

Twickenham & Richmond Tribune



Sandys Fishmongers flies the Flag, Twickenham
Photo by Berkley Driscoll

5th September 2025

T&RT

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TickerTape - News in Brief

National Test of Government Emergency Alerts System – Sunday 7 September 2025

The UK Government will conduct a national test of the Emergency Alerts system on Sunday 7 September 2025 at 3pm.

The test forms part of ongoing efforts to strengthen national resilience and safeguard communities in the event of life-threatening emergencies.

Since its first national test in April 2023, the Emergency Alerts system has been used to warn the public during major storms and other critical incidents. This second national test is essential to ensure the system continues to function effectively and reliably.

What to Expect

At 3pm on Sunday, compatible 4G and 5G mobile phones and tablets will receive a test alert. Devices will emit a loud siren-like sound and vibrate for around 10 seconds, even if set to silent. A message will appear on the screen confirming that this is a test and that no action is required.

The alert will be sent based on your current location, not where you live or work. You do not need to have mobile data, WiFi, or location services enabled to receive it. The Government does not collect your phone number or personal details to send alerts.

Safety First

If you are driving when the alert sounds, do not pick up your phone. It is illegal to hold a mobile device while driving. Continue driving safely and check the message later when it is safe and legal to do so. You can also listen for updates via live radio.

Opting Out

Some individuals, including victims of domestic abuse, may wish to opt out of receiving alerts. Instructions for turning off alerts, including Sunday's test, are available at:

<https://www.gov.uk/alerts/opting-out>



The Tree Agency

darryl parkin

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The Tree Agency



Visit the Poppy Factory

From The Poppy Factory

Have you ever wondered what The Poppy Factory does? Now is your chance to find out - for free! Come and discover our 100+ year history.

As part of the **Open House Festival** we're opening our doors on Tuesday 16 September from 10am to 4pm. No need to pre-book. Drop-in if you're around, we'd love to welcome you.

Tue 16 Sep, 10:00–16:00

Drop in: Open Day (last entry 3.30pm)

Visitors are welcome to drop in. A one-in, one-out queue will run if numbers exceeds 50. Short guided tours will be offered where possible.

History of The Poppy Factory

Returning from the First World War, Major George Howson wanted to address the lack of job opportunities for the many injured veterans who had been affected by the conflict.

He created The Poppy Factory in 1922 to provide a supportive work environment for those with mental and physical conditions, pioneering the employment support that our charity now offers in communities across the UK.

The original factory building was in Old Kent Road, east London,

where a growing team of veterans quickly outgrew the premises. In 1926, The Poppy Factory moved to Richmond upon Thames, where a thriving community of veterans worked year-round making Remembrance wreaths and poppies for the Royal British Legion and the Royal Family. Many lived with their families in purpose-built flats on the Richmond estate.

In modern times, The Poppy Factory has grown into a national charity. Since we started developing and expanding our services in 2010, The Poppy Factory has helped thousands of veterans and family members to make progress on path to all kinds of employment, starting more than 3,000 new jobs.

The factory's Richmond site was redeveloped in 2021, creating a modern visitor centre connected directly to the 1930s factory and office.



**THE
POPPY
FACTORY**

From Saint George's Crosses to Police at the Library Door

By James Knight

A councillor's reckless tweet turned a minor dispute in Powder Mill Lane into a public spectacle. It started with a disagreement over road markings in Whitton. On Powder Mill Lane, Saint George's crosses were painted onto white lines and a mini roundabout. What might have been dismissed as a small act of misguided patriotism soon ignited controversy. All due to how two senior Liberal Democrat councillors intervened on social media in a way that inflamed the situation rather than calming it.

Cllr James Chard, the Lib Dem group leader, called those involved *"knuckle draggers"* and added *"shame on the morons who excuse them"*.

Cllr Wilson, councillor for Heathfield Ward in Whitton (and also the national party's Campaign Manager for South East and Hampshire and husband of local MP Munira Wilson), described the painting as *"this isn't patriotism, just mindless vandalism"*, before adding: *"not one of the keyboard warriors who have defended them will dare say it to my face. Saturday 30 August, Whitton Library. I'll be there, will you?"*



At a time when political protests were intensifying across the country, such remarks were highly irresponsible. The outcome was a surge of hostile online responses and the extraordinary intervention of police attending a routine councillors' surgery at Whitton Library.

A responsible local councillor would have recognised the tension, acknowledged community concerns, and calmly invited residents to discuss the matter offline, defusing the situation rather than escalating it. The aim should have been dialogue, not drama.

This incident cannot be dismissed as a single misjudged comment, especially as Cllr Wilson as issued similar challenges in the past. It exposes a broader culture within Richmond's Liberal Democrats, a culture that mocks critics, escalates conflicts, and confuses aggression with leadership. The hypocrisy is clear. The Liberal Democrats are quick to criticise others on civility in politics, yet their own senior strategist resorted to intimidation. That is not respectful politics; it is arrogance.

While police officers were standing guard at Whitton Library, they were not attending to burglaries, anti-social behaviour, or violence against women. Residents are entitled to question why overstretched officers were reassigned to supervise councillors who could not control their tempers online.

This matters because good people already hesitate before standing for office. If local politics is tainted by a culture of abuse and confrontation, good neighbours will stay away. Instead of fostering public service, it will discourage those who could contribute positively, leaving residents with fewer voices willing to step forward.

At Whitton Library, the Liberal Democrats did not display strength. They demonstrated weakness. A single tweet revealed a party that talks endlessly about respect while practising the opposite, and it left residents to bear the consequences.

Hoardings going up as Civic Centre decarbonisation and revamp begins

From Richmond Council

Big improvements are about to begin at Twickenham Civic Centre, with a major project to modernise and decarbonise the building – helping to make it greener, more efficient, and better equipped to serve residents for years to come.



From Monday 8 September, site hoardings will be installed outside the Civic Centre to allow works to take place safely. All council services, including the Customer Contact Centre, will remain open and accessible throughout the project.

Work will commence in the Stable Block as part of the first phase of works with works to the Civic Centre commencing in spring next year.

The improvements are part of the Council's long-term investment in Twickenham, and will include:

- Greener buildings – removing the gas boiler, installing LED lighting and cutting energy use to help meet the Council's carbon neutral 2030 target.
- Better spaces – creating modern, welcoming offices and customer areas, with Citizens Advice Richmond and a new Voluntary and Community Sector hub moving in.
- Value for money – bringing more services under one roof, reducing running costs, and creating opportunities to generate income from underused buildings and new office space.

The investment is part of Richmond Council's commitment to staying in Twickenham, supporting local organisations, and delivering a greener, more efficient Civic Centre for staff, residents and the wider community.

We will continue to keep residents updated as the project progresses.

Dear Tribune,

Charity Begins At Home -- Unless you live in Richmond.

Last week's Tribune letter by Mahtab Mahdeiyaniyan saying how she and her six-year-old son have been let down by Richmond Council is a sad story indeed and an indictment of Richmond Council's attitude towards its own residents.

We all know how difficult life can be but Richmond is now promoting itself as a so-called 'Borough of Sanctuary', proclaiming:

"Richmond has a proud history of welcoming refugees and sanctuary seekers into its community, from the arrival of the Huguenots in the 17th century and Belgians during World War I, to more recent populations of displaced people from Afghanistan, Syria, Hong Kong and Ukraine."

Well, we don't see many Huguenots around at the moment so perhaps our Council could put some effort into helping Mrs Mahdeiyaniyan?

I have no doubt that, had she arrived illegally in a rubber boat, she would have immediately been given free accommodation plus free gym membership and discounted French and Spanish lessons by generous courtesy of Richmond Council – but actually paid from OUR council tax.

But all she really wants is a little help and somewhere to live with her little boy.

Richmond Council has just spent huge money on a pointless new road roundabout at St Margarets which is no improvement at all on the old one. But the main thing is that it looks good and jams the traffic.

That's wasted money which should have been spent on something really useful like helping this lady.

Isn't that what a Council is REALLY for?

Michael Jay
Hampton

Teddington RNLI Thanks Teddington Community for Support

From RNLI

The event saw the Teddington community come together with Teddington Traders to enjoy a day which included a duck race, food from local restaurants as well as RNLI volunteers, water safety demonstrations, a human fruit machine, London Fire Brigade and much more.



Credit: RNLI/Teddington

Around 2,000 people visited the lifeboat station to see how the volunteer crew works to keep people safe in and around the Thames from Richmond Lock to Molesey Lock and sometimes beyond. They were also given an understanding of the education and water safety advice that is a daily part of the work undertaken by RNLI volunteers.

‘Matt Allchurch, Lifeboat Operations Manager at Teddington said, ‘We have been blown away by the support of our local community. The duck race, organised with Teddington Traders, was our first and was a great success and we’re grateful for the support of local groups such as The Rotary Club as well as Ruba, Shambles, The Wharf and The Anglers. On behalf of all our volunteers and the RNLI charity, I would like to thank everyone who bought a ticket or came along on the day. This support is vital to keeping the lifeboat station open and allowing us to serve our local community. Thank you Teddington, here’s to next year’s open day and duck race.’



Lifeboats

Be the reason someone quits smoking

From Raise My Voice

Richmond residents who have recently quit smoking or are in the process of quitting are being asked to share their stories to encourage others. Those who take part will receive a £100 voucher.

This is part of this year's Stoptober campaign which Richmond Council is supporting along with other councils in South-West London.

The council is working with the organisation Raise My Voice to bring your stories to life during the month.

If you have a story about smoking and quitting, Raise My Voice are inviting you to join a 60-minute workshop event at a Richmond Café in September. Together, guests will share experiences about smoking and take part in short video clips so that stories can be shared.



