

The Twickenham Tribune

TWICKENHAM RIVERSIDE: FOOD FOR THOUGHT

After all the decades of campaigning to make Twickenham Riverside a destination it certainly deserves something better than a block of flats.

We have the opportunity – if the present council administration agrees – to have an award-winning restaurant and welcoming community café overlooking a relaxing infinity pool.

Who would say “no” to a food outlet regularly reviewed in the national press: The Sunday Times, The Observer, The Daily Telegraph and The Guardian to name a few. It seems that the LBRuT Cabinet (mostly councillors from Richmond) have little imagination; so, Twickenham is not allowed to consider this opportunity [of regeneration] even though over three thousand supporters disagree with this local authority Cabinet.



Tarte tatin, cinnamon ice cream, date molasses

The restaurant proposed uses locally grown ingredients, all food is made on the premises with varied menus throughout the day and main dishes changing daily. A wood fired oven is used in a restaurant and café open every day, all day and late into the evening. The freshly baked cakes and desserts are delicious and recipes from the chef for the restaurant can be found on the BBC recipes pages:

www.bbc.co.uk/food/chefs/freddy_bird

Surely this is something that would be unique to Twickenham and the surrounding towns. Over three thousand people agree. View the petition [HERE](#)



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Published by:
Twickenham Alive Limited
Registered in England & Wales
Reg No 10549345

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

THE LOCAL POSTCARD PAGE

PART 9 – TWICKENHAM RUGBY GROUND

A topical subject this week as we are now one match into the annual rugby union six nations competition. For those who missed last Saturdays result England beat France in front of a capacity Twickenham crowd of 82,000. Whoopee!

The Rugby Ground was built in 1908/09 and hosted its first ever match between Harlequins and Richmond in 1909. The following year saw the grounds first International rugby match between England and Wales in front of a then capacity 20,000 crowd. Our first postcard shows the ground as it was in 1910.



These days the famous old rugby ground has evolved into Twickenham Stadium, owned by the RFU and recognised globally as the home of Rugby Union. It boasts a four star Marriott hotel with 156 rooms plus VIP suites, a shop and museum and its live room has been used by Twickenham's own Eel Pie Club to put on gigs by bands including the Yardbirds. If you were there you won't forget it!

The stadium itself has also housed top rock acts since 2003 with the Rolling Stones headlining on a few nights and also appearances over the years by Rod Stewart, Genesis, U2, Chrissie Hynde and the Pretenders, The Police, Bon Jovi, The Eagles and even Lady Gaga! This maintains Twickenham's place as the birthplace of 1960's rock and blues right through to this year when U2 will be performing again in

the summer. Oh yes, the other rugby stadium over the road is the Stoop ground where Harlequins have their home. Elton John will be appearing there this summer too. With apologies to Liverpool, Birmingham and Manchester, you can't compete with that can you!



Back to our second postcard which shows how the stadium looked in February 1975. This picture was taken during the England v France international match.

Another recent change is that the annual Jehovah Witness Convention has now moved to the O2 and the Excel Centre in the east end while Twickenham Stadium has brought in American Football as part of the NFL International series with effect from last year.

The next local postcard fair is at the Baptist Church hall in Church Road Teddington on Saturday 11th February. There will be some 26 stalls of postcards and paper collectables. Open from 10.15 – 4.00. Admission £1 and refreshments served all day. I will be there with a box or two of local postcards among my stock. Come and say hello!

If you have any postcards to dispose of, any questions on this subject, or ideas for future articles, please drop me a line at alanwinter192@hotmail.com

POSTCARDS WANTED

Cash paid for Old Postcards

& postally franked envelopes.

Required by local collector / dealer.

Please ring Alan to discuss on

07875 578398

TWICKERS FOODIE

by Alison Jee

Valentine's Day FEEL THE 'LURVE'

As Church Street celebrates its Valentine Fayre this Saturday, I decided to look at different options for Twickers folk of all ages wanting to 'feel the lurve' next Tuesday. I always feel sorry for restaurants on Valentine's Day; they lose out on the number they can accommodate, as everyone wants tables for two, and not cheek-by-jowl against the couple next-door! Hence the introduction of the special Valentine's menus – doubly good, as they offer diners something special and they boost spend per cover.

Surprisingly, a quick ring round only brought a few special menus to light: Loch Fyne has a suitably fishy four-course menu for £39.95 but fully booked for dinner, so only lunch available. Osteria Pulchinella has a delicious sounding three course set menu for £34.95 (passion fruit and mango tiramisu for dessert). And in Teddington, the Kings Head has three courses for £22.75. Most places are open as usual anyway, but it is definitely worth booking to avoid disappointment.

