

Twickenham & Richmond TRIBUNE

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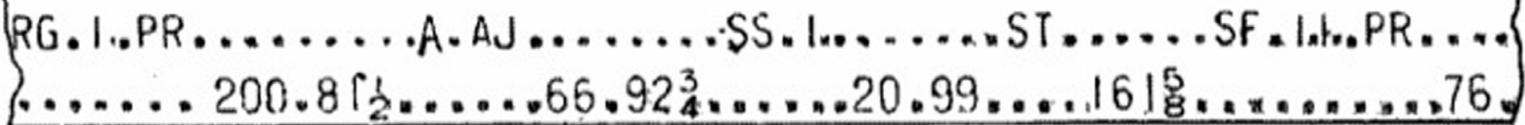
Editors

Berkley Driscoll
Teresa Read



7th October 2022

T&RT



TickerTape - News in Brief

Regular stamps soon to be invalid

The Tribune wishes to remind readers that after 31 January 2023, regular stamps without a barcode will no longer be valid. So if you can find your old ones, use them up or swap them before this date. Find more info [HERE](#)

Roadworks

Take a look at the roadworks and events update for the week commencing 10th October to see all planned works across the borough.

Find information on planned roadworks [HERE](#)

Depeche Mode at Twickenham Stadium

Depeche Mode have announced the Memento Mori World Tour, coming to London's Twickenham Stadium on Saturday 17th June 2023.

Their first in over five years, the tour will support the band's forthcoming studio album Memento Mori, due Spring 2023.

Tickets are on sale now, including a Community Residents Ticket Offer [HERE](#)

Free employment and skills fair for Ukrainian refugees and sponsors

The Council's Work Match service is hosting a Jobs and Skills fair aimed at Ukrainian Refugees and their hosts on Thursday 13 October in York House, Twickenham.

The event provides attendees the opportunity to meet with organisations who will be able to assist you into employment or develop your skills and knowledge in a variety of sectors. Delivered in partnership with recruiting businesses, training providers and support agencies, the fair aims to ensure that skills and employment services cater to those living in Richmond Upon Thames. Ukrainian arrivals are encouraged to attend this event, to meet employers and find out more about jobs and training opportunities open to them in the borough.

Event details: Date: Thursday 13 October 2022, Time: 11am - 2pm

Location: Clarendon Room, York House, Richmond Road, Twickenham, TW1 3AA

Location map and more details can be found on the Richmond Work Match website:

www.richmondworkmatch.org

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Covid-19

Teresa Read

WORLD HEALTH ORGANIZATION

Weekly epidemiological update on COVID-19 - 5 October 2022 Data as of 2 October 2022

Globally, the number of new weekly cases decreased by 6% during the week of 26 September to 2 October 2022 as compared to the previous week, with over 2.9 million new cases reported. The number of new weekly deaths decreased by 12% as compared to the previous week, with over 8,300 fatalities reported. As of 2 October 2022, over 615 million confirmed cases and over 6.5 million deaths have been reported globally.

At the regional level, the number of newly reported weekly cases decreased across five of the six WHO regions: the African Region (-32%), the Western Pacific Region (-22%), the South-East Asia Region (-17%), the Region of the Americas (-11%) and the Eastern Mediterranean Region (-8%); while case numbers increased in the European Region (+8%). The number of new weekly deaths decreased or remained stable across all six regions: the Western Pacific Region (-24%), the Eastern Mediterranean Region (-23%), the African Region (-20%), the European Region (-17%), the South-East Asia Region (-13%) and the Region of the Americas (-2%).

At the country level, the highest numbers of new weekly cases were reported from Germany (400,214 new cases; +42%), the United States of America (312,125 new cases; -15%), Japan (306,958 new cases; -43%), China (303,092 new cases; +4%) and France (264,889 new cases; +15%). The highest numbers of new weekly deaths were reported from the United States of America (2,728 new deaths; +6%), the Russian Federation (711 new deaths; similar to the previous week), Japan (563 new deaths; -15%), China (368 new deaths; -26%) and Brazil (286 new deaths; -36%).

European Region

In the European Region, the number of new weekly cases increased by 8% as compared to the previous week, with over 1.5 million new cases reported.

Eleven (18%) countries reported increases in new cases of 20% or greater, with the highest proportional increases observed in Guernsey (210 vs 107 new cases; +96%), Austria (77,674 vs 47,769 new cases; +63%) and Italy (215,534 vs 135,877 new cases; +59%). The highest numbers of new cases were reported from Germany (400,214 new cases; 481.2 new cases per 100,000; +42%), France (264,889 new cases; 407.3 new cases per 100,000; +15%) and the Russian Federation (256,106 new cases; 175.5 new cases per 100,000; -28%).

Over 2,500 new weekly deaths were reported in the Region, a 17% decrease as compared to the previous week. The highest numbers of new deaths were reported from the Russian Federation (711 new deaths; <1 new death per 100,000; similar to the previous week), Italy (263 new deaths; <1 new death per 100,000; -18%) and France (208 new deaths; <1 new death per 100,000; +3%).

IN THE NEWS THIS WEEK

BBC Covid: Protect elderly from rising virus levels in UK

Sky News: COVID-19 cases in UK leap by 25% with big rise among over-70s in England

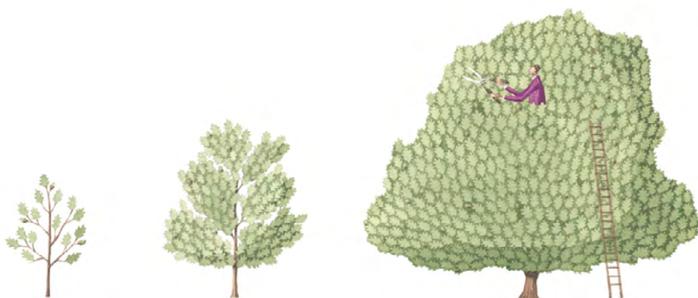
CNN: Covid-19 boosters could prevent about 90,000 US deaths this winter, but only if more people get them, analysis suggests

Reuters: France's 8th wave of COVID is gaining in intensity

SKY NEWS: Australia scraps mandatory COVID isolation rules - but experts call the decision 'illogical'

BBC: Covid infections rise by 14% in UK and now top a million

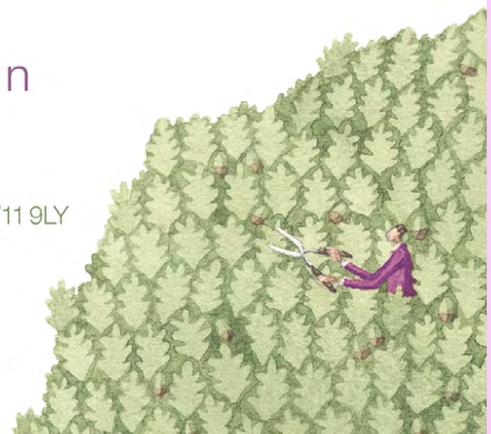
GOV.UK: Omicron BA.5 now dominant in the UK according to UK Health Security Agency variant technical briefing



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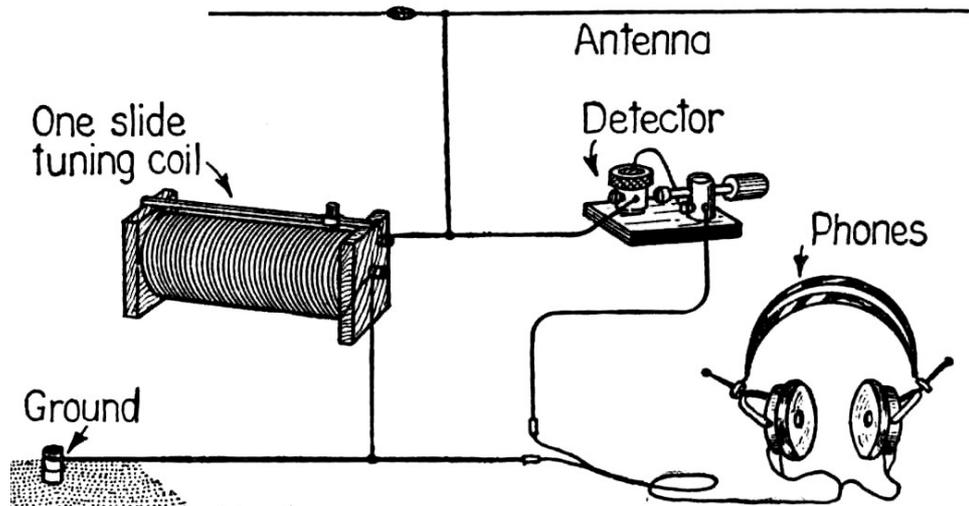
The early days of wireless

By Simon Fowler

Today we take the radio for granted. There are programmes for every taste and interest from Afrobeat to the Archers. But a hundred years it was different. The wireless, as it then was known, was a technology without an audience. There's a parallel with the arrival of the Internet in the mid-1990s.

Back in 1922, there were enthusiasts who largely had learnt about wireless during their service in the Great War and wanted something to listen to. And there were companies, notably Marconi, who thought there might be a market for their wireless sets. In addition, the Post Office which had legal responsibility for the air waves was reluctant to allow competition between competing broadcasts, as was the chaos on the American airwaves.

The answer lay in the British Broadcasting Company (BBC) which would broadcast programmes of a suitable quality, that would be picked up by devices made by the six manufacturers who came together to form the Company in October 1922. The BBC was to be the sole permitted broadcaster. This remained the case to 1955 when ITV came on air.



