

Twickenham & Richmond Tribune



TickerTape	
A Mail article states 'Healthy life' span drops to a 10 year low	
Rugby at Twickenham Stadium	
Starting up: How to become a charity or social enterprise	
The Tree Agency	
The Local Picture Postcard Page - Kew Gardens – The Rockery	Alan Winter
Crusader Travel	
Letters - Correction	
Sisters run emotional extra mile for their father and Crossroads Care ahead of London Marathon	Crossroads Care
The Barnes Choir Annual Piano Marathon	The Barnes Choir
Twickenham Riverside Governance Questions Mount	James Knight
The Mayor's Silent Disco	Mayor of Richmond
March at Kew Gardens	Royal Botanic Gardens Kew
Whitton Health and Wellbeing Event	Ruils
'Love Letters' exhibition drives National Archives' busiest ever day	The National Archives Kew
Regal Spice Twickenham	
Hounslow Scraps Weekday Tip Bookings	James Knight
Richmond Park: A Ranger's Story	Mortlake with East Sheen Society
Mortlake News and Future Events	East Sheen Matters
The Rifleman Revue	
Everything you need to know to cast your vote in the local elections	Richmond Council
Elleray Centre Opening Week's Events	Elleray Centre
Next week at Richmond Council	
February update on the Teddington Launch Lock refurbishment project	Environment Agency
Twickers Foodie: February Food and Drink News	Alison Jee
Twickers Foodie: Mowgli Street Food London	Alison Jee
Gibraltar Sunborn	Sunborn Gibraltar
Aurora Expeditions are 35 years old	Bruce Lyons
Is God pulling a "fast" one?	Deep Patel
Mark Aspen Review: The Bodyguard	David Stephens
Mark Aspen Review: The Seafarer	Harry Zimmerman
Making New Friends Later in Life	Michael Hill
Chelsea FC Foundation Coaching Students Gain Insights into Community-Based Initiatives at Panel Conference	St Mary's University
Richmond upon Thames College Selected as UK Host for Amazon's Flagship Girls' Tech Day Event	Richmond upon Thames College
Young chef from Richmond reaches semi-finals of a competition to find the UK's best young chef	The Roux Scholarship
Triple win for Caremark Richmond Upon Thames at home care business awards	Caremark Richmond Upon Thames
Fennies Celebrate National Apprenticeship Week 2026 By Spotlighting Skills, Growth And Future Careers	Fennies Teddington
Acrisure Raises Record-Breaking Six Figure Sum for UK Charities	Acrisure Twickenham
England Team To Play Ireland	RFU
Brentford fc v Brighton	Ron Brand
Match Preview: Brentford v Brighton and Hove Albion	Brentford Football Club
Train services resume between New Malden and Twickenham after four-day line closure for upgrades	Network Rail

[CONTACT](#)

[DONATE](#)

[ADVERTISE](#)

TickerTape - News in Brief

A Mail article states 'Healthy life' span drops to a 10 year low

However, **Richmond upon Thames**, in south-west London, had the highest rates for both men (69.3 years) and women (70.3) in England. This was followed by neighbouring Sutton for men (68.3 years) and Wokingham (69.4) in Berkshire for women. You can see the article [HERE](#)

Rugby at Twickenham Stadium

ENGLAND v IRELAND

Saturday 21st February, kick off 14:10.

Attendance 82,000

Whitton, Rugby & London Roads close 12:10-14:10 and from 15:40-18:10.

CPZ in operation 11:00-23:00.

Shuttle buses available to Richmond and Hounslow East.

Starting up: How to become a charity or social enterprise

From Richmond CVS

If you've had a great idea for a new community group, charitable project or social enterprise but need some help to think it through and get started, this online workshop is for you.

The half-day affordable, interactive session will take place on Friday 27 March. It's led by an experienced coach and trainer, and also offers potential follow-on one-to-one support for those who attend.

It's also a great chance to informally build your own peer support network with like-minded individuals who are learning and developing their ideas alongside you.

You can [find out more and book your place](#).



The Tree Agency

darryl parkin

The Treehouse
25 King Edwards Grove
Teddington, Middlesex TW11 9LY
Telephone 020 8274 0107
Mobile 07960 123580
Fax 020 8274 0119
info@thetreeagency.co.uk
www.thetreeagency.co.uk

The Local Picture Postcard Page - Part 314

Kew Gardens – The Rockery

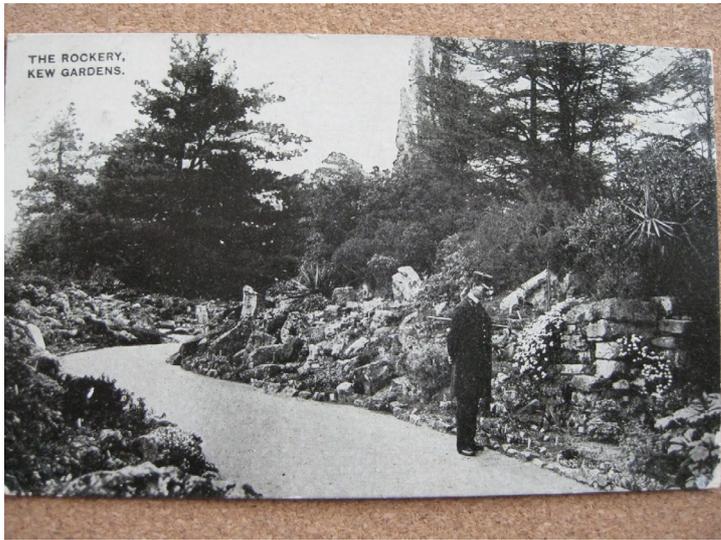
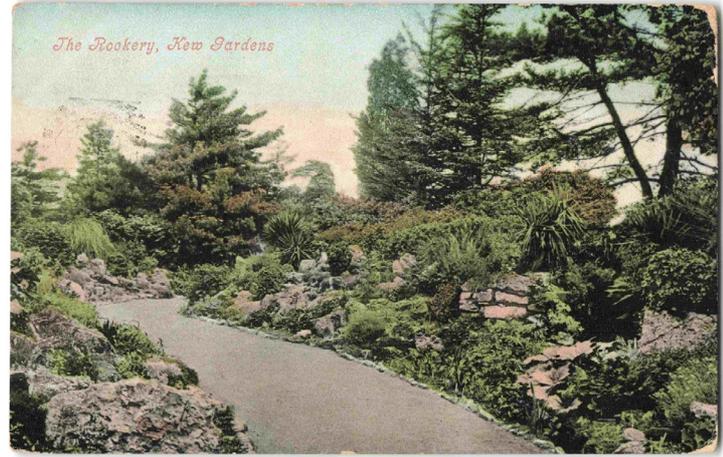
By Alan Winter

I often think how fortunate we are to live in this area. For instance, most of us are within a bus or bicycle ride of Kew Gardens which is recognised as one of the top ten gardens in the world. Over two million visitors came through the gates last year.

Hundreds of different postcards of the gardens have been on sale at Kew over the past 120 years and so this helps me to focus on specific areas in this column. Today we can take a look at one of my favourite areas, the Rock Garden.

All three postcards this week were originally published before the first world war during the reign of Edward VII.

Kew's Rock Garden is a living collection of alpine plants from six mountainous and rocky regions of the world, from the European Alps to windswept Patagonia allowing Kew to study plants from specific mountain eco-systems.



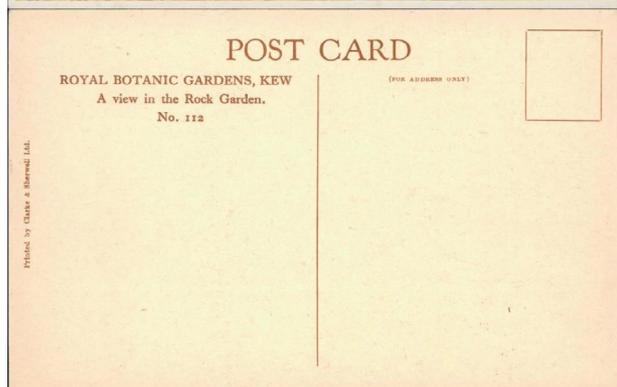
Originally built in 1882, it was both the world's oldest and largest, spanning over an acre to simulate mountainous landscapes. It features a dramatic valley with sandstone, waterfalls, and plants from six global regions, with over 70% grown from wild-collected seeds, making it a key scientific resource for Kew's botanical research.

Over the years the Rock Garden

has undergone significant evolution including the addition of eye-catching waterfalls in 1994 and the surrounding Alpine House landscape in 2007.

The gardens served as a location for women's work during the World Wars, with female gardeners working in the area around 1939-1945 while many of the men were away serving in the military.

Today the Rock Garden continues to serve as a living, evolving collection that copies the challenging environments of the world's high-altitude flora.



CrusaderTravel



020 8744 0474

crusadertravel.com

Escapology Experts

info@crusadertravel.com

Your friendly local Travel Agency
established in Twickenham since 1966

With over 50 years' experience we pride ourselves on being able to offer an unrivalled service with attention to detail. Come and have a chat with us in our cosy office off Church Street Square, we are open 6 days a week from 11am until 5pm (Closed Sunday)



Correction

In our Environment Committee Report (13 February 2026), we stated that Green councillor Andrée Frieze (Green) spoke during the meeting about public reaction to verge management and climate risk accessibility.

The official transcript confirms that Cllr Frieze is not a member of the committee and did not speak at the meeting. The comments regarding verge management being “not universally popular” were made by Councillor Elizabeth Gant (Liberal Democrat).

We regret the misattribution and are happy to correct the record.

Editor, Twickenham & Richmond Tribune

Sisters run emotional extra mile for their father and Crossroads Care ahead of London Marathon

From Crossroads Care

Sisters Joanna and Ella Tilley ran the Old Deer Parkrun last weekend as part of their training for the London Marathon, which they're running in aid of Crossroads Care and in memory of their father, Clive.

The event was especially poignant for the sisters as Clive, who sadly lost his life to pulmonary fibrosis a year ago, was the Director of Old Deer Parkrun, a passionate runner, and the person who inspired their love of running. He also ran the London Marathon in 2008.

Crossroads Care supported Joanna and Ella's family during Clive's final weeks, so this fundraising challenge is particularly close to their hearts. In his memory, the sisters were joined by several other local runners to mark the occasion and run an extra mile at the end of the course.

Joanna said: “Old Deer Parkrun is such a special parkrun to us and to Dad, and running an extra mile there really meant a lot - it was a lovely way to remember Dad.”



Crossroads Care's Fiona Mitchell, who attended the event, added: “This was such a wonderful event and we were so lucky that the sun was shining. Thank you to Joanna and Ella and to the Old Deer Park Run organisers as well as to all the runners and those who have kindly donated to the girls' marathon mission so far.”

If you would also like to sponsor the sisters ahead of their London Marathon run, please visit their London Marathon website. [Make a donation](#)



THE BARNES CHOIR ANNUAL PIANO MARATHON

**Our annual Piano Marathon will take place here
at All Saints, on Saturday 21st February, from
10.00 am to 1.00 pm**

One of our Tenor Singers, a professional musician, Barnaby Marder, will give us a three-hour, virtually non-stop piano performance. No Marathon from Barnaby would be complete without the first movement of Schubert's great *B flat major Sonata*, and in addition to that he will perform Liszt's *Funérailles*, together with a wide variety of piano works by Schumann, Chopin, Scarlatti, Mozart and Brahms, amongst others.



Come in and listen, this is a drop-in, drop-out performance, arrive whenever you like, sit where you want, and leave when you're ready.

