

Twickenham & Richmond TRIBUNE

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Editors

Berkley Driscoll
Teresa Read



13th January 2023

T&RT

Tribune's resident robin
Photo by Berkley Driscoll

TickerTape - News in Brief

Travel

District line

Sunday 15 January

No service between Turnham Green and Richmond

A rail replacement service will run.

London Overground

Sunday 15 January

No service between Willesden Junction and Richmond

A rail replacement bus service will run.

Connect to Tech present technology and mental health workshop

As part of the Connect to Tech project to unpick the often daunting world of technology, Richmond Borough Mind are offering a free workshop on 31 January.

During the Connecting by Disconnecting session, the group will look at the impact of technology use on mental health and wellbeing and the benefits of setting boundaries. The workshop will also share useful tips for connecting in both the real and virtual world.

Event details:

- Date: Tuesday 31 January
- Time: 2 to 3pm
- Location: Richmond Library Annexe

You can register on [Eventbrite](#) or by emailing training@rbmind.org.

Find out more information about the [Connect to Tech project](#).

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COVID-19

Teresa Read

World Health Organization

Weekly epidemiological update 11 January 2023, Data as of 8 January 2023

At the regional level, the number of newly reported weekly cases decreased or remained stable across all WHO regions: the European Region (-36%), the South-East Asia Region (-27%), the African Region (-23%), the Region of the Americas (-7%), the Eastern Mediterranean Region (-1%), and the Western Pacific Region (+1%).

The number of newly reported weekly deaths decreased or remained stable across four regions: the African Region (-53%), the European Region (-34%), the South-East Asia Region (-19%), and the Region of the Americas (-3%); while death numbers increased in the Eastern Mediterranean Region (+31%), and the Western Pacific Region (+5%).

At the country level, the highest numbers of new weekly cases were reported from Japan (1,070,496 new cases; +13%), the United States of America (462,944 new cases; +17%), the Republic of Korea (403,800 new cases; -12%), China (204,609 new cases; -6%), and Brazil (145,933 new cases; -29%).

The highest numbers of new weekly deaths were reported from the United States of America (2,695 new deaths; +8%), Japan (2,149 new deaths; +11%), Brazil (926 new deaths; -17%), China (722 new deaths; +11%), and France (621 new deaths; -22%).

Current trends in reported COVID-19 cases are underestimates of the true number of global infections and reinfections as shown by prevalence surveys.

European Region

The European Region reported over 418,000 new cases, a 36% decrease as compared to the previous week. Seven (11%) of the 61 countries for which data are available reported increases in new cases of 20% or greater, with the highest proportional increases observed in Kosovo (52 vs 35 new cases; +49%), Malta (241 vs 167 new cases; +44%), and Cyprus (3598 vs 2602 new cases; +38%).

The highest numbers of new cases were reported from Germany (121,007 new cases; 145.5 new cases per 100,000; -21%), Italy (86,851 new cases; 145.6 new cases per 100,000; -34%), and France (73,186 new cases; 112.5 new cases per 100,000; -52%).

The number of new weekly deaths in the region decreased by 34% as compared to the previous week, with 3,001 new deaths reported. The highest numbers of new deaths were reported from France (621 new deaths; 1 new death per 100,000; -22%), Italy (499 new deaths; <1 new death per 100,000; -33%), and Spain (318 new deaths; <1 new death per 100,000; +118%).

IN THE NEWS

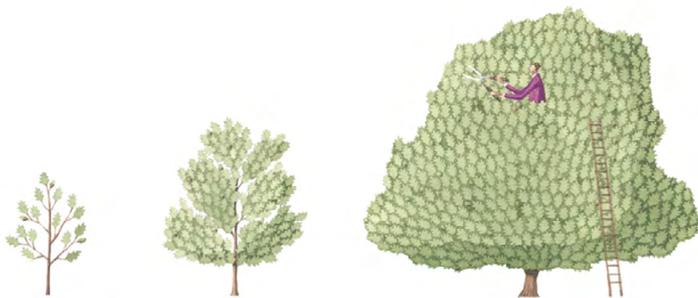
Reuters: WHO urges travellers to wear masks as new variant spreads (XBB.1.5 subvariant)

Independent: Nearly 90% of Chinese province's population has Covid, official says: UK-based health data firm says China will hit peak of 3.7 million daily Covid cases by 13 January

BBC: China blocks visas for S Korea and Japan over Covid restrictions

United Nations News: COVID-19: WHO highlights critical importance of sharing virus sequences

South China Morning Post: Hong Kong will not give non-residents free Covid-19 vaccines, but they can pay for jabs from private sector



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darryl parkin

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The Tree Agency

The Great Kew Flood

By Simon Fowler

Thanks to extensive defensive walls and other measures floods across the borough are now almost a memory. The worst flooding in Richmond's history occurred in the early hours of 8th January 1928. They were the result of high-water levels in the Thames as the result of melting snow after an unusually white Christmas coupled with a spring tide and strong winds in the North Sea driving the sea up the Thames Estuary towards Teddington Lock.

The flood was totally unexpected and caused hundreds of thousands of pounds worth of damage.

In Richmond the water came over the towpath on Richmond Riverside almost up to the town hall, causing great damage to the boatsheds and houses on Petersham Road. Fortunately, the waterworks, which supplied drinking water to the town, was largely untouched.



*The Claims Office at Kew under water
Richmond Local Archives and Studies (ref LCF15570)*

In Barnes, the papers reported the water arose three feet above street level. The police station near Barnes Bridge had its cells flooded. At the Bull's Head, next door, 'not only were the cellars filled to the ceiling, but nearly two-feet of water flooded the bars and in clearing up several sticklebacks were found.'

There seems to have been little damage in Twickenham, although Duck's Walk and much of Cambridge Road were under water.

The worst destruction, however, was in low-lying Kew, which had very little protection from the rising waters. The *Richmond Herald* reported, the waters 'rushed through the roads and passages, swamping a colony of cottages and transforming the Green into a lake.' Local police constables took off their shoes and socks as they waded through the water blowing their whistles trying to wake the residents.'

Police Sergeant Henry Floyd, whose house at 45 Bushwood Road, was flooded to a deep of three feet six inches: 'On going downstairs [he] discovered his cat and a valuable Pekinese dogs swimming about in the kitchen trying to save themselves.'

An engine from the small Richmond fire brigade was sent to the area to pump out the water and help out with salvage operations. Council workmen and local volunteers did their best to clear up the damage. In the meantime rowing boats took the locals across the lake to the shops in Mortlake Terrace.

The Ministry of Labour Claim's Office in Ruskin Avenue (now the site of The National Archives) was badly flooded. Here, the women staff were not allowed to participate in the rescue efforts as it was not considered suitable work.

Despite rising sea levels, another flood of this magnitude is unlikely. There's much better forecasting than was possible a century ago, an extensive network of defences and, above all, the Thames Barrier to prevent the sea from overwhelming the river banks.

This is an edited extract from an article in the latest issue of *Richmond History* which can be purchased at www.richmondhistory.org.uk/wordpress/publications-2/journal-2/

Notice of application for a Premises Licence

Notice is hereby given that Planet Organic has applied to Richmond Council for a new premises licence at Planet Organic, 60-62 Broad Street, Teddington, TW11 8QY for sales of alcohol for consumption off the premises, Mon-Sat 8-21, Sun 9-20.

Any person who wishes to make a representation in relation to this application must give notice in writing by 7th February 2023 stating the grounds for making said representation to: Richmond Licensing Authority, Regulatory Services Partnership (Serving Merton, Richmond and Wandsworth Councils) Merton Civic Centre, London Road, Morden, Surrey, SM4 5DX or by email: licensing@merton.gov.uk

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

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

Missing Cat

Please, can anyone help?

Our beautiful cat has been missing since Thursday 29th December late afternoon and we are extremely worried for him. It's so unlike him not to come home.

Could you please check your house or shed and see if he has gone into there. If you see him could you please call me or try and get him into your house for me and call me as he is very timid.

His name is Muffin, and he is microchipped. He was last seen round by the Hampton Wick carwash and the church, but his home is near Colne Road.

Thank you so much.

Tracy 07813988828



Special Announcement

Sheena Harold

It is with huge sadness and deep regret that the Teddington Society announces the death of Sheena Harold, its Chairman, on Monday evening, 9th January after a short illness.

As a mark of respect, we have decided to cancel the New Year party, which was due to take place on Saturday 21st January at St Mary's Parish Hall.

Sheena had been active in the Society for some 25 years – where, with colleagues, she instigated the redesign and replanting of two public gardens and relaunched the annual Teddington in Flower event, which over the years has raised many thousands of pounds for local charities.

Then in 2013, in partnership with the Landmark Arts Centre and St Mary with St Alban Church, she helped reinstate the annual Teddington Village Fair which, since then, has raised more than £10,000 – all donated to local charities.

In addition to her Society work, Sheena did much more besides, not just in Teddington but also across the Borough of Richmond. It was entirely fitting, therefore, that in 2017 she was presented with the Richmond Borough Community Award for her outstanding public service. For all of us, it was a delight to see her acknowledged for her tireless, unceasing work on behalf of the Society and the town she loved so much.

In due course, probably in the spring, we will organise a memorial event in Sheena's honour.

Sally Howland, Liz Waters, Andy Weston, Ann Whitmore
The officers of the Teddington Society Committee



Three COVID-19 and flu vaccine pop-ups coming up in January

Residents in and around Hampton will be able to access a COVID-19 or flu jab at three upcoming clinics on Saturday 14, 21, and 28 January 2023 at the Tangle Park Children's Centre.

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition. Having a flu and/or COVID-19 jab can help make sure you and those you care for are well protected during the winter months.

The pop-up vaccine clinics on Saturday 14, 21 and 28 January will take place from 10.30am to 3.30pm. The address is the Tangle Park Children's Centre, 1 Bramble Lane, Hampton, TW12 3XB. The Children's Centre is located a short bus journey from Hampton train station.

Anyone aged 12+ who is due their first, second, or booster vaccinations will be able to have their COVID-19 jab. The seasonal (winter) booster is only available for those aged 50+ or those considered clinically vulnerable. Flu jabs are available for those aged 50+ or anyone typically eligible for a free flu jab. More information on the eligibility for COVID-19 and flu jabs can be found on the [NHS website](#). All other services are open for all ages.

No appointments are required, and people can just walk in. If you have recently tested positive for COVID-19, you need to wait before getting any dose of the vaccine and the number of weeks depends on how old you are. Find out more about [who is eligible for the COVID-19 vaccine](#).

If anyone is hesitant about the vaccine or has any questions, the pop-up clinics are an opportunity to speak to experts from the NHS in a private and confidential environment.



Dear Editors

Twickenham Riverside - Planning Conditions

Your readers will be aware that the plans for the development on the Old Pool site Twickenham Riverside were approved by the Planning Committee in November. I would like to draw attention to some of the details attached to this permission, contained in Public Document Pack (that may be accessed at <https://cabnet.richmond.gov.uk/mgChooseDocPack.aspx?ID=500000011>).

This 190 page document contains three parts of particular interest: “Explanation of Officer Recommendation” (100 pages), “Conditions Recommended for Inclusion” of which there are 111, covering 30 pages, and “Informatives Recommended for Inclusion”, 21 in all, over 9 pages.

From this large number of conditions (some paragraphs of which are very detailed) I have picked out a few of those that appear to be the more interesting.

