

Twickenham & Richmond Tribune



Contents

Editors: Teresa Read, Berkley Driscoll

TickerTape

Buses replace trains between Teddington and Shepperton Sunday 4 October
Whitton Police

The Tree Agency

The Local Picture Postcard Page - All Souls Church. St. Margarets-On-Thames

Alan Winter

Crusader Travel

Cacti, palms and exotic planting: London's Royal Parks to be reimagined for a changing climate

The Royal Parks

Regal Spice Twickenham

New visitor guide puts Richmond upon Thames' best sights on the map

VisitRichmond

West London Postcard Fair

Crusader Travel

Experience the colour, creativity and traditions of a Japanese Matsuri at ETNA

ETNA Community Centre

Prince Albert Times

Barnes Green river restoration improves flood resilience and creates new wildlife habitats

Richmond Council

Kew Village Market

Next Week at Richmond Council

James Knight

Twickers Foodie: Get A Grape

Alison Jee

Twickers Foodie: Twickenham's New Turkish Kitchen

Alison Jee

Gibraltar Sunborn - Dive Adventure

Sunborn Gibraltar

Going Dutch on the River Thames

Bruce Lyons

Traveller's Tales 184 - Cruising

Doug Goodman

Mark Aspen Reviews: Till The Stars Come Down

Heather Moulson

Mark Aspen Reviews: Animal Farm: As Witnessed by Moses the Raven

Eleanor Marsh

Mark Aspen Reviews: a small and quiet light

John Davies

Talk Of Witches at The Mary Wallace - The Salem Witch Trials

Richmond Shakespeare Society

Optik Theatre performs their latest new writing show with five brand new plays

Optik Theatre

A Short Walk in AI

James Tuke

Richmond children's author raises £2,650 for NSPCC

NSPCC

Lido Land

Willow spiling on the Thames

Thames Landscape Strategy

Join Teddington Hockey Club's community day this Saturday

Teddington Hockey Club

Ferguson Joins Red Roses as Scrum & Contact Skills Coach

RFU

Brentford 2 Norwich City 2:

Brentford Football Club

Wiltshire man to run equivalent of seven marathons along Thames Path

Aldi Hanworth Celebrates Grand Opening with Help from Paralympian

[CONTACT](#)

[DONATE](#)

[ADVERTISE](#)

TickerTape - News in Brief

South Western Railway

Buses replace trains between **Teddington and Shepperton Sunday 4 October**

The lines between **Teddington and Shepperton** will be **closed all day** due to maintenance work.

- **London Waterloo to Shepperton** services will be diverted after **Teddington** and will terminate at **Twickenham**. These services will call additionally at **Strawberry Hill**.
- **Buses** will run between **Teddington and Shepperton**.

Whitton Police

Whitton and Heathfield residents wishing to speak with a local police officer can attend contact sessions to be held at the Whitton Community Centre, Percy Road on the following dates and times during October;

- Wednesday 7th – 1pm-2pm
- Wednesday 14th – 4pm-5pm
- Friday 23rd – 11am-12pm



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 Tree Agency

The Local Picture Postcard Page - Part 345

All Souls Church. St. Margarets-On-Thames

By Alan Winter

At the beginning of the last (20th) Century St. Margarets, Teddington and Twickenham all appeared on postcards with the “-On-Thames” suffix added to their names for a number of years. Today’s two postcards show the difference between the titles of All Souls Church in Northcote Road. They date from around 1905.

All Souls Church in St Margarets is a historic Church of England parish church with roots tracing back from 1867 to a small private congregation meeting in an 1860s cottage at the Railshead by the riverbank.

The opening of St Margarets Station brought rapid suburban expansion to the area, increasing the local population and church attendance.



An iron chapel (temporary church) on Northcote Road opened for worship on 6 February 1886, initially served from the mother church of All Saints, Isleworth. In 1889 the mission was taken over by the London Diocesan Home Mission.



The permanent red and blue brick Gothic building was constructed, designed by the architect E. Monson (often referred to as G. Monson in older records). It features an aisled nave, grouped lancet windows, and an apsidal chancel. The permanent church was dedicated on 2 January 1898.

A vestry addition was completed in 1925. The church also houses a significant war memorial honouring parishioners lost in the First World War.

The modern congregation underwent a revitalization “plant” with members joining from neighbouring St Stephen’s Church, East Twickenham, restoring its active role serving local communities including north St Margarets, the Ivybridge Estate, and south Isleworth.

All Souls is now a thriving community made up of people from all ages and backgrounds the majority of whom live locally in the parish.

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)



Cacti, palms and exotic planting: London's Royal Parks to be reimagined for a changing climate

From The Royal Parks



The Royal Parks charity has revealed a transformative new direction for how London's eight Royal Parks are planted and cared for.

It is the first time a single vision has been established across all eight parks, and it will shape what visitors see and experience for years to come.

Visitors will see unusual planting styles in the Royal Parks: hardy cacti, succulents and palms in Hyde Park, and permanent jungle planting elsewhere. It is a response to a climate that no longer supports the parks' traditional planting.

Central London's heat island effect has produced a microclimate closer to the Mediterranean than to the rest of Britain, while drought, wetter, milder winters, flooding and increasingly unpredictable weather mean the planting that served these parks for a century must change. The Vision marks a shift from the Victorian palette these parks inherited towards a modern, more exotic and climate-resilient one.

Led by Matthew Pottage, Head of Horticulture and Landscape Strategy, the Vision responds with more diverse and resilient planting that needs less water and copes better with weather extremes. It also focuses on soil health, as healthy plants and parks start with the soil.

As part of the Vision, four bold horticultural projects are revealed today in newly commissioned images, giving visitors a first look at what is coming to Hyde Park, The Green Park, Kensington Gardens and Greenwich Park.





— ♦ SUMMER ♦ —

BANQUET NIGHT

— MONDAY TO THURSDAY —

STARTER + MAIN DISH + SIDE DISH + RICE/BREAD

£12.95 ONLY



BOOK YOUR TABLE

02088939291
02085697026



CALL TO BOOK

OR



ORDER ONLINE



deliveroo



JUST EAT

12 The Green, Twickenham TW2 5AA

New visitor guide puts Richmond upon Thames' best sights on the map

From VisitRichmond

A new visitor guide has been launched to put the best of Richmond upon Thames in the spotlight and encourage even more people to discover its borough's parks, riverside, heritage, culture and independent businesses.

The [VisitRichmond Visitor Guide 2026/27](#) brings together the borough's biggest attractions, hidden gems, town centres and ideas for days out – giving residents, day-trippers and international visitors inspiration to explore more of Richmond upon Thames.

With around 4.5 million visitors coming to the borough every year, tourism is a major contributor to the local economy, supporting independent shops, cafés, restaurants, cultural venues and attractions across Richmond upon Thames.

Richmond Council's Leader Councillor Gareth Roberts said: *"Richmond has an extraordinary amount to offer. From Kew Gardens and Hampton Court to Richmond Park, the Thames and our brilliant independent businesses, there is something here for everyone. Richmond's reputation reaches far beyond London - and shows like Ted Lasso have helped put the borough firmly on the international map. But you don't have to come from the other side of the world to be a visitor here. There are plenty of residents who have lived in Richmond upon Thames for years who still haven't discovered everything on their doorstep."*



Councillor Phil Giesler, Lead Member for Business and Growth added: *"I hope this guide gives people a reason to get out and explore – whether that's visiting one of our world-famous attractions, finding a new favourite café, walking along the river or discovering somewhere they've never been before. When people visit, they also spend money in our town centres and support the independent businesses and cultural venues that make the borough such a special place."*

The guide features world-famous destinations including Royal Botanic Gardens, Kew, Hampton Court Palace and Allianz Stadium, alongside heritage sites, cultural venues, green spaces and lesser-known places to explore.