This is a FREE performance , but donations to the Choir to help us pay for professional soloists and instrumentalists to perform with us at our concerts, would be welcomed.

Twickenham Riverside Governance Questions Mount

By James Knight

As the Audit Committee meets, scrutiny of the £67 million Twickenham Riverside scheme intensifies, with early governance gaps and rising costs raising questions about oversight and technical capacity.



Next week, the Audit and Standards Committee will consider the internal audit of Twickenham Riverside, commissioned following a request from Councillor Richard Bennett of the Green Party. In the wake of high-profile public sector construction failures such as DG One in Dumfries, later demolished after serious defects, councillors across the country have been reminded that governance discipline, not just architectural ambition, determines whether major civic schemes succeed. The discussion in Richmond will therefore carry weight beyond routine oversight.

What the Audit Actually Found

The report provides “Reasonable Assurance”. No Priority 1 failings were identified. Yet that headline should not obscure the substance. Five Priority 2 and three Priority 3 recommendations were made. These were not cosmetic adjustments. They included inconsistent reporting of actual spend and risk to boards during parts of 2025, weaknesses in the formal documentation of contractor meetings, incomplete audit trails for certain contract variations, and the absence of a formalised benefits realisation framework.

On a scheme of this scale, such gaps are not trivial. Variation control is where projects either retain financial discipline or drift. The audit recorded instances of variations lacking full documentation and one paid without a completed variation certificate. It also identified that benefits central to the scheme’s justification were not yet being tracked through a structured methodology. These are not findings of collapse. Yet they are precisely the areas where control either hardens or softens in a live design and build environment.

Variation discipline, board reporting and independent challenge are not administrative detail. They are the mechanisms by which a client retains authority over cost and quality.

The Shadow of DG One

The cautionary example often cited in local government circles is DG One, the leisure complex in Dumfries that opened in 2008 and was later demolished following serious structural defects. The main contractor on that project was Kier. That historical fact does not imply equivalence. But it underlines why rigorous client side supervision is essential whenever large contractors are engaged on complex public works.

The subsequent review for the Scottish Government, led by Professor John Cole, was careful in tone but firm in implication. The failure was not attributed solely to defective workmanship. It exposed weaknesses in inspection, supervision and compliance regimes, and in the capacity of public authorities to act as technically informed clients.

Professor Cole did not call for blanket prohibitions. But he was clear that where councils adopt design and build procurement, they must retain sufficient technical competence to interrogate and supervise contractors robustly. If that expertise is thin, independent architectural and professional oversight must be demonstrably strong and genuinely separate from the contractor's own reporting chain. Against that benchmark, it is reasonable for members to seek assurance that Richmond's internal capacity and oversight arrangements are fully equal to a project of this scale.

A Project Whose Scale Has Shifted

The financing history underlines why scrutiny has sharpened. In late 2021, members were presented with a projected construction deficit of £11.2 million, reduced to roughly £7.5 million after grants and Strategic CIL support. By January 2023, the total project cost stood at £49.58 million.

At the Finance, Policy and Resources Committee on 25 June 2025, members were told that an additional £17 million was required, bringing the total capital envelope to £67.187 million. Net Council investment now stands at £37 million.

Officers cite CPO delay, construction inflation and post-Grenfell regulatory change as the principal drivers. Residents have challenged elements of that account. Construction inflation has indeed been severe. But the practical effect is clear. What began as a relatively contained funding gap has evolved into a long-term financing cost of £1.85 million for the next 50 years, justified largely on projected social value.

The Intelligent Client Test

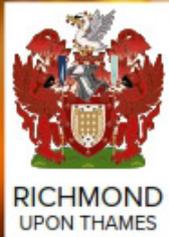
As financial exposure expands, governance must tighten. That is not alarmism. It is prudence. The audit revealed early gaps in reporting discipline, variation documentation and benefits tracking. Those are precisely the areas that require firmness in complex design and build environments.

The question before the Audit and Standards Committee is therefore a serious one. Does the Council retain sufficient technical depth, whether internally or through genuinely independent professional oversight, to supervise a contractor of Kier's scale on a project of this complexity? And are the documentary controls now fully embedded rather than developing as the project proceeds?

Regeneration requires optimism. Stewardship requires scepticism. After DG One, local authorities know what happens when governance is assumed rather than tested. The purpose of next week's meeting is simple: to demonstrate that Richmond's governance architecture, technical capacity and independent oversight are equal to the responsibility it has chosen to assume.

To access the committee papers and the audit report, click [HERE](#)

Photo © Twickenham & Richmond Tribune



JOIN THE MAYOR OF RICHMOND
CLLR PENELOPE FROST
FOR A SILENT DISCO

**COME JOIN
THE FUN!**

THE MAYOR'S **SILENT DISCO**

Saturday 28 February 2026
Orleans Park School
Richmond Road
Twickenham TW1 3BA



For tickets scan
the QR code
or call
020 8891 7123

Don't Miss Out
Book Now to Secure
Your Free Headset!

Welcoming and Relaxed Afternoon Session • 4:30pm - 6:00pm

For children and young people with Special Educational Needs and Disabilities
Tickets £10 - Accompanying adults FREE!

Evening Session • 7:00pm - 10:00pm

Open to everyone - come and dance the night away!
Tickets £20 - 25% discount for groups of 4 or more!

Chill out zone/Quiet room available. Changing places available.

ALL PROCEEDS GO TO THE MAYOR'S CHARITIES:

CROSSROADS CARE - Supporting Carers **SMALL STEPS** - Helping Children with Disabilities



Advanced booking is essential
Tickets available now by booking online:
www.richmond.gov.uk/mayors_charities
Box Office: 020 8891 7123



Designed and Produced by Richmond and Wandsworth Design & Print. wed@wandsworth.gov.uk MP122 A3 (3.26)
Photo © Stock Photo.com

March at Kew Gardens

From Royal Botanic Gardens Kew

[Orchids 2026](#) | until 8 March 2026 | Pre-booking essential

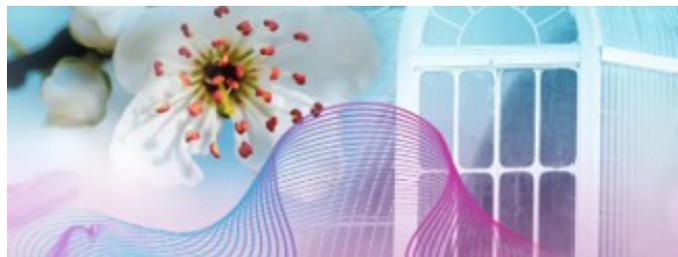
Running until 8 March, the 2026 Orchid festival takes inspiration from China's remarkable biodiversity, heritage and design traditions, filling our Princess of Wales glasshouse with a dazzling array of orchids and large-scale floral installations.



Wander among dragons, lanterns and intricate plant sculptures that bring to life the beauty and wildlife of one of the world's most biodiverse countries and experience a burst of colour and warmth in the winter months.

[Sounds of Blossom](#) | 14 March – 6 April | 11am – 6pm | Across the Gardens

Awaken your senses with spectacular blooms and uplifting music, set within the serenity of London's largest UNESCO World Heritage Site. This spring, immerse yourself in the splendour of nature at *Sounds of Blossom*.



In collaboration with the Royal College of Music for the third consecutive year, seven new compositions have been created by talented music students, inspired by the unique charm of Kew's lush spring landscape and our world-renowned magnolia and cherry blossoms.

[The Singh Twins and Flora Indica](#) | until 12 April 2026 | Shirley Sherwood Gallery of Botanical Art | Included with entry

Now running in Kew's Shirley Sherwood Gallery, two complementary exhibitions explore the complex colonial history of botanical art through both historical and contemporary lenses. In Gallery 5, *Botanical Tales and Seeds of Empire* by internationally acclaimed artists The Singh Twins showcases a striking new body of work inspired by Kew's botanical archives.



Flora Indica: Recovering the lost histories of Indian botanical art, displayed in Galleries 1–4 will be the first-ever public display of 52 rediscovered botanical illustrations by Indian artists commissioned by British botanists between 1790 and 1850.

An accompanying Indian flora walking tour runs each Sunday and Wednesday until 29 March, departing from Victoria Plaza at 11.30am.

[International Garden Photographer of the Year: Exhibition 19](#) | until 9 March 2026 | Opposite the Shirley Sherwood Gallery of Botanical Art

IGPOTY touring exhibition 19 features a curated selection of high-placed photographs. The competition is a celebration of our planet's green spaces, flora, fauna, and fungi showcased via some of the world's finest photography, with a special Captured at Kew category showcasing the best of the Gardens across all seasons.



Horticultural Highlights- Early Spring

Early swathes of magnolia bring delicate clouds of pastel pinks overhead – look for hotspots by Elizabeth Gate, The Hive and along Princess Walk. Sunny spots of daffodils dazzle with their bright yellow hues across the Great Broad Walk Borders and throughout the Natural Area and Woodland Garden.



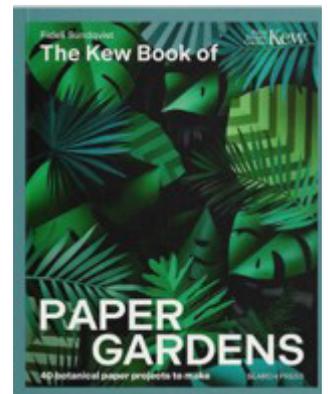
[Sound baths in nature](#) | 10 & 25 March | 4 – 5pm | Nash Conservatory

Immerse yourself in the calming sounds of gongs, singing bowls and gentle percussion for a therapeutic sonic experience in one of London's most iconic green spaces. No previous experience is needed for this expert-led session, making it the perfect opportunity to try a new way of reaching deep meditation and relaxation.



Kew Publishing Book of the Month | [Kew Book of Paper Gardens](#) by Fideli Sundqvist

Lush, evergreen and made entirely from paper, create 50 stunning projects, from delicate leaves and dreamy floral bouquets to sculptural potted plants.



Discover the enchanting art of paper crafting with this inspiring guide endorsed by the prestigious Royal Botanic Gardens, Kew. Whether you're a seasoned crafter or a curious beginner, this book will help you to transform your home into a year-round paper garden.

Coming Soon| *Henry Moore: Monumental Nature* | opens 9 May

From early May, experience the awe-inspiring scale and beauty of Henry Moore's sculptures in the stunning landscape of Kew Gardens.

Henry Moore: Monumental Nature will be the largest outdoor exhibition of Moore's work ever presented, featuring over 100 pieces including 30 monumental sculptures set throughout the Gardens, alongside over 70 works on paper, models, and smaller pieces displayed in the Shirley Sherwood Gallery of Botanical Art. Join us for this once-in-a-generation event, organised with the Henry Moore Foundation.



Royal Botanic Gardens **Kew**

Whitton

Health and Wellbeing Event

Wednesday 25th February 2026

12:30 - 2:30 pm

Whitton Community Centre
Percy Rd, Twickenham TW2 6JL

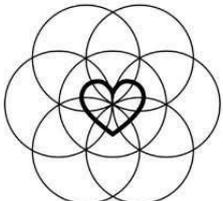
Join us for a **free**, walk-in health and wellbeing event focused on helping you feel your best.

FREE OFFERINGS INCLUDE:

- Introduction to accessible Yoga, talks, demonstrations & practice
- Hot lunch provided by Surplus to Supper
- Massage therapy and henna tattoos
- Community health checks
- Community support organisations including Richmond Mind, Richmond Wellbeing Service and Chronically Marvellous



LIVE KARMA YOGA



COMMUNITY | ACCESSIBILITY | EMPOWERMENT

Delivered by Ruils and Live Karma Yoga
in collaboration with Richmond and
Wandsworth Public Health.

ruils
independent living

Charity no: 1127896

'Love Letters' exhibition drives National Archives' busiest ever day

From The National Archives

The National Archives in Kew's ongoing free exhibition 'Love Letters' is proving popular. Last Saturday (Valentine's Day) saw the highest number of visitors in a single day throughout the Archives' history!

