

The Twickenham Tribune

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TwickerTape - News in Brief

Richmond upon Thames swears in first British-American Mayor

Cllr Nancy Baldwin was, on Tuesday 14 May, formally sworn in as the 55th Mayor of Richmond upon Thames. Cllr Baldwin, who won her council seat in the May 2018 election, has made Richmond her home since 1985.

Cllr Baldwin will serve Richmond as Mayor for the next 12 months and has chosen to raise money for Home-Start and The Otakar Kraus Music Trust (OKMT). Cllr James Chard, a councillor for Twickenham Riverside, will serve as Deputy Mayor.

Rainbow flag flies outside Civic Centre

Mayor of Richmond upon Thames, Cllr Nancy Baldwin, raised a Rainbow Flag outside the Council Civic Centre today to mark International Day Against Homophobia, Transphobia and Biphobia (Friday 17 May).

Cllr Baldwin was joined by Leader of the Council, Cllr Gareth Roberts, a cross-party group of councillors and staff from the Council's LGBT Equality and Ally group to raise the flag and show the borough's support for our lesbian, gay, bisexual, transgender, questioning, intersex (LGBTQI+) community.

Teddington Police Ask For Help Against Moped Crime

Teddington police said "With ongoing issues in Teddington involving moped thieves please report all suspicious sightings. mopeds with pillion passengers looking to parked cars or tooled up and mopeds with missing or obscured index plates. Direction of travel and descriptions vital for responding units."

Toby Jessel

A service of thanksgiving for the life and work of the late Toby Jessel, MP for Twickenham between 1970 and 1997, will be held at St Margaret's Church, Westminster, at midday on 30th May. Tickets are available from www.eventbrite.co.uk



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The Twickenham Riverside Design Competition is closed for applications and the Design Panel is currently

sorting through the 30-40 submissions, having a moderation meeting next week and finalising the shortlist of five architects the following week.

In the meantime, the council gave a presentation to the Stakeholder Reference Group on the recent Parking & Traffic surveys; the presentation slides can be seen by clicking on the following image.



Unfortunately, it was made clear that the infamous Green Gate would not be opened to allow access via the service road, but presumably the council has instructed the Embankment not to flood and allow the 'through traffic' uninterrupted flow.



PART 127 – EVOLUTION OF A BUILDING

We featured the World War II Victoria Cross winner RAF Sergeant Norman Jackson last week. He lived in Hampton Hill and is buried in Twickenham Cemetery. Regular reader Dik Leatherdale has added to the story by saying that during the 1950s and 60s Norman Jackson lived in Burtons Road in a house with a small stained glass window picture of a WW2 bomber.



And so to this week where we look at the building at 1-3, Richmond Road, Twickenham that has served many purposes before arriving at its current iteration of the Eel Pie Island Museum. Our first postcard shows the Lyric Palace cinema in the 1920's with the Royal Oak pub opposite York House in the background.

108 years ago in 1911 the building was opened as the Lyric Palace picture house. This was one year after cinema licencing was put in place. Licencing came into effect to ensure the public's safety from the notoriously flammable film. Reels of film were to be kept in a projection booth separate from the audience, and more than one exit from the building was required in case of fire. For the first time, purpose-built cinemas such as the Lyric Palace were constructed. Rectangular in shape with a barrel-vaulted roof, these were designed with seating on a raked angle to ensure that all members of the audience could view the screen. And so the Lyric Palace became the first of the cinemas in the borough. Several more were to open in the next year or so.

Our second postcard image shows the building in a derelict state in 1965/66. Flyposters used it regularly and I see that the Walker Brothers were playing at the Zambezi Club at that time. The



song “Jackie” was a hit single for Scott Walker in 1968. This is the only single that I am aware of that features “Twickenham” in the lyrics. If we wait till about the fourth verse it goes like this

*“And I’d sell boats of opium,
Whisky that came from Twickenham “*

It takes a clever lyricist to rhyme opium with Twickenham. A good song though. Listen to it on [youtube.com](https://www.youtube.com)

The Zambezi club was at 1A Hounslow High Street. It was previously known as The Attic Club and then became the Ricky Tick club in 1967. John Mayall’s Bluesbreakers and the Yardbirds were just two bands who played there regularly.

1-3, Richmond Road had been a billiards hall before its 1960s demise and later on became the local council parking shop. I’m sure it has been other things in its life but the good news is that it is now the home of the excellent Eel Pie Island Museum. I will feature the Museum in a future column.

If you want an enjoyable couple of hours on the late May Bank holiday Monday (May 27th), do consider popping along to the Postcard and Ephemera fair at Tolworth Recreation Centre. I shall have a stall there with lots of local postcards from the last 120 years along with local photos and books. Postcards will be on sale from 10 pence each so do come along and have a browse. I’m also interested in buying old postcards so bring along any you may wish to part with or contact me to arrange an appointment at your place or mine.

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 I would like to see them and I pay cash!



*denotes new listing

Saturday, 18-Friday, 24 May at 7.45, Sunday at 7.45, in the Main Auditorium at Hampton Hill Theatre. Teddington Theatre Club presents HANDBAGGED by Moira Buffini. You are invited to eavesdrop on the private conversations between Her Majesty and her Prime Minister, Mrs Thatcher in their younger and older incarnations. Expect handbags at dawn.

Info: <http://www.teddingtontheatreclub.org.uk>

Sunday, 9-Saturday, 15 June at 7.45 (Sun at 6pm) Studio Theatre, Hampton Hill Theatre. Teddington Theatre Club presents A VISIT FROM MISS PROTHERO and AN ENGLISHMAN ABROAD by Alan Bennett. Booking now open. Only 50 seats each night. Don't leave it too late.

Info: <http://www.teddingtontheatreclub.org.uk>

Friday 31 May-Sunday, 1 June at 7.45 Rogue Opera presents DON GIOVANNI by Mozart.

Info: www.bit.ly/DonGHamptonHill

Tuesday 14 May at 7.30 at The Hammond Theatre. Live CAROLINE PALMER RECITAL. Music by Debussy, Schubert, Ravel and Chopin.

Info: <https://www.thehammondtheatre.co.uk>

Thursday, 16 May at 6.00 at St Mary's Church, Twickenham Church Street, TW1 3NJ. CHARLES HERRICK plays a mixed programme of fun pieces for organ, including Shostakovich, Bartok, Parry and Farrington. Admission free, with retiring collection. Refreshments in Chancel.

Tuesday, 21 May at St Margaret's Church, TW1 ENSEMBLE MIRAGE (9 St John's Smith Square Young Artists) will be playing Prokofiev, Tchaikovsky, Penderecki, Copland and Dohnanyi.

Info: www.richmondconcerts.co.uk

Tuesday, 14 May at 8.00 at The Exchange, TW1 1BE, Richmond Film Society show French film 120 BEATS PER MINUTE.