It also includes a suggested Ted Lasso walking route, taking visitors to locations featured in the hit television series and showcasing some of the borough's best-known streets and landmarks.

The 2026/27 edition also highlights several significant anniversaries across the borough, including 180 years of Richmond, Barnes and Mortlake stations, 150 years of St Margarets station, 100 years of the Poppy Factory and 70 years since the first live music performance on Eel Pie Island.

The guide is available through [VisitRichmond](#), the official tourism website for Richmond upon Thames. It complements the website's wider information, including maps and guides, events, things to see and do, places to eat and drink, accommodation and practical travel advice.

You can also visit the VisitRichmond Information Centre, in Richmond Station, which is open seven days a week 10am to 3pm (summer) and 10am to 2pm (winter).

WEST LONDON POSTCARD FAIR

Including **STAMPS, POSTAL HISTORY, COINS and EPHEMERA**

**TEDDINGTON BAPTIST CHURCH
CHURCH ROAD, TW11 8PF**

**2026 DATE
SAT 10th OCTOBER**



10am - 4pm Admission £2.00 REFRESHMENTS

EASY BY ROAD - From M3/A316

EASY BY BUS - 33, 281, 285, 481, R68 and S17

EASY BY RAIL - Teddington (on Kingston loop from Waterloo)-

Enquiries: MICHAEL GOLDSMITH

020 8892 5712 / mpgoldsmith@blueyonder.co.uk



CRUSADER TRAVEL

— YOUR JOURNEY, OUR PASSION —

EXCEPTIONAL JOURNEYS UNFORGETTABLE MEMORIES

BESPOKE TRAVEL EXPERIENCES, DESIGNED JUST FOR YOU

TAILORED EXPERIENCES
Crafted around your preferences

EXPERT GUIDANCE
Local knowledge, global expertise

DEDICATED SERVICE
Personal support every step of the way

TRUST & RELIABILITY
Your journey is safe hands with us

 info@crusadertravel.com |  www.crusadertravel.com |  T. 02087440474 |  London, United Kingdom

We take care of every detail, so you can enjoy every moment.

Experience the colour, creativity and traditions of a Japanese Matsuri at ETNA

From ETNA Community Centre

Join a free, fun, family-friendly afternoon celebrating Japanese festivals and culture, with plenty of activities to try.

Have a go at origami and Oinari-san wrapping, try the traditional festival game of super-ball scooping, create your own Japanese-inspired badge, test your knowledge with our quiz about Japan, and join in with Bon Odori dancing.

Whether you already love Japanese culture or would simply like to discover something new, everyone is welcome to come along and get involved.



- **Date:** Sunday 4 October 2026
- **Time:** 12 to 2pm
- **Location:** ETNA Community Centre, 13 Rosslyn Road, Twickenham TW1 2AR

Barnes Green river restoration improves flood resilience and creates new wildlife habitats

From Richmond Council

The Beverley Brook at Barnes Green is now bursting with healthy new wildlife habitats, following river restoration work to boost flood resilience in the area as part of the Community BlueScapes programme.

The brook now flows along a more natural, meandering river channel, with a new island to explore via an accessible footbridge. The riverbanks have been improved, and new trees and wildflowers planted.

Councillor Julia Neden-Watts, Chair of the Environment, Sustainability, Culture and Sports Committee, said: *"It's been wonderful to see the project come to life, with the bridge and island now open for everyone to explore and enjoy."*

"It's a lovely place to connect with nature. We're already seeing more fish in the brook and damselflies darting above the water. Not only do we have a beautiful space for people and wildlife to enjoy for years to come, we've also increased the capacity of the Beverley Brook to respond to heavy rainfall. I'm grateful to members of the community who've championed this project, which has been a fantastic team effort."



"It's a great example of how working together with nature, we can deliver practical benefits for our communities and our environment."

The Barnes Green River Restoration project is one of Community BlueScapes' key projects, forming part of a wider programme of nature-based solutions designed to improve flood resilience across the Beverley Brook catchment.

Community BlueScapes is a Defra-funded flood resilience partnership between Richmond Council, Barnes Common Ltd and WWT – the charity for wetlands and wildlife. This project is part of the £200 million Flood and Coastal Resilience Innovation Programme, which is managed by the Environment Agency.

Find out more about the [Barnes Green River Restoration Project](#).

LIVE SPORT

Watch England in
UEFA Nations League:

September 26th
England V Spain KO 7.45pm

September 29th
Czechia V England KO 7.45pm

October 3rd
Croatia V England KO 5pm

LIVE SPORT

Catch all the live action on our big screens, from the biggest fixtures to your favourite teams. With three Sky Boxes, we can show multiple matches indoors and outdoors, across Sky Sports, TNT Sports and Premier Sports. Visit our website to see what's showing and plan your next visit.

COME ON YOU QUINS

All Harlequins fixtures both home and away will be shown on the big screen at The Prince Albert.

BOXING

Catch Daniel Dubois vs Fabio Wardley's rematch for the world heavyweight title at The Prince Albert on October 17th.

Live Comedy Night With LAUGHS ON TAP



Sponsored by Beavertown Brewery & Quipsbed Comedy

Get ready for a night of live comedy on 29th September! Join us for 3 brilliant comedians, hosted by compere Lyle Barke, with great beer from Beavertown.

Book your tickets today by visiting our 'What's On' page on our website.

Tickets are £15pp — doors 7pm, show 8–10.30pm. 18+ only.

PLANNING AN EVENT

Looking for an intimate space for your next gathering? Our restaurant & pergola areas are available for private events on weekday afternoons, offering a relaxed and welcoming setting for meetings, celebrations and special occasions. Choose from our buffet options or enjoy our express lunch menu, with flexible options to suit your group and occasion.



Enquire via our website about using our restaurant for your next private event

EVERY MONDAY-THURSDAY

ENJOY 15% ALL DRAUGHT BEER & WINE
12PM-6PM

EVERY THURSDAY

ANY 2 COCKTAILS FOR £15
6PM- 8PM

MORE TWADL
SOCIAL DARTS

We're excited to announce that, due to such high demand, TWADL Women's Social Darts is adding an extra night!

From now on, TWADL will be meeting every Monday & Wednesday from 7pm, giving you even more opportunities to get involved & enjoy the game.



Interested in joining? We'd love to hear from you! Visit twadl.co.uk to find out more!

LOVE IS IN THE AIR

On Saturday 12th September, we had the pleasure of celebrating Emma and James' beautiful wedding.

It was an extra special day for us as our very first wedding at The Prince Albert. We wish Emma and James a lifetime of happiness and we're so proud to be part of their special day.

