

The Twickenham Tribune

100th Edition

Contents

- TwickerSeal
- TwickerTape
- History Through Postcards
- Arts and Entertainment
- Centenary of Udney Park
- St Mary's University update
- Brexit
- Steam, Steel and Shells
- Halloween in Church Street
- Heathrow Expansion
- 100, A splendid Achievement
- River Crane Sanctuary
- Twickers Foodie
- Competitions
- Letters
- Mark Aspen Reviews
- Football Focus
- Rugby Football Union
- Health

Contributors

- Twickerseal
- Alan Winter
- Erica White
- Friends of Udney Park
- St Mary's University
- Gail Francis-Tiron
- Government of Gibraltar
- Helen Baker
- Shona Lyons
- 3RD Runway Coaliton
- Bruce Lyons
- TwickerGrump
- Sammi Macqueen
- Mark Aspen
- Football Focus
- Rugby Football Union
- Dr Paul Tanto
- Strawberry Hill Golf Club

EDITORS

- Berkley Driscoll
- Teresa Read

Contact

contact@TwickenhamTribune.com
 letters@TwickenhamTribune.com
 advertise@TwickenhamTribune.com



Published by:
 Twickenham Alive Limited (in association with
 World InfoZone Limited)
 Registered in England & Wales
 Reg No 10549345

The Twickenham Tribune is registered with
 the ICO under the Data Protection Act, Reg No
 ZA224725

So TwickerSeal and a few chums popped down to see their friends, The Oceanides, in York House Gardens for a little celebration.



TwickerTape - News in Brief

A project to develop a green space in Whitton is a step closer thanks to an £8,000 grant from the Council's Community Fund. SS Philip and James Church is looking to transform the open green space around the church to create a communal green space for the whole community to enjoy.

Schools to be consulted about parking:

The Council is now consulting the community including the schools in the Strawberry Hill CPZ area on the design of the parking bay layout and the designation and location of shared use parking bays which allow visitors to park. Some roads have been designed as 'permit parking areas' (shaded in purple on plan). They have a sign at the entrance of the road saying 'Permit parking beyond this point' and have minimal signage. In some roads yellow lines are required to maintain access. The preliminary design is now available to view on the council's web site here https://www.richmond.gov.uk/services/roads_and_transport/transport_planning/parking_reviews/strawberry_hill_parking_study
Comments to shdesign@richmondandwandsworth.gov.uk by 12 October.

Work to use a redundant Council owned site in Hampton Wick to provide a state of the art, residential care home and affordable housing development has reached a major milestone with the buildings now ready for final fit out.

The site will be the new location of Silver Birches, a residential care home with ten people with learning disabilities which is relocating from a few miles away. The remainder of the site will also provide 19 low cost rented homes that includes a five-bedroom shared house for supported living.

Richmond Council has again worked successfully with Richmond Housing Partnership (RHP) to deliver another high quality affordable housing development.



skyelectrical

Replacing your halogen recessed lights with LEDs will:

- ✓ SAVE ENERGY
- ✓ SAVE YOU MONEY
- ✓ PROVIDE BETTER LIGHTING

So...

- ✓ CALL US TODAY FOR A FREE HOME ASSESSMENT AND QUOTE

For a timed appointment please call Sky Electrical on 020 8894 1799
22 Fifth Cross Road, Twickenham, Middlesex, TW2 5LF
www.skyelectrical.co.uk

020 8894 1799
info@skyelectrical.co.uk

PART 95. NORTHAMPTON ARMS - BROAD STREET TEDDINGTON

A couple of weeks ago we took a look at the Cromwell Arms public house in Railway Approach, Twickenham, which ceased trading about 1915. This week our postcard shows a really nice view up Broad Street, Teddington with another long gone pub the Northampton Arms on the left next to Ellis & Co the wine and beer shop. There is a wonderful shooting brake car parked on the left with trams in the distance. To help you get your bearings, the sign for Phelps the Chemist? is about where Tesco's stands today. The presence of the tram lines indicates that the photo was taken after about 1904

The Northampton Arms stood at number 9, Park Terrace in Broad Street and was listed as a pub in the 1880's. It was a Watney, Combe and Reid house as seen by the signage but

other than that I haven't been able to find out too much about it and can't tell you when it ceased to trade. Maybe you can help fill in the gaps?

Next Saturday October 13th, there is a Postcard Fair at the Baptist Church in Church Road Teddington. It is open between 10.00 and 4.00 and will have about 15 dealers as well as a refreshment counter for drinks and snacks. I will be there with a stock of local postcards covering Twickenham, Teddington, The Hamptons and Richmond among other places. Why not pop in and say hello?



I am always looking for old postcards, so if you have any that are sitting unwanted in a drawer, in a box in the loft or the garage or under a bed, do contact me on 07875 578398 or alanwinter192@hotmail.com I would like to see them and I pay cash!

WEST LONDON POSTCARD FAIR

including STAMPS

TEDDINGTON BAPTIST CHURCH
Church Road, Teddington TW11 8PF

SATURDAY OCTOBER 13th 2018

10.15am-4pm

With 26 tables of postcards & paper collectables.

Buy from (& sell to) top dealers from London, Surrey, Yorks, Sussex, Lincs, Middx, Cambs, Oxon, Bucks, Beds.

*Refreshments *Admission £1.00

EASY BY RAIL - Teddington (on Kingston loop from Waterloo).
EASY BY BUS - 33, 281, 285, 481, R68 and X26 (Teddington Broad Street)
From Fulwell, Hammersmith, Hampton Court, Heathrow, Hounslow, Isleworth, Kew, Kingston, Richmond, Sutton, Tolworth, West Croydon.
EASY BY ROAD - From M3/A316.

Enquiries: 01372 725883

Next Fair: February 9th 2019

Arts and Entertainment

By Erica White



TTC's production at HHT of THE REGINA MONOLOGUES & LADIES IN WAITING: The Judgement of Henry VIII by James Cougar Canfield, runs from Sunday, 7-Saturday 13 October in the Studio theatre at Hampton Hill Theatre at 7.45, apart from Sunday, 8 at 6.00pm. You may be lucky to get return tickets.

Info: www.teddingtontheatreclub.org.uk

TTC will follow the above with a production of PINK MIST, by Owen Sheers, a moving and very relevant play about why soldiers go to war and how the experience changes them. The production, in the Main Auditorium, runs from Saturday, 20 – Friday 26 October at 7.45pm, except Sunday at 6.00pm.

Info: www.teddingtontheatreclub.org.uk

HOUNSLOW LIGHT OPERA Co take over the HHT stage with a production of Gilbert & Sullivan's RUDDIGORE: Wednesday 31 October-Saturday 3 November at 7.45pm. Sat mat at 2.30pm.

Info: www.ticketsource.co.uk/hloc

Booking is now open for BROS Theatre Co's next production at RICHMOND THEATRE: HIGH SOCIETY by Cole Porter. Don't miss!

Info: www.ATGTICKETS.COM/Richmond

CANTANTI CAMERATI's next concert at The Exchange, TW1 1BE also offers music from stage and screen on Saturday, 13 October at 7.30.

Info: www.cantanticamerati.org.uk

COSI FAN TUTTE will be performed by INSTANT OPERA at Normansfield Theatre, Langdon Down Centre, TW11 9PS on 13/14 October.

Info: www.langdondowncentre.org.uk

Sunday, 2 October at 2.00pm, at the Landmark Arts Centre: THE LOVEKYN CONSORT: Songs of Love, Loss, Devotion and Friendship.

For Folk, Rock and Jazz enthusiasts head to the Cabbage Patch Pub, TW1 3SZ for:

TWICKFOLK: Sundays at above venue at 7.45.

NB. Venue CLOSED Sunday 7 October, then Sunday, 14 October: SOLASTA MULTI-INSTRUMENTALISTS with Celtic Connections.

Info: www.twickfolk.co.uk

TWICKENHAM JAZZ CLUB: Tuesday, 9 October, Patchworks Bar NICHOLAS MEIER PROJECT, with Richard Jones, Demi Garcia, Kevin Glasgow.