Info: www.richmondfilmsoc.org.uk

Thursday, 16 May at 7.00 at The Hammond Theatre, TW12 3HD. Live streaming of ROH ballet FLIGHT PATTERN/WITHIN THE GOLDEN HOUR/NEW WORK by Sidi Larbi Cherkaoui.

Info: <https://www.thehammondtheatre.co.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, 12 May, Twickfolk

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

Tuesday: at 8 pm TWICKENHAM JAZZ CLUB:

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

**Sunday, 19 May at The Patch, TW1 3SZ. 8.15-11, Eel Pie Club plays host to KAST-OFF KINKS including past members of iconic band, The Kinks. ** change of evening from Thursday to Sunday.

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

Saturday, 18 May at 7.00 at The Exchange, TW1 1BE. MARTIN STEPHENSON & THE DAINTEES.

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

Saturday, 18 May 9.00 at The Blucher, Twickenham Green, popular local band, MIDNIGHT RIVER BLUES BAND makes a welcome return with its eclectic mix of rock, jazz and blues.

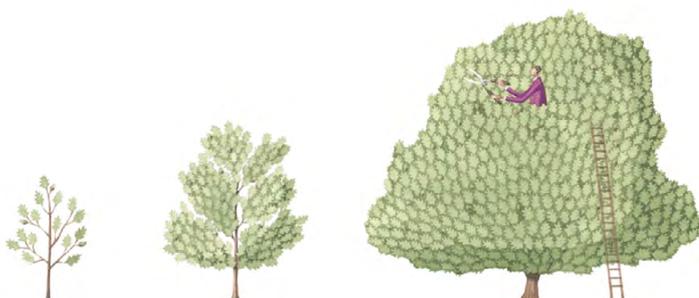
Info: www.lemonrock.com/gig.php?id=617674

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, at ORLEANS HOUSE GALLERY, Riverside TW1 3DJ.

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



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darryl parkin

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An honour to serve as Mayor

It was an immense honour to be selected as Mayor and I am so proud, not least because I was the first Mayor of Indian origin of our delightful borough.

I met so many wonderful people, organisations, societies and businesses and every single one was unfailingly courteous, kind and supportive of me, I am full of gratitude to every single resident of the borough who made this possible.

Many of you have supported my Charity (Refuge Richmond the domestic violence charity) events either by being there, donating prizes for raffles at my events or helping me host them (Valentino's Bellissimo, Italian restaurant in London Rd Twickenham and Panas, Nepalese and Indian restaurant, in Richmond Rd Twickenham) and we have had a great time together, and by doing so you have enabled me to help the cause of my charity more than I ever could have done in a lifetime on my own. Together we have already raised over £20,000 for Refuge!

I get particular satisfaction from the fact that I was able to co-host a multi-faith Peace and Unity event and that with the help of many I was able bring to the fore the work of my Charity Refuge Richmond.

Thank you to all [Council staff](#), councillor colleagues, communication team and my Chaplin who have all been a great source of comfort and support to me throughout the year and to those officers and colleagues who took part in cycling and marathon events including the [death-defying Sky Jump](#). And also, a big thank you to my Deputy Mayor, Cllr Mona Adams.



The Mayor with his Deputy Mayor, Cllr Mona Adams



In December we hosted the first our themed dinner celebrations at Panas in Twickenham



I was grateful to council officers Will and Michelle who took part in the Thames Meander Marathon



Also, council officer Joe took part in RideLondon in support of Refuge too

It is one of the privileges of the Mayor to be able to meet and thank the many charities and wonderful volunteers in our delightful borough who give their time so freely to enrich the lives of others without any expectations of reward or recognition.

I am grateful to our schools (it was touching to note the many young children's enthusiasm and respect for the Mayoralty) places of worship and the Police for the invaluable and positive contribution they make to all our lives.

My journey as Mayor has brought me closer to the borough and its residents than I ever was before and certainly closer than I ever thought possible. It was particularly moving to be with residents and in Richmond Synagogue and the borough's churches during the World War One centenary memorial events.



With the wonderful team who joined me on my charity skydive



In October I went along to the community event in Murray Park, meeting some of the organisations who do wonderful work in this borough



It was great to meet the many young people taking part in National Play Day at Orleans House in August

I am truly grateful and fortunate to have had the opportunity of coming into contact with so many wonderful individuals, groups and organisations and in-fact it has been something of a revelation to me as to how positively and constructively people choose to live and manage their lives and their leisure time in our borough. It is with this wonderful mix of people that our borough is the wonderful place that it is to live and work in.

I shall treasure the memories of my time spent as Mayor and hope to stay in touch with the many new relationships and bonds that have been created.



We have lots of talented children in the borough and it has been a privilege to interact with them and be a part of judging some of the wonderful competitions they take part in such as in bloom



It has been a privilege to be a part of judging another wonderful competition such as the Christmas Card design



There are so many amazing, community minded people in our borough. Here I am visiting the bowls club in Teddington

I would like to feel that as a result of my journey as Mayor I am a much more informed, improved and refined Richmonder.

I feel my sense of belonging to this borough is now immensely enhanced and my sense of homeliness here is now complete and I withdraw having gained so much more than I could ever give.

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Jewellery, Silent Auction.

www.stmarywick.org.uk

Candidate for Mayor of London, Shaun Bailey, receives hate letter from a Twickenham resident

On Thursday (16th May) a Tweet caused quite a stir in Twickenham; it was posted by Shaun Bailey, London Assembly Member and candidate for Mayor of London.

The Tweet concerned an offensive letter he had received from someone in Twickenham. This caused outrage among Twickenham residents who were quick to post in support of Shaun.

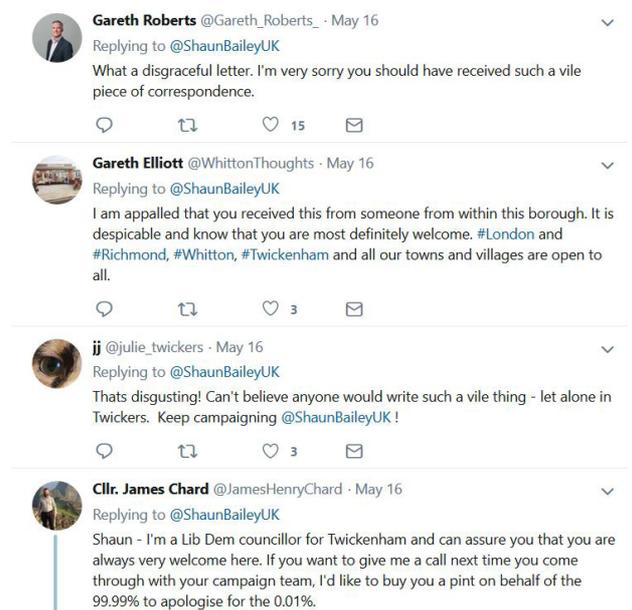
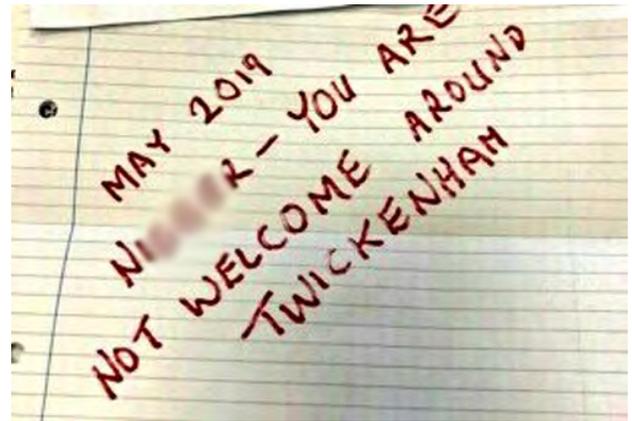
Speaking to The Twickenham Tribune, Shaun said:

“Politicians from diverse backgrounds like Sadiq Khan or myself are positive symbols not targets.

“I will not be intimidated from carrying my message of hope and opportunity to the people of Twickenham.

“So sorry troll... this black man will go wherever he pleases!

We know our readers would be happy to welcome Shaun in Twickenham and show him that this letter was an aberration and has no place in our community.



Twickenham residents respond to couple's call for help

Twickenham was able to show its community spirit this week in response to a call for help by a couple from West Sussex, who posted on a Twickenham Facebook site:

Hi all!

Would any lovely two people like to be our witnesses on June 19th 10.30 - 11 am ?? We are having a quick registry office wedding in York House. We're a mature couple, not wanting any fuss. We'll be surprising family and friends, and celebrating soon after. We'd like witnesses we don't already know, as we really don't want anyone to feel left out or over-looked. We will of course reimburse travel, and treat you to lunch vouchers somewhere nice!

Thanks for reading, Lynda and Andy

They received many offers and two witnesses have been chosen (including local rocker and independent estate agent David McGeachie!).

Council clamps down on unauthorised posters

Unauthorised posters displayed on lighting columns and pedestrian guard railings across the borough will be removed, confirms the Council.

There has been a rise in the number of complaints regarding posters and flyers appearing on street furniture around the borough. The Council wants to remind residents that it has certain powers under section 132 of the Highways Act 1980 to remove unauthorised adverts attached to highway structures such as lighting columns, pedestrian guard railings, etc. And, when Council contractors notice unauthorised adverts in the course of their duties, they will stop and remove them.

Local groups, charities, cultural, social or educational organisations are able to get permission to display their posters, by applying online.

Posters displayed on private property (including shops) are permitted, as long as they have the permission of the owner of the land.

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

“We have received a number of complaints regarding the rise in fly-posters on street furniture around the borough. We can remove these unauthorised posters if we see them. Any local group or charitable organisation who wishes to display a poster will still need permission and is encouraged to apply online.”

For more information, go to: www.richmond.gov.uk/public_advertising

Example of a serial unauthorised poster

The Twickenham Tribune has previously reported on the increase in unauthorised posters littering the borough. One particular offender regularly crops up, with unauthorised posters appearing in Twickenham, Strawberry Hill, Teddington, Hampton and so on! They have just put up new posters, while posters advertising events in November 2018 are still left in place. Perhaps the council could look at these for a start



Twickenham's 'Turner Prize' for Art students

On Tuesday 7 May, the Friends of Turner's House in Twickenham visited Richmond upon Thames College's (RuTC) Art department to take on the role of judges for a student project.



The project's theme was 'Light', highlighting the art of J. M. W. Turner and Turner's House through time-based media, such as animation, photography, installation and film. Art and Design Extended Diploma Level 3 students visited Turner's House and got to know Turner's artwork through own research, experiments and design processes. Turner was a London born and raised Romantic painter, commonly known for his imaginative landscapes. Turner's residency in Twickenham now offers visitors the opportunity to see the environment, house and

Thames landscape that inspired him.

For the past four years, the Friends of Turner's House have been awarding RuTC students with Twickenham's 'Turner Prize'. Judge and member of the Friends of Turner's House, Lynne Reeves, commented: "Every year we are more and more impressed with the quality of the students' artwork. Not only are they learning about an extraordinary local painter and let him inspire them for their own art, but courses and projects like these will also prepare them for their future career."

Winners will be announced at the Creative Arts and Media Exhibition Private View on Tuesday 25 June from 5pm to 8pm, which coincides with the RuTC Open Event. Members of the public are welcome to attend, further details are available at www.rutc.ac.uk.

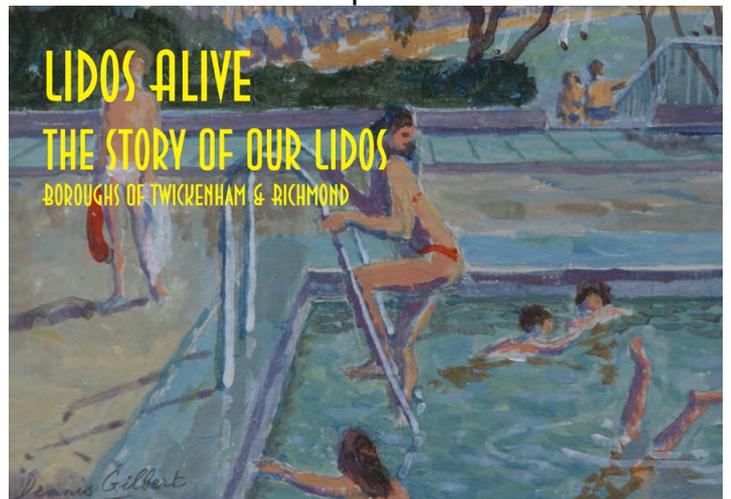


Richmond upon
Thames College

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.



CALL FOR ENTRIES FOR THE TWICKENHAM FILM FESTIVAL 2019



www.twickenhamfilmfestival.com

The Twickenham Alive Film Festival is a community-based film festival inviting submissions of short films, up to 10 minutes

Click images below to view previous entries

Panca Popolare Italiana
Filmmaker: Werther Germondari



International Award 2013

Through the Pane
Filmmaker: Dawn Westlake



Official Selection 2016

Anyone
Filmmaker: Jordan McKellar



Sport/Adventure Award 2015

Garden of Reason
Filmmaker: Ham Youth Centre



Borough Attraction Award 2013

Council backs move to committee system of governance

Councillors at Richmond Council have backed a proposed switch from major decisions being made by the Leader and the Cabinet to a committee-based system, a move that will ensure all elected members are involved in decision making.

At the full Council meeting, members agreed new arrangements that will come into force immediately. Membership of the committees will be constituted on politically proportionate lines.

