

Twickenham & Richmond TRIBUNE

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Editors

Berkley Driscoll
Teresa Read



19th May 2023

T&RT

Atticus the Goldfinch visits the Tribune
Photo by Berkley Driscoll

TickerTape - News in Brief

Twickenham Stadium Rugby

LONDON SEVENS

Sat 20th/Sun 21st May, 0900-1800.

Expect around 50,000 attendance on Saturday, with a smaller number on Sunday.

RFU will keep road closures to a minimum, although 11:00-13:00 and 17:30-18:30 on Saturday may be times when London, Rugby and Whitton Roads close.

Full CPZ 11:00-23:00.

The theme for this year is DISCO, so expect some interesting sights around Twickenham this weekend!

Star Print Closing

The Tribune was very sad to hear that Twickenham's home of stationery and artists' materials will be closing. After more than 30 years retirement beckons, and we all wish them well.

Room for Work offer career development course

In partnership with Work Match, Room for Work have created a development course for Richmond residents over 40 years old.

Designed for mature jobseekers and career changers, the programme will be delivered in 10 sessions over five weeks.

The first session will begin on 7 June at the charity's Clapham Junction site at WorkMatch 100, Falcon Road, SW11 2LH.

The course takes place in-person two mornings a week at 10.30am to 1pm.

The Room for Work programme specialises in tailored, one-to-one mentoring provided by expert course leader, Robin McKay Bell. You will have a chance to learn a variety of skills in a relaxed and friendly environment.

The course will show ways to write an effective CV, practise interviews, develop speaking skills and much more. To register for the course visit [Richmond Work Match](#) or email sonia.wilson@richmondandwandsworth.gov.uk.



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COVID-19

By Teresa Read

World Health Organization

Weekly epidemiological update on COVID-19 - 18 May 2023

(Data as of 14 May 2023)

At the country level, the highest numbers of new 28-day cases were reported from the Republic of Korea (418,960), the United States of America (355,376), Japan (229,877), India (162,559) and Brazil (153,829).

The highest numbers of new 28-day deaths were reported from the United States of America (5,333), Brazil (1,305), France (925), the Russian Federation (882) and India (656).

The European Region reported over 687,000 new cases in the previous 28-day period. Six of the 61 countries for which data are available reported increases in new cases of 20% or greater, with the highest proportional increases observed in Andorra (+89%), Sweden (+38%) and San Marino (+35%).

The highest numbers of new cases were reported from France (150,334), the Russian Federation (133,039) and Italy (82,452).

The highest numbers of new deaths were reported from France (925), the Russian Federation (882) and Italy (640).

IN THE NEWS

First Post: Hundreds of millions of life years lost to COVID-19 pandemic, according to WHO

Nebraska Medicine: What COVID-19 variant are we on? Currently, the dominant variant nationwide is XBB.1.5; other subvariants of omicron circulating, include XBB.1.16 and XBB.1.9.1.

The Japan Times: Japan's new COVID cases see small rise in first count since downgrade

Reuters: We may never know where the COVID pandemic originated



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darryl parkin

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QUENTIN BLAKE AT THE WWT

Report and pictures by Doug Goodman

From over 40,000 drawings and illustrations by Quentin Blake 54 are on display until July at the Wildfowl and Wetlands Trust in Barnes. The exhibition entitled 'Draw to Water' shows wetland-themed prints which offer a delightful insight into the illustrator's view of wetlands and bird life and how humans interact with their wildlife, plants and water. Born in 1932, Quentin Blake is one of the best known illustrators and has written over 500 books.

Said Cathy Cooke head of Experiences and Engagement at WWT, "We have chosen the most imaginative pictures from a huge selection of items to show the best of wetlands and nature." Cathy gained her MA in Heritage Interpretation at St. Mary's. Education is an important part of the centre's work with many schools and study groups making regular visits. Last Wednesday pupils from East Sheen Primary school had an exciting time exploring the wetlands.



Four Illustrations by Quentin Blake



Favourite Illustration of Cathy Cooke



Angelica Teixeira and Cathy Cooke from WWT

During a visit it was easy to forget that you were in a big city as all was so calm and peaceful with just bird song to serenade you. Only when looking out from the observation point over the reed beds could you see the buildings in London. Reserve Warden Angus explained that the key aim of the WWT was to ensure the best habitat for a city site to attract the highest diversity of bird life. Reed Warblers were abundant with over 50 species of birds generally in residence. The reed beds, fresh water areas and woodlands are carefully maintained to encourage rare plants and to provide ideal habitats for different birds. Sixty pairs of Sand Martins were about to produce chicks. A half day or better still a whole day at The Wildfowl and Wetlands Centre is time well spent. Remember to take binoculars and a camera.



Children from East Sheen Primary School



The Wetlands



Sir Peter Scott

The WWT was founded in 2000 and today, 20th May, is the 23rd anniversary when the entrance fee will be the same as it was 23 years ago: £6.50.

Information: www.wwt.org.uk www.quentinblake.com

Our brave and beautiful warrior Hedda RIP

By Bruce, Dafna, Shona and all Hedda's family

The year of her birth was 1939, three months before the outbreak of WW2 in Europe. Tzipora, Hedda's mother, whilst 6 months pregnant, decided to travel back to Bellarus from Palestine to visit her parents. Several days before Hedda's birth, the Germans invaded Poland. Tzipora travelled to Warsaw in the hopes of returning to Palestine. During her attempts to return home, Tzipora started to go into labour with Hedda while the Germans were bombing the city and the area surrounding the hospital. With Hedda only a few days old, Tzipora began walking many miles in the rain and mud to find shelter. After 3 weeks of being passed between the German gestapo, they were transported to an internment camp in Berlin. During this time, Tzipora had walked many miles, later describing how anyone who crossed their way "were in awe of Hedda and her beauty". For the next two years no one in the family knew what had happened to Tzipora and the baby [Hedda]. Then, as part of a hostage exchange between the British, who governed Palestine, and the Germans, Hedda and her mother Tzipora finally were returned to Palestine. Upon returning, at the age of 2, Hedda was reunited with her father, Arie, for the very first time.

On May 14th, 2023, at the age of 83, our beloved Hedda passed away.

Just two weeks ago, Hedda and Bruce on the 1st of May celebrated their 57th Wedding Anniversary. It was a poignant celebration tinged with pain as Hedda was already very unwell, but of course full of love. She had had a very joyful and exciting life married to Bruce, leading many Virgin expedition trips to Galapagos, Latin and Central America and African safaris amongst others and even was the organizer of the re-enactment Voyages of the Tall Ships sailing to Australia for the First Fleet. In later years she was often unwell with many underlying complaints, but she soldiered bravely on, looking after all of us, her extensive family & friends & the local community too in all sorts of ways and being a beloved companion and best friend to Bruce.





Rest in Peace Hedda 1939 – 2023
Bruce, Dafna, Shona and the Family

Notice of application for a Premises Licence

Notice is hereby given that PERVIN METIN CANDAN has applied to Richmond Council for a new premises licence at GALATA MEYHOUSE and address of premises 28 STAINES ROAD TWICKENHAM TW2 5AH insert summary of activity and times applied for SALE OF ALCOHOL MONDAY–SUNDAY 10:00-23:00.

Any person who wishes to make a representation in relation to this application must give notice in writing by 16.06.2023 stating the grounds for making said representation to: Richmond Licensing Authority, Regulatory Services Partnership (Serving Merton, Richmond and Wandsworth Councils) Merton Civic Centre, London Road, Morden, Surrey, SM4 5DX or by email: licensing@merton.gov.uk

The record of this application may be inspected Monday to Friday (except Bank Holidays) by prior appointment at the offices of Richmond Licensing Authority, Regulatory Services Partnership (Serving Merton, Richmond and Wandsworth Councils) Merton Civic Centre, London Road, Morden, Surrey, SM4 5DX between the hours of 10.00 a.m. and 4.00 p.m. Information on all new and variation applications received by the Licensing Authority can be viewed on the Council's website www.richmond.gov.uk

It is an offence, under section 158 of the Licensing Act 2003, to knowingly or recklessly make a false statement in or in connection with an application, punishable upon conviction by an unlimited fine.

Barnes Ward - Police Liaison Group Meeting

7pm 23rd of May Castelnau Community Centre

PCSO Morbey

Barnes Police Liaison Group is meeting at 7pm on 23rd May at the Castelnau Community Centre. Stillingfleet Road Barnes SW13 9AQ

Many residents are very concerned about the mugging of a school boy last week, and, whilst such incidents are very rare, young people should learn to take care when they are out and about.

The Police Liaison Group has invited one of the co-founders of the Staying Safe project, which advises young people on how to stay safe, be more aware of their surroundings, and avoid danger.

This presentation will be at the beginning of the meeting, so please tell anyone who has teenage children to come and bring their children with them.

The regular meeting will follow the presentation.

Also friendly reminder attached is the ward panel survey for any member who still wishes to give their feedback, thank you.

<https://www.smartsurvey.co.uk/s/H6POKO/>



**METROPOLITAN
POLICE**

Richmond May Fair

Three years is a long time to wait but Richmond's historic May Fair returned to The Green on Saturday 13th May, it's 50th Anniversary. Although run by a new Community Group all the old favourites were back. A wonderful array of Char-ity Stalls like Richmond Good Neighbours "Gin-tastic" tombola and the always popular Animal Rescue, plus new businesses with a great range of unique prod-ucts. There were still queues for the expanded Victorian Fun Fair at closing time. As well as the usual popular barbecues run by Friends of St Matthias and First Richmond Scouts this year there was a



greater range of food catering for every taste including vegan. And of course it wouldn't be the Richmond May Fair without a huge choice of delicious cake to sample which all seemed to sell. The Dog Show attracted a record 100 entries and was judged by Ian Stroud from Pet People with treats provided by tails.com

As well as all the fun of the Fair there was a great line up of entertainment on the Richmond May Fair stage with local youngsters from the Old Vicarage School, Kidzgottalent, Richmond Ballet School and Stagecoach and fantastic music from Liv Jayne, The Hornets, Janethan the St Margaret's Elastic Band and Age UK's Ukulele Band. To round off the afternoon no fewer than 5 young bands from producers Powerjam provided an amazing sequence of irresistible rhythm and musical talent.

