

Twickenham & Richmond TRIBUNE

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TickerTape - News in Brief

TSB Twickenham To Close

TSB has announced that it is to close 82 branches, including the Twickenham branch which is scheduled to close on **5th November 2020** You can find more information [HERE](#)

Christmas in Hampton Square

The Mayor of Richmond upon Thames will light up Hampton Square on **Friday 6 December** by switching on its Christmas lights. The annual Christmas in the Square event will take place between 3.30 and 5.30pm. There will be mulled wine, as well as festive music from local artists Jason Darling, Bob Cox and the Buckingham Primary School Junior Choir

Gift stalls and festive market at Orleans House Gallery's Christmas Shopping Weekend

Embrace the festive spirit at this year's Christmas Shopping Weekend at Orleans House Gallery **12-5pm on Saturday 30 November and Sunday 1 December**, which is bigger and better than ever before!

This year's event will have an outdoor market, as well as indoor shopping, to offer plenty of choice when it comes to finding the perfect gift for loved ones.

To fully embrace the Christmas spirit, there will also be festive music, free art activities to keep younger visitors occupied, in addition to mulled wine and delicious festive treats from the newly re-opened Stables Cafe. Find out more [HERE](#)

East Sheen Primary are champions!

East Sheen Primary School triumphed at the annual girl's primary school football tournament held in Teddington earlier this month. Over 300 young footballers from 36 schools put on their boots and took to the pitch to contest for the top team title. As winners of the Cup, East Sheen will now go on to represent Richmond upon Thames in the London School Games competition in March next year.

Printed copies of the Tribune are available from Crusader Travel, Church Street, Twickenham

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It's that time of year again ... Black Friday!

You can't fail to see the advertising everywhere for special deals, which you just can't resist!!

But be careful, not all deals are what they seem, and they may be for things you didn't even want. There was recently an 'offer' for a 20mph blanket speed limit and even though most of you said you didn't want it, you got it anyway.

Or there was the deal of the decade on offer ... a new Twickenham Riverside. We ordered something to help revitalise and regenerate Twickenham, with something like a Lido, practical boathouses and a versatile town square. But, when we opened the box, they had delivered more housing than ever, a pub, no view from King Street and no town square!

That's why TwickerSeal is very careful when he chooses a deal. With all the election malarkey he thought it might be a good time to get away and there's only one person he trusts to get him the best Black Friday deal; why, Bruce at Crusader Travel of course!



It has been there all of our lives but the reality is that the Mortlake level crossing in Sheen Lane has actually been there for 172 years since 1847.

The opening of the LSWR Richmond Railway was probably the most important event in the History of Barnes and Mortlake. In 1844 it was stated that there were 98 omnibuses daily between Richmond and London, and this undoubtedly had some influence on the decision to build the railway.

Where the railway crossed the public footpath leading from East Sheen to Mortlake church a bridge was put up when the railway opened. However, there were complaints that it hindered the progress of funeral processions and in 1847, the company duly bowed to pressure, dismantled the bridge and replaced it with a level crossing and gateman.

Within two years the Richmond line was being extended to Datchet, reaching Windsor in 1849. Traffic increased to such an extent that the line, built as double track, had to be quadrupled between Clapham Junction and Barnes in 1885. The small stations at Putney and Mortlake soon proved inadequate and had to be rebuilt.

Our first postcard was published in the 1920's and shows the crossing closed to traffic while a train goes through. No such thing as subliminal advertising in those days as 1920's marketers obviously thought that big was best! Look closely at the people in the photograph. Twenty two out of the twenty five folk of all ages shown are wearing hats. There was obviously a huge market in the hat trade in those days



Today the Mortlake level crossing is located on the Reading to London Waterloo line. It is an urban Manually Controlled Barrier CCTV crossing with a 4 barrier layout situated near a major arterial road connecting Barnes to Upper/Lower Richmond and has multiple approach roads. The line speed is 60mph in both directions, slowing and accelerating for Mortlake Station which is immediately adjacent to the crossing.

The second image is a photograph taken in 1967. It shows the old crossing box which is also shown on the earlier postcard and a rooftop high advertising board with a giant poster advertising Horlicks. Do you remember what it tasted like? Do they still sell Horlicks today?



The building next to Mortlake Railway Station, now occupied by a classic car showroom, contains Queen Victoria's old waiting room which was built for her and Prince Albert to use due to their frequent visits to White Lodge in Richmond Park where their family and latterly their son the Prince of Wales (Edward VII) were living.

I am always looking for old postcards and old photograph albums etc. The postcards can be British or Foreign, black and white or coloured and of places or subjects. 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, please contact me on 07875 578398 or alanwinter192@hotmail.com I would like to see them and I pay cash!

The Barmy Arms

By Jeremy Hamilton-Miller

I can confirm Alan Winter's favoured theory concerning the origin of the name of The Barmy Arms ([edition 158](#)). According to The Oxford English Dictionary and Chambers Dictionary "Barm" is an old word for the act of brewing beer, and also for the froth of the brew. The landlord was thus advertising that his beer had a good "head".

The pub clearly enjoyed the more modern meaning of the word "barmy", as shown by its sign until a few years ago (now, sadly, replaced) that proudly displayed in a quartered shield a banana skin, a false nose and glasses, a party blower and a trick cup and saucer, topped by a classic jester's pointed cap and bells hat.



A further eccentric habit of the Barmy Arms was to display an upside-down Christmas Tree. It is not clear where this ritual originated, but it is still practised in parts of Poland. Legend has it that it was St Boniface in the first century AD who was the first to use a triangular tree to represent the Holy Trinity of the Christian faith, the three corners indicating Father, Son and Holy Spirit.

Sue and I tried to revive this tradition in 2014 by (with the Landlord's approval) hanging a Tree upside-down from the pub sign; however, it did not generate as much interest as we had hoped, and the exercise has not been repeated.



**Richmond
Concert
Society**

The next concert is on

Tuesday 10th December 7.45pm

Dazzling piano masterpieces

**The outstanding pianist Luka Okros plays
music by Chopin, Liszt and Rachmaninov**

**St Margaret's Church TW1 1RL (opposite St
Margaret's station)**

See our website for further details

www.richmondconcerts.co.uk

Arts and Entertainment

By Emma Grey



Theatre

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.

Music

22 December 4 pm at the Landmark Arts Centre, Carols by Candlelight. (21 December "sold out")

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.

Talks

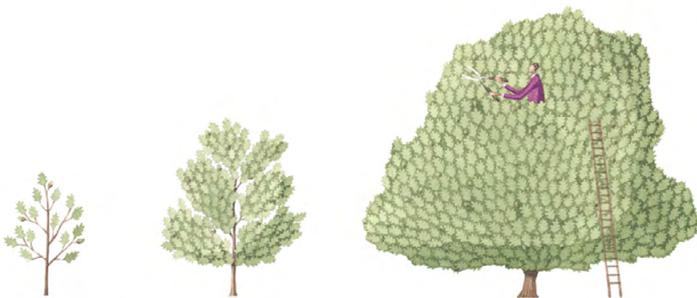
10 Minute Lunchtime Talks at Turner's House, Sandycombe Lodge, Twickenham, Starting at 12.45. Turner's Women – 5th December. Book in advance.

Art and Crafts

Christmas shopping weekend at Orleans House Gallery 30 Nov – 1 Dec. 12 – 5 pm. Indoor and outdoor market. Festive music and family craft.

Kew Village Market Sunday 1st December, 10am – 2pm. Food and crafts. Live music and carols.

