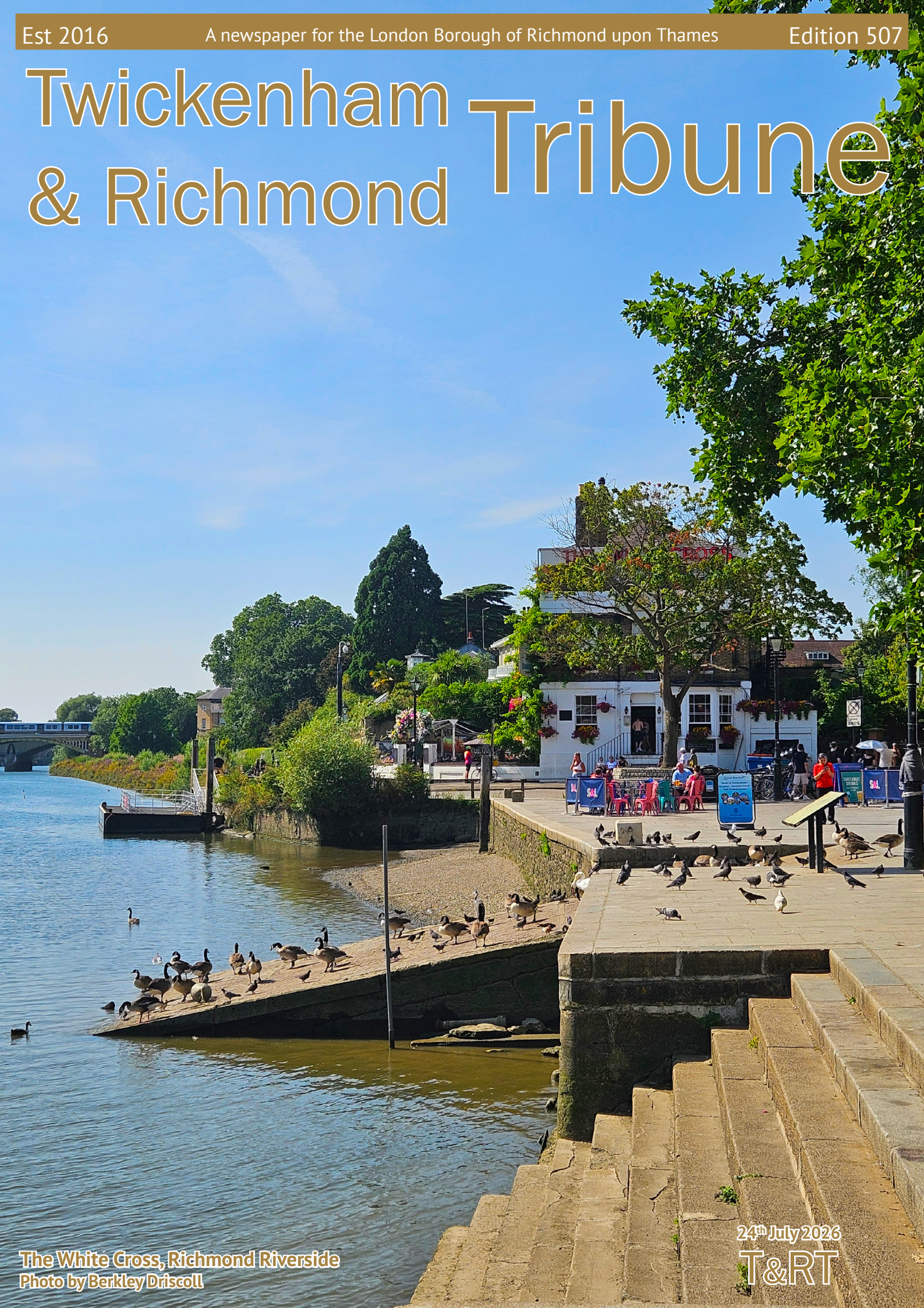


Twickenham & Richmond Tribune



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St Mary's University

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GWR

Ruth Cadbury welcomes decision by New Prime Minister

Ruth Cadbury, MP

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TickerTape - News in Brief

South Western Railway

Altered train services and buses replace trains in the Hounslow area Saturday 25 and Sunday 26 July

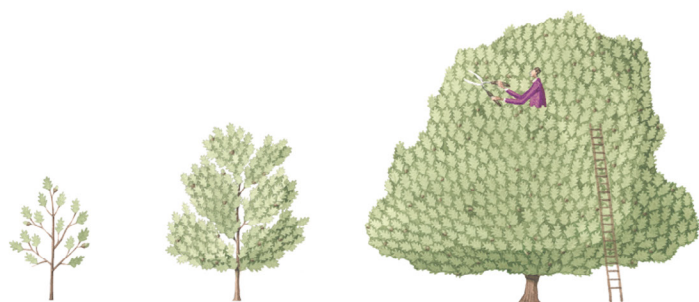
The lines in the **Hounslow** area will be **closed all weekend** due to maintenance work.

Saturday

- **London Waterloo to Weybridge via Staines** services will be **revised**. These services will be diverted between **Barnes and Feltham** and will call additionally at **Richmond and Twickenham**.
- **Buses** will run between **Barnes and Feltham via Hounslow**.

Sunday

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



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darryl parkin

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 info@thetreeagency.co.uk
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The Tree Agency

The Local Picture Postcard Page - Part 336

Hampton Court Palace – Aerial Views

By Alan Winter

We are probably all familiar with Hampton Court Palace.

Hampton Court Palace has a rich history dating back to the early 16th century. Originally built by Cardinal Wolsey in 1514, it was later given to Henry VIII in the 1520s, who expanded it into a magnificent royal residence.



Over the centuries, it has witnessed significant events, serving as a Royal residence and hosting lavish celebrations.



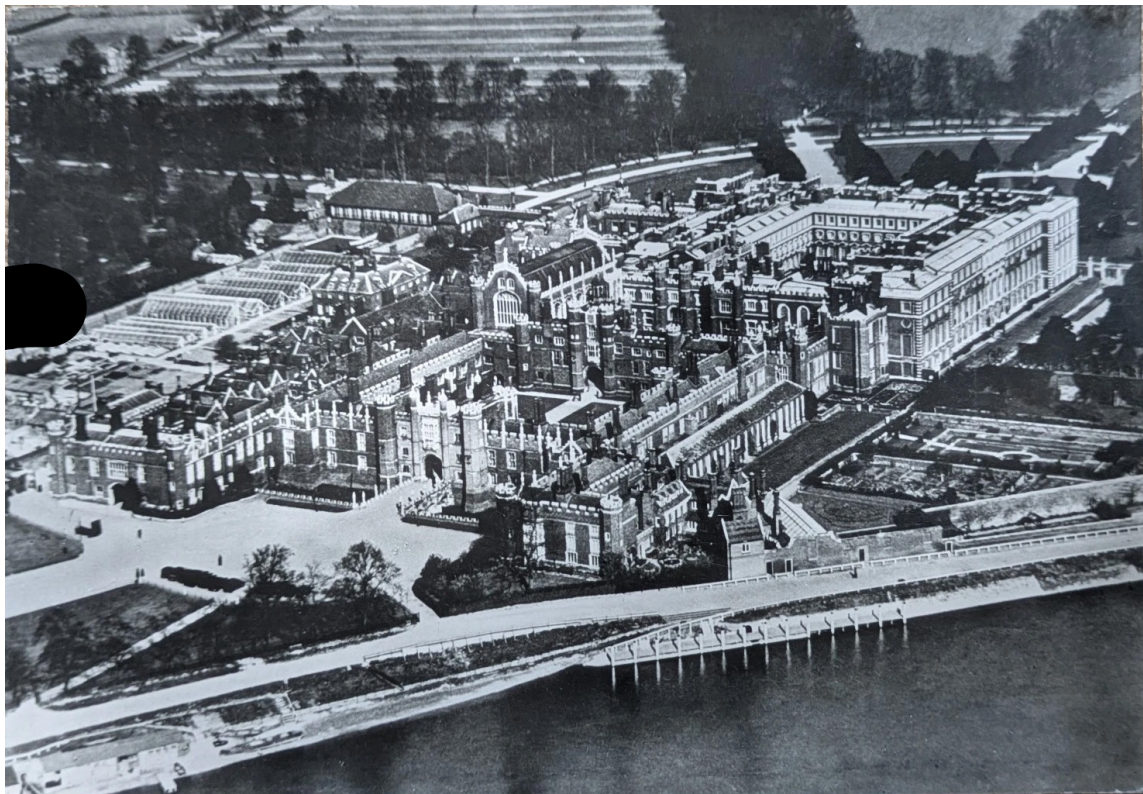
By the 1530s, it had transformed into a complex that included a palace, hotel, and theatre, showcasing the king's power through extravagant court life. In the late 17th century, William III undertook major renovations, blending Tudor and Baroque architectural styles.



