

# The Twickenham Tribune

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Spring in Twickenham  
 Photo by Berkley Driscoll

# TwickerTape - News in Brief

## Radnor Cafe

Having closed at the end of last year the cafe in Radnor Gardens is open once again with new management, just in time for the good weather!

## Join the Community Conversation in 2019

The next round of ward Community Conversations – running from April to October – will provide the opportunity to start identifying local priorities and prepare the ground for the ward budgets to be introduced..

The first event will be for **St Margarets, North Twickenham and Twickenham Riverside wards** on **Tuesday 30th April** at Clarendon Hall, York House.

The deadline for pre-submitted questions is **Tuesday 23rd April**.

You can view the agenda [HERE](#)

More information on the Community Conversations can be found at

[https://www.richmond.gov.uk/community\\_conversation](https://www.richmond.gov.uk/community_conversation)

## Easter bank holiday recycling and waste collections one day later

Following the Easter bank holidays on Friday 19 April and Monday 22 April, Richmond Council will carry out waste and recycling collections (including garden waste collections) for domestic properties one day later than usual.

For example, Friday collections will take place on Saturday and Monday collections on the Tuesday. There will be no change for those receiving commercial waste and recycling collection services.

Normal domestic collection schedules will resume a week later on Monday 29 April.

For more information and collection dates, visit the website at

[https://www.richmond.gov.uk/council/news/press\\_office/older\\_news/april\\_2019/easter\\_waste\\_collections\\_one\\_day\\_later](https://www.richmond.gov.uk/council/news/press_office/older_news/april_2019/easter_waste_collections_one_day_later)



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TwickerSeal is enjoying the sunny weather this Easter Holiday weekend and popped along to the Twickenham Rough.

It seems that 600 people (and one seal) use the Rough every day!

Perhaps this number will increase once the Twickenham Station development is completed, as people flock to marvel at this beacon of architectural design?



# PART 123 – A HAPPY EASTER TO YOU ALL

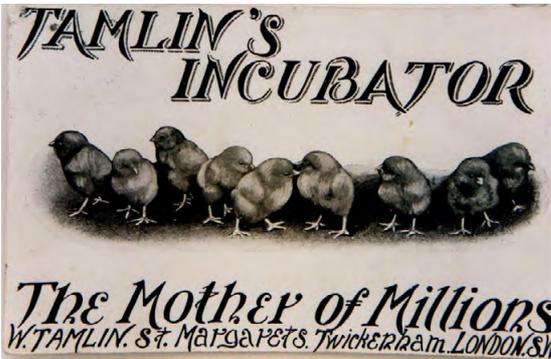
Picture postcards were first made available for sale in 1894 during late Victorian Times and were sent in huge numbers across the world and domestically until telephones became more available in the middle of the 20th century. The first recorded “sent” postmark from Twickenham was postmarked 28th June 1898.

As a means of communication, postcards changed the world. Supported by a postal service that offered 3 and sometimes more deliveries a day, they brought the concept of fast, distant communication to a public that had previously to shout over the garden hedge to communicate with anyone who wasn't in earshot. It cost a halfpenny on average to buy a postcard and a halfpenny to put a stamp on it to send it on its way.

That's a penny to communicate with anyone in the UK within 24 hours. Local postcards sent within a town were often delivered just a few hours later on the same day. A penny stamp was all that was required to send a postcard internationally.



It didn't take long for postcard publishers to realise the potential market and very soon countless millions of picture postcards were sent with real and printed photographs of the locality where they were purchased as well as covering every subject imaginable. Greetings cards were dropping through the nation's letterboxes in huge numbers. Cards were sent on every occasion including Christmas, Birthdays and Easter. Our featured Easter Greetings postcard this week was posted 105 years ago in 1912 and was typical of the genre.



It didn't take long for the commercial world to realise the advertising and marketing potential of postcards. Our second image also continues the Easter theme. I know nothing at all about the business of W. Tamlin of St Margarets other than they seemed to sell incubators. It is simply an image that came my way some time ago. If anyone can add any information on W. Tamlin of St Margarets please drop me a line.

This Easter weekend, perhaps you might like to pop over to the leisure centre at Tolworth on Easter Monday. The centre is hosting a postcard and ephemera (paper history) fair. I shall be there with stocks of local postcards from 1900 through to fairly modern cards, local photos and local books among everything else. Do come and say hello if you get there.

My search for old postcards continues. I am always looking for old postcards and old photograph albums etc. The postcards can be British or Foreign, black and white or coloured and of places or subjects. If you have any that are sitting unwanted in a drawer, in a box in the loft or in the garage or under a bed, please contact me on 07875 578398 or [alanwinter192@hotmail.com](mailto:alanwinter192@hotmail.com) I would like to see them and I pay cash!

**2019 BIG SURREY POSTCARD & PAPER FAIRS**  
www.specialfairs.co.uk  
**Monday 22nd April**  
\* With this advert. Half-price entry \*  
Next fair: Monday 27th May 2019

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• GIG/TRADE CARDS • PRINTS • MAPS •  
• CURRENCY CERTIFICATES •  
• BOOKS • COMICS • MAGAZINES •  
• PHOTOGRAPHS • STAMPS •  
• TICKETS • ADVERTS ETC •  
Early entry 8am-10am £4  
10am - 4pm £2

ENQS & BOOKINGS 07939 302425

# Twickenham Rough is a hit with local people!

It looks likely that over 200,000 people a year will use Twickenham Rough the newest green space in Twickenham which was formally opened in October by the Council and the developer St James.

It is situated next to the Brewery Wharf residential development opposite Twickenham Station. The footpath and cycleway starts behind the M Bar and Grill and extends to the Marsh Farm Lane footbridge by Craneford Playing Fields.



In the 1800s, the land was farmland and, following industrial development, it became sandwiched between the Old Sorting Office, the railway track and the River Crane, making it inaccessible to the public and it became overgrown.

When the Sorting Office was sold to St James for development it was agreed that Twickenham Rough would be transferred to the Council and become public amenity land. The Council is responsible for opening the gates at one end, with the developer holding responsibility for opening the gates at the other end.

Since it opened in October 2018, the Council, along with volunteers from Friends of the River Crane Environment (FORCE) have been working together to ensure that the new community asset is maintained and improved as a new link along the River Crane. And whilst it has only been opened for six months, a recent FORCE survey has shown that over 600 people are using the area every day – with this figure increasing every week. This could mean that over 200,000 people will travel through Twickenham Rough every year.

Cllr Martin Elengorn, Richmond Council Cabinet Member for Environment, said: “Since the Twickenham Rough opened to the public, more and more people have started using it as a route home, to school or college or work. This tranquil route provides respite for many pedestrians and cyclists, and I hope that many more will enjoy the natural green space.”

Twickenham Green  
TW2 5AH

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\*denotes new listing

\*Saturday, 20 April, 8.00. The Studio, Hampton Hill Theatre, TW12 1NZ. HONEST BETRAYAL by Pauline Butcher Bird, inspired by Frank & Gail Zappa.  
Info: <https://www.honestbetrayal.co.uk>

\*Tuesday, 23 April, at 8.00 at the Whitton Community Centre. BEST OF BRITISH, launch night of the 2019 cabaret season.  
Info: [www.twickenhamoperaticsocietymusicals.co.uk](http://www.twickenhamoperaticsocietymusicals.co.uk)

\*Tuesday, 23 April, Saturday, 27 April, at 7.45. Hampton Hill Theatre. OHADS presents BU21 by Stuart Slade. Six young people cope with a terrorist attack in the heart of London.  
Info: <https://www.positickets.co.uk>

Sunday, 5 May-Saturday, 11 May at The Studio, Hampton Hill Theatre, presented by Teddington Theatre Club. FRANKIE AND JOHNNY IN THE CLAIR DE LUNE by Terence McNally. Necessary to book early as this production is in the 50-seater studio theatre.  
Info: <http://www.teddingtontheatreclub.org.uk>

Saturday, 27 April-Saturday, 4 May, at The Mary Wallace Theatre, The Embankment, TW1 3DU Richmond Shakespeare Society present KINDLY LEAVE THE STAGE, comedy of love, life, reality and ... the stage.  
Info: <http://www.richmondshakespeare.org.uk>

Saturday, 27-Sunday 28 April, 9.30-5pm. At The Landmark Arts Centre. Teddington, TW11. TWICKENHAM ART CIRCLE shows its SPRING 2019 ART EXHIBITION.  
Info: <http://twickenhamartcircle.org.uk>

Saturday, 20 April at 1 pm. At Normansfield Theatre. in the Langdon Down Centre, TW11 9PS. The reappearance of THE MAGNIFICENT MUSC HALL. Well known music hall numbers, old jokes (the best), new jokes, slapstick humour, all on offer in this beautiful Grade II\*listed building.  
Info: <https://langdondowncentre.org.uk>

\*Saturday, 27 April, The Exchange Twickenham, TW1 1BE  
INSTANT OPERA presents their SPRING OPERA GALA.  
Info: <https://exchangetwickenham.co.uk>

Sunday, 28 April at 6.00 at St Mary's Church, Twickenham., TW1 3NJ. CHRISTOPHER HERRICK plays BACH. Free admission, retiring collection. Refreshments afterwards in the chancel.

