

Twickenham & Richmond TRIBUNE

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Editors

Berkley Driscoll
Teresa Read



17th March 2023

T&RT

TickerTape - News in Brief

Rail Strikes

Saturday 18 March

Most TfL services will run as normal.

Due to the national rail strike, the following stations expected to open late and close early:
Wimbledon, Richmond

District line

Saturday 18 March

No service on the entire line until 08:30, between Whitechapel and Upminster until 14:00 and between Barking and Upminster from 14:00

London Overground

Saturday 18 and Sunday 19 March

No service between Richmond and Willesden Junction

South Western Railway

Saturday 18 March

A significantly reduced service will operate on a limited number of lines, between the hours of 0700 and 1830 only:

Two trains per hour in each direction between London Waterloo and Hounslow

Richmond and Twickenham Photographic Society annual show

From portraiture to landscape, architecture to wildlife, and fine art to street photography, Richmond and Twickenham Photographic Society's annual exhibition celebrates the wonderful diversity of photography.

Hundreds of images will be on display at the Landmark Arts Centre in Ferry Road, Teddington, from Friday 7 to Sunday 16 April with the Royal Photographic Society's Visual Art Group once more joining the event with its 2023 exhibition. Pupils from St. Catherine's School for Girls in Twickenham will also be showcasing their work.

Find out more information about the [RTPS Photographic Exhibition](#).

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Covid-19

By Teresa Read

IN THE NEWS THIS WEEK

Chest Heart & Stroke Scotland: CHSS Calls for National Approach to Long Covid Care

Pandemic Patients: March 15th marks the first international Long Covid Awareness Day

UN Geneva: No less than 55 countries are struggling with serious health worker shortages as they continue to seek better paid opportunities in wealthier nations.

African nations have been worst-hit by the phenomenon, with 37 countries on the continent facing health worker shortages that threaten their chances of achieving universal health care by 2030.

World Health Organization: Dr Tedros Adhanom Ghebreyesus, WHO Director General, called on all countries “to respect the provisions in the WHO health workforce support and safeguards list”. Health workers “are the backbone of every health system, and yet 55 countries with some of the world’s most fragile health systems do not have enough and many are losing their health workers to international migration” Dr Tedros added.

World Health Organization

COVID-19 Weekly Epidemiological Update, Data as of 12 March 2023

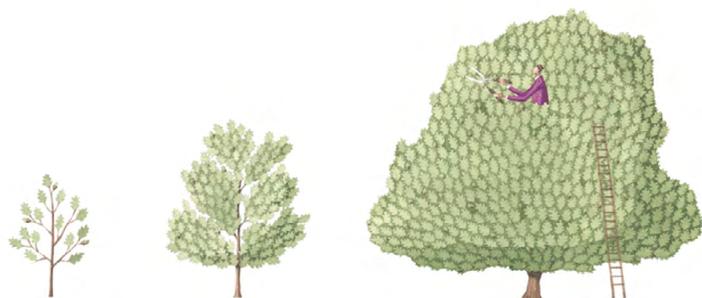
At the regional level, the number of newly reported 28-day cases increased across three of the six WHO regions:

the European Region, the Eastern Mediterranean Region, and the South-East Asia Region.

The highest numbers of new 28-day deaths were reported from the United States of America (9,303), Japan (2,598), the United Kingdom (2,217), Brazil (1,648), and China (1,586).

The European Region reported over 1.5 million new cases, a 20% increase as compared to the previous 28-day period. Twenty-two 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 Kyrgyzstan, Poland, and Armenia.

The highest numbers of new deaths were reported from the United Kingdom (2,217), the Russian Federation (1,035) and Germany (982-).



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darryl parkin

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EMPTY SHOPS CRISIS FOR RICHMOND TOWN CENTRE!

By Bruce Lyons, Ex chairman of Church Street Association.

This alarming Headline from the Richmond and Twickenham Times of March 9th should worry us all. The article by Charlotte Lillywhite, local democracy reporter is not about Richmond Town Centre, but in fact about Twickenham High Street & paints a very bad picture indeed. Swathes of empty shops, banks closing and nobody really doing anything about it; rather as if nothing can be done, not true!



Until last Summer I chaired the Church Street Association for at least the last 22 years , I am 88yrs old now and need to spend time on my business and family, but you could say we took the street from demolition & 2 way traffic to now – a vibrant pedestrianised local centre, with thriving traders, & a safe, welcoming environment with Al Fresco Summer Dining & Street Events- we even ran and hosted a Twickenham Festival since 1995 till 2019.

Cllr Roberts is quoted in the report that “work” had been done in Church Street but all our joint efforts and the amazing work of Shona, my daughter, who organised all the markets and stall holders and helped me with the floral scene all contributed to the evolving prosperity of the street.

Overtime we went from having no “Street Scene” to planters, flowers-beds, chess in the square and as referred to above, Al Fresco Dining, occasional music, events, markets and more.

For many years the Council ran a “Village Forum” with quarterly live meeting of all the representatives of different “Villages” in the borough, chaired by either the Leader or at least

a senior Cabinet member and Susan Shaw, LBRUT Business Guru - they were lively exchanges giving each other ideas of ways to bring to their “patch”. Unfortunately, the Council decided that “Villages” were inappropriate! so now we have the Town Centre Opportunity Group with impersonal ZOOM meetings and little interaction.

Yes, the villages and the street associations still exist, and the work goes on – but the council support seems not to engage as before. I remember overtime strong personalities from Teddington, Barnes, East Twickenham, Ham, Whitton, and Crown Road, to mention just a few, with passion & creativity, shepherding their communities onwards. They spent many a day rallying their teams into action – with great effect.

Twickenham, the subject of this article is also blighted by the perpetual controversy of the Riverside Site a thorn in all our sides for well over 40 years, why the politics can't be taken out of it and the issues of parking resolved- for goodness' sake this is the 21st century and we should all be moving on. What did the parties have to say about parking- something to do with Shipbuilders on Eel Pie needing lorry access – take a look, see for yourself the shipyards of “Eel Pie”??? Even The Dwan's with the only real shipyard on the island is trying to sell it as obviously it is no longer a working concern.

And what seems to me, an ineffectual BID – Discover Twickenham, that one would have thought should have been driving up the PR in what our town offers. It's historic association with Rugby Worldwide in collaboration with the RFU and the Stoop and the River Thames, often claimed to be the Towns biggest Assets, but little is going on there either.

It is difficult to comprehend that a town with a name of Twickenham could become so “unloved” we all live here, surely there must be some creative people around, ideally a bit younger than I, that could drive things up a bit. Anyway – you can come down to the Square – our Spring Flower Show is under starting orders.



We started from a street up for demolition and through years of hard graft turned it into the jewel in the crown of Twickenham. But if people take their eye off the ball and become complacent, shops & banks will close and yes, it will become a derelict urban inner city. The BID, supported by the council, who take the businesses yearly subscription money under threat of summoning them to court for non-payment - in the name of the Business Improvement District (Twickenham BID) should be ashamed of themselves and should not be letting this happen.

Richmond upon Thames residents: share your ideas for the borough with your Councillors!

Richmond Council is hosting its next Community Conversation event on 18 April, giving residents from all parts of Richmond upon Thames a chance to put forward ideas for the borough to the Leader of the Council and chairs of the decision-making committees.

Attendees can join in person or online.

Councillor Nancy Baldwin, Spokesperson for Communities, Equalities and the Voluntary Sector, said:

“Our vision for Richmond upon Thames is to be a happy, welcoming and safe space for the local community and visitors alike. Whether is it about having convenient access to local amenities and facilities, making our public spaces green, clean and accessible, or creating a borough where businesses and communities can thrive – we have big ambitions, but we can’t do it without you.

“This hybrid event will make sure as many of our residents and businesses as possible have the opportunity to join us to share their ideas and ask questions of their elected councillors. Just come along in person or join us on-line!”

Residents are encouraged to pre-submit questions when they register, on issues that affect their local area or the whole borough. Councillors will not be able to answer questions on individual or personal issues.

Topics residents may want to consider are:

- Community safety
- Environment and sustainability
- Strengthening communities
- Council Tax and Council spending
- Cost of living support
- Local high streets and public spaces
- Adults and children’s social care

The event will be held at York House, Twickenham on Tuesday 18 April from 6 to 8.45pm. Residents can also join online.

Attendance is free but registration is essential.

Find out more about the [Richmond upon Thames Community Conversation](#) and register online.



Community Conversation

Dear Editors,

Twickenham Riverside

On July 18 2002 The Twickenham Museum mounted an Exhibition entitled “Villages on the River”, to celebrate the re-establishment of the Museum as an independent local studies centre.

The event was reported in the *Richmond and Twickenham Times* dated August 2 2002.

The official opening of the exhibition was carried out by the Mayor Cllr Douglas Orchard, accompanied by the Great and the Good of local dignitaries (many of whom will be well-known to your readers) assembled in the adjacent Garden of Remembrance. The Chairman of the Trustees, Dr Peter Payan, paid tribute to the many people, past and present, who had contributed to the establishment of the Museum in its present form. His speech ended with this quote, as reported in the newspaper article:

“The two ends of the Embankment present a disquieting contrast. A mere hundred yards from here lies a scene of dereliction. All could yet end in tears. Our task, and our pleasure, will be to promote knowledge of the area and a love of its history, so that future generations shall not doubt the value of our inheritance and shall always stand ready to protect it”.

Wise words. This prescient statement has particular relevance today, twenty one years later, now that the Council is proposing to build on the site a six storey block of private flats only a stone’s throw away from the River Thames, having acquired the land leased as the Diamond Jubilee Gardens by a Compulsory Purchase Order. This block will render the site totally out of keeping with the Statement for Twickenham Conservation Area (No.8), in which it is located, as the relevant part of the latter is made up basically of narrow streets and alleyways lined with two and some three storey buildings (the “Twickenham Village”, as envisaged in the Exhibition). It also sets a dangerous precedent for the rest of our local riverside. The proposals should be resisted by the Planning Inspector in June and we should continue, as Dr Payan said “*always stand ready to protect it*”.

Yours faithfully,

Jeremy Hamilton-Miller,
Twickenham TW2

Dear Editor,

5G Masts in the Borough

At present, 5G uses existing frequencies, but in the UK the higher frequencies of 26GHz and 40GHz (millimetre wave) are likely to be allocated soon. This is a problem as these higher frequencies cannot penetrate objects so signal boosters or 'small cell' antennas will have to be placed on every second or third lamppost, creating a dense transmission network and a consequent increase in the population's exposure to radiation. It will make use of new supporting technology, including pulsing, beaming, phased arrays and multiple input/multiple output (MIMO) to enable a higher data transmission capacity, similarly to the smart poles described in these pages recently. This technology is too new to have been tested for health safety and, given its frequent protection by patent, its precise technical nature remains unknown to researchers.

Last month, the government faced a judicial review led by Michael Mansfield KC challenging its 'failure to give adequate information to the public about the risks of 5G and to explain the absence of a process for investigation of any adverse health effects'.

It raised the question of what exactly has the Government been relying on to protect our health from RFR? The answer given to date is the entirely inadequate International Commission for Non-Ionising Radiation Protection (ICNIRP) whose guidelines have scarcely changed since 1998, and were only very slightly updated in 2020. Based on animal tissue studies (whether the tissue heated up after one hour of radiation exposure or not), ICNIRP assumes that only tissue heating causes harm. A detailed critique of 14 false assumptions made by ICNIRP, which can be found in this recent excellent article, refutes this. With so many countries following stricter exposure safety guidelines, how is it that the UK remains so lax?