The cold day didn't deter visitors and the Green was packed with people enjoy-ing the Fair. The Craft Fair in the beautifully decorated Marquee which hosted the previous night's hugely successful May Ball, was more popular than ever. The stallholders didn't want to pack up and leave because they'd had such an enjoyable and good day.



The Mayor opened the Fair at 11am and Riverside Radio were broadcasting live.

Pamela Fleming Chair of the Richmond May Fair Committee said: -

"Bringing back the May Fair after three years was a huge task and would not have been possible without the support of Be Richmond and Minesoft. We are grateful to Richmond Council for awarding us a Civic Pride Grant and to their of-ficers for helping us navigate all the details required for the Event Management Plan. A big thank you to all the Committee and the fantastic volunteers who did so much on the day to make visitors and stallholders feel so welcome".

Celebrating the Coronation Montpelier style

Maurice Parry-Wingfield

This shot was taken from up a tall ladder by Peter Emmerson on Sunday.

There were lots of activities for old and young alike, with a barbecue and even Scottish reels with a caller.

It was held for people living in Montpelier Row, Chapel Road and Orleans Road.



Dear Sir,

ULEZ expansion will unfairly hit the old and poor

The plan to expand ULEZ in August is deeply flawed, must be postponed and its implementation reviewed, before more harm is done.

Nobody would argue with the principle of improving London's air quality but most would argue strongly that London's old and poor shouldn't be the ones forced to foot the bill.

How could a Labour mayor have got ULEZ implementation so wrong!? Sadiq Khan and the London Assembly appear happy to allow the better off to drive a *compliant* 'Chelsea Tractor' through the Labour party's core values of equality, social justice and compassion.

All data shows that by far the greatest factor in road pollution is distance driven. This is underlined by the fact that ULEZ compliance is **measured per km**. The absurdly blunt tool of *compliance* or *non-compliance* lets the biggest polluters off scot-free to pollute as much as they please.

A commuter driving a *compliant* diesel car into London daily could easily cover 15,000 miles a year on Greater London roads and pay nothing. However, a pensioner in a small *non-compliant* car* could pay over £4,500, even if they cover less than 1,500 miles a year... a tenth of the distance! The commuter will produce up to 10x more pollution but the pensioner will be forced to pay to finance the scheme and fund other services used by all Londoners.

By wrongly singling out one factor, the least well off are unfairly targeted. A scheme that robs London's old and poor to raise revenue is a disgrace, not just for the Labour Party but also for their Liberal Democrat backers.

The ULEZ expansion date must be postponed while a thorough review is made of the way ULEZ is being implemented and its likely impact on London's working poor and pensioners who rely on a car.

Thank you.

Robin Hunter

Pensioner, former schoolteacher and motoring historian living in Teddington.

(* 0.01g/km of NOx is the difference between *compliance* and *non-compliance*... many older small cars produce low levels of NOx but NOx wasn't recorded by DVLA until very recently.)

Dear Sirs

Twickenham Riverside

Lib Dem Twickenham MP Munira Wilson remarks in her online newsletter “In spite of my lack of sleep on election night...”.

And this sleeplessness must have lingered - and affected both her judgement - and given her a form of historic amnesia - aided by tunnel vision like a blinkered horse - as she appears to see only what she wishes to see - and not the reality.

I am referring to her letter dated 11 May 2023 where she waxes lyrical about a vision of Twickenham Riverside that - under Lib Dem plans - will be “larger, greener and more open”.

But how can Twickenham Riverside fulfil those functions when the Lib Dems aim to cover it in housing? Are they planning to use invisible bricks?

And - totally ignored - as if it didn't exist - as it doesn't fit their false narrative of “40 years of neglect” - are the Diamond Jubilee Gardens.

In 2012, Princess Alexandra opened the Diamond Jubilee Gardens - to celebrate the late Queen Elizabeth II's diamond jubilee.

It was granted a 125 year lease - in 2014 - for 125 years - and designated as ‘Public Open Space’.

Instead of celebrating our late Queen - they are denigrating her memory as the Lib Dems wish to bulldoze the beloved Gardens and - as they cannot get their own way by democratic means with the Trustees of the Diamond Jubilee Gardens - they are determined to crush them - and crush the Gardens - by trying to use a Compulsory Purchase Order as a literal blunt instrument.

This is also sheer hypocrisy - and political expediency - from an MP who on 25 April 2023 - tweeted:

“Last year, free public access to the gardens at Hampton Court Palace was removed for the first time since Queen Victoria opened them up in the 1830s. Local residents in Hampton hugely value these historic grounds. I've written to the Palace to ask for free entry to be restored.”

Yet the Lib Dem MP doesn't value the historic grounds of the Diamond Jubilee Gardens as she advocates their destruction.

Yours faithfully
Twickenham Resident
(Name and address supplied)

The tweet is here: <https://twitter.com/munirawilson/status/1650818945715257345>

TEDDINGTON VILLAGE FAIR

SUNDAY 25TH JUNE

12:00 - 17:00

UDNEY HALL GARDENS



The Village Fair is returning to Teddington again this year. Come and help us celebrate 50 years of the Teddington Society and join in all the fun.

- ◆ Music and Dance on our stage and performance area
- ◆ Fun and Games on stalls from all our local community groups
- ◆ Food and drink from local businesses.
- ◆ The finish line for the United Response pram race!

Organised by your local Rotary club together with the Teddington Society, St Mary with St Alban, the Landmark and the local Scouts and Guides, this year's fair will be one to remember. Updated information is available on our website. Search "Teddington Rotary" or use QR code.



Rotary



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Two events have changed the situation with regard to the Riverside

(Councillor) GEOFFREY SAMUEL

The first is the Council's relentless pursuit of Compulsory Purchase of the Diamond Jubilee Gardens.

Forcible eviction without due legal cause does not sit easily with Liberal principles but is sometimes acceptable if an individual or organisation with a vested interest obstructs a project palpably in the public interest. But this is an unprecedented seizure of land leased to a Charitable Trust whose sole purpose is the public interest.

I was Deputy Leader when, in an attempt to prevent the Riverside continuing as a political football, we created an independent Charitable Trust which is permitted to surrender the land only for its equivalent or better. The professional advisers tell the Trust that the Council offer does not satisfy that requirement. The Trust has no reason to reject that advice.

Personally – and this is personal – although the Hopkins scheme which the Council adopted is not my choice I believed that, provided there was genuine compromise, real changes, the concept could well be acceptable. There have been modifications since. It is only on the Diamond Jubilee Gardens that the Council has refused. The 'concept' could have survived if it had accepted the Gardens as one of the many constraints on the site.

At the Public Inquiry next month I shall be joining the Trustees and local stakeholders in opposing Compulsory Purchase.

The second is the budget for the scheme at the amount of £45m - a huge percentage of the Council's net budget for just one scheme. At my request the Council has now produced a Risk Analysis.

The risks are that the construction costs could exceed the estimate: the expected grants may not fully materialise: the hope-for revenue of up to £25m may not be achieved.

Unbelievably the Council has no plan in case these risks occur. That must mean – an even bigger budget.

And such sums spent on one project mean less money for every other project, for every other ward.

Twickenham Riverside and “Unaffordable Housing” with One of the Best Views of the Thames

Teresa Read

This week I have seen the letter to the Public Inquiry concerning the Council’s Compulsory Purchase Order from the MP for Twickenham, Munira Wilson, supporting the Council’s Compulsory Purchase Order on the Diamond Jubilee Gardens, Twickenham Riverside.

I am sure that those with an interest in “the Riverside” will remember Councillor Munira Wilson and Councillor Michael Wilson, both councillors for the London Borough of Richmond upon Thames (LBRUT), when the Council’s housing development was defeated in 2009 – the result of an overwhelming vote by residents against “unaffordable housing” as opposed to “affordable housing” on Twickenham Riverside, the result of an independent Referendum organised by Electoral Reform Services.

As a LBRUT councillor, Munira’s husband is known to support the Council’s Twickenham Riverside plan but the Council’s current scheme is not only for “affordable housing” on the dilapidated Council-owned car park (next to Water Lane) but also, once again, “unaffordable housing” on the land currently protected by a Charitable Trust for the enjoyment of everyone (as intended by the Council who bought the land in 1924). And, as Munira says in her letter to the Public Inquiry supporting the Council’s scheme “our stretch of the river is one of the most beautiful on the Thames”.

Munira echoed the Council’s oft-repeated “40 year” [of neglect] slogan but using the word “limbo” instead of the usual “neglect”, forgetting the provision of a children’s playground in 2005 as well as café and public toilets; the early stages of revitalisation of the area – at the very time she was about to become a LBRUT councillor.

Now today, we have the Council’s Compulsory Purchase Order on the Diamond Jubilee Gardens currently protected by a Charitable Trust.

For those interested in local history I have linked to a few of the Rugby Post magazines: they provide an accurate view of Twickenham Riverside around ten years ago; these six copies alone dispel the myth of “40 years of neglect” of Twickenham Riverside.

2023 MINUS 2005 DOES NOT EQUAL 40 years. The Rugby Post for September 2012 contains an article about the opening of Diamond Jubilee Gardens (following on from the start of the revitalisation of the area in 2005 with the children’s playground, café and public toilets as mentioned above).



[Rugby Post 44](#)
24 Aug 11

[Rugby Post 46](#)
25 April 12

[Rugby Post 47](#)
26 Sept 12

[Rugby Post 48](#)
3 Jan 13

[Rugby Post 49](#)
27 March 13

[Rugby Post 50](#)
31 May 13

TO FIND OUT THE INFORMATION PROVIDED FOR THE TWICKENHAM RIVERSIDE PUBLIC INQUIRY FOLLOW THE LINK BELOW:

<https://gateleyhamer-pi.com/en-gb/twickenham-riverside/inquiry-documents/statements-evidence-interested-parties/>

New Mayor to raise money for Age UK Richmond and SEEN

The new Mayor of Richmond upon Thames and their chosen Deputy were formally announced last night at a special meeting of Richmond Council.

Cllr Suzette Nicholson, a Liberal Democrat Councillor for Hampton, becomes the 58th Mayor of the borough and will serve a twelve month term.