For the ultimate romantic treat, oysters always will fit the bill. Sandys the Fishmonger does a thriving trade around Valentine's Day and they have succulent Irish oysters at 95p each (shucking is free of charge – and for those not in the know, it isn't a rude word; it means opening the shell for you!). They will also have fresh lobster.



If you are really romantic, a private chef can come to your home to prepare a delicious meal. Teddington-based Alaphia Bidwell of Quintessential Quisine suggests warm vichyssoise with poached oysters, or winter lobster salad to start, followed by fillet of venison or beef, with gratin dauphinoise and seasonal vegetables, and then French apple tart flambéed in Calvados served with Crème Anglais. Price on application from alaphiabidwell@googlemail.com



If you're planning to stay in and get cosy with your loved one, but have a tight budget, there are lots of other options, including the ubiquitous 'meal deals' from the major supermarkets, usually including a bottle of fizz and/or chocolates too. Many of the bakers and patisseries have some excellent Valentine cakes and desserts. And Paul Cooper (our lovely local greengrocer) will have those special, healthy 'I love you' apples for around £1 each (great for Valentine's packed lunches).

WIZ Gallery - Korea

www.worldinfozone.com/gallery.php?country=Korea



Offers and Competitions

FOOD SANCTUARY ANNIVERSARY COMPETITION

To celebrate the first year of Food Sanctuary Twickenham, Emily is offering Twickenham Tribune readers a great competition prize – the selection of products shown here, plus a voucher for a takeaway meal for two.

To enter, just answer the following question and email it, together with your contact details, to win@twickenhamtribune.com



Question: ‘What is the nationality of the owner of Food Sanctuary?’

Closing date is Friday 17 February.

Photography Competition

Win an 18 hole round of golf for 4 at Strawberry Hill Golf Club

Enter our monthly photographic competition.

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)



STRAWBERRY HILL GOLF CLUB



ADULT GOLF ACADEMY

for returning/new/novice golfers

The Academy leads to full membership and includes:

- Instruction based package
- Individual and group lessons
- Rules and etiquette
- Social membership
- Access to golf course

For further information:

- Club Manager: Jon Wright 020 8894 0165
- 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



WINNER – A BOTTLE OF THIS FABULOUS ALBARINO, COURTESY OF TIM SYRAD WINES

The lucky winner of the delicious bottle of Albarino is from TW2 and will be announced in the next edition, along with a photo of them being presented with their prize by Tim.



Arts and Entertainment

by Erica White

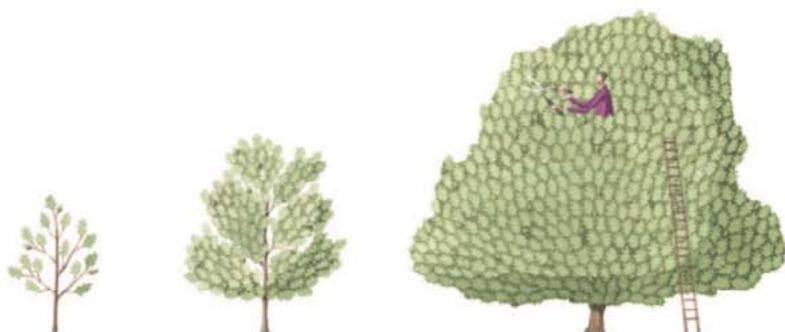
The Community Concert at Holy Trinity Church on Twickenham Green last Saturday was so lively that the applause and cheers of the audience nearly raised the already endangered roof right off its rafters. Parents and pupils of Archdeacon Cambridge School joined forces with members of the church's congregation to showcase their musical talents, both vocal and instrumental. Bach to Bowie were performed by all age groups in a delightfully informal evening, hosted by the Ant and Dec of the evening, aka the Reverends Tim and Natalie Garrett. The community spirit was in great evidence. Lets have more of this sort of community effort, please so we can enjoy more of the local talent that we know exists around the town.

Saturday, 11 February at 6.30 The Thames Philharmonia Opera will perform Mozart's **THE MARRIAGE OF FIGARO** in original Italian, with full orchestra at Normansfield Theatre at the Langdown Centre, Kingston Road. Tickets, £23. Telephone: 0333 1212 300 or visit www.langdowndowncentre.org.uk

A late pantomime performance of **CINDERELLA** takes place at Hampton Hill Theatre, in aid of Soldiers, Sailors and Airmans' Family Association, on Friday, 17 February at 7.30pm & Saturday, 18 February at 2.30pm & 7.30pm. Tickets, £11 Adults, £8 under 12s & over 65s. Telephone: 07436 809622.

