

Twickenham & Richmond TRIBUNE

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- Berkley Driscoll
- Teresa Read



15th April 2022



The Mods Are Back in Town, Twickenham Riverside

Photo by Berkley Driscoll

TickerTape - News in Brief

Richmond Park car park closures

Please be aware that on **Thursday 14th April** both Sheen and Roehampton car parks in Richmond Park will be partially closed due to a film unit being on site.

Sheen car park will have limited public parking and is likely to be full for most of the day. Roehampton car park will have limited public parking and may be busy or full during the whole day.

Grass terraces at Richmond Riverside to close for six weeks

Richmond Council's Parks Team will be re-laying the grassed terraces at Richmond Riverside (Heron Square) this week

Once complete the grassed terraces will be closed to the public for approximately five to six weeks to ensure that the new turf establishes effectively.

The popular riverside grassed terraces will be closed to the public following the completion of the re-laying this Thursday 14 April 2022.

London Twickenham Jobs Fair

The Jobs Fair will take place at Twickenham Stadium on Friday 22 April from 10am to 1pm. The job fair attracts a wide array of different employers from various industries who are all recruiting for local jobs and is a great way to speak with potential employers face-to-face. You can register with employers for jobs, collect info on employers, ask questions, apply for jobs, or even have a mini interview on the day. The jobs fair is completely free to attend, with no registration needed.

Attendees are encouraged to bring copies of their CV with them on the day.

Visit the [Job Fair website](#) for more information about the event.



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TwickerSeal and some chums wandered over to Twickenham Green to enjoy the balmy 23°C Good Friday weather. There were lots of people, mainly families, enjoying the lovely weather.

As they were enjoying their picnic, TwickerDuck wanted to go to the loo, but ... there were no toilets! But there were temporary toilets on the Green in time for the Easter holiday weekend last year, exclaimed TwickerMole!

Yes, remarked TwickerSeal, but this council has decided to ignore residents wishes and the high demand (and need) for public toilets, even though they proved so popular and necessary last year. But, quacked TwickerDuck, even the council admitted last year that the demand for the temporary toilets exceeded expectations, what do they think has changed?

I'm sorry, said TwickerSeal, but we've all come to realise that this administration isn't interested in what residents want, but rather what it tells residents what they want ...er, even if they don't! So there don't appear to be any plans for toilets on Twickenham Green, Richmond Green or Richmond Riverside.

But aren't the residents also the voters, asked TwickerMole? Yes, said TwickerSeal, maybe we should remember that on Thursday 5th May!



COVID-19

Teresa Read

World Health Organization

Weekly Epidemiological Report 12 April

Overview

Globally, during the week of 4 through 10 April 2022, the number of new COVID-19 cases has continued to decline for the third consecutive week, with a 24% decrease as compared to the previous week. Also the number of new weekly deaths continue the decreasing trend (-18% as compared to the previous week)

Across the six WHO regions, over 7 million cases and over 22 000 deaths were reported, with all the regions showing decreasing trends both in the number of new weekly cases and new weekly deaths

As of 10 April 2022, over 496 million confirmed cases and over 6 million deaths have been reported globally

Total cases Locally

Richmond upon Thames	65,332 (64,872 previous week)
Kingston upon Thames	58,978 (58,496 previous week)
Hounslow	93,358 (92,868 previous week)
Wandsworth	115,049 (114,368 previous week)

COVID IN THE NEWS

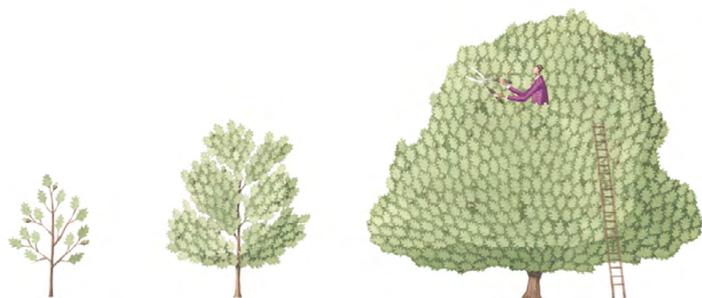
Reuters, 15 April 2022: Growing defiance of COVID curbs in China brings wave of arrests

CNN, 15 April 2022: Is herd immunity for Covid-19 still possible?

The Guardian, 15 April 2022: Australia on alert after new Omicron XE Covid variant found in NSW

allAfrica, 15 April 2022: Africa: Over 11.4 Million Covid-19 Cases Confirmed Across Continent

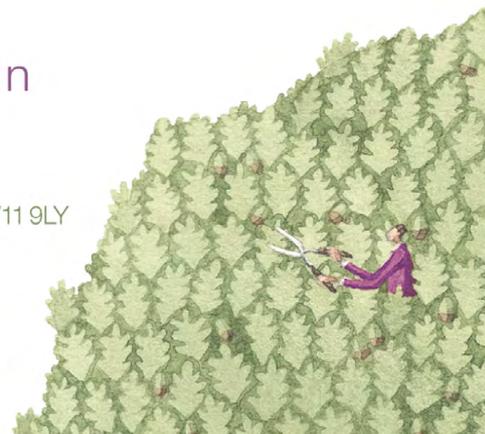
BBC, 14 April 2022: Covid levels starting to fall in UK, says ONS



The Tree Agency

darryl parkin

The Treehouse
25 King Edwards Grove
Teddington, Middlesex TW11 9LY
Telephone 020 8274 0107
Mobile 07960 123580
Fax 020 8274 0119
info@thetreeagency.co.uk
www.thetreeagency.co.uk



The Tree Agency

A Valuable Life

By Simon Fowler

A house in Selwyn Avenue, Richmond was the home of a brave but tragically unlucky man during the Second World War. We know about him because of his personnel file at The National Archives.

Before the War Roland Eugene Alexandre was a young aircraft fitter at the airfield in Feltham. Born in 1921 he had grown up in France, but had come to England as a teenager when his mother had returned home after the death of Roland's father.

Just after his 22nd birthday in August 1943 Roland joined the Special Operations Executive (SOE). SOE was tasked by Churchill to 'set Europe ablaze'. One of the matches was Alexandre, who was to be dropped into occupied France to help the local resistance. His personal report said that he was 'A good, competent, cheerful little man, full of zeal and with a good head. Would make a most competent organiser. A valuable life.' He was also bilingual – a valuable skill. However, his trainers found that he was 'a little immature with an excessive interest in the opposite sex.'

By this time, he was living at 55 Selwyn Avenue with his fiancé Joan Sutton, a laboratory assistant.

