

Twickenham & Richmond TRIBUNE

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TickerTape - News in Brief

St Catherine's School Loses Planning Appeal

St Catherine's School's appeal against the planning committee's refusal of their application Ref. [18/3784/FUL](#) has been rejected by The Planning Inspectorate. The school had applied for the *provision of a new polymeric playing surface with associated infrastructure to replace the existing grass surfaced playing field* on the site of Pope's Garden You can view the decision [HERE](#)

New substance use disorder service to launch

A new service to help individuals with drugs or alcohol addiction will be launched in Richmond and Wandsworth.

The new services, which will launch on 1 April 2020, will offer an increased range of one-to-one and group support, with additional online assistance to help people manage and recover. This will be offered from a range of sites across both boroughs.

The service will be provided in partnership with South London and Maudsley NHS Foundation Trust, alongside Addaction, St Mungo's and the Community Drug and Alcohol Recovery Service (CDARS).

Received a new digital device for Christmas but unsure how to use it?

The friendly Libraries Team have a range of sessions to help you get the most out of your new tablet, laptop or mobile phone. You can bring your new device along to one of a number of local drop-in sessions and get tips and advice from the knowledgeable staff. No booking is required, just turn up on the day. Sessions will cover the basics about applications, social media, use of the internet, online shopping and emailing friends and family. Regular sessions are held at the Information and Reference Library in Richmond

For more details please call 020 8734 3308 or email information@richmond.gov.uk.

Monday 6 January 2020	2.30 to 3.30pm
Tuesday 14 January 2020	2.30 to 3.30pm
Friday 17 January 2020	10.30 to 11.30am
Monday 20 January 2020	2.30 to 3.30pm
Thursday 23 January 2020	10.30 to 11.30am
Wednesday 29 January 2020	5 to 6pm

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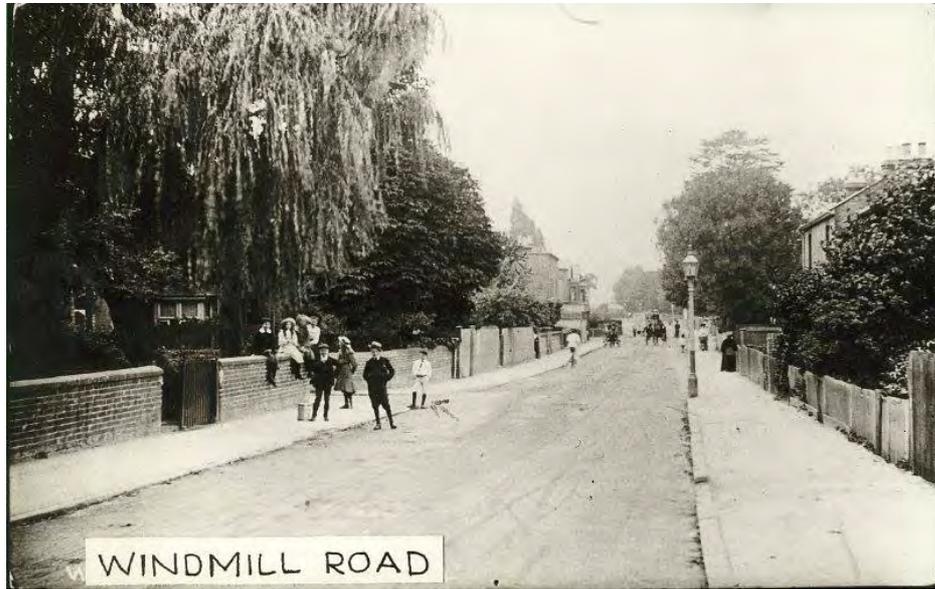
And it's here, a brand spanking New Year. Welcome to 2020.

And not just a new year, but a new decade! TwickerSeal wonders what the '20s will bring? There are many unresolved issues from last year and some of these will feature prominently in the coming months; he's sure something is happening on 31st January, but he can't quite remember what ...

But for now, let's just welcome the new year and TwickerSeal, TwickerDuck and all their chums wish our Tribune readers a Happy New Year



Our first postcard this week shows Windmill Road in Hampton Hill looking more rural than suburban which in fact it was when the photograph was taken about



110 years ago. Today it has become a sought after residential road but in living memory it has been the road that hosted key public utilities such as the Fire Station, the Library, The Windmill itself from which the road was named and of course, the much loved Windmill public

house which shut its doors for the last time only last summer. (Or has it? – watch this space).

None of this should come as a great surprise as we are simply talking about the evolution of suburbia where change is always a constant rolling theme. It is through the medium of postcards and other photography from years gone by that we still possess a visual knowledge of what the country looked like from Victorian times onwards.

The Hampton Hill Library had been housed in the old Fire Station until it was moved to a new location on the High Street a few years back. It features on our



second image where you can clearly see the classic fire station style of architecture although it was the library when this picture was taken.



Our third postcard published in the late 1980's I think, shows the Windmill public house which in recent years was run by Finbar Burke, the father of fly-half Paul who played at top Rugby Union levels with Ireland and Harlequins as well as London Irish,

Bristol and Cardiff before finishing his career with Leicester Tigers at the end of 2007-08 season.

The pub was built in 1868 and re-built in 1901. There is some speculation that this lovely old building may yet be saved from property developers and returned to become a public house once again.

So a happy New Year to one and all. I'll try to keep this postcard page going but I could do with more local postcards to work with. If you have any showing pictures of our Borough over the years do get in touch. You can either sell them to me or perhaps let me take a copy for a future article in the Tribune.

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

POSTCARDS WANTED

Cash paid for Old Postcards

& postally franked envelopes.

Required by local collector / dealer.

Please ring Alan to discuss on

07875 578398



Theatre

Saturday 4 January 8pm. Hampton Hill Theatre. Lost Voice Guy presented by Outside the Box www.outsidetheboxcomedy.co.uk

Thursday 9 January to Saturday 11 January 7.30pm plus matinee. A Christmas Carol, a youth production presented by Step on Stage Productions info@steponstageacademy.co.uk

Saturday 25 January to Friday 31 January. Teddington Theatre Club, Hampton Hill Theatre: Main Auditorium. Amadeus by Peter Shaffer. Music, power, jealousy and the genius of Wolfgang Amadeus Mozart.

Poetry

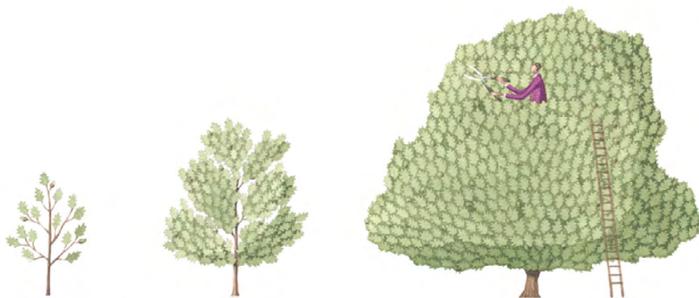
Poetry Performance at the Adelaide pub, Park Road, Teddington. Open mic spots on the first Sunday of every month from 6 to 8pm.

Music

18 January 7.30 pm at the Landmark Arts Centre, The Songs of Leonard Cohen (Keith James).

Jazz, rock, and blues music enthusiasts who head to the bars at The Cabbage Patch Pub in London Road are advised to visit Twickfolk, Twickenham Jazz Club and Eel Pie Club websites to check what's on.

If you are interested in advertising an Arts & Entertainment event write to advertise@twickenhamtribune.com for further information.



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





**Richmond Shakespeare Society
at the Mary Wallace Theatre
SPRING 2020 SEASON
BOOK ONLINE:
www.RichmondShakespeare.org.uk**



LONG DAY'S JOURNEY INTO NIGHT
by Eugene O'Neill
18th to 25th JANUARY 2020

DREAM
by William Shakespeare ... *re-invented*
20th to 23rd February 2020

THE DUCHESS OF MALFI
by John Webster
21st to 28th March 2020

SUMMERLAND
by Arlitia Jones
2nd to 9th May 2020



Christmas tree recycling

Residents are reminded that the free Christmas tree recycling service will commence from Monday 6 January 2020.

From Monday 6 January through to Friday 17 January, Richmond Council will be collecting trees, for free, on residents' scheduled waste collection days. Trees will then be shredded and turned into compost, which will be used to feed plants in gardens, green spaces and bedding plots across the borough.

Residents should remove all ornaments and stands or pots from their trees and leave them outside their property in a place that does not block the pavement, ideally next to recycling containers, on their collection day. Residents are also reminded not to pile up Christmas trees at the end of the road, blocking footpaths. This is fly-tipping and could be liable to enforcement action if witnessed (see the below image.)

Residents who live in a block of flats are asked to take their Christmas trees to one of the drop-off points (highlighted below). If this is not possible, we will collect trees left in communal waste areas.