- Before any development may start, many details concerning logistics during construction (including access for residents, businesses etc) must be drawn up and approved.
- The feasibility of using the River for transporting materials must be examined
- There must be approved plans for environmental construction, dust and noise control
- A risk assessment concerning the possibility of contamination of the site must be drawn up and approved
- Many details of highway and transport matters must be given in full
- Most importantly, a phase 2 safety audit must be carried out
- Prior to relevant works, a propagation scheme for the Black Poplar shall be approved, and its future location established. A financial contribution to this exercise must be made, and it should be carried out through the Richmond Biodiversity Partnership process
- Before the Pin Oaks on The Embankment are felled, an investigation into their failure to thrive must be submitted.
- An Events Management Plan shall be drawn up, and no events to take place before this has been approved. This is to protect the amenities of residents.
- To mitigate loss of existing on-site trees, a scheme for the wider planting of trees in Riverside Ward shall be approved (almost £65,000 has been set aside for this purpose; I note that this sum falls far short of the CAVAT valuation of the on-site trees to be felled - £227,000).
- The route of The Thames Path (that currently goes along The Embankment and up Wharf Lane) will have to be diverted during the construction phase.

I have counted in these Conditions 45 separate “schemes”, “plans”, “designs”, “full details” etc. that must be submitted.

Clearly, resolving all these conditions to the satisfaction of the Planning Committee and the relevant officers is bound to take some time. There is also, crucially, the conclusion of the Planning Inspector concerning the Compulsory Purchase Orders (his enquiry is due to start on June 6) to wait for. So I would advise any readers expecting a rapid start to the development: “don’t hold your breath”

Jeremy Hamilton-Miller
Twickenham

Dear Sir,

Christmas Trees

Last week's issue of the Tribune pages 10 and 11 told the life of a Christmas tree: trees grown only to decorate homes over the Christmas period, then discarded once the festive season is over (Life is Like a Christmas Tree by Deep Patel).

Today, as we understand the importance of trees in the fight against climate change, we should take care of trees, not buy them to throw away after a short time.

I have not bought a Christmas tree for quite a few years, instead I have a tree I have grown indoors for around twenty-five years. It is a weeping fig thrown out of an office as being past its best. However, this tree has survived and at Christmas is dressed with small silver bells and other decorations, and is in position for the next Christmas waiting to sparkle again.

Investing in an indoor tree not only saves money and the task of getting a Christmas tree home but the tree adorns the house all year long, and pine needles do not keep surfacing on the floor and under carpets.

Perhaps you should not wait until December to buy your tree but find one that you would like in your home all year long.

Yours sincerely

M Willson,
Ham

Dear Editors,

Twickenham Riverside

On 19th January the Council's Finance Committee is being asked to approve an additional £45million for Twickenham Riverside Development, £4million already having been spent.

The scheme is now predicted to cost the Council Taxpayers a shortfall of £20million, previously estimated to be £7.5million. The Compulsory Purchase Order will add a further £1/2 million. Is this turning out to be our own HS2?

Best wishes,
Sue Hamilton-Miller
Twickenham

Dear Sir

Church Street

As I walked down King Street in Twickenham today crossing Water Lane to the entrance of Church Street I was saddened by the neglect of an area once known as the Jewel in the Crown of Twickenham.

The banners above the street's entrance were tattered and torn, advertising events in December 2022, just as mentioned in the article published in the Tribune towards the end of last year.

As a regular reader I was interested in the story in Edition 321 of the Twickenham and Richmond Tribune. How vibrant Church Street was when the Lyons family ran the Church Street Association.

I understand that those in the organisation who should be taking on the "Jewel in the Crown" narrative are relatively new to the area but this is no excuse, especially since they have Business Improvement District funding.

If they cannot do the work themselves they should employ a local company to keep up Church Street's reputation.

Sadly, Twickenham has lost much of its heritage over the years, a heritage that should be preserved.

Yours,

T. E. Jones
Twickenham

Letters published do not necessarily reflect the views of the Twickenham & Richmond Tribune, its Publisher, its staff or its advertisers.

Letters of approximately 500 words of body text will be printed at our standard 14pt font size, which will publish as a single page.

All letters must be submitted by the end of Thursday, prior to publication the following day on Friday.

The Tribune prefers letters to include the writer's name, but will publish anonymously provided details are supplied.

The Community Heroes Awards are back - nominate yours today!

Have you come across an inspiring individual, organisation or business that has made Richmond upon Thames and their local community a better place? If so, you can now nominate them for the 2022 Community Heroes Awards.

The awards programme is an opportunity to recognise and celebrate the people in Richmond upon Thames who go above and beyond to make a difference.

Cllr Nancy Baldwin, Vice Chair of Richmond Council's Finance, Policy and Resource Committee and Spokesperson for Communities, Equalities & the Voluntary Sector said: "It is wonderful to live in a borough where so many people are dedicated to helping others and improving their communities, and there has been no better example of this than through the challenges brought by 2022.

Our communities have rallied to offer an unprecedented amount of support to both new and old neighbours through extremely difficult experiences like the cost of living crisis and war in Ukraine. The people who go an extra mile without expecting anything in return deserve to be recognised and celebrated.

"Whether it is a young person who has inspired their peers, someone who gives their time to help those in need, or a group working together to preserve our local environment - it is important to thank and celebrate the generous individuals or groups behind their good deeds, so get involved and nominate them for a Community Hero Award."

There are 10 award categories to nominate within, including Young Person Achievement, Community Project of the Year and the Environmental Award, which recognises those making great contributions toward tackling climate change.

If you know someone who you consider to be a hero to your community, [submit your nomination](#) by Wednesday 1 March 2023. An awards ceremony for shortlisted candidates will be held on 25 April 2023. Nominees should be nominated for their work in a voluntary capacity only.

A full list of the award categories and examples of previous winners can be found on the [Community Heroes webpage](#).

For further information about Community Heroes, please email events@richmond.gov.uk or phone 020 8891 7662.

Ed's note: I think I recognise two wonderful people at the left of the photo!!



TWICKENHAM DURING THE WAR

By Councillor Geoffrey Samuel

Those who lived in Twickenham at the time will remember the famous air raid when the Germans mistook the bend of the river and assumed that all their bombs were being dropped on Battersea Power Station. The damage was considerable. But we also had our share of daylight raids during the Summer of 1940 [lessons taught in the school Air Raid Shelter). On one occasion at Lensbury we retreated to the Shelter when the Siren sounded and, emerging later after the All Clear, saw that the sky was red: the Germans had set the Docks on fire. Then many, many weeks of lesser nighttime raids during the Blitz. The cycle ride to school would produce evidence of the previous night's destruction.

We usually went to the cinema one evening every week. We had a choice of three: the Regal on the huge site now housing Regal House and car park: the Luxor [later called the Odeon] at the junction of King Street and Cross Deep;) the very small Queens/Gaumont immediately opposite York House. There was usually a queue but on entry an usherette to show us to our seats and later to bring round cigarettes, chocolate, ice cream and soft drinks. Unusually on one afternoon I went to the Gaumont with my Mother. The Air Raid siren sounded and at once we were instructed to leave. So home we went until the All Clear when we returned to see the rest of the film.

Food rationing imposed at the beginning lasted in some form until 1954. Ration Books were issued from the Food Office at 69, The Green. For some foods with a specific amount [e.g. two ounces of butter or a shilling of meat [-so a bigger quantity if you asked for the cheaper cuts] registration with a specific retailer was required. So all our meat had to be bought from Bates [by the junction of King Street and Cross Deep] or Groceries from Williamsons – the site of Pizza Express. Then there were 'points' with a different number of points depending on the product. Tinned salmon – a real treat – required a lot of points! Unrationed food was scarce: we queued and queued for greengrocers at Fletchers or at one of the five fishmongers. Many items were rarely available.

Although the system worked very well, the shopkeeper would often have a small surplus of rationed food left over: this either fed the Black Market or was offered 'under the counter' to favoured customers. On one occasion my Mother invited for tea [on their Wednesday afternoon off] Elsie and Betty - shop assistants at Williamsons. How else could you curry favour with a shop? Cafes and restaurants kept open but were limited to a charge of five shillings for a meal – although there were ways of circumventing this. Those who could afford regular restaurant visits [birthdays only for us] did well- as exemplified in the Diaries of Chips Channon. Clothing also was rationed with a system similar to points.

Until the 1960s Twickenham was a flourishing shopping area. Five fishmongers, three shoe shops, three men's outfitters [my first made-to-measure suit was made in London Road]. Phelps huge store was full of furniture: from my pocket money I saved and spent £3 on a second hand bookcase, £8- from gifts over several years - on a desk which I used until 2017. No need to go to Richmond or Kingston: you could buy it all in Twickenham.

We still had the river and that catered for Summer leisure. We would take the Ferry [one penny a journey] from the slip at the end of Lebanon Park and visit the Surrey side. Often we would go to Hammertons [still there!] and hire a skiff on a Summer evening. My Father rowed, my mother produced some basic food and I took my homework with me. And the annual Fair on Orleans Gardens was a special treat.

Recovery post 1945 was extremely slow. As we now know it was not really necessary to keep some rationing for so many years. Housebuilding was constrained. Many shopkeepers found it difficult to adjust to the new world – too many still felt they were doing you a favour. But for me wartime years were also happy years – the whist drives in the Letting office at Lebanon Court, the trolley buses [where Twickenham had been one of the pioneers], even the blackout. Above all the sense of community. We veterans took a rather different view of the 2020-2022 Lockdowns – for us it was still, as in 1939-45 "Britain Can Take It" – and carry on as before.

Meet the new owners of Hampton and Richmond Borough Football Club

Supporters of Hampton and Richmond FC are invited to a Q&A session with new owners, Rafaele and Stefano Petruzzo, ahead of the home match against Cheshunt on Tuesday 17 January.

The executive directors will be available to answer questions from 7pm at the Rocket Hospitality Beveree Stadium.

Supporters are encouraged to [submit their questions in advance](#) on the club's website.

Tickets to the match can be [purchased online](#).



Updated Employment and Skills strategy launched to support residents through the cost of living crisis

In July 2021, Richmond Upon Thames Council launched an Employment and Skills strategy in response to the COVID-19 crisis and its effects on the local labour market. The strategy outlined how the Council can help combat some of the challenges brought on by the pandemic and ensure that its core objectives are being achieved.

To meet the demands of the current crisis, Richmond Council has adapted the Employment and Skills strategy to reflect the progress made so far and refocus on changing needs of the community. The updated strategy aims to ensure that residents hardest hit by the cost of living crisis, as well as new residents to the borough including Ukrainian and Afghan refugees, have access to sustainable jobs and appropriate learning opportunities in order to upskill. Richmond Council wants to ensure they are providing residents with fair and equal opportunities.

Also, partnering with the South London Partnership (SLP) Green Skills Academy to ensure the needs of local residents and employers in the growing green jobs market are being met by helping to map skills and qualifications available in Richmond in the green sector.

Read the [Richmond Employment and Skills strategy](#).



Celebrate Chinese New Year in Twickenham - SAT 21st Jan -



Scan Me!



1pm LION DANCE PARADE

Starts at Twickenham Green, along Heath Road to Church Street

2.45 LION DANCE PERFORMANCE

Diamond Jubilee Gardens, Twickenham Riverside.

1pm - 4pm FREE FAMILY ACTIVITIES

Covered area at Diamond Jubilee Gardens, to include:

Lantern-making

Calligraphy

Chinese themed Punch & Judy show

Chinese language lessons with LingoAce



www.discovertwickenham.com



From driving a barge to drumming, and everything in between

Hampton singer and presenter Shelle Luscombe explains her inspiration and shares highlights from completing 50 challenges after her 50th birthday to raise money for Alzheimer's Research UK.

There have been several times over the last eighteen months where I've wondered what I was thinking committing to completing 50 crazy challenges to raise money for research into dementia. But, in truth, I can probably count those on one hand. The moments where I've been grateful for the focus, and excited about my challenges, have been plentiful.

Allow me to be serious for a moment. Did you know that dementia is now the number one cause of death in the UK and, in fact, one in three people born today will develop dementia? Did you also know that for every cancer researcher in the world, there's only one dementia researcher?