On the evening of 8 February 1944, Roland was finally parachuted into France. He was to lead a local resistance group in destroying German locomotives in an engine shed at Poitiers. Unfortunately, he immediately fell into the hands of the Germans, as the group was controlled by the Gestapo.



*A shot of Roland Alexandre from his personnel file
Crown Copyright/The National Archives ref TNA HS 9/2/14*

Thereafter little is known of his fate. An eyewitness reported he and several other agents had been interrogated in Paris and had 'travelled for four days to Germany and then taken to Ravitsch [a village on the Polish/Czech border], here they were badly treated in solitary confinement and hand cuffed at night.' There's a note on his file that he was 'believed killed at Grossrosen.' Gross-Rosen concentration camp lay only a few miles away.

Because of the secrecy of his work Joan Sutton was only provided with brief details months after his death, after she wrote to the War Office. She concluded her letter: 'I have been very patient but really cannot stand this uncertainty any longer.' In all honesty SOE only knew that he had been seized by the Germans from a wireless message. Enquiries post-war were no more revealing.

The Commonwealth War Graves Commission gives Alexandre's date of death as being 19 May 1944: the date he was last seen alive. He is commemorated on a memorial in Brookwood Cemetery, near Woking, marking the deaths of nearly 3,500 men and women the circumstances of whose deaths being such that they could not appropriately be commemorated on any of the campaign memorials in the various theatres of war.

Happy Easter

From

Twickenham & Richmond Tribune



COVID-19 vaccine pop-up returns to Twickenham – back by popular demand

Residents in and around Twickenham can get their COVID-19 vaccination next **Thursday 21 April 2022** at a local pop-up vaccine clinic.

Whilst over 120,000 people in Richmond upon Thames have now had their booster vaccines, there are still people who have yet to have one or all of their COVID-19 jabs. As such, the NHS and Richmond Council are hosting a series of walk-in, pop-up vaccine clinics across the borough to make it easier for people to get vaccinated in their local community.

Next Thursday 21 April, the pop-up vaccine clinic will visit the Age UK Twickenham Wellbeing Centre from midday to 5pm.

The address is:

Twickenham Wellbeing Centre, Arragon Road, Twickenham, London, TW1 3NH.

Anyone aged 12+ who is due their first, second, or booster vaccinations will be able to have their jab.

No appointments are required, and people can just walk in. If you have recently tested positive for COVID-19, you need to wait before getting any dose of the vaccine and the number of weeks depends on how old you are.

Find out more about who is eligible via the [NHS website](#).

If anyone is hesitant about the vaccine or has any questions, the pop-up clinics are an opportunity to speak to experts from the NHS in a private and confidential environment. No booking is needed.

The Age UK Twickenham Wellbeing is a short walk from Twickenham train station and bus stops with links to all parts of the borough.



Hampton Choral Society



**Mozart Coronation Mass
(Mass in C Major)**

Handel - Coronation Anthems

Parry - I Was Glad

Saturday 14th May 2022 at 7.30pm

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Dear Editors,

What are LibDems for?

What are LibDems for? This is a question I have been struggling with for some time.

To my understanding, their core beliefs have been first, staying in (rejoining) the European Union, and second, proportional representation. Both of these important questions have been answered by the British people by referendum in recent years; the democratic will of the people was to leave the EU, and to reject proportional representation. It seems curious to me that a political party with "Democrat" as part of its name should continue to refuse to accept these decisions.

It is noticeable that in the recent LibDem literature there is no mention of the Green Party. It is clear that, as in 2018, there is some sort of pact between the two parties – there are six wards in the upcoming elections in which one Green and only two LibDems are standing, while in all other wards there are three LibDems and no Greens. Are we looking at a pre-determined coalition - or, perhaps, the LibDems just cannot find enough candidates to fill all the slots?

I am still at a loss to know the answer to my original question.

Yours sincerely,

Jeremy Hamilton-Miller, Twickenham

Dear Sir,

The Importance of Public Toilets

Many residents who live near Twickenham Green will know the urgent need for public toilets; temporary toilets are needed now, and the Council elected on 5 May must pledge to address permanent public toilets as a matter of urgency. The present Council has prevaricated; we had temporary toilets for a while last summer but too little too late and, so far, nothing this year.

Local councillors have also expressed their concern about the lack of public toilet provision and the Council's tardiness in this issue. Not only men and boys can be seen publicly urinating, but I have witnessed small children this week desperate to use a toilet.

The farce concerning the use or non-use of the Council's flagship "Community Toilet" in the cricket pavilion on Twickenham Green has gone on for too long. I am told that there are a number of organizations who need to confer but I raised this issue over three years ago and since then there have been countless reports of Anti-Social Behaviour to the police, relating to public urination, but little has been done.

Cllr Geoffrey Samuel is one person who is standing up for the residents in my area just off Twickenham Green. Councillor Samuel says:

"As a local resident I am disturbed to hear that there are no toilets on Twickenham Green this weekend. Residents have bitter memories of the public urination and defecation which defaced our neighbourhood before the Council caved in to local and political pressure and made temporary provision. There has been a real increase in gatherings on the Green and local residents are rightly demanding the provision of adequate toilets – NOW".

Councillor Richard Bennett has also expressed his disappointment that we have reached Easter unprepared for the implications of good weather with alfresco drinking; the situation demands toilet provision.

Yours sincerely,

Teresa Read, Strawberry Hill

Volunteers needed! Help celebrate 100 years of The Poppy Factory

Do you enjoy meeting people from all walks of life? Would you like to gain front-of-house experience with a national charity? Join The Poppy Factory's friendly and passionate volunteer team as it celebrates 100 years of support for the ex-Forces community.



**THE
POPPY
FACTORY**

The Poppy Factory is looking for volunteers who can make a significant contribution during group visits to the charity's brand-new visitor centre in Richmond-upon-Thames. It has openings for both Visitor Centre Volunteers and Café Volunteers.

Visitor Centre Volunteers are needed to support exhibition hosts in telling the charity's 100-year-old story to groups of 25 to 50. Guests learn about the origins of Remembrance and the people who have lived and worked at the factory, and have a go at making poppies and wreaths.

Café Volunteers are also needed to offer visitors a warm welcome and serve tea, barista coffee and artisan cakes including our famous poppy cupcakes. Full training will be provided.