Alternatively, you can take your Christmas tree to:

- Household Waste and Recycling Centre, Townmead Road, Kew
- Barn Elms Sports Centre, SW13 0DG (opposite Barnes Rugby Centre)
- Squire's Garden Centre Car Park, Sixth Cross Road, TW2 5PA
- Old Deer Car Park, TW9 2RA
- Ham Street Car Park, TW10 7RS
- Nelson Road Car Park, TW2 7BB
- Hampton Library Car Park, TW12 2AB
- North Lane Car Park, Teddington, TW11 0HJ



For more information, see [HERE](#)



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Never Mind - Never Mind - Never Mind

By:TwickWatch



1962 Proposed 'Pedestrianised' Shopping Area © "LBRuT"

weekly publication of [new planning applications](#) made to the Council?

In 1962 a proposed 'pedestrianised' Shopping Area in Lower George Street was actually under consideration as shown in a watercolour design by D.J. Draper. It shows the 'pedestrianised' street towards the junction of Lower George Street and Sheen Road with an additional high-rise building and elevated walk-ways. Prepared for G. S. Weddle, Richmond Borough Architect (LBRuT). At the time it was "trendy" but would it have stood the test of time and be considered so now, 58 years later?

Every building cannot be kept as originally built and indeed many underwent modifications during their life-time. We cannot continue to live in the past and over the years, many historic buildings have been destroyed or replaced. Some by necessity like those in King Street Twickenham shown opposite from c1837. One of the main reasons for demolishing buildings is that they have apparently become too old and not in a fit state to use, often through neglect or they stand in the way of new bigger "modern" developments singularly promoted for large financial gains for the few.

Modern buildings, often with their "wind-tunnels" whipping around them or lifeless designs, require more living space and to provide this, it is necessary to clear away old buildings. However, old buildings, when properly renovated or restored, can use less energy than "flash" new buildings (even those lauded as sustainable) that set up problems for themselves by over-glazing, or by creating an excessive depth in floor rafts, requiring ventilation fans and lights on all day. Ideally historic buildings should be renovated if necessary and people should be educated about their importance.

Such measures would ensure that these buildings will remain for future generations to witness and admire not just the construction methods of them but their place in history. Although having historical importance, it is acknowledged that not all of them would necessarily be architecturally distinguished. The only way to view our ancestors' skills and tradition is through these buildings. Allocating some budget to repair these buildings may save them from destruction.

It is often left to ordinary citizens to police development changes, often conducting campaigns demonstrating the importance of retaining some of the old buildings, emphasising that they are a



C1837 King Street Twickenham looking towards Cross Deep "Courtesy of Richmond Local Studies"

reflection of our tradition and heritage. It is to be hoped that this would be led by those we elect to represent us.

For all the latest technology, there are energy-efficiency lessons to be learned from historical buildings. For example, before the advent of air conditioning in the 1960s, structures made do with passive environmental control from cross-ventilation windows to shutters, awnings and masonry that helped keep out the sun. Similarly, the high thermal mass of stone, as seen in Victorian buildings, retains warmth in winter and cold in summer.

Richmond Council nowadays has a better heritage record than on some occasions in the past but still seems to lack a transparent vision for the future. The Borough has a wealth of history worth preserving and promoting unlike its “partner” Wandsworth, which continues to demolish its town centre with apparently little thought for heritage.



Graz - combining old with new in pedestrian area

There are many examples across the UK and the world of imaginative schemes to enhance and “modernise” town centres retaining the heritage to attract visitors and rejuvenate centres. One I happen to know well, is the second city of Austria called Graz, which combines old and new among a building heritage going back hundreds of years. A living museum with a modern twist. If they can we could.



Graz - pedestrian bridge over River Mur. The use of great imagination.

Pedestrianisation for-instance can have a place although it is not a panacea and can be difficult to implement as the wider non-pedestrianised area has to be taken into account so as not to create new problems with traffic flow elsewhere. Meaningful consultation with citizens in addition to self-interest groups would be key to eliciting new ideas and solutions.

Few policy makers display a depth of vision with a long-term future plan, determined and agreed along with their “ordinary citizens”. PROACTION not REACTION surely?

For-instance imagine a pedestrianised town centre where property owners are obliged to restore - maybe over time, building façades with no garish signage boards by traders “doing their own thing” but “floating” and “agreed” signage set away from wall façades. Pedestrian areas can create a safer and more attractive centre where people go to shop and relax in a convivial atmosphere created by restored surrounding buildings, at the same time reducing pollution, supporting carbon neutral aims.



*1952 George Street Richmond
“Courtesy of Richmond Local Studies”*

Time never stands still; it’s always moving on. The past is beyond our control, but the future is still in our hands. To shape it we must use our intelligence and make an effort.

The preservation of buildings is achieved by statutory listing undertaken by [Historic England](#). Sometimes speed is of the essence when a building is in imminent danger of destruction and Historic

England provide for a Building Preservation Notice (BPN) which is a means for a local planning authority (LPA) to protect a building which it considers to have special architectural or historic interest, but which is in danger of demolition or alteration in such a way as to affect its character.

A locally listed building (also known as a ‘Building of Townscape Merit’) is a building or structure which is not statutorily listed, but is recognised for its significance to the history and character of the local environment. Those designated by the Council in Richmond upon Thames can be found online under “[Listed Buildings](#)”.

RATIONED

Doug Goodman came across these historic items just in time for next week's 80th anniversary of the introduction of rationing.

Do you recognise these ration books dating from the Second World War? Rationing in the form of coupons was introduced in 1940 by the war time Government to ensure a fair share of food, clothing and other essential commodities for the population. It was a time of 'make do and mend' and shortages of many items persisted until the early 50's when the official system was finally abandoned.



Tell Your Supermarket you want Paper Bags Not Plastic "Bags for Life"

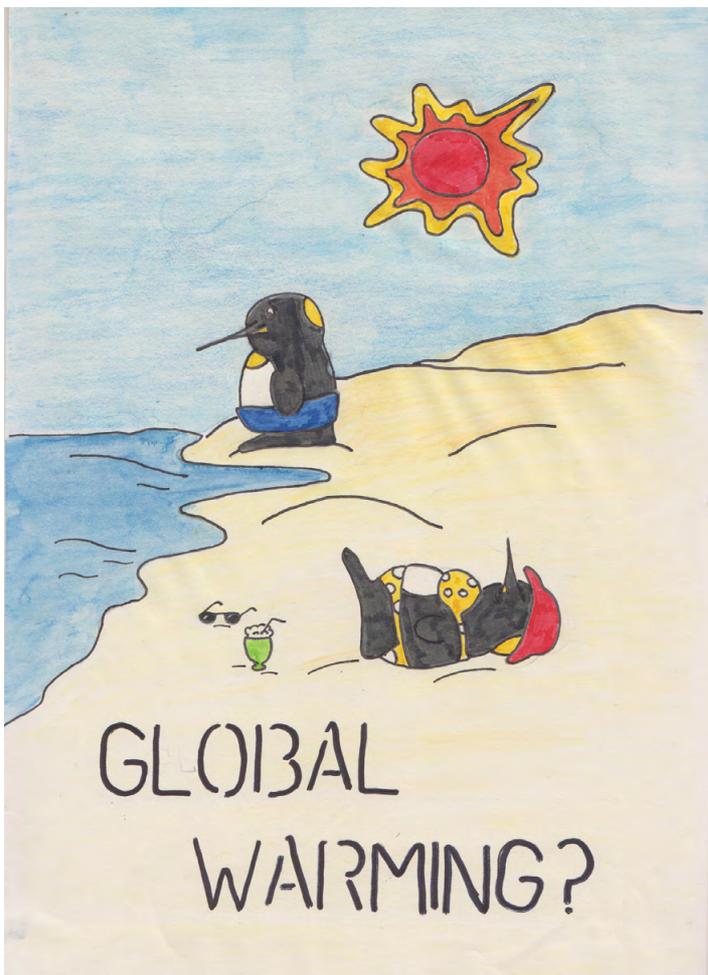


This product is from sustainably managed forests and controlled sources
A Twickenham & Richmond Tribune campaign

How Responsible is the UK Food Industry?

Teresa Read

With the advent of Greta, we are currently hearing a lot about the environment although children have been aware of the situation for a couple of decades or more.



This is a poster from a St Catherine' School (Twickenham) pupil over two decades ago.

It is really good to hear that so many organisations are taking up the current idea of planting trees; planting more trees in the Borough was promoted recently by the Tribune, many of us are thinking along the same lines.

The first local environmental issue which I see every week is the supermarket “Bag for Life”. How many years does it take for these bags to degrade? Google it and you may be surprised at the answer.

Many of us have just celebrated public holidays and I was struck by the thick foil containers for relatively small amounts of food sold in our local shops I am sure quite a few of us have reusable ovenware. Retailers and manufacturers take note –

You are responsible for a huge mountain of rubbish which someone in a far-off country has to “farm” to earn a living.

Turning to the food we eat and our health, we know that diabetes and high cholesterol are endemic in our society - but our food outlets continue to sell products containing unnecessary sugar and fat; it is “fast” food which is causing many of our health problems and the high cost of NHS medical care. Also, “fast food chains” have

much to answer for – have you ever Googled the number of calories in the sauces in small containers which come with pizza? You may be shocked.

Of course, the New Year is a time when many think about losing weight and exercising. There are numerous diets which offer recipes for losing weight but the best way to achieve your goal is to make a life-changing decision about what and how much to eat throughout the year.

