

# Twickenham & Richmond Tribune



Twickenham Stadium glow at night  
Photo by Berkley Driscoll

17<sup>th</sup> January 2025

T&RT

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Editors: Berkley Driscoll, Teresa Read

# TickerTape - News in Brief

## South Western Railway

Engineering work on the next two weekends in January

Maintenance in the Wimbledon area will affect services across the SWR network, with many services in South West London and Surrey replaced by buses, on:

- Saturday 18 and Sunday 19 January
- Saturday 25 and Sunday 26 January

Network Rail engineers will renew approximately 800 metres of track, ballast, and sleepers between Wimbledon and Earlsfield. They will also replace points (moveable sections of track that allow trains to move from one line to another) and install 100 meters of conductor rail, which powers trains.

This work will improve the reliability of the track in the area, reducing the number of faults caused by rail and wheel wear and provide customers with a smoother ride as the layout of the track is improved.

Services between London Waterloo and Chessington South, Dorking, Hampton Court, London Waterloo via Kingston, and Woking (stopping) will not run.

Customers can plan ahead at [southwesternrailway.com/plan-my-journey](https://southwesternrailway.com/plan-my-journey).

More closures will affect the Wimbledon area on Sunday 2 and Sunday 9 February. Details are available at [southwesternrailway.com/planned-improvements](https://southwesternrailway.com/planned-improvements) and more information will follow.



**The Tree Agency**

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# Local Picture Postcard Column - Part 284

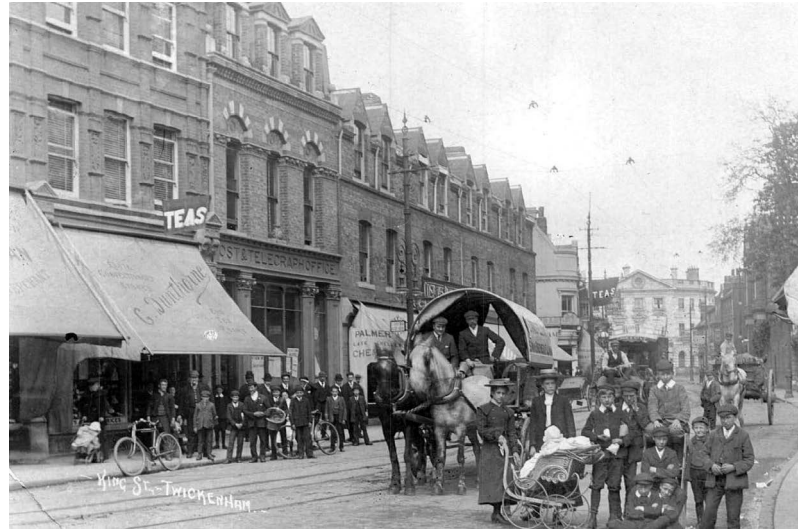
## Main Post Office - Twickenham

By Alan Winter

In 1881 Twickenham Post Office was an old wooden shop on the south side of King Street managed by postmaster Harry Wallis. In 1861, his father had been a 'letter carrier', the old name for a postman.

This old building had replaced a postal system that used public houses to manage both in-bound and out-bound mail. Both the George and the Kings Head in King Street were utilised as they both offered livery and stabling facilities for the mail coaches and horses that used Twickenham as a staging post between Central London and Bristol.

Harry Wallis managed two more moves for the town's main Post Office into purpose-built offices, first at 19 King Street (now Oxfam) and then in 1908 to 24 London Road. Our first postcard this week shows the Post Office at 19, King Street which after the Post Office moved out became the home of Twickenham's first Cinema – The Picture Palace.



Our second postcard shows the Post Office in London Road where it remained for 93 years. This photo of the New Post Office c 1908 was taken by "Rumbold". Hubert William Rumbold was a photographer and publisher of local postcards based at 48 Heath Road, Twickenham.

The new Post Office was built in 1908 and was built on the site of the old Twickenham School. It still bears the Royal Cipher of King Edward VII. Built 1908 By Wisdom Brothers for the Ministry of Works, the architect was John Rutherford. Rutherford's many other Post Office commissions include Richmond upon Thames PO (1905).

The Richmond and Twickenham Times published the following description of the layout of the new Post Office in March 1908. I can do no better than reproduce it here.

*From the Richmond and Twickenham Times – March 1908.*

*"On Sunday March 22 the last mail will be despatched from Twickenham's King Street Office and a general move made to the handsome new building which has been erected in the London Road which is to be the home of postal, telegraphic*

*and telephonic work in Twickenham for many years go to come.*

*It is an imposing structure of three storeys into which Messrs Wisdom Bros have put some good work and is certainly a striking addition to the public buildings of the town. the exterior is rendered in Portland stone and red brick and over the doors of teak are some fine specimens of the stone carver's art.*

*The public portion is a spacious room with mosaic flooring with a wide space for the conduct of business and the usual arrangements for the writing of telegrams etc. A convenience that will be much appreciated is the placing of a posting box inside.*

*The long counter is of mahogany with teak front. These two woods with the addition of oak have been used throughout the building. The telephone box is on the newest principle and immediately one occupies the seat, an electric light is switched on. Near the main office is the telegraph messengers' room. The boys, indeed, the whole of*

*the staff will find themselves much more comfortable. They have a range provided where meals can be heated with a gas appliance. The messengers will have nothing to do with the main office, as telegrams will be handed to them through a small window. All the way through the interior of the building is rendered in glazed brick with a red brown dado and white above.*

*Behind the front offices is the busiest of the many hives of which the building is composed. This is the sorting office. It is a large, well- lighted room which should serve for very many years to come.*

*There are racks for the incoming and outgoing mails, provision for 50 postmen to do their local sorting, desks for the inspector, a grille in which registered letters will be kept and a watching gallery reached by steps which offer quite an Alpine sensation in their negotiation and leading from the superintendent.*

*At the back is a small but admirably arranged yard with a portion glassed over for the loading of vans. On the first floor is the postmaster's room and the telegraph room, where three of the latest instruments have been installed.*

*Adjoining this is the telephone room, but here the business is not great as the post office at Twickenham does not include the exchange. Ample provision has been made in the way of retiring rooms and these are in no instance ostentatiously built.*

*On the top floor are storerooms and the caretaker's apartment which can be entirely cut off from the rest of the building by a locked door.*

*Our representative essayed a climb through the trapdoor onto the roofs and enjoyed a fine view of the surrounding country.*

*On all sides near at hand spread a vast assembly of chimney posts, the newness of many of which emphasised the fact of Twickenham's remarkable development during the last few years.*

*Farther away were discernible the wooded heights of Richmond Park and in the other direction a glimpse of the river winding by at Hampton with the racecourse just by.*

*Excellent arrangements have been made for the heating of the building. In the basement is a coke fed furnace with the boiler, pipes from which run into all the different departments.*

*The system of lighting is electric and in case of accident a duplicated main supply has been inserted.*

*Outside the office a large clock is to be erected and this will be electrically lighted so that residents and passers-by will have no difficulty in ascertaining the time of day - or night “*



Postcard number 3 shows the Post Office building with its neighbours C.F.Martin, the Ironmonger's and John Perring's a clothes store at some point in the late 1940's I think.

The post office closed in 2001 after some 93 years and the facilities moved back again to King Street, to a convenience store. A few years later it moved again back to the newsagents in London Road where it remains today. The old post office was turned into a wine bar - The Sorting Office. It is now part of the Wetherspoons empire and renamed as the William Webb Ellis pub. Our last image shows the buildings current iteration as described.

My search for old postcards continues. I am always looking for old postcards and old photograph albums etc. The postcards can also 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](mailto:alanwinter192@hotmail.com) I would like to see them and I pay cash!

# CrusaderTravel

020 8744 0474

[crusadertravel.com](http://crusadertravel.com)

Escapology Experts

[info@crusadertravel.com](mailto: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)



# Rt Hon Sir Vincent Cable Honoured with Freedom of the City of London

By James Knight

Sir Vincent Cable, the former leader of the Liberal Democrats and one of the most recognisable figures in British politics, has been awarded the Freedom of the City of London. The accolade, rooted in centuries of tradition, was bestowed in recognition of his public service, though his career has been marked by both notable achievements and significant controversies.