You will be thanked with a £100 Amazon voucher for taking part with a filmed clip.

Email victoria@raisemyvoice.co.uk to take part. Spaces are limited. Use your story to help others quit smoking!

Missed Opportunity to Reinstate an Outside Pool on Twickenham Riverside

Support for the return of the pool on Twickenham Riverside continues

This week's support from residents is 5,028 (an increase from 4,870 on 1st August 2025)

You can view and sign the petition [HERE](#)

Read comments from over 5,000 people [HERE](#)

Previous Lido concepts: <https://twickenhamlido.com/video.html>

The Cost of the Current Council Plan

The London Borough of Richmond upon Thames' present Twickenham Riverside Housing and Pub plan to cost an estimated **£67.2 million** (recent reported borrowing **£16.8 million**)

Royal Parks Notices

Richmond Park

We will be delivering some important works in October to protect and futureproof Spankers Hill Wood.

Many of the trees in this part of the woodland are declining due to environmental stresses. We are removing the trees that are no longer able to thrive, making space for replanting with a mix of new tree and scrub species that are more resilient to disease and climate change.

This will provide enhanced habitats for wildlife in the long-term and ensure that visitors can enjoy the shade and beauty of the natural landscape for generations to come.

This replanted area of woodland will be fenced to protect the developing new woodland habitats, with main footpaths remaining open around the newly-fenced area.

During the works there will be temporary path diversions in place. There will also be noisy machinery at work.

Thank you for your patience.



Bushy Park



For visitor safety during the deer cull, starting on Monday 1 September, and continuing for approximately six weeks, all pedestrian gates in Bushy Park will be locked at 10.30pm Monday to Friday while vehicle gates will be locked at 7pm.

All gates (Vehicle and Pedestrian) will open from 8am each morning, Monday to Friday. Pedestrian and Vehicle gates are open as normal on Saturday and Sunday.



THE
ROYAL
PARKS

We apologise for any inconvenience and thank you for your understanding.

“Them and Us”:

How the Lib Dems Divide Local Politics

By James Knight

In recent weeks, local politics in Richmond has taken an unsettling turn. A simple neighbourhood dispute escalated into an incident requiring police presence at a councillors’ surgery. Not because of the issue itself, but because of how those in power handled it. Behind the headlines lies a deeper problem: a style of politics increasingly characterised by division, provocation, and a refusal to engage respectfully with dissent. At the heart of this approach is a rhetorical strategy that pits “them” against “us,” a tactic the Liberal Democrats have honed with increasing confidence, and one that is eroding the foundations of democratic debate in our borough.

When residents discussed the markings online, Cllr Wilson’s response was not to de-escalate but to tell a critic to “say it to my face”. That single remark turned a community dispute into a confrontation so intense that police officers were later asked to oversee a councillor’s surgery at Whitton Library.

This was not just a lapse in judgment. It exposed a recurring pattern in how the Liberal Democrats communicate. At the core of their approach is a simple but damaging tactic: the constant use of “them and us”.

In their letters and leaflets, the “us” always refers to the Liberal Democrats, depicted as tireless local campaigners working throughout the year. The “them” varies depending on convenience, sometimes representing the Government in Westminster, other times developers, and occasionally critics within the community. Regardless of the target, the message remains consistent: virtuous locals pitted against a hostile outsider.



Political scientists refer to this as in-group versus out-group framing. Sociologists call it othering. In practice, it is a campaign tactic aimed at creating villains and heroes, simplifying complex issues into a single emotional choice.

What might seem clever in an election leaflet actually damages local democracy. It splits residents into “good supporters” and “bad critics”. It discourages open discussion because disagreement is seen as betrayal. And it erodes the Liberal Democrats’ claim to practise “respectful politics.”

The Whitton Library incident reveals the tactic in its rawest form. Wilson’s “say it to my face” comment was not a genuine attempt to listen. It was a calculated act to create enemies. The outcome was expected: hostility, loss of trust, and police officers diverting from real crime to oversee a councillor’s surgery.

Politics in Richmond should not be about “them and us”. It should be about all of us: every resident, whatever their view, being treated with respect. No one should have to agree with a councillor to be heard by them.

Unless the Liberal Democrats change this approach, the danger is that local politics will turn into a spectacle of posturing, where residents become mere props and critics are seen as enemies. This isn’t democracy as it should be; it’s performative politics, and Richmond deserves better. “For those who’ve supported the Lib Dems in the past, it’s fair to ask: is this the leadership you voted for?”

Many people in Richmond supported the Liberal Democrats because they believed in respectful, constructive politics. But when those values are replaced by online grandstanding and tribalism, it’s fair to ask whether that promise has been broken.

Tom Holland unveils Athelstan train honouring England's first king at Kingston station

From South Western Railway

South Western Railway (SWR) has joined forces with The Rest is History's Tom Holland to name a train after Athelstan, the first King of England.



Today marks the 1,100-year anniversary of the coronation of King Athelstan on 4 September 925 in Kingston upon Thames.

In a ceremony at Kingston station, the globally acclaimed podcaster and historian unveiled the new King Athelstan name on one SWR's Class 450 trains, flanked by Saxon warriors.

While less widely known than successors such as William the Conqueror, Henry VIII and Elizabeth I, in 2021 The Rest is History declared him England's greatest monarch following a public poll.



SWR is the only train operator to serve Kingston upon Thames, where Athelstan and six other Saxon kings were crowned.

The event on Platform 1 saw local children from the King Athelstan Primary School donning crowns as well as a choral performance by the Tiffin School.

Sir Ed Davey, the MP for Kingston and Surbiton, and Cllr Noel Hadjimichael, the Mayor of Kingston, joined Tom Holland with tributes on behalf of the town and borough.

The Bishop of Kingston, Martin Gainsborough, blessed the train to conclude the ceremony.

Tom Holland, historian and podcaster, commented:

“Who better to have a train named after him than Athelstan, the great Anglo-Saxon king who first set England on track to becoming a united kingdom?”

Peter Williams, Customer and Commercial Director at South Western Railway, commented:

“It’s a privilege to have Tom Holland unveil the newly named King Athelstan train. Few people have done more to bring the story of England’s first king to new audiences.

“As it travels around the network, we hope our train will inspire customers to discover more about Athelstan’s reign, and his coronation in Kingston 1,100 years ago.

“As the only operator serving Kingston, we wanted be part of marking this special anniversary – commemorating the town’s remarkable history, as well as celebrating its present and future.”

Sir Ed Davey, MP for Kingston and Surbiton and Leader of the Liberal Democrats, commented:

“When we were planning on the sorts of things we might do to celebrate Kingston 2025, I don’t think any of us envisaged the dedication of a train. It’s a little unusual but absolutely in the spirit of the occasion and I’ve been delighted to be a part of today.”

Cllr Noel Hadjimichael, Mayor of the Royal Borough of Kingston upon Thames, commented:

“The King Athelstan train celebrates the Royal Borough of Kingston’s unique place in the country’s history, as the crowning place of the first king of a united England.

“To have it unveiled as part of the Kingston 2025 cultural celebrations is very special - a wonderful part of our six-month festival of past, present and future across the royal borough.”



King Athelstan was the grandson of Alfred the Great, whose coronation at Kingston preceded his unification of England as Rex Anglorum, King of the English.

Today’s ceremony was part of wider ‘Kingston 2025’ celebrations for the anniversary. Later in the day, commemorations continued at All Saints Church, the site of the coronation.

Also present at the ceremony were the Mayor of Malmesbury, where Athelstan is buried, and the Mayor of Oldenburg in Germany, which is twinned with Kingston.

**South Western
Railway**

Zack Polanski and the Rise of Eco-Populism

By Michael Jones

In an age of political caution and carefully managed messaging, the Green Party has taken a strikingly different path. Its members have elected Zack Polanski as their new leader, and in doing so, signalled an appetite for disruption rather than consensus.

At 42, Polanski arrives with a backstory as unconventional as his politics. Raised in Salford in a Jewish family that anglicised its name to avoid discrimination, he reclaimed his grandfather's original surname when he turned 18. He studied in Wales and the United States, worked as a hypnotherapist and actor, and later joined an immersive theatre company. But it was his time in the Liberal Democrats that first drew him into politics.

Polanski stood for the Lib Dems in Camden in 2015 and again ran for the London Assembly under their banner in 2016. Frustrated by what he saw as a drift away from principle, he switched to the Green Party in 2017. Since then, his rise has been swift. Elected to the London Assembly in 2021 and deputy party leader the following year, he now assumes control of the party with a commanding mandate.

An Unapologetic Shift in Style

Polanski describes his political approach as “eco-populism,” a term that signals a shift from traditional Green caution toward a more emotive, aggressive campaign style. Where past leaders stressed incremental progress, Polanski is pushing for scale and urgency. He wants to transform the Greens into a mass movement, pledging to win at least 30 seats at the next general election.

He has studied Nigel Farage's success not to mimic his message but to understand his method. Polanski believes the left must learn to speak with the same clarity and conviction if it is to cut through. That conviction runs through his stances on climate action, wealth redistribution, renters' rights, and universal basic income. He speaks with energy, often urgency, and rarely hedges his views.

While some critics have raised concerns about his lack of parliamentary experience, Polanski seems unfazed. He is not seeking entry to the existing political club. He is trying to replace it.

A Challenge to the Centre

This is where the Liberal Democrats ought to pay attention. Polanski may not yet be a household name, but his strategy is clear and his target well defined. In constituencies like Richmond Park and Twickenham, Green campaigners believe the ground is shifting beneath the Liberal Democrats' feet.

These are areas rich in politically engaged, environmentally conscious, socially liberal voters. For decades, the Liberal Democrats have been the natural home for this demographic. But Polanski, himself a former Lib Dem, is now making a direct appeal to their values and suggesting the Greens offer something more authentic, less compromised.