I didn't, either, but these were the two stats that stopped me in my tracks when I first started looking around for a charity partner for my fundraising campaign. It was July 2021, I was about to turn 50, and I'd had it up to HERE with dementia. My dad had died with Parkinson's and Parkinson's Dementia and, at that time, my mum was in a nursing home in the advanced stages of Alzheimer's and Vascular Dementia.

The next stat I discovered was that the annual cost of dementia to the UK economy is circa £26bn, which is greater than the cost of cancer and heart disease put together. It doesn't take a genius to work out that this needs to change, so this was enough to propel me into action, and I knew that Alzheimer's Research UK was the correct partner to benefit from my fundraising efforts. They're leading the way in the UK with research into all the diseases that cause dementia, not just Alzheimer's.

To understand the craziness of this initiative, you have to understand the mechanism. I set up a JustGiving page, sent the link to my friends, family and social media followers and invited them to set me a challenge – any challenge* – in exchange for a donation. The first few challenges were straightforward; try a laughter yoga session, complete a 24-hour fast, ask someone out on a date (ok, that one made me twitch a bit!) but, as the time went on, they increased in scale, difficulty and (ahem) creativity...

Sadly, my mum lost her battle with dementia in February 2022, so understandably my focus



was diverted away from completing challenges for a while. I'd originally wanted to complete them all by my 51st birthday, but that became a bit unachievable so I extended the deadline to 500 days from my 50th, which took me to mid-November 2022.

So, here we are in a new year and the donations are still coming in. I'm approaching £11,500 now, which is just wonderful. A bit of down time over Christmas gave me a chance to reflect on the previous 18 months. 2022 alone was an eventful year of high highs and low lows but I'll always look back on it with pride.

People ask me which was my favourite challenge. I'm not sure I can pick just one, and they were so varied that it's hard to make a comparison. I don't think there were any that I didn't enjoy, although some definitely stand out as highlights:

- Most proud of – completing a 5K run
- Most difficult to master – unicycling
- Most nerve-wracking – stand-up comedy
- Most exciting – appearing live on Steph's Packed Lunch on Channel 4
- Most funny – the Chubby Bunny marshmallow challenge
- Most ridiculous – having to cut a friend's hair after having drunk a bottle of Prosecco
- Most likely to continue with – drumming with a band



The second question people ask is: "What's next?" The short answer is I just don't know. I think I need to give myself a bit of time to process everything, and then I can make a plan for my next chapter.

Watch this space...

** I did have a caveat in which I reserved the right to refuse a challenge, or adapt it to make it affordable and/or achievable.*

Donations are still very welcome:

www.justgiving.com/fundraising/shelleluscombeofficial

And you can read all about Shelle's challenges here: <https://shelleluscombe.co.uk/50-at-50/>



Working From Home vs. Office?

By Deep Patel

In a time long, long ago (ok, maybe not that long ago) in a far away distant land (ok, maybe not that far away) before most of us had heard of the word “furlough”, it was considered a naughty thing to do if an office worker said they were “working from home”...it had all sorts of connotations attached to it, such as going down the pub or doing your weekly shopping whilst throwing in a bit of work here and there to keep your boss sweet...but the pandemic changed things...or did it?



With the arrival of what has been the most shocking pandemic of our times, alongside the mass destruction, loss and difficulties many of us faced, there were some changes we had to make to our work routines which at the time seemed rather frustrating...but have now for many become one of life’s little graces. As every cloud has a silver lining, out of COVID came a brand-new way of working...office workers (amongst many others) realized that they could actually perform ALL of their responsibilities just as well (if not better) at home from the comfort of your favorite armchair, without make-up on (yes, I mean the men too) no need to brush your hair or teeth or dress up or even shower and wearing nothing but your underwear (oh come on...don’t act like you haven’t done it before).

So today, after the lock downs have gone...why exactly are so many of us STILL working from home...or at least most of the time...well...who know? Most people have got their fix of mental interaction with others now that lock downs have eased and we can socially meet our buddies again, go out for diner and drinks as much as we like...so going into the office for that purpose is no longer an “excuse”...

Many say it’s because the big “fat cat” bosses have spent a lot of money on swanky city office rent so they want to see their employees using those expensive buildings regardless of whether it makes sense or not...I think this could often be the case...do you perhaps...?

You may feel you have made a good decision in travelling into the office more now that lock downs are long gone...but I urge you to show this article of mine in the glorious Twickenham Tribune to your boss next time they demand you come into the office to perform your work duties...

They boss may feel better that you are making use of the expensive offices they pay extortionate city-rate rental for, however in reality they are making you travel into Central

London, thereby increasing the contribution towards the carbon footprint as well as losing valuable hours that could have been used to increase company productivity in favour of an unnecessary long commute, not to mention increasing your chances of contracting covid or one of the many nasty chest infections currently prevalent in London (resulting in potential loss of work days due to sickness related absence), on top of this to spend money from your own wages on expensive fuel and possible Ulez/ Congestion charges during a time that the UK is facing one of the worst periods of economic depression in many of our lifetimes where people are having to make choices between heating and eating, not to mention adding unnecessary traffic to the already heavily over-subscribed roads in one of the most polluted cities in the whole of Northern Europe during a time where respiratory conditions such as asthma are on the increase, but you are also delaying those who may need to use the roads because they are in employment in occupations where they have no choice but to be physically present, and your boss is making you do all this just so you can complete tasks which you and many other office workers could complete just as effectively (if not more so) from behind a computer screen in your own home.....sounds completely logical to me....right? I think not.

So next time your boss demands you come into the office to work rather than at your own home, show them this article and ask them if they feel proud of themselves after? Maybe it's time to think with logic rather than corporate egos...! I rest my case!

Well of course this is not always the case, and I mean no offence in what I write, just to present a clear and logical reasoning. No article of mine would be complete without a little mention of good karma...so whilst working from home this coming week (because after reading this article your boss will understand why you should), remember to pay attention to the little lives around you in the interest of compassion and good karma...avoid over sweeping/over hosing down areas of your patios and garden that don't need it as there are literally 1000s of tiny little harmless lives living there...ones we can't even see...just trying to live...show mercy towards them and you shall also be shown mercy upon by the universe during times of need...it's good karma. Just picking up a slug off a pavement with a leaf and moving it over a wall counts as a good deed... choosing a kind way to stop ants (like talcum powder around where they come but not on them) counts as a good deed. Gently lift the pots if you need to move them (rather than dragging them to avoid crushing little lives). For rodents consider live capture traps where you can catch the rodents alive and release them in woodland or parkland areas far from homes. Try electronic high-frequency sound deterrents (check online for ones with good reviews and ones that are safe for your pets if you have any). Put empty jam jar lids filled with white vinegar all around areas where you don't want them to stop them without harming them (they HATE the smell of white vinegar). This also works for foxes, squirrels, mice and rabbits.



Work
from
Home

As I always say...the true key to our own happiness lies in the happiness of other life forms...until the next time...have a lovely week WORKING FROM HOME ahead and look after the smaller life forms and the universe will look after you. For further tips, check out my Facebook page "Kind World". As always...Peace, love and good karma to all Xx

THE TWICKENHAM SUNDAY JAM

EVERY SUNDAY
7:30PM-11:00PM

★ ORIGINAL ★

The Shack

~ 68 ~

LIVE

68 London Road
Twickenham
TW1 3QS



ALL MUSICIANS AND MUSIC LOVERS WELCOME!

Twickenham MP reacts to Thames Water sewage plans for Teddington

In response to Thames Water's proposals to transfer 150 million litres of water from above Teddington Lock and replace it with treated sewage, Liberal Democrat MP for Twickenham, Munira Wilson MP, said:

"These plans are deeply concerning. Thames Water already have a terrible record at protecting our rivers. In last two years they've dumped raw sewage into our rivers over 33,000 times for over 370,000 hours. How can we trust them to protect the Thames now?"

"Meanwhile they're losing 635m litres of water everyday to leaks they're failing to fix - if they sorted this these plans might not be needed. Meanwhile in the last two years their top execs were paid £6.1 million including £2.9 million in bonuses."



PUBLIC CONSULTATION NEXT WEEK!



on plans to discharge wastewater
into River Thames at Teddington

16 January, 2pm-8pm
at Old Town Hall, Richmond

TWICKENHAM RIVERSIDE

Finance Committee

The Agenda of this meeting reports an additional £45 million for the Twickenham Riverside development.

Official For general release

1. MATTER FOR CONSIDERATION

1.1 Following the decision by the Planning Application Committee at its meeting on 24th November 2022 which resolved to grant planning permission for this scheme and subsequent approval received 21st December 2022, this report provides an update on the Twickenham Riverside regeneration project. This public report, and accompanying exempt report, set out the benefits generated by the proposed scheme, both financial and social/environmental. The reports also present the financial investment required to deliver the scheme and seek full approval of the funds required for delivery of the scheme.

2. RECOMMENDATIONS

The Committee is asked to:

2.1 Note the update on the Twickenham Riverside project as set out in this report.

2.2 Approve capital budget additions of a total of £45 million to be profiled £1.5m 2023/24, £21m 2024/25, £18m in 2025/26, £4m in 2026/27 and £0.5m in 2027/28 as shown in this report in 3.16, noting that this will be funded by capital receipts generated from the project and available grants with an estimated net cost to the Council of £20 million

<https://cabnet.richmond.gov.uk/documents/g500000020/Agenda%20frontsheet%20Thursday%2019-Jan-2023%2019.00%20Finance%20Policy%20and%20Resources%20Committee.pdf?T=0>

6. Twickenham Riverside - Project update, financial investment and value generation (PAGES 17 - 68)

Watch the meeting:

<https://richmond.public-i.tv/core/portal/home>

MOVED from 12th January 2023 7p.m. TO:

<https://cabnet.richmond.gov.uk/ieListDocuments.aspx?CId=801&MId=500000020>

Finance, Policy and Resources Committee - Thursday, 19 January 2023 7.00 pm

Thames Water plan to safeguard water resources for the future

Thames Water has developed a plan, looking ahead to 2075, to adapt to the pressures on our water resources and ensure we have a secure water supply for future generations and protect our environment.

Water is essential to life. Every day we turn on our taps to wash, cook and clean at home, and run businesses, schools, and hospitals. The environment and wildlife also relies on healthy, flowing rivers to thrive.



The plan includes actions to manage our current water resources efficiently, such as tackling leakage and using water wisely, as well as developing new water infrastructure including a new abstraction on the River Thames near Teddington.