Saturday, 27 April at 10.00 at Radnor House School, Cross Deep POPE'S GROTTA OPEN DAY. The Pope's Grotto Preservation Trust volunteers show how far the refurbishment has reached in this bejewelled subterranean passage under Alexander Pope's original garden, designed and created in the 18<sup>th</sup> century. The grotto is open to the public only a few times a year. Don't miss this opportunity.

Info: <https://popesgrotto.org.uk>

Jazz, rock, and blues music enthusiasts who head to the bars at The Cabbage Patch Pub in London Road are advised to visit the websites below to check what's on.

Sunday, 21 April at 7.45. Twickfolk: SINGAROUND: unplugged song circle.

Info: <http://www.twickfolk.co.uk>

Tuesdays: 7 May at 8 pm TWICKENHAM JAZZ CLUB: Kelvin Christiane's "All Stars" Big Band.

Info: <http://www.twickenhamjazzclub.co.uk>

Thursday, 8.30 at The Patch, TW1 3SZ. EEL PIE CLUB presents EARLYBIRD

Info: <http://www.eelpieclub.com>

Remember to check alternate Thursdays at 8.00pm at The Turk's Head, Winchester Road, St Margaret's, where the Pub Choir invites you to join in or just relax and listen.

\*Friday evenings from 7.30 at Arthurs on the Green, TW2 Live jazz from THE BUCKINGHAM TRIO. Jazz and Italian grub. What a combo!

Saturdays and Sundays. Fun and games for all the family, especially during the Easter holidays at ORLEANS HOUSE GALLERY, Riverside TW1 3DJ.

Info: <https://www.oreanshousegallery.org>



**The Tree Agency**

darryl parkin

The Treehouse  
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# SURREY FOOD FESTIVAL

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Head Chef - The Petersham Hotel



**SASHA GILL**  
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# MARATHON MAN FROM HAMPTON

## Doug Goodman meets Paul Cuddeford, a man determined to save the Rhinos

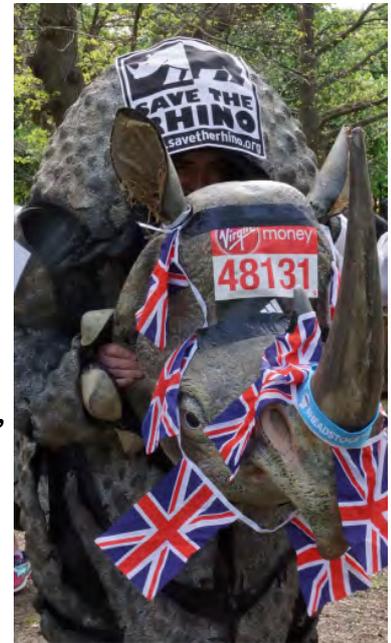
Paul Cuddeford from Hampton has a passion for rhinos and on Sunday 28th April he'll be taking part in the London Marathon to raise money for Save The Rhino. Along with the thousands of competitors will be 56 running for the charity including 15 in rhino costume. Last year the charity's runners raised £133,000.

Paul, a resident of Hampton for 18 years believes that rhinos deserve our protection. "They are majestic and gentle animals," he says. He has completed 16 consecutive Marathons on behalf of Save The Rhino – all in costume – and plans to run



*Rhinos at Whipsnade*

50. Paul has raised over £15,000 for the charity and hopes to raise a minimum of £2000 from the big event at the end of the month. He has covered 629 miles in a hot and heavy outfit and aims to reach 1000 miles running many different races in the next three years.



*Paul in Rhino costume*

If you happen to be lining the route or in St. James Park at the end of the run do give the rhinos a wave and a cheer.

[www.savetherhino.org](http://www.savetherhino.org) is dedicated to conservation, environmental education and providing training and support for rangers overseas to prevent the tragic decline of rhinos through poaching.

Post script. The last wish of Doug's daughter. Dr. Emily Goodman an environmentalist, before she died from pancreatic cancer, was to continue efforts to protect rhinos. She had encountered the animals in Tibet and ran the Marathon in 2009 age 28 a year before she died.



*Emily Goodman in 2009 on completion of The London Marathon*



# Twickenham Stoop Antique Fair

Antiques, Art Deco, Vintage, Collectables

## Sunday 12<sup>th</sup> May

### Twickenham Stoop Stadium

The home of Harlequins Rugby Club

10am - 4pm. Entry £3

OAPs / Students £2

Trade Entry 9am £4

Free parking, Café

Over 100 indoor stalls  
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Bookings/Information: 07519276507

Email: [info@haddonevents.co.uk](mailto:info@haddonevents.co.uk)

Web: [www.haddonevents.co.uk](http://www.haddonevents.co.uk)



## Easter Sunday

Good time for a wildlife walk/Easter Egg hunt along the Beautiful River Crane as amazing wildlife are emerging in the warmer weather.

We have seen our first Bat, Egyptian Geese Chicks, Comma and Peacock Butterflies and buds galore!

***This Bumble Bee on the Berberis was one of a multitude of pollinators seen last week.***

We have an expert from British Native Wildflowers called Scott who is identifying our photos on Flickr so if you want to know what the name is of some of the flowers/plants you spot then take a look on our website. One of the 'White Bells' we photographed was named as Three-Cornered Garlic and it has the familiar smell too.

If you are of the Krishnamurti or Shakespeare school of thought you may not care what something beautiful you see is labelled but it does help if you want to share information.



***Comma Butterfly and Two of Eight Egyptian Geese Chicks.***



A supporter contacted us to report a load of rubbish dumped by Mill Road entrance to the River Corridor and litter is a huge problem for wildlife, as well as being an eyesore, so please consider picking up and removing anything plastic or hazardous you see on your walk and disposing of it responsibly.

You can report fly tipping on the Council website or contact the Parks Department on the number given on the notice boards along the route.

# St Mary's University Update

## Win Two Tickets to the Beatles in Twickenham Exhibition Launch Event

The Exchange Twickenham is delighted to give readers of the Twickenham Tribune the chance to win two tickets to the launch of the Beatles in Twickenham Exhibition on 1st May 2019.

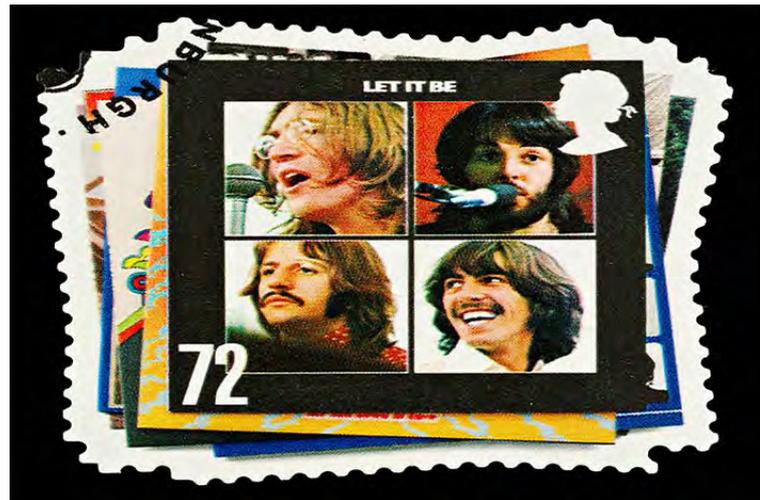
The Exhibition will open at The Exchange Twickenham at a private viewing on 1st May 2019, before being open to the public until July. The Exchange is an arts and community centre located in the heart of Twickenham and is operated by St Mary's University. Since the plans for the Exhibition were announced in November, local residents and fans have been sending in their photographs, memorabilia, and sharing their memories of

The Beatles filming in the Twickenham area. The Beatles in Twickenham, is a project developed by The Exchange and St Mary's University, supported by Richmond Borough Council's Civic Pride Fund and Twickenham Studios. The project focuses on and celebrates a unique period in the 1960's when 'Swinging' London was at the heart of the pop, film, art and fashion worlds, and the Twickenham area developed a long association with the most famous pop group in the world.