Five service committees, will meet every other month. They are:

- Adult Social Services, Health and Housing Committee
- Environment, Sustainability, Culture and Sport Committee
- Finance, Policy and Resources Committee
- Transport and Air Quality Committee
- Education and Children's Services Committee

There is no change to the decision-making processes for the Planning Committee, Audit Committee and Regulatory Committee.

You can view a letter [HERE](#) from Chief Executive Paul Martin, previously published in The Twickenham Tribune (Edition 117).

Welcome to beautiful rural Connemara, where violence, murder and suicide are local recreational activities...

THE LONESOME WEST by Martin McDonagh opens at the Mary Wallace Theatre in Twickenham on Saturday, June 8th and runs 'till Saturday 15th.

In a nine-months stretch of writing in 1994 Martin McDonagh completed seven plays, three of which form the Leenane trilogy, so called because all are set in that Connemara town. The first of the trilogy, *The Beauty Queen of Leenane*, became, in February 1996, the first to be staged - by the Druid Theatre in Galway - to considerable acclaim for its mix of tense drama and black humour, and won him a Most Promising Playwright Award.

The black, Irish humour, noted in the reviews of his first success, is a characteristic of most of McDonagh's work and *The Lonesome West*, the last of the three Leenane plays, is no exception. It is the tale of two warring brothers and has been described as "*a wickedly comic, domestic version of Cain and Abel, in which the inability of Coleman and Valene to stop tormenting each other with spiteful games only reinforces their mutual dependence*". Sibling rivalry being something McDonagh had first-hand experience of with his own brother - he knew only too well of what he wrote!

Tickets may be booked by 'phone on 97484 927 662 from May 24th - or through the website - www.richmondshakespeare.org.uk



The Lonesome West

by **Martin McDonagh**

Directed by Fiona Smith

Richmond Shakespeare Society



at the Mary Wallace Theatre

The Mary Wallace Theatre

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Saturday
15th June 2019**

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"God's got no jurisdiction in this town."

The Twickenham Festival is launched!

By Shona Lyons

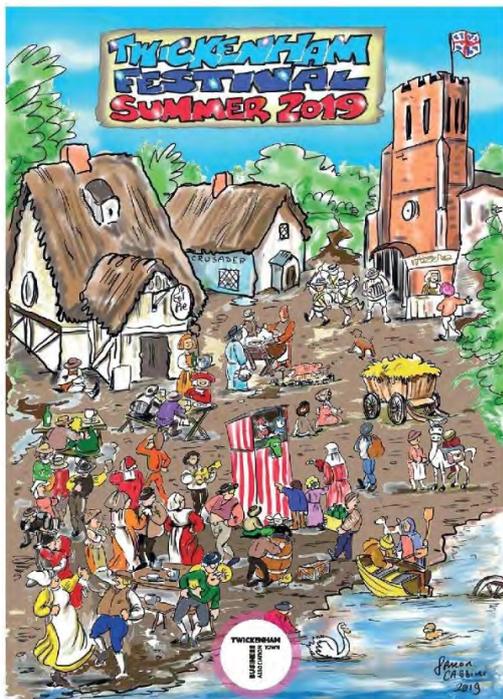
Last week we received the festival guides back from the printers. They are due to be distributed door to door to TW1 and TW2 postcodes this coming Monday. It may not look like it but it really is a big team effort. From all the contributors of events that mail in their details, to the amazing people that are part of this festival, some of whom we have featured this year in the guide to the printer who personally delivers the extra 5,000 we keep back for local distribution and the designer who helps make sense of it all by putting it together in a more appetizing format for the reader and to all the local businesses big and small, new and old who this year have supported the guide in their droves with sponsorship and advertising.

Everyone local it seems has a role even the council who painstaking go through all the street trading applications in order to give their seal of approval and check all the health and safety guidelines have been followed by the myriad of stall holders both local and others coming from further afield..

Soon the streets and gardens will be a buzz with music festivals, craft markets, Summer Fairs, Best Dog Competitions etc. and there are also lots of more unusual slightly obscure events happening in the area in these few weeks from the 7th of June with the Tug of War kicking off proceedings to our much loved French Friends bringing the festivities to an end with the French Market on the 23rd.

You should be able to find a guide at lots of places in Twickenham from the police station, library, civic centre, galleries and riverside cafes and on Monday you may even get one through your door!

But if all is lost and you can't get hold of one just give us a ring at Crusader Travel on 020 8744 0474 or call in and we will send or give you one. We will also be at Hands Charity Fair on the bank holiday Monday the 27th of May where we will have lots to give away.



TWICKENHAM FESTIVAL 2019 GUIDE

SEE OUR EXTENDED WHAT'S ON SECTION & ONLINE CALENDAR:

twickenhamthetown.org.uk

07.06.19

23.06.19

GOSH, HOW TIME FLIES!

Well I guess you would say that, if you were 50 something as that is the age group who could just about remember the Halloway days on the Twickenham Riverside in the open air pool. Nevertheless this might be the year that the chain breaks and our new administration gets the ball rolling properly. Overtime the centre of our town has improved immensely our shops are pretty busy too, but Twickenham should be thriving – it is after all the epicentre of Rugby Worldwide and with a new 'pool site' for all we would indeed have a town to be proud of.

So here we are with the annual Twickenham Festival showing off our town and the River and of course our Musical Heritage, more of which we have this year – both in Church Street with the High Tide Festival as well as in the Exchange with an event by the New Eel Pie Museum. We have even persuaded Twickenham Alive to hold their Film Festival in the Festival as well as some regular staples like the Tug of War and The Festival Cruise.

As always we wouldn't be able to manage without help and this year we have more

and more sponsors and volunteers. Haymarket Media, Aqua Bathroom, SRB Solicitors, Love Lawns (who are especially sponsoring the Go Green Event and laying the Turf) and new on the scene Tzarita Spice newly opening in the Square with their fine dining offering and lastly The People Hive not only as sponsors but with volunteers to help with the programme distribution.

By the time you receive your copy all the events will be firmly in place and as far as we can the streets and pavements will have a Summer Buzz with Hanging Baskets, Floral Displays and Plantings and of course Church Street will have All Fresco. Most of the festival events are entered here but you can always visit www.twickenhamthetown.org.uk for a last minute check on the online calendar that Shona keeps as up to date as possible – with contacts as well. Keep your eye out for more details on the Riverside development, but it will be a little time before we can really enjoy that space – so we hope you enjoy the Twickenham Festival in the meantime!

For details of all festival events, visit tbtw.org.uk or phone 020 8744 0474



Shona Lyons, Twickenham Town Business Association

WITH THANKS TO ALL OUR SPONSORS



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Environment Trust asks people to support ‘Endangered Species Day’ by protecting bees this spring and summer

In the run up to [Endangered Species Day](#) on 17th May 2019, Environment Trust, an environment and heritage charity based in South West London is calling on people to take action to protect species at risk, such as bees – which are in serious decline.