THE SNOW DRAGONS, a play that asks the question "Can children change the course of a war?" takes to the stage at the **MARY WALLACE THEATRE** on Twickenham Riverside from Thursday 16 to Sunday 19, eves at 7.45pm, Sunday mat. at 3.00pm. This brand new play for young people by an award-winning playwright. It will be performed by RSS Senior Youth Theatre. The production is part of the National Theatre Connections Festival 2017. Box Office 020 8744 0547. Tickets from £8. richmondshakespeare.org.uk

A new exhibition, **PLAYING THE CHANGES**, is mounted in **THE STABLES GALLERY, ORLEANS HOUSE**, Riverside, Twickenham, from Friday, 10 February to Sunday 19 March. Open Tuesdays to Sundays, 10.00am-5.00pm. Admission Free. Artist Martin Davison displays around 70 works selected from 25 years of work. Graphic designs, architectural models, games and toy inventions will be on show. Access to the gallery is from the Richmond Road, turn at the Crown Pub and follow the road towards the river.



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darryl parkin

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Silver Lining by Sandi Toksvig

Co-Production by RTK and English Touring Theatre at The Rose Theatre, Kingston until 11th February

Review by Mark Aspen

Global warming affects us all, we are told. So when rising sea-levels suddenly hit with a vengeance you should be prepared. But if you are in your eighties, in a care home and very much on the wrong side of the Thames Barrier, what do you do? Of course, simple, you build a boat, a veritable ark made of curtain tie-backs and water cooler refills.



Photo by Mark Douet

This unlikely (we hope) scenario is the basis on Sandi Toksvig's hilarious new comedy, *Silver Lining*, which had its world premiere at The Rose Theatre this week. A small group of elderly ladies are marooned by floods in the Silver Retirement Home in Gravesend. At first they await rescue, but when it seems that they are abandoned by the world, these resilient and redoubtable pensioners find their own salvation, as their spirits become more and more ...well ... buoyant.

See full review at: www.markaspen.wordpress.com/2017/02/09/climax-of-triumph-silver-lining

Piatti Quartet

Richmond Concert Society at St Mary's Church, Twickenham, 7th February

Review by Eugene Broad

"Colour floods to the spot, dull purple... The heart shuts, the sea slides back, the mirrors are sheeted." So ends Sylvia Plath's final poem *Contusion*, completed only days before she took her own life. Inspired by Plath's verse after the death of six friends, Mark-Anthony Turnage (b.1960) composed a piece for quartet, similarly entitled *Contusion*.

The Piatti Quartet (named after the 19th century cellist Alfredo Piatti) was awarded the Sidney Griller Prize for the best performance of *Contusion*, which they have since added to their repertoire, a bleak, depressive diamond in an otherwise more playful list of items.

First, however, the Piatti Quartet selected to play Ravel's (1875 – 1937) *String Quartet* in F. Ravel composed the piece when only 28, submitting it for consideration at France's most prestigious musical award, the *Prix de Rome*. The Piatti Quartet really brought out the playfulness of this second movement, simply allowing the melody to flow from the violins, to the viola, to the cello.

Similarly, Britten's (1913 – 1976) *3 Divertimenti* for String Quartet, was treated playfully by the Piatti Quartet giving justice to a piece which Britten considered "interesting and quite brilliant", but which after being premiered to silence and laughter in 1936, wasn't publicly played again until after Britten's death in 1982.

Turnage's *Contusion* however was the highlight of the programme, a single long continuous movement which had dense and complex counterpoint

For full review visit: www.markaspen.wordpress.com/2017/02/08/ethereal-bleakness-and-pristine-playfulness-the-piatti-quartet



Mark Aspen

www.markaspen.wordpress.com

Expressing the art of the theatre critic

ARTHUR'S ON THE GREEN

As first reported in edition 9, on 6th January, it is now confirmed that Arthur's has been purchased by a pub company, namely The Summit (City) Pub Company Limited. You may not have heard of it, but it is one of three special vehicle companies set up through The City Pub EIS Fund with the intention of seeking to “acquire, convert, license and operate new pubs intended to give Investors exposure to investments in predominantly freehold sites located in affluent cities or larger towns across southern England”, while claiming Tax Reliefs under the Enterprise Investment Scheme. Summit will operate from Central and South-West London to the South-West of England and has recently acquired The Aleksander opposite Marble Hill (since renamed the Alba). Arthur's would seem to be rather a small venue for a pub, but presumably the owners have their eye on the rather large Green?

UDNEY PARK PLAYING FIELDS

Quantum and their partner Teddington Sports Ground CIC have launched a challenge to the Council's inclusion of the Udney Park Playing Fields as a Local Green Space (LGS) in the strategic Local Plan.

Make your views known online at www.richmond.gov.uk/local_plan_review where you will find a link to the Council's online consultation portal and online representation form or email your completed representation form to LocalPlan@richmond.gov.uk or send the form to Local Plan Team, LB Richmond upon Thames, Civic Centre, 44 York St, Twickenham, TW1 3BZ or hand-deliver it to the ground-floor reception there.