She has chosen to raise money for two local charities during her Mayoral Term, [Age UK Richmond](#) and Twickenham-based [SEEN](#). Age UK Richmond supports and provides a wide range of services to those aged 55 and over, who live in the borough. They encourage local older people to live happier, healthier, and more independent lives, by providing information, advice, activities and events for older people, their families and carers.

SEEN, formerly known as Crossway, provides mental and emotional wellbeing support for women and their partners after experiencing pregnancy loss, miscarriage, stillbirth, ectopic/molar pregnancy, termination and baby loss.

As a Councillor, Suzette was previously the Deputy Chair of the Education and Children's Services Committee. She also served as Deputy Mayor of Richmond upon Thames in 2021-2022.

She will be supported by her husband, Dr John Nicholson, who shall be her consort. Cllr Fiona Sacks from Barnes ward will serve as Deputy Mayor.



Cllr Nicholson said: *"I have chosen Age UK Richmond as I have known for some time the many different things they do for the many elderly residents in the Borough. One part of their work is to help those with dementia. This has been a close concern of mine as both my mother and mother-in-law died with dementia last year. Many of our residents are affected by this. Also, AGE UK gives assistance to people who need a little help in living more fulfilling lives when age is making things harder."*

"SEEN (previously the Crossway Pregnancy Advice) is a local Charity that supports women facing an unplanned pregnancy. It also supports women and their partners facing the trauma of pregnancy loss. Their work has expanded to teach relationship and sex education in schools and youth clubs and a relationship course in prisons. The charity aims to build self-esteem and confidence. It provides accurate information, as well as emotional and practical support."

Fay Hamilton, Centre Director for SEEN, said: *"SEEN are delighted to have been selected as one of the Mayor's chosen charities for 2023/24. We feel this is a wonderful accolade to the SEEN team, and look forward to attending the Mayor's events and raising awareness about our small local charity in Twickenham, who provide a safe space for those facing unplanned pregnancy and baby loss, and deliver RSE lessons to empower and nurture our community"*

Gavin Shand, Chief Executive Officer of Age UK Richmond said: *"We are absolutely delighted to be chosen as one of the Mayor's charities this year. Age UK Richmond staff and volunteers work so hard to provide much needed support to local older people across the borough, and we look forward to working with Cllr Nicholson to support and increase awareness of our work and partnerships."*

Cllr Nicholson replaces Julia Cambridge who had served as Mayor since May 2022. As Mayor, Cllr Cambridge has raised over £16,000 for local charity Ruils.

Richmond Volunteer Fair

Thursday 25 May 2023, 2pm - 6pm

Richmond and Hillcroft Adult Community College
Parkshot, Richmond, TW9 2RE

Register for your free place at

www.richmond cvs.org.uk



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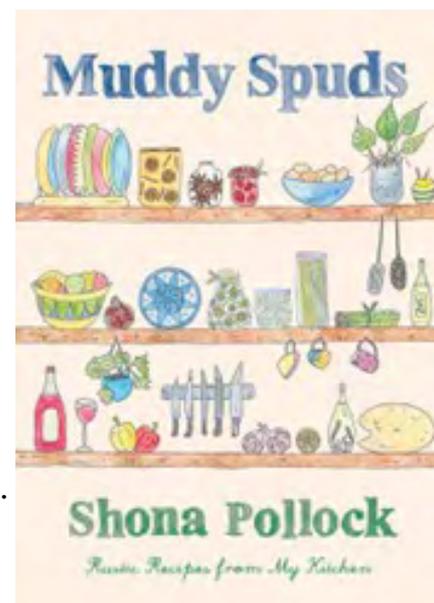
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@RCVS_Richmond

MUDDY SPUDS

Every so often, I stumble upon a cookbook that really hits the spot as far as my style of cooking goes. Recently, I've been reading **Muddy Spuds**, by chef **Shona Pollock**, whose 30 or so year career has been spent cooking for weddings and private clients. With her expertise and passion for unpretentious, but delicious, food jumping from every page, Shona's decision to bring her recipes together in a cookery book to hand down to her son and nephews has resulted in a recipe compendium that will inspire and entice you - irrespective of your cooking ability - to head to the kitchen and start cooking. Known by many as one of the best wedding caterers in the business, Shona now shares her recipe repertoire. From mouth-watering canapés, to sharing the secrets of cooking game, or delicious veggie options and desserts to die for, Shona's collection of 200 recipes will be a great addition to your cookbook library.



Shona has always championed seasonality in her recipes, bringing together the best ingredients available throughout the year, ensuring we make the most of our excellent UK grown produce and save money too. Refreshingly different, this book isn't penned by a chef whose celebrity outshines their recipes. **Muddy Spuds** provides you with classic, unpretentious recipes that Shona's prepared for her friends, family and clients over the years.

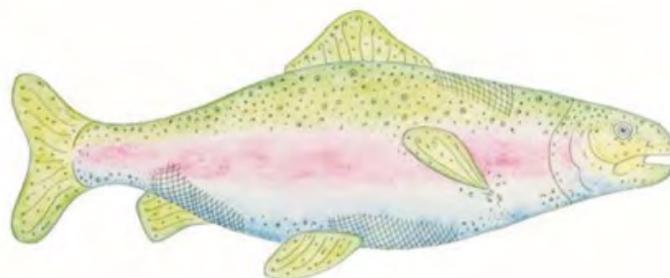
Interestingly, this lovely book doesn't have any photos! Don't be put off though, there are fabulous sketches by artist Harriet Hodgkinson throughout the book, as you'll see, with this taste of the contents of this lovely book below.

Published by Jersey Royals Publishing, **Muddy Spuds – Rustic Recipes From My Kitchen** is available in hardcover (£25.00) from the author's [website](#)

Sumac and Citrus Baked Salmon Serves 6

“This dish is quick to prepare and nice with red or black rice with some walnuts and perhaps chopped coriander tossed through. You can have it hot or it is equally good served cold with some lovely salads. Sumac is a Middle Eastern spice – I think originally from Iran, made from dried and ground sumac berries. You can get it from most supermarkets and if not, from an Iranian shop, if you have one near you.”

- 6 salmon fillets
- 2 teaspoons sumac
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- grated zest and juice of 1 orange
- grated zest and juice of 1 lime
- 3 tablespoons of light olive oil
- salt and freshly ground black pepper
- Preheat the oven to 180C



1. Mix the sumac, cumin, cinnamon, orange zest and juice and lime zest with the olive oil. Pour over the salmon fillets.
2. Season with salt and pepper and bake for 12 minutes.

Asian Slaw Serves 4–6

“This is a lovely slaw and quite different from coleslaw – I like it with Slow-Roast Pork or even Citrus-baked Salmon.”

- 1 red onion, finely sliced
- 500g white cabbage, finely sliced
- 200g red cabbage, finely sliced
- 2 yellow peppers, seeded and finely sliced
- 1 papaya or mango, peeled and sliced
- 1 tablespoon mint, chopped

Dressing

- 3 tablespoons white wine vinegar
- 2 tablespoons lemon juice
- 100ml rapeseed or sunflower oil
- 2 tablespoons sesame oil
- 4 tablespoons light soy sauce
- 3 tablespoons light soft brown sugar



1. Mix the dressing ingredients together and then mix with all the vegetables and papaya or mango, add the mint. All done now and yum! It is so good.

Fennel and Feta with Pomegranate Seeds and Sumac Serves 4

“This is a lovely simple salad – goes with anything or just have a big bowl on its own. I think my friend, Fi Potter, gave me this among many other lovely recipes she has passed on to me. You can make it more substantial for a supper dish and add some slices of cooked chicken and some roasted pine nuts, should you wish.”

- 1 tablespoon pomegranate seeds
- 2 medium fennel heads
- 1½ tablespoons extra virgin olive oil
- 2 teaspoons sumac
- juice of 1 lemon
- 2 tablespoons flat-leaf parsley, roughly chopped
- 100g feta, crumbled
- salt and freshly ground black pepper



1. Remove the leaves of the fennel, keeping a few to garnish later, and trim the base, making sure you leave enough of it still attached to hold the slices together. Slice very thinly lengthwise.

2. In a bowl, mix the olive oil, sumac, lemon juice, herbs and some salt and freshly ground black pepper. Add the fennel and toss well. Taste for seasoning but remember the feta will add saltiness.

3. Layer the fennel, then the feta and then the pomegranate seeds. Garnish with fennel leaves, sprinkle over some sumac and serve immediately.

SENSE, SENSIBILITY AND LOTS OF FUN!

What fun we had after a bite to eat at the Turk's Head in Twickenham the other evening!

Open Bar Theatre - following the success of Shakespeare in the Garden - is this summer performing Jane Austen's *Sense and Sensibility* in Fuller's pub gardens this summer.

A quartet of talented performers are delighting audiences with this much-loved classic until 10 June.

The four actors perform a multitude of characters, amid umpteen, amusing and clever costume and scenery changes.

They also involve a few unsuspecting members of the audience, and the whole thing is hilarious.

Sense and Sensibility tells the story of the Dashwood sisters, Elinor, Marianne and Margaret as they come of age. It follows the three sisters as they must move with their widowed mother from the estate on which they grew up and look for a new home.

They find themselves on the property of a distant relative, Sir John Middleton, and start on a journey of love, romance and heartbreak.

It's coming next week to **The Prince Albert**, Twickenham on **Monday May 22**; **The Hare & Hounds Osterley** on **Tuesday 23**; **The Anglers**, Teddington on **Wednesday 24** and other southern locations including **The Duke of Kent** in Ealing on **Friday 8 June**.

I thoroughly recommend it.

Tickets can be purchased on [Fuller's](#) website.



WIZ Tales: Zambia

By Teresa Read

Towards the end of last month, the United States Vice President Kamala Harris made a visit to Africa. Already an important provider of aid, US investment aims to counter the influence of China and Russia on the continent; Zambia was among the countries visited.

Archaeological excavations have shown that early man lived near the Victoria Falls and the Kalambo Falls.

Dr David Livingstone, the Scottish missionary and explorer, named the Victoria Falls after the British queen.

Zambia joined the British Commonwealth in 1964.



Further information about Zambia:

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



Were you one of the 160 million that watched...?

