

Twickenham & Richmond Tribune



29th November 2024

T&RT

Christmas, Twickenham Green
Photo by Berkley Driscoll

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Richmond Council

Editors: Berkley Driscoll, Teresa Read

TickerTape - News in Brief

Twickenham Museum

Whilst many of the local museums & visitor attractions are now closed for the year, we are still open!

Come into the warm and enjoy the rich history of Twickenham, Whitton, the Hamptons and Teddington!

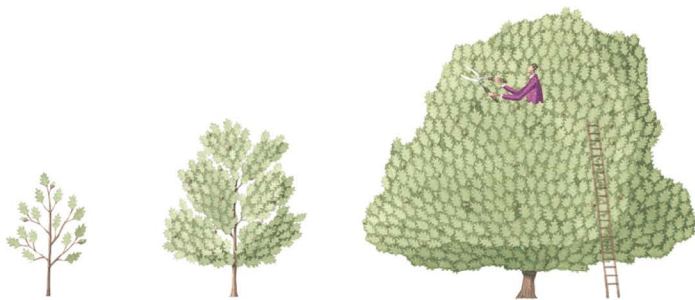
We are Free & open Friday & Saturday 11-3pm & Sunday 2-4pm. See you there!

South Western Railway

Altered train services and buses replace trains in the Hounslow area Sunday 1 December

The lines in the **Hounslow** area will be **closed all day** due to maintenance work.

- **London Waterloo to Woking via Staines** services will be **revised**. These services will be diverted between **Barnes and Feltham** and will call additionally at **Richmond and Twickenham**.
- **Buses** will run between **Barnes and Feltham via Hounslow**.
- The afternoon and evening **London Waterloo to Kingston via Hounslow** services will **not** run.
- **Buses** will run between **Barnes and Twickenham via Hounslow (afternoon and evening only)**.



The Tree Agency

The Tree Agency

darryl parkin

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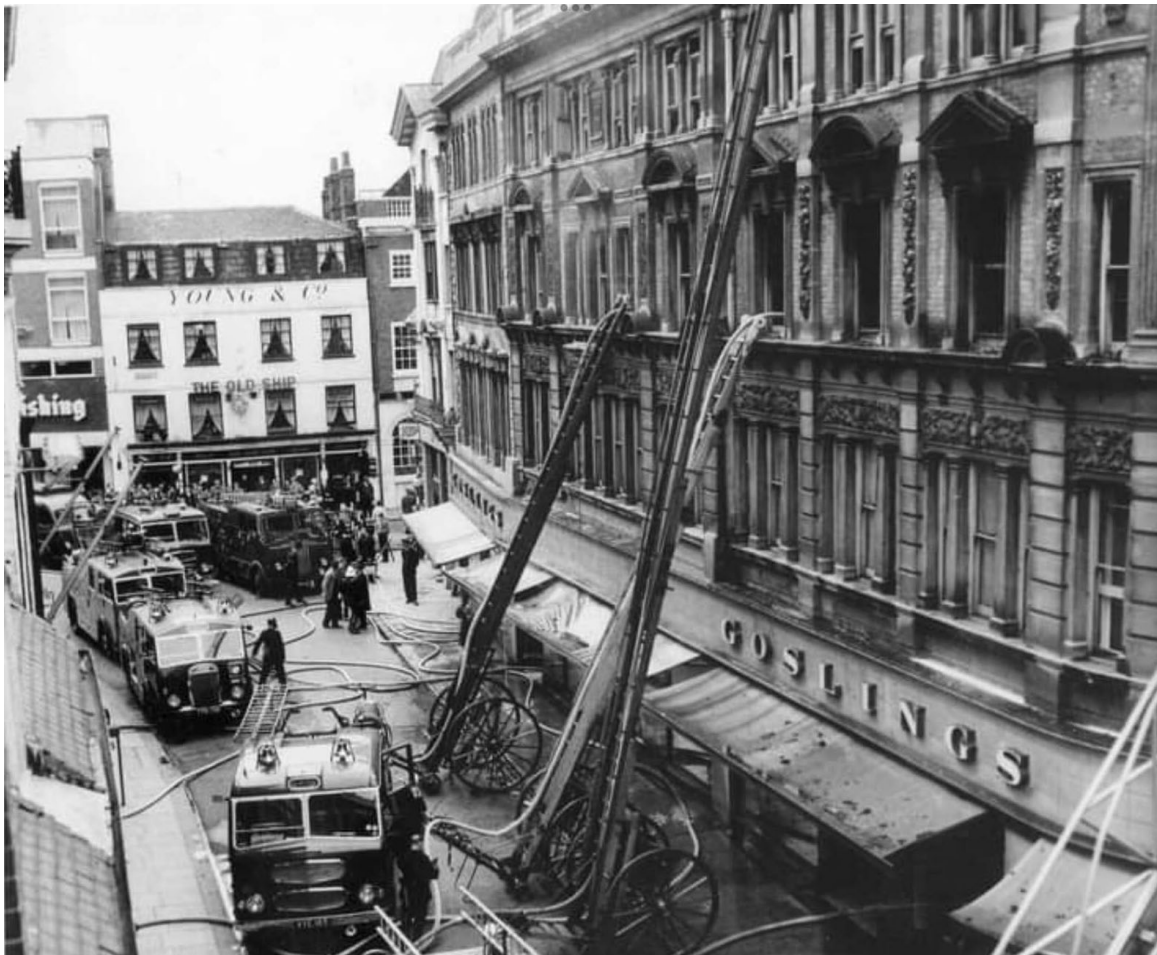
Local Picture Postcard Column - Part 277

Goslings, George Street, Richmond

By Alan Winter

This week we take a look at the corner of George Street and King Street in Richmond which finds a building that has hosted several brands but has remained a large store for some 230 years.

Two early 20th century postcards support this week's column with a photograph of a serious fire in 1962 which closed the store for a long time while it was being refurbished and the final image shows what it looks like today.



In October 1795, J.H. Gosling founded a drapery store at 80 George Street, Richmond, London. As trade increased, 75, 76, 77, 78 and 79 George Street were incorporated into the store.

In April 1947, Gosling & Sons Ltd was acquired by John Barker & Co Ltd, department store retailers, of London and 10 years later in 1957 was acquired by House of Fraser Ltd as a subsidiary of John



Barker & Co Ltd.

Further expansion happened in 1960 with the Queens Head pub which had been on the corner of King Street opposite the Old Ship pub and was numbered as 81, George Street. The pub had been rebuilt in 1854 surviving until 1960 when it was taken over by the Goslings store and pulled down after the fire in 1962. It eventually re-opened as

the new Dickens and Jones store in 1970. Our first postcard shows a bit of the Queens Head pub to the left of the Goslings store.



And so to today when the building has had a total rebuild and refurb and has been re-named "The Gosling". It is a flagship mixed-use development with over 30,000 square feet of office space. It also features a luxury "third space" gym with swimming pool, restaurants and a collection of boutique retail shops.

My search for old postcards continues. I am always looking for old postcards and old photograph albums etc. The postcards can be British or Foreign, black and white or coloured and of places or subjects.

If you have any that are sitting unwanted in a drawer, in a box in the loft or in the garage or under a bed, please contact me on 07875 578398 or alanwinter192@hotmail.com I would like to see them and I pay cash!

CrusaderTravel

020 8744 0474

crusadertravel.com

Escapology Experts

info@crusadertravel.com



Your friendly local Travel Agency
established in Twickenham since 1966

With over 50 years experience we pride ourselves on being able to offer an unrivalled service with attention to detail. Come and have a chat with us in our cosy office off the Church Street Square, we are open 6 days a week from 11am until 6pm (Closed Sunday)



Next week at Richmond Council

On Tuesday, the **full council** will meet for its last meeting of 2024. The agenda includes (1) public questions, (2) member questions, (3) reports from the council committees, (4) Heathrow Airport Expansion, (5) a review of polling places, (6) amendments to the council's constitution, (7) appointments to council committees, (8) parental leave policy for councillors, (9) report on the recruitment of a new chief executive. (10) three motions on National insurance increases, incineration of refuse, and funding to prevent violence against women and girls. The meeting will commence at 7.30 pm at York House.

For full details, please follow the link [HERE](#)

On Wednesday, the Agreed Syllabus Sub-Committee of the **Standing Advisory Council on Religious Education** (SACRE) will meet to discuss the proposed amendments to the religious education syllabus. The meeting will commence at 5pm at York House.

For full details, please follow the link [HERE](#)

On Thursday, the **North West London Joint Health Overview and Scrutiny Committee** will meet. On the agenda is the (1) North West London winter campaign and London Ambulance performance update, (2) North West London health equality programme, (4) integrated care system update. The meeting will commence at 10am at Westminster City Council offices, 64 Victoria Street, London.

For full details, please follow the link [HERE](#)

How to participate: We encourage all members of the public who live or work in the borough to participate. You can submit questions or speak on an item on the agenda. To ask a question, simply submit it by noon two working days in advance. To speak, you must register by noon the working day before the meeting.

For further details on how to participate, please follow the link [HERE](#)

Orleans House Gallery's Christmas shopping weekend returns

From Orleans House Gallery

This weekend, enjoy a free festive event at Orleans House Gallery.

Whether you're looking for stocking fillers or statement gifts, there is something special for everyone on your list. Unique and handmade gifts from jewellery and ceramics to prints and homewares will be on offer.

Meet over 40 independent artists, makers and designers and learn about their work and the creative gifts they have on offer.



This free event will also feature live music, festive food and drink, and free family activities.