DEADLINE 5PM Wednesday 15th February

A NEW CONTROLLED PARKING ZONE (CPZ) IN TEDDINGTON

New operational hours in Waldegrave Road, Teddington start on Monday 20 March 2017. Information from the Council states that this will be reviewed in around six months.

Changes will:

- Extend the operational hours of Zone T in Waldegrave Road to 10am to 4.30pm, Mon-Fri. Included in the proposals is a change of 3 permit holder spaces to free short stay visitor parking spaces (1 hour max stay) outside No 8 Waldegrave Road to provide some turnover parking.
- Propose a new Controlled Parking Zone (Zone T1) operating 10am to 4.30pm, Mon to Fri in Arlington Road, Cambridge Road (between Teddington Park and Teddington Park Road), Chatsworth Place, Claremont Road, Teddington Park, Teddington Park Road and Woodville Close.

The Teddington Society will make their views known in the next edition.

TWICKENHAM ALIVE FILM FESTIVAL 2017

Thanks to Try Twickenham for their sponsorship



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

The theme for submissions is 'Where You Live' and the films can be on any aspect of the area, way of life, attractions, culture, sport or environment of the entrants' home area. Entrants in the student category may choose their own theme, which should be explained in the synopsis. Please contact us if you need further clarification.

Films can be of any genre, such as documentary, drama or animation. The central theme is 'Where you live', but there are other categories including travel, sport, animation, music and junior.

To make an entry contact film@twickenhamalive.com or visit www.TwickenhamFilmFestival.com

ONE OF THE FILMS SHOWN IN 2015

Our film example this week is about recycling food

www.twickenhamfilmfestival.com/films15

CATEGORY: DOCUMENTARY

This film was a collaborative production between a group of 10 young people aged 14-15 from Bristol Hospital Education Service and guided by professional filmmakers at Devious Films.



REAL JUNK FOOD

Running time 05' 37"

The Skipchen Café in Bristol uses donated food that would otherwise be thrown away.



RICHMOND FILM SOCIETY COMPETITION

WIN a pair of tickets to any of the films in the remaining part of the season

COMPETITION QUESTION:

Which country has won the most Best Foreign Language Film Oscars?

A) France, B) Italy, C) Spain

Send your answers to win@twickenhamtribune.com Please put your answer in the email subject.



WORLD CINEMA

February 28 *The Club* (Chile)

Four defrocked priests live a clandestine existence in a Chilean beach town, out of sight (and mind) of both the public and the Catholic Church. The arrival of a new 'inmate' disrupts their existence.

March 14 *Still Walking* (Japan)

Grown-up son and daughter visit elderly parents to commemorate the death of eldest son who drowned while saving the life of a stranger 12 years ago. Younger son Ryota still feels his parents resent that he wasn't the one who died.

March 28 *The Lesson* (Bulgaria)

The powerful portrayal of a teacher's life as she goes to desperate lengths to in order to preserve a roof over her family's head - thwarted at every turn. You end up rooting for her all the way.

April 11 *Marguerite* (France)

In 1920s Paris, Marguerite Dumont, a wealthy woman, and lover of music and opera, loves to sing for her friends although she's not a good singer. The problem begins when she decides to perform in front of a real audience. The original remade by Hollywood as Florence Foster Jenkins.

April 25 *Sing Street* (UK-Ireland)

A schoolboy forms a band to try and impress a girl. Set in 1985 Dublin, this uplifting musical comedy from the director of 'Once' is an homage to the music and fashion of the '80s.

Films are in the original version and will be subtitled.

Location St Mary's University, Room G5 with the screening starting at 8:00.

Teddington Theatre Club presents

Teddington Theatre Club is proud to present two gentle, autumnal comedies from 'our Jimmie', Jimmie Chinn, a Double Chinn in fact. Directed by Ken Mason in the Coward Studio of Hampton Hill Theatre

FROM HERE TO THE LIBRARY & TOO LONG AN AUTUMN

From Here to the Library – Dominated by her father, Beryl's only escape is working at the library. But when she storms out on her new boss, he's determined to show her that beyond her four walls, life is waiting.
Long Autumn – Former music-hall star Maisie May checks in to a theatricals' retirement home, her final curtain approaching. But when a local impresario devises big plans for her, she jumps at the chance of a memorable encore.