Accepting the honour at a ceremony in the historic Guildhall, Sir Vincent acknowledged the recognition while reflecting on his political journey. The accolade highlights a career of public service, though critics have pointed out that Sir Vincent's tenure in politics was not without its contentious moments, including policy missteps and divisive rhetoric.



*Photo ©Berkley Driscoll*

Serving as Business Secretary in the coalition government from 2010 to 2015, Sir Vincent earned praise for navigating the post-financial crisis recovery. He championed initiatives to support small businesses, promoted access to higher education, and advocated for economic stability. Yet, his decisions during this period, such as his support for austerity and the controversial rise in tuition fees, alienated many traditional Liberal Democrat voters and tarnished the party's reputation as champions of social equity.

One of the most contentious episodes of his tenure as Business Secretary was the privatisation of Royal Mail, which many critics have labelled as a sell-off that undervalued a key national asset. The decision to price Royal Mail shares at what was widely perceived to be a bargain rate was met with outrage from political opponents and public watchdogs alike. While Sir Vincent defended the move as necessary for the future viability of the service, the privatisation remains

a sore point in his legacy, with some viewing it as emblematic of short-termism and misplaced priorities in coalition policymaking.

More recently, Sir Vincent has sought to remain active in public life, contributing to think tanks and writing extensively on economics and politics. The Freedom of the City award, while celebrated by his supporters, has prompted debate among critics who argue that his career has not been as uniformly successful as the accolade might suggest.

### **A Career of Highs and Lows**

Born in York in 1943, Sir Vincent Cable's early career was defined by his expertise in economics. After studying at Cambridge and earning a doctorate from the University of Glasgow, he worked as a Treasury official in Kenya and as an economist for Shell. These roles helped shape his pragmatic, if sometimes technocratic, approach to policy making.

In the 1970s, Sir Vincent's political alignment shifted. Initially a Labour member, he joined the Social Democratic Party (SDP) in 1982, which later merged with the Liberals to form the Liberal Democrats. Elected MP for Twickenham in 1997, he represented the constituency for over two decades, earning a reputation as a thoughtful if occasionally polarising figure. However, the 2015 general election delivered a shocking blow when he lost his seat to the Conservative Tania Mathias, an outcome that underscores how no Liberal Democrat held constituency can ever be viewed as a safe seat. His defeat, emblematic of the party's collapse nationally, was one of the most dramatic moments of the election.

However, his career has been dogged by controversy. In 2021, during an appearance on the Talking Pints segment of the Nigel Farage show on GB News, Sir Vincent denied that the Chinese government's treatment of the ethnic minorities amounted to genocide. His remarks sparked widespread criticism, with many accusing him of downplaying the plight of Uyghurs and other minority groups. While Sir Vincent argued that his comments were based on the legal definition of genocide and not an endorsement of Chinese policies, the backlash was swift. The incident reignited tensions within the Liberal Democrats, with the Young Liberals calling for his expulsion from the party and his successor Munira Wilson MP hastily distancing herself from his views.

His leadership of the Liberal Democrats from 2017 to 2019 also drew mixed reviews. While he sought to position the party as a beacon of opposition to Brexit, critics accused him of failing to revitalise its broader appeal. Under his leadership, the party's messaging was seen as narrowly focused, and efforts to regain lost ground were only partially successful.

### **A Divisive Legacy**

The Freedom of the City of London is a notable addition to Sir Vincent Cable's accolades, yet his legacy remains a subject of debate. While his supporters commend his intellectual contributions and principled stances, detractors highlight moments of political misjudgment and question the long-term impact of his leadership.

Sir Vincent's record illustrates the complexities and contradictions of a career in public life. As one of the most recognisable figures in modern British politics, Sir Vincent's legacy serves as a reminder that public service often entails as much criticism as it does praise.



# POLICE LIAISON GROUP MEETING

COME AND MEET YOUR LOCAL POLICE AND SHARE YOUR CONCERNS

THURSDAY 20TH FEBRUARY 2025  
7.30PM

BULLEN HALL  
BENNET CLOSE  
HAMPTON WICK  
KT1 4AT

HAVE  
YOUR SAY!



**Crime** - If you see a crime being committed call **999** for an immediate response.  
This would be you if you are witnessing harm to a person or property.

Low level crime or anti-social behaviour call **101**.  
An example of this may be you find some graffiti outside a building.

**SAFER NEIGHBOURHOODS**  
LOCAL POLICE, LOCAL KNOWLEDGE



**METROPOLITAN POLICE**

Richmond Safer Neighbourhood Teams  
41 London Road Twickenham, TW1 3SY

Safer Neighbourhoods Teams  
Teddington / Hampton Wick / South Teddington

Email: [HamptonWick@met.police.uk](mailto:HamptonWick@met.police.uk)  
[Teddington@met.police.uk](mailto:Teddington@met.police.uk)

X: [@MPSHamptonWick](https://twitter.com/MPSHamptonWick) [@MPSTeddington](https://twitter.com/MPSTeddington)

# Twickenham Riverside Development: Pre-Commencement Conditions Hold Up Progress

The Twickenham Riverside Development, Richmond Council's ambitious project to revitalise the Thames-side location, is starting to fall behind schedule as the pre-commencement conditions are yet to be discharged.

A public inquiry held last year highlighted persistent concerns about the project's execution. Critics questioned the adequacy of pre-application consultations, with some residents feeling their input was overlooked in favour of a predetermined design that was too tall and out of keeping with the Conservation Area. Others raised doubts about the overall transparency of the process, suggesting that key decisions were made behind closed doors, by a small group of senior councillors, further alienating sections of the community.

Adding to these concerns is the council's reluctance to disclose the projected costs of the development. Despite repeated requests, there has been no update in over a year on the anticipated expenses or long-term financial implications. This lack of transparency has drawn sharp criticism--with many feeling the council is not being honest about the trade offs this scheme is causing, such as lower public investment in the other towns that make up the borough. The scheme will require tens of millions of pounds of scarce capital finance--at time of strain on council resources



Photo ©Berkley Driscoll

The paperwork submitted to discharge the pre-commencement conditions shows the council is trying to cut costs by omitting a **consolidation centre** to manage construction-related deliveries, a London Plan requirement. It would streamline deliveries and minimised traffic disruption in the already congested area, but is notably absent from the council's plans. Critics argue that this omission undermines the council's claims of prioritising sustainability. Local campaigners have voiced concerns that increased lorry traffic will exacerbate pollution and strain local roads, and put vulnerable road users at risk like cyclists contradicting the green credentials the project claims to uphold.

Proponents of the scheme, however, argue that the development represents a unique opportunity to transform a neglected stretch of Twickenham's riverside into a vibrant heart for the town. The centrepiece of the project--the re-provided Diamond Jubilee Gardens--aims to provide much-needed green space for relaxation and recreation. In addition, the plans include retail units, cafes, and flats aimed at boosting the local economy and fostering a sense of community. Richmond Council has also emphasised the inclusion of flood defences and sustainable construction practices to future-proof the area against climate challenges.

Despite these promises, scepticism persists. Some residents worry that riverside is being over developed and will erode Twickenham's historical charm, turning the area into a commercial zone rather than a community space. Others have criticised the handling of pre-application conditions, arguing that there is little clarity on how these have been addressed, further eroding trust in the council's ability to deliver the project responsibly.

The Twickenham Riverside Development is undeniably a transformative undertaking, with completion projected for late 2027. As the project progresses, the council faces mounting pressure to prove it can deliver a balanced vision that addresses community concerns, financial sustainability, and environmental priorities. Whether it can achieve this remains to be seen, but for now, the debate over the project highlights the ongoing tensions between modern development and preserving local identity--a challenge that continues to shape urban planning debates across the UK.

# Who's your local hero? Nominate them today for the Richmond Community Heroes Awards

From Richmond Council

Richmond upon Thames is full of incredible people, groups, and businesses making a difference daily. Recognise their inspiring work by nominating them for our 2024-25 Community Heroes Awards.

These annual awards recognise and celebrate those who selflessly volunteer their time and efforts to improve their communities and people's lives, often under the radar and without expecting anything in return.