It is not only the messaging that is sharper. The Greens under Polanski are offering policies the Lib Dems have often avoided or muddled. On Gaza, on renationalising utilities, on taxing extreme wealth, the Greens speak in clear terms. By comparison, Lib Dem positions often appear ambivalent, filtered through focus groups and electoral anxiety.

Out of the Shadow

Polanski is not asking voters to be patient. He is telling them to be bold. And that message could resonate powerfully with those who feel alienated by the cautious centre-ground pitch of Ed Davey's party. Particularly in Richmond, the Greens are no longer simply a protest vote. They are beginning to look like a serious alternative.

The Liberal Democrats, still reeling from past coalition compromises, often rely on being the party of "better than the other lot." That may not be enough in a political climate hungry for clarity. If the Greens continue to grow in confidence and visibility, Polanski may begin to take from the Lib Dems what they have long considered safe: their base.

This is not about cooperation. As Polanski put it plainly after his victory, "We are not here to be disappointed by Labour. We are here to replace them." That same logic now applies to the Liberal Democrats. If they fail to reassert their distinct purpose, they may find that someone else is already writing their political obituary.

Next week at Richmond Council

On Monday, 8th September, the autumn season of council meetings kicks off with the **Transport and Air Quality Committee** meeting. The agenda includes 1) The Richmond upon Thames Transport Strategy 2040, 2) E-bikes and E-scooters review, and 3) The quarterly monitoring report. The meeting starts at 7pm at York House, Twickenham.

For more details, click [HERE](#)

On Tuesday, 9th September, the **North West London Joint Health Overview and Scrutiny Committee** will meet at the Harrow Council Hub in Harrow, starting at 10 am. Topics on the agenda include 1) dental commissioning and children's dental health, 2) place-based partnerships, 3) special school nursing and an update on SEN provisions.

For more details, click [HERE](#)

On Thursday, 11th September, the Joint **Wandsworth and Richmond Joint Pension Committee** will meet at Wandsworth Town Hall at 7.15 pm. The agenda includes 1) the external auditor's report on the pension fund, 2) the annual pension fund report, 3) the quarterly investment performance report, and 4) initial results of the triannual valuation.

For more details, click [HERE](#)

For guidance on how to **participate** at different types of council meetings, such as speaking or asking written or verbal questions, please click [HERE](#)

Writing the History of Local Communities in Teddington:

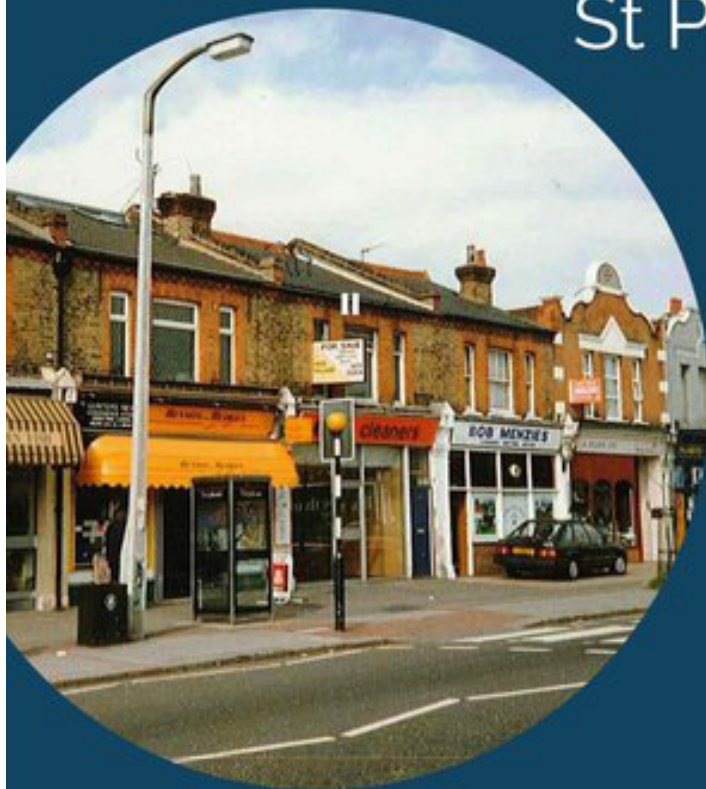
Themes Sources and Illustrations

A talk by local historian and author
Dr Christopher French

23 September 2025 at 7.30pm

St Peter & St Paul Centre,
Teddington

Doors open at 7pm



Interested in the history of
Teddington or investigating
the history of your house,
road or district? Want to
know more about Fulwell? If
so, this talk is for you.

Details and ticket purchase at
<https://teddingtonsociety.org/our-events>



THE TEDDINGTON SOCIETY

For the Love of Teddington

Tube and DLR strikes - September 2025

From TfL

Strikes are planned on the Tube and DLR between **7 and 12 September**. If they go ahead, we expect services will be disrupted.

On Sunday 7 September, there will be disruption across the Tube, with limited services running

From Monday 8 to Thursday 11 September 2025, Tube services will be severely disrupted, with little to no service expected

On Tuesday 9 and Thursday 11 September 2025, there will also be no service on the DLR

If you need to travel, other TfL services, including the Elizabeth line, London Overground and trams, will be running normally but are likely to be extremely busy. At times, they may not be able to stop at stations shared with the Tube.

Sunday 7 September

- Disruption across Tube network
- Limited services running
- Services that run will finish early
- Complete your journey by 18:00
- DLR running normal service

Monday 8 to Thursday 11 September

Tube

- Disruption expected across Tube network
- Little to no service running
- No service before 08:00
- Complete your journey by 18:00

DLR

- Tuesday 9 and Thursday 11 September only: no DLR service due to strike
- All other days: full service
- Stations shared with Tube services: possible disruption

Elizabeth line

- There are no strikes on the Elizabeth line
- Stations shared with Tube services: possible disruption
- Trains will not stop at stations between Whitechapel and Bond Street at these times:
Monday 8 and Wednesday 10 September before 07:30 and after 22:30
Tuesday 9 and Thursday 11 September before 08:00

Friday 12 September

Tube

- No service before 08:00
- Normal service on all lines by late morning

DLR

- Normal service

Elizabeth line

- Normal service

Strike action impacts

Date	Time	London Underground	DLR	Buses	London Overground	Elizabeth line	Trams
Saturday 6 September	AM	✓	✓	✓	✓	✓	✓
	PM	✓	✓	✓	✓	✓	✓
Sunday 7 September	AM	⚠	✓	✓	✓	✓	✓
	PM	⚠	✓	✓	✓	✓	✓
Monday 8 September	AM	✗	✓	✓	✓	✓	✓
	PM	✗	✓	✓	✓	✓	✓
Tuesday 9 September	AM	✗	✗	✓	✓	✓	✓
	PM	✗	✗	✓	✓	✓	✓
Wednesday 10 September	AM	✗	✓	✓	✓	✓	✓
	PM	✗	✓	✓	✓	✓	✓
Thursday 11 September	AM	✗	✗	✓	✓	✓	✓
	PM	✗	✗	✓	✓	✓	✓
Friday 12 September	AM	⚠	✓	⚠	✓	✓	✓
	PM	✓	✓	⚠	✓	✓	✓

Impact to services

No service expected	✗
Severe disruption expected, with little or no service	✗
Late start/early finish or disruption on some services	⚠
Normal service expected	✓



Join the Moormead Park Community Picnic this weekend

From Moormead Community and Sports Pavilion

Join Moormead Community and Sports Pavilion for the Moormead Community Picnic on Sunday 7 September.

This year's picnic has an exciting new accessible theme, with inclusive activities for all ages. Try your hand at Boccia, walking football, archery, circus skills and tennis with Access Sport.

Enjoy chair-based Zumba and Pilates, live music, and fantastic performances. Bring a blanket, picnic with friends, or sample tasty treats from food and drink stalls. Accessible toilets will be available.

Event details:

Date: Sunday 7 September

Time: 11.30am to 3.30pm

Location: Moormead Park



A fun, welcoming day to celebrate community spirit. Don't miss it.

Get your professional dog walking licence

From Richmond Council

Do you provide dog walking services in Richmond upon Thames? Apply for your licence before Wednesday 24 September so you can use our parks and open spaces for professional dog walking - and walk up to six dogs at a time.

To walk your furry clients professionally in designated parks, you must have a licence, and you can't start until it's approved.

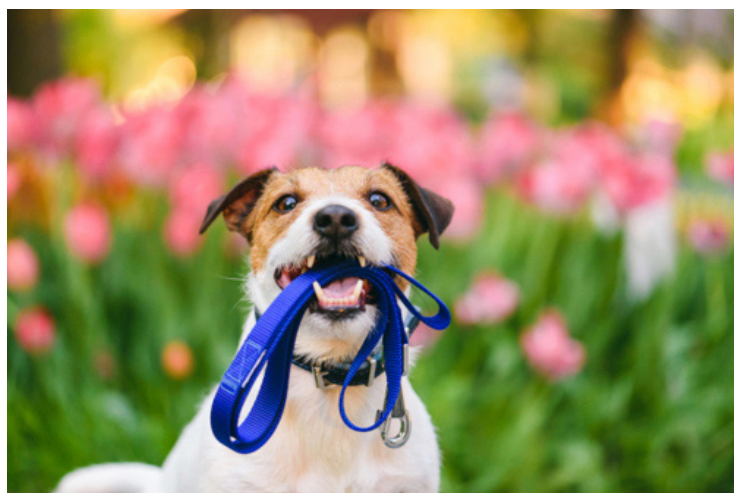
With a licence you will be able to walk up to six dogs at a time, on one of six designated sites across the borough. Licences are currently granted for two years from the date of issue.