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

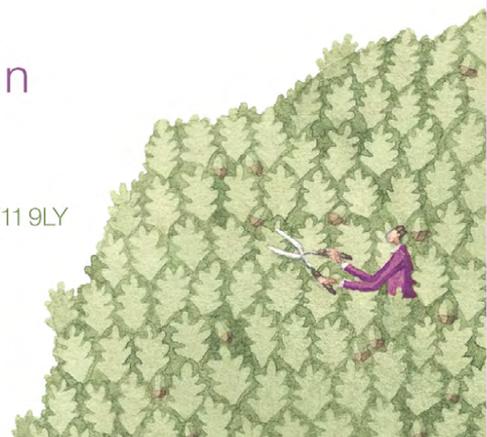


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Christmas Concert

A European Christmas

Saturday 21st December 2019, 7.30pm

Carols for choir and audience, with organ, handbells,
percussion and instrumental group
(The church bells will be rung before the concert)



Tickets £15 (under 16s £8) available at
www.ticketsource.co.uk/cantanti-camerati
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or on the door if available.

St. Mary's Parish Church
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www.cantanticamerati.org.uk
Registered Charity no. 287337-R

RingGO – No, not that one!

By Teresa Read

It appears that people who have tried to park in car parks in Twickenham and Teddington have had problems using the Richmond Card as it seems that, without warning, people are being asked to pay via mobile phone using the RingGO cashless system of payment.

An email from a concerned resident sets out many people's worries:

"My concern is that those people without mobile phones, in particular the elderly, will be unable to access their half hour free parking with the Richmond Card. This will be particularly pertinent when over 100 Pay and Display parking places will be removed from the Twickenham Embankment area from Wharf Lane to near the White Swan and people are redirected to Holly Road car park. It's a worrying development for the local shops and businesses."



Another email adds more concerns:

"A notice has appeared in Holly Road car park saying that people can only use their Richmond Card for 30 minutes free parking via RingGO. Have you any idea if this is just temporary or is being rolled out across the Borough? Lots of people, especially the elderly, don't have phones or Ringo on it."

After making an enquiry to the Council I was informed that *"The [car park ticket] machines were replaced due to vandalism, and shortly after being replaced they were vandalised again. The team are currently looking into options to stop this from happening but until then Richmond Cards can not be used [at these locations]."*

I seem to recall that the Council used to have mobile CCTV cameras; surely the culprits could be identified and apprehended?

I suppose we will have to wait until after the General Election when the Deputy Leader of LBRuT and Chair of the Transport Committee either returns to the Borough to sort things out, or if he is successful in his aim to become MP for East Surrey, he is replaced.

But, That Ringo!

Who *Should Have Known Better* left a parking ticket, that he received on 25th April 1969, on a seat in his driver's car – and *Yesterday* it was reported the ticket was expected to fetch around £1,500 at The Beatles online auction at Sothebys, 6 – 13 December. So *Hey Jude, Here Comes the Sun*.

Parking Consultation – and Purdah – Concerns in Teddington

Teddington residents have told the Tribune that the Council intends to remove up to ten parking spaces around the Park Lane and St Marys Avenue junction.

An email from a resident gives some idea of local concerns:

“A photograph provided by a Council officer shows the area to be cleared of parked cars even though there has been no formal consultation with Park Lane residents.”

The email continues: *“These cars do not create any problems and the much safer main pedestrian ‘desire line’ is on the north side of Park Lane; this route is the recommended route between The Causeway and the Queens Road Zebra crossing leading to the NPL Nursery, the Clapperstile Car park, the various Government laboratories and, of course, Bushy Park.”*

Teddington residents intend to oppose the loss of the abovementioned spaces and will ask for a proper consultation.

And to make matters worse the Tribune learned that it seems that in spite of the purdah period the officer is determined to “steam ahead”, claiming to be exempt, but conversely residents cannot lodge an appeal because of the purdah period - the period of time immediately before elections or referendums when specific restrictions on communications activity are in place.

Light Up At Night!!



Stay Safe
When cycling at night
always use a light

A Twickenham Tribune Campaign
www.TwickenhamTribune.com

Dear Sir,

Anti-blanket 20mph petition gaining traction

Motorist-hating Richmond Council has imposed a blanket 20mph speed limit on every road in this borough (with only a handful of exemptions). Before they did so, I wrote to them: but their response to my detailed enquiry demonstrated flimsy research, contradictory statements and deliberate misinterpretation of published data. It even refused to answer many of my questions on the grounds that they were “manifestly unreasonable”!

The council then “listened” to us. But, despite the fact that only 1 in 50 residents voted for the blanket 20mph limit, and the majority of respondents to their “consultation” voted against it, we got it anyway.

This borough is highly diversified: varying from the dense cityscapes of Richmond and Twickenham and their panoply of public transport services, to the semi-rural areas around Hampton, with their negligible public transport provision. That’s why 10 of 18 wards rejected it: particularly in the west. Yet we now have a one-size-fits-all solution that ignores the need for many to travel by car.

There is anyway no authoritative evidence to support such blanket 20mph speed limits; even the comprehensive Atkins report fails to find conclusive justification on environmental or safety grounds. And the costs are spiralling out of control: £1.1m of taxpayer funds already, and rising - wasting money that should have been spent in better ways. The council is now turning neighbours against each other by encouraging them to become speed-check vigilantes: a job that should be left to the Police.

Anyone who agrees that the Council acted wrongly and undemocratically in imposing this blanket 20mph limit, instead of taking the preferred option of selective 20mph limits only on back streets and around schools, can sign a petition here: <https://www.ipetitions.com/petition/stop-richmond-blanket-20mph-limit> We already have almost 1000 signatures, but need many more if we are to stand any chance of being listened to by the council.

Derek Jones,
Hampton



“And this prayer I make, knowing that Nature never did betray the heart that loved her: ‘tis her privilege through all the years of this our life to lead from joy to joy, for she can so inform the mind that is within us, so impress with quietness and beauty, and so feed with lofty thoughts, that neither evil tongues, rash judgements, nor the sneers of selfish men Nor greetings where no kindness is, nor all the dreary intercourse of life, shall e’er prevail against us or disturb our cheerful faith that all which we behold is full of blessings.”



Wordsworth offers these uplifting thoughts and we hope it gives some succour to all those in the midst of the endless planning applications besieging our lives and encourages us to continue standing up for nature. Udney Park supporters have produced evidence to combat the expert reports submitted by well-resourced developers and highlighted the importance of ‘ecology networks. i.e. How areas are connected to green infrastructures of the area they are a part of and their connection to other larger SSSI (sites of special scientific interest) such as Bushy Park and Richmond Park. We do not exist in isolation and all is interconnected.



It is a strange use of logic to read applications by some applicants putting forward an argument for their right to build on/near green space because ‘it has already been done further down the River Crane Corridor by Twickenham Station and the old GPO site.’ The increased need for housing and the rights of owners to extend property, concrete over gardens, install bright lights and worse has already caused impacts along this corridor and any remaining green spaces which abut it are to be prized and protected. We may not have the monetary resources of other parts of our Borough for expert testimony but those of us who live, work, and enjoy the River Crane environment appreciate all the amazing work already done by local volunteers and our Council to improve its ecology and are fully committed to voicing our concerns with [inappropriate developments](#) which will impact on this fragile network for little benefit.

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

Gender equality in the workplace: one of my passions

Isobel Grant, Conservative Parliamentary Candidate for Twickenham

I'm passionate about many things: including education, disability support and human rights. I want to help build a better world, which is why I entered politics. And high among those things I really care about is gender equality in the workplace.