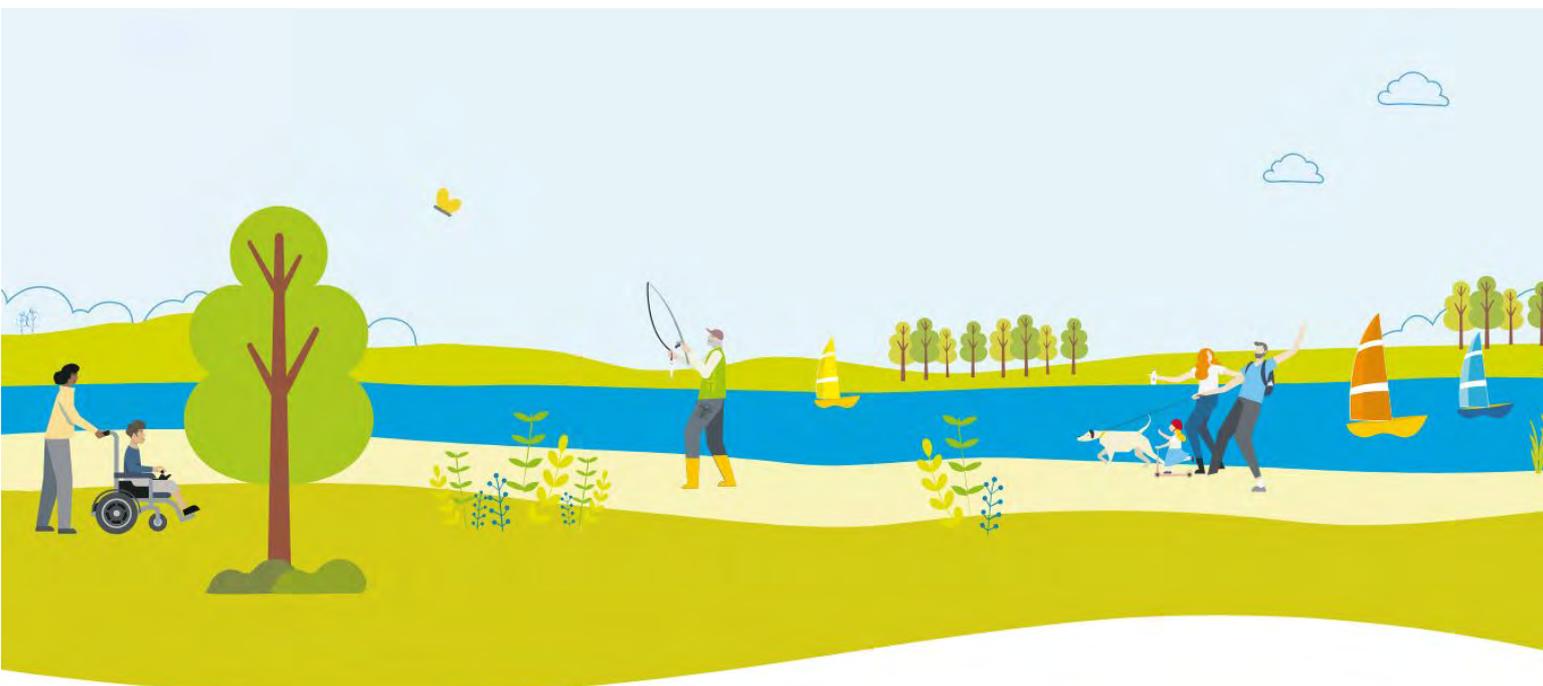
Thames Water is consulting on the plan until 21 March 2023 and wants to hear what you think. [Read the plan and join in the consultation.](#)

Thames Water is also holding an information event at the Old Town Hall, Whittaker Avenue in Richmond from **2 to 8pm on Monday 16 January 2023.**

The event will give residents a chance to talk to the team on the choices that we need to make now, to ensure we have a resilient and sustainable water supply in the coming years.

To attend the event you can [register online.](#)

If you are not able to register, don't worry, everyone is welcome.



New affordable homes completed in Richmond to help meet housing needs

Nine new homes have been constructed at Edgar Road on the Hounslow Heath Estate by Richmond Housing Partnership (RHP) to help Richmond upon Thames achieve its goal of ensuring the delivery of great quality, genuinely affordable homes.

Yesterday, Councillor Jim Millard, Deputy Leader of the Council and Spokesperson for Housing, and Heathfield Ward Councillor Michael Wilson visited the Edgar Road site to tour its nine new properties. Edgar Road is the first RHP scheme that partly uses modular homes which have been manufactured in a factory off-site and then delivered to site. This process speeds up build times, reduces CO2 emissions and material waste during the construction process and provides higher quality homes as the building materials are protected from moisture and weather during the construction process.

Councillor Millard said: “The completion of nine new family homes for genuinely affordable rent is a hugely welcome and much-needed addition to the housing in the borough. We are committed to ensuring the building of homes that support residents at different stages of their lives and are tailored to residents’ needs, to ensure we have a thriving and diverse community. Providing genuinely affordable homes that consider accessibility and allow families to grow helps us to deliver on this commitment.”



The nine homes at Edgar Road will provide local people with good quality accommodation set at London Affordable Rent, which is a genuinely affordable rent set at significantly below the market rate, ensuring that residents on lower incomes are able to manage the monthly costs. These homes will form part of the portfolio of around 7,000 affordable rent and leasehold properties that RHP currently own and manage in Richmond.

Rob Cummins, RHP’s Head of New Business and Regeneration, said: “We were thrilled to welcome Councillor Millard and Councillor Wilson to Edgar Road and to show them around these much-needed new family homes. It was a celebration of our partnership working with Richmond Council and the ingenuity of building on sites like this one. We’re especially excited that this site marks our first modular build. There are many advantages to modular development techniques compared with traditional ones, most notably there’s far less disruption for the surrounding community and we look forward to many more modular builds to come in RHP’s future.”

Over the past few years, the Council, by releasing its own land for development and working with developers and housing associations on private sites, has established a development pipeline of affordable homes that is forecast to see the completion of over 500 affordable homes in the next five years, with Edgar Road being some of the first affordable homes to be completed under this programme. In the scheme, RHP and the Council have ensured a number of properties have been specifically delivered to be fully wheelchair-accessible residences to ensure that the homes meet the needs and are liveable for all residents.

The completion of these homes is part of the Council’s Housing Strategy to address housing market pressures and deliver affordable homes that meet the diverse needs of the borough’s residents. This is to ensure the Council can offer good quality homes that provide choice and quality for renters. It also aligns with the Council’s approach to partnership working that puts the focus on creating sustainable new homes that meet current and future local housing needs.

Save the date for Great Mental Health Day community event in Whitton

In celebration of Great Mental Health Day on Friday 27 January, we are partnering with Ruils and Richmond Borough Mind to host a free community health and wellbeing event at Whitton Community Centre.

We encourage anyone who would like to come along to join us between 11.30am and 2.30pm, when we will have representatives from a variety of local organisations sharing information about their services, interactive sessions focused on wellbeing and free refreshments available.

You can expect to access:

- Free basic health checks (which include blood pressure readings and a Diabetes Risk Assessment)
- Raffle prizes
- Healthy cooking information
- A dance fitness session
- A mindfulness session
- A wellbeing session

...and much more! We will be publishing a full schedule of events for the day closer to the event.

There's no need to register - simply turn up to the Whitton Community Centre on the day (Percy Road, Twickenham, TW2 6JL).



What is Great Mental Health Day?

Great Mental Health Day 2023 is a London-wide initiative in its second year and will celebrate the power of community kindness, telling the story of how we've come together for one another across London.

The aim of the day is to get Londoners talking about mental health, destigmatise asking for help and to raise awareness of the great support available across the region.

Londoners can get involved using the hashtag #GreatMentalHealth to share their own stories, experiences and plans for the day across all social media platforms.

BARNES SAFER NEIGHBOURHOOD TEAM

Crime Update

January 2023

Dear NHW co-ordinators & members. Welcome to your January 2023 edition of the Barnes crime update Newsletter.

We continue to look for any volunteers who would like to be a co-ordinator for their area or who would like to be a part of the neighbourhood watch list. If you know anyone that may be interested please don't hesitate to contact us.



Also we have received a few emails about some members who don't want to be on the mailing list anymore and some who have friends or relatives that would like to be added, if you would like anyone to be added or yourself removed then reply to the email with the details.

Finally if you see us out on the beat then make sure to give us a wave or come and have a chat!

For the past four weeks, where has it happened?

Residential Burglary X8

- Burglary Residential, 3/12/22, 17:00-19:00 hours, The Spinney, Castelnuau, SW13.
- Attempted Burglary Residential, 7/12/22, 11:00-11:25 hours, Barnes Avenue, SW13.
- Attempted Burglary Residential, 10/12/22, 21:24 hours, Devereux Lane, SW13.
- Burglary Residential, 19/12/22, 19:00-22:30 hours, Barnes High Street, SW13.
- Burglary Residential, 24/12/22, 23:20 hours, Madrid Road, SW13.
- Burglary Residential, 29/12/22, 13:33, Lyric Road, SW13.
- Attempted Burglary, 29/12/22-30/12/22, 09:00-08:40 hours, Walnut Tree Close, SW13.
- Burglary Residential, 30/11/22, 17:00-23:15 hours, Barnes High Street, SW13.

Vehicle Crime X7

- Theft of Motor Vehicle, 3/12/22-4/12/22, 17:45-02:08 hours, Madrid Road, SW13.
- Theft from Motor Vehicle, 01/12/22-02/12/22, 22:00-10:30 hours, Boileau Road, SW13.
- Theft from Motor Vehicle, 02/12/22-9/12/22, 17:00-15:00 hours, Westmoreland Road, SW13.
- Theft from Motor Vehicle, 10/12/22-12/12/22, 23:00-14:00 hours, Gerard Road, SW13.
- Theft from Motor Vehicle, 20/12/22, 10:30-14:00, Wetlands Centre, Queen Elizabeth Walks, SW13.
- Theft from Motor Vehicle, 26/12/22-27/12/22, 13:30-11:30 hours, Ranelagh Avenue, SW13.
- Theft from Motor Vehicle, 27/12-28/12/22, 22:00-10:00 hours, Castelnuau, SW13.

Criminal Damage X4

- Vehicle under £500, 5/12/22, 04:20-04:30 hours, St Anns Road, SW13.
- Vehicle over £500, 28/11/22, 20:20-22:00 hours, Castelnuau, SW13.
- Vehicle over £500, 5/12/22-6/12/22, 09:00-14:58 hours, Merthyr Terrace, SW13.
- Under £500, 5/12-6/12/22, 16:00-06:00 hours, Merthyr Terrace, SW13.

Robbery X0

Violent Offences X2

- Actual Bodily Harm, 1/11/22, 00:01 hours, Wetland Centre, Queen Elizabeth Walk, SW13.
- Actual Bodily Harm, 6/12/22, 09:00 hours, Lyric Road, SW13.

Drugs X1

- Possible Cannabis, 1/12/22, 06:55-08:25 hours, Heidegger Crescent, SW13.

Crime Prevention

Introducing Street Safe

Street Safe is a pilot service for anyone to anonymously tell us about public places where you have felt or feel unsafe, because of environmental issues, e.g. street lighting, abandoned buildings or vandalism and/or because of some behaviours, e.g. being followed or verbally abused. (<https://www.police.uk/streetsafe>)

Please note: 'StreetSafe' is not for reporting crime or incidents.

If something has happened to you or someone you know (including in public spaces online) you can call us on 101 or find out what online report services are available following this web address <https://www.police.uk/pu/contact-the-police/report-a-crime-incident/>

Officers covering Mortlake

PS Kate Whitaker

PC Darren Meakins

PC Mohammed

PCSO Matthew Morbey

As stated above Safer Neighbourhoods are asking for feedback from local residents regarding Taser Rollouts to SNT Officers any feedback please contact us.

Or you can send us an email to; Barnes@met.police.uk

Or for enquires you can call; 07843291089



**METROPOLITAN
POLICE**

Woodland Trust offers young people a chance to secure funding for environmental action

Young people across the UK have been given an exciting opportunity to win funding to help tackle climate change as part of a ground-breaking initiative from the Woodland Trust.

The Youth Innovation Competition offers young people the chance to secure part of a £20,000 prize to support their own environmental projects.

The competition comes against the backdrop of an alarming Met Office announcement that 2022 was the warmest year in the UK on record, highlighting the desperate need for climate change action.

Nine individuals or small groups (aged between 16-25) will win up to £5,000 project funding each, along with mentorship from leading industry experts to deliver projects which directly fight the climate crises.



The projects will need to fit into three categories: inspire, protect and create. This could include anything from tree planting projects and championing ancient trees to innovative ideas that aid farming and the protection of UK rivers and wildlife.