Before the BBC began broadcasting the manufacturers had been transmitting programmes to demonstrate what the new technology could do. From May 1922, listeners in Twickenham and Richmond could tune into the radio station 2LO, which broadcast each evening from Marconi House in The Strand.

Local newspapers suggested that programming: 'consists of musical items contributed by some of the world's greatest artistes, lectures by famous men and women on vital topics of the day, plays, messages uttered by Cabinet Ministers, news of important events, weather reports, and even bedtime stories for the children! In every case you hear the actual voice or sound at the moment of its utterance.'

One such broadcast was the speech delivered by the Prince of Wales (later Edward VIII) to the Boy Scout movement from York House. This was broadcast by the station at 7.30pm on 14 October. Previously any speech could only be heard by at most four or five hundred people, now the audience might be in the hundreds of thousands.

In Mortlake, the *Richmond Herald*, reported:

There was a large attendance at the Mortlake National Schools to "listen in" to the speech of the Prince of Wales at the Boy Scouts' Rally. The wireless arrangements had been made by the Mortlake Sea Scouts, with the assistance of instruments supplied by the Surrey Scientific Apparatus Company of Barnes High Street. The experiment was quite a success, and His Royal Highness's speech was heard quite distinctly, as were the various items of the "Broadcast" concert which followed.

It was followed by a performance by the Scouts' brass band which was well received by the audience.

Teddington Beer Festival - Great beer, great cider and great music

The Landmark Arts Centre is hosting the first ever Teddington Beer Festival from Thursday 3 to Saturday 5 November 2022.

The festival will be a showcase of some of the finest craft beers and ciders from across the country, as well as from local breweries, with a range of over 60 real ales and ciders on offer, together with spirits and cocktails from Bone Idyll.

Some of the confirmed local breweries featured include: Jawbone Brewery, Sambrooks Brewery and Twickenham Fine Ales.

As well as savouring beers, festival goers will be able to enjoy delicious street food such as chicken tikka wraps and biryanis by Homemade Curries, based in Teddington, and a range of traditional pub grub.

Alongside the food and drink there will be a programme of live music events with local bands performing across a range of genres.

As a Landmark Fundraising Event, all profits will support the Landmark Arts Centre's community arts work.

The festival will run over several sessions: Thursday 6 to 10pm, Friday and Saturday 12noon to 4pm and 6 to 10pm.

Tickets available:

- Early Bird £9
- Early Bird + 6 beer tokens £22.50
- Standard £10

These include your souvenir glass, programme, first beer token and entertainment, and are valid for one session only.

For more information and to book tickets view [Teddington Beer Festival](#).



Winter Carriage Rides in Richmond Park

What can be more magical than a horse drawn carriage ride in beautiful Richmond Park?

This Christmas, experience Richmond Park like never before with a ride around the park in a six-person Park Brake drawn by our majestic Shire Horses. Enjoy the sounds of hoofs and bells, revel in the crisp air and watch the wildlife up close while you snuggle under a blanket...and have some sloe gin and a mince pie to truly get into the festive spirit!

The 75-minute experience begins at Holly Lodge, Richmond Park, where you'll be met with refreshments. You will take your place in the carriage embarking on an hour long ride through the park in all its winter beauty! You'll also be treated to a unique behind-the-scenes visit of the working stables.



The rides take place on various dates throughout the festive season, starting from the end of November to the beginning of January. Proceeds from the horse drawn rides will help fund sustainable conservation initiatives with the working Shire horses in The Royal Parks.

Find booking info [HERE](#)



12 things you should know about the deer rutting season

During the deer rut photographers are reminded to use a long lens and to stay 50m away. Closer than this is stressful for the deer & can interfere with their natural behaviour. Park visitors also risk serious injury by ignoring this advice.

Deer rutting (breeding) season is under way and will last until early November. Richmond and Bushy Parks are home to over 1,000 free roaming red and fallow deer and during the rut you may notice some behavioural and physical changes in the stags and bucks.

Find out more below about one of UK wildlife's greatest spectacles.

Find out about the 12 things [HERE](#)



Twickenham Riverside, A Glimpse at the Council's Spending On An Unwinnable Project

Teresa Read

This week at the London Borough of Richmond's Finance and Resources Committee the Chair of the Twickenham Riverside Trust, Ted Cremin, put forward a number of points to the Committee in just over three minutes, speaking twice.

Ted reminded the Council that a petition of approximately 8,500 people to protect Twickenham Riverside was presented at 10 Downing Street in 2009 (a half day event I arranged in October of that year).

Following this, officers from the government Communities Department suggested that the Leader of the Council might consider a Referendum, but the request was refused when put to him by residents.

Subsequently, I contacted Electoral Reform Services on behalf of local people to enquire about arranging a residents' Referendum and was told that each postal vote would cost £1; it was decided that we could cover £4,000; the response was overwhelming There was a good turnout with a vote of 93.5% against housing on the Twickenham Riverside site – and the Council scheme was dropped following a change of the Council.

To return to the meeting this week Ted went on to speak on behalf the Trust, set up in 2011 to protect the land with a 125-year lease, designated as Public Open Space.

It seems that quite a lot of public funds have been spent on the present plans so far; the Council is said to have spent £4million to date with 3 Public Enquiries taking place, and a £500,000 Compulsory Purchase Order (CPO), presently adjourned.

Ted said that statutory requirements had not been met by the Council; there was no Financial Viability Statement with the planning application and it seems that there has been no external scrutiny into the public consultation. He went on to say that the CPO requirements had not been met and the Trust had been advised that planning permission was not guaranteed. It is the job of the Trust – a registered charity - to make sure the land is protected and preserved for the benefit of the public.

It was also mentioned that the Council's plan for Elleray Hall in Teddington had seen an increase of 50% in building costs and that a significant percentage of housing built on Teddington Riverside and Twickenham Station had been sold to overseas investment companies at a discount. Is this what we are to expect for Twickenham Riverside, bought by the Council in 1924 for public walks and pleasure grounds?

Remember, as the London Borough of Richmond ploughs on with a plan the Trust's legal advice says is unwinnable, the Council may be throwing away our money as more and more money continues to be spent on this unpopular project as well as valuable officer time wasted.

In the present economic situation, the Council should think about a more modest plan on the Water Lane side of the site and forget their plans to bulldoze the Queen's Diamond Jubilee Gardens and a children's playground, especially at this time which would seem particularly inappropriate to many residents in the Borough.

LONDON LUMINARIES

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Fourteen historic places celebrate the heritage of food and drink across West London. Hosted via zoom at 7pm by broadcaster and literary critic Prof. Judith Hawley.

FULL MEAL

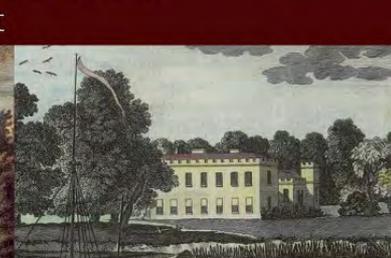
- 5TH OCT Hogarth's House - Drunk for a Penny
- 6TH OCT Ham House - Aphrodisiac Pies and Taffety Tarts: 17th Century Food and Drink
- 12TH OCT Strawberry Hill House - Food In Gothic Literature
- 13TH OCT A Return to the Fluorescent Banquet: Feasting at Orleans House through the eyes of an artist
- 19TH OCT Garrick's Temple - After you with the salt, Dr Johnson!
- 20TH OCT The Material Culture of Tea at Marble Hill House
- 26TH OCT Turner's House - Eels, Pies, Picnics and Banquets

- 27TH OCT Pope's Grotto: Wining and Dining with Alexander Pope
- 2ND NOV Kew Palace: The Royal Kitchens at Kew
- 3RD NOV Medieval Estate to Community Garden: Centuries of Food Production at Gunnersbury House
- 9TH NOV Fulham Palace: Posh Nosh
- 10TH NOV Boston Manor - In the Fields and on the Table
- 16TH NOV Chiswick House - A Kitchen Garden for the next 100 Years
- 17TH NOV The Committee of Taste: Soane at Pitzhanger Manor

SUGGESTED DONATION £5 PER TALK,
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WWW.LONDONLUMINARIES.COM

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SWR 8 October strike service levels, including no services beyond Basingstoke

Due to the planned national strike, SWR customers are urged only to travel by rail if absolutely necessary on **Saturday 8 and Sunday 9 October**

- SWR will run a severely reduced service between 07:15 and 18:30 on Saturday 8 October, with significant parts of the network closed entirely
- Sunday 9 October will also be significantly impacted by the strike; first trains across the network will start much later than usual
- TfL services will also be disrupted due to industrial action and planned engineering works on the District line between Wimbledon and Earl's Court (which serves Fulham Broadway), with West Brompton will be closed from 17:00. Customers planning to connect to SWR services should check journey planners as last trains will be much earlier than usual
- SWR has published its strike day service levels for Saturday 8 October, which will provide a severely reduced service on the routes Network Rail has made available.



Significant parts of the network will be closed entirely and those trains that are running will be far less frequent and much busier compared to normal.

Due to the impact of the strike day, customers are also urged only to travel if absolutely necessary on Sunday 9 October, when first trains will start much later than usual across the network and are likely to be very busy.

Staff at Network Rail and more than 2,100 SWR members of the RMT union are set to take strike action on Saturday 8 October, causing severe disruption.

Long-planned engineering work will also reduce the network available to SWR, meaning fewer services will run compared to previous strike days. Specifically, SWR will be unable to run services between Basingstoke and Southampton on the mainline and services towards Windsor will only run as far as Hounslow.