Across time, people have sought connection in countless ways. From heartfelt declarations and calculated proposals to anonymous and desperate love songs.

The free exhibition features correspondence spanning more than 500 years of devotion, longing, sacrifice, heartache, and passion.



Covering royalty and parliamentarians, literary icons and unknown scribes, Love Letters opens the envelope on the stories behind the documents and the consequences of their being, from eternal blessing to execution.

This revealing exhibition has not only letters, but declarations of love in other forms, including poems and drawings, official memorials and wills.

Encompassing forbidden relationships and family members separated by distance and circumstance, Love Letters will offer a rare glimpse into personal emotions captured in a government collection – tender, intimate and deeply human.

The exhibition is open from Tuesday to Sunday each week until 12 April 2026. Learn more about [Love Letters](#).

A promotional advertisement for Regal Spice Twickenham. The background is a dark, textured surface with a festive dinner table setting. A white plate is set with a fork and knife, and a small Christmas tree decoration. A large, dark, star-shaped ornament is on the plate. The text is as follows:
EVERY TUESDAY BANQUET DINNER
STARTER+ MAIN DISH+ SIDE DISH+ RICE/ BREAD
King Prawns £3 extra
£12.95 ONLY
Regal Spice Twickenham
Limited Seats!
FOR BOOKINGS, CALL
020-88939291

Hounslow Scraps Weekday Tip Bookings

By James Knight

In a modest but telling shift that speaks to a wider question about which pandemic measures should remain in place, the London Borough of Hounslow has announced that it will relax booking requirements at its Space Way Reuse and Recycling Centre for an initial six month trial.

From Monday, 9th March, residents will no longer need to reserve a slot in advance from Monday to Thursday, excluding Bank Holiday Mondays. On quieter days, visitors can simply turn up. Booking will remain mandatory on Fridays, Saturdays, Sundays and Bank Holiday Mondays, when demand is highest and queuing pressures are more acute.

A hybrid approach to demand

Hounslow Council has presented the change as a practical response to the realities of working life. Advance booking systems, introduced widely during the pandemic, brought order at a moment of genuine public health concern. Yet as daily life has normalised, councils have faced the question of whether such controls remain proportionate.



Councillor Shivraj Grewal, Cabinet Member for Infrastructure, Recycling and Transformation, said the trial is intended to give residents greater flexibility while preserving smooth operations on busier days. The centre, he noted, plays an important role in helping households recycle more and reduce waste, and the council hopes the revised arrangements will make it easier to use without compromising efficiency. Proof of address and photo identification will still be required.

Rather than abolish booking altogether, Hounslow has opted for a calibrated model, keeping advance reservations where they are most needed while lifting them when capacity allows.

What this means for Richmond residents

The announcement carries significance beyond borough boundaries. Under cross borough arrangements, residents of the London Borough of Richmond upon Thames are permitted to use Space Way. For households in parts of Twickenham, Whitton and Heathfield, it is often the most convenient site.

The relaxed weekday rules will therefore apply to them as well. A midweek visit to dispose of garden waste, unwanted furniture or accumulated household clutter will no longer require advance reservation at Space Way, provided it falls within the Monday to Thursday window.

A quiet contrast

The comparison with Richmond's own arrangements is likely to be noted. Richmond introduced mandatory booking at its Townmead Road site during the pandemic, and it has now been in operation for almost four years. While the council maintains that bookings help manage demand and reduce queuing, some residents have argued that the continued requirement adds friction to what should be a straightforward civic service, particularly when disposal needs arise unexpectedly.

Hounslow's six-month trial will test whether flexibility can be restored without disorder. For Richmond residents who already use Space Way, it offers an immediate practical benefit. For Richmond Council, it provides a nearby example of how one borough is reassessing the legacy of emergency era systems and adjusting them to calmer times.

RICHMOND PARK: A RANGER'S STORY



**by Duncan MacCallum
Rangers' Spokesman & Mentor**

**Illustrated talk about the deer, other
wildlife and the ranger service that
helps to manage and enhance their
habitat**



Photo: Diana Loch

Monday 23 February • 7.30pm

**The Evans Hall, Tower House School, Sheen Lane,
SW14 8LF**

Admission £5 • Members Free

More details from info@mess.org.uk

Mortlake News and Future Events

From East SheenMatters

The [Mortlake Mash Up project](#) encourages Mortlake residents to think about how their area could be improved and how it could become a more cohesive and engaged area with a thriving centre.



Kew 2026 Orchid Festival

This year the orchid festival has been organised with local resident Xiaoyu Shi and is inspired by China's remarkable biodiversity and heritage.

An Orchid Festival talk hosted by Xiaoyu Shi is being held on 9th March, 10:00-11:00am at Mortlake Community Hall.

Monthly Walk+Talk

Since the autumn, we have been running a monthly Walk+Talk in partnership with the [Allegri Foundation](#). We meet on the first Wednesday of each month at 12 noon at Mortlake Hall. All abilities and ages are welcome. Next walk is on 4th March.

Mortlake Hall, 29th March 1-3pm Come along to our charity clothing/homeware sale. Help recycle, reduce waste and support two fantastic charities at the same time – Mortlake Community Association and Retina UK. Browse rails bursting with quality pieces at pocket-friendly prices.

If you have clothing or homewares in good condition that you can donate to the sale, please drop these at Mortlake Hall 24th and 25th March (9am to 5pm) or 28th March (9am to 12 midday). No furniture or electrical items please.

Boat race, Jubilee Gardens 4th April 1:30-4pm Join us on Boat Race day at Jubilee Gardens, Mortlake High Street to enjoy the action with a riverside view.

Mortlake Community Association

Meet others from your local area, find out more about Mortlake Community Association and the programme of events taking place over the coming months.

Learn about initiatives underway to improve Mortlake and how you can get involved.

Litter Pick, Mortlake Green Help make Mortlake a cleaner, tidier and more inviting space by joining our Litter Pick event in May. This is a great opportunity for the whole family to help keep our streets, parks and rivers clean. All equipment will be provided. Meet at the entrance to the children's playground on Mortlake Green at 10:30am.

Wildflower Planting Come and join us spreading wildflower seeds around Mortlake Green.

Screen on the Green For a summer event we are planning to screen a family film on Mortlake Green. Further details to follow.

Event ideas? If you have a community event idea, come and talk to us!

THE RIFLEMAN REVUE

at

THE EXCHANGE

in Twickenham

Tuesday
3rd March
7 - 10 pm

featuring local musical heroes with all proceeds going to

"SAVE THE RIFLEMAN"



TICKETS: £15 IN ADVANCE,

For
Details
and
tickets
just
scan



SAVE THE RIFLEMAN

WITH

THE RIFLEMAN REVUE

sponsored by:



At The Exchange Twickenham, Tuesday 3rd March 2026
Get your tickets now!

Everything you need to know to cast your vote in the local elections

From Richmond Council

The London Borough of Richmond upon Thames elections will take place on **Thursday 7 May 2026**. All 54 seats of the Council will be up for election across the borough's 18 wards.

The deadline to register to vote is midnight on Monday 20 April. You can [register to vote](#) in less than five minutes. You will need to have your National Insurance number to hand.

Vote in person

Don't forget you will now need to provide original voter ID to vote at polling stations on Thursday 7 May.

All voters will need to take an approved form of [photo identification](#) to the polling station to vote. Polls will be open between 7am and 10pm. If you do not have an accepted form of photo ID, you can apply for a [Voter Authority Certificate](#) until 5pm on Tuesday 28 April.

If you do not wish to show ID at a polling station or are away on polling day, you can apply to vote by post or vote by proxy.



Vote by post

The deadline to register to [vote by post](#) in these elections is Tuesday 21 April at 5pm. You will need your date of birth, a copy of your signature and your National Insurance number. Postal voters will not be affected by voter ID and will be issued with their postal ballot papers as usual.

Postal vote arrangements must now be renewed every three years. We will contact you to let you know when your postal vote needs to be renewed.

Vote by proxy

The deadline to register to [vote by proxy](#) in these elections is Tuesday 28 April at 5pm. Your chosen proxy must be registered to vote themselves and can only act as a proxy for a limited number of people – up to two voters registered in the UK, or four voters in total if two are registered overseas and two domestically.

If you have queries

If you have any questions, you can speak to one of our advisors via [web chat](#), Monday to Friday from 9am to 5pm.

PLEASE JOIN US FOR OUR FEBRUARY

OPENING WEEK'S EVENTS



25TH WEDNESDAY

Elleray Creative

Beginner's
Photography by
Robert Fisher, RTPS
5:30 pm– 6:30 pm
and
7:00 pm– 8 pm



26TH THURSDAY

Elleray Creative & Talk

Woodworking
Principles by Ben
Brooks
5:00 pm– 6:30 pm
Hidden Secrets of
Bushy Park,
Teddington by
Rebecca Harvey
7:15 pm– 8:15 pm



27TH FRIDAY

Elleray Creative

Art & Craft Club
Floral Motif Mixed
Media workshop
3:00 pm– 5:30 pm



28TH SATURDAY

Elleray Creative & Talk

Wycinanki Polish Paper
Cut-Out craft by Ania
Ruszkowski
1:30 pm– 2:30 pm
Understand your
communication style
with Ania Ruszkowski
2:45 pm– 4:30 pm



RESERVE YOUR SEAT AT: [ELLERAYCENTRE.EVENTBRITE.CO.UK](https://elleraycentre.eventbrite.co.uk)

