

Twickenham Tribune & Richmond



Sandycombe Lodge (Turner's House), St Margarets
Photo by Berkley Driscoll

16th January 2026

T&RT

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NPL

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TickerTape - News in Brief

1,000 free trees for a greener community

From Richmond Council

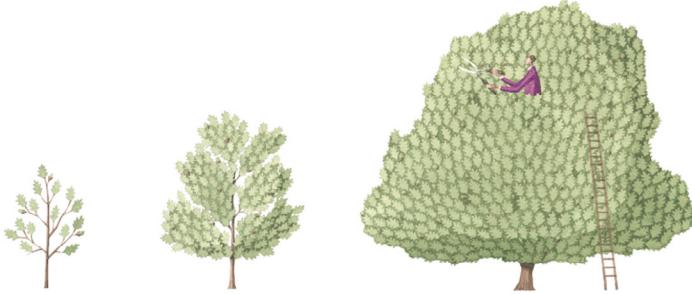
Following last year's successful tree giveaway, we're giving away more free trees to residents, schools, and community groups to plant across the borough.

The free trees can be planted in private gardens or land and are offered free by our specialist tree contractors. There are 1,000 free trees to giveaway and they will be allocated on a first-come, first-served basis.

You can [register online for a free tree](#), or call 020 8891 1411.

Collection points will be available at Kneller Gardens in February and at Old Deer Park in March. Species to choose from include Acer tataricum 'Ginnala', Betula papyrifera, Prunus cerasifera, Tamarix ramosissima, and Taxus baccata. You can [find out more about the giveaway and register](#).

If you want to get involved but don't have a space to plant a tree, why not [consider helping with watering young street trees](#), and joining the [Friends of Street Trees initiative?](#)

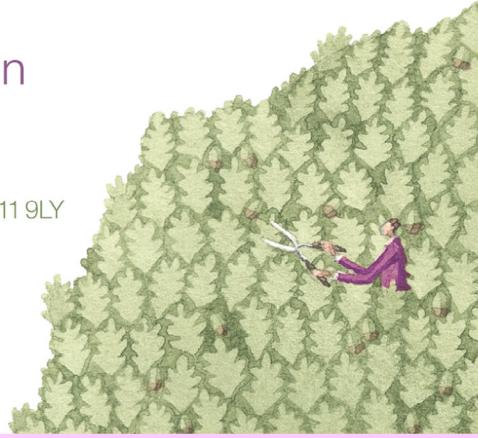


The Tree Agency

The Tree Agency

darryl parkin

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Teddington, Middlesex TW11 9LY
Telephone 020 8274 0107
Mobile 07960 123580
Fax 020 8274 0119
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www.thetreeagency.co.uk



The Local Picture Postcard Page - Part 310

Barnes – Lonsdale Road

By Alan Winter

Our postcards this week take us to the eastern end of the Borough to Barnes where we can focus on Lonsdale Road which is one of the area's major roads.

The land was originally part of the Thames riverside meadows and was used for both farming and grazing. Barnes is an early settlement recorded in the Domesday survey of 1086.

The mid-19th century saw some infill development, but significant expansion came with the 1890's. At this time as the age of motorised transport was just beginning, Lonsdale Road was establishing itself as a major route through the Barnes riverside towards Central London.



Our first illustration is a bit of a cheat as it is a photograph rather than a postcard but it can be dated easily as 1890 as the building was Walnut Tree Farm at Mill Lodge, Lonsdale Road. It is

decorated for Queen Victoria's Diamond Jubilee in that year.



The three postcards shown are all from the period just before the first world war which is referred to as "The golden age of postcards". This was because we had no telephones or computers and if we couldn't shout over a fence to a neighbour, the quickest and cheapest method of communication globally was by a postcard.

Lonsdale Road features diverse architecture, including grand Victorian semis, Arts and Crafts homes and “London Flats” contrasting with the Georgian Mansions on the Terrace nearby.



Barnes Central Boys' School opened in 1921 followed by the Girls' School in 1931 on the same Lonsdale Road site. These schools merged and evolved into Barnes County Secondary School becoming a comprehensive school in 1973 and closing in 1977. The prestigious St Paul's school is also located on Lonsdale Road.



The Lonsdale Road reservoir is now the home of London's Wetland Centre. It is managed by the Wildfowl & Wetlands Trust and is a Site of Special Scientific Interest. Richmond upon Thames London Borough Council purchased the area from Thames Water in 1970 and it was designated

a local nature reserve in 1990. We are lucky to have such a well-known Nature Reserve in our Borough.

Plenty of pubs, bars and restaurants in the area with probably the Bulls Head at 373, Lonsdale Road being one of the most well-known. I will do a column on that once I can find a postcard to illustrate it. The Bulls Head has an amazing live musical history going back many decades and you will be surprised at who has played there over those years.

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Environment Committee: Performance Gaps Persist

By James Knight



The Environment, Sustainability, Culture and Sport Committee met on 13 January to consider a series of performance and operational reports, alongside the adoption of the new Parks Events Policy, which is covered in a separate article.

Corporate Plan: targets missed and pressures acknowledged

Members received the mid-year performance report on the council's Corporate Plan objectives within the committee's remit. While officers highlighted areas of improvement, the discussion also exposed several areas where performance remains below target.

Waste and recycling services were the most pressing concern. Missed waste collections increased during quarter two, with councillors reporting repeated failures in the same locations. Sam Dalton, Liberal Democrat councillor for Hampton, told the committee: "I've come across this a lot in Hampton over the last few weeks. It seems to be the same locations again and again being missed." Similar concerns have been raised in previous reporting periods.

Natasha Epstein, Director of Waste and Street Cleansing, confirmed that the council had funded a pay settlement to stabilise the workforce, telling members that "the pay settlement has now been agreed and morale has improved". However, she acknowledged that performance had not yet recovered, saying that quarter three was showing "month on month improvement", but was "still not quite at target". No figure was provided to the committee for the cost of the pay settlement, or for its impact on council finances. Members were not told whether the additional cost would be offset elsewhere in the budget, or whether it would result in higher costs to residents.

Officers confirmed that while food waste recycling rose by around five percent and overall recycling by 1.7 percent, increases in residual waste meant the council's overall recycling rate remained largely unchanged despite repeated commitments to accelerate progress under the council's climate agenda.

For an administration that defines itself by environmental leadership, the figures underline how persistently difficult it has been to translate ambition into sustained improvements in recycling performance.

Climate and domestic retrofit: delivery remains unclear

The committee received an update on domestic retrofit activity, an area regularly highlighted as a council priority, but officers were unable to provide new performance data showing progress against retrofit targets.

Claire O'Connor told members that the Smarter Homes Hub was "in its final stages of draft" and would be soft launched ahead of a wider public release later in the spring, with the aim of helping residents "demystify retrofit". However, no figures were presented on household uptake, completed works, or measurable carbon savings.

Officers also confirmed there was "no further update on the retrofit SPD apart from what's in the document", leaving questions about delivery timelines unresolved and progress difficult to assess beyond preparatory work.

Culture and libraries: usage up, outcomes unclear

Officers reported an increase in library attendance during the reporting period, which members welcomed. The rise was attributed to a mix of expanded events programming, use of libraries as study spaces, and continued demand for warm and safe indoor environments.

Tom Alexander, Assistant Director for Culture and Leisure, told the committee that "some of it is events", citing new initiatives including children's activities, while other usage reflected people "coming and using the libraries to do study". He also acknowledged a broader social role, noting that "there are people who are still seeking more spaces and sanctuary".

However, while increased footfall was presented as a positive indicator, no figures were provided to show whether higher attendance was translating into improved outcomes against corporate objectives. Members were not given data on borrowing rates, literacy outcomes, digital inclusion, or participation in learning programmes, making it difficult to assess whether libraries are delivering measurable progress beyond increased use of space.

As with other areas of the Corporate Plan update, the discussion highlighted activity and demand, but offered limited evidence of impact, leaving key questions for councillors to revisit later in the year.

To access the committee papers and webcast click [HERE](#)



Kettner Concerts in Twickenham

MILDA DAUNORAITE

a piano recital

THE FORERUNNERS

Beethoven

Bagatelles Opus 33

Schubert

“Wanderer” Fantasy

Poulenc

Improvisations

Ravel

Valses Nobles et Sentimentales

Messian

Regard de l'Esprit de Joie from Vingt

Regards sur l'Enfant Jésus



Saturday, 24 January 2026, 6.00 pm

Doors open at 5.30 and the concert will be followed by a complimentary drinks reception

Milda Daunoraite is blazing a trail following her acclaimed Wigmore Hall debut recital in 2025, critics praising her scintillating playing, sheer enjoyment and exhilaration of her 'joie de vivre'. The young Lithuanian pianist and final year student at the Royal Academy of Music is presenting a varied and engaging programme for

Kettner Concerts in Twickenham.

St Mary's Church
Twickenham
Church Street TW1 3NJ



Tickets: £20

(£10 for students and under 18s)

kettnerconcerts.co.uk

Book tickets on Eventbrite.co.uk
or scan the qr code

Community feedback shapes new events in parks policy

From Richmond Council

A new events policy for the borough's parks, commons, open spaces and towpaths has been adopted at committee, following consultation with residents.

