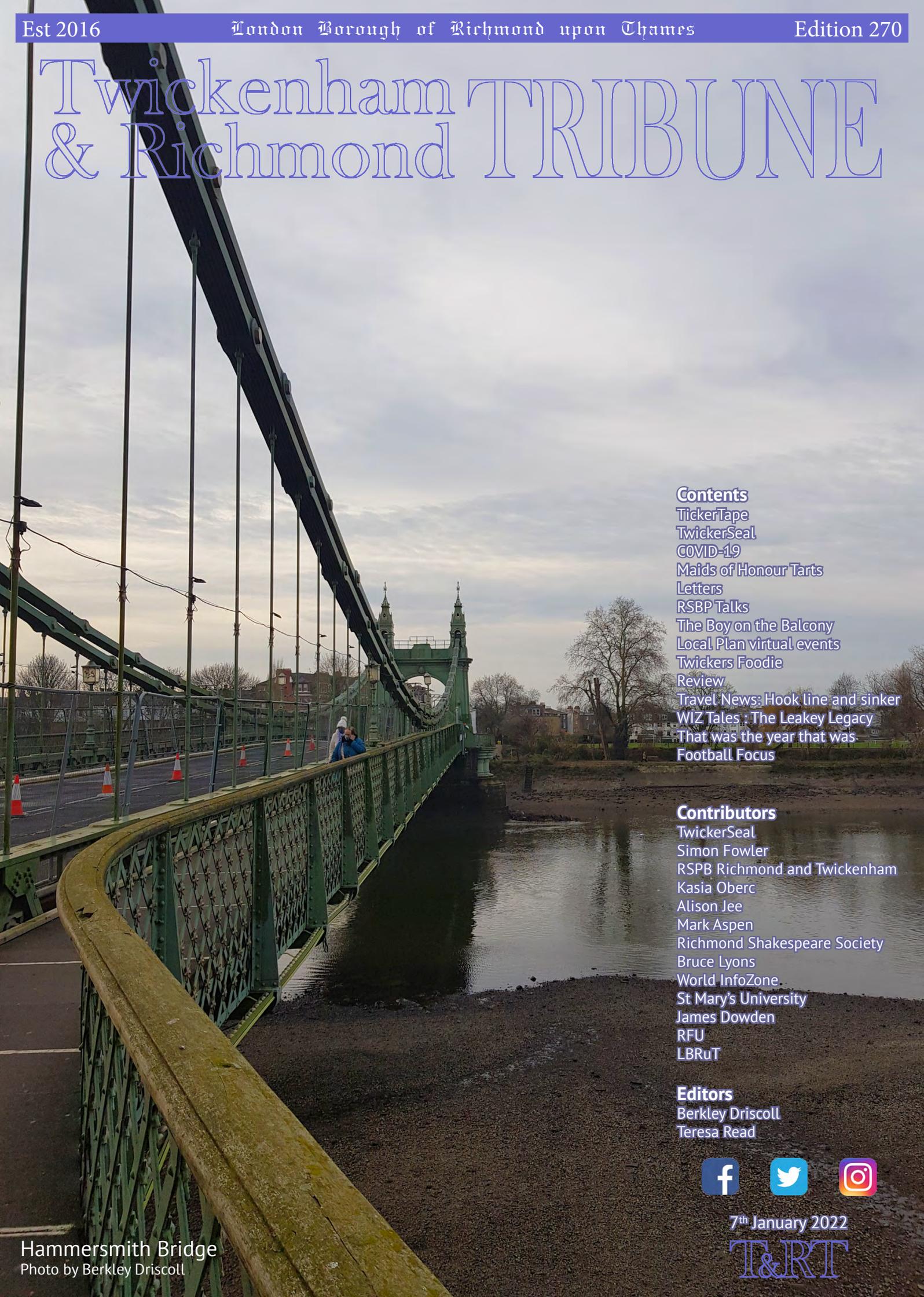


Twickenham & Richmond TRIBUNE



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7th January 2022



TickerTape - News in Brief

The Arts Richmond January newsletter is now available

The latest Art Richmond newsletter is out now, full of news and events happening across the borough throughout January.

There is plenty to keep you busy both out and about in the borough and from the comfort of your own home throughout January.

If you are interested in becoming a member and supporting Arts Richmond please contact info@artsrichmond.org.uk.

Read January's newsletter [HERE](#)

Emergency works on The Quadrant, Richmond

The Quadrant, Richmond is currently closed outside no.3 Sweaty Betty sports store. Thames Water are attending on an emergency basis to repair a burst water main and a local traffic diversion is in place. Works are expected to be completed by 10 January. Our Network Management team are working closely with Thames Water to ensure The Quadrant is reopened as soon as possible.

Contact Thames Water on 0800 316 9800.

Have your say on installing a new outdoor gym in Hampton Hill

As part of Richmond Council's continued commitment to improve our parks and open spaces, the Parks Team is proposing to install a new outdoor gym at Holly Road Recreation Ground.

The Council propose that the equipment installed should be a mix of items that are suitable for those that have mobility difficulties and other uses.

It is proposed that the equipment will include a mixture of static and moving items. These items have not yet been finalised and so it is encouraged that participants of the consultation leave any suggestions they may have in the comments box for consideration. Examples of the equipment we are looking to install include:

Balance Board, Hip Swing Combo, Triple Twister, Cross-rider Combo, Air Walker, Step and Calf, Lat Pull and Chest Press Combo

The purpose of this consultation is to see if there is public support to create a new outdoor fitness space in Holly Road Recreation Ground. We would also like to know if any respondents would like to form a new Friends Group for the recreation ground and ask for contact details to be provided by those who are interested.

[Complete the online survey](#) and find further details on the gym's exact location within the park.



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TwickerSeal and his chums hopes that all the Tribune readers have had an enjoyable Christmas and New Year.

TwickerDuck hoped that we could all look forward to a better year in 2022.

Who knows what 2022 will bring; a resolution to Twickenham Riverside, the May local elections?

TwickerMole asked if TwickerSeal had heard that the much-maligned Marble Arch Mound was to close this weekend?

TwickerSeal said he had and that it was rumoured that an elite posse of LBRuT councillors and officers were in secret negotiations to buy the Mound.

Apparently, their thinking is to stick a bit of the new Diamond Jubilee Gardens on the sides – above the pesky flood zone to quieten the moaning Trust and residents – and they can put a luxury block of flats on the summit, which they can sell for a fortune.

Sorted!



COVID 19

Teresa Read

World Health Organization Weekly Epidemiological Update

During the week 27 December 2021 to 2 January 2022, following a gradual increase since October, the global number of new cases increased sharply by 71% as compared to the previous week, while the number of new deaths decreased by 10%. This corresponds to just under 9.5 million new cases and over 41 000 new deaths reported during the last week. As of 2 January, a total of nearly 289 million cases and just over 5.4 million deaths have been reported globally

All regions reported an increase in the incidence of weekly cases, with the Region of the Americas reporting the largest increase (100%), followed by the South-East Asia Region (78%) and the European Region (65%). The African Region reported a weekly increase in the number of new deaths (22%), while all the other regions reported a decrease as compared to the previous week

Local Covid total cases to Friday 7 January 2022

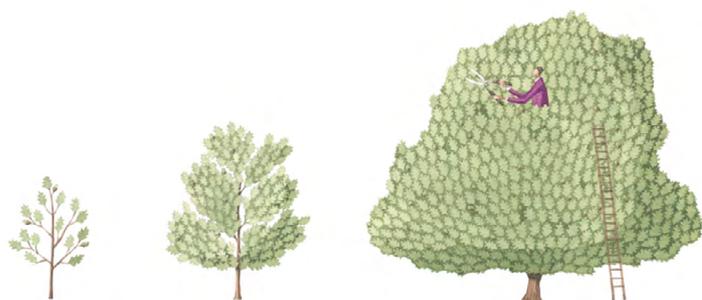
Richmond upon Thames	40,967 (37,969 previous week)
Kingston upon Thames	37,774 (34,832 previous week)
Hounslow	62,937 (57,411 previous week)
Wandsworth	76,687 (71,158 previous week)

In the News:

BBC News, 7 January 2022: Covid: Armed Forces send 200 personnel to support the NHS in London

Politico: 6 January 2022: French parliament approves 'vaccine pass' law

The Economic Times, 6 January 2022: Covid India News LIVE Updates: 125 passengers on Air India's Italy-Amritsar flight test Covid positive



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



Maids of Honour Tarts

By Simon Fowler

Richmond has two unique local dishes: Richmond Pie and Maids of Honour Tarts. Richmond Pie, made using eels, is now rarely, if ever, seen. For more about this dish see [issue 252](#) of the Tribune. But the Tart remains a very popular local delicacy enjoyed by locals and tourists alike at Newen's 'the Original Maids of Honour Tearooms' in Kew, where they have been preparing it for over 170 years.