- **Date:** Saturday 30 November and Sunday 1 December
- **Time:** 10am to 5pm
- **Location:** Orleans House Gallery, Twickenham, TW1 3DJ

[Find out more](#)

Have your say on proposed Council Tax changes

From Richmond Council

We are asking residents to let us know their views on proposed exceptions to the long-term empty and second homes premiums that will be introduced from 1 April 2025.

Why it matters

Empty and second homes can impact local communities by contributing to housing supply pressures and reducing the desirability of areas. We want to bring these homes back into use to alleviate these issues.

Proposed new premium charges

From 1 April 2025, an additional premium of 100% will be charged if a property is unoccupied and unfurnished for more than one year rather than after two years

From 1 April 2025, properties that are considered second homes will be charged an additional premium of 100% Council Tax.

Have your say

We want to hear from residents, businesses and stakeholders about the proposed exceptions to these premiums. We would like to know in what circumstances, and for what length of time, you think there should be exceptions to the new premiums. Your feedback will help shape the final policy.

The consultation closes on Wednesday 18 December 2024. [Complete the consultation](#)



New 'dog-dip' to enhance pet and wildlife safety

From Richmond Council

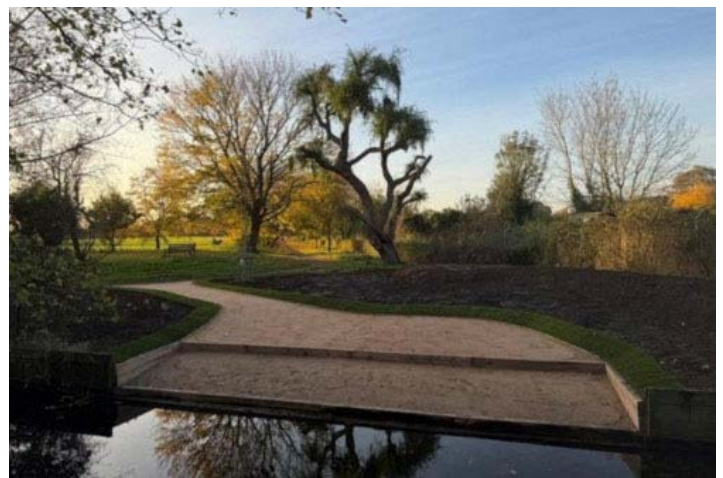
Our Parks team is pleased to announce a new 'dog-dip' is now available at Kneller Gardens in Twickenham.

This long-awaited improvement to the park provides safe and sustainable access to the Duke of Northumberland's River for both dogs and people and aims to discourage and reduce disturbance at the location of the Mereway fish ladder, where migratory fish bypass the weir to access spawning grounds further up in the catchment.

Park users are encouraged to make use of the new dog-dip as an alternative to allowing their dogs to access the river further upstream, in order to protect fish and wildfowl and reduce bank erosion. However, please be aware of the harmful effects of flea treatments to the wider aquatic ecosystem and keep animals out of the water following application.

The dog-dip has been designed with a two-tiered platform, which reduces the gradient of the slope and contains the rising water during periods of high flow. The surrounding area has been gently landscaped using the excavated spoil and sown with amenity grass seed. The adjacent riverbanks have also been repaired where they had previously become heavily eroded.

During the next few months, local volunteers from the Friends of Meadway Orchard will be carrying out further improvement works to the area on both sides of the river, hedge-laying and constructing dead hedges to protect the bank.



HAMPTON CHORAL SOCIETY A Christmas Fantasy



Wenceslas - Bob Chilcott
Fantasia on Christmas Carols - Ralph V Williams
The Feast of Stephen - George W Parris (new
commission for Hampton Choral Society)
Carols for audience and choir

Musical Director - Emma Warren with professional soloists

Saturday 7 December 2024 - 6.30pm

All Saints Church, Market Place, Kingston Upon Thames, KT1 1JP

Tickets: £15 (Adults), £7 (Under 16's)

Box Office: 020 8941 5394

on the door: contactless, card, cheque, cash

www.hamptonchoral.org.uk

Charity Number 261788

Richmond Council to give away 1,000 trees!

From Richmond Council

Residents, schools and community groups will be able to claim a free tree in the new year for planting in private gardens or land in Richmond upon Thames.

We are also marking National Tree Week, 23 November to 1 December 2024, by launching our first 'tree survey', giving local people the chance to shape the borough's new tree planting strategy.

[Complete the survey](#)

Councillor Julia Neden-Watts, Chair of the Environment, Sustainability, Culture, and Sports Committee said: *"Trees are a vital and cherished part of our urban landscape, making our borough greener, healthier and more beautiful for residents and visitors alike. Richmond Council is responsible for over 25,500 trees, 107 hectares of woodland and 12.5 kilometres of wooded towpath. Over*



the past five years, nearly 3,000 trees have been planted across highways, parks and open spaces. This year's planting programme will be its largest yet at more than 800 trees. I'm very pleased to announce these opportunities for our communities to get more directly involved in our efforts."

The free trees - provided by our specialist tree contractors - will be allocated on a first-come, first-served basis and must be [reserved online](#) or by calling 020 8891 1411. Collection points will be at Kneller Gardens in January 2025 and Old Deer Park in February 2025. Species available include British natives like Silver Birch, Field Maple, Hawthorn, Crab Apple, as well as the vibrant Cornelian Cherry Dogwood native to southwestern Europe and west Asia.

Residents who want to get more involved but don't have anywhere to plant a tree can help with tree care, such as watering young street trees during summer, and joining the [Friends of Street Trees](#) initiative.

The [Tree Planting Strategy Survey](#) will help us create a comprehensive Tree Planting and Establishment Strategy, designed to align with the our [Climate Emergency Strategy](#), [Corporate Plan](#), and [Biodiversity Action Plan](#). It will detail our ambitious priorities, targets and focus areas for the next several years. The current survey asks for views on existing tree provision and where people would like to see additional trees planted. There will be further opportunities to share feedback on the strategy itself as it develops in 2025.

Share your thoughts on local tree planting by 23 January 2025. Request a paper copy or alternative formats by contacting treesandparks@richmond.gov.uk or calling 020 8891 1411 and quoting 'Richmond Council Tree Planting Strategy Survey'.

Skylarks Charity joins Big Give Campaign to double donations for children with additional needs

East Twickenham based Skylarks Charity has been selected as one of the Big Give's Christmas Challenge campaign partners. This means any donations made to [Skylarks Charity](#) between the 3rd and 10th of December, will be matched which means double the impact of every contribution.

Skylarks aims to raise an ambitious £80,000 through this campaign, enabling the charity to alleviate the challenges faced by families with children who have additional needs. These families often face limited access to tailored resources, social isolation and a lack of support, impacting their overall wellbeing and ability to lead fulfilling lives.



Joanne McAlroy and her daughter Immy (aged 7) are among the many families who have benefited from Skylarks' invaluable services. Immy was supported through their service, where the team guided Immy's parents in navigating critical areas of care and education.



Reflecting on their journey, Joanne shared: *"As a family, I feel like we have benefited from everything that Skylarks provides. When we first started attending sessions it was to find community and support, but we soon discovered that Skylarks offers so much more. Through music therapy we were able to discover how much Immy loves the drums. "Regular sessions with the Osteopath has helped with some of Immy's self-injurious behaviours such as head banging and generally made her calmer. As a parent, I have benefited from the SEND advice team, expert talks and, most recently, micro-talks that help navigate the challenges around Education Health and Care Plans (EHCPs) and schooling. "One area that I am particularly grateful for is the way in which Skylarks doesn't just recognise the toll on families but actually helps in that area too. This year I have attended the online meditation and yoga course that made sure I took time for myself to relax and de-stress. Something that was much needed but I'm sure I would not have made time for otherwise."*

Deirdre Carswell, Head of Fundraising at Skylarks, said: *"We are so proud to have helped families like Immy's and it is stories like theirs that show the real difference Skylarks makes. But we can only do this with the support of amazing donations and through the Big Give is a perfect time to do this.*

"Through the Big Give, every donation will be doubled, meaning we can help even more children with additional needs to enjoy the lives they deserve.

"Since we started in 2006, Skylarks has grown from offering simple play sessions to now providing life-changing therapies, career coaching and essential advice – but there's so much more to do. We're calling on people and businesses to help us reach our target and make a real difference to children and young people."

Skylarks currently supports over 6,500 children and their families from its base in Richmond, offering activities, therapies and support. They are additionally raising funds to open a new centre in Hounslow, which involves transforming an existing building into an innovative, welcoming and accessible space for children and families. This new facility will help Skylarks reach even more families.

Donations made between the 3rd and 10th of December through Skylarks' Big Give fundraising page will be matched pound for pound. By donating through the Big Give campaign, the public can help Skylarks reach their goals and ensure that children don't get left behind.

To support Skylarks during their Big Give campaign visit page from December 3rd: [Donate Here.](#)



Join us this Christmas

SUNDAY 1ST DECEMBER

10.30AM - ADVENT GIFT SERVICE

CHRISTMAS GIFT AND FOOD COLLECTION

During this service we will be collecting donations of gifts and Christmas food for local charities

SUNDAY 8TH DECEMBER

4:00PM - NOISY CHURCH: CHRISTINGLE

PARENTS AND CHILDREN EXPLORE THE MEANING OF CHRISTMAS

SUNDAY 15TH DECEMBER

10.30AM - CAROL SERVICE

6.00PM - CAROLS BY CANDLELIGHT

TWO SERVICES OF LESSONS AND CAROLS WITH THE TRINITY SINGERS

TUESDAY 24TH DECEMBER (CHRISTMAS EVE)

3.30PM - CHILDREN'S NATIVITY

11:00PM - MIDNIGHT HOLY COMMUNION

WEDNESDAY 25TH DECEMBER (CHRISTMAS DAY)

9:00AM - HOLY COMMUNION

10:30AM - FAMILY COMMUNION



HOLY TRINITY TWICKENHAM

Support Christmas Art Auction Fundraiser and inspire young readers

From Barnes Children's Literature Festival

From Thursday 28 November, all are invited to take part in the Christmas Art Auction Fundraiser to help Barnes Children's Literature Festival bring school pupils together with their favourite authors and illustrators, inspiring a love for reading and writing.