Councillor Julia Neden-Watts, Chair of the Environment, Sustainability, Culture and Sports Committee, said:

"Our parks, commons, and open spaces are some of the most cherished places in our borough, and residents consistently tell us how much they value them. Events in these spaces bring cultural, social, and economic benefits - supporting local businesses and charities, creating opportunities for young people through performance and employment, and helping communities come together. At the same time, we must manage these activities sustainably and carefully to protect our much loved green spaces and bring real benefits to our communities and local businesses.

"We're committed to ensuring these community spaces remain vibrant while investing in their long term care and preservation."

The updated policy sets out a framework to support the kind of events residents have told us they enjoy, including outdoor cinema, pop-up theatre, concerts, neighbourhood festivals and community events.



It introduces safeguards, including limits on the size and frequency of events in each park, common or open space, and on permitted hours of operation.

The updated policy also requires event organisers make a commitment to making their events more sustainable, reducing their environmental impact, and securing social value from commercial events, such as local employment opportunities or support for local community projects.

The consultation received 180 survey responses from residents sharing their views, along with additional emails from local environmental organisations and groups. This feedback has shaped the final policy adopted by the committee, making Richmond upon Thames an even better place to live.

Read the [committee report](#).

Dear Editor

W. Tamlin

Your reader Terry Dillon asks for information on the Twickenham firm of W. Tamlin.

I came across mention of this company during the research my wife and I did on *The Fallen of St Mary's Parish Twickenham 1914-1918* (published as Paper Number 98 by The Borough of Twickenham Local History Society 2017). One of the Fallen was Josiah Langmaid, killed in action while serving in the Royal Navy on 26 July 1917; he had worked at Tamlin's. One of their products was an incubator for poultry (this is illustrated in the book).

I have also found a picture in 2021 on Facebook <https://www.facebook.com/groups/350584978316356/posts/539795290246178/> to a cast-iron coffee grinder or cornmill from this manufacturer.

Yours sincerely

Jeremy Hamilton-Miller
Twickenham TW2

Give your items a second life at this month's Twickenham Repair Café

From Twickenham Repair Café

The Twickenham Repair Café will be back on Saturday 17 January 2026 for their first event of the year.

All residents are welcome to take any broken item for repair, such as clocks, coffee machines, bikes and even garden shears. Get your old items fixed and give them a second life.

Event details:

- **Date:** Saturday 17 January 2026
- **Time:** 10.30am to 12.30pm
- **Location:** St Margaret's Church hall, Twickenham, TW1 1RL



The café takes place on the third Saturday of every month.

New Junior Gym sessions to help Richmond's young people get active

From Richmond Council

Young people aged 11 to 17 can now enjoy dedicated, supervised gym time at five different leisure facilities across Richmond.

The recently launched Junior Gym sessions provide children and teenagers a safe, supportive space to build healthy habits for life. Regular physical activity offers a host of benefits, not only improving fitness but also supporting mental wellbeing, helping to relieve stress, boost mood, and better sleep.

Junior Gym sessions are now available for young people aged 11 and above at Hampton Sports and Fitness Centre, Whitton Sports and Fitness Centre, Pools on the Park, Teddington Pools and Shene Sports and Fitness Centre. Young people must be accompanied by a parent or guardian during sessions.



Councillor Alan Juriansz, Lead Member for Sport at Richmond Council, said: “*Building healthy habits early is one of the most important ways we can support our young people. Junior Gym sessions provide friendly, supervised spaces where they can be active together.*”

Junior Gym sessions are staffed throughout, with a team member on the gym floor at all times to help juniors feel welcome, confident and safe using the equipment.

Junior Gym sessions run across all five sites after school, at weekends and during school holidays. Instructor-led Junior Gym sessions also run at Shene on Mondays, Tuesdays and Thursdays from 4 to 9pm.

How to book

Check timetables, induction details and booking information on the Better website:

- [Pools on the Park](#)
- [Teddington Pools and Fitness Centre](#)
- [Hampton Sports and Fitness Centre](#)
- [Shene Sports and Fitness Centre](#)
- [Whitton Sports and Fitness Centre](#)



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Waldegrave Rd, Teddington TW11 8NY

16 February - 14 March

Hampton Library

Rosehill, Hampton TW12 2AB

www.hamptonhillps.org.uk

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17
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Photo by
Mike Eaton

Richmond on screen: What's been filmed in Richmond upon Thames

From [filmrichmond](#)

It's been a busy few months for film and TV in Richmond upon Thames, with many locations featuring in massive worldwide productions. Check out some of what the borough has been in recently and how you can stay on top of what's happening!

The Night Manager series 2 – BBC

The first episode of series 2 of *The Night Manager* heavily featured the stunning Richmond Riverside, with surveillance cameras placed along the towpath, secret agents on Richmond Bridge, a clandestine meeting at the Tide Tables café, and a surveillance van parked in Whittaker Avenue.

[Watch *The Night Manager* S2E1 on BBC iPlayer.](#)

The Perfect Gift - Waitrose's Christmas advert 2025

Starring Joe Wilkinson as Phil and Keira Knightley (as herself), this lovely rom-com advert aired over the festive period.

Night shoots took place in private houses in Ham as well as the New Inn Pub on Ham Common. This has become one of the most watched Christmas commercials ever!

Goodbye June - Netflix

Starring and directed by Kate Winslet, Netflix's heartfelt family drama shot lots of their scenes in the borough. Look out for St Richard Reynold School in Twickenham and Elleray Hall in Teddington doubling as the film's yoga studio. St Mary's University, Richmond Green, and driving scenes around Twickenham also feature!



Malice – Amazon Prime

Amazon's psychological thriller starring David Duchovny, Carice Van Houten and Jack Whitehall released to Prime on 14 November 2025, having filmed for three months in Richmond between February and April 2024.

A Thousand Blows Series 2 – Disney+ / hulu

A second series of *A Thousand Blows* hit streaming on January 9. Starring and executive produced by Stephen Graham and brought to life by *Peaky Blinders* screenwriter Steven Knight, this tale of the east end's criminal boxing underbelly was based in Mortlake and filmed around the borough back in 2023.

[Watch the trailer for *A Thousand Blows*.](#)

Follow [filmrichmond](#)

To find out more about filming around Richmond upon Thames, you can follow our filming office, [filmrichmond](#) on Instagram!

GRIMWOOD ROAD BIG DIG OUT!

**Sunday 1st Feb
10am - 12:30pm**

Join your local nature charity outdoors and help us dig a bed to get the community garden ready for Spring!

Tools & refreshments provided – just bring your energy and wear sturdy boots!



**53 Grimwood Road, TW1 1BY
Twickenham**



New Parks Events Policy: Will Money Talk?

By James Knight

Few council policies shape everyday civic life as directly as those governing public parks. These are shared spaces, valued precisely because they are open, non-commercial, and governed by restraint as much as permission. When councils rewrite the rules on how parks are used, the issue is rarely whether events should take place at all, but what ultimately takes precedence when competing claims collide.

Last week, Richmond Council's Environment,

Sustainability, Culture and Sport Committee approved a revised events policy covering parks, commons, open spaces and towpaths.

Officers presented it as a necessary update to a framework last reviewed in 2012, reflecting changes in event management practice and public expectations. As Torsten Dreyer, the council's Head of Arts, Parks and Events, told councillors, the policy is designed to ensure that events "contribute to making Richmond green, safe and fair while balancing community benefits with environmental protection".

That ambition is reasonable. Whether the policy is strong enough to hold that balance under financial pressure is a harder question.

Continuity at the top, discretion underneath

Officers were careful to stress that headline limits remain unchanged. Maximum audience sizes are the same as under the 2012 policy, and no new blanket permissions are introduced. "The boundaries, the four tiers, they haven't changed in the new policy," Dreyer told the committee, seeking to reassure councillors and residents alike.

Yet beneath those headline assurances, the framework has shifted. Events are now divided into more granular categories, including a new "major event" tier above 10,000 attendees. Crucially, officers retain discretion to treat events as falling into a higher category where impacts are judged to be greater than raw numbers suggest. New limits on the frequency of large and major events are introduced, along with restrictions on consecutive weekends and a 10pm curfew for unlicensed events.

Environmental safeguards are also strengthened, with greater involvement of ecology and tree officers. Dreyer described this as lifting "key points into the policy" that were previously dealt with through terms and conditions alone.

Taken together, these measures sound robust. But most operate through judgement rather than fixed constraint. Noise outside park boundaries must be "minimised" rather than capped. Sensitive ecological areas are protected through case by case assessment rather than published exclusions. Medium sized events, which can still be frequent and disruptive, sit largely outside the new frequency limits.

This is not an oversight. It is a deliberate decision to govern through professional discretion.

Community reassurance, but lingering unease

That reliance on discretion surfaced most clearly during public representations. Pamela Fleming, chair of the Richmond May Fair and speaking on behalf of the Richmond Society, told councillors she supported the policy in principle but was concerned about how new control requirements would apply to long established community events.

"Unlike a ticketed event, we have no way of counting people as they come and go," she said, noting that Richmond Green is also a busy public thoroughfare. "Running the fair is already extremely costly and incredibly time consuming for a very small committee."





Officers were keen to reassure her. Dreyer stressed that the policy was not about fencing off community fairs or imposing unrealistic controls. “We wouldn’t expect people to put a fence around it and count people in and out,” he said. Control measures, he explained, were about sensible programming and crowd management, not turning open community events into gated ones.