Woodland Trust chief executive Dr Darren Moorcroft said: *“Young people can often feel very anxious and helpless about climate change but want the opportunity to make a difference. We know trees are one of our best defences against the climate crisis – and getting more trees in the ground is vital if we are to see a positive future for people and wildlife.”*

“As the UK’s largest woodland conservation charity, who has been planting and protecting trees and woods for more than 50 years, we are perfectly placed to provide this opportunity.”

“The next generation will inherit the impacts of climate change, so it is crucial they are given the chance to bring their energy and innovation to the fight in tackling it now.”

The top 18 applications will be invited to take part in workshops that will teach them how to professionally pitch their project idea and the finalist will go on to present their environmental innovations to a panel of celebrity judges and experts.

Grace Howourth, Head of Youth Re-imagined at the Woodland Trust said: *“We need more young people to become advocates for woods and trees and we are excited to be able to open this opportunity to help fund important projects which will directly address the climate and nature crisis.”*

“You don’t have to be from an experienced environmental or conservation background or have academic qualifications to enter, as we are looking for people from all backgrounds and walks of life to enter with a great idea that can impact woods, wildlife and people.”

Applications are now open and will close on 7th February 2023 at 4pm.

For more information on how to apply, please visit www.woodlandtrust.org.uk or email youth@woodlandtrust.org.uk.



**WOODLAND
TRUST**

MEAT FREE MOWGLI

I'm such a fan of **Nisha Katona's** recipes, so I was delighted to learn that she has another new book. **Meat Free Mowgli** was published at the end of last year, but I thought January the perfect time to tell you about it, as so many of us are trying to cut down on our meat consumption - and quite a few are vegetarian already and/or perhaps following Veganuary. As Nisha herself says in the introduction of the book: "Indian food is the perfect go-to cuisine for the modern family who want to eat less meat. And thus, the idea for Meat Free Mowgli was born – a collection of simple, plant-based meals in the Mowgli style we know and love." And many Indian recipes are vegan anyway, but not necessarily by design.



The desire to reduce our meat intake is beneficial for health. In Meat Free Mowgli, Nisha weaves her magic again, with healthy, effortless, and cost-effective plant-based recipes - with just a handful of carefully paired, easily sourced, ingredients. The book's organised by ingredients - and all the ingredients are easily sourced. Each chapter presents ideas on what to do with our favourite vegetable types: including Roots; Beans; Nightshades; Squashes; Brassicas & Leafy Greens; Lentils & Other Grains; Mushrooms; Fruits as well one vegetarian chapter for Eggs and Dairy. Dishes include Broccoli and Coconut Bhajis; Broad Bean Stuffed Puris; Samosa Tarts; Tangy Tamarind Roasted Squash; Cashew and Mango Curry; and accompaniments such as Kale

Raita; Indian Mushy Peas and Manchurian Honey Potatoes, as well as recipes for pickles, side dishes and chutneys. Sweets and drinks include Baked Rose Yoghurt and Coconut Panna Cotta. Colourful, energising and full of flavour.

Nisha Katona MBE is the creator of the much-loved Mowgli restaurant chain. She can regularly be found sharing her passion for simple, honest cookery on the TV and radio; including BBC's Great British Menu and Saturday Kitchen; ITV's This Morning; and an expert panellist on BBC Radio 4's Kitchen Cabinet. Meat Free Mowgli is hardback, £25 from Nourish Books, a publisher who is all about enhancing wellbeing through a balanced diet. Here are some tasters for you from this lovely book.

Tangy Tamarind Roasted Squash - SERVES 4 AS A SIDE

Sweet and sour flavours work so beautifully with the luxurious flesh of the butternut squash. This is a dry dish, so I find it works well when served with more saucy dishes such as egg curries or Jackfruit Jalfrezi. It is also beautiful on its own, as a simple lunch dish, with a creamy raita and some salad alongside.

- 1 small butternut squash (about 800g/ 1lb 12oz), peeled and cut into large chunks
- 4 tbsp vegetable oil
- 1 tbsp panch phoran

- 1 tsp asafoetida/hing
- 1 tsp chilli flakes
- 1 tsp ground turmeric
- 2 tbsp tamarind paste
- 2 tbsp jaggery or brown sugar
- 2 tsp ground coriander
- 1 tsp amchur/mango powder
- 1 tsp salt
- juice of 1/2 lemon
- handful of fresh coriander/cilantro, to garnish

In a large bowl, combine the squash with all the other ingredients, except the lemon juice and coriander, and stir to combine. Leave to marinate for 15–30 minutes, or longer if you have the time.

Meanwhile, preheat the oven to 180°C/350°F/gas mark 4.

Arrange the marinated squash over a large baking sheet or roasting pan, then roast for 25–30 minutes, or until cooked through, stirring every 10 minutes to ensure even roasting. Serve garnished with lemon juice and coriander



Baked Rose Yogurt - SERVES 4

This is a typical Bengali dessert. Baked yogurt is gently sweetened with a light tang and has a firm texture rather like cheesecake. For a pretty pink colour, try to find a genuine Indian rose syrup (in the Asian aisles of supermarkets or in Indian grocers). Other rose syrups will not give such a depth of colour but will still taste wonderful. You can either make this in a large dish or in individual dishes. Either way, it is the perfect dessert for entertaining as it can be made ahead of time and is super easy.

- 250g/9oz/1 cup full-fat Greek yogurt
- 125g/4oz/generous 1/3 cup condensed milk
- 3 tbsp rose syrup
- 1 tsp vanilla extract
- 1 tbsp finely chopped pistachios
- 1 tbsp dried rose petals

Preheat the oven to 180°C/350°F/gas mark 4. Bring a kettle of water to the boil. In a jug, mix together the Greek yogurt and condensed milk until well combined without any lumps, then add the rose syrup and vanilla extract.

Place 4 ovenproof ramekins in a baking dish, then carefully divide the yogurt mixture among them. Pour enough boiling water into the baking dish to come halfway up the sides of the ramekins, then cover the dish tightly with kitchen foil. Bake in the oven for 20–25 minutes, or until set, then remove from the oven and let cool.

When cool, place in the fridge and leave to set for at least 2 hours, or ideally overnight. Serve decorated with the chopped pistachios and dried rose petals.



CHISWICK CHEESE MARKET

LONDON'S ONLY CHEESE MARKET

Welcome to 2023! We are back this Sunday with a full line-up of cheese makers, mongers and accompaniments

For those of you who think you may have overindulged, take comfort in the words of Professor Tim Spector in The Daily Telegraph last weekend saying “there’s some evidence that people who regularly consume good-quality cheese (not ultra-processed) have better health because of the way it helps promote a greater diversity of microbes in the gut”. Luckily we have plenty of good cheese for your microbes to choose from!

We start the year with a focus on our Red Cow Parmesan Reggiano from Bianca & Mora (Emilia). The milk from red cows (vacche rosso) was originally used to make the first parmesans in the 12th Century. It has always been considered to be the best milk to make parmesan but because of low yields, only a small number of producers use it and so is more sought after. We wonder if this is why Samuel Pepys famously buried his wheel of parmesan in his garden during The Great Fire of London in 1666 so he could save it!

This month Bianca is bringing a 28 month aged wheel. We sampled a piece this week with wine selections from [The Italians Deli](#) and they were really good! Whilst we ate the cheese in small chunks, we reckon they would be great with a Cacio e Pepe too. Here are our thoughts...

Terre Verdiane Lambrusco Rosso Frizzante: what a fabulous pairing this was - made in the same region as parmesan, Emilia Romagna - this slightly frothy red with flavours dark cherries and subtle sweetness balanced perfectly with the salty umami of the parmesan.

Brancaia 2020 Chianti Classico DOP: a great Chianti - this really elevated the parmesan, the saltiness somehow allowing all the wonderful cherry characters of the Sangiovese grape to come out in the wine. Perfection! <https://www.chiswickcheesemarket.uk/>



Swan Lake

Nerubashenko Ballet at Richmond Theatre, then on tour until 31st April

If the Nerubashenko Ballet is an unfamiliar name in the world of touring ballet, it owes its naissance to a group of dissenters from Russian ballet circles. It was recently formed by Ukranian born Ludmila Nerubashenko, previously a Director of Moscow City Ballet.

Nerubashenko's *Swan Lake* is a delight with an athletic group of dancers with the physicality, artistry and creativity to faithfully interpret this classic Tchaikovsky masterpiece. Director Marina Medvetskaya has chosen a conservative and traditional interpretation so no prologue with Odette meeting the evil Rothbart and (spoiler alert) a happy ending.



Ulan Beisenbayev's Jester is full of mischievous fun – a great comic role and danced with great athleticism, overt theatricality and a gamut of eccentric facial expressions. Daler Zaparov's Baron Rothbart exudes evil intent and is danced with great strength and agility. Yerkin Rakhmatullayev gives a solid workmanlike performance as Siegfried and his interaction in his dances with the Jester are warmly enjoyable. The pas de deux between Siegfried and Odile is magnetic – perhaps the poetic core of *Swan Lake*.

As for the performance of Kateryna Floria as the white swan Odette and the black swan Odile – simply flawless, a mesmerising performance. Hanna Pearce's portrayal as the Queen, while not a dancing role, has excellent authority and stage presence.

The dance of the four cygnets is a delight – indeed, most charming and very spirited. Also great fun are the national dances – the Spanish, Hungarian and Neapolitan sequences, excellently drilled and thoroughly enjoyable. The 24 piece orchestra adds to the intensity of the evening with Tchaikovsky's score as compelling and timeless as ever.

The production company may well have changed its identity, for political as well as marketing purposes, but it still brings quality ballet at affordable prices to audiences outside of London's West End. It is brave endeavour in a future outside of Russia.

Read Michelle Hood's review at www.markaspen.com/2023/01/13/swan-lake

Photography courtesy of Nerubashenko Ballet

Fisherman's Friends, The Musical

by Amanda Whittington

Royo Entertainment at Richmond Theatre, 28th February to 4th March

Preview: The company of *Fisherman's Friends, The Musical* discuss their forthcoming production.

The world premiere production of *Fisherman's Friends, The Musical* embarks on a UK and Ireland tour this spring, including to Richmond Theatre. Based on the true story of the Cornish singing sensations and the 2019 film, the show has already played to packed houses in Truro's Hall for Cornwall, where it broke box office records as the most successful production in the venue's history.

The show's director James Grieve is in no doubt it will captivate audiences around the country. "It's so heart-warming to see a group of very normal, humble people achieve something extraordinary," he says of the tale of a bunch of fishermen who come together to sing traditional working songs to raise money for charity, never



expecting to land a record deal and end up performing at Glastonbury. "They are ordinary blokes who never sought fame and fortune but it found them. That's what makes this story so uplifting. It's a story about friendship, loyalty, community and the unbreakable ties that bind us."

Starring as Jim, the group's lead singer, James Gaddas comments, "I've never done anything like this before. Its earthy and visceral songs go back as long as 200 years ago, with the fishermen adapting it for today but staying true to those roots." Robert Duncan plays Jim's

father Jago, the elder statesman of the group. Born in St Austell, Duncan says, "I was excited about paying homage to my own neck of the woods. Plus I'd never done a musical before."

Playing Jago's wife Maggie is Susan Penhaligon, also from Cornwall, "There's an old phrase, 'Cornish women be brave and stubborn', and that's what Maggie is. I love her and I feel like I know her."

Writer Amanda Whittington points out that "It's a fascinating world to explore and discover. The fisherman's way of life is rich territory for drama and the characters are funny, real and recognisable. Then there's the sea shanties, which are beautiful and timeless. Once heard, they're never forgotten."



Read Thomas Forsythe's preview at www.markaspen.com/2023/01/12/fish-friends-preview

Photography by Pamela Raith

MURDER MOST FOUL AT THE MARY WALLACE THEATRE

January 21st-28th



It's an Agatha Christie - you know the set-up. The family are gathered at **The Hollow** for a convivial weekend. But beneath the civilised surface lurk jealousies, betrayals and infidelities.