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

*"Richmond upon Thames is defined by its remarkable people. Every day, we see acts of kindness, creativity and dedication that transform lives. The Community Heroes Awards are our way of saying thank you to the local movers and shakers who step up in a big way to give back to their local area. Most of us will know such unsung heroes – those local businesses, groups and clubs, good neighbours and inspiring individuals who go above and beyond to look after our most vulnerable. Their efforts help create stronger, more welcoming communities for their neighbours or champion initiatives that help our local areas and residents thrive. I encourage you to nominate them and help us show them just how much their hard work means to our borough."*



This year's awards feature a range of categories highlighting contributions of all kinds, including:

- Business Contribution in the Community
- Community Project of the Year
- Community Spirit Award
- Environmental Award
- Young Person Achievement
- Lifetime Achievement
- And more!

If you know someone who you consider to be a hero to your community, submit your nomination through the [simple online form](#) by Wednesday 26 February 2025. You may submit nominations in as many categories as you like ahead of the deadline.

View the full list of [award categories and criteria](#), as well as examples of [previous winners](#).

An awards ceremony for shortlisted candidates will be held on Tuesday 29 April 2025, when the full shortlist and winners for each category will be announced.

Nominations should be for work in a voluntary capacity only. For further information about the Community Heroes Awards or to find out about nominating over the phone or by paper form, please email [events@richmond.gov.uk](mailto:events@richmond.gov.uk) or call 020 8891 7955.

# Skylarks Charity named finalist for two British Diversity Awards 2025

National charity, Skylarks, based in East Twickenham, South West London, has been named a finalist in two categories for the prestigious British Diversity Awards 2025. The charity is shortlisted for Charity of the Year, sponsored by Legal and General and Diversity in Tech (Specific to Disability), sponsored by BT Group, in recognition of its exceptional support for children and young people with additional needs and their families.



The winners of the coveted awards will be revealed at a star-studded awards ceremony on Wednesday 19th March at Grosvenor House London, with co-hosts broadcaster and entrepreneur June Sarpong OBE alongside BAFTA award-winning presenter Dr Ranj Singh. The evening celebrates Diversity, Equity and Inclusion by recognising and bringing together individuals and organisations who continually strive to make workplaces and society more inclusive for all. Now in its fourth year, the awards sees 21 categories to celebrate individuals, organisations and unsung heroes who help to make the world, and the workplace, a better place for others.

Founder of the British Diversity Awards Linda Riley, says *“I am delighted that the British Diversity Awards, in only its fourth year, have now become the biggest Diversity awards in the UK, and this year we have received a record number of entries. Our event shows Diversity - let’s always spell it with a capital D - and is here to stay!”*

Over the past 12 months, Skylarks has supported more than 5,900 young people and 4,700 families, delivering over 9,050 life-changing activity sessions. These include a diverse range of services, such as therapy, counselling, inclusive play sessions and educational programming.

In 2024, Skylarks expanded its tech accessibility efforts by partnering with JetLearn to offer free online coding courses for young people with additional needs. JetLearn, a leading platform in tech education, teaches coding, robotics, AI, app development and game design to children, delivering creativity and confidence for a tech-driven future. Through the Spread Young Wings (SYW) Programme, these tailored camps provided inclusive pathways into STEM industries, helping to earn Skylarks recognition in the Diversity in Tech category for its commitment to accessible digital skills.

Managing Director of Skylarks Charity, Aaron Guiver said, *“Our volunteers, team, partners, and fundraisers work together to create and deliver life-changing opportunities for families and young people with additional needs. Being named a finalist in two categories at the British Diversity Awards reflects this dedication and we are very proud of this achievement and being recognised amongst the trailblazers of Diversity across Britain. It gives us an incredible boost as we head into a new year, knowing we’re doing something that really matters and we’re proud that our impact is being recognised in such a meaningful way.”*

As an independent charity, Skylarks depends on the invaluable support of the community, volunteers, and businesses—both through funding and dedicated people power. With expansion plans to officially open its new Hounslow Centre soon this year, the charity continues to also grow its services nationally through programmes for young people with additional needs like Spread Your Wings (career coaching) and SEND educational advice services for parents.

This recognition also comes as families across the UK continue to face the ongoing challenges nationally in the SEND crisis. Skylarks has an important role in helping families navigate these difficulties by offering free practical support, specialist expert advice and simply being there when families need help.

*“We know how overwhelming the SEND system can be for families, and we’re here to help them feel less alone and more empowered,”* said Guiver. *“We need to continue to grow to meet the demands and we strive to reach and help even more families and young people.”*

For more information about Skylarks Charity, visit <https://www.skylarks.charity/>



# Have your say on new inclusive sports facilities at Kneller Gardens and park opening hours

From Richmond Council

We invite residents and local groups to share your views and opinions on proposals for new Pétanque pistes at Kneller Gardens and unlocking 11 parks at night.

## New inclusive sports facilities at Kneller Gardens

We are proposing to introduce Pétanque pistes (terrains) to Kneller Gardens, with support from local community group Friends of Kneller Gardens. Pétanque, known in France as ‘boules,’ is a game played on gravel surfaces. It is an inclusive sport for everyone, and the facilities will be free to access.

As part of this proposal, two pistes will be created, and a wheelchair-accessible pathway will connect this area to the existing hardstanding in front of and at the rear of the café building (near the toilets). A new bench will be installed for park users, and signage will be installed to explain the rules of play, ensuring new players can participate with full instructions. The café will offer free rental of boules with a refundable deposit, making it accessible to all park users.



You can [learn more about the Petanque proposal and give us your feedback](#) before Monday 10 February 2025 by filling out our online survey.

## Unlocking 11 parks at night

Last year, a three-month parks unlocking trial was conducted at 11 out of our 13 [parks that are locked at night](#). The trial was completed to assess the benefits of opening these sites and understand the possible impacts.

Feedback on the trial included positive comments from respondents about increased opportunities to exercise, walk, improve access to green space, enhance physical and mental health, and improve commute/walking routes. Additionally, our Parks Patrol Contractor, who monitored the trial sites during evening and night shifts, reported that they did not observe any activities or incidents that required further action or support from the Police or Council during the trial.

We are now looking to consult on opening each site individually.

[Learn more about the initial parks unlocking trial and proposal and give us your feedback](#) before Monday 24 February 2025 by filling out our online survey.

If you need to request a paper questionnaire or any other format, contact our Parks team by emailing [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk).

# Next week at Richmond Council

On Monday evening, the **Finance, Policy, and Resources Committee** meet to discuss; (1) Richmond town centre Vision (where the ultimate aim is to pedestrianise George Street), (2) approve the night time strategy, (3) the strategy to decarbonise council buildings, (4) Richmond Community Fund Round, (6) annual contracts report, (7) annual equalities report, (8) corporate plan performance report, (9) London Boroughs subscription, (10) cost of living update, (11) council tax reduction scheme, (12) management and collection of debt, (13) disposal of caretakers flat at Orleans Park School. The meeting commences at 7.30 pm, at York House, Twickenham.

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

On Tuesday Morning, the **Licensing Sub-Committee** will meet to discuss the disputed licence application for Brusketta Bar, 25 High Street, Hampton Wick. The meeting will be held virtually, and start at 10.30 am.

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

On Tuesday evening, the **Policy and Performance Review Board** will meet with the following items on the agenda: (1) mid-year corporate performance review report, (2) planning service performance, (3) improving communication with social housing providers, (4) update from the domestic refitting task group. The meeting commences at 7.30 pm, at York House, Twickenham.

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

On Thursday afternoon, The **Health and Wellbeing Board** will meet to discuss; (1) the Live Well update, (2) the Children's Safeguarding annual report, (3) the Health & Wellbeing Board seminar review, (4) the SENDS Futures 6 Monthly update, (5) Better Care Fund update, (6) South West London mental health strategy, (7) adult social care mental health commissioning model. The meeting commences at 1.30 pm, at York House, Twickenham.

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

On Friday Morning, the **Licensing Sub-Committee** will meet to discuss the disputed licence application for Hotel Chocolate, 49 George Street, Richmond. The meeting will be held virtually, and start at 10.30 am.

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

On Friday afternoon, The **Orleans House Gallery Trustees** will meet to discuss: (1) Arts Service Annual Report, (2) Trustees Report, (3) Statement of Financial Activities. The meeting commences at 2 pm, at York House, Twickenham.

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, 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](#)

# Heathrow Noise Alert

From East Twickenham Heathrow Campaign

From 2027, Heathrow plans to start routing takeoffs directly over East Twickenham and Richmond. This means:

- Up to 100 flights per day over our homes and schools
- Flights from early morning to late evening

Aircraft noise has been linked to cognitive impairment in children, including lower reading comprehension and memory, as well as sleep disruption and long-term health issues.