Thousands of studies since 1998 have shown harm to health from existing RFR, well below the ICNIRP exposure guidelines and irrespective of tissue heating. For example, Professor Tony Miller has summarised the human epidemiological evidence linking human breast and brain tumours, male reproductive (fertility) outcomes and child neurodevelopmental conditions to RFR exposures' resulting from the use of pre-5G technology. He believes that RFR should be classified as a Class 1 (definitely carcinogenic to humans) carcinogen. It is presently classified as possibly carcinogenic. These results are already worrying but they do not take account of the likely increased impact of novel 5G systems. The type of epidemiological study required needs decades of follow-up to detect delayed health effects, especially for cancers.

Regarding the few studies on 5G to date showing health effects, although they employed carrier frequencies used in 5G, none of them modulated or pulsed the signal as required by 5G or used other features of 5G technology which are likely to affect the nature and extent of health effects from exposure to this radiation. However there are two case studies showing that modern 5G-type technology can cause immediate distressing symptoms. One is of 'two previously healthy persons, a man aged 63 years and a woman aged 62 years, [who] developed symptoms of microwave syndrome after installation of a 5G base station ... on the roof above their apartment'. This appears similar to another condition, electro-hypersensitivity, reportedly on the increase. Symptoms include exhaustion, flu-like symptoms, tinnitus, insomnia, headaches, fibromyalgia and dizziness. The second case study shows similar results.

In summary, there is sufficient knowledge about the harmful health effects of technologies up to 4G to alert the population to the serious implications of the absence of safety research on the far more powerful 5G and its accompanying invasive new technologies. Quite simply, untested, they are unsafe for public health. It is a reckless government that will use the population as guinea pigs again.

The following sources are all helpful: PHIRE, Electromagnetic Radiation Safety, the Environmental Health Trust and Legal Action against 5G.

again We need to keep ourselves informed of these upcoming technological "advancements" and not allow ourselves to be whitewashed with phony data.

Kind Regards
Rachel Rolfe, Teddington

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How Does the London Borough of Richmond upon Thames Spend Our Money?

As we see that the neighbouring Kingston Council seems to be in financial difficulties with their plan to replace the Kingfisher Leisure Centre (now demolished) perhaps we should look at our own Council's plan for Twickenham Riverside and consider whether a more modest proposal could be put forward.

Further to last week's article on Council Tax it is time we looked at how the London Borough of Richmond upon Thames spends our money

"The financial year ends on 31 March each year and normally the accounts are completed in May before they are audited and published by the end of July. For the financial year 2021/22 the publication date has been moved under the above regulations to 30 September for all local authority bodies."

Financial Reserves of the London Borough of Richmond upon Thames

https://www.richmond.gov.uk/media/21872/statement_of_accounts_2020_21.pdf

BALANCE SHEET PAGE 13

The Balance Sheet shows the value as at the Balance Sheet date of the assets and liabilities recognised by the authority. The net assets of the authority (assets less liabilities) are matched by the reserves held by the authority. Reserves are reported in two categories. The first category of reserves are usable reserves, i.e. those reserves that the authority may use to provide services. The second category of reserves is those that the authority is not able to use to provide services, i.e. the Revaluation Reserve

31 March 2020		31 March 2021
£000		£000
(87,528)	Usable Reserves	(153,280)
(505,895)	Unusable Reserves	(534,744)
(593,423)	Total Reserves	(688,024)

Auditor's Report

https://www.richmond.gov.uk/media/23406/independent_auditor_repor_2020_21.pdf

Budgets and Spending

https://www.richmond.gov.uk/budgets_and_spending

https://www.richmond.gov.uk/council/open_richmond/information_about_the_council/council_payments_to_suppliers#2022_payments

Step into Richmond dance classes next month

Join us at Richmond Theatre for our new 45 minute dance class for ages 50 and over.

Step into Richmond will run from Friday 14 April to Friday 16 June 2023 at Richmond Theatre, The Green, Richmond, TW9 1QJ.

[Buy tickets](#)



RHS Hampton Court Palace Garden Festival 2023 highlights include garden by Horticultural Hero Carol Klein

Today, the Royal Horticultural Society announces popular plantswoman and TV personality, Carol Klein as RHS Iconic Horticultural Hero* 2023 which will see her create a garden at this year's RHS Hampton Court Palace Garden Festival (4-9 July).

In keeping with Carol's horticultural ethos and style of gardening, the garden will be a celebration of plants, inspired by nature and packed full of take-home ideas to inspire everyone to garden and have a go at propagating their own plants.

Divided into six main habitats: wetland, woodland, hedgerow, meadow, moor and mountain and seaside, the garden will showcase some of the plants which thrive in these different settings. A 'meadow' of mixed herbaceous perennials and grasses provide a nod to Carol's own garden at Glebe Cottage, whilst a small vegetable bed as you enter the garden provides inspiration for visitors looking to grow their own.



Carol, an RHS Ambassador, said: 'It's very flattering to have been named the RHS Iconic Horticultural Hero. I've always loved nature, plants and gardening and am lucky that I have been able to forge a career out of my passion. I'm really excited by the challenge and look forward to hearing what visitors think. I intend to be on the garden as much as I can during the show so I can talk to visitors about how to propagate and discuss our shared love of plants.'

Other 2023 highlights include:

- The **Festival of Roses** Marquee which will be full of some of the UK's best rose growers including Peter Beales, Harkness, Fryer's and Eastcroft Roses with a special Rose Garden by David Austin Roses.
- The **RHS Flower School** with Flowers from the Farm will return to champion beautiful British Blooms with Floristry workshops and demonstrations from celebrity florists Simon Lycett and Shane Connolly plus a mini flower farm is also being created giving visitors a taste of the flower farming process from 'Plot to Vase'. The National Association of Flower Arrangement Societies will also be hosting live demos throughout the Festival in the NAFAS Flower Hut.
- In the **Plant Zone**, thousands of plants to purchase from drought tolerant perennials and grasses to Dahlias, Gladioli and Summer Flowering Bulbs grown by 90 of the UK's best growers in the Floral Marquee and Plant Village. First time exhibitors include *Jurassic Plants* with trees and edibles and *In the Garden* offering a wide range of houseplants for those with little or no outdoor space. *Calamazag Nursery* return as this year's RHS Master Grower with a large display of Dianthus.
- Leigh Johnstone, aka **The Bearded Gardener** will be creating a special 'Giving Garden' filled with plants donated by nurseries within the Floral Marquee. Leigh is a gardening and mental health advocate who strongly believes in the positive influence of plants and hopes his garden will help others discover their power, and continue the act of giving, as visitors will be able to dedicate a plant from the display for someone in need of a positive pick me up. Leigh will also be giving out free seeds encouraging visitors to carry on the act of giving beyond the show.

More highlights will be announced soon.

The RHS Hampton Court Palace Garden Festival runs from 4 - 9 July and tickets are available to buy online at www.rhs.org.uk/hamptoncourt.

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Visit East Sheen's spring market on Saturday 25 March

Come along and enjoy a variety of stalls from local artisans, delicious street food and live music at the first of East Sheen's spring market days.

Back for its second year, this all-day market will run from 11am to 5pm outside of East Sheen Library. It will feature a wide variety of local craft and artisan food stalls, street food and desserts from local restaurants available throughout the day, a full schedule of live music on stage and a range of children's activities.

Children's activities will be available throughout the day to keep the little ones entertained, including activities for very young children aged 2 to 5 years run by local Mortlake-based playgroup, [New Stepping Stones](#).

Volunteer Chair vacancy at the Museum of Richmond

The Board of Trustees of the Museum of Richmond are looking to recruit a new Chair to lead the Board and the museum in its next phase of development.

The Chair plays a key role, ensuring that the museum is well governed and shaping its future direction and development in line with its current five-year strategy.

The Museum of Richmond is an independent local history museum which cares for and gives access to the rich history of Richmond. The museum's home is the Old Town Hall, opened in 1893 in the centre of Richmond, from where it provides free permanent displays, temporary exhibitions, learning workshops and a programme of events.

In addition to duties as a Trustee, the role will entail approximately 8 to 10 hours a month on average.

For full details and info on how to apply please visit the [museum's website](#) and download the Information Pack.

If you wish to apply for the post, please send an email to trusteemusofrich@gmail.com for an application form.

Applications close on Thursday 6 April, with interviews to be held on Monday 17 April.



Spring horticultural developments at Kew Gardens

Work begins to expand the world's longest double herbaceous border



Following a redevelopment in 2016 which saw the creation of the world's longest double herbaceous borders, this spring the Great Broad Walk Borders are being extended even further.

Currently measuring more than 320 metres in length and featuring over 30,000 flowering plants, three new beds are being created at the northern end of the borders, promising to bring swathes of additional summer colour. In keeping with the 2016 designs, which dedicated sections of the borders to individual themes, plant families and colours, the new beds will be devoted to drought-tolerant planting.

Richard Wilford, Manager of Garden Design at RBG, Kew, says: *'Following one of the warmest, driest years on record there's a pressing need to consider how the UK landscape could change over the next 50 years. Part of this involves identifying plants that may be better adapted to warmer and drier climate zones. The new beds in the Great Broad Walk Borders will be home to a selection of drought-tolerant plants, demonstrating alternative planting options to consider this spring.'*

Work on the new beds began in February 2023, and the extension will be completed in May 2023. Planting choices include *Kniphofia* (red hot pokers), *Verbena hastata* (blue vervain) and *Nepeta* (catmint).

Mediterranean Garden expansion



The Mediterranean Garden was planted in 2007, and aims to transport visitors to the sun-kissed landscape of Southern Europe with the use of Mediterranean plants. It also highlights the diversity of life this habitat supports. This spring, work is under way to extend the area to add to the palette of plants. In addition to plants found in the Mediterranean basin, new beds will be created dedicated to plants from within Mediterranean climatic zones: South-western Australia, Chile, South Africa and California. The new areas will include a Californian grassland with the iconic *Eschscholzia californica* (Californian poppy), a sample of foothill woodland planting, and Chaparral shrublands.

Richard Barley, Director of Gardens at RBG Kew, says: *'Botanic gardens worldwide are having to adapt their landscape management strategies to new climate conditions, and Kew is no exception. Looking at our species selection criteria and trialling plants that cope with a changing climate, such as those found in Mediterranean climates, is one of the steps and commitments outlined in Kew's*

Sustainability Strategy to become 'climate positive by 2030'. It's essential that we consider and implement long-term change to ensure a more sustainable, greener future and to inspire our visitors to recreate this in their own gardens.'

Semi-permanent formal bedding



Kew's formal bedding displays undergo a dramatic transformation each spring, with the annual planting of seasonal bedding. The process, which dates back to the mid-1800s, usually takes a team of seven horticulturists and additional volunteers approximately six weeks to complete. This May, as part of Kew's mission to improve sustainability, a combination of hardy herbaceous perennials will be integrated alongside the traditional mix of bedding plants on the Parterre for the first time. The use of semi-permanent planting requires fewer annuals to be used during each changeover, and will significantly reduce water use.

Semi-permanent planting will primarily be made up of herbaceous perennials, grasses and evergreens, chosen in the context of a changing climate. As well as using less water and producing less waste, Decorative Unit Manager, Polly Stevens, hopes they will also encourage more pollinators. Brightly coloured bedding plants will make up the remainder of the summer planting scheme, creating the iconic carpets of colour that adorn the Palm House Parterre.