SWR's reduced timetable will run from 07:15 to 18:30 on Saturday 8 October, and will consist of:

- Four trains per hour in each way between London Waterloo and Woking
- Two semi-fast trains per hour each way between London Waterloo and Basingstoke
- Two trains per hour each way between London Waterloo and Hounslow

South Western Railway's Performance and Planning Director, Steve Tyler, said:

"I'm sorry that due to strike action we must urge our customers to only travel if absolutely necessary on Saturday 8 October and Sunday 9 October. Those needing to travel should seek to do so by other means.

"Large parts of our network will be closed on the strike day and there will be a late start up on the morning after. Those who must travel are urged to carefully check the times of first and last trains and avoid them if possible as they are likely to be very busy.

"We are grateful to our customers for their continued cooperation, patience, and understanding as the rail industry works to bring this damaging nationwide strike action to an end."

Customers are urged to check the SWR website for latest information [here](#).

South Western
 **Railway**

St Margaret's Cycling Club funds Heathfield Junior cycle clubs

St Margaret's Cycling Club has funded two cycle clubs at Heathfield Junior School in Whitton.

The school was identified, with the help of the Richmond's School Travel Advisor, as being one whose pupils could benefit the most from the programme.

The St Margaret's Cycling Club (SMCC) funded cycling club consisted of five, weekly pre-school, sessions led by The Cycle Coach, a training company specialising in teaching cycle skills in schools. A dozen Heathfield pupils, who couldn't cycle or had poorer skills, went through the program, had a huge amount of fun, and are now cycling confidently - many have gone on to get their own bikes!

The cycling initiative was so successful that SMCC is funding a second program at the school, which started this September 2022.



St Margaret's Cycling Club is a friendly club with rides taking place all year on Sunday mornings and a mid-week ride on Wednesday mornings, often cycling in the beautiful Surrey Hills or on flatter roads toward Windsor and Henley. There are different groups to match different abilities and no matter what speed all our club rides have a no drop policy.

If you would like to find out more and how to join for an introductory ride, look them up on Facebook or Instagram, or go to their website [St Margarets Cycling Club](#).

October is ADHD awareness month!

October is ADHD awareness month and ADHD Embrace, the local charity for families and professionals who help children with ADHD, are trying to raise awareness of the condition.

ADHD is estimated to affect 5% of the population or 1 in 20 school kids in the UK. The problems start early in childhood - at home and at school where succeeding and thriving becomes increasingly hard for children whose challenges can be wide reaching. Many children end up struggling with relationships and school work, becoming isolated or even excluded from school.

[ADHD Embrace](#) is the charity that helps families, carers and professionals who live and work with children with ADHD in the Boroughs of Kingston and Richmond. They are asking all the local schools to have a cake sale for ADHD this month, for awareness of the condition to spread everywhere and any fundraising raised to help provide services for families.

Executive Director, Jenny Cooper, has a message for the local communities:

“In this month of special attention on ADHD, ADHD Embrace wish to highlight the need for better recognition and understanding for children with this condition so they can reach their full potential by being supported and understood.”

Get in touch with ADHD Embrace at info@adhdembrace.org if you want to help your school arrange a cake sale.



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Volunteer with Age UK Richmond!

Have you ever thought about volunteering with Age UK Richmond? It's a great way to meet new people, learn new skills and support the work Age UK Richmond does in the community.

Age UK Richmond rely on their amazing [volunteers](#) to deliver their services, and have a wide range of volunteer opportunities available to suit different skills and time commitments.



If you or someone you know is interested, please contact volunteering@ageukrichmond.org.uk or call 020 3816 0029 for more information.

You could make a real difference to the lives of older people in your local community.

Disruption to LBRuT online services 8 and 9 October

A number of LBRuT services will be offline this weekend whilst essential maintenance is performed.

The work will start at 8am on Saturday 8 October 2022, and should be finished by 10pm on Sunday 9 October.

The following services will be unavailable:

- All online forms
- Richmond Account
- Planning Search and planning documents
- Building Control history
- Sports bookings
- Council meetings, minutes and agendas
- Online maps

Unfortunately, due to the nature of the work, extended downtime is unavoidable. LBRuT apologise for any inconvenience caused whilst this maintenance is carried out.



Richmond Council extends free lifeguard training offer

Following Richmond Council's call for new lifeguards, the Council's Sport and Leisure team have completed several training courses and are now offering additional free places on the next training course.

Since the reopening of Council run sporting facilities post COVID-19, the Council's Sport and Leisure team has experienced difficulties recruiting key staff, including lifeguards. The Council operates six centres across the borough serving just under 2,000 members.

Following the recent shortage of lifeguards, the Council invited residents to apply to obtain a National Pool Lifeguard Qualification (NPLQ), with courses taught throughout the year at both Teddington Pool and Fitness Centre and Pools on the Park in Richmond.

95% of all UK pool lifeguards in the UK are qualified through the NPLQ which complies with industry requirements and is internationally recognised. The Council offered free places on the training course to trainees who met certain eligibility criteria.

The Council received 53 applicants for free NPLQ places with all of these being offered places on the courses, 44 of whom accepted.

34 people passed the course and have now been recruited or are going through the recruitment process at present.

Richmond Council is now looking to extend this offer to the October NPLQ course and offer a percentage of places free for attendees who can commit to working a minimum of two weekday shifts during term time with the Council's Sport and Leisure Team.

The next course is planned for Monday 24 to Friday 28 October at Pool on the Park. The course will run for five consecutive days from 8.30am to 6pm. Places are limited so register your interest now to avoid disappointment.

Any resident over the age of 16 interested in becoming a lifeguard and joining an upcoming NPLQ training courses to work with the Council's Sport and Leisure team, can register their interest by emailing leisure@richmond.gov.uk or calling 020 3772 2999.

Find out more about the [NPLQ](#).



Arts Richmond presents The Roger McGough Poetry Competition

Entries are being invited for Arts Richmond's Roger McGough Poetry Competition for 2022 entitled Turning Point.

Prizes of £150, £75, and £50 will be awarded to the winners.

A panel appointed by Arts Richmond will select forty poems to be judged by Roger McGough.

Prizes will be presented at The Exchange in Twickenham in March 2023.

Visit [Arts Richmond website](#) for full details and information on how to upload your entry.



Find comfort and connection through great literature with Page Turners

Weekly Page Turner sessions are returning to Castelnau and Twickenham libraries.

At Page Turners the group read an extract or short story together, perhaps even a poem, pausing to discuss and share thoughts. There is no need to read anything in advance, just join the sessions.

Come along to one of the friendly, relaxing Shared Reading sessions, led by an experienced reader leader where hot drinks and biscuits are provided. Everyone is welcome with no need to book.

Page Turner sessions take place on Tuesdays from 2.30 to 3.30pm at Castelnau Library and Wednesdays from 2 to 3pm at Twickenham Library.



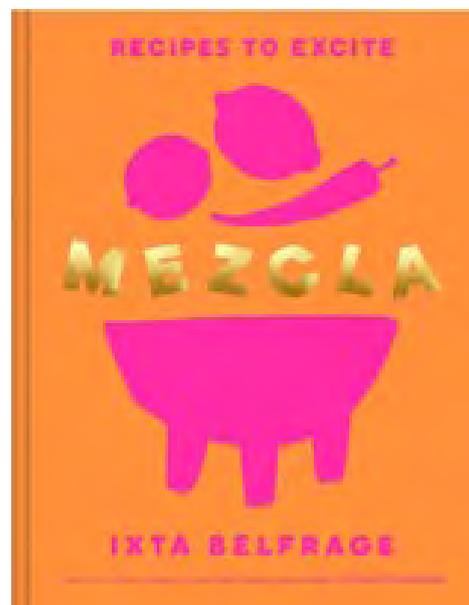
MEZCLA - RECIPES TO EXCITE

Ixta Belfrage is one of the most talked about new voices on the UK culinary landscape. She shot to fame in 2020 when she co-authored the bestselling FLAVOUR with Yotam Ottolenghi, and has now published her first solo cookbook, **MEZCLA** - and it's fabulous! In Spanish mezcla means mix, blend or fusion and in this lovely cookbook, Ixta shares 100 bold, impactful recipes inspired by Italy, Brazil, Mexico and beyond.

This book is bright and colourful, as are the recipes and photography. Ixta's style of cooking draws inspiration from three countries she grew up travelling to, eating in and obsessing over. Brazil (where her mother is from), Italy (where she lived as a child) and Mexico (where her grandfather lived). She cut her teeth at NOPI before moving to the Ottolenghi Test Kitchen, where she worked for Yotam Ottolenghi for five years, contributing to his columns in the Guardian and The New York Times.

'There are recipes for every mood in this book, from quick, midweek dishes, to longer projects for when you have the time to slow down and savour the process. The recipes celebrate fusion cooking, whilst the introduction is an ode to the countries that taught me to love food.' says Ixta. **MEZCLA: Recipes to Excite** is divided into simpler recipes (for when you need something great on the table, fast) and longer recipes (for when you have time to slow and savour the process), and includes quick, flavourful recipes, as well as dishes to spend more time over like Chiles Rellenos with Salsa Roja Risotto. Some 60% of the book is vegetarian/vegan and most of the veg recipes are easily veganised.

It really is a book to read and drool over! Here is a recipe to inspire you to add the book to your Christmas present wish-list. The ragù is an inexpensive and delicious midweek supper. Extracted from Mezcla by Ixta Belfrage (Ebury Press, £26) All photography by Yuki Sugiura



Porcini ragù

"I'm not sure if you're allowed to call a sauce that doesn't contain meat, doesn't start with a soffritto, and that only cooks for 10 minutes a ragù, and yet because of the concentrated flavour of the dried porcini, this has all the intensity of a meat ragù that has simmered for hours. Anyone who has made the spicy mushroom lasagne from Ottolenghi Flavour will realise what I'm trying to achieve here: an abridged version of that ragù with the same intensity but without the hours chopping kilos of mushrooms (yes, I heard you!). This recipe is inspired by two of my favourite dishes at Ristorante Pizzeria Acone near where I grew up in Tuscany – penne all'Aconese and tagliatelle alla Beppa."