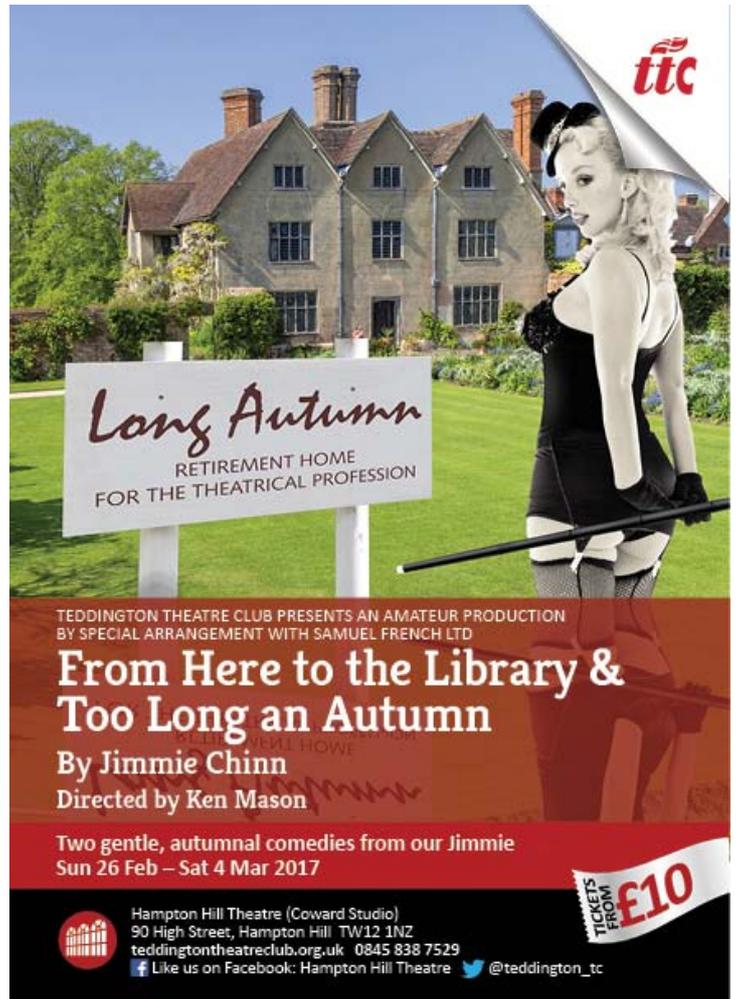
Playing dates: Sunday 26th February – Saturday 4th March

Performance times: Sunday 4pm, weekdays 7.45pm

Tickets: £10.00 & £12.00

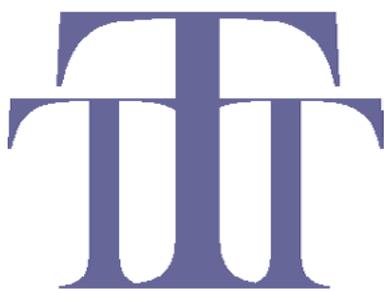
Box Office: Telephone: 0845 838 7529 (10am to 8pm)

Online: ttc-boxoffice.org.uk



TICKETS FROM £10

Website link: www.teddingtontheatreclub.org.uk/production/a-double-chinn



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THE COMMUNITY FRIDGE

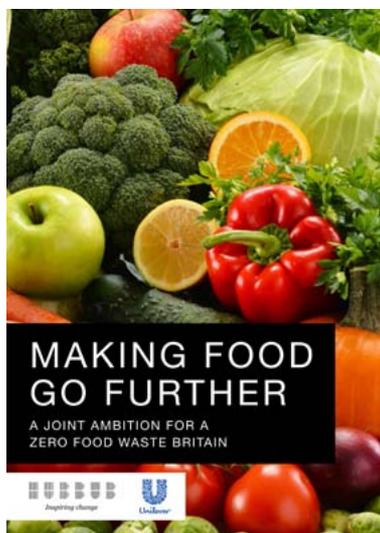
Teresa Read

This week's film from the Twickenham Alive Film Festival is "Real Junk Food" – see above. This is about a café in Bristol which uses food that would have been wasted.



This film came to mind when coming across someone who regularly looks for food in the bins at the back of one of Twickenham's well known food shops. Why should someone have to look in bins? Shouldn't edible food which is past its sell-by date be given to those who need it and be easily accessible in areas where they live?

A search on the internet put me in touch with a number of food redistribution agencies until I was finally recommended to look at the "Community Fridge" - this seemed to be just the sort of thing I had in mind. The idea of the "fridge" is to give local people access to unwanted food shared by local businesses.



If you are interested in this project you can register for more information on the website

www.hubbub.org.uk/the-community-fridge. This website is well worth a visit; you can find top food tips as well as lots of recipes and subscribe for regular information.

If you would like to replicate the Community Fridge in your area email hello@hubbub.org.uk

FIXING OUR BROKEN HOUSING MARKET GOVERNMENT WHITE PAPER

The long awaited government White Paper on housing promises more "affordable housing". It says that more than 250,000 new homes are needed each year. Local councils will need to produce up-to-date plans for housing demand.