Horticultural highlights at Kew Gardens

April: cherry blossom, tulips, bluebells, magnolia, wisteria and mushrooms



Spring is in full bloom throughout April at Kew Gardens, with **magnolias** flowering across the gardens, while along Cherry Walk and Asano Avenue near the Temperate House visitors can wander beneath cloud of soft-pink **cherry blossom**. Here, visitors will also discover a treasure trove of naturalised **tulips**. A carpet of **bluebells** awaits visitors to Queen Charlotte's Cottage and the Natural Area. Queen Charlotte's Cottage was the garden retreat of Queen Charlotte and King George III, the historic inspiration behind the forthcoming Netflix series, *Queen Charlotte*, while the Natural Area was donated to Kew by Queen Victoria, on the condition that the area remains in a wilder, untamed state. Elsewhere, the first crop of **mushrooms** should arrive in *Edible Science: Kew's Kitchen Garden*, where Kew's first dedicated growing space for fungi was installed in September 2022.

Royal
Botanic
Gardens **Kew**

HAM COMMUNITY HEALTH FAIR

31 MARCH 2023

11:00 AM - 2:00 PM

HAM LIBRARY

HAM ST, RICHMOND, TW10 7HR

Join us for a free, walk-in community health fair!

In addition to lunch, free basic health checks and healthy cooking information, Richmond Council, local charities and other organisations will be available to share information about their services and advice on how you can look after your health.

Get a FREE Basic Health Check and you'll be entered into our raffle!

Win a Xiaomi Mi Band 7 fitness watch, 3 month leisure pass from Richmond Council or other great prizes!



Event Schedule

- 11:00** **Start of event**
Drop in to speak with community organisations
- 13:15** **Raffle** drawn by Her Worship the Mayor of the London Borough of Richmond upon Thames, Cllr Julia Cambridge
- 13:30** **Free Lunch**
catered by Surplus to Supper



LOCAL RESTAURANT NEWS

Bottomless Pizza Brunch in Kingston

If you're heading to the bustle of Kingston on a weekend, it's worth making some time to relax over the fabulous bottomless pizza brunch that's just been introduced at **Bone Idyll, Kingston's very own distillery and cocktail bar**. You can enjoy Grandma Pizzas (yes, you read it correctly) - a Sicilian-style pie that originated in New York, with a thin crust and cooked in a square pan. Since it was created by home cooks from Long Island, Grandma pizza is traditionally made without a pizza oven. The sauce is typically layered over the cheese—not the other way around. With six different pizzas available (including veggie choices) they pair well with the wonderful cocktails or other drinks. So head for unlimited pizza, beer, prosecco, and [Bone Idyll](#) signature serves...

Choose from bottomless drinks + 1 pizza for £30 or bottomless pizza + drinks for £40. (Only available for the whole table, with guests enjoying 90 minutes of bottomless fun.) Available every Saturday and Sunday from 1 - 4.30 PM



Megan's Now Open in Richmond

The long-awaited opening of **Megan's at the Old Town Hall** has now happened! Just minutes from the riverside, at 13 Hill Street, this dog-friendly restaurant is open for brunch, lunch, dinner and everything

in between. The Mediterranean menu has been designed by executive chef Sercan and for brunch, you can enjoy favourites such as Eggs Royale & Smashed Avocado on Toast, a lightly spiced Shakshuka Baked Eggs or a full Turkish Brunch Feast. Healthy bowls, grills, and lots more, can be chosen for lunch, including plant-based options. You can also join [Megan's](#) for Neighbours Nights on Monday to Wednesday from 5pm. Guests can enjoy two courses for £16 from a set menu & can add an additional course for just £4. I'll be reviewing Megan's soon, so watch this space!



Art at the Fairmont Windsor Park

If, like me, you're intrigued to see the fabulous new hotel in Windsor Great Park, now's the time to head over there to enjoy a drink, and/or a meal - and a fabulous display of contemporary art.

Primely positioned within the 40 acres of lush scenery and countryside adjacent to the historic Windsor Great Park, **Fairmont Windsor Park** sets the backdrop for an open-air art gallery. Visitors can walk among the works, all available for purchase, and experience the art up close within the grounds of the hotel and the elegant atrium entrance. The exhibition showcases a curated selection of sculptures from acclaimed artists **Paul Vanstone** and **Thomas Joynes**. It showcases Vanstone's sophisticated relationship with his materials and ability to transform blocks of marble into a range of unique sculptures of exceptional quality. Form based abstract sculptures from sculptor Thomas Joynes are showcased alongside Vanstone's work, depicting fractals within nature. What's more, the artworks are all for sale!



Twickers Foodie – By Alison Jee

MARCH FOOD AND DRINK NEWS

I don't know about you, but after the excesses of Christmas, and the cold weather making me want comfort food, I'm trying to shed a few pounds (well, stones actually!) so have been investigating some of the latest products that focus on health and cutting calories or carbs, or both.

Ideal for that late afternoon urge for something sweet with your mug of tea, **Cadbury's** newly launched **Cadbury Delights** are only 91 calories per bar and really tasty. They're chocolate coated nougat bars with a soft filling and caramel layer inside, and available in three flavours: Salted Caramel, Hazelnut Flavour & Caramel, and Orange & Caramel. They retail at around £1.50 for a pack of five, from Asda, Tesco or Morrisons.



To save your conscience when you really fancy an ice cream, I'd recommend keeping a few of the wonderful **Oppo Brothers** Ices in the freezer. The brothers have just released four brand new, low calorie, guilt-free products including: Chocolate Hazelnut Snacking Balls; Vanilla Almond Caramel Swirl Ice Cream Sticks; Salted Caramel Biscuit Crunch Ice Cream Sticks and the delicious Caramelised Biscuit Swirl Ice Cream. From £4.50 at Waitrose, Sainsbury's and Ocado

If you're watching those carbs, you'll be interested to hear of this great new range

of very low carb products from **SRSLY**. The brand was born in 2020, when endurance sportsman Andy Welch decided to enter an iron man and accidentally discovered the keto diet. Loving bread, but not being allowed to eat high carbs was difficult. Andy's inability to find a tasty keto-friendly alternative shaped his decision to make his own. He's now added pizzas, wraps and lots more, Check out the range [here](https://seriouslylowcarb.com) at SeriouslyLowCarb.com



Unlike many savoury snacks, that tend to be sprayed with flavourings and extra oils, these **Biscuit Melts** - available in Cheddar and Peppercorn - from **Good Guys Bakehouse** are made with generous helpings of real Cheddar Cheese and Spices then baked to lock in the flavour. As a result, the tasty, crispy, wafer light biscuit melts have real flavour and contain 50% less fat. Even better, they're just **5 calories each!** **Good Guys Biscuit Melts** are available to buy at Ocado, Sainsbury's and Amazon at £1.75 for a carton of 39 biscuits.

Another great, on-the-go, snack is The **Protein Ball Co's** new **Keto Ball** range of low carb, low sugar, all natural, healthy snacks. With a sweet nut butter base, and 100% natural ingredients, this new range provides an excellent source of slow-release energy, helping to bridge the gap between main meals. Choose from three flavours - inspired by cakes - **Peanut Butter Blondie**, **Salted Caramel Blondie** and **Classic Chocolate Brownie**. The new Keto Balls are packed into handy grab and go bags for busy snackers, and boast high fibre, 5g protein per pack and less than 1g carbs per ball. They are also free from added sugar, are vegan friendly and gluten free.



The Protein Ball Co's new Keto balls will be available [here](#) RRP £1.20 per 25g bag of three balls



Bone broth has long been valued as a cure-all remedy. Low calorie and with high levels of protein, collagen and amino acids to support gut health, immunity, fertility and general wellbeing, it's the original superfood! But unless you're prepared to run your slow cooker 24/7, I'd advise you to invest in a stock (pardon the pun!) of award-winning **Take Stock Broth**. Each broth has a different nutritional profile and they're all gluten, dairy and yeast free. They offer the highest protein and collagen and lowest calories per 100ml compared to fresh and shelf-stable bone broth brands, Take Stock Broths are an excellent companion to most healthy diets and lifestyles such as keto, paleo

and intermittent fasting. And they taste great! Available in four varieties: for meat eaters there's **Chicken Bone Broth** or **Beef Bone Broth**; for a sustainable and nutritious taste of the sea, there's **Fish Bone Broth**, and also there's a delicate and herby **Vegan Broth**.

Find Take Stock at **Whole Foods Market**, and **Amazon**, or buy direct from www.takestockfoods.com.

And while we're on that health kick, this new gadget from **OXO** is really helpful for speeding up food prep. You can let the **OXO Chopper** do the hard work for you. The new chopper features sharp stainless-steel blades to efficiently chop food like onions, mushrooms, herbs and even nuts. The large handle provides extra leverage as you push down to reduce pressure on the wrists, while the tapered neck design makes the task of chopping more comfortable. The clear container holds your chopped ingredients so they can be poured directly into your saucepan or dish and the protective blade grips keeps hands safe, for added peace of mind. BPA-free and dishwasher safe. Available at John Lewis and Amazon. RRP: £29.99



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Spring into Travel with Crusader

By Bruce Lyons

Two of our very happy clients on a trip of a lifetime, Sumptuous Gritti Palace Venice, Orient Express to Amsterdam, Hotel Pulitzer Amsterdam with the rarest of the rare, tickets to Vermeer at the Rijksmuseum!
Thank you Lisette and Mike for the lovely photo!



Elsewhere in the Tribune I am writing about changes in our street and town and more!

These are challenging times in the High Street, and it is important to us all to acknowledge those challenges and take them on board and adapt. Many of our friends in the industry closed their shop floor-based Travel Agencies as OTA (Online Travel Agencies) pile on the product with their “click” booking models, but if you need to query anything, arrange a bespoke itinerary, book special needs, or deal with any of the myriad of options that arise in so many bookings, you may lose the will to live, before they answer on the phone or reply to an email – assuming you can find the right email, in the first place.

We stayed open in the Pandemic, doing a lot of the work remote- refunding clients – deferring travel dates and more. Now we are finding a steady stream of business from a more discerning clientele. Since Christmas we have booked many Australian and New Zealand itineraries and found a remarkable ground handler in South Island NZ, tackling enquiries that some household travel names preferred not to take on! Cyclone Gabrielle was tricky to Navigate – but manage we and the clients did! I am sure they had tales to tell on their return. We have also seen a big rise in “Adventure” Safari’s, Young Family Adventure small groups, a fantastic way to Introduce youngsters safely into adventurous activities – as the guides are always so professional. There is unquestionably a demand for “MORE” from people’s travel, people want experiences not just sea & sun and in fact, that makes the work so much more rewarding.

We are also seeing more complicated travel requests, disabled travellers and their special needs, Itineraries to less travelled destinations. Cruises, Orient Express and even Vermeer Exhibition tickets. Last minutes -not always just a getaway – often something special, that the clients couldn’t plan before for a host of reasons and from next month, who knows there may be Passport Office strike to contend with too!

Budget news – watch out the airline passenger Duty tax is going up in 2024, that apart, prices are higher with inflation kicking in.

We have just finished putting the finishing touches to the Hotel/ Transfer Buses and Spectator Boat for the Great River Race from Isle of Dogs Slipway to Ham on the 16th of September. There will be 250 boats and around 2300 rowers.

Lastly, we have been busy these last months’ gardening the Square, and the Spring Show is upon us come and browse in our “lounge” or take brochures out and enjoy the blossom and Chess!

www.crusadertravel.com

Crusader
travel

WIZ Tales: Uzbekistan – Now, and Then

Teresa Read



It has recently been reported in Al-Jazeera that the younger generation of former Soviet countries in central Asian states are questioning former alliances.