By Deep Patel

~ Through the Eyes of a Twickenham Shopkeeper ~

Last week I wrote about how customers in my shop often start their conversations talking to me about the weather...not this past week though...this past week, the conversations have unanimously been dominated by one subject, and one subject only...the good old we-love-to-hate-it-but-watch-it-anyway, yes that good old tradition, the Eurovision Song Contest...!

This year, held in the UK, we had even more hype...

Before I go on, I should stress, my family and me are loyal watchers of the Eurovision Song Contest each year. Dad, mum, brother and me all sitting along our sofa with a glass of coke watching from start to finish (yes, even the points part) as if we were judges on the X-Factor...Each song we actually go along the sofa and each say either "No" or "it's a yes from me"...my dad actually goes to the extent of having a note book and pen in front of him making notes on his favourite songs as we go along...no one in my family sleeps until ALL the scoring is done and until the winner is declared...does anyone else reading this right now do the same as my family?

So what I was most fascinated by from all the conversations that I have been having with customers this past week is the astonishing amount of customers who tuned in to watch the affair...I mean the variety of groups also was most astonishing, from customers in their nineties to children who were only six years of age...from city-workers to bus drivers, EVERYONE had SOMETHING to say...even those who didn't even watch it?!

So, what exactly is it about Eurovision that has us all talking about it? When I ask customers the day before if they will be watching it, they say "who me? I would rather stick pins into my eyes" or "Eurovision? Not me mate, that's s**t TV" or even "that's for the wife, I will be down the pub", yet the day after it was those very people who were talking about it to me!!! Some were talking about the outfits performers wore, others about the songs themselves and some about the politics of the show, opening a can of worms on all manner of conspiracy theories...whatever the topic...everyone had something to say about it...no wonder 160,000,000 tune in worldwide to watch this contest...

The Eurovision Song Contest seems to be a guilty pleasure for Twickenham and worldwide folk alike... something considered "un-cool" that we all still watch...something everyone from all ages, nationalities and backgrounds alike love to talk about with each other...in that way, whether it's the techno-style and slightly odd music, the largely ghastly and hugely overdone outfits, or potential political agenda and conspiracies surrounding the event that float your boat, love it or hate it, Eurovision has something for everyone and ticks all the boxes for a good night in...in this way, Eurovision really is more than music...it unites people of different ages, cultures and background and brings people together in a way nothing else quite does...togetherness... something that we need a lot more of in this world today more than ever before perhaps...so I conclude...Long Live Eurovision!

Remember...

"Anything that brings us together in some way is always good in some way"

Until next week, practice kindness to the smaller beings in life, love and forgive each other, smile more often and remember, if it brings people together...it's got to be a good thing...! Let's see what events from my newsagents shop on Hampton Road, Twickenham inspire me to write about next time... Have a pleasant week! X

Those who follow my articles will be familiar with my passion for promoting kindness to all creatures, from the smallest to the big...but incase you are a first-time reader, here are my key tips...If we learn to foster an attitude of compassion towards the little life forms...then we will automatically contribute to creating more compassionate world...



Handy Tips to stop ALL insects in the house without harming them for good karma ☺

Try not to wash or sweep your patios/drives too often to save the tiny little lives we can't even see. Before you wash home grown leafy veg or deadhead/bring indoors flowers, shake them hard outdoors & you will release 100s of little lives that live on them!	SLUGS/SNAILS: Buy mini rolls of copper mesh online or from hardware stores, cut & make a few mini fences around plants, push in soil to support. Move slugs from area before laying mesh.	MICE/RATS/FOXES & SQUIRRELS etc: Use live capture humane traps & release away from home. NEVER CRUSH IN EMPTY BOTTLES! Use peppermint oil where they come (peppermint oil works too but keep it away from pets). Plug electronic deterrents work VERY well but check ones which have good reviews & safe for your pet!
ANTS, GREEN FLY, CATERpillars, Aphids: Sprinkle WHITE VINEGAR, pure peppermint oil or talcum powder where they come (not on them)!	WHEN IT RAINS: Use a leaf to move worms, slugs/snails off streets so they don't get stepped on. Use a phone torch when dark to save. Let flies out of windows don't eat!	SPIDERS, MOTHS & ALL PESTS: Buy electronic plug deterrents (online or at Mace & Deep News) & ALL spiders/ants/mice/flies will keep away without having to kill. Check traps for your pet. Also mix 50 drops of peppermint oil with a cup of water and spray where moths, spiders, mice or any insects come. NOT directly on insects or pets.
SEEN AN INJURED FOX/PIDGEON/SQUIRREL etc? Don't leave it to suffer, please call LONDON WILDLIFE PROTECTION on 07909 795 064 they will help free. For specific kind pest control tips please email: thedeepatel@gmail.com & Facebook group: KIND WORLD		

St Mary's
University
Twickenham
London



In Conversation with Fraser Nelson

7th June 2023
5.30pm

Waldegrave Suite
St Mary's University
TW1 4SX



Fraser Nelson has been Editor of *The Spectator* since 2009 and has overseen a doubling of the magazine's sales. He is also a columnist with *The Daily Telegraph* and is on the Board of the Centre for Social Justice.

He was previously a financial journalist with *The Times* and Political Editor of *The Scotsman*. He has presented two Channel 4 documentaries on the subject of inequality.

[BOOK NOW](#)



Oliver! Jr

by Lionel Bart

Dramacube Productions at Hampton Hill Theatre, until 7th May



Rollicking, rumbustious, raucous one minute – plaintive, powerful with plenty of pathos the next, *Oliver! Jr* rocked the stage of the Hampton Hill Theatre over a momentous weekend ... with only the minor distraction of a coronation.



The wit and entertainment of this piece was conveyed with expert direction from seasoned director Matthew Bunn and his fantastic groups of 8–12-year-old actors. Over the weekend four separate young casts performed Bart's well-known take on the much loved Dickens' tale. ([An older teenage cast had presented their version in Esher back in March.](#))

Hannah Calarco's impressive set transported us via a bleakly oppressive orphanage to dreary grey Victorian London. With atmospheric lighting by Gary Stevenson and Lizzie Lattimore and effective sound and music from David Gates, the scene was set. Steps, tunnel and brickwork simultaneously presented an atmosphere of destitution, where grimy malnourished orphans, costumed with insight by designer Jo Scholes in scarves caps and random rags, were fed on nothing but gruel. No McDonald's for them!



All five casts lit up the stage with a well-rehearsed and neatly choreographed opening number *Food Glorious Food*. These were truly ensemble productions with every young actor giving their all to entertain and delight us, as we whizzed through Dickens' classic story. The foot-tapping music and ensemble choreography, by Rory Cubbin and Heather Stockwell, were a delight.

This *Oliver! Jr* was a collection of vibrant shows, with the youngsters clearly loving every moment of their productions. To be moved by the powerful performances of very young casts underlines what children can achieve when they are inspired.



Please, Dramacube can we have some more?

Read about each cast and their actors in reviews by:

Gill Martin on the Purple Cast at www.markaspen.com/2023/05/05/oliver-purple

Sadie Williams on the Green Cast at www.markaspen.com/2023/05/12/oliver-green

and the Red Cast at www.markaspen.com/2023/05/12/oliver-red

Heather Moulson on the Blue Cast at www.markaspen.com/2023/05/08/oliver-blue

and the Yellow Cast at www.markaspen.com/2023/05/08/oliver-yellow

Photography by Simone Germaine Photography



Mayfly

by Joe White

Putney Theatre Company at the Putney Arts Theatre until 20th May

The opening scene of *Mayfly* jumps from the stage, with the shock of a near tragedy, as young Harry takes the first steps of carrying the awful load he bears from a splintered family. Attempted suicide, sexual propositions, grief, loss, which are all thrust upon him by a twist of fate, he shoulders the lot as the play unravels.

As Harry, Morgan Beale carries these burdens smoothly; not once do we lose sight of the weight Harry is carrying. The most captivating scene, in an ailing pub where Harry is one of the bar staff, involves the desperate Mum, Cat, poignantly played by Emily Fellows. There are powerful performances of the protagonists within the family unit, and each actor portrays them uniquely. Daughter Loops, played by Jessica Olim, is a fantasist. Her father Ben, nicely played by Oscar Heron, has a screaming subtext of recovering alcoholism and loss. It is a family torn apart and we can feel the pace when it comes to the make-or-break point.



A microwaved family dinner that pours itself into a sharp climax shows just how writing can excel. It forms a good cue for Harry to finally reveal his own demons, while making tentative steps to sewing a family back together. This is by no means a depressing piece, and the writing is vibrant.

Written by Joe White, an Olivier Award nominated playwright, and directed thoughtfully by Jodi Rilot, this is a powerful production. The simple set design by Tony Bennett and Ian Higham works well against the blackness of the auditorium. The atmospheric lighting is designed by Martin Jessop, with an apt sound design by Barney Hart Dyke. A particular nod though must be given to the cast of four who bring the text alive.



Read Heather Moulson's review at www.markaspen.com/2023/05/17/mayfly

Photography by Steve Lippitt



Jonah

by Ian Fletcher, libretto by Jeffrey Lewis

National Symphony Orchestra at Cadogan Hall, Chelsea

Cadogan Hall rides the waves, as the sea dominates a glorious and varied orchestral and choral programme, with a very special concert entitled *Jonah, Theme of the Sea*. All the items in the first half with nautical references were indeed a voyage of discovery, but our destination was the world premiere of the oratorio, *Jonah*.

First, Mendelsohn's *Hebrides Overture*, scenes from Wagner's *Der fliegende Holländer*, and a couple of G&S favourites from *HMS Pinafore* and *Pirates of Penzance*, set the scene for the main item of the programme, *Jonah*, based on the biblical story of Jonah, composed by Ian Fletcher.



The oratorio is divided into four parts: disobedience, obedience, mercy, and repentance, each section cleverly conveying the story straight from the Bible. Fletcher's rich orchestration and colourful vocal writing clearly reflected these subjects. There was some sensitive word-painting aided by Jeffrey Lewis' fine libretto.



As Jonah, Ashley Riches was in superb voice, as were fellow baritone Morgan Pearse and [Henry Waddington](#) with his rich bass. The narrator, unusually, was assigned to a soprano, Katerina Mina, who sang with poised assurance.

John Andrews conducted the National Symphony Orchestra, and an extensive percussion section (including popping champagne corks!) with verve and vigour. The combined male voices of the London Symphony Chorus, plus two children's choirs from the Farnham Youth Choir, made his a mighty piece in every sense.