I've spent over 20 years as a chartered civil engineer for a major international firm - employed on projects including a school in Tanzania (where I personally helped with the building work on site) and -nearer to home - the UK's Olympic Park and rail infrastructure. Civil engineering was a male-dominated business when I joined, and it still is.

It's often said that women must be better than their male peers, to achieve equal success. So I was determined to do my bit to help women be heard and encouraged in the workplace, and level the playing field a little. That's why I launched a gender equality initiative to help female co-workers share problems and successes, and maximise their potential. With a progressive employer behind me, my initiative was a great success for workers and the company – they have since created a department to carry on the work I began.



“Potential” is the key word here. Too often, the potential contribution of women in the workplace is not recognised or nurtured. Those who choose to suspend their careers to start a family can find it hard to pick up where they left off. Such career breaks can lead to being sidelined for the remainder of their working lives: a waste of potential for them and their employers.

Modern working methods and technology, broader career opportunities for women and greater employer enlightenment mean we are now making progress – but more is needed. If I'm honoured to represent Twickenham as its next MP, this is an issue I'll work hard to bring to much wider attention.

But I'm confident my message will fall on receptive ears in Westminster, because I represent the party which gave the UK its only two women Prime Ministers.

I have had so many wonderful opportunities in life: studying in Japan, and working in China, Tanzania and the UK. In 2018, I was honoured as one of the Telegraph Top 50 Women in Engineering. Now I want to inspire others to create and maximise their own opportunities. As a former Twickenham (St. Catherine's) schoolgirl myself, I want to see girls throughout this whole constituency seize every opportunity to carve promising careers in new fields, just as I did. We need their bright young minds to help the UK succeed in the exciting times which lie ahead. I'll miss no opportunity to support this process, by engaging with the local education community and helping in any way I can.



Six young artists chosen to create Mayor's and Council Leader's Christmas card

Six budding young artists have been selected from over 400 entries this festive season to design the annual Christmas cards for the Mayor of Richmond, Cllr Nancy Baldwin and Leader of the Council, Cllr Gareth Roberts.

After a tough judging session, the below young people were picked to design three Christmas cards for the Mayor, Deputy Mayor and Council Leader.

The winners are:

Laura Wojnar (Aged 5)
Bartu (From Chase Bridge Primary School)
Sophie Simonova (Aged 5)
Alex Boxall (Aged 9)
Brooke Potter (Aged 7)
Ayla Qader-Parsons (Aged 7)

Runners up:

Evie-Rose Beglane (Aged 6)
Mia Taffs (Aged 10)
Bowen Guan (From The Queens CofE school)
Lexie Grant (Aged 11)
Sophie Simonova (Aged 5)
Leona Mayali-Kagami (Aged 8)



The Christmas cards will be sent to many organisations, businesses and charities that the Council and Mayor have worked with throughout the year.

Cllr Baldwin said:

"The standard of the entries for my card competition was amazing! Thank you to all the children who took part. I could see that you worked really hard on your designs. For me, Laura, Bartu and Sophie's creations really stood out. These three young artists showed off their talent and the designs will look fantastic on my Christmas cards."

Cllr Gareth Roberts, added:

"We asked for top notch drawings and by Rudolph our local children didn't disappoint. And with over 400 festive favourites to choose from, the job of judging was incredibly difficult. It's safe to say every single entry made it onto my Nice List but the designs by Alex, Brooke and Ayla really caught my eye."

"As Christmas is a time for hope it was particularly encouraging to see a strong environmental theme running through so many entries, well done to all who took part."

BRAND NEW EXHIBITION AT WORLD RUGBY MUSEUM SHINES LIGHT ON THE HISTORY OF RUGBY AT THE OLYMPICS

Ahead of the 2020 Olympics Games, the award-winning World Rugby Museum at Twickenham Stadium has launched a brand new exhibition titled 'Rugby and the Olympics', which officially opened at the museum last night. Speakers at this exclusive event included RFU CEO, Bill Sweeney, formerly CEO of the British Olympic Association, and Ben Ryan who has coached both the men's England Sevens team and Fiji team which won gold at the 2016 Rio Olympics.



The unique exhibition showcases the leading role that Rugby Union has played in the birth of the modern Olympic movement. From Pierre de Coubertin's formative experiences at Rugby School, the introduction to wheelchair rugby in the Paralympic games and Fiji's first Olympic gold medal. It spans the history of rugby at the Olympics in both the XV's, Sevens, men's and women's game. The exhibition also looks ahead to the upcoming XXXII Olympiad in Tokyo, which both England Sevens women and men's squads qualified for this

summer.

Bill Sweeney, CEO, RFU said, "It's fantastic to welcome this brand new 'Rugby and the Olympics' exhibition to the museum. Having been lucky enough to be part of the Olympics journey, I really appreciate what truly special events they are. It's great that we are able to reflect on rugby's involvement in the games across the years and as they continue to grow. We now look forward to the next chapter at Tokyo 2020 with our women's and men's Sevens teams."

Museum curator, Phil McGowan said, "Rugby and the Olympics' will reveal how rugby football helped to inspire the creation of and shape the character of the modern Olympic movement. It details Pierre de Coubertin's time spent at Rugby School, remembers when Cornwall were asked to represent Great Britain, explains why USA are the reigning Olympic champions and how Fiji shook the world in 2016. Finally, it helps visitors 'Discover Tomorrow' by introducing Tokyo 2020."

Open to the public from Friday 29th November, visitors will be able to visit the exhibition through to the end of 2020. As well as Rugby at the Olympics, guests will also be able to learn how rugby football grew from a schoolboy's pastime to one of the world's biggest team sports. Star objects include the Calcutta Cup, the world's oldest international football jersey and the 2003 Webb Ellis Cup. There is also an array of fun, interactive activities for younger fans at the Play Rugby Zone.

For more information or to book tickets head to

www.worldrugbymuseum.com



We are looking forward to seeing you

By Shona Lyons.



**CHRISTMAS IN CHURCH STREET
TWICKENHAM
8 DECEMBER 11AM until 5PM**



**GLITTER TATTOOS ★ STALLS ★ LIVE MUSIC
★ PUNCH & JUDY ★ STREET FOOD
★ CRAFTS ★ JOY ★ MAGIC ★ FUN
★ BRAIDING ★ CAROLS ★ PRESENTS
★ FRIENDSHIP ★ WWW.TTBA.ORG.UK**

As I write this article for the Tribune it is just over a week until the Christmas Fair in Church Street on Sunday the 8th which will be a culmination of 3 to 4 months of organisational work and a few weeks later we will also see our French Market in Church Street which but which is not so labour intensive as this is a professional Market that we have been working for many years now who come over from Normandy and Brittany.

The Christmas fair is on the other hand a hotch-potch of over 45 stalls coming from all over the borough and some from further afield. It has become so widely known now that on face book I think my original post has reached more than 79 thousand people and every day I have been inundated with request for stalls but I am trying to keep it as local as possible so you will find the majority of the stall holders hail from this borough and what a lot of talent there is! Both these events are the culmination of the year's work organising events in Church Street. I must know how to use

my social media better these days as the reach seems to get better and better and it is lovely to see people from all over the borough and maybe even from further afield streaming into the street on these event days. I know the Church Street Traders love it too as they say their sales are particularly good on these days and I also think that all the promotion and buzz around them help to promote the street so the traders see a benefit to them year round.