The project is timed to mark the 50th anniversaries of both the historic Hey Jude TV broadcast and the subsequent Let It Be sessions in January 1969, both filmed at Twickenham Studios. Before this, The Beatles had already formed a strong connection with the area, making a number of their ground-breaking feature and promotional films in part at least, at the St Margaret's-based studios. Famous filming locations included a key sequence in Help! filmed on Ailsa Avenue, and Ringo's famous pub scene in A Hard Day's Night filmed in the Turks Head on Winchester

Rd.

Stuart Hobday, Creative Director of The Exchange, said: "We weren't sure what response we would have as The Beatles history and association with Twickenham is relatively undocumented.



"However, we have been delighted with the amazing photographs, memorabilia and memories that local residents and fans have shared with us and very kindly donated for the exhibition.

"Some of the photographs have rarely been seen and we have even had a rare Beatles acetate recording loaned to us from a local resident, whose father worked as a sound engineer at Twickenham Film Studio's on the 'A Hard Day's Night' and 'Help' films"

The Exhibition officially opens on Wednesday May 1st with a private viewing. Thereafter, entry to the exhibition is free for all members of the public and it will run until the end of July.

There will be 5 accompanying Beatles related events at The Exchange including a showing the 'A Hard Day's Night' film on May 7th and a talk with Beatles expert Mark Lewisohn on May 17th.

**See next page for competition**

# Competition

For your chance to win the two free tickets to the **Beatles in Twickenham Exhibition Launch Event**, email [marketing@stmarys.ac.uk](mailto:marketing@stmarys.ac.uk) with the answer to the following question:

Which of the following was not filmed at Twickenham Studios?

- A) A Hard Day's Night
- B) The Wall
- C) Help!

Answers must be submitted before 5pm on Monday 29th May with the subject 'Twickenham Tribune Beatles Competition', and include your name and a contact number. Winners will be selected from a random draw of the correct submissions and will be contacted on Tuesday 30th May.



St Mary's  
University  
Twickenham  
London



(Above) Boys and Girls Gala at Mereway Bathing Place

## Mereway Bathing Place

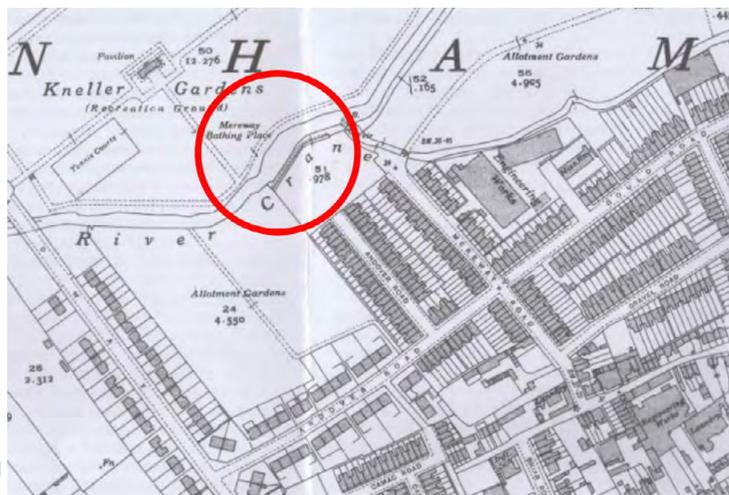
The First Public Swimming Venue In Twickenham

Mereway Bathing Place, used as a lido between 1895 and the 1930s, was at the top of Mereway Road on the River Crane. It was a bathing place from the 1890s and was used by Twickenham Swimming Club and the venue for school swimming galas.

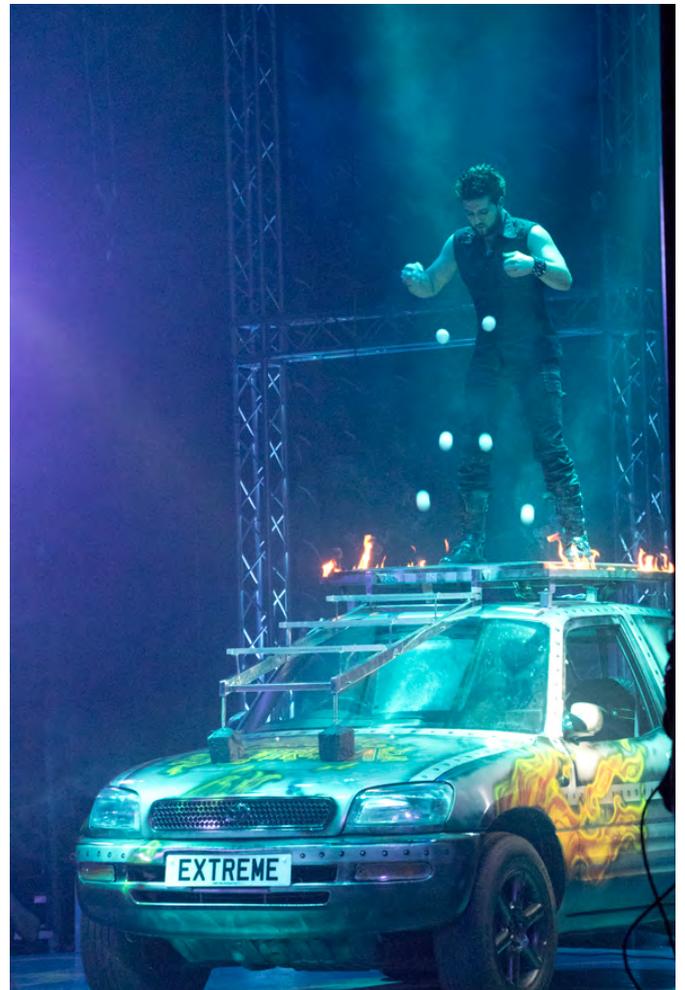
### We Need Your Memories!

We will be installing a display board to commemorate Mereway Bathing Place and if you have memories, photos or memorabilia that can be used for the board, then please contact us at the email below.

[contact@LidosAlive.com](mailto:contact@LidosAlive.com)



The Twickenham Tribune was invited to **Circus Extreme** Photos by Berkley Driscoll  
For details of dates and booking (Old Deer Park, Richmond) visit their [website](#)



# Mereway Bathing Place

Soon after last year's election the Richmond Environmental Information Centre (REIC) received a Civic Pride grant for the Commemoration of Mereway Bathing Place: the first Council organised swimming venue on the Twickenham side of the borough. ([www.lidosalive.com](http://www.lidosalive.com)).

The Richmond Environmental Information Centre (REIC) has a successful history of historical research and the production of history boards in our public space; see the two A0 history boards in Warren Gardens on pages 1 and 2 in [Edition 21](#) of the Twickenham Tribune.

Mereway Bathing Place, used as an outdoor swimming venue between 1895 and the 1930s, was at the top of Mereway Road on the River Crane.

Outdoor swimming was an important part of Twickenham's social fabric and its social life during the early twentieth century and is the legacy of a number of local swimming families. One such family has contributed a photograph of relatives who were keen swimmers and who all swam at Mereway; this is an important primary source of our local history and as one of the only relevant surviving photographs of this era it is appropriate that it should occupy a central position on the history board.

The latest version of the board, using InDesign, has been produced in black and white, the white background highlighting and emphasizing the old photographs. Black text on the white board makes for easy reading. This latest version follows two earlier designs and it is hoped that this design has achieved clarity. The original artwork was for an A0 design but a smaller version has been now been produced following Council instructions.