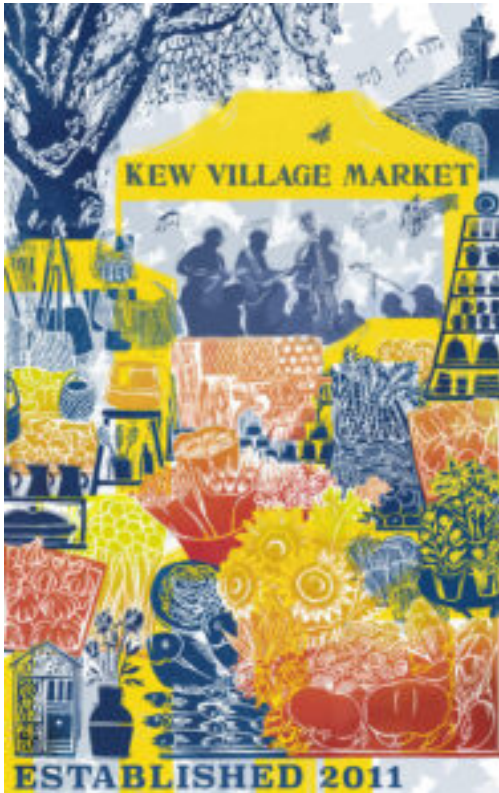
DECEMBER SORTED

Yes, we know it's early... but Christmas will be here before you know it! From festive work dos and warming mulled wine to our Christmas Market on 13th December, live music for our Christmas Eve party and festive drinks on Christmas Day from 12–3pm, there's plenty to look forward to. Book now and get December sorted before you forget!

KEW VILLAGE MARKET

Next Market is on Sunday 4th October 2026 from 10am to 2pm

We are back on 4th October 2026 with 45 stalls and great live music from two local acts.



Our visitors will see many of their favourite regulars, selling award-winning food and hand-made crafts & gifts. There is great street food (from Columbian, curry and crepes through to Italian treats, sizzling bacon and sausage rolls and tasty falafel wraps). Visitors can also try locally cured charcuterie, cheese, fresh fruit and vegetables, nuts and much more.

Our charity stall for October will be **Kew Neighbourhood Association**. Run by volunteers the charity helps Kew residents get out and about to appointments, provide them with regular companionship or assist with shopping or light gardening.

Our live music for October sees the return of two local acts. At 10.30am we welcome back **Mandolin Jack**. They will be followed by **Squabble Jazz** at 12.30pm.



Stalls for our market in October can be found here: <https://kewvillagemarket.org/stalls>

Next Week at Richmond Council

By James Knight



Richmond Council faces one of its most important meetings of the autumn next week, as councillors are asked to approve a financial strategy that shows a growing black hole in the borough's finances. Later in the week, Richmond's religious education body meets to consider the future of RE in local schools.

Tuesday: Full Council: 7pm, Council Chamber, York House, Twickenham

The Council's finances will dominate Tuesday evening, when all 54 councillors meet at York House. Councillors are being asked to approve the latest Medium Term Financial Strategy, which forecasts a **£28.2 million budget gap next year** before future maximum Council Tax increases are factored in.

The Council argues that changes to government funding are a major cause of the deterioration and estimates they could eventually cost Richmond £37 million a year. But the financial papers also identify inflation, rising demand and homelessness among the pressures, while already assuming substantial savings from the Council's Transformation Programme.

Tuesday's meeting will not actually set next year's Council Tax. That decision comes later. But councillors are being asked to approve the financial framework for those decisions.

There will also be debates on local government funding and proposed changes to the planning system, while questions tabled by councillors and residents range from private landlord licensing and waste collections to parking charges and the proposed West London Orbital railway.

Click [HERE](#) to access the papers

Thursday: Religious Education: 6.30pm, Salon, York House, Twickenham

Religious Education moves onto the agenda on Thursday, when Richmond's Standing Advisory Council on Religious Education, or SACRE, meets.

Members will be asked to approve its annual report, discuss changes taking place nationally in RE and hear updates on Interfaith Week and mental health support in schools.

Along with unresolved questions about SACRE's own role. Its annual report says the body has a direct role in considering complaints relating to RE, but the minutes record a recent case in which legal advice concluded that investigating a parent's complaint about an individual school's compliance with Richmond's agreed syllabus was outside SACRE's statutory remit.

The broader issue is what role Richmond's locally agreed RE syllabus and SACRE itself will have as national policy on religious education develops.

Click [HERE](#) to access the papers

Get A Grape

I was surprised to discover that there is a lot happening at the moment in the grape market. Yes, those little round fruits have been enjoying some new variety launches, and I was intrigued to try them and learn more about their *raison d'être* (if you'll pardon the pun).

You might not think much about red grapes beyond them being a juicy snack, but the goodness of these naturally red-fleshed grapes is captured in these new red berry grapes; they're rich in colour from the inside-out thanks to their naturally occurring anthocyanins, a type of polyphenol. Red berry grapes also contain resveratrol – found in red- and purple-coloured fruits, which research has also found to be of potential help for the heart. Found naturally in dark-coloured fruits and vegetables, anthocyanins are the pigments that give fruits their distinctive dark red, black and purple colours, seen in foods such as blueberries, blackberries, cherries, red cabbage and a new variety of grape – [BOOMBITES™](#) red berry grapes.

Apparently an 80g handful of red berry grapes is a colourful addition to your 5-a-day and each 125g serve contains less than 100 calories. Plus, they contain fibre, vitamin C, vitamin E, thiamine, vitamin B6, folate, potassium, magnesium, phosphorus, iron and zinc. Antioxidants are firmly in the health spotlight - and now anthocyanins are attracting growing scientific interest for their potential health benefits. These naturally occurring pigments give many red, blue and purple fruits their distinctive colour, with research suggesting they may play a role in heart health, blood-sugar control and inflammation.



Dr Roy Jogiya, Chief Medical Advisor from Heart Research UK, a charity at the forefront of the detection and treatment of heart diseases, says, “Eating the rainbow is a simple way to increase the variety of beneficial plant compounds in your diet and support long-term heart health. However, the greatest benefits come not from a single dietary nutrient, but from consistently eating a varied, plant-rich diet alongside other healthy lifestyle habits. Red berry grapes are one example of many fruits that provide beneficial polyphenols and can form part of a colourful, balanced diet.”



BOOMBITES look just like normal grapes, but slice one open and you'll find a colourful surprise inside. BOOMBITES Red Berry Grapes combine the juicy sweetness and crunch of a premium table grape with vibrant red flesh reminiscent of a berry or cherry. A decade in development, they were created through natural breeding, crossing premium seedless table grapes with rare red-fleshed varieties traditionally used for wine. Their colour uniquely runs from skin to centre, with BOOMBITES containing six times more anthocyanins than a traditional black-skinned table grape. Available for a limited season at **Tesco, M&S and Ocado.**

And finally - this time one that you might have already seen on the supermarket shelf - is **Cotton Candy**. With an unexpectedly sweet, cotton-candy-like flavour, these golden-green grapes might possibly sound too good to be natural. But there's no genetic modification, artificial flavouring or added sugar involved. Their distinctive taste was developed through traditional plant breeding. Nutritionist Suzie Sawyer calls them a “secret weapon for lunchboxes,” while dietitian Dr Carrie Ruxton explains the science behind how growers created their remarkable flavour naturally. Perfect for lunchboxes, after-school snacks, dessert, family days out or simply when you fancy something juicy and sweet - the Cotton Candy grapes make fruit feel a little more exciting. Available at Tesco in these new snack pots, family punnets and sharing packs. Also available in Waitrose and Marks and Spencer.