Endangered Species Day is an opportunity for people of all ages to learn about the importance of protecting endangered species and everyday actions they can take to help protect them.

A [recent study](#) by the Centre for Ecology and Hydrology (CEH) in Wallingford, Oxfordshire, has highlighted that a third of British wild bees are in decline. The scientist’s behind the study say that if current trends continue, some species will be lost from Britain altogether.

Berny Simcox, CEO of Environment Trust says, “We believe there are many actions people can take to protect species at risk, such as bees. Habitat loss is the main reason for the decline in the bee population, along with the use of insecticides and climate change.

“We can all help stop this decline by growing patches of wildflowers and weeds in our garden to attract bees. As a charity, we are also doing our bit this year with a number of bee friendly events this spring and summer, which are both educational and fun.”

In April, the charity held their second [Plant Sale](#), combining it with an Open Day at the Grade II listed Kilmorey Mausoleum in St Margaret’s. A wide range of plants including annuals, biennials, perennial, herbs which all encourage wildlife were on sale, plus local beekeepers attended with their hives to talk about beekeeping and plants that are great for attracting bees.

In June, Environment Trust are partnering with [Petersham Nurseries](#) in Richmond to host a hands on father and child activity on Father’s Day on 16th June 2019, to create a mini bee-nursery. There are pre-bookable workshops, where fathers and their children can enjoy spending time together creating a miniature bee-nursery for solitary bees to encourage bees into their gardens.

Berny Simcox adds, “On Endangered Species Day we encourage everyone that can to consider planting some bee friendly plants in their garden to attract the bees and butterflies. If everyone in our neighbourhood did this, we could really start to make a huge difference to our local bee population, as well as other insects and wildlife.”

For more information about Environment Trust, including projects and forthcoming events visit www.environmenttrust.org



River Crane Sanctuary



We all need friends and the ultimate Friends group has to be **Friends of the Earth**. We joined the local group at the May Fair last Saturday with other campaigners wanting to improve our air quality and raise awareness of this issue which is all part of the wider Global emergency on climate change.

<https://friendsoftheearth.uk/who-we-are/our-history>

Take a look at the history of this amazing group and their achievements over the years by clicking the link above. Decades ago they were highlighting environmental concerns for our planet and they have an enviable success record with initiating changes at a governmental level after peaceful protest, intelligent arguments and workable solutions.

Join us on 26th June 2019 in London for **The Time is Now gathering to lobby Parliament** for real change to protect the environment and consequentially all life.

Living under the flight path of Heathrow is a good enough reason to add our presence to the protest against any expansion which is one of the main items on the agenda and we thank this organisation for taking court action to protect the health of our future generations by opposing this outrage. **How to help: foe.uk/tackle-air-pollution**



Peace Peace Peace



Make Air Safe and Clean



FORCE - Friends of the River Crane Environment, need our support locally to safeguard our green spaces and they offer free walks and information. It costs less than a cup of coffee and a pastry to join and going on one of their walks is worth the membership alone. We love the Butterfly, Bird and Bat walks and have also been on the Three Rivers Walk which was great with friendly and knowledgeable people. Links are on our website Ecology page and remember to add your photos to our Sanctuary album for others to enjoy if you get a nature photo in your garden or along the River Corridor.

The River Crane Sanctuary website <http://e-voice.org.uk/rcs/>

St Mary's University Update

St Mary's to host 2019 Women in Sport and Exercise Conference

[The Women in Sport and Exercise Academic Network's](#) annual conference will be coming to St Mary's University, Twickenham on 11-12th June 2019.

This year's theme [Pushing Boundaries](#) will look at how opportunities for women in sport and exercise are expanding rapidly, whether it is in leading a governing body, excelling in elite competition or simply participation for fitness, camaraderie and the love of sport.



The 2019 Women in Sport and Exercise Conference will bring together leading thinkers and practitioners from a range of disciplines to promote discussion and debate around the issues that females face in sport and exercise at all levels. In addition, it will look at how the industry can innovate, challenge attitudes and push the boundaries that still exist for women in sport.

The conference will explore the latest research and real-world evidence to address female-specific issues and life stages that impact on performance and health. It will explore gender inequality in the sport and exercise arena, and discuss the opportunities and issues surrounding female participation

in physical activity. Key areas of focus will be the practical application of research to increase the opportunities for females in sport and exercise and minimise and overcome identified barriers.

The conference will look specifically at:

- Pushing boundaries through furthering the understanding of how female specific issues influence performance and health
- Pushing boundaries in women's representation in sport
- Pushing boundaries in physical activity participation to promote inclusion and female empowerment through sport
- Pushing boundaries in taboo subjects around women's sport

Academics, practitioners, health professionals, athletes and those working in sports governance are invited to come together to share their achievements and collaborate with like-minded individuals to optimise women's athletic success, while promoting inclusion and female empowerment through sport.

To book your place, please visit the [St Mary's website](#).



St Mary's
University
Twickenham
London

Chestnut Sunday

Sunday 12th May saw the annual Chestnut Sunday parade in Bushy Park. Below are a selection of photographs from Peter Denton



Seven out of ten people feel overwhelmed by the demands of living with diabetes

- **Three quarters of people with diabetes who needed mental health support could not access it**
- **Diabetes UK urges the government and NHS to take action**

New research from Diabetes UK has found that seven out of ten people feel overwhelmed by the demands of living with diabetes, significantly affecting their mental and physical health. The survey of more than 2,000 adults with Type 1, Type 2 and other types of diabetes from across the UK shows that the majority (three quarters) of those who feel overwhelmed say that this affects how well they can manage the condition.

In order to explore the links between mental health and diabetes the charity collected extensive insights from people affected by the condition and healthcare professionals from across the UK. The findings, published in the report “Too often missing: Making emotional and psychological support routine in diabetes care”, show that diabetes is much more than a physical condition.

Management of physical symptoms 24/7 – for instance by checking blood glucose levels, or managing diet – alongside the continual need to make decisions, and take actions, in order to reduce the likelihood of short and long-term complications, can affect every aspect of day-to-day life.

The research revealed that the relentless nature of diabetes can impact people’s emotional, mental and psychological wellbeing and health – from day-to-day frustration and low mood, to specific psychological and mental health difficulties such as clinical depression and anxiety.

Three quarters of those needing specialist mental health support, such as from a counsellor or psychologist, to help manage the condition, could not access it. Seven out of ten people with diabetes also reported that they are not helped to talk about their emotional wellbeing by their diabetes teams.

Healthcare professionals surveyed also revealed that there was more to be done in this area. Specifically, 40 per cent of GPs are not likely to ask about emotional wellbeing and mental health in routine diabetes appointments, while only 30 per cent feel there is enough emotional and psychological support for people living with diabetes.