Serves 2 as a main with leftovers or 4 as a starter

40g dried porcini

4 tablespoons olive oil, plus extra to serve 3 cloves of garlic, very finely chopped (not crushed!)

1/2 teaspoon chilli flakes (or less if you prefer)

10g fresh parsley (stalks and leaves), finely chopped, plus extra to serve

1/3 teaspoon fine salt

1 1/2 tablespoons tomato purée/paste

about 50 twists of freshly ground black pepper

250g dried tagliatelle nests
40g Parmesan, very finely grated, plus extra to serve
3 tablespoons double cream

In a medium bowl, cover the porcini with boiling water and leave to soak for 10 minutes. Drain, reserving 75g of the soaking liquid. Very finely chop the porcini to mince consistency, then set aside.

Put the oil, garlic, chilli flakes, parsley and fine salt into a cold, large sauté pan on a medium-low heat. Very gently fry for 5 minutes until soft and lightly golden, turning the heat down if the garlic starts to brown. Increase the heat to medium-high, then add the chopped porcini, tomato purée/paste and plenty of pepper.

Stir-fry for 3 minutes, then set the pan aside while you boil the pasta.

Cook the pasta in salted boiling water for about 6 minutes, until al dente. Drain, reserving 350g of the pasta water.

Return the sauté pan with the porcini to a medium-high heat, then add the 350g of pasta water and the reserved 75g of porcini soaking liquid. Stir, and bring to a simmer. Once simmering, leave to bubble away for 3 minutes.

Add half the Parmesan to the pan, stirring until it has melted before adding the rest. Lower the heat to medium, then stir in the cream, followed by the drained tagliatelle. Toss over the heat until the pasta and sauce have emulsified – about 1½ minutes.

Remove from the heat and serve at once, finished with as much extra oil and Parmesan as your heart desires.

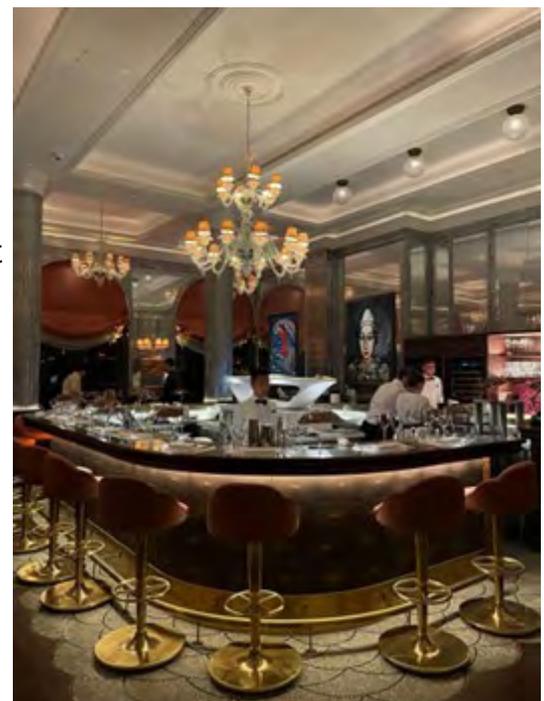
Vegan option: You can easily make this vegan by using plant-based cheese and cream.

Notes It's always good to have all your prep done before you start cooking, but it's especially important with this recipe, as things happen rather quickly. Make sure you have your porcini soaked and finely chopped, garlic and parsley finely chopped, and your Parmesan finely grated before you turn the heat on.

FISHY HAPPENINGS ON RICHMOND RIVERSIDE

The old Revolution site has been radically transformed and is now Scott's, Richmond. The elegant riverside sister restaurant to the famous Mayfair site spans two floors: the lower with an impressive crustacean bar serving oysters, wine, champagne and cocktails, as well as the upstairs with its central bar. The restaurant really is beautiful and adds style to the whole area. The kitchen has chef director, Tim Hughes and head chef, Tom Fraser at the helm. The menu offers fish and shellfish dishes alongside a variety of meat and seasonal game favourites. It is open seven days a week for lunch and dinner, with live music available every Thursday to Saturday into the evening. It's only just opened and it is clearly 'the' place to be at the moment in Richmond.

I'll be reviewing the menu soon, so watch this space!



SOBER OCTOBER?

We have 'Dry January' and now, it seems, we're in for 'Sober October' as well! I'm all for cutting down on alcohol consumption, but to be honest, I do enjoy a drink (or two) but I can quite happily go without, especially if it's my turn to be the duty driver. But more and more people seem to be giving up alcohol altogether and it is now much easier to order an alcohol free beer or cider in a pub or restaurant than it was a few years ago. I've done quite a few articles in the past about low or no alcohol drinks, but there are some new ones that have appeared on my radar:

There are two varieties of **Pentire** plant based spirits: Adrift and Seaward, and they are both excellent. Pentire was brought to life after extensive research and collaboration with local botanists, distillers and mixologists on the Cornish coast. It captures the unique botanical range on local headlands and the flavours and they deliver through careful distillation. Adrift has a great initial nose - herby (dill?) with citrus, and a hint of sage. Seaward has a grapefruity aroma and then a touch of sage. Both are recommended to be served with tonic and I like the fact that unlike so many alcohol alternatives, Pentire is low calorie and not sweet - it really does offer quite a grown up slant to the whole alcohol free experience. Available from Master of Malt, Amazon and countless other websites, as well, of course, from [Pentire](#) direct. Around £27 for a 70cl bottle but I'd suggest you try the trial pack of 2 x 200ml bottles first to decide which you prefer.



My husband, the beer drinker in our house, was very taken with this indeed. Brewed with natural ingredients, **Corona Cero** can be enjoyed anytime, but is best served cold, with a signature wedge of lime. It's flagship 'parent' beer, Corona Extra, is one of the top five best-selling beers globally, The original recipe for the pale lager was released in 1925, but their first non-alcoholic offering, Corona Cero, did not come along until January 2022 It really is excellent and widely available in supermarkets and off licences for around £4 for a pack of four 330ml bottles.

To be honest, with **Double Dutch**, a superb range of multi award-winning premium mixers and tonics, one hardly needs to add any dealcoholized spirit at all! I'm consistently impressed with the Double Dutch range - there are some 20 varieties including Cucumber Margarita with Chilli Soda, Bloody Mary Soda, Cucumber & Watermelon, Pomegranate & Basil to name a few...who needs to add alcohol when they are this interesting without? (mind you, they do taste amazing with alcohol!). Try the Exploration pack of ten different mixers [here](#) or head down to Waitrose (that now stocks the Pink Grapefruit soda) or Ocado. £3.60 for a pack of four x 200ml.



And I've just heard that the UK's biggest mindful drinking movement, [Club Soda](#), has launched a crowdfunding [campaign](#) to raise £25,000, which will enable it to open its first permanent venue. This follows the movement's successful pop-up Alcohol-Free Off-Licence, which extended its tenure not once, but twice, due to its popularity.

News of **Club Soda's** crowdfunding comes as, apparently, half of UK adults (49%) are either not drinking any alcohol or are planning to cut down soon – a potential market of 25 million people. Cheers!

Pygmalion

by George Bernard Shaw

Teddington Theatre Club at Hampton Hill Theatre until 8th October

Pygmalion has been a favourite of theatregoers since its Viennese debut over a hundred years ago, with its story of the chance meeting of working class flower-girl, Eliza Doolittle and Henry Higgins a world renowned professor of linguistics.

TTC's expertly crafted sets take us on a journey from the brilliantly projected portico of St. Paul's Church, Covent Garden to the beautifully detailed rooms of Higgins' apartment on Wimpole St and his mother's perfectly sculpted home in Chelsea. Great credit goes to the set designers and army of set builders who created this world, with its high ceilings and truly exquisite detail.



Under the guidance of Director, Roger Smith, each actor has succeeded in creating believable characters in their own right. In her representation of Eliza Doolittle, Anastasia Drew gives a subtle and less caricatured portrayal of this 'diamond in the rough', whilst still entertaining the audience with wonderful character acting and great comedic timing.

Able playing alongside Drew in the role of Eliza's (tor)mentor, Prof. Higgins, Oliver Tims' performance is full of energy from start to finish. Higgins' side-kick, Colonel Pickering is played by Matt Ludbrooke, whose warm, calm and caring portrayal contrasts well against the fiery Higgins. The partnership is entirely believable and enjoyable to watch.

Both important to the story and hugely enjoyable are Sue Bell's portrayal of Mrs Higgins, the professor's mother; and Dominic Lloyd's portrayal of Alfred Doolittle, Eliza's father.

In her role as Higgins' long-suffering housekeeper, and maternal figure in his childhood, Mrs Pearce is expertly played by Shana de Carsignac Monwanga, in a delightfully stern but warm manner and with added comedy value. She admonishes Higgins, cautioning him of the likely consequences of his actions. Yet, whilst guiding Eliza, sometimes rather too sadistically, on her journey from 'street' to 'chic', Higgins discovers a thing or two about his own flaws along the way.