For more details and to apply visit the Poppy Factory website [HERE](#)



Chiswick Cheese Market

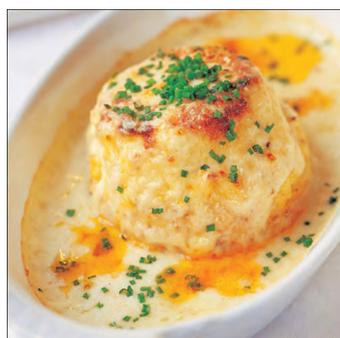


This Sunday it is going to be glorious weather and as London's ONLY specialist cheese market (and probably the UK...) this is THE PLACE to fill your Easter cheeseboard... here's a list of ten things to look out for:

1. Cornish Jack at The Deli at No. 5 (read our review on this cheese [here](#))
2. Giuseppe Giusti Balsamic as seen on Stanley Tucci's Taste series at Beansworld (also remember to try a drop in your Negroni - the Tucci way)
3. Soft goats cheese wrapped in wild garlic at Nut Knowle Farm – NEW
4. Cyprus Halloumi - NEW - from The Halloumi Press
5. Wild Garlic Yarg at Big Wheel Cheese
6. 3* Taste award-winning Driftwood goat's cheese from White Lake – NEW
7. Creamy Beauvale blue at Heritage Cheese
8. 'Best British Cheese 2021' & 3* Taste winner - Gorwydd Caerphilly - at Roi
9. La Latteria Mozzarella (made locally)
10. Love Fermented Kimchi - local made kimchis and pickles.



This month's recipe from CKBK is Twice-cooked Goat's Cheese Soufflé from Classic Bull by Stephen Bull. Recipe [here](#).



www.chiswickcheesemarket.uk

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ROCKINTHELOCKIN



SOFFICE - A TASTE OF SICILY TUCKED AWAY IN PUTNEY

I want to let you in on a secret: there's a little Sicilian dining experience awaiting you just around the corner from Putney station, on Upper Richmond Road (heading towards Barnes). It's a casual restaurant, as well as a bakery and deli, and judging by the number of locals popping in for takeaway when we visited, word is getting around fast!

Soffice says it offers a 'gastro-bakery' culinary approach - "the gastronomical art of using its fresh products which are available to buy via its bakery/deli, in the creation of its bespoke dishes for guests dining in." I'm not sure about all that, but the atmosphere is relaxed and friendly, and the food is seriously good!

We met the owner, Giuseppe Tuttolimondo, who hails from Palermo. Soffice is his idea and the concept was dreamt up at the height of lockdown. With over 20 years experience in the London restaurant scene, as well as a stint in Australia, he certainly knows his art and his passion for his roots and Sicilian food shines through the whole place. They sensibly offer their wine selection at retail prices, with a £5 per bottle corkage - and the wines are also reasonably priced from £16.20 to £45 for 2017 Barolo. (but most are around £20-30)



The menu is an all-day one, featuring a selection of antipasti, charcuterie, fresh pasta, pizzas, stuffed pan brioche, sweet pastries and desserts. We shared a plate of delicate Carpaccio di Tonno (Thin Sliced Tuna marinated with Fresh Herbs in Lemon and Extra Virgin Olive Oil £8) and a bowl of delicious caponata (£6.50) and then a piping hot arancina stuffed with ragu (£4.50). Reader, I've not been a fan of arancini, but this one was divine: rice subtly spiced with saffron hiding a tasty, meaty filling!

The pasta is freshly made and Giuseppe suggested my husband try his version of Ragusano e Pancetta (Sicilian DOP Cheese home cured bacon and Bottarga d'Uovo - marinated chicken egg - £10.80 or £13.80 depending on portion size). Husband raved about it, but I think I had the better dish: Citrus Pesto e Gamberetti (Tagliolini with Lemon & Orange, Toasted Almonds, Extra Virgin Olive Oil, Capers, Pecorino and Marinated Shrimps £10/£12.50) The smaller portion sizes were perfect and left you just wanting a little bit more: the very essence of a good dish I think. With just enough room to try some Sicilian desserts, we shared a scrumptious pistachio cannolo (£4.50) and a pistachio tiramisu (£5.50). Well, I can safely say that they were both stupendous and Soffice to say (sic) I don't think any tiramisu will live up to the pistachio version from now on!



Soffice is worth the journey folks!



King Henry IV, Parts One and Two

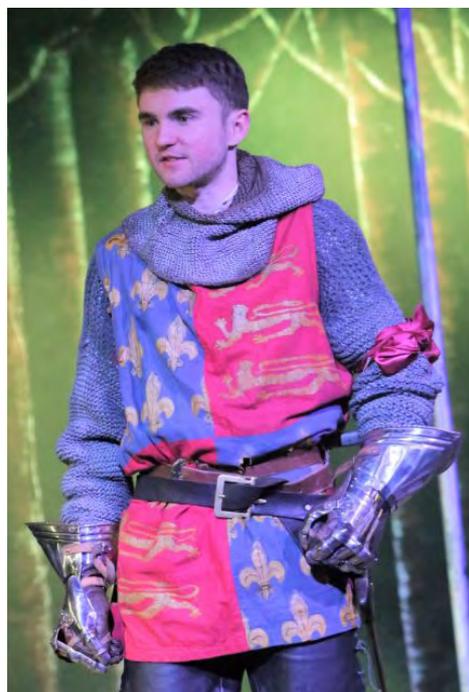
by William Shakespeare

Richmond Shakespeare Society at the Mary Wallace Theatre until 23rd April

Might this be an endurance test, I feared, *King Henry IV, Parts I and II* back-to-back in one day? But in the event I was very soon drawn into this gripping historical tale of power, honour and rebellion. Running in repertory, RSS's Shakespeare double bill, co-directed by Simon Bartlett and Deborah Campbell, is brilliantly staged. The battle scenes, including the sword fight choreography, are superb. Junis Olmsheid creates yet another superb stylistic stage design, together with costumes and music, all is very 15th Century. Abi Tresise mesmerises with her beautiful singing in Welsh, a moment which is pure gold.

Henry IV Part I is faultless and truly captures the spirit of the play. *Part II* is more moderated. The direction, quality of the acting, the togetherness of the ensemble, pathos, humour, energy, pace are just perfect.

Luciano Dodero is outstanding as Harry Percy, "Hotspur". He, like Falstaff, is able to break the fourth wall and this creates a special intimacy between actor and audience. Francesca Ellis's Lady Percy is both fiery and sexy.



Francis Abbott plays three roles: the Archbishop of York; Peto, a Boar's Head regular; and the senile Justice Silence. This actor immerses himself in a character, so each comes across as uniquely different.

The anguished and troubled King Henry IV, acted sensitively by Matthew Flexman, provided a glimpse into past events against the King he has become ... conscientious and anxious to live up to the responsibilities of Kingship.