HAMPTON COURT

Today, it stands as a testament to its storied past and remains a popular historical site.

It was not until about 100 years ago in the 1920's that aerial photography arrived and it was soon used by postcard publishers looking for a different type of postcard. The four postcards shown today were all published between the 1920s and 1960s.



H.M office of works soon built up a vast aerial photographic library of important buildings around the country and these became invaluable to map publishers, local authorities and surveyors and builders as they went about their business.

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When Council Publicity Becomes Promotion

Richmond Council's communications strategy raises an important constitutional question

By James Knight



Most people rarely think about their council's communications team. They notice it only when a bin collection changes because of a bank holiday, a road is closed for utility works, or a consultation drops through the letterbox. That is exactly as it should be. The purpose of council publicity is to help residents navigate everyday life, not to draw attention to itself.

Yet that apparently simple principle conceals an important constitutional question. If public communications exist to explain the work of the authority, where should they draw the line when they begin promoting the people who run it?

That question matters because Richmond is not operating a modest press office by any measure. At the Performance and Policy Review Board, officers described a communications machine of considerable scale. Over the past year it produced more than 2,000 social media posts and more than 240 website stories, handled over 400 media enquiries and generated 8.83 million impressions across social platforms. Social media impressions rose by 41 per cent, while media enquiries increased sixfold.

The breadth of the operation is equally striking. Richmond's social media index lists 54 Council or partner accounts and channels across Facebook, Instagram, YouTube, X, WhatsApp, LinkedIn and Nextdoor. Some are attached to individual services or cultural bodies, while others reach residents through neighbourhood groups. Taken together, they give the authority a reach and frequency that few residents are likely to appreciate.

A communications operation of remarkable scale

Behind those channels lies a substantial professional structure. The core corporate communications team comprises six full-time equivalent posts: a Head of Communications, Deputy Head, Media Manager, Senior Campaigns Manager, Digital Communications Officer and Communications Officer. Two further specialist posts support home retrofit and the Community BlueScapes programme, while the Film Office accounts for another 1.2 full-time equivalent posts outside the core team.

The Council also retains Westco Communications, the public sector consultancy owned by Westminster Council. Richmond says this arrangement provides expertise in media relations, public affairs, campaigns, digital engagement, reputation management and crisis communications. The Head of Communications is embedded within the Council's senior leadership and maintains regular contact with the Leader, Deputy Leaders, committee chairs and senior officers.

This is no longer simply a press office responding to enquiries. It is a coordinated communications operation, closely connected to the political and administrative leadership of the authority, producing content across dozens of channels and measuring its success through reach, engagement and media impact.

One thing was missing: its cost.

That omission was conspicuous because members were given detailed figures for output, staffing, audience reach and organisational structure, together with an explanation of the specialist support provided by Westco. Yet no corresponding figure was offered for the cost of the contract, the staffing establishment or the wider communications operation.

Cost alone would not determine whether the service represents good value. Poor communications can waste money, confuse residents and leave important services underused.

But scrutiny requires both sides of the ledger. Impressions, posts and press coverage demonstrate activity. Without the price, they cannot demonstrate value.

Councillors ask for greater prominence

The meeting became more interesting when members discussed what the communications service should do next.

Councillor Katie Mansfield said the Council remained focused on “a small number of people communicating” and suggested there was an opportunity to use “a wider group of councillors”. Officers confirmed this was already being pursued.

Claire O'Connor, the Director responsible for communications, said Richmond had begun highlighting ward councillors after the elections in a way it had “not done before”, attracting “really, really high take-up”. She added that the team intended to continue “raising the profile of ward councillors”, so that residents would recognise them and know how to engage with them.

The strategy makes this ambition explicit. One of its priorities for 2026 and 2027 is to “increase visibility of councillor activity and community leadership across the borough”. Council channels have already carried features such as Meet Your Councillors and Meet Richmond's Committee Chairs.

That visibility extends beyond simple explanations of council business. Recent communications have included professionally photographed profiles of committee chairs and vice chairs, alongside publicity for councillors' ward surgeries and community activity. None of these items is necessarily objectionable in isolation. The constitutional question is whether, taken together, they amount to the sort of cumulative prominence that Parliament intended councils to approach with restraint.

The law draws a boundary

The Code of Recommended Practice on Local Authority Publicity allows councils to explain their policies and decisions, including by using relevant quotations from elected members. It also makes clear that publicity should not give undue prominence to individual councillors or political groups, and

cautions against personal image-making.

That guidance is underpinned by section 2 of the Local Government Act 1986, which prohibits a council from publishing material that appears designed, wholly or partly, to affect public support for a political party. Whether publicity crosses that line depends not only on its wording but also on its content, style, timing and surrounding circumstances.

The principle is straightforward. A councillor may properly appear when explaining a decision for which they are responsible. Greater care is required when increasing the visibility of councillors becomes an objective in its own right.

Why the cumulative effect matters

The question, therefore, is not whether every photograph, profile, ward surgery announcement or video is individually objectionable. It is whether the overall pattern, volume and purpose of a council's publicity preserve a meaningful distinction between the civic authority and the political administration that controls it.

Richmond's circumstances make that distinction especially important. All 54 councillors belong to the Liberal Democrats. A communications strategy whose stated objective is to increase councillor visibility can therefore only increase the visibility of governing-party politicians, however professionally and impartially officers implement it.

That does not establish that Richmond Council has breached either the Local Government Act or the Publicity Code. It does, however, explain why the cumulative effect of its communications warrants scrutiny. When publicity is measured not only by how well it informs residents but also by how prominently it presents elected politicians, Parliament intended councils to exercise particular care.

Recognition has political value

A Liberal Democrat podcast featuring Council Leader Gareth Roberts offers relevant context, though it does not provide evidence that officers were instructed to use council communications for electoral purposes. The party's campaign manager said councillors understood that "our re-election campaign starts now" the day after an election. She added that campaigning had secured their election and could take precedence over other demands.

There is nothing improper about a political party seeking greater recognition for its councillors using party money and party organisation. Political parties exist to win elections.

The difficulty arises when that same recognition is acknowledged to have electoral value, while a publicly funded communications operation simultaneously adopts greater councillor visibility as one of its key objectives.

A question of purpose

No single post proves political promotion, and the available material does not establish that Richmond Council has breached either the Act or the Publicity Code. It does, however, justify scrutiny of the overall operation: who is placed before residents, how often they appear, what public function the publicity serves, and how much it costs.

Public communications should illuminate the institution and the services for which it is responsible. In a council without an opposition, restraint is not an obstacle to effective government. It is one of the few remaining safeguards separating the civic authority from the political organisation that controls it.

You can view webcast of the meeting and read the committee papers [HERE](#)

Richmond Mayor Celebrates A 270 Year Milestone For Garrick's Temple

By Ellis Jones

The Mayor of Richmond, Councillor Nancy Baldwin, addressed a well-attended celebration by the River Thames on Saturday July 11th on Garrick's Lawn, marking two hundred and seventy years since the legendary British actor David Garrick created his remarkable 'Temple to Shakespeare' in the garden of his Hampton villa in 1756. This intriguing building exists to this day as one of the Borough's most outstanding smaller museums.



The mayor acclaimed the foresight of the former Hampton Urban District Council which in 1932 acquired the site on behalf of the public, and which is now run by the Garrick's Temple to Shakespeare Trust. The building is open to the public and staffed every Sunday afternoon from April to October by a team of enthusiastic local volunteers. Herself a noted and experienced professional actor, Ms Baldwin described David Garrick's Temple as "surely one of the Borough's finest historic, cultural assets – set in a formally registered landscape of national significance." She pointed out that the Temple now houses a fascinating collection of fine reproductions of eighteenth century paintings and drawings - including works featuring the great actor and his beautiful wife Eva Maria Veigel - by significant artists such as Johann Zoffany and William Hogarth. The mayor urged her audience "Do go in and take a look'.

Further historical context was provided in a short talk by Professor John Davis, of Historic Royal Palaces and Queen Mary University of London, pointing out David Garrick's huge significance in establishing Shakespeare's prominence in Britain's cultural landscape, and also Garrick's importance in moving the art of acting from 'operatic declaiming' to its more modern focus on naturalism and fine detail.

