedly in the water, the RNLI recommends they fight their instincts and remember one core survival action of floating until the effects of cold water shock pass and they can catch their breath, before then trying to swim to safety or calling for help.

With nearly three-quarters (74%) of Londoners saying they visit the coast at least once a year, the RNLI is urging all Londoners to remember this advice – whether they're along the River Thames or by the sea.

Guy Addington, RNLI Community Safety Partner for London, said: 'Through our 'Respect the Water' campaign we want to start a national conversation about water safety. We're asking the public to remember this lifesaving advice, share with others and practice the survival skill of floating – it could be the difference between life and death.'

'For those who are planning to go into the water, the best way to stay safe is to choose a lifeguarded beach and swim between the red and yellow flags, which is the area most closely monitored by the lifeguards. And if you see someone else in danger in the water, fight your instinct to go in and try to rescue them yourself – instead call 999 and ask for the Coastguard.'

The campaign is targeted at adult men, who account for a staggering 79% of the fatalities over the past five years in the tidal reaches of the River Thames (57% last year), although the advice is relevant to anyone who goes near the water.

The Respect the Water campaign will run throughout the summer on channels including cinema, outdoor, radio, online, and on catch-up TV channels. The RNLI is asking people to visit [RNLI.org/RespectTheWater](https://www.rnli.org/RespectTheWater) where they will find information on the effects of cold water shock and floating techniques. On social media search #RespectTheWater.

\* "Life saved" is a specific RNLI criteria which is decided after careful analysis of a range of criteria. A rescue is categorised as a life saved where, if it weren't for the intervention of the RNLI, a person would most likely have died.

*View video at right.*





## **Bushy House Gardens, NPL (access via Queen's Road Gate)** Refreshments and Cards for sale

As part of their contribution to the celebration of Teddington Parish's 800th Anniversary, the National Physiological Laboratory are opening the historic gardens of Bushy House to visitors of Teddington in Flower. You will have the opportunity to admire a 652 year old Sweet Chestnut planted in the reign of Edward III, enjoy the sweeping lawns with uninterrupted views out to Bushy Park, as well as take tea in the beautiful Orangery along with a rare view of Newton's famous Apple Tree (at least one grown from a graft supplied by Kew Gardens in 1952!). Please note that there will be no access to the house, toilets or parking, apart from drop off for disabled visitors.

## **52 Somerset Road: Kitty & Geoffrey Wass** Kitty's paintings will be on show inside the house

This is a secret garden behind a high wall. The plants in this garden are allowed to go free! There are weeds and self-seeded things, a lovely hand-made greenhouse, a pond where the fish hope to escape the local heron, and wild flowers are very much encouraged.

## **12 Avenue Gardens: Belinda & David Rozalla**

Created in 2001, with a major re-vamp in 2011, this small secluded garden is divided into three 'rooms'. A large paved area looks on to the raised bog garden and pond. Twin beds are filled with a variety of shrubs and under-planting, with an emphasis on leaf colour and shape. The third 'room' has a large shed and the compost bins.

## **23 Victoria Road: Sybil & Fred Peters**

Hidden behind an intriguing wooden gate this courtyard garden is packed full of interest with raised beds and a lovely rose covered pergola.

## **Alma Cottage, Albert Road: Dick & Gilly Hughes** Floral cards for sale

A walled garden, first laid out in 1854 by the owner, a gardener from Chiswick. Some of the original layout has been retained, currently planted with fruit trees, grapevines and shrubs. There is an air raid shelter, a pirate's castle for supervised 4-7 year olds and a pond. Weather permitting some local maps will be on display.

## **40 Udney Park Road: Shirley Meaker**

50 years ago this 1/3 acre garden was just a field with 2 pear trees. Over the years it has been divided into a number of charming 'rooms', with a Japanese-style pond and two wells which have cut water bills considerably.

## **Collis School Nature Trail (Access via Cromwell Road Alleyway)**

This secret garden is a real treasure. Among its many features are a pond with decking area, a woodland area with foxgloves, red campion, wild garlic, a variety of mature trees and living willow arbour.

## **Appleby, 46 Cromwell Road: Sarah & Steve Whiting** Refreshments, plants & cut flowers for sale

This large walled garden, hidden 50 yards off the road behind 44 Cromwell Road, has been lovingly restored from the derelict site the owners took on 8 years ago. The garden is divided into distinct compartments over two levels. The top garden is formal in style around a large pond with mature herbaceous borders and patio area. A tree lined path leads you through willow archways into a yew hedged garden with further herbaceous and annual planting. Beside this are raised beds with fruit, vegetables and a cut flower patch full of cottage garden favourites. A further pond with a fountain attracts wildlife with visiting birds and resident frogs, toads and newts.