Henry, Prince of Wales, the wayward "Prince Hal", is a complex character and Christopher Capon portrays this complexity in his scenes with Falstaff, playacting as King to Falstaff's Prince Hal, and later begging his father's forgiveness for his past behaviour.

John Gilbert as Sir John Falstaff is lecherous, lustful and lascivious. He lies, he cheats, he steals, but Gilbert finds something in the character that makes him endearing. He and Christopher Capon capture the comic-tragic relationship that exists between Falstaff and Prince Hal. The denial of their relationship by the latter is truly a great moment of theatre and you cannot help but feel for Falstaff

Read Celia Bard's review at www.markaspen.com/2022/04/10/henry-iv-rss

Photography by Simone Germaine

Alby the Penguin Saves the World

by Helen Eastman

Reading Rep at Reading Rep Theatre until 18th April

Alby finds that his Antarctic home is melting and is almost drowned when he gets entangled in a plastic bag. Since this is all to do with the humans making the planet hotter, he makes a decision. He is going to talk to the humans and tell them to stop. Ingeniously, he collects more plastic bags from Una the Upcycler to make a hot air balloon to fly to the human seat of power ... Reading. How does he know that Reading is where the humans live? Because amongst Una's collection of things to upcycle is a Huntley and Palmer biscuit tin,



and Alby's grandfather told him that Huntley and Palmer were based there.



If you're wondering what to do with your three to six year-old children of a morning or afternoon, *Alby the Penguin Saves the World* really takes the biscuit. Get them to take their grown-ups to Reading Rep's sparkling new theatre.

The talented Victoria Jane, whose television credits include *The Teletubbies*, played Una, delivering the magic through song, dance and ventriloquism, as both the storyteller and as Alby's puppeteer. She entranced her audience of children (and their adults) with various songs and activities, keeping them focussed for the whole fifty minute performance.

The play, directed by Helen Eastman, cleverly wove local knowledge with the global issue that Alby was trying to solve. The Huntley and Palmer reference provided some fascinating distractions.

Who knew that they built a branch line from the main railway station to transport their biscuits? We can gloss over the fact that this encouraged coal-guzzling steam locomotives, which wouldn't have helped Alby's situation.

Read Nick Swyft's review at

www.markaspen.com/2022/04/08/alby-saves

Photography by Harry Elletson



Bourgeois & Maurice: Pleasure Seekers

by Liv Morris and George Heyworth

Soho Theatre and Tim Whitehead, at the Soho Theatre, until 30th April

If you can raise a raucous laugh over impending nuclear war and the pandemic while simultaneously insulting your audience you are on a winner.

The cult cabaret self-styled super stars Bourgeois (George Heyworth) and Maurice (Liv Morris) are true champions. In a sea of spangly sequins they launch *Pleasure Seekers*, putting the fun back into what we now realise is our fundamentally pointless existence.

In a brand new show they are on a mission to make life a party, or at least a legitimate works event.



This duo of modern music hall performers, all flamboyant Lycra, harlequin jackets, fluorescent make-up and shiny patent boots, set out the rules: No Thinking; No Songs: No Negativity. ... They broke all three. And had us hand clapping in the aisles within five minutes.



On a sell-out Friday we were, we were assured, a stylish audience with so many high cheekbones it reminded them of being in Paris ... the Catacombs.

Vegans were fair game for their savage wit. Tofu and jackfruit were jacked as Bourgeois performed his sausage dance to the lyrics: 'I need meat. I'm horny for meat.'

Next victim on their hate list was Amazon, that on-line delivery demon burying the planet in cardboard. 'Money doesn't buy you happiness. It just buys you loadsa stuff,' warbled Bourgeois, so skinny he barely cast a shadow under strobe lights.

Despite the best (or worst) efforts of Bourgeois and the beehived beauty of Maurice they couldn't take the joy out of their Seeking Pleasure. They Came. They Sought. They Conquered. And left us gagging for more of their special brand of seditious satire.

Read Gill Martin's review at

www.markaspen.com/2022/04/09/pleasure-seekers

Photography by Peter Fingleton and Holly Revell





The Handmaid's Tale

by Poul Ruders, libretto by Paul Bentley from the novel by Margaret Attwood
English National Opera at the London Coliseum

Canadian novelist Margaret Attwood published her work of satirical speculative fiction a decade before the Taliban and ISIS existed. Yet *The Handmaid's Tale* gives a prescient portrayal of these brutally repressive regimes. Attwood, however, poses a "what if" where the warped sense of religious interpretation transfers to a Judeo-Christian setting, when the United States is overthrown by an extreme theocracy, the Republic of Gilead.



The bleak dystopic vision of *The Handmaid's Tale*, efficiently directed by Annilese Miskimmon and her all-female creative team, uses stylised movement choreographed on an open stage. Often melodramatic, Poul Ruders' music quivers with tension. Sometimes atonal, sometimes lyrical, there is chanting in beautiful plainsong, reappearing motifs and overpowering crescendos. The hymn *Amazing Grace* recurs throughout, often incongruously, almost blasphemously, gradually distorted to show the degeneracy of the Gilead state.



Ruders asks a lot from singers, pushing them to the limits with remarkably demanding phrasing. Mezzo-soprano Kate Lindsey, fresh from the Met, gives an astounding performance in the leading role of Offred. Her acting of the Offred's multiple tribulations is exemplary, her character's mix of despair versus defiance, and deference versus determination.

Equally astounding is Emma Bell, who made an impressive [Sieglinde in *The Valkyrie* last autumn](#), with vocal acrobatics as the dominating Aunt Lydia, the contortions of her coloratura soprano underlining the sadistic demands of the culture Lydia serves.

Opera stalwart, Robert Hayward, whom we last saw in [Verdi's *Falstaff* at The Grange Festival](#), is an imposing figure as The Commander. Equally rich voiced is contralto Avery Amereau as his wife Serena Joy, her singing full and fluid. She portrays the humiliation and disgust felt by this one-time celebrity gospel singer.

The Handmaid's Tale is a powerful piece, with potent music, innovative vocalisations and arresting imagery. The brightly back-lit enigmatic ending, with Offred climbing The Wall through the mist, asks us is this her end or does she struggle towards a new future? Perhaps the presence of Offred's child in the foreground points the way.



Read Mark Aspen's review at www.markaspen.com/2022/04/09/handmaids

Photography by Catherine Ashmore

Tapped

by Katie Redford

Bethany Cooper Productions at Theatre 503, Battersea until 23rd April

Dawn is an unfulfilled, long-married mum with petulant daughter Jen going nowhere. Gavi is a kindly Co-op colleague with his own baggage but with a determination to change all their lives with Club biscuits, motivational mantras and positive visualisation. And all this can be achieved in a bleak, grey space that is his garage. The set of *Tapped*, a debut stage play by the acclaimed actor and writer Katie Redford, is symbolic of their monochromatic, dull, closed-in lives.