The final exuberant chorus drew a comparison with the governance at the time of the resurrection and the actions of the people of Nineveh who had repented their sins.

The composer Roxanna Panufnik, well-known in Twickenham, and recently commissioned by the King to write a piece for his Coronation, describes her role as a composer being like that of an architect: "You have the bare structure knowing your parameters and then you carefully piece it together bit by bit." Fletcher has done just that with his oratorio *Jonah*.

Read Helen Astrid's review at www.markaspen.com/2023/05/13/jonah

Photography courtesy of Harmony Works



Bleak Expectations

by Mark Evans

Anthology Theatre at the Criterion Theatre, West End until 3rd September

In this effervescent spoof, every Dickensian motif one can imagine is pastiched, riffed on, subverted, gently ridiculed, poached, and served to the audience with a hearty helping of winks, nods and elbow nudges.

The whimsical plot of the radio show's first season is condensed into two hours of Dickensian spoofery. The "ghost of future self" narrator (each week, a different celebrity guest; this week was Sally Phillips, from *Bridget Jones' Diary*) recalls their younger self's life-story.



Our protagonist is the bright-eyed and bushy-tailed Pip Bin (Dom Hodson), who: frees a mysterious prisoner as a young man; is then orphaned after his father is murdered by penguins and his mother goes insane; has his sister abducted by a pantomime nemesis, Gently Benevolent to marry into the Bin family fortune; is sent to a boarding-school workhouse; and goes on to make a fortune in London, with nearly everyone getting a happy ending.

As often is the case, the villains of the show gave the heartiest performances. John Hopkins as the chief antagonist, Gently Benevolent (a subversion of expectations on Dickens' propensity for nominative determinism), gives a classic pantomime villain vibe – a deep villainous laugh, a moustache he can twirl, and an affinity for nitroglycerine. Marc Pickering as the various Hardthraher siblings is a scene-stealer whenever he appears. Yet the villains have more freedom and depth to ham up their characters; the protagonists are constrained by their treacle-sweet boyish enthusiasm and optimism.

Virtually every comedic device one can think of is used by the production – fourth wall breaks, call-back jokes, all forms of wordplay, Blackadder-esque metaphoric absurdism, subversion, physical comedy, cartoon logic, non-sequiturs, anachronistic references, and witty one liners – no comedic stone is left unturned. Delivered with oodles of energy, gusto and momentum, when it lands, it lands well – but by the end it can start to feel a little repetitive and predictable. It's good, wholesome, comedic company to lean into, but usually best served in smaller portions.



Read Eugene Broad's review at www.markaspen.com/2023/05/19/bleak-exptcns

Photography by Manuel Harlan

Barnes Children's Literature Festival returns

Barnes Children's Literature Festival returns on Saturday 24 and Sunday 25 June 2023, with more than 100 fun readings, workshops and performances for young book fans and their families.

Comedy legend Sir Lenny Henry, the mega bestselling author of the How to Train Your Dragon series Cressida Cowell, Gruffalo creator Axel Scheffler and superstar space scientist Dr Maggie Aderin-Pocock will be in attendance.

The event will also celebrate the centenary of beloved Barnes resident Judith Kerr, who lived and worked in the village for over sixty years. Judith's daughter, Tacy Kneale, will join with her mother's dear friends, the former Children's Laureates, Sir Michael Morpurgo and Lauren Child, to remember her remarkable life.



This year's programme is packed with family friendly theatre including a brand new show based on the extraordinary world of Roald Dahl, a magical Pippi Longstocking storytelling session and a trip to the wacky world of The Wizard of Oz.

For more information and how to book tickets, visit the [festival website](#).

Cricket legend Sir Andrew Strauss attends SporTedd fundraiser

The former Middlesex and England captain showed all his class as he batted away a series of tough questions at SporTedd's latest fundraising dinner at The Wharf in Teddington.

Cricket journalist James While quizzed the sporting legend about his distinguished career including his sledging run-ins with the late spin bowler Shane Warne.

Andrew also spent time answering questions from guests. Amongst the guests on the night were former ECB Chief Executive Tom Harrison, who lives in Teddington and former England player Monty Panesar, who played for Twickenham CC while studying international sports journalism at St Mary's University.

The latest dinner raised over £2000 for the community group which has donated nearly £70,000 to sports-themed projects across Richmond Borough and has attracted a series of top drawer guests including Tim Henman, Damon Hill, Gary Lineker, Sue Barker and Jason Leonard.



Latest grants include a donation of £1100 awarded to Lowther Primary School, Richmond for football equipment, £1480 for goalkeeper kits for Teddington Hockey Club, and a further £2000 went to Hampton Rangers Junior Football Club towards a new clubhouse.

If you are interested in joining SporTedd and supporting this community initiative or if you are an organisation, a club or a school which needs financial support, visit the [SporTedd website](#).

St Mary's University

Sport St Mary's Celebrate Female Sport Participation

Simmies Girls Can has returned to St Mary's University, Twickenham to encourage female participation in sport and wellbeing activities, with record breaking numbers of participants.

The annual campaign aims to highlight the different ways female staff and students at the University can access and participate in sporting, physical and wellbeing activity. The week facilitated additional opportunities for students and staff to be active, and help motivate individuals to lead a healthier, more active lifestyle.



This year saw record number of attendees taking part in Simmie Girls Can events thanks to collaborations with clubs such as Netball, Women's Rugby, Women's Football, Women's Lacrosse, Women's Gaelic, Badminton, Women's Hockey, Cheerleading, and the Strength Club.

Building on events in recent years, the Women's Rugby secured funding from the England RFU. This funding allowed Sport St Mary's to host a rugby sevens tournament, which saw over 50 people take part.

Sports Participation & Volunteer Officer at Sport St Mary's Simon Jackson said, "Simmie Girls Can has been a major event in the students' calendar for a few years now, this year we have seen a record number of participants taking part. The campaign is to highlight female participation in sport, our aim for the event is to provide students an opportunity to join in sports they may not usually want to take part in or may not be available to them."

St Mary's Academic Speaks at Top Indian University

Subject Lead in the School of Law and Society at St Mary's University, Twickenham, Neena Samota delivered an address recently at the O.P.Jindal Global University in India.

Ranked as the top private Indian university in the past three QS World University Rankings, O.P. Jindal Global University is a non-profit, multi-disciplinary and research-

oriented university based in Haryana.

Neena, Subject Lead Criminology & Sociology at St Mary's, was invited by the Law, Criminology and the Jindal Institute of Behavioural Sciences school to give a talk on the subject of decolonisation in April.



The lecture, entitled 'Criminology and Criminal Justice – Decolonising Thought and Practice', included an overview of the ongoing debates on what decolonising criminology entails in England and Wales and how this applies to criminal justice practice. The talk was designed to invite collaborative thinking on what lessons can be drawn from a comparative perspective to achieve the decolonisation of criminology and criminal justice practice. Students listening to lecture at board table

As a result of this initial engagement, Neena has been invited by Poulomi Bhadra from Jindal Global University to collaborate with India Vision Foundation a national NGO based in New Delhi. The Foundation aims to assess the impact of their prisoner rehabilitation and reintegration programme. Neena's role on the project will be to offer expertise on prisoner rehabilitation and reintegration programmes drawing from her experience of working with the prison and probation services in England and Wales.

Speaking of her experience, Neena said, "I am so pleased that St Mary's Lecturer in Law and Jindal alumnus Anush Ganesh initiated contact with his university in India. I was delighted to be on the Jindal campus in April to address faculty members and PhD students who were undertaking research on themes including gender-based violence, human rights, migration, organised crime, prisons, impact of anti-terror and national security legislation.

"I aim to work with interested colleagues across the School of Law and Society and Bakhita Research Centre to expand research collaborations that can be further enriched through a comparative perspective. I hope this initial engagement will lead to other collaborative opportunities with their staff and students."



St Mary's University

St Mary's Alumnus Sir Mo Farah Wins BAFTA

Alumnus of St Mary's University, Twickenham, Sir Mo Farah won the 2023 British Academy of Film and Television Arts (BAFTA) Television Award for best Single Documentary.

[Speaking at the Ceremony](#) Sir Mo said, "It's an honour to receive this, and I am dedicating this to all of the children who have been child trafficked...the kids have no say at all, they are just kids, and I think no child should ever go through what I did. I hope that this will make changes and I hope my story just shows they're not just alone, we're in it together."

Speaking of the impact of the documentary, producer Leo Burley added, "Six million people watched this on BBC One a film about trafficking and we were really proud that that many people came to this story. I want to thank Mo and



Sir Mo won the award for *The Real Mo Farah*, which was broadcast on BBC One in 2022, revealing for the first time his experience of human trafficking and modern slavery. Since the documentary aired, Sir Mo has also become the first Patron of the [Bakhita Centre for Research on Slavery, Exploitation and Abuse](#) at St Mary's.

Sir Mo has a long relationship with St Mary's and trained, studied, and lived at the University from 2001-2011. He began campaigning against human trafficking and modern slavery following his decision in 2022 to reveal he himself was a victim of these crimes. Sir Mo was trafficked to the UK from Djibouti at the age of eight and forced to work in domestic servitude until he was ultimately able to escape when he confided in his teacher.

his family to who have humanised what has become a really vicious story about trafficking and human debate."

The Bakhita Centre was founded in 2015 to conduct research on modern slavery and human trafficking, to influence practice and policy, and to raise awareness across the University, in local communities and further afield. The Centre aims to broaden the University's research on global issues that intersect with modern slavery, including gender-based violence, sexual and other forms of exploitation, abuse and discrimination based on structural inequalities, race, ethnicity, asylum seeking/refugee and migrant status.



St Mary's
University
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London

Remembering National Service: Royal Star & Garter veterans share their memories ahead of 60th anniversary

Veterans who signed up to the military through National Service have been sharing their memories.

The National Servicemen who live at Royal Star & Garter were speaking as part of the 60th anniversary of the end of National Service in Great Britain.

Royal Star & Garter is a charity which provides loving, compassionate care to veterans and their partners living with disability or dementia. National Service veterans live in each of its three Homes, in Solihull, Surbiton and High Wycombe.