ELLERAY CENTRE North Lane, Teddington TW11 OHJ
Registered Charity No. 1150261

<https://elleraycentre.org>



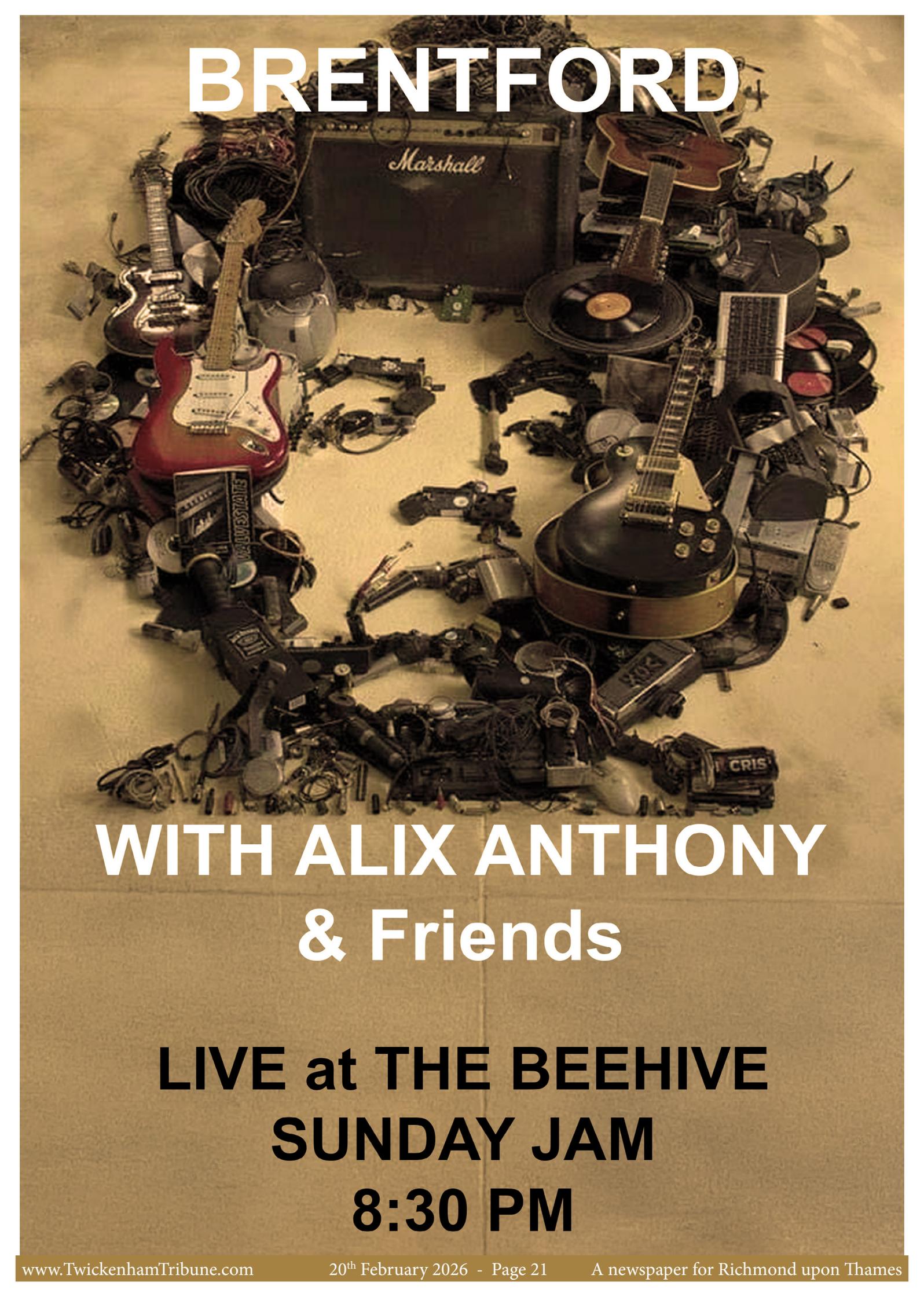
Next week at Richmond Council

On Tuesday, 24th February, the **Policy and Performance Review Board** will meet to discuss (1) corporate performance mid-year results, (2) review of key performance indicators. The meeting will commence at 7 pm at York House, Twickenham. Please click [HERE](#) for more details.

On Thursday, 26th February, the **Audit, Standards, and Statutory Accounts Committee** will meet to discuss (1) member induction and refresher programme 2026, (2) internal audit update, (3) Twickenham Riverside audit report. The meeting will commence at 7 pm at York House, Twickenham. For more details, click [HERE](#).

For guidance on **participating** in different types of council meetings, such as speaking or asking written or verbal questions, please click [HERE](#).

BRENTFORD

A large collection of musical instruments and equipment, including guitars, amplifiers, and pedals, arranged on a light-colored floor. The items are densely packed and include a Marshall amplifier, a red electric guitar, a black electric guitar, a keyboard, and various cables and pedals.

**WITH ALIX ANTHONY
& Friends**

**LIVE at THE BEEHIVE
SUNDAY JAM
8:30 PM**

February update on the Teddington Launch Lock refurbishment project

From the Environment Agency

The Environment Agency (EA) refurbishment project at Teddington Lock is continuing to progress well. Last year, the team completed ground investigations at site, removed the upstream lock gates for refurbishment, established a temporary 'stop-log' barrier in place of the upstream gates, and installed propping throughout the lock chamber.

In early January 2026, work recommenced with the removal of the downstream lock gates and the installation of a second stop-log barrier in their place. The establishment of stop log barriers and propping in the chamber, has enabled the project to dewater the lock. With the lock dewatered, engineers have been able to access the full extent of the lock chamber to complete further assessments of the lock's condition, and begin refurbishment works.

Over the coming months, the project team will continue the repair works to strengthen the lock walls and chamber. Off site, the gates will undergo refurbishments to ensure they are ready for reinstallation and use in the lock later this year.

Please note, the Thames path at Teddington Lock and Ham Street car park will be diverted for short periods of time throughout the works and will be clearly marked on site.



Teddington Barge Lock will continue to be the primary lock for Navigation customers throughout Launch Lock's re-construction. Once the Launch Lock is returned to operational service, it will become the primary lock for Navigation.

The EA anticipates the project will be on site for approximately one year, with the lock likely to reopen in late Summer 2026. The project will deliver improvements that enhance the safety, functionality, and resilience of Teddington Lock.

Further updates on the work will be available on the [EA's Thames Area Asset page](#).

If you have any questions about the works, please email the project team on enquiries_thm@environment-agency.gov.uk.

February Food and Drink News

While we wade through puddles and yearn for some sunshine, here is some food and drink news to cheer you up.

I've recently discovered an amazing range of plant-based products that contain no 'nasties' and taste really good. So good in fact, that twice I've served them and my husband hasn't realised that they aren't actually meat. Chefs have long used fermentation to produce deep, complex umami flavours that make food intensely satisfying. Neil Rankin now brings this to us through **symplicity**® at **Waitrose**, with naturally fermented vegetable products. The launch includes three fermented vegetable products: umami-rich burgers, herby sausages, and fiery vegetable 'Nduja. Made from whole mushrooms, onions, and beetroot that ferment naturally for weeks, they deliver restaurant-quality flavour without the usual additives or heavy processing so often found. **symplicity**® burgers, 2x115g, (RRP £4.25), sausages, 6x 45g, (RRP £4.25), and vegetable 'Nduja 120g, (RRP £4.50) are available from Waitrose ...and really good.



Great news for fellow extra virgin olive oil (EVOO) fans: Marks and Spencer is now stocking **The Olive Oil Guy's** single-origin Greek EVOO in a smart 250ml can. Sourced from a single estate in Sparta in the Peloponnese, this premium, cold-pressed oil is made exclusively from Koroneiki olives (known as the 'queen of olives' for the vibrant flavour and high antioxidants.) It has a bright and grassy flavour with a green almond backnote and a clean, peppery finish. At £8.50 it has a Great Taste star and the oil is certified by world-renowned olive oil sommelier Mazen Assaf, who's on a mission to transform olive oil from commodity to craft.

And while on the subject of great tasting foods, there's fab news from **Ocado** that it's now stocking a range of those wonderfully tasty **Ottolenghi** sauces and spices. With searches for 'Ottolenghi' rising 175% year on year on site, Ocado responded to demand. There are 12 Ottolenghi flavour shortcuts including Rose, Pomegranate and Preserved Lemon Harissa, Pilpelchuma Paste, and Miso Pesto and more products to be added soon. From around £4, but on introductory offer till 24 February, so order soon.



Would you like a healthier spread, and one without seeds? **Fearne & Rosie**, has a mission to put more fruit and less sugar into spreads and they've turned two of their best sellers seedless. The **Strawberry Seedless Preserve** and **Raspberry Seedless Preserve** are bursting with fruit (70% no less) and deliver a super sweet taste with 40% less sugar...how smooth is that? Fearne & Rosie jam-packs each jar of strawberry preserve with 31 strawberries, and the raspberry preserve an impressive 51 raspberries. Each is vegan friendly, with no added concentrates (concentrates can contain high levels of fructose), making them a healthier and tastier addition to bring to the breakfast, lunch, or snack time table. Available from Ocado or fearneandrosie.co.uk at £3.50 for a 310g jar.



In this miserable cold weather a warming breakfast is perfect, and I've discovered a really easy and tasty option: **Flahavan's More Than Oats**. Serving up benefits like **cholesterol and gut health support**, its porridge sprinkled with extra goodness. Available in two flavours – **Cranberry** or **Apple & Bilberry** – each blend brings together Ireland's favourite wholegrain oats with real fruit pieces and selected seeds. High in fibre, a source of protein, and low in saturated fat, sugar and salt, each bowl will deliver slow-release energy to help kick-start your day. Perfect as 'porridge with benefits' in just three minutes, More Than Oats also works as creamy overnight oats, or as an instant crunchy muesli, splashed with your milk or yogurt of choice. Flahavan's More Than Oats is available now in Waitrose, in-store and online, 400g for £3.60.

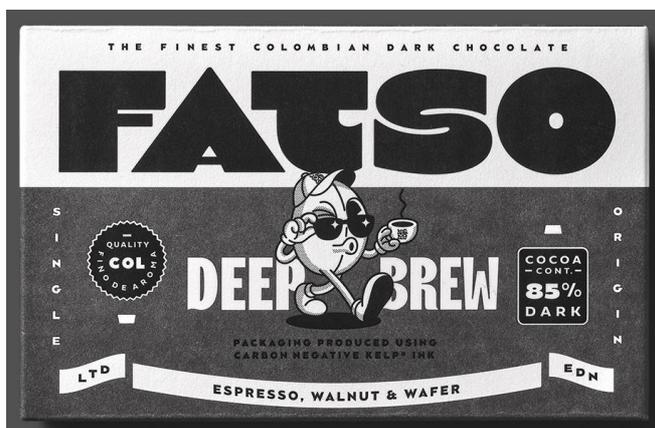


Vievé has launched a new range of flavour-forward, all-natural protein



bars, containing 15g protein and 12g fibre in each bar, making a more complete snack than many sugary, UPF packed options. These new bars are also designed for anyone on GLP-1, following research showing that 50% of Vievé's customers use its products as part of a weight loss regime. There are three flavours: **Pistachio punch** (packed

with real pistachio and nut pieces); **Strawberry blondie** (with real pieces of strawberry wrapped in a white chocolate coating) and **Coconut Crunch** (with coconut flavour and pieces of real shredded coconut). With no more than 1g of sugar and less than 160 calories per bar, you have a well-rounded and tasty snack. Vievé's new protein bars are available from Amazon and online (RRP £2.29). For more information visit drink-vieve.co.uk



FATSO, the dark chocolate disruptor, has a really good limited edition dark chocolate bar: **Deep Brew**. The brand's darkest bar to date, it goes deep. Think 85% Colombian dark chocolate deep. Coffee-rich, walnut-crisp and wafer-light, it's smooth, cool and deliciously dark. Putting goodness back into the planet, this chunky, Fino de Aroma Colombian chocolate is wrapped in black packaging printed with sustainable Kelp® Ink" the ocean-safe, carbon-negative ink that doesn't just cut carbon, it flips it. £7.50 a bar from sofatso.com and selected outlets.

And last, but by no means least, an excellent alcohol free sparkling from **Casillero del Diablo** that's not only a great drink, but one that's very reasonably priced. Gently dealcoholized, **Casillero del Diablo 0% Sparkling** is made with 100% Chardonnay grapes. The result is a truly sparkling offering of light and elegant bubbles with a fresh subtle touch of lime, along with a rich, well balanced acidity, lifted by a clean, refreshing finish. It's a great standby for whenever you want to raise an alcohol free glass, either in celebration, or just to raise your spirits and dream of those warmer, sunny days ahead...hopefully. Casillero del Diablo 0% Sparkling (75cl) is available at Sainsbury's, at £6



Mowgli Street Food London

I've long been a great fan of **Nisha Katona**. Regular readers will have seen my reviews of her fabulous cookbooks and, as well as being the CEO of Mowgli Street Food, Nisha works extensively as a business and food expert on several projects across the BBC, ITV, and Channel 4. Her work also features across a number of national newspapers. She received an MBE for services to the food industry. It's Nisha's ambition to continue growing **Mowgli Street Food** to enrich lives in the cities she goes to. This is done by creating jobs in a nurturing workplace, sponsoring a child in need for each full-time employee, and dedicating each restaurant to a local charity. The Mowgli Trust has raised over £2.5 million for local and world charities. What's more, to ensure that her teams keep a global perspective on life itself, each year she flies scores of team members to support her projects overseas.