Technically they are curd tarts, made with almonds, eggs and lemons.

The tart is a unique and tasty survival from the kitchens of Elizabethan England. Who first made them remains a mystery. According to Newen's website:

'It is believed that Henry VIII came across Anne Boleyn and her Maids of Honour (the young ladies who attended the Queen), eating the tarts from a silver dish. Tasting one for himself, the King was so delighted by its 'melt-in-the-mouth' sensation that he confiscated the recipe and demanded it be kept secret in a locked iron box at Richmond Palace.



One account goes even further and states that, in order to protect the secret recipe, the unfortunate Maid who invented the tart was imprisoned within the Palace grounds and ordered to produce the delectable tarts solely for King Henry and his royal household!

Unfortunately, this is somewhat fanciful, particularly as a not dissimilar myth is also attached to the Richmond Pie. It is likely that this was an attempt to provide the baked goods with a romantic history for Georgian and Victorian consumers

As the tarts were mainly made by bakers, recipes rarely appear in old cookbooks. Their first appearance in print comes in 1766 when a Miss Truster in Saville Row sold small almond cheesecakes 'called Maids of Honour' for two shillings per dozen. They were available 'hot every day...promptly at 1pm.

Newspaper advertisements suggest that a small number of provincial bakers also sold them, but as William Wordsworth's sister Dorothy once wrote they are well worth making 'if you are not within reach of London' where the best ones could be purchased.

Newens themselves can trace their history back to the early eighteenth century when the 'Original Maids of Honour' shop was on Hill Street It may have been one of many confectioners and bakers making the delicacy. Alfred Newens set up the tearoom in Kew Road in 1850, handy for visitors to the Gardens. The building was destroyed during an air raid and rebuilt in the early 1950s. It has changed little since.

The tarts are still made as they always have been: deliciously sweet and yet slightly savoury, light and crisp yet unctuously soft in the middle, requiring a careful balance of the finest ingredients and the lightest hand to make. Enjoy!



LONDON LUMINARIES

WINTER VIRTUAL LECTURE SERIES

Twelve historic places, linked by the Thames, celebrate their landscape, history and luminaries via zoom at 7pm hosted by broadcaster and literary critic Prof. Judith Hawley.

- 19TH JAN** **Orleans House Gallery: The People's Collection**
- 20TH JAN** **Marble Hill House: Paintings and People**
- 26TH JAN** **Strawberry Hill: Patron and Painter: Horace Walpole and John Giles Eccardt**
- 27TH JAN** **Hogarth's House: Hogarth vs Everyone**
- 2ND FEB** **Turner's House: J.M.W Turner and the 'sister arts': poetry and painting**
- 3RD FEB** **Boston Manor House: The benefits of befriending a Prince**

SUGGESTED DONATION £5 PER TALK, TO BE SPLIT BETWEEN THE ORGANISATIONS

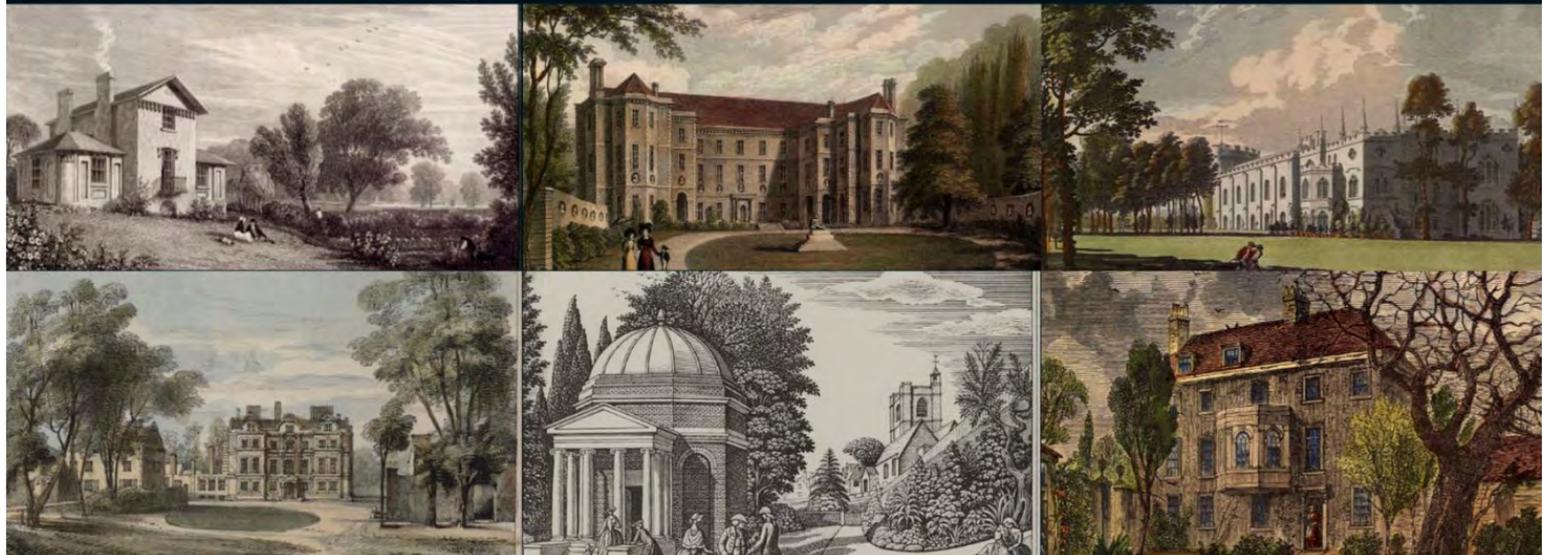
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Marble Hill



2022 brings some changes to COVID-19 testing guidance

The government has announced a number of changes in COVID-19 testing guidance this New Year.

From 11 January, if you get a positive rapid lateral flow test result, [most people will not need to take a PCR test](#) to confirm the result. However, you must self-isolate immediately.

If you test positive, via a lateral flow test OR a PCR test, your self-isolation period includes the day your symptoms started (or the day you did the test, if via lateral flow) and continues for the next 10 full days.

However, those who test positive can now stop self-isolating after seven days if they do a rapid lateral flow test on days six and seven of the self-isolation period and:

- Both tests are negative
- Both tests have been conducted at least 24 hours apart
- They do not have a high temperature

If you stop self-isolating on or after day seven, it's important that you take steps to reduce the chance of passing COVID-19 to others. This means you should work from home if you can, wear a face covering when required and limit contact with people at higher risk of serious illness from COVID-19. If, after 10 days, you continue to test positive, have a high temperature or feel unwell, keep self-isolating and seek medical advice.



Help others get moving and be healthier through the Active Richmond Fund

The Active Richmond Fund gives money to local groups and organisations so that they can provide an extended range of activities that promote an active lifestyle for Richmond upon Thames residents.

The fund exists to respond to both current and emerging needs, gaps and opportunities by offering social, cultural and physical activities (including sports, fitness, arts and social groups). The Fund awards grants for activities which improve people's physical and mental health and wellbeing.