Going back to “basics” with the food we eat enables us to cut out all the unknown ingredients and too much of the ingredients which lead to life-threatening illnesses. Looking at traditional diets throughout the world has much to teach us.

We can take back the responsibility for the food we eat but unfortunately, we have relatively little control over what happens to food packaging. Much of it ends up in other parts of the world and although we may not burn our rubbish others do it for us as they are too poor to do otherwise. Thus, the way we eat does affect the environment as well as ourselves.

<http://worldinfozone.com/infozone.php?section=Food>

WILD ABOUT TWICKENHAM

DOUG GOODMAN ENJOYS WINTER IN HIS TWICKENHAM GARDEN

Early winter is a time to admire the colours of the leaves before they fall to the ground and a chance to observe the arrival and departure of wildlife. Bright red fruit on the crab apple tree attracts the parakeets and wood pigeons like holly berries. A new bird feeder is attracting a wide range of birds and even sparrows have returned.



On one day in early December I undertook a wildlife count and spotted 12 different birds: sparrows, blackbirds, a jay, a pair of robins, blue, great and long-tailed tits, a flock of goldfinches, a jackdaw, pigeons, noisy parakeets and magpies. A frog or was it a toad had climbed out of the pond and a fox, one of a family of five living nearby, was snoozing in the sun on our workshop roof.



Three squirrels were busy burying nuts all over the garden. How do they remember where they hide their supply of food? A bee investigated one of the last flowers. A passageway under the fence had been disturbed but the hedgehog responsible didn't wish to be photographed.



The garden remains muddy and there's probably ice and snow on the way but primulas are flowering and bulbs are coming out. Spring isn't too far away.



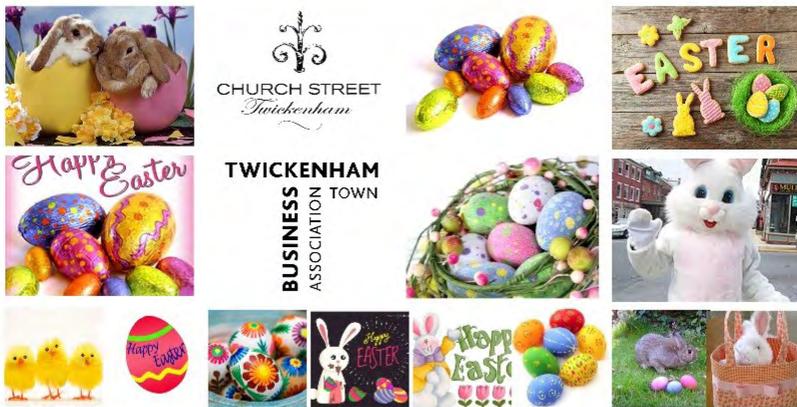
Looking forward to the New Year in Church Street Twickenham

By Shona Lyons

We wish everyone a Happy New Year and look forward to seeing you all for new adventures, good times and fun!



**EASTER IN CHURCH STREET
TWICKENHAM**
SUN 12 APRIL 11AM until 5pm



- EASTER BONNETS**  **STALLS**  **FUN**
- CRAFTS**  **STREETFOOD**  **FANCY DRESS**
- FACE PAINTING**  **LIVE MUSIC**
- TREASURE EGG HUNT**  **PUNCH & JUDY**
- WWW . TWICKENHAMTHETOWN . ORG . UK**

That is how it is for us although sometimes when we are having sleepless nights about the events we have, it does all seem a big responsibility but it is still and always loads of fun and we all have countless adventures.

Hopefully all of you who come to the street both traders and visitors share in these and I know everyone definitely has a lot of great experiences here with their friends and families as all the testimonials of Facebook tell me, the feedback I get from traders and stall holders and also all the pictures that I have taken over the years of all the groups of people eating and drinking in the street, buying from the stalls, getting dressed up for Halloween, laughing at the Punch and Judy

We feel these events cement our community and our place in the community. We have made so many

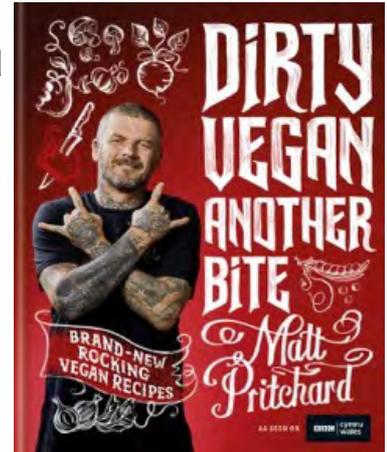
good friends over the years. It really is a home for us and hopefully has become a hub for the local community too to share and enjoy good experiences together.

We are starting now to plan for the New Year, but think we will give the Valentine's Fair a miss because of the unfavourable weather that we have had in the past but we would like to plan for a new Easter event this year complete with Easter Bonnet parades!

And whilst working diligently in our travel business, we hope also to be putting the Twickenham Festival together and the winter events as well as although it seems a long way off, it does all take a lot of planning. See you soon, Bruce, Shona, Hedda and the Traders of Church Street Twickenham.

A VERITABLE VEGANUARY FEAST

Happy new decade! Are you doing 'Veganuary'? If so this week's column is perfect for you. Hot on the heels of the success of his last book *Dirty Vegan*, MTV star, BBC Cymru Wales TV Chef, and strict vegan Matt Pritchard has just published a second cookbook: **Dirty Vegan Another Bite**. Matt has maintained his motto 'Sleep when you're dead' and is now an endurance athlete who undergoes extreme challenges for charity. Breaking world records and tackling anything in his path, he credits much of his success to his change in diet – becoming 100 per cent vegan. His approach is to show people just how easy (and cheap) it can be to go vegan and how the right nutrition can really help you perform. You can find Matt's *Dirty Vegan* TV series (which incidentally is the BBC's leading vegan cookery programme) on BBC iplayer and this new book is bigger than the previous one. It's chock full of great recipes and Matt's wicked personality. The recipes are really interesting and even have vegan Christmas dinners (NB for next Christmas if entertaining vegan friends and family). **Stop Press!** Matt will be appearing as a guest chef at the Surrey Food Festival in April, so if you have a copy bring it along for him to sign.



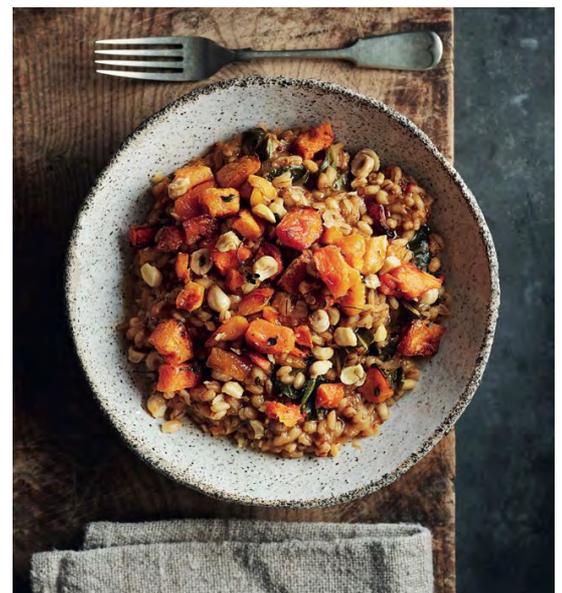
Dirty Vegan Another Bite by Matt Pritchard is published by Mitchell Beazley, £20 hardback. Here are some yummy recipes to give you a taste of the sort of feasts in store...

BAKED SQUASH SPELTOTTO

Prep: 15 minutes Cook: 1 ½ hours Serves: 4-6

Whizzed up with garlic cloves, the caramelized roast squash forms a deeply flavoured, creamy sauce for this baked spelt risotto. Unlike traditional risottos, there's no standing and constant stirring needed with this recipe.

- 1 butternut squash, peeled, deseeded and cut into 2cm chunks (about 700g prepared weight)
- 4 garlic cloves
- 1/2 small bunch of thyme, woody stalks removed
- olive oil
- 1 tablespoon wholegrain mustard
- 1 tablespoon brown miso
- 1 large onion, finely chopped
- 1/2 teaspoon chilli flakes
- 1/2 teaspoon ground cinnamon
- 250g pearled spelt
- 125ml dry sherry or dry white wine
- 1 litre vegetable stock
- 150g kale, roughly chopped
- 50g hazelnuts, toasted and chopped
- salt and pepper



Preheat the oven to 200°C (Gas Mark 6). Toss the butternut squash in a deep roasting tin with the garlic, thyme and enough olive oil to coat. Season well. Place in the hot oven for 30 minutes, or until the squash is soft throughout and beginning to catch at the edges.

Leave the oven on.

Put three-quarters of the roasted squash into a food processor with the thyme. When the garlic cloves are cool enough to handle, squeeze them from their skins and add them to the processor too, along with the mustard and miso. Blitz on a high speed until smooth.

Heat 3 tablespoons of olive oil in a large ovenproof sauté pan (about 28cm) over a medium heat. Cook the onion with a pinch of salt for about 8 minutes, or until soft and translucent. Stir in the chilli and cinnamon and cook for a minute until the spices smell fragrant. Add the spelt and stir for a minute so the oil and spices coat every grain. Pour in the sherry or wine and stir until it has been completely absorbed. Add the blitzed squash, stock and kale and bring to the boil. Stir through the roasted squash and hazelnuts and carefully place on a shelf at the top of the oven.