As well as those trying to get on the housing ladder many house owners who wish to downsize also have the problem of a lack of suitable homes.

This is a challenge for our Council and local people will need to make their views known. A request for a comment on the White Paper from the LBRuT Cabinet Member for Housing (North Richmond councillor) has not been answered at the time of publication.

www.gov.uk/government/uploads/system/uploads/attachment_data/file/590043/Fixing_our_broken_housing_market_-_housing_white_paper.pdf

A Warm Welcome Awaits You In Church Street this Weekend.... But It Wasn't Always Like This.

by Bruce Lyons

It seems like yesterday, when we first chanced upon Church Street in the Early Sixties Hedda used to attend pre-natal clinic in the stables at York House and I used to park the car in what was then a near derelict street, couple of dilapidated shops, a big factory



of the printing machine company ADANA, world famous for the supply of Missionary and Colonial block hand printing machines all over the world - sadly gone now !!, 2 undertakers - a bomb site as a car park and the local treasure Langton's bookshop. We loved it's quaint



and quiet, with two way traffic!! In idle moments we enquired about an empty shop, for a friend who had thought of an organic bakery/food store - she changed her mind but that was that - we opened a travel agency And that's how we came to spend the last 50+ years here.

We are still here, spending much of the time trying to ensure a big welcome in our street, with thousands of



Bulbs for the Spring and a Floral Street scene to compliment the Artisan Shops and cafes and Restaurants that have given the



street the vibrancy that it is known for today. A year in our street is peppered with events like French and Italian Markets, Craft Markets, Al Fresco Dining on Summer Evenings and more. Film companies often use the street today as a backdrop for their "Shoots" and the Church Street Association energetically tries to ensure



that the Street continually improves its offer and it is heartening to see so many regular faces coming by.



We have seen over time three generations of the same family and who knows, our daughter Shona may see great, great grandchildren in times to come. Here follows some historical background to what you see today in Church Street, we are proud that today it is often dubbed the Jewel in the Crown of Twickenham.



Last July we celebrated 50 years of business in this street, within which we chaired the Church Street Association and in later years,



since 2012, the Twickenham Town Business Association.



Feel the Love!
In Church Street Twickenham...

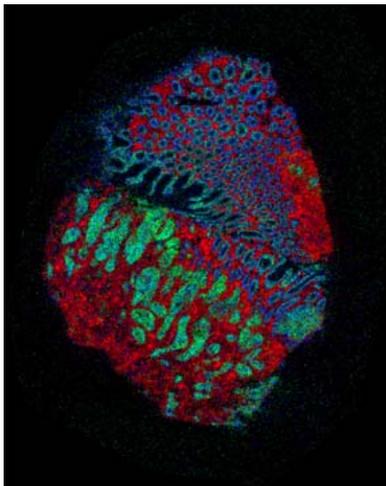
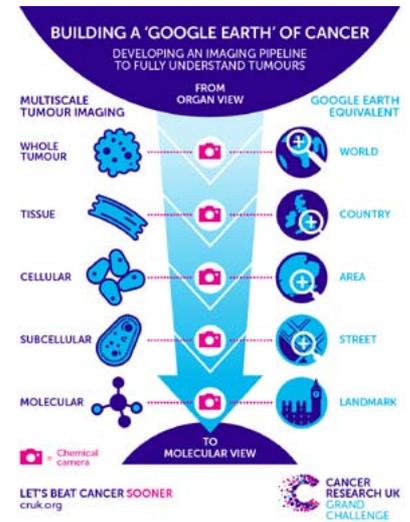
Valentine Fayre Sat 11 February
From 12 midday until 6pm www.ttba.org.uk

Don't miss the Church Street Valentine Fayre! There will be stalls with all kinds of gifts, cakes, street food, a dog groomer and also live entertainment. There may also be a mystery gift from the Saint Valentine of Church Street!

There are a few theories about the origin of valentines. One of the most popular stories is the one based in the time of the Roman Empire, when there was a cruel emperor called Claudius. He made it illegal for couples to marry because he needed single soldiers to sign up to his army, and he thought that they would make better soldiers if the men were single as they wouldn't worry about the fate of their wives and children if they were to die in battle. But Christianity also existed at this time and there was a Christian Priest called Valentine who married couples in secret. He was caught and sentenced to death for his disobedience. In prison he befriended his jailer's blind daughter who the jailer asked the priest to teach. A miracle happened to the girl and whilst having lessons from Valentine, her sight was restored. His death sentence was the 14th of February and he left a message to the girl signed "from your Valentine". After his death Valentine was canonised and became a saint and the day was forever associated with love & friendship, the giving of gifts, cards, letters and flowers.