Read David Stephens' review at

www.markaspen.com/2022/10/05/pygmalion

Photography by Kim Harding

Noises Off

by Michael Frayn

Theatre Royal Bath Productions at Richmond Theatre until 15th October, then on tour until 29th October

Everyone who has seen a previous production of Michael Frayn's much-loved *Noises Off* is cracking wry jokes about plates of sardines, and wondering what state the production will be in by the time the tour reaches Stockton-on-Tees. But soon enough the curtain rises on the bedroom farce *Nothing On*, and Mrs Clackett totters across the stage to answer a ringing telephone, with just a shade of the opening scene of *The Real Inspector Hound* in her delivery. We quickly realise that we're watching a shambolic technical (or is it the dress?) rehearsal. As events unfold in this original "play that goes wrong", we learn almost as much about the actors as we do about their characters.



Mrs Clackett, or Dotty Otley, is played with perfect comic timing by *bona fide* national treasure Felicity Kendal, and receives a huge round of applause on her first entrance. Kendal is quickly joined by Joseph Millson's Garry Lejeune and Sasha Frost's Brooke Ashton, who gamely fulfils the farce staple of jumping through doors in her underwear, while also performing entertaining business during frequent searches for her missing contact lenses. Matthew Kelly's wonderfully hammy old actor Selsdon Mowbray is not only largely deaf, but clearly likes a drop to wet his whistle.

The triumph of *Noises Off* over other parody plays is that the framing narrative of *Nothing On* works as the first act of a simplistic

farce. Many of audience have clearly seen the play before, and they laugh almost constantly throughout all three acts. This is a confident production of a well-loved play, with a cast full of well-loved actors, and it all makes for a truly wonderful night out.

Read Andrew Lawston's review at www.markaspen.com/2022/10/05/noises-off

Photography by Nobby Clark





Ulster American

by David Ireland

Putney Theatre Company at the Putney Arts Theatre until 8th October

Leigh is trapped on the sofa in his London apartment with Jay, an Oscar-winning, Hollywood actor. Jay is loud, intense and very, very needy. They await the arrival of Ruth, the writer of a new play set in Northern Ireland about a Protestant activist, to be played in the West End by Jay. Jay thinks Ruth is an Irish writer and he's hugely proud of his Irish roots, despite not knowing the difference between the Republic and Northern Ireland. Leigh is going to humour Jay for box-office purposes.



What follows is a degeneration of their meeting.

Ultimately things take a physical turn which serves to remind everyone that we are just highly evolved animals, despite our pretensions to sophisticated thinking.



Crucial to the proceedings, however, is a conversation between the two men about sexual assault, which is awkwardly both controversial and very funny. The exchange between the two men revealed thinly-veiled attitudes towards women, which you relish seeing exposed to ridicule.

Paddy Cooper (Leigh) is the embodiment of British complacency with a veneer of self-deprecation. Nathan Cable (Jay), manages the difficult task of not producing an over-the-top performance while playing the loud, exhausting, fragile shell of a man that Jay is. Imogen Reeve-Tucker presents the voice of sanity and strength whilst managing to include some human frailties in her portrayal of Ruth.

Ulster American has one of the best minimal sets I've seen in a while: three posters for Irish

plays on the wall of Leigh's apartment. In front of these Leigh casually ignores Ruth's British identity in favour of "everyone" thinking she's Irish anyway, and thus the vacuity of virtue-signalling is illustrated more efficiently than could be achieved by any verbal explanation.



An excellent, very entertaining ninety minutes' worth, beautifully written, well produced and definitely well worth seeing. *Ulster American* is expertly directed by Stuart Watson who brought out every element of this clever piece of writing.

Read Eleanor Lewis' review at www.markaspen.com/2022/10/05/ulster-american

Photography by Steven Lippitt



Death and the Maiden

by Ariel Dorfman

The Questors Theatre at Questors Studio, Ealing

From the outset, *Death and the Maiden's* tone is unsettled and intense. The cosy domestic setting of the Escobars' seaside home is a thin veneer over a couple, and a country, who have clearly suffered huge psychological and physical damage.



Gerardo Escobar has been appointed to a new Commission set up to investigate human rights abuses committed under the unnamed country's previous regime. One night, a puncture strands him on the motorway before being rescued by one, Roberto Miranda, whom they invite to stay the night. Instead of making him breakfast, however, Paulina Escobar assaults their guest, and binds him to a chair. A victim of the previous regime, she is convinced from the sound of his voice that Roberto was one of her unseen torturers. She tells Gerardo that she intends to put the doctor on trial.

Tautly directed by Richard Graylin, the play relies almost entirely on the plausibility of its actors' performances, and all three are mesmerising. Nina Flitman's Paulina arguably has the most to do, alternating between attentive host, profoundly damaged victim, and implacable executioner. Flitman's magnetic performance is the heart of the play, and it is hard for the audience to take their eyes off her for a single moment.

James Burgess plays her husband Gerardo, a tireless campaigner for justice who is unexpectedly called upon to confront his country's past injustices in his own living room. Burgess gives a compelling performance of a man out of his depth, whose abstract views of justice, forgiveness, and reconciliation quickly founder when faced with his wife's traumatic experiences.



Roberto Miranda is an apparently affable soul who loves to help people in need, but who shows occasional flashes of a much darker side. Adam Kimmel as Miranda spends much of the play bound to a chair, but still gives a commanding performance, from his early bonhomie to his chilling confession, and ultimate breakdown.

With Paulina's frank account of her ordeal *Death and the Maiden* is often not an easy play to watch. But its compelling performances and ambiguous ending will stay with you long after the final curtain call.

Read Andrew Lawston's review at

www.markaspen.com/2022/09/24/death-maiden

Photography by Evelina Plonyte

THE HYPOCHONDRIAC at the MARY WALLACE

Moliere's classic satire THE HYPOCHONDRIAC (aka The Imaginary Invalid) plays at the Mary Wallace Theatre in Twickenham from Saturday 22nd - 29th October.

This bitter comic satire of medical quackery spares neither Argan, the self-deluding hypochondriac of the title, his doctors or his family with its biting wit. Envy, greed, romance, deceit - all are woven into Moliere's most loved (and most performed) comedy.

Rehearsals are now in full swing, an impressive and elaborate set is under construction and booking is open.

For tickets and further information about THE HYPOCHONDRIAC please see www.richmondshakespeare.org.uk



Richmond Shakespeare Society



Join us at the Mary Wallace on Twickenham's Embankment, between St Mary's Church and the Barmy Arms.

New book club in Barnes gets kids reading more for fun!

The Barnes Children's Literature Festival has a fun new monthly book club for children designed to encourage them to read more for pleasure.

Every month the festival recommends a book to read, then the children get together with the author, to ask their questions and share their ideas with their book club friends, in a warm and welcoming space at St Paul's School in Barnes.

The next meeting is this Saturday 8 October in the afternoon when they will be joined by the multi-award winning author Christopher Edge with his latest mystery adventure, Escape Room.

This will be followed on Saturday 5 November with S F Said, the Blue Peter Book Prize winning author of Varjak Paw, with his new title, Tyger.

All sessions are suitable for children ages 8 to 12.



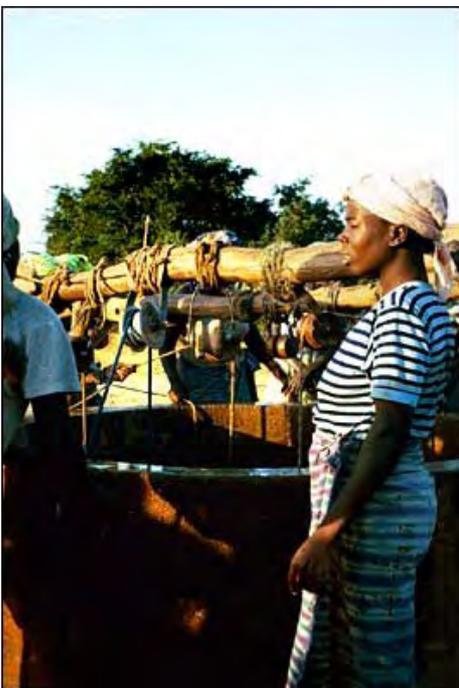
Burkina Faso – the Russian Connection

Burkina Faso, a former French territory in West Africa, has had a troubled history for many years undergoing a number of coup d'états in the 1980s. In 1987 Blaise Compaoré came to power ruling for 27 years.

This week, in the second coup this year, 34-year-old Captain Ibrahim Traoré became the country's leader when President Damiba stepped down giving way to military rule. It was reported that pro-Russian slogans were chanted and Russian flags waved by supporters.



Russia has had an interest in a number of African countries since the annexation of Crimea; Yevgeny Prigozhin, who heads the Russian mercenary Wagner group, has welcomed the coup.