Bake for 45 minutes, opening the oven door 2–3 times during the cooking time to release some steam and check that the top of the speltotto isn't burning. If it looks as though it's catching, cover with foil until the timer pings.

CREAMY MUSHROOM PRITCHANOFF

Prep: 20 minutes Cook: 30 minutes Serves: 2

“Mushrooms, mushrooms, mushrooms, I could eat them until I turned into one. I love them raw or cooked and chestnut mushrooms are my favourite. If you love the good ol' mushroom too, then this dish is for you, as it's packed full of the buggers.”

- 1 tablespoon vegetable oil
- 2 onions, finely chopped
- 4 garlic cloves, finely chopped
- 500g mushrooms (an assortment, if you wish)
- 3 tablespoons plain flour
- 1.2 litres vegetable stock
- a few thyme sprigs
- leaves from a bunch of parsley, chopped
- 1 tablespoon vegan Worcestershire sauce (no worries if you haven't got any, just leave it out)
- 1 tablespoon cider vinegar
- 200ml soya or oat cream
- rice, to serve



Heat the oil in a frying pan over a medium-low heat, add the onions and garlic and cook until softened but not browned.

Add the mushrooms and cook for a further 5 minutes, then add the flour. Cook the flour out for a few minutes – you may find it sticks to the pan a bit, but don't worry as next up is the veg stock. As soon as you add the veg stock, keep stirring to scrape the bits from the bottom of the pan and you'll find the sauce is thickening.

Add the thyme sprigs (you can remove them later) most of the parsley, the vegan Worcestershire sauce (if you have any), cider vinegar and soya or oat cream, bring to the boil, then reduce the heat and leave to simmer for 15 minutes. Remove the thyme sprigs, if you want. Serve with rice.

Dear Sir,

Christmas Baubles

Where have all the Baubles gone? As the season went on the silver baubles on both Christmas trees have slowly disappeared and no one seems to have been bothered to replace them or even let us know why this was allowed to happen.

So no hand decorated charity baubles and no Rotary Club decorations or collections. And very few trees lit up along Heath Road. A very sad situation this year. Please do not let this happen again.

Yours faithfully

H. Huttenbach
Twickenham (Address supplied)

CHRISTMAS DAY 1914

Jeremy Hamilton-Miller

In [Edition 163](#) we published Jeremy Hamilton-Miller's article *CHRISTMAS DAY 1914*, the story of the World War 1 "Christmas Truce" on December 25 1914. Further to the article, Jeremy has discovered the identity of the mentioned soldier as explained below.

My further research shows that this soldier was Private Frederick Edward Clarke, who in 1911 was living with his family at Park Lodge, East Twickenham. He would have been 21 years old in 1914. He survived the war. The song mentioned, sung by Private Edgar Aplin (who had a good tenor voice) was "Tommy Lad". It was not in fact made up by the soldiers, but had been written by Edward Teschemacher with music by E.L.Margetson, and published in 1907. The song was of its time, a sentimental ballad about a child and his loving father's hopes for his adulthood.

Start your new year with an NHS health MOT

Are you over 40 years old? Did you know you are entitled to a free NHS Health Check every five years? Why not kick start 2020 by having your Health Check, helping you to enjoy life for longer.

The [NHS Health Check](#) is a health check-up for adults in England. It's designed to [spot early signs](#) of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

To be eligible for a free NHS Health Check, you must be aged 40-74, be a Richmond upon Thames resident or register to a GP in Richmond, have not been previously diagnosed with diabetes, kidney disease, heart disease or stroke and do not take statins.

In the last six months of 2019, around 5662 residents were invited by their GP (by letter, text and phone) to have a health check. However, only 47% (2669) residents did take up the offer.

This year, we want even more people to take stock of their health and go and have a free health check.

CLlr Piers Allen, Chair of the Adult Social Services, Health and Housing Committee, said:

"This is the season of making resolutions. And I, like many residents, will be thinking about my health and what changes I can make to help me live well for longer.

Even if you feel great like me, being over forty means your health risks are higher. Knowing what those risks are means you can make changes to your lifestyle to delay or avoid the onset of these diseases."

"My New Year message to all residents is to take greater responsibility for your health. There is lots of support available to help make live changes, and a health check is a good first step. Eligible residents may receive a Health Check invitation from their GP. They can also contact their GP to find out when their Health Check is due."

Dr Graham Lewis, local GP and Chair of NHS Richmond Clinical Commissioning Group (CCG), added:

"The NHS Health Check is an opportunity for people to improve their health and become more aware of what they can do to lead a healthier life. It can also help identify those at risk of serious, but potentially avoidable conditions, such as type 2 diabetes and heart disease.

"If needed, it provides an opportunity for people make preventative lifestyle changes to lower the risk of developing health conditions later in life. Speak to your GP practice for more information."

Visit LBRuT's [health checks page](#) or contact your GP to find out if you are eligible for a NHS Health Check or if you have one before when your next health check is due. Health checks are also offered at C Goode Pharmacy in King Street, Twickenham and Kanset Pharmacy in Ashburnham Road, Richmond.

Aged 40-74? Find out about your **FREE** NHS Health Check from your GP

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

You must be:

- aged 40-74
- have not been previously diagnosed with diabetes, kidney disease, heart disease or stroke
- have not had an NHS Health check in the last five years

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

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In partnership with

LONDON BOROUGH OF RICHMOND SPOW TRAILLES

Exhibition to celebrate 500 years of Queen's Road in Richmond

An exhibition celebrating five centuries of history through the lens of one road in Richmond will be curated by the Museum of Richmond, thanks to Civic Pride funding.

The Council's Civic Pride Fund is available to individuals or groups who want to organise a project or event to improve their local area and deliver more for their local communities. Grants of up to £5k are available to organisations and £1k for individuals.

The exhibition will focus on the social history of Queen's Road in Richmond – named after Queen Victoria. It will tell the story of how the road developed from a muddy track through the countryside to a thriving modern community by looking at the lives of the residents, as well as the buildings they lived in. The exhibition will include family activities, workshops and talks. An Arts Award Summer School programme will also be coordinated.

The funding will be used to support the delivery of 56 free places for children to attend family workshops, five free spaces on the Arts Award Summary School for young people on the Queen's Road Estate, free sessions at the museum for residents of the Estate and two private viewing sessions of the exhibition.

The exhibition will open in early February 2020.

Councillor Michael Wilson, Lead Member for Communities at Richmond Council, said:

"The Museum of Richmond works hard to preserve our borough's rich history and educate people on our interesting past. By bringing the stories of Queen's Road, they will be promoting the little-known history of this part of Richmond, encouraging residents of that area to be proud of their local heritage and inspire others to get involved in the community. This project fits well with the objectives of Civic Pride and we are pleased to support it."



Esme Loukota, Curator and Executive Officer at the Museum of Richmond, added:

"We are excited to be bringing the history of Queen's Road to the public through this exhibition. By telling the stories of some of the residents and the buildings they occupied, we hope to reveal the rich social history of this area of Richmond."

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Snow White and the Seven Dwarfs

by Alan McHugh and Jonathan Kiley

QDos Entertainment at Richmond Theatre until 5th January

Everybody should go to see this panto because there were loads of funny jokes. Four children went on the stage with Muddles and they had to say after him "one smart man, he felt smart" and the words came out like "... he spelt f**t". I was laughing so hard! They did another tongue twister when the Dame, Muddles and The Prince were asking about "Sue's sushi shop" and it went on for really long! How could they do that without saying it wrong??!

The seven dwarfs were really nice and kind. I was laughing so much at Muddles and his mum, Nurse Nancy, the Dame. When Muddles imitated some famous people, I found that really hilarious.

Queen Lucretia was a very funny evil Queen. When the audience was shouting "oh no you didn't, oh yes you did", it was funny because she was trying to get out of it and saying "I don't want to do this, I'm only doing it because I'm paid"



Cinderella

by Will Brenton

Imagine Theatre at Phoenix Concert Hall, Croydon until 5th January

I thought this panto was mind blowing! It was very funny and very enjoyable. Go to see it twice, it was worth it even if you have to travel from Hampton to Croydon! It was just so amazingly good. When Cinderella gets her luxurious ball gown, they first had a sheet where they projected these just beautiful images whilst the spell was commencing. Then they took it off, and she was wearing the beautiful gown.

The stage background was really good as the images were projected. The step sisters' costumes were very weird and included a pineapple and a chandelier costume.

Buttons made me laugh the most, he was probably the funniest character and my favourite. The ugly sisters were, as with all Dames, very funny. I didn't actually want to boo them, they were just too funny to boo!

They did the custard pies and he's behind you, and the thing when they brought out different chocolate bars and completed the sentences. But they didn't include the "oh no they didn't, oh yes they did"



Evie Shaapveld is aged nine. Read Evie's Reviews at www.markaspen.com/2019/12/13/snow-7-evie and www.markaspen.com/2019/12/15/cinderella-evie

Photography by Craig Sugden



Fault Lines

by Ali Taylor

Questors at The Studio, Ealing until 4th January

“What’s Christmas without a disaster?” asks the tagline from this show, in which the geological and the personal combine in a funny, often touching, play. The epicentre of the action is a struggling UK charity, desperately trying to make an impact in the aftermath of an earthquake in Pakistan. Oh, and it’s Christmas Eve.