At the beginning of March 2023 US Secretary of State Anthony Blinken discussed reforms with Uzbekistan's president emphasizing the need for media freedom and highlighting the threats posed to the region by Russia's invasion of Ukraine.

At the end of the nineteenth century present-day Uzbekistan was ruled by the Russian Empire becoming part of Russian Turkestan.

In 1924 Turkestan became part of the USSR; Uzbeks, Tajiks, Kazakhs, Kyrgyz, and Turkmen were divided into separate republics within the Soviet Union. Then, at the end of 1991, the USSR was dissolved and Uzbekistan became independent.

Cities of Uzbekistan were important points on the famous Silk Road, the trade route from Europe to China. Samarkand (Marakanda), Bukhara, Itchan Kala (Khiva) and Shakhrysbz were also centres of Islamic architecture. Today, all of these places of historic importance are designated as World Heritage sites.

James Elroy Flecker (1884-1915) wrote *The Golden Road to Samarkand*: “*We travel not for trafficking alone: By hotter winds our fiery hearts are fanned: For lust of knowing what should not be known, We make the Golden Journey to Samarkand*”.

Other famous names from Uzbekistan include the following:

Al-Khwarizmi, one of the world's greatest mathematicians, born in Khiva around 780, introduced the use of Arabic numbers and was the founder of algebra.

Ibn Sina (980-1037), a philosopher and physician, was born near Bukhara and wrote *The Book of Healing and The Canon of Medicine*; Ibn Sina was known in the West as Avicenna. The Canon of Medicine, the most famous book in the history of medicine, was widely used by western physicians.

And, Omar Khayyam (1044-1123), a mathematician, astronomer and poet, wrote the *Treatise on Demonstration of Problems of Algebra* in Samarkand.



Shakh-i Zindeh mosque, Samarkand



Kalyan or Kalon Minor (Great Minaret)



Russian troops taking Samarkand in 1868, by Nikolay Karazin

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

Mothers...

By Deep Patel

~ Through the eyes of a Twickenham Shopkeeper ~



My name is Deep Patel and I am a shop keeper running Meet & Deep Newsagents with my family in Twickenham. Running a newsagent shop is a real joy as you have the opportunity to engage with a multitude of people, all carrying with them such a vast range of opinions and beliefs. Friends who visit always remark on how interesting they feel the vibe is in our shop, so I've decided to share some of the inspiration and stories from the shop with the readers of The Twickenham and Richmond Tribune through presenting an article each week in a series which I will call "through the eyes of a Twickenham shopkeeper". This weeks article is about Mother's Day...

With it being Mother's Day weekend, customers in my shop have been talking about what it all means to them throughout this week. Some saying "its just a load of rubbish to make people buy cards and flowers" whilst others saying it's their favourite day of the year as they celebrate the most significant hun in their life...their mother. It's always interesting to hear what people say...but read on...you'll be surprised at what happened with one lady...

A woman came into the shop and spent 20 minutes looking through the 2 revolving card racks we have situated at the front of our store. I asked her if she needed any help, to which she replied that she was looking for a particular type of Mother's Day card. She then asked if I had any with bunny rabbits on. I spent 15 minutes looking through our stock and finally found one with a bunny rabbit on the front. Her face lit up as she said she is delighted with it as she said "yipee!".

I asked her if her mother liked bunnies, and she said "no, I do". So I said "ahh so you are buying your mother a card with something you like as it's from you?". She suddenly stopped smiling

and her face fell. She said “no”. I left it at that as I didn’t want to upset her. She then said “I am buying this card for myself”. At first I didn’t understand what she meant, but then she said “my daughters don’t talk to me anymore, they haven’t spoken to me for the past 25 years, so I am going to treat myself and buy myself a Mother’s Day card and a box of chocolates and imagine it came from them”. My heart sunk and I couldn’t believe my ears. This lady had spent over 30 minutes to find a Mother’s Day card with a bunny rabbit on it to send to HERSELF to feel “special” but to imagine it has come from her daughters who haven’t spoken to her in over 25 years...I couldn’t believe it...the poor lady. I told her I thought she was lovely, and that if her daughters didn’t talk to her, that is their loss and not hers, rather she should spend her time with those who want to spend their time with her, as they are the ones that matter. She gave me a hug and said “thank you, that means a lot to me” and then she left, with her box of chocolates and Mother’s Day card.

This made me realise that life is too short to hold grudges...live it well...forgive any mistakes and above all, love your mother...she is the one who gave you life after all, the one who held you within her for nine months allowing you to stretch her body and grow within her, just so you can live. She is the first sound you likely ever heard in your life (her heart beat) and the first person who kissed you. Never underestimate the value of your mother...a mother is a person like no other...So this Mother’s Day, make sure she knows exactly how special she is.

If your mother is no longer in this world, you can still celebrate Mother’s Day also...instead of a card and flowers, make a donation to a charity that she was particularly fond of...her soul will feel the blessings and good karma from those who benefit from the work that the charity do with the money you donate in her sweet name. Go ahead, try it...this way her legacy will live on forever.

Those who follow my articles will know, what I am about to say about kindness to little lives... but just in case you are a first-time reader, I always like to share these little good-karma gems, helping each other and all the life forms on this beautiful planet we call home. We are not the only inhabitants of this beautiful planet and there is a kind way for everything...If you have rodent issues, 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. 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. Avoid sweeping/washing the garden patio too often to help save countless tiny almost invisible little lives that live there (particularly under large pots in the garden, hence I say gently lift the pots if you need to move them rather than dragging them to avoid crushing little lives). 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 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

Remember...

“A mother is a person like no other..”

Chiswick Cheese Market

See you on Sunday 19th March, 9.30am - 3pm

Exciting news on Cheesewick HQ this month! To highlight our sponsorship of the Cheese Academy's 'Affineur of the Year' award we've got 3 ages of Quicke's cheddar so you can experience affinage! Thanks to Mary Quicke who has made us a special 2 week-old cheese to taste alongside their 3-month-old cheese and their ever-popular 12 month-old mature cheddar. All free - so do come and see us at HQ (first stall on the left at the entrance by Linden Gardens).



It's a FABULOUS line-up of stalls this month packed with cheesiness galore and 2 new traders - see the full list [here](#).

Welcome to [The Truckle Truck](#) who are bringing the winner of the World Cheese Awards - Le Gruyère AOP surchoix from cheesemaker Vorderfultigen and affineur Gourmino - it beat over 4000 other cheeses so we are looking forward to trying it! And a big hello to [The Mac Factory](#) who are making their mouthwatering mac and cheese with a blend of mature cheddar and mozzarella, topped with their famous signature parmesan and thyme crumble.



Last minute Mother's Day gift idea? Rooms & Roots with their amazing selection of vintage kitchenalia will be the place to look. And if you're putting together a cheeseboard for then we recommend Lucy's favourite cheese of the moment - Cornish Kern - made by Catherine Mead in Cornwall - this alpine style cheese is nutty and complex - available on London Smoke & Cure stall.

Cheese of the Month this month is Clothbound Cheddar - the classic all-round characterful cheese.

Cheddar takes its name from a gorge and village in Somerset, where the cheese was first linked to as far back as the 16th century. There are many different shapes, sizes, colours and ages of cheddar, using different milks, made all over the world. However, the traditional cheese is made in round truckles using cows' milk, which are bandaged in muslin to protect them as they mature. We have three fantastic clothbound cheddars at the market - two from Somerset - Pitchfork and Montgomery and one from Devon - Quickes.

We don't need to tell you how to use clothbound cheddar in cooking - the list is endless - we like it simply with fresh bread and chutney on market days for lunch.

Our 'local' pairings this month are from [The Whistling Oyster](#) on Devonshire Road (strange choice being a fishmonger but they also sell Pitchfork cheddar and have a pretty cool list of English beers, wines and cider). For us Hindleap Classic Cuvee Sparkling was perfect with the more grassy Montgomery, Pitchfork was pitch perfect with The Newt's Cyder and Quicke's nutty mature was really interesting with the oaty character of Futtle's Spelt Grisette.

FOR THE FULL LIST OF OUR STALLHOLDERS VISIT OUR [WEBSITE](#)



The Madness of King George III

By Alan Bennett

Teddington Theatre Club at the Hampton Hill Theatre

Opulence abounds as we enter the magnificent court of King George III, royal balcony and marble staircase showing off the splendour of the period. Set designer Junis Olmscheid and Lesley Alexander's wardrobe team highlight the importance of appearance at this time, wonderful wigs, marvellous makeup and resplendent regalia. Add in Handel's music, arranged by Jacob Taylor, and TTC's *The Madness of King George III* creates a royal delight for the senses.

However, director Sally Halsey brilliantly depicts, in contrast, the underlying emotional turmoil and fragile reality in the king's court, his parliament and his family.



As King George, Jane Marcus is astounding in her portrayal. We see the king go from a witty and academic ruler to a mere problem, his liberties being stripped away from him after he is declared "mad" (a breakdown caused by porphyria). We feel his physical and mental agonies as he is tormented by doctors and disregarded by family. Marcus exceptionally encapsulates each tic, each itch, each uncontrollable and painful stutter, making this an intensely emotional experience.

Daniel Wain's portrayal of Francis Willis, the doctor who most successfully treats the King, is simply superb. He portrays medical detachment, but with a humane focus and a genuine desire to help the king. Wain and Marcus give sharp insight into this relationship.

In the heart-warming and heart-rending scenes between King George and Queen Charlotte, delightfully depicted by Enid Gayle, a wife torn from her beloved, is seen the anguish his illness causes. They are separated 'for the good of the king's health' by the Prince of Wales (Lara Parker) and his sycophantic sidekick Prince Frederick (September Taliana-Carey), two brothers larger than life and sickly selfish.

Political plotting is also done through parliamentary figures (such as the Lord Chancellor, cunningly conveyed by John Mortley). The characterisations are so politically on-point, one may think they really are scheming politicians instead of actors!

The whole cast work brilliantly together in this sensitively approached performance, taking *The Madness of King George III* on a complete emotional rollercoaster.

Read Viola Selby's review at www.markaspen.com/2023/03/08/mad-king-geo

Photography by Stephen Sitton





The Last of the Haussmans

by Stephen Beresford

Putney Theatre Company at Putney Arts Theatre until 18th March

Chekhov's angst meets Ayckbourn's middle class values, in *The Last of the Haussmans*, a comedy drama that follows three generations of the Haussman family, headed by the wonderfully eccentric *grande-dame* Judy, a 1960's hippie dropout still living in the family home on the coast.

The first star of the show is the set itself, a crumbling decrepit Devon property, with its dilapidated conservatory, shabby from years of neglect. Credit must go to the set design and build team, for creating such a vision of decay.

Penny Weatherall's eccentric Judy, "my kids hate me when I'm sexual", was an absolute joy and a delight every moment she was on stage. She totally embraced the character of the ageing hippie as we followed her colourful life from squats in Belsize Park to spiritual experiences in Poona. Diagnosed with cancer, she is visited by middle-aged daughter Libby and son Nick, and her sullen granddaughter, Summer (Isabella Walsh-Whitfield).



In a believable and sensitive performance, Cait Hart Dyke's Libby captured the frustration of being trapped between an eccentric mother and an unhappy daughter, and the failure of her own marriage. This all comes out in Libby's tense argument with her brother Nick.

Chris Cully's portrayal as Nick, the gay son with a life wasted on drugs, was edgy and intense. With eyes constantly dancing, fingers always fidgety, this was a great study of a tortured unhappy soul. But then there was his nicely observed reaction to seeing their youthful neighbour, Daniel (a taciturn Adam Batty), who pops round dressed only in his speedos to use the swimming pool.