The fairs I think are very good too for social cohesion. People come to meet their friends or they invite far flung family down for the weekend for these special occasions and have a great time shopping or eating and drinking in the restaurants all the while there is entertainment organised for them and their children so hours can be spent with crafts for the children, a petting zoo for adults and children, Punch and Judy that the whole family can enjoy or live music that enthuses the atmosphere with jollity and rhythm.

Hopefully all will be well and my organisation aided and abetted by my partner in crime and father, Bruce Lyons will come to fruition on the 8th and as they say failing to prepare is preparing to fail so I try & try to think of all eventualities and work hard on everything as these events are on large scale now and hopefully everything will work out well and everyone will have a great time, people who take part and also for everyone who comes to enjoy the fair.



FESTIVE FOODIE GIFTS FOR FAR FLUNG FRIENDS AND FAMILY

It's that time of year again, when you start making endless lists and stocking up for the forthcoming festive season. Many of us have family and friends whom they won't be able to visit over the holiday season...and with queues in the post office and threatened strikes, it makes sense to organise some online gifts for those far-flung recipients. I'm all for supporting our local retailers – particularly the smaller independents - but there are necessary exceptions.

Here are a few suggestions for some foodie gifts that can be delivered direct to the beneficiary.



First of all, particularly for an elderly relative who might skimp on their Christmas dinner, you could treat them by arranging a [Donald Russell](#) Chateaubriand Dinner a Deux. For £48 they'll receive a Chateaubriand (500g), packs of smoked salmon, Alpine fries, leaf spinach in béchamel and a pair of white chocolate & ginger cheesecakes. All frozen, so you can warn them in advance to keep space in their freezer and you pick the delivery date. Or perhaps just send some delicious smoked salmon? Again Donald Russell is good (the whisky infused one is divine) but also have a look at companies such as [Kings Fine Food](#) that offers a 1kg side of

excellent smoked salmon from Severn & Wye Smokery for £35.45 delivered. Kings offers a veritable treasure trove of festive delights from award winning chocolate to caviar and champagne.

Or how about sending a gift that grows?

A product from the range of edgy, cool gift seed kits by Sow Lush makes the perfect present. With seven different kits to choose from, there's something for everyone. Mixologists can grow herbs to use in their favourite boozy beverages or experiment with the thoughtfully-provided recipes. Foodies will love cultivating their own salads,

herbs and colourful veggies.



The kits contain everything needed to grow the seeds successfully: 12 starter pots, 450g nutrient rich compost, 12 plant markers and easy to follow, wittily written instructions. The Chillies 'n' Spices one is hot stuff! Prices are either £12.95 or £12.95 depending on variety, and [Sow Lush](#) gift seed kits are available via Amazon.com (UK and EU delivery only) and are eligible for Amazon Prime (ideal for last minute shoppers). Last orders for Christmas: December 23rd.



And on the subject of hot stuff, check out [Mr Todiwala's](#) range of spices, recipe books and chutneys. This much-loved TV chef and successful restaurateur also produces some fabulous chutneys and pickles which will liven up any Boxing Day cold meats. The cookbooks are each individually signed by chef Cyrus and his Mr Todiwala's Christmas Box is selling like the proverbial hot cakes. This isn't surprising as it is £20 (plus P&P) and contains all manner of spicy little treats for your loved ones (or yourself of course!)



Another company that does online orders of its extensive range of Italian fine foods is [Vallebona](#), which has been supplying top chefs for years with exceptional Italian produce. You can make up a gift box of your own selection of items from the Vallebona Pantry with your personal message. For delivery anywhere in the UK mainland (except Scottish Highlands). Delivery is free for orders over £100

Alison is on insta: [@theseasonedgastronome](#)

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

SWR statement on RMT strike action

RMT Industrial Action - Taking place between 2 December and 2 January

“We have done everything we can and more to meet the RMT’s outdated demands with our promise of a guard on every train, and a safety critical role for that guard. What we are not prepared to compromise on is the much needed modernisation of the service with improved performance, safety and customer service that our new fleet of modern suburban trains will vitally deliver for customers. We know our passengers will welcome over 10 million more passenger journeys a year arriving on time and this much needed improvement to our service is too important to compromise.

“Throughout negotiations we have tried repeatedly to find ways meet the RMT’s aspirations. However, every time we find a way forward on one point the union has moved the goalposts by changing its position. They said at the outset this was about keeping the guard on the train, that is exactly what we have offered. They said they wanted a safety critical role for that guard, that is what we have offered. Unfortunately it is clear to us that the RMT is unclear on what this dispute is about and intent on striking no matter what. We know the impact these RMT strikes will have on our passengers and we want to be clear that we have done everything we can to try and avert the strikes and meet RMT’s antiquated and changing demands.”

Further information can be found at: southwesternrailway.com/strike

Travelling during the strikes

We have produced a summary for Monday – Friday services between 2 and 23 December which are available to read [here](#). We have produced timetables for Monday – Friday services between 2 and 20 December that are available [here](#), as well as the timetables for [Saturday 7 December](#). We are busy working on the remaining weekend and Christmas service summaries.

While we will again be calling on our team of contingency guards to keep services running, the prolonged nature of this industrial action means we have had to adjust our normal strike timetables to reflect this. As a result:

- We expect to run more than half of our normal Monday to Friday services, prioritising capacity during peak periods, with the same level of peak services as in previous strikes.
- Although industrial action will not take place on 12 December, our amended timetable will still be in place.
- Peak services will be much busier than normal and we may have to introduce queuing at a number of our busiest stations.
- Services will finish earlier than normal at around 23:00.
- Off-peak frequencies may be reduced.
- Buses will replace trains on some routes, with ticket acceptance with other operators on others.

We have produced a [route map](#) to make it easier to see how your route will be affected.

The week of Christmas itself (w/b 23 December) is likely to have a different timetable with services finishing earlier, and as is always the case no trains run on Christmas Day and Boxing Day.

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THE BEST

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OFFERS

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St Mary's University Update

St Mary's Research into Astronaut Exercise Awarded UK Space Agency Grant

Researchers in the Faculty of Sport, Health and Applied Science (SHAS) at St Mary's University, Twickenham have been awarded a grant from the United Kingdom Space Agency (UKSA) to study alternative forms of exercise for astronauts.

The research will be carried out in partnership with Physical Mind London and the European Astronaut Centre. It aims to test a more efficient form of exercise for astronauts on long duration human space exploration.



When astronauts are in microgravity for long periods, they experience a reduction in their body's ability to process oxygen, and their muscles and bones lose strength. To manage this, astronauts on the International Space Station (ISS) currently spend a quarter of their working day undertaking countermeasure exercises. This uses a combination of traditional exercise methods such as running, cycling and general strength training, across three different machines. The large time and space requirements of this approach have significant implications for the future of space travel.

In a long term bed rest study last year, which simulates the weightlessness astronauts are exposed to, the European Space Agency found that alternative methods of exercise could be more efficient at reducing the negative impacts of microgravity. Participants in the study used a supine jump sled, which mimics jumping from a lying down position, for three to four minutes a day for six days a week. Using this method, they were able to avoid the loss of lower leg bone muscle density, general physical fitness, and knee extension strength. The findings from this study suggest that jumping could be an effective countermeasure exercise to prevent the negative impacts

of time spent in microgravity.

This study will explore the use of the High Frequency Impulse for Microgravity (HIFIm) system, which is a multi-exercise countermeasure system that was designed by former visiting lecturer at St Mary's John Kennett. The HIFIm limits vibration and isolates the forces generated by a user when they jump in microgravity which is important for spaceflight. HIFIm thus has the potential to be the next generation of multi-exercise countermeasure for long duration human space exploration.