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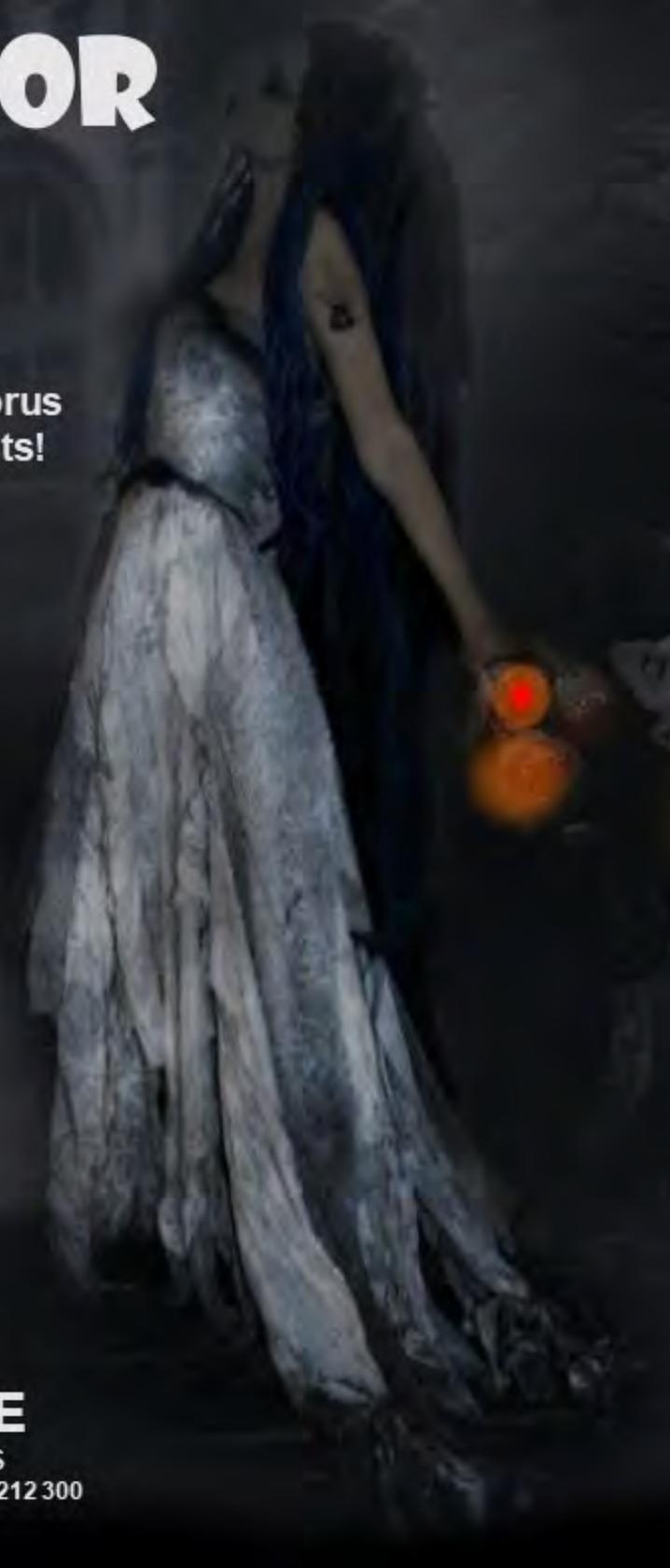
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Big Butterfly Count Results Revealed

Wildlife charity Butterfly Conservation has released data on the number of butterflies and some day-flying moths recorded across this UK during this year's Big Butterfly Count, which ran from 15th July – 7th August.

The Gatekeeper, a species often found along hedgerows and woodland rides, as well as in gardens, in the southern half of Britain, was the most spotted butterfly during this year's Big Butterfly Count. This is welcome news, as the Gatekeeper experienced its second worst Big Butterfly Count result in summer 2021, and it's the first time since 2017 that this species has had the top spot overall.

It was good news for the blues as well – with both the Common Blue and the Holly Blue species faring well in the 2022 Big Butterfly Count. Having had their worst results in 2021, these species bounced back, with the numbers reported increasing by 154% for the Common Blue and 120% for the Holly Blue. Another winner for the 2022 Count was the Comma, a popular species often found in gardens, that saw an increase of 95% compared with last year. The Comma has been making a slow comeback from its low point in the 1910s and expanding its range rapidly northwards.



An increase in range – a result of climate change – accounts for many of the sightings of these species in the north of the UK. The Holly Blue butterfly, for example, had only occasionally been recorded in Scotland prior to the 2000s, but after becoming firmly established in Edinburgh from 2006 and in Ayr from 2008 the species has subsequently spread across swathes of Scotland.

Overall, the trend for butterflies across the UK remains a declining one, with the results of the Big Butterfly Count 2022 showing an average of just under 9 butterflies seen per Count, which is once again an all-time low in the thirteen years since the citizen science project began.

Species that saw a worrying decline from last year include some well-known favourites, such as Red Admiral, Small White and Meadow Brown.

Head of Science for Butterfly Conservation, Dr Richard Fox, said: “We might have expected this summer to have been a much better one for butterflies given the good weather we experienced in many parts of the UK. The fact that more butterflies weren't seen is concerning and it's clear that much more needs to be done to protect and restore habitats to aid nature recovery. The sun could shine for days on end, but we still won't see more butterflies unless there is habitat for them to thrive in.”

Almost 100,000 Butterfly Counts were carried out during the event, with participants spending a combined total of over two and a half years counting butterflies in their gardens, local parks and in the countryside.

Dr Zoe Randle, Senior Surveys Officer at Butterfly Conservation, said: “The vast majority of Big Butterfly Counts are done in gardens, which makes this data especially valuable because this type of habitat is under-represented in many of our other schemes.

“We can create habitat for butterflies such as the Holly Blue and Comma in our gardens, by cultivating Holly and flowering Ivy for the former and growing Hop, elms and nettles for the latter. Gardens that are wildlife friendly can provide vital habitat for these insects, allowing them space to feed, breed and shelter.”

The Big Butterfly Count is the largest citizen-science project of its kind and relies on volunteers spending 15 minutes outside each summer, counting the number and type of butterflies they see. Taking part each year helps scientists to gather important data on how butterflies and moths are coping with changing climate, changing weather, and habitat loss. Next year's Big Butterfly Count will take place from Friday 14th July – Sunday 6th August 2023.

To find out more visit www.butterfly-conservation.org

Match Preview: Newcastle

All the build-up to Saturday's Premier League game between Brentford and Newcastle United

Written by [Brentford Football Club](#)

Team news, analysis, past encounters, match officials. Here's everything you need to know ahead of Brentford's meeting with Newcastle United.

We make the long trip to the North East this weekend to take on Newcastle at St James' Park.

The Magpies have enjoyed a fine start to the campaign and head into the game just two points off the European spots.

The Opposition

Newcastle United

It was a year ago today that Saudi Arabia's Public Investment Fund took over at Newcastle United and they are a club transformed under their new owners and head coach, Eddie Howe.

Following his appointment in November, Howe guided the club to an 11th-place finish after a run of 12 wins in their final 18 games, becoming the only team in Premier League history to avoid relegation after failing to win any of their first 14 games.

And they have carried that form into this season; the Magpies have lost just one of their opening nine games in all competitions, that coming away at Liverpool, to head into tomorrow's game seventh in the table.

They are unbeaten in their four home games so far, including holding Manchester City to a 3-3 draw in August, and arrive fresh from a 4-1 win away at ten-man Fulham last weekend.

Given their status as the world's richest football club, Newcastle were active without being excessive in the summer transfer window. Matt Targett, Nick Pope, Sven Botman and Alexander Isak were the major arrivals as Howe looked to add depth to the squad at St James' Park.

Last season, the Magpies averaged less than 40 per cent possession per game but this season that figure is a shade under 53 per cent as they look to control the game more under Howe.

Only Liverpool and Arsenal have averaged more shots per game at home than United (19.5) this term, however, they have only turned that into six goals so far.

Summer arrival Isak netted twice in his first three outings before picking up an injury on international duty. Fortunately for the Magpies, his absence has been offset by the return of Callum Wilson, who scored in his comeback game at Fulham last weekend.

The Gameplan

The Athletic's Chris Waugh looks at how Newcastle have changed under Eddie Howe in [Hot off the Press](#): "Since they returned to the Premier League, Newcastle have been a low-block side

who defend deep and then counter-attack, but Howe has tried to shift them to press higher, have more possession and play with more intensity – and basically all attacking metrics are up and all the main metrics have improved.”

Team News

Thomas Frank passed Ethan Pinnock (knee) and Sergi Canós (hamstring) fit on Thursday, meaning the pair could be in line for their first action of the season tomorrow.

Skipper Pontus Jansson (hamstring) will miss out as will Keane Lewis-Potter (foot), Christian Nørgaard and Charlie Goode (both knee).

For Newcastle, Alexander Isak remains out with a lower leg injury, as do Emil Krafth (knee) and Karl Darlow (ankle), but Eddie Howe was able to welcome back Callum Wilson and Elliot Anderson for last weekend’s win at Fulham. Jonjo Shelvey (calf) and Allan Saint-Maximin (hamstring) have trained this week and might return to the squad tomorrow while Joelinton has overcome his knee issue.

Match Officials

Referee: John Brooks
Assistants: Ian Hussin and Matthew Wilkes
Fourth official: Craig Pawson
VAR: Paul Tierney
Assistant VAR: Scott Ledger

Tomorrow’s game will be John Brooks’ 12th in charge of the Bees, with us only tasting defeat in one of those previous fixtures.

The Leicestershire and Rutland official started in the Leicestershire local leagues in the mid-2000s before moving up the ranks.

He ran the line at Wembley for the 2014 Sky Bet Championship Play-Off final, the same year he began refereeing in the National League. Two years later, in August 2016, Brooks took charge of his first EFL games.

His maiden second tier game was in December 2017 with his second Championship assignment seeing us take three points in the North East against Sunderland the following February.

Brooks took charge of four games during our 2020/21 promotion-winning campaign, Thomas Frank’s side winning three of those. His first Brentford assignment in the Premier League came in August as we drew 1-1 at home to Everton.

In his three Premier League games so far this season, Brooks has shown 16 yellow cards, the highest average per game of top flight officials (5.33).



Red Roses name team to play Fiji in 2021 Rugby World Cup opener

Head coach Simon Middleton has named his matchday squad to play Fiji in their opening Pool C Rugby World Cup match at Eden Park on Saturday (8 October), kick-off 4.45pm New Zealand time/4.45am UK time and live on ITV.

Sarah Hunter captains the side at No 8 and outside centre Emily Scarratt is vice-captain.