The direction by Frances Bodiam was brisk and well-paced, with fine performances from a strong and talented cast; and an apt choice of music. Praise goes to the costumes, witness Judy's flowing Indian finery. Her Snoopy top was great ... but that's before we glimpsed her red Che Guavara knickers!

The Last of the Haussmans' observations of the interaction between generations made an entertaining evening, despite a rather implausible plot, allowing us to witness a fascinating collision between the revolutionary visionaries of the Sixties and the pragmatists of today.

Read Steve Mackrell's review at www.markaspen.com/2023/03/15/last-haussmans

Photography courtesy of PTC



Someone of Significance

by Amalia Kontesi

Network Theatre Co at Network Theatre, Waterloo

Someone of Significance is based around two characters Rosie (Funlola Olufunwa) and Brad (Simon Bass), investment bankers who tread and cross the line between work colleagues and illicit lovers. The play covers much more than just an affair between two people, as their dynamic ideas on class, gender and how a person's life, career and identity can be guided by outside elements and responsibilities is explored. It attempts to show concepts on relationships, both in the personal and occupational spheres, plus surrounding issues such as class and gender, all intersperse into the proceedings. The play is written in a way that explores these aspects in each and every scene with varying degrees of success.

There are good flashes in moments from both, but overall the chemistry between Bass and Olufunwa is more often told rather than fully realised. There is potential for some very good set piece scenes, a hotel chess game which mimics the characters, and their dynamic is interesting. Rosie walking in, as her stature and career grows, whereas Brad is at a point of looking for cathartic renewal, did draw genuine laughs from the audience.



Each scene is concluded by an onstage costume change and real recordings from news and political moments in the US over the time period, are played during the blackouts. The costume changes especially for Rosie work well, as the way she dresses really helps to highlight her progression as a character and her career goals. The radio recordings to an extent are fine, but are also reliant on audience members being able to know and recall US political moments to really get the gist of what era the show is now moving into.

There are nice ideas in the play and issues are touched on such as class guilt (Olufunwa has a good moment on reflecting about being able to buy a home within a year, for which her older generations were working their entire lives to afford) but none are fully defined enough to make *Someone of Significance* feel anything but slightly underwritten.

Read Denis Valentine's review at www.markaspen.com/2023/03/05/someone-signif

Photography courtesy of NTC



Unexpected Twist

by Roy Williams, adapted from Michael Rosen

CTP and Royal & Derngate at The Rose Theatre, Kingston until 19th March, then on tour until 10th June

Plus ça change, plus c'est la même chose ... *Unexpected Twist* is not so much a modern revamp of Dickens' 1838 novel, as a fusion of 19th and early 21st century characters in a story in which, aside from a few social mores, not a great deal has actually changed.

Shona and her widowed father are struggling to survive, mainly on chips, in 21st century London without attracting too much attention from Social Services. At school, Shona is reading *Oliver Twist* and noticing unnerving parallels with her own life. However, gang culture beckons. A violent and controlling young man, Pops, runs a collection of children, using them to deal drugs and steal money. Shona's world-weary Nan launders the cash through her market stall.



Shona (an assured performance from Drew Hylton) struggles to understand what's happening to her and as she does so, seeping out of the walls at various points, with accompanying Dickensian fog, come Bill Sykes, Fagin, Sowerberry the undertaker and others. They seem to be there to warn her of how this ends, but can she see what they're showing her?

Unexpected Twist is completely engaging and full of energy. The set, with its clever mix of tall lockers, gym climbing walls and ladders, obliges characters to climb up and down, bringing to mind that it is 'a jungle out there'. The fluid moving backwards and forwards in time feels like a feature of this work. There is no distinct separation between the centuries; they bleed into each other. Shona's Nan uses cockney rhyming slang, which harks back to its heyday some time ago. The pupils at Shona's school speak in their generation's own 2023 street vernacular.

Leaving the theatre after the performance, in the dark and the rain, the gig economy was flourishing as various soaked delivery drivers struggled onto pushbikes to make their deliveries or huddled in doorways. Plus ça change, etc.

Unexpected Twist is both great entertainment and that elusive thing, education without pomposity.

Read Eleanor Lewis' review at www.markaspen.com/2023/03/16/unexpect-twist

Photography by Manuel Harlan



Bull

by Mike Bartlett

Teddington Theatre Club at the Coward Studio, Hampton Hill Theatre until 18th March

The hellish situation in *Bull* is an extreme stylisation of the most cut-throat workplace imaginable. Set entirely in a single room, three colleagues, Tony, Isobel, and Thomas are waiting for a meeting with their boss, Carter. The stage is designed to resemble a corporate boardroom, with the audience given visitor badges and seated on three sides of the stage, giving the impression of being part of the meeting. The audience's own visible nervousness creates an appropriate energy for *Bull* to unfold.

This clever staging made the viewing of the play an immersive and uncomfortable experience, as from the outset it is clear that the meeting is not going to be a pleasant one. The three colleagues sharing the stage in the first minutes have been told that there is only room for two of them in the company and that the meeting is to decide which one will be made redundant.



The play is written as a dark and biting satire on the cut-throat world of corporate culture. The characters are all caricatures of corporate archetypes, with Ben Clare's performance as the bullied Thomas the standout, conveying his true and growing state of apoplexy and desperation. Ian Kinane's performance as Tony captured the epitome of smarm, and Rachel Burnham's portrayal of Isobel is equally impressive, conveying the character's inner ugliness and ruthlessness. Completing the four-actor play was Juanita Al-Dahhan as the boss Carter, a role which was much awaited in the play and, although acting on display was highly commendable throughout, the script gave her very little to work with.

The action in *Bull* is a tense, sometimes comic and often brutal battle for survival in the workplace. The debate is left for the audience to ponder: is it the individual influencing the behaviour of the system, or the system influencing the behaviour of the individual?

Read Brent Muirhouse's review at www.markaspen.com/2023/03/15/bull

Photography by Nadrine Colletson

St Mary's University

Psychologists of the Future Inspired by St Mary's Academics

Psychologists of the Future Inspired on Campus by St Mary's Academics - as the University also celebrates British Science and Brain Awareness Weeks



Students from Waldegrave School and The Holy Cross School have completed work experience this academic year with the Psychology Programme at St Mary's University, Twickenham. March has also seen primary and secondary school students welcomed to campus for workshops and lectures from the wider Sport, Allied Health and Performance Sciences Faculty.

Work experience opportunities, coordinated by [Dr Lori Minini](#), PhD, saw students integrate themselves within St Mary's academic team, attending lectures and learning how to use software, such as SPSS, JOS and GORILLA, to undertake advanced statistical analysis and build complex online experiments.

Dr Lori Minini commented, *"It is a pleasure to welcome students from our fantastic local schools to campus. Our team are dedicated to encouraging young people to further their studies – whether that's with us at St Mary's, or further afield. We have enjoyed working alongside such bright young minds, and look forward to hearing where their passion for*

Psychology takes them."

St Mary's has a number of undergraduate and postgraduate programmes within this field of study, including [Psychology BSc](#) and [Sport Psychology BSc](#). Psychology degrees at the University, which are accredited by the [British Psychological Society](#) (BPS), aim to provide students with transferable skills, including the capacity for self-directed, reflective learning and project management, alongside furthering their academic knowledge.

The University has also invested in its outreach programme, for students of all ages, by hosting a number of events coinciding with [British Science Week](#) and [Brain Awareness Week](#).

Primary school children in Year 6 visited campus on Tuesday (14th March) to complete three workshops: Make a Brain with Plasticine; Review a Scientific Paper; and Food Detectives. The workshops were designed to complement the curriculum, but also to give younger children what is likely to be their first experience of university.

In the same week, nine St Mary's academics delivered a 10-minute lecture each on different areas of research, from the psychology of performance and nutrition, to sport sciences and injury prevention. These short talks gave an insight for secondary school students into university-level discussion, with the event designed for young people with a particular interest in Psychology, Sport Psychology, Sport Sciences, Health Sciences and Social Sciences.



**St Mary's
University
Twickenham
London**

Celebrating the Achievements of Women in Technology

The 2023 FDM everywoman in Technology Awards winners unveiled

The winners of the 14th annual [FDM everywoman in Technology Awards](#) were announced last week. The awards celebrate the tech industry's most exceptional talent recognising all stages of the career journey from apprentices to C-Suite, creating role models to inspire the next generation from the UK and beyond. The FDM everywoman in Technology Award winners were announced at a ceremony in London on 9th March 2023 where 500 cross-industry tech leaders came to network and celebrate these exceptional women.

ONE TO WATCH AWARD – sponsored by Computacenter

Awarded to a girl aged 11-18 who is actively encouraging girls to study STEM subjects at school-level or making waves in the tech space

Catherine James, Student at Lady Eleanor Holles School, from London

Catherine is an academic, STEM, Arkwright, and Music Scholar at **The Lady Eleanor Holles School**, studying Maths, Further Maths, Physics, Chemistry and Biology A Levels. She promotes STEM as creator and editor of the 'Catalyst' Journal, and through her research into dementia, cognition, cardiac risk, cyanobacteria, mathematical modelling, biomedical engineering, and healthcare transformation. She has won national and international awards for her work and is published in the journal of Dementia Care, Youth Scientist, Youth Medical and Oxford Scientist Journals.



LEH Physics teacher and STEM co-ordinator, Andy Brittain, said: “As STEM Scholar, Catherine has applied extraordinary passion, commitment, drive and energy to all of her projects. She has helped shape LEH’s initiatives and has been a key supporter of our inclusive and inspirational STEM programme. The STEM subjects enhance and enrich our knowledge and understanding and promote critical thinking and develop our ability to solve problems creatively. Catherine embodies these qualities and is a tremendously worthy winner of this award.”

Heather Hanbury, Head Mistress of LEH, said: “We are delighted that Catherine’s hard work and enjoyment of STEM subjects has been recognised in this way. Shining a spotlight on the involvement and contribution of girls and women in STEM is important, and we are proud to have so many LEH students and alumnae enjoying well-deserved success in their studies and careers. It’s wonderful to see so many pupils choosing to study subjects like Maths, Chemistry and Physics at GCSE and A Level at LEH, and Catherine and her peers are brilliant role models who inspire our younger pupils”.

Maxine Benson MBE, Co-Founder of everywoman comments: “Since 2011, The FDM everywoman in Technology Awards are both a recognition and a celebration of the impact women are having on the technology industry worldwide and the diverse, fulfilling, and exemplary careers that women can have in technology. Over the past 14 years, the accomplishments, and stories of these talented women have and will continue to inspire future generations to pursue a career in an industry where women are underrepresented. Each winner is a role model whose remarkable achievements showcase the vital advancements technology has in saving, transforming, and improving lives, while also positively impacting the planet and ensuring the future of tech grows ever more diverse and inclusive.”

Sarah Dial, Senior HR Business Partner – UKCU at Computacenter comments: “It’s been a privilege to discover more about the finalists in this year’s One to Watch category, the exceptional display of talent and drive has made it a very difficult category to judge. Congratulations to this year’s winner and well done to all finalists, they truly are an inspirational group of young women.”

Abseil for St George's Hospital

This week St George's Hospital Charity launches its annual *Abseil for George's* fundraising event, which kicks off on Friday 18 March with 39 people expected to do the abseil on the first day. Over the weekend a further 85 charity supporters will be taking on the challenge, including the first-ever abseil team of 49 players from Battersea Ironsides Rugby Club.