Heathrow needs planning permission from Hillingdon Council. We have until January 20th to object.

How to help (takes 5 mins):

1. Go to Hillingdon planning portal [HERE](#)
2. Click 'Enter Comment' and select 'Object'
3. Key points to mention:
  - No flights 22:30-07:30
  - Keep current flight cap
  - Maintain respite arrangements

Need help writing your objection? I've prepared several template options you can use [HERE](#)

Learn more about the impact on our area: <https://easttwickheathrow.uk/>

# Community BlueScapes hosting first local flood resilience fair

From Community BlueScapes

On Sunday 19 January, Community BlueScapes is running a free showcase event for residents, particularly those who are living in and around the Beverley Brook catchment area.

The showcase event will feature information about plans to restore the Beverley Brook on Barnes Green, an inspiring talk about how you can contribute to environmental research right in your community, the latest news on how each part of the project is evolving and how you can get involved. Refreshments will be served.

Refreshments will be served.

- **Date:** Sunday 19 January 2025
- **Time:** 10am to 1pm
- **Location:** OSO Arts Centre, 49 Station Road, London, SW13 0LF

[Register now](#)



## A Scottish Theme for Burns' Night

The haggis will be in the shops, and lots of restaurants will be holding special Burns' Night dinners (including the Kings Head in Teddington with a great sounding set menu at £47 [here](#)) next weekend. I thought it timely to look at some fabulous Scottish products to inspire you.

I've written about **Highland Fine Cheeses** before, and if you haven't yet tried them, now is the perfect time. The **Full Scottish Cheese Box** can provide the perfect end to a Burns Supper. Containing six products, the box features soft cheeses including award-winning **Minger** (250g), an orange annatto soft washed rind cheese similar to a Reblochon, and **Morangie Brie** (250g), a Highlands take on the classic brie. There's also **Fat Cow** (250g), 'a distant cousin to Gruyere and Emmental', **Strathdon Blue** (145g) **Black Crowdie** (110g) and **Skinny Crowdie** (140g), the most traditional of Scottish cheeses. The Full Scottish Cheese Box is £31.50 and can be purchased from [hf-cheeses.com](http://hf-cheeses.com), with delivery available across the UK.



**The Scottish Bee Company** has a range of seriously delicious products, including Hot Honey, rapidly becoming the 'must-have' accompaniment for everything from fried chicken and pizza toppings, through to guest appearances on discerning cheese boards and a growing array of honey-infused margaritas. There are two award-winning products in the range: *Kimchi Hot honey (from rescued kimchi brine)* and a feisty *Scotch Bonnet Hot Honey, a spirited union between Scottish honey & Scotch Bonnet Peppers*. Have a look at the website [here](#) as there are so many other really fabulous products including, of course, honey, plus lovely vinegars and dressings.

If you like a peaty whisky, and also love a good Bloody or Virgin Mary, look no further... **Tongue in Peat** is the most fabulous spiced tomato juice. Fresh tomatoes are cold infused for 16 hours over peat that's grown on the Scottish island of Islay. The island's environment imparts notes of tangy saltiness from the Atlantic Sea surrounding it. Founder Hannah Brown should be so proud of herself: 18 months after launching, she has won 3 Great Taste awards, been listed in some of the most sought after venues in the UK, UAE and USA and it's been called the "UK's Best Bloody Mary Mixer" by The Times, Forbes, BBC Good Food and Guardian. Hannah, who spent 12 years working in the whisky industry, always wondered why no one else used peat in their process



except the whisky distillers. Peat is found underground in rural areas and when cold smoked, it gives the most unique aromas, making whatever it is smoking taste richer, deeper and more complex. Available in Chilli Smoked and Original variants from [www.tongueinpeat.com](http://www.tongueinpeat.com)

Hannah has also launched **Peat'd**, the world's only peat smoked tomato cooking sauces, and they are just as delicious as the tomato juice! Gluten and dairy free, there are four different sauces available: Original; Garlic; Chilli and Truffle. I'd suggest treating yourself to a gift pack to try the range - the 'One of Everything' is £24 (delivery is free) and you can choose your favourites from that. [www.peatd.com](http://www.peatd.com) (and also soon to be available from Amazon)



Of course you can't write about Burns' Night and Scottish produce without a nod to whisky...and still with the peat theme, if you're a peat fan, I'd suggest trying the smoky, lightly peated **The Ardmore Single Malt**. The Ardmore is shaped by its deep rooted connection to the land, people and wildlife of its Scottish Highland home. The Ardmore celebrates the distillery's unique location on the fringes of the Highlands, offering a lightly peated liquid that is sweet and uplifting. The gentle flavour fully captures the essence of this spirit's stunning Highland home. The Ardmore will appeal to experienced peated malt whisky drinkers and newcomers, alike. £32 a bottle from **Tesco**.



And if you're feeling ultra generous, or maybe wanting to treat yourself if you're pining for Scotland, you could always send a friend or family



member one of these wonderful Scots themed hampers from **Hampers.com**. There are a number of different ones available, ranging from £60 to £120. The latter priced one is the star of the show, with a bottle of **Glenturret's** award-winning Triple Wood single malt Scotch whisky, a sweet and spicy, yet soft whisky, which has been matured in three different casks, creating a whisky with a gorgeous golden colour and subtle character. The whisky is perfect for enjoying in the whisky glasses included. They also include a tour for two at the Glenturret distillery, Scotland's oldest working distillery, where they will get to discover the traditional art of making the

whisky, learn about the history and even get to taste some whisky from their core range. Packed into a cream gift box, it makes the perfect gift for anyone with a late January birthday, anniversary (or any other occasion).

And finally, if you fancy preparing a special Burns' Night dinner, have a look at a special [event](#) from Waitrose Cookery School next Friday, in association with Glenfiddich. For £75 you will begin your evening with a Glenfiddich cocktail and a smoked salmon tattie scone. Savour an elevated Burns Night Supper featuring haggis, neeps, tatties served with a rich whisky gravy prepared under the guidance of the chefs. The evening will be complemented by a guided tasting of the indulgent Glenfiddich 14 – and – 15 Year Old whiskies.



Of course, if, like many of us, you're watching the cash, your local supermarket or butcher will have haggis that you can cook for yourself at home. As well as serving it in the traditional way with mashed tatties and 'neeps', you could try experimenting with the haggis - it makes a great stuffing for a chicken breast and there are all manner of other recipes online such as these ones [here](#) from The Scottish Butcher, including sausage rolls, samosas and even pizza!

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# But who holds the key?

By Deep Patel

~ Life Through the Eyes of a Twickenham Shopkeeper ~



As January progresses, the conversations I am having with my customers in my shop have become more and more reflective in nature and taken on somewhat more of a spiritual tone...people are looking to improve the way they live, they want to somehow do things “better” this time round...at least that is the vibe I’m getting from the conversations that I have been having with customers this past week...the interesting thing was, nearly all of my customers that I spoke to on this topic felt that despite wanting to do things better this year round, something (or someone) was “holding them back”...but what? Who? This was intriguing me, so much so that I decided I had to find out more in order to try and understand what this REALLY all about ...

I asked customers in my shop what or who it was that they felt was holding them back? Do you know, none of them had anything or anyone in particular to attribute this feeling of “being held back” too...yet they all felt something or someone was “holding them back” from living their best life...this intrigued me even more...so much so that I decided to leave the refilling of the biscuits aisle in my shop and focus on talking to more of my customers to find out more about this “feeling held back” notion that they felt was stopping them from doing things better this year round, stopping them from progressing...

After hours spent talking to my customers about this during the week that has just passed us, do you know what I found out? It made me stop and think and what came out of these conversations was something that I will also remember for the rest of my life I think...