Several councillors echoed that concern. Fiona Sacks, Liberal Democrat councillor for Barnes, said she would not want “any additional barriers” to events such as the Barnes Fair or the Children’s Literature Festival, particularly if a popular author attracted larger crowds. Again, officers insisted the intention was flexibility, not restriction.

The exchange was courteous and constructive. That reassurance is sincere. It is also the policy’s weakness. The framework works only so long as future decisions reflect today’s intent.

Income generation and the unspoken tension

One aspect of the report received less explicit scrutiny at the meeting. Among the benefits of hosting events, officers list their ability to “generate income to invest in parks, commons, open spaces, and towpaths”. This is presented as an uncomplicated good, and few councillors challenged it.

Yet across London, that assumption is increasingly contested. CPRE London has warned that financially stretched councils are at risk of treating parks as commercial venues rather than civic commons, creating what it has described as a “race to the bottom” between boroughs competing for lucrative festivals. CPRE London’s warning is not that councils act recklessly, but that financial pressure gradually reshapes what is treated as “reasonable”. Richmond’s policy relies on discretion to resist that drift, rather than rules to prevent it.

Richmond’s policy does not deny this risk. It simply does not address it directly. There is no separation between income objectives and judgments about access, ecology or cumulative impact. There is no requirement to publish data showing net benefit once remediation costs and lost public access are taken into account. Instead, the policy relies on process. The policy assumes that income generation and restraint can always be reconciled, yet offers no test for what happens when they are not.

A settled policy, or a postponed argument

The committee debate itself was notably calm. Councillors across parties spoke about balance, proportionality and good management. There was little sign of disagreement, and no sense that the policy was being pushed through against resistance. That may reflect genuine consensus. It may also reflect the way the framework has been constructed, emphasising managerial competence over first principles, and process over constraint.

The real test will not be community fairs, but the next commercially attractive festival proposal that promises revenue while stretching access and tolerance. It is in that moment, when financial benefit and public inconvenience are no longer neatly aligned, that the policy’s reliance on discretion will be tested. The safeguards look sufficient on paper. Whether they are strong enough in practice will depend on decisions yet to be taken.

Richmond’s new events policy is carefully drafted and professional. It introduces limits that did not previously exist and avoids the excesses seen in some other London boroughs. But it also assumes that income generation and restraint can always be reconciled and offers no clear test for what happens when they cannot.

Parks are easiest to protect when they are not asked to balance the books.

You can read the committee Papers [HERE](#)

Photos ©Twickenham & Richmond Tribune

Next week at Richmond Council

On Wednesday morning, 21st January, the **Licensing Sub-Committee** will meet to discuss the opposed licensing application submitted by Hagen Espresso Bar, 52 Hill Street, Richmond. The meeting will commence at 11 am and be held virtually. Click [HERE](#) for more details.

On Wednesday evening, 21st January, the **Planning Committee** will consider (1) the application to demolish 20 garages on Sion Road, Twickenham, and construct 5 new houses, and (2) an application by Marks and Spencer to allow food to be sold at their Kew Retail Park branch. The meeting will commence at 7 pm at York House, Twickenham. Please click [HERE](#) for more details.

On Thursday afternoon, 22 January, the **Health and Wellbeing Board** will meet to discuss (1) the Kingston and Richmond Safeguarding Children Partnership Annual Report 2024-2025, (2) Six Month Social Prescribing Report, (3) Safeguarding Adults Board Annual Report, (4) Adult Social Care Health Study, (5) Joint Local Health & Wellbeing Strategy: Live Well Update, (6) Combating Drugs Partnership Progress Report, and (7) Richmond Health & Wellbeing Board Seminar Review & Next Steps. The meeting will commence at 7 pm at York House, Twickenham. Please click [HERE](#) for more details.

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

Join the Big Dig Out at Grimwood Road Garden

From Habitats & Heritage

Help Habitats & Heritage get garden-ready for spring on Sunday 1 February.

Join your local nature charity for a friendly, hands-on session as they clear out tired garden beds and prepare them for fresh planting this spring. Many of the beds are currently covered in weeds and gravel - and they want your help to rejuvenate them!

With plenty of willing hands they're aiming to create space for exciting community growing projects this year. Tools and light refreshments will be provided, but if you have a spade, feel free to bring it along.



No experience is needed - just bring your enthusiasm!

[Register to help](#)

Big Garden Birdwatch

23-25 January 2026

What is Big Garden Birdwatch?

Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers like you take part, helping to build a picture of how garden birds are faring.

How to take part

- Get your free guide and stock up on supplies, with 20% off and free delivery on food and feeders at the RSPB shop.
- Spend an hour watching the birds in your patch, between 23 and 25 January, and record the birds that land.
- Tell us what you saw (even if that's nothing at all)! You can submit your results online or by post.

More info [HERE](#)



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**Big Garden
Birdwatch**

23–25 January 2026

Tea With That Ottolenghi Magic Twist

Afternoon tea on a horribly wet January afternoon seemed the ideal escape from the dreadful weather, so we checked out the latest offering from Ottolenghi Richmond. It's a recently launched afternoon-tea, one with that distinct Ottolenghi style, encompassing Middle Eastern-Mediterranean influences but including the classics as well.

We settled into seats at a table right by the window, perfectly placed in the warmth to watch the world struggle past under their umbrellas. While we're normally Earl Grey tea fans, I do occasionally enjoy Lapsang Souchong but that wasn't available, but the Earl Grey we were served - in clever little glass teapots - was very good. We were told it's from a company called Good & Proper - and it certainly was.

So to the food: we started with smoked salmon, pickled cucumber & lemon labneh on sourdough. This was absolutely delicious with some of the most superb smoked salmon I've tasted in a long while. The pickled cucumber added a lovely sweet 'n' sour element, and there was citrus from the labneh. It was a very well balanced - and encouraging - start. Next was harissa chicken with rocket on focaccia - shredded chicken in a gently spicy mayonnaise style dressing. The third savoury sandwich was a roasted aubergine and pepper brioche. This had a crusty, yet delicate shell, and the addition of some more labneh (not lemon for this one). It's worth saying that each of these was very dainty - just a couple of bites - but bites of interesting deliciousness.



The scones were really unusual, as we had a mix of sweet and savoury. There was a Pecorino flan on puff pastry, which was the only slightly disappointing inclusion. The square of gently salted cheesy flan was excellent, but it was on top of a square of puff pastry which disintegrated and purely acted as a carrier for the flan. However, the vadouvan, cheese and chive scone was a triumph. Served with a pot of jammy peppers, it introduced me to a new spice mix and inspired me to buy a jar of Ottolenghi's vadouvan mix to take home and experiment with. (Vadouvan is a French take on an Indian spice blend. It's sweet, smoky, and aromatic, making it perfect for fragrant curries, rich soups, and creamy sauces).

The sweet fruit scone was accompanied by clotted cream and Ottolenghi's strawberry and sumac jam. They were well baked and again, excellent. My husband, who enjoyed half of mine as well as his own scone, commented that the size of the scones was on the small side, but I commented that anything larger would have unbalanced the beautifully presented tea stand. Maybe for hungry men like him they could offer a 'scone top up' especially as the generous portions of cream and jam would have easily been enough for more.

I generally don't have much of a sweet tooth (well, apart from chocolate!) so the seriously beautiful little cakes were shared so that I could have a tiny taste. The cakes were each an artform in themselves. Texan loaf cake with chocolate ganache included a top quality chocolate and was topped with pieces of edible gold leaf. It wasn't overly sweet either. The passion fruit meringue seemed too beautiful to cut; it was fabulously citrus, incredibly delicate with excellent pastry. Despite the meringue topping, it wasn't too sweet and was really good. I'm not a fan of cherry flavoured anything (but strangely I love fresh cherries) so the Amerena cherry and mahlep cake was the least appealing to me. How wrong I was...it was so tasty.



The way Ottolenghi has sprinkled magical flavour combinations across this beautiful afternoon tea is exceptional. The portion sizes were perfect, and it was a real flavour journey. At £29.95 per head, it's good value and you'll be comfortably replete. Available between 2.30pm and 5pm Monday to Friday at the Hill Street deli (minimum two people) with unlimited tea or coffee and the option to upgrade to sparkling or mulled wine. Booking is advised via ottolenghi.co.uk or email richmond@ottolenghi.co.uk

Wellness Ideas

January is the month when we try to put ourselves back on the proverbial 'straight and narrow' healthwise. But sometimes we need that extra health boost. There has been much talk of late regarding the power of functional mushrooms. Even mainstream supermarkets are now supplying their own label, as well as branded, products with the added bonus of mushrooms. Here are some healthy suggestions to help us start the year on the right track...