I was keen to check out her first (and only central) London site (the other in Stratford at Westfield), so went for supper the other day with my Indian mate Seema. It's located in Charlotte Street, so Tottenham Court Road or Gode Street are the nearest tube stations. The decor is spectacularly inviting: Lots of fairy lights give a magical experience. Tables are quite close together, though, and a very noisy group at the next table resulted in the lovely manager, Jack, suggesting we move to the upstairs dining area, which was equally pretty, but considerably quieter. We relaxed with a **Mowgli G&T** - very refreshing, but didn't fully deliver on the promise of ginger and coriander.

Jack suggested we order a selection of dishes, and explained that the food comes out of the kitchen as soon as it is ready. So if you are planning to go, I'd suggest just ordering one or two dishes to start with - we were rather overwhelmed with all our choices arriving much at the same time. This wasn't ideal as it meant that a few of the dishes weren't as hot as they should be by the time we got around to eating them. The concept is very much Indian street food, and most of the dishes are served in small-ish portions in metal tiffin trays. This adds to the casual atmosphere and allows you to try lots of different items on the menu.

We started with **Yoghurt Chat Bombs**, lightly seasoned puff parcels filled with homemade yoghurt, coriander, and tamarind and topped with a pomegranate seed. They were delicate mouthfuls and deeply flavoursome – crisp on the outside, cool and tangy within. They were delicious with subtle flavouring and a gentle heat from the masala that slowly built up in the mouth.



Our other 'starter' was Maa's **Lamb Chops & Fenugreek Kissed Fries**. These were thin lamb chops coated with Indian spices, and baked, then

laid over a bed of tangy, marinated potatoes that have soaked up layer after layer of flavour. The chops were very crisp and the base was a wonderful 'hot salad' that was really packed with flavour.



Aunty Geeta's Prawn Curry was a tangy tomato prawn curry with fresh peas. It was an aromatic dish that balanced sweet seafood, with gentle heat, and lively acidity. There was a touch of Bengali Five Spice (Panch Phoron) and green chillies in a tomato sauce. This added a warmth without overpowering the freshness and flavour of the prawns. It was very good indeed.

Our final dish was **Mowgli House Lamb**: slow-cooked lamb that had been slow cooked till it fell apart, simmered with anise, plums and chickpeas. Apparently this was

Nisha's father's heirloom recipe. It was a deep, rich lamb stew, lightly spiced and with delicate flavours. We opted for **Roti Parata** to accompany these, as well as a portion of a new dish to the menu - **Tangled Greens**, shredded cabbage tangled with mustard seed, kale & lemon. This was a lovely idea and looked fabulous, but was rather on the salty side for our taste - perhaps just a slip up in the kitchen that evening.



Wines are well priced and we enjoyed a bottle of **Domaine De Pellehaute** rosé at £27 a bottle, that paired really well with the food.

Prices are very reasonable, with most of the dishes costing under £10 and sides at under £5. For those with a bigger appetite, there are a few bigger plates for under £20.



Mowgli is a wonderful place to grab a quick lunch or a pre or post theatre meal. A new **Lite Tiffin** for two people or more, invites guests to enjoy signature Indian home-style food at just 600 calories per person. It contains two curries and a portion of rice to share, as well as a chat bomb and soft drink per person – all under 600 calories each, and at just £15 per head. Within the Lite Tiffin, one can choose from favourites such as Mother Butter Chicken, Aunty Geeta's Prawn Curry, Goan Fish Curry, or vegan classics like the Vegan Temple Dahl and Tea-Steeped Chickpeas.

There is also a sharing menu at £25 per head.

And for those who can't get to Charlotte Street or Stratford, Mowgli is now available to order in many UK locations via Uber Eats, so check your location online if you fancy a home delivery.

GIBRALTAR

sunborn

YACHT HOTEL RESORT



OFFERS

STAY 7 PAY 5
ENJOY A 7 NIGHT LUXURY BREAK
FOR THE PRICE OF 5.

STAY 7 NIGHTS, PAY 5

EXPERIENCE GIBRALTAR

- SUPERYACHT DELUXE ROOM AND BREAKFAST
BUFFET FOR 2
- DOLPHIN TRIP FOR 2
- DINNER FOR 2
- BOTTLE OF CAVA ON ARRIVAL
- TOTAL £280.00

TERMS & CONDITIONS: OFFER SUBJECT TO AVAILABILITY

EXPERIENCE PACKAGE



Aurora Expeditions are 35 years old

By Bruce Lyons

Celebrate with us on Aurora's Exceptional Adventures - book by 31st March and enjoy one of their magical Journeys.



For 35 years, AE Expeditions (part of Aurora Expeditions) has been bringing the world up close to wonder. That's 35 years of unforgettable moments, transformative experiences, and unparalleled adventures. So, it's only fitting they mark this with an anniversary offer of **up to 35% off** expeditions globally – **that's up to £15k off select voyages**

Explore Antarctica, the Arctic, and beyond, and adventure further, deeper, and with a lighter footprint. With a maximum of 130 passengers per voyage, our small ships allow more time off-ship compared to larger vessels. Experience the world's most diverse activity program, uncover more on every expedition with the world's best guide-to-traveller ratio, and enjoy expeditions tailored for curious travellers with a thirst for wonder.

Other expeditions with generous offers from AE:

- Idyllic Raja Ampat & Cenderwashi Bay 5th October thru 14th. Did anyone watch Simon Reeves in these waters with Whale Sharks?
- Spirit of Antarctica; 27th February to 10th March 2027
- GAdventures are also, for a limited period, offering up to 35% off on some Scottish Isles and Arctic Expeditions these are all 2026 departures, call us for further details

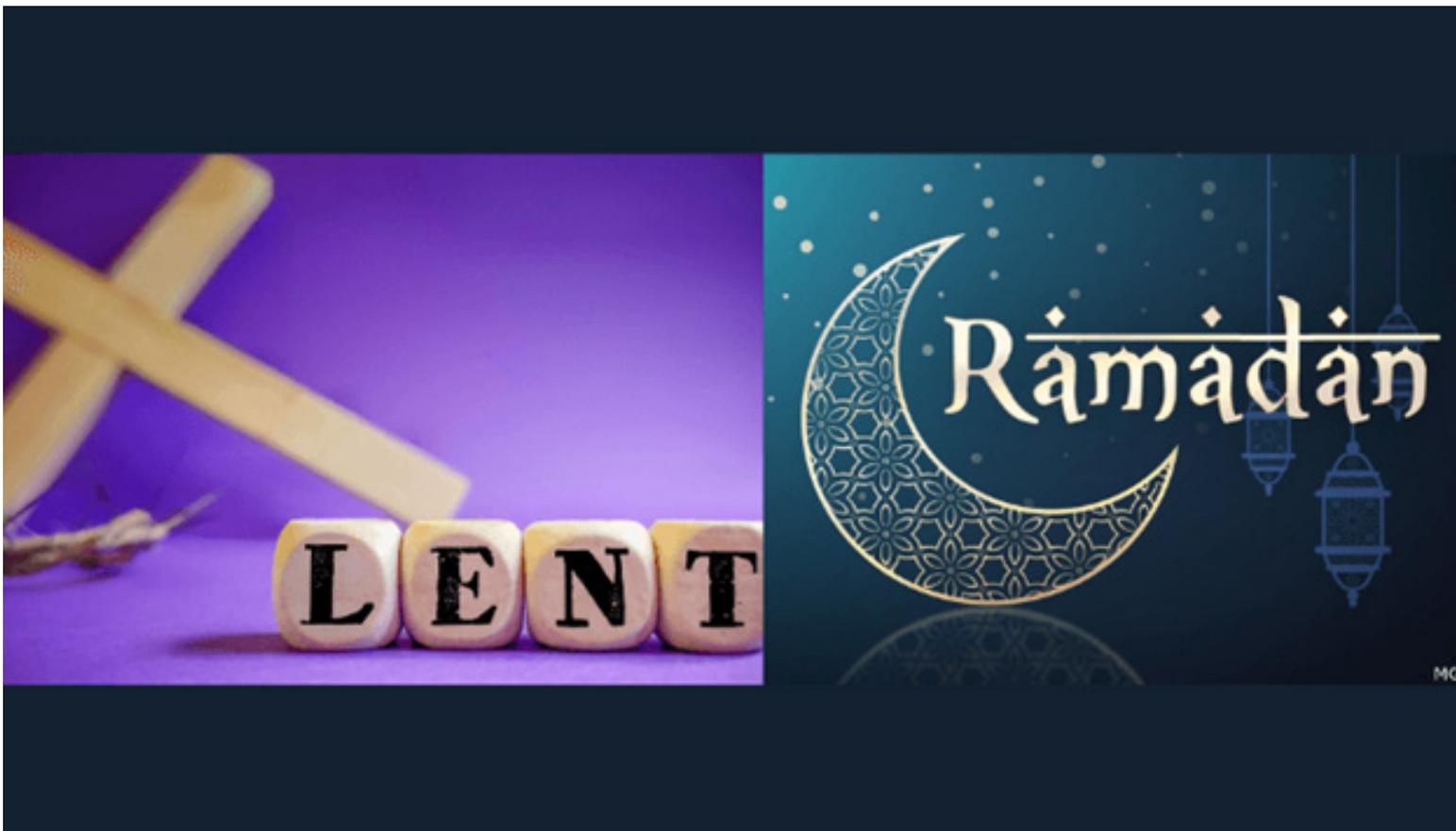
Bruce- 020-87440474.



Is God pulling a “fast” one?

By Deep Patel

~ Life through the eyes of a Twickenham Shopkeeper ~



This week we have witnessed a rather rare occurrence in the spiritual world whereby two of the world's major religious events from two of the world's major faiths coincidentally begin on exactly the same day, both focused around the theme of sacrificing something we want in order to achieve something more.

I am Hindu in origin, however multi-faith myself, believing in every faith as a valid and beautiful pathway to divinity. The Muslim period of Ramadan is based on the lunar calendar, so it gets earlier each year; the result is actually that Lent and Ramadan begin on the same day every 33 or 34 years...

The holy month of Ramadan, a period whereby Muslims fast from food and water from dawn until dusk every single day for an entire month as well as making extra charitable gestures and practicing acts of self-improvement began this year on the same day that Lent, the Christian period of sacrificing something one enjoys as an offering to the divine in the weeks leading up to Easter as a mark of respect, love and gratitude towards the Lord God and Jesus. Many of my customers are followers of these faiths and I had some interesting conversations with them this past week.

One of the most interesting was regarding the timing, although both dates change each year and are not “fixed” to start on the same day, it was so coincidental that both started their holy periods of sacrifice from material needs at the very same exact time. Was this actually

coincidental, or a divine message of some kind perhaps...I mean BOTH are very different faiths, but the holy period of sacrifice was about the same thing? Giving up something we enjoy or very much like in order to serve and please a higher divinity with our efforts in some way and at the same time, develop further in a spiritual context too.

There are also many scientifically proven medical benefits to fasting now...the fact that less can mean more...when we give our intestines a break from the constant processing of food, they also can repair and heal in ways we may not appreciate or even understand. Also the act of fasting itself may help in eliminating rogue or unfavourable cells from our bodies. Fasting itself helps us mentally become stronger from a self-control perspective and helps us to be more in control of our lives in some respects with that in mind. Many report a feeling of “absolute clarity” during these holy periods of fasting, very much related to the strong dedication of sacrificing base-human instincts for something much “higher” in terms of outer-body, soul-related divine clarity of mind. Many report feeling much more at peace within, less cluttered in their minds and a stronger connection to something bigger or higher than themselves, whilst others report practical health benefits like weight loss as often in this society we over-eat and give our bodies much more than they actually need.