The post-WWII conscription was introduced in 1947 and ran until May 1963, when the last conscripts were demobbed.

More than two million men were conscripted through National Service, with 395 killed. An event to mark the service and sacrifice of this generation took place at the National Memorial Arboretum in Staffordshire on 16 May.

National Servicemen who are now cared for at Royal Star & Garter were stationed in the UK and across the globe.

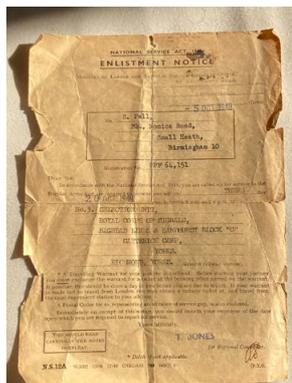


Stan at Royal Star & Garter

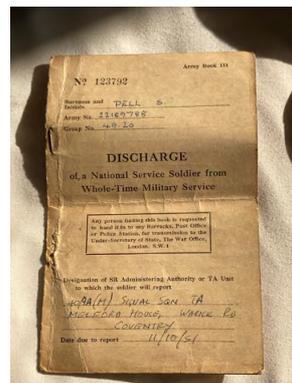


Stan was 18 when he started his National Service

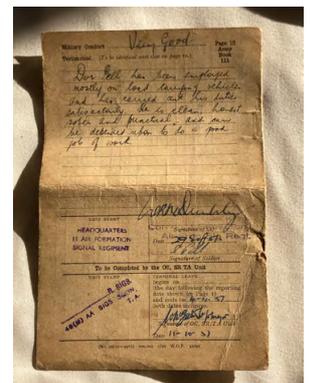
Among those residents is Stan, who lives at Royal Star & Garter in Solihull. He was 18 when he joined the Army in 1949, serving in the Royal Signals. He initially signed up for 18 months, but ended up staying two years. During this time, he served in Germany, where he helped Western Allies overcome the Soviets' Berlin Blockade. Stan, who still has his National Service



Stan's National Service enlistment notice



Stan's Army discharge papers. He is described as "clean, honest, sober and punctual."



Enlistment Notice and Discharge Form, said: *“We were in the Air Formation Signals, and we were putting lines of airfields for the Berlin Airlift.”* He also clearly remembers the damage WWII Allied bombings caused the country: *“The first place I went to in Germany was an airfield in Uetersen, which was a few miles out of Hamburg. When you drove into Hamburg you saw it was flattened and full of rubble. It was terrible.”*

Michael spent his two years of National Service in the RAF. The Surbiton Home resident said: *“It was 22nd April 1956 that I got my call-up papers. I was 18 and a few months. I can remember being on a steam train coming out of Liverpool Street Station ready to start the next part of my life.”* He was kitted out at RAF Cardington in Bedfordshire, did his square-bashing (barrack square drills) in RAF Hednesford, and went on to become a Radio Operator, serving on the Isle of Wight and later in Dover. Michael credits his National Service as “saving his days”, as he had left school at just 15. He had already started a life-long association with the Scouts where he’d learnt how to camp, endure tough conditions and look after himself. This, coupled with his time in the Armed Forces, left Michael feeling ready to face the world: *“When I came out of the RAF I was a man, really.”*

Like Stan and Michael, Bob was also 18 when he was called up in 1954. He was placed in the Catering Corps, despite having no experience in the kitchen, and soon found himself in Korea with the Northamptonshire Regiment, serving food to 200 soldiers three times a day. He also served in Hong Kong and Japan. Bob, who lives at the Surbiton Home, used the skills he learned in the Army for the rest of his life, cooking in a hospital for children and young people with Down’s syndrome. His family meals were also eagerly anticipated. Bob’s son Derek said: *“I loved it when Dad cooked. He always did the Sunday roast, and it was as if half a regiment was coming round! There was always plenty of food.”*



Bob cooked for 200 men in Korea when he joined the Catering Corps



Michael at Royal Star & Garter



Michael in his RAF uniform

Royal Star & Garter Chief Executive, Andy Cole, said: *“National Service came so soon after the end of WWII, it is perhaps easy to forget the vital role played by these members of the Armed Forces across the world. These men made sacrifices to serve and protect their country, whether stationed here in the UK or abroad. As proud members of our nation’s military family, it is a privilege to care for them and their partners at Royal Star & Garter.”*

Royal Star & Garter is welcoming new residents to its Homes.

For more information on this, or to work for the charity, go to www.starandgarter.org



**Royal Star
& Garter**
Care with courage

Get into cricket with Crossbats Cricket Club

As the weather warms up, take up or get back into the English game with friendly local cricket at Marble Hill Park.

Marble Hill Park's 66 acres is home to Crossbats Cricket Club.

One of the community events run by English Heritage is the upcoming Marble Hill Cup, a match between Crossbats and another local team.

This year the event is taking place on Monday 29 May. This is a great opportunity to explore the park, enjoy the sound of leather on willow, or get involved.

You might even be tempted to dust off the old bat and come and play some cricket - Crossbats welcomes new members or any other local teams looking for a friendly opposition in a lovely setting.

Why not give it a go?



Move more and have fun with Teddington Town Cricket Club

Teddington Town is a friendly, family focused cricket club based in the fabulous surroundings of Bushy Park, first established in 1891. They are always open to new players to join them.

Aside from being blessed with one of the most scenic cricket grounds in south London, the club has a fantastic new pavilion that was opened in 2015 by former England cricketer Angus Fraser.

New players are welcome, regardless of previous experience or ability. The club currently have three senior teams competing at various levels on a Saturday. The Sunday XI provides a less competitive environment, perfect for players who may have had some time away from the game or fancy trying out something new.

Additionally, Teddington Town is home to an ever-growing youth set-up, hosting All Stars cricket on Saturday mornings and with the following age groups playing regular fixtures: U9, U10, U13, U15 and U17.



Cricket aside, the club prides itself on its social culture. Aside from the weekly post-game debriefs down at the clubhouse, the club run numerous social events throughout the year, ranging from quiz nights to barbecues, making it a great way to connect with new people and make new friends.

For any enquires, please email teddingtontowncc1@gmail.com or visit the [Teddington Town Cricket Club website](#) - they would love to have you down at the club!

Bill Beaumont County Championship group stages reach exciting final weekend

The Bill Beaumont County Championship group stages reach a thrilling conclusion this weekend with no shortage of winner-takes-all ties.

One of them sees reigning champions Cornwall host Kent in a battle between the Bill Beaumont Division 1 South frontrunners at Camborne, with a trip to Twickenham on the line.

Cornwall have come out on top on the past three occasions, including on their way to the 2019 title, but each of those matches were decided by six points or fewer.

This year, both sides are level on nine points in the table, having each won matches against Hampshire and Somerset.

Kent are top of the pool on points difference but Director of Rugby Taff Gwilliam is well aware that Cornwall will pose a tough challenge.

He said: "We have been in this position before, we know what it takes and we know how tough the opposition are. We have pushed Cornwall close in recent years and we are looking forward to the weekend.

"It is not so much about them, it is about us performing to our optimum. We have done well against the sides we have played already. We've got a nice mixture of youth and experience, it is a lovely blend, we have an established head coach and a younger coach in charge of the back division - so this week is about us and what we can do."

Opponents Cornwall come in with pedigree, as the most successful county in the competition's history, and captain Fraser Honey is hoping to use that experience to their advantage.

"It is a hugely exciting week to be part of, for both sides it is win or bust, so it is a great occasion to get fired up for," he said.

"The beauty of the County Championship is that you do not know too much about these teams, they are almost like unknown quantities. But it does have a semi-final feel to it and we are going to give it everything to get ourselves to the final - it is going to be one hell of a game.

"I was part of the squad for the last two campaigns, in 2019 and last season, which we were successful with and now we are desperate to go and do it again for a third time."

Vying for their place to meet either Kent or Cornwall in the final on Sunday 28th May are Yorkshire and Lancashire in a hotly contested edition of the Roses clash.

Lancashire have won the title four times in the last decade, while Yorkshire have not featured in the showpiece since 2008, when they got the better of Devon.

Now the two sides renew a historic rivalry with a place at Twickenham at stake and they both go into this one unbeaten, having defeated Cheshire and Hertfordshire.

Lancashire coach Mark Nelson said: "This game has had an edge to it for centuries now, it is the Roses game and it is brilliant for the players from both sides who get to play in one.

"This weekend is a semi-final in all but name and the lads are really excited about it, everyone is buzzing and

looking forward to a great game at Sedgley Park. We made a really good start at Cheshire in the first round, in the first half of that game we played some outstanding rugby and we came out with a very good win.

“We backed that up with a really hard-fought game against a revitalised Hertfordshire side.

“We have had a different pathway to this game from Yorkshire, but we are there and it is going to be a really tough game this coming weekend. This is the pinnacle of a Roses match, where there is an opportunity to play at Twickenham the following weekend - the stakes could not be higher.”

Yorkshire coach Peter Taylor said: “Training has gone well, we have had two good results, we think we have prepared really well.

“It went well against Hertfordshire and it went even better against Cheshire, then in terms of Lancashire, it is easy to say but it is just another game for us. That game will always mean something, whether it is now or 30 years ago. The players have been excited about playing in the County Championship right from the start, we have a group of players with not just talent but also players who see this as a real honour and a privilege, so the players we have got I know are excited to play for Yorkshire.

“Obviously with it being Lancashire, it has always got that added edge to it and it is basically a knock-out game so this game is huge.”

Elsewhere this weekend, in Division 1 North, Cheshire host Hertfordshire, while in Division 1 South, Somerset welcome Hampshire.

In Division 2 Pool 1, Durham are hoping to seal top spot as they take on a Cumbria side who need a bonus point win to overhaul them, while Staffordshire – who are also four points behind the leaders – host Northumberland.

Dorset & Wilts are looking to complete an unbeaten group stage as they welcome Berkshire in Division 2 Pool 2, in which Devon play Gloucestershire in the other game.

East Midlands lead the way in Division 2 Pool 3 and can make it three from three if they defeat Leicestershire, who are without a point so far. North Midlands and Eastern Counties, both four points behind East Midlands, will hope to take advantage of any slip-up from the leaders.