After being diagnosed with breast cancer in 2024, **Mush's** founder, nutritionist Bethany, discovered functional mushrooms during her chemotherapy. Despite the intensity of treatment, she experienced improved energy, resilience and recovery. This sparked the idea for **Mush**, a range of organic, dual-extracted, alcohol-free liquid mushroom supplements designed to support everyday wellbeing. The liquid formula comes with a convenient dropper, making it easy to add to your daily wellness routine. Just 2ml in your favourite drink is all it takes to start feeling the benefits. There are a number of excellent products in the **Mush** range, supplied in easy to use bottles, with a dropper to ensure correct dosage. They can be added so easily to your coffee, smoothie or any daily drink. £35 for a month's supply and there is a great deal of information on the science and the range of products at www.lovemush.com



Love Mushrooms, an award-winning UK supplement brand, has launched **Empower Decaf Coffee Boost** – a premium, menopause-friendly instant coffee with m-tick approval. Infused with functional mushrooms, plant extracts and key nutrients, it's specially designed to support women through menopause, offering a calmer, caffeine-free way to start the day with clarity and confidence. The new coffee joins Love Mushrooms' Empower Menopause and Empower Perimenopause capsules, forming a complete range of natural, science-led products tailored to every stage of hormonal change. All Empower products are vegan, non-GMO, made in the UK, and carry the M-Tick – the world's first menopause-friendly symbol. From £24.90 a pack, there's more info on this and all the other products (that include a range of capsules, drops, drinks and even skincare) at lovemushrooms.co.uk as well as Amazon and Holland & Barrett online.

A fresh and exciting take on wellness has recently arrived in the UK: **Evera Nutrition**. A pioneering wellness innovation, Evera Nutrition brings together a deep understanding of science and nature to help target the seven key pillars of wellness that most of the UK are struggling to tackle, including: Joint health; Gut health; Sleep; Mood & Stress regulation; Weight management; Skin health and Energy & Mental focus. Evera Nutrition's clever formulations are built around science synergies. They blend dietetic, botanical and herbal ingredients and these work in harmony with your body, enhancing each other's bioavailability and helping to improve overall wellness. There's a range for almost every stage in life including cognitive fitness, joint health, weight and sleep management and they are all developed and manufactured in the UK. Further information on the ranges and to buy at www.everanutrition.co.uk





Phizz has launched a new Daily Immune+ product, to help your immune system fight infection and keep you healthy and resilient. Set to be your new proactive daily essential, **Phizz Daily Immune+** leads with hydration-focused immune support. In fact, the science-backed formula delivers the optimal sodium-glucose ratio, so it speeds water into your system and helps it stay there. With 7 key electrolytes, this advanced hydration formula keeps your body in balance, so your immune system can work at its best. Hydrating you three times faster than water alone, and supporting your immune defences with vitamins C and D, B6, A and E, iron, zinc and selenium, it helps keep your body balanced, energised, and resilient – whatever life throws at you. These effervescent tablets are around £5.50 for a pack of 20 from Ocado, Boots, Holland & Barrett and Amazon.

The **Benefit Juice** range has been designed to support women's general health and wellbeing, as well as supporting important life stages such as menstruation, menopause and pregnancy. Created in collaboration with nutritionist Jo Meadows, the juices are made with 100% fruit and vegetables, contain no added sugar and are vegan-friendly. If you normally start the day with a glass of juice and a dose of multivitamins, you can combine them

to make life a little easier. They provide the essential nutrients, vitamins, and minerals your body needs, and contribute to general wellness.

Available in three varieties: Pregnancy; Wellness and Menosupport.

Benefit Juice's Women's Health range is available nationwide. The 750ml chilled juice is available in Tesco (RRP £4.00) and the 900ml ambient carton is available in Waitrose, (RRP £4.50) and Holland & Barrett (RRP £4.99). More info at www.thebenefitbrand.com



And finally, **M&S Food**, has just published its top five health and wellness trends, and also launched



the [M&S Food Health Trends Report](#) 2026, to help us make healthier choices. With **Eat Well**, its health seal of approval, recently turning 21, the company puts customers' health and needs at the forefront. One of these is **Fibremaxxing**, adding more intrinsic fibres present in wholefoods, such as fruit, vegetables, nuts, seeds, pulses and grains to our diets. While we don't want to overload our systems, it helps to get as close to the recommended 30g of fibre a day as possible. M&S's new **Nutrient Dense** range is a range of nutrient-rich meals, snacks and drinks containing high amounts of nutrients per calorie. The criteria is developed by M&S in house chefs and nutritionists in consultation

with the British Nutrition Foundation (BNF) and Eat Well, the range is made with whole food, fresh and store cupboard ingredients that are packed with fibre, vitamins and minerals to help us reach daily targets. I particularly like the **Nutrient Dense Super Seeded Oaty Bread** (13g of fibre in two slices) at £1.80 for a 300g pack. Also available from Ocado. One slice of this, spread with a sugar free peanut butter, is a particularly easy, sustaining and tasty breakfast or snack. The other health trends, if you were wondering, are: Biohacking; High Protein; Gut Health and Minimal Ingredients.



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Peaks Are Fast Disappearing

By Bruce Lyons

Next week we will be getting close to the end of most early booking incentives.

But till now there are some superb offers out there, that could just take you to destination that you really wanted to see.

For Example, till 31st January Newmarket have 15% off their Adventure Holidays and I have to tell you that this year the most asked for holidays are Safari Holidays. Newmarket go Africa yes, but also Borneo, Costa Rica and India - Why not combine a Safari with a Zanzibar Beach . Mauritius with Beachcomber have great Beach and the Teens can learn to dive!!!



HX the Expedition company still have up to 30% off and many of their ships have family

cabins and amazing Nature Excursions their sister company Hurtigruten also have, for a limited time, up to 30 % off their Norwegian Coastal Voyages.



Egyptian Red Sea great for Coral Snorkelling and Learn to Dive options, something we know a lot about.

This is also a great option for restless teenagers - ask me all about it.

Crusader Travel Ltd
58 Church Street
Twickenham
TW1 3NR Tel: 020 8744 0474

Crusader

Lucky to be alive...

By Deep Patel

~ Life Through the Eyes of a Twickenham Shopkeeper ~



Although not strictly related to my shop, this week I wanted to share a different experience this week. Perhaps an experience most of us don't like to have, but one that made me feel like I was the luckiest person in the world. I had to rush to the Accident and Emergency department this past week with my mother as she was having difficulty. Thankfully she is recovering well now, but we were there for three days and three nights due to it. I stayed with her throughout and helped her to interact with the doctors and medical staff better. In doing so, I ended up being a sort of "fly on the wall" in what was an incredibly busy and almost overrun A&E department. As soon as I got there, there was a big television screen displaying the words "currently 10 hour wait".

That wasn't the best welcome, but I know that's life. We then walked into the A&E waiting room to see the entire room was full. Barely a free seat to sit on. It appeared that the day that we had icy streets had caused a lot of falls and fractures and apparently the winter flu had been spreading far faster than previously with signs at the entrance to the hospital reading "It is strongly advised to wear a facemask". This was bringing back the old memories of lockdown and COVID. I grabbed a facemask from the reception desk and immediately put it on my mother and one on myself. We were assessed by the nurse and then went to a ward and waited.

As I walked through the corridor to the ward, I couldn't help but look around at all the other patients and wondering what their stories were. My mind was wondering and before I knew it, within a minute I had already somehow made the back stories to the other patients I could see. Worked out their family dynamics, why they were in hospital, what kind of job they did and even what they probably had for breakfast. Obviously, it was 100% imagination and probably 0% truth, but it was what my mind was conjuring up, almost involuntarily, just kind of automatically.

As we stayed a second night, I was getting familiar with our surroundings there and it was feeling less like a "hospital" and more like just "a place". I was feeling more comfortable and relaxed. As a result of this I was paying even more attention to the other patients around me in the other beds. We were situated opposite one of the hospitals main corridors so there was always someone being wheeled past us in a stretcher or bed to be assessed in a different department or scanned somewhere. I would see all of these patients going by. Many looked so sad, or unwell. Some couldn't hold their bodies up and some even looked like they were not even alive dare I say it. There was one who was talking to her friend or someone on her phone laughing away as if she was on a night out (at least she was laughing I guess). The majority of people looked so sad. Then there

were those who were in the beds either side of ours. One elderly man was alone without anyone visiting him over the three days we had been there and he just sat alone all day. He must have been so lonely. Another gentleman a few beds down kept repeating the same thing over and over again about how he wanted everyone to leave him alone in the house that he and his wife lived in or that he was going to come and attack them all with a big pole (he was saying this to the nurses continuously and apparently thought they were all invading his house rather than that he was in their hospital). He continued with the same three lines for over an hour. Then there was a young lady who had hurt her back with a fall. Every time the doctors got her to move even a little bit, she shrieked in pain and discomfort as the pain was so bad. It was so sad to see her in so much pain and she was so young too.

Despite the three days I spent I A&E with my mother being tough, distressing and surrounded by so many others facing their own life-challenges, I walked out of that hospital feeling like I was the luckiest man alive...like I had won the lottery...all those things that seemed so important, things that I really wanted and that "mattered" to me before I went into hospital three days ago suddenly seemed meaningless and like they didn't matter at all...things like the new mobile phone I wanted, or the jacket I wanted to buy, or worries of what other people would think about me when it comes to other areas of my life, the insecurities, the feeling that I was lacking things in life or that feeling that somehow I was unsatisfied in some areas of life, or even that I wasn't enough... all of that seemed to have melted away to zero, the experiences of those three days in the A&E of the hospital had melted away all of that, like the early morning sunshine melts the snow fall of the night before. Nothing and I mean nothing mattered anymore...for the first time in years I felt complete, I felt fulfilled, I felt satisfied...and most of all...I felt LUCKY TO BE ALIVE.