This Christmas, Barnes Children's Literature Festival is running a [charity auction](#). Bids for original artwork from some of the UK's top illustrators will open from 8pm on Thursday 28 November.

All are welcome to bid for a unique piece and help Barnes Children's Literature Festival provide over 21,000 free places for state school pupils to take part in the 2025 [London Primary Schools Programme](#) where children can meet their favourite authors and illustrators, inspiring a love for reading and writing.

In the charity auction, you will find original artwork from all your festival favourites, including Axel Scheffler, Cressida Cowell, Liz Pichon, John Patrick Green, Steven Lenton, Nadia Shireen, David Litchfield and more.

The Barnes Children's Literature Festival believes that every child should have the opportunity to experience live literature. The organisation uses the income from every ticket sold to provide the largest free literature festival schools programme in the UK. This year it provided over 15,000 free state school places for primary pupils.

Find out more about [Barnes Children's Literature Festival](#).



The Green Pop Up Café at Holy Trinity Twickenham

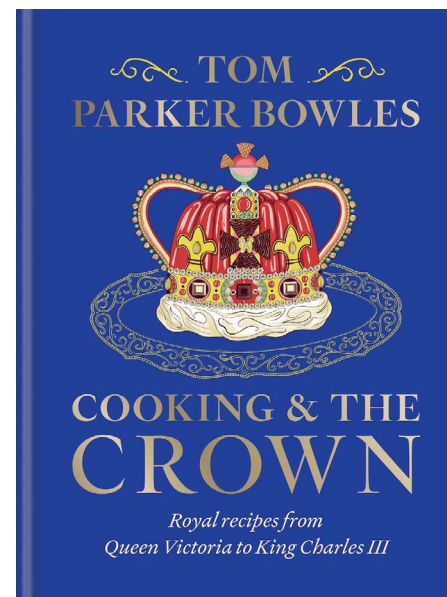
This is a warm community space open between 10.30 am and 12 noon on a Thursday for refreshment and chat.

<https://httchurch.org/>



Cooking & The Crown

When it comes to researching and writing a book about the simple to sumptuous repasts of the royal family, who could be better to do this than the son of HM the Queen? **Tom Parker-Bowles** has produced a fascinating book of royal recipes, featuring dishes from every monarch from Queen Victoria to King Charles III. **Cooking and the Crown, Royal Recipes from Queen Victoria to King Charles III**, has over 100 recipes for every occasion from breakfasts, picnic lunches and dinners, to coronations and state banquets. Sophisticated creations feature alongside dishes of surprising simplicity, combining historical insights with modern tastes. Each chapter is accompanied by tales of royal kitchens, chefs and culinary traditions and predilections. Weaving together material from the royal archives, contemporary accounts and personal insight, *Cooking and the Crown* paints a vivid picture of royal tastes and traditions, as far back as Victorian times.



This hardback has a rather regal purple cover and is published by **Aster** at **£30**. It will make a wonderful Christmas present, especially for anyone who's a royalty-watcher or just interested in culinary history. Here are a couple of recipes from the book to satisfy your royal curiosity and whet your appetite:

Oeufs Suzette (Serves 4)

“This was a dish served to George V, recovering from septicaemia and an abscess on his lung, when convalescing in the brisk Bognor sea air. ‘Bugger Bognor’ were said to be his last words, uttered in response to his doctor, who promised that he would soon be well enough to recuperate in the Sussex seaside town. If only it were true. The reality is rather more prosaic. The people of Bognor had asked if they could rename the town Bognor Regis, in honour of his stay. ‘Bugger Bognor,’ he growled to his private secretary, Arthur Stamfordham. Nevertheless, their wish was granted. Convalescent dishes were plain and easily digestible, involving all manner of beef jellies, chicken custards and a thousand ways with eggs. Despite the simplicity of these dishes, their preparation was usually anything but. The original recipe contains béchamel sauce, but with all the butter and cream involved, it’s an embellishment too far.”

- 4 medium baking potatoes, washed
- 100g butter
- 100ml milk
- 100ml double cream
- a big pinch of salt
- 8 thin slices of ham
- 4 eggs, poached
- a handful of Gruyère or Comté cheese
- crisp green salad, to serve

1. Preheat the oven to 220°C/425°F/gas mark 7.
2. Bake the potatoes for 1 hour until the skins are deep brown and crisp. When cool enough to handle, slice off the tops and scoop the soft flesh out into a bowl. Add the butter, milk, cream



and salt, and mix together.

- Heat the grill to high. Line the inside of each potato shell with two slices of ham, then spoon the potato mixture back into the shells, leaving a good 5cm gap at the top of each. Add the poached eggs, top with the cheese, then brown under the fierce grill and top with black pepper. Serve with a crisp green salad.

Queen Mary's Birthday Cake

"A recipe from Gabriel Tschumi. 'Queen Mary knew that young people liked cakes,' he wrote in his book, Royal Chef, 'so I made a point of providing a choice of three different kinds.' This one was served to a young Prince Richard (now Duke of Gloucester) during the 1951 visit that I mentioned at the start of this chapter (see page 101). Among her observations, the Queen had heavily underlined the chocolate cake, written Prince Richard's name and the words 'great success'. The famed cake was also served each year at Queen Mary's birthday."

- 125g melted butter, plus extra for greasing
- 8 egg yolks
- 2 egg whites
- 200g golden caster sugar
- 200g self-raising flour, plus extra for dusting

For the chocolate ganache

- 600ml double cream
- 100g caster sugar
- 450g good-quality dark chocolate, grated

You will need two 20cm round cake tins

- Preheat the oven to 180°C/350°F/gas mark 4.
- Grease and flour the cake tins.
- Whip the eggs and sugar in a bain marie (a heatproof bowl set over a pan of simmering water – do not let the base of the bowl touch the water) until thick and you reach the ribbon stage (the beaters when lifted will leave a ribbon trail of batter). Sift in the flour in three stages, gently folding in each time, then add the melted butter and fold in until incorporated.
- Pour the batter into the prepared cake tins and bake in the oven for 30 minutes, or until an inserted skewer comes out clean. Remove from the oven to a wire rack to cool in the tins, then remove from the tins to cool completely.
- For the ganache, combine the cream, sugar and chocolate in a heavy saucepan and bring to the boil, then leave for 1 hour to cool.
- Cut each cake in half and spread each layer with ganache, building up to a four-layer sandwich. Coat the entire surface of the cake with the remaining ganache.



Extracted from Cooking and the Crown - Royal recipes from Queen Victoria to King Charles III, Aster £30, photography John Carey

The Case For Cava

I like to think that I know a fair bit about champagne, having worked, in a previous career, with a leading champagne house for many years. Recently though, I was lucky enough to be invited on a trip to Spain, as a guest of **D.O.Cava**, the regulatory board of these Spanish sparkling wines, and it was a vinous revelation. Over a few days we visited not one, but seven different wineries, from the very large, to the boutique, and different as they all were, the quality of the wines was consistently superb. The traditional methods were all used, except of course, the larger wineries have been able to invest in some more automated production methods. We tasted a good range of D.O.Cavas, starting from well under £10 a bottle to some of the most spectacular vintages, that still cost far less, generally, than a rather mediocre champagne.

As the festive season approaches, we'll be looking for the perfect bottles to accompany our celebrations. D.O.Cava - crafted using the same traditional method as champagne - is a premium, versatile and gastronomic wine, and one that's perfect for pairing so many festive dishes. With the traditional method, the second fermentation - to produce bubbles and the unique flavour - takes place in the bottle. D.O.Cava is crafted from key grape varieties: Macabeo, Xarel·lo, and Parellada. Macabeo offers freshness, Xarel·lo adds body, and Parellada lends delicate fruitiness. Together, they create the crisp acidity and fine bubbles that define Cava. D.O.Cava is split into four distinct categories, all of which can enhance your festive experience and suit your individual budget:

- **Cava de Guarda:** Fresh and lively, with a minimum of 9 months ageing in the bottle, it's perfect party wine and for festive aperitifs or light dishes.
- **Cava de Guarda Superior Reserva:** Aged for a minimum of 18 months, this Cava offers a refined complexity, making it an ideal companion to seafood dishes.
- **Cava de Guarda Superior Gran Reserva:** With at least 30 months of ageing, this option is suited to richer mains, such as the traditional Christmas meal, whether you're having turkey, goose or beef.
- **Cava de Guarda Superior Paraje Calificado:** The pinnacle of Cava, made from grapes from a single vineyard and aged for a minimum of 36 months, this is the choice for the most special of moments. Its elegance and richness make it the ultimate choice for toasting on Christmas Day or ringing in the New Year.

Cava is consistently one of the best sparkling wines in the world. Internationally renowned and available in more than 100 countries, it's the most widely exported sparkling wine with a Spanish Designation of Origin ('D.O'). The D.O. encompasses more than 93,900 acres of vineyards and more than 6,100 winegrowers. It's made with a strict commitment to origin, land, and sustainability. And from 2025, the **Guarda Superior** category will be **100% green and made from organic grapes** only. Sadly, not all of the wonderful D.O.Cava we tasted is available yet in the UK, but here are some that are definitely worth checking out and stocking up with for the festive period.