Find out more and [apply for a professional dog walking licence](#) before Wednesday 24 September 2025.

Looking after our parks with your dog

Our parks are wonderful places to walk your dog, and we love seeing residents and their furry friends enjoying these spaces.

To help protect both wildlife and visitors, we kindly ask that dogs are kept on leads in sensitive wildlife areas and that owners always clean up after them. Dog waste can carry harmful parasites and pollute our parks, so disposing of it properly helps keep these shared spaces pleasant for everyone.



Bushy House Garden Party

From National Physical Laboratory

Step back in time for a celebration reminiscent of the garden parties of eras gone by. Pack a picnic and join us at this family friendly event suitable for all ages.

Discover the history of NPL by peeking behind the closed doors of Bushy House and its laboratories.

Delve into the past in our historical and scientific museums, meet and interact with NPL icons from eras gone by, explore the picturesque gardens, have your mind blown at our Liquid Nitrogen show and enjoy music from the NPL band and choir.

With pony rides available courtesy of Park Lane Stables and refreshments provided 3rd Hampton Hill Scouts, pack a picnic, bring the whole family and enjoy a day steeped in history and family fun.

What's on?

Within the house itself you will have a chance to explore:

- **The Portrait room;** featuring exhibitions showcasing the history of the Metre and Radiotherapy, as well as an interactive exhibit 'The Quantum Zone'.
- **The Globe room:** tread the boards of where NPL scientists of the past convened and learn about their historical breakthroughs.
- **Bushy House Historical Museum:** read and learn all about the history of this iconic local building and who has lived here over the years.
- **The Mass Lab:** visit the birthplace of the Kibble Balance, which is now used across the world to derive SI mass (the kilogram) from its new definition.
- **Low Magnetic Field Laboratory:** come and see where we characterise magnetic sensors for medical, automotive and space applications.
- **NPL Scientific Museum:** take a peek at instruments used in early experiments in mass, length, and time standards, reflecting NPL's foundational role in establishing national measurement standards.



What else is happening on the day?

There's plenty more to explore around the grounds and gardens including:

- The NPL band will be performing several sets throughout the day. Bring a picnic, kick back and relax (please be mindful of our prohibited items list)
- The NPL choir will be performing a very special world premiere of The Passage of Time, composed by [Howard Goodall](#) (Mr Bean, Blackadder, Q.I. and The Vicar of Dibley) and inspired by 125 years of NPL
- Pony rides courtesy of Park Lane Stables
- Our ever popular and unmissable liquid nitrogen show
- Teddington Honey and limited edition NPL merchandise available to purchase
- Refreshments provided by 3rd Hampton Hill Scouts
- ...Plus a few special guests from the past!

Register for free [HERE](#)



Fermentation Fever

Do you know your kimchi from your sauerkraut? Your kefir from your kvass? Imagine a world without bread, butter or wine. Without soy sauce or chocolate. What if we also take away cheese, coffee and even antibiotics? This is what life without fermentation would be like. Fermentation is so much more than a current health trend, it has shaped the world we live in, the bodies we inhabit, the staple foods we eat and even has the potential to shape our future. The truth is, when we ferment, we're tapping into a collaboration thousands of years in the making between humans and a hidden microbial cosmos, one which we're only just beginning to understand.

Fermented food is now an essential part of our diet – it's tasty and we know it's good for us. Even better, we can make it ourselves. There have been a couple of excellent books published recently that can help make fizzy ferments to our everyday diet.

Do Ferment - published this week - draws on years of creative experimentation at the award-winning Ethicurean restaurant, Authors Matthew Pennington and Nicola Cradock show us how to transform humble ingredients – like vegetables, fruit, milk and grains – into vibrant foods and nutritious drinks. With recipes from classic kimchi to beetroot and caraway sauerkraut, elderflower water kefir and 'peackles', you'll learn the basic techniques to ferment almost anything. Discover: The remarkable power of lactobacillus; why fermented foods are key to gut health, and how to build a weekly rotation of ferments in your kitchen. Published by Do Books, it's a £11.99 paperback, and a fabulously interesting little tome. Here are a couple of recipes from the book to inspire you:

Fermented baby carrots

"If you want something easy to start with, try this simple and delicious ferment. Warming spices such as coriander seed, cumin, star anise and fennel seed also work well."

KIT: Clip-top jar

- carrots (Chantenay or baby carrots work well)
 - a few sprigs of thyme
 - 2 crushed cardamon pods per 500g (1lb 2oz) of veg
 - water
 - natural sea salt
1. Scrub the carrots to remove any soil residue. You can leave the skins on or peel them if you prefer. Small carrots can
 2. be left whole, and larger carrots chopped up so that all pieces are equal in size – roughly that of your thumb.
 3. Place your jar on the scales and set to zero, then fill the jar with carrots, herbs and spices, and top up with water until
 4. everything is submerged. Take note of the total weight, then calculate 2% of this in salt. Add the salt to the jar,
 5. clip the lid on and leave on the kitchen work surface out of direct sunlight.
 6. After a few days, you should notice bubbles forming, indicating fermentation has begun. Leave for at least 3 weeks for maximum flavour. Once fermentation is complete, store in the fridge at 5°C (40°F).

Serve with: Delicious as crudités for lunch, picnics, or predinner nibbles.

DO/
FERMENT/
Gut boosters
and foods
that fizz.

Matthew Pennington
&
Nicola Cradock

Wefar



Peackles

"Peackles are, by far, one of our favourite ferments and the one with the cutest name, conjuring up a jar of little smiling peas! The results are zingy little pops of summer and a fun ferment for kids."

KIT: Clip-top jar

- peas (frozen can be used; just defrost them first)
 - a few mint or lovage leaves (optional)
 - water
 - natural sea salt
1. Place your empty jar on the scales and set to zero. Add the peas to the jar, plus any herbs, and top up with water until all peas are submerged, leaving about an inch of headroom at the top of the jar. Take note of the total weight, then calculate 2% of this in salt and add to the jar. Give it a little mix, then clip the lid on. Leave on the kitchen work surface out of direct sunlight.
 2. After a few days, you should notice bubbles indicating that fermentation has begun. We recommend leaving them for 3 weeks for maximum flavour. However, we understand it may be difficult to wait this long! Your fermented peas
 3. will be ready from 7–12 days. Ensure all peas are fully submerged and no kahm yeast has formed. (a thin white film, forming on the surface - simply add a cling film layer to any ferment to create a barrier inhibiting kahm yeast growth). Once ready, store in the fridge at 5°C (40°F).

Serve with: These are the perfect topping for pasta dishes, risottos or sprinkled in salads. A favourite lunch of ours is toasted sourdough with cottage cheese and rocket leaves, sprinkled with peackles.



Another book, which is ideal for those more seriously interested in fermentation, is ***Adventures in Fermentation***

by Dr Johnny Drain: chef, PHD scientist and writer. It's a fascinating, fun, and illuminating guide to how fermentation can amplify flavour, improve our health and increase sustainability. The book is full of stories about his life and career and includes working with René Redzepi and the Nordic Food Lab, his travels to weird and wonderful places to try weird and wonderful ferments and the amazing story of his quest for Smen in a Moroccan alleyway.

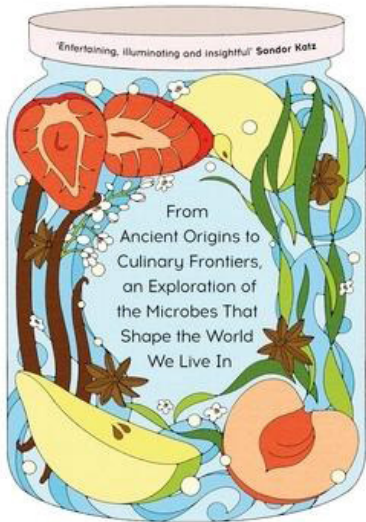
Blending health, science and cooking, it's a journey into the weird and wonderful world of fermentation, from its role in our evolution to the foods we love and everything in between. "Fermentation is so much more than a current health trend, it has shaped the world we live in, the bodies we inhabit, the staple foods we eat and even has the potential to shape our future. The truth is, when we ferment, we're tapping into a collaboration thousands of years in the making between humans and a hidden microbial cosmos, one which we're only just beginning to understand."

Adventures in Fermentation is highly acclaimed, and the first book to lift the lid on the power of this ancient practice, exploring how it has been utilised in different cultures across the globe and how we can do

the same. With irresistible wit and verve, chef and scientist Dr Johnny Drain illuminates the vast and unsung possibilities that microbes bring to the table, sharing stories and recipes that will entertain and delight readers as they embark on their own journey of discovery. It's published by Penguin at £20 for a hardback.

Just grab some salt, a few jars and get started...

Adventures in Fermentation



Dr Johnny Drain

sunborn
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What's in a name?

By Deep Patel

~Life through the eyes of a Twickenham shopkeeper~



One thing that all people have in common is that each of us has a name. I am fortunate enough to know nearly all of my customers by their names as I see them as friends first and customers second. However, have you ever thought about what goes into a name and what impact it has on the person you grow up to become? It's been a bit of a conversation-starter in my shop over the past week I have to say, and this was spurred on by none other than the editor of The Tribune himself!!!

How many people reading this right now can honestly say that they LOVE their own name? I wanted to ask customers this question so that I can better understand what a name actually means...