In an afternoon of bright sunshine, the crowd of riverside visitors was entertained with a variety of 'musical treats' by the Elmbridge UA3 Jazz Band, the Capability Consort playing airs by Haydn on flute and violin, and culminating in a rousing set of 16th & 17th century madrigals performed within the building by the Garrick's Temple Singers.



Altogether a fitting and delightful salute to a unique, internationally significant, historic local feature.

Photos by Stephan Roman and Ellis Jones

Letters

Dear Tribune,

Food for Thought.

'Well done' to The Tribune for publishing Maggie Parkes' letter last week commenting on my letter in the previous edition about a restaurant review. It shows that the Tribune is commendably open to all comments by anyone.

That said, it seems that Maggie Parkes has not properly read my letter and has therefore misconstrued it.

In my 31 years as a British Airways pilot, and in my lifetime of study in Japan, I have always been extremely grateful to anyone who points out my mistakes because that is the only way to improve.

As an example of this, on 17 January 2008 I was on police duty as a special constable at Heathrow Airport when a British Airways Boeing 777 landed on the grass short of Runway 27 Left.

I was tasked with assisting some of the injured passengers and taking them to hospital.

Shortly after that, a letter appeared in the local newspaper saying how fortunate it was that the aircraft was fairly light at the end of its long flight because, if full of fuel and heavy, it would have come down more steeply and landed on Hounslow.

Many layman seem to think that large aircraft are flying bricks and that, if they are heavy, they come down at a steeper angle than if they are light.

Both are complete fallacies for which there are very clear reasons, both aerodynamic and physical.

In fact, if the aircraft had been much heavier, it might well have reached the runway. I therefore wrote to the newspaper correcting the writer's error and my letter was published as their 'Letter of the Week'.

Just after that, I received a phone call from a gentleman who turned out to be not only the writer of the letter but also a local councillor. I expected a haranguing for pointing out his mistake but, instead, he graciously thanked me for my correction and explanation and said that he had actually learnt something. We had a most amicable conversation as he had been a Royal Artillery officer who understood the physics of bodies in flight.

Unfortunately, nowadays most people seem to take offence at any correction of their errors.

Such an attitude is the enemy of education.

The sole intention of my letter was to help anyone who is not familiar with Japanese food.

Apart from '*saki*' (sic), perhaps the main item on the menu here is sour grapes.

Michael Jay
Hampton.

Free eco-electronics workshops for budding scientists

From Science Owl

This August, come along to fun, hands-on workshops where children can build carbon dioxide monitors and test the air around them.

Dr Renee, founder of Science Owl, is hosting free workshops across the borough for children aged 8 and over to learn how to build carbon dioxide monitors from scratch, then use them to measure nearby air quality. Don't worry if you don't know anything about electronics. Dr Renee was a complete beginner when she started learning too. Come along and explore the air around you!

Workshop dates

Workshops are taking place in libraries across the borough.

Twickenham

- **Date:** Wednesday 12 August
- **Time:** 3 to 4.30pm
- **Location:** [Twickenham Library](#)

[Register for the Twickenham Library workshop.](#)

East Sheen

- **Date:** Friday 21 August
- **Time:** 3 to 4.30pm
- **Location:** [East Sheen Library](#)

[Register for the East Sheen Library workshop.](#)

Teddington

- **Date:** Monday 24 August
- **Time:** 3 to 4.30pm
- **Location:** [Teddington Library](#)

[Register for the Teddington Library workshop.](#)



Climate action microgrants

This event is supported by our climate action microgrant scheme. Have a green initiative you would like to grow next? The next application deadline is Friday 28 August 2026.

Learn more about how to apply for a [climate action microgrant](#).

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When a Council Campaigns on the Rates

Richmond's proportional representation video raises fresh questions about where reporting a decision ends and political advocacy begins

By James Knight



The constitutional questions surrounding Richmond Council's communications strategy become easier to understand when tested against a specific example. One of the clearest is a Council-branded video released after members voted to support proportional representation.

Council Leader Cllr Gareth Roberts opens by telling viewers: "We had 51.5 per cent of the votes and we took 100 per cent of the seats and that simply isn't fair." He goes on to explain that the Council has committed itself to supporting proportional voting "for all future elections, whether at national, regional or local level", arguing that "every vote counts" under such a system, whereas "under the first past the post system that simply doesn't happen".

The video ends with a commitment that "we will continue making the case for better proportional representational systems at future elections in Richmond upon Thames".

Taken together, the video does more than explain a Council decision. It advances the political case for electoral reform and commits the authority to continuing that campaign.

Explaining a decision or promoting a cause?

There is nothing unusual about a council reporting that it has passed a motion. Residents are entitled to know what elected members have decided and why.

This video goes further. It does not simply report the motion. It argues that the present electoral system is unfair, presents proportional representation as the preferable alternative and promises to continue making that case.

Equally striking is what it does not say. The video contains no acknowledgement that proportional representation remains a contested political question. It does not mention the arguments commonly made in favour of first past the post, including constituency representation, direct electoral accountability and the prospect of stable government.

Cllr Roberts is under no obligation to make those arguments when speaking as Leader of the Liberal Democrats. A political party may campaign for proportional representation using its own funds, its own staff and its own platforms. The difficulty begins when the same case is advanced through the machinery of the council and, in the old phrase, on the rates.

A difficult constitutional boundary

As the previous article explained, the Local Government Act 1986 and the Publicity Code require councils to exercise particular care when their communications enter politically contested territory.

Richmond may reasonably argue that the video simply explains a motion passed by Full Council and reflects the corporate position of the authority. Councils frequently lobby ministers on matters affecting their communities, and they are not expected to remain silent on questions of public policy. That is the strongest counterargument.

The difficulty is that this video is framed not simply as an explanation of what the Council resolved, but as an argument for why proportional representation should replace first past the post. It cites the Liberal Democrats' own election result, describes the existing system as unfair and concludes with a promise that the Council will "continue making the case".

That sequence matters. The video begins with a political judgment, advances a preferred constitutional remedy and ends with a commitment to further advocacy.

Why it matters

Whether the video crossed a legal boundary would require formal determination. The more immediate constitutional question is whether a local authority should use publicly funded communications to argue one side of a national debate.

Reasonable people will disagree about proportional representation. Some regard it as a fairer reflection of the electorate's wishes. Others value the constituency link, clearer accountability and the possibility of decisive government under first-past-the-post. That argument belongs properly to political parties, Parliament and, ultimately, voters.

The question raised by Richmond Council's own publicly funded video is different.

Once a council moves from reporting a decision to making the political case itself, the institutional voice of the authority begins to merge with the political voice of those who govern it. Parliament drew that distinction for a reason. The video shows why it still matters.

You can view the video [HERE](#)



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Beneath the Royal Parks: New archaeology project explores London's hidden historic waterways

From The Royal Parks

The Royal Parks charity has launched the Lost Waterways of the Royal Parks, a new archaeology project exploring the hidden waterways beneath Richmond Park, Greenwich Park and Bushy Park.

Funded by The National Lottery Heritage Fund, and supported by donations from the Friends of Richmond Park, Greenwich Park, and Bushy Park, the three-year project will investigate the historic underground water systems beneath the parks to help the charity understand how to protect these important landscapes for future generations.



The Royal Parks, which manages London's eight Royal Parks, has appointed archaeologist Andrew Mayfield, to lead the project and to oversee archaeological research, community engagement and interpretation.

The project will document and better understand the forgotten conduits, wells, reservoirs and tunnels that once supplied

water to royal residences, including the former Richmond Palace and Palace of Greenwich, revealing a fascinating but little-known chapter in the parks' history.

By improving knowledge of historic water infrastructure, the research findings will support sustainable park management and help protect the parks' natural landscapes in the face of climate change.

Throughout the project, local communities, schools and volunteers will have opportunities to engage with the parks' archaeology through guided walks, community excavations, learning activities and digital experiences, helping people discover the history beneath their feet.

Andrew Mayfield, Archaeologist, The Royal Parks, said:

"Many of the Royal Parks' most fascinating stories lie beneath the surface. Thanks to the support of The National Lottery Heritage Fund and the Friends, the Lost Waterways project will help us better understand and protect these historic water systems while giving local communities new opportunities to discover the archaeology and history that have shaped the parks over hundreds of years. By connecting people with this hidden heritage, we hope to inspire visitors to value and care for these special landscapes."