## **34 Kingston Lane: Jan & David Pollock** Floral cards for sale

Redesigned in 2013, by local landscape designer, John Wood, this lovely terraced garden is now home to 50 species of plants over three levels. Come and see how the design has matured along with the addition of new planting.

## **Peg Woffington's Cottage, 167 The High Street: Tony & Betty Mansell** Refreshments

Last opened in 2006 when the tea rooms were still open, this small patio garden, with trees and shrubs predominating, is delightful. It is a little overgrown in parts, but shady and restful with tables and chairs arranged around a fountain, so come and enjoy a cup of tea and a biscuit.

## **St. Mary with St. Alban Church, Ferry Road** Refreshments, Flower Festival & Bell Ringing

Enjoy the 'Visions of Teddington' Flower Festival marking 800 years of Teddington being a parish inside this lovely old church and wander around the old-fashioned churchyard where cream teas will be served. Bell Ringing at 3.30pm for 45 minutes and local historian, Paddy Ching, will be talking about the memorials in the church at 5pm.

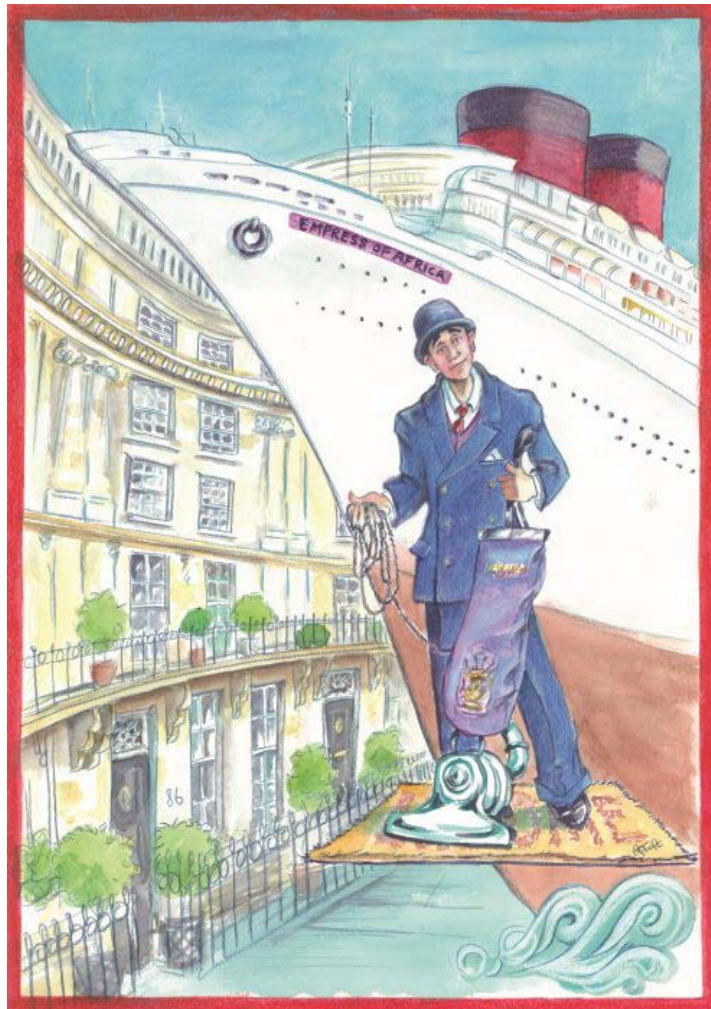
# The Rude Mechanicals at Tamesis Sailing Club in June

The very popular Rude Mechanical Theatre will be coming back to Teddington again this summer. The show will be on Friday 9th June at 7.30pm. Forget about the General Election for a few hours and have a good laugh. You won't want to miss it if you have seen them before. They have a brand new play with live music called 'The Commercial Traveller'. Funny, romantic and moving, it demonstrates the gritty determination to overcome an apparently unassailable problem through absolute love.

It is London, 1924, and rich and powerful tycoon and former East End barrow boy, Sir Arthur Cattermole, is not happy. His son, Gerald, whom he has spent his hard earned brass on to go to Eton, is in love with the girl next door, the beautiful Isabelle and daughter of hard up doctor, Cornelius Truss.

Love is a bunch of roses! Money is the thing!

So he sends Gerald to Africa to look after his cocoa business. The young lovers, of course, are heartbroken. The days pass like falling leaves and after a year no letters have come from Gerald. Isabelle is convinced he doesn't love her anymore, or has found someone else, so decides she will become a nun and live in Bexhill-on-Sea. But the widowed doctor's housekeeper, Elsie, who has virtually mothered Isabelle, has a plan. She knows a kind, good, gentle man, a commercial traveller, who will marry Isabelle and once married Sir Arthur will have no reason to keep Gerald away. Of course, Isabelle will have none of it at first, but Elsie persuades her mistress to trust her – that this complex knot of impossibilities will be unravelled. She will eventually be happy.