The study will take place at Teddington Pilates Studio, where the concept was first developed. The next step will be to test HIFIm using parabolic test flights, in which a specialist aircraft flies up and down at 45° angles to create periods of microgravity.

Speaking of the research St Mary's Dean of SHAS Prof Symeon Dagkas said, "We have long said that St Mary's research was globally significant, but now with this study we can start to make an impact in space. I am delighted to see that this study has received funding from the UK Space Agency and that our academic team will be able to make such a big impact with their research."

Lead researcher and Reader in Strength and Conditioning at St Mary's Dr Daniel Cleather added, "I'm immensely excited to be involved in this project. John has designed a fantastically innovative and well engineered exercise device. Not only could HIFIm be the future of space exploration, but it also has great potential in the treatment of osteoporosis."

Inventor of HIFIm, Physical Mind London's John Kennett said, "It is fantastic to have the support of the United Kingdom Space Agency who recognise the importance of this prototype countermeasure and the potential benefit it could offer. This is a super opportunity for us all and I am very pleased to be in partnership with St Mary's University and have the team lead by Dr Dan Cleather."



St Mary's
University
Twickenham
London

Richmond upon Thames College students wins bronze, silver and gold at European Acrobatics Championship

Richmond upon Thames College (RuTC) Sport Level 3 student Andrew Morris-Hunt won bronze, silver and gold for his acrobatic routines at the 2019 European Acrobatics Championship which took place from 30 October to 3 November in Israel.

Andrew is part of Great Britain's acrobatic gymnastics team. Unlike traditional gymnastics, which involves various apparatuses, acrobatic gymnasts train in partnerships, using each other to hold their balance and complete dynamic moves. Andrew and his Junior Men's Group won silver for balance, bronze for their all-around performance and claimed gold for their dynamic routine.



In addition to studying Sports at RuTC, for the past ten years Andrew has trained more than 20 hours every week at Spelthorne Gymnastics. This was not his first time participating in the European Acrobatics Championship and he has also already competed internationally.

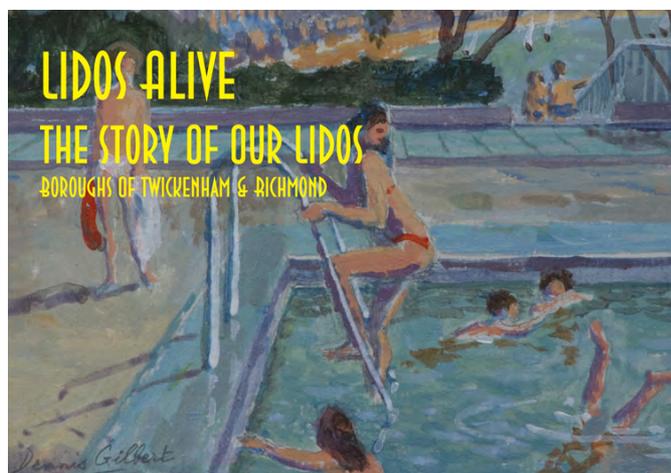
Andrew's Sport teacher at RuTC, Sam Nicoll, said, "Andrew is an able and well-motivated student. He works hard and effectively to deal with practical and theoretical concepts. Andrew really is a sport enthusiast, regularly participating in additional training sessions so he excels in his chosen sport and consistently makes positive and critical contributions in class. He is a dedicated team player which is evident at the European Acrobatics Championship."



**Richmond upon
Thames College**

An Ideal Present for just £6

Lidos Alive – the Story of Our Lidos - is a 63-page A5 book with colour photos and illustrations full of interesting information about the history of outdoor swimming in the Borough and the rise of the lido. Contents include Mereway Bathing Place, pools in Bushy Park, Hampton Pool, Teddington Pool, Hampton Wick, Tagg's Island, Marble Hill, Twickenham Baths, Pools on the Park and other interesting stories.



Books can be purchased at Crusader Travel in Church Street, Twickenham and Premier Wines next to Strawberry Hill Station.



Living Memory

by Genni Trickett

Q2 at The National Archives, Kew until 30th November

Review by Melissa Syversen

I have been to a handful of site specific performances in my day but seeing a play at The National Archives in Kew is definitely a first. I live a good way away in North London but when this play and intriguing location and came my way I had to accept.



Fitting the nature of its venue, *Living Memory* is a new play about the nature of memory, how it can be saved and rediscovered after seemingly been lost. In this newly written play we meet two couples, both of whom are recovering from the loss of their child. The story takes place in the same room, but is split between two timelines. One is in the present where Jo and Jerry (Mia Skytte and Matt Tester) have just relocated to the village from London following the death of their baby. The other is Ruby and Frank (Felicity Morgan and Craig Cameron-Fisher) who in 1945 are still struggling with the loss their son who died in combat two years earlier during WW2. Lines are blurred when Jo discovers an old trunk in the attic that once belonged to Ruby.

Genni Trickett has both written and directed this piece, a double duty which is not an easy task. As a director she handles the two timelines nicely, transitions are smooth and the focus is well-balanced when characters from both timelines are on stage at the same time. Writing wise, it is more of a hit and miss. The first act could benefit from a bit of a trim. To establish the parallels between the two stories and between Jo and Ruby, scenes are essentially repeated in each timelines. This leads to a double dose of clunky exposition, and it does get repetitive. The first act is essentially over and hour of set up and no narrative drive. The second half fares better as the stakes come into play along with two new characters. Gracie (Andrea Wilkins) is Ruby's chin-wag-loving sister-in-law and Russell (Hugh Cox) Jo's boss ... and former lover. Together they bring a new energy and interesting dynamic to the story.....



Read the full review at:

www.markaspen.com/2019/11/29/liv-mem/

Photography by Cat Lamin

The Lady Vanishes

by Sidney Gilliat and Frank Launder, adapted by Anthony Lampard

Classic Thriller Theatre Company at the Ashcroft Theatre, Fairfield Halls, Croydon until 29th November, then on tour until 7th December

Alfred Hitchcock directed over forty films, many of which are embedded in the national consciousness. Who fails to remember the horror of *The Birds* or the fist clenching fear of *Vertigo*? *The Lady Vanishes* came around the middle of his career and is less horror than thriller, but nevertheless up there among his best and most remembered.



We are introduced to an Austrian railway station



in the 1930s just as Nazi Germany is coming to power. A spacious set and a backcloth depicting a grand middle European station gave the stage a good sense of depth. The trans-European train to London is delayed because of an avalanche somewhere over the Alps and a motley group of travellers are busy making alternative arrangements while they wait for the avalanche to be cleared. Among the nine passengers are Iris Henderson is a flighty young woman on her way home to get married and

finally frumpy Miss Froy – the vanishing lady of the title - is a governess to an Austrian family on her way home to see her family. Or is she?

Suddenly the train is ready to go. Miss Froy has befriended Iris, who had a bang on the head as she rushes to board the train. But as Iris dozes off Miss Froy 'disappears' and when she wakes all the other passengers deny any knowledge of her ever existing!



Read Claire Alexander's review at www.markaspen.com/2019/11/26/lady-vanish-croyd

Photography by Paul Coltas

The Entertainer

by John Osborne, adapted by Sean O'Connor

Anthology Theatre, Simon Friend and Curve co-production at Richmond Theatre until 30th November

What do you do when the world is changing so fast that your world cannot catch up ... when the world you know, and love, is becoming irrelevant?