To celebrate the launch of the project, Mayfield will be leading a [free guided walk in Richmond Park](#) as part of the Council for British Archaeology's Festival of Archaeology 2026 (18 July – 2 August), which this year explores the theme "Archaeology and Nature." The walk in Richmond Park will take place at [2pm on Saturday 1 August](#) and will examine how archaeology and nature are closely connected and how these systems shape the landscapes visitors enjoy today.

Running until 2029, the Lost Waterways project will begin in Richmond Park before moving to Bushy Park and Greenwich Park.





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When the mansion tax comes home

By Michael Jones



Richmond Council has called on the Government to rethink its proposed High Value Council Tax Surcharge, warning that it could impose substantial bills on long-standing homeowners whose properties have risen sharply in value, even where their incomes have remained modest or declined.

Under the proposals, properties valued at more than £2 million would face an annual surcharge of at least £2,500 from 2028. Richmond Council estimates that about 5,730 homes in the borough could be affected, roughly one in every twenty. That figure may not remain fixed, however. Unless the valuation threshold rises broadly in line with the housing market, further increases in local property prices could gradually bring more homes within the scope of the surcharge.

Council Leader Gareth Roberts has described the measure as a “quick fix” for the wider problems of local government finance, objecting in particular that the proceeds would be paid to the Treasury rather than retained to support services in Richmond. Jim Millard, the Council’s Deputy Leader and finance spokesman, has also warned that residents unable to meet the charge could be left accumulating debts secured against their homes.

The Council’s case is that property wealth does not necessarily mean disposable income. Some residents bought their homes decades ago, long before prices reached their present levels, and may now be retired, disabled or living on fixed incomes. Ministers, it argues, risk treating paper wealth as though it were readily available cash.

A tax with Liberal Democrat origins

There is, however, an uncomfortable history behind Richmond’s opposition.

The modern mansion tax was first announced by Vince Cable, then the Liberal Democrats’ Treasury spokesman and MP for Twickenham, on 21 September 2009. His proposal was for an annual levy on homes worth more than £1 million, with the money used as part of a wider programme of tax reductions for people on low and middle incomes.

The proposal later evolved, with the threshold rising to £2 million, but its political purpose remained broadly the same. A relatively small number of owners of expensive homes would

provide revenue that could help finance a much more widely distributed reduction in income tax, most notably the Liberal Democrat promise to raise the personal allowance to £10,000.

It was a politically astute arrangement, combining concentrated costs with widely distributed benefits. Millions of taxpayers would receive the relief, while a much smaller group would meet the bill.

When the distant taxpayer becomes the local voter

The difficulty for Richmond's Liberal Democrats is that the supposedly narrow group expected to bear the cost is no longer politically distant. It includes thousands of households in some of the party's most dependable electoral territory.

Homes that appear exceptionally valuable on a national balance sheet are not always occupied by people with exceptionally high incomes. In Richmond, they may belong to residents who bought many years ago and have remained in the same neighbourhood while the London property market rose around them.

That does not necessarily make the Council's objections wrong. There is a legitimate argument over whether a national surcharge should take account of income, regional property values and a household's ability to pay. Nor is the Government's proposed scheme identical to Cable's original plan.

The political tension lies elsewhere. The Liberal Democrats helped establish the principle that expensive residential property should carry a greater tax burden, particularly when that burden could be used to reduce taxes for a larger number of people. Richmond's Liberal Democrat administration is now emphasising the risks of applying that principle to its own residents.

The argument shifts from principle to design

The Council is therefore not directly renouncing the mansion tax. Instead, it is seeking to distinguish the present scheme from the policy once promoted by one of the party's most prominent local figures.

Its objections concern the threshold, the treatment of residents with modest incomes, the mechanism for deferring payment and the decision to send the revenue to the Treasury. The criticism has moved from whether high-value homes should be taxed to how the tax has been designed, where the proceeds should go and who should be protected from its effects.

Political scientists sometimes describe this as blame avoidance or responsibility shifting. A party does not necessarily abandon a policy once it becomes unpopular among its supporters. It argues instead that the underlying idea was sound, but that another government has implemented it badly.

That distinction may be defensible, but it is also politically convenient. In 2009, the mansion tax offered the Liberal Democrats a way of funding broadly popular income tax reductions by placing the cost on a relatively small and apparently remote group. Seventeen years later, that remote taxpayer has become the Richmond homeowner and, in many cases, the Richmond Liberal Democrat voter.



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With the recent heatwave we've all been using loads of ice and this great **IceChef Compact** from **CASO Design** is perfect. It's quiet, space-saving and delivers ice in just **six minutes**. A lightweight design, with a 1L tank and integrated handle for easy portability, makes it ideal for smaller spaces and relaxed entertaining. It operates quietly too, at just 42dB and is finished in sleek matte black, has a viewing window and smart alerts, a self cleaning function and removable ice tray that simplifies maintenance. £119.99 from casodesign.co.uk



If you're wanting to make a 'proper' coffee with less hassle, try the award-winning **Rapid Brewer** from **OXO**. It delivers rich smooth coffee concentrate in just 2-5 minutes without the need for expensive machinery or barista training. Already highly successful in the US it's now available in the UK and it's brilliant. Engineered for complete simplicity, OXO's recommended fill lines take the guesswork out of brewing. Compact, lightweight and plug-free it's ideal for small spaces. Brew hot coffee in two minutes or cold brew in five, then dilute to your preferred strength for an Americano, iced coffee, or even an affogato. £45 from oxouk.com

With its wide, ultra-sharp, long-lasting stainless steel V-blade and easy-to-use Adjustable Thickness Dial, the new **Microplane Adjustable V-Blade Slicer PureCut** makes it really simple to achieve perfect slices - from paper-thin up to a hearty 8mm thick. From crisp cucumbers and citrus to earthy root veg and cheeses, it delivers precision slicing effortlessly without the fuss of interchangeable parts. The ergonomic soft-touch handle ensures comfort, while a non-slip edge anchors the **PureCut** securely in place during use. For safety and ease of use, a Universal Hand Guard designed to protect fingers while slicing a wide variety of ingredients, is included. Available in After Dark Grey, Eucalyptus Green and Cashmere Beige colourways at RRP £49.95 available from selfridges.com





Another great product from OXO is the **OXO Good Grips Aluminium Extendable Squeegee**. It makes it easy to clear away water from hard-to-reach places without stretching or crouching. Ideal for tiled surfaces, mirrors, glass windows and doors, the flexible, windshield wiper-inspired silicone blade glides smoothly for a dry, streak-free finish with every swipe. With a soft, non-slip handle and a 360° rotating hook, it's built for efficient cleaning and simple storage. It has a rust-free aluminium handle that extends from 39.4 cm to 58.4 cm, a soft, non-slip handle to stay securely in hand even when wet and a built-in rotating hook for easy hanging on shower rails, towel racks and cleaning caddies. Around £25 from Lakeland.

GreenPan has launched the NEW **Padova Reserve**

3-ply Stainless Steel range, to give the precision and durability of 3-ply stainless steel, ideal for searing, deep caramelisation, and great results on meats and sauces. Made from 55% recycled 3-ply professional grade stainless steel, the base heats quickly with even distribution on all stovetops, including induction. The pans and tight-fitting tempered glass lids are oven-safe up to 220°C. Hard-wearing PVD gold-coated flat, riveted stainless steel handles are matte finish, sturdy, and comfortable. Available from greenpan.co.uk the range includes: 2-piece Frying Pan Set (20cm and 28cm) RRP £104 and 3-piece Cookware Set (18cm Saucepan with Lid, 20cm Casserole with Lid and 24cm Casserole with Lid) RRP £199



Splitflask is a cleverly designed 2-in-1 insulated water bottle tumbler that allows you to carry **hot coffee and cold water** simultaneously in one sleek tumbler. Say goodbye to juggling multiple cups—this **innovative solution** combines the functionality of two separate vessels into a single, **convenient** design.

Featuring **patented** dual-chamber technology, Splitflask ensures your favourite coffee or tea stays hot and fresh, while your water remains ice-cold and refreshing for hours. Perfect for busy mornings, long shifts, or wherever life takes you! Available from splitflask.co.uk for £45

July Food And Drink News

Well, summer is well and truly here, school's out and it's cool enough now for a barbecue! Here are some great summer products that I wanted to share with you.