They say a name can make or break a person...I was keen to find out more...so there was one customer whose name is Ruben...I love that name...he told me he had never had a nick name...so I gave him one. I called him "Rubes" ...he's a young guy so I thought this name "Rubes" adds a modern vibe and would sound kind of cool! Anyway, he went to college and came back a few days later to tell me it was not the best choice of nick name. I asked him why and he said it's because the name "Rubes" unfortunately rhymed with another word that wasn't so favourable. I didn't understand (maybe I am just too old now?) so I asked him what he meant, and he said the nick name I gave him rhymed with another word that refers to bodily hair that grows on us during puberty...have you got it yet? (the word I mean not asking if you have the hair)...yes I got the word too in the end...so I cancelled that nick name and apologised to the customer for ever suggesting it in the first place, he understood and just laughed at me.

This made me realise that when considering names and the effect a name has on others

perceptions of you (the name Brad for example makes people automatically see you as charming and boyish as Brad Pitt influenced this, and the name David may have similar favourable tones due to David Beckham...and for ladies the name Madonna would obviously carry a lot of weight too!)...but it's not just the name that matters...but it's the nick name too...I learnt (from the young customer who I gave the unfortunate rhyming nickname to – the word that rhymed with the nick name I gave him which was “Rubes” was the word “pubes” by the way...as in pubic hair...I had no idea the other students at his college would make fun of him).

So to answer the question “what’s in a name”, it’s actually an awful lot more isn’t it? With naming someone comes GREAT responsibility...the connotations (largely influenced by celebrities too, the same name), the nick name (and rhymes that can be made from it), and obviously things like pronunciation and ease of matter, and also even position in the alphabet...some people may call their son “Aaron” as the fact that name starts with a “AA” means he would probably always be selected first in school and later at work for things which could be beneficial too I think!

Just as I was typing this article and considering these things and the connotations of a name and the importance of choosing the right one, a customer came into my shop to buy a vape (usually I type these articles behind the counter of my shop in-between serving customers). So the young man who purchased the vape, he asked me what I was doing, so I told him I was writing my weekly article for the Twickenham and Richmond Tribune and he asked what it was about. I told him I was looking at names and the connotations they carry and how it can make or break someone...I then asked him what his name was and he replied “Donald” and there the conversation ended and by mistake I said out loud “oh never mind!” but I felt so bad after that I ended up giving him a discount on his vape. Well, another thing I learnt, sometimes we can try and choose a good name for our children...but it’s never any guarantee...I mean my last customer...when his parents named him Donald twenty odd years ago...they wouldn’t have known...

Oh well, it’s the person inside that counts...

Remember...

“Names have power...just like magic spells...”

MY CREATURE-KINDNESS TIP OF THE WEEK...

Make use of high-frequency plug-in pest stopping plugs into each room, buy ones with good reviews online and follow the instructions, we stock them at Meet & Deep Newsagents here too, they work really well to keep ALL “pests” away, without harming any...good karma always!

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

All The World's A Stage

compiled by Anne Warrington

Poetry Performance at Garrick's Temple to Shakespeare, Hampton

David Garrick's pavilion on the banks of the Thames, built in 1756 to honour William Shakespeare, was fitting place for Poetry Performance's exploration of all things theatrical. Its intimate space provided the setting for its *All The World's A Stage*, an array of poetry and music.

Master of Ceremonies Ian Lee-Dolphin joined Annie Morris on vocals and guitar in a vibrant opening to the afternoon presentation. The poetry pieces came from the most famous of writers, through to Poetry Performance's own poets, and were read by a variety of voices.



The resonant velvet-voiced Francis Abbott opened with the timeless *All the World's a Stage* from *As You Like It*, thereby setting the scene. A Shakespeare theme continued with *Hamlet's Advice to Players*, before fast-forwarding to Noel Coward's witty, yet apt, *Don't Put Your Daughter On The Stage*.



Abbott had strong rapport with Sue Bell, another reverberate reader. Their *Play Without End* by the prolific Fran Thurling was enrapturing, while their reading (with Graham Harmes) of Anthony Josolyne's *Memories of a Variety Artiste* was genuinely stirring. Bell also led a chorus in Fran Thurling's *Just Call Me Jack* in a refrain of "with a fee, a fi, a fo and a fum!".

In a different vein was a section that included Connaire Kensit's nostalgic reading of Ken Mason's *At The Opera*, a humorous and heartfelt piece of stardust memories. The poignant *A Lesson Learned*, performed and written by Heather Montford, recalled her aspirations for the school play. Similarly, *Baron Bolligrew Gets Thwarted*, a haibun written and performed by Heather Moulson, told of dramatic societies' frustrating

hierarchies.

The performance was, however, not only about words. Sam Ball was outstanding as his puppets animated his own *The Tale of the Miller's Wife* within a vibrant piece, beautifully done. And there was more music as Ball, together with Ian Lee-Dolphin entertained with *A Play on Words or a Word on Plays*, astonishingly detailed and funny, written by Lee-Dolphin himself.



After *Blighters*, Siegfried Sassoon's parable on the horror of war, and the equally disturbing *The Script*, beautifully written by Anne Warrington, we were glad to sing along with *Where Have All the Flowers Gone* before Puck's epilogue to *A Midsummer Night's Dream*, brought a fitting end to a theatrical triumph.

Read Hilary Jones' review at www.markaspen.com/2025/08/26/all-a-stage-pp

Photography courtesy of PP

Pippin

by Stephen Schwarz, book by Roger O. Hirson

Cygnets Players at the Putney Arts Theatre until 6th September

The musical *Pippin* has strange fictional plot about two historical figures derived from the early Middle Ages, which lends itself to many different presentations. Here, James Chadwick's set had the large orchestra placed neatly to one side of a generous stage, and effectively and unobtrusively lit in a red highlight by Emma Hunt and Andy James.



Opening by warmly greeting the audience, the vibrant voiced Jamie Miller-Hughes as the charismatic Leading Player brought everything to life in his narration.

Relaxing into the role of the eponymous Pippin, Laurence Parvu used his performing skills beautifully, and his strong singing was striking. Prince Pippin was suitably unimpressed with his royal father, King Charlemagne. Alex McKinven cut a noble figure as the King while expressing a mixture of love and exasperation for his naïve son.



The energetic and studied chorus, pleasing to the eye in co-ordinating shades of orange and red, connected well. Musical director Mimi Roberts produced wonderful sounds, while Kim Schenkelaars' choreography was well planned and confidently handled, and the featured dancers were flawless.

Phoebe Fleetham, Janet Huckle and Louise Bravery's costumes were arresting, especially the Leading Player's and Pippin's seventies garb. The gory battle behind the glitz, with the triumphal *Glory* and its scattering of limbs and torsos, and with a headless dialogue with Katie Sterland, was terrific.

The exciting, if shallow, half-brother Lewis made quite an impression. Alex Dehn, who took on the role, is a name worth watching out for. Caroline Steersmith used her wiles skilfully as the conniving stepmother Fastrada and, as Pippin's vampy grandmother Berthe, Lily Gillespie Moulton shone with a wonderful number *No Time At All*. It was very profound, and enjoyed hearty audience participation. The widow Catherine, who rescued Pippin, was sincerely played by Katie Dart, who took the pointless snide remarks of the Leading Player on the chin. Her *I Guess I'll Miss The Man*, one of the best numbers, was poignantly sung. Thomas Carter as her son Theo, who formed a bond with Pippin, was great fun.



Director Alex Johnson brought the best out of this complex piece unravelling the intricacies of *Pippin*, in a different and hugely enjoyable glossy show.

Read Heather Moulson's review at www.markaspen.com/2025/09/04/pippin-cp

Photography by Russell Hughes

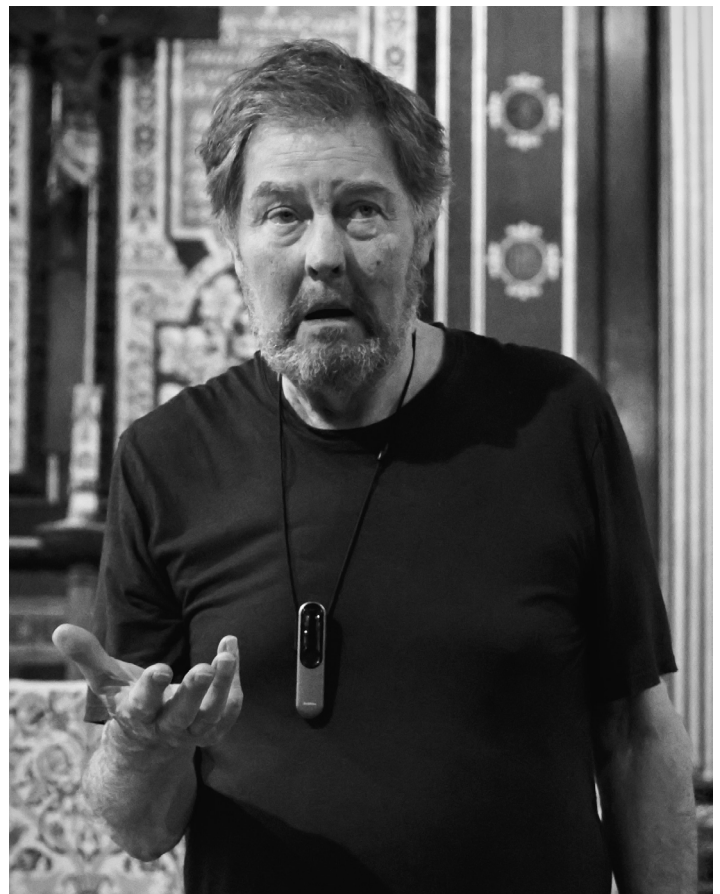
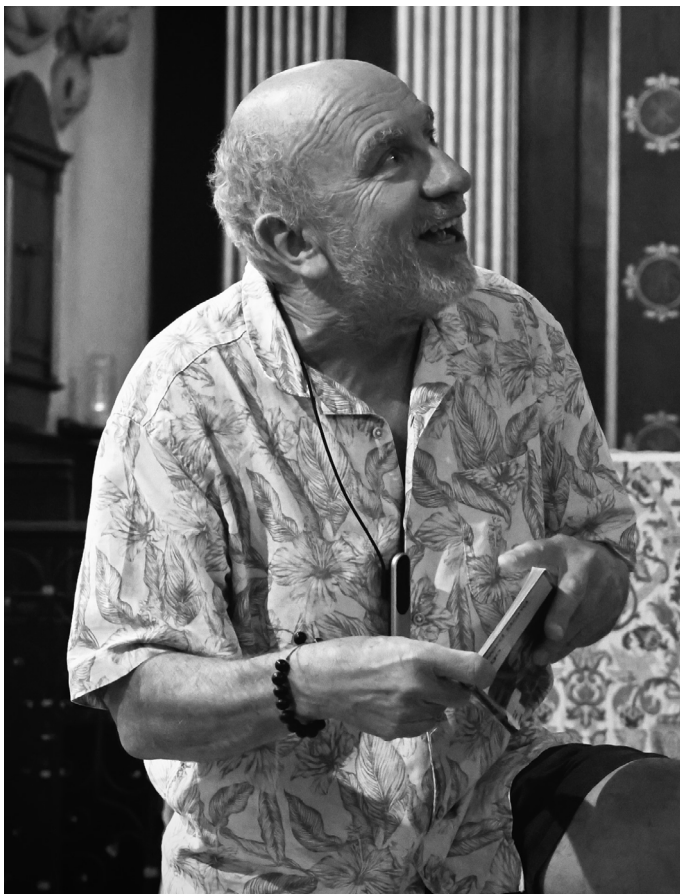
William Shakespeare – The man himself