This is the predicament that Archie Rice, our anti-hero finds himself in *The Entertainer* by John Osborne, the original “angry young man”. Although set against the background of the Suez Crisis, this production moves forward in time a quarter of a century and the Falklands War ... but one has the uncomfortable feeling that it could be speaking about today. The question is begged, whom might it make angry today?



You see the play is an allegory on the state of Britain, a metaphor for social unease, and underlines the increasing political divergence in the country. The play is also about failure. Here director Sean O'Connor's adaptation is out of kilter, for Suez was perceived as a failure, where the Falkland's was perceived as a success: today ... who yet knows!

If the twentieth century's humour of the variety stage is not your cuppa, then you may have to cover your ears for most of the show. For Archie Rice, played by EastEnders' Shane Richie, is a variety entertainer playing a summer season somewhere up-North. The jokes come thick and fast, they are a less-than-subtle repartee with the audience, crude and sleazy, they hit on the mother-in-law, on racial differences and on foreigners. PC they definitely are not; today's moralists would label them “inappropriate” at the mildest and more likely have them reaching for the “hate crimes” law book. Interestingly, the press night audience at Richmond Theatre had a mixed reaction, some uneasy, some laughing broadly.



Read Mark Aspen's review at www.markaspen.com/2019/11/26/entertain

Photography by Helen Murray

Black & Green Friday and more.....!

By Bruce Lyons

Enough is Enough but I promise you Dear Reader this is the last you will hear from me about Black or **Green** Friday for another Year. Bust just now we're in the thick of it and to make anything useful out of it you need to be very focused as otherwise you will drown in the plethora of "offers" only to find it totally bewildering and conclude that they are no value at all.

For example; you haven't booked your February "School Break" Ski trip - well you won't find that on offer - they can sell all they can get at full value and more!!! But there are Ski offers and some are really good with up to 20% off, better than crystal with only £50 off per booking, for example for this weekend Mark Warner are offering 15% off all except Xmas/New Year and February School Break. Balkan have 10% and more and Balkan is good value.

Anyway, with the Après SKi amazingly inexpensive, similarly Inghams have 10% off all but only till the 2nd of December to book

The real bargains are to be found in the more obtuse destinations or new marketed like Antarctica where you can find 40% off some Chimu trips - they call it **Green Friday** or 25% off with Hurtigruten - with a book by the 15th December

Cruise companies are out in force; free air flights - upgrades on cabins - increased cabin allowances - some offer 50% off the second cabin-good for families

Intrepid - the Adventure specialist has 20% off if booked by the 3rd December. This is for departures that take place before the 31st of March 2020. There are also offers on Coach Vacations with 10% off all by Shearings (book by Sunday night)

But better is a specific departure offer on selected dates and destination from Travelsphere of 25% -; there are June and July = Croatia - Island Hopping,



Secret lakes of Italy, Medieval of Italy, Amalfi Coast, Classical Sicily, Salzburg and Spectacular Austrian Lakes a wonderful selection

We also found (Coach Tours led by Experts) Australian & New Zealand combined as well as OZ by itself with savings up to £800 per person

**BLACK
FRIDAY**

EXCLUSIVE SALE

50% OFF
A SECOND SUITE*

Book by 13 December 2019

*Offer available on select voyages

On the home front, or near home, Russia has 20% offers – book by Sunday night - on rail from Moscow to Vladivostok or vice versa as well as Russian River Cruises and standard Mosco/ Leningrad and two centre trips – you`ll have to hurry

Olympic has some massive savings in their “30 offers in 30 Days” special

Not exactly easy to list here – so you would have to pop down (with your passports and credit card !!)

And Sardatur (not wanting to be left out I think) have just come up with a May Bank date to the Chia Laguna 4* where the 2nd room for Children is 50% off saving a massive £790

Saving the most creative to last Seafarers is offering a BOGOF (Book One Get One Free) on small ships in three different oceans Nicest I think is 2 February sailings to West Africa – Luxury Small Ships. Book by 6th December

You think that’s all !! don’t ask! But seriously call down if you are flexible and would like to find something different you may have a pleasant surprise

! look forward to seeing you
Bruce

www.CrusaderTravel.com

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PHOTOGENIC LONDON

DOUG GOODMAN CONTINUES HIS TOUR OF LONDON SITES WITH A SELECTION OF IMAGES OF SOME OF HIS FAVOURITE PLACES.



On Parade



The Mall



Her Majesty



Buckingham Palace



Buckingham Palace.

PAGENT AND PARADES.

We do pomp and parades really well which attract thousands of visitors to watch the capital's celebrations and commemorations. With military precision the armed forces march past the Queen on Horse Guards Parade and the RAF provides spectacular flights over Buckingham Palace. London looks its best when flags flutter over the Mall during a State visit while Her Majesty always smiles and waves from her carriage or balcony as she acknowledges the cheers from sightseers.



Horse Guards Parade



Parliament



Westminster Great Hall



Whitehall

The Houses of Parliament from Westminster Bridge or from the South Bank by the London Eye are one of the most photographed sites of London. As a guide for American tourists I would stop our coach just past Lambeth Bridge for the best view of Parliament with a one minute photo break – shoot at F11 at 125th I used to suggest before easy to use digital cameras arrived. I enjoy spending a while sitting in The Great Hall reading the names of monarchs who have lain in state while the public pays their last respects.



The Lion on Westminster Bridge



London City Entrance



Cenotaph



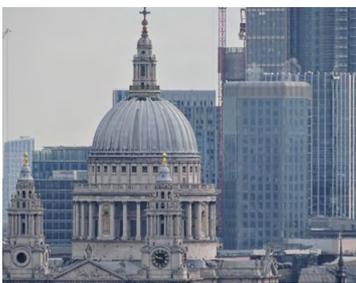
Montgomery



Churchill and Westminster Abbey

SIGNS

London is full of interesting signs, blue plaques and statues. In Parliament Square there's a vast wealth of statues of the good and great to study and photograph: my favourite is Churchill with Westminster Abbey in the background. Almost opposite The Cenotaph is an imposing statue of Second World War leader Montgomery. St Paul's stands out from certain spots but looked at from the top of a tall building you can see how the city high-rise skyline dominates the cathedral. Views from high buildings in central London, especially from the London Eye, provide a very different perspective of the capital. Horse Guards Parade looks more interesting from the top floor of New Zealand House than from the street in Whitehall. London has so much variety in its history, after all it's a city made of of hundreds of little towns and villages now joined by suburbia. Find a quiet spot in a park or a little square and appreciate the sights and sounds of your very own London.



St. Paul's



Millennium Bridge



London Eye



St. James' Park

FOOTBALL FOCUS

By James Dowden



BRENTFORD FC

Brentford dethrone the Royals

Brentford 1 – Reading 0

Brentford made it five wins in six games following a home victory over Reading courtesy of a sole Ollie Watkins strike in front of a season-high crowd of just shy of 12,000 at Griffin Park.



The first chance of the game fell to the visitors as intricate midfield passing between Andy Rinomhota, Sam Baldock and Andy Yiadom released Reading forward George Puscas. Breaking away from the Bees defence, and with the linesmen's flag remaining conspicuously down, Puscas looked to round the keeper but was denied by excellent play from David Raya in the Brentford goal.

A bright spell from Brentford winger Bryan Mbeumo saw two attempts in succession on the Reading goal. The first, cutting in from the left, was dealt with well by the Reading keeper as the ball bounced up off the turf, whilst Mbeumo's second effort on a promising counterattack for the Bees drifted wide of the post.