The *Abseil for George's* event is raising much-needed funds for the Charity's *Time for a Change* £5m children's appeal. More than 120 people are expected to go over the edge of the Pelican Hotel this coming weekend and their combined fundraising efforts already have raised an incredible £30,000 but with more to come in across the weekend. In 2022, £60,000 was collectively raised by more than 100 people who did the abseil down the Hotel, situated on the site of St George's Hospital.

Abseil for George's 2023 is raising much-needed funds for the *Time for a Change* children's appeal in support for paediatric services at St George's Hospital and can boast the involvement of:

- 16 students from *Time for a Change* Champions, Broomwood School Hall
- Team of 49 players from the minis and youth section at Battersea Ironsides Rugby Club
- Around 30 clinicians (nurses and doctors), and
- 4 students from St George's University Student Union

Molly Simpson, Senior Public Fundraising Manager at St George's Hospital Charity said: "This is the fourth *Abseil for George's* that the Charity is hosting and every year, thanks to our fabulous supporters the event grows from strength to strength. I'm really looking forward to welcoming everyone so I can thank them each personally.

"Although we're almost fully booked, we still have a final few slots available. Should you wish to get involved, come along and sign up on the day or get in touch with our fundraising office via email giving@stgeorges.nhs.uk or call 020 7825 2422 to secure your slot."

For more information or to register, please visit www.stgeorghospitalcharity.org.uk/abseil



Not your average cargo, a 101-million-year-old titanosaur – one of the largest known creatures to have ever walked our planet – has made its way from Buenos Aires to London, courtesy of two of our passenger flights. And it's not just any old titanosaur either: we moved a *Patagotitan mayorum* – the big daddy of the group.

The remarkable replica will be unveiled for the first time in Europe at the Natural History Museum's new temporary exhibition, *Titanosaur: Life as the biggest dinosaur*, opening on 31 March 2023 in London. Agatha Zarzycki reveals why it doesn't get more colossal than this...



What is a titanosaur?

Titanosaurs, a group of sauropods – herbivorous dinosaurs that had small heads, long necks and long, whip-like tails – lived on every continent during the Cretaceous period. *Patagotitan* lived 101 million years ago in the forests of today's Patagonia, where they roamed in herds from one place to the next. So what set titanosaur apart from their sauropod counterparts? They had wider hips, fewer toe bones on their front limbs, and some even had armour in their skin called osteoderms.

As you might be able to guess from the name, the titanosaur's real claim to fame comes from their size. Three times larger than the roaring *Tyrannosaurus rex*, *Patagotitan* reached over 120ft in length – comparable to an Airbus A320 – and weighed around 57 tonnes – more than nine African elephants or around four times heavier than Dippy the *Diplodocus*. It's hard to believe that their eggs were smaller than a football (that's *a lot* of growing to do).

Bringing *Patagotitan mayorum* to life

Fast-forward to 2010, when a rancher in La Flecha, Argentina, spotted a bone sticking out of the ground. More than 280 bones were eventually excavated and brought to the nearby [Museo Paleontológico Egidio Feruglio](#) in Trelew, and a replica was built at the museum's factory.

Each fossil – including a femur (thigh bone) measuring more than two metres – was scanned and reconstructed from materials such as latex and polyester resin with fiberglass. The originals are preserved for research and five of these – including the femur – are exhibited near the replica, meaning, yes, you can indeed see them at [Titanosaur: Life as the biggest dinosaur](#). As 100 per cent of a skeleton was never uncovered, the remaining parts were recreated based on

similar species. The result? A magnificent model that's over 120ft long (nearly 40ft longer than Hope the blue whale) and weighs more than 2,700kg.

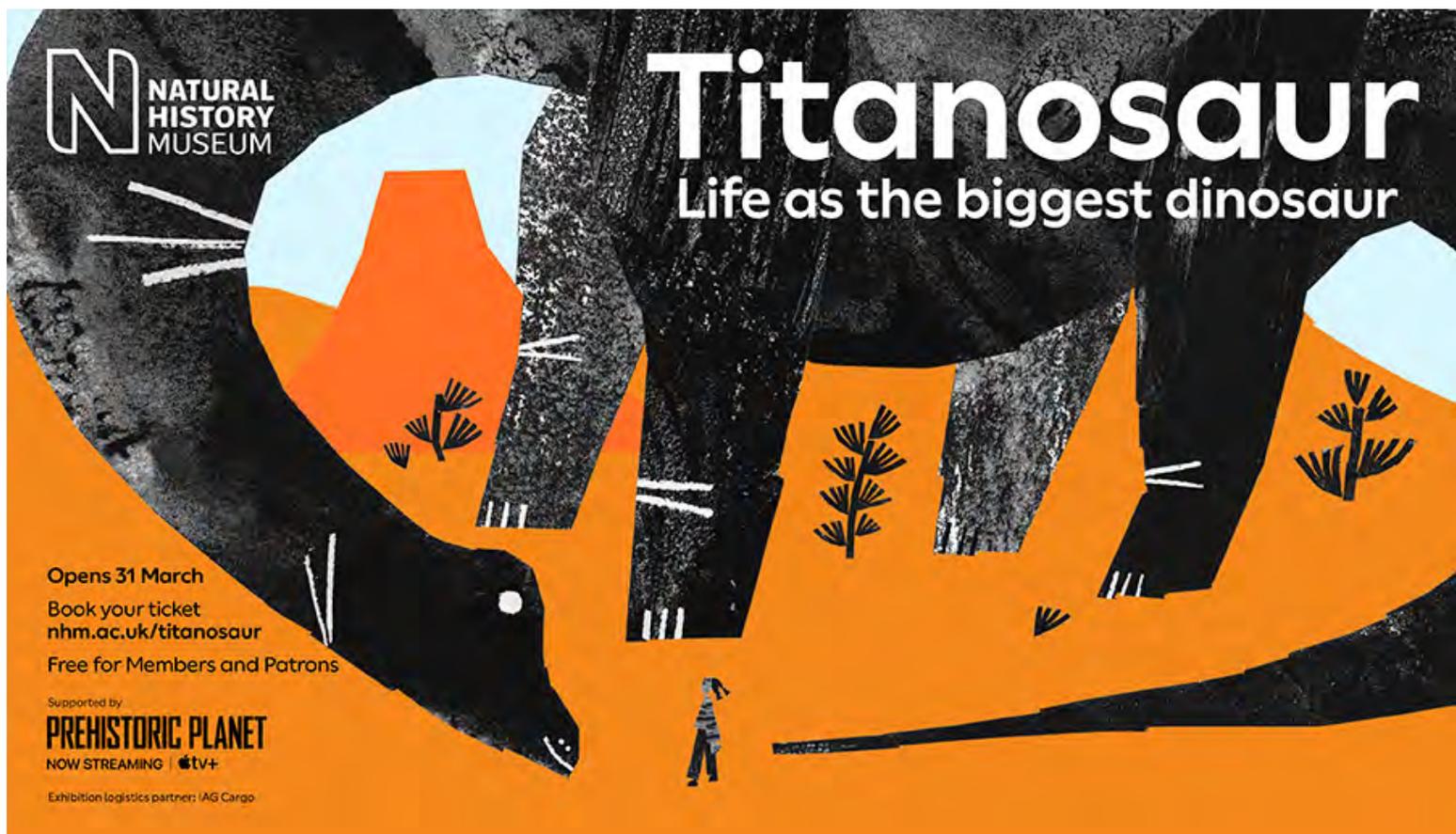
How does a dinosaur catch a flight?

Plans to move the cast from Trelew to London began in 2022. Taking it apart took four months and a team of 20 experts, who used everything from cranes to drills and brushes – they even had lifting platforms to reach the skull and the last piece of the tail. Then came one week of packaging the 225 bones into 32 specially designed crates, along with four which contained real fossils, engineered to ensure that the parts did not move during transport. The smallest box, containing the skull, measured 1.2m x 60cm and the largest 3.4m x 1.8m (picture a carhorse). All were loaded into two trucks, journeying 1,300km from Trelew to the Ezeiza Airport in Buenos Aires, where they were handed over to our sister company, IAG Cargo.

Every single bone required a temporary export permit for paleontological heritage, which included its name and code of the collection, weight, size and a photograph (similar to a passport), as well as insurance and a visa-like document, giving it permission to be out of the country for one year – which explains the four days of customs clearance and security checks. Finally, the titanosaur took its seat(s) and to the skies inside the bellies of two British Airways B787-9 aircraft.

Titanosaur touchdowns

After journeying for almost 7,000 miles, *Patagotitan mayorum* landed at London Heathrow, where it was transferred to a secret off-site storage facility. More inspections followed before the 32 crates were moved to England's 'cathedral to nature', the Natural History Museum.



N NATURAL HISTORY MUSEUM

Titanosaur

Life as the biggest dinosaur

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FUN FOR YOU & FUNDRAISING FOR THE POOL

EVERY TICKET INCLUDES A COMPLIMENTARY SWIM

Ireland v England, Guinness Six Nations

Steve Borthwick has named his England side for Saturday's Guinness Six Nations finale against Ireland.

Captain Owen Farrell will start at fly half, Manu Tuilagi returns to the side at inside centre with Henry Slade at outside centre. There is a first England start for Henry Arundell on the left wing, Anthony Watson is at right wing and Freddie Steward is full back.



In the forward pack, Lewis Ludlam is named vice-captain and is flanker alongside Jack Willis. Alex Dombrandt is at No. 8. In the same front row that has started each game of the championship, vice-captain Ellis Genge and Kyle Sinckler are at prop and Jamie George is at hooker. David Ribbans starts at lock with Maro Itoje.

Dan Cole is in line to make his 100th appearance for England after being named as replacement. Cole made his England debut in the Six Nations in February 2010. He has gone on to play in three Rugby World Cups and has won three Guinness Six Nations titles.

Nick Isiekwe and Joe Marchant return to the bench, along with Jack Walker, Mako Vunipola, Ben Curry, Alex Mitchell and Marcus Smith.

Borthwick said: *"We travel to Dublin to face an Ireland team on Saturday that has the chance to secure a Grand Slam Championship victory at home for the first time.*

"We know that after the bitter disappointment of the display against an exceptional France team last week, we will have to be much improved to meet the challenge of playing the side presently ranked number one in the world.

"However, I have witnessed an England squad determined to make amends for the defeat at Twickenham, and I am confident that the team announced today will once again want to show the sort of resilience and attitude that brought us victory in Wales."

Ireland v England is live on ITV and BBC Radio 5 Live (5pm KO).

ENGLAND XV

15. Freddie Steward (Leicester Tigers, 21 caps)
14. Anthony Watson (Leicester Tigers, 54 caps)
13. Henry Slade (Exeter Chiefs, 55 caps)
12. Manu Tuilagi (Sale Sharks, 50 caps)
11. Henry Arundell (London Irish, 6 caps)
10. Owen Farrell (C) (Saracens, 105 caps)
9. Jack van Poortvliet (Leicester Tigers, 11 caps)

1. Ellis Genge (VC) (Bristol Bears, 47 caps)
2. Jamie George (Saracens, 76 caps)
3. Kyle Sinckler (Bristol Bears, 60 caps)
4. Maro Itoje (Saracens, 66 caps)
5. David Ribbans (Northampton Saints, 4 caps)
6. Lewis Ludlam (VC) (Northampton Saints, 18 caps)
7. Jack Willis (Toulouse, 9 caps)
8. Alex Dombrandt (Harlequins, 13 caps)

REPLACEMENTS

16. Jack Walker (Harlequins, 3 caps)
17. Mako Vunipola (Saracens, 78 caps)
18. Dan Cole (Leicester Tigers, 99 caps)
19. Nick Isiekwe (Saracens, 10 caps)
20. Ben Curry (Sale Sharks, 4 caps)
21. Alex Mitchell (Northampton Saints, 4 caps)
22. Marcus Smith (Harlequins, 21 caps)
23. Joe Marchant (Harlequins, 14 caps)

ENGLAND WOMEN'S U20 TO FACE FRANCE U20 IN TWO-MATCH SERIES

England women's U20 will play France U20 in a two-match series as part of the side's 2023 campaign, the Rugby Football Union has announced.