Abby Dow is among the finishers and could make her first appearance since suffering a broken leg against Wales in the 2022 TikTok Women's Six Nations in April. Loughborough Lightning's Sadia Kabeya starts at open-side flanker with Alex Matthews at blind-side flanker.

Saracens' Leanne Infante starts at scrum half while Zoe Harrison and Helena Rowland form the 10-12 axis. Vickii Cornborough (loose-head prop), Amy Cokayne (hooker) and Sarah Bern (tight-head prop) make up the front row. A back three of Ellie Kildunne (full back), Lydia Thompson (right wing) and Claudia MacDonald (left wing) are selected. Zoe Aldcroft and Abbie Ward are the lock pairing while Connie Powell, Hannah Botterman, Maud Muir, Cath O'Donnell, Poppy Cleall, Lucy Packer and Holly Aitchison are the rest of the finishers.

Middleton said: *"We've received a brilliant welcome in New Zealand and the welcome ceremony on Monday was a spectacular occasion. There was incredible energy and enthusiasm in the room and it was an event we will all remember.*

"We've selected an experienced matchday 23 who we feel are in a good position to get our campaign off to a strong start. We know we could have selected any of the wider squad and there are nine players this week with a key supporting role.

"It's a privilege to come up against a team in their first-ever World Cup match. We know they have talented players and we're looking forward to the challenge. It's great to hear over 30,000 tickets have been sold for the opening day too.

"I'm really pleased with the group effort in training and we can't wait to get started at an iconic venue in Eden Park on Saturday."

England matchday squad to play Fiji

- | | |
|--|---|
| 15. Ellie Kildunne (Harlequins, 25 caps) | 1. Vickii Cornborough (Harlequins, 70 caps) |
| 14. Lydia Thompson (University of Worcester Warriors, 54 caps) | 2. Amy Cokayne (Harlequins, 64 caps) |
| 13. Emily Scarratt (VC; Loughborough Lightning, 103 caps) | 3. Sarah Bern (Bristol Bears, 46 caps) |
| 12. Helena Rowland (Loughborough Lightning, 17 caps) | 4. Zoe Aldcroft (Gloucester-Hartpury, 32 caps) |
| 11. Claudia MacDonald (Exeter Chiefs, 20 caps) | 5. Abbie Ward (Bristol Bears, 56 caps) |
| 10. Zoe Harrison (Saracens, 40 caps) | 6. Alex Matthews (Gloucester-Hartpury, 51 caps) |
| 9. Leanne Infante (Saracens, 52 caps) | 7. Sadia Kabeya (Loughborough Lightning, 4 caps) |
| | 8. Sarah Hunter (C; Loughborough Lightning, 135 caps) |

Finishers

- | | |
|--|---|
| 16. Connie Powell (Gloucester-Hartpury, 5 caps) | 20. Poppy Cleall (Saracens, 57 caps) |
| 17. Hannah Botterman (Saracens, 30 caps) | 21. Lucy Packer (Harlequins, 5 caps) |
| 18. Maud Muir (Gloucester-Hartpury, 11 caps) | 22. Holly Aitchison (Saracens, 10 caps) |
| 19. Cath O'Donnell (Loughborough Lightning, 20 caps) | 23. Abby Dow (Wasps, 24 caps) |



Twickenham to host Papa Johns Community Cup finale

Twickenham Stadium will host the finals of the Papa Johns Community Cup. It has been agreed, that the men's and women's finals will take place over an action-packed weekend of rugby from 29 April to 1 May which will showcase both grassroots and international rugby together.

England women play France in their final game of the TikTok Six Nations on the Saturday, before the women's finals on the Sunday and the men's finals on bank holiday Monday in the Papa Johns Community Cup.

Papa Johns became the first naming rights partner of the Community Cup, announced at Trafford MVRFC, as part of a long-term deal in August 2022. The Community Cup men's programme will take place at the end of the 2022/2023 season, prompted by community clubs' and players' feedback regarding the season being too congested.

The new format reflects current needs allowing players to have something to play for however their season has gone without worries about the next league game. It will also provide clubs with the chance for more home games after the league season has ended in a crescendo to the community game season.

The women's competition has already kicked off, with the first round of games in September. The Cup has already seen old club rivalries brought back to life in the women's competition and will see similar in the men's Cup nationwide.

Entry for the men's competition will be live in November, with the RFU committed to supporting all clubs taking part. Details of a support package will be announced during November.

RFU Chief Executive Officer, Bill Sweeney, said:

"This Community Cup will, with Papa Johns support, be important for the grassroots game as it gives clubs something to play for beyond league status and the chance to play at Twickenham Stadium, which is every rugby player's dream and create lifelong memories for team mates and club followers."

Liz Williams, Chief International Operating Officer at Papa Johns, said:

"We're delighted that the community clubs will have the opportunity to play the final at such a prestigious venue. The hard work put in by the teams throughout the season will be rewarded at the Community Cup final and we're proud to support them on this journey."



RFU Statement: Worcester Warriors

Following a meeting of the RFU's Club Financial Viability Group today, the RFU can confirm the suspension of Worcester Warriors from the Gallagher Premiership and Premiership Rugby Cup for the remainder of the 2022/23 season.

The RFU's Club Financial Viability Group is encouraged by the progress made by the administrators, including relating to the land around Sixways Stadium. It has taken the decision to suspend the team in order to prioritise the space and time to work with Begbies Traynor to support the prospect of securing a deal with the right investor, giving the club the best chance for a long term sustainable future. As the club no longer has staff and players on contract and with many seeking alternative employment, the decision has been made to focus on how the club can be viable over the long term.

This is a complex situation and any potential investors and management will require due diligence and approvals from the RFU and PRL. A condition of any potential deal will include a requirement for the payment of all rugby creditors including any outstanding salaries owed to staff, players and coaches.

The administrators are in discussions with several potential investors and it is expected they will also be planning for long term sustainability.

Bill Sweeney, RFU CEO said; *"All parties continue to work together to provide the best possible outcome for Worcester Warriors over the long term. This includes discussions with the administrator and potential funders, which may enable the University of Worcester Warriors women's team to continue in the Allianz Premier 15s this season, and we are fully committed to ensuring local academy opportunities are provided for pathway players."*

Julie Palmer, on behalf of Begbies Traynor said; *"Whilst disappointing that there will be no men's rugby at Sixways this season I fully appreciate the position of RFU and PRL. I am reassured they are continuing to work with us in a positive way to try and achieve a rescue to enable rugby to take place next season in a properly structured approach to enable the long term viability and success of Worcester Warriors."*

The decision also gives certainty to PRL and Premiership rugby clubs to protect the integrity of the Gallagher Premiership and allow clubs and their teams to plan for the rest of the season.

Simon Massie-Taylor, Premiership Rugby CEO said; *"Our priority is to find the best long-term solution for Worcester Warriors and we are encouraged by the progress the administrator has made in such a short period. However what is clear is that it will take much more time to get the right solution in place for the club. Whilst we appreciate this decision will be disappointing to many people close to Warriors, we value the certainty this decision brings to the other Premiership clubs. We will now continue to work with administrator, the RFU and other key stakeholders to find the best outcome."*

Under RFU Regulations, Worcester Warriors will be relegated from the Gallagher Premiership, and therefore if investors can be secured, the club will restart in the Championship in season 2023/24. The club is able to appeal this decision if it can show there was no fault insolvency.

The RFU is also working with the administrators and a potential investor to try to find a way to keep the University of Worcester Warriors women's team in the Allianz Premier 15s for the remainder of this season. However, given the club's previously announced suspension, we can confirm that University of Worcester Warriors women's game in the Allianz Cup against DMP Sharks on Saturday 15 October will not go ahead. An update on the position of future games will be given in due course.



Learn free life saving skills in Greater London with St John Ambulance for Restart A Heart 2022

Ask the charity's volunteers how learning these vital skills can help save lives

St John Ambulance volunteers in Greater London are once again giving free demonstrations of life saving skills as part of the annual Restart a Heart campaign in October.

This year is the ninth Restart a Heart and the fifth World Restart a Heart campaign.

Led by the Resuscitation Council UK, the partners in Restart a Heart include St John, The British Heart Foundation, British Red Cross, the Association of Ambulance Chief Executives, NHS England and Improvement, Save a Life for Scotland, Save a Life Cymru, Ambulance Services and Universities.

While Restart a Heart Day is on Sunday 16 October, St John's highly trained volunteers are arranging demos in locations around the country between 5 and 28 October, to give people opportunities to attend and learn essential first aid skills.

People in Greater London can attend the following demonstrations by St John volunteers:

- Thursday 13 October – 7.30-9.30pm – St John Ambulance HQ, Harrow Road, Carshalton, Surrey SM5 3QF
- Saturday 15 October – 9.30-10.30am, 11am-12pm, 1.30-2.30pm – St John Ambulance HQ, Wey Road, Weybridge, Surrey KT13 8HN
- Saturday 15 October – 9am-1pm – St John Ambulance HQ, Priory Hall, Loveday Road, Ealing W13 9JT
- Sunday 16 October – 1pm start – Streatham Vale Sports and Social Club, The Pavilion, Canmore Gardens, Streatham SW16 5DB
- Tuesday 18 October – 7.30-9pm – Orpington Sea Cadet Building, TS Whirlwind, Park Road, St Mary Cray, Orpington BR5 4AS



- Wednesday 19 October – 8-9.30pm – Shrewsbury House Community Centre, Bushmoor Crescent, Shooters Hill SE18 3EG
- Thursday 20 October – 7.30-9.30pm – St John Ambulance HQ, Harrow Road, Carshalton, Surrey SM5 3QF

To attend a session, please reserve a place by emailing simon.metcalf@sja.org.uk (for Shooters Hill), david.burchell@sja.org.uk (for Carshalton), gerald.newns@sja.org.uk (for Ealing) or john.matthews1@sja.org.uk (for Orpington), sharisse.lee@sja.org.uk (for Streatham Vale) or ray.pennock@sja.org.uk (for Weybridge).