The Active Richmond fund offers two grant schemes to apply to:

- Micro Grants – up to £1,000 - Micro Grants provide funding to enable groups to respond quickly to gaps and needs in the existing provision. For example, this could be funding for additional equipment or Social Prescribing places where there is high demand for an activity. The Micro Grants application process is light touch, with a quicker turnaround on grant award decisions.
- Main Grants – up to £5,000 - The Main Grants provide more project focused funding, supporting groups and organisations to deliver activities in a more substantial way and/or over a longer period of time (up to 12 months). For example, this could be developing new opportunities or expanding existing activities in other parts of the borough.



For more information and to find out eligibility, visit the [Active Richmond Fund](#) page.

Dear Editor,

LIGHTING RICHMOND'S HISTORIC RIVERSIDE

The insensitivity of the Council in relation to the renewal of the public realm in Richmond seems to have no limits.

With extraordinary insensitivity, the Council is in the process of replacing the original and very elegant, late-1950s/early-1960s cast-iron lighting-columns along the riverside between Twickenham Bridge and Water Lane, including Cholmondeley Walk - one of the most significant stretches of the Thames in the Borough - with new, vastly oversized, mild-steel, repro-Victorian lighting-columns, more suited in scale to a major road in a nondescript Victorian suburb.

Whilst few if any would question the upgrading of the existing columns with new, brighter, energy-efficient, LED lighting-sources and new lanterns of appropriate design, or the provision of additional columns to improve light-distribution and public safety, the current scheme is not only inconsistent with the Council's own, formally adopted Public Space Design Guide and the published guidance of Historic England - Streets for All - but seriously damages the character of this historically significant stretch of Richmond's riverside. Even if the existing, elegantly proportioned and simply detailed, cast-iron columns were convincingly demonstrated to require replacement for technical reasons, their replacement with sensitively designed, modern columns and lanterns of appropriate height and profile would be preferable to the use of the vastly oversized, repro-Victorian columns as now installed.

Remarkably, not only are the older columns that have successfully withstood the test of time being replaced, but also, the smaller, repro-Victorian, standard 'Oxford' columns only installed in recent years - as used in other parts of Richmond in accordance with the Council's own guidance. In addition and importantly, the installation of a new below-ground electrical supply and the failure to reinstate the attractive, bonded-gravel surfacing of Cholmondeley Walk has left a highly damaging and unsightly black scar along a key part of the Walk. 2

The crass insensitivity of what has happened along this stretch of Richmond's riverside suggests that serious questions need to be asked about the judgement and competence of those responsible for the authorisation and implementation of the present re-lighting scheme, and contrasts with the sensitivity and judgement of the former, pre-1965 Richmond Council, which, through the direct involvement and encouragement of the local community, ensured only the best for Richmond in the renewal of its public realm.

Yours sincerely,
 Paul Velluet, M.Litt., RIBA, IHBC, CHARTERED ARCHITECT
 St Margarets



LH An original cast-iron 'Revo' column (fitted with a modern repro-Victorian lantern and box) on the LH side with a newly installed, mild-steel, repro-Victorian column and lantern alongside of significantly increased height and girth - also showing the backfilled trench for the new, below-ground electricity supply.

RH The elegantly proportioned and simply detailed base of an original, cast-iron 'Revo' column on the LH side with the base of a newly installed repro-Victorian column alongside of significantly increased height and girth - also showing failure to reinstate the adjacent bonded-gravel surfacing.



LH One of the newly installed repro-Victorian columns of increased height and girth on the LH side with one of the relatively recently installed repro-Victorian, standard 'Oxford' columns (as recommended in the Council's own published guidance for use along the riverside) alongside, at the river end of Old Palace Lane by the grade I listed Asgill House,

RH The base of one of the newly installed repro-Victorian columns on the LH side with the base of one of the relatively recently installed repro-Victorian, standard 'Oxford' columns (as recommended in the Council's own published guidance for use along the riverside) alongside, at the river end of Old Palace Lane by the grade I listed Asgill House, showing the vastly increased change in height and girth.



Views along Cholmondeley Walk downstream and upstream showing the failure to reinstate the attractive, bonded-gravel surfacing after the excavation and back-filling of a trench for the new electrical supply.

Dear editor of Twickenham and Richmond Tribune,

Richmond College Demolition

Happy New Year!

I am writing to enquire about the possibility of coverage of the soon to be decided application (ref. 21/3136/FUL) for the demolition of the historic building of Richmond College, which you can view here: https://www2.richmond.gov.uk/lbrplanning/Planning_CASENO.aspx?strCASENO=21/3136/FUL&DocTypeID=51#docs

I am a local resident and live in the immediate vicinity of the college. I have been admiring the local landmark for many years and was upset to find out that this fine interwar building was lined up for demolition to make way for many new homes. The building is not statutorily listed and so does not benefit from the same levels of protection. BUT it is indisputably worthy of being added to the Local List.

We would like to urge the Council to recognise the heritage values of this building which was revolutionary in its time and symbolizes democratic movement in terms of the access to education in the late 1920s and 1930s.



I have started a petition but the Council has not yet approved it.

I very much hope you can help us ring the alarm bells at this late hour and save this building which is a much-loved iconic landmark. I have attached a few photos I took over the years, but I am sure you can get professionally taken photos from the local residents. I also have heard that a famous photographer graduated from this college - wouldn't it be great to find out about the many generations of students who benefited from the interwar efforts of the government to provide education to the expanding population?!

Yours sincerely

Khrystyna McPeake, Twickenham

Letters published do not necessarily reflect the views of the Twickenham & Richmond Tribune, its Publisher, its staff or its advertisers.

Letters of approximately 500 words of body text will be printed at our standard 14pt font size, which will publish as a single page.

All letters must be submitted by the end of Thursday, prior to publication the following day on Friday.

The Tribune prefers letters to include the writer's name, but will publish anonymously provided details are supplied.

RSPB Richmond and Twickenham talks return for January

By RSPB Richmond and Twickenham

RSPB Richmond and Twickenham will host two talks next week, both online and in person.

On Tuesday 11 January Richard Baines will give a talk on Birds Of Bhutan, The Land of the Thunder Dragon. Bhutan is a paradise for birders and photographers, with 670 bird species and many more yet to be discovered. Richard's talk is a journal based on his recent trip featuring a range of speciality birds and culture.

Richard is an experienced ornithologist and ecologist who has been studying and working as a nature guide and in wildlife conservation for over 30 years. This event takes place at the Hyde Room at York House in Twickenham at 2pm.



On Wednesday 19 January at 7.30pm Jonathan C. Slaght

will host an online Zoom talk on the Owls of the Eastern Ice: Blakiston's Fish Owl Conservation in Russia. Blakiston's fish owl, a charismatic but endangered and little-known species endemic to northeast Asia is the world's largest owl. Jonathan, an American wildlife biologist and author, is an expert on the species, having spent a lot of time in the wilds of the Russian forest studying the owls' ecology and conservation.

As well as describing the owls, the region they are found in, and ongoing conservation efforts, this talk will give us a real flavour of the challenges of undertaking field work in such a remote area and the adventures encountered on the way. Jonathan will be speaking to us from Minnesota, where he lives.

Find out more about the talks and book your place [HERE](#)

Eel Pie Island “the Boy on the Balcony”, 8, raises thousands for charity playing at London hospitals over the 12 days of Christmas

By Kasia Oberc

My son Nelson is 8 years old and has raised over £1,800 for Barnardo’s, the children’s charity, playing his trumpet at hospitals over the 12 days of Christmas.

Over the first lockdown, instead of clapping outside the house on a Thursday, Nelson used to play “One Day Over the Rainbow” from our Balcony; we live on Eel Pie Island in Twickenham so the sound reverberated over the River and could be heard for a long way. He would get cheers and applause after he had finished and earned the moniker the Boy on the Balcony.