The report marks the launch in parliament today (14 May) of a Diabetes UK campaign to make the emotional and psychological demands of living with diabetes recognised and provide the right support to everyone who needs it.

The charity is urgently calling on each of the four nations’ health services to create national standards for diabetes emotional and mental health services. These should ensure that everyone is asked how they are feeling as part of every diabetes appointment, and that a mental health professional with knowledge of diabetes is part of every diabetes care team. Chris Askew, Chief Executive of Diabetes UK, said: “The day-to-day demands of managing diabetes can be a constant struggle affecting people’s emotional wellbeing and mental health. In turn, people tell us that struggling emotionally can make it even more difficult to keep on top of self-management. And when diabetes cannot be well managed, the risk of dangerous

complications, such as amputations, kidney failure and stroke increases.

“Diabetes services that include emotional and psychological support can help people improve both their physical and mental health, reduce pressure on services, and save money.

“Mental health and physical health go hand in hand, but services for people with diabetes don’t always reflect this. We need to bridge the divide between physical and mental health services to ensure those with emotional and psychological difficulties related to their condition do not have their needs overlooked. It is critical that all diabetes care sees and supports the whole person, and explores what matters most to them.”

Diabetes UK is launching a petition to call for national standards for diabetes mental health support and services. To find out more about the campaign and sign the petition go to www.diabetes.org.uk/missing

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Eating The WIZ WAY

With a background of research on food around the world - World InfoZone.com - this book looks at foods which come under the heading of “Healthy Eating”. Easy and economical recipes are provided which have resulted in weight loss and associated health benefits.

The book costs £6.00 Email: Contact@TwickenhamTribune.com

Review: www.worldinfozone.com

World InfoZone was one of the very first encyclopedias on the internet; a collaboration of people from all over the world.

WIZ looks at world history including staple foods around the world.

A recent WIZ project supported the UK’s thirtieth World Heritage site, the Gorham Cave Complex in Gibraltar, where Neanderthals lived on a diet related to the coastal location.

The history of food is an interesting topic and one where some are now looking at the past in relation to what we eat today. www.worldinfozone.com

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www.Xaxaba.co.uk

Eating The WIZ Way

www.worldinfozone.com

Eating The WIZ Way



WorldInfoZone.com



A STEIN TIME ON KINGSTON RIVERSIDE



Hot on the heels of my recent trip to Germany to visit Lubeck, the home of marzipan, (see last week's Tribune) we thought it a good idea to check out our local German hostelrys, so headed over to Stein's in Kingston. Boy, am I glad we did! It is a lot easier than travelling to Germany.

I had only really heard of Stein's on Richmond riverside, which is a beer garden and obviously somewhat dependent on our lovely British weather. But the Kingston site is open all year round. Also situated on the riverside, along from the Rose Theatre, it has a great atmosphere. There is a terrace overlooking the river and inside it is modern, stylish, (not surprising as one of the owners is a very successful architect!) yet cosy and very welcoming. Stein's has also recently opened another branch in South Kensington, Stein's Berlin in Prince's Gate – worth remembering if you are visiting the Royal Albert Hall or the museums.



Seated on benches, and admiring the lovely timber-clad interior while surveying the menu, I ordered a glass of Heidlinger Summer Breeze – a very pleasant dry organic white wine (very reasonably priced at £20.90 a bottle.) They also have a Burg Ravensbury Riesling – again organic – at £24.90. My husband had a glass of Erdinger Dunkel Weissbier (dark wheat beer from Bavaria). All draft beers can be served in a giant 1 or 2 litre boot shaped glass, should the urge take you!



The menu offers something for all tastes. Needless to say there is an excellent selection of sausages and schnitzels, but if they don't float your boat there are lots of other interesting options.



My husband started with a bowl of goulash soup and I couldn't resist the red herring salad with beetroot apple and cream. The soup was declared delicious and the salad: wow! The portions at Stein's are very generous, so be warned not to have 'eyes bigger than your tum' and get carried away. My salad was absolutely amazing.



Now, as it's asparagus season, they had a specials menu offering German white asparagus that they import directly. I opted for the Black Forest Ham, with white asparagus, new potatoes and Hollandaise sauce. It was a great



choice, but to be honest I was so full after my lovely starter, I didn't manage many of the lovely potatoes, but the ham was very tasty, smoky and paired beautifully with the asparagus. My husband chose the Nuernberger sausage platter – six small pork sausages from the famous Bavarian town, served with warm sauerkraut, mash and salad garnish. I didn't get much of a look in, to be honest, as it was so swiftly consumed, but I managed a taste of the mashed potato, which he was raving about, and indeed it was really smooth and creamy.



We saw other people having food that looked equally tempting (noted for our future visits). A mini cheese fondue was great fun, and the schinitzels ... well! They are enormous (and half price for many of them on Monday evenings). Stein's also has a set menu available weekdays till 5.30 (£11.50 for two courses, £13.50 for three).



With no room for anything else to eat, Bele, Stein's lovely owner (and Twickenham resident), suggested we join her with a glass of Schnapps. There's a massive choice of fruit infused varieties, and you can even opt for a wooden board with one of all seven - great fun for a large gathering! Bele told us that her background is, in fact, in IT, but she and her architect husband Reinhard had spotted the Richmond site and – on a whim (as one does!) - decided to open a beer garden on Richmond Riverside. We are very lucky that they did, and I would urge you to check out one of the three branches – I know we will be back soon. Prost!

WINNER COCKTAILS FOR TWO AT THE IVY CAFÉ

IS

**Vivienne Cannell
TW1**



LOST! A BILLION UK £1,000,000,000

By Bruce Lyons

**HOLIDAYS 4 ALL
COOKS LOOSE A
BILLION**

That's what Thomas Cooks announced, they say Brexit cost them that. What does this bode for you this summer!!?

Well dear holidaymaker, it is a story you need to read into. Basically it means more choice in the high season, or maybe they're just saying in another way that they are behind in their sales "year on year" It also says a lot about the independent sector, those small specialists that we tend to work with day in day out, they're not losing money, but for sure they are

not letting grass grow under their feet.. If Cooks are down on their bookings the small companies are working overtime to give you good service, value for money and a creative product. In fact I can say in all my time (some 60 years now in travel) I have never seen such diversity there's a product there for all.

Another thing, it is good news for late decision makers there may be some good deals out there!!! Next week brings us the half term (so soon you say!!) and with it brings the first of the last minutes and I see there is a good choice of villas, nice and quiet for a bit of revision perhaps, all at value prices.

I also see great cruise offers beaming our way (just look at our advert this week – and there are more)

**GOOD NEWS
SUMMER
is COMING!**

However what will be clear is that Autumn Holidays will not be "specialled", as it were, till middle Summer School Break as most will have to work hard with the availability they have on their books

**HOLIDAYS
R GOOD
4 YOU!**

Working Hard? Don't let Brexit get you down – in fact –let it work for you, and Cooks will sort themselves out but you could just be the better off for it

Take a look around, give us a call, drop us a line – we are ready for any challenge.