The breakthrough for Brentford eventually arrived in the 62nd as Watkins claimed his eleventh goal of the season and is doing so move into third place on the top scorers list in the Championship. Rico Henry did well to control a clipped ball from the edge of the box to the left wing, before he laid the ball into the path of Mathias Jensen. Jensen then picked out Watkins, and Watkins emphatically crashed his header into the bottom corner from eight yards out.

Reading loanee Ovie Ejaria had the best chance of the second half for the Royals but shot wide from inside the box.

Brentford should have doubled their advantage late on but a superb last-ditch recovery challenge from Omaar Richards denied Mbeumo, having been played in by Watkins.

Speaking after the match Brentford manager Thomas Frank praised the "togetherness in the team and togetherness with the fans" and highlighted how "offensively it is clicking more but also defensively how much effort they put into it."

FT Brentford 1-0 Reading

(Watkins 62')

Attendance: 11,892

Bees edged out by Blackburn

Blackburn Rovers 1 – Brentford 0

An early goal from Bradley Dack condemned Brentford to returning from a long mid-week away day to Lancashire with no share of the spoils.

Brentford fell behind in the eleventh minute at Ewood Park following a slick counterattack from the

hosts. Breaking down the left-hand side a swarm of Brentford players were left behind as Lewis Travis picked up the ball, before former England international Stewart Downing delivered a low cross into the box that Blackburn midfielder Dack made no mistake with.

Brentford attempted to hit back and were presented with an opportunity to level the scores when a free kick from Mathias Jensen found his fellow Dane Henrik Dalsgaard, but following his late run into the area he could not divert the ball with enough accuracy goalwards.

On his full league debut for the Bees Jan Žamburek had the best chance of the half. A ball delicately clipped in from Jensen found Žamburek alone on the penalty spot, but on the turn and on his left foot all he could do was send the ball wide.

In the second half Said Benrahma curled a free-kick off the top of the crossbar and a further attempt from Jansson from a corner was cleared off the line by Travis as Brentford pressed on.

In an open game Brentford keeper Raya was called on to produce a full stretch save to deny Adam Armstrong from close range and Ethan Pinnock made a crucial block from Joe Rotherwell.

Blackburn held resolute though and claimed all three points from the encounter, despite a late Brentford surge which saw blocked attempts from both Benrahma and Josh Dasilva.

Thomas Frank commented afterwards that “normally we defend better than we did today” and that “we still need to learn to create bigger and better chances.”

FT Blackburn Rovers 1-0 Brentford
(Dack 11')
Attendance: 11,401 (270 from Brentford)

UP NEXT FOR BRENTFORD

Next up for Brentford at Griffin Park is Luton Town today (Saturday 30/11) with a 3.00pm kick off. The Hatters are hovering just above the relegation zone and Brentford are looking to push into an increasingly crowded playoff picture in the Championship, so both teams will be desperate for all three points.

Tickets are currently restricted to those with prior ticketing history and are start at £25 for adults and only £8 for juniors.

Come on you Bees!

HAMPTON & RICHMOND BOROUGH

Hampton march on in the FA Trophy Billericay Town 1 – Hampton 2

A dramatic late goal from Tyrone Lewthwaite saw Hampton progress into the First Round Proper of the FA Trophy at the expense of a Billericay Town side managed by former Premier League player Jamie O'Hara.

The original tie had been scheduled to be played on Saturday 23rd November but had been postponed due to heavy rainfall in Essex. The tie was rescheduled for



the subsequent Tuesday (26th) and consequently despite passing a pre-match pitch inspection the pitch with still significantly soft underfoot with a light sprinkling of autumnal leaves on the top.

To their credit both sides attempted to play football, although the first half proved a tense affair with no scores for either side.

Hampton eventually broke through in the 57th minute when Dean Inman poke home to put Hampton one goal to the good, after Billericay keeper Alan Julian parried the ball out.

Billericay hit back soon after and in the 69th minute levelled the cup-tie through Jake Robinson from four yards out, having been assisted by Alfie Potter.

The game then dramatically swung in Hampton's favour following a chaotic thirty second spell. In the Hampton box Deon Moore went down for Billericay claiming a penalty but the referee waved away the claims. Hampton then broke with lightning speed through Ryan Hill, who then released the ball to Tyrone Lewthwaite whose calm finish sealed the game for Hampton and put them into the hat for the next round.

Heartbreak for Billericay. Elation for Hampton.
FT Billericay Town 1-2 Hampton & Richmond
(Robinson 69', Inman 57' Lewthwaite 87')

WASSMER RETURNS HOME TO THE BEVEREE

Talismanic centre-back Charlie Wassmer has permanently signed for Hampton from fellow National League South side Billericay Town. The defended is a popular figure at the Beveree having enjoyed a stellar 17/18 season at Hampton which saw him named in the National League South team of the season as Hampton reached the playoff final.

Speaking to the club Wassmer said "I had a good time here previously and got to know the people really well, so it was an easy decision for me. It feels like a no-brainer to come back."

FA TROPHY DRAW

Following Tuesday nights success against Billericay in the FA Trophy the Beavers have been drawn away against Tonbridge Angels in the First Round Proper of the FA Trophy.

The tie is due to be play on Saturday 14th December at the Longmead Stadium in Kent. Hampton have played Tonbridge once this season and scored a last-minute winner to overcome them back in September so this tie promises plenty of excitement!

The winners of the tie will receive £4,500 in prize money whilst the losing side will receive £1,500.

UP NEXT FOR HAMPTON

Up next for Hampton is an away trip to Essex, this time to Braintree Town in a 3.00pm kick off (30th November). The Beavers are currently just four places below Braintree in the league table and separated by just four points so a close game looks to be in prospect.

Braintree are fresh into the division having been relegated from the National League in the 18/19 season and Hampton will be desperate to beat 'the Iron' due to the 17/18 National League South playoff final that saw Braintree promoted at Hampton's expense.

Come on you Beavers!

England Women secure comprehensive win over Italy at Goldington Road

The Red Roses ended their November Quilter Internationals unbeaten after sealing a comprehensive 60-3 10-try win over Italy. England led 22-3 at the break with tries from Vicky Fleetwood, Poppy Cleall, Heather Kerr and Abby Dow, while Italy's points came via a Michela Sillari penalty. Second-half tries from Kerr, Emily Scarratt, Sarah Bern (2), Rownita Marston and a penalty try added further gloss to the win.

Middleton's side made it a 17th straight victory on home soil in front of vociferous support at a sold-out Goldington Road in Bedford, following on from the impressive following at Sandy Park last weekend. The Red Roses were led out by Natasha Hunt, who celebrated her 50th cap, and having defeated France both home and away in November, they ended their Quilter Internationals with a third victory. Victory also meant the Red Roses ended 2019 by winning 11 of their 13 games but having established such dominance at home it will be on the road where they begin their Six Nations defence though, taking on familiar foe France on Sunday 2 February in Pau. Fixtures against Scotland, Ireland, Wales and Italy will then follow.

A feature of England's performances over the past two years under the guidance of forwards coach Richard Blaze has been the dominance of their pack and it was in full evidence during an impressive first half in Bedford. Italy's resistance lasted less than six minutes, Fleetwood bundling over off the back of a driving maul - which would set the tone for the match. Sillari had Italy's first points from the tee but England's power up front continued to do the damage and Cleall powered through to cross under the posts, which Scarratt converted.

Another driving maul from a lineout resulted in Kerr bundling over for a third England try and Dow had a fourth when diving over in the corner as Middleton's side showed great patience going through multiple phases before shifting the ball wide to the Wasps FC Ladies wing.