One thing for sure is that there is a message here...giving up something you enjoy can bring you a happiness of a different kind, one that people often can't describe. Living in a world where we are constantly being told we are not enough and we need more...be it from adverts on TV, or social media pressures, be it from flyers through our doors or colleagues we work with...isn't it refreshing to think having less can actually mean gaining so much more than we ever imagined?

A very blessed and happy Ramadan and Lent to all...Remember, the two only actually start on the very same day as each other once every 33 or 34 years, perhaps both a beautiful and truly blessed and opportunity to reflect on the similarities and commonalities of the two faiths in the spirit of unity and oneness, opening up the gateway of similar thinking indeed between all faiths and communities that we share this wonderful planet with, because in the end...we are one...

Remember...

“Sometimes having less of something actually brings so much more...”

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, from mice to spiders, ants to moths and much more 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”

The Bodyguard

by Lawrence Kasden, music by Chris Egan, book Alexander Dinelaris

Crossroads Live at the New Wimbledon Theatre until 21st February, then on tour until 29th August

Through subtle narrative adjustments, performances that forge their own interpretations, dynamic staging and an unwavering commitment to high-energy spectacle, *The Bodyguard* establishes an identity distinct from its film predecessor.

Central is Sidonie Smith's sensational turn as Rachel Marron. She commands the stage, fully inhabiting the global pop superstar with poise, authority and complete conviction. Vocally, she is superb, delivering the show's biggest numbers with soaring power while retaining emotional depth in its quieter moments. Smith captures both the glamour and vulnerability of Rachel, presenting not merely



a diva, but a woman navigating fear, fame and complicated family ties. Her performance pulsates, anchoring the production with star quality worthy of the character she portrays.

Adam Garcia offers a more restrained interpretation of Frank Farmer, with measured delivery and contained presence. As the stoic and watchful bodyguard, he brings credible physicality and a guarded intensity befitting a former Secret Service agent.

Its emotional core, however, lies in Sasha Monique's riveting performance as Nicki Marron. As the talented sister living perpetually in Rachel's shadow, Monique delivers a portrayal brimming with layered emotion. She skilfully balances resentment, longing and fierce familial love, bringing nuance and authenticity to every scene. Her vocal performances are breathtaking, rich, passionate and tinged with aching vulnerability. Nicki becomes the production's beating heart, her internal conflict



lending depth and poignancy to the narrative.

Scene changes are swift and seamless: one moment we are in the kitchen of Marron's Beverly Hills mansion, the next we are transported to a concert arena. The slick choreography of set and staging maintains momentum throughout, deftly balancing intimate domestic moments with the spectacle and exhilaration of live performance.

Taken as a whole, *The Bodyguard* delivers soaring vocals, gripping drama and a slick, high-impact theatrical spectacle. While the central romance may not quite reach the emotional crescendo it strives for, the depth, energy and conviction of the performances elevate the evening beyond mere entertainment. The result is a production that is not only exhilarating, but genuinely moving, leaving a lasting emotional resonance long after the final note fades. It's *one moment in time* that will linger long in the memory.



Read David Stephens' review at www.markaspen.com/2026/02/17/bodyguard-nwt

Photography by Paul Coltas

The Seafarer

by Conor McPherson

Putney Theatre Company at the Putney Arts Theatre until 21st February

Combining humour and pathos, (and more than a sprinkling of the supernatural), *The Seafarer* is a beautifully observed and nuanced exploration of the bonds of friendship, family, love, pain and loss. It is a whisky-soaked allegory on long repressed guilt creeping up to overwhelm life.

All the action takes place in Dublin on Christmas Eve. James “Sharky” Harkin, with a string of brutal fistfights and failures behind him, has returned home to care for his brother Richard, blinded following a drunken encounter with a skip. Richard constantly barks orders at Sharky and ridicules his brother’s new resolution to foreswear alcohol. Richard and their confused yet likeable guest, Ivan, who has stayed over following a heavy session, are trying to remember details of the night before.

The three old boys blunder around chaotically, but happily enough, until their Christmas celebrations are altered by the arrival of two guests. Nicky, a childhood friend, rather awkwardly living with Sharky’s ex-wife, brings along the enigmatic Mr Lockhart, an impeccably dressed, incongruously suave and extremely polite gentleman, whose true nature is intriguingly hidden behind a deftly constructed façade of austere propriety. Under this veneer of studied rectitude, Lockhart has come with a specific, ruthless purpose. What had appeared to be a domestic comedy of manners, male relationships and drink-sodden bonhomie, suddenly becomes something very much darker, menacing and visceral.



The success of the play lies squarely upon the quality of the ensemble playing. We are in safe hands. The cast deliver authentic and persuasive portrayals as the pugnacious, opinionated Richard, (Ian Cooke); the astute, but cautious Sharky, devoted to his brother despite everything, (Eugene Duffy); the fretful, forgetful warm hearted peacemaker Ivan (James Turner); the spiky outwardly confident Nicky, (Nick Thomas), and the menacing ambiguity of Lockhart (Matthew Flexman). Not a glance, a sigh, an exclamation or intonation of voice is wasted.

Ian Higham’s crisp and taut direction is executed with brio and verve. The dialogue crackles along in high-spirited animated badinage. Physical comedy effectively emphasises the darker moments of suffocating stress, intimidation and pressure as the action takes a very different Faustian turn.

The Seafarer is a darkly funny, yet disturbing and haunting tale of family and friendship, loyalty and regret, the need for love, redemption and the importance of the “second chance.”

Read Harry Zimmerman’s review at www.markaspen.com/2026/02/18/seafarer

Photography courtesy of PAT

Making New Friends Later in Life

by Michael Hill, Trustee at The Ellera Centre

Growing older brings many rewards: more time to relax, fewer daily pressures and the opportunity to spend more time enjoying hobbies and family. Yet for some, it can also bring a less welcome visitor – social isolation and loneliness. This can creep in gradually, often unnoticed at first, until suddenly the days seem longer and emptier and the phone seldom rings.

In earlier decades, friendships often form naturally through everyday routines - chatting at the school gate, going for drinks after work, joining sports clubs or going to social nights. Older age can remove many of these informal gathering points.

Retirement ends daily contact with colleagues and friends become scattered across the country - some moving out of the area to downsize or live closer to their children, some to care homes and some lost altogether. The places where social bonds once flourished no longer exist in the same way. People get out of practice of making new friends and, once this ability is lost, it becomes difficult to rediscover it!

The clubs and centres for older people that are dotted around the borough certainly enable people to make new connections but they can be a daunting prospect. Walking into a room full of strangers who all seem to know each other takes some courage. There's the sense of being the "new kid" again, but without the social confidence and shared experiences that once helped conversations to flourish.

At the Ellera Centre in Teddington, we are well aware of the resistance that some older people have to the idea of joining our adult social club. Often it is third parties such as their children, their healthcare professionals or their neighbours who cajole them into coming along to see just what we can offer.

In fact, our membership is full of people who once felt that our club was not really for them! It might have taken them a few visits to properly get the feel and flavour of the place, but initial doubts and reluctance quickly subside as they form new friendships and take part in activities, classes and events that help keep them fit, healthy and above all, entertained! While they are with us, our members can also enjoy a very economically priced home cooked lunch and benefit from a professional hairdressing salon and a visiting chiropodist. For many people living in and around Teddington, our club is an absolute social lifeline!

One of our members sums this up by saying, *"If you come along you will make lots of new friends and you'll enjoy lots of activities such as bowling, crazy golf, bingo, singing and Fun Fridays. You also get a beautiful two course meal. Everyone is friendly and looks after you."*

Another way of meeting people and bringing a new sense of purpose and fulfilment is to volunteer. Richmond Borough has a wealth of organisations offering volunteering opportunities – and The Ellera Centre is one of them. Some of our volunteers help out with everyday things like serving lunch and coffee and or assisting with activities while others use their previous

professional experience to spend a few hours in the office inputting data and taking care of other administrative tasks. Without our volunteers we simply would not be able to provide the services that so many people rely on.



So, if you have older parents or neighbours or if in your work you encounter people who may be becoming socially isolated, do tell them about joining the social club at The Elleray Centre. Encourage them to come and spend some time with us and, if it is at all possible, bring them here yourself! If you call our manager and arrange a time to visit, she will make sure that there is someone ready to meet them, show them round, introduce them to other members and generally make them feel as welcome and as at home as possible. But if they really don't want to join our club, suggest they come and volunteer! They'll still make new friends and feel a part of something that is very enjoyable and worthwhile!

Michael Hill (a 78 year old coffee addict who self identifies as younger than that) previously worked in advertising and communications agencies and still enjoys writing as well as seeing his children and grandchildren, walking his dog, playing music, travelling, cooking, being a Trustee and wondering how he ever found the time to hold down a full time job!

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

St Mary's University

Chelsea FC Foundation Coaching Students Gain Insights into Community-Based Initiatives at Panel Conference

St Mary's University, London recently hosted an insightful guest panel conference for students on the [Chelsea Football Club Foundation Coaching and Development degree](#), featuring Chelsea FC Foundation staff.



The event gave St Mary's students a fantastic opportunity to engage directly with industry professionals in football and gain practical insights that will help shape their approaches to community development and academic work.

During the conference, students learnt directly from experts about the processes involved in planning, implementing, monitoring, and evaluating successful initiatives.

This will allow students to use these insights to better understand what makes initiatives work in practice and how to overcome potential challenges, as well as gain knowledge on how existing initiatives have been adapted to meet community needs effectively.

[Chelsea FC Foundation](#) panel members included Charlotte Bowie (Senior Equality and Diversity Education Officer), Stefano D'Errico (Futures Manager), and Victor Odeyemi (Senior Schools Education Officer).

Becky Shubber-Barton (Lecturer in Football

Development and Coaching) said, *"This was a fantastic opportunity for our students to meet applied practitioners working in the industry. Engaging with professionals at this level is extremely beneficial for their development moving forward."*

"Opportunities like this, where students can interact with and learn directly from industry experts, provide essential real-world insights that help bridge the gap between theory and practice. A huge thank you to our expert speakers, as well as Tom Sims (Project Officer) for your efforts in organising the staff for this event."

Students on the Chelsea FC Foundation Coaching and Development degree added:

"Today I gained valuable insights from industry experts, which has improved my understanding within the daily operations and in the responsibilities of the foundation."

"An insightful morning gaining deeper understanding around how football offers more than just science and exercise."

"Listening to various members of the foundation staff has been very insightful, not just for now, but to help me gain further understanding about my future."

The Chelsea Football Club Foundation Coaching and Development Degree allows students to develop an in-depth understanding of the football industry, with learning taking place at multiple locations, including St Mary's University, Stamford Bridge, and the Chelsea FC Training Ground in Cobham.



St Mary's
University
Twickenham
London

Richmond upon Thames College Selected as UK Host for Amazon's Flagship Girls' Tech Day Event

Amazon brought a major STEM event to Richmond upon Thames College in mid February, welcoming 115 Year 7 and 8 pupils from The Richmond upon Thames School (RTS) for an immersive day of tech-powered learning supported by [Creative Hut](#).



Throughout the day students rotated through interactive sessions.



These covered coding, robotics, engineering, design, and immersive technologies.

Participants also heard an inspiring panel discussion with a diverse group of Amazon leaders helping to build confidence, break down stereotypes, and show girls that a future in tech is within reach.



The global programme was launched in 2018 designed to help bridge the gender gap in technology by inspiring girls and young women to engage with STEM.