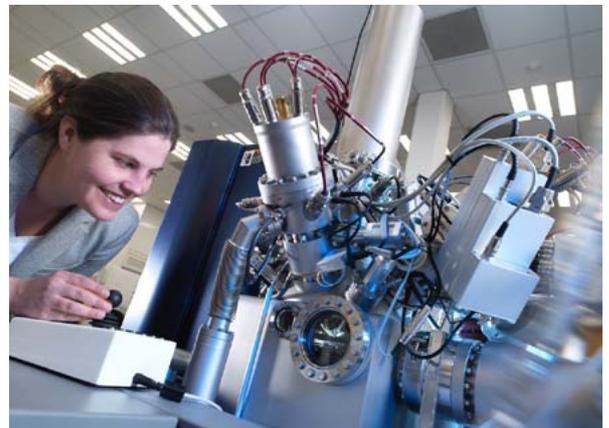
Researchers based in Teddington are set to receive £16 million to help create the 'Google Earth' of cancer tumours

The funding will come from the first Cancer Research UK Grand Challenge awards – set up to revolutionise the prevention, diagnosis and treatment of cancer and help scientists attack some of the hardest, unanswered questions in cancer research.



The scientists are aiming to develop the 'Google Earth' of tumour mapping, creating a reproducible, standardised way to fully understand different tumours in unprecedented detail. Scientists hope this information will help them better understand cancer and potentially lead to new and better ways to diagnose and treat the disease.

Lead researcher Dr Josephine Bunch, is based at the National Physical Laboratory in Teddington.



A short film of Josephine speaking about the project and the mass spectrometry instruments in action can be viewed at:

www.youtube.com/watch?v=N6IRr1CCcFw&feature=youtu



St Mary's University, Twickenham Update

St Mary's Athletes Lead the Way at BUCS Cross Country Championships

Athletes from the Endurance Performance and Coaching Centre (EPACC) at St Mary's returned as champions from the British Universities and Colleges Sport (BUCS) Cross Country Championships.

80 athletes from St Mary's took part in the competition hosted in Graves Park, Sheffield. The competition is the leading annual cross-country national student championship. This year Teams from St Mary's won both the Men's A and B races, whilst in the Women's race both the first and second placed finishers were EPACC Athletes.



In the Men's A Race, Sports Scholar Paulos Surafel finished in second place, with Ellis Cross finishing in a close third. Sports Scholars Petros Surafel and Jack Rowe finished in fourth and fourteenth respectively, contributing to a combined team score of 23 points to take the team title.

Elsewhere, in the Women's race, EPACC athlete Rebecca Murray, racing for Brunel University, finished in first place, whilst masters student Emily Hosker-Thornhill came second for St Mary's. Imogen Wolsey and Lilly Coward finished in 30th and 40th respectively.

In the Men's B Race, two St Mary's teams made it onto the podium, finishing in first and third place. Emile Caires took the individual title with James Hall claiming third. St Mary's saw four finishers in the top ten with Ben Bradley, fifth, Tom Hook, seventh, and Bradley Goater, ninth, whilst Luke Prior, Sam Johnson and Liam Burthem also finished in the top 20. In total, 14 St Mary's athletes made up the top 30 displaying huge strength in numbers.

EPACC Centre Coordinator Craig Winrow said, "This was a fantastic day for EPACC and a great demonstration of our athletics excellence. Our athletes' performances ranked St Mary's as the top University at the competition, and I can't wait to see them compete in more championships later in the year. Last year we saw nine EPACC athletes go to the Olympics in Rio, and last weekend's results clearly demonstrate that our athletes excel at all levels."



St Mary's
University
Twickenham
London

Age UK Richmond upon Thames Doorstep Safety packs



Age UK Richmond upon Thames are working in partnership with the Safer Neighbourhood Team and Trading Standards to help keep you safer from doorstep crime. We want to give you the confidence to say 'no' to cold calling traders on your doorstep. We've put together a Doorstep Safety Pack which contains anti-cold caller door stickers to deter rogue callers and to remind you if unsure, don't open the door. We cannot guarantee that by displaying the sticker you will not get visits from cold callers, however we do believe that you have the right to choose not to be disturbed by these visits.

We are also offering free supply and fitting of a range of doorstep security devices, including:

- Security Chains
- Letter box visors
- Spyholes (wooden doors only)
- Door mirrors

If you would like a Doorstep Safety Pack and you are interested in having any of these devices fitted free of charge, please call our Handyperson Service on 020 8876 0620.

We also offer a friendly, reliable Gardening and Housekeeping Service to help people remain independent for longer in their own homes. Get in touch to see how we can help. For information and advice on a range of topics, including reputable local tradesmen, call the Age UK Richmond First Contact Helpline on 020 8878 3073, open Monday to Friday 10am – 4pm.