It was at that moment I realised having seen all the suffering of others in hospital, that of all things in this world, the greatest gift was the gift of life...to be alive...to be able to stand up... to be able to walk...to be able to eat and drink...to be able to...smile. All things this shopkeeper and countless other people probably take for granted every day, those are our real treasures and those are things we must always be grateful for knowing that whenever we are not, there will be someone in that hospital that wishes that they had what we have today.

So what seemed like it would be an awful thing, going into A&E with my mother for three days and three nights, actually turned out to be one of the best and most useful and refreshing experiences of my life, in fact this hospital not only saved my mother's life, but at the same time gave me a new lease of life and made me feel like I was reborn, like I was...the luckiest man alive. So much so that I wanted to share it with you all too to remind all that no matter what you have in life, remember that there will always, always be someone on one of those beds in that hospital I was in wishing that they had what you have, and no matter how bad things may seem in your life, there is always, always something to be grateful for. Always.

Remember...

“...Life is the biggest gift you will ever have, so appreciate it because it’s a gift that is denied to so many...”

MY CREATURE-KINDNESS TIP OF THE WEEK...

STOP FLIES KINDLY...

Chop up lemons and put them in saucers around the room. Flies hate them! Burn Citronella candles or citronella oil in a diffuser to keep flies away without harming them for good karma!

For ANY specific tip to stop any "pest" or insect KINDLY (for good karma/blessings), email me:

InsectLoversUnite@gmail.com or join my Facebook page: "**INSECT LOVERS UNITE**"



Art in Opera

by Helen Astrid
 Wild Arts in Podcast

Art in Opera: what a splendid title! The heart of storytelling runs through both visual arts and opera, so the synthesis between the two, explored in this podcast, promised to be both innovative and interesting.

Richmond-based Helen Astrid is known for her expertise as both a broadcaster and lecturer on opera and, as expected, her exposition is well designed and structured, using examples from three countries, Italy, France and Germany.



Similarly, the opera *Werther*, composed by Jules Massenet (1842-1912), the French Romantic era composer, is based on Goethe's novel, *The Sorrows of Young Werther*. Astrid references this opera to the Flemish Renaissance painter (c.1525-1569) Pieter Brueghel the Elder's *Landscape with the Fall of Icarus*. Within the picture's lush Arcadian setting Icarus's fall is a small detail, overshadowed

by everyday life. This reflection on human indifference to suffering is a theme of both the opera and the painting.

Examining art's inspiration for directors, Astrid draws upon the history of the illegitimate daughter of Pope Alexander VI, Lucrezia Borgia (1480-1519), a prominent and controversial figure of the Italian Renaissance. Donizetti's opera, *Lucrezia Borgia*, and Victor Hugo's play on which it is based, were inspired by Caravaggio, Rubens and Titan, all of whom were influenced by story of Lucrezia's dramatic life.



The influential opera director, Jonathan Miller advised his artists to "Look at paintings to get inspiration." Astrid illustrates how a pre-existing piece of art can be translated into a live, theatrical context by considering *Don Pasquale* by Donizetti and Goya's painting, *Les Jeunes*. The painting is a comic opera in which an elderly wealthy bachelor is tricked into a mock marriage with a young woman. The painting also highlights social differences in its depiction of a fashionable young woman, accompanied by her servant and dog, reading a letter, in contrast with the backgrounded washerwomen.



Touching on architecture, Astrid references the work of the French Neoclassical architect, Claude Nicolas Ledoux (1736-1806), who designed theatres such as the Théâtre de Besançon, which reflected Enlightenment ideals of equality. Completed 1784, it was revolutionary for it broke away from the traditional, hierarchical design of

Italian-style theatres, instead building a concentric auditorium offering better sightlines and acoustics... “everybody had the same view”.

Artists who work in theatre understand the immersive experience of theatre. Discussing the impact of iconic figures such as Richard Wagner, Astrid references the interplay between music, unconscious themes, and dramatic set pieces inspired by Rossini's melodies and Greek tragedies. Subliminal moments include the use of rhythmic elements like a beating drum. Consider Pieter Bruegel the Elder's renowned painting, *The Peasant Wedding* (c.1567), a vivid portrayal of rural life and wedding customs, alongside the Queen of the Night from Mozart's *The Magic Flute*, a vocally demanding and dramatic operatic role.

Modern creative stage designs have been produced by influential artists such as David Hockney, and costume design has been inspired by both “degenerate art” and by fashion icon Chanel, blending avant-garde and classic aesthetics in opera design.



As a channel of communication, the podcast provided a whistle-stop tour through a truly fascinating area of research. Unfortunately, the audio quality was not to the high calibre of the visual artwork, and the three distinct sections of the podcast could have made three separate half-hour episodes, allowing for more focused and concise explanations. Nevertheless, the topic itself is so highly engaging, that it compels persistent viewing.

Read Celia Bard's review at www.markaspen.com/2026/01/16/art-opera

Photography by Donald Cooper, WGHO and Wild Arts

Playing Now at the Mary Wallace Theatre

GOOD by CP Taylor

Opening on Saturday, January 24th and playing till the 31st, GOOD is a cautionary parable showing how a fundamentally good man can be drawn into complicity with an evil regime. In 1930s Germany, professor Halder unwittingly comes to the attention of the Nazi high command and is compelled to endorse its policy of eugenics, compulsory sterilisation and euthanasia. You will surely find GOOD a memorable and chastening experience.



The week includes a captioned performance on Thursday, January 29th - and encompasses Holocaust Memorial Day, January 27th. A few tickets still available.



The Mary Wallace, your Thames-side theatre, is close to the Barmy Arms on Twickenham's Embankment. For booking and further information visit
www.richmondshakespeare.org.uk

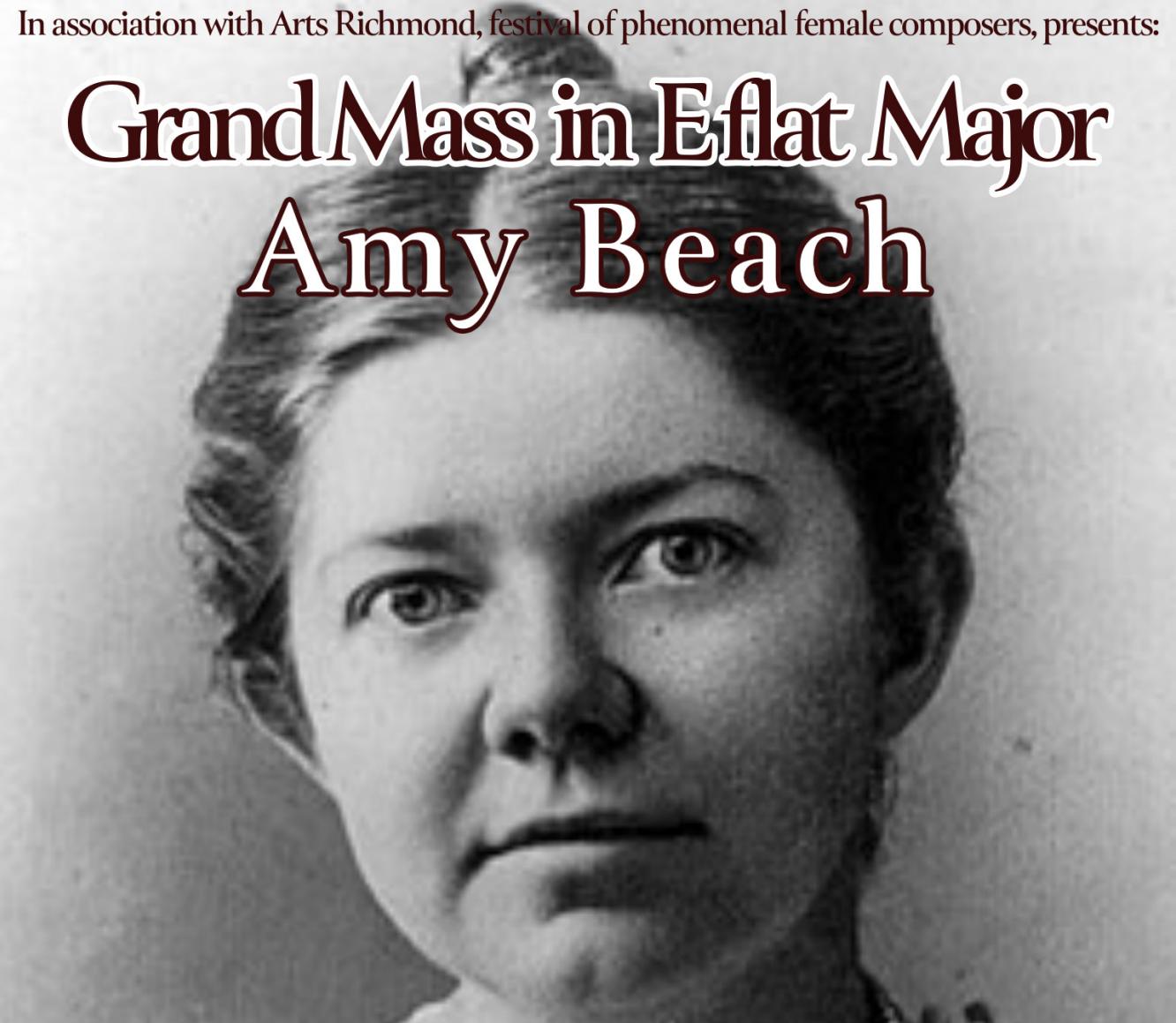
Rehearsal photos - Rodney Figaro



HAMPTON CHORAL SOCIETY

In association with Arts Richmond, festival of phenomenal female composers, presents:

Grand Mass in Eflat Major Amy Beach



Saturday 21 March 2026, 7.30pm

Musical Director Emma Warren
with professional soloists & musicians
St James's Church, St James's Road,
Hampton Hill, TW12 1DQ



Tickets: £15 (Adults), £7 (Under 16's) Box Office: 020 8941 5394
On the door: contactless, card, cheque, cash www.hamptonchoral.org.uk

Charity Number 261788

Roll Up, Roll Up! Richmond Athletes Urged to Register for Funding

From GLL Sport Foundation

Some of Richmond's most accomplished athletes visited Pools on the Park leisure centre last week to celebrate the launch of [GLL's Sport Foundation](#) in the borough.