Oxfordshire can leapfrog Warwickshire into Division 3 Pool 1 top spot if they beat Nottinghamshire, Lincolnshire & Derbyshire on Saturday. In Division 3 Pool 2, there is a winner-takes-all clash between Essex and Sussex – both level on 10 points – while Buckinghamshire host Surrey.

The Bill Beaumont Senior Men’s County Championship Division 1 Final and the Gill Burns Women’s County Championship Division 1 Final will take place on 28 May at Twickenham Stadium. The finals for Divisions 2 & 3, as well as the Jason Leonard U20s Final, will take place across the weekend of 3/4 June at Ealing Trailfinders.

Sunday 28th May – Twickenham Stadium

1030h - Gill Burns Division 1 Final

1400h - Barbarians v World XV

1600h - Bill Beaumont Division 1 Final

Saturday 3 June at Ealing Trailfinders – Bill Beaumont Division 2 Final & Bill Beaumont Division 3 Final

Sunday 4 June at Ealing Trailfinders – Gill Burns Division 2 Final, Gill Burns Division 3 Final & Jason Leonard U20 Final

To keep up with the latest County Championship fixtures and results, visit www.EnglandRugby.com and follow @RFU on Twitter



RFU STATEMENT ON WASPS

The Rugby Football Union (RFU) has withdrawn the licence for Wasps to continue to play in the league structure.

This means that Wasps will not be able to play in the Championship next season.

In order to be sure that Wasps were in a position to play in the Championship, the RFU set a deadline for the club to meet the commitments it had made when the licence was first approved and recommit to participating in the Championship in 2023/24. These included evidencing payment to Rugby Creditors and putting in place suitable governance structures including a majority independent Board and a process for managing risk. The RFU was also concerned about the lack of progress engaging coaching staff and players.

The club stated that it could not meet these commitments, recommit to participating in the Championship in 2023/24 or engage staff of players until further finance was secured.

The RFU had worked with the club's new owners to give the club the best chance of continuing in the league structure and recognises the effort the new owners have put in to try to make this happen.

However, the RFU Board decided that in order to give certainty to other clubs, the licence to continue to play is withdrawn.

Bill Sweeney, RFU CEO said:

“This is not the outcome anyone in rugby wanted and all those involved with the club will be deeply disappointed. We have worked with the new owners for the past six months to try to ensure that a robust plan could be put in place for the club to continue to play in the Championship while players and staff could receive monies owed to them.”

“The RFU is working closely in partnership with Premiership Rugby and the Rugby Players Association to ensure players are supported.

We are also working together at pace to ensure the game emerges from this challenging time on a strong and sound financial footing.”

Wasps will now move to the bottom of the playing pyramid and certainty can now be provided to the Championship clubs over the season structure for 23/24.



Gallagher Premiership Rugby Final 2023

After a rollercoaster season with the tightest of title races, it all comes down to Saracens v Sale Sharks in the Gallagher Premiership Rugby Final 2023!

You'll want to be at Twickenham on Saturday May 27 to see epic matchups between Englands stars, with Owen Farrell up against George Ford in the battle of the No.10s and back-row rivals Ben Earl and Tom Curry among the key clashes as both teams battle to be crowned champions.

It promises to be an unmissable day of entertainment for all the family, with live music, interactive fan village, great food and drinks, plus an epic South v North contest on the field.

Tickets are selling fast. Don't miss out!
More info [HERE](#)



RFU STATEMENT ON LONDON IRISH

The proposed takeover of London Irish by an American consortium has led to a significant amount of uncertainty and speculation about the future of the club, which is having an impact on players, staff, and fans of the club. As a result, the RFU, Premiership Rugby and the RPA is seeking to take action to obtain greater clarity on the future of London Irish.

It is imperative that the club will be in a position to take its place in the Gallagher Premiership in season 2023/24, and to complete that season.

The RFU has therefore set a deadline of 30 May by which either:

1. a takeover of the club has been completed and approved by the RFU, with the buyers undertaking to provide all required working capital to meet the club's obligations as they fall due for at least season 2023/24; or
2. the club evidences that it will continue to be funded to operate throughout the 2023/24 season. If the club fails to meet these conditions it will be suspended from participating in the Premiership (and other competitions) in season 2023/24 to avoid a scenario where the club enters insolvency mid-season, with the corresponding and substantial impact that has on players, staff, and fans, as well as on the remainder of the league.

This deadline was set to give enough time for the buyers to provide the information needed and for the transaction to complete.



Match Preview: Tottenham Hotspur v Brentford

Analysis, team news, match officials and more. Here's everything you need to know ahead of Brentford's Premier League game against Tottenham Hotspur

Written by [Brentford Football Club](#)

Brentford's final away game of the season takes them to north London to face Tottenham Hotspur in front of the BT Sport cameras on Saturday lunchtime.

[Victory over West Ham United last Sunday](#) guaranteed Thomas Frank's side a top-10 finish in the Premier League.

The Bees head into this weekend's game just four points behind seventh-placed Spurs with two left to play.

For Tottenham, it's been another whirlwind season which will end with Spurs finishing outside the Champions League places, following a run of just two wins in eight since parting company with Antonio Conte.



The opposition

Spurs ready for summer refresh

It was after Tottenham let a 3-1 lead slip away at bottom-of-the-table Southampton in mid-March that frustrations at Spurs' indifferent season finally got to then-head coach Antonio Conte.

In a blistering 10-minute post-match interview following the 3-3 draw, where he declared: "We are 11 players that go into the pitch. I see selfish players, I see players that don't want to help each other and don't put their heart."

That reaction saw Conte lose his job a week later but also laid bare the annoyance which had been building up in the Italian as Spurs' season unravelled.

A seven-game unbeaten run to begin the campaign, which saw Spurs score 17 goals, had both sides of north London dreaming that this could be the season it all came together.

However, a 3-1 defeat to neighbours Arsenal at the start of October began a run which would see Spurs lose seven of their next 13 league games. Back-to-back defeats in mid-January by Arsenal, and then Manchester City, put Spurs firmly out of any title conversations.

Hopes of ending their 15-year trophy drought also disappeared in the Spring, with an FA Cup fifth-round exit to Sheffield United and a Champions League round-of-16 defeat to AC Milan.

That European exit came ten days before Conte's Southampton rant, but things have got even worse for Spurs since then.

Fourth when Conte left, Spurs won just once in four matches under acting head coach Cristian Stellini. The final game of his time in charge was the 6-1 mauling at Newcastle which saw Spurs five down inside 20 minutes.

Ryan Mason was then handed the reigns until the end of the season, but he too has recorded just a single victory in four games in charge, as Spurs' slide away from the European places has continued.

For all Conte's talk of 11 players in a team, one of those players is free from any blame for Tottenham's predicament.

It has been another superb season for Harry Kane in front of goal. Tottenham's talisman has 27 Premier League goals to his name in a season which has taken him past Sergio Aguero, Andy Cole and Wayne Rooney, up into second on the Premier League's all-time goalscorers list.

Spurs' 65 Premier League goals in the fifth-most in this season's top flight but their major issues have been at the other end. You have to go down the table to Bournemouth in 14th to find a side who have conceded more - Spurs have conceded two or more in 19 of their 36 league games so far.

With no Champions League football to look forward to, a new manager to find, and uncertainty surrounding several members of the Spurs squad, not least Kane, it looks set to be a very interesting summer in N17.

The gameplan

With *football.london's* Rob Guest

Rob Guest, Tottenham Hotspur correspondent for *football.london*, discusses Spurs' difficult campaign, their managerial changes this term and the future of talisman Harry Kane.

"Against Crystal Palace, it was a 4-4-2 out of possession, which switched to 3-4-3 in possession, with Ben Davies - who was left-back in the back four - pushing up to left wing-back and Emerson Royal - who was right-back - would move across and become a right-sided centre-back.

"What we saw for the majority of the season under Antonio Conte and Cristian Stellini was a 3-4-3, and I think Ryan Mason has been showing his tactical nous with that change, which is what you could see on Saturday."

Team news

Strakosha available for Tottenham clash

Goalkeeper Thomas Strakosha has not been in the squad since the defeat to Wolves in April, but will return for the trip to north London.

Young keeper Matthew Cox has been on the bench in recent weeks, and Strakosha's availability comes at the perfect time for him, as he can now head to the Under-20 World Cup with England alongside fellow Bee Daniel Oyegoke, [after the duo were selected by Ian Foster for the tournament in Argentina.](#)

Thomas Frank confirmed that everyone else from our win over West Ham last Sunday is available, while Keane Lewis-Potter (knee), Pontus Jansson (hamstring) and Christian Norgaard (Achilles) will miss the remainder of the season.



Draft UK-EU Memorandum of Understanding on financial services cooperation published

On 19 May, the UK and EU Commission published the joint text of the draft Memorandum of Understanding (MoU) on regulatory cooperation in financial services.

The MoU is still subject to the internal processes of the European Union, but thereafter HM Treasury and the European Commission intend to sign the MoU shortly.

The Government looks forward to holding the first meeting of the Forum which is created by the MoU as soon as possible.

Economic Secretary to the Treasury and City Minister Andrew Griffith said:

“This is just the first yet significant step towards a more constructive financial services relationship between the UK and the EU – one that is built upon mutual benefit and in the spirit of cooperation.

“Our financial markets are deeply interconnected and this framework will mean we can engage with our partners in the EU, much as we do with other major partners like the US.”



HM Treasury

EXPERT COMMENT: SHOPKEEPERS WARN OF ICE CREAM SHORTAGE DUE TO HIGH ENERGY BILLS

[News](#) reveals that shopkeepers are warning of an ice cream and cold drink shortage this summer, as the cost of keeping the fridge and freezer on is causing energy costs to soar even higher.

Jack Arthur, energy expert at Uswitch for Business says: “Finding ways to reduce energy where possible is a good habit to get into. But it’s concerning that shopkeepers feel they have no choice but to turn off major appliances used by their customers in order to cut energy costs. Our research found that almost 1 in 3 consumer-facing businesses are reducing their use of electrical appliances, like fridges, to minimise their energy consumption. There are ways that shop owners can manage their energy output, without discouraging customers from shopping with them.

Businesses should check the energy rating of existing appliances and when they were last serviced, to ensure they are running as efficiently as possible.