Previous articles about Mereway Bathing Place can be seen in earlier issues of the Twickenham Tribune: 93, 94, 95, 96, 97, 98, 99, 100 and 127. However, there is still time to contact the REIC if you have any memories or if you would like to suggest the exact positioning of the board to be put forward to the Council. Email: [info@reic.uk.com](mailto:info@reic.uk.com)

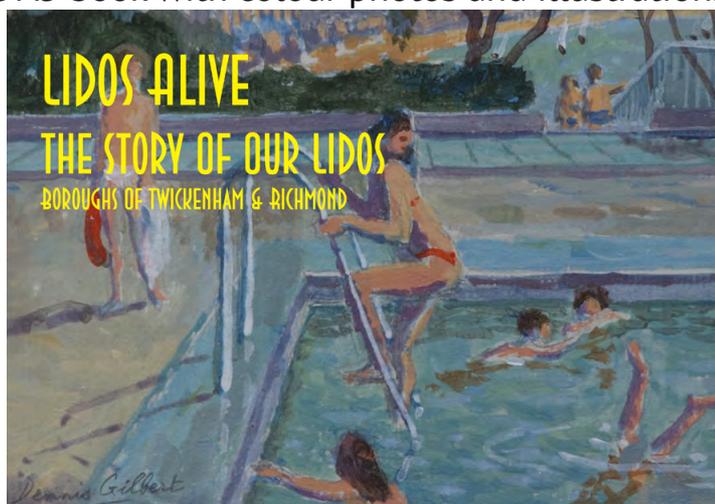


*"My Dad and his five brothers learnt to swim at the Mereway lido" Brenda Whittaker*

## An Ideal Present for just £6

Lidos Alive – the Story of Our Lidos - is a 63-page A5 book with colour photos and illustrations full of interesting information about the history of outdoor swimming in the Borough and the rise of the lido. Contents include Mereway Bathing Place, pools in Bushy Park, Hampton Pool, Teddington Pool, Hampton Wick, Tagg's Island, Marble Hill, Twickenham Baths, Pools on the Park and other interesting stories.

Books can be purchased at Crusader Travel in Church Street, Twickenham and Premier Wines next to Strawberry Hill Station.



# Independent panel set up to review designs of future larger developments in the borough

Architecture, regeneration, design and landscape professionals are now offering guidance and expertise on significant future developments in Richmond upon Thames, through an independent Design Review Panel.

The Richmond Design Review Panel has recently been set up by the Council with the aim of raising the standard of design quality in the borough. It is an independent advisory body and its reports will contribute to the decision-making process as new proposals enter the pre-application stage.

Members of the panel include experts who specialise in architecture, planning, landscape architecture, urban design, engineering, transport planning and heritage conservation. They complement services already provided by the Council's planning team.

The panel looks mainly at applications of 10 residential units and above as well as schemes over 2,500 sq. m non-residential floorspace, tall buildings proposals, significant public realm schemes and those that have a significant impact on heritage assets.

Whilst the panel has now been set up, there are still opportunities for any local architects and professionals in the built environment to become members. Those wishing to join are asked to express their interest by emailing [RDRP@richmond.gov.uk](mailto:RDRP@richmond.gov.uk)

Cllr Martin Elengorn, Richmond Council Cabinet Member for Environment, Planning and Sustainability, said:

*"It is an important time for regeneration in Richmond upon Thames as we seek to meet our increased housing targets on the limited number of development sites in the borough. Both the Government and the Mayor of London encourage independent design review arrangements and we believe the panel will raise the design quality of new developments across the borough.*

*"Good design has the power to change our lives for the better. It should not be an add-on but must be embedded at every level of urban design from the way buildings interact and connect with existing development, the streets and the community to sustainability, biodiversity and hard and soft landscaping.*

*"The panel is made up of a group of professionals and their expertise will be instrumental in furthering Richmond's commitment to achieve the highest quality architecture and design across the borough."*

All panel members have to adhere to a three-year commitment under a comprehensive set of Terms of Reference. A strict conflict of interest check will be carried out to ensure the panel operates in the most transparent and objective manner.

For more information, or to register your interest, go to:

[https://richmond.gov.uk/richmond\\_design\\_review\\_panel](https://richmond.gov.uk/richmond_design_review_panel)



# Traffic Pollution – The Invisible Killer & How to Fight It



**Thursday 2<sup>nd</sup> May, doors 7.30pm**

**The Exchange, 75 London Road, Twickenham TW1 1BE**

## **Speakers:**

- **Professor Roger Mason**, on local air pollution and health;
- **Caroline Russell, London Assembly Member**, on how the London Assembly is tackling traffic congestion;
- **Paul Gasson**, on Walthamstow's experience of introducing low-traffic neighbourhoods.

**Refreshments will be served between 7.30-8pm, when the talks start, followed by a Q&A session.**

Tickets – Free, but please register on

<https://traffic-pollution-the-invisible-killer.eventbrite.co.uk>



This event is hosted by Richmond & Twickenham Green Party, published & promoted by Andree Frieze, 139 Latchmere Lane KT2 5NX

# KINDLY LEAVE THE STAGE

by **John Chapman**

Directed by Scott Tilley

Richmond Shakespeare Society  
**RSS**  
at the Mary Wallace Theatre

**The Mary Wallace  
Theatre**

The Embankment  
Twickenham  
TW1 3DU

**Saturday  
27<sup>th</sup> April to  
Saturday  
4<sup>th</sup> May 2019**

**Box Office  
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affiliated to artsrichmond**



***Will true love prevail? Is death on the cards?  
Or is everyone just over-acting?***

# TEDDINGTON'S PREMIER (ONLY) FOLK/ACOUSTIC MUSIC CLUB

By Peter Middlehurst

[www.petermiddlehurst.net](http://www.petermiddlehurst.net)

I think we started up in 1976 or 77 (I still haven't been able to dig out the relevant diaries). At the time I was teaching two evening Folk Guitar Classes for Richmond Adult College – one at Parkshot and the other at Waldegrave School. I thought it would provide an opportunity for students to perform in public and mix with other players/listeners.

A member of one of the classes knew the landlord of The Railway in Teddington and persuaded



him to let us have free use of the function room on the first floor. I decided that once a month was a decent interval and the last Friday was reasonably easy to remember. There had previously been an occasional Folk Club at the Adult College where the charge was 30p. I thought that this was rather on the expensive side, so decided on a 10p admission charge which allowed for a bit of a kitty to meet occasional expenses (mince pies at Christmas etc).

Numbers gradually grew and we became listed as a venue for Teddington Singles Club and also attracted a group of bicycle riders led by Simon the Cyclist. Most Fridays past off without too much excitement but on one occasion I was threatened with violence if I didn't allow someone to play (a spot was found) and at another time I had to interrupt a singer who launched into the complete version of Alice's Restaurant (about 30 minutes if completed). It also provided a venue for those legends in their own front rooms – Dennis and the Elbows, The Surbitones and King Street Smith. Somewhere along the line we produced a cassette tape featuring Quiet Folk (I think Noisy Folk were absent that month) and the infamous Dave McKenzie (who subsequently emigrated to find fame and fortune in Wigan).

Landlords came and went but somehow they kept putting up with us (providing an extra 80+ drinkers probably helped). Twenty years came and went but when I moved to Cornwall I decided that regular Friday trips was a mile or two too far. Fortunately Peter London, Sheila Ferguson and others agreed to carry things on. Since then there has been the move to The Adelaide, a change to the first Friday of the month (still reasonably easy to remember) and a bit of a name change (Acoustic Music) as well as the addition of the extraordinary organisational skills of Mr Jeff Porter.



## EVERYTHING STOPS FOR TEA!

A great new cookbook's just been published; **The Perfect Afternoon Tea Recipe Book**. It's the sort of reference book that you will keep forever - it even has step-by-step photos of many recipes. This one, delicious, volume contains everything you need to know about and serve the best afternoon tea. And what better time to rustle up some teatime delicacies than this Easter weekend, or one of the other bank holidays we will be enjoying soon. And with the weather improving, you could even host an al fresco tea party In your garden or one of our parks.

Savouries include sandwiches, quiches, sausage rolls, little pies and other tasty nibbles. There are teabreads, biscuits, bars, meringues, celebration cakes and lots, lots more. Teatime etiquette, traditions, how to prepare and serve the perfect cuppa are all included. Antony Wild, one of the co-authors, was buying director for a famous tea company so certainly knows his leaves. Carol Pastor is a well-known cookery writer with a special interest in patisserie and the author of many books.

Here are a couple of recipes: **Chunky chocolate & banana cupcakes** that will be perfect for a Bank Holiday baking session and also **Oven-baked potato cakes** – both of which sound scrumptious!