Tensions build. Almost inevitably a murder is committed and suspicion falls equally on the widow, the host, the butler, the sculptress and the movie star - each of whom seem to have a credible motive. Can Inspector Colquhoun solve the crime? Can you?

Come along to the Mary Wallace Theatre - on **January 21st-28th** - and pit your wits against Scotland Yard's finest - and against Dame Agatha - "the Queen of Crime Fiction".

A few tickets remain for this the (second) most famous Christie murder-mystery.

Booking now at www.richmondshakespeare.org.uk - if you're quick.



Find the Mary Wallace Theatre on Twickenham's Embankment, between St. Mary's Church and the Barmy Arms.

Richmond Shakespeare Society
RSS
at the Mary Wallace Theatre

Barnes Children's Literature Festival's book club gets kids reading for fun

The Barnes Children's Literature Festival is ready to keep children buzzing about reading right through 2023 when their monthly book club continues at St Paul's School in Barnes on Saturday 21 January.

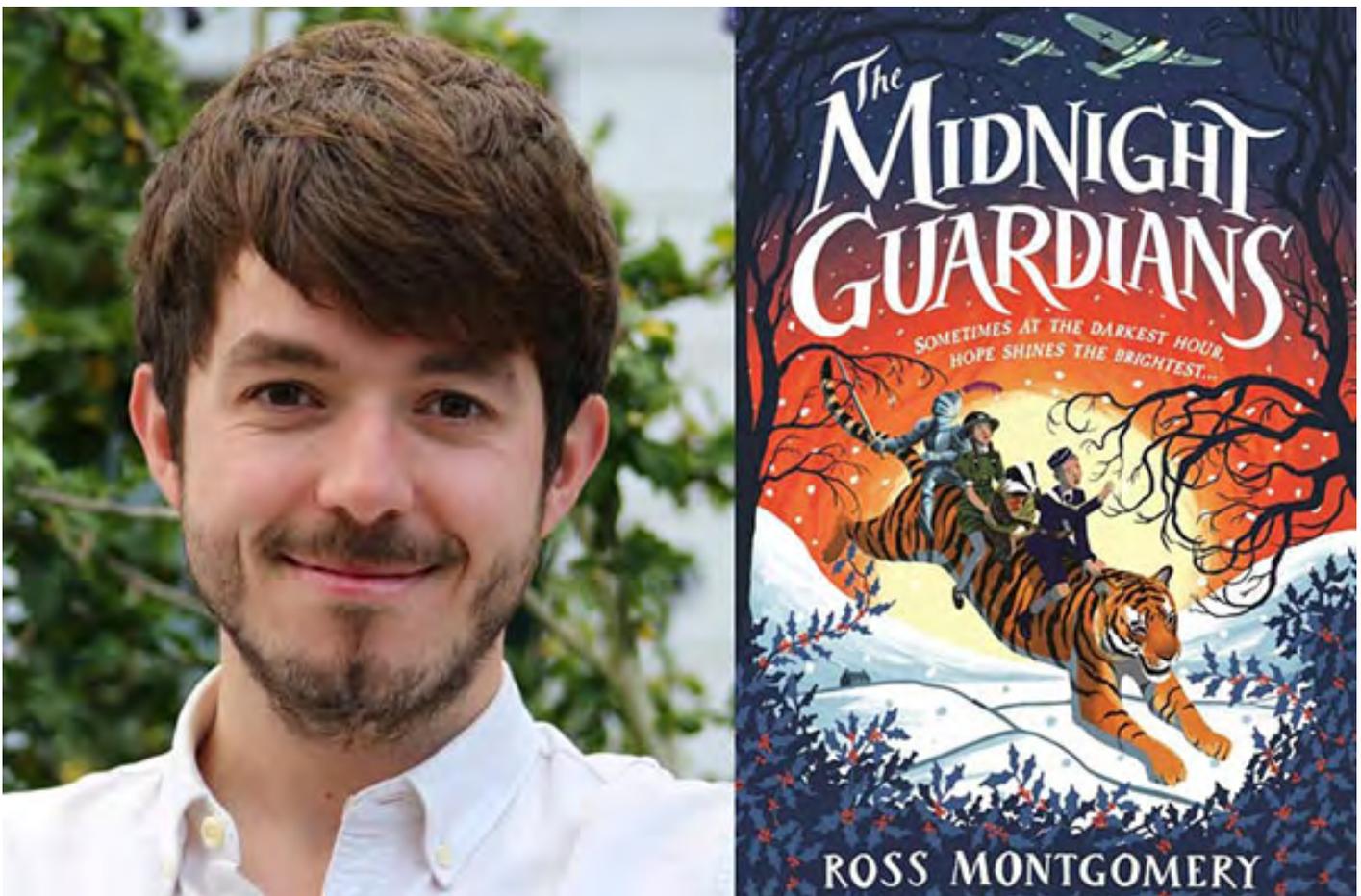
Acclaimed author Ross Montgomery will lead a fun creative writing workshop based on his World War Two classic, *The Midnight Guardians*.

The story follows twelve-year-old evacuee Col and Ruth, a Jewish girl who escaped Germany on the Kindertransport, and his imaginary friends - a giant tiger, a well dressed badger and a tiny knight - on a perilous journey across England to save his sister in Blitz-bombed London.

Join Ross and find out how you can use real life events to write your own exciting adventure stories.

The book club is for ages 9 and above and will be held at St Paul's School, Barnes, SW13 9JT at 2 to 3.15pm. [Book tickets online](#)

[Chapter One of *The Midnight Guardians*](#) is available on the Barnes Children's Literature Festival's website.



PEAKS - Tis the Season for booking Holidays

By Bruce Lyons

We call it “PEAKS” in the trade, and it is a good time to be pragmatic and bag a “bargain”. The travel trade traditionally comes out of the Xmas New Year break in a very competitive Mood!



There are all sorts of incentives dangled as carrots to “make your mind up” and it works but as January comes to an end they all disappear – so now is the time. Seize the day!

Last year our most popular destination was Mauritius and here we were able to get 30% discounts on high summer holidays. This year the same Jan offers exist where you can save a whopping 30% off selected dates for Luxury Mauritian Holidays. These holidays include kids clubs, many are all inclusive including water sports and more. I should add that many of the

Caribbean and Mexico operators that we are agents of are building into the quotes up to 35% discounts off the hotels – whilst offers last!

This January we have been booking adventure trips with up to 25% discounts – In the Mediterranean and Africa – even South America. They range from “Discovery to Extreme – so don’t be shy there is something for everyone, even family adventures.

Then we have countries that didn’t come out of Covid-19 until now like China and are anxious to get back on the “Tourist Trail” and here we have all sorts of offers from “No Single Supplements” to 2nd person goes free and/or fare upgrades on the flights.

Or like Sri Lank that had a spot of bother last year with its economy – so we are seeing great offers as the tour companies and safari tour operators fight back for their share of the market. For example, we have this amazing offer 7 nights for Easter with Excursion included for £2,200 per person before flights with 3 nights Kahanda Kanda and 4 nights Saman Villas

SRI LANKA EASTER SPECIAL OFFER

Indian Ocean Made Easy



Back closer to home we have the European operators and here we have £100/200/300 off depending on the cost of the holiday, many operators also offer free children, Cruise companies also make all sorts of “family” packages as new ships are launched

Missed out on a holiday these last two years – maybe this is the time to look and book. Drop in for a chat to Crusader Travel, 58 Church Street, off the square by our giant chess board.

WIZ TALES - El Salvador



The state of emergency renewed this week

Teresa Read

The Republic of El Salvador, known as the “land of volcanoes”, is in Central America, bordered by Guatemala, Honduras, the Gulf of Fonseca and the Pacific Ocean.

In 2019 Natib Bukele won the presidential election in El Salvador with a pledge to address gang culture, corruption and violence, endemic in the country.

News in the United States is said to have reported a 56.8% reduction of murders in El Salvador, making a comparison between murders in 2022 with those in 2021. However, there have been concerns about the government’s “state of emergency” expressed by human rights groups.

The state of emergency was renewed in January 2023.



More photographs and information: <https://worldinfozone.com/gallery.php?country=ElSalvador>

St Mary's University

St Mary's Signs New Agreement with Open College Network London

A new Access to Higher Education (HE) progression agreement has been signed by St Mary's University, Twickenham with the Open College Network (OCN) London.

To further support learners, there will also be the opportunity of visits to St Mary's for taster days or masterclasses.

Many staff from across the University have contributed to setting up the agreement that highlights the outstanding support for all students at the University and considers the entry offers for Access Diploma students. The University is now the fifth University to establish an agreement with the OCN London. This agreement will encourage more Access students to come to St Mary's.

Speaking of the agreement, St Mary's Vice-Chancellor Anthony McClaran said, "Increasing access to



The agreement, which was signed by St Mary's Vice-Chancellor Anthony McClaran and CEO of OCN London Carlos Cubillo-Barsi, will see the two institutions working closely to help more students access higher education.

higher education is a core part of our mission as a University and I am delighted that we have signed this agreement with OCN London to help more learners progress and transform their lives."

OCN London is the validating body for Access to HE Diplomas taught in over thirty colleges in the London region. Access to HE students are usually mature students who study a one-year intensive programme that enables them to enter university. St Mary's welcomes and celebrates a diverse student community, and this new partnership aligns strongly with the University's values and widening participation aims.

OCN London CEO Carlos Cubillo-Barsi said, "Our partnership with St Mary's ensures that we can continue to provide access to all levels of education in a broad variety of subject areas, whatever the background or circumstances of our learners. OCN London and St Mary's University share a common ethos, culture, and unrelenting focus on widening access to inclusive education, with a relationship built on mutual trust and respect for each other and our students".

Students applying to St Mary's from an OCN London Access to HE courses will have access to admission and progression benefits, support for UCAS applications and open days.



St Mary's
University
Twickenham
London

Match Preview: Bournemouth

Statistics, analysis, match officials and more. Here's everything you need to know ahead of Brentford's Premier League game against Bournemouth

Written by [Brentford Football Club](#)

The last time that Bournemouth visited the Gtech Community Stadium it was all about trying to get into the Premier League.

Now, it's all about staying in the top flight for Gary O'Neil's side.

Following a six-game unbeaten run - including a goalless draw with the Bees at the Vitality Stadium in early October - to begin O'Neil's tenure, Bournemouth have taken just three points from their last eight matches to see their advantage over the bottom three cut to a single point.

Team News

Toney set for start

Thomas Frank confirmed Ivan Toney will start on Saturday after the striker recovered from the knee injury picked up against West Ham United.

Shandon Baptiste (groin) has trained fully this week while Aaron Hickey will play his first minutes for the B team on Friday night following an ankle injury.

Pontus Jansson (hamstring) is also closing in on a return, with Frank Onyeka (hamstring) still a few weeks away.

For Bournemouth, Neto, David Brooks and Marcus Tavernier all missed the last game due to hamstring injuries.

Neto is the most likely of the trio to make tomorrow's game with Tavernier definitely out.

Ryan Fredericks and Junior Stanislas have also been struggling with knocks while Jefferson



Lerma missed the FA Cup defeat to Burnley due to a knee problem.

Lerma is expected to return to the heart of the midfield tomorrow, but Gary O'Neil will likely have late decisions to make on the others.

Adam Smith is suspended after picking up five yellow cards.

Opposition View

O'Neil: Brentford have done incredibly well

"I think Brentford have done incredibly well," said Bournemouth head coach Gary O'Neil during his pre-match press conference.

"Thomas Frank has been there a long time now; he has a clear style of play. Their players know what is expected of them, they're difficult to play against and they make it a real tough game.

"They're direct and a big threat from set plays and counter attacks.

"Ivan Toney is a handful up top, so they're good side, they know what they are, and it will be another tough test.