World player of the year Scarratt cut a fine line through the Italy midfield to cross under the posts for a fifth England try after the break and she converted her own score. Italy lost Lucia Cammarano to the bin as their task was made that much harder and England made them pay, Kerr bundling over off the back of another lineout driving maul. Italy were powerless to stop England's driving maul, and Bern powered over for England's seventh.

England were awarded a penalty try after scrum infringement from Italy as Middleton's side crossed 50 points. And moments later the power from the pack was in full evidence again as an England scrum on Italy's 5m was shunted to their own tryline and Marston dotted down.

Italy lost Sara Tounesi to the bin in the final moments and Bern had a second try after collecting the ball off the top of a lineout and flying down the blindside to cross for a 10th England score. Vicky Fleetwood was among the try scorers and having been named player of the match, she paid tribute to her fellow forwards. *"We stuck to our principles, played it through the forwards when we needed to and shifted it out to the backs when it was open for them. It as scrappy at times but great to come away with the win," she said. "Having Sarah Bern and Ellena Perry come on off the bench was massive for us, we've built throughout the autumn and have learned from every game and hopefully we can continue to build through the Six Nations."*



SEA CADETS SEARCH FOR OLD CREW MATES IN GREATER LONDON

Charity launches MY LEGASEA, a search to uncover the stories of generations of former Sea Cadets in Greater London

Sea Cadets, the national youth charity, has launched a search for people in Greater London that once wore its navy blue uniform and white sailors cap.

The search, called My LegaSea, aims to inspire former cadets to reconnect with the charity, share their stories from time spent at sea, on powerboats or travelling the world on expeditions.

Phil Russell, Captain of Sea Cadets, said: "We'd love to hear from anyone living in Greater London who once served as a sea cadet, in the United Kingdom or overseas, so that we can hear their stories and inspire them to share past adventures, friendships and valuable life lessons learned from time at sea.

So far, we've heard from Olympians, award winning musicians, engineers, dancers, civil servants and military veterans, all of whom were positively influenced by their time as a sea cadet."

My LegaSea is a long term impact study commissioned by the Marine Society and Sea Cadets (MSSC) to explore the legacy of its work with young people aged 10 to 18 and how it helps shape the lives and prospects of cadets.

The Sea Cadets has commissioned an independent researcher who has been travelling the country, meeting former cadets and hearing their stories.

CASE STUDY

Oliver James MBE – Paralympic Gold Medallist Rower & 3-Time World Champion

Oliver James, 29, learnt to row with the Sea Cadets at his local unit in Stevenage.

He has gone on to become an elite rower and winner of a Gold Medal at the Rio 2016 Paralympic Games as part of the LTA Mixed Coxed Four. He has also coxed a GB Mixed LTA Four to three consecutive World Championships from 2013 to 2015.

Oliver is lottery funded by UK Sport and also works as a coach at Mossbourne Rowing Club. He credits his teaching style as drawing directly upon his experience in the Sea Cadets.

Anna Spencer, said: *"Oliver's journey is an inspirational one and shows that something he tried in his teens as a sea cadet could become his life's passion and result in becoming a Paralympic Gold Medallist and receiving an MBE. Oliver continues to give back to the sport of rowing and to young people in London. We'd love to unearth more great stories from former Sea Cadets in Greater London and I urge people to get in touch with theirs."*

How to share your Sea Cadets story

If you, or anyone you know, has served in the Sea Cadets and would like to share their story, you can by completing the My LegaSea survey online at:

<https://www.sea-cadets.org/my-legasea>

Or by emailing: Legasea@ms-sc.org and aspencer@ms-sc.org



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

10th December, 8.00pm

'Wajib' (Palestine)

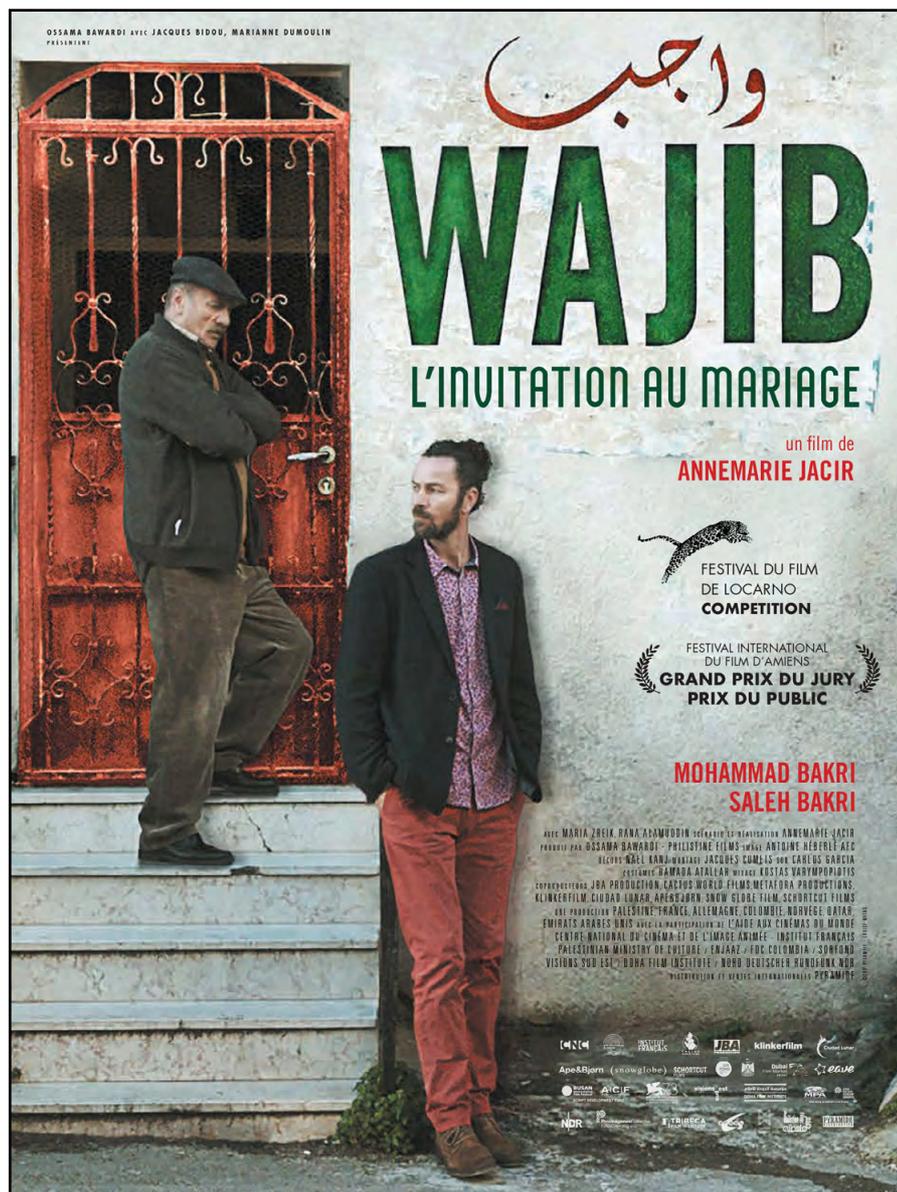
In Palestine's Christian community, an expatriate son accompanies his father in delivering his sister's wedding invitations in the lead-up to Christmas in Nazareth. Gentle but thought provoking insights into generational differences, including the Palestine/Israel relationship and a son coping with a father's desire to find him 'a nice local girl'.

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 60) - 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.



Half Page

Quarter Page
Landscape

Quarter Page Portrait

Eighth Page

Eighth Page
Landscape

Example advert sizes shown above

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