You see, after asking and asking, digging and digging, do you know what surfaced when I finally got to the bottom of what it really was that was stopping so many of

my customers from “doing things better” this year round? It was nothing...it was no one...no one but THEMSELVES...you see, what surfaced was that overtime, all of us seem to be unkind to ourselves...making us feel like “we are not enough” somehow...not enough of a good father, not enough of a good mother, not enough of a good son, not enough of a good daughter, not enough of a good friend, not enough of a good worker...not enough of a good PERSON. That is exactly what was happening to so many of my customers I found out. They had likely set themselves such high standards (that were probably unachievable in any case) and then upon continually failing to reach them (as they were so unachievable) they had convinced themselves, over time that they were somehow “not enough”. So no one or nothing was “holding them back” from doing things better this year at all, it was them themselves that had created this imaginary jail and imprisoned themselves within it and locked the door on themselves...and that is where the problem lies...you see a wise man once said “Words are energy and they cast spells, that is why it’s called spelling”. He also said, “Change the way you speak about yourself, and you can change your life”...the wise man who said this was martial arts king, Bruce Lee...This is exactly what I had found was the main problem with why so many of my customers felt that they wanted to be better this year in some way, but something or someone was holding them back...it was...but it was none other than themselves, and the way they talked about themselves to themselves that had “cast this spell” upon themselves, thereby imprisoning them in their own made jail and locking the door with their OWN hands...nothing else...so the solution was simple, and I shared it with all my customers who talked to me about this during the past week...I told them, yes, you may have created this prison around you, and yes you may have locked yourself within it, but YES...you are still the one who holds the key that is needed to open it...that key is called REALISATION...a realisation that you ARE enough...and as long as you are trying, you are doing enough, and if you are not trying, then start to try and unlock that prison door and start living your best life...no one else is going to do it for you...make 2025 your year of finally “doing things better” and finally free yourself though being kind to yourself in the words that you speak to yourself with...because words carry within them energy...an energy that casts spells upon us...that is why words are called “SPELL-ings” ...so change the way you speak about yourself...and change your life...for good...forever.

### **Remember...**

***“Words carry within them an energy...they cast spells upon us...that is why they are called SPELL-ings...so be careful with the words you use when you talk about yourself..”***

### **MY CREATURE-KINDNESS TIP OF THE WEEK...**

#### **STOP FOXES 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 in our parkland areas. Use electronic plug in deterrents 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: [InsectLoversUnite@gmail.com](mailto:InsectLoversUnite@gmail.com) or join my Facebook page: **“INSECT LOVERS UNITE”**



## Charlie and the Chocolate Factory

by Marc Shaiman, lyrics by Scott Wittman, after Roald Dahl  
Step on Stage at the Hampton Hill Theatre

*Charlie and the Chocolate Factory* offers plentiful opportunities to flesh out its curious characters, such as the eccentric Willy Wonka, and the awfully arrogant little madam, Veruca Salt. Seizing this opportunity with relish, this confident troupe of young actors showcased their energetic skills in acting, singing and dancing.

The experienced crew clearly knew their theatrical ropes, and the lighting, sound and stage management were faultless. Director [Emma Tinniswood](#) maintained a musical nonstop frenzy, with vibrant and dynamic dance sequences choreographed by Ashley Johnson, notably the clever *Nutcracker Sweet* where the formal ballet transformed into a Cossack dance.



But it was energy and enthusiasm of the youthful cast who ignited the story right from the opening, lighting up the stage with a rousing number *The Candy Man*.

Jasper Simmons, as Willy Wonka, gave a powerful performance exploring the eccentricity of the larger-than-life chocolatier, inventor and magician. His extravagant mannerisms and quick-moving suppleness created a character of great charisma. Very much his equal, as the modest, unassuming and selfless Charlie Bucket, was William McCauley-Tinniswood. His seemingly effortlessly performance was crowned by a fine singing voice. In spite of the age difference, the interactive balance between these two main protagonists worked extremely well, particularly in their duets.

Any misgivings about distinguishing whether a youngster was acting an adult or child role evaporated with clever performances from the actors playing the five golden ticket winners and their five “adult” guardians. Perhaps the most memorable was the deliciously selfish Veruca Salt, played with great gusto and enthusiasm by Annabel Hodges, while an energetic Hannah Mahmoud played the self-centred Californian gum-chewing champion Violet, whose sequence as Queen of Pop was outstanding. Her athletic dance in a billowing “fat suit” was especially funny. In Charlie’s family, Jess Jenner gave a fine performance as Mrs Bucket, displaying a strong singing voice, while Ivor Duke as Grandpa Joe conveyed the sincerity of his character with conviction without exaggerating the frailties of the aged.



The exceptionally well-drilled ensemble of Oompa Loompas, clad in white shorts, socks, shoes and braces over pink or green tops, filled the stage with fun, movement and colour to make *Charlie and the Chocolate Factory* a world of pure imagination.

Read Steve Mackrell’s review at [www.markaspen.com/2025/01/11/charlie-choc-sos](http://www.markaspen.com/2025/01/11/charlie-choc-sos)

Photography courtesy of SoS

# St Mary's University

## St Mary's Academics Given Funding for Strength and Conditioning Practices Research

Strength and Conditioning academics Dr Alex Bliss and Dr Paul Read at St Mary's University, Twickenham (SMU) have been awarded funding from Research England to explore the "Practices and Perceptions of the Funded Studentship Model for Research Projects in Strength and Conditioning".

conditioning job roles at elite sports teams in comparison to the number of global graduates from strength and conditioning degrees, as well as those who achieve positions in the industry without formal academic qualification, organisations in the field often opt to recruit free labour.



Speaking on the project Alex said, "Both Paul and I have run the student placement offering internally at St Mary's, so we see almost weekly the challenges students face trying to get their foot in the door in the sector. This is a particular problem for students who cannot afford to work on a voluntary basis. Therefore, I created a funded studentship model for [master's](#)

Strength and Conditioning academics Dr Alex Bliss and Dr Paul Read at St Mary's University, Twickenham (SMU) have been awarded funding from [Research England](#) to explore the "Practices and Perceptions of the Funded Studentship Model for Research Projects in Strength and Conditioning".

[study](#) here around six years ago. The model allows students to get their master's degree funded by the employer, and usually an ability to conduct their research project within the organisation. The employers in return get access to a skilled and enthusiastic masters student, usually for 12 months.

The project will be taking place at St Mary's, with the aim to enhance research culture at the University.

"However, while I have supported around 15 students through this route, uptake of the model has been mixed and we are seeking to understand why this is the case. We are pleased to be awarded funding from Research England to investigate this issue, and how these funded studentship models work in practice, and both employers and students' perspectives on them. We will be recruiting a researcher to support our project and hope to have preliminary findings by spring/summer 2025."

The strength and conditioning field has seen a systemic, industry-wide concern around the use of unpaid or voluntary positions as students and early career practitioners seek to establish themselves in one of the most competitive fields in the sport and exercise sciences.

As there is a small number of strength and



St Mary's  
University  
Twickenham  
London

# HRUC celebrates finalists at the upcoming 2025 West London Business Awards

With the start of the new year underway, we already have some exciting things to look forward to at HRUC! Back in November 2024, HRUC tutors collaborated with employers to put forward exceptional apprentices they believed exemplified excellence and were deserving of the West London Business **Apprentice of the Year Award**. We were thrilled that every one of our seven outstanding nominees were shortlisted as a finalist for the Apprentice of the Year category at the prestigious West London Business Awards 2025. For the full list of finalists please click [here](#).

This remarkable achievement showcases the exceptional talent, dedication, and hard work of our apprentices and their commitment to excellence in their respective fields. It also highlights the fantastic support and encouragement our apprentices receive from their employers.



In addition to this incredible success, we're delighted to share that HRUC's Aviation Generation programme has been named a finalist for the **Education and Training Provider of the Year Award**, recognising its innovative approach to empowering students for careers in the aviation industry.

Furthermore, our Heathrow Inclusive Learner Partnership has been

shortlisted for the **Community Investment of the Year Award**. This nomination celebrates our ongoing commitment to fostering an inclusive learning environment and making a meaningful impact on the local community through collaborative initiatives.

The West London Business Awards are a key event in the region, showcasing and celebrating the best of business, education, and community efforts. We're eagerly looking forward to attending the Awards ceremony on 31 January, where the winners will be revealed.

Congratulations to all the finalists, and we wish them the best of luck at the awards!

Stay tuned for updates as we celebrate the achievements of our talented students, innovative programmes, and impactful partnerships.



**Richmond upon  
Thames College**

# Surbiton care home hosts open days for veterans and their partners

A care home in Surbiton will throw open its doors to the veterans' community when it hosts two open days. Royal Star & Garter in Upper Brighton Road will showcase the outstanding person-centred long-term and short-break care it delivers to veterans, their family and friends, during open days on 31 January and 7 February. Those wishing to attend are asked to register in advance.