Find out more about what we do at www.ageukrichmond.org.uk

Keep up to date with our services, activities and news by signing up for our weekly newsletter by emailing info@ageukrichmond.org.uk

Join in the debate and follow us on

[Twitter](#) and [Facebook](#) @AgeUKRichmond

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Registered Charity Number 1084211



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Government consultation: night flights from Heathrow Airport

Deadline 28 February

If you are unhappy with loud, low flying planes, especially during the night time hours when you want to sleep, then be sure to express your views during the consultation sessions held by the government. Our MP Dr Tania Mathias has expressed concerns in parliament about the negative impact of planes on increased health issues, intolerably high pollution levels that break World Health Organization standards, and the fact that 30% of all excessive airplane noise across 27 European countries is generated by Heathrow planes. However, Chris Grayling continues to ignore Tania's, Teddington Action Group (TAG), among other group concerns and has made the consultation process unnecessarily complex as a way to dismiss inconvenient (negative) views.

- Official reports validate that compared with 2011/12
- planes are flying at lower altitudes for longer before they climb to quieter and less polluting levels
- the frequency of flights over Twickenham/Teddington has increased more than 29% - so imagine the impact of 265,000 more flights!!
- A380s (flown early morning and after 10pm) ARE louder than other planes (yet were claimed to be quieter)
- Flight path routes are being consolidated which means more flights with less respite

So if you are not happy with flight noise now and want to shape the future, be sure to express your views at a consultation session. They will be held from 11.00 – 20.00

- Wednesday Feb 15 at Kingston University, Penrhyn Road, Kingston upon Thames KT1 2EE
- Thursday Feb 23 at York House on Richmond Road in Twickenham TW1 3AA
- Friday March 10 at RACC on Parkshot in Richmond TW9 2RE

You can also respond online:

www.gov.uk/government/consultations/night-flight-restrictions-at-gatwick-heathrow-and-stansted



**TEDDINGTON
ACTION GROUP**

HEATHROW EXPANSION

Make your views known to the Commission - a third Heathrow runway could increase rat-running traffic through Teddington and surrounding towns by 50%.

www.gov.uk/government/consultations/heathrow-expansion-draft-airports-national-policy-statement

See the above link for dates and venues. Weekday events are open from 11.00am to 8.00pm. Saturday events are open 10.00am to 5.00pm.

TWICKENHAM PUBLIC CONSULTATION

Thursday 23 February 2017

York House, Richmond Road Twickenham

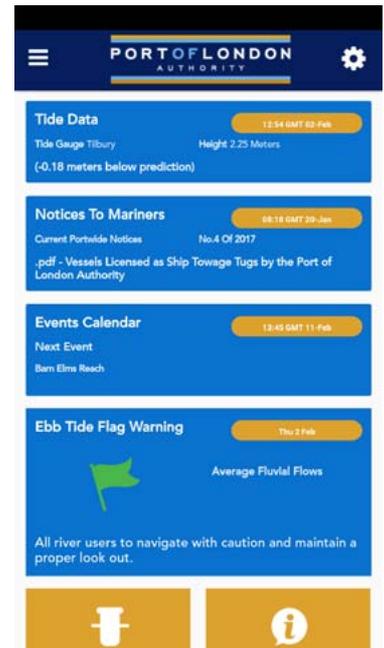
PORT OF LONDON AUTHORITY LAUNCHES TIDAL THAMES APP

The Port of London Authority (PLA) has launched a free app to provide everyone with an interest in navigating on the Thames with easy access to the latest information on the tidal river.

The PLA's first ever app is aimed at making planning trips on the Thames easier. 'Must have' data is available instantly including live tidal data from twelve locations along the 95 mile tidal river and an alerts system for Notices to Mariners, which detail the latest information on events, engineering works and recent changes that users need to be aware of before setting off.

Unveiling the app at the PLA's latest public meeting at London Rowing Club in Putney, Robin Mortimer, chief executive said:

"A number of river users, particularly those involved in sports and recreation, have asked for an app providing easier access to important river navigational information. We are excited to be launching the app today. Just go on to the App Store for Apple devices and Google Play for Android devices to get the PLA Tidal Thames App. This is just the start though – we want to hear what more people want from the next evolution of the app, so now's the time to try it and tell us what you think."



The new app includes an events calendar covering planned rowing, sailing and paddling activities. For boaters it provides details of all the mooring locations along the river, including amenities at each location like mains electric, fuel, and pump out facilities, making it easier for visitors to pick moorings to suit their needs.

Bob Baker, PLA chief harbour master said: "We have over a million visits to our website each year as people seek out a variety of navigational information. The app means that we can offer the essential information instantly in a single location, which I hope will make it safe journey planning simpler."

Feedback on the launch version of the app can be sent to:

corporateaffairs@pla.co.uk

Get the app here: pla.co.uk/Media-Centre/PLA-Tidal-Thames-app