Info: www.twickenhamjazzclub.co.uk

THE EEL PIE CLUB: Thursday 18 October at 8.30pm. at same pub: THE DOWNLINERS SECT.
Info: www.eelpieclub.com

FOLK ON THE GREEN CONCERTS: Saturday, 13 October, at 7.30pm at United Reformed Church,
First Cross Road, TW2.
Info: www.facebook.com/FolkonTheGreenTwickenham

AUTUMN ART FAIR. Saturday 20-Sunday 21 October, 10.00am-5.00pm. 100s of pieces on show
and for sale.
Info: www.landmarkartscentre.org

ART EXHIBITION & SALE of the work of the Tuesday Art Circle: Saturday 20-Sunday 21 October,
11am-4.30pm presented by the Hampton on Thames Community Association at YMCA WHITE
HOUSE, TW12 3RN. Over 150 items will be on show and for sale.
Info: www.ymcalsw.org/whitehouse

ARTS RICHMOND POETRY HUB invites you to join the WW1 CENTENARY WALK on Sunday, 21
October at 10.30. Local historian Helen Baker and Carol Wain will lead with anecdotes, and
possibly poetry, of events in the locality. Meet at foot of Twickenham side of Richmond Bridge.
Info: info@artsrichmond.org.uk

THE LOST TREASURES OF STRAWBERRY HILL, Horace Walpole's unique collection of artefacts
will be shown in the rooms as he arranged them. This at-a-once-in-a-lifetime exhibition,
before the items are returned to the current owners, runs from Saturday 20 October-Sunday 24
February, 1919. DO NOT MISS. Booking is recommended.
Info: www.strawberryhillhouse.org.uk

ARTS RICHMOND invites singers to come along to a CHORAL WORKSHOP on Saturday, 6
October at 9.30am-4.00pm at
St Richards Church, Ham, TW10 7NL. Faure's REQUIEM and Chilcott's LITTLE JAZZ MASS are the
pieces you will explore under the tutorial baton of Richard Harker.
Info: www.artsrichmond.org.uk/choralworkshop



The Tree Agency

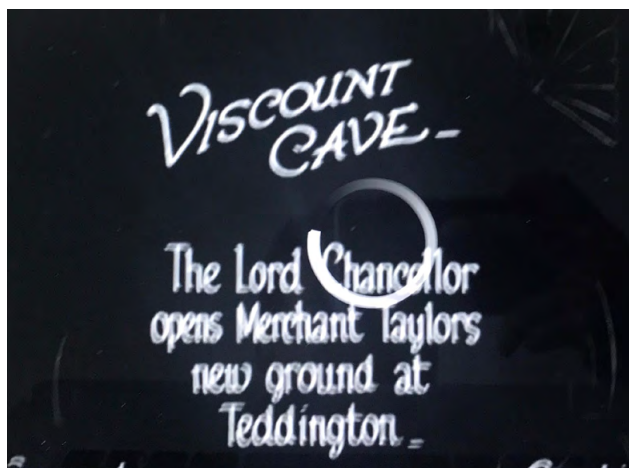
darryl parkin

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

Udney Park War Memorial Playing Field approaches its own Centenary.

Udney Park was opened on land in central Teddington which had previously been the grounds of Udney Hall as a World War 1 memorial, and was formally opened by Viscount Cave, who was Home Secretary from 1916-1919 and then Lord Chancellor.



Photos Copyright British Pathe www.britishpathe.com

In 1937 Udney Park was bought by Lord Beaverbrook, the only man to serve in both war-time cabinets. His intentions were clear in 1937 and they remain on the Deeds today:

The following are details of the covenants contained in the Conveyance dated 30 April 1937 referred to in the Charges Register:-

“THE Purchasers hereby COVENANT with the Rugby Union Trustees AND IT IS HEREBY AGREED AND DECLARED as follows:-

THAT the Purchasers shall not without the consent of the Rugby Union Trustees use the property hereby assured or any part thereof for any other purpose during the appropriate season than as a sports ground for the playing of games by Amateurs the chief game to be played thereon being Amateur Rugby Football”

In the last 30 years or so there was some regular use of the Park by local clubs and schools. Our aim for Udney Park is that it becomes a local sport and community centre that hosts several clubs from different sports and schools that have limited facilities of their own. As the Council voted 9-0 to Refuse the Quantum Planning Application, Councillor Cllr Curran said “in the centenary year of the World War, of which this field was a commemoration, it would be a travesty to build on Udney Park”. Udney Park is an Asset of Community Value and must remain 100% green, and be re-launched fully as a memorial to Lord Beaverbrook, of whom Churchill said “he did not fail me”.

St Mary's University Update

St Mary's Academic Launches Modern Slavery Report

Deputy Director of the [Centre for the Study of Modern Slavery \(CSMS\)](#) at St Mary's University, Twickenham Dr Carole Murphy has launched a report in the Palace of Westminster.

Dr Murphy presented her report '[A Game of Chance: Long Term Support for Survivors of Modern Slavery](#)' to a number of prominent organisations in the modern slavery field, including The Human Trafficking Foundation, the Snowdrop Project and Baroness Newlove, the Victims Commissioner, at the launch event which was hosted by Lord McColl of Dulwich.

The report is based upon findings from interview-based research, which was carried out across the UK with law enforcement officials and leading support agencies for victims of modern slavery and human trafficking. It highlights the significant and detrimental gaps in long-term support provision for survivors of modern slavery in the UK and provides recommendations for policymakers to address these gaps.

Lord McColl, who is currently sponsoring a Modern Slavery (Victim Support) Bill which is due for its second reading in the House of Commons in November, showed great appreciation for the contribution that Dr Murphy's report would make in strengthening the evidence-base for his Bill.

Victim support agencies also commented on the usefulness of this rigorous academic research in fight for policy change, while the report's contribution is also recognised

through reference in the revised Trafficking Survivor Care Standards by the Human Trafficking Foundation.



Dr Murphy said, "I'm delighted to have had the opportunity to launch the report in the Palace of Westminster and to have contributed to raising awareness about the ongoing gaps in long-term support for survivors of trafficking in the UK. The Modern Slavery Act was regarded as groundbreaking by some commentators upon its introduction in 2015, however this report highlights that there is much more to be done to address gaps in service provision to ensure that recovery does not feel like a game of chance".

The full report can be [downloaded from the St Mary's website](#), where information about the [appointment of Sir Tom Phillips KCMG](#) as the new Director of the CSMS can be also be found.



St Mary's
University
Twickenham
London

Edition 100 of the Twickenham Tribune was published in Gibraltar



'Stop the Brexit Madness'

By Gail Francis-Tiron

gailfrancistironart.yolasite.com

Brexit - Chief Secretary Writes to All Public Servants

With Gibraltar's departure from the EU only six months away, a memo from Gibraltar's Chief Secretary explains that negotiations between the UK and Gibraltar and EU institutions and partners are progressing well, and that a scenario in which the UK and Gibraltar leave the EU without an agreement still remains unlikely as both parties have mutual interests in securing a negotiated outcome.

The memo also makes clear that "the nearer to March 2019 we get, the more accelerated preparations the Government would need to make. This does not, in any way, point to a greater likelihood of a 'no deal' scenario. All this work is to ensure that the contingencies are in place in the unlikely event that they should need to be relied upon."

Finally, everyone involved in Brexit was thanked for the efforts they are making "as our departure from the EU will be the biggest issue we as public servants will encounter during our careers. We should all take pride in the work that we are doing and its cross generational effect on our community."

UK Support for Gibraltar

This week the HM Government of Gibraltar was honoured by the support shown to Gibraltar by the Prime Minister, Rt Hon Theresa May MP at the Gibraltar Government Reception at the Conservative Party Conference in Birmingham. It was the first time a Prime Minister has attended the Gibraltar reception at any of the party conferences.