When looking for something for that barbie, not everyone wants pork or beef, so have a look at the great range from **HECK!**. The Yorkshire-based food company continues to raise the bar for nutritious convenience food. Following demand for its **Chicken Italia** range, the line-up's expanded with heartier formats made for the grill. Fans love the leaner, low fat, high protein options and now the same chicken, tomato, mozzarella, basil and garlic flavours are rolled into **chunkier burgers** and **full-size sausages**. Products include: **Big Chicken Italia Sausages** (660g, 10-pack, Tesco, regular rrp £5, but £4 with a Tesco Clubcard); **Big Chicken Italia Burgers** (320g, 2-pack, £3, Asda and Morrisons). A thicker, take on HECK!'s chicken quarter pounders and an alternative to beef burgers: HECK! has also supersized its classic **97% Pork Sausages** into a bumper 10-pack (660g, Tesco, regular rrp £5, £4 with a Tesco Clubcard) using 97% British pork shoulder and no rusk or fillers. They're high protein, low sugar and gluten - and dairy-free. HECK!'s popular **Chicken, Red Pepper & Feta Chipolatas** (340g, 10-pack, £3.50), are now available in Asda nationwide, with lean chicken and a blend of red pepper, Feta cheese and seasoning. HECK! uses only high quality, lean cuts of meat across its range. Everything's gluten-free, high protein and crafted to make real life taste better and feel good.



Frood is a new range of whole-food cooking blends, designed to help create delicious, nourishing meals in minutes. Made from real ingredients and packed full of flavour and nutrition, they offer a modern solution for busy folk wanting real food and nutrition. It was founded by **Frida Redknapp**, a Swedish-born mother and trusted voice in family, food, and wellbeing, inspired by her hacks and family favourites. There are four blends: **Swedish Meatballs**; **Bella Bolognese**; **Golden Curry** and **Mexi Fiesta**. Each has dried fruits and veg, grains, seeds, plant proteins, and other wholesome ingredients. You simply cook with your choice of protein, making a nourishing and nutritionally complete meal in just 20 minutes. And they contain no 'nasties'. Frood is in **M&S** and **Ocado** at £3 per 75g pack serving four.



If, like me, you're a fan of matcha as a flavour, you'll be interested to know that you can now have matcha flavoured oat milk delivered to your door with **The Modern Milkman**. **Oato Matcha Latte** is currently available exclusively with the Modern Milkman at £2.50 a bottle. This exclusive partnership means customers across the UK can enjoy this new offering fresh to their doorsteps daily. I was lucky enough to taste some recently and it is delicious. So if you are intolerant of cow's milk, or just prefer oat milk, Oato is widely available across most supermarkets, and hopefully, so too will be the matcha flavour soon.



Mei Mei Goods, inspired by the award-winning Borough Market restaurant [Mei Mei](#), has launched exclusively on [Ocado.com](#). Its grocery range of premium Asian sauces is now accessible across the UK for the first time. Just five months since its inception, **Mei Mei Goods** has already captured cult attention for its chef-crafted sauces, made with natural ingredients and avocado oil, that simplify Asian cooking without compromising on flavour. Priced between £3 and £5, Mei Mei Goods stays true to its mission – making bold, premium Asian flavours accessible to home cooks. The Three-Step Flavour System, developed by Chef Elizabeth Haigh, simplifies Asian cooking through three elements – 1. Base, 2. Heat, 3. Topper – so anyone can layer innovative flavours using common ingredients. Build with a Base: Sweet Soy Sauce or Spicy Soy Sauce; Bring the heat with House Chilli Sauce or Chilli Padi Sauce and Finish with a topper of Sambal Manis or Hot Honey. All products deliver bold, vibrant flavours without artificial preservatives, colours, or flavourings.



Those clever folk at **Unearthed** have struck gold again - this time with some really delicious French oak smoked jambon. The slices are perfect for a picnic baguette or a salad. It's deliciously smoky & herby. A perfect taste of France, slow-cooked in bouillon with thyme & pepper, then gently smoked with oak chippings for that rich, smoky flavour. Available from **Waitrose and Ocado** at £3.75 a pack (120g) but currently on offer for £2.80 in Waitrose (till 4.8.26) or two for £5.50 at Ocado (till 12.8.26).

I can't wait for the big new Aldi to open in Hampton, especially as **Aldi's Specially Selected Haysmith's London Dry Gin** (£16.49, 70cl) has just been crowned

'**Best in Britain**' at the **World Drinks Awards 2026**. It beats premium bottles costing nearly double, including big-name brands. Even more impressively, Aldi was the only supermarket to take home a '**Country Winner**' title for gin this year, proving you don't need to spend big for top-tier quality. I tried the **Specially Selected Haysmith's Seville Orange & Persian Lime Gin** (£14.99, 70cl) recently and it's fabulous value - perfect for a zesty summer G&T. And not surprisingly the judges praised it highly.



Chorus Fine English Sparkling Beer is the drink that we wine lovers didn't know we were missing. It speaks the language of fine wine, while being unmistakably beer. Chorus is a pioneering **Fine English Sparkling Beer** - a genuinely new expression of what beer can be. It has the elegance of a fine sparkling wine: brewed with Chardonnay yeast to develop complex, fresh fruit flavours, and fermented longer to create a smooth, delicate finish that lingers. Brewed at **Baynhams Brewery** - an independent, family-run business deep in the heart of the New Forest, Hampshire - Chorus was imagined by brothers Tom and Lawrence Baynham and cousin Harry Baynham from a simple but ambitious idea: a beer truly worth sharing. I've tried it, and believe me (generally someone who isn't keen on beer) it is really delicious. Chorus Beer is 12% ABV and available now priced £19.95 per 750ml bottle from www.chorusbeer.com



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Solar Excitement- Well I guess it is always good to have something to look forward to!!!

by Bruce Lyons

The Picture is of the Crusader Gang of Five getting all wound up about their Solar Trip.

Mary the Giraffe, Danny the Fox, Joe the Elephant, Peter Rabbit and Roger Bear. I told them it's not 2026 that it starts in Iceland and ends in Spain - August 12th 2026 and it is only 2.25 minutes totality!!

In 2027 there is 6.25 totality on August 2nd in Luxor that is three times as much and has been dubbed the Eclipse of the Century. Know why you don't hear about it!? Well, it's because tour operators from all over the world have booked groups The Australians, The Chinese, The Americans - you see 6.25 totality is a lot and pretty well unique.



So, if Astronomy is your bag - give me a call I can fix you up as I am doing with the Crusader Gang of Five

All the programmes have expert guides - Stargazing - there's a new Moon on the 2nd of August and there is no place like a Desert with clear skies to do Stargazing wand with Experts in tow, you'll learn a lot.

The Gang of Five are talking of going to the Moon Next but I think that is ambitious. Flights for this period and a full package in the Red Sea (2.50Minutes Totality) would cost with full programme and meals from £800 for 6 nights and in Luxor from £2-3 K. But

there are all sorts of programmes - even 4 night breaks in Oran in Algeria - over 3 minutes totality.

I am afraid the Gang of five are a bit sad now they thought it was this holiday (Summer 2026) but it is worth waiting for and in the meantime watch old editions the The Sky at Night with commentary by Sir Patrick Moore.



Last Minute - ???Anyone? Well not exactly but HX Expeditions have just tonight announced some Galapagos and Antarctica deals - whilst cabins last!!!

They all show a saving on list price of £2k to £2.5 K

Galapagos 16th December 9 Days in the Footsteps of Darwin

5th January 11 Days Nine of the Best

Antarctica 9 December 12 days Highlights of Antarctica

14 November 16 days Explorer Route

Have a cool weekend!!!!

Need to get away - call me - always a pleasure

Crusader Travel, 58 Church Street, Twickenham TW1 3NR - 020 8744 0474

Crusader
travel

Bloody Mary(s)

by J.J. Leppink

Blue Fire Theatre Company at The National Archives, Kew, then at Edinburgh Fringe and on further tour until 16th October

What is a Maryologist? Given a plethora of famous Marys, which would you invite to dinner?

There's choice aplenty. You could talk about politics with Mary Robinson, or cupcakes with Mary Berry. All other Marys are welcome too. My companion was called Mary, and I was happy to be a token one.

Director Jason Price's *Bloody Mary(s)*, shows us the way in an intriguing interactive session, ably assisted by a Maryologist. Now, well-known local performer Lottie Walker is a Maryologist. Sixty Mary's in sixty minutes, and I was put to shame about how many Mary's I didn't actually know, historical and contemporary. Voting which Mary's would come to dinner, Mary Quant passed with flying colours, so did Mary Queen of Scots, but not Mary Tudor – the ultimate Bloody Mary. However, I was crestfallen that Mary Poppins did not get in!