The Home welcomes anyone who has served in the UK Armed Forces, including Reservists and those who completed National Service.



It provides loving, compassionate care – including short breaks – to veterans and their partners living with disability or dementia. Day Care and Lunch Clubs are among newer services reaching out into the community which have also been launched at the Home.

Visitors interested in short breaks, which is now available to people living with dementia, are also encouraged to attend. The short stay offer allows for 30% off a two-week stay between January and 30 April 2025, if booked

by 28 February. The open days run from 10.30am-12.30pm on 31 January and 2-4pm on 7 February.

Those attending will be given a snapshot of everyday life at Royal Star & Garter and the chance to speak to senior staff. They will be offered a tour of the Home, which will include the in-house physiotherapy room and hair salon, garden, activities room and lounges. Visitors will be able to watch or participate in a range of activities taking place on the day.

Senior care staff, including Home Manager Helena Maher, and members of the Wellbeing Team, will be available to answer questions over a cuppa and a slice of cake. Residents from the Home will also be on hand to speak to visitors about Royal Star & Garter.

Home Manager Helena said: *“We know looking for a care home for yourself or someone you love can be daunting, but I hope those coming to our open days will see the exceptional care we offer, and have those fears eased. I also hope people take advantage of the short-stay offer. People will receive award-winning care, while their carers will get the invaluable opportunity to rest and recharge.”*

Those wishing to attend are asked to register interest online through Eventbrite, with places limited to two per booking. To register interest, please go to [bit.ly/SRB-Open-Day-Tickets](https://bit.ly/SRB-Open-Day-Tickets). If you are unable to register online, please call 020 8339 5100.

If you are unable to attend the open days but would like a tour of the Home or to speak to staff about becoming a resident or a short break, please email [Surbiton.enquiries@starandgarter.org](mailto:Surbiton.enquiries@starandgarter.org) or call 020 8339 5100.

For more information about Short Stay, and the 30% off offer, go to <https://starandgarter.org/surbiton-short-break-offer/>

For more information about the Surbiton Home, go to [www.starandgarter.org/surbiton](http://www.starandgarter.org/surbiton)



**Royal Star  
& Garter**

Care with courage



# South Western Railway offers 100,000 discounted tickets for sale as part of the 2025 Great British Rail Sale

South Western Railway (SWR) is, once again, joining train operators throughout England and Wales to make taking that special trip easier and cheaper. For a limited period, SWR is offering tickets at up to half price on some of its most popular routes to and from London.

The Great British Rail Sale starts today, Tuesday 14 January and continues until Monday 20 January, with customers able to claim up to 50% off selected Advance and Off-Peak rail tickets. SWR has 100,000 tickets for sale to more than 80 destinations on its network including Exeter, Weymouth, Winchester and Portsmouth.

Top destinations include:

- **Winchester** – see King Arthur’s legendary Round Table, with more pubs per head than anywhere in the UK (£9)
- **Southampton** – tour the Old Town and the Maritime Quarter and embark on cruises to exotic destinations worldwide (£9)
- **Bournemouth** – enjoy seven miles of award-winning sandy beach and a thriving Victorian coastal town (£12)
- **Salisbury** – discover the prehistoric mysteries of the world-famous Stonehenge monument and gaze up at one of the UK’s most magnificent cathedrals (£9)
- **Portsmouth** – climb aboard Nelson’s flagship HMS Victory and other iconic vessels at the Historic Dockyard, or hop on onward travel to the Isle of Wight (£9)
- **Brockenhurst** – step out at the largest village in the New Forest and encounter the enchanting local wildlife (£10)
- **Poole** – survey Europe’s largest natural harbour, with the beautiful Sandbanks Beach nearby (£12)
- **Weymouth** – arrive at the gateway to the Jurassic Coast with stunning scenery and fossils waiting to be found (£13)
- **Haslemere** – explore the Surrey Hills National Landscape to the north and England’s newest national park, the South Downs National Park, to the south (£8)
- **Andover** – race over to Thruxton, the UK’s fastest motor sport circuit (£9)



Prices listed are for single journeys from London, but these prices also apply if you’re looking to take a trip to the capital for sightseeing, shopping or a theatre trip. Full details can be found [here](#).

In addition to these great savings, SWR customers can turn their trip into a treat by claiming an SWR Reward, which could include a discount on attractions like the London Eye OR ZSL London Zoo, or a discounted lunch at restaurants including Gordon Ramsay’s Street Burger. For more information on SWR Rewards, please visit: [southwesternrailway.com/rewards](https://southwesternrailway.com/rewards)

Peter Williams, SWR’s Customer and Commercial Director said: “Once again, South Western Railway is delighted to be part of the Great British Rail Sale and to give our customers a chance to visit many of the outstanding destinations we serve, at a great discount. Whether it’s for a short break away or to visit family and friends, we look forward to welcoming customers old and new aboard our services as part of this great initiative.”

Sale tickets will be available from midnight on Tuesday 14 January for journeys taking place between Friday 17 January and Monday 31 March. Only a limited number of tickets are available, and no further sale tickets will go on offer once sold out. For further inspiration, more fantastic destinations can be found on SWR’s website [here](#).

**South Western**  
**Railway**

# FIXTURES

2025

— GMT —

<b>ROUND 1</b>	<b>FRA</b> 	FRI 31 JAN <b>20:15</b>	 <b>WAL</b>	<b>ROUND 1</b>
	<b>SCO</b> 	SAT 1 FEB <b>14:15</b>	 <b>ITA</b>	
	<b>IRE</b> 	SAT 1 FEB <b>16:45</b>	 <b>ENG</b>	
<b>ROUND 2</b>	<b>ITA</b> 	SAT 8 FEB <b>14:15</b>	 <b>WAL</b>	<b>ROUND 2</b>
	<b>ENG</b> 	SAT 8 FEB <b>16:45</b>	 <b>FRA</b>	
	<b>SCO</b> 	SUN 9 FEB <b>15:00</b>	 <b>IRE</b>	
<b>ROUND 3</b>	<b>WAL</b> 	SAT 22 FEB <b>14:15</b>	 <b>IRE</b>	<b>ROUND 3</b>
	<b>ENG</b> 	SAT 22 FEB <b>16:45</b>	 <b>SCO</b>	
	<b>ITA</b> 	SUN 23 FEB <b>15:00</b>	 <b>FRA</b>	
<b>ROUND 4</b>	<b>IRE</b> 	SAT 8 MAR <b>14:15</b>	 <b>FRA</b>	<b>ROUND 4</b>
	<b>SCO</b> 	SAT 8 MAR <b>16:45</b>	 <b>WAL</b>	
	<b>ENG</b> 	SUN 9 MAR <b>15:00</b>	 <b>ITA</b>	
<b>ROUND 5</b>	<b>ITA</b> 	SAT 15 MAR <b>14:15</b>	 <b>IRE</b>	<b>ROUND 5</b>
	<b>WAL</b> 	SAT 15 MAR <b>16:45</b>	 <b>ENG</b>	
	<b>FRA</b> 	SAT 15 MAR <b>20:00</b>	 <b>SCO</b>	

# Borthwick names 36-player England squad for Six Nations

England men's head coach Steve Borthwick has named a 36-player training squad for the forthcoming 2025 Guinness Men's Six Nations Championship.

Maro Itoje is named as the new England captain, becoming the 136th player to hold the role since Frederick Stokes first led an England side in 1871. Itoje will be supported by vice-captains Ellis Genge and Jamie George.

The 36-player squad – consisting of 20 forwards and 16 backs – will gather at Pennyhill Park on Tuesday 21 January before flying to Girona to begin their preparations for the Six Nations Championship. There are two uncapped players named in the squad: Oscar Beard (Harlequins), and Cadan Murley (Harlequins).