“They could also look to install lighting systems with timed switches and movement sensors, which could help ensure lights are only on when they’re really needed. Installing a smart metre may help shopkeepers to detect where energy is being wasted so they can take action. Businesses should also be making sure they’re on the most suitable energy tariff. For those with contracts coming up for renewal, shopping around or seeking expert advice could save a sizable sum”.

On Background

Major electrical appliances, such as fridges in stores may account for about 25% of electricity costs. Source: <https://energysavingtrust.org.uk/a-guide-energy-efficiency-in-the-workplace/>

Dementia Action Week: Royal Star & Garter share dementia learning tools for relatives

A podcast and video exploring the skills of storytelling and listening, and how it can be used to connect with older people who have memory loss or are living with dementia, has been published by Royal Star & Garter.

The charity teamed up with Narativ London to produce the learning tools, which were made following workshops and one-to-ones with staff and relatives.

Royal Star & Garter provides loving, compassionate care to veterans and their partners living with disability or dementia, and has Homes in Solihull, Surbiton and High Wycombe.

The podcast and video have been published as part of Dementia Action Week, which runs from 15-21 May.

Royal Star & Garter is nationally renowned for the dementia care it provides, and in 2020 won the Alzheimer Society's prestigious Dementia Hero Award for Professional Excellence.

In the workshops, relatives were given innovative tips and skills on how to reconnect with their loved ones, and learned inventive ways of bonding with residents, using new skills which can also be used in their personal lives. This included the importance of using sensory details to promote conversation. Reminiscing, which is an important tool in dementia care and can help with conversation, can also be triggered by old objects and photographs.

The workshops were led by Jane Nash and Dan Milne, from storytelling and listening organisation Narativ London. They said the skills and techniques they passed on were aimed at connecting with people living with dementia or showing signs of age-related memory loss. Dan said: "By picking up new skills, we hope that people will discover how listening and storytelling has the power to reawaken memories, and to help keep family stories alive, shared and remembered." Jane said: "We looked to see what we can do with someone who is older and may have some memory loss or living with dementia, and how we can help them to share stories."

The video, which was first made available to Royal Star & Garter relatives, looks at techniques and tips on initiating discussions and conversations that can trigger reminiscence and memories. The podcast sees Dan and Jane reflect on the workshops, and features extracts from relatives and staff.

Sarah's father Michael lives with dementia at Royal Star & Garter. She attended the Narativ workshops and said: "I found the workshops very helpful, and I'm still putting to use things that I learned from it. We're currently going through Dad's belongings in order to sell his flat, and there are some items which I think can provide good starting points for conversations. The means of communication diminishes as memory recedes, so finding ways of making connections is really helpful. I'm impressed with Royal Star & Garter's holistic approach. The workshops were very useful and beneficial, and it was good to share it with other relatives and friends who are having similar experiences with their loved ones."

The charity's Director of Care Pauline Shaw said: "We are always looking at innovative ways in which we can improve our care, and the lives of our residents. These workshops allowed us to do just that, so I'm delighted the video and podcast has been more widely released. Royal Star & Garter is passionate about sharing its knowledge and expertise and I hope these learning tools will help people beyond our organisation to connect and enjoy conversations with their loved ones."

The video is available to view here: www.vimeo.com/783631009

The podcast can be listened to here: <https://www.spreaker.com/episode/53818842>



**Royal Star
& Garter**

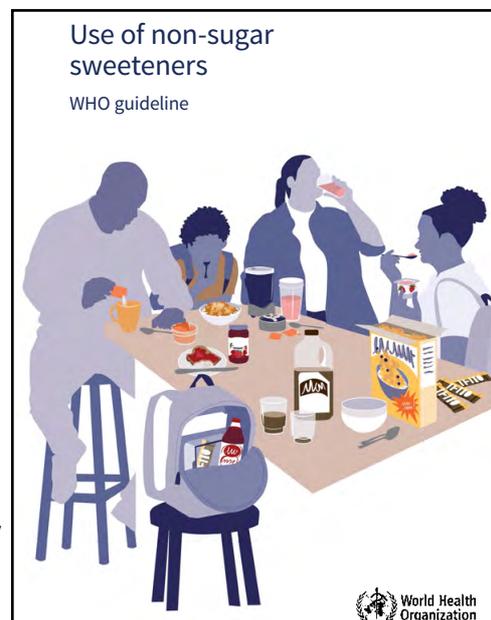
Care with courage

WHO advises not to use non-sugar sweeteners for weight control in newly released guideline

The World Health Organization (WHO) has released a new [guideline on non-sugar sweeteners](#) (NSS), which recommends against the use of NSS to control body weight or reduce the risk of noncommunicable diseases (NCDs).

The recommendation is based on the findings of a systematic review of the available evidence which suggests that use of NSS does not confer any long-term benefit in reducing body fat in adults or children. Results of the review also suggest that there may be potential undesirable effects from long-term use of NSS, such as an increased risk of type 2 diabetes, cardiovascular diseases, and mortality in adults.

“Replacing free sugars with NSS does not help with weight control in the long term. People need to consider other ways to reduce free sugars intake, such as consuming food with naturally occurring sugars, like fruit, or unsweetened food and beverages,” says Francesco Branca, WHO Director for Nutrition and Food Safety. “NSS are not essential dietary factors and have no nutritional value. People should reduce the sweetness of the diet altogether, starting early in life, to improve their health.”



The recommendation applies to all people except individuals with pre-existing diabetes and includes all synthetic and naturally occurring or modified non-nutritive sweeteners that are not classified as sugars found in manufactured foods and beverages, or sold on their own to be added to foods and beverages by consumers. Common NSS include acesulfame K, aspartame, advantame, cyclamates, neotame, saccharin, sucralose, stevia and stevia derivatives.

The recommendation does not apply to personal care and hygiene products containing NSS, such as toothpaste, skin cream, and medications, or to low-calorie sugars and sugar alcohols (polyols), which are sugars or sugar derivatives containing calories and are therefore not considered NSS.

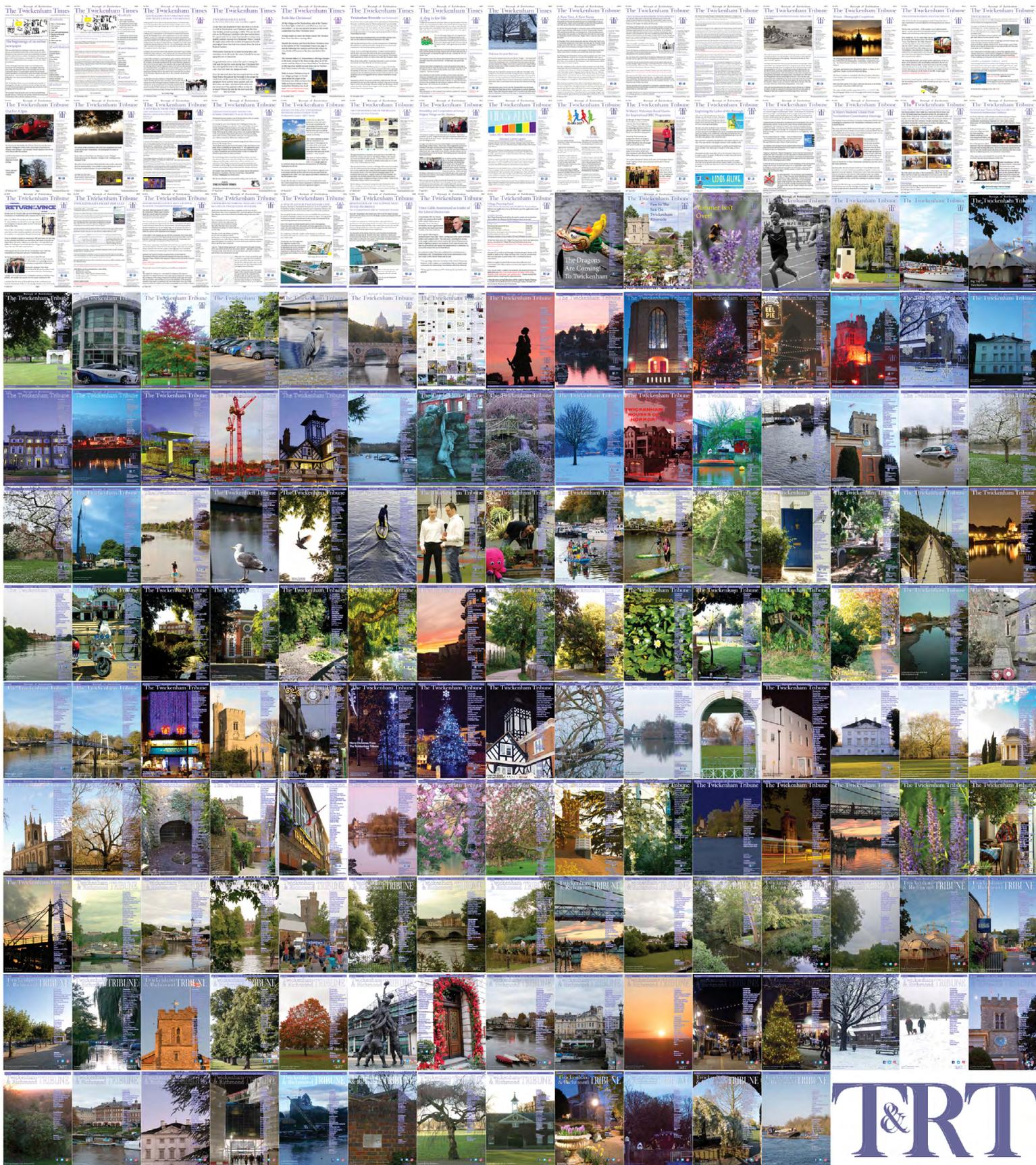
Because the link observed in the evidence between NSS and disease outcomes might be confounded by baseline characteristics of study participants and complicated patterns of NSS use, the recommendation has been assessed as conditional, following WHO processes for developing guidelines. This signals that policy decisions based on this recommendation may require substantive discussion in specific country contexts, linked for example to the extent of consumption in different age groups.

The WHO guideline on NSS is part of a suite of existing and forthcoming guidelines on healthy diets that aim to establish lifelong healthy eating habits, improve dietary quality and decrease the risk of NCDs worldwide.



World Health Organization

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