The Foundation (GSF) – now in its eighteenth year – is the UK's largest independent athlete support programme. It offers financial bursaries to help with travel costs and equipment alongside free access to leisure facilities such as gyms, classes and swimming pools. The scheme also provides physiotherapy, and mental health support.

The scheme is run by charitable social enterprise GLL which operates leisure facilities all over the UK under the 'Better' brand in partnership with local councils.

Past recipients of GSF support include champions Tom Daley, Ellie Simmonds, Anthony Joshua and Daryll Neita. In 2024, GSF athletes amassed 77 medals at the Paris Olympics and Paralympics.



This is the first year that the Foundation is operating in Richmond and the borough's sporting superstars are being urged to come forward and apply for assistance. The window for applications closes on **20 February** with a whopping £2 million of support across the UK up for grabs – so there's no time to waste!

Assistant editor, Ruth Gledhill, 66, lives in Richmond and is an endurance athlete who competes in triathlons and 'Iron Man' challenges. She is passionate about social equality. *"People often think Richmond is a wealthy area but there are also areas of deprivation, just like anywhere else,"* she comments. *"I think the Sport Foundation is a brilliant way to give people of all ages and backgrounds a chance to develop their sporting careers."*

Champion swimmer and retired IT manager, Steve Folsom, 72, grew up in the USA but has lived in Strawberry Hill for many years. His speciality is the butterfly stroke. *"I'm definitely applying for GSF support,"* he says. *"You have to keep your body strong for competitive swimming so to be able to train for free at any 'Better' gym in the country would be an immense help."*

Euan Lees, 52, is a civil servant, originally from Scotland. He has lived in the borough for more than a decade and in his spare time, competes in triathlons and ultra marathons. *"If you're already involved in a sport and trying to get better, applying to the GSF is definitely worth it,"* he points out. *"I already do a lot of running, cycling and swimming but having access to 'Better' facilities would give me more flexibility to do 'top-up' swims or strength-training when I need it."*

Former gardener and IT consultant Ken Bailey, 65, isn't applying for funding himself but as Chair of Teddington Masters swimming club, he is keen to spread the word about GSF support to his fellow members. *"Most young athletes are supported by their parents,"* he observes, *"but when you're competing at elite level, travel and accommodation costs build up. Cross training - in the gym, for example - is very important for most athletes and the GSF can help with that. If you're just doing the sport itself, you won't get that good."*

Councillor Alan Juriansz, Lead Member for Sport at Richmond Council, comments, *"We are delighted that athletes in the borough can now benefit from this fantastic programme. Sport plays a vital role in our community, not only in promoting health and wellbeing but also in inspiring ambition and achievement. This aligns perfectly with our [Richmond Moves for a Healthier Borough strategy](#), which aims to make physical activity accessible for everyone. The GLL Sport Foundation will help remove barriers for talented athletes and ensure they have the resources they need to succeed."*

For further information on how to apply for GSF support in Richmond or any GLL area, visit - <https://www.gllsportfoundation.org/>



Holocaust Survivor Talk: Eva Clarke speaks at Deutsche Schule London

From The German School London

We are grateful and fortunate to have Eva Clarke with us on the evening of the 21 January 2026 to talk about her difficult start in life during the last week of the Second World War, born in the concentration camp Mauthausen. She and her mother were supposed to be gassed as a punishment as pregnancies were not permitted (and this was already her mother's second) but the camp had run out of Cyclone B and four days after her birth Mauthausen was finally liberated.

Eva talks very widely about having been "born a survivor" and how her Czech family was almost wiped out by the Third Reich's gigantic scale genocide and how this has overshadowed her life since.

To book your tickets early, please go to Eventbrite. There is nothing to pay, we kindly ask for registration in order to gauge the size of the audience.

Book [HERE](#)

Deutsche Schule London, Douglas House, Petersham Road, Richmond, London, TW10 7AH



**Holocaust survivor
Eva Clarke
speaks at
Deutsche Schule London**

**21. January 2026
7pm - 8.30pm
DSL Forum**

Free registration via [Eventbrite](#).

Please scan
& register:



 **DEUTSCHE
SCHULE
LONDON**
In partnership with:



St Mary's University

St Mary's athletes shine with record-breaking performances at Valencia 10K

St Mary's University, London, athletes delivered a series of outstanding performances at the prestigious [Valencia 10K](#) road race, led by Joe Wigfield, who equalled the British record with a time of 27:38.



Joe's run places him as joint holder of the British record alongside Rory Leonard, another St Mary's athlete from the [England Athletics Talent Hub](#), who set the mark at the same event last year. Joe's strong form this season included breaking the Sir Mo Farah Athletics Track record at the [University's BMC Record Breaker Athletics Meet](#) in June, further underlining his standout performance on both track and road ahead of Valencia. The result underlines St Mary's continued presence at the very top of British distance running.

Scott Beattie also impressed in Valencia, finishing just seconds behind in 27:41 - a time that makes him the fourth-fastest British athlete ever over 10K on the road. On the women's side, Izzy Fry produced a breakthrough performance of 31:01, moving to the brink of an exclusive group, with only a handful of British women having ever broken the 31-minute barrier for the distance.

Izzy's run marked a significant step forward, improving her personal best by 40 seconds and highlighting her rapid progression. Joe and Izzy are both alumni of [the Endurance Performance Centre \(EPC\)](#) at St Mary's, while Scott is a current member of the England Athletics Talent Hub and

is supported by the St Mary's [Talented Athlete Scholarship Scheme \(TASS\)](#). Joe is also part of the England Athletics Talent Hub, reflecting the vital role played by national governing bodies and funding partners in supporting elite athletes at St Mary's.

The university's strength was further demonstrated by strong performances elsewhere in the field. Josh Hobbs, a current St Mary's student and EPC athlete, set a new personal best of 29:11, while Sam Harry, a member of St Mary's staff and the TASS physiotherapist, also recorded a personal best with a time of 31:52.

Head of Sport at St Mary's, Andrew Reid-Smith, said: *"These performances are exceptional and a real credit to the athletes and the support around them at St Mary's. Joe equaling the British record, Scott becoming the fourth fastest Brit ever, and Izzy making such a big breakthrough puts all three firmly in the conversation for England selection ahead of this summer's [Commonwealth Games](#)."*

Craig Winrow, EPACC Coordinator and Performance Coach at St Mary's, added: *"The excellent results in Valencia by EPC athletes are a true reflection of the hard work, commitment, and the outstanding support system that St Mary's provides. Personally, I am delighted to see Joe Wigfield equal the British record. Having worked with him for eight years, I know this achievement is only the beginning of what promises to be a remarkable career over the long distances. Well done to all athletes on what was a brilliant day."*

The results from Valencia reinforce St Mary's reputation as one of the UK's leading environments for endurance athletes, combining academic study with world-class performance support.



St Mary's
University
Twickenham
London

Momentum makes its mark at Westminster with Monica Harding MP

Momentum Children's Charity marked a significant milestone, Monday 13 January, by holding an event at the Houses of Parliament.

Hosted by Monica Harding MP, the event saw more than 60 people in attendance including families who have been supported by Momentum, clinicians, funders and policymakers.

The event provided an opportunity to spotlight Momentum's vital work with families facing childhood cancer, other life-challenging illnesses and bereavement. It showcased the breadth of the charity's services across London, Surrey and Sussex, while giving guests the chance to hear powerful first-hand accounts from families about the difference Momentum makes.

Howard Thomas, 14, from **Twickenham**, London, a Young Ambassador for Momentum Children's Charity, spoke



at the event at the Houses of Parliament. Howard was diagnosed with a rare form of cancer in December 2023, and his family received help from Momentum throughout his treatment. Howard said: *"Yesterday was incredible! I was so happy to be able to talk in front of influential people about how Momentum supported me and my family and how greater awareness could benefit other families in the future."*

Talking about the support Momentum gave his family, Howard's brother, Charlie Thomas, 18, who also spoke at the event at the Houses of Parliament said: *"During difficult times, Momentum was there to carry some of the load, when it felt too heavy to manage alone. Their support gave us exactly what we needed the most, the reassurance that we were not forgotten or alone, and that there will always be people willing to go the extra distance with you."*

Other speakers at the event included Bianca Effemey OBE, Founder and Honorary President of Momentum; Monica Harding MP; Sophie Smith, a parent supported by Momentum Echoes, the charity's bereavement service; Dr Emma Sage, Consultant Paediatrician at St George's Hospital;

and Sarah Woods, CEO of Momentum Children's Charity.