Juvé y Camps is a family-owned winery, and today has established itself as one of the most highly regarded Cava producers in Spain. We tasted some really amazing D.O.Cavas on our visit and I'm pleased to say that it's available from some of the independent specialist wine retailers here like [Simply Wines Direct](#) at just £16.99 a bottle. The Brut Nature Reserva de la Familia Cava has a typically pale golden colour, tiny, persistent bubbles and a rich, elegant nose of ripe white fruit such as apple and pears. The palate is creamy and full of toasty notes thanks to the 36 months it has spent ageing on its lees. The wine lingers on the palate with a ripe fruit finish.





Codorniu Herencia Cava Brut 75cl Herencia is a D.O.Cava made with a blend of the traditional grape varieties: Macabeu, Xarel-lo and Parellada. Pale gold in colour with fine, persistent bubbles. Fresh with intense aromas of apple and pleasant citrus notes. Great value at £8 at Tesco. Codorniu is the oldest winery in Spain, founded almost 500 years ago in 1551. It's famous for being the inventor of Cava in 1872.

Segura Viudas Premium Cava Brut Vintage 75cl (Xarello 40%, Macabeu 30%, Parellada 26%, Chardonnay 4%) A balanced D.O.Cava with a fresh finish, intense and complex in aroma. White fruits - apple and pear dominating, along with citrus and tropical fruit - pineapple, over a base of dried fruit and nuts, with some toasty notes and a touch of vanilla. Clean and fresh in aroma. On the palate it starts soft and flavoursome, with bright, long acidity delivering freshness. £12 Tesco



Asda has some great value D.O.Cavas and also available in rosé, which is even more special for celebrations, in my opinion: **Casa Luis Cava Brut 75cl** (crisp and light with fresh apple, lemon and almond flavours) and **Casa Luis Cava Rosé Extra Dry 75cl** (fresh and fruity, bursting with strawberry and citrus flavours) are staggeringly good value at just £6 a bottle! Also available is the **ASDA Extra Special Mas Miralda Cava Brut** (An exceptional full-bodied

wine, with a depth of flavour singular only to vintage D.O.Cavas) and **ASDA Extra Special Mas Miralda Brut Rosé Cava** (brimming with sumptuous red berry flavours) are slightly more at £7 a bottle but equally stonking value. What's more, Asda has a brilliant promotion running till **15 December** whereby if you buy six bottles, you get a **25% discount!**



Not surprisingly, **Marks & Spencer** has a very good range too: **M&S Cava Brut** £7 (with flavours of apple and citrus, lifted by biscuit notes, made by Salvador Escoda, using traditional grape varieties) **Rosado** also available at same price (salmon pink sparkling wine with flavours of wild strawberries and cranberries) **M&S Prestige Cava Brut** £9 (with flavours of green apples, limes and peaches with a nutty twist. Made by Miquel Salarich, using local Macabeo and Parellada grapes sourced from north east Spain) **M&S Vintage Cava Brut** £12 (dry, bottle-fermented Cava with flavours of toast and green apple. This vintage Spanish sparkling wine is crafted by winemaker Miquel Salarich, from local Macabeo, Parellada and Xarel.lo grape varieties.) I love the fact that there are mini bottles available too at just £3.50 for 20cl - a great sampling opportunity, or of course a stocking filler.



Most of the better supermarkets will have some D.O.Cavas - maybe it's time that D.O.Cavas took some of the glory that prosecco has had of late? I do become annoyed when I see a wine list that has, say, a couple of champagnes, a couple of English sparklings and some prosecco - but sadly no D.O.Cavas. We need to start asking why they aren't offering us the chance to drink this wonderful Spanish sparkler!



So, if you want my advice, this Christmas check out the D.O. Cava range at your local supermarket or independent wine shop...I think you'll be in for a very nice surprise!

For more info, visit the website www.cava.wine/en

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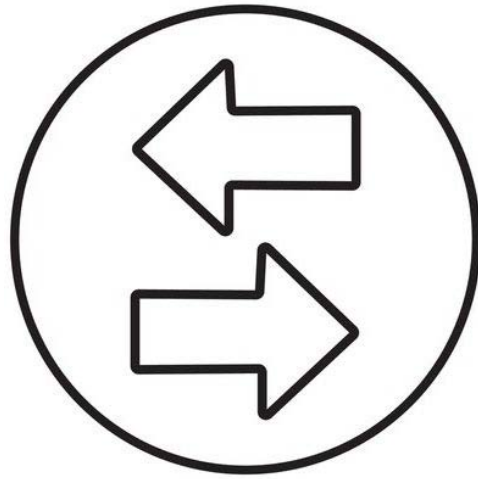
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Living life back to front...

By Deep Patel

~Life through the eyes of a Twickenham shopkeeper~



Much of the time we live life logically don't we? I mean most of us right? (or we try to), like we wouldn't get fully dressed in the morning for the day ahead and THEN jump into the shower fully clothed to have a shower as we would get our clothes all wet right (again most of us, there is bound to be one person reading this right now that may well get fully clothed in the morning and then jump into the shower for whatever reason they may have –who am I to judge?) or we wouldn't "wipe" BEFORE going to the loo would we...that is for AFTER clearly...we all know that right (again, you never know, each to their own and all that)...but my point being, in general, we all do things (generally) in a LOGICAL order, as doing it the other way around, or "back-to-front" (as in my two examples above) would be pretty damn weird right?!

So what has this got to do with anything I hear you ask? Well, it is related to a conversation I had with a charming gentleman that spurred on many further conversations in my shop during this past week... it all began when he came into my shop to buy his newspaper this week. There was a school boy in front of him paying for a bar of chocolate who was talking to his friend on the phone about how he had his whole life ahead of him so he didn't have to worry about achieving anything right now and that he could just "take it easy" ...the boy then paid for his chocolate bar and left my shop to go to school. The charming mature gentleman behind him came to the counter laughing. I asked him why he was laughing and he said it was the school boy that made him laugh. I didn't really understand, but I smiled back at him to be polite anyway. As the mature gentleman was leaving my shop, I stopped him to ask what was so funny about what the schoolboy had said. He stopped and walked me back to my counter so he could prop himself against it and talk to me. He said "you see, the funny thing is, they all think they have forever but they get towards the finish line like me and then it hits them how they wish they could have done it all differently". I smiled back and said "I know what you mean, I wanted to go on the X Factor and become an international pop star but instead my destiny led me to sell sweets and soft drinks to the humble folk of Twickenham". He ignored my comment and said to me "did you understand what I meant?" referring to his previous comment. I said yes, I do (I had no idea what he meant but he had a sort of scary and angry look in his eye and although he was clearly in his eighties, I didn't want to be messing with him so I politely just agreed). I was however curious to know what he ACTUALLY meant, so I asked him again "what do you mean?"...he grunted and then said "open your ears and listen, I haven't got all day"...so I focused on what he said...he started again and this time I noticed his tone had changed and his eyes were filling with tears and then a tear actually rolled down his left cheek. At that point, I stopped and I also froze.

I didn't really know what had just happened and what I should do to comfort the mature man. I just put my hand on his back and he carried on talking. He said "When I was a young lad, like that school boy, I also used to say the same, I would tell my parents I don't have to worry as I have my whole life

ahead to achieve things, but now I wish I had lived my life back-to-front". I said "back-to-front, what do you mean?" and he said "Instead of being an eighty seven year old man today looking back on what I should have done, I should have thought about my older self when I was twelve years old and at what I wanted to end up as, what I would consider to be a successful life and THEN worked backwards towards knowing what I needed to do whilst I was young , so that today I could have achieved it all and been more proud of my life, and that school boy who just was in your shop before me is going to also feel the same when he gets to my age, everyone always does you see". I suddenly understood what he meant by living life "back-to-front"...I am not a child, but I could still try to adopt some of his teachings and maybe start to live my life "back-to-front" too...to imagine my "elderly self" in the future and what that elderly self would consider to be a "fulfilled life" and then work my way backwards to the present day and work out what steps I would need to take TODAY in order to achieve the goals that my "elderly self" would be proud of achieving... it got me thinking, maybe we all could adopt this technique of "back-to-front living" a little into our lives? Some people may be reading this right now thinking that they couldn't possibly do this as they are already "too old" to make any changes towards a more fulfilled life...I beg to differ...as long as you are alive, there is always scope to still improve your life and live a more fulfilled life because you are younger today than you will be tomorrow right? So whatever age we are, there is still some scope for to adopt a bit of "back-to-front living"...think even what the version of yourself in one month time would feel content in achieving (that fitness goal, that dietary change, that lifestyle improvement, that new hobby etc.) and then in your head, work your way back to the present day, in the process working out what you need to do each day in order to achieve that increasingly content and fulfilled version of yourself...then take action TODAY in order to become that person tomorrow...through this process of future-to-present day reflection, each of us reading this article today can achieve a more fulfilled, content and happy life.

I thanked the mature gentleman for his insight and advice and he wiped the tear away from his cheek and said "you are welcome, thanks for listening". As he left, my fourteen year old paperboy came face-to-face with the mature gentleman at the doorway of my shop, the paperboy said good morning to the gentleman and the said "whenever I see you in the morning, it makes me feel encouraged to get up early and come to do my paper rounds, even in the rain or snow as you are such a strong man and no matter what, I always see you here at the shop first thing every morning, I hope that when I am your age, I can be as cool as you". Upon hearing that comment, the mature gentleman's eyes lit up and his face filled with colour as he glanced back over his shoulder towards my counter at me. He winked at me and smiled. I called back at him and said "you may have thought you wasted opportunities and you may have felt that you couldn't make a difference anymore, but you made a difference to my paper boy from what he said to you just now, you inspired him". Life isn't always about living "forwards" ... sometimes "living back-to-front" really is the way and remember...you may be totally unaware...of it... but you may be inspiring people all around you in ways you may not know of ...so the moral of this article is to focus on being you...the rest will happen by itself...