Max Hastings makes a confident stage debut in this witty, touching and heart-warming play of missed opportunities and big dreams in small places, as Gavi, endearing and as likable as a Teddy bear that needs cuddling.

There's a poignant undercurrent of dreams yet unrealised, sadness over family illness, a toxic relationship between Dawn (Jennifer Daley) and truculent daughter Jen (Olivia Sweeney). The acid-tongued Dawn and Jen eventually soften as the play climaxes.

Armed with a flip chart and baggy T-shirts, Gavi sets up a self-help group so they can shed the shackles of living in a small Nottinghamshire town and escape their narrow lives of thwarted love, stale marriage, dodgy affair with a bent cop.

Chalked on the concrete wall are a must-do list to inspire them and entice them away from their dull world of whinging gossip, mindless telly, supermarkets, *Bake Off*. He gives them a challenge list: buy coffee for a stranger, get on a bus without knowing where it's going, cold showers for a week.

Dig deeper -- and director Piers Black makes the assured actors plumb the depths -- and the reason for the mother-daughter rift reveals itself. The elephant is the garage is mental health. But despite the sadness this is not a depressing play. Crisp one-liners are delivered at pace to keep the mood light. 'Aldi. It's got everything that place. You go in for a loaf and you come out with a camping tent'

Read Gill Martin's review at www.markaspen.com/2022/04/13/tapped

Photography by Lidia Crisafulli



WIZ TALES - RWANDA

Teresa Read



Rwanda is in the news this week as the UK government has announced a pilot policy whereby single male asylum seekers illegally crossing the English Channel are to be flown to Rwanda – agreed with the Rwandan government in a £120 million scheme.

The national press has reported loss of life of those crossing the Channel on overcrowded boats, some rescued by the RNLI.

So, what do we know of Rwanda in Central Africa, a landlocked country bordered by Burundi, Democratic Republic of the Congo, Uganda and Tanzania?

Rwanda is known as the Land of a Thousand Hills. The highest point in Rwanda is Volcan Karisimbi (4,519 m) in the Virunga Mountains.



The Parc des Volcans is home to mountain gorillas, made famous by “Gorillas in the Mist”. Dr Dian Fossey, who died in 1985, spent many years among these endangered primates.

After the First World War Rwanda formed part of Ruanda-Urundi, a League of Nations Trust Territory administered by Belgium and following the Second World War Ruanda-Urundi became a United Nations Trust Territory, achieving independence in 1962.

In 1990 Rwanda was invaded from Uganda by the Rwandan Patriotic Front - largely composed of Rwandan refugees. An agreement was reached in 1993 to end the civil war - the Arusha Peace Accords.

In April 1994 the presidents of Rwanda and Burundi were both killed when their plane was shot down over Rwanda.

The assassination of the Rwandan president gave rise to genocide and massacres that lasted until July 1994. In 1995 the United Nations appointed an international tribunal; in 2018 over two thousand prisoners jailed in 2012 were pardoned.



More information about Rwanda: <https://worldinfozone.com/country.php?country=Rwanda>

THE GREAT ADVENTURE BECKONS

Travel news by Bruce Lyons

Crusader  travel



Since last Christmas much of our time has been spent on two things. First - Housekeeping, rebooking trips that were first started over two years ago and postponed (just this week one such booking to the Nile and Cairo finally “took off” and last week a family that had booked back in 2019 for the following Easter finally went off to Dubai and the Maldives) These old bookings haven’t quite finished yet - but fingers crossed soon they will be a thing of the past. Secondly, we are seeing more Great Adventure trips in the planning.

Most families lost two years of their families teen times, the best years to travel as a family, giving memories to cherish for the years ahead - instead maybe you had to put up with Staycations in damp tents - great fun perhaps but not what you hoped for and now we are seeing families planning to make up for “lost time” Maybe ,before the cost of living overtakes us all, this is the moment for a Big Adventure , Small expedition ship cruising in the Antarctic - Wildlife safari in Africa - those wonderful Overland Truck trips Are back - after a 2 year “rest” We also notice a trend to learn a new sport - like Sailing- Diving.

As the borders open and restriction are removed the Far East is back , as are New Zealand and Australia - And of course the weather is right at the end of the year - perfect for Vietnam/ Laos and Cambodia , as they have only just surfaced, so to speak, from the pandemic Shutdown - now is the time To fix those breaks - fares are increasing (fuel !) but the overall is still much the same in price to two years ago - but there is a shortage as so many had to abandon their plans and are rushing to book something up.

Another trend is the “family adventure” holidays runs by Explore, Exodus, GAP Adventures and Intrepid all of whom accompany their trips with experienced and insightful guides and often using “local style” accommodations. After two years of watching Wildlife and Adventure travel programmes It is hardly surprising there is a desire to do something different. Chris Packham and Autumn Watch hardly compares to an African Safari or a Sail Boat round the Galapagos Maybe 2022/23 will be the year for the Big Adventure with memories that last a lifetime!!!!



Final week - PRINCE HAL at the MARY WALLACE THEATRE

Your last opportunity this week to catch either (or both) parts of the RSS stunning production of HENRY IV.

Gaudily dressed and armed to the teeth, 22 actors present the arc of history spanning the demise of one king and the rise of another, bringing to you such fondly-remembered characters as Prince Hal, Harry Hotspur, fat Jack Falstaff and Doll Tearsheet.



An extraordinary and ambitious production, allowing audiences to see these two most popular of Shakespeare's history plays in repertoire. For full review see Mark Aspen's review in this edition (above).

HENRY IV parts one and two are performing in repertoire until April 23rd. For Performance Schedule and Booking Details see www.richmondshakespeare.org.uk

The Mary Wallace Theatre is situated on Twickenham Embankment, TW1 3DU - between St Mary's Church and the Barmy Arms.



Photo Credit: Simone Germaine.

The Mayor's Tennis Tournament returns - book to play now!

Join the Mayor of Richmond upon Thames for the Mayor's Tennis Tournament at David Lloyd Health Club in Hampton on Friday 22 April 2022.

Arrival on the day will be at 9.30am with matches getting under way at 10am. Tickets are priced at only £15 per person which includes light refreshments, use of changing facilities in the club and parking.



Members and non members welcome are welcome to play with all proceeds from ticket sales going directly to the Mayors charities.