Twickenham's New Turkish Kitchen

At this time of the year in many past years, we have been enjoying a wonderful holiday in Turkey, but not this year. However, the other evening we discovered a newly opened Turkish restaurant here in Twickenham: **Turkish Kitchen TW1**, and it was just like a quick trip to Turkey. Formerly a cafe called Seyri, it's now run by the same team, but upgraded to a restaurant.

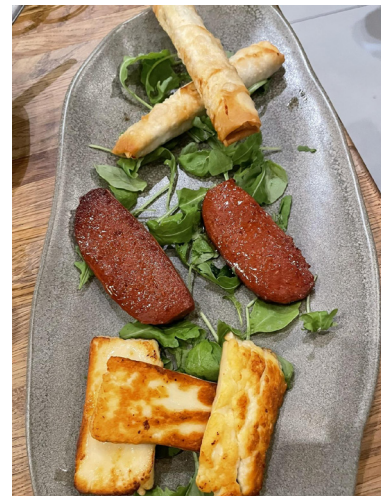
After a warm welcome from Seyri, the proprietor, I enjoyed a glass of raki - my first one since our last trip to Turkey. There are four different rakis on the menu. My husband enjoyed a Peroni Zero.

We tried tasters of a number of dips as starters including a wonderful muhammara, kisir and baba ganoush (the latter was beautifully smoky and the kisir had so much flavour). The Turkish Kitchen Shakshuka is served as a mezze, not with submerged poached eggs as we so often see. It was really beautifully seasoned and very delicious. Even the olives were top notch.



Seyri wanted us to try the Turkish pizza (Lahmacun). We shared a portion and it was so good: a thin and crispy base with a touch of minced lamb and veg spread over and served with tomato, pickled red onion slices, parsley and a squeeze of lemon. Enough for a meal in itself.

A few hot Turkish starters were also excellent: some spiced beef sausage, grilled halloumi cheese and cheesy pastry rolls were light and piping hot. Everything so far was really good, so we were looking forward to the 'main event'.



This was certainly spectacular... We shared a portion of the mixed grill...wow! The attention to detail in the food and its presentation is something very special. We had chicken cubes that had been marinated and were incredibly tender and tasty.

Generous cubes of lamb and liver, plus chicken wings were accompanied by sliced onions with sumac and a lovely fresh salad with red cabbage and grated carrot. This was accompanied by a garlic sauce and a chilli sauce, but to be honest, the marinating of the meat was so good that they really weren't needed. The whole dish was zingy and beautifully fresh.

We were thoroughly 'pogged' as my mother used to say. A glass of piping hot Turkish tea and a shared portion of the homemade baklava was the perfect end to a wonderful meal.

Seyri has worked hard to upgrade her successful cafe into a full blown Turkish restaurant and I take my hat off to her. And the prices are very reasonable too. The wraps that a couple at the next table were enjoying looked really excellent, and there are loads of options for vegetarians.

If, like us, you're a fan of Turkish food, do check it out.

GIBRALTAR

sunborn

YACHT HOTEL RESORT



First
DIVE
ADVENTURE
Experience



£450
PER PACKAGE
(FOR 2 GUESTS)



**'TRY DIVE EXPERIENCE'
FOR 2**



**SUPERYACHT SUPERIOR ROOM,
BREAKFAST**



2 NIGHTS, 2 GUESTS



**EXTRA TOWELS,
FLIP FLOPS IN THE ROOM**



info@divegib.gi

00350 20045649 for calls

00350 54097190 for WhatsApp

Going Dutch on the River Thames

By Bruce Lyons

As ever, there were many Dutch rowers in the Great River Race this year, maybe our River isn't as flat as their canals!!? But Rowing in Recovery- Parnassia Group - Netherlands Parnassia Group (www.parnassiagroep.nl) one of the largest mental healthcare providers in the Netherlands took part in the Great River Race with three of their boats: Recovery, Just for Today, and Experience. Many of their rowers have had personal experience with mental health challenges, addiction and recovery. Through rowing, they have found purpose, structure, connection and renewed confidence. By taking part in the Great River Race, they demonstrate that recovery is possible and that rowing can play a powerful role in rebuilding lives. Together, they are rowing not only for competition, but also for hope, resilience and inclusion.



This wonderful group stayed an extra day, and we were able to secure an open top bus and guide to show them the best of our wonderful city and tell them about the history of our London.



We watched the boats finish from Hammerton's in style and hope to see some of them back in 2027.

Traveller's Tales 184

Cruising

Doug Goodman Visits a Cruise Ship at Greenwich

I've enjoyed river cruising enormously: The Volga in Russia, The Dutch Canals and The Rhone in Southern France. Small ships with under 200 passengers, which stop every day for tours and give you the opportunity to explore the local area on foot, appeal to me. But the thought of being on a huge, ocean-going ship with thousands of passengers doesn't appeal. However, last Tuesday I was a guest of Viking for a tour of their ship Saturn moored at Greenwich, which provided an ideal opportunity to see a 'small' cruise ship.

Saturn had arrived on The Thames at the end of a cruise around the UK and to take on passengers for a 12-day trip calling at Dover, Le Havre for Paris, Bordeaux, Bilbao and La Coruna in Spain, Porto and Lisbon in Portugal. Some of the 930 guests were taking extended cruises, which Viking offers in its comprehensive itineraries. Approaching by tender the ship appeared gigantic but following a tour of the seven decks and the facilities the size seemed perfect for the passengers and the 300 staff and crew. The ratio of one member of staff for every three passengers ensures very efficient service and judging by the happy smiles and greetings I think there would be much to look forward to as Saturn sailed south to Lisbon.



Viking Saturn at Greenwich



Lunch in the Sun



Open Air Pool

SHIPSHAPE

Viking has a substantial range of cruises from river to ocean and exploration. Its hundred -strong fleet visits over 500 ports in 85 countries. Space on Saturn is used to great advantage with sea views from all public areas, spacious bar and restaurant areas and a sun deck where buffet lunches are available. One of three pools is located here with another in the adjacent Winter Garden where a roof opens. The self-service lunch was extensive in choice and the main restaurant offers local dishes, themed evening meals and both provide free wine and beers. The Italian restaurant looked very attractive and for guests who visit local markets with the ship's chef there's a special kitchen where they can have cooking lessons. Six categories of suites can be booked and every one has a balcony. Twenty-four-hour room service is available, there's free Wi-Fi, complimentary use of the spa and fitness centre, a night club with live music, a large theatre used for lectures, films and other entertainment and plenty of reading material.



Main Bar



Special Guests' Kitchen

AWARDS

Among several recent awards Viking was named best river cruise and ocean cruise operator by The Times and Sunday Times and received a similar award from Conde Nast readers. Sustainability and environmental care are a top priority for Viking. Next year the company will celebrate its 30th anniversary with a new hydrogen-fuelled ship and a series of new programmes including a Brahmaputra River cruise.



Cinema-Theatre



Lounge

I particularly liked the big spaces, the variety of materials used in the furnishings and an understated elegance in all public areas. Bird song in the loos was a nice touch.



Covered Pool



Restaurant

My brief visit could only provide a tiny insight into the delights of a cruise on Saturn but it was enough for me to consider taking a short cruise next year. For the 142 days' sailing in December 2027 on the world cruise, it would be a pleasure to escape from the real world if I had sufficient time.