"The Premier League game here was 0-0 and it was a hard-fought game. We'll have a real good go up there and hope to put points on the board."

The Opposition

Bournemouth

Dumped out of the play-off semi-finals by Brentford a season before, Bournemouth started like a house on fire last term, before a momentary slip at the top was seized upon by Fulham, who never dropped away.

As had been the case in 2020/21, the Cherries stumbled towards the turn of the year but, this time, they learned from experience, regained their footing and returned to the Premier League with a game to spare.

Over the summer, in much the same way the Bees did when they were promoted, the Dorset club kept the majority of their squad together and complemented it with a handful of signings, including Ryan Fredericks from West Ham United and goalkeeper Neto from Barcelona.

The only issue was that head coach Scott Parker had not made a conscious choice to be particularly selective with his signings. The club did not give him significant backing in the transfer market and the bookmakers were not kind in their opinion as a result, making the Cherries odds-on favourites to slip back down to the Championship before a ball had been kicked.

As the curtain-raiser dawned, Parker publicly aired his concerns.

"We're six days out from the start of the season and we're way short of where we need to be. That's just the cold, hard facts," he said.

“We barely have any defenders. We lost eight players at the start of the season. This squad is much weaker than it was two months ago when we got promoted. Of course, no disrespect to what we’ve got, but I didn’t anticipate to be where we are this close to the start of the season.”

Though it was refreshing, from a neutral perspective, to hear a manager speak so honestly, needless to say the board were irked.

And 32 days after those comments, Parker was sacked after a joint top-flight record 9-0 defeat to Liverpool, though it is widely believed the thrashing was not the sole basis on which the decision was made.

First-team coach Gary O’Neil stepped up as interim manager the very same day and, over the next six weeks, oversaw two wins and four draws in his first six games - including a goalless draw against Brentford at the Vitality Stadium - which, at one point, lifted the Cherries as high as eighth in the table.

The honeymoon period could not last forever. Though Bournemouth lost four of the next five before the break for the World Cup, three of those defeats were settled by just a one-goal margin; they gave Tottenham a run for their money by leading 2-1 until the 73rd minute, when Ben Davies and Rodrigo Bentancur struck to turn the game in Spurs’ favour.

At the end of November, O’Neil was deservedly handed the managerial role on a permanent basis but, since returning to domestic action, he and his players have received something of a wake-up call.

Over the festive period, they lost to Chelsea, Crystal Palace and Manchester United - granted, a challenging run. But they did so without scoring a single goal, which has contributed to a quick slide down to 16th - a point above the relegation zone.

Now, however, they are a few weeks into a new era on the south coast.

In mid-December, Las Vegas-based businessman Bill Foley and his partnership Black Knight FC - within which actor Michael B Jordan plays a key role - bought the club from Maxim Deminor for a fee thought to be around the £100 million mark.

The new ownership group has ambitious plans for the club, which include developing the Vitality Stadium and the training facilities, as well as investing in the academy and the women’s team.

But most importantly, there will be money for O’Neil to spend to strengthen his squad in the January transfer window.

O’Neil has been promised the backing his predecessor craved and it might just help Bournemouth preserve their Premier League status.



Romeo Beckham joins Brentford B

Romeo Beckham makes the switch from Inter Miami until the end of the season

Written by [Brentford Football Club](#)

Brentford are delighted to announce the signing of Romeo Beckham from Inter Miami CF on loan until the end of the 2022/23 season.

The 20-year-old will join Neil MacFarlane's B team for the rest of the campaign to continue his development as he makes the temporary switch from the MLS club. The move is subject to international clearance.

Beckham joined Fort Lauderdale CF in 2021 before the side was renamed Inter Miami II last year. The team acts as a reserve side for the first team at Inter Miami and Beckham has been able to build experience with the reserve group who play in MLS Next Pro.

Last season Inter Miami II finished sixth in the Eastern Conference with the midfielder featuring 20 times.

Beckham led the assists chart last term for the league as he turned provider 10 times, while he also helped himself to two goals over the course of the campaign.



Prior to heading to the USA to link up with the club, Beckham had spent time with Arsenal's academy up until 2014 before he returned to the game in September 2021.

Since the end of the 2022 MLS Next Pro season, Beckham has been in training with the young Bees on a regular basis at Jersey Road.

"We've been absolutely delighted with Romeo since he arrived with us," said Brentford B head coach Neil MacFarlane.

"He came to us from Inter Miami with the aim of working with us during their close season. Romeo has applied himself unbelievably well, he's really bought into the culture and the group which he has become a big part of.

"I love his standards and the way he conducts himself on and off the pitch.

"He's been able to get fitter and fitter during his time with us and it leaves him in a good place to now step forward having joined us on loan.

"He is very technical, and he is somebody who can shift the ball quickly and cross.

"He is also a really good finisher and he has the ability to play a number of positions for us, which is also pleasing.

"I think it's testament to us as a club, and as a B team, that Inter Miami have asked us to work with him and trust in us to continue working with him to help him with his development."



FIRST ENGLAND MEN'S U20 TEAM OF 2023 NAMED

England men's U20 head coach, Alan Dickens, has named his team to play Oxford University on Saturday 14 January (KO 15:00) at Oxford University Sports Ground.

To give all players an opportunity on the field, a different line-up will each play one half of the match. Lewis Chessum, capped nine times with England men's U20, will captain the first-half team, with Rekeiti Ma'asi-White taking over the role in the second half.

Speaking ahead of the game, England men's U20 head coach, Alan Dickens, said: "We've had a good week of preparation in camp, which helped bring the group together and kick started our Six Nations preparation. Training has gone really well and the commitment and mindset from the players has been fantastic.

"The game against Oxford University will be an excellent opportunity for us to put in to practice our work in training and assess how well the lads are working as a group. It's a great way for us to prepare for our opening game in the Six Nations against Scotland at Twickenham Stoop."

Tickets for the 2023 Under-20 Six Nations home fixtures are on sale and can be purchased [here](#).

Tickets to the Oxford University game can be purchased [here](#).

England U20 Team v Oxford University

First half team

1. Archie McArthur
2. Finn Theobald-Thomas/Calum Scott
3. Tim Hoyt/James Halliwell
4. Harry Browne
5. Lewis Chessum (c)
6. Joshua Manz
7. Josh Dingley
8. Rob Nixon
9. Charlie Bracken
10. Sam Harris
11. Josh Hathaway
12. Joseph Woodward
13. Jacob Cusick
14. Cassius Cleaves
15. Connor Slevin

Second half team

1. George Patten
2. Calum Scott/Nathan Jibulu
3. James Halliwell/Afolabi Fasogbon
4. Danny Eite
5. Robert Carmichael
6. Finn Carnduff
7. Tristan Woodman
8. Zach Carr
9. Nye Thomas
10. Monty Bradbury
11. Jack Walsh
12. Rekeiti Ma'asi-White (c)
13. Louie Johnson
14. Benjamin Waghorn
15. Tobias Elliott

Friday 3 February – England v Scotland – KO 19:00 GMT – Twickenham Stoop, London

Friday 10 February – England v Italy – KO 19:00 GMT – Kingsholm Stadium, Gloucester

Friday 24 February – Wales v England – KO 19:15 GMT

Friday 10 March – England v France – KO 20:00 GMT – The Recreation Ground, Bath

Sunday 19 March – Ireland v England – KO 17:00 GMT



ENGLAND RUGBY WOMEN'S U20 HEAD COACH APPOINTED

Lou Meadows has been confirmed as the head coach of the England Rugby women's U20 team, a role instrumental to the future success of the women's game, which enters a new era ahead of a home 2025 Rugby World Cup.

Meadows re-joins England Rugby, following an extensive search and consultation process, from Ealing Trailfinders where she was the Performance Manager of Women's Rugby.

A former teacher, and Development Officer with the RFU, Meadows was also the first-ever female head coach of an England men's aspirational side when she coached England Counties U20s. As a player, Meadows took to the field for Wasps and Saracens.

Women's U20 head coach, Lou Meadows said: "I'm delighted and immensely proud to be the new head coach of the England Rugby women's U20 team, a role which helps shape the incredible talent we have coming through our pathways.

"Holding this position is a huge responsibility as we work hard to capitalise on the success of, and interest in the 2021 Rugby World Cup, and so it will be my priority to develop and prepare as many young women as possible to be part of future Red Roses squads, especially leading into a home tournament in 2025.

"We're right now in the midst of a monumental time in women's sport, shown by our Red Roses. England Rugby is working to build on and ensure their success into the future, and our pathways programmes are crucial to that."

Head of Performance Pathways and Programmes, Donald Barrell said: "We are very excited to have Lou as our new head coach for the England Rugby women's U20 team.

"There was a very high standard of applications for the role, with interest from coaches across England but with Lou's innate understanding of the game and experiences within English rugby, as well as her expertise in the development of young people, she was the standout candidate.

"We continue to make significant investments in our England Rugby pathways programmes. Joining Lou will be the first-ever fulltime strength and conditioning coach for the women's U20 team, alongside new physiotherapy and psychology provisions.

"Lou will support and accelerate the development of U20s players, working underneath the England Rugby Development Framework with her team. We will have other new roles join the women's pathway this year and are excited to introduce them in due course."



Chancellor response to November GDP statistics

The Chancellor's response ONS November GDP statistics is below.

Chancellor of the Exchequer, Jeremy Hunt, said:

“We have a clear plan to halve inflation this year - an insidious hidden tax which has led to hikes in interest rates and mortgage costs, holding back growth here and around the world.

“To support families through this tough patch, we will provide an average of £3,500 support for every household over this year and next - but the most important help we can give is to stick to the plan to halve inflation this year so we get the economy growing again.”

Additional information

- The IMF have predicted that a third of the world economy will be in recession this year.
- The OBR said that the support the government is providing will reduce the depth of a recession.
- Monetary policy is the responsibility of the independent Bank of England. The government remains fully committed to the Bank's independence, and the inflation target of 2%.
- In addition to the Energy Price Guarantee this winter, which is saving the average household £900 on energy bills, the government provided £1200 worth of support to the most vulnerable households for 2022-23:
 - £650 in cost of living payments;
 - £400 through the Energy Bill Support Scheme;
 - £150 Council Tax rebate;
- Additional support for pensioners and those claiming disability benefits.
- The government has announced further support on the cost of living in 2023-24, targeted at those most in need:
 - UK households on means-tested benefits will receive a further £900 Cost of Living Payment;
 - Pensioner households across the UK will receive an additional £300 Cost of Living payment;
 - People across the UK on non-means-tested disability benefits will receive a further £150 Disability Cost of Living payment, to help with the additional costs they face.
- We have extended the Household Support Fund for another year in England, with £1 billion of extra funding (including Barnett funding for the devolved administrations).
- The government has introduced changes to the Energy Price Guarantee (EPG), building on the measures already announced which provided much needed support to domestic and non-domestic users. The action taken on Energy support at the Autumn Statement will reduce the fiscal impact of the package whilst saving the average UK household £500 in 2023-24 from a £3000 Energy Price Guarantee.



HM Treasury

ECONOMIC CRISIS LEADS TO A SURGE IN THE COST OF INSULATING YOUR HOME

THE economic crisis has led to a surge in the cost facing those trying to better insulate their homes, a leading property association reveals today.

The National Association of Property Buyers (NAPB) warned wage rises and a surge in production costs - amounting to up to 20 percent - mean consumers now face having to find hundreds more pounds.

Spokesman Jonthan Rolande said the rise in price has created an “enormous” task for Ministers committed to improving energy efficiency ratings of homes to Band C by 2030.

Mr Rolande said one answer could be offering tax incentives to landlords in a bid to encourage them to provide better insulation to rental properties.

He says the NAPB would also back a national awareness campaign to highlight the scale of the issue.