During her address, the Prime Minister expressed the UK's support for Gibraltar throughout Brexit and looking forward to a global Britain. The Chief Minister thanked Prime Minister May for her continued support and hard work in partnership with the Gibraltar team, and reiterated that Britain and Gibraltar will always be stronger together. The Chief Minister was also delighted to present the Prime Minister with a Gibraltar Football Association shirt, personalised with 'May' and '10' on the back.



Chief Minister Fabian Picardo presents Foreign Secretary Jeremy Hunt with a personalised Gibraltar Football Association shirt

The Chief Minister presented a personalised GFA shirt to the Foreign Secretary Jeremy Hunt at a bilateral meeting ahead of the reception.

VISIT THE WIZ GIBRALTAR GALLERY [HERE](#)



Honey Show

Twickenham Apiary

Sunday 7th October

Gates open at 1pm

Presentation of Cups at 3:45 and Auction



Entry Free

Learn about bees and beekeeping

Enjoy teas and cake in the apiary garden

Activities for all the family

There are lots of open competition classes so get
your entry forms from

www.Twickenham-bees.org.uk/events



Find us on 
@TwickenhamBeekeepers

The Apiary, 41 Whitton Road, Twickenham, TW1 1BH

Twickenham & Thames Valley Bee-keepers' Association (Registered Charity, No.296439)

Steam, Steel and Shells – 27

By Helen Baker

Happy 100th Birthday to the *Twickenham Tribune* ! Steam, Steel and Shells shatters its continuity this week to remember *The Belgian Village on the Thames* 100 years ago, in tribute to both Centenaries.

By October 1918, both British and Belgians were seeing a road ahead to victory in the Great War. One hundred years ago this week, the Richmond Sub-Committee of the Belgian League of Patriots (taking in Twickenham too) arranged a “Patriotic Manifestation” at Twickenham Town Hall, so that the League could “briefly” explain plans for Belgian reconstruction to the thousands of Belgian workers at the Pelabon Factory and other smaller workshops. To allure them, no doubt, the serious stuff was followed by the musical comedy “Be Careful, Boy”. This was probably the patriotic review known as “The Careful Boy” which also celebrated Belgian-British friendship and had been performed for the Belgian Fête Day in July.



The Pelabon Works Soldiers' House. © Guy Pelabon

Twickenham Town Hall
SUNDAY, 5 OCTOBER, 1918
at 5.30 pm precisely
MANIFESTATION PATRIOTIQUE
DE RICHMOND
Organised by the Richmond Sub-Committee of the
Leagues of Patriots of Belgium
Brief Exposition of Proposals
for the Economic and Political Future
of Liberated Belgium
DR CLEMENT PHILIPPE M. PAUL DUCHAINE M. FLOR BURTON
Chairman of the Delegate of the Central Flemish Community
Sub-Committee Committee of London Leader
FOLLOWED BY
Be Careful, Boy!
Mmes. DERIVE and GOETGEBUER
MM. CROMMELYNCK DE PAMEL
DES VILLAINES and BRYCE
With dancing by a troupe of young ladies who will also
deliver Flemish and Walloon patriotic songs,
supported by the acclaimed voices of The Pelabon Choir
under the direction of M. Gerardy.
Tickets can be obtained from the diverse Pelabon Societies, from the Usines Lensaerts
(the Beverley Works) in Barnes, and by correspondence to Mmes. C. Philippe,
Richmond Hill Hotel. Prices: 5s. 9d., 3s., and 1s. 3d., (tax included)

Advert for the League
of Patriot's Patriotic
Manifestation (a recreation in
English by Helen Baker).



The Pelabon Works Soldiers' House. © Guy Pelabon

At the Pelabon Works the staff were still feeling their debt to their Belgian soldiers. After intense fund-raising at all levels, the Works had opened its “Soldiers House”, a rest centre for soldiers on leave from the Front. Of all their charitable achievements, this was the one which made the Pelabon Company the most proud. As much in demand in 1918 as in 1916, it had become widely known for the hospitality and fine Belgian cooking of its house-keeper and caretaker, a kindly married couple shown in this photograph together with some of their guests. Its restorative reputation was amplified by word of the idyllic pastoral setting of Richmond's “Arcadian” riverside.

© East Twickenham Centennial Group (Heritage Lottery Funded) and Hollycombe Steam Museum

Halloween in Church Street

by Shona Lyons

Wednesday 31 October 2018 5-8pm

Halloween in Church Street has become quite a big event in our yearly calendar of community events. We started this event some years ago, in 2013 with a children's treasure hunt & we all carved some pumpkins. In 2014 we had again had a treasure hunt judge and The Eel Pie Pub had a Halloween Macmillan Kids and Coffee morning which was a great success and the

Club had live rock n roll in the street until late. 2015 – 2016 Halloween in Church Street grew bigger still and we started to have outside stalls in the street, some street food, Punch and Judy & face painting. The shops were all given pumpkins which we asked the public to judge and they created the most ambitious creations which were awarded with certificates and a bottle of champagne for the winner. 2017 was bigger still with more and more of the Church Street Traders coming out



into the street with tempting treats and again we had music and entertainment for adults and kids alike with apple bobbing, mulled cider, fair rides, Punch and Judy, trick and treating etc. This year we think it will be bigger still! We have many of the same ingredients with a few additions like balloon modeling and stilt walkers. We think it will be lots of fun with many of the shops getting into the spirit with a fancy dress competition at Mint, Day of the Dead at the Eel Pie, Potion making at The Bloomery, Trick and Treat, Mulled Cider & Apple bobbing at Riccardo's Cellar and Brewery Market, a Treasure Hunt starting from Crusader Travel & much more!

Halloween In Church Street



The Best Carved Pumpkin Competition!
 5-7pm in Church Street
 Like "Church Street of Twickenham"
 on Facebook!
 Like your favourite pumpkin
 The Pumpkin with the most likes WINS!
 Entry Don't Competition FREE! See The Square

The Best Carved Pumpkin Competition!
 5-7pm in Church Street
 Like "Church Street of Twickenham"
 on Facebook!
 Like your favourite pumpkin
 The Pumpkin with the most likes WINS!
 Entry Don't Competition FREE! See The Square



Heathrow legal challenges reach next hurdle

Five legal challenges against the Government's plans to expand Heathrow have reached the next legal hurdle and will proceed to a full judicial review in March 2019.

Justice Holgate confirmed, in a hearing at the High Court on Thursday, that the cases lodged by five different parties would be heard over 10 days in March 2019 (1).

The five parties are:

- A consortium of local authorities (Hillingdon, Hammersmith & Fulham, Richmond, Wandsworth and Windsor & Maidenhead), Greenpeace and the Mayor of London, Sadiq Khan.
- Heathrow Hub Limited (promoters of a rival scheme to expand Heathrow)
- Friends of the Earth
- Plan B, an environmental justice organisation
- Neil Spurrier – a resident of Twickenham, Middlesex

Due to the size of the cases, amount of paperwork involved, and the public interest in the case, the hearings in March will be heard by two judges and will be heard in the largest courtroom at the Royal Courts of Justice. It was also noted that a separate courtroom may have to be used as overspill, with a TV link to the main proceedings, also due to levels of interest.

Paul McGuinness, Chair of the No 3rd Runway Coalition, said:

“These legal challenges are of the Government’s own making.

It is not insignificant that the judge has permitted all five claimants to proceed to judicial review. In addition to the claim from several councils and the London Mayor, the four other claims raise some serious points of law.

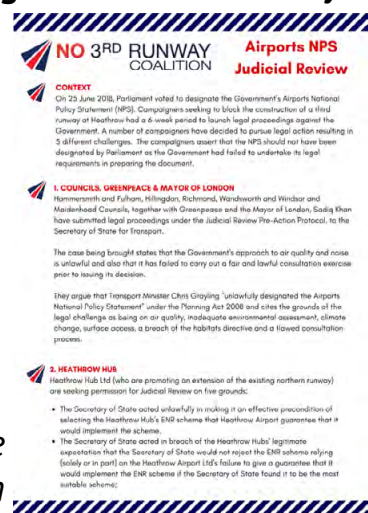
“If the government had not ignored available evidence in their blinkered enthusiasm to expand this already highly disruptive airport, parliament would not have supported the proposal, and these actions would not have been necessary.”