**Chunky chocolate & banana cupcakes** Luxurious and moist but not overly sweet, these cakes are simple and quick to make for afternoon tea. They taste best if served while still warm, when the chocolate is soft and gooey. The cakes will keep for a couple of days. Recipe makes 12

90ml/6 tbsp semi-skimmed milk  
2 eggs  
150g/5oz butter, melted  
225g/8oz plain flour  
5ml/1 tsp baking powder  
150g/5oz golden caster sugar  
150g/5oz plain chocolate, cut into chunks  
2 small bananas, mashed

1 Preheat the oven to 200°C/400°F/ Gas 6. Arrange 12 paper cases in a muffin tin.

2 In a small bowl, whisk the milk, eggs and melted butter together until combined.



3 Sift together the flour and baking powder into a separate bowl. Add the sugar, chocolate and bananas to the flour mixture.

4 Stir gently to combine, gradually stirring in the milk and egg mixture, but do not beat it. Spoon the mixture into the paper cases.

5 Bake for about 20 minutes until the cakes are risen and golden.

6 Allow to stand for 5 minutes, then turn out and leave to cool on a wire rack.

Cook's tip: Choose bananas that are fully ripe and can be mashed easily

**Oven-baked potato cakes** Potato cakes come in a variety of forms, but they're all at their best if made with freshly cooked potatoes, preferably while still warm. Serve fresh from the oven, split open and buttered. Makes about 12

225g/8oz self-raising flour, plus extra for dusting

2.5ml/½ tsp baking powder

50g/2oz butter, diced

pinch of salt

175g/6oz mashed potato

15ml/1 tbsp chopped fresh chives

200ml/7fl oz buttermilk



1 Preheat the oven to 220°C/425°F/Gas 7 and lightly grease a baking tray with butter.

2 Sift the flour and baking powder into a bowl and rub in the butter. Season with salt.

3 Add the mashed potato and chives. Mix well, and then incorporate enough buttermilk to make a soft dough. Turn on to a floured work surface, knead lightly into shape then quickly roll out.

4 Cut the dough into squares with a sharp floured knife or stamp out into rounds with a 5cm/2in cutter.

5 Place the squares or rounds on the greased baking tray and bake in the preheated oven for about 20 minutes or until well risen, golden brown and crisp. Remove to a wire rack to cool slightly, then serve warm.

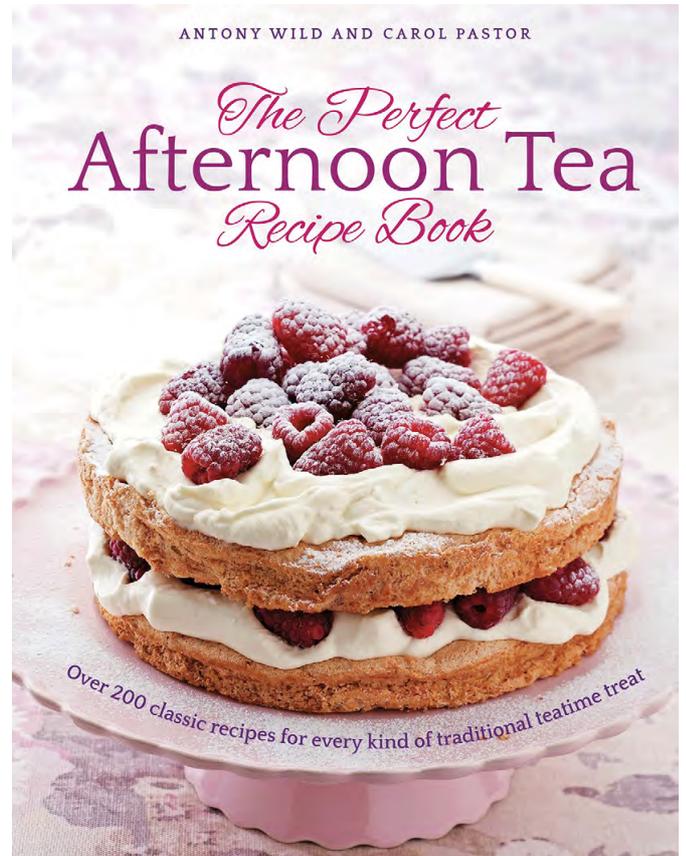
# COMPETITION

## WIN A COPY OF THE PERFECT AFTERNOON TEA RECIPE BOOK

We have a copy of this fabulous hardback book, published by Lorenz Books at £15 to be won by one lucky Tribune reader.

To enter, just tell us which Earl is famous for his links with tea. Email your answer as the subject header to [win@twickenhamtribune.com](mailto:win@twickenhamtribune.com) by noon on Friday 26 April. No cash alternative and the entry deems permission to name the winner in the paper.

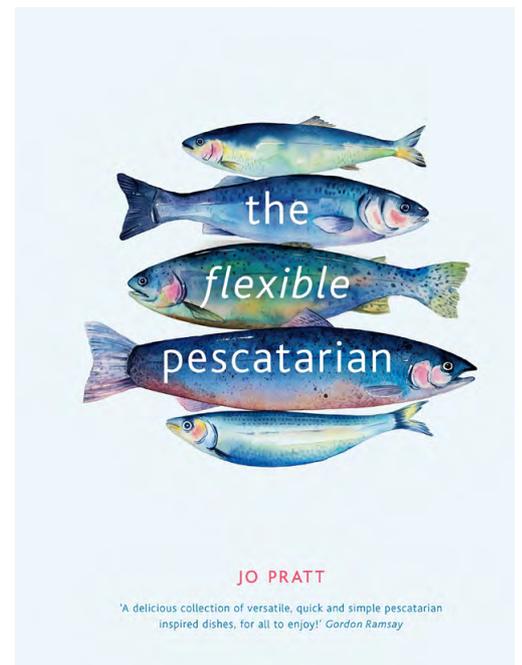
**Have a lovely Easter weekend everyone.**



## Winner of a Signed Copy of The Flexible Pescatarian plus Tickets to The Surrey Food Festival!

**IS**

**Lucy Leach  
Twickenham**



# PIEDMONT – HILLS AND WINE

*Premier Wine*

By Michael Gatehouse



Piedmont, tucked away in the North West corner of Italy, bordering Switzerland and France, is surrounded on three sides by the Alps. The vineyards of Piedmont are predominantly hilly, and dotted with small towns and castles. It's one of the most beautiful places to grow vines, and I am envious of those who do so. I remember my friend Cesare walking into his vineyard at Borgogno to sniff the air and look at the sky. For him this was part of his job. And the wine he made is called Barolo.

Barolo, the king of wines. Made from the Nebbiolo grape, this immense wine can age in bottle for generations, but nowadays some winemakers are creating fruitier, more approachable wines. A classic Barolo will be light garnet in colour but rich and deeply concentrated, with an extraordinary range of smells and tastes, from leather to eucalyptus, tar and roses. Try the Barolo 'Flori' from the Araldica co-operative; at £19.99 it's great value as an introduction to this famous wine. For those of you comfortably off, there is the single vineyard 2011 Barolo Rocche dell' Annunziata from Aurelio Settimo for £58.99. Spices, violet and wild fruit await the lucky drinker, with a beautiful soft, fragrant finish.

Barolo isn't the only wine made here; nestling in the Langhe hills is the Barbaresco wine area. Also made from the Nebbiolo grape, it's often been described as Barolo's little brother; with the same flavours, just not quite as tannic and intense. There are generic Nebbiolos made; sometimes known locally (and amusingly) as 'Spanna'.

The other great grape of Piedmont is Barbera. Though it is widely planted throughout Italy, the best examples come from near the towns of Alba and Asti in the Monferrato hills. Barbera was seen as a workhorse grape until Giacomo Bologna's 1982 Bricco dell'Uccellone stunned wine lovers upon its release.

No one had imagined that Barbera could produce such rich, structured wines. Winemakers promptly acted accordingly, lowering yields to improve quality, and ageing the wines in wood. Crocera Barbera d'Asti Superiore at £10.99 is a full flavoured juicy red with seductive spicy notes and dark chocolate.

Other wines made in Piedmont include Dolcetto, from the grape of the same name, lighter and made to drink young, and Arneis, a white grape found in the Roero hills which produces a delicious full bodied dry wine.