Applications for September 2026 are now open.

[Explore our full range of courses and begin your application today!](#)

#AmazonInCommunities



Young chef from Richmond reaches semi-finals of a competition to find the UK's best young chef

From The Roux Scholarship

A chef from Petersham has won through to the semi-finals of a prestigious competition to find Britain's best young chef.

The Roux Family are delighted to share the names of the 18 chefs who have reached the regional finals for The Roux Scholarship 2026. This year, 12 of the 18 finalists are new to the competition, with four of last year's national finalists qualifying among them. The chefs come from establishments as far afield as Northern Ireland and Devon and are aged between 23 and 29.



Jasmin Layzell works at The Dysart Petersham in Richmond. The beautiful restaurant beside Richmond Park has just retained its Michelin star for the 7th year in a row.

Jasmin is chef de partie at The Dysart Petersham, and was encouraged to enter The Roux Scholarship by her Chef, 2010 winner Kenneth Culhane. Until last autumn, however, she was an apprentice at Coworth Park. At age 23, Jasmin is our youngest finalist this year, showing that it is worth chefs at earlier stages in their careers entering the competition.

The 18 finalists will compete in two regional finals which will be held simultaneously on Thursday 5th March 2026 at University College Birmingham and University of West London, Ealing.

The Roux Scholarship is seen as the most prized cookery competition for young chefs (aged between 22 and 30 years old). In its 42nd year, it's widely

regarded as 'the holy grail' by many in the industry with a host of former winners now running their own restaurants and earning Michelin stars.

It's being judged by Michel Roux Jnr (MasterChef: The Professionals, Saturday Kitchen, Food and Drink, Roux Down the River), Angela Hartnett OBE (Great British Menu), Brian Turner CBE (Ready, Steady, Cook) and James Martin (James Martin's Saturday Morning), among others.

 THE ROUX SCHOLARSHIP

Triple win for Caremark Richmond Upon Thames at home care business awards

From Caremark Richmond Upon Thames

Caremark Richmond Upon Thames was the standout winner at the Caremark Franchise Awards 2026, securing three national accolades: Large Franchise of the Year, the Transformational Growth Award, and the evening's top honour, Franchisee of the Year.

The Large Franchise of the Year award recognises high-performing offices operating at scale across the Caremark network. Presented to Franchise Owners Swati Bagwe and Shipra Mehta, the accolade followed a highly competitive field of more than 140 offices. Richmond Upon Thames was celebrated for its outstanding internal quality ratings and consistently strong performance across care quality, customer service, staff satisfaction, and sustainable growth.



Pictured from L-R: Caremark CEO David Glover, Caremark Richmond Upon Thames Franchise Owner Shipra Mehta, Caremark Director of Operations Michael Collet, Caremark Director of Training & Compliance Kirsty Jones, Caremark Richmond Upon Thames Franchise Owner Swati Bagwe, and Master of Ceremonies at the event Alan Dedicat.

David Glover, CEO of Caremark, said: *“Last year, Caremark Richmond Upon Thames won the regional award. This year, they have really shown us what excellence looks like at scale. Swati and Shipra have been trading for nine years, always putting quality of care and strong business relationships at the heart of what they do. Their team is encouraged to grow into new roles, creating a motivated, high-performing office. This focus has certainly paid off as the business achieves high turnover, growing 65% year-on-year, with private customers now accounting for 37% of their client base.”*

The office also received the Transformational Growth Award, part of Caremark’s national Triple Mark Care Climb initiative, celebrating offices delivering exceptional results across growth, retention and quality.

The evening’s highest honour, Franchisee of the Year, was decided by a live peer vote between the winners of the Small, Medium, and Large Franchise of the Year categories and Caremark Richmond Upon Thames emerged as the overall winner.

Impressed with the team’s contribution to the network, David Glover said: *“This is a fantastic achievement. Swati and Shipra have built a team that makes a real difference to people’s lives through the quality of care they provide and the trust they build with families every day. With Caremark now delivering around 135,000 hours of care each week across the UK, it’s offices like Richmond Upon Thames that define what outstanding care should look like.”*

For more information about Caremark and its services, please visit www.caremark.co.uk.



Fennies Celebrate National Apprenticeship Week 2026 By Spotighting Skills, Growth And Future Careers

From Fennies Teddington

Fennies Nurseries marked National Apprenticeship Week 2026 by highlighting the dedication and achievements of the apprentices across its network. The celebration recognised the important role apprentices play in Early Years education and showcased the skills they develop as they advance in their careers.

“We love National Apprenticeship Week because it gives us the opportunity to celebrate our incredible apprentices,” said Pru, Learning & Development Manager at Fennies. “We’re so proud of the dedication, hard work and passion they bring every day, and it’s inspiring to see them grow in confidence, skills and ambition as they progress in their careers.”



A particular highlight of the week was celebrating Megan, an apprentice at Fennies Teddington, who was named Realise Apprentice of the Year. This prestigious recognition celebrates her dedication and the positive impact she has had on her nursery and the wider Fennies community.

During the week, apprentices took part in discussions about professional development and career progression, exploring the skills they are building for the future. These discussions not only highlighted personal growth but also reinforced the collaborative and supportive culture at Fennies, where learning and development are embedded in every aspect of nursery life.

On Tuesday, Fennies participated in the South Thames College Careers Fair, giving our Talent Team the chance to speak directly with students considering careers in Early Years education. Visitors explored the benefits of apprenticeship programmes, learned about the wide range of opportunities in childcare, and heard firsthand how Fennies supports growth and progression for all team members.

The celebrations concluded with an Apprentice Celebratory Dinner, bringing together apprentices from across the organisation. The event recognised achievements, fostered connection between apprentices and senior leaders, and affirmed the importance of apprentices within Fennies’ ongoing mission to deliver high-quality Early Years education.

Fennies continues to champion apprenticeships as a pathway to meaningful careers in Early Years education, nurturing talent and skills that last a lifetime.

Learn more about careers and apprenticeship opportunities at Fennies: <https://www.fennies.com/careers>



Acrisure Raises Record-Breaking Six Figure Sum for UK Charities

From Acrisure Twickenham

Acrisure UK has announced its most successful year of charitable fundraising to date, raising more than £200,000 for charities across the country. A collective effort by hundreds of colleagues across the Acrisure UK businesses (Acrisure Re, Acrisure London Wholesale and Acrisure UK Broking's regional offices) totalled £223,446 to support various worthy causes at both a national and local level.

The annual Acrisure London Charity Football Tournament was a defining moment in May, bringing together 20 teams of insurers, partners and Acrisure employees at Stamford Bridge to raise more than £120,000. In 2025 alone, Acrisure employees raised an incredible £180,728 for its UK Lead Charity, Brain Research UK, surpassing the initial target of £150,000. An impressive £32,665 of the total was raised by Acrisure's regional offices for local charities, including Trent Bridge Community Trust in Nottingham. Alongside this, £10,053 was also raised through Acrisure's Nomination Fund – an initiative that enables employees to nominate charities to receive donations.



Guleed abseils down Lloyds



Acrisure London Charity Football Tournament



Team Canopiuis with Tom Quy

Mark McIlquham, CEO at Acrisure UK, said: *"I'm incredibly proud of what we achieved together in memory of our former colleague to raise such a fantastic sum for Brain Research UK. A special thank you to our Charity Committee, as well as insurers and clients who have supported us along the way. Our UK teams have gone above and beyond this year for our chosen charities all over the country that are close to many of our hearts. This is a defining moment for us to show what we are capable of when we work together with a shared vision and set of values as Acrisure."*

Initiatives were spearheaded by Acrisure's Charity Committee, led by Head of Charity and Managing Director at Acrisure London Wholesale, Tom Quy, and Kate Hardy, Office Co-ordinator and Charity Lead. Other events arranged throughout the year included a StepSense walking challenge, marathon entries, abseils, bake offs and quiz nights.

Tom Quy added: *"Last year was an incredible year of fundraising across the UK for some wonderful causes, with our Charity Committee working hard behind the scenes to make this possible by uniting our UK businesses with one goal. We have ambitious plans for 2026 and can't wait to make these a reality, from our UK base in London through to our regional offices spanning up to Scotland."*

Yvonne West, Events and Community Fundraising Manager at Brain Research UK, said: *"Brain Research UK can't thank everyone at Acrisure enough for this incredible support. Seeing the passion and effort that went into raising such a phenomenal amount has been genuinely moving. This funding will make a real difference to our work at the forefront of neurological research, and to support the lives of the individuals and families we exist to help."*

Acrisure will continue to champion regional and local causes this year to further strengthen links within the communities it operates and is looking forward to hosting its sixth annual charity football tournament, which will take place in May and will feature a new women's match as part of the event.

Acrisure in the UK is united by shared values and a commitment to combining deep industry expertise with advanced technology. Acrisure's London headquarters in the UK at 40 Leadenhall Street is home to UK Retail Broking, Reinsurance, London Wholesale, Corporate Advisory Services and Flux Syndicate 1985.

England Team To Play Ireland



England men's head coach Steve Borthwick has named his team to play Ireland at Allianz Stadium on Saturday 21 February (kick-off 2.10pm, live on ITV1).

Saturday's fixture will be the 144th meeting between the two sides, a rivalry that dates back to 1875.

There are three changes to the starting XV that faced Scotland in the second round of the Guinness Men's Six Nations Championship, with Ollie Lawrence, Tom Curry and Henry Pollock coming into the side. Pollock is handed his first Test start in an England shirt.

Elsewhere, Jack van Poortvliet and Marcus Smith are named among the replacements on a 6-2 split bench.

England will be captained by Maro Itoje, who will win his 100th cap, becoming only the ninth men's player to reach the milestone for England, alongside Ben Youngs (127), Dan Cole (118), Jason Leonard (114), Owen Farrell (112), George Ford (107), Jamie George (107), Courtney Lawes (105) and Danny Care (101).

"We're expecting a huge contest at Allianz Stadium and we're excited for it," said Borthwick. "We know the challenge Ireland will bring and we've selected a side that we believe has the right balance to meet it."

On Itoje's milestone, Borthwick added:

"To reach 100 caps for England is a remarkable achievement and speaks volumes about Maro's consistency and professionalism over many years. He leads through his actions every day, sets the standard for others and cares deeply about representing his country. We're all incredibly proud of what he has achieved, and I know it will be a special day for him and his family."

ENGLAND v IRELAND

Saturday 21 February 2026

Allianz Stadium

Kick-off: 2.10pm

- | | |
|--|--|
| 15. Freddie Steward (Leicester Tigers, 43 caps) | 1. Ellis Genge (Bristol Bears, 77 caps) – vice-captain |
| 14. Tommy Freeman (Northampton Saints, 24 caps) | 2. Luke Cowan-Dickie (Sale Sharks, 55 caps) |
| 13. Ollie Lawrence (Bath Rugby, 37 caps) | 3. Joe Heyes (Leicester Tigers, 19 caps) |
| 12. Fraser Dingwall (Northampton Saints, 9 caps) | 4. Maro Itoje (Saracens, 99 caps) – captain |
| 11. Henry Arundell (Bath Rugby, 13 caps) | 5. Ollie Chessum (Leicester Tigers, 32 caps) |
| 10. George Ford (Sale Sharks, 107 caps) – vice-captain | 6. Tom Curry (Sale Sharks, 67 caps) |
| 9. Alex Mitchell (Northampton Saints, 29 caps) | 7. Ben Earl (Saracens, 48 caps) |
| | 8. Henry Pollock (Northampton Saints, 7 caps) |

Replacements:

- | | |
|--|---|
| 16. Jamie George (Saracens, 107 caps) – vice-captain | 20. Guy Pepper (Bath Rugby, 9 caps) |
| 17. Bevan Rodd (Sale Sharks, 12 caps) | 21. Sam Underhill (Bath Rugby, 47 caps) |
| 18. Trevor Davison (Northampton Saints, 5 caps) | 22. Jack van Poortvliet (Leicester Tigers, 21 caps) |
| 19. Alex Coles (Northampton Saints, 16 caps) | 23. Marcus Smith (Harlequins, 47 caps) |

Brentford fc v Brighton

By Ron Brand

I have previously documented that the majority owners of these two clubs have much in common! Mathew Benham of Brentford and Tony Bloom of Brighton both come from a background in the gambling industry. Both clubs use gambling type Analytic methods to identify the players they sign. It seems to work?