John McDonnell MP, who addressed opponents of Heathrow expansion, gathered in solidarity outside the High Court, said:

“The third runway project is increasingly recognised as a non-runner. The Government needs to listen this time and time again and stop wasting taxpayers’ money in another failing Grayling project.

“A Government that prevents Heathrow going ahead will send a message that we are serious about climate change, serious about creating a zero-carbon economy and the development of our transport network will not be concentrated in one part of the country.”

Click image at right for more background information



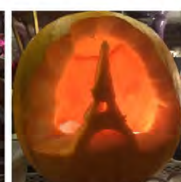
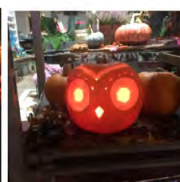
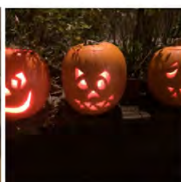
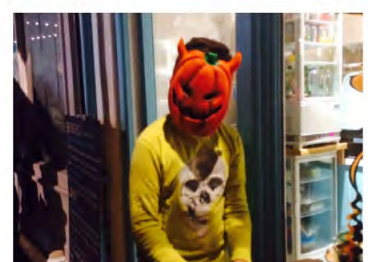


HALLOWEEN IN CHURCH STREET TWICKENHAM

31 OCTOBER 5PM until 8PM



TWICKENHAM
BUSINESS ASSOCIATION TOWN



FACEPAINTING



STALLS



LIVE MUSIC

PUNCH&JUDY



STREETFOOD



SPOOKS

FANCY DRESS



FAIR RIDES



POTIONS

WITCHES



PUMPKINS



STILTWALKERS

WWW.TWICKENHAMTHETOWN.ORG.UK



100 , A SPLENDID ACHIEVEMENT

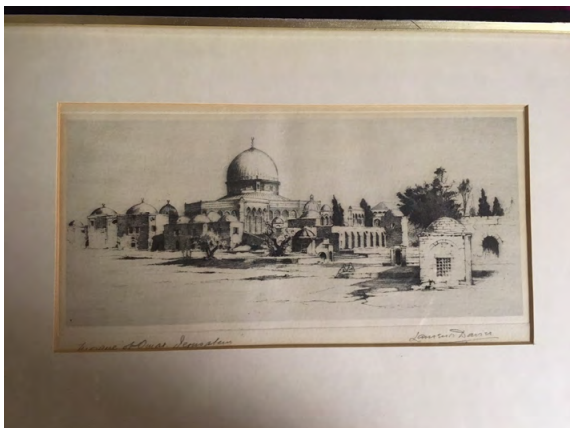
By Bruce Lyons

Well Done the TTT (The Twickenham Tribune) it is really great to have a truly local online Paper that is so broadly spread over Arts – Food -Local History – Sports – Politics – Events and a Host of other matters as well as keeping us in touch with local issues, often via TwickerSeal who does seem to go on a bit ‘

For my part I enjoy writing about what I have spent the last 40 years of my work doing . It is about Cultures and History and Tourism in that little corner of the world, Egypt, Jordan and Israel Possibly the first area subjected to mass tourism be they Christians on the Crusade or Muslims on their way to Mecca ; these three countries and the Red Sea have seen it all, nowadays they have been largely replaced with a modern day tourist , cruising or flying in and encompassing in a short week or two what took years to plan and undertake by our ancestors. Maybe I was drawn to the region by my Grandfathers visit in the First World War as he was part of General Allenby`s Expeditionary Force that relieved Jerusalem see-ing the end of the Ottoman Empire . but whatever the reason I was destined to work with this area and ultimately became the First tour operator to charter flights from the UK to Eilat and then to Sharm, Hurghada Luxor and Cairo.



That was then, and then our little Middle East got turned on its head and tourism took a backward step all over the region. But like, after the First World War time moves on , it is less insecure today and gradually Tourists are returning to Upper Egypt to Cruise the Nile in the land of the Pharaoh`s or fish the Waters of Lake Nasser. Catch the Sun on Egypt`s Riviera and Dive in the Seas made famous by Cousteau



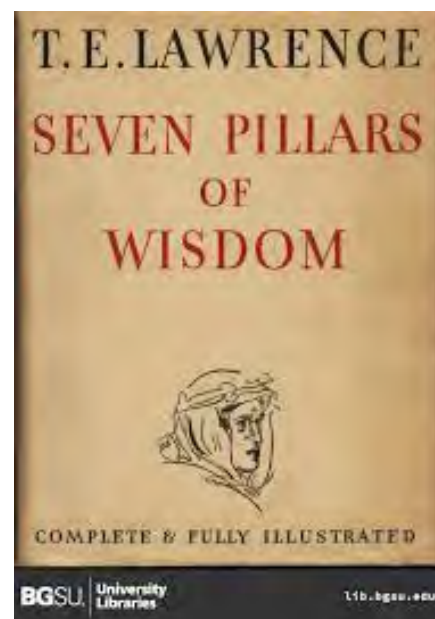
So for now, this Winter, things are looking on the UP. Again there are many flights to Hurghada and Marsa Alam as well as new ones to Eilat and Aqaba giving rise to low prices and

great combinations .

You can mix the flights to Aqaba with Tel Aviv and have a Discover Jordan (<http://www.crusadertravel.com/offers/explore-jordan-new-direct-flights-gatwick>) combined with a few nights in Jerusalem or Tel Aviv (or both) for little extra cost . It's looking like a Winter like none other with low prices to Eilat, Aqaba, Luxor – A deluxe 1 week Nile Cruise with full board and all excursions to the Wonders of the Pharaoh's , costs as little as £1000 .

Best value though are short city breaks to Eilat, on the Red Sea many for under £400 – Here you can just soak up the Sun, visit the Dead Sea or even take an excursion to Petra – Snorkel and Dive there is a wealth of choice and likewise the new once weekly flight to Jordan introduces new journeys for the intrepid

There is a diversity of choice with so many flights that it is difficult to know where to start – The Holy Land and a Fly Drive, a Desert Experience, A trip to Jordan's famous Wadi Rum and the Seven Pillars of Wisdom , following in Lawrence of Arabia's footsteps or maybe for a family holiday introduce the youngsters to Diving – Eilat is often dubbed the Underwater Classroom of the World



You can cross from Jordan to Israel either by way of Eilat (The Arava Crossing) or from the North by the Allenby Bridge (did Allenby and my Grandfather come this way I wonder)?

What ever this is a winter playground and is open even for budget conscious travellers and sunseekers alike and there is nothing we like better than devising attractive vacations in an area we know so well

<http://www.crusadertravel.com/offers/weekend-in-eilat/>

And Good Luck to the Tribune for the next 100

020 88744 0474

crusadertravel.com

info@crusadertravel.com

CrusaderTravel

Escapology Experts



START YOUR WINTER WITH SOME SUN

CITY BREAK BY THE SEA

& EDMIT MOUNTAINS

31 October 4 nights + Flights & Transfers

4* New Vista Hotel (City Centre)

Just £399 per person

NOW IS THE TIME TO GO!

TWICKER GRUMP



If you have a Grump write,
in confidence, to
[TwickerGrump@
TwickenhamTribune.com](mailto:TwickerGrump@TwickenhamTribune.com)

Parking

Parking is always an issue one way or another. Where to park? Cars blocking drive ways, abandoned cars, not to mention the mayhem caused in some roads when the school buses arrive.

And there are those who throw their rubbish out of the car before they drive off! Now we have the “parking” of the Ofo bikes, left on corners, propped up against fences and other inappropriate places.