In a conversation pre-Christmas about how it’s year has been difficult for many, we talked about how some children would be in hospital over Christmas and may not receive any presents. He wanted to help, so he set himself the challenge of playing Christmas tunes on his trumpet at 12 different hospitals over the 12 days of Christmas to cheer up NHS workers and people in hospital over Christmas, and also to raise money for Barnardo’s, the children’s charity.

Yesterday was Day 8 and at 11am on New Year’s Day, he was standing in front of Great Ormond Street hospital, playing his tunes to hospital workers, children and passers-by. He has so far raised far more than he ever hoped for (including a couple of panettone!), and he does it every day full of enthusiasm and cheer.

So far he has played:

- 25th December Watford General Hospital
- 26th December Hemel Hempstead Hospital
- 27th December West Middlesex University Hospital
- 28th December Chelsea and Westminster Hospital
- 29th December Charing Cross Hospital
- 30th December St Bartholomew’s Hospital
- 31st December St Thomas’ Hospital
- 1st January 2022 Great Ormond Street Hospital

Still to come:

- 2nd January Guy’s Hospital
- 3rd January University College Hospital
- 4th January King’s College Hospital
- 5th January Kingston Hospital

Nelson has been accompanied by his 5 year old sister Kaja, who holds the sign, collects cash donations and supports him with some singing.



QR code for the
JustGiving.com page

Attend Local Plan virtual events to have your say on the development of the borough

This month we are holding a number of events on Zoom to provide an opportunity to discuss the Local Plan, which sets out a 15 year strategic vision to shape how Richmond upon Thames will develop in the future.

When finalised, the Local Plan will be the main document against which planning applications are assessed, and residents, businesses and other key organisations are invited to share their feedback.

Find out more about the [Draft Local Plan](#).

Each virtual session will:

- Provide an overview of the planning process and the role of the Local Plan
- Highlight some key policies which relate the overall topic of the session
- Host a collaborative workshop facilitated by Council officers
- Include a short Q&A

Sessions:

Lunchtime Introduction to the Draft Local Plan

Dates: Monday 17 January and Thursday 20 January 2022

Time: 1 to 1.45pm

Environment and Greenspace

Date: Tuesday 18 January 2022

Time: 6.30 to 7.40pm

Housing and Design Quality

Date: Wednesday 19 January 2022

Time: 6.30 to 7.40pm

Culture and Connection

Date: Tuesday 25 January 2022

Time: 6.30 to 7.40pm

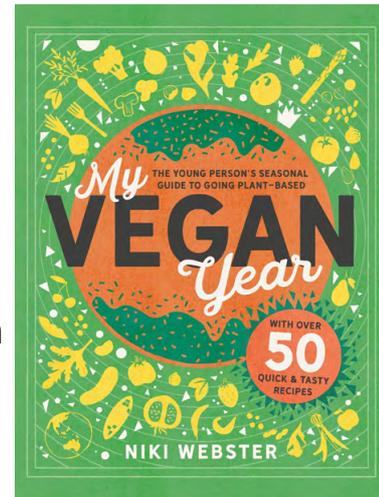


Please book onto sessions using Eventbrite. Tickets are free.

Book now [HERE](#)

MY VEGAN YEAR

It's Veganuary, and the shops are full of plant-based foods to help you join the ever-growing vegan trend. Niki Webster, the well-known plant-based cook and cookbook author, has just published the perfect book for anyone with a youngster in the family who's reluctant to eat meat. She's created **My Vegan Year**, (published by Welbeck at £14.99) a handbook for young people, specifically focused on vegan eating. It's filled with helpful advice and inspiration on how to cut down on (or cut out) meat and dairy, as well as giving nutritional information. "Veganism isn't just about the food we eat," Niki says. "It's about doing the best for your body, for animal welfare and for the environment. Which is why I have compiled everything in one guide – including growing your own vegetables, making eco-friendly presents and even focussing on your own wellbeing, with helpful pages filled with essential advice from everything from food to fashion and cosmetics, and everything in between."



Designed with her audience in mind, the book, which shows how to get the most out of the year, can be used in multiple ways to ensure Niki's "My Vegan Year" turns into your vegan year. Each chapter focuses on a different season to help build the blueprint foundations for a complete year. Key features include: Foraging In Nature Across The Seasons, Growing Your Own Herbs and Produce, Creating The Perfect Plant-Based Party Platters, Staying Healthy in Winter and Making Deliciously Edible Festive Presents. It includes delicious rule-breaking recipes such as Tilly's Easter Caramel Rice Krispie Bites, Summer Green Lasagne, Jerk BBQ Skewers with Mango and Black Bean Rice, Chocolate Pizza with Goopy Berries, Pumpkin Harissa Hummus, the Ultimate Hot Chocolate and a show-stopping Mushroom and Chestnut Wellington finished with a Clementine Fizz.

To demonstrate how delicious Niki's recipes are, here are a couple for you to try - and the fizz is perfect for anyone doing Dry January too:

Pumpkin harissa hummus (Serves approx. 4)

What can you do with leftover Halloween pumpkin? Make some hummus, of course! This is the perfect way to use things up – just roast and blitz to a creamy, dreamy dip with some chickpeas, tahini and a little spicy harissa for warmth.

1. Pre-heat your oven to 180°C.
2. Peel and cut up the pumpkin or squash, place on a baking tray and drizzle with a little oil, salt and pepper.
3. Roast for 40–50 minutes until tender. Allow to cool.
4. Now add all the ingredients to your food processor and blitz until smooth and creamy.
5. Add toppings to serve.

INGREDIENTS

300g pumpkin or squash
1 tbsp olive oil
Pinch of salt and pepper
230g cooked chickpeas
1 clove garlic
2 tbsp tahini
2 tbsp olive oil
1 tsp harissa
2 tbsp plant-based yoghurt
Pinch of chilli flakes
½ tsp sea salt
Black pepper
Juice of ½ a lemon

Toppings

Extra virgin olive oil, Chilli flakes, Smoked paprika



Niki's tip: You don't need to wait for Halloween – this recipe works just as well with roast squash or sweet potatoes.

Spiced clementine fizz (serves 2)

Sweet clementine juice with lovely bubbly ginger beer and lots of mint and ice seems like a wonderful celebration drink to me. This also works well with blood oranges when they're in season.

Juice of 2 clementines
2 tsp sugar
1 tsp vanilla extract
A few drops of orange blossom water or orange extract
Handful of mint
500ml ginger beer
Lots of ice

1. Juice the clementines and add to a jar along with the sugar, vanilla and orange blossom water. Stir to combine.
2. Pour into two glasses then top up with ice.
3. Pour in the ginger beer and stir in the fresh mint.





Alice in Wonderland

by the PTC Writing Team from the story by Lewis Carroll

Putney Theatre Company at the Putney Arts Theatre until 8th January

Having, at the eleventh hour, [postponed its run for the week leading to Christmas Eve](#), PTC's *Alice in Wonderland*, a newly written musical version, is back for a limited run. It offers an interesting, and often innovate, take on the delivery of the classic story. With a big ensemble cast there are many strong performances which really bring to mind the recognisable character traits that one might hope to see when going off to Wonderland.



The innovations for the more fantastical Wonderland elements are to be applauded. Familiar beats like Alice's shrinking and growing large are done well, and the use of video to give impressions, particularly of the Cheshire Cat, being an effective way to realise some of each character's well-known elements.



Frances James offers a very likeable Alice and hits all the right notes as our strong-willed protagonist. Tim Iredale as a very game Mad Hatter, who offers a great partly improvised piece, with some very quick thinking. Abi Hunter, as the Cheshire Cat, gives a great physical performance using strong movement skills to convey the character's enigmatic charm. Cait Hart Dyke as The Queen of Hearts is also everything one might hope to see from the classic

brutish character and she genuinely commands the stage. A well-worked game of croquet is also very well coordinated and realised. By contrast in terms of character, Sarah Perkins offers a good performance as the Duchess. Stuart Watson as the downtrodden King of Hearts and as March Hare delivers both characters in strong fashion, with a fine comedic handling.