Facts: the 12-day England, France and Iberia Explorer departing on April 14 2027 costs from £4,695 including flights, full board and eight excursions. Contact www.viking.com

Till The Stars Come Down

by Beth Steel

Putney Theatre Company at the Putney Arts Theatre

Soft pink lighting, pitched against stark black and white images of coal miners, presents a stark dichotomy in Nick Wells design, but it's a clever paradox setting the mood for *Till The Stars Come Down*, which takes place in a former colliery community in Nottinghamshire, on the day of Sylvia's wedding.



Three sisters form the core of a working class family.

Maggie, debt-ridden and commitment shy, is engaging played by Lizzie Iredale. Sarah Perkins brings out the punchy satire in the broodingly angry Hazel. Then there's the radiant bride Sylvia, in a likeable performance by Emily Kate Dixon. Prominent in this extended family is Auntie Carol, a glamorous and earthy force, played by Jodi Rilot, as a perfect combination of a figure both funny and tragic. Compared to these strong women, the hapless men harbour an undercurrent of resentment



Aaron Thakar's Marek has an authenticity as the Polish groom thrust into a stormy family. He is open and sincere about marrying into a completely different culture, but envy him not! Questions hang over this wedding. Why have the two brothers not spoken for almost four decades? And what is Hazel's resentment about?

As the girls' father, widower Tony, Paul Bradley cuts a sympathetic figure. While Roger Blitz's Pete, loveable if rough, harbours a grudge. Hazel's husband John, played by Tom Thornton has stirrings of his own.

Catalyst to the emotional dynamics is the adolescent Leanne and Zoe Pearson takes on the role with good stage presence.

Meanwhile, Sophie McGrath's Sarah is convincing and provides much needed light relief.

Credit goes to Emily Fletcher and consultant Simon Crump for costumes that are colourful and co-ordinated. (Maggie's white highheels are impressive.) Rich and Kathryn Evans have created terrific lighting of the curved set and its prominent mirror ball. However, the nostalgic party music does become distracting.

Till The Stars Come Down has deceptively complex writing with a busy text and subtext. With high points sinking down to very low depths, director Frances Bodiam packs despair, lies and loss into a well crafted production.



Read Heather Moulson's review at www.markaspen.com/2026/09/27/till-stars

Photography by Colin Rogal

Animal Farm: As Witnessed by Moses the Raven

by George Orwell, adapted by Dov Citron

DC Productions at the Barons Court Theatre until 3rd October

Orwell's allegorical study of communism subsequent on the rise of the Stalinist regime was written in 1945. It could have been written at any time in history, but it is more relevant than ever today. It is greatly encouraging that this adaptation of *Animal Farm* is heading for schools to educate through storytelling; and Victoria Waddington's direction and Citron's charismatic performance are both thought-provoking and moving. Dov Citron is both adaptor and the sole performer, and what a *tour de force* he has produced!



The device of using Moses (the representation of organised religion) as narrator is a clever one but the expectation is therefore set that the play will be from Moses' perspective. Apart from an occasional reference to "belief", this is not the case and the play is all the better for it as it simply tells the story, without over-complicating matters. One wonders if removing Moses from the title might serve the play better. The story is told well and that is really all that matters.

What does not work as well is the drunken Mr Jones appearing pre-show and then disappearing before Moses himself appears. Citron's performance as Jones is excellent and offered moments of true jeopardy, but it just wasn't necessary to introduce the character this early on. When he left the stage there was a definite air of confusion – had the play started or not? When Moses, all gravitas and sombre authority, did reveal himself we finally knew where we were.

Terry "Tex" Gibbon's set is very effective and clever design that complements the storytelling beautifully. Using hats and an occasional prop, and the device of using a different regional accent to represent each character, is inspired. Every one of them is clearly defined with its own mannerisms. Citron's animals are a sight to behold!

Condensing a classic such as *Animal Farm* into an hour is an ambitious undertaking but thanks to some deft direction and a charismatic powerhouse performance this adaptation never feels rushed and the plot is never confused.



Read Eleanor Marsh's review at www.markaspen.com/2026/10/02/animal-farm-moses

Photography by Steve Thewis

a small and quiet light

by Stephanie Street

Chichester Festival at the Orange Tree Theatre, Richmond until 24th October

What's in a name? *a small and quiet light* tells of a young woman, known by many names. She is an undercover operative being questioned by the Gestapo while reflecting upon her life. The story is not complete, but as the play unfolds, we discover more of her life and the path that ultimately led her to be betrayed.

Few know of Noor-un-Nisa Inayat Khan, but hers is an important story. Noor, codenamed Madeleine, was a Special Operations Executive agent relaying covert wireless messages from within Nazi-occupied Paris. She showed extraordinary courage and remarkable expertise that enabled her to remain untraced for far longer than other undercover wireless operators.



Born in Russia to an American mother and Indian father, she lived variously in France and England. She's a little rootless and there are various questions on where her affinities lie.

The story centres on Noor's three-month interrogation by the Gestapo. The flashback sections at first seem to fragment the play but, as the narrative settles, recollections of her life punctuates her interrogation and allow her to remove her mind from the claustrophobic Gestapo office and the relentless interrogation.

Director, Elin Schofield, has ensured that the scenes never feel static and flow smoothly. Staging is minimal: a pit, a cell rather than an interrogation office. Lighting is tightly focused. Relentless low throbbing sound accompanies the interrogation scenes and the opening strains of *Clair de Lune* present a motif to her life.

The strong ensemble cast play multiple roles conveying distinct characters with differing emotional connections to Noor. As Noor, Priyanga Burford is excellent in a pared-back, emotionally restrained performance, which heightens the sadness of her losses, and the ultimate terror of her final days.

While we know Noor's final destination is Dachau, the play's final destination is less defined. We are presented with one scenario and then the lights go up and Noor discusses how we might want to remember her final hours. It is an interesting device that sits outside the play's narrative, a discussion of storytelling and how her story might end.



Perhaps being a spy was her logical destiny, the chance to create a narrative of her own making. It is certainly a story that deserves to be heard.

Read John Davies' review at www.markaspen.com/2026/09/29/small-quiet

Photography by Marc Brenner

Talk Of Witches at The Mary Wallace

The Salem Witch Trials

As part of our continuing RSS ALIVE! season, on October 10th, local historian and academic Luke Daxon will be unfolding the disturbing events which led up to the Salem witch trials. Taking place in Massachusetts between 1692 and 1693, superstition, fear and teenage hysteria erupted, causing the good people of a tight-knit, God-fearing community to falsely accuse, arraign and condemn their neighbours.

This event is a precursor of the RSS full production of Arthur Miller's THE CRUCIBLE which plays from October 24th-31st.

SALEM WITCH TRIALS - a cautionary tale of fear and injustice, presents at the Mary Wallace Theatre, on Twickenham's Embankment, close to the Barmy Arms, at 7pm on Saturday, October 10th. Free admission.



Optik Theatre performs their latest new writing show with five brand new plays

THEATRE AT THE LIBRARY is an innovative approach to bringing live original theatre to audiences. Performing in a trusted local space enables the company to take the risk of presenting unknown new material. The project has the support of the London Borough of Richmond's Cultural Challenge and Innovation Fund as well as the enthusiastic backing of local community groups like the Friends of Whitton Library.