Not having met a Maryologist before, Lottie Walker's looks fresh and lovely in Zoe Harvey-Lee's clever costumes, which are contemporary yet still of a period. In Fiona Auty's flexible performance space, our Maryologist juggles numerous props swiftly and easily, commuting between a main suitcase-holding table to an enticing Mary Poppins' Gladstone bag on a neighbouring chair. Keeping the mood right, the lighting is subtly apt. There is a good and effective array of music, supervised by James Hall. Mary Hamilton's ballad is articularly moving.

Our Maryologist takes us, and three audience volunteers, on a journey that is educational and fun.

The main Marys include Mary Seacole, Mary Pickford and Mary Read. With names on neat placards, cheering lets them 'in', as heroines or anti-heroines are voted for, which can be an eye-opener. A novel concept brought to a higher plane, *Bloody Mary(s)* is funny but informative. Articulate and welcoming, Walker is so relaxed and at ease that the audience interaction never seems intimidating.

After *Bloody Mary(s)*, one will never look at a Mary in the same way again!

Read Heather Moulson's review at www.markaspen.com/2026/07/18/bloody-marys

Photography courtesy of Blue Fire

Richmond Shakespeare Society

Invitation To Our Grand Curtain Raiser Party - August 1st

You are cordially invited to the Richmond Shakespeare Society's Grand Summer CURTAIN RAISER PARTY on August 1st at the Mary Wallace Theatre, when non-members of the RSS are especially welcome. Join us for an introduction to our Autumn/Winter season of plays when directors of shows as diverse as *The Shakespeare Codex*, *The Crucible*, *It's A Wonderful Life*, *Cluedo* and *The Beasts of Holm* will share their plans for those productions.

Further details will be revealed about our ongoing programme of RSS ALIVE! events, which includes talks, workshops and rehearsed readings. In addition, our Spring/Summer/Autumn 2027 season of plays will be announced.

Find out how you can become involved onstage or backstage, in set design, lighting and sound design, box-office, front-of-house or wardrobe. Whether you are experienced or just curious about the inner workings of Theatre, come along on Saturday, August 1st from 7.30pm, when you are invited to participate in our work at the Mary Wallace, Twickenham's only Permanent Playhouse.

The Mary Wallace Theatre is on Twickenham's Embankment, close to the Barmy Arms.



RSS
RICHMOND SHAKESPEARE SOCIETY

JOIN US

A vibrant, dynamic and welcoming amateur theatre company in the heart of Twickenham (south-west London), the RSS specialises in bringing the timeless works of Shakespeare to life, along with captivating performances from various genres. Whether you're a performer, a behind-the-scenes maestro, or a theatre lover, there are multiple opportunities to be involved. We believe in the power of inclusivity, fostering a warm and supportive environment.

richmondshakespeare.org.uk

THE MARY WALLACE THEATRE
THE EMBANKMENT, TWICKENHAM TW1 3DU

Twitter Instagram Facebook YouTube

School of Rock London celebrates first dedicated stage at High Tide Festival less than a year after opening

From School of Rock

Less than a year after opening its doors, and following the success of its first ever Summer Fest in the UK held on July 12th at The Richmond Athletic Ground, School of Rock London will reach a major milestone this summer by hosting its own dedicated stage at Twickenham's much-loved High Tide Festival.

Taking over The Barmy Arms on Sunday 26 July from 1:00pm to 7:30pm, the school will present an afternoon of live music performed by its students and instructors - making it the only stage at the festival dedicated to a single music school community.

High Tide Festival is one of South West London's largest free community music festivals, attracting around 30,000 visitors and transforming 17 venues and outdoor spaces across Twickenham into live performance stages. Inspired by the area's legendary musical heritage, the festival celebrates local talent alongside established artists.



School of Rock London's stage will showcase the results of its unique performance-based methodology, opening at 1:00pm with the school's House Band and closing with the same group at 7:00pm. Audiences can also enjoy performances from the school's instructors' band, three Performance Programme casts featuring young musicians aged 13-18, and six Adult Programme bands.

For School of Rock London, live performance is at the heart of its teaching philosophy. Rather than simply learning an instrument through solo lessons, students rehearse and perform together in bands, developing their musicianship while building confidence, teamwork and lasting friendships. At a time when so many young people spend increasing amounts of their free time on screens, the school offers a creative space where they can unplug, connect with others in person and experience the shared excitement of making live music together.

Hosting a dedicated stage at High Tide Festival marks a significant achievement for the school, which opened in Twickenham in October 2025. The festival gives students the opportunity to perform on a major community stage in front of thousands of festival-goers while celebrating the vibrant local music scene.

Matias Puga, CEO and Master Franchisor at School of Rock London, said: *"It's a really unique community we're building here. To have our own stage at High Tide Festival less than a year after opening is a great achievement for our school community. Our students work hard throughout the year to rehearse and perform together, so having the opportunity to showcase their talent at one of Twickenham's biggest community events, playing in front of the iconic Eel Pie Island – once home to the legendary music venue that hosted the likes of The Rolling Stones and The Who – is something we're immensely proud of. And quite rightly so - so are they! We can't wait to see them take to the stage and inspire the next generation of young musicians."*

Festival goers are encouraged not to miss the opening performance from the House Band at 1:00pm, before returning for the closing set at 7:00pm, which will bring an energetic finale to a full afternoon of live rock music.

Step into the Suite!

Fundamentally Dance Presents *The Brown Suite* - embarking on the first leg of its UK tour getting audiences groovin' to the iconic music of James Brown this September

Darius Drooh (left) and Darius Drooh with Nahum McLean (right) in *The Brown Suite* © Viktor Erik Emmanuel

The Brown Suite, a new high-energy funk-fuelled show by dancing duo **BlacBrik** announces its upcoming **tour to 12 venues across UK cities**. It kicks off with the London premiere in **Richmond Theatre** on **Wednesday 30 September**, and concludes at **York Grand Opera House** on **Friday 20 November**.

Envisioned, directed and choreographed by **BlacBrik's** founders **Nahum McLean** and **Darius Drooh**, *The Brown Suite* is produced by **Fundamentally Dance**, with **Jamiel Devernay-Laurence** as the creative producer. Following the success of *Ballet Nights*, a new dance tradition crafted to celebrate dance and dancers worldwide, *The Brown Suite* brings a story of love and resilience to UK audiences, set to the iconic music and voices of James Brown, Etta James and Sam Cooke.

Nahum McLean, from Manchester, and **Darius Drooh**, from California, met at the Alvin Ailey School in New York in 2013. They founded their dancing duo **BlacBrik** ten years later, in 2023. *The Brown Suite* is their first long-form narrative piece, bringing 1970s nightlife vibes in a performance jam-packed with killer moves, funk and soul.

The movement language in *The Brown Suite* combines the technical precision of ballet and modern dance with the rhythm, groove and expressive qualities of funk and jazz. Driven by the music throughout, the choreography moves between full-company numbers and intimate duets to reflect the story's shifts from romance to conflict to release.



The piece showcases seven dancers who collide in a series of rhythm-driven encounters. The movement embraces James Brown's powerful music through playful flirtation, intoxicating romance, heartbreak, conflict and redemption. The group's connections spark and fracture through the charged emotional landscape of 1970s New York City, where pride, desire and vulnerability intertwine. Resilience emerges through an untameable groove, allowing the characters to rediscover their sense of self. They not only rebuild relationships, but their own power and identity.

BlacBrik founders and choreographers of *The Brown Suite* Nahum McLean and Darius Drooh said: “*With The Brown Suite, we want to explore the spaces where music, movement and community came together in 1970s New York—where soul and funk brought people together, and where every gathering held stories of joy, connection and change. As the story unfolds, we explore the relationships that shape a community, the moments that bring people closer, and the tensions that can shift those connections. We’re so excited to tour this work across the UK and share its warmth, energy and drama with audiences. More than anything, we want people to feel the music in their bodies and maybe even dance their way home.*”

Committed to bringing dance and music to all, *The Brown Suite* team collaborated with **Tristan Jones-Smith**, Creative Engagement Manager at Wolverhampton Grand Theatre, to create an impactful education pack for students across the UK. The pack supports learning across Drama, Dance and English, with links to devising, performance, analysis and creative writing. The activities encourage students to develop skills in communication, collaboration and critical thinking, while exploring themes of identity, relationships and self-expression with both practical and written outcomes.