Pass on the benefits of gardening to the next generation

Open Study College

Britain is a nation of both keen gardeners and green fingered novices – but how does time in the garden benefit us all, from the very young to the older generation?

With spring in full swing and National Gardening Week just behind us, there's never been a better time to explore how working with plants can support our health, wellbeing and learning.

Research has found that spending time gardening not only makes us feel happier by releasing endorphins but can also improve physical wellbeing through activities such as digging, planting and weeding. Studies have shown that gardening was much more successful in significantly reducing stress levels and improving moods compared to other calming activities such as reading.

There has also been evidence to suggest that gardening can prove beneficial to those suffering with Dementia or Alzheimer's disease. Gardening helps stimulate the senses through sensation, smell and sight and can improve cognitive processes thanks to planning and the enjoyment of being able to focus on the here and now.

Gardening also benefits children, as it develops reasoning, planning and organisation skills, whilst teaching patience and even social skills. Allowing children to grow their own produce will also encourage healthy eating and has a positive impact on physical and psychological wellbeing.

Samantha Rutter, CEO at Open Study College, said: "The RHS and the Horticultural Trades Association are doing a wonderful job inspiring both young and old to get out and learn more about plants and gardening through events such as National Gardening Week and National Children's Gardening Week.

"We are very proud to support these goals of inspiring passion and excellence in the world of horticulture by offering three of the RHS certified courses alongside our wider catalogue of flexible floristry, gardening and horticultural courses."

[Gardening Promotes Neuroendocrine and Affective Restoration from Stress](#)

[Gardening with dementia](#)



Coming soon to the main auditorium of Hampton Hill Theatre,
Teddington Theatre Club presents

HANDBAGGED

By Moira Buffini

Directed by Ben Clare

Meet Maggie and Liz: expect handbags at dawn

Handbags, hairspray and sensible shoes. Meet Liz and Maggie. Two enduring icons born in the same year. One destined to rule, the other elected to lead. You are invited to listen in on their weekly private meetings. What follows is a mostly true story. 40 years to the day since Thatcher entered No 10 as Prime Minister, this West End hit is a deliciously prescient, brilliantly funny and poignant look at two giants of the 20th century.

Dates: Sat 18 May – Fri 24 May 2

Performance times: Sunday 6pm Weekdays 7.45pm



Website: www.teddingtontheatreclub.org.uk/production/handbagged

A ROOM WITH A VIEW

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



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

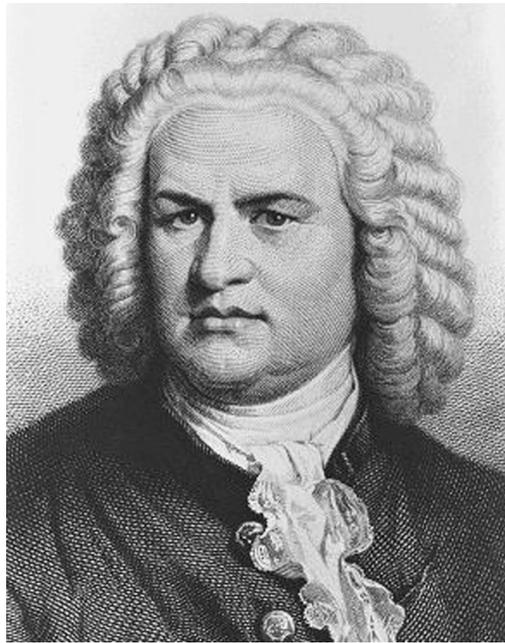


Easter Anthems

music by G.F. Handel, J. Rutter, C.V. Stanford and S.S. Wesley
St Mary's Extended Choir, St Mary's Church, Hampton, 12th May
Review by Mark Aspen



In a secular world it is easy to forget that Easter is not a single weekend's binging on chocolate eggs, but is a celebration that lasts right up to Whitsunday, well into June in 2019. How appropriate then, half way through Eastertide, to be celebrating with a joyous musical binge a cornucopia of outstanding voices and majestic organ music.



First out of this cornucopia sprung Johann Sebastian Bach's *Orgelbüchlein*, his *Little Organ Book*, an anthology of short chorale preludes, which was opened for us by guest organist Nat Keiller. Albert Schweitzer described the *Orgelbüchlein* enigmatically as "Dürer-like" and less opaquely as, "the most simple imaginable and at the same time the most perfect". Keiller, an award-winning artist, fulfils this description, and fulfils it ... well, simply perfectly.

Joy is perhaps the overarching adjective for this concert, and followed through the whole choice of anthems assembled by Director, David Pimm, who is building quite a reputation amongst music lovers and worshipers alike. Another theme evident throughout is the musical interaction of male and

female voices, a natural complementation that enhances both the music and the concept of words.

This interdependency was clearly evident in *Blessed Be God and Father* by S.S. Wesley, where the central section of the work is effectively a dialogue between the soprano chorus and solo. As the solo voice, Lucy Fernando was outstanding, her accurate bell-like soubrette soprano floating charmingly across the accompanying organ. This is then underlined by the returning male voices before the drama of a fanfare on full organ announces the final fughetta for full choir. All this is impressively powerful stuff!



Samuel Sebastian Wesley, who had been regarded as a child prodigy, wrote this piece for Easter Day 1832 at Hereford Cathedral, where he had just been appointed Organist at only 21 years of age. Only the boy choir was available and the Dean's fishmonger was drafted in as the sole bass voice

Read Mark Aspen's full review at www.markaspen.com/2019/05/15/easter-anthems

Photography by Thomas Forsythe and Wiki Commons

TRAVELLER'S TALES 31

BY BOAT TO BATTAMBANG

Doug Goodman visits Western Cambodia



Our Tuk-Tuk sounded like a tractor and belched black smoke as we pulled away from the city-centre hotel bound for the port. The five days in Cambodia in Siem Reap had been well spent with visits to the markets, music and dance performances, delicious meals and five trips to Angkor Wat. Cambodia is home to the world's most spectacular temples and the huge area that contains so many stunning buildings is the number one tourist destination for the country. Transport and a guide are essential to see the temples at their best and you need to plan carefully and do some homework. Our guide was Denise Heywood, a specialist in The Khmer Civilisation, with a deep understanding of temple architecture and Cambodian history. Her lectures and the detailed descriptions of the intricate carvings brought everything to life. But now our two week cultural tour of Laos and Cambodia was over and we had a final week to travel and explore on our own.



Floating village



Tanned fisherman



Living on the water

LOW WATER.