Thank you for sharing this experience with me through this article today...if you are ever passing Meet & Deep Newsagents on Hampton Road, Twickenham...pop in and say hello...

Remember...

"It's never too late to live a better tomorrow through living a better today..."

MY CREATURE-KINDNESS TIP OF THE WEEK...

STOP FOXES, RATS, MICE & SQUIRRELS KINDLY (GOOD KARMA):

Place empty bowls filled with white vinegar around places where you don't want them to come...they will go without you having to harm them...use humane mouse & rat traps and release them back out in parkland areas. Use electronic plug in deterrent with good reviews around your house to stop them coming (the smell of white vinegar also stops ants kindly).

For ANY specific tip to stop any "pest" or insect KINDLY (for good karma/blessings), email me: thedeepatel@gmail.com or join my Facebook page: "INSECT LOVERS UNITE"



Filumena

by Eduardo de Filippo, adapted by Keith Waterhouse and Willis Hall
Bill Kenwright and Theatre Royal Windsor at Richmond Theatre

When *Filumena* opens with the revelation that the wealthy Domenico Soriano has been artfully tricked by his long-turn live-in mistress, one might think that here is a straightforward comedy about an arrogant man's comeuppance. But no, the comedy is laced with pathos, as it cleverly probes the potency and quirks of lasting relationships, the strength of maternal love, and the sanctity of human life.

Don Domenico's house is the grandest in Naples, and designer Morgan Large's set is Rococo extravagance from its ceiling's painted putti, silk-papered walls, tall windows, to its marble floor. The heat of a spring day is subsiding as suddenly Don Domenico and Filumena Marturano burst in, in the midst of a furious row.



Filumena, following her "deathbed" marriage to Domenico by the local priest, has just made a miraculous recovery from her imminent demise. His young new lover is nearby and all is set for their intimate dinner. Now Filumena has scuppered their tête à tête. She is now his wife, after 35 years together since they first met ... in a brothel. She has been both chatelaine to his mansion and overseer of his confectionery empire.

The fireworks of this opening scene are given huge energy by Matthew Kelly and Felicity Kendal. Kelly gives

a towering (in all senses of the word) performance as the quick-witted Domenico, suave and urbane, yet acerbic and cynical. "Foo" Kendal's renowned sparkle and charm has a fresh liveliness, as she portrays the resilience and wiry wit of a fighter, a wily woman who, via the brothels of Naples, has pulled herself from poverty to power, literally from rags to riches.

However, the plot of *Filumena* has more twists and turns than the Stelvio Pass. Filumena pulls plenty of surprises out of the hat, including three adult sons, in a succession of convolutions that ends up with a re-marriage. Each tries to get the better of each other, but blood is thicker than water. In the event, Domenico's comeuppance is conciliated, and Filumena, the woman who never learnt to cry, weeps at it all.

Director Sean Mathias' *Filumena* is a clever and stylish comedy, brilliantly written, brilliantly acted and brilliantly presented.

Read Mark Aspen's review at www.markaspen.com/2024/11/20/filumena

Photography by Jack Merriman





What the Dickens

by Clare Norburn

The Telling at OSO Arts Centre, Barnes and on tour until 8th December

The ambiance on a shadowy sparse stage at a waterside theatre on a cold London night evokes a ripple of the timeless setting of *A Christmas Carol*. Clive Hayward's Charles Dickens steps forward, ostensibly to deliver a reading of his festive classic, but *What The Dickens?* is not simply a retelling of Ebenezer Scrooge's redemption. Here Dickens finds himself written in as a protagonist, delving into his personal story whether he consents to it or not. It becomes the sort of meta narrative arc usually reserved for dystopian science fiction.

What follows is a playful and unexpectedly lively biographical journey, bolstered by a jubilant musical accompaniment showcasing the fine songwriting of Steven Edis.



Dickens' early struggles, from a child factory worker, to his blossoming passion for storytelling, to his complicated adult personal life are recounted, without shying away from his flaws, including his disregard for those closest to him, particularly his wife, Catherine, played with a haunting presence and quiet strength by Karen Ascoe. Yet, rather than wallowing in introspection, underlining his biography with strings and keyboard produces highly engaging musical-theatre.

The ensemble, doubling as musicians, infuses the production with energy and charm. Alexander Knox stands out, his fiddling adding a lively texture to the proceedings, as accordion, cello, and keys create a fittingly festive air. The musicians intertwine with the narrative, playing characters in the story, notably Rosalind Ford leaving her cello to take centre stage as Nelly, Dickens' younger mistress.

Director Nicholas Renton keeps the pace brisk, ensuring that it never lingers too long on Dickens' darker moments, but plays into the meta experience. Dickens tells a story he gradually becomes a part of, leaving his life and his works intertwined in ways both comic and poignant, but seeding a distaste for the actions of the literary man of the £10 banknote. To what extent is Dickens Scrooge, or Scrooge Dickens?

What The Dickens? is an ebullient, energetic, inventive reminder that the art of storytelling remains at the heart of the theatre ... and the festive season, which felt nearer, the jangly jingles remaining in my head as I wandered into bitterly brisk Baltic Barnes and the streetlights of suburbia.

Read Brent Muirhouse's review at www.markaspen.com/2024/11/27/what-dickn-telling

Photography courtesy of The Telling

Spider's Web

by Agatha Christie

Q2 Productions at the National Archives, Kew

Spider's Web gives a rare chance to see one of Christies' comedy thrillers that carries both suspense and witty dialogue.

The authentic thirties set, designed by Bob Gingell and Harriet Muir (who also designing the period-precise costumes) is an archetypal country house with the obligatory welcoming fireplace.

The play opens to an amicable scene of camaraderie between two older men over an abandoned game of bridge. As Sir Rowland Delahaye and Hugo Birch JP, Tony Cotterill and Malcolm McAlister's smooth banter is natural and wholly credible as these pillars of society.



Ellie Rose Armstrong as Clarissa, Sir Rowland's ward and the second and much younger wife of Henry Hailsham-Brown, brings out her charm, striking a balance between verve and nervous energy. In complete contrast is her staid husband, who has incomprehensible reasons for mostly being absent. Dominic Lloyd has strong stage presence as Hailsham-Brown, the dour man of the house. Ava Beattie-Wilson brings schoolgirl charm to the young stepdaughter Pippa.

Matt Tester plays the young private secretary Jeremy Warrender with charm and energy, initially making him a sympathetic character. Mildred Peake, the gardener, bursts

in from the garden. She is an earthy woman (quite literally so, as she is covered in garden soil). With her good comic timing, Felicity Morgan accurately and energetically conveys the essence of the interfering Miss Peake.

Harry Doyle's performance as Inspector Lord is concise and clear, and Mark Saunders' hapless Constable Jones injects light relief. The short-lived villain of the piece, Oliver Costello is played by Dominic Parford, who hones the role with a sharp edge of opportunism and menace.

There are clever lighting effects by Bob Gingell as a spider moves in its web, parenthesising the acts, although the atmosphere created isn't quite sinister enough. However, the actual killer does come as a complete surprise.

Spider's Web provides an impressive directorial debut for Anna Piggott, who conceives an overall strong production.

Read Heather Moulson's review at www.markaspen.com/2024/11/09/spider

Photography by Ben Gingell



The Elixir of Love

by Gaetano Donizetti, libretto by Felice Romani

English National Opera at the London Coliseum until 5th December

Donizetti's opera has "undemanding" running right through every bar like a stick of rock. A cynic might say that all a director needs to do is to not muck it up by trying too hard. That is not Harry Fehr's approach. His decorative interventions work with the grain of the piece rather than against it. Setting it during the Second World War on an English country estate, with airmen, land girls, and impoverished aristocrats, he could be accused of aiming at the *Downton Abbey* market, as he then proceeds to frame the opera as an episode from a TV sitcom.



The curtain opens to a huge country house kitchen, which gradually fills up with Land Girls and farm workers who are being given their lunch. Nemorino is reading a book, and Adina appears in riding dress. Designer, Nicky Shaw's pleasingly effective set becomes a reception room in the second half, where the covers from the furniture are removed, the windows opened and a hastily baked wedding cake is placed on the table, and everyone appears in Sunday best, with the Land Girls and airmen in uniform.

Musically everything is in good shape, nicely maintained by conductor, Teresa Riviero Böhm. Rhian Lois has the notes for Adina, and characterised her well, although she sounded so much sweeter when she turned off the vibrato. Thomas Atkins's ideal Nemorino is very much the star of the show. He plays him to start as a silly ass straight out of P G Wodehouse, all braces and Fair Isle sweater, but gradually matures into something confident and heartfelt. His singing is gloriously sweet, secure, and tasteful, and he has the confidence not to belt, providing absolutely ravishing *pianissimi*, culminating in a marvellous *Una Furtiva Lagrima*, sung lounging on a huge chintz sofa.



Brandon Cedel is a magnificent spiv of a Dulcamara. He doesn't overplay it and sings splendidly making the most of the brilliant patter in Amanda Holden's witty translation. Dan D'Souza (Belcore) and Segomotso Masego (Gianetta) provide excellent support in a really rather joyous evening.