*“I've selected a squad where every player brings something unique to the group,” said Borthwick. “The Six Nations is always a fiercely contested and exciting tournament, and this year will be no exception.*

*“We're looking forward to the squad coming together in Girona to kick off our preparations for the opening challenge against Ireland in Dublin.”*

On naming Maro Itoje as England Captain, Borthwick added: *“With 88 England caps, Maro has been a central figure in this squad for many years, bringing a vast amount of experience both on and off the field.*

*“He's a calm, influential leader, renowned his commitment to upholding high standards and his ability to motivate those around him.”*

## 36-player training squad

### Forwards

Fin Baxter (Harlequins, 6 caps)  
Ollie Chessum (Leicester Tigers, 23 caps)  
Alex Coles (Northampton Saints, 7 caps)  
Luke Cowan-Dickie (Sale Sharks, 44 caps)  
Chandler Cunningham-South (Harlequins, 11 caps)  
Ben Curry (Sale Sharks, 6 caps)  
Tom Curry (Sale Sharks, 56 caps)  
Theo Dan (Saracens, 16 caps)  
Alex Dombrandt (Harlequins, 20 caps)  
Ben Earl (Saracens, 37 caps)

Ellis Genge (Bristol Bears, 66 caps) – vice-captain  
Jamie George (Saracens, 97 caps) – vice-captain  
Joe Heyes (Leicester Tigers, 7 caps)  
Ted Hill (Bath Rugby, 2 caps)  
Maro Itoje (Saracens, 88 caps) – captain  
George Martin (Leicester Tigers, 19 caps)  
Asher Opoku-Fordjour (Sale Sharks, 1 cap)  
Bevan Rodd (Sale Sharks, 7 caps)  
Will Stuart (Bath Rugby, 45 caps)  
Tom Willis (Saracens, 1 cap)

### Backs

Oscar Beard (Harlequins, uncapped)  
Elliot Daly (Saracens, 69 caps)  
Fraser Dingwall (Northampton Saints, 2 caps)  
George Ford (Sale Sharks, 98 caps)  
Tommy Freeman (Northampton Saints, 15 caps)  
Ollie Lawrence (Bath Rugby, 31 caps)  
Alex Mitchell (Northampton Saints, 18 caps)  
Cadan Murley (Harlequins, uncapped)

Harry Randall (Bristol Bears, 11 caps)  
Tom Roebuck (Sale Sharks, 3 caps)  
Henry Slade (Exeter Chiefs, 69 caps)  
Ollie Sleightholme (Northampton Saints, 5 caps)  
Fin Smith (Northampton Saints, 6 caps)  
Marcus Smith (Harlequins, 39 caps)  
Freddie Steward (Leicester Tigers, 35 caps)  
Jack van Poortvliet (Leicester Tigers, 16 caps)

*Rehabilitation: Afolabi Fasogbon (Gloucester Rugby), Immanuel Feyi-Waboso (Exeter Chiefs), George Furbank (Northampton Saints), Gabriel Ibitoye (Bristol Bears), Nick Isiekwe (Saracens), Luke Northmore (Harlequins), and Sam Underhill (Bath Rugby).*



# Match Preview: Brentford v Liverpool

**Analysis, team news, match officials and more. Here's everything you need to know ahead of Brentford's Premier League game against Liverpool at Gtech Community Stadium on Saturday (3pm kick-off GMT)**

Written by Brentford Football Club

Brentford return to Gtech Community Stadium for the third time in a week on Saturday, with Premier League leaders Liverpool the visitors to TW8.

Thomas Frank's side came from 2-0 down to draw 2-2 in a dramatic midweek game against Manchester City, while Liverpool drew 1-1 with Nottingham Forest.

Analysis, team news, match officials and more. Here's everything you need to know ahead of the Bees' latest test.

## Pre-match Analysis

Stephen Gillett, Playmaker Stats: Brentford have plenty of positives to take into Saturday's clash

After an entertaining and fully deserved draw against the reigning champions, Brentford host the current Premier League leaders this Saturday and Thomas Frank will again relish the chance to go "toe-to-toe" with elite-level opposition.

Arne Slot's table toppers arrive in west London having lost just a single league fixture all season (a 1-0 reverse against Nottingham Forest at Anfield in August) and top of the newly formatted Champions League with a perfect record in Europe.

In Mohamed Salah (18 goals and 13 assists), Liverpool have by far the Premier League's most productive player this season and they lead the division for goals scored (48) - hitting the back of the net every 38 minutes on average.

However, buoyed by a fantastically resilient 2-2 draw against Manchester City on Tuesday night - after which Frank hailed the Bees' bravery, pressing and aggression - Brentford have plenty of positives of their own to take into Saturday's clash.

Still the top scorers on home soil across UEFA's top five leagues this season with 29 goals, the Bees have been formidable at the Gtech in 2024/25, and Frank will certainly have noted how Liverpool's opposition have caused the Reds problems in recent games.



Although the Merseysiders comfortably beat League Two Accrington Stanley in the FA Cup last weekend, they have failed to win their last three games against Premier League opposition: a 1-0 defeat to Tottenham in the last four of the Carabao Cup sandwiched between top-flight draws against Manchester United (2-2) and, most recently, Nottingham Forest (1-1).

Despite ceding more possession to Slot's side, the aforementioned trio of teams have matched up well with Liverpool in midfield while also managing to limit the havoc wreaked by Salah - and Brentford can look to deploy similar tactics.

Let's turn first to the impending midfield battle.

Ryan Gravenberch and Alexis Mac Allister have been outstanding for Liverpool this season, the Dutchman converted to a deep-lying no.6 to form a 'double pivot' combining technical quality with defensive nous.

Key to Liverpool's passing game, the pair are perhaps under-rated out of possession and Gravenberch ranks second in the Premier League for interceptions made (36), while only four players in the entire division have won more tackles than Mac Allister (58).

That said, the likes of Manuel Ugarte, Lucas Bergvall and Elliott Anderson have all impressed against Liverpool during the Reds' mini winless streak and Brentford's midfield trio of Vitaly Janelt, Christian Norgaard and Mathias Jensen will be keen to impose themselves in similar fashion.

In relation to Salah, there is only so much you can do! However, despite his penalty in the 2-2 draw against the Red Devils, the 32-year-old forward has failed to muster a goal involvement in his last two games and Liverpool have won neither - surely no coincidence.

Furthermore, Brentford have a gifted right winger of their own in Bryan Mbeumo, who is only five goals behind Salah in the Golden Boot race and is currently tied with the Egyptian for key passes in the Premier League this season (they rank joint-fifth with 42 each).

We'll finish up by focusing on the start of Saturday's big game. Brentford have won acclaim for their ability to start games well and a quick look at when Liverpool have scored/conceded goals this season highlights a potential vulnerability in the opening 15 minutes.



The Reds have a goal difference of -2 (three scored, five conceded) in the first quarter of an hour of Premier League games - and the only goal they have conceded in the current edition of the Champions League came after just three minutes against Milan.

### Scout Report

Dan Long, Sky Sports: Slot has Liverpool competing on all fronts

Liverpool fans may well have feared for the future when Jürgen Klopp departed Anfield, but new boss Arne Slot has taken the Reds to the top of the Premier League table and has them competing on all fronts.

There was an understandable, but most underlying, level of trepidation at Anfield in the summer, when Jürgen Klopp left Liverpool after nine unforgettable years and Arne Slot stepped in.

Klopp gave his blessing to the Dutchman by singing his name when he said farewell to the club, which was something, but he had turned the Reds back into world-beaters, which, naturally, brought questions about when they would find themselves in the midst of another incredibly successful era.

Beating Manchester United and Arsenal in pre-season earned Slot some very early credit, but a perfect start going into the September international break was, of course, better received.

They beat Ipswich, Brentford and United without conceding, which made the 1-0 defeat to Nottingham Forest on 14 September that bit harder to stomach.

*“After the United game, which was a big win, or a statement win I think you call it here in England, then to see us coming back against Nottingham Forest like that, that was not what you expect from a team that wants to compete for something,”* said Slot after his side got back on the horse with a 3-0 win over Bournemouth.

In fact, since the Forest game, Liverpool have not lost any of their last 16 league games, which makes it very easy to see why they have rocketed to the top of the Premier League table and only been prised away once since the start of October. Any of that aforementioned trepidation is long gone now.

There is no denying Arsenal’s stuttering and Man City’s surprising blip will have had an impact and given them a slighter smoother ride – they have taken four points from the games they have played against the pair so far – but leading the way is often tougher than it appears to be and they have stuck it out, building a healthy lead, too.

In truth, everything they seem to touch turns to gold of late. In the first year of the new Champions League format, Slot’s side have won every one of their six league phase games to date, conceding just once, and they sit three points clear of Barcelona at the top of the pile.