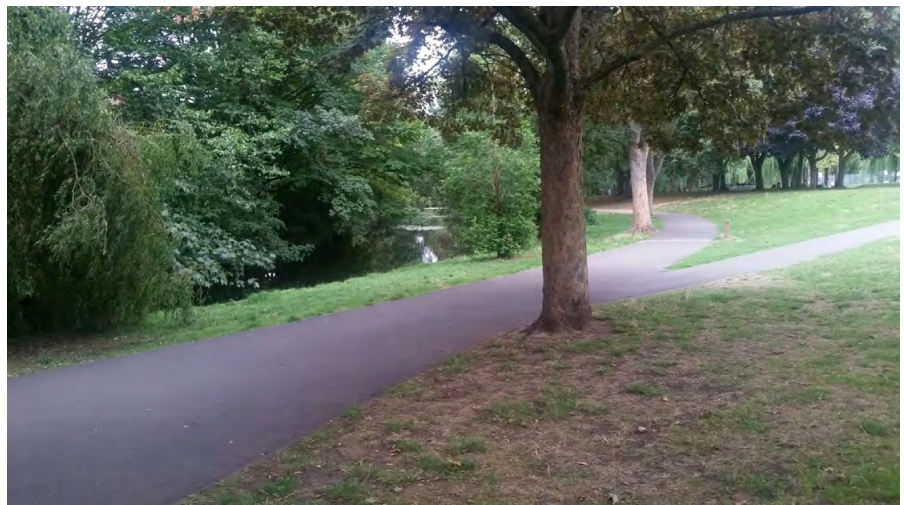
How about some green stickers “Think before you park”.

Mereway Bathing Place

During research into the Borough’s history of outdoor swimming it was confirmed that Mereway Bathing Place was our first organised public swimming venue. www.lidosalive.com

The Richmond Environmental Information Centre and its team will be working together to produce a history board to be placed adjacent to the original site (see Edition 94 of the Tribune).

Work initially started on a draft design for the Mereway Bathing Place Civic Pride history board on 9th August when we finally received the news that a Civic Pride grant had been awarded. The application was submitted in April this year and there has been plenty of time for people to make contributions for inclusion but information can still be accepted.



The Twickenham Tribune has publicised details of Lidos Alive and the REIC’s interest in outdoor swimming sites in the Borough since April last year and many organizations have come forward with information which can be seen on the Lidos Alive website. Much of this information has been included in a book which is available at Crusader Travel in Church Street, Twickenham.

Winner of the Monthly Photography Competition is "Racing at Broom Water Regatta" By Simon Harris



Monthly Photography Competition

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

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

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

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



River Crane Sanctuary



“A poor life this if, full of care, we have no time to stand and stare.”

Observation is critical not only for our pleasure but also for safeguarding our precious environment for future generations to enjoy. The wildflower meadows along the River Crane corridor are a joy to behold and a sanctuary for wildlife and by walking these paths we keep awareness of their value as open space rather than another building plot opportunity. Photographs and Videos are wonderful but you cannot beat the real thing and children need to touch, feel and smell nature; not just view it on a screen.

The RSPB ‘Homes for Wildlife project’ is giving lots of useful information on what to plant in the garden or balcony/pot for birds as the weather turns colder. Berries of all kinds and apples seem to be the mainstay especially for the redwing and fieldfares arriving for winter. (Links are on our ecology page and more photos of last year’s visitors like the redwing below so visit us soon and then get out and see them in the Wild!)



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

Twickers Foodie – By Alison Jee

CHOCOLATE WEEK – IT’S GETTING DARKER FOLKS!

It’s [Chocolate Week](#) at the end of next week (from October 15-21) and I like to think I have a pretty fine chocolate palate. I help judge at the Academy of Chocolate Awards, so I know how an award winning chocolate should taste. You get what you pay for with chocolate, and it is worth indulging yourself. I find that a good dark chocolate isn’t quite so ‘moreish’ - so in fact you eat less, and I have discovered some really great companies making fantastic bars.

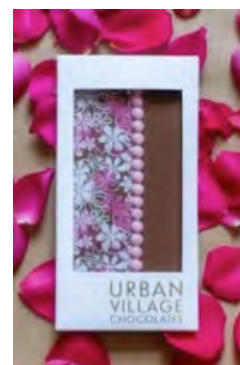
One company that I really like is [Chocolate and Love](#). This premium, organic, Fairtrade award-winning chocolate is beautifully packaged and sourced from some of the best chocolate producing areas in the world. It is high in cacao solids and low in sugar, so as well as being delicious, is good for you. All the varieties are great, but I am a fan of the Creamy Dark – 55% cocoa solids, rich and creamy with cacao nibs that add texture and interest. The company is offering Twickenham Tribune readers a 15% discount on all orders via their website – just use the code **RTTTCOCLOVE15** before midnight on 24 December. Just under £3 for 80g (And see below for your chance to win a great prize courtesy of Chocolate and Love)



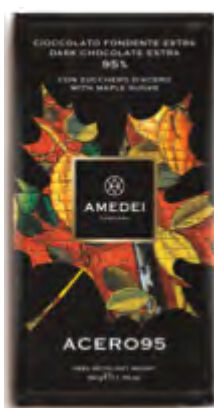
Another company I like is [Divine](#), the only chocolate company in the world which is 100% Fairtrade and owned by cocoa farmers. There is a new organic, vegan range of rich 85% /95% cocoa solids bars, made with cocoa from tropical São Tomé, a forest-covered volcanic island, off the west coast of Africa. Flavour combinations include ginger and turmeric, refreshing lemon, and blueberry and popped quinoa. Available in Ocado, and other retailers at around £3 an 80g bar.

Don’t forget we also have our very own Twickenham-based, multi award-winning, artisan chocolatier in St Margaret’s:

[Urban Village Chocolates](#). Local stockists include Bentall’s, but they are also available online. Urban Village wins the prize for the prettiest bars (see photo of the rose & bergamot one here which is amazing) and their chocolate is really fantastic.



When it comes to a very dark chocolate bar, **Amedei** is probably the ‘Rolls Royce’ of them all. Founder **Cecilia Tessieri**’s love of chocolate and dedication began with an idea and desire to find the world’s best cocoa bean in order to produce the most exquisite chocolate possible. I am fortunate enough to have visited the company’s manufacturing process in Tuscany and Amedei chocolate is amazing. And the company was the first to be awarded the Academy of Chocolate’s Golden Bean award. Local online fine food company [Kings Fine Foods](#) is one of the best places to buy Amedei and the company has recently launched a new Toscano Black 90% and an Acero Extra Dark Chocolate 95% chocolate bar which both have great ‘length’ and interesting notes. There are also some delicious 90% drops for cooking. Go on, treat yourself ... Christmas will be here soon!



Offers and Competitions

WIN A CHOCOLATE AND LOVE DUO WORTH NEARLY £30

To celebrate Chocolate Week and the 100th edition of the Twickenham Tribune, Chocolate and Love is offering one lucky Twickenham Tribune reader the chance to try their selection box containing four x 80g bars and a tin of their napolitans containing 30 x 5.5g individual pieces of chocolate indulgence.



To enter, visit chocolateandlove.com and find out the nationalities of the two founders. Put your answer in the subject header and email win@twickenhamtribune.com with your full contact details. Closing date: noon Friday 19 October 2018. No cash alternative and entry deems permission to name the winner in the paper. And don't forget they have a special offer code (see above).

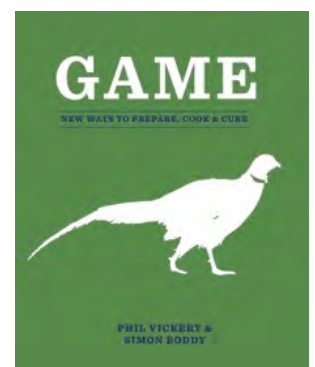


WINNER A COPY OF MY ASIAN KITCHEN

IS
Diana Fieldwick
TW2

WINNER A COPY OF GAME

IS David Bertram, Teddington

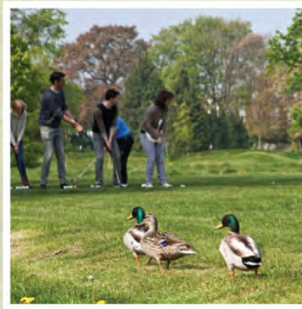


STRAWBERRY HILL GOLF CLUB

ADULT ACADEMY TASTER SESSIONS NOW BOOKING

Contact our Professional Peter Buchan

07795 973926



Strawberry Hill Golf Club

Wellesley Road, Strawberry Hill, Twickenham TW2 5SD

Tel: Club Manager 020 8894 0165

Email: secretary@shgc.net

To find out more visit: www.shgc.net



Places People Play



Dear Sir,

Support for Twickenham Lido

I have only just found out about the proposal for a new lido in Twickenham along the lines of the lidos in Bristol and in Reading. I love open air swimming and go often to the wonderful Hampton pool. Having a lido in Twickenham would transform my life! I hope the proposal is given serious consideration by the Council.