The players should all be commended for giving everything they do 100% Even if at times innovative pieces don't come off, it is always refreshing to see a production that fully goes for it and tries new challenging ways in delivering its story in a fun and positive night of theatre to start the New Year.

Read Denis Valentine's review at www.markaspen.com/2022/01/07/alice-ptc and all about its post-Christmas re-emergence at www.markaspen.com/2022/01/06/alice-bounce.

Photography courtesy of PTC

Biblical Epic on Twickenham Riverside!

From January 22nd to 29th the Mary Wallace Theatre is proud to present the glory, the magnificence, the spectacle of the mighty epic, **BEN HUR**.

The fearless cast of four (yes four) doughty actors will attempt to bring to the stage the might of the entire Roman army, the terrifying battle of the slave galleys, the breath-taking chariot race.

How will they do it? Come along to the Mary Wallace Theatre and see for yourselves. You will be amazed!

Booking currently at www.richmondshakespeare.org.uk



Richmond Shakespeare Society
RSS
at the Mary Wallace Theatre

The Mulberry Centre announces The Mall Concert

The Mulberry Centre will be celebrating its 21st birthday this year with The Mall Concert in support of its work.

The Mulberry Centre provides support and information for anyone affected by cancer including those diagnosed with cancer, carers, and those bereaved by cancer.

In 2022, The Mulberry Centre will come of age with events and celebrations to mark its 21st birthday. Since its establishment, the centre has supported over 15,000 people and this year its volunteers were honoured with The Queen's Award for Voluntary Service.

To celebrate its 21st birthday the centre will host The Mall Concert on Saturday 29 January at 6.30pm. There will be talented performances by local pianist Rachele Howes, and cellist Niki Moosavi, as well as Richmond Youth Jazz Band (directed by Roger Perrin), Richmond Youth Brass Band (directed by Simon Bull), and Richmond Brass Band (director Kate Moore). Hot and cold soft drinks and biscuits will be available on the night.



Tickets purchased in advance cost £8 for adults or £5 for under 18s. Tickets on the door will be £10 each. Buy your tickets [HERE](#)

HOOK LINE & SINKER

Just when we were all getting used to testing, protocols and disciplines They changed it all **AGAIN!!!** No, dear reader, it's not all over YET! But things are getting manageable at last and just in time as this is the very moment that our industry tries to entice you with offers you can't refuse. In our trade we call it the "PEAKS" but it didn't happen at all last year and the previous year practically everything was cancelled!

So now we have, at last, an opportunity to find holidays that we had on our "Bucket List" with discounts large enough to make those dream destinations affordable. I can see from the Travel Media and the TV programmes that after nearly two years tour operators and holidaymakers have all got to the end of their tether, exasperated by all the changes, confused by the differences from one destination to another.

We, on the other hand, having spent the last 18 months managing our bookings, negotiating refunds re-booking cancelled flights etc are finding it a welcome change to having travellers again – though our World is not the one we worked with back in 2019.

True you can travel to quite a lot of countries but far from all!! Most of Asia is still off limits and there are still many hurdles to overcome and small print to study to make sure you are conforming to all the required procedures along the way.

JAN SALE

But the **January Sale** does bring some good cheer and make those Fantasy Journeys you always hankered for a reality and in budget. The mainline tour operators are offering chunky discounts, low deposits and free child places (It means your child goes free – they are not giving children away!!) on many Mediterranean destinations. But be careful some offers expire before the end of the month. Long Distance, there are 35% discounts available to High End 5* hotels in Mauritius and coupled with airline sales £13/14K holidays can be had for under £10k!

But best of all is the Adventure Sector with Explore and Intrepid offering up to 30% off trips to Dream Destinations like Galapagos 30% off, Cuba 20% off, Jordan and Iceland 25% off – there's even a Costa Rica trip in this collection up for grabs – so don't leave it long. All have low deposits too!!!

So, hurry on down – you may be off to somewhere you never, ever dreamt of going!! See you soon at 58 Church Street, where our small family team awaits you!

WIZ TALES - The Leakey Legacy

Teresa Read



Richard Leakey, who died this week, was the son of Louis Leakey (1903-1972) and Mary Leakey (1913-1996), both dedicated to the search of human origins. Mary's discoveries did much to change the way we think about human evolution.

The Leakey sons were Jonathan, Richard and Philip.

Jonathan found the skull of homo habilis – an extinct species of archaic humans - with his mother Mary at Olduvai Gorge in Tanzania in 1960.

Richard, Jonathan's younger brother, is particularly well known for his 1984 discovery in Kenya of a skeleton of homo erectus dating back 1.6 million years, and one of the early ancestors of modern humans.

Links to discoveries of our origins:

<https://worldinfozone.com/features.php?section=AfricanOriginsResources>

The famous Leakey family of palaeontologists, led by Louis and Mary Leakey, discovered many early human fossils in Kenya and Tanzania.



Kenya: <https://worldinfozone.com/facts.php?country=Kenya>

Tanzania: <https://worldinfozone.com/facts.php?country=Tanzania>

St Mary's University

Fr Vlad Shares Inspirational Story with BBC Songs of Praise

Professor Msgr Vladimir Feltzmann, AKA Fr Vlad, shared his inspirational [fundraising story of completing 83 half marathons](#) on the Sir Mo Farah Athletics Tracks to raise funds to replace the University's Chapel Organ with the BBC's flagship faith programme Songs of Praise for its New Year's episode.

The programme on [Faith and Fitness](#) saw presenters the Rev Kate Bottley and Radzi Chinyanganya speak to people across the country about how their faith interlocks with sport.



In the episode, Fr Vlad reflected on his epic fitness challenge and shared his philosophy for keeping the body and soul healthy,

noting that “Everything I have is a gift from God and the giver is in the gift, and I don't want to insult the giver by not looking after the gift. So, I look after my body, my mind, my emotions and my spirituality.”

The programme also saw Fr Vlad receive a message from a superstar St Mary's alumnus. Sir Mo Farah, who studied and trained at St Mary's from 2001-2011 send a video message to Fr Vlad to congratulate him on his incredible effort. “This is amazing work, incredible” he said, adding that “you set yourself a big challenge – so many laps around my track for a good cause...what amazing work.”

With 52 laps of the Sir Mo Farah Athletics Track coming in at 20.8km, through his 83 walks Fr Vlad has completed a total



of 1726 kilometres, or 1066 miles. Which equates completing the distance from St Mary's University all the way to the edge of Europe in Cadiz, Spain.

Fr Vlad set himself the challenge to combine his love for music and sport. Having originally come to the UK as a refugee from Czechoslovakia after World War Two, sport has been a key part of Fr Vlad's life.

He found when joining a British school for the first time that through competitive athletics and playing football he was able to make friends when he couldn't speak English.

[Speaking to Adrian Chiles on Radio 5](#) earlier in his epic challenge, Fr Vlad said, “It was sport that enabled me to get inserted into society, I realised if I could do sport then I began to belong.”

Fr Vlad, who volunteered at the London 2012 Games as a Chaplain, passed the time completing his challenge by being joined by St Mary's students, staff, and alumni for laps of the track.



Speaking of the challenge, Fr Vlad said, “I believe in St Mary's University, I believe in the organ's Apollonian music opening people to the

presence of God, so I committed myself to walking the talk of my faith. I hope that the new organ will enrich not just the Chapel liturgies but enable St Mary's to host Organ Recitals for the local community as well as create a choir for underprivileged local children, as has been achieved in the Diocese of Leeds.”

In recent years the Chapel has welcomed Pope Benedict XVI, Ecumenical Patriarch of Constantinople of the Eastern Orthodox Church Bartholomew I of Constantinople, former Archbishop of Canterbury Rt Rev Rt Hon Prof Baron Rowan Williams, and the then Archbishop of Armagh and Primate of All Ireland Rt Rev Richard Clarke.