Each session is free to attend and includes practical information on how to give cardiopulmonary resuscitation (CPR), how to understand the difference between a cardiac arrest and a heart attack, and how to deliver shocks to the heart with a defibrillator.

It is estimated that annually around 30,000 people have an out-of-hospital cardiac arrest and that for every minute that passes following a cardiac arrest and before CPR is commenced and a defibrillator deployed, the chances of a patient surviving drops by 10 per cent. In 2022, still less than one person in ten survives an out-of-hospital cardiac arrest.

The aim of this year’s campaign is to continue to build confidence among the public in performing CPR and using a defibrillator, and to reach out to new audiences, diverse communities, and those in so-called ‘hotspot’ communities (areas where cardiac arrest rates are higher than the UK average and bystander CPR rates are lower than average) to ensure that everyone has a chance to learn CPR - and that those having a sudden cardiac arrest have their best chance of survival.

Dr Lynn Thomas, Medical Director at St John Ambulance, said:

“We’re thrilled to be working with our partners again on another Restart A Heart campaign. Anyone can be affected by a sudden cardiac arrest at any time, and without intervention, the person will quickly die, so I’d absolutely encourage readers to find a local demo to attend and to feel invited, included and involved in this year’s campaign.

“Every extra person who learns these vital skills is someone who could potentially save a life and help someone when they most need it. We look forward to seeing everyone at our demos and to another successful Restart A Heart campaign this year.”

Further details about the Restart A Heart demos on offer can be found at <https://www.sja.org.uk/press-centre/campaigns/restart-a-heart-day/>

Photo: Restart A Heart. Credit - Michael Hall

**St John
Ambulance**



New digital platform launched to help half a million people living with undiagnosed bipolar

With half a million people living with undiagnosed bipolar in the UK – and a delay of around 9.5 years to get the treatment and support they need – a leading mental health charity has created a new digital platform and mood tracker app to cut diagnosis time.

Bipolar UK has worked with experts from across the UK, as well as people living with bipolar, to create the ‘could it be bipolar?’ suite of tools to help people identify if they might have the condition and get a quicker diagnosis.

Launched on 4 October, the platform invites people to start by taking an evidence-based Mood Disorder Questionnaire (MDQ) which provides an instant assessment on how likely it is whether they might have bipolar, along with a video, a 20 minute eLearning course, information about symptoms and a step by step guide to getting a diagnosis.

The charity also teamed up with Andrew Thompson, an app developer who lives with bipolar, to create a free mood tracker app.

The app has been tested by nearly 7,000 people, helping them to monitor their moods, energy levels and sleep patterns.

Speaking about the app, Andrew, said: “My aim was to create a tool that can be as useful for people with bipolar as possible.

“By using it to track your daily moods, sleep patterns, emotions and any medication, you can collect the data to share with your healthcare team, as well as spotting any early warning signs of relapse.”

It is possible to live well with bipolar with effective treatment and support which is why Bipolar UK wants to help people find out if they have the condition as quickly as possible.

Speaking about the digital resources, CEO of Bipolar UK, Simon Kitchen, said: “The symptoms of bipolar can appear at any age and it is common for people to experience distressing symptoms for years before receiving a correct diagnosis.

“The new digital platform will also help family and friends to understand how best to support someone who’s wondering if they might have bipolar.”

Over 80% of people living with bipolar told Bipolar UK that the primary benefit of diagnosis was that it gave them an explanation for their past experiences. It also helps people living with bipolar to be better understood and leads to them receiving the correct care and appropriate medication.

Bipolar UK aims to encourage anyone who’s struggling with their mental health to use the digital resources and is asking people to share them to encourage understanding about bipolar and drastically reduce the time it takes to receive a diagnosis.

Visit Bipolar UK’s [‘could it be bipolar?’ platform](#), and take the [20-minute eLearning](#)



Middlesex charities celebrate share of £1million fund

Two charities based in Middlesex have received donations of £1,000 each as part of the Benefact Group's Movement for Good Awards.

For the fourth year running, the Benefact Group is giving away £1million to charities through its Movement for Good awards. Members of the public were invited to nominate causes close to their hearts, with another 250 awards of £1,000 available now for donation.

Down's Syndrome Association and Floof UK French Bulldog Rescue are the local charities set to benefit from the money, following overwhelming public support in the area. More than 1,000 kind-hearted residents have voted for charities across the area so far.

In total, more than 202,000 people around the UK supported the Movement for Good awards, with over 3,900 charitable causes up and down the country receiving votes.

The 250 winning charities were picked at random from those nominated, following 250 previous winners being selected in June.

It's quick and easy to nominate, you can vote for your favourite charity online at: www.movementforgood.com

Thanking supporters in Middlesex, Mark Hews, Group Chief Executive of Benefact Group, said: "We would like to thank every single person who took the time to nominate a good cause as part of our Movement for Good Awards. Benefact Group is the fourth largest corporate donor in the UK and has an ambition to be the biggest. Owned by a charity, all of its available profits go to good causes, and the more the group grows, the more the group can give.

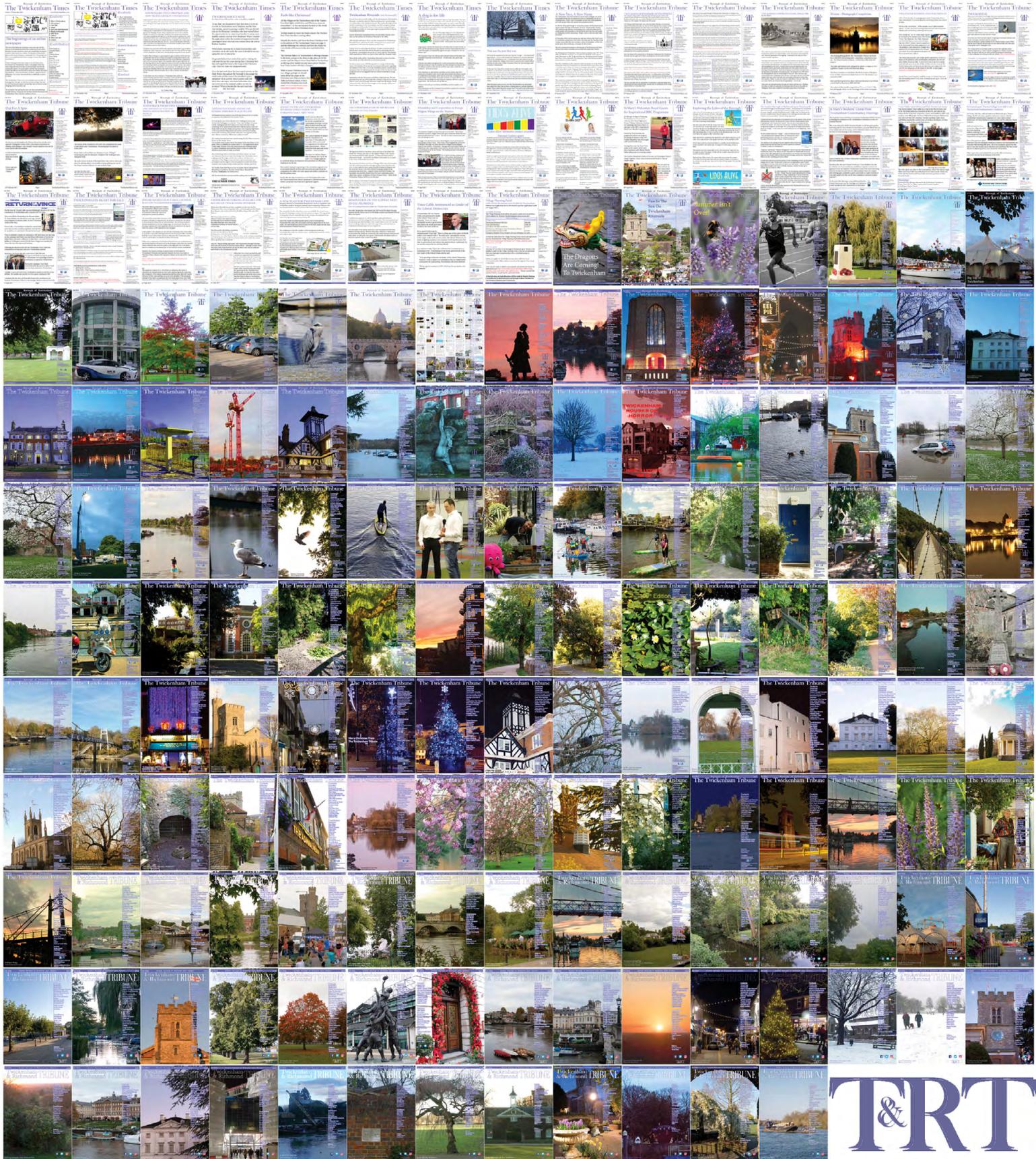
As a company whose purpose is to contribute to the greater good of society, charitable giving is at the heart of what we do. We know that £1,000 can make a huge difference to the incredible work that charities do and we're looking forward to seeing how this financial boost will change lives for the better."

A further 120 £1,000 grants will be given away in December and £500,000 will also be given in larger grants later this year. For more information about the awards visit www.movementforgood.com

Movement for Good is funded by EIO plc, part of the Benefact Group.



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