The writers are Trish Bertram, Andi Courtland, Emma Dawson, Annie Power and Nilgün Yusuf. And the professional cast stars Patrick Ashe, Cranks (fka Rebecca Crankshaw), Niamh McEnhill

Optik Theatre new theatre writing project

- Theatre At The Library
- October 14, 7.30pm + October 15, 3PM and 7.30PM
- Whitton Library, 141 Nelson Road, Twickenham TW2 7BB

Tickets are £15 and available on www.ticketsource.co.uk/optik-theatre



A Short Walk in AI

By James Tuke



Same Two Letters, Very Different Things

Ask three people in a Twickenham café what “AI” means and you’ll probably get three different answers.

The first will say it’s the clever bit of their phone that finishes their texts and finds every photo of the dog. The second, a power user, spent the morning getting a chatbot to draft a planning objection and to research a weekend in Lisbon. The third mutters something about robots and changes the subject. All three are talking about AI. None is wrong.

AI is an umbrella term, not a gadget, and Richmond Council treats it that way too. Briefing councillors last October, officers listed tools like spam filters and spellcheckers alongside a trial of Microsoft’s Copilot assistant, a pilot project helping generate care assessments for unpaid carers, and an AI meeting-notes tool called Minute. In March, councillors agreed to publish a Public Ethical and Environmental AI Policy, weighing the technology’s benefits against its environmental cost and wider risks. Good call: before you govern something, you have to say what it is.

Two more acronyms are heading our way. “AGI” - artificial general intelligence - usually means a system that can turn its hand to almost any task a capable person can. “ASI” - artificial superintelligence - means something that outclasses us at nearly everything. The catch is, there’s no agreed test for either. Ask a dozen experts when AGI arrives and you’ll hear “soon”, “arguably already” and “never, it’s marketing”.

This matters because governments can’t even agree what to call the thing, let alone how to treat it. At Labour’s conference in Liverpool this week, Chancellor John Healey called AI “the greatest innovation of our time” and pledged Britain would win what he called the AI revolution. The government has a dedicated Cabinet-level Minister for Artificial Intelligence, Kanishka Narayan, appointed in July when Andy Burnham became Prime Minister. Compare that with President Trump, who told the UN last week the US will call artificial intelligence “super intelligence” in official documents from now on, because “artificial” makes it sound fake. One government assigns the term to a minister’s job title; the other wants the word gone entirely. Somewhere between the two, the rest of us are just trying to work out what we’re discussing.

So over the coming months I’ll try to keep our vocabulary honest, and the jargon short, as we get our heads around AI. Next month: is AI coming for your job? Short answer: it’s complicated.

About the author: James Tuke is the founder of multiple tech-related ventures, including Treat Digital, and is also the CEO and Editor of the AI Futures Forum, a site dedicated to in-depth discussion about AI, and writer of “A Short Walk in AI”. He also advises firms and senior management about their AI strategy.

Richmond children's author raises £2,650 for NSPCC

Local author and 'Drawing & Talking' practitioner, Denise Parker AKA **Mrs P**, has raised £2,650 for the NSPCC through sales of her children's book *Jessie and JoJo*.

Jessie and JoJo tells the story of an eight-year-old girl who finds bedtime difficult. Jessie is frightened of the dark and being alone with her worries. When she is struggling to cope, she creates a special companion using her imagination – JoJo her imaginary friend.

JoJo's mother - Mumma Roo, calls worries the 'Botherbugs'. Together, through their adventures, Jessie and JoJo learn that worries are easier to manage when we talk about them, that true friendship means listening, understanding and supporting one another, and not to judge someone by how they look or appear on the outside.



Mother and grandmother, Mrs P, 64, has been a supporter of the NSPCC's Childline service since the early 1990s. She explained: *"I originally supported Childline through my work at United Airlines. I met Esther Rantzen with some colleagues when we presented a cheque with funds raised through work. "Due to the dominant theme in Jessie and JoJo of sharing worries, returning to the NSPCC to donate my royalties seemed a natural choice. Also, my work as an Emotional Literacy Support Assistant when working at a primary school and currently as a Drawing and Talking Practitioner, has reinforced my belief that children clearly need safe spaces to share their concerns and worries."*

"Over the last few years, I've been lucky enough to visit more than 50 schools and meet over 20,000 wonderful children, mostly across South West London and Surrey. I feel thankful to every child who has shared a story, every teacher who has welcomed me into their classroom, every parent, grandparent and supporter who has bought a book or recommended a visit. "JoJo is particularly special to me because he wasn't simply a character I invented for the book; JoJo was my own imaginary friend when I was little and was my initial inspiration for creating the book - I was 'Jessie'. In a way, a little piece of my childhood found its way into the pages, and I never imagined then just how far that little imaginary friend would travel."

"I also built on the structure of the content from working with children at a primary school, and along with my experience with my own children, I further understood the worries and challenges that perplexed and troubled children."

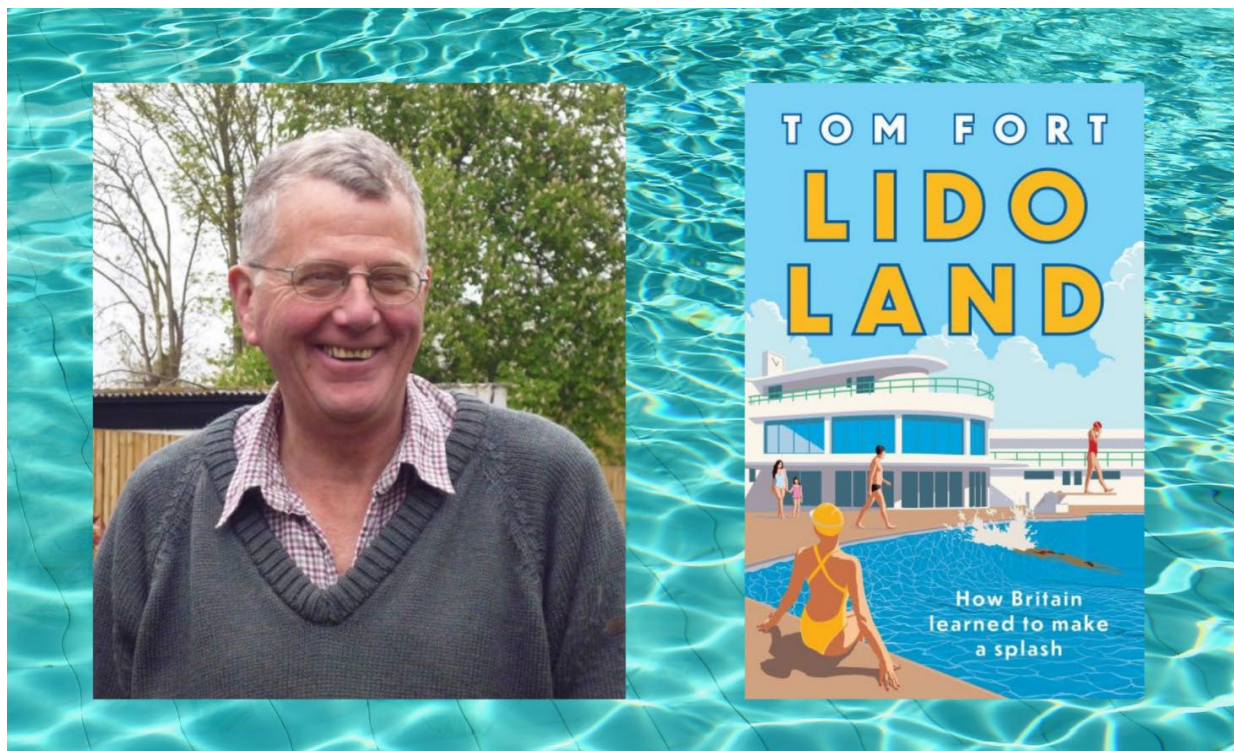
In the four years since *Jessie and JoJo* was published, Denise has raised thousands for the children's charity which will help support its services like Childline which offers free and confidential counselling to children across the UK around the clock.