Then shockingly Elsie disappears into the London fog and is apparently found dead. Her devoted husband, Albert, Sir Arthur's butler, is devastated. A month passes and the commercial traveller, Cecil Cornford, does indeed turn up and marries Isabelle - and then, apparently too late to marry her himself, Gerald returns from Africa incognito. His letters had been intercepted and he does still love her. Albert sets about unpicking the knot and bit by bit it is unravelled.

Come dressed for an English summer! Open from 6.00pm for picnics. Bring your own low-backed chairs or a rug to sit on.

Tickets are available from Brian Harper-Lewis (07881-950707), behind the bar and the company's website – [www.therudemechanicaltheatre.co.uk](http://www.therudemechanicaltheatre.co.uk). Adults will be £16, Seniors £15, Students £12, Children £9 & Families £40.

# Notice of work at Twickenham Station



## Advance preparation works

In preparation for the 'possessions' on the weekend of the 10th and 17th June, it is necessary for us to carry out some work during night time engineering hours. This work cannot be undertaken during station operational hours.

Commencing 5th June for 2 weeks, the following works will be undertaken on the platform 4/5:

- The installation of ducts to facilitate the canopy removal on the 10th June 2017
- The removal and delivery of materials by hand using the existing station footbridge

This work will cause some noise disturbance. Site guard fencing with a layer of echo barriers will be used to reduce any disruption, and noise monitoring undertaken to manage the works.

We apologise in advance for any inconvenience caused.

## 10th June and 17th June 2017 weekend working

Twickenham Station will be closed on the weekends of the 10/11 and 17/18 June for engineering works on the line.

During this period, we will undertake further preparation work at the station and have possession of the station for 52 hours on each weekend.

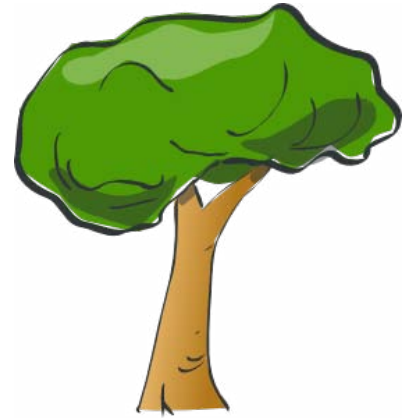
On the first weekend, we will take down and store part of the platform canopies. This will enable us, on the second weekend, to install the temporary footbridge between the platforms via a crane in the station car park.

While we have planned to conduct all noisy working in the day and early evening, we want to use the planned closure to achieve as much as possible and there will be work going on overnight.

As with the previous noisy works, we will use noise barriers to reduce any disruption and noise monitoring reports will be published on the project website.

# Have Your Say

## From The Friends of Udney Park Playing Fields



### **No + No + No = Really means No**

If the fight over the future of Udney Park Playing Fields was a boxing match the referee may have stepped in after three knockout blows in quick succession to the Fields current owner Quantum.

### **Knockout Blow Number 1 - LBRUT say yes to Green Space**

Perhaps the blow that leaves Quantum on the canvas? You will recall in January Quantum threatened our community and local sports clubs with boarding up Udney Park if the Local Green Status was not removed by Richmond Council (LBRUT) in the final Consultation on the Local Plan.

On 19th May 2017 the final Local Plan was published and demonstrated firstly how LBRUT had properly followed the statutory processes during the various phases of consultation in 2016/17 and secondly that the Local Green Space status on Udney Park stays in the Local Plan as:

“it (Udney Park) has been demonstrated to be special to a local community and will be protected from inappropriate development that could cause harm to its qualities”. Consequently the Local Green Space status will remain relevant to any Planning Application.

The feedback on the December Teddington Village Plan consultation was also published. Despite lobbying by: Quantum, the CIC to TAFC and TRFC members & Park Lane Surgery to their patients, the comments were approximately 4:1 against any building on Udney Park.

### **Knockout Blow Number 2 - GP Patients say no**

The Park Lane GP Surgery surveyed their patients regarding two sites for a new surgery: on Udney Park or on derelict land on North Lane. Over 950 patients responded; the result was an overwhelming 3½:1 Preference against building on Udney Park Playing Fields. 67% have Preference for the North Lane site versus 19% for Udney.

This result is consistent with UK Government data that suggests the NHS is unsustainable with the current levels of physical inactivity and hence outdoor recreation sites now have multiple statutory protections.