Edward Bond's "BINGO"

at the Mary Wallace Theatre. September 13th-20th

Come along to the Mary Wallace Theatre from September 13th-20th to meet William Shakespeare - in person. We are accustomed to presenting the author's plays - but now you have the opportunity to see the man himself, in his home setting of Stratford during a period of his life you won't find recorded in the history books.

In "BINGO - Scenes of Money and Death" by Edward Bond, William returns from London at the close of his career, leaving the brutality, noise and clamour of the capital for, he hopes, the peace and tranquillity of country life and the warm embrace of family. Instead he finds discord and is appalled by the poverty, oppression and injustice he finds there.



BINGO plays at Twickenham's Mary Wallace Theatre from September 13th-20th with booking available now at www.richmondshakespeare.org.uk

Find us on Twickenham's Embankment, close to the Barmy Arms.

Rehearsal photos credit – Pete Messum



Can You Help Make Christmas Magical At Squire's Twickenham!

This is no ordinary role – it's a chance to become the face of Christmas at Squire's Twickenham.

Santa may be soaking up the sun and sipping mocktails right now, but back at Squire's Garden Centres in Twickenham, preparations are already underway for his return – and the team is on the lookout for someone very special to take on his most magical role!

Squire's is recruiting for a cheerful, kind-hearted Santa to host their popular Christmas Grotto experience this festive season. The successful candidate will help bring festive cheer to children and families, creating unforgettable moments and sharing the spirit of Christmas with every visit.



Santa on his holidays

Whether you're retired and looking for something joyful to do, a performer at heart, or simply someone who loves making children smile and thrives on creating special memories for families, this is your moment to shine. You'll be provided with Santa's iconic outfit (no need to bring your own red suit!) and be supported by a team of helpful elves throughout your Grotto duties.

Ross McEwan, Retail Operations Director at Squire's Garden Centres, comments: *"Our Santa plays a huge part in creating magical family memories. We're searching for someone who really embodies the warmth and spirit of the season – twinkling eyes, a hearty 'Ho, ho, ho!,' and a genuine love of spreading joy to others. It's a feel-good, rewarding role, and one that our centre teams truly cherish and support each year."*

The role runs at weekends from late November to Christmas Eve, and the last few days before Christmas, and is based at Squire's Twickenham. Grotto visits will once again support the centre's Charity of the Year, with £1 from each ticket sold going directly to [Homelink Day Respite](#).

Squire's is a family-run business and prides itself on a welcoming and friendly environment. As part of the team, Santa will enjoy a supportive setting, staff benefits and – most importantly – the opportunity to make a real difference to hundreds of local families.

So, while the big man takes a well-earned beach break, could you be the Santa Squire's Twickenham needs this Christmas?

Visit the [website](#) - or pop in to Squire's Twickenham and meet the Manager, Julie Leatherdale, for an informal chat - to find out more and apply for this very special role!

https://careers.squiresgardencentres.co.uk/index.php?search=1&job_ref=11049

SQUIRES

GARDEN CENTRES

Local charity celebrating community garden renovation funded by National Lottery

From Habitats & Heritage

Habitats & Heritage are celebrating after being awarded £2000 in National Lottery funding to host community-led activities this September, through the Mayor's Community Weekend.

Habitats & Heritage, based in Richmond upon Thames, will use the funding to invite locals and celebrate the restoration of a promising community garden, which when fully completed, aims to benefit people, wildlife, and the environment.



The event on **Saturday 13 September from 2 to 4pm** will bring in people across the borough to 53 Grimwood Road, Twickenham to celebrate with cake and refreshments. Catering to everyone, there will be fun activities like face painting for children, a pop-up exhibition of market gardening in south west London, a tour of the site, nature conservation activities, and a chance for dialogue between the community and the organisation.

Once fully cared for and established, the garden will provide a space for a range of people to learn skills, benefit mentally and physically, and bond with others. Alongside that the space will serve to aid wildlife through beneficial gardening methods and by acting as a sustainability demonstration centre for workshops on climate positive approaches to water, waste, and energy.

Paul Jennings, CEO of Habitats & Heritage said: "We're delighted that The National Lottery Community Fund and the Mayor of London has recognised our work in bringing communities together. Thanks to National Lottery players, we will be able to welcome people to the start of a strong community and environment rooted project and celebrate over some tea and cake, while enjoying the company of the outdoors and each other. Please, do attend if you can!"

Find out more about the [Mayor's Community Weekend 2025](#).



reliability-boosting resignalling scheme

From Network Rail

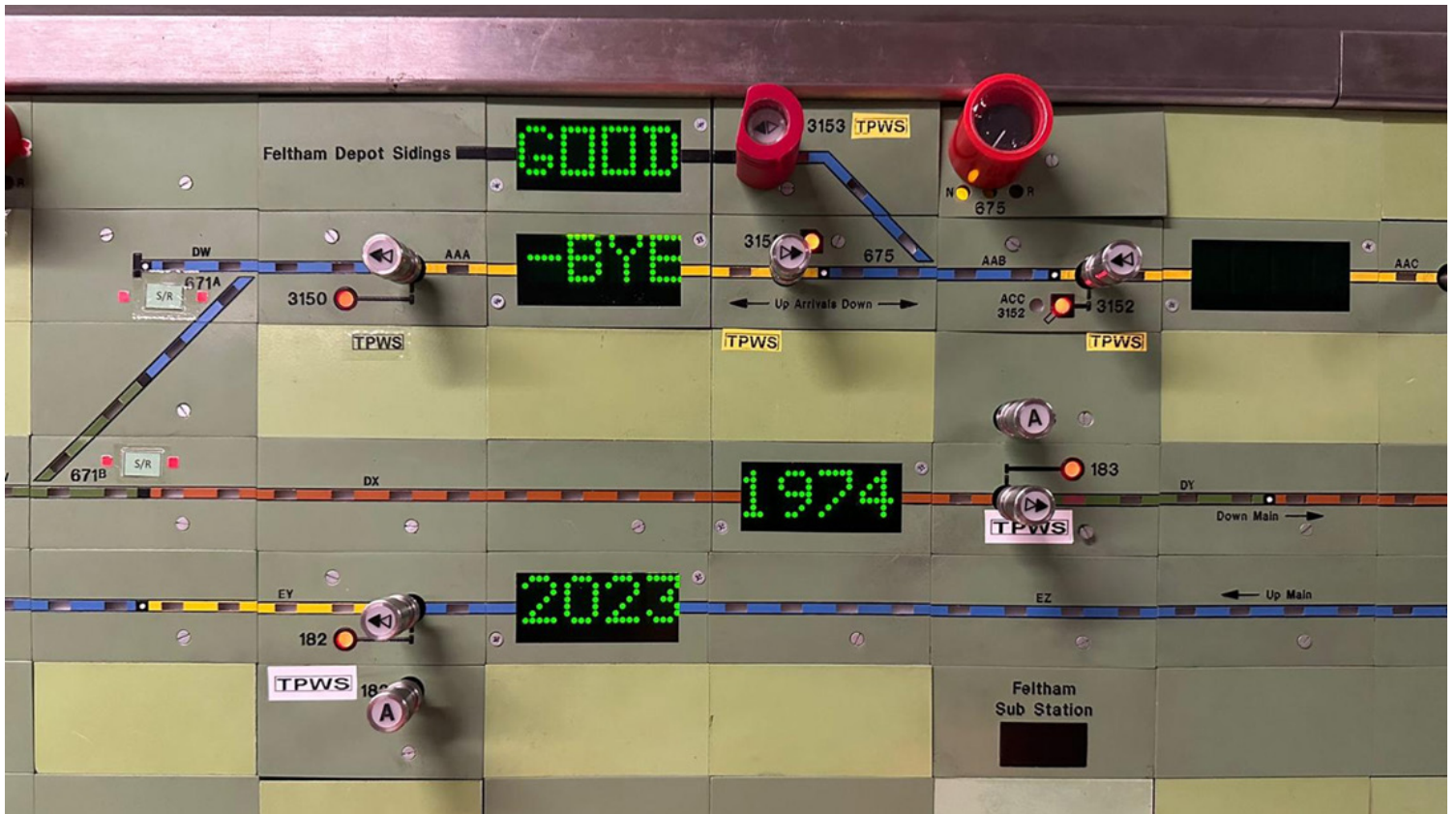
Network Rail has successfully switched on 116 new state of the art digital signals on the railway across parts of south west London and Berkshire, as part of the four-year resignalling programme to improve reliability.