Henry Street, NSPCC Supporter Relationship Manager, said: *"Last year (2025/26), Childline delivered around 170,000 counselling sessions. We estimate that around 42,000 of those counselling sessions were delivered to children living in London and the South East."*

"The amount Mrs P has raised through sales of Jessie and JoJo is enough to potentially answer more than 660 contacts to our Childline service – giving children someone to talk to when they feel they have no one else."

"We are so grateful to Mrs P – not just for her generous contribution but for her tireless efforts for children in helping them understand about their fears and worries and who they can go to for help."

NSPCC



Lido Land

Dive into the history of Britain's lidos

Tom Fort talks about his new book which takes a fascinating journey through Britain's lidos, exploring their history, colourful characters, and enduring place in community life. From Welsh mining towns to famous seaside resorts, Tom uncovers how these outdoor pools have reflected social change, inspired local pride, and created cherished memories.

A book signing follows this event in partnership with Hewson Books, The Kew Bookshop.

Tuesday 20 October
7.00 – 8.00pm

Twickenham Library
Garfield Road
Twickenham
TW1 3JT

Part of the *Richmond Reads* season



Tickets are £7.00 including refreshments
To book visit your local library or book online at
www.richmond.gov.uk/richmond_reads



Willow spiling on the Thames

From the Thames Landscape Strategy

Help restore the Thames riverside through a series of hands-on willow spiling workshops taking place in Richmond this autumn.

Hosted by the Thames Landscape Strategy, the workshops will give volunteers the opportunity to learn the traditional craft of willow spiling, a centuries-old riverbank restoration technique that uses woven willow to reduce erosion, strengthen riverbanks, and create valuable habitat for wildlife.

The workshops will take place on Tuesday 6 October, Tuesday 13 October and Tuesday 20 October, from 10am to 2pm, along Kew towpath meeting at the end of Old Palace Lane.

Participants will build a living willow structure that helps protect vulnerable sections of riverbank while improving

conditions for birds, insects, fish and other wildlife. As the willow grows, it will continue to stabilise the riverbank naturally, helping to create a healthier and more resilient riverside environment.

The workshops are suitable for anyone interested in conservation, local heritage, or spending more time outdoors. No previous experience is required, and all tools, materials and guidance will be provided. Volunteers can attend a single session or take part in all three workshops.

These workshops have been made possible through funding from the Thames21 Empower Rivers Fund, which supports community-led action to improve river health, build skills, and increase engagement with local waterways. By learning and applying traditional river restoration techniques, participants will make a practical contribution to improving biodiversity and protecting the Thames for future generations.

Places are free, but advance booking is required.

For more information and to book a place, visit the [Thames Landscape Strategy Eventbrite page](#) or email alex@habitatsandheritage.org.uk.



Join Teddington Hockey Club's community day this Saturday

From Teddington Hockey Club

Not many people realise that Teddington is home to the world's oldest hockey club. Hockey is now played by around 30 million people worldwide, across 137 to 140 national associations spanning all five continents - and it was Teddington Hockey Club, founded in 1871, that created the rules of the modern game, including playing eleven-a-side, the ball still used today, and 'the D'.

Today the club is one of the borough's largest sports clubs in the Borough of Richmond, with 55 teams and 750 members. It runs more than 2,000 sessions a year, providing local residents with an estimated 50,000 hours of exercise. It prides itself on being open to everyone, with pathways for beginners, development players, disabled players, masters and veterans, and



works to introduce hockey into state schools. Its grassroots programme starts with an under sixes group and stretches all the way to a flourishing over 60s team, with playing members ranging in age from 5 to 70, and it runs unique multi-generational tournaments in which whole families play together.

All of this is made possible by more than 100 volunteers, and every match - including the bigger fixtures that draw crowds of 250 or more - is free to watch. The Women's 1st XI plays in the England Premier Division, fielding senior internationals alongside home-grown talent, while olympians help coach the club's juniors: 56 of them earned representative honours in 2025. Through its outreach programme, the club also provides free coaching, kit and fixtures to 100 to 150 children from five local state schools every week, and runs Flyerz, a free, year-round pan-disability hockey programme open to everyone from age 8.

Come down on Saturday 3 October to support an incredible asset to the borough and watch some incredible live sport, enjoy the clubhouse, and find out more about hockey. The Women's 1st XI are in action from 1.30pm in a national league game, Flyerz runs a taster session from 3pm, and the Men's 1st XI take to the pitch from 4pm.

Everyone is welcome - for more details, follow the club on Instagram at [@teddingtonhockey](https://www.instagram.com/teddingtonhockey).

Ferguson Joins Red Roses as Scrum & Contact Skills Coach

Former Northampton Saints and Harlequins coach Matt Ferguson has returned to the RFU as a Scrum & Contact Skills Coach on a long-term contract.

Ferguson, who has previously held roles with the England Women and England A Men, will work closely with John Mitchell's Red Roses as well as maximising the potential of the women's pathway.

Over a three-year period, he played an integral part in the progression of the Red Roses' forward pack, contributing the squad reaching the 2017 Rugby World Cup final.

Since departing in 2018 to take up assistant coach role at Northampton Saints. The Franklin's Gardens outfit won the Prem Rugby Cup in his first season with Premiership title honours and a European Champions Cup final place occurring in the last two of Ferguson's seven seasons at the club.

Whilst at Northampton, Ferguson helped nurture an abundance of young talent to senior and international rugby before taking up the position of Lead Rugby Transition Coach with Harlequins.

He will travel with the Red Roses to North America for their two matches against Canada, and one against USA, in the WXV Global Series.

"Ferg brings a huge amount of experience to the Red Roses and the women's pathway," Head of Women's Performance Charlie Hayter said.

"He has worked at the elite end of the game for over a decade and has a track record for improving the skillset of some England's top international forwards in both the men's and women's game."

"His expertise and attention to detail will have a big impact on our current Red Roses whilst developing those in our pathway who aspire to be a senior international in the future."

Skills and Kicking Coach Andy Holloway has also committed to the Red Roses and women's pathway.

Holloway has spent the past three seasons working with the Red Roses, including the build-up to the squad's 2025 Rugby World Cup success.

He has previously spent six years at Ealing Trailfinders as well as a period with England Sevens men's and women's teams, and the women's pathway players.

Hayter added: *"Hollers has played an important part in the Red Roses' success over the past three years including the 2025 Rugby World Cup win. He has also had a key role in the progression and development of our pathway players."*

"His knowledge and understanding of the players make him a valued member of our performance team, and we're really pleased to have him continuing with us."



Brentford 2 Norwich City 2:

Lewis-Potter and Carvalho on target in behind-closed-doors fixture

Written By Brentford Football Club

Keane Lewis-Potter and Fábio Carvalho scored as Brentford came from two goals down to draw 2-2 with Norwich City in a behind-closed-doors fixture on Friday.