His comments come only weeks after Ministers launched a new Government insulation scheme. But Mr Rolande believes this policy drive was “disastrously ill-timed.”

He said: *“Whoever decided to launch that campaign in November has serious questions to answer. It was never realistic that rushing to insulate homes in late 2022 was going to work.*

“The effects of increased post-pandemic demand, coupled with rising costs and wages in the sector has made insulating your home a far more costly job now than 12 months ago.

“Much like a homeowner in the Catch-22 situation of being unable to afford the upfront cost of proper insulation and so must bear long term higher bills, the government must now find more money than it otherwise would to prop up consumers via the Energy Price Guarantee Scheme.”

Outlining the scale of the challenge he continued: *“The task is enormous. There are more than 20m dwellings in the UK, and thanks to a mass building spree at the time, around 3m are pre-1900 and more complex to make energy efficient.*

“There is also the problem of materials and labour. Insulation companies are booked months in advance and, in a sector where high wages and plenty of work are the norm, wages have rocketed. This increase has inevitably been passed on to the consumer. The work is skilled, dusty, hot in summer, cold in winter and the pool of potential employees has shrunk since 2016. The materials needed for insulating a home have increased by over 20%, adding to the cost.”

Pointing towards one solution Mr Rolande suggested: *“The quickest and most beneficial fix would be within the private rented sector. Around 5m homes are let in the UK and landlords currently have little incentive to insulate, leaving hard-pressed tenants to foot the bill for heating. This is exacerbated by the fact that often, rental homes are within older, less efficient buildings. Often the poorest and most vulnerable people rent their home. Landlords are often amongst the wealthier in society. Why haven’t tax breaks to these landlords been offered to give an urgent reason to improve the homes of their tenants? The cost would be far less than a full subsidy and the work required to administer it, far less too.*

“Well publicised clarity from the Government is now essential too, in order to explain precisely what the ambitions are and crucially, who will pay for them. Landlords need a clear reason to improve their investments.”

Before Christmas Parliament’s Environmental Audit Committee recommended a “war effort” to insulate homes in 2023 – saying officials had failed to take the opportunity “during the warmer months of 2022” when it became clear that consumers would be facing a huge rise in energy costs this winter.

The UK’s housing stock is among the least heat-efficient in Europe.

While the Government has committed in theory to improve the energy efficiency ratings of homes to band C by 2030, the committee said this was “vague and unspecific” without “appropriate interim targets” to measure delivery.

The new Government insulation scheme launched in November, was criticised as being too little too late.

Energy firms, green activists and climate chiefs have united in support of a much bigger effort to urgently insulate millions of homes.



How far does Emergency Department performance need to fall for political leaders to take meaningful action?

Responding to the [latest Emergency Department performance figures published by NHS England for December 2022](#), Dr Adrian Boyle, President of the Royal College of Emergency Medicine, said:

“December’s performance figures are truly shocking, more than 50% of all patients facing waits over four-hours and nearly 55,000 patients facing 12-hour waits from the decision to admit. 12-hour waits from decision to admit obfuscate the truth and are only the [tip of the iceberg](#), we know the reality is far worse. We know that the scale of long-waiting times for Emergency Care is causing harm to patients and is associated with patient deaths.

“We had a constructive meeting with the government on Saturday and [have welcomed the promise of investment in social care](#). It is imperative that we improve flow throughout our hospitals and reduce exit block. This can only be achieved by discharging patients in a timely way. We welcome NHS England’s efforts to free up the 13,000 beds taken up by patients who are medically fit for discharge each day and the government’s plan to buy extra care home beds. We also welcome the money to help hospitals to reduce ambulance hand over delays, but this must be spent wisely, building tents and horse box like ambulance receiving units outside Emergency Departments is the wrong intervention. Improved capacity after assessment in Emergency Departments has been evaluated and proved to be safer and better.

“However, while there is a willingness to listen by our political leaders, there must be greater action to show that they are hearing the pleas of the NHS. How far does Emergency Department performance need to fall for this to lead to meaningful action?

“NHS England are right to highlight the efforts of our hardworking, skilled and empathetic health workers, but it is wrong to expect them to continue to burn themselves out and stretch themselves through goodwill, adrenaline and empathy alone. These conditions are building up to a serious retention crisis, where it is possible that we will see an exodus of staff who can no longer cope. This must be and can be prevented, we cannot lose our highly competent, highly trained excellent staff. We want to keep them in their roles in Emergency Care and the wider health service, but they need to feel valued, supported and heard.

“This crisis was foreseeable. The target of seeing 95% of patients within four-hours at Type 1 Emergency Departments has not been met since June 2013. A decade of underfunding, under-resourcing, and a failure to fulfil workforce pledges or commit to long-term workforce planning that tackled the retention crisis has led us to a broken system that does not perform its central function.

“These problems are fixable. Short term action to mitigate the immediate crisis is a start, but we need long-term sustained political will, engagement, and investment in the health and social care service to tackle the root of these problems – and crucially, we need honest language about the depth of this crisis. We have no more time for inaction and unfulfilled promises.”



Royal College of
Emergency Medicine

WHO updates COVID-19 guidelines on masks, treatments and patient care

WHO has updated its guidelines on mask wearing in community settings, COVID-19 treatments, and clinical management. This is part of a continuous process of reviewing such materials, working with guideline development groups composed of independent, international experts who consider the latest available evidence and the changing epidemiology.

Masks continue to be a key tool against COVID-19

WHO continues to recommend the use of masks by the public in specific situations, and this update recommends their use irrespective of the local epidemiological situation, given the current spread of the COVID-19 globally. Masks are recommended following a recent exposure to COVID-19, when someone has or suspects they have COVID-19, when someone is at high-risk of severe COVID-19, and for anyone in a crowded, enclosed, or poorly ventilated space. Previously, WHO recommendations were based on the epidemiological situation.

Similar to previous recommendations, WHO advises that there are other instances when a mask may be suggested, based on a risk assessment. Factors to consider include the local epidemiological trends or rising hospitalization levels, levels of vaccination coverage and immunity in the community, and the setting people find themselves in.

Reduced isolation period for COVID-19 patients

WHO advises that a COVID-19 patient can be discharged from isolation early if they test negative on an antigen-based rapid test.

Without testing, for patients with symptoms, the new guidelines suggest 10 days of isolation from the date of symptom onset. Previously, WHO advised that patients be discharged 10 days after symptom onset, plus at least three additional days since their symptoms had resolved.

For those who test positive for COVID-19 but do not have any signs or symptoms, WHO now suggests 5 days of isolation in the absence of testing, compared to 10 days previously.

Isolation of people with COVID-19 is an important step in preventing others from being infected. This can be done at home or at a dedicated facility, such as a hospital or clinic.

The evidence considered by the guideline development group showed that people without symptoms are much less likely to transmit the virus than those with symptoms. Although of very low certainty, evidence also showed that people with symptoms discharged at day 5 following symptom onset risked infecting three times more people than those discharged at day 10.

Review of COVID-19 treatments

WHO has extended its strong recommendation for the use of nirmatrelvir-ritonavir (also known by its brand name 'Paxlovid').

Pregnant or breastfeeding women with non-severe COVID-19 should consult with their doctor to determine whether they should take this drug, due to 'likely benefits' and a lack of adverse events having been reported.

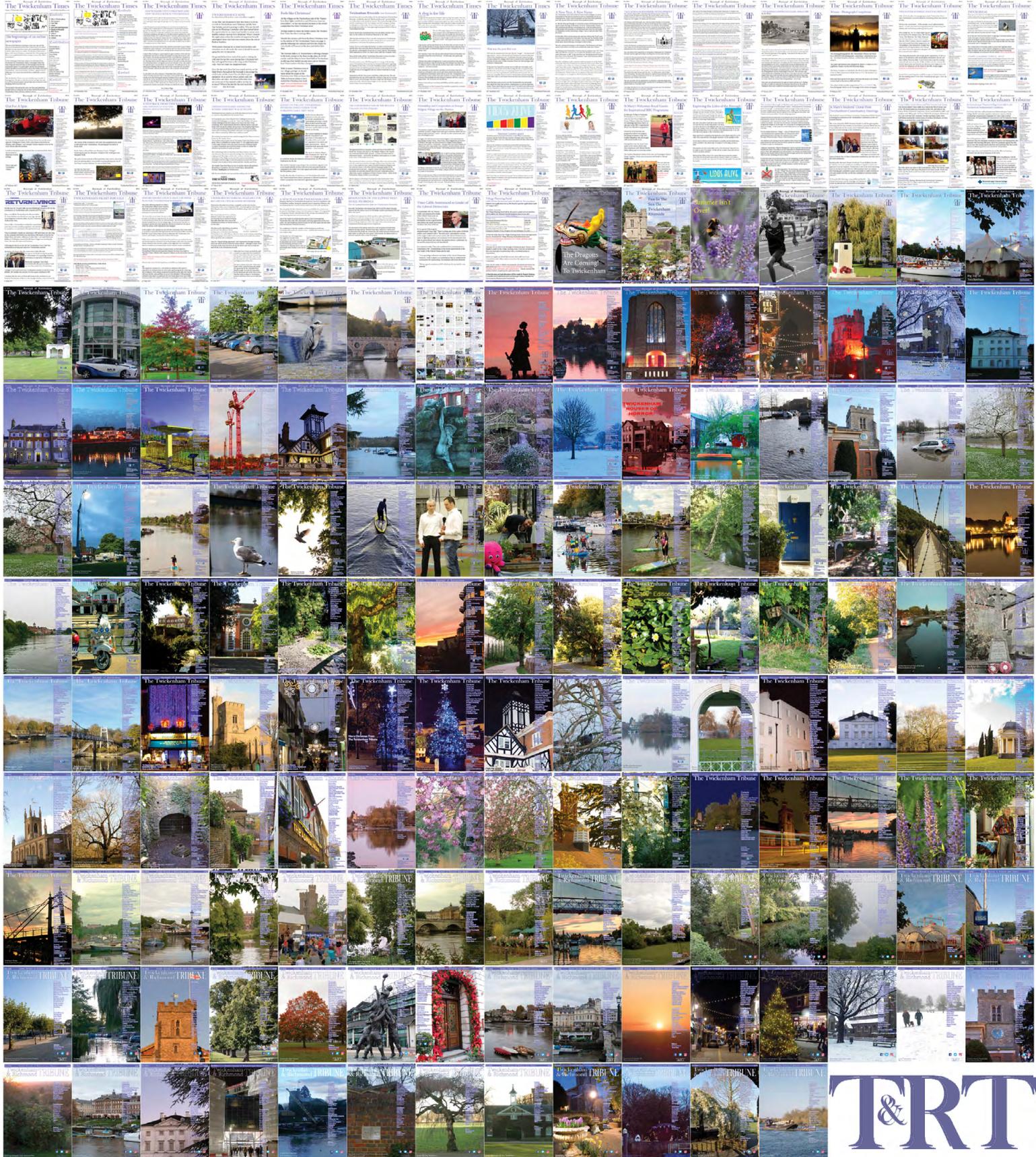
Nirmatrelvir-ritonavir was first recommended by WHO in April 2022. WHO strongly recommends its use in mild or moderate COVID-19 patients who are at high-risk of hospitalization. In December 2022, the first generic producer of the drug was [prequalified](#) by WHO.

WHO also reviewed the evidence on two other medicines, sotrovimab and casirivimab-imdevimab, and maintains strong recommendations against their use for treating COVID-19. These monoclonal antibody medicines lack or have diminished activity against the current circulating virus variants.

There are currently 6 proven treatment options for patients with COVID-19, three that prevent hospitalization in high-risk persons and three that save lives in those with severe or critical disease. Except for corticosteroids, access to other drugs remains unsatisfactory globally.



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