Yours sincerely
Jean Bell, Twickenham

Note:
You can watch Trustees from Hampton Pool talking about Hampton Pool and the Trust at: lidosalive.com/memories

Dear Sir,

A Travel Plan for Schools?

In recent years the parking situation around St Catherine's School and Radnor House School has become dangerous not only for vehicles but for pedestrians and the children who are at the schools. Whereas there used to be a limited number of parents parking at peak times there are now also a number of large buses/coaches which park, not only outside the schools on a busy main road, but also in adjoining side roads.

Parents and pick up buses have been seen to park at the bus stop, on double yellow lines and on corners at the junction with the main road. Popes Grove - already heavily parked both sides - becomes very difficult for drivers travelling in both directions at such times.

Thus consideration needs to be given to the illegal parking at school drop off and pick up times - and the problem of congestion in Popes Grove which runs from Popes Avenue to Cross Deep.

As well as parking measures, a Travel Plan needs to be developed by these schools which should include staggering of pick up times. In view of the current situation there seems to be very little interest by the schools in making life easy for residents and, indeed, a lack of consideration for the safety of pedestrians.

It also seems that considerable use is made of school buildings out of school hours thus creating an additional parking problem, especially in side roads, in the evenings.

Name and address supplied



An Actor's Nightmare by Christopher Durang, and *The Real Inspector Hound* by Tom Stoppard

OHADS Double Bill at Hampton Hill Theatre, until 6 October

Review by Matthew Grierson

There's more to tonight's double bill at Hampton Hill than simple meta-theatrical mischief. Yes, both are plays about plays, but that was old when *Hamlet* did it. More particularly, they are plays about the kind of behaviour that plays force us into, and try as he might the Dane's *Mousetrap* never manages that with Claudius or Gertrude.

Just as procrastinating as the prince is the protagonist of *An Actor's Nightmare*, who finds himself extemporising throughout Christopher Durang's one-act piece, in an attempt to perform a part he has not rehearsed. The remorselessly dreamlike logic sees the hapless George (or is it Stanley? It's definitely not the mega-star they all expected), called out of the blue to appear in a play that some of the cast think is Coward and others Beckett, before it ends up on the executioner's block à la Thomas More – a Bolt from the blue, you might say.



Well, it's all just a dream, isn't it?



Once everyone has woken up with their interval drinks we go further behind the curtain, and in front of it, for Tom Stoppard's *The Real Inspector Hound*. OHADS make good use of Stoppard's device of critics, here Birdboot (Andy Smith) and Moon (Luke Daxon), being part of the show. We switch between overhearing them and keeping an eye on the play they and we are watching together. For as long as the reviewers engage in dialogue they are talking around their own

preoccupations, but once they get down to taking notes they are effectively soliloquising, revealing their respective statuses as egotistical philanderer and jealous pseud.

The action onstage meanwhile unfolds with gleeful over-explanation, making the machinations at Muldoon Manor seem much more straightforward than the reviewers' hyperbolic reaction to it. As in *Nightmare* the cast have a game old time, and on this occasion the interlopers seem more than capable of keeping pace with them in sending up the Christie clichés. Indeed, it is Birdboot's fondness for hackneyed turns of phrase, not to mention himself, that means he is first to cross the fourth wall to assume the role of bounder, recently vacated by the murdered Simon Gascoyne (Matt O'Toole)



Read Matthew Grierson's full review at www.markaspen.wordpress.com/2018/10/03/hound

Photography by Raymond Wheatan



The Heiress

by Ruth & Augustus Goetz

The Questors at The Judi Dench Playhouse, Ealing, until 6th October

Review by Genni Trickett

It is no secret that Henry James didn't much care for his own novel, *Washington Square*. He called it "poorish", and it is true that there is a simplicity to it compared to his later writings. However, simple is not always bad, especially when it is as layered and psychologically incisive as the theatrical adaptation by Ruth and Augustus Goetz.

The Heiress is a play about love. Or rather, the lack of it, and the devastating effects produced by that lack. It is the mid nineteenth century and gauche, shy Catherine Sloper is living with her widowed father in New York. Socially crippled by her father's indifference and polite contempt, she is utterly defenceless when handsome, charming Morris Townsend comes knocking on the door. Suddenly the quiet, orderly lives of the residents of Washington Square are thrown into chaos as they find themselves compelled to question their loyalties, motivations and the very meaning of love itself.

The director wisely keeps the action plain and stilted, reflecting the awkwardness of the characters. People sit, stand and walk in a considered manner, rather like a joyless, stately waltz.

In a letter to his older brother, Henry James wrote of *Washington Square*; "The only good thing is the girl". While that is not entirely true of this production, it is certainly the case that Stella Strange as Catherine steals not only the show, but also the hearts of the audience. Her transformations from touchingly tongue-tied girl to passionate lover to cold, majestic chatelaine are wonderful to behold. Our actor gives us a nicely slippery Morris, neither hero nor truly villain, but a vacillating, weak man somewhere in between. Elsewhere the acting is sadly monotone and featureless. While this is not such a problem for the small characters, in the larger roles it means that much of the oppressive, stifling atmosphere of the play is lost.



Read Genni Trickett's full review at www.markaspen.wordpress.com/2018/09/29/heiress

Photography courtesy of Questors Theatre Company



Salome

by Richard Strauss, based on Oscar Wilde's play
English National Opera, London Coliseum until 23rd October
Review by Suzanne Frost

This autumn, ENO is promising a season exploring masculinity and patriarchal structures, opening with a highly anticipated *Salome* in a directorial debut by Australian director Adena Jacobs, who promised to present the biblical antihero through a “feminine” lens. Personally, I like tipping well-known stories on their heads and I really like radically reimagined opera – nevertheless, I don't think I have ever left a theatrical production more baffled and confused.

Herod and his royal family are celebrities with a cult following. We hear of Salome first through the description of her beauty by the besotted Narraboth. Right from the start, Salome is thus restricted to her appearance and “othered” by her onlooker, compared to a rosebud, a dove – never anything human. When Salome finally appears, a role with more feminist icon burdening and preconceptions than anyone should carry, she sneaks onto the stage almost unnoticed. Mezzo-soprano Allison Cook is small and slim with a very young face. This Salome is obviously barely a teenager, which makes the luring of all the men over her body and the discomfort of her mother witnessing their lust very poignant.

The voice of the prophet Jokanaan comes from outer space. In his prison he is stripped to his underwear, wrapped in a plastic sheet and sporting a pair of bright pink high heels. This image made me think of Abu Ghraib, but I am not entirely sure why. Some kind of sexualised torture seems to be going on. Jokanaan is forced to wear a construction like a futuristic muzzle and films his mouth in close up projected on to the back of the bare stage. His soft mobile lips and the wet tongue rolling around as he sings look somewhat pornographic, like a money shot of a male mouth.

While topless Salome sings herself into ecstasy, a lurking Narraboth holds a her in voyeuristic camera, documenting her sexual awakening that the great storyteller Strauss filters through the most glorious music. Salome, in men's trousers and platinum hair comes out of her trance now looking like Lady Gaga and steps into Jokanaan's pink high heels.