This year's Mayor's charities are Habitats & Heritage and A Dose of Nature. The charities have been chosen to help raise awareness of the impact of climate change and biodiversity loss within the borough, while helping to raise awareness of the practical and realistic steps residents and businesses can take to make a positive difference.

Register for Mayor's Tennis Tournament [HERE](#)

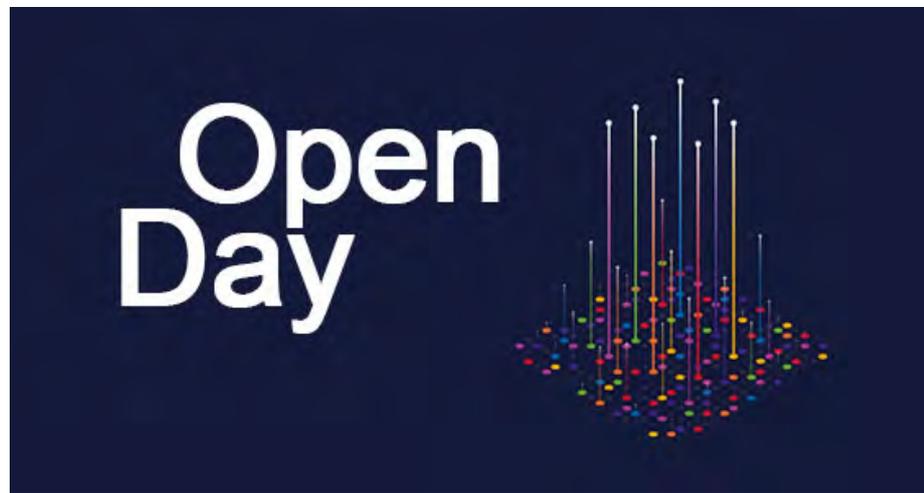
NPL opens its doors to the public on World Metrology Day

NPL will be opening its doors to the public on 20th May 2022, in celebration of World Metrology Day.

From 12:00 - 19:00, visitors will have the opportunity to meet NPL's scientists, engineers and experts who are undertaking world-leading science and engineering to help solve some of the challenges we face.

Meet the scientists who are using underwater cables to detect earthquakes, working on satellites to look at the changes to our earth from space and using digital imaging to measure changes in structures over time.

World Metrology Day is an annual celebration of the signature of the Metre Convention on 20 May 1875 by representatives of seventeen nations. The Convention sets the framework for global collaboration in metrology, the science of measurement, and in its industrial, commercial and societal applications.



This year the theme for the day is *Metrology in the Digital Era*, chosen because digital technology is revolutionising the way we live and work.

From future-proofing time with atomic clocks and testing driverless vehicles to developing the next generation of medical ultrasound and making the most of renewable energy, NPL is aiding the UK's journey in digital innovation. Metrology underpins the development of pioneering digital technologies, enabling research and innovation to flourish in the UK.

Visitors will be able to see inside a range of laboratories to see NPL's science and engineering in action. There will be a live simulation of road vehicle sensors used in driverless vehicles, the chance to see inside an MRI scanner and explore the physics behind solar energy and the technologies that will help us to reach net zero.

Book your tickets [HERE](#)

Information about the science that will be on display and how to register can be found here: <https://www.npl.co.uk/open-day>



Off The Record Twickenham is recruiting for a new Assistant Counselling Manager

Off The Record are looking for someone who really cares about helping young people with their emotional health and wellbeing and to making sure their counselling team feel supported with the challenging issues that come their way, particularly safeguarding concerns.

Off The Record are delighted to have an opening for an experienced counsellor to join their small and dedicated team supporting young people's emotional health and wellbeing from their offices in Twickenham.

If you have a minimum of 2 years' experience of counselling young people and the skills to support and help manage the delivery of the counselling and drop-in services within Richmond upon Thames, the team would love to hear from you.

The role will be busy and varied, engaging with service users at first point of contact and assessment level, including providing some ad hoc counselling sessions.



Ongoing support and management of the counselling team is also central to the role. The role is 16 hour per week including a requirement to work two regular evenings and alternate Saturday mornings.

Closing date for applications is 2 May 2022.

Off The Record is open to all and the team pride ourselves on being warm and welcoming.

Their vision is for every young person to have a welcoming space where they feel valued, supported and listened to.

This is a great opportunity for someone with the right skills and experience, and who shares Off The Record's vision to make a real difference on behalf of young people in our borough.

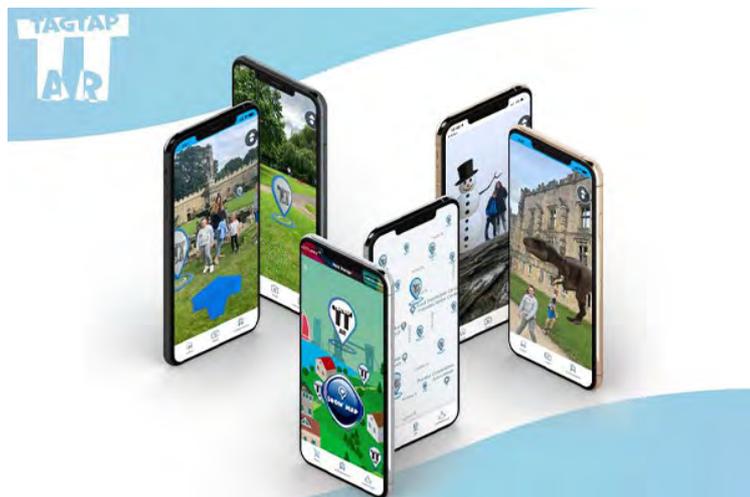
View the full job description [HERE](#)

Richmond Council launches TagTap trial to encourage residents to get active and explore the borough

The trial will encourage residents to use the TagTap app to explore walking routes in order to score points within the app with the chance of winning prizes.

Richmond Council want to encourage residents to get active, walk and explore the borough as the weather starts to improve and the evenings become brighter.

With the TagTap app users can explore the borough to find the markers which collects points and puts users on the local and national leader boards. Users can also take pictures with the local markers. Richmond upon Thames has added some animals and wildlife as markers such as toads and hedgehogs which links with the Council's biodiversity initiatives.



By following walking routes to find markers and gain points players will have the chance to win prizes at random. The app will help residents to explore areas, parks and open spaces in the borough that they might not have been before. The app is available for use for residents of all ages and in particular younger residents.

Download the [TagTap AR app](#) and start exploring now!

Grants available for Medical Equipment and Mobility Aids

Are you living in Richmond upon Thames and in need of medical assistance, equipment and mobility aids that may not be readily available on the NHS?