The railway reopened as planned earlier this morning following a 14-day, three-part closure between Barnes and Virginia Water, Windsor & Eton Riverside and Hounslow, to allow Network Rail to switch on the newly installed signals.

Since Saturday 19 August, Network Rail's team of engineers has worked around the clock to commission the 116 new signals – the railway's traffic light system – and finish upgrading seven level crossings during this multistage closure.

Following the completion of this work, passengers will benefit from more reliable journeys and fewer delays on the Windsor Lines, which are a key route for commuters in and out of London.

The previous signalling system and track circuits – which tell signallers where trains are on the network – were controlled by the Feltham Area Signalling Centre and dated back to 1974 so needed upgrading as they had become less reliable and harder to maintain.



Control of this part of the railway has now moved to the Basingstoke Rail Operating Centre, a purpose-built rail hub that is shared with South Western Railway (SWR).

A four-year upgrade to improve reliability

Over the past four years, as part of the wider £116m Feltham and Wokingham re-signalling programme, Network Rail's engineers have installed 116 digital signals, 11km of new cabling housed in 14km of refurbished cable ducts, 27 new under-track cable routes to support the new technology and upgraded seven level crossings.

The Feltham and Wokingham re-signalling programme will be concluded in early 2024 with the completion of upgrades to key signalling equipment controlled by the Feltham Area Signalling Centre and Wokingham Signal Box, which jointly cover 80 miles of railway and 500 separate pieces of signalling equipment. A total of 13 level crossings will also have been renewed or upgraded, all with the aim of improving train performance and ensuring passengers enjoy more reliable journeys.

Mark Killick, Network Rail's Wessex route director, said: "I'm pleased to say we've now reached a significant milestone of our wider Feltham and Wokingham resignalling programme with the switching on of 116 new signals on the Windsor Lines.

"These new digital signals replace old equipment that had become unreliable and harder to maintain and will improve the reliability of this stretch of railway and in turn help reduce delays for our customers.

"I'd like to thank customers and local residents for their patience while we've carried out this work."

Peter Williams, South Western Railway's customer and commercial director, said: "This milestone in the Feltham to Wokingham resignalling programme is another step towards improving reliability and reducing delays for years to come. With the project entering the commission phase over the coming months, there will still be a need to close sections of the railway for further works, but the new signalling system will deliver a real boost to performance once complete.

"I realise these works have been disruptive, with rail replacement buses in operation and journeys taking longer. I'd like to thank customers and lineside neighbours for their patience and understanding while these essential improvements take place."

Scott Kelley, signalling managing director for Atkins, said: "As lead contractor, we are delighted to have successfully delivered the latest phases of the Feltham to Wokingham re-signalling programme, continuing our long-standing partnership with Network Rail.

"Atkins led a multi-disciplinary team to deliver this project, which saw a large deployment of innovative and digital solutions to achieve significant improvements in reliability, availability and safety of both the railway signalling system and level crossings in the area. This will benefit passengers, neighbours, and the railway."



St Mary's University

St Mary's Athletes Selected for World Athletics Championships

Four St Mary's University and Endurance Performance Centre (EPC) alumni and one EPC associate have been selected to compete at the upcoming World Athletics Championships in Tokyo.

This comes after five St Mary's athletes [made the podium](#) at the UK Championships held in August this year.

The [World Athletics Championships](#) will take place from 13-21st September 2025, and will see the St Mary's athletes compete in the following events:

- Adelle Tracey: Women's 800m and 1500m
- Elliot Giles: Men's 1500m
- Emile Cairess: Men's marathon
- Jake Wightman: Men's 1500m
- Reeve Walcott-Nolan: Women's 1500m.



Speaking on these selections, EPC Coordinator and Performance Coach at St Mary's Craig Winrow said: "Great to see so many EPC alumni competing at the World Champs. Everyone has been having a excellent season and all at St Mary's are looking forward to watching them compete to their best at the Champs."

St Mary's is renowned for its elite sporting performance, with athletes, alumni, and students having won a Gold medal at every Games since Beijing 2008. In total the University has seen 51 athletes take part in the last four Olympic and Paralympic Games, with some representing multiple events, winning 15 medals for their nations.

Former students Reeve Walcott-Nolan, Elliot Giles and Emile Cairess will be representing [Great Britain & Northern Ireland](#) alongside EPC associate Jake Wightman. Alumna Adelle Tracey will be representing Jamaica.

At the UK Championships earlier this year Elliot Giles placed second in the Men's 1500m, while Reeve Walcott-Nolan came third in the Women's 1500m race.

All five of the athletes were selected to compete at the [Paris 2024 Olympics](#), with Emile Cairess placing fourth in the men's marathon and becoming [Team GB's best Olympic marathon finisher](#) in 20 years.

The [Endurance Performance Centre \(EPC\)](#) is an internationally renowned running programme at St Mary's University, with one of the best training setups in the world. The EPC and its coaches provide an endurance performance environment that supports, challenges, and develops elite runners.

In other international sporting success, St Mary's currently has four alumnae competing for England at the Women's Rugby World Cup also being hosted in England. World Player of the year [Ellie Kildunne](#) scored in the opening match against USA, whilst [Jess Breach scored a hatrick of tries against Samoa](#) placing her second on the top scorer list for the tournament. Abi Burton, [who recently spoke to the BBC about her recovery from encephalitis to feature at Paris 2024](#), also featured in the second match against Samoa as a full back. Rosie Galligan has played for both Harlequins and Saracens, and made her international debut in 2019 during the Six Nations.



St Mary's
University
Twickenham
London

Hats off to HRUC's Extraordinary Higher Education Students!

Earlier this year we held a fantastic ceremony on our Uxbridge College campus as we welcomed 67 graduates for a well-deserved celebration.



Our graduation ceremony celebrates the huge efforts and success our graduates have accomplished in their time with us. As well as what they have achieved for themselves, the impact of their achievements will also be seen in the wider community where they will be well-prepared to play key roles in our local, regional and national economy and we are excited to see where their future takes them.

The students all graduated from one of our three colleges – Harrow College, Richmond upon Thames College and Uxbridge College and alongside their family and friends we shared in their success, recognised their achievements and acknowledged their hard work and talent.

Our talented students

The ceremony was filled with talent with students graduating with Higher National Certificates (HNC) or Higher National Diplomas (HND) in:

- Business
- Computing
- Digital Technology
- Engineering (Mechanical and Electronics)
- Travel and Tourism
- and our Performing Arts students graduated with a UAL Diploma.



These Level 4 and Level 5 qualifications are the equivalent of the first one or two years of university-level study and our students have benefitted from studying at our group of colleges to attain these high-level qualifications.

Our extraordinary staff



The evening also provided an opportunity to recognise our extraordinary teaching and support staff plus the family, and friends who have supported our students throughout their higher education journey and helped them to achieve and succeed.

The success of our Higher Education graduates reflects not just academic achievement, but the collective support, mentorship, and guidance of our staff, community, and families.

What our graduates had to say

Looking forward to the future our graduates had a few moments of reflection during the ceremony, offering the following advice and feedback:

“We couldn’t have done it without the help of our course leaders” - HND Computing students.

“Perseverance turned challenges into achievements” - HND Mechanical Engineering students.

“These were some of the best years of my life - and one of the reasons is thanks to our teachers” - UAL Level 4 Professional Diploma in Performance students.

So what comes next?

Many of our graduates will have already been reaping the benefits of their higher education qualification, whether that is in their existing professional roles; through progression routes onto a university course or feeling better able to compete in the job market and considering higher-level and higher-paid jobs.

They don’t just walk away with a Higher Education qualification – they leave with the skills, experience, and confidence that employers are truly looking for.

Through real-world projects, enrichment opportunities, and Skills Builder, our students graduate ready to thrive in today’s workplace.

It is a privilege to recognise the many achievements of our graduates and share in their success.

A huge congratulations to them all, we look forward to hearing more about all of their exciting next steps!

[Click here to find out more about the Level 4 and Level 5 courses we offer.](#)



Women's Rugby World Cup preview

Red Roses v Australia

England's Red Roses play Australia in Brighton for their final pool A match of the Women's Rugby World Cup 2025.

The Red Roses game against Australia takes place on Saturday 6 September at the Brighton & Hove Albion Stadium and kicks off at 17:00 BST.

John Mitchell's side qualified for the quarter-finals after Australia drew with the USA following the [Red Roses' record 92-3 victory over Samoa](#).

Jess Breach scored a hat-trick against Samoa, as well as registering her 50th international try, while Helena Rowland scored 27 points, the most by any England player in a Women's Rugby World Cup game.

The Red Roses have won both their matches of the World Cup so far, scoring a total of 161 points and conceding just 10.

Australia opened their tournament with an impressive 73-0 win over Samoa, but drew 31-31 with the USA to leave their campaign in the balance.

Wallaroos wing Desiree Miller is the joint second highest try scorer in the tournament, with five tries from two games, while Piper Duck, Kaitlan Leaney and Emily Chancellor all feature among the top five tacklers.

Red Roses v Australia last time out



Click image to view video

How to watch Red Roses v Australia

Where	Brighton & Hove Albion Stadium, Brighton & Hove
When	Saturday 6 September
Kick-off	17:00 BST
Where to watch	BBC Two & iPlayer

Stats & facts

England have won all seven of their previous meetings with Australia, the most recent of which was a 42-7 victory in WXV1 in 2023.