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Whitton



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Live Music

Family Fun Day



# Saturday 20th April

11.00am - 6.00pm

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**Fairground Rides**  
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**Fun & Games**

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## Fashion: Fads and Trends

Poetry Performance at The Adelaide, Teddington, 7<sup>th</sup> April

There was a poignant gathering for the April session of Poetry Performance, which was dedicated to Frances White, who died earlier in the year from Motor Neurone Disease. A regular contributor, she was a familiar figure at poetry festivals, and a member of Words, the poetry group founded by the daughter of Dylan Thomas. There was standing room only, as poems from Frances's collection *Swiftscape* were performed. These included *The Black Cuillin*, where Frances's twenty-two year old brother died on the Isle of Skye



The second strand of the evening focused on the theme of Fashion and Trends, which was interpreted in many varied and humorous ways by the many poets who attended this session. The evening concluded with music from Kevin Taggerty and French Lessons who gave a brilliant rendition of *Dedicated Follower of Fashion*.

Read Celia Bard's review at [www.markaspen.com/2019/04/09/fash-fads-trends](http://www.markaspen.com/2019/04/09/fash-fads-trends)

## Annual Photography Exhibition 2019

Richmond and Twickenham Photographic Society at Landmark, Teddington until 22<sup>nd</sup> April

The Landmark, the erstwhile 'Cathedral of the Thames Valley', currently shows off the cream of local photography, some being images which recently gained Royal Photographic Society distinctions.

Balm to the senses there are early morning mists rising over dewy meadows, the brume lifting from seashore creeks and, gazing out to sea, towering craggy protuberances dotting the view to the distant horizon.



Digital photography has afforded many differing techniques, special papers produce varying results, the framing and presentation has an effect too. Images of leaves taken with an infrared lens in the plant house in Kew are particularly beautiful.

The unnerving stare of owls catches the attention, the downward sweep of its wings rendering one owl into a feathery ball. Equally unnerving are hooded Spanish Paschal penitents seeking absolution.



Read Diana Bucknall's review at

[www.markaspen.com/2019/04/12/photoex-19](http://www.markaspen.com/2019/04/12/photoex-19)

Photography by Marcus McAdam, James Kirkland and John Penberthy



# The Importance of Being Earnest

by Oscar Wilde

Q2 Players, National Archives Theatre until 13th April

Review by Matthew Grierson

*The Importance of Being Earnest* is, at face value, a play about appearances. It relishes them and the fictions woven around them – the Bunburyism that is Algie’s creed – rather than the realities they conceal. To paraphrase another wit: sincerity is all that matters, and once you can fake that you’ve got it made. In this respect, Q2’s production of Wilde’s classic comedy works when it keeps up appearances, and suffers when it fails to maintain them.



The confected lives of Jack and Algernon convince as long as one doesn’t linger too long over their absurdities. There is an eagerness to please that evidences the earnestness of the cast. To coin a Wildean apothegm, to play *The Importance* as a string of funny lines may be a misfortune, but *not* to play it as a string of funny lines would be careless. And one could hardly in this instance say the lines were immaterial, as they conjured the requisite laughter throughout the audience.

Hugh Cox lights things up from the start, with his perky and expressive Algernon. I’d say he owes something of a debt to Bertie Wooster, only that would be a little anachronistic, and Algie is also quicker on the uptake than Wodehouse’s hero. As Algie’s Aunt Augusta, Tim Williams takes this production down the line of the pantomimic. It’s a brave move, but Williams gives a solid performance, in several senses, anchoring the particular tone of this staging, and he neither milks nor underplays the “handbag”.

In the role of Augusta’s daughter Gwendolen, Rachel Burnham offers a fully crafty portrayal, from which it is hard to take one’s eyes. Equally watchable is Ellie Greenwood as Cecily, confined to the countryside by her guardian but living an imaginary life through her diary ...



Read Matthew Grierson’s full review at [www.markaspen.com/2019/04/12/earnest-q2](http://www.markaspen.com/2019/04/12/earnest-q2)

Photography by Simone Germaine Best

# Glengarry Glen Ross

by David Mamet

ATG and Glass Half Full Productions at Richmond Theatre, until 20<sup>th</sup> April, then on tour until 4<sup>th</sup> May  
Review by Matthew Grierson

The secret of a successful magic trick is distracting the audience from the sleight of hand involved. But if sales is a kind of magic, then the customer can just as easily be distracted by being told the mechanism by which the deal itself is made. After all, if the salesman is telling you how he is doing it, he can't be untrustworthy – can he?



The deals to which we are party in Sam Yates's slick revival of *Glengarry Glen Ross* have exactly this quality about them. When we first encounter Nigel Harman's mesmeric Ricky Roma, he is deconstructing the art of the sale over a drink in a Chinese restaurant, telling us how it depends on living in the here and now and that one needn't nurse remorse about what one wants or how one gets it. It doesn't matter that what he's talking may be bulls\*\*t: he absolutely sells it.

More to the point, he absolutely sells us the idea of Ricky as a seller. James Staddon as the hapless James Lingk hangs on his words as much as we do, and it gradually becomes clear Ricky is talking his fellow diner into a deal. As we're reminded, 'Always be closing.' And as the first act closes, the lights dim and Harman seems positively Mephistophelean.

The play's careful balance of tragedy and comedy is apparent here. Careful stagecraft does not labour the conflict Mamet has cleverly dramatised between the ruthless free market and the rule of law ... ..

Read Matthew Grierson's full review at [www.markaspen.com/2019/04/16/glen-ross](http://www.markaspen.com/2019/04/16/glen-ross)



Photography by Marc Brenner

# Traveller's Tales 27

## HIGHWAY PATROL



### Doug Goodman goes on patrol with the cops in Twickenham

A comment I made about 'trigger happy' cops at a party in a friend's house in Huntsville Alabama was overheard by a neighbour. This led to an instant reproach – "young fella you've got it all wrong," came the reply from the man who turned out to be the recently retired police chief of Huntsville. "Meet me tomorrow for breakfast and I'll put you right," he ordered. The follow morning with some trepidation I climbed aboard his giant pick-up truck and had to move a gun belt from the seat. I was told that all serving and retired police officers always carry their side arms even when off

duty. This only helped to reinforce my images of cops in the USA. We headed to downtown Twickenham – and yes it was named after our own town – for a hearty breakfast. My traditional breakfast, eaten at any time of the day, consisted of grits, sawmill, red eyed gravy, bacon, eggs, waffles and the strongest coffee I've ever drunk. My programme of 'enlightenment' was outlined by the chief; first a visit to a gun store and shooting range; a drive



*No trains to Waterloo*

south to meet the local cops and then a trip to the police weapons' testing range. "Was that OK for the morning's education?" I was asked. I could hardly contain my excitement at the thought of all those 'boys' toys' to try.

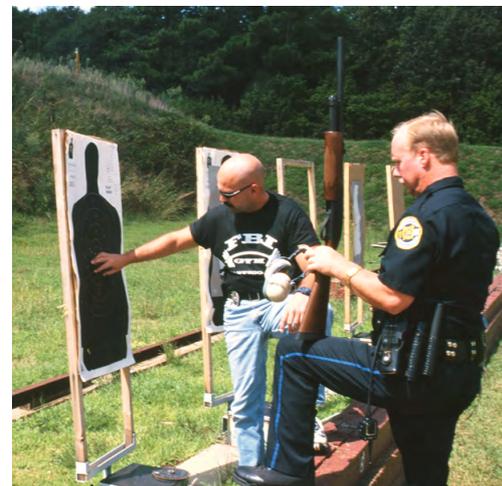
### NEVER A SHOT FIRED TO KILL

The gun store was piled high with weapons – hand guns, rifles, shots guns and what looked like automatic weapons, some with 'reduced price' labels. "Ask if you can buy one", I was instructed. The response from the store owner was interesting. 'Yes if I had resided in the county for three months as an American citizen, yes if I passed a stringent police check and then waited for 3 months'. 'No if you were not an American citizen or had any sort of criminal record'. Then you might be allowed to own a gun but further checks and permits were required if you intended to carry it around. We proceeded to the basement



*Gun Store*

where I had a choice of several guns to try out. What a decision to make. The chief came to my rescue and suggested a 9mm Beretta as a light-weight starter. Alongside, in rows, at the shooting gallery were kids, elderly couples and a cross section of the population all blasting away at targets about 15 metres distant. The noise was deafening despite the ear protectors and the smell of gun smoke was quite overwhelming. I did well with every shot within the target! After that session, where law-abiding citizens practice their skills in case of emergency, we left for the open air ranges.