If so, [The Victoria Foundation](#), a medical charity based in Richmond, has funds available for these and you can apply now.

Applying is easy, simply fill in the [grant application](#) on the Victoria Foundation website.



St Mary's University

New Study Finds Majority of Combat Athletes Suffer Worse Injuries after Weight Cutting

Fighters who rapidly cut weight before bouts are at a higher risk of suffering concussions or being misdiagnosed with head trauma, researchers have revealed for the first time.

More than 60 per cent of athletes in combat sports like boxing and mixed martial arts (MMA) revealed their symptoms were worse after dehydrating themselves to make stringent weight classes before contests.

The controversial techniques see competitors stop drinking water and endure long periods in saunas to rapidly drop weight.



MMA athletes reported concussion severity to be 40% higher compared to other sports, particularly boxing – believed to be due to the mix of striking and contact with the ground.

The study by academics from St Mary's University, the University of Essex, and Swansea University comes after a string of tragedies linked to weight cuts, with some athletes even dying in the attempt to achieve a perceived competitive edge, by competing in a smaller weight class.

They found that as competitors dramatically dehydrate themselves to meet stringent weight classes, the associated symptoms may 'muddy the waters' of baseline concussion testing, due to similar symptoms.

This is because the symptoms of hypohydration – where competitors enter a water deficit – match concussive signs, such as dizziness, headaches,

and lethargy.

This study has kickstarted further probes into the neurological implications of rapid weight loss and the researchers have called on governing bodies to check fighters' hydration levels before fights.

Researcher Nasir Uddin, from St Mary's University, said: "This study shows that current concussion testing does not account for the crossover of symptoms from being dehydrated, and is potentially putting fighters at risk.

"Not only is cutting weight through dehydration in and of itself dangerous, but it might actually exacerbate concussion symptoms and, even more concerningly, means medical professionals may actually misdiagnose it.

"Going forward, governing bodies should ensure hydration and baseline concussion symptoms are taken into account before and after bouts."

The study is published in the Clinical Journal of Sports Medicine and surveyed more than 130 anonymous athletes representing six combat sports, all aged 18 or above and had previously cut weight.

It also discovered that 65 per cent of the fighters had an experience of a weight cut "not going to plan", suffering a lack of energy, strength, power, coordination or increased susceptibility to being 'rocked' during a bout.

This means the dangerous practice may not offer a competitive advantage.

Dr Jamie Tallent, from the University of Essex, said: "This is perhaps the most surprising finding that not only are weight cuts dangerous – they leave fighters at a disadvantage more often than not and may exacerbate the risks of being further injured.



St Mary's
University
Twickenham
London

Grand Tour Talks: Thomas Patch (1725–82): an English Artist in Florence

This series of talks accompanies our latest In Focus display, which is dedicated to the Italian Grand Tour. The talks will explore the friendship between Strawberry Hill creator Horace Walpole, and the British Envoy to Florence, Horace Mann and his circle including Thomas Patch. Tickets include entry to the display.



Online and In-person tickets available.

Thomas Patch (1725–82): an English Artist in Florence. By Hugh Belsey, Freelance Art Historian

Thursday 21 April 2022 at 7.30pm, Doors open at 6.30pm

Book tickets [HERE](#)

Thomas Patch was an artist, publisher, art dealer, and friend of both Horace Mann and Horace Walpole. In 1747 he walked from Exeter to Rome where he befriended Joshua Reynolds and learnt his craft from the Frenchman Claude-Joseph Vernet. In 1755 the Pope banished him from Rome, so he travelled to Florence, where he remained for the rest of his life. He very soon became a close friend of Sir Horace Mann, the British Envoy, and became a valued member of the Anglo-Florentine community painting caricatures of Grand tourists as they passed through the city. This talk demonstrates that although his work is little known today, Patch provides a valuable insight into the life of eighteenth-century Florence.



View of Florence with the Arno River at Ponte Santa Trinita

FREE HEART SCREENINGS AVAILABLE FOR BRENTFORD FANS

Fans aged 14-35 can register for a heart screening backed by funds raised in memory of Robert Rowan

A weekend of heart screenings has been organised for young Brentford fans in memory of the Club's former Technical Director Robert Rowan. Brentford fans aged between 14 and 35 years old have the opportunity to book one of 200 places available at the cardiac screening sessions which will take place at Gunnersbury Park Sports Hub on Saturday 30 April and Sunday 1 May.

The sessions will be carried out by the charity Cardiac Risk in the Young (CRY) in association with the Brentford FC Community Sports Trust. CRY aim to prevent young sudden cardiac deaths through awareness, screening and research, and supporting affected families.

Every week in the UK at least 12 young people die of undiagnosed heart conditions. In 80% of cases of young sudden cardiac death there are no prior symptoms of a heart defect.



Thomas Frank and Robert Rowan

Robert's memorial fund was set up following his sudden passing at the age of 28 on Monday, 12 November 2018. The fund has been supported by a host of fundraising activities including the efforts of the Club's Head of Medical, Neil Greig and James Purdue, Head of B Team Athletic Performance who ran the Manchester and London marathons respectively last year, raising over £30,000 from donations from Brentford fans, staff and players.

The Brentford Lifeline Society have also provided financial support for this initiative. It follows the Society's recent purchase of two defibrillators and a LUCAS machine which affords uninterrupted automatic chest compressions during CPR. These items are already available for use at both the Brentford Community Stadium on matchdays and the Club's training ground.

Eligible fans have been emailed with instructions on how to register ahead of the 12pm deadline on Tuesday 19 April.

Robert's wife, Suzanne Rowan, has organised the screenings and remains a close friend of the Club. Suzanne said: "The work CRY do is so important in raising awareness of sudden cardiac deaths and supporting those affected. We are so thankful to everyone who has donated to Robert's fund which has helped to support CRY's heart screening events.

"Screenings can dramatically reduce the frequency of young sudden cardiac deaths. I encourage eligible Brentford fans to book in for one of the sessions available if they can.

"If we can make the difference to just one family, the fundraising efforts will be all worthwhile."

Jon Varney, Chief Executive of Brentford FC said: "Robert's memory lives on at Brentford. He made a huge personal and professional contribution to the Club and to our colleagues. Now, his contribution, and the contributions from all those who have donated, will be felt across the Brentford community."

The World Health Organization from Lviv: Bhanu Bhatnagar, WHO Europe Spokesperson

UN Geneva bi-weekly press briefing, Palais des Nations, 15 April 2022

Good morning from Lviv. WHO continues to bring supplies into Ukraine and distribute them across the country from our warehouse here.