From ill-advised office party antics to well-meaning attempts to supply the first tents in the disaster area, the staff of Disaster Relief face a four-day reckoning that registers at least a five on the Richter scale: the effects are felt well beyond the epicentre.

Without giving away the plot, the comedy is humane satire: whatever goes wrong is more likely to be the effect of cockup rather than conspiracy. Reactions to tragedy aren’t always as expected, which makes for cracking dramatic tension within the comedy.

Without being too heavy on exposition, the four protagonists, Abi, Nick, Ryan, and Pat sell the stakes nicely. High-stakes choices are made amid rapid-fire cross talk, delivered with fantastic fervour.

The piece has to be an ensemble to work, and there are generous choices on stage. Callum Dove (Ryan) does great background character work throughout, adding depth without ever pulling focus. Dove really sells nebbish Ryan’s awkward intensity in a way that is touchingly genuine.

Will Langley makes some great choices when it comes to Nick’s effortless tone-switching between Mockney man-of-the-people and media-schmoozing smoothie. Pamela Major’s Pat is a great portrait of someone whose idealism has been tugged slightly out of shape over the years - rather like a beloved but baggy cardigan.

But it’s Neetu Nair’s Abi that has to carry much of the play’s weight. Abi’s personal and professional life are upended in the course of the play. The energy she brings is pretty relentless, but it is her resigned calm in act two that really allows her range to shine.

Read Emma Byrne’s review at www.markaspen.com/2019/12/19/fault-line

Photography by Robert Vass





Wizard of Oz

by Frank L Baum, music and lyrics by Arlen and Young

Dramacube Productions (Twickenham Blue Cast) at Hampton Hill Theatre until 23rd December

Wizard of Oz is truly an ensemble production. This was an assured production from Dramacube, given all of their performers are under fourteen and some could be as young as seven. It was presented as the traditional musical it is, complete with all of the well-known numbers – *Over the Rainbow* and *We're off to See the Wizard* to name a couple. You have to be organised to play several parts with many costume changes, but there was no sense of uncertainty on stage. Energy, enthusiasm and commitment shone from everyone and there is a wealth of talent among these young performers.



It is unfair to pick out a few names when everyone had multiple roles and really contributed to the whole. But I was particularly impressed with Anya Malinowska (as Dorothy 1) singing *Over the Rainbow* – this was a really striking performance of the song that is always associated with Dorothy and right at the beginning of the show too. Almost unnoticed Dorothy 1 swapped into Dorothy 2 in the form of Daisy Allen. A confident presence on stage, she ably led her growing team of characters in her quest to find the Wizard. I also would mention Joseph Kirwan who was a wonderfully natural scarecrow! He delivered his lines with a great 'dead pan cool' and there is an emerging comic talent there.

Wizard of Oz was well presented with a gauze against which were projected images of life in Kansas, before it was raised to give us an open stage depicting Oz. I particularly liked the Wizard's untethered balloon at the end ... and then there was the animated horse

Read Claire Alexander's review at www.markaspen.com/2019/12/22/wiz-oz



Photography by Bomi Cooper

TRAVELLER'S TALES 62

TOURIST INFO



DOUG GOODMAN DESCRIBES HOW IMPORTANT INFORMATION IS FOR TOURISTS.

Information before we book a holiday or make a trip is essential: whether it's asking a local tourist office about places to visit or finding out from your travel agent how far your hotel is from the beach. Long before the Internet arrived we relied on guide books, holiday brochures and personal advice. Those glossy brochures were, and for many people still are, an important source of information and great effort on the part of tour operators goes into producing honest and accurate descriptions. In the early days of package tourism artists' impressions of hotels used to appear in the holiday brochures with a date when the building would be completed. Often the hotels were not ready when the first guests arrived and the resulting bad press publicity damaged the tour operator's image. In the early 70's, when I was PR manager for Thomson Holidays, I regularly faced press questions on why guests were being taken to a 'building site'.

EARLY DAYS OF TRAVEL

A friend, Dr. John Law, is writing a history of holidays in the early days of package tourism and shared with me some of his research. A film of holidays to Mallorca in the 50's is delightfully dated and can be viewed on www.youtu.be/i4KupT6h.wg. You'll see holiday-makers dressed in their best clothes being served food on china plates and leaving their four engine prop aircraft with ladies wearing hats and the men in bowlers!



Lyme Regis



Lyme Regis Tourist Information Centre



Information for Visitors

Old guide books are a source of interesting but dated information. The book I recently acquired on Lyme Regis gives times of horse drawn buses to the town from the long-gone railway station. Prices for full-board in a room with telephone and hot water started at under 20 guineas for a week. Go Travel magazine of July 1958 lists a week's car hire in Italy for £5 with petrol at 4 shillings and 10 pence per gallon. In a column on better travelling you are informed that baths are usually charged extra if they are not attached to your room. Do not talk loudly and critically in your native tongue in public places in

the belief that no one understands you. On clothing you are advised to avoid buying oddities as the typical Tyrolean dress does not suit our environment. And advice that's just as relevant today as it was 62 years ago says avoid smuggling in things such as cameras and watches for if you are caught you will encounter serious trouble!



Bridport Tourist Information Centre



Bridport



Jurassic Coast for Fossils

TOURIST INFORMATION CENTRES.

I visit Lyme Regis regularly and always drop in to the tourist office to chat to the manager and her colleagues and to gather the latest brochures and occasionally book theatre tickets. I was horrified to learn on my visit last week that there are plans to close down the tourist office later this year in order for West Dorset Council to save around £87,000 and for Lyme Regis Town Council to have larger offices. The options offered in a public questionnaire are to close the tourist office and stop providing a face to face service; provide a self-service through touch screens; look at a voluntary method. The headline in the local paper reads 'Row over TIC's Future – councils blame one another for potential closure'. There's no option for visitors, locals and businesses to express a wish to keep the centre open. This seems such a short sighted move: the tourist office offers an excellent service with a huge range of literature on everything from b&b availability to bus times. And they provide times of high tides which is vital safety information for the hundreds of visitors who search for fossils along the Jurassic Coast. If the closure of the award-winning centre does go ahead tourism will suffer as a result. Nearby Axminster retains a tourist office in the town's heritage centre and in Bridport a large office offers an excellent service. Will these establishments survive? I've worked in tourism all my life and recognise the value of information provided by knowledgeable, local people. Let's hope that the tourist information centres in West Dorset remain at our service.

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SUP-Yoga & SUP-Pilates classes offer a unique, dynamic and fun way to challenge your fitness on water! The sessions are taken on anchored paddleboards floating on water. The buoyancy of the water adds intensity to every movement and makes a refreshing change from usual mat classes. The classes suit all levels and abilities. EPIC SUP are running SUP-Yoga and SUP-Pilates classes from Twickenham Rowing Club, this summer.

To book or for enquiries contact: coach@epicsup.org



Here`s to Green Adventures!!

By Bruce Lyons

Happy New Year All. I`m not sure where this is going to take me but I want to share with you our Green experiences on the River. Yes, the River Thames, no less- no it is not listed in the Top 10 longest Rivers of the world nor the widest or pretty well any other list of top ten`s but nevertheless it is probably the most famous River anywhere.



Some years ago we bought Robyn a 25ft leisure skiff, double scull built in 1912. It had been in storage with Turks in Clacton , and Mark Edwards, he who built the Gloriana got the hull for me when Turks decided to clear out all their old River Boats (they had kept them for filming, but with the digital revolution there was less call) and they had other needs for the space where they had over

200 boats of all shapes and sizes.

Mark, of Richmond Boathouses as you all probably know is virtually a National Treasure - certainly the best traditional boat builder round here and he lovingly restored Robyn to her former glory. We`ve rowed her (dare I say raced) in the Great River Race these last years, first from Ham to Poplar and now in later years from the Isle of Dogs to Ham, one year we nearly lost her and all of us too- we

were shipwrecked at Blackfriars Bridge – and this , the only time my Grandson flew from Israel to race – he never touched an oar! But we rescued her the next day and Mark restored her (again)



over the winter and Robyn was tucked up in the 1700`s wherry under the Bridge at Richmond, nice and warm and cosy too.

But back to the Green Holidays, since we got Robyn we`ve rowed her from Godalming to Eel Pie as well as all the way from Lech lade (source of the River



Thames) to Eel Pie in legs (as we only have bank holidays when we can get away). I am afraid we don't camp (but you could) but stay at Riverside Hotels and lodges along the way, and when I am not rowing I annoyingly read the others little anecdotes about the part of the river we are passing through , Battlegrounds, Monasteries, Famous Houses, Like Cliveden now on TV in the Christine Keeler serial, famous Eateries like Heston Blumenthals @ Bray, or Henley home to English (and worldwide) Rowing , Marlow, where you can visit the statue of Stephen Redgrave the Olympian Gold Medallist on to Sonning, where if you are lucky you may see George and Amal Clooney strolling along the tow path.