The University wants to expand and enhance these current uses, while also breaking new ground in pursuing linkages between music and disciplines such as theology and drama. St Mary's will also utilise it in extending our outreach to local schools, unlocking the Chapel's full potential as a resource for music, art, and religious education.

If you would like to find out more about Fr Vlad's Challenge or give a donation, you can visit his [JustGiving page](#).



St Mary's
University
Twickenham
London

That Was The Year That Was

The Twickenham & Richmond Tribune 2021

Part Two of Two

[Edition 243](#)

Beautiful objects in Strawberry Hill House.
Mortlake Brewery plan. Spot the Fake. Kew Village Market.
Insurance giant issues warning for e-scooter users.



[Edition 244](#)

Picturesque wild flowers, St Mary's University.
TwickerSeal remembers the leader of the Council and the CPO "we don't want to fight but by jingo if we do ..."
The robbery of Twickenham Post Office.
Closure of Townmead. And Macbeth at Chiswick House.



[Edition 245](#)

Air ambulance on Twickenham Green. Hammersmith Bridge to re-open. The height of the proposed "Wharf Lane" buildings! Recycling woes.
A Midsummer Night's Dream. Interesting Croatia.



[Edition 246](#)

E-scooter accidents. A new bench for Twickenham Green (Geoffrey Morgan, Companion of the Order of the Bath). Strawberry Moon, Mixed Messages – But it is not deterring the Brits.



[Edition 247](#)

The historic diving board in Diamond Jubilee Gardens. Twickenham Museum. Destruction of "back lands" corridor off Hampton Road. E-scooters again. Spot the Fake. How to Spot an Alien.



[Edition 248](#)

TwickerSeal looks back on what we once had on Twickenham Riverside.
Turner exhibition in his former home.
A European celebration.
Twickers Foodie, Everything Stops for Tea.
Tahiti and the Bounty Mutineers. NPL donates to the Shooting Star hospices.



<p>Edition 249 TwickerSeal's Dream. Play Up Brentford. Freda Hammerton remembers. Garrick's Temple reopens. The Comedy of Errors.</p>	
<p>Edition 250 The Battle of Kew. Marble Hill earthworms. Miss Twickenham, St Mary's Students to Receive Turing Scheme Funding.</p>	
<p>Edition 251 TwickerSeal surveys the temporary toilets on the village Greens. Inoculating the Royals, Lucilius makes his debut. Commemorating Bernardo O'Higgins. Into the Bermuda Triangle. Sustainable food.</p>	
<p>Edition 252 TwickerSeal visits Commonwealth Park in Gibraltar, Letters from disillusioned residents, Zippo's Circus, Afghanistan.</p>	
<p>Edition 253 Pope's Grotto, Henley Royal Regatta, Twickenham Riverside – Selling the Family Silver, the Maginot Line.</p>	
<p>Edition 254 TwickerSeal visits the Council's underwater children's playground. Was Education Better in the Past? Birds, Bats and Bombs. The Illustrious History of Twickenham Riverside. Kneller Hall sold.</p>	
<p>Edition 255 Shire Horses at Marble Hill Park, Department of Heritage Destruction, Finland – and Back to Twickenham (trees and planting to be destroyed). Effective Consultation? Three Cheers for the Stars and Stripes. Places and People, Brace Yourself Twickenham. Brentford win the first away game of the season.</p>	
<p>Edition 256 Articles include Teddington Teachers. Panic Buying – I'm Alright Jack. CPZ concern in Teddington. New discovery at Gorham Caves. Strawberry Hill House, the home of all things Gothic, Grand Opera Gala, Diamond Jubilee Gardens under threat of CPO.</p>	

[Edition 257](#)

TwickerSeal muses: Council propose to remove new Pin Oaks, known as “swamp oaks” which flourish in wet conditions as they fear water from tidal flooding on Twickenham Riverside! Teddington and Strawberry Hill CPZ consultation results – majority say No. Dirty Dancing at Richmond Theatre. Autumn in the Royal Parks.



[Edition 258](#)

Richmond’s Emma Raducanu. Revealed: the Council plan for the destruction of 37 Twickenham Riverside trees. Trees and the fight against Climate Change. Woodland play area in East Sheen. New life in old Windsor. The Pirates of Penzance.



[Edition 259](#)

A Hunter’s Moon above Radnor Gardens. Profiting from the slave trade. Covid-19 continues to play havoc with people’s lives. Walking on Water. Park Lane Stables. St Crispin. Council Compulsory Purchase Order on Public Open Space. Where Do the Children Play? Costa Rica - The Earthshot Prize. Tonight Belongs to Us.



[Edition 260](#)

TwickerSeal: the clocks go back on Sunday. A Visit to Alfred Lord Tennyson. Frightening Fungi on your Doorstep this Halloween. Quins vaccination site opens. Ellera Hall Plans Should Be Withdrawn. Cinderella Meets the Monsters.



[Edition 261](#)

Twickenham’s War Memorial. Levelling Up in Twickenham and Teddington. Lest We Forget. Fireworks on Twickenham Green. One Minute to Midnight. Nell Gwynn, The Hound of the Baskervilles. Tackling deforestation could benefit the UK economy by £366 million and create 36,000 jobs. HM Revenue and Customs Accounts.



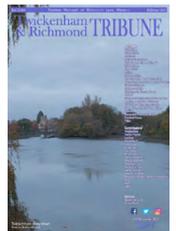
[Edition 262](#)

TwickerSeal and Chums playing in the children’s underwater playground again! The Blitz Spirit. Remember a Young Soldier. Forced to Tears. Leave the leaves. Richmond Lock and Weir Draw Off. Hay Fever, The Diary of Ann Frank. Private Lives, Romeo and Juliet. HMS Pinafore. The New Far from Normal Normal.



[Edition 263](#)

TwickerSeal muses the “Emperor’s New Clothes” and Simon Fowler looks at the Railway to Nowhere. This reminds me of a Christmas present, title: “Erewhon”. It was revealed that the Council – which runs the London Borough of Richmond upon Thames – advertised the incorrect address for Objections on a statutory Notice for a Compulsory Purchase Order on Twickenham Riverside. Cop Out 26 by Lucilius.



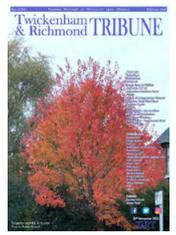
[Edition 264](#)

World Health Organization, Classification of Omicron. Rough Times in Whitton.

Update from Teddington Action Group. Mayor of Richmond presented with English Oak Tree.

Hampton North News. Barnes Community Gardening Initiative.

The Good Life. Gibraltar Climate Change Report. Brentford and Newcastle United Draw.



[Edition 265](#)

Last Days of the Eel Pie Hotel. Beautiful Bushy Park. Friars Lane Car Park, Richmond. Let Out the Rottweiler. The proposed underwater children's playground again! Twickenham Riverside Trust sets out Objections. Mad about Coward.



[Edition 266](#)

Raving on Thames. Christmas Lights. LBRUT Local Plan Pre-Publication. Planning Festive Fare. A Ghost Story. The Ring of Fire. Covid Marshalls Back on Patrol. Data shows thousands of elective care operations cancelled, amid crisis in urgent and emergency care.



[Edition 267](#)

Christmas in Sheen. State of the Notion, ASB culprits caught on camera, Festive Dog Show on Diamond Jubilee Gardens. Park Lane Stables, the Real Father Christmas, Matilda, the Musical, Peter Pan, NHS Offer Booster Booking for Every Adult.



[Edition 268](#)

Simon Fowler described Christmas Day in the Workhouse. Vaccine passports were in the news. The Council has now given permission for 42 trees to be cut down in Twickenham.

Winter carriage rides in Richmond and Bushy Parks, Mortlake Brewery update, Travel News and Father Christmas in Lapland.

And the Royal College of Emergency Nursing said This Winter Will Be Worse Than Last Winter.



[Edition 269](#)

The final edition for 2021 published at a minute to midnight. Happy New Year to all our readers.