The stage resembles a super hip art gallery, a blank white box with arty installations placed in random corners – Damian Hirst's shark tank filled with a milky white liquid; a gigantic beheaded My Little Pony suspended from the ceiling like Jeff Koon's lobster, which is later disembowelled. Herod rolls around in blood dressed as Santa and will at some point produce lots of presents out of a sack. There is obviously an overload of symbolism here but what it means – I cannot say.

Read Suzanne Frost's full review at www.markaspen.wordpress.com/2018/09/29/salome
Photography by Catherine Ashmore



SALACIOUS, SORDID AND STUPENDOUS



Mark Aspen

www.markaspen.wordpress.com

Expressing the art of the theatre critic

Hogarth's Progress

by Nick Dear

Double Bill: *The Art of Success* and *The Taste of the Town*

World Premiere Production: RTK Productions at The Rose Theatre, Kingston until 21st October

Double review by Mark Aspen

Strip Me Naked, A Kick in the Guts, Cuckold's Comfort: just a sample of the labels on gins from the nine thousand gin shops in the London of the 1750's. Perhaps you would like to visit one, or perhaps a cock-fight, a brothel, a public flogging. As one of his contemporaries said, "It would take a Hogarth to describe" what you might see.



"It would take a Hogarth to describe" the rollicking, riotous, rumbustious start to The Rose Theatre's *The Art of Success*, as it creates Georgian London before your very eyes, and then it is Hogarth himself who, with a huge splash of paint onto a giant canvas, opens that world vicariously to us.

And "it takes Hogarth to describe" and show us the scene at the Sublime Society where its "gentlemen" members, well into their wonted pub crawl, lie, somnolent and sozzled, amidst half devoured joints of meat and piles of empty bottles, awaking to plan the next round of the evening's entertainment in the brothel upstairs.

The Art of Success is set around one such night for William Hogarth in 1730 and the days of its aftermath. *The Taste of the Town* mirrors that night thirty years on, with Hogarth still (mis-)firing on all cylinders in 1760, and the months of its aftermath. Against this background wash, the double bill paints a portrait of the matchless William Hogarth, artist, social commentator and champion of innovative art and British genius, in *Hogarth's Progress*, a robust blockbuster that is altogether salacious,



sordid and stupendous!



Upon this canvas, director Anthony Banks splashes a dynamic depiction of Hogarth's world. His approach may replicate the overstated view of the debauched times of Hogarth's own series of *Progress* etchings. It may caricature the personalities who inhabit it, but they all deserve to be writ large. The picture is colourful in its darkness, big and bold, roaring and robust

Read Mark Aspen's full review at www.markaspen.wordpress.com/2018/09/30/hogarth

Photography by Manuel Harlan

FOOTBALL FOCUS

By Alan Winter



BRENTFORD FC

TWO HOME DRAWS KEEP BEES IN THE PLAY-OFF MIX

BRENTFORD 2 READING 2

Yoann Barbet scored a stoppage time goal last Saturday as Brentford extended their six month unbeaten run at Griffin Park with a 2-2 draw against Reading. The Bees had gone ahead thanks to a Neal Maupay goal but conceded either side of half time and trailed going in to stoppage time. They were also a man down as Saïd Benrahma had been sent off. But Barbet headed in late on to earn his team a draw.



The 2-2 score line only tells a fraction of the story. Brentford appeared to be in complete command of an entertaining game before conceding a soft equaliser and then an even softer second to hand Reading the initiative and a greater incentive to kill the game. But they battled back and Barbet popped up in the closing stages to ensure Brentford had something to take from the game.

Brentford: Bentley; Dalsgaard, Konsa, Mepham, Barbet; McEachran (sub Mokotjo 71 mins); Benrahma, Sawyers (sub Judge 80 mins), Macleod, Watkins (sub Canós 69 mins); Maupay

BRENTFORD 1 BIRMINGHAM CITY !

Brentford came from behind to earn a point in a feisty encounter at Griffin Park on Tuesday evening. Billed as the first game of the Oktoberfest, the crowd of 9715 enjoyed the play list of a German OomPah band before kick-off while the smell of bratwurst and onions wafted across the Braemar Road entrance. Pure magic! The magic didn't last however as the Bees created chance after chance in the first 20 minutes but no goals on the end of them. Birmingham defender Michael Morrison put the visitors ahead midway through the first half, flicking in ex- Bee Jota's corner at the near post.

Josh McEachran equalised just before half-time with a whipped free-kick from the right side of the area which caught out Birmingham goalkeeper Lee Camp.

A big moment for Josh as this was his first ever senior goal in 188 games.

Birmingham were forced to play the final 25 minutes with 10 men after Maikel Kieftenbeld was sent off for an off-the-ball clash with Neal Maupay, but they managed to close the game out.

Brentford: Daniels; Dalsgaard, Konsa, Mepham, Barbet; McEachran; Judge (sub Odubajo 78 mins), Sawyers (sub Mokotjo 81 mins), Macleod (sub Yennaris 84 mins), Canós; Maupay

The point sees Brentford remain in 6th place and well in contention for promotion this season although as I write this on Thursday 4th October there is much speculation in the media regarding an interest in Bees Head Coach Dean Smith from his home town club Aston Villa. I hope he stays. Dean has been good for Brentford and it would be nice to see him finish the job and take the Bees to their new stadium at Kew Bridge as a Premiership team

This afternoon (Sat 6th September) Brentford face a tough away trip to league leaders Leeds United. Come on you Bees!

HAMPTON & RICHMOND BOROUGH FC

HAMPTON 0 - BILLERICAY TOWN 2

A top of the table clash at the Beveree stadium last week saw Billericay score in each half to return to Essex with all three points. Two of the division's best teams showed their quality early on with opportunities created from good possession football. The final score leaves Hampton in 4th place with Billericay now topping the league.



HRBFC

The Beavers have an early opportunity to bounce back when they host AFC Hornchurch at the Beveree today (Saturday 6th October) in the third qualifying round of the FA Cup. Kick - off is at 3.00. Get there early for beer, hot-dogs and burgers

ENGLAND WOMEN TRAINING SQUAD UPDATE

England Women will convene at Loughborough University on Thursday (4 October) for a four-day training camp.

England England Women Head Coach Simon Middleton has called together 36 players ahead of the three-Test Quilter Internationals which take place next month.

Vicky Fleetwood (Saracens), Sarah McKenna (Saracens), Lydia Thompson (Worcester Valkyries) and Millie Wood (Gloucester-Hartpury) return to the 15-aside setup after time in the England Sevens programme last season.

Gloucester-Hartpury lock Zoe Aldcroft is named in the training squad for the first time in a year having last played for England during the 2017 Women's Rugby World Cup. Uncapped scrum-half Claudia Macdonald (Wasps FC Ladies) and centres Carys Williams (Loughborough Lightning) and Tatyana Heard (Gloucester-Hartpury) are also named.

Five from England U20's successful three-game tour in Canada this summer have also been called into camp: centre Lucy Attwood (Bristol Bears), fly half Ellie Green (Harlequins), prop Ellena Perry (Saracens), hooker Connie Powell (Gloucester-Hartpury) and No 8 Sarah Beckett (Firwood Waterloo).

Simon Middleton said: "The training camp in Loughborough is our first opportunity to get the squad together this season. With the Quilter Internationals fast approaching, we will be looking to lay down expectations and introduce Richard Blaze as forwards coach to the squad as a whole.

"This is a really exciting time for the team and I will be looking for players to lay down markers and stake their claim for selection in the Quilter Internationals. We are continuing to evolve and grow and I look forward to getting out on the pitch and training underway."

Ahead of the Quilter Internationals in November, an England squad will be named on 18 October before the first Test against USA at Allianz Park on Friday 9 November.

The Red Roses then travel to Doncaster at Castle Park on Sunday 18 November before heading to Twickenham where they play Ireland on Saturday 24 November following the conclusion of the men's game.

Blaze was confirmed as England's new forwards coach in September, bringing a wealth of experience from his time as forwards coach for Gallagher Premiership side Leicester Tigers and England U20.

England Women will play the Quilter Internationals under an EPS agreement before 28 full-time contracts are introduced on 1 January 2019.