Every Bend, Every Bridge, Every stroke, town, village or bridge has a story to tell and it is all pretty well free, charming little towns and villages to while away an afternoon. Stop off at Windsor maybe the Queen is in? What I am trying to tell you is there are great Green and Healthy and no greenhouse gasses holidays to enjoy on our doorstep and it is all easily arranged- we hire boats (camping skiffs if you like and organise the tow and you row back "with the stream" .



And I include a guide book on the Thames even. You can do it over 10 days or a week or just a weekend –Marlow to Richmond is great for that. The cost is around £350 + a tow and if you want hotels from £50 per room per night to anything you like to spend Cliveden would set you back around £300 per person per night there are some great Riverside pubs and some awful ones too – just ask!!



See you on the River ☺



BRENTFORD FC

Bees fall to the luck of the Irish at The Den

Millwall 1 – Brentford 0

An early goal from Millwall's Irish international Aiden O'Brien inside the opening ten minutes consigned Brentford to defeat at the Den as Brentford made it four away games in a row without tasting victory.



A freekick from Millwall in the opening minutes gave Brentford a taste of what was to come as Murray Wallace headed in from close range following a delivery from wide on the right-hand side. To the relief of the Bees as the Millwall players reeled away to celebrate the linesman raised his flag and the match remained scoreless.

On eight minutes a mistake from Spaniard David Raya gifted the lead to Millwall. Deciding to play out from the back, Brentford's Ethan Pinnock passed the ball back to Raya. Under significant pressure from Jayson Molumby, Raya decided to take a touch, but his subsequent clearance was rushed, and the ball fell invitingly to O'Brien. O'Brien calmly curled the ball home underneath Raya to cap a miserable thirty seconds for the keeper.

In a game lacking in quality Wallace found himself in the referee's notebook after one of the more petulant bookings you will see. Angered at not being awarded a corner he promptly knocked the lineman's flag out his hand and was duly yellow carded.

Brentford's first opening arrive via a long ball from Pinnock out towards Bryan Mbeumo who had escaped the Millwall defence. Skipping inside, he unleashed a powerful strike on the volley that Bartosz Bialkowski did well to keep out.

The Bee's most dangerous outlet in the first half Ollie Watkins who twice beat his fullback to deliver dangerous crosses into the box, yet on both occasions a Brentford player couldn't make contact with the ball.

In the second half the best chance fell to teenager Jan Zamburek following a headed knock down from Said Benrahma but the Czech youth team international, fresh on as a sub, failed to connect properly and the ball drifted past the far post.

In the dying minutes Zamburek was once again at the heart of Brentford's attacking play. Attempting to clip a cross into the far post, the ball was just beyond his fellow attackers and into the grateful arms of Bialkowski as Brentford were defeated.

Speaking after the game Brentford head coach Thomas Frank said "We gave them the goal. It's no secret that David made a mistake, but I think he's been absolutely amazing this season.

“For me, he’s potentially the best keeper in the division. Football is a game of mistakes, that happens, we’ll move on.

“I think we’ve played out from the back so far in, what, 25 games? We made one mistake that cost a goal and I’d happily take that risk because it gives us an advantage.”

Robins wings clipped as Brentford put four past them

Bristol City 0 – Brentford 1

Brentford kicked off the new year in emphatic style with a crushing four nil victory against a ten-man Bristol City side as they moved back into third in the Championship table.

The Bees made a fast start and were ahead inside the opening six minutes courtesy of a Bryan Mbeumo strike. A long clearance upfield from David Raya found Ollie Watkins and the winger drove into the penalty area. A defensive mix up in the box then allowed Mbeumo to sneak in and toe poke the ball in for his tenth goal in what is becoming a very fruitful season for the Frenchman.

The key moment of the match then came with the game just fifteen minutes old as Bristol City’s Ashely Williams was shown a straight red card to reduce the hosts to ten men. Watkins latched onto a through ball and found himself in a footrace with the central defender. Watkins won the race and was promptly cleaned out by Williams and the defender knew he was in trouble as he started to walk off the pitch.

Before the half hour mark Brentford doubled their lead and once again it was a case of ruthlessly exploited opposition mistakes. Mathias Jensen had a speculative shot from the edge of the area which Daniel Bentley could only parry into the path of Watkins. Watkins controlled the ball and played in Benrahma for a simple tap in and the Bees second.

City dug in though and showed resolve of their own. Famara Diédhiou showed good hold up play in the box before passing the ball to Marley Watkins who drew a save from Raya.

Up against ten men Brentford’s superior numbers and quality soon began to tell and they fashioned several very good chances. Benrahma picked out Watkins in the penalty area, but his header drifted agonisingly wide. An under hit back pass then saw Watkins one on one with Bentley, but the Brentford forward appeared to be caught into minds and as he attempted to take the ball round the keeper Bristol managed to scramble the ball clear.

Watkins atoned with two goals in the final ten minutes to add a certain gloss to the final score line. His first, a poacher’s finish at the back post from a Zamburek cross. His second, a header at the second time of asking, having been originally saved by Bentley, for his seventeenth Championship goal of the season as starting off the new year in clinical fashion.

UP NEXT FOR BRENTFORD

Brentford take a break from league action as the FA Cup rolls into town for a game against fellow Championship side Stoke City. The Potters are currently struggling towards the bottom of

the table but in cup football anything can happen! The game takes place on Saturday 4/1) with a 3.01pm kick off and could be one of the last FA Cup ties at Griffin Park so make sure you get down to support out local sides.

Come on you Bees!

HAMPTON & RICHMOND BOROUGH

Beavers extend their unbeaten run to nine against the Romans

Hampton 0 – 0 Bath City

Hampton made it nine games unbeaten in a row against promotions hopefuls Bath City to round off the year in fine form.

In a tight game, Bath had the ball in the net inside the opening five minutes of the contest, but to the relief of Hampton Tom Smith's strike was ruled out for offside by the linesman.

Both sides came into the match on impressive unbeaten runs and neither side gave an inch during a cagey opening forty-five minutes. Dean Inman had a header for the Beavers which looped over the goal and Tyrone Lewthwaite on his return from injury looked bright and industrious driving at the Bath defence and seeing a header saved by Ryan Clarke in goal.

Lewthwaite then had the best chance for Hampton in the opening of the second half. A cross from the left-hand side by Kieron Farrell fell enticingly into the six-yard box but Lewthwaite on the stretch was just unable to latch onto the ball and divert it goalwards.

Ryan Hill then curled a shot narrowly past the post which had Clarke momentarily worried.

Bath then responded with two headed efforts in succession, but both drifted off target.

Ryan Hill forced a good saved from a freekick as the Beavers looked to press home in the second half.

However, it was Hampton who were left relieved at the full-time whistle as Bath City struck the post. Former Hampton defender Dan Bowry's effort beat Dan Lincoln in goal but hit the post to ensure Bowry did not score on his return to the Beveere.

Beavers fall to home defeat against clinical Dulwich Hamlet

Hampton 0 – 3 Dulwich Hamlet

Hampton went lost comprehensively to Dulwich in a noticeably tired performance following the third game in quick succession over the festive period.

It was Hampton that certainly settled the quicker of the two side and they settle into their familiar pattern of passing football quickly inside the opening minutes. Louis Soares pulled a



shot past the post after dribbling past a couple of Hamlet defenders in a bright opening spell for the Beavers.

Soares was again at the spearhead of some enterprising attacking football from Hampton and slid the ball through to Ruaridh Donaldson, but Charlie Grainger was on hand to produce a brilliant save.

Ryan Hill then nearly gave Hampton a deserved lead when he showed excellent control to take a cross field ball in one movement. His finish, under pressure from the Dulwich defence, was a rushed one and it flashed past the post.

A long-distance swerving freekick from Hill then forced Grainger into tipping the ball over his crossbar. Unfortunately for Hampton the referee signalled for a goal kick and from the resulting passage of play the Beavers found themselves a goal behind from a Lionel Ainsworth volley.

In a sucker punch blow just three minutes later Dulwich double their lead and Hampton found themselves two goals down despite having the better of the opening half. Shamir Mullings returned to haunt his former employers, sliding the ball across to Dylan Kearney who scored from close range for the Hamlet.

Two goals down, Hampton fought back and could have halved the deficit when striker Danilo Orsi-Dadomo weaved his way into the penalty area. The striker though was unable to gain a clear sight of goal through a sea of Dulwich bodies and the ball was scrambled away.

In a rare occurrence the Linesman then went down injured and had to be carried from the pitch. A request was put over the speaker and a volunteer assistant was requested from the crowd. As the players went back to the dressing room, the new linesman warmed up, and after a twenty-minute break the football once again resumed.

The pause seemed to break the Hampton flow and some of the earlier brightness in their play faded. Lewthwaite went closest for Hampton and should have scored when against the keeper, but from a narrow angle he clipped the ball wide.

Nyren Clunis then added a third to seal the game for Dulwich when he poked home from close range following a cross from the left-hand side.

Late on Farrell stung the palms of Grainger but it was Lincoln in the opposite goal who spared Hampton's blushes, producing an excellent save from close range from Clunis to deny him a brace and Dulwich's fourth on a difficult afternoon for Hampton.