*Firing range*

The drive down the highway with sirens blaring was amazing and although we didn't stop in a cloud of dust with a handbrake turn, it was quite a satisfying trip. Heavy gunfire greeted our arrival and I almost expected to see a major battle underway. It was, however, a range for testing new weapons before acceptance by the force and the noise came from new pump-action shotguns. I was introduced to some five officers in black uniforms and told to ask them if my image of 'trigger happy cops' was accurate. Before posing that tricky question I turned to the chief, knowing he smoked big cigars and offered him one from a box of Cuban cigars I had brought with me from the UK. That was a potentially unwise gesture as I was loudly informed that I could be arrested or fined for the illegal importation of foreign, prohibited goods. But to avoid any judicial process, if I handed the cigars around all would be well. I did and all was very well. The officers all said that while they occasionally drew their side arms to threaten a hoodlum not one had ever fired a shot to injure or kill. "The hoods know we are better armed and



*On Patrol*



*On patrol in Twickenham*

more accurate with our guns than they are so we don't need to fire", I was informed. After that I was encouraged to fire the new automatic shotgun. My right shoulder has never quite recovered.

## **SPACE STATION.**

Huntsville is the NASA Center for space exploration where the first space station was being built. My friend, who had worked with the German rocket scientist Werner Von Braun, took me to the research centre where I got a brief sight of the future space station. Huntsville has one of the largest US museums devoted to space exploration; a space training camp for budding astronauts signs up

teenagers for a few weeks realistic training – one look at the machine that whirls the victim around at high speed really put me off intergalactic travel. The rocket park, films, space suits, moon dust and space capsules provide a memorable day out. In downtown Huntsville you'll find the historic Twickenham district. It was named by Leroy Pope, who may have come from our own Twickenham but I have yet to do the necessary research. The preserved railroad station no longer has commuter traffic but vast freight trains still thunder through. Twickenham has the largest number of ante-bellum houses in the South and offers visitors recreated shops from Civil War times and a history museum as well as well-preserved city buildings from early 19th century in the Greek and Federal style. On my last day in a very friendly and welcoming town I was asked at a gas station where I was from. "Is that London in Europe?" was the surprised reply. "We'll yawl have a gerd day," was the parting wish.



*Join the space race*



*Space Museum in Huntsville*

## A ROOM WITH A VIEW

Africa and Europe from a penthouse veranda at the Elliott Hotel, Gibraltar



<http://worldinfozone.com/features.php?section=Gibraltar>

# FOOTBALL FOCUS



## BRENTFORD FC

### DEFEAT AT READING LEAVES BEES IN 14TH PLACE READING 2 – BRENTFORD 1    ATT 16,892

Two goals from Reading attacker Yakou Méité inside the first 15 minutes ensured it was another away day to forget for Brentford last Saturday. The forward ensured the game was effectively over just past the quarter hour as he converted at the end of a swift break and then headed in a free kick soon after. Neal Maupay halved the deficit just before half time but that was as good as it got for The Bees.



Reading probably deserved their 2-1 win overall. They built on their first goal and could have been further than 2-0 up after the first quarter hour. They had to withstand a comeback from Brentford and were thankful for the half time whistle just after Maupay's goal. But they defended well in the second half, particularly during a late onslaught, to take the win and stop Brentford adding to their two away victories this season.

Brentford: Daniels; Konsa, Jeanvier, Sørensen; Dalsgaard, Dasilva (sub Marcondes 68 mins), Sawyers, Odubajo (sub Forss 78 mins); Watkins, Maupay, Benrahma (sub Canós 59 mins)

#### **COMING UP NEXT**

Brentford were away at Millwall yesterday (Good Friday) and then back to Griffin Park on Easter Monday at 5.15 kick off for a clash with top of the table Leeds United. Can the Bees finish in the top ten in the Championship for the 5th season running since they won promotion?

Come on you Bees!

# HAMPTON & RICHMOND BOROUGH FC

## BEAVERS EASE DROP FEARS WITH SOLID HOME WIN HAMPTON & RICHMOND BOROUGH 2 – WEALDSTONE1

A double by Cyprus Under 21 International Ruel Sotiriou gave the Beavers back-to-back league wins and despite a contentious penalty given to Wealdstone, Hampton held on thanks to some superb defending.

Sotiriou's first goal was all down to excellent wing play from Ryan Hill as he collected the ball deep inside his own half and drove at the Stones defence, skipping by his marker Rhys Tyler and getting to the by-line. He then whipped a fantastic cross to the back-post which Sotiriou converted.



The Leyton Orient loanee grabbed his second at the beginning of the second half thanks to pure graft and determination as he forced a mistake from Wealdstone captain Jerome Okimo, the centre back tried to head the ball back to his goalkeeper but the header lacked power and Sotiriou nipped in and slotted the ball home.

Two goals to cap off a man of the match display. Wealdstone though, pulled one back in the 70th minute when they were awarded a soft penalty for a foul by Ashley Maynard-Brewer on substitute David Pratt. Centre back Christian Smith firing the spot kick into the left corner to give the traveling Stones fans hope, but the Hampton back-line excellently marshalled by the returning Simon Downer held firm and moved the Beavers eight points clear of the drop with three games to go.

Manager Gary McCann said “We replicated last week's performance in terms of energy and enthusiasm. There were some good passages of play with good quality and we maybe could have had one or two more. I thought the penalty was really harsh, I mean the goalkeeper can't even see where he is coming from and the centre forward has just run into him. I thought it was a really soft penalty. Then we had to show another side to our game and we dug in saw the game out really well, showed a level of professionalism and gamesmanship that is required and we are really pleased. The two goals that Ruel got were reward for his work-rate and tenacity which he showed all game and speaks volumes for his young and tender age.”

My thanks to Jack Cunningham for this match report. This now leaves the Beavers in 16th place with 45 points and three games left to play. They are eight points above the drop zone. Hampton are away to bottom club Weston-Super-Mare today (Saturday 20th) and then home to Truro City at 3.00 on Easter Monday. Why not pop down to The Beveree and cheer them on?

# England defeat Ireland in U18 Six Nations Festival

## England U18s defeated Ireland 24-17 in their second game of the U18 Six Nations Festival.

Jim Mallinder's side followed up their 38-20 win over Wales on Saturday in the first game of the tournament with another victory. England led 17-10 at the break with two tries from Jude Williams and seven points via Orlando Bailey while Ireland crossed through Oscar Egan as Chris Cosgrave added a penalty as well as conversion.

Second half converted tries from Phil Cokanasiga and Oisin McCormack took the score to 24-17 and despite late Ireland pressure, England held on for victory. Bailey sent over an early penalty and having missed one earlier Chris Cosgrave levelled the score on 15 minutes.

Williams sparked the game into life, latching onto a loose ball inside his own half before searing down the left wing, kicking ahead of the Ireland full back and touching down for a fine individual score. Ireland fought back though and Egan bundled over after intense Ireland pressure which Cosgrave converted to draw things level.

Williams had a second score before the break, showing great pace on the left wing to take advantage of an overlap and cross in the corner which Bailey converted. After the break Cokanasiga powered through midfield before jinking over for a third England try which Bailey converted.

England lost Archie Benson to the sin bin and in that time McCormack cut a fine line to cross for a second Ireland try to reduce the deficit to seven points. Ireland pushed to level the score, but brave England defence saw them hold out. England will end their U18 Six Nations Festival against France on Sunday (13:40 GMT) at Kingsholm Stadium, Gloucester.