The former French town of Battambang in the west of the country can be reached in about two hours by road but a trip by boat across Lake Tonle Sap and through the floating villages was far more appealing. The port was little more than a hut and planks leading down to the mud banks where our boat was moored. The long, thin vessel with benches for four passengers across and a capacity for 40, had open sides and a canvas roof. The captain said the journey usually took six hours but due to low water levels it might take eight or more. Lake Tonle Sap is like an inland sea: stretching across the north west of the country it becomes one of Asia's largest freshwater lakes in the Monsoon season. Fed by the Mekong, it swells to over 7,000 square miles and in the dry season it can shrink fivefold. The area is a bird spotters' paradise with 100 different water birds, rich fishing areas, mangrove swamps with turtles, crocodiles, otters and other wildlife. The main attraction is the floating villages which line the tributaries of the lake. You'll see the different Khmer and Vietnamese communities with their markets, schools, clinics, government offices and shops moored to the river banks or suspended above the water on stilts. The river is used for washing, swimming, fishing and laundry and looked rather uninviting! The captain's prediction about a journey longer than normal was correct. A few miles from Battambang, where the Sangker River narrows, we become stuck on mud banks three times and had to climb out of the boat into the mud to lighten it and push it free.

French Colonial Style



Bamboo railway



Crocodile farm



Memorial to the massacres

Battambang is one of Cambodia's best preserved colonial- era towns: the French influence remains in the buildings, shops, cafes and restaurants. There was a pleasant lack of tourist infrastructure as the place is a working town so few visitors venture into western Cambodia. A modern little guest house, run by a French family, was our peaceful home for 3 days interrupted only by the amplified chanting of monks all one night. We hired an English speaking guide with a Tuk-Tuk and asked him to show us the most interesting places in the town. First was the temple dedicated to those who died during the Khmer Rouge Revolution of the late 70s. A visit to a cigarette 'factory' was next on the list which turned out to be a 75 year old lady hand making 1500 cigarettes daily and selling them at \$1 for 30. The overcrowded and rather smelly crocodile farm was not the happiest place to visit and the fish sauce factory, which uses rotten fish to produce a local delicacy, was interesting but a gas mask would have been useful. We were taken to a wood carving school, where students were taught skills to equip them for jobs in the community and to see paper being made. Battambang has a laid back atmosphere with very friendly people who have time to talk to you and to practice their limited English.



Cigarette factory



Fish paste production



Wood carving school

RICKETY RAILWAY.

The French- built railway station was abandoned long ago with a yard full of derelict rolling stock, rusted rails and a station clock stopped at 8.02. But there is a railway and I had saved the ride on the Bamboo Train to last. This must rate as the weirdest train ride in the world! It consists of several single bamboo carts powered by motor cycle engines fixed to an open wooden frame where passengers sit on cushions. Up to 10 people or three tonnes of rice – the original cargo for which the railway was built – can whizz along very uneven and misaligned tracks for a few miles at a speed of 10mph. As it's single track there's a unique way of allowing trains from the opposite direction to pass: one car is lifted off the rails and placed beside the track to allow the other to proceed. The car with the least number of passengers gives way. Under health and safety rules there was a proposal to close this wonderful form of travel and this would be a great loss to Battambang.

Next week we'll cover Siem Reap and Angkor Wat.



CUP FINAL SPECIAL

FA CUP FINAL – MANCHESTER CITY V WATFORD

This one kicks off at Wembley Stadium today (Saturday 18th May) Kick Off is 5.00 and if you can't get to Wembley then watch it on BBC1 or BT Sport. Formidable Manchester City are on a scintillating run of 14 consecutive wins and will be brimming with confidence after becoming the first team since 2009 to retain the Premier League title. They did the double over Watford in the league this season - winning 3-1 at home and 2-1 away - and it is very difficult to see how Watford can stop the sky blue juggernaut. My prediction - City to complete the FA Cup and League double with a 3-0 win.

FA VASE FINAL – CHERTSEY TOWN V CRAY VALLEY

Tomorrow (Sunday 19th May) at Wembley Stadium. Kick off is 12.15. This will be a first Wembley appearance for both teams. Chertsey have just won the Combined Counties Premier League with six games to spare. I shall be at this one. They are a club I was involved with many years ago and so my prediction (with fingers crossed) is a 2-1 win for 'the Curfews'. It could be a very long day but an immensely enjoyable one shared with many old friends. Chertsey have sold over 5,500 tickets and you can also buy tickets at the stadium on the day if you want to go and watch a final at the home of English Football.

FA TROPHY FINAL – AFC FYLDE V LEYTON ORIENT

The second of the non-league finals at Wembley tomorrow. This one kicks off at 4.15 and you can watch both games for your admission price. Orient will make a welcome return to League 2 football next season after winning the National League this season. They will be joined by Salford City who beat AFC Fylde only last week in the National League play off final. This will be a close game and I predict an Orient win after extra time.

UEFA EUROPA LEAGUE FINAL - CHELSEA V ARSENAL

Wednesday May 29th at the Baku Olympic Stadium in Azerbaijan. Kick off at 8.00. Could go either way but I think I fancy Chelsea to win it after a fascinating and close fought game. The Europa League final will be live on BT Sport.

EUROPEAN CHAMPIONS LEAGUE FINAL – TOTTENHAM HOTSPUR v LIVERPOOL

This second all English club final will take place in Madrid on Saturday 1st June at 8.00. Surely Liverpool will pick up the trophy after a season in which they played wonderful football but missed out to Manchester City in the premier league by just one point. Spurs have been punching above their weight to reach this final and deserve lots of credit but I can't see Liverpool losing this one. The final will be shown on BT Sport 2. The coverage will begin at 7pm and will be hosted by Gary Lineker.

Enjoy the finals as we welcome the summer at last. Don't forget to buy your season ticket for Brentford. Many of the games are predicted to be sell-outs as the Bees play their final season at Griffin Park after 115 years while they strive for promotion to the Premier League.



SUNDAY 19 MAY 2019
ENTRANCES OPEN 10:45

ENTRANCE	CLUB	WEMBLEY
BLOCK	101	THE FA VASE FINAL
ROW	2	CHERTSEY TOWN V CRAY VALLEY (PM)
SEAT	55	KICK OFF 12:15
		THE FA TROPHY FINAL
		AFC FYLDE V LEYTON ORIENT
		KICK OFF 16:15

ORDER NUMBER: 2505438
TICKET NUMBER: 3179809

WEMBLEY STADIUM HAS A RESTRICTED BAG POLICY
(See wembleystadium.com for details)

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

21st May, 8:00PM

The Beatles: Eight Days A Week - The Touring Years (UK)

Directed by Ron Howard

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Richmond Film Society, in conjunction with The Exchange, presents 'The Beatles: Eight Days A Week - The Touring Years', as part of The Exchange's 'Beatles in Twickenham' events.

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 www.exchangetwickenham.co.uk/events

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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