St Mary's University

St Mary's University celebrates Twickenham's music heritage with new High Tide exhibition



St Mary's University collaborates with [The Patch](#) to bring festival memorabilia, local music heritage, and community spirit to York Street.

Music lovers can now explore the vibrant history of Twickenham's celebrated High Tide festival over their morning coffee. A new pop-up exhibition at The Patch showcases festival memorabilia, merchandise, photos, and historic event programmes dating back to the inaugural free festival in 2019.

The exhibition is a collaboration between [High Tide](#)'s organisers and the University's [School of Theology and the Arts](#). Designed by St Mary's Associate Professor of History, [Mark Donnelly](#), alongside Annariel Goncalves, with support from Clare Mroz at The Patch, the exhibition celebrates a key annual event in the local cultural calendar.

High Tide began as an idea in 2017 when [Eel Pie Records](#) co-founders Kevin Jones and Phil Penman sought to reignite Twickenham's legendary 1950s and '60s live

music scene. Rather than staging a heritage event, they created a dynamic festival that bridges generations – providing a platform for emerging artists like Goat Girl and Sonic Daze as well as established favourites such as Dodgy and The Selecter.

Through quotes from local traders and festival-goers, the exhibition also highlights how High Tide has grown into one of London's largest free and independent music festivals.

Mark Donnelly said: *"Telling this story was a brilliant opportunity for us to develop and extend our support for this fantastic community arts event."*

Event Details:

- **Exhibition Venue:** The Patch, York Street, Twickenham
- **High Tide Festival Date:** Sunday, 26 July
- **Exhibition Run:** Open Mon-Fri until shortly after the festival ends



**St Mary's
University
Twickenham
London**

New! Weekend Pop-ups at The Stables Café, Orleans Gallery

There's something rather special about independent businesses coming together. Not because they have to, but because they genuinely want to create something people will enjoy.

This summer, that's exactly what's been happening in one of Twickenham's most beautiful hidden spaces. The courtyard at The Stables Café, tucked away within the grounds of Orleans House Gallery, is becoming home to a series of weekend pop-ups, bringing together local businesses, talented chefs and people who simply love good food and good company.

The idea comes from Peter Nolan at The Stables Café, who wanted to make more of this picturesque spot and give people another reason to spend a glorious summer evening in the courtyard.



The first guest is Francesco Tribuzii, formerly of the much-loved Italian Job in Chiswick, a restaurant that earned a loyal following among London's craft beer lovers for its thoughtful pairing of authentic Italian food and Italian beer.

His four-night residency, Al Fresco with Francesco, takes place on Friday 17th, 24th and 31st July, and Friday 7th August, bringing simple, fresh Italian cooking to the courtyard in what promises to be a wonderful start to the summer series.

<https://www.instagram.com/p/Da71-VKjR4Y/?igsh=MWtkMzM5d2dycXpkbg==>

Every weekend (Fri 2-10, Sat 2-7), Brewery Market, Church Street's award-winning independent drinks specialist, will be serving local craft beer, cider, perry, sparkling mead, wine and alcohol-free options, with pairing suggestions to complement the menus.

Alongside carefully chosen favourites, visitors will also be able to try Pymment, a beautifully balanced blend of mead and wine made with orange blossom honey. With its delicate floral notes, gentle acidity and subtle funk, it's the sort of drink that comes alive alongside Francesco's fresh Italian cooking. It's a pairing that feels effortless, allowing both the food and the drink to shine without either trying to steal the limelight.

<https://www.instagram.com/reel/DaVZq1NojFB/?igsh=MXNoODVvbnk1YWU2aw==>

For Brewery Market founder Linda Birch, the collaboration feels wonderfully fitting.

"The craft beer world is surprisingly small. Years ago I used to visit The Italian Job as a customer because I loved what they were doing. Now, thanks to Peter's idea for The Stables, we're working alongside Francesco, and we've since discovered we have mutual friends. It really is a small world." It's that sense of connection that makes the collaboration feel so natural.

Rather than each business doing its own thing, everyone is bringing something different to the table. Peter has created the opportunity and the setting, Francesco is bringing authentic Italian cooking, and Brewery Market is doing what it has always loved doing, helping people discover drinks that make food taste even better.

There is no grand ambition behind it. Just a shared belief that local businesses are stronger when they support one another.

“Independent businesses face enough challenges without trying to compete with each other,” says Linda. “When people work together, everyone benefits, especially the customer. We hope people will come along, discover somewhere new, meet the people behind the businesses and simply enjoy spending time in this lovely courtyard.”

As the summer continues, new food traders will join the Friday evening programme, giving visitors something different to look forward to each week.

Peter is keen to hear from other independent food businesses who would like to be part of the series. It could be anything from cheese boards to hog roasts or something completely different is all welcome. If you’ve got a great idea and would like to trade on a Friday evening at The Stables, please get in touch with Peter at The Stables Café peter@goodapples.london.

In a world where so much feels rushed, Friday evenings at The Stables are an invitation to slow down. Find a table in the courtyard, enjoy food made with care, discover a new favourite drink, and spend time with friends in one of Twickenham’s hidden gems.

Sometimes, that’s all a summer evening needs.

Al Fresco with Francesco Friday Nights From 5pm

Friday 17th July

Friday 24th July

Friday 31st July

Friday 7th August

Brewery Market Summer Pop Up in The Horsebox

Fridays: 2pm to 10pm

Saturdays: 2pm to 7pm

Serving local craft beer, cider, perry, sparkling mead, wine and alcohol-free drinks in the beautiful courtyard throughout the summer.

Everyone is welcome. Bring friends, bring family, bring the dog, and discover one of Twickenham’s best kept secrets.



Sheen Food Fest Returns This September

From East Sheen Business & Retail Association / East Sheen Village

More than 20 independent food and drink businesses across East Sheen will take part in Sheen Food Fest on Saturday 12 September, as the event returns for its second year, celebrating the vibrant cafés, restaurants, pubs, delis and eateries that make East Sheen one of south west London's hidden food gems.

Visitors can explore the high street, discover somewhere new and meet the passionate people behind the businesses that help make SW14 such a fantastic place to eat and drink.

Every ticket includes **five Taste Tokens**, redeemable for five complimentary tasting portions at participating venues. Hungry for more? Every venue will also be serving a specially created **Food Fest Special** for just **£5**.

Collect your event map from the designated collection point (to be confirmed) from **10am**, then follow your own foodie trail around the delicious destinations of East Sheen!

Participating venues and opening times will be clearly marked on the map, allowing you to explore at your own pace.

Whether you're a local resident or visiting for the day, Sheen Food Fest is the perfect excuse to discover somewhere new, revisit an old favourite and support the brilliant independent businesses that give East Sheen its unique character.

Val Minor, owner of Pickle and Rye and joint organiser said:

"East Sheen is home to an incredible mix of independent cafés, restaurants, pubs and food businesses, and Sheen Food Fest is our way of celebrating them. We believe our high street is one of south west London's hidden food gems, and we hope people will discover somewhere new, revisit an old favourite and see just how much SW14 has to offer."

A vibrant poster for the Sheen Food Fest. The top half features the words 'FOOD SHEEN FEST' in large, bold, stylized letters. 'FOOD' and 'FEST' are in light blue, while 'SHEEN' is in yellow. Below this, a red banner contains the text 'DELICIOUS OFFERS & TASTERS FROM YOUR FAVOURITE FOOD & DRINK OUTLETS INCLUDING:'. Underneath the banner, a list of participating venues is provided: MICRO BEERS / PICKLE & RYE / 11 COFFEE & CO. / RAGU / LE SWINE CULVER + NELSON / LEVEL CROSSING RECORDS / HARE & HOUNDS FORTY FOUR / ANNAPURNA / THE VICTORIA / THE TAPESTRY. A yellow banner below the list says 'SCAN HERE FOR MORE INFO AND TICKETS:' and features a QR code. To the right of the QR code is a cartoon thumbs-up hand. At the bottom, a yellow banner displays the date '12 SEPTEMBER 2026'. The very bottom of the poster has a red banner with the text 'FOR MORE INFO VISIT: @EASTSHEENVILLAGE ON INSTAGRAM / EASTSHEENVILLAGE.CO.UK'.