*Jim Mallinder said: "The players will have learned how tough international rugby is after that match.*

*"It was a game which was quite unusual. Ireland had so much of the ball, we defended for long periods,*

### England U18s side

15. George Worboys Bath Rugby (Beechen Cliff)
14. Jack Bates Bristol Bears (SGS College)
13. Tom Roebuck Sale Sharks (Wirral Grammar)
12. Phil Cokanasiga London Irish (St Pauls College)
11. Jude Williams Wasps (Caterham School)
10. Orlando Bailey, Bath Rugby (Beechen Cliff School)
9. Raphael Quirke Sale Sharks (St Ambrose College)
1. Luke Green London Irish (St Paul's Catholic College)
2. John Stewart Bath Rugby (Beechen Cliff School)
3. Fin Baxter, Harlequins (Wellington College)
4. George Martin, Leicester Tigers (Brooksby Melton College) - captain
5. Ewan Richards Bath Rugby (Millfield School)
6. Ollie Stonham Saracens (Felsted School)
7. Josh Gray, Gloucester Rugby (Dean Close School)
8. Will Trenholm Harlequins (Cranleigh School)

*"When we had the ball we looked really dangerous and scored some really good tries but they put us under a lot of pressure, were very good in the set piece, we probably gave away too many penalties and lacked a little discipline and that is something we need to improve on as it enabled them a chance to get really good field position.*

*"Overall though, we're happy with the victory and the players showed great character to hold out and that's very pleasing."*



# ENGLAND MEN SEVENS WIN BRONZE IN SINGAPORE

**England defeated USA 28-7 in the bronze medal final at the HSBC Singapore Sevens.**

They will next play at the HSBC London Sevens on 25-26 May at Twickenham Stadium with tickets available from [EnglandRugby.com/tickets](http://EnglandRugby.com/tickets). Both teams were down to six men with Joe Schroeder and Richard de Carpentier sent to the sin bin in the opening minutes. USA were first to capitalise on this with Marcus Fasitupe Tupuola showing his physicality and crossing for the Eagles. A response from Dan Norton got England on the board but moments later he was sent to the bin for deliberately kicking the ball away.

Schroeder was shown red for a high tackle and England took full advantage with Will Edwards steaming down the wing to cross in the right hand corner putting England 14-7 up at the break. It was Edwards who set up England's third score after some nifty footwork drew in two USA defenders before a lovely offload to Harry Glover sent him strolling under the sticks. England's fine form continued into the final minutes of the second half with Mike Ellery crossing the whitewash for a fourth and final try for Simon Amor's men. England were defeated 26-12 in a hard-fought contest against Fiji in the Cup semi-final. Fiji's Josua Vakurunabili opened up the scoring with two tries inside the first four minutes leaving England trailing 12-0 at half-time.

England's first points came courtesy of Glover after Norton ran the ball in deep, offloaded to de Carpentier who then fed Glover to stroll across the whitewash. The momentum continued in England's favour as Norton delivered a massive try-saving tackle and Aminiasi Tuimaba was shown a yellow card for a deliberate knock-on. Capitalising on the man advantage Olwofela performed a spectacular dummy which sent him soaring for the posts and with a successful Tom Mitchell conversion the score was level at 12-12. A spot in the final wasn't to be for the men in white as Fiji ran in two more tries through Sevuloni Mocenacagi and Meli Derenalagi in the final two minutes of play.

England ran in five tries to defeat Australia 31-19 in the Cup quarter-final on day two. It was Charlton Kerr who stormed the Australian defence to dot down England's first before he crossed again moments later for a second. Simon Kennewell out-paced Norton and responded for Australia and after some help from his teammate Maurice Longbottom Kennewell found the whitewash for a second of his own to level the score.

With moments left on the clock in the first half de Carpentier powered down the left wing before a beautiful inside step drew in two Australian defenders and allowed him to find the line and put England 19-12 up at the break. Norton was on hand to give England an easy start to the second half after stepping Henry Hutchinson with ease before a Mitchell dummy sent the captain across for another.

Lewis Holland capitalised on a lovely line to add a late consolation score but it wasn't enough and England sealed victory and their place in the Cup semi-final. Head of England Sevens Simon Amor commented: "It's obviously pleasing to be back on the podium after a great effort from the squad. "As well as the challenge of picking up some more injuries this weekend, there have been some frustrating performances across the last couple of weeks, but the growth that some of our young guys have shown is really encouraging. Jamie Barden and Femi Sofolarin played particularly well, both getting their first World Series tries in Singapore."



Dear Editor,

My name is Emma Ballinger, I live in South West London, am a paediatric nurse working in a major London hospital and in my spare moments, I volunteer with an education charity called Porridge and Rice based in Whitton. On behalf of Porridge and Rice I am trying to obtain large quantities of unused or outdated books that individuals, companies or schools want to get rid of. This is a way to raise funds and continue our valuable work. We are able to collect, or books can be delivered to the charity in Whitton.

The charity, Porridge and Rice, operates in the slums of Nairobi, providing children in informal schools with a quality education. The aim is to enable the children to break the cycle of poverty and deprivation both for themselves and their communities. I have written below some information about the work, you can also take a look at the website:

Porridge and Rice (PaR) is committed to the elimination of Extreme Poverty in accordance with the Sustainable Development Goals, we now partner with 5 community schools in the Nairobi slums. The work of PaR divides into 7 programs: (1) Feeding & Nutrition; (2) Teacher Development, (3) Facilities, (4) Health and Hygiene, (5) Extracurricular Activities (such as exercise and sports programs), (6) Sustainability and (7) Children's rights. The PaR Facebook page and the website chronicle the work of PaR accompanied by photographs.

The feeding program was launched to eliminate hunger allowing pupils to concentrate in lessons but was redesigned within 6 months to deal with hidden hunger, all meals have been revised to ensure that children receive the require nutrients each day, tackling serious shortages like Vitamin A which result in long term problems like blindness and cognitive impairment. Our feeding and nutrition program no longer only addresses hunger, but nutrition as well ensuring that children receive the amounts of Vitamin A, Iodine, and Iron, the 3 micronutrients identified by the WHO as essential to child development. Reflecting on our progress since the launch in March 2014, PaR's first feeding program for just 250 pupils of Excel Emmanuel School in the Nairobi slums have greatly expanded and we are now providing 2 full meals for over 2000 children and their teachers each school day.

The Health and Hygiene program includes growth monitoring, which began by introducing metrics in 2015 in order to determine the impact of the work being done by the charity. Measurements began with taking the weight and height of all 3, 4, and 5-year olds for comparison with WHO values for healthy development. The impact in Excel, where the feeding and nutrition program was first launched, was dramatic with all children moving closer to healthy norms of the 50% centile according to WHO standards with over 40% exceeding this. Weight and height data collected every 6-12 months is evaluated for progress and to identify any children lagging behind in their physical development.

Hygiene is an ongoing issue; disinfecting and cleaning classrooms, bleaching toilet facilities, the provision of clean water and soap, and construction of hand washing facilities are also part of the health and hygiene program. However, with 1 in 5 children in the slums dying from diarrhoea before the age of 5 we made the decision to promote education on neglected tropical diseases, hand washing, disease prevention and 1<sup>st</sup> aid.

The charity approaches education in a holistic way taking into account children and basic human-rights, including the provision of sanitary pads to enable menstruating girls to attend school and give them equal opportunities to their male peers.

Educating teachers to raise content knowledge, and literacy, and numeracy skills has also proven a necessity as some of our teachers have only primary level certificates in education showing determination and dedication to improve the education of the youngest members of their community.

The UK team consist purely of volunteers who fund their own trips to the schools in Kenya and raise funds here in the UK, we have found that books are a good source of income and can either be sold, taken out to Kenya or exchanged with World of Books for profit that goes straight to the work of the charity.

For any further information, please contact myself on [ballingerbo@gmail.com](mailto:ballingerbo@gmail.com), take a look at our website [www.porridgeandrice.co.uk](http://www.porridgeandrice.co.uk) or see what we do on our Facebook page.

Best wishes  
Emma Ballinger  
Vice-chair of Porridge and Rice

# Richmond Film Society's 57th Season of World Cinema continues at The Exchange, Twickenham

30th April, 8:00PM

## Truman (Spain)

Directed by Cesc Gay

Julien has terminal cancer. His oldest friend, Tomas, flies halfway round the world to be there for him and to tie up loose ends, including finding a home for Truman, a rather morose, elderly Bull Mastiff.

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

Films are screened at 8:00pm at The Exchange, 75 London Road, Twickenham, TW1 1BE. Members go free. Non-member tickets are £5 (full-time students £3). Tickets can be purchased on the night (cash only) or in advance from The Exchange's Box Office – in person, by telephone on 020 8240 2399 or online

Facilities include a very comfortable, tiered 285-seat theatre, lifts, disabled access, a bar and a café. Films are shown at 8.00pm sharp, with no trailers and no ads. On screening nights, the Bar is open from 7.00pm and the auditorium opens at 7.30pm.



Half Page

Quarter Page Landscape

Quarter Page Portrait

Eighth Page Landscape

Eighth Page

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