UP NEXT FOR HAMPTON

Hampton next game sees a trip to Canvey Island where they will face Concord Rangers in the National League South. The game is due to be played Saturday 4/1 with a 3.00pm kick off. The Essex side currently sit four places above Hampton in ninth and have won their past four consecutive games over the festive period so a tough assignment awaits for the Beavers.

Come on you Beavers!

MENTAL HEALTH ON EMIRATES FA CUP THIRD ROUND WEEKEND

- HRH The Duke of Cambridge has narrated a powerful new film starring famous faces from the world of football including **Frank Lampard, Dele Alli** and **Alex Scott**, to encourage fans to take simple steps to look after their mental health
- The one minute film will be played to millions as kick-off times across all Emirates FA Cup Third Round fixtures are delayed by one-minute to focus on mental health – **including Arsenal, Chelsea, Tottenham Hotspur, Millwall, Brentford, Charlton Athletic, Queens Park Rangers, Fulham, West Ham United and Crystal Palace** – are delayed by one-minute to focus on mental health
- The film has been released as a collaboration between Public Health England's Every Mind Matters, a groundbreaking mental health platform, and Heads Up, a season-long partnership between Heads Together and The FA, spearheaded by HRH The Duke of Cambridge
- Research shows just under half of men (45%) who have experienced early signs of mental health concerns in the last year, have never taken self-care actions to manage it (compared to 31% of women)

In an historic first, all 32 Emirates FA Cup Third Round fixtures this weekend will be delayed by one minute. A new film narrated by His Royal Highness, The Duke of Cambridge will be played before the matches, encouraging football fans to 'Take A Minute' to start taking action to look after their mental health and that of their family and friends.

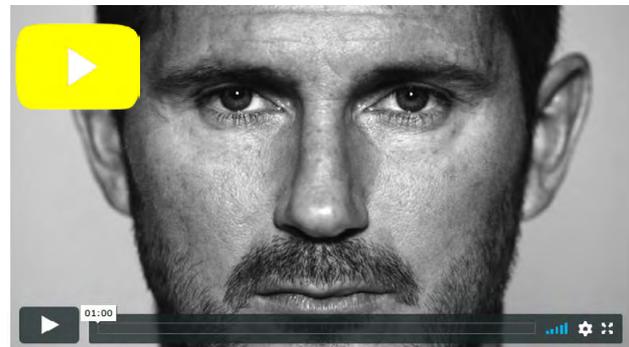
The powerful one minute film features current and former players, pundits, managers and fans, including Tottenham Hotspur F.C. players **Dele Alli** and **Son Heung-Min**; Chelsea F.C. Manager **Frank Lampard** and winger **Calum Hudson-Odoi**; former Arsenal F.C. midfielder **Gilberto Silva** and former Arsenal W.F.C player **Alex Scott**; and former Chelsea F.C. midfielder **Joe Cole**. The film will play across stadiums, online and broadcasters, reaching millions of football fans across England.

The film has been released as a collaboration between Public Health England's (PHE) **Every Mind Matters** and The Football Association (The FA) and Heads Together's **Heads Up** campaign, who have teamed up to raise awareness of the simple actions we can all take to look after our mental health.

While the collaboration is aimed at everyone including players, supporters, friends and families, it's widely recognised that football can be a powerful way to reach men in particular. There are over 15 million football fans in England, 69% of whom are men.¹

A national YouGov survey commissioned by PHE shows that men are less likely than women to seek help or take self-care actions for early signs of common mental health concerns.² It showed:

- Of the 78% of men who have experienced early signs of mental health concerns in the last year, just under half (45%) said they'd never taken self-care actions to manage their mental health, (compared to 31% of women)
- Of those men that did take steps to manage or improve their mental health, over three quarters (73%) wished they'd taken action sooner
- Men were also less likely to take self-care actions every day, with 18% of men doing so compared to one in four (24%) women.



*Click image to view film.
Main film above, behind the scenes film
below*



Heads Up is a season long partnership between The FA and Heads Together, and spearheaded by HRH The Duke of Cambridge, which uses the popularity of football as a vehicle to generate the biggest ever conversation around mental health. For the Third Round, the campaign is now partnering with Every Mind Matters, a groundbreaking mental health platform from Public Health England. Together, the initiative will encourage football fans to look after their own mental health, and support friends and family who may be struggling. They can start this by completing a 'Mind Plan', a quick and free tool from Every Mind Matters that has already been completed over one million times.

By taking a minute to answer a few questions about how they are feeling, fans will get their own personalised action plan. Clinically assured by the NHS, the plan recommends a range of evidence based self-care actions for each individual, which are designed to deal with stress, boost their mood, improve sleep and feel more in control – preventing these common mental health concerns escalating into more serious, clinical conditions.

Paul Plant, Regional Director of PHE in London, said:

"It's great to see so many personalities from the world of football getting behind this campaign, and we hope it resonates with the fans in London to encourage them to make small changes that will improve their mental health."

Godric Smith, chair of the Heads Up campaign, comments:

"Football is already doing some great work on mental health but it is really encouraging to see the whole game uniting around the Heads Up campaign in 2020 starting with the Emirates FA Cup Third Round. Support your team. Support your mates. And support yourself. The Every Mind Matters website is a great place to start. We all have mental health and we can all take a minute to think more about it and take simple, positive steps."

Frank Lampard, current manager of Chelsea F.C.:

"It's hugely important for men to think about their mental health and take action where they can. I came from a family where we bottled up a lot of emotions, feelings and sometimes anxieties. I think a huge thing now is the great campaigns that are going on encouraging people to speak openly about looking after your mental health and not feel bad about how you feel inside. I think as men, sometimes we can think that it's a weakness but it certainly isn't. It's a huge strength."

Dele Alli, current player for Tottenham Hotspur F.C.:

"It's very important to me to be a part of this campaign because I feel a lot of people like to try and deal with their problems by themselves and can feel like they sometimes haven't got people they can talk to, or that there's nothing they can do about it. There are so many people struggling with their mental health, so I want to help people understand that they don't have to deal with it alone. There are a lot of people out there that can help and there are steps you can take to make sure your mental wellbeing is the best it can be."

Mark Bullingham, The FA's Chief Executive, said:

"We hope that the symbolic 60 second delay to all Emirates FA Cup Third Round fixtures will be the start of a journey for better mental health for the millions who will be watching one of English football's most famous weekends. We're delighted to have an association with Public Health England for this Round and to signpost fans to their 'Every Mind Matters' website, one of the simple steps that is readily available to drive change."

Dr Hilary Jones, comments:

"Most of us experience some sort of mental health difficulty during our lives and we know that men in particular struggle with acknowledging and acting on any problems. We hope this new partnership will be able to reach men and women in a way that helps them to take action to look after their mental health."

The Emirates FA Cup Third Round kicks-off on Saturday 4 January at 12.31pm with games taking place across the weekend.

Fans can search Every Mind Matters to create their own personal mental health action plan or visit www.everymindmatters.co.uk.

Those in need of immediate support can text 'HeadsUp' to 85258 to be connected to a trained crisis counsellor. This service is available 24/7, and free to text from most mobile networks.

In conjunction with Heads Up charity partners Mind, CALM, Heads Together and Sporting Chance, fans will also be provided with helpful tips and advice on The FA website on how they can approach managing their mental health, at www.thefa.com/headsup.



Frank Lampard
Photo from Phoebe Knatchbull (Freuds)

England men U20s Elite Player Squad announced for 2020

England men U20s head coach Alan Dickens has named his 32-man Elite Player Squad for the 2020 campaign.

The squad includes eight players already capped at U20s level, with Alfie Barbeary, Richard Capstick, Rusiate Tuima, Sam Maunder, Manu Vunipola, Ollie Sleightholme, Connor Doherty and Josh Hodge returning for a second year. Of the 32 players, only three have not played for England, with Sam Crean (Saracens), Noah Heward (Worcester Warriors) and Gabriel Hamer-Webb (Bath Rugby) yet to represent their country at age-grade level.

The squad will compete in the U20 Six Nations Championship which begins next month, as well as in this summer's World Rugby U20 Championship in Italy. England U20s are led by Dickens and his side will open their Six Nations campaign against France in Grenoble, on Saturday 1 February (KO 20:00 GMT). The squad will convene at Bisham Abbey national sports centre on Sunday 5 January as they continue their preparations for that first Six Nations fixture. England's player pathway programme is a vital development tool for future full international rugby. Of the 31 players selected in England's 2019 Rugby World Cup squad, 81% played for England U20s, 77% for England U18s, while 87% came through a club academy.

Alan Dickens said: *"Players have been selected through a combination of their performances last year and displays in domestic and European competitions this season. It's been encouraging to see a number of the group playing Premiership, Champions Cup and Challenge Cup rugby and I believe we've selected a really strong 32 for our elite player squad. We also have a wider squad that we know will contribute and be crucial during the Six Nations as well as the World Rugby U20 Championship and my message to those players not in the 32 would be to stay fit and engaged with everything we are doing.*

I want to see the players arrive in camp on Sunday with a desire to learn, improve and take in a high level of detail. We have less than a month to bond as a squad before our first Six Nations fixture so getting them to gel will be a key challenge for the players as well as management team. I also want players to enjoy themselves. Being selected for England at any level is a proud moment in their careers and they should remember that. Hopefully, this is the next step in their ultimate dream of playing for the senior side.