We have so far delivered **216 metric tonnes** of emergency and medical supplies and equipment to Ukraine. Of that amount, **122 metric tonnes – just over half – have reached their intended destinations**, mostly in the East and North of the country where the need is greatest.

We are doing everything possible to re-open our operations and Country Office in Kyiv. It's really important for us to be in the capital city so we can assess the health needs of populations in the surrounding areas, conduct our daily operations and interact with key government stakeholders, including the Ministry of Health. It's also important to ensure we are delivering the right assistance to the right places at the right time, in close consultation with the Ministry of Health and our many partners.

WHO is interested to expand our operational base in Dnipro, in East-central Ukraine to be closer to the people who are in greatest need of life-saving humanitarian assistance. Operating out of Dnipro, which is a strategic hub, still remains uncertain but this location will allow us to mobilize resources more quickly and reach some of the most vulnerable people with urgent supplies and we will try our best with the other UN agencies to work out of this region to respond to the greatest needs.

Over the coming days WHO will provide 15 generators to hospitals across Ukraine that have limited or no power supply. The generators are destined for oblasts in the north, east and south. **We have set aside two generators for hospitals in Mariupol, for delivery as soon as we can get in.**

We are importing 20 ambulances to Ukraine this week – two of which have already been delivered – and will hand them over to the Ukrainian Ministry of Health. They will decide where to send the ambulances.

We are helping the Ministry of Health – through our Emergency Medical Teams – set up field hospitals where health infrastructure has been damaged or destroyed and are delivering a concept paper to provide guidance on how best to do this in a conflict setting. **We are also working with national and international partners to establish mobile clinics that can provide basic primary healthcare services.** We're working to figure out where exactly these mobile clinics will operate.

Roughly 300 health facilities are in conflict areas and 1,000 health facilities are in changed areas of control, which leaves the health system vulnerable to infrastructural damage and severe disruptions in critical services. This means there is limited or no access to medicines, health facilities, and health-care workers in some areas.

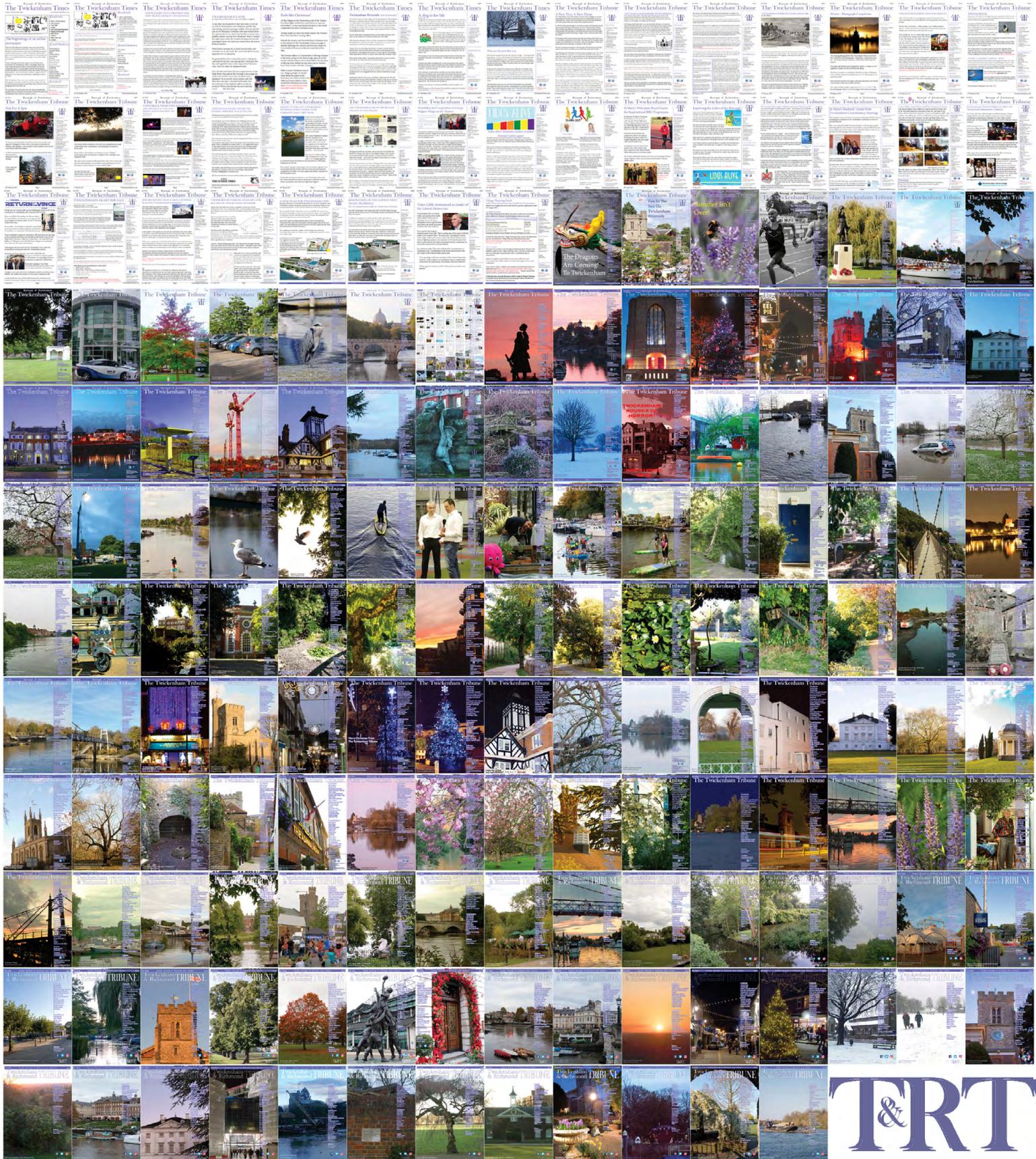
WHO is supporting the transfer of patients requiring medical evacuation to the Polish border town of Korczowa where the Polish government has set up a health facility to treat up to 200 people, with the help of the European Commission. Our Emergency Medical Teams, in consultation with the Ministry of Health, are assessing who is eligible for evacuation – this can include children and adults with cancer, patients with conflict-related injuries, and other patients who are unable to be treated in Ukraine at this time. This is to reduce the pressure on the Ukrainian health system.

As of yesterday, 11 April, **WHO has verified 108 incidents** of attacks on health care in Ukraine. This could be attacks on health facilities, personnel, transport, supplies, and warehouses.

At least **73 people have died and 51 have been injured** in the attacks. We continue to condemn in the strongest possible terms all attacks on healthcare, which not only deprive people of vital health services, but are also a violation of international humanitarian law.



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