The year ends with the launch of the James Webb Space Telescope from French Guiana and back home the councillors have unwrapped their Christmas presents.

What is in store for residents of the London Borough of Richmond upon Thames in 2022?





BRENTFORD FC



Bees come from behind to defeat Villa

Brentford 2 – 1 Aston Villa

Brentford made the perfect start to 2022 as they defeated Aston Villa 2-1 at the Brentford Community Stadium. A goal from Danny Ings had initially put the away side ahead but Yoane Wissa equalised before half time and the comeback was completed late on by Mads Roerslev.

The first chance of note in the game fell the way of the away side when Emi Buendia found space in between the lines and played a pass through to Ings. However, Brentford's defensive commitment was then shown as both Pontus Jansson and Mads Bech Sørensen recovered to make sliding interventions and put the ball out for a corner.

The corner didn't come to anything but it didn't matter as the Saints opened the scoring shortly after. Again, it was the same two players involved as Buendia fed Ings and this time in the striker made no mistake as he found the bottom corner and out of the reach of Álvaro Fernández.

Brentford levelled up the scores before half time though when Wissa scored with three minutes remaining and it was a brilliantly worked goal. Playing out from the back Jansson found wing back Roerslev on the touchline and the Dane then combined with his fellow countryman Mathias Jensen to dribble the ball into space. Roerslev then found Wissa in a central position and the Brentford forward curled an unstoppable strike into the back of the net.

Right before the break the Bees could have made it two but Jansson glanced a header wide from a corner.

At the start of the second half Buendia had a curling effort that wide narrowly wide of the far post while the other end Frank Onyeka had a shot that also nearly crept in.

The winner came late on with just seven minutes of normal time remaining. Roerslev turned from provider to goal scorer as he popped up with an unlikely winner. Onyeka initially has a shot that was blocked inside the area and he then picked out the overlapping Roerslev making the run. The Dane's first shot was parried by Emiliano Martínez but he then made no mistake with the follow up as he lashed the ball home to give the Bees all three points.

Nørgaard signs contract extension to 2025

Danish midfielder Christian Nørgaard has signed a contract extension that will see him stay at the Brentford Community Stadium until at the end of the 2024/25 season. The 27-year-old has

made more than 86 appearances for the Bees since his arrival from Italian side Fiorentina in 2019 in which he has scored twice.

Speaking to club media following the news fellow Dane and Head Coach Thomas Frank said, ““This is a fantastic New Year’s Day gift for all Brentford fans. We are on a great journey here and we are very pleased that Christian is going to stay on that journey with us. Christian has been a key part in the rise of Brentford in the past three years.

“I think Christian has had a fantastic first half season in the Premier League. He has shown that he can compete in this league against some of the best in the world in his position. He is also consistently working to develop himself.

“Christian shows great leadership qualities in training every day and he helps build our culture. That is very important to us. He has an unbelievably important role in this team, and it is great that he will be part of our future.”

UP NEXT FOR BRENTFORD

Game 1

Opponent: Port Vale (A) Saturday 8th January 15:00 Vale Park

Nickname: Vale

Competition: FA Cup – Third Round

Manager: Steven Gerrard

Interesting fact: Port Vale is one of the few English league clubs not to be named after a geographical location, their name being a reference to the valley of ports on the Trent and Mersey Canal.

Game 2

Opponent: Southampton (A) Tuesday 11th January 19:45 St Mary’s Stadium

Nickname: The Saints

Manager: Ralph Hasenhüttl

Interesting fact: The club has been nicknamed “The Saints” since its inception in 1885 due to its history as a church football team, founded as St. Mary’s Church of England Young Men’s Association.

Hampton & Richmond Borough

Beavers humbled by Hungerford

Hungerford Town 3 – 0 Hampton & Richmond Borough

Hampton & Richmond Borough’s miserable run of recent form continued as they made it five league defeats in a row following a convincing 3-0 defeat away to Hungerford Town. A brace from Ryan Seager and a second half goal from Rhys Tyler condemned the Beavers to yet another league defeat and stretched their winless run further.



The Beavers made a nightmare start and found themselves a goal down after just seven minutes. Sol Wanjau-Smith was fouled by Kyron Farrell and Ryan Seager then stepped up to give the home side an early lead.

The Beavers' best chance of the half came when Jerome Slew had a shot that went narrowly wide of the post.

However, it was the home side who were the more dominant and but for a brilliant recovery tackle by Imran Uche could have extended their advantage through Wanjau-Smith.

The ever reliable Alan Julian then continued to prove his timeless worth as he made a magnificent save to tip a shot from Seager over the bar and then getting down low to thwart him once more.

In a similar story to the first half the Beavers conceded early in the second and it was once more Seager who was celebrating. His first shot hit the woodwork but on the follow up he headed in to extend their lead.

Their win was effectively then sealed with just over an hour played when Tyler scored a fine individual goal as he cut infield and curled a brilliant strike out of Julian's reach.

The Beavers produced precious little in response and a shot from Tyrell Miller-Rodney that went wide was as good as it got on yet another sorry afternoon for the team.

Two Hampton players move on

Hampton & Richmond Borough have announced that two players are set to leave the Beveree Stadium.

Forward Charles Hagan has returned to parent club Sheffield Wednesday following the expiration of his loan. He made six appearances in all competitions in total during his time with the Beavers.

Defender Cole Brown has also left this club, by mutual consent, having suffered with his injuries during his time with the club. In total he made 15 appearances since he arrived from Walton Casuals in the summer of 2019.

UP NEXT FOR HAMPTON

Opponent: Concord Rangers (H) Saturday 8th January 15:00 Beveree Stadium

Nickname: The Beach Boys

Manager: Chris Searle

Interesting fact: The club reached the final of the 2019–20 FA Trophy, losing 0–1 to Harrogate Town in a final played in May 2021 due to the COVID-19 pandemic.

England men's U20 2022 Elite Player Squad Announced

England men's U20 head coach Alan Dickens has named his 32-man Elite Player Squad (EPS) for 2022.

Ten players included in the squad have been capped previously at U20 level or were part of the squad before: Seb Atkinson, Deago Bailey, Finn Baxter, Lucas Brooke, Tom Carr-Smith, Emeka Ilione, Tom Litchfield, Ewan Richards, Fin Smith and John Stewart.

Dickens and full-time forwards coach, Andy Titterrell, have been joined in the England U20s coaching set up by Jordan Turner-Hall as defence coach. Turner-Hall is part of the Harlequins academy coaching set-up and also played for Quins over 150 times in the Premiership. He represented his country from U16 to U20 level and was named in the England squad for the 2012 Six Nations, earning two Test caps during victories over Scotland and Italy.

Dickens said: *"Selection for the squad has been based on a combination of things: the previous regional camps we've held, the work we do with the club academies and coaches, plus our knowledge of the players within the pathway."*

"The communication and collaboration throughout the pathway are excellent and it's ensuring we identify talented players and get out to see them play early."

"I'd like to thank all the Premiership clubs, the academies, the coaches and Premiership Rugby for their support. It's been a big team effort."

"It's great to have Jordan Turner-Hall join the U20s coaching team as part of our attached coaching programme. He is a young and exciting coach who achieved a lot in his playing career. His current role at Harlequins is all about preparing academy players to transition to the senior squad and that will be hugely valuable to our players who are looking to make the same progression within the England pathway."

"The squad and coaching team are looking forward to two four-day camps and a training game against Oxford University in the first half of January, which is all part of our preparation for the Six Nations and our first game against Scotland."