Read Patrick Shorrock's review at www.markaspen.com/2024/11/16/elixir-eno

Photography by Marc Brenner



Kettner Concerts Twickenham E.T.A. Hoffmann's The Nutcracker



Sunday, 8 December 2024, 6.00 pm

"Music is the most sublime of all the arts." - E.T.A. Hoffmann

Concert pianist **Cristian Sandrin** presents a recital celebrating the Prussian satirist, artist and composer E.T.A. Hoffmann, an influential novelist whose famous tales combined reality with fantasy and the macabre. Hoffmann created the fictional character of Johannes Kreisler, a tortured composer whose predicament inspired works by Schumann and Brahms. He also wrote the famous story of The Nutcracker which was later adapted into a ballet by Tchaikovsky. Tonight we shall hear Mikhail Pletnev's dazzling piano transcription of the ballet suite.

Programme

E.T.A. Hoffmann: Piano Sonata in F minor

J. Brahms: Four Ballades op. 10

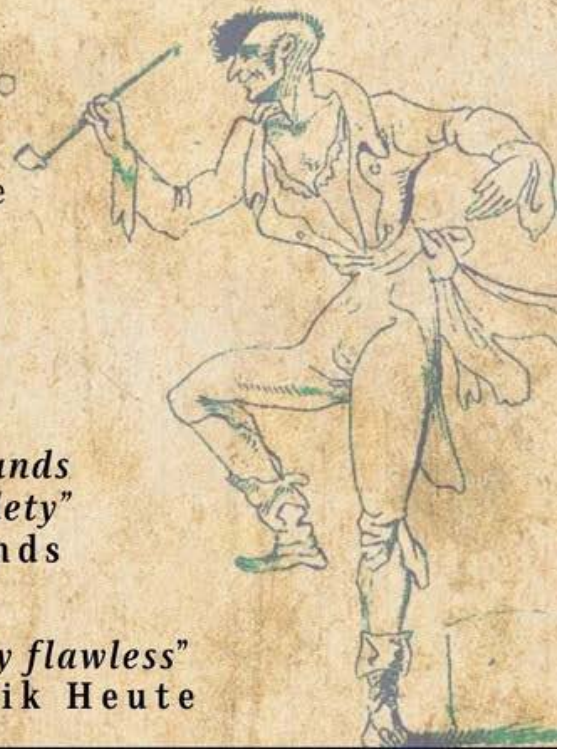
R. Schumann: Kreisleriana op. 16

P.I. Tchaikovsky/Pletnev: The Nutcracker Suite

"A luscious recital"
American Record Guide

*"Sandrin expresses the sounds
with infinite subtlety"*
Nieuwe Noten Netherlands

"technically flawless"
Klassik Heute



St Mary's Church
Church Street
Twickenham
TW1 3NJ



Tickets: £15
(£10 for students and under 18s)
kettnerconcerts.co.uk
Book tickets on Eventbrite.co.uk
or scan the qr code

The Kettner Society is a registered charity no. 1161105
for enquiries: kettnerconcerts@gmail.com

St Mary's University

St Mary's Student Wins Gold at BUCS Taekwondo Championships

St Mary's University, Twickenham (SMU) student and Sport Scholar, Sohrab Alipour, has won a Gold medal at the BUCS Autumn Championships for Taekwondo held earlier this month.



St Mary's University, Twickenham (SMU) student and Sport Scholar, Sohrab Alipour, has won a Gold medal at the [BUCS Autumn Championships for Taekwondo](#) held earlier this month.

Sohrab won three separate fights in the men's -80kg A class division against students from King's College London, University of Southampton, and UCL.



The BUCS Autumn Championships marked the start of the Taekwondo season, with the competition being held on the St Mary's University campus on Sunday 24th November.

Speaking on his win, Sohrab said, "After coming from a series

of back to back international competitions, it was nice to fight back at home for once! Getting three wins under my belt is a great way to get myself noticed for the 2025 season."

[British Universities and Colleges Sport \(BUCS\)](#) is the national body for delivering competitive higher education sport in the UK.

St Mary's Athletes Selected for SPAR European Cross Country Championships

Seven current and former athletes from the Endurance Performance Centre (EPC) and England Athletics (EA) Talent Hub at St Mary's University, Twickenham (SMU) have been selected to compete at the SPAR European Cross Country Championships.

Seven current and former athletes from the Endurance Performance Centre (EPC) and England Athletics (EA) Talent Hub at St Mary's University, Twickenham (SMU) have been selected to compete at the [SPAR European Cross Country Championships](#).

The athletes qualified after competing at National Championships, with the European Championships taking place on Sunday 8th December in Antalya, Turkey.



Current EPC athlete [Mia Waldmann](#) will be

competing in the Women's U23 category for Great Britain, while fellow EPC athlete [Frank McGarth](#) has been selected for Ireland in the Men's U20.

[Scott Beattie](#) and [Rory Leonard](#), both current EA Talent Hub athletes, will be competing in the Senior Men's race for GB. EPC alumni [Ellis Cross](#) will also be racing in the same event for GB.

In the Senior Women's race alumna [Izzy Fry](#) has been selected for GB, while EPC alumna [Meg Gadsby](#) will also compete for GB in the Women's U23.

Speaking on the selections Performance Coach and EPC Co-ordinator Craig Winrow said, "We're thrilled to announce the selection of numerous EPC athletes for the European Cross Country Championships. Our tradition of excellence at these championships continues, and we extend our best wishes to all the athletes as they prepare for the competition."



St Mary's
University
Twickenham
London

Paralympic Swimmer and Paratriathlon Champion Lauren Steadman returns to Twickenham to inspire local students

Team GB champion and Twickenham local, **Lauren Steadman MBE** headed to **Waldegrave School** this week to share her inspiring journey to Paralympic glory and highlight the crucial role that prioritising sleep plays in achieving success.

The visit was part of a series of school events hosted by [Dreams](#), the Official Sleep Partner of Team GB and ParalympicsGB, featuring its ambassadors following the Paris 2024 Games.



Lauren encouraged students to create their own 'Dreams Sleep Pledge' designed to help improve bedtime routines. The pledges included actions like reducing screen time or increasing physical activity, and the students were able to take them home as handy fridge reminders.

Alongside introducing the pledge, Lauren captivated students during the morning assembly

sessions by sharing her inspiring Paralympic journey, showcasing her impressive medals, and highlighting the crucial role sleep plays in achieving peak performance.

British swimmer and paratriathlon champion Lauren Steadman shared, *"These days, my bedroom is my sanctuary, worlds away from the lime green and purple walls of my childhood! Creating a space designed to promote rest and relaxation is essential for me. Sleep and performance are so closely linked – my recovery, energy, and focus all depend on it! That's why I felt so honoured to speak with the students at Waldegrave School about the power of sleep and its impact on achieving their goals."*

The school visits are part of Dreams' broader commitment as the Official Sleep Partner of Team GB and ParalympicsGB in supporting athletes with their sleep needs, particularly during major competitions like Tokyo 2020 and Paris 2024. By providing expertise and high-quality sleep solutions, Dreams ensures that athletes are well-rested and ready to achieve their best performance.

For further information on Dreams' Official Sleep range in partnership with Team GB visit: <https://www.dreams.co.uk/the-dream-team-range>.



Richmond upon Thames College Hosts Autumn Internationals Rugby Events

This month, Richmond upon Thames College (RuTC) hosted three events in partnership with [Gaucho](#) restaurant in Richmond, for the Autumn International rugby tournament.



The events coincided with the England rugby team's home games at Twickenham stadium, taking place on Saturday 2nd November, for the England v New Zealand match, Saturday 9th November, for the England v Australia match and Saturday, 16th November, for the England v South Africa match. Each event saw around two hundred and fifty guests, who booked tickets through the Gaucho restaurant website. Six of our Catering students and eight Front of House students worked with Gaucho chefs and staff to deliver professional events and create

memorable experiences for those in attendance.

Visitors were greeted with drinks and canapes in our atrium space on arrival and then served a 3-course meal in the college restaurant, 'The View', looking over Twickenham stadium. They then made their way over to the stadium to watch the matches, after which, they then returned to RuTC to be served more food and drinks.



Guest speakers at the events included former England rugby union players, Josh Lewsey, Billy Twelvetrees and Simon Shaw, and former New Zealand player, Trevor Leota.



We will be hosting similar events for the upcoming Six Nations rugby tournament in February. Keep an eye out for more information.

[Interested in learning more about studying with us? Browse our courses and apply today.](#)



Waitrose opens first store in six years and expands partnerships with Welcome Break and Shell

Waitrose today opened its first store in six years in Hampton Hill, London, and announced a further push into the convenience market by building on partnerships with Welcome Break and Shell.

Welcome Break

The supermarket is to target more new locations under its franchise with the operator with stores opening on the A14 in Spaldwick, Cambridgeshire, this month and on the M1 in Rotherham, South Yorkshire, as part of a brand new Welcome Break motorway services in January. A third location will open in 2025 with more planned if successful.

Waitrose has been in partnership with Welcome Break since 2009 and at present trades Little Waitrose from 27 of its motorway service areas. The new stores will be the first the retailer has opened with Welcome Break in eleven years.

Shell

Additionally, Waitrose has now reached more than 100 Shell forecourt shops it supplies throughout the UK, with plans to add to further new locations in 2025.

Waitrose Hampton Hill



The two extended partnerships come as Waitrose opens its first new shop in six years with a new convenience shop in Hampton Hill in south west London. It will become the 47th Waitrose-operated convenience shop.

Whilst focus will initially be on opening smaller, more typical convenience stores of 3,000 sq ft, like Hampton Hill, Waitrose has now confirmed it is looking at opportunities for larger convenience stores around double that size too.