The series kicks off at Wellington College on Saturday, 8 April (K.O. 14:00), where admission into the match will be free and will also be streamed on England Rugby channels.

The second match will be played across the channel the following week, with France hosting England in Tours on Saturday, 15 April.

The two nations faced off twice last year, with England falling just short in both matches, including a 35-14 loss in Normandy followed by a close 32-27 defeat at Henley RFC.

Ahead of the two-match series, England women's U20 open their 2023 campaign in a one-off clash with Scotland at Kingston Park, Newcastle on Saturday, 25 March, which will be played at the completion of the Red Roses' own fixture against Scotland.

Those who have purchased a ticket to the Red Roses match will be able to watch the England women's U20 at no extra cost.

The match will also be live streamed on the England Rugby YouTube channel.

A wider training squad entered a development camp this week, ahead of next week's clash.

England women's U20 head coach, Lou Meadows, said:

"The wider coaching staff and I have been constantly impressed by the level of technical skill, physicality, and commitment to continuous development from the players in the squad, making selection extremely difficult.

"The players have been working very hard within their Club and University programs and we are all very much looking forward to the seeing their efforts transfer onto the pitch in what I am sure will be some thrilling tests.

"This is the start of a new Rugby World Cup cycle and so playing against Scotland and France will provide very real opportunities for these women to start laying the platform to put their hands up for a Red Roses jersey in 2025."



Match Preview: Brentford v Leicester City

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

Written by Brentford Football Club

Brentford's three-game week comes to an end on Saturday with Leicester City the visitors to the Gtech Community Stadium for the final action before the international break.

The Bees returned to winning ways at Southampton on Wednesday night, climbing to eighth in the

Premier League as a result, while Leicester are still casting nervous glances over their shoulder with just goal difference keeping them out of the bottom three.



The opposition

Leicester's top-flight status under threat following four straight defeats

Two fifth-place finishes, one historic FA Cup win and one Europa Conference League semi-final - over the past three seasons, Leicester City have exceeded all expectations set of them.

Last term, they finished, respectably, a little lower down in eighth, somewhat owing to inconsistent form and a hectic European schedule.

In February, Brendan Rodgers hinted at refreshing the squad, with 'big changes' needed.

Yet, as Jordan Blackwell alluded to in *Hot off the Press* prior to the opening fixture of the season against Brentford, worry had set in among the Leicester supporters during the close season. Club legend Kasper Schmeichel left to join Nice, Wesley Fofana signed for Chelsea and Ricardo Pereira was ruled out for an extended period with an Achilles surgery.

Signing back-up goalkeeper Alex Smithies and centre-back Wout Faes to replace the major outgoings did little to whet the appetite.

This anxiety was not unfounded. On the opening day, Leicester let a two-goal lead slip to draw 2-2 with Thomas Frank's men and then went onto lose their next six games in succession, which saw them slump to the bottom of the table.

The last of those was a 6-2 defeat at Tottenham Hotspur on 17 September. After the final whistle, Rodgers seemed resigned to the reality that his time at the King Power was over.

He said: "Whatever happens, I will have a huge amount of respect for the owners because they've given me great support since I have been here.

“I understand the game; I understand football. Today the scoreline didn’t reflect the game, but the bottom line is we have had a heavy defeat and we should have been better. Whatever happens to me here at Leicester, I will always respect them.”

Understandably, it turned out they respected him, too. The board afforded Rodgers time and they were rewarded for doing so, with the Foxes winning five of the eight games before the World Cup break, keeping six clean sheets along the way, and climbing up to the relative safety of 13th.

But, to an extent, that work has unravelled since the return and they have been dragged into the relegation battle once more, following eight defeats from the last 11 Premier League games.

They have scored only 12 goals in that time, picked up seven points and failed to keep a single clean sheet. Granted, they have only been beaten by more than a two-goal margin twice, but a defeat is a defeat, whatever spin you put on it.

As a result, Rodgers’ men are sixth favourites to go down to the Championship with Sky Bet and are currently priced at 7/2. It does feel as though it is slightly too early to write them off completely, but also too early to suggest that, purely because of the strength of their squad on paper, they will be able to wriggle free of trouble.

The fixture list looks a little kinder after the upcoming international break, but make no mistake about it, Leicester’s Premier League status is under threat.

The gameplan

With *Leicestershire Live’s* Jordan Blackwell

Jordan Blackwell, Leicester City correspondent for *Leicestershire Live*, discusses the Foxes’ recent form, Brendan Rodgers’ preferred system and the player that Brentford must deal with at the Gtech Community Stadium on Saturday in [Hot off the Press](#).

“Against Chelsea Rodgers moved to a back three for the first time in a long time, but I think that was because Harvey Barnes was not fit enough to play the whole game; now he is, I think he will probably revert to a 4-3-3.

“Danny Ward will be in goal, Ricardo Pereira and Timothy Castagne at full-back, Harry Souttar and Johnny Evans will be at centre-back, with the latter likely to make his first Premier League start in five months.

“The midfield will be Nampalys Mendy, Kiernan Dewsbury-Hall and Maddison, then Tete on the right, Barnes on the left and Kelechi Iheanacho up front.”

Team news

Ajer and Janelt unavailable for Leicester clash; Roerslev touch-and-go

Brentford head coach Thomas Frank has confirmed that both Vitaly Janelt and Kristoffer Ajer will miss the Bees’ game against Leicester City on Saturday.

Janelt was taken off just before half-time during the [2-0 win over Southampton on Wednesday](#), and Frank revealed that the German midfielder will need to be assessed further to understand the extent of the injury.

“We still need assessment for Vitaly Janelt, who we had to sub off. The thing we can say is that he won’t be available for Saturday, but we need more to see what the injury is,” said the Brentford boss.

“Kris Ajer, the calf injury will also make him unavailable for the squad on Saturday.

“Mads Roerslev will still be assessed because he is touch-and-go for the weekend. The rest are all available.”



Nando's becomes spicy new sponsor of Ted Lasso's A.F.C. Richmond team

The iconic chicken chain is firing up the football team and offering fans unique experiences at its Richmond restaurant.

Nando's has announced it's an **official sponsor** of **A.F.C. Richmond**. Following months of speculation from fans, Nando's is excited to confirm the sponsorship for the third season of "Ted Lasso" premiering globally **Wednesday, 15th March on Apple TV+**.

He might be from BBQ-hotspot Kansas, USA, but Ted's no stranger to Nando's PERi-PERi. In a training session last year, a fan overheard Ted and Coach Beard have a little exchange: "**Coach Beard:** Somebody order training extra spicy today? **Ted:** Yeah, it's got that Nando's PERi-PERi sauce on it, huh?"

Extra Hot fans may have also spotted Nando's iconic logo make it's A.F.C. Richmond kit debut in the EA Sports FIFA 23 game last September. The sponsorship comes ahead of a Hot season for the team and will see Nando's bringing the heat on the kit, stadium hoardings and throughout the season. Ted Lasso also confirmed the partnership in an interview, saying that he's "*PERi PERi excited about this one.*"

To celebrate, Nando's has unique experiences for fans who visit its **Richmond** restaurant in London for the duration of the season. From March 15th, expect **BELIEVE**-themed spice flags – Ted's favourite saying - A.F.C. Richmond napkins and even the iconic restaurant signage has had a makeover to support the local team.

Nando's will be revealing more exclusive, free offers in the coming weeks, too. Keep an eye on **Nando's UK social channels** so you don't miss out.

The Official PERi-PERi Chicken of A.F.C. Richmond

DANI ROJAS
FORWARD
Extra Hot

ISAAC McADOO
CENTRE BACK
Garlic

JAMIE TARTT
STRIKER
Hot

SAM OBISANYA
FORWARD
Medium

COLIN HUGHES
MIDFIELDER
Lemon & Herb

Watch **TED LASSO** & A.F.C. Richmond on **Apple TV+**

Nando's

Historic House of Commons Vote Passes Ban on Trophy Hunting Imports

Today, the House of Commons, unanimously voted to pass a historic ban on the imports of trophy hunting kills to Britain, making it the strongest form of legislation in the world.

The Hunting Trophies (Import Prohibition) Bill received strong cross-party support and was passed unopposed by MPs, despite last minute wrecking amendments threatening to derail the vote.

The bill is now set for its First Reading in the House of Lords, after two amendments, proposed by Sir Bill Wiggin, MP for North Herefordshire, were accepted in order to pass the bill.

Dame Joanna Lumley, Dame Judi Dench, Charles Dance, Peter Egan and Gary Lineker were amongst the high-profile campaign supporters, who urged MPs to vote today in a historic moment for British democracy.

Founder of the Campaign to Ban Trophy Hunting, **Eduardo Goncalves**, noted: “The outcome of today’s debate signifies a momentous stride towards enshrining this bill into law, concerning a matter that is morally indefensible. I express my appreciation to the government for respecting their pledge to the electorate and for effecting the aspirations of an overwhelming majority of people who support this bill. The act of callously slaying innocent animals is and always has been an intolerable transgression of decency. This is a victory for wildlife and for our tireless supporters. We hope that this vote inspires other governments to follow likewise.”

Henry Smith, Conservative MP for Crawley, who tabled the bill said: “This is an issue that has nothing to do with party politics; it has everything to do with basic British values of decency, fairness, and respect for our natural world. I am proud to say that today we rightfully stood up for voiceless animals.”

This week, a new book, [Sally’s Law: Secrets & Lies of Trophy Hunters](#), reveals that the world’s number two trophy hunter is a British businessman and discloses the names of one hundred British trophy hunters, including a London woman voted the world’s leading female trophy hunter by the American hunting industry.

Hundreds of endangered animals including lions, elephants, giraffes, and polar bears are hunted by British trophy hunters every year, and the current legislation permits these hunters to import the remains of these animals into the UK for taxidermy and trophy display in their homes.

A survey conducted by Survation, polling 1,873 voters, revealed that 80% of the constituents of Members of Parliament expressed a desire for their local MP to attend Parliament and champion the passage of the bill. This proposed legislation, dubbed “Sally’s Law,” is named after a tiger cub rescued from trophy hunting in South Africa last year.

It is worth noting that the UK is not the only country that opposes trophy hunting. [A 2022 IPSOS survey found that 68% of South Africans are against this practice](#), despite South Africa being a popular destination for trophy hunting vacations.

The Campaign to Ban Trophy Hunting was set up in 2018 by Eduardo Goncalves, former WWF International Director Jean-Paul Jeanrenaud, legendary explorer Sir Ranulph Fiennes OBE, and actor and leading animal advocate, Peter Egan, and to date, has garnered cross-party support, and endorsement by big celebrity names including Dame Joanna Lumley, Dame Judi Dench and Ricky Gervais.