Three of the seven previous encounters between England and Australia have come in Rugby World Cup fixtures, all of which were knockout games won by England, a 1998 quarter-final, a 2010 semi-final and a 2021 quarter-final (played in 2022).

England have made 32 kicks in play in the Rugby World Cup this year, retaining possession from eight of those kicks – their 25% kick retention rate is the best of any team.

Australia have made 418 successful tackles at this year's Rugby World Cup, more than any other team, while England have made the most dominant tackles of any nation (33).

England's Jess Breach has made a joint high eight linebreaks at the 2025 Rugby World Cup (also Alysha Corrigan) while she's one of just five players to have scored multiple tries in both rounds of this year's tournament, alongside Australia duo Desiree Miller and Caitlyn Halse (also Jorja Miller and Francesca McGhie).

Keep your eye on...

Breach's try-scoring. Fresh from scoring a hat-trick, including her 50th Test try, against Samoa, [Breach will win her 50th Test cap against Australia](#). She has scored the joint second-highest tries at the tournament so far and will be looking to add to her phenomenal record.

Morwenna Talling's tackling. During the opening game against the USA, Talling reached an impressive 27 tackles with a 100% tackle rate. She was an unused replacement against Samoa, but returns to the starting line-up at blindside flanker against Australia.

Holly Aitchison's return. Having missed the first two matches of the Women's Rugby World Cup, as well as the warm-up matches, fly half Aitchison is named as a replacement.

Red Roses v Australia recent results

2023: Red Roses 42-7 Australia
2022: Red Roses 41-5 Australia
2017: Australia 10-53 Red Roses
2010: Red Roses 15-0 Australia
2001: Australia 5-15 Red Roses



Red Roses Team To Play Australia

Jess Breach will earn her 50th international cap when the Red Roses take on Australia at Brighton & Hove Albion Stadium on Saturday (KO 5pm).



The wing, who surpassed 50 tries for her country with a hat-trick last time out in the win over Samoa, reaches a half-century of England appearances eight years after debuting with a six-try haul against Canada in 2017. On Breach's milestone, Head Coach John Mitchell said: *"To reach 50 caps for your country is testament to the hard work and dedication put in over a number of years, not only by the individual but by those who support them daily. Jess should be incredibly proud of her milestone and we're looking forward to her taking to the field on Saturday."*

Like Breach, centre Megan Jones and second row Rosie Galligan also retain their places in the starting XV as Mitchell makes 13 changes. The backline is the same that opened the tournament in Sunderland a fortnight ago. Natasha Hunt and Zoe Harrison are named in the half-back positions with Tatyana Heard reinstalled in the 12 jersey.

Abby Dow, who sits on 49 England tries, crochets her way on to the wing while Ellie Kildunne is back at full-back. The forwards are only one player different to that first pool stage win over USA, too. Morwenna Talling switches to blindside flanker and Galligan is in the second row alongside Abbie Ward.

Alex Matthews captains the Red Roses for the second time in her career from Number 8. Front row trio Hannah Botterman, Amy Cokayne and Maud Muir, plus openside Sadia Kabeya, complete the pack.

On the bench, there is a potential first 2025 Women's Rugby World Cup outing for Holly Aitchison after her ankle injury.

The Red Roses have qualified for the World Cup quarter-finals after 69-7 and 92-3 victories over USA and Samoa, respectively.

Mitchell added: *"We want to build on our opening matches of the tournament and finish the pool stage with a good performance against Australia. Brighton has been a great host for us this week. It's a new venue for the Red Roses, one that has a history of World Cup magic. We're excited to see thousands of our supporters come down to the south coast and get behind the girls."*

Red Roses team to play Australia

15 Ellie Kildunne (Harlequins, 54 caps)

14 Abby Dow (Unattached, 55 caps)

13 Megan Jones (Trailfinders Women, 29 caps)

12 Tatyana Heard (Gloucester-Hartpury, 32 caps)

11 Jess Breach (Saracens, 49 caps)

10 Zoe Harrison (Saracens, 61 caps)

9 Natasha Hunt (Gloucester-Hartpury, 84 caps)

1 Hannah Botterman (Bristol Bears, 59 caps)

2 Amy Cokayne (Sale Sharks, 85 caps)

3 Maud Muir (Gloucester-Hartpury, 44 caps)

4 Rosie Galligan (Saracens, 27 caps)

5 Abbie Ward (Bristol Bears, 77 caps)

6 Morwenna Talling (Sale Sharks, 24 caps)

7 Sadia Kabeya (Loughborough Lightning, 24 caps)

8 Alex Matthews (Gloucester-Hartpury, 77 caps) - captain

Replacements

16 Lark Atkin-Davies (Bristol Bears, 70 caps)

17 Kelsey Clifford (Saracens, 17 caps)

18 Sarah Bern (Bristol Bears, 75 caps)

19 Lilli Ives Champion (Loughborough Lightning, 4 caps)

20 Maddie Feaunati (Exeter Chiefs, 19 caps)

21 Lucy Packer (Harlequins, 35 caps)

22 Holly Aitchison (Sale Sharks, 40 caps)

23 Helena Rowland (Loughborough Lightning, 42 caps)

Brentford sign Reiss Nelson on season-long loan

Written by Brentford Football Club

Brentford confirm loan signing of Arsenal's Reiss Nelson; the winger has played 61 times in the Premier League for the Gunners and at Fulham last season; the 25-year-old also recorded a combined 19 goal contributions during loan spells at Hoffenheim and Feyenoord

Brentford have confirmed the signing of Arsenal winger Reiss Nelson on a season-long loan.

The 25-year-old has made 50 Premier League appearances for the Gunners, and a further 11 for Fulham last term. Nelson has also had loan spells in the Bundesliga and Eredivisie, with Hoffenheim and Feyenoord respectively, where he recorded a combined 19 goal contributions.

Brentford head coach [Keith Andrews](#) said: "Reiss

has a skillset that will complement the rest of the attacking players we have. He's a dribbler and he's very comfortable with the ball at his feet.

"I really like his [Premier League](#) experience and know-how of the league, as well as his age profile.

"He's coming into the optimum years of his career, and he's shown a real desire to come here when there's been a lot of interest elsewhere."

Nelson joined Arsenal's Academy aged eight and made his debut in the 2017 Community Shield aged 17. He has had a series of loan spells during his career, with his first for German side Hoffenheim in 2018/19, where he scored seven goals in the Bundesliga.

The following term, Nelson made 24 appearances for [Arsenal](#) in all competitions and netted the decisive goal against Liverpool in a 2-1 win at Emirates Stadium. Nelson also scored from the spot to help Arsenal beat [Liverpool](#) in the Community Shield at the start of the 2020/21 campaign.

The forward spent 2021/22 on loan at Eredivisie side Feyenoord, featuring 32 times and playing a key role in the run to the Europa Conference League final, where they lost to Roma.

Nelson returned to Arsenal the following season and, despite injury problems, he had an impact when he featured for Mikel Arteta's side, providing five goal contributions in 11 substitute appearances.

He made 23 appearances for the north Londoners in 2023/24, contributing two assists in the Champions League and [scoring in the Carabao Cup against Brentford at Gtech Community Stadium](#).

In 2024/25, Nelson spent the season across west London on loan at [Fulham](#). After a promising start, his season was cut short after picking up a hamstring injury.



Brentford v Liverpool rearranged

Written by Brentford Football Club

Brentford's Premier League fixtures against Manchester City, West Ham United and Liverpool in October have been moved after being selected for live television broadcast by Sky Sports and TNT Sports



All three of Brentford's games in October have been selected for television coverage.

The Bees' Premier League fixtures against Manchester City, West Ham United and Liverpool will all be shown live in the UK.

Keith Andrews' side begin the month by welcoming Pep Guardiola's City team to Gtech Community Stadium.

That game, originally scheduled for Saturday 4 October, will now take place on Sunday 5 October (4.30pm kick-off) and will be televised by *Sky Sports*.

An international break then precedes an away London derby against West Ham, which has been moved back two days to Monday 20 October with an 8pm kick-off, also live on *Sky Sports*.

Finally, the west Londoners close October with a home match against Liverpool. Arne Slot's side will travel to the Gtech on Saturday 25 October as scheduled, however the game will now kick-off at 8pm, live on *TNT Sports*.



Chancellor announces date for Budget 2025

Budget to address economy that's "not working well enough for working people".

On Wednesday 3rd September, the Chancellor confirmed that the date of the Budget will be Wednesday 26 November.

In a video message, the Chancellor of the Exchequer, Rachel Reeves said:

Britain's economy isn't broken. But I know it's not working well enough for working people.

Bills are high. Getting ahead feels tougher. You put more in, get less out. That has to change.

We've got huge potential - world-leading brands, dynamic industries, brilliant universities, and a skilled workforce. We're a global hub for trade.

Fixing the foundations has been my mission this past year.

We raised the minimum wage for three million people.

Cut NHS waiting lists.

Started tearing up planning rules to build 1.5 million new homes.

Promised billions more for the country's infrastructure.

Secured trade deals with the US, India, and the EU.

And changed Treasury rules so investment reaches every part of the country.

But I'm not satisfied. There's more to do.

Cost of living pressures are still real.

And we must bring inflation and borrowing costs down by keeping a tight grip on day to day spending through our non-negotiable fiscal rules.

It's only by doing this can we afford to do the things we want to do.

If renewal is our mission and growth is our challenge. Investment and reform are our tools.

The tools to building an economy that works for you - and rewards you.

More pounds in your pocket. An NHS there when you need it. Opportunity for all.

Those are my priorities.

The priorities of the British people.

And it is what I am determined to deliver.



HM Treasury

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