### **Knockout Blow Number 3 - LBRUT says yes to EIA**

Current owners Quantum on 10th April submitted a Consultants proposal to LBRUT that argued that their intended major development of 130 flats on a Playing Field did NOT meet the criteria for the developer to undertake a comprehensive Environmental Impact Assessment (EIA).

(an “EIA” is defined as the process by which the anticipated effects on the environment of a proposed development or project are measured. If the likely effects are unacceptable, design measures or other relevant mitigation measures can be taken to reduce or avoid those effects).

To lay-people it seems obvious that there would be huge Environmental Impact if ever any building took place on such a rare, precious urban playing field, and thankfully on 27th April LBRUT rejected Quantum’s proposal and instead demanded a comprehensive EIA.

Sadly on 12th May Quantum responded by asking the Secretary of State for a Direction on the EIA. If granted this overturns our elected Council’s decision, some of our members have asked if such a response befits a company which promises investors that it “engages with communities”.

What can you do to help protect every blade of grass on Udney Park Playing Fields?

During the election if you meet any candidates or their representatives please mention the threat to precious playing fields in Teddington. Our fellow campaigners “Neighbours of St Mary’s University” are also fighting against SMUT building student flats on the campus running track and adjacent rugby pitch, which are both used by our community.

From The Friends of Udney Park Playing Fields

Please follow us: Facebook ([Friends of Udney Park](#)) Twitter [@FUPPF](#) .  
You can email us at [fuppf.teddington@gmail.com](mailto:fuppf.teddington@gmail.com) or visit [www.saveudneypark.org.uk](http://www.saveudneypark.org.uk)

## Radnor Gardens

There was a lot of activity in Radnor Gardens on Wednesday 24th June. First a police van arrived, closely followed by a patrol car, blues and twos on. They were shortly followed by an ambulance.

It appears that a lady was in some distress and a good Samaritan had called for help. Luckily, the situation did not appear to be too serious and the lady received the help she needed.





# Classifieds



Share your memories of the Borough's Lidos  
Twickenham, Teddington, Hampton,  
Mereway, Richmond  
[www.LidosAlive.com](http://www.LidosAlive.com)



Stand Up Paddleboarding Club  
based at Eel Pie Island  
[www.EpicSUP.org](http://www.EpicSUP.org)

THE BARMY ARMS in association with THE BARMY ARMS presents:



**THE EEL PIE ALL-STARS**  
The Barmy Arms, Twickenham Embankment, TW1 3DU  
**SUNDAY, 6 AUGUST, 2017**  
Drinks and BBQ all afternoon. Music 2-4pm. FREE! Dress '60's if you can!



25 May till 3 September  
**Al Fresco in Church Street**

Thursday 6 till 11pm  
Friday 6 till 11.30pm  
Saturday 6 till 11.30pm  
Sundays and bank holidays 10.30am until 10pm  
[www.twickenhamthetown.org.uk](http://www.twickenhamthetown.org.uk)

## Come and try **BOWLS** 2017

**Teddington Bowls Club**  
Grove Gardens, Teddington TW11 8AS

### OPEN DAYS

**Sunday 28th May**  
10.00am - 12 noon

**Wednesday 31st May**  
6.00pm - 8.00pm

**FREE Coaching**

**Thursday 8th and 15th June**  
6.00pm - 8.00pm

For further information please call:  
Christine on 020 8943 1329



Discover the freedom of singing  
in Twickenham, on Tuesdays!

# vocality

Join our fun, friendly choir, where songs are learnt by listening and repetition.  
Everyone's welcome, but male voices are in particular demand!  
Free taster session: [www.vocality.co.uk](http://www.vocality.co.uk) or 07985 094322

# Classifieds

## POSTCARDS WANTED

### Cash paid for Old Postcards

& postally franked envelopes.

Required by local collector / dealer.

Please ring Alan to discuss on

07875 578398

## THE FALLEN OF ST MARY'S PARISH TWICKENHAM 1914-1918

The book costs £8 plus £1 p+p and is available from the Local History Society's website at [www.botlhs.co.uk](http://www.botlhs.co.uk). – click on 'Publications'. It can also be read and purchased at Twickenham Museum and Richmond Local Studies Library.

## PRINT DESIGN SERVICES

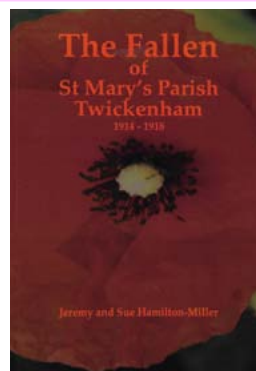
### Leaflets, flyers, posters, banners and more.

Print ready with bleed, crop marks etc

Supplied in Hi-Res Jpeg or PDF

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