Igor Thiago, Callum Wilson, Rico Henry and Jaidon Anthony were also among those to feature for the Bees at Gtech Community Stadium.

Brentford threatened first after 11 minutes, when [Henry](#) surged forward from defence and carried the ball into the final third before finding [Thiago](#), whose shot was deflected narrowly wide.

Thiago was involved again five minutes later, combining with [Wilson](#) before eventually working space for a shot, which flew just over the crossbar.

The visitors then took the lead. A Norwich forward cut inside from the flank and curled an effort beyond [Ellery Balcombe](#) and into the bottom corner.

[Lewis-Potter](#) went close to creating an equaliser just after the half-hour mark, sending an in-swinging cross towards Wilson, who escaped his marker but headed onto the roof of the net. [Anthony](#) then cut inside and fired narrowly wide, before Balcombe made a solid stop from a Norwich effort inside the area at the other end.

Norwich doubled their advantage four minutes before half-time, but Brentford responded almost immediately. Lewis-Potter stepped up to take a free-kick on the edge of the area and produced a superb finish, whipping the ball around the wall and into the top corner to halve the deficit.

The Bees drew level three minutes after the restart following a well-worked move. Anthony cut inside from the right and switched play to Lewis-Potter on the opposite flank, who drove infield before delivering another in-swinging cross into the box. Wilson met it and headed the ball across goal for [Carvalho](#), who turned in from close range.

Thiago thought he had completed the turnaround with 10 minutes remaining when he found the net, but the assistant referee raised his flag for offside.

Norwich then threatened at the other end five minutes later, forcing Balcombe into a good save at his near post before the final whistle.



Wiltshire man to run equivalent of seven marathons along Thames Path challenge after mum's motor neuron disease diagnosis

A Wiltshire man is preparing to run the entire 184-mile Thames Path in under 40 hours after his mum Elisa was diagnosed with motor neuron disease (MND). Tom 'Tiger' Spearman, 31, from Ford, near Chippenham, will attempt the equivalent of more than seven marathons back-to-back in October to raise £50,000 for My Name's 5 Doddie Foundation.



More than £35,000 has already been donated ahead of the challenge, which will take him through Oxford, Reading, Henley, Windsor, **Richmond**, and London. Tom decided to take on the run after seeing the effect of MND on his mum and the rest of his family following her diagnosis last year.

He said: *"MND is a desperately cruel disease. Like many families, we knew very little about it until Mum was diagnosed and suddenly it became part of everyday life. Watching someone you love go through that is incredibly difficult. You feel helpless at times, but fundraising gives you something positive to focus on and a way of contributing to the search for better treatments."*

MND is a life-shortening condition affecting the nerves that carry messages from the brain to muscles around the body. It progressively affects people's ability to move, speak, swallow and breathe, and there is currently no cure. Tom hopes his challenge will raise awareness of the disease as well as supporting research into effective treatments.

The route has particular significance because of his longstanding connection with rivers. While studying at the University of Oxford, he regularly swam in the Thames, and earlier this year completed a 20-mile pilgrimage along the River Avon during the summer solstice.

He said: *"Rivers have always been places where I've found perspective. Whether swimming, walking or simply taking time to think, they've played an important role in my life. When I started thinking about doing something meaningful for MND research, following the Thames felt right. It is a huge challenge, but it also feels deeply personal."*

Tom, who combines his work on a local farm with volunteering, community activities and serving as a parish councillor, will be supported by family and friends joining him for sections of the route. He hopes the scale of the challenge will encourage others to donate and show their support for families affected by MND.

Paul Thompson, Director of Fundraising and Engagement at My Name's 5 Doddie Foundation, said: *"What Tom is taking on is extraordinary. Running 184 miles is an incredible physical challenge, but what stands out most is the reason behind it. Like so many supporters of My Name's 5 Doddie Foundation, Tom is turning a deeply difficult experience into something positive and impactful. Every pound raised will help accelerate research into effective treatments for MND, bringing us closer to changing what a diagnosis means for families in the future."*

My Name's 5 Doddie Foundation was established in 2017 by the late Scotland and British & Irish Lions rugby international Doddie Weir following his own MND diagnosis. It has since committed more than £24 million to research seeking effective treatments and, ultimately, a cure for the disease.

Tom's run follows other recent MND fundraising efforts in Wiltshire, including a 24-hour challenge at Hartley Farm inspired by former England rugby captain Lewis Moody's diagnosis.

To support Tom's challenge, visit tigertakesonthethames.com

Aldi Hanworth Celebrates Grand Opening with Help from Paralympian

A brand-new Aldi store on Twickenham Road in Hanworth opened its doors to customers with ParalympicsGB powerlifting hero, Louise Sugden cutting the all-important red ribbon alongside the Aldi team.

The Twickenham Road store is the first Aldi store to open in Hanworth and will be run by Store Manager Maggie Zalewska along with a team of 28 colleagues from the local community.

ParalympicsGB bronze medallist Louise Sugden gave away complimentary bags of fresh fruit and vegetables from Aldi's famous Super 6 range to the first 30 customers in the queue, before delivering an inspirational assembly for pupils at Buckingham Primary School, as part of the supermarket's initiative, *Get Set to Eat Fresh* - which has already inspired over two and a half million school children aged 5-14 years to learn more about the benefits of cooking fresh, healthy food with their families.

To celebrate the official partnership between Aldi and ParalympicsGB, the bronze medallist from Tokyo 2020 focused on the benefits of eating healthy food and the importance of exercise and believing in yourself. She also talked to pupils about her experience of competing as a Paralympian and shared her challenging training regime.



Aldi Hanworth also offered pupils at Buckingham Primary School the opportunity to win a £20 gift voucher to spend at the new store. The children were tasked with creating a poster to show what healthy eating means to them. Louise announced the winner during the assembly and a pupil was presented with their £20 voucher.

Store Manager Maggie Zalewska said: *"It's been a wonderful morning here at the opening of Aldi Hanworth. It was lovely to welcome our new customers into store, and I look forward to meeting more of the community in the coming weeks. I'm also thrilled that we've been able to support Buckingham Primary School through our partnership with ParalympicsGB."*

ParalympicsGB star Louise Sugden added: *"I've had a fantastic time opening the new Aldi this morning. It was an honour to officially open the store and welcome customers inside for the first time."*

"It was great to speak with the children at Buckingham Primary School about the importance of eating healthily and how it can be fun to plan and prepare meals as a family. Hopefully I've also managed to inspire the pupils to keep active and try different sports."

The new Aldi store offers large chillers and freezers dedicated to fresh, British meat products, a Food to Go section at the front of the store, and an exclusive section full of Health & Beauty products.

Hanworth customers can also take a walk down the [Aisle of Aldi](#), where they will find legendary Specialbuys which are available every Thursday and Sunday. During opening week, the store will be offering a range of products including Immersion Blender £19.99, Soup Maker £24.99 and Vertical Air Fryer only £49.99 each.

Additionally, the new Aldi store is calling on local charities and food banks in Hanworth to register with [Neighbourly](#), a community engagement platform that links businesses to charitable organisations in the local community.

Local charities that register will be able to collect surplus food and perishable products, such as fruit, vegetables and baked goods, seven days a week. Any charities in the area that would like to partner up with the new Aldi store should email aldi@neighbourly.com.

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](#)