The Hampton Hill store also signals the role its partnerships with [Deliveroo](#), [Uber Eats](#) and [Just Eat](#) will continue to play in reaching a wider audience as it becomes the first Waitrose

convenience shop to feature a hatch to allow delivery riders to make collections more easily. The hatches are being trialled with a view to them becoming a key feature of Waitrose shops with average weekly on-demand grocery sales currently up by 115% compared to this time last year.

James Bailey, Executive Director for Waitrose, said: *“The long associated stereotypes of food at forecourts and service stations are becoming a thing of the past - expectation has moved on and customers are rightfully demanding more. They want great tasting, quality food no matter where they are. Through new store openings and strategic partnerships we will continue to evolve our shops to get better and better, whilst reaching new locations that help bring Waitrose great quality, service and value closer to more customers.”*

Adrian Grimes, Commercial Director for Welcome Break, said: *“We’re delighted to be opening Little Waitrose at our Spaldwick services on the A14. This will be our first Little Waitrose in a forecourt environment and a fantastic addition to the local area. Customers will now be able to stop off on their journey and select from a great range of quality Waitrose products. Our partnership with Waitrose has been incredibly prosperous and we look forward to opening more Little Waitrose stores in the coming years across the Welcome Break network.”*

Welcome Break customers will be able to choose from hundreds of Waitrose items, including the recently revamped premium range [Waitrose No. 1](#) and [Essential Waitrose](#) - the biggest value tier of any supermarket - which doesn't compromise on quality, taste and animal welfare. In addition, [Waitrose Duchy Organic](#), fresh ready meals, [free-from](#) and [vegan](#) ranges, its [lunchtime meal deal](#) and award-winning wines as well as a selection of its always highly anticipated [Christmas food range](#) and John Lewis gifts will be available.

Applications now open for South Western Railway's community investment fund

SOUTH Western Railway (SWR) is inviting applications for the latest round of its successful Customer and Communities Improvement Fund (CCIF).

CCIF is SWR's funding programme to support projects that have a community benefit or address an area of social need across its network, which serves Berkshire, Devon, Dorset, Greater London, Hampshire, the Isle of Wight, Somerset, Surrey and Wiltshire.

As announced at SWR's annual stakeholder conference last week, the new funding round has now opened, with applications judged on criteria including:

- Addressing community or social need
- Demonstration of benefits
- Deliverability against costs and timescales
- Alignment with our charitable giving policy
- Links to the railway

Match funding is not a necessity for a grant application, however having additional funding available will be considered in the scoring and judging of applications.



Applications can be submitted until Sunday 31 December 2024 and more information on the 2025/26 window can be found on SWR's [CCIF webpage](#).

This year, funding of £400,000 was awarded to 15 projects across the SWR network ranging from supporting an outreach worker to reach vulnerable young people around our stations in the Southampton area, to cycle repair training in the London Borough of Hounslow.

A video highlighting the work and impact of PEDALL, an inclusive cycling charity based in the New Forest, who were a leading recipient of funding in the latest round, can be viewed [here](#).

SWR's grant enabled PEDALL to employ a full-time ride leader to deliver inclusive cycling sessions and other community services from their base at Ashurst, opening up the New Forest for the enjoyment of groups with additional needs.

Peter Williams, South Western Railway's Customer and Commercial Director, said: "We're pleased to announce that applications are now open for the latest round of our highly successful Customer and Communities Improvement Fund. Supporting the many local communities we serve is a priority for South Western Railway, and we look forward to receiving applications for projects that can bring them real benefit."

South Western
 **Railway**

Inspirational Young Coach From The Harlequins Foundation Uses Rugby To Transform Her Future

Mya, a community programme participant from the award-winning Premiership Rugby HITZ education and employment programme, was recently awarded the HITZ Physical Activity Award 2024 at the annual HITZ awards ceremony. Honoured for her passion and dedication to using rugby to better herself and her futures prospects, Mya's achievements will now be celebrated this weekend during the **Community Weekend Round 7 of Gallagher Premiership Rugby (29th Nov - 1st Dec)**.

This special weekend celebrates the award-winning community programmes run by Premiership Rugby in collaboration with its 10 clubs and club foundations. During the weekend each club will showcase their commitment using rugby to change lives. All clubs share close, meaningful connections with the communities they serve, and use rugby to inspire, uplift, and create positive opportunities for local people. Everyone is welcome in the rugby community and together offer support, build confidence, boost mental well-being, and create a true sense of belonging.



The HITZ Physical Activity Award which 18 year old Mya, from Isleworth, won recognises a young person for their progress and development towards leading a more active and healthier lifestyle both on the HITZ programme and in their personal lives.

Mya struggled in school, severe anxiety impacting her attendance and engagement. Yet despite these challenges, she achieved good GCSE grades.

Having developed a passion for rugby after playing at school, HITZ provided her with a route to channel sport to increase her confidence and help plan for the future. Through the mentoring plan the HITZ team put in place with one of the Harlequins Women's squad members, Mya's communication skills and confidence improved. She also gained coaching experience by shadowing the player, led group sessions, and adapted drills for players which highlighted her development.

Impressing HITZ staff with her work ethic and leadership skills, Mya's transformation saw her deliver coaching sessions, speaking publicly, and culminated in the offer of a paid coaching role at the Harlequins Foundation whilst at the same time adding to her qualifications in sports coaching and physical education.

Layla Stanley, Strategic Lead – Social Impact and D&I at Premiership Rugby said: *“Mya's story shows how developing a passion for the game can be truly life changing – she has gone from being a struggling student to an inspiring young rugby coach. Mya should feel incredibly proud of how far she has come and on her well-deserved HITZ award win.”*



Harlequins

HITZ began in a field in Hackney back in 2008 and has evolved into the education and employability programme that operates today with the support of the Premiership clubs and Foundation. In that time, it has supported over 24,000 young people re-engage with education, secure apprenticeships, or find meaningful employment.

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 at Gtech Community Stadium on Saturday (3pm kick-off GMT)

Written by Brentford Football Club

Brentford welcome Leicester City to Gtech Community Stadium on Saturday (3pm kick-off).

Despite being reduced to 10 players against Everton after Christian Nørgaard's 41st-minute dismissal, Thomas Frank's side stood firm to secure their first Premier League clean sheet and first away point of the season last time out.

[Nørgaard's red card has since been rescinded, meaning the Bees captain is available this weekend.](#)

Leicester were beaten 2-1 by Chelsea last Saturday, and parted company with manager Steve Cooper the following day.

Cooper was dismissed with the Foxes 16th in the Premier League table after 12 games.

Pre-match Analysis

Richard Cole, Playmaker Stats: Brentford must be wary of Buonanotte

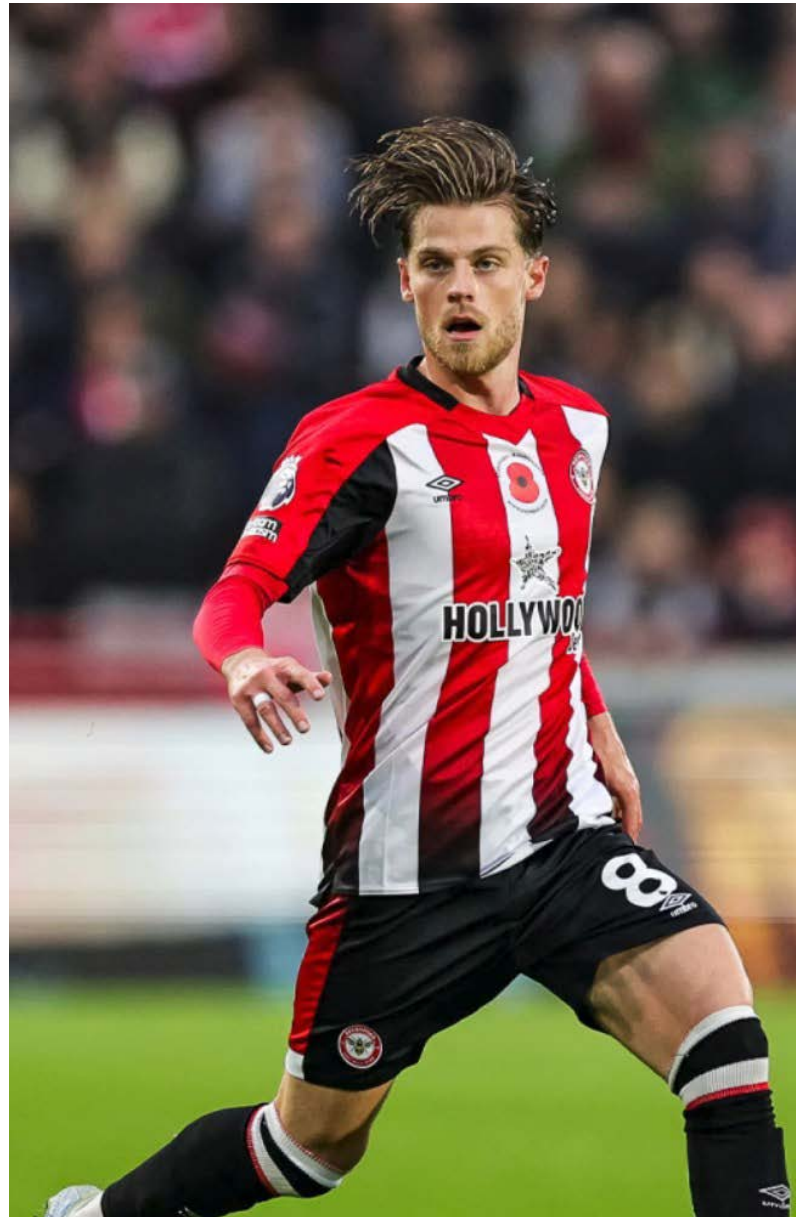
Brentford take on a managerless Leicester City on Saturday.