Monica Harding, MP for Esher and Walton, recently met a young family that were being supported by Momentum. Inspired by this, Monica invited the charity to the Houses of Parliament to celebrate their work. Monica Harding said: *"Events like this matter because they bring real lives into the room and remind us that behind every statistic are families simply trying to get through the day. For those facing childhood cancer or other life-changing conditions, the challenge is never just medical - it is emotional, practical and long-lasting. While our NHS provides extraordinary care, families often need more support than statutory services alone can offer. Charities like Momentum play a vital role in ensuring families are not left to face these challenges alone, and this event was about building the understanding and commitment needed to support them and families in need, for as long as it takes."*

Sharing her hopes following Momentum's event at the Houses of Parliament, Sarah Woods, CEO of Momentum Children's Charity, said: *"This event was an opportunity to highlight the urgent need for family support to be recognised as an essential part of paediatric and bereavement care - our sincere thanks to Monica Harding MP for making this possible. Every day, five children in the UK are diagnosed with cancer, and with no statutory funding, Momentum relies entirely on voluntary income to support families. By working creatively and collaboratively with MPs, hospitals, funders, supporters, and other key stakeholders, we can strengthen and expand the support available to families facing the unimaginable."*

To find out more about the work of Momentum Children's Charity, please visit www.momentumcharity.org

Dr Linda Yueh CBE appointed as Chair of The Royal Parks

From The Royal Parks

The Secretary of State for Culture, Media and Sport has appointed Dr Linda Yueh CBE as the new Chair of [The Royal Parks charity](#). Linda has been appointed on a term of four years, starting on 1 March 2026.

Sir Loyd Grossman CBE is the current [Chair of The Royal Parks](#). His term comes to an end on 28 February 2026.

Dr Linda Yueh CBE is Fellow in Economics at St Edmund Hall, University of Oxford, and Adjunct Professor of Economics at London Business School. She was appointed CBE for services to economics. She is a member of the English Law Promotion Panel and the UK Soft Power Council, chairs a London Stock Exchange-listed investment company, and serves as a non-executive director of FTSE 100 companies. She is also a trustee of UK and international charitable foundations.



Dr Yueh was previously Executive Chair of the Royal Commonwealth Society and a board member of London & Partners, London's growth agency, including during the London 2012 Olympic and Paralympic Games.

Following her appointment, Dr Yueh said:

"I am delighted to be joining The Royal Parks at such a dynamic moment for the organisation. Under Sir Loyd's stewardship, the charity has gone from strength to strength, with notable achievements in conservation and sustainability, where innovative thinking is delivering meaningful and lasting impact."

"The parks represent a vital public good: exceptional, historic, freely accessible spaces, open year-round to Londoners and visitors alike. I look forward to working with the trustees and the dedicated team to build on this strong foundation, strengthen long-term stewardship, and ensure the charity's continued success in serving both its communities and its environmental mission."

Andrew Scattergood CBE, Chief Executive of The Royal Parks, said:

"I am absolutely thrilled that Linda has been appointed as the next Chair of The Royal Parks. Her impressive leadership skills will be invaluable for The Royal Parks as we look to develop and build on the strong foundations we have set over the first eight years of the charity. We are all really excited to work with Linda to continue our important work."

"I would also like to thank Sir Loyd for his unwavering support and commitment throughout his term as Chair. His dedication to the parks and our organisation has been outstanding."

Photo credit Royal Parks/Kean Wong



Home of England Rugby 5K in support of IPF and Vineyard Community

Over 300 runners took to the Allianz Stadium this week to complete a 5K course around the home of England Rugby, while helping to raise valuable funds for two charities with a special connection to Twickenham.

Profits from the event, organised by Twickenham Experience Limited (TEL), were donated to the RFU Injured Players Foundation (IPF) and the Vineyard Community.

The IPF is an official charity of England Rugby and supports players at any level of the game who have sustained a life-changing injury, such as a catastrophic spinal cord or acute, severe traumatic brain injury, while playing rugby union in England. The IPF also helps to reduce the risk of future injuries through research and education.

The Vineyard Community is a local charity dedicated to transforming the lives of those in crisis and battling homelessness, food poverty, addiction, loneliness and mental health challenges.

Runners had the opportunity to enjoy a unique view of Rugby HQ as they wound their way around five levels of the iconic stadium before finishing pitch-side to collect their finishers medal from IPF Ambassador and former England rugby player Topsy Ojo, who hosted the event.



Ojo said: “It’s fantastic to see so many people braving the chilly conditions tonight to raise money and awareness for two brilliant causes in the RFU Injured Players Foundation and Vineyard Community, while having a lot of fun at the same time.

“The community spirit is really strong. It’s an event

for everyone, so we had some finish the 5K in 18 minutes and some do it in 45/50 minutes, but the smile as they crossed the line was still the same. We’ve had kids from as young as six, to people in their 60s taking part so it’s been a lovely mix.

“I’m proud to be here in my role as an IPF Ambassador. It’s so important to raise funds and

awareness of the Injured Players Foundation - any opportunity to raise more awareness or to link with other charities and to promote the work the IPF does for rugby in England is huge.”

One runner who appreciates first-hand the positive impact IPF support can have on an injured player's life is Hamish Minton, who has been an IPF beneficiary since sustaining a brachial plexus injury in 2022. Hamish is also running this year's London Marathon for the IPF and loved taking part in the 5K alongside his girlfriend Tash.

“It was such a relaxed and enjoyable event,” he said. “The highlights were reaching the top of the stadium and getting glimpses of the golden pitch with the lights shining on it and, of course, crossing the finish line pitch-side.

“The charity has been there for me emotionally, physically and financially since my accident. In every way possible really. I was lost and confused after my injury, I was down in the dregs, and the IPF picked me up and put me back on my feet.”



Tash added: “Hamish had his injury when we were at university and the IPF have been there for him ever since. They've helped him be able to drive again to regain independence, he's taken part in a load of activities and met so many amazing people. The IPF has helped him get his spark back which is really lovely to see.”

Allianz Stadium Head of Operations Darren Belmont had the idea to create the unique event last year as part of his and TEL colleagues' London Marathon fundraising efforts for the IPF.

After another successful run, Darren said: “*Seeing so many people take part in the Home of England Rugby 5K fills me with immense pride. It's incredibly emotional to watch individuals of all abilities come together, challenge themselves, and genuinely enjoy the experience.*”

The event has proven popular with both locals and participants from further afield. Andrew, who travelled up from Portsmouth to take part in the 5K having enjoyed last year so much said: “*This is a fantastic event, supporting very worthy causes. It's a brilliant atmosphere at an amazing venue.*”

IPF fundraising executive Anna Thornley said: “*It was a unique experience with a really nice community feel to it. The uphill spiral was tough, but the downhill spiral was a lot more fun! To finish by the pitch was an incredible experience and of course we are here to support two incredible charities in the Injured Players Foundation and Vineyard Community.*”



A short trip across West London!!!

Ron Brand - Assist Media Graham Martin

The Bees have done well against Chelsea in the past. I recall being at Stamford Bridge the first season Brentford were promoted to the Premiership. Travelling to the ground I feared for what I was about to see? My trepidation proved to be unfounded. From memory I recall a strong Bees first half until Chelsea scored in the final minutes before the half time whistle.

Now the gates will open I thought. **How wrong was I.**

Brentford stormed out second half, finishing 4-1 winners.

That level of performance has continued in the Premiership since, Brentford winning 2 and drawing 4 and losing only 1.

Chelsea are currently World club Champions following their remarkable disposal of PSG in the final last season.

I am still unsure of what happened to PSG that evening? A team that had disposed of Arsenal, Man City and Liverpool in that competition failed to show up?

Tomorrow at Stamford Bridge the Bees face Chelsea again?

A new Head Coach, different players but the same Brentford philosophy.

Brentford sit in 5th place in the Premiership. European competition in sight next season and the financial rewards that brings.

Cup competitions still ahead with the next challenge in the FA Cup being Macclesfield fc.

Macclesfield fc from the National League North, the 6th tier of the English football league system would normally be considered an easy fixture, a fixture Brentford should cruise, except for what just happened to Crystal Palace in the previous Round.

Keith Andrews and the Brentford backroom team have more decisions to make. Either take one game at a time looking to win each game by fielding the strongest players in every game or prioritizing one competition over the others? I wonder how they will play it?

It is a nice place to be and illustrates the outstanding performance achieved by everyone at The Bees this season.



Match Preview: Chelsea v Brentford

Written by Brentford Football Club

Brentford travel across west London to face Chelsea at Stamford Bridge in the Premier League on Saturday (3pm kick-off GMT).

The Bees have lost just one of their last eight meetings with this weekend's hosts, with the Blues currently three places and two points behind Keith Andrews' side in the league table.

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

Pre-match Analysis

Stephen Gillett, Playmaker Stats: How Rosenior's Strasbourg system could shape Chelsea

Keith Andrews and Liam Rosenior go head-to-head for the first time as managers this Saturday - with the new Chelsea boss having previously held the upper hand when the pair faced off on the pitch!

[Andrews](#) faced Rosenior just once during their respective playing careers, with Andrews unable to prevent Ipswich Town slipping to a 1-0 defeat against Rosenior's Hull City in August 2011.