FOOD SHEEN FEST

DELICIOUS OFFERS & TASTERS FROM YOUR FAVOURITE FOOD & DRINK OUTLETS INCLUDING:

MICRO BEERS / PICKLE & RYE / 11 COFFEE & CO. / RAGU / LE SWINE CULVER + NELSON / LEVEL CROSSING RECORDS / HARE & HOUNDS FORTY FOUR / ANNAPURNA / THE VICTORIA / THE TAPESTRY

SCAN HERE FOR MORE INFO AND TICKETS:

12 SEPTEMBER 2026

FOR MORE INFO VISIT: @EASTSHEENVILLAGE ON INSTAGRAM / EASTSHEENVILLAGE.CO.UK

Emily Scarratt Commits Long-Term Future to Red Roses Coaching Team

Emily Scarratt has committed her long-term future to the Red Roses coaching team.

Initially assuming interim lead attack and backs coach responsibilities for the 2026 Guinness Women's Six Nations, the two-time World Cup winner turned Grand Slam-winning coach will remain within the England set-up as Attack Coach over the next World Cup cycle.

John Mitchell's side received plaudits for their flair and the adventurous nature of their attack during the Six Nations, scoring 27 more points than their tournament-haul in 2025.

"The Six Nations was challenging but hugely rewarding in equal measure," Scarratt said "I'd spent so many years in the Red Roses environment as a player, so stepping into a coaching role in the same setting was a new experience and, at times, slightly unnerving. There was plenty of uncertainty, but I've thoroughly enjoyed the opportunity and learned so much already."

"It's been a real privilege to work with such a talented group of players and staff, and I'm looking forward to seeing how we can continue to develop our attack. We have a fantastic pool of players who are eager to keep improving and express themselves on the pitch."

"There's a huge amount of ambition within this team, and I'm proud to be part of the journey as we continue to grow and build towards the future."

Head coach Mitchell added: *"Emily has already made a significant impact on our environment in a coaching capacity, and during the Six Nations she proved to be a huge asset with the insight, calmness and experience she brings every day."*

"She leads by example and has a deep understanding of what it means to represent the Red Roses; she is someone who adds immense value to everyone around her. Emily has a brilliant coaching brain and cares deeply about evolving our game. We're excited to see her continue to develop as a coach and help drive the team forward."

Whilst with the Red Roses, Scarratt continued her role as assistant coach at Premiership Women's Rugby side Loughborough Lightning.

Her eight-year association with the Franklin's Gardens outfit will come to an end, and Scarratt says she will be forever grateful for everything the club has given her.

"Loughborough has been so much more than just a club to me over the past eight years," she said. "I've been surrounded by incredible people who have challenged and supported me in every way possible. I'd like to say a huge thank you to everyone connected with the club. I'll always look back on my time with immense gratitude. Thank you for everything."



Brentford to host Ultimate Sevens rugby final

Written by Brentford Football Club

Brentford's Gtech Community Stadium will host the final of the inaugural Ultimate Sevens Championship, a new rugby sevens competitive tournament.



Tickets for the final at the Gtech on Thursday 24 September are available now on the [Ultimate Sevens website](#).

Six clubs, each with a men's and women's team, will compete for the championship across four dates in Madrid, Cardiff, Biarritz and London.

The world's best rugby sevens players have signed up to play in the championship, alongside the most promising talents in the 15-a-side game.

Brentford will host the fourth event of the series. Teams will compete in 10-minute, high-intensity games in a straight-knockout tournament that promises excitement on the field and a vibrant atmosphere off the pitch.

Fans can purchase tickets for the one-day tournament at Brentford on Ultimate Sevens' [Fever page](#).

Fans can sit close to the pitch or make the most of the day in one of the Gtech's hospitality areas. A family area will also be available for parents who want a matchday experience more suited to junior fans.

Tickets for the Ultimate Sevens events in Madrid, Cardiff and Biarritz are also on sale now.

Find out more about [Ultimate Sevens on their website](#).



GWR launches £49 Family Day Out ticket as 'railcations' surge this summer

New fixed-price ticket follows sharp rise in bookings for cities, coastal resorts and destinations

Great Western Railway has launched a new fixed-price Family Day Out ticket after new booking data revealed growing demand for family 'railcations' this summer.



Advance bookings for August and September have shown significant year-on-year growth across some of the GWR network's most popular city, coast and countryside destinations.

Bookings for Oxford, for example, have more than doubled, rising by 131%, while reservations for Bath Spa were up 93%. Cardiff Central and Bristol Temple Meads recorded

increases of 76% and 72% respectively, with bookings for Plymouth up 50%.

The figures suggest more families are looking closer to home for their summer adventures, while rising fuel costs and wider cost-of-living pressures continue to influence holiday plans.

They also follow the Government's regulated rail fare freeze, expected to save passengers £600 million during 2026/27, and the Chancellor's announcement of a temporary reduction in VAT from 20% to 5% on summer attractions, including theme parks, zoos, museums and children's cinema tickets during the school holidays.

To help more families make the most of the growing appetite for days out and short breaks by rail, GWR's new Family Day Out ticket provides same-day return travel for up to two adults and four children for either £49 or £59 – depending on the journey – for the whole group.

Friends and family railcard holders can make an additional £10 saving on qualifying journeys. Available for weekday travel until Friday 4 September, the ticket covers a wide range of destinations across the GWR network, stretching from South Wales and Somerset to Devon and the English Riviera.

GWR Commercial and Marketing Director, Amanda Burns, said:

"More families are choosing to explore the UK by rail this summer, whether that means discovering one of our historic cities, enjoying a day beside the sea or escaping to South Wales or the West Country.

"Our new Family Day Out ticket responds directly to that growing demand, making it simpler and more affordable for families to enjoy a 'railcation' together.

"For as little as £49 for the whole group, families can leave the car behind, relax and spend more of their time making memories at some of the fantastic destinations served by the Great Western network."



Ruth Cadbury welcomes decision by New Prime Minister Andy Burnham to cut tax on household electricity bills.

Ruth Cadbury, MP for Brentford and Isleworth

Ruth Cadbury, Member of Parliament for Brentford and Isleworth, has welcomed the news that the Prime Minister Andy Burnham has removed VAT on household electricity bills. This Tax cut this year funded from cancelled Digital ID programme will see VAT on electricity bills removed from October.

In one of his first acts as Prime Minister Andy Burnham promised to “put more money in people’s pockets and bring back hope”. Households across the Boroughs of Hounslow and Richmond, and across the UK will benefit from immediate action to help with their electricity bills this winter. The new Prime Minister Andy Burnham has announced this as one of his first decisions in office. This follows Andy Burnham’s commitment to the nation on the steps of Downing Street yesterday to give people some breathing space and help with the cost of living.

The Government is tackling rising bills with a tax cut to remove VAT from domestic electricity bills from October 1 in time to impact the next Ofgem price cap. This immediate action applies and is funded for this financial year. The cost of this immediate action for this financial year – taken now, before the next price cap – is being funded from the cancellation of the (£1.8bn) Digital ID programme. All decisions at that point will continue to be funded and also consistent with the government’s fiscal rules. Cutting VAT on electricity bills is expected to take around £45 off the yearly Ofgem price cap in October. This is on top of the £150 removed from bills at the last Budget.

By targeting electricity bills, more people will be supported with rising bills and the government is helping to keep inflation down. All suppliers are expected to pass the VAT reduction on to all customers, including those on fixed tariffs, as they did with the £150 of costs taken off energy bills announced at the last Budget. Small businesses who qualify for the domestic energy VAT relief and are not registered for VAT, as well as charities and residential care homes eligible for the reduced rate will also benefit.

Prime Minister Andy Burnham said:

“Westminster has not been working for people for too long, with families struggling with the cost of living. That needs to change. I said I wanted to give people breathing space and that’s what I’m announcing on my second day as Prime Minister.”

“We’re taking immediate action to cut taxes on energy bills, put more money in people’s pockets and bring back hope.”

Ruth Cadbury MP for Brentford and Isleworth said:

“The high cost of energy bills is continuing to put pressure of people’s finances across our constituency, so I welcome this decision to remove VAT from energy bills.”

The war in Iran, which I opposed, caused the price of energy to spike and meant that many householders locally would have seen an increase in bills. Higher energy costs hit the most vulnerable people hardest, such as those with disabilities or those with poorly insulated homes and I know from listening to people locally that rising prices were causing anxiety and worry.

Removing VAT will lower energy costs for these people and give much needed relief.

On top of this we need to continue our work to reduce our reliance on overseas fossil fuels and invest in clean and green energy such as nuclear, tidal and solar which supports jobs here in the UK and lowers bills.”

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