The Foxes rank third in the Premier League for tackles per game on average with 20.9 behind only Crystal Palace and Manchester United.

Aerially too, Leicester are a threat winning 14.2 aerials per game on average which rankings them fourth in the league.

Of course, they'll likely meet their match against Brentford who are typically first in this category with 18 aerials per game on average.

While Leicester have the lowest shots per game on average in the Premier League (9.8), with 15 goals this campaign they have still scored more league goals than Newcastle and Manchester United (13).



Indeed, the Foxes are just one of three teams to be outperforming their xG this season with a positive score of +1.28xG. Wolverhampton Wanderers are way ahead in this category (+5.51xG) but interestingly the Bees are the only other team to be 'in the black' with +0.81xG.

Ben Dawson will be overseeing the game at Gtech Community Stadium with the former Newcastle United youth coach hoping his players impress ahead of the appointment of the new manager.

While Leicester do have injury issues and will be missing one of their best performers this year, Abdul Fatawu, until the end of the season they will be able to welcome the return of the exciting Facundo Buonanotte after the Argentinian served a suspension last time out.

The on-loan Brighton playmaker is one of just four teenagers to score in the Premier League this season (alongside Than Nwaneri, Jack Hinshelwood and Tyler Dibling) but the only one of those to score more than once with the 19-year-old netting three times in the league so far.

Buonanotte also ranks fourth in the Premier League for average through balls per game with 0.4 (the same as Mikkel Damsgaard). That's more than the likes of Cole Palmer, Savinho, and Youri Tielemans with only Dwight McNeil and Alex Iwobi ahead in the rankings (0.5).

Despite that potential danger from young Buonanotte and a Leicester team with a point to prove, Brentford will simply want a victory against the Foxes – something they haven't done for 70 years when the Bees recorded a league double in the 1952/53 Second Division season.

A win really is long overdue.

Scout Report

Dan Long, Sky Sports: Leicester in transition following Cooper's departure



It goes without saying that Leicester City have been on a wild ride over the last eight years.

From winning the Premier League as a 5000/1 shot in 2016, to playing in the Champions League, lifting the FA Cup for the first time, reaching the semi-final of the Conference League, then being relegated to the Championship and bouncing back at the first time of asking, there have rarely been any quiet moments at all.

Under Enzo Maresca last term, the Foxes had the most incredible season.

They won 13 of their first 14 Championship games, pushed Chelsea all the way in the FA Cup quarter-final and Jamie Vardy rolled back the years to return to his potent best to help the cause with 18 league goals.

Leicester looked on course to shatter Reading's 106-point record for a long time, too, but seven defeats in the last 13 put paid to that dream and they had to settle for 97.

Their squad was, admittedly, too good for the second tier - as was Maresca, who was poached by Chelsea as Mauricio Pochettino's replacement less than a month after the final day of the Championship season.

Steve Cooper's six-month spell out of work came to an end when he was handed a three-year deal to replace Maresca at the King Power Stadium.

"His vision for the team, including his ability to develop players and implement a dynamic style of play, is very much aligned with our aspirations for the club," said Leicester chair Aiyawatt Srivaddhanaprabha.

"As a leader, he has the ability to build on the strong relationship that has been forged between our fans and our team, strengthening a bond that will be vital to us re-establishing the club in the Premier League."

Many have suggested the summer transfer window hindered the Welshman from the start. Leicester spent £82.2 million, but mostly on young players with potential.

Leicester fell behind in five of their first six Premier League games and took three points along the way, but then won against Bournemouth and Southampton either side of the October international break, which had them looking upwards for the first time.

After the game at St Mary's, where the Foxes came from 2-0 down to beat Saints 3-2, Cooper said: "We've gone back-to-back and we've got to take everything out of the game today, learn, continue to improve, continue to strive and we'll continue to get better as well."

Sadly for him, that was not the case - in the short-term at least. Leicester went four without a win after that and, after the latest result - a 2-1 loss to Maresca's Chelsea - Cooper was sacked after five months in the job and just 14 competitive games.



Hounslow Christmas parking and CCTV disruption during pay strikes

Traffic wardens and CCTV operators angry at inadequate pay offer for 2024
London borough of Hounslow traffic wardens and CCTV operators will strike over pay during December and January, Unite, the UK's leading union, said today.

The workers, who are employed by NSL, are angry over an inadequate pay offer for 2024.

NSL is part of Marston Holdings, which had revenues of £326 million in 2023 and made operating profits of £31.7 million.

Unite general secretary Sharon Graham said: *"Marston Holdings and NSL can well afford to give our members a fair pay rise and that is what needs to happen. They have Unite's total backing during these strikes."*

The workers will strike from 5 December to 27 January. Parking enforcement and CCTV monitoring in Hounslow will be severely impacting during the strikes.

Unite regional officer Lui D'Cunha said: *"The responsibility for the disruption to traffic enforcement and CCTV monitoring lies squarely at the door of NSL. There is still time to avoid strike action but that will require an offer being put forward that our members can accept."*



Council and Met team up at the Allianz to kick off 16 Days of Action

From Richmond Council

We joined forces with the Metropolitan Police at the England vs Japan match on Sunday 25 November, starting 16 Days of Action and taking a stand against violence towards women and girls.

Our partnership with the Metropolitan Police and the RFU team at the Allianz Stadium shows how teamwork can help us to tackle big issues. By joining forces, we're able to combine resources, provide more support and develop a stronger community that keeps residents safe and informed.

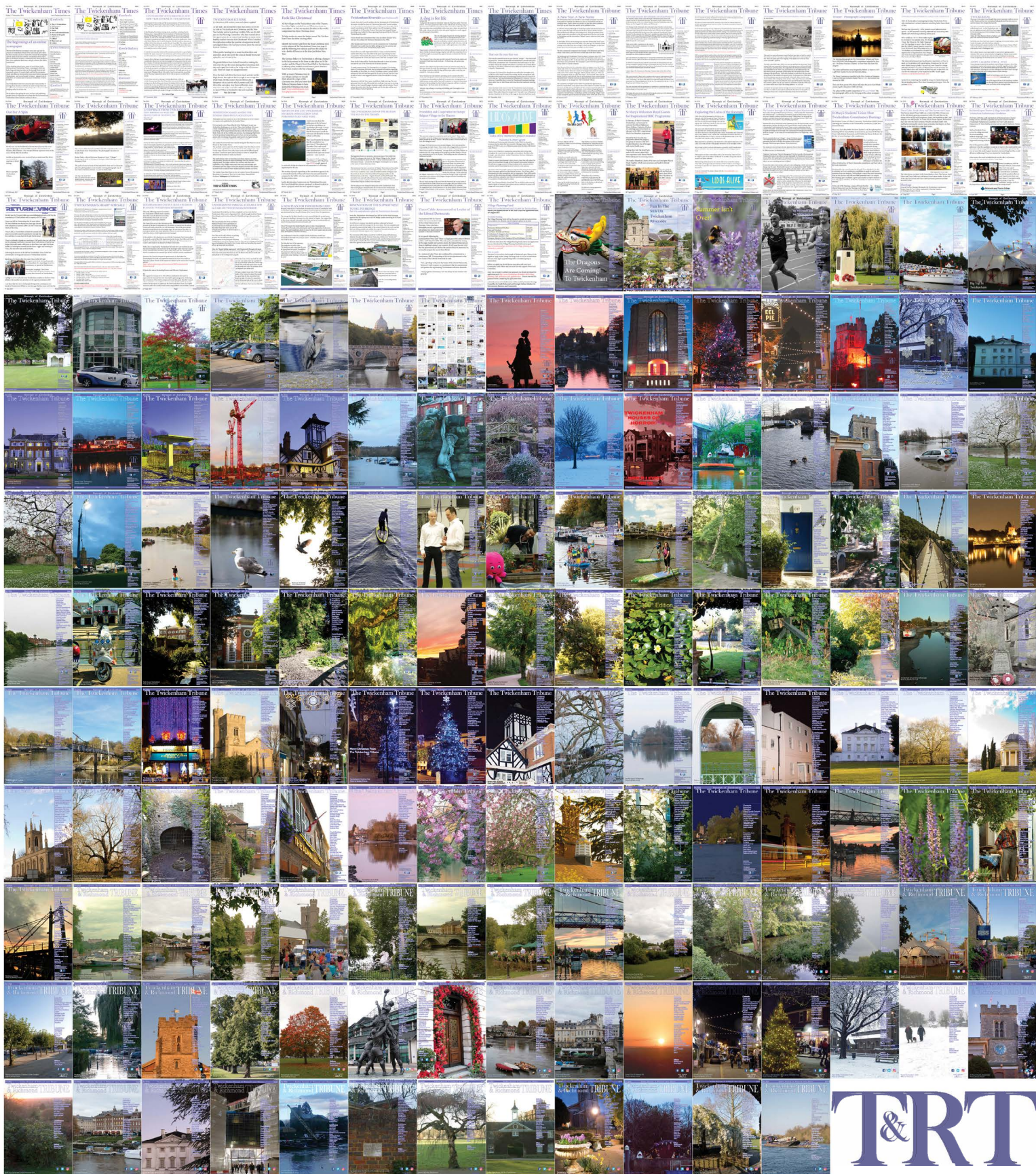
The event was an opportunity for us to build on our commitment to partner with local organisations and foster a community of allies ready to support the cause.



By encouraging men and boys to take the lead in changing behaviours and cultures that contribute to gender-based violence, the event exemplifies the theme of White Ribbon Day, #ITSTARTSWITHMEN, and urges residents to hold themselves and each other accountable.

We all have a part to play in ending violence against women and girls. [Join the scrum and learn more.](#)

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