Having since hung up their boots, the pair are now making waves early in their managerial journeys. The Bees sit fifth in the [Premier League](#), while Rosenior will make his debut in Chelsea's dugout on Saturday, following an impressive stint in Ligue 1 with the west Londoners' sister club, Strasbourg.

At 41, Rosenior is the second-youngest manager currently in charge of a Premier League club - only Brighton's Fabian Hürzeler is younger - and this weekend's clash at Stamford Bridge pits two of the division's brightest young coaches against one another.

We'll come to Chelsea's numbers shortly, but what insights can be drawn from Rosenior's time in France? When he was appointed, Strasbourg were accustomed to life towards the foot of the table. Their first non-French head coach in over 20 years, however, helped guide them to Conference League qualification.

Clinical at the top end of the pitch, Strasbourg recorded the best goals-per-shot rate (0.15) in Ligue 1 last season, finishing with the division's sixth-best attack, despite only three sides - Nantes, Le Havre and Angers - taking fewer shots.

Despite wholesale changes over the summer, Rosenior expertly maintained standards this term with an exceptionally young squad.

Strasbourg became the first club in the history of Europe's top five leagues to field a starting XI entirely composed of players born in 2000 or later in their opening Ligue 1 fixture against Metz. Furthermore, their lineup against Monaco in late August had an average age of just 20 years and 283 days - the youngest on record in the competition.

Impressively, Strasbourg retained both their clinical edge and their capacity to generate high-quality shooting opportunities this season. Currently matching last term's seventh-place finish, they rank second in Ligue 1 for both xG per shot (0.14) and shot conversion (13.98 per cent).

Rosenior impressed previously in the EFL with Derby County and Hull City, and his tactical acumen - coupled with his track record of developing young players - suggests a natural fit for his new role at Stamford Bridge.

Arguably the biggest challenge now facing Rosenior is coaxing consistency from the reigning world champions. Brimming with world-class talent, Chelsea can beat anyone on their day, but they head into Saturday's clash having won just two of their last 10 Premier League fixtures.

However, he does inherit one of the league's most potent attacking sides from set-pieces. Level with Arsenal and Leeds on 12, no team has scored more top-flight goals from corners, free-kicks and throw-ins this season.

Roared on by the Stamford Bridge faithful after two cup outings, Rosenior will be eager to kick-start his league tenure with a win, but Andrews and Brentford will be intent on making it a baptism of fire.

Scout Report

Dan Long, *Sky Sports*: Chelsea enter new era following Maresca exit

Chelsea had a really bright spell throughout October and November.

In the Premier League, they won five of their seven games and conceded only four goals. In the Carabao Cup, they beat Wolves by the odd goal in seven to reach the quarter-finals of the competition for the third time in five seasons. And in the Champions League, they took seven points from a possible nine to move into the top eight for the first time.

"We are confident, we are doing well," said Enzo Maresca after the 2-0 win at Burnley on 22 November, which lifted the Blues up to second. The Italian was later named Premier League Manager of the Month for November.

But in December, their form nosedived. They won just one of six Premier League games, picking up just six of a possible 18 points, dropping to fifth by 30 December. Atalanta came from behind to beat them 2-1 in the Champions League, too.

The only real highlight was the 3-1 win over Cardiff in the Carabao Cup but, even then, they needed two late goals from Pedro Neto and Alejandro Garnacho to seal the win.

On New Year's Day, Chelsea announced Maresca's departure: *"With key objectives still to play for across four competitions, including qualification for Champions League football, Enzo and the club believe a change gives the team the best chance of getting the season back on track."*

The writing had been on the wall, not just due to the downturn in form, but after the cryptic comments he made after the 2-0 win over Everton on 13 December: *"The last 48 hours have been the worst 48 hours since I joined the club because many people didn't support us."* The reasoning behind the outburst was never clarified.

The Italian took charge of 92 matches in all, and left with a tenure just 40 days shorter than that of Thomas Tuchel, who was dismissed in September 2022.

Chelsea U21s coach Calum McFarlane stepped up to lead the Blues in the interim, overseeing a 1-1 draw with Manchester City and the 2-1 west London derby defeat to Fulham. By the time of the FA Cup third round tie against Charlton, Rosenior had been appointed as Maresca's successor on a deal running until the summer of 2032.

"My whole life has worked to be a coach and, now, to be presented this opportunity at a world-class football club is something I have always dreamed of," the 41-year-old said, when he faced the media to announce his departure from Strasbourg.

An emphatic 5-1 win over the Addicks got the Rosenior era off to a flying start - both he and the Blues fans as a collective will be hoping that is a taste of what's to come over the next five months and beyond.

In the Dugout

Liam Rosenior

Liam Rosenior - the son of former Brentford manager Leroy - started out at his dad's former club Bristol City, for whom he made his professional debut in April 2002.

He played 27 times for the Robins, before he was snapped up by Premier League side Fulham in late 2003, and subsequently sent on loan to Leroy's Torquay side in Division Two.

When he returned, he gradually found his way into Chris Coleman's team, with his time at Craven Cottage culminating in a 2006/07 season where he started all 38 Premier League games.

Just 13 months into the four-year extension he signed in July 2006, Rosenior was sold to Reading. He spent three seasons on the Royals' books and helped them to the Championship play-off semi-finals in 2008/09, though the majority of his final season was spent on loan at fellow second-tier side Ipswich.

A few months after his Reading contract expired, he signed for Hull, first on a short-term basis, then on a two-and-a-half-year deal. He ended up staying for six seasons, during which time he helped the Tigers to promotion to the Premier League and the FA Cup final, where they were only beaten by Arsenal after extra time. Three seasons at Brighton followed, before he retired in the summer of 2018, aged 34.

For the next year, Rosenior worked with Brighton's U23s and showcased his tactical know-how as one of Sky Sports' lead EFL pundits, before he took up the first-team coach role at Derby. That led to working as Wayne Rooney's assistant, before he oversaw 12 Rams games as interim manager at the start of the 2022/23 season, when Rooney resigned.

A matter of weeks after he left Pride Park that September, he was appointed manager of former club Hull. In his first and only full season on Humberside, he guided the club to seventh, just three points outside the play-offs.

Rosenior was sacked three days after the conclusion of the 2023/24 season but, again, he was not out of work for long. Less than three months later, he replaced Patrick Vieira at Ligue 1 club Strasbourg, who he guided to seventh place in 2024/25. That led to a new three-year contract last April, but exactly halfway through the 2025/26 league campaign, he joined Chelsea on a six-and-a-half-year contract.



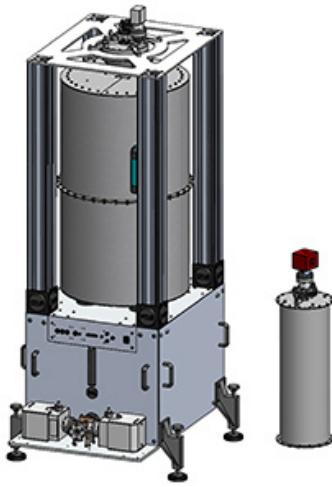
Transforming global positioning, navigation and timing

From The National Physical Laboratory, Teddington

A paper in Applied Physics Letters demonstrates the operation of a miniaturised atomic fountain clock.

NPL has developed and tested a miniaturised Atomic Fountain Clock that promises to make the world's most accurate timekeeping technology smaller, simpler and more widely accessible.

A paper, published in Applied Physics Letters [[Miniaturized atomic fountain clock | Applied Physics Letters | AIP Publishing](#)], demonstrates the operation of a miniaturised atomic fountain clock with a radically redesigned and simplified physics package.



This innovation aims to address critical challenges in Positioning, Navigation and Timing (PNT) for sectors ranging from telecommunications and finance to space.

Atomic fountain clocks have long been the gold standard for precision, underpinning international time scales and enabling GPS and secure communications. However, their size, complexity and cost have restricted deployment to only a handful of highly specialised national laboratories.

NPL's new design aims to change that model. The physics package, which is the ultra-high vacuum system where the atoms are collected, launched, and interrogated, is reduced in volume by a factor of 20

compared to NPL's caesium fountain primary frequency standards. *"That's taking it from barely being able to fit through a doorway, to something one could pick up and carry with one arm,"* said **Dr Sam Walby**, the lead author of the paper. **A fountain clock derives its precision from the time the atoms spend between passes through** the microwave cavity on their way up and down in the fountain. Despite the miniaturisation, this time is very similar to that of the full-sized fountains. The mini-fountain achieves stability of one part in 10^{15} after several days of averaging, comparable to full-scale systems.

In addition to shrinking the physics package, simplified optics and the use of commercial fibre-coupled components ensure low maintenance and high uptime, making it practical for real-world environments.

This miniaturised clock is designed to serve as an ultra-stable holdover solution, capable of maintaining timing errors of less than two nanoseconds per month, and as a secondary frequency standard realising the SI second. These capabilities are vital to meet needs of national position, navigation and timing resilience, especially as global infrastructure faces increasing threats from GNSS disruptions and cyberattacks.

"By radically simplifying and shrinking the atomic fountain, we're making ultra-precise timing technology available beyond national labs," said **Walby**. *"This opens new possibilities for resilient infrastructure and next-generation navigation."*

Future developments will focus on further miniaturisation of optics and electronics, enabling deployment in mobile platforms and remote locations.

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