Both clubs are doing well, competing on low budgets in the midst of mostly very well funded competition.



The teams above Brentford: Arsenal, Man City, Man Utd, Chelsea and Liverpool. Each of these clubs have achieved success by previously winning Championships at the highest level in both England and Europe.

Brentford are sitting at 7th Place in the Premiership on 40pts whilst Brighton are mid-table at 14th on 31pts.

The money involved tells you the Premier League is among the most competitive sporting environments on the planet, up there with U.S. sports.

Brentford come from a run of beating Aston Villa and Newcastle away and drawing with Arsenal at the Gtech. Seven points when 3 would have been considered an achievement!

Brighton are not doing as well but did knock Manchester United out of the FA Cup.

Tomorrow the 21st of Feb they meet at the Gtech.

Interestingly enough I think this will be an especially tough game for the BEES?

Having disposed of Macclesfield in the FA Cup. 1- 0 with an own goal { a win is a win} the BEES will face West Ham in the 5th round on the 4th of March. A win there would take them into the Quarter Finals {last Eight} of the FA Cup. We will see?

With a European Spot also a distinct possibility the 2025/26 Season must be considered a Success, whatever happens now!

Match Preview: Brentford v Brighton and Hove Albion

Written by Brentford Football Club

Brentford welcome Brighton and Hove Albion to Gtech Community Stadium on Saturday (3pm kick-off GMT).

The Bees drew 1-1 with Arsenal in their last Premier League outing, while Fabian Hürzeler's side lost 1-0 to Aston Villa.

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*: Brighton's high intensity game poses considerable challenges

Brentford hit the 40-point mark after a high-octane draw against Premier League leaders Arsenal last Thursday, so let's quickly fact-check their survival status ahead of Saturday's home clash with Brighton.

Frequently cited as the mythical figure at which managers, players and fans can relax, that total has not actually been required to stay up since 2010/11 - with 36 points proving enough for survival in each of the past nine seasons.

In fact, Wolves (40 points; 2010/11), West Ham (42; 2002/03), Bolton (40; 1997/98) and Sunderland (40; 1996/97) are the only sides to have been relegated from the Premier League despite reaching the so-called magic number.

Keith Andrews will not count his chickens until the Bees are mathematically safe, but his side currently sit seventh with realistic ambitions of qualifying for Europe for the first time.

Brentford have made a fast start to 2026 - winning more away Premier League points (nine) than any other side - in stark contrast to Brighton.

Only Tottenham (four) have picked up fewer points than the Seagulls (six) so far this calendar year, and Fabian Hürzeler's men arrive at the Gtech on a three-game losing streak during which they have failed to find the net.

No team has drawn more top flight games than Brighton's 10 this term and, while Hürzeler's side are capable of beating anyone on their day, they have frequently failed to click in attack and struggled for consistency.

Regardless of current form, the Seagulls have some of the Premier League's most exciting young talents in their ranks - Carlos Baleba and Charolamos Kostoulas among them - and their high intensity game poses considerable challenges.

Top for pressed sequences in the Premier League this season (319), Brighton also rank first for passes-per-defensive-action - a metric measuring how many passes pressing sides allow before stepping in. On average, opponents manage just 10.2 passes in their own defensive third before the Seagulls intervene, highlighting the ferocity of Hürzeler's press.



Bees coach Keith Andrews will hope to win his personal head-to-head with Hürzeler, the youngest permanent manager in Premier League history, and he will need to guard against his German counterpart's flair for match-changing substitutions.

This season, Brighton (nine, level with Arsenal) lead the way for top-flight goals via substitutes, and the Seagulls have notably scored 20 of their 34 goals (59 per cent) after the hour mark - no team outscoring Hürzeler's side in this timeframe.

Brighton's data highlights a trend towards costly self-inflicted errors, though, and Brentford will hope to put the squeeze on opponents who have conceded the most goals from penalties (five) and own goals (four) this season.

In possession, Lewis Dunk and Jan Paul van Hecke set the tone for the Seagulls. Dunk leads the Premier League for successful passes in open play (1,824), while his Dutch sidekick leads the division for progressive carries, with 409.

Brighton's central defensive duo both feature among the most-booked players in the Premier League, however, and Brentford - spearheaded by 17-goal [Igor Thiago](#) - will look to force them into awkward defensive moments where a mistimed challenge can carry real consequences.

Fresh from picking up [January's Premier League Player of the Month award](#), Brentford striker Thiago currently leads the top flight for goals from the penalty spot, with six.

Notably, Thiago's one penalty miss this season came in the 2-1 defeat to Brighton at the Amex Stadium last November - and the big Brazilian, and the Bees, will no doubt be gunning to avenge that defeat.

Scout Report

Dan Long, *Sky Sports*: Seagulls struggling for goals in recent weeks

A week after Brighton beat Brentford in November, the Seagulls won away at Nottingham Forest and moved up to fifth in the Premier League.

"We are still not where we want to be, but it's a process and we focus on that," said head coach Fabian Hürzeler.

After missing out on a return to Europe by four points last season, his side had the early makings of another push. That optimism has since faded.

From six games in December, they took three points, two of which came from draws against West Ham, a team fighting to retain their Premier League status.



They did start 2026 with a win against Burnley and a 1-1 draw at Man City was sandwiched in between a 2-1 win over Manchester United in the FA Cup third round. But it's now two points from the last five Premier League games and their miserable run of form has stretched to one win in 13.

Unsurprisingly, scoring goals has been an issue. They have scored six across their last seven, underperforming their xG by 1.9. Across the season as a whole, they have scored 34 goals from an xG of 38.9 and conceded 34 from an xG of 36.2.

In Opta Analyst's expected Premier League table, they sit 10th on 37.3 points. In reality, they are 14th, with 31 points, six points behind where they were at the same stage of last season.

After the 1-0 defeat to rivals Crystal Palace on 8 February, Brighton were booed off.

"The only two options are to give up or to keep pushing, to keep working and that's always the option I have chosen in my life so far," the 32-year-old said afterwards.

"That's why I'm sitting here because I never give up, because I keep fighting and that's what I will keep pushing to do."

Whether or not Brighton currently find themselves in a relegation battle is up for debate. There are 12 games to go, and the traditional 40-point milestone has lowered in recent years and the Seagulls are closing in on that anyway.

Opta Analyst's predicted table currently has them set to finish 13th, with an 11-point cushion between themselves and the relegation zone.

That would represent Brighton's lowest finish since 2020/21, which is not where they would have hoped to be at the start.

But progress is often not linear and sometimes in football you have to take the rough with the smooth, survive and go again next year.

In the Dugout

Fabian Hürzeler

Born in February 1993, during the time his Swiss father and German mother were working in the USA, Fabian Hürzeler started out as part of Bayern Munich's youth system.

He spent the best part of a decade with Die Roten, working his way up to play for Bayern Munich II, while also playing for the German national team with the Under-15s, U16s, U17s and U19s.

Hürzeler moved on in 2013, first to 1899 TSG Hoffenheim II, then to 1860 Munich II a year later, before dropping to the fifth tier of German football with Pipinsried, where he combined playing with the role of head coach, while also working as assistant manager of the Germany U18s and U20s.

His coaching credentials were clear from the start, as Pipinsried won promotion from the Bayernliga Süd in his first season.

After four years, he left the club in the summer of 2020 and was appointed assistant at St Pauli. Two-and-a-half years later - aged just 29 - he became head coach after the departure of Timo Schultz, four months before he was granted his UEFA Pro Licence, and led the club to a fifth-place finish in the 2. Bundesliga in 2022/23.

Hürzeler's side flourished in 2023/24, though, and went unbeaten in their first 20 games of the season, on the way to pipping Holstein Kiel to the title by a single point to secure a return to the Bundesliga after 13 years away.

Just three months after signing a new contract at St Pauli in March 2024, Hürzeler took over from Roberto De Zerbi at Brighton, becoming the Premier League's youngest permanent manager in history at the age of 31.

Hürzeler turns 33 next week and remains the youngest manager in the entirety of the top four divisions of English football, being 27 days younger than Southampton's Tonda Eckert.



Train services resume between New Malden and Twickenham after four-day line closure for upgrades

From Network Rail



Train services are running between New Malden and Twickenham in south west London again after Network Rail engineers carried out four days of improvements to the railway.

In Kingston, engineers replaced 25 pairs of wheel timbers, the long blocks that support the tracks, on Kingston River Bridge. The team also carried out general maintenance in the area to improve the reliability of services in south west London.

The new wheel timbers, made of Fibre-reinforced Foamed Urethane (FFU), will have a life span of up to 50 years meaning fewer closures will be needed for maintenance. These replaced the old wooden wheel timbers which had reached the end of their serviceable life.

With the line closed, engineers took the opportunity to complete a range of supporting maintenance work in the area. This includes carrying out maintenance to the signalling in **Teddington** after the completed Feltham and Wokingham Area Resignalling Programme.

Engineers also demolished redundant signalling equipment buildings at **Strawberry Hill** and Shepperton, and renewed the level crossing surface at **Hampton**. Together, this work will help to keep the railway safe and reliable for passengers.

Speaking on behalf of Network Rail and South Western Railway, George Murrell, Wessex Route Renewals Director, said: *“We’d like to thank passengers for their patience while this work took place in south west London over the four-day line closure. Our teams worked around the clock to renew the railway and passengers will benefit from smoother and more reliable journeys.”*



Donate

A small donation will help to keep the Tribune online

CLICK [HERE](#) for a one-off donation

or

CLICK [HERE](#) for a monthly donation

The Tribune is published weekly by members of our community who stepped up at the time when some local newspapers closed or changed style and content. Local community journalists and contributors living in our Borough play an important role in producing the Tribune but like any newspaper the Tribune has essential fixed costs.

Supporting the Tribune with a small donation will help you to keep local news and views alive; support is very much appreciated.

We would like to say "Thank You" to all those who support the Twickenham & Richmond Tribune; your support is very much appreciated.

Thousands read The Twickenham & Richmond Tribune

If you are reading this you could be advertising your business with The Twickenham & Richmond Tribune. Community rates are available

Contact: advertise@TwickenhamTribune.com

View ad details at www.TwickenhamTribune.com/advertise

Contact

contact@TwickenhamTribune.com

letters@TwickenhamTribune.com

advertise@TwickenhamTribune.com



Published by:

Twickenham & Richmond Tribune (in association with World InfoZone Limited)

Registered in England & Wales

Reg No 10549345

The Twickenham Tribune is registered with the ICO under the Data Protection Act, Reg No ZA224725

©Twickenham & Richmond Tribune. All rights reserved. No part of this publication may be used or reproduced without the permission of Twickenham & Richmond Tribune. While we take reasonable efforts, this online newspaper cannot be held responsible for the accuracy or reliability of information. The views and opinions in these pages do not necessarily represent those of The Twickenham & Richmond Tribune.

[Terms & Conditions](#)