Some of this group will have experienced the Six Nations last year and know how special a competition it is, with fixtures against some of England's great rivals. Crucially though, it prepares them for what they will experience as and when they make the next step into the senior side so it is a critical phase in their development as an England player. These players need to be aware that next step is not too far away and relish this opportunity.

We've had our first camp in November which was a really positive experience. It was made even more positive for the players when Eddie Jones was able to come in and deliver a session and that had a really powerful impact on them. This is a stepping stone to senior international rugby and we continue our preparations in a few days' time."

Forwards

Alfie Barbeary (Wasps Rugby)
Harvey Beaton (Saracens)
Richard Capstick (Exeter Chiefs)
Jack Clement (Gloucester Rugby)
Sam Crean (Saracens)
Theodore Dan (Saracens)
Ben Donnell (London Irish)
Rob Farrar (Newcastle Falcons)
Josh Gray (Gloucester Rugby)
Luke Green (London Irish)
George Martin (Leicester Tigers)
Nahum Merigan (Bath Rugby)
Hugh Tizard (Harlequins)
JJ Tonks (Northampton Saints)
Rusiate Tuima (Exeter Chiefs)
James Whitcombe (Leicester Tigers)

Backs

George Barton (Gloucester Rugby)
Joe Carpenter (Sale Sharks)
Tom Curtis (Sale Sharks)
Connor Doherty (Sale Sharks)
Gabriel Hamer-Webb (Bath Rugby)
Will Haydon-Wood (Newcastle Falcons)
Noah Heward (Worcester Warriors)
Josh Hodge (Newcastle Falcons)
Max Ojomoh (Bath Rugby)
Sam Maunder (Exeter Chiefs)
Raphael Quirke (Sale Sharks)
Tom Roebuck (Sale Sharks)
Ollie Sleightholme (Northampton Saints)
Freddie Steward (Leicester Tigers)
Jack Van Poortvliet (Leicester Tigers)
Manu Vunipola (Saracens)



AAT backs Government increase to national living wage

The Government this week confirmed it will raise the national living wage from £8.21 to £8.72 for those aged 25 and over with effect from April 2020. Increases for those under 25 and apprentices have also been promised.

Prime Minister Boris Johnson said;

“Hard work should always pay, but for too long, people haven’t seen the pay rises they deserve. Our government will put a stop to that, giving nearly three million people from Edinburgh to Eastbourne a well-earned pay rise, including the biggest ever cash boost to the National Living Wage.”

“But that’s not all. As we enter a new decade, we’re setting our sights higher, to help people earn more over the next five years and level up access to opportunity across our great country.”

The move has been backed by professional body, Association of Accounting Technicians (AAT). National Minimum Wage legislation affects many of AAT’s 140,000 members, whether they are students, apprentices, small business owners, licensed accountants or where they are employed by national and multi-national companies.

Phil Hall, AAT Head of Public Affairs & Public Policy, said;

“AAT is pleased to see that the Government have agreed to implement the recommendations of the independent Low Pay Commission and substantially increase the national living wage from April 2020.”

However, over 6,000 organisations, including AAT, have gained Living Wage Foundation accreditation on the basis of paying a real living wage of at least £10.75 in London and £9.30 across the rest of the UK - so Government has a long way to go to catch up with what has been widely accepted as a more appropriate minimum wage.

When last surveyed on the issue, the AAT Minimum Wage Survey found that 70% of its members wanted the Government to scrap the existing minimum wage structure and replace it with the Living Wage Foundation rates of pay.

Phil Hall concluded;

“We appreciate that many businesses are facing pressures and that employees are too – finding a balance is key to ensuring everyone gets a fair days pay for a fair days work and the increases planned for April 2020 are a step towards achieving this.”

The hourly rates will increase as follows from April 2020:

- from £8.21 to £8.72 for workers aged 25 and over (the National Living Wage)
- from £7.70 to £8.20 for 21 to 24 year olds
- from £6.15 to £6.45 for 18 to 20 year olds
- from £4.35 to £4.55 for 16 to 17 year olds
- from £3.90 to £4.15 for apprentices aged under 19 or in the first year of their apprenticeship



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

7th January 2020, 8.00pm

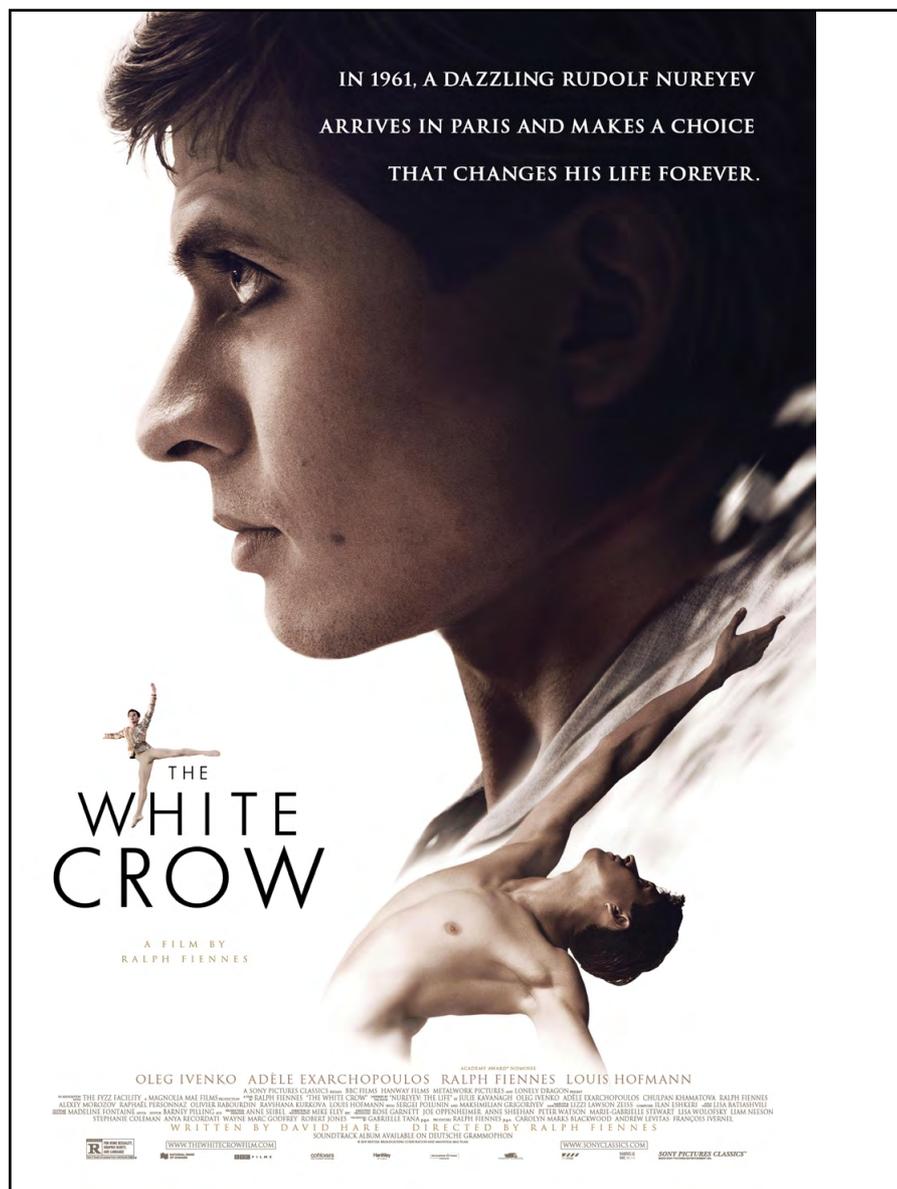
'The White Crow' (UK/Serbia/France)

Ralph Fiennes' acclaimed biographical drama captures the raw physicality and brilliance of Rudolf Nureyev, whose escape to the West stunned the world at the height of the Cold War. The film tells Nureyev's dramatic story from his humble beginnings to his defection in 1961, when he was the world's most famous male ballet dancer. The period is immaculately reconstructed.

www.richmondfilmsoc.org.uk

Non-member tickets are £5 (full-time students £3) and can be purchased in advance from The Exchange's Box Office (subject to a cap of 70) - in person, by telephone on 020 8240 2399 or online at www.exchangetwickenham.co.uk/events/. A further 50 or so tickets will be available to purchase on the door on the night of screenings (cash only) on a 'first-come-first-served' basis.

Films are shown at 8.00pm sharp on alternate Tuesdays (no trailers and no ads) and are screened at The Exchange, 75 London Road, Twickenham, TW1 1BE. On screening nights, the Bar is open from 7.00pm and remains open after the film. Drinks can be taken into the auditorium and coffee, tea and snacks are also available. Film notes are provided for each screening and audience feedback is obtained via response slips.



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Quarter Page
Landscape

Quarter Page Portrait

Eighth Page

Eighth Page
Landscape

Example advert sizes shown above

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