They made light work of Accrington Stanley last weekend to reach the FA Cup fourth round and, though they lost the first leg of their Carabao Cup semi-final against Tottenham recently, they will be favourites to progress to the final, given Spurs have only won twice at Anfield since 1998.

Is the quadruple on? It’s too early to say for sure, but you can be certain Slot would never be forgotten on Merseyside if he managed to not just achieve it, but achieve it in his first season in charge.

Any hopes of achieving it will rely pretty significantly on Mohamed Salah. The 'Egyptian King' has been on a different planet this term, with 21 goals and 17 assists in just 29 games in all competitions.

He's registered all that while speculation about his future at the club beyond the end of this season is constantly on the news agenda.

One of the Premier League's greats is in full flow and may not be in the league for much longer, so the only thing to do is enjoy it while he is still here, potentially leading Liverpool to something historic.

## In the Dugout

Arne Slot

Arne Slot had a long career in his native Netherlands, which spanned 18 years from 1995 to 2013. He was a goalscoring midfielder – once capped internationally at U19 level - who scored 100 league goals in 462 appearances, more than 300 of which came during spells at PEC Zwolle and NAC Breda.



During the three separate periods spent at Zwolle, he won the Eerste Divisie – the Netherlands' second tier - in 2001/02 and 2011/12.

After retirement, Slot moved into a coaching role within Zwolle's youth academy, before four years at Cambuur, first as assistant to Henk de Jong, Marcel Keizer and then Rob Maas, then as joint head coach with Sipke Hulshoff. The pair guided Cambuur to a third-place finish in the Eerste Divisie in 2016/17, which secured a play-off spot, though they were defeated 3-2 on aggregate by MVV Maastricht.

Slot left Cambuur in the summer of 2017 to take up the assistant role at AZ Alkmaar and he was handed the head coach job two years later. His first and only full season in charge was disrupted by Covid-19 but, when the season was abandoned on 24 April 2020, his side were joint top with Ajax.

He lasted less than eight more months in the role before he was reportedly sacked for a lack of focus after agreeing a deal to take over at Feyenoord in 2021.

It was in Rotterdam that Slot really started to make a name for himself. In 2021/22, Feyenoord finished third in the Eredivisie and as UEFA Conference League runners-up. In 2022/23, they won the league for the first time in six years, reached the semi-final of the KNVB Cup and the quarter-final of the Europa League. And in 2023/24, they finished as Eredivisie runners-up and won the KNVB Cup.

In all, he won 98 of his 150 games in charge at De Kuip, before being named as Jürgen Klopp's successor in April.



# Multi-country outbreak of mpox

The outbreak of clade Ib monkeypox virus (MPXV) continues predominantly in the Democratic Republic of the Congo, Burundi and Uganda, with new travel-related cases identified in previously unaffected countries.

This is the 45<sup>th</sup> situation report for the multi-country outbreak of mpox, which provides details on the latest epidemiological trends. It covers the reporting period from 25 November 2024 to 5 January 2025.

The outbreak of clade Ib monkeypox virus (MPXV) continues predominantly in the Democratic Republic of the Congo, Burundi and Uganda, with new travel-related cases identified in previously unaffected countries. Recent travel-associated mpox cases highlight the risk of undetected transmission in countries, emphasizing the need for strengthened surveillance and timely reporting to improve global monitoring and prevent international spread.

## Highlights

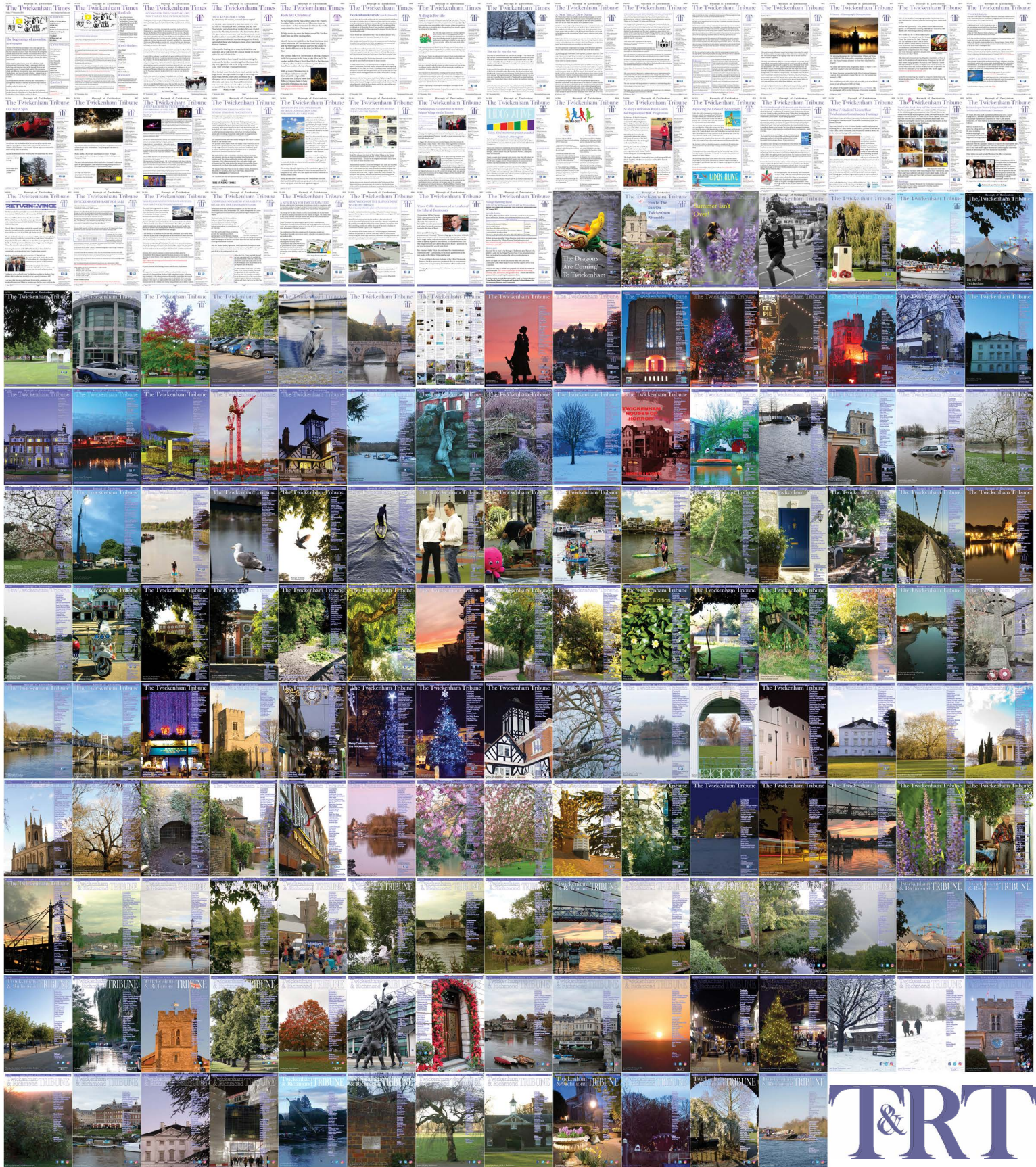
- The outbreak of clade Ib monkeypox virus (MPXV) continues predominantly in the Democratic Republic of the Congo, Burundi and Uganda, with new travel-related cases identified in previously unaffected countries.
- Recent travel-associated mpox cases highlight the risk of undetected transmission in countries, emphasizing the need for strengthened surveillance and timely reporting to improve global monitoring and prevent international spread.
- The Democratic Republic of the Congo remains the most affected country, experiencing circulation of both clade I MPXV subclades. Despite many of the provinces reporting stable trends in cases, the situation in the country remains concerning with continued high circulation of the virus.
- Burundi and Uganda continue reporting between 100-200 new mpox cases per week, with a plateauing trend, possibly impacted by a decline in surveillance and reporting during the December festive season.
- Since the last update (23 December 2024), Uganda has reported six deaths, bringing the total to 12 deaths among confirmed mpox cases in the country.
- A travel-related case of mpox due to clade Ib MPXV in Germany (the second importation) led to secondary household transmission.
- Clade Ib MPXV has been detected in three additional countries, Belgium, China and France, directly or indirectly linked to travel to affected countries in Central Africa.
- Kosovo has reported its first case of mpox. Information on the MPXV clade is not yet available.



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