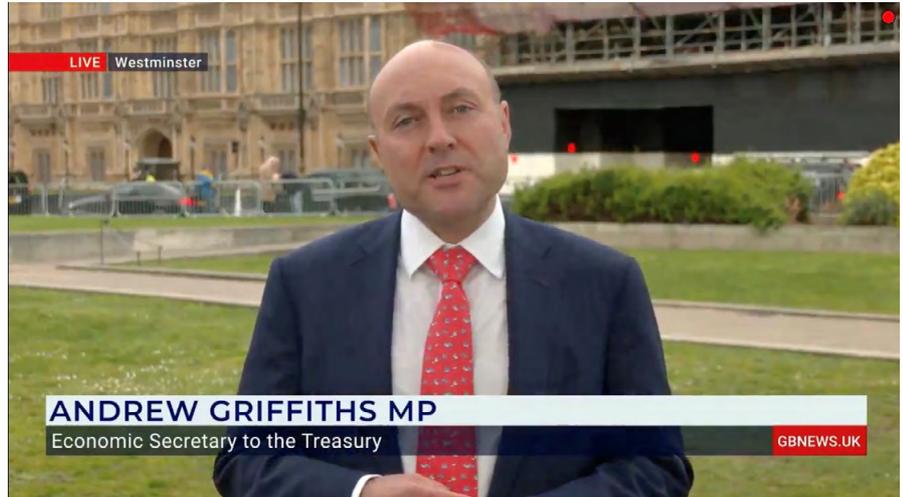


Budget measures will ensure economic growth, insists Treasury economic secretary

Andrew Griffiths also said the Bank of England was closely monitoring the banking sector amid a stock market sell-off

MEASURES announced in the Budget will ensure that the UK economy grows in coming years, according to the Economic Secretary to the Treasury.

Asked about the OBR's forecasts, Andrew Griffiths told [GB News](#): "They're saying they're confirming that they expect the UK to avoid a recession to return to growth thereafter, growth of 2.5% by 2025."



"That shows that the actions that we're taking are working. We've seen inflation forecasts reduce on track to deliver the Prime Minister's target of halving inflation this year. And this was a budget very much built on those firm foundations and allowing us to look at how we grow the UK economy."

He added: "There were lots of measures today that are going to help the economy grow and they were focused on getting more people back into work into the workforce, big support for childcare, an extension of that, and also support for those businesses that are investing to reduce their level of tax, so lots there to help."

Asked about criticism about "tinkering" with business taxes by Mark Longhurst, he said: "It's £25 billion support, it extends for the next three years. It allows businesses to fully expense the cost of those investments that they're going to make to grow. It's very much a positive budget for business. There's also support for the fastest growing parts of our economy, whether that's artificial intelligence, quantum or massive processing, computing."

"And as I said, lots of measures to help get people either back into the workforce or stay there longer, so removing the caps on pensions, so hospital consultants can continue to cut those waiting lists and a big package for parents to allow them to have child care from nine months right up until the point their child starts school."

On the cost of living, he said: "There's a lot here that's going to help people with the cost of living by freezing fuel duty for the 13th successive year."

"The reduction in the great Brexit pub guarantee that's going to reduce the price of a pint in a pub compared with buying the same drink in a supermarket, and obviously extending the energy price guarantee into the summer to protect people from their energy bills."

On the current sell-off of banking shares, following the failure of Silicon Valley Bank, he said: "You'll be aware that it wouldn't be appropriate for ministers to comment on that. The Bank of England obviously monitors the situation closely. They do that at all times, I'm sure they're doing that now."

Drivers will be 'celebrating' Budget fuel duty freeze, says campaigner

FAIR fuel prices campaigner Howard Cox has hailed the fuel duty freeze in the Budget as a victory for drivers and logistics firms.

He told [GB News](#): "I'm very very happy indeed. It's been a hell of a battle.

"I've been doing this for 13 years. We've had a freeze in the last 13 years and in total a 6p cut. I couldn't be happier.

"I mean, obviously, I'd like to have seen a big cut, I'd like to go further but I don't think any government has got the risk in them to do that.

"But fundamentally, yes, I'm very happy - drivers and logistics companies and van drivers will be actually celebrating this."

He told Mark Longhurst: "I am disappointed that they didn't introduce a pump price regulatory body that we call PumpWatch.

"I heard through the grapevine and was told by some MPs that people like Andrea Leadsom had been fighting for this in Parliament.

"We had hoped he would actually mention PumpWatch, so that is still a battle that I'm continuing but I won't be churlish, I'm delighted."

Mr Cox continued: "It's not the retailers themselves that are ripping drivers off. It's further at the fuel supply chain.

"Businesses like Shell and BP, have been actually, no doubt about it, making huge amounts of money out of motorists."

Asked why supermarket fuel prices seem high, he said: "There's a lot of takeover bids going on...equity businesses and investors looking after the bottom lines of these companies.

"Where we used to actually see petrol and diesel as loss leaders, for people to actually come in and say if you buy £50 pounds worth of goods or food from the shops, they will get something like 5p off of a litre of fuel.

"We're not seeing that now. I think that model has gone completely and unfortunately because of that pump prices will continue to be quite high."



GBNI

BRITAIN'S NEWS CHANNEL

Investigation into Child Trust Funds

Hundreds of millions of pounds in Child Trust Funds (CTFs) set up by the government between 2005 and 2011 to help young people financially at the start of their adult lives has not yet been claimed, according to the National Audit Office (NAO).

A CTF is a long-term tax-free savings account for children born between 1 September 2002 and 2 January 2011, which they can access when they turn 18. The government paid more than £2 billion into CTFs for 6.3 million children born during this period. Most children received around £250 each from the government at the time their CTF was started, while those from low-income families or in local authority care received an additional £250.

Most CTFs were invested in stocks and shares, with the total market value of CTFs standing at £10.5 billion at April 2021, an average of £1,911 per CTF. Of the £10.5 billion, £0.8 billion belonged to young people aged 18 or over who could claim their CTF. Of the £0.8 billion, an NAO investigation found that 145,000 18-year-olds had not claimed a total of £394 million by April 2021, while 175,000 18-year-olds had either withdrawn or reinvested a total of £376 million from their CTF accounts.

The NAO found that CTFs are at risk of becoming forgotten or lost track of by the account holder. As more young people with a CTF turn 18, an increasing number can access their accounts. However, latest estimates indicate that more than a quarter of CTFs have remained untouched for a year or more after their owners turned 18.

It is unclear how many children and young adults are either unaware of, or unable to locate, their CTF. A 2019 YouGov survey of parents of children aged 8 to 16 revealed that one in six parents were unaware of the CTF scheme. HMRC set up 1.7 million CTFs - 28% of all accounts - after parents did not do so within the required 12-month time period using vouchers sent to them by HMRC, meaning the child's family had little engagement with the scheme from the outset. Children from low-income families were more likely to have their CTFs set up by HMRC than children from wealthier families.

In 2019, HMRC began to alert 15-year-olds to the possibility that they could have a CTF account in the National Insurance number notification letter it sends to children as they approach the age of 16. This was followed by publicity in 2020, when the first children with CTFs began to turn 18. HMRC intends to incorporate CTFs into a communications campaign in 2023.

The NAO estimates that CTF providers - including banks and building societies - could be earning collectively up to £100 million per year through charges on accounts. There are currently 55 providers, down from 74 in 2011, meaning that some CTFs will have changed hands.

HMRC data on CTFs from the period 2012 to 2020 is incomplete. HMRC began publishing statistics again in 2021 as the first tranche of eligible children reached the age of 18. New data about the number of unclaimed CTF accounts will be published in June this year, which will present data up to April 2022.

Gareth Davies, the head of the NAO said:

“At a time of economic hardship for millions of people across the country it is important the government does enough to make sure young people are aware of, and can access, their Child Trust Funds.

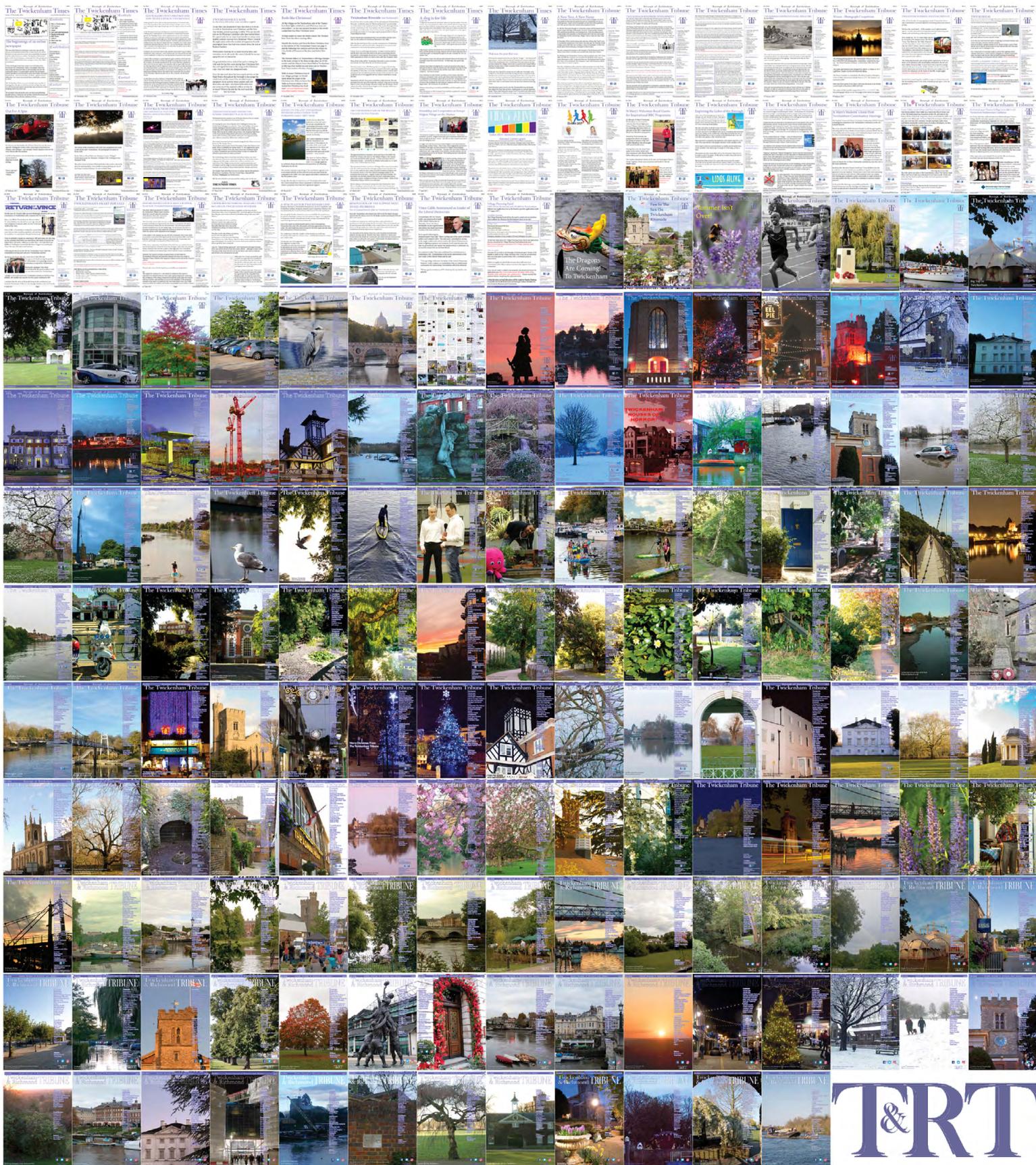
“HMRC should also seek to re-evaluate Child Trust Funds to understand the impact the scheme has had on savings for young people, including those from low-income families.”

Click here for the [full report](#) and click here for the [PAC Chair's statement](#).



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