Forwards

Fin Baxter (Harlequins)
Alfie Bell (Wasps)
Lucas Brooke (London Irish)
Kofi Cripps (Wasps)
Mark Dormer (Newcastle)
Ollie Fletcher (Newcastle)
Robin Hardwick (Wasps)
Will Hobson (Harlequins)
Emeka Ilione (Leicester)

Geordie Irvine (Northampton)
Tom Lockett (Northampton)
Toby Knight (Saracens)
Guy Pepper (Newcastle)
Charlie Rice (Bristol)
Ewan Richards (Bath)
John Stewart (Bath)
Mike Summerfield (London Irish)
Alex Wardell (Saracens)

Backs

Henry Arundell (London Irish)
Seb Atkinson (Worcester)
Deago Bailey (Bristol)
Jamie Benson (Harlequins)
Tom Carr-Smith (Bath)
Ethan Grayson (Northampton)
Olly Hartley (Wasps)

George Hendy (Northampton)
Matty Jones (Gloucester)
Louie Johnson (Newcastle)
Will Joseph (London Irish)
Tom Litchfield (Northampton)
Fin Smith (Worcester)
Iwan Stephens (Newcastle)



Underlying health condition?

You are entitled to two essential vaccines this winter

Boost your immunity this winter by getting both the COVID-19 booster and the flu vaccines if you are eligible. If you are not sure whether you are eligible, speak to your GP.

Anyone with a serious long-term health condition can receive a free flu vaccine, and anyone aged 16 and over with a health condition that puts them at higher risk of getting seriously ill from COVID-19 can get their booster vaccine (at least three months after the second dose).

The flu vaccine

Flu can affect anyone, but if you have a long-term health condition, the effects of flu can make it worse even if the condition is well managed and you normally feel well. Getting the flu vaccination as soon as possible is the best way of protecting yourself, as well as those around you and the NHS from being overwhelmed this winter.

Serious long-term health conditions include:

- Respiratory conditions, such as asthma (needing steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis
- Diabetes
- Heart conditions, such as coronary heart disease or heart failure
- Being very overweight – a body mass index (BMI) of 40 or above
- Chronic kidney disease
- Liver disease, such as hepatitis
- Neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- A learning disability
- Problems with your spleen, for example sickle cell disease, or if you have had your spleen removed
- A weakened immune system as the result of conditions such as HIV and AIDS, or taking medicines such as steroid tablets or chemotherapy

Talk to your doctor if you have a long-term condition that is not in one of these groups. They should offer you the flu vaccine if they think you're at risk of serious problems if you get flu.

To book your flu vaccine, speak to your GP or book through your local pharmacist if it offers the service. Visit the NHS website for [more information on health conditions and the flu vaccine](#).

The COVID-19 booster vaccine

So far thousands of people who are at a higher risk of COVID-19 due to underlying health conditions have come forward for their vaccine. We are encouraging more people to come

forward to ensure they are protected.

You're considered at high risk from COVID-19 if you have:

- Long-term lung conditions (such as severe asthma, COPD, bronchiectasis and cystic fibrosis)
- Long-term conditions affecting the heart or blood vessels (such as congenital heart disease, heart failure and peripheral arterial disease)
- Long-term kidney disease
- Long-term liver conditions (such as cirrhosis and hepatitis)
- Conditions affecting the brain or nerves (such as dementia, Parkinson's disease, motor neurone disease, multiple sclerosis, epilepsy, cerebral palsy or stroke)
- Severe or multiple learning disabilities
- Down's syndrome
- Diabetes
- Problems with the spleen or the spleen has been removed (splenectomy)
- Severe obesity (a BMI of 40 or above)
- Severe mental conditions (such as schizophrenia and bipolar disorder)
- A condition or treatment that makes you more likely to get infections
- A condition your doctor advises puts you at high risk

Most people will be invited to book an appointment at a larger vaccination centre, pharmacy, or local NHS service for their COVID-19 booster vaccines.

Go to the NHS website for [more information on who is at high risk from COVID-19](#).

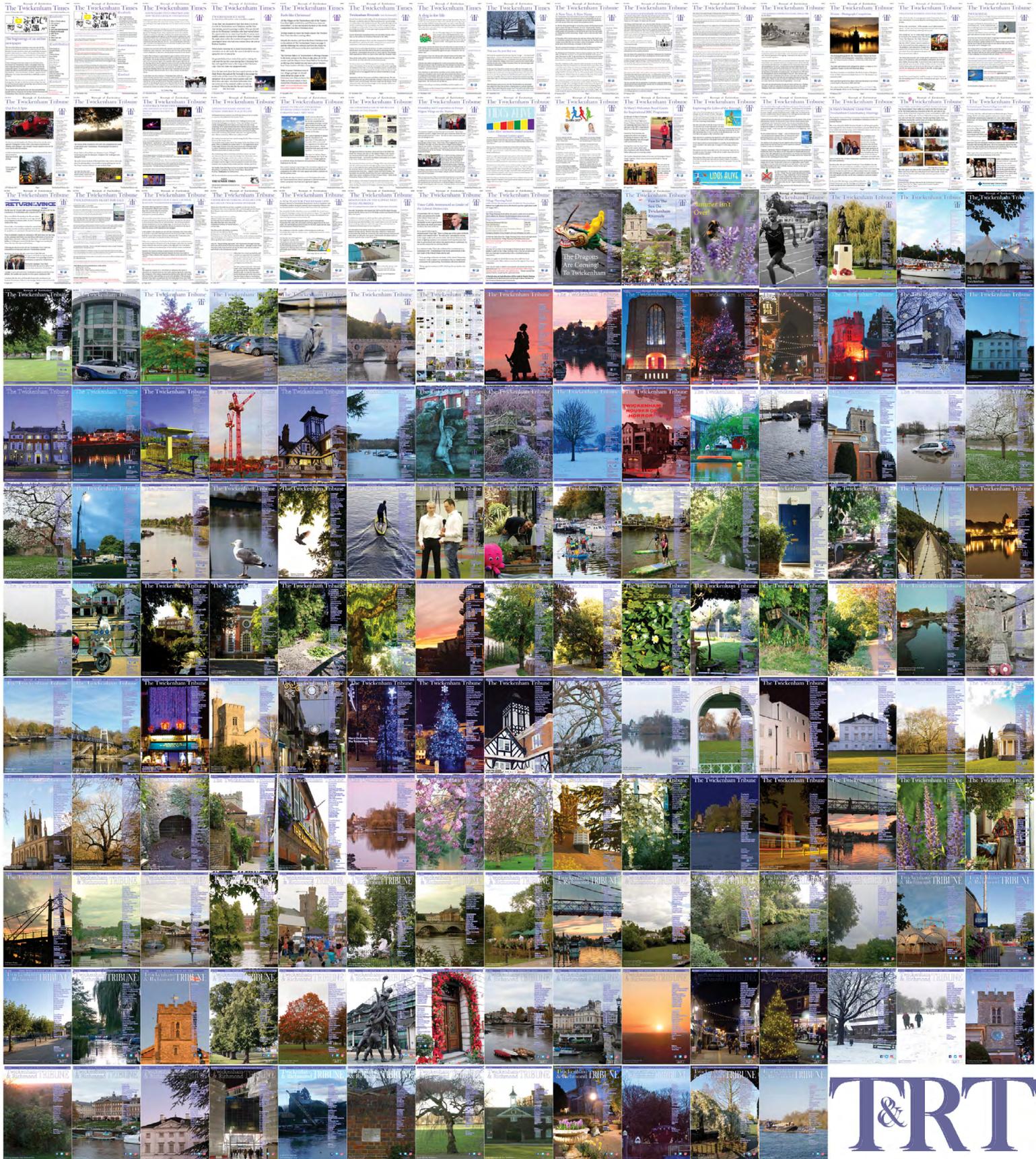
Cllr Piers Allen, Lead member for Adult Social Care and Health and Chair of the Richmond Health and Wellbeing Board, said:

“We all know how devastating COVID-19 can be as an illness. With flu, people often think that it's just a bad cold. For those with existing health conditions, both illnesses can be really dangerous and may result in a stay in hospital, or even death.

“Please take the time to get your free flu vaccine and your COVID-19 booster vaccine, and protect yourself and those around you from being unwell this winter.”



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Landscape

Quarter Page Portrait

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