Childhood Obesity in Richmond Borough

Dr Paul Tanto

Simply put obesity is about more than just being chubby. There are some significant health issues associated with it and in adult life these include heart disease and strokes. Cancer too is being recognised as a consequence of obesity. It is different in children so we'll take a closer look at specifics for them.



What is obesity? It's about having an excess of fat in your body. We define it in adults as having a body mass index greater than 30. For children we use growth charts – if you're a parent, you'll remember these at the back of the child's red book – and a weight greater than 95th centile is considered obese. The issues for children include a risk of developing Type 2 Diabetes Mellitus, Obstructive Sleep Apnoea, and Depression. They're also more likely to shun sports. In my experience obese children also experience shame about their bodies.

Obesity is a marker of deprivation and there is an over representation of

Ward	% children in year 6 who are obese- 2011/12 to 2013/14
Hampton North	19.7
Heathfield	18.9
Barnes	14.7
Hampton	14.6
Whitton	14.5
Ham, Petersham & Richmond Riverside	13.2
Kew	12.6
Mortlake and Barnes Common	11.3
North Richmond	11.2
West Twickenham	10.8
Hampton Wick	10.1
South Richmond	9.9
Fulwell and Hampton Hill	9.0
St. Margarets & North Twickenham	8.9
South Twickenham	8.7
East Sheen	7.6
Twickenham Riverside	7.6
Teddington	5.9

obesity in lower sociodemographic rankings. If we use geography as a discriminator of poverty, after all, we know where the "rich" and "poor" areas exist in our locales; in relatively well-off Richmond upon Thames the contrast is stark.

Looking at this table we can see that 1 in 5 children in Hampton North are obese at age 10-11, where in relatively better off Teddington this

is reversed to around to 1 in 20 year 6 children are obese. Bearing in mind the definition of obese there will be a larger number of overweight children too. Do you think 5% of our children being obese is too much let alone 20% ? I do.

What is to be done?

Given that we covered the issue that obesity relates to deprivation then the easy answer is to abolish deprivation. While this may seem unrealistic I would argue it is not insurmountable.

The current, and previous, government's obsession with austerity which resulted in needlessly and wrongly cutting funding to public health and to preventative health measures and which oversaw the wind down of Sure Start centres led directly to reduced accessible support for families. Clearly information, guidance, and encouragement are necessary and are an essential part of changing health behaviour. Let's work in partnership with challenged families who have obese children. They do not need chiding. They need help.

Activity and play areas are vital for childhood development and health. Let's protect them, increase them, vitalise them and ensure equity of access for all children. Given central government's abdication of this important area of care this has to become a priority for our local council. Challenge set Lib Dems & Greens. Are you up to it?

Paul is a NHS doctor who specialises in Adult and Paediatric Emergency Medicine and was a Labour Party candidate for West Twickenham in the 2018 local elections.

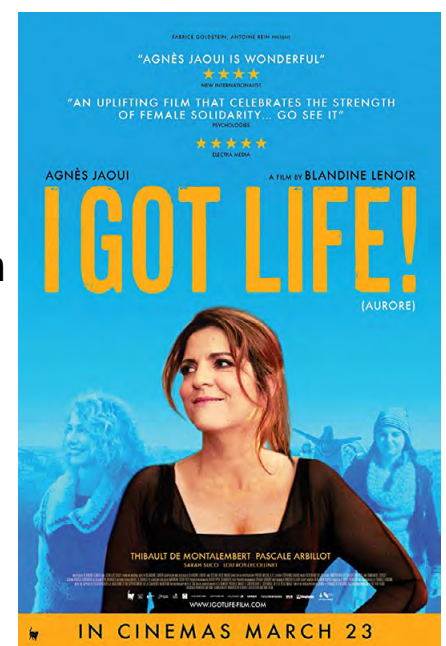
Richmond Film Society's 56th Season of World Cinema continues at The Exchange, Twickenham

16 October 2018

'I Got Life !' (France)

A life-affirming and heart-warming menopause rom-com. Full of Gallic romantic film cliches but that is its charm. Worth making a special effort to catch this film for the 'opera restaurant' scene alone!

Films are screened on alternate Tuesdays at The Exchange, 75 London Road, Twickenham, TW1 1BE. 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.



Women encouraged to have more drink free days to reduce their risk of developing breast cancer

This Breast Cancer Awareness Month, and as part of their Drink free days campaign, Drinkaware and Public Health England (PHE) are encouraging women of all ages to cut down on how much they are drinking by taking more drink free days to reduce their risk of developing breast cancer and a range of other health conditions including liver and heart disease.

The logo for Drinkaware, featuring the word "drinkaware" in a bold, lowercase, sans-serif font. The letter "i" in "drink" has a red dot above it.

Worryingly, every year over 55,100 people in the UK are diagnosed with breast cancer[1] with alcohol causing 1 in 13 cases.[2] Alcohol increases the level of oestrogen in the bloodstream and long-term exposure to oestrogens increases the risk of developing breast cancer.[3],[4]

The risks of developing a range of health problems, including breast cancer, increase the more you drink on a regular basis[5]. The UK Chief Medical Officers advise that to keep the health risks from alcohol to a low level it is safest for men and women not to drink more than 14 units a week and a good way to help achieve this is to have several drink free days each week.

Commenting, Drinkaware Chief Executive Elaine Hindal said:

“Alcohol causes one in 13 breast cancers which is why it’s so important women are aware of the risks from drinking. If you do regularly drink, having more drink free days a week is a good tactic for cutting down and reducing the risks.”

Rosanna O’Connor, Director of Drugs, Alcohol, Tobacco and Justice at Public Health England said:

“While the link with liver disease is well known, many people are not aware that alcohol can cause breast cancer as well as numerous other serious health problems, such as high blood pressure, heart disease and several other cancers.”

Television presenter and journalist Kate Garraway and Drinkaware Medical

Adviser Dr Sarah Jarvis are supporting the Drink Free Days campaign and want to help raise awareness among women about alcohol and its effects on their health.

Commenting Dr Sarah Jarvis said:

“Women of all ages need to be aware that alcohol increases their risk of developing breast cancer and that the more alcohol they drink, the greater the risk.

“When it comes to breast cancer, there are some risks like a family history of the disease that women can’t control. But there are other risks, such as drinking too much or being overweight that they can.

“For women who choose to drink alcohol, making lifestyle changes like cutting back on regular drinking and having a healthy diet will go a long way towards reducing the risks.

“Cutting back on alcohol by taking more drink free days each week can improve women’s overall health and reduce their risk of developing breast cancer. The more you cut back, the greater the benefit, and everyone who chooses to drink alcohol should stay within the low risk drinking guidelines of 14 units a week.”

Commenting, Kate Garraway said:

“Breast cancer is affecting too many women and their families up and down the country.

“We all need to be talking more openly and candidly about the risks from alcohol on women’s health, in particular breast cancer.

“Tell your Mum, your daughter, your sister, your wife and your best friend about alcohol and breast cancer.

“Tell them that the more alcohol they drink the greater the risk.

“Tell them that a simple and easily achievable way of reducing the risk is by having more drink free days and the Drink Free Days campaign has a wide range of tools and resources available to help them do so – just search drink free days online.”



Half Page

Quarter Page Landscape

Quarter Page Portrait

Eighth Page Landscape

About Us

Eighth Page

Why Advertise with
the Tribune?

Example advert sizes shown above

Thousands read The Twickenham Tribune

If you are reading this you could be advertising your business with
The Twickenham Tribune. Community rates are available

Contact: advertise@twickenhamtribune.com

View ad details at www.twickenhamtribune.com/advertise

©Twickenham Alive Limited. All rights reserved. No part of this publication may be used or reproduced without the permission of Twickenham Alive Limited. While we take reasonable efforts, this online newspaper cannot be held responsible for the accuracy or reliability of information. The views and opinions in these pages do not necessarily represent those of Twickenham Alive Limited or The Twickenham Tribune. [Terms & Conditions](#)