

Twickenham & Richmond TRIBUNE



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13th November 2020

T&RT

War Memorial, Radnor Gardens, Strawberry Hill

Photo by Berkley Driscoll

TickerTape - News in Brief

Abide by the COVID-19 rules – or risk a fine!

Residents and businesses are reminded that they should only be leaving their houses for specific purposes under the new COVID-19 restrictions – or risk a fine. Last week the Government announced new national restrictions to help curb the spread of coronavirus.

Over the past few days there have been growing reports of people purchasing refreshments from local pubs, cafes and restaurants and then consuming the goods e.g. alcohol beverages, outside of the premise or in local parks and open spaces.

Businesses are also warned that they have a responsibility to make sure that their trading decisions do not encourage anti-social behaviour. Cllr Roberts warns businesses, if they see people are repeatedly buying takeaway refreshments, particularly alcohol, and consuming them right outside their front door or in the park over the road, the Council will act.

Have your say on borough’s housing and homelessness plan

Richmond Council is asking people for their thoughts on its plans to address housing need and homelessness in the borough for the next five years.

A four-week consultation into the Council’s draft Housing and Homelessness Strategy started on 9th November

The strategy aims to ensure that current and future housing needs of the borough are met and sets out how the Council plans to do this.

The consultation closes on 7 December. You can read the draft Strategy and have your say [HERE](#) or you can email consultation@richmond.gov.uk for a paper copy of the Strategy and questionnaire.

World Diabetes Day: Saturday 14 November

It is World Diabetes Day on 14th November. To learn more and find out your risk, see the article at the end of this edition.

[Visit the News page for more stories](#)

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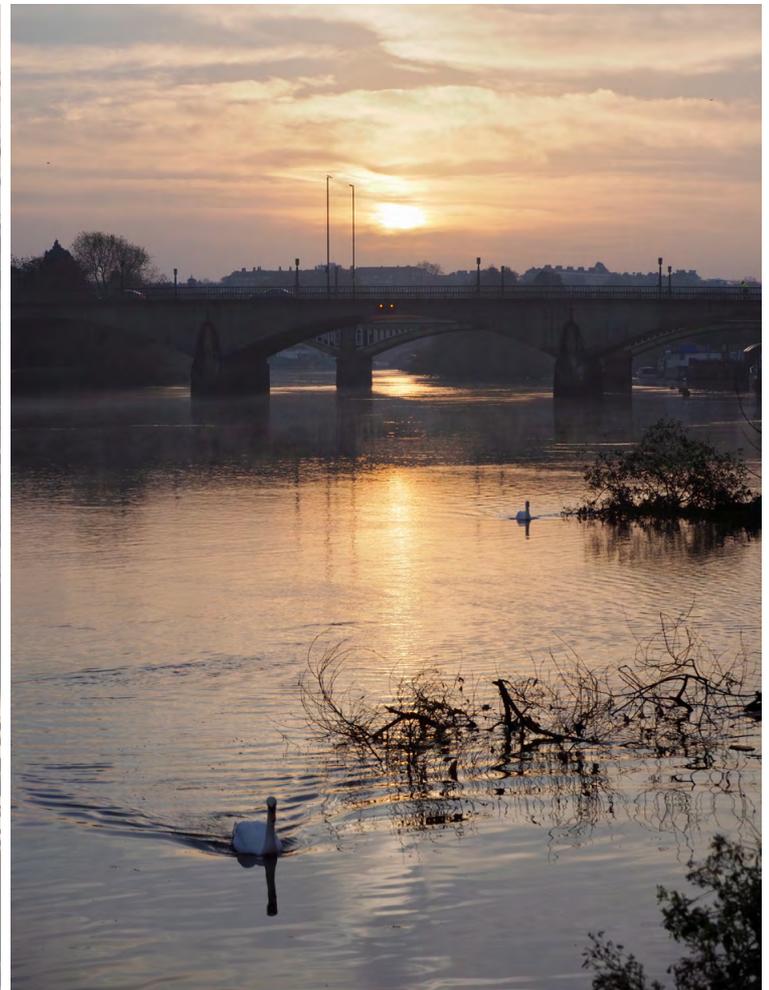
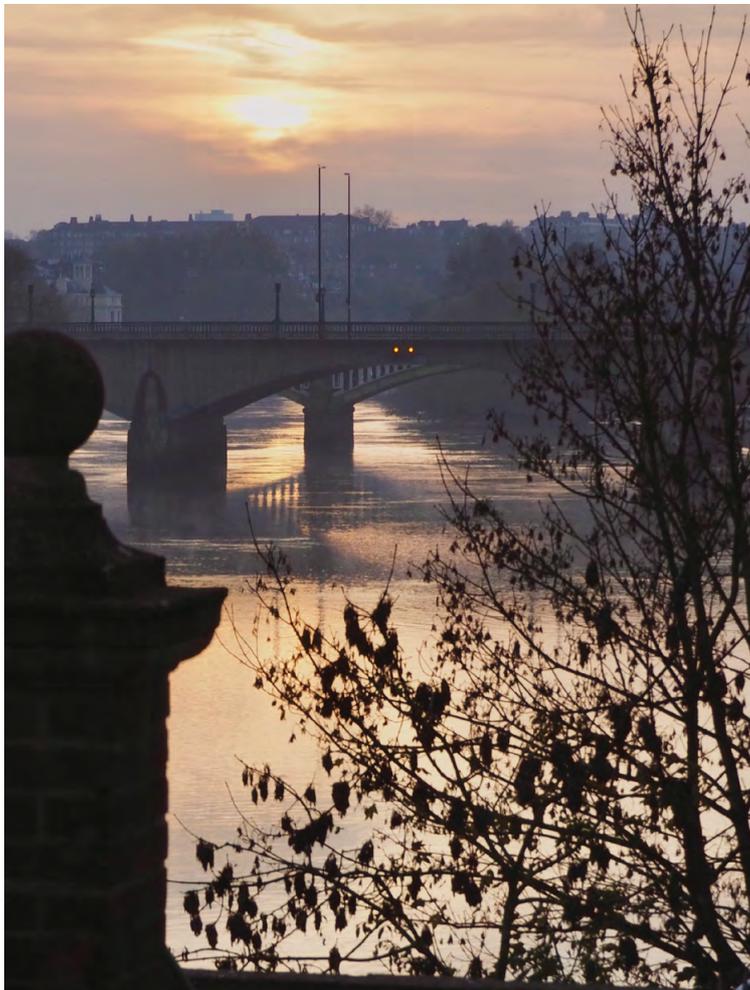
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‘Downriver to Richmond’

Through an early morning autumnal mist the sun rises over Twickenham bridge.

Richmond Hill and the riverside provide a serene atmospheric backdrop as the river is revealed and awakened from a glimmering incandescent reflection.



LBRuT prepares plans for possible Compulsory Purchase Order on Diamond Jubilee Gardens

The London Borough of Richmond upon Thames plans for a Compulsory Purchase Order on Diamond Jubilee Gardens, leased to the Twickenham Riverside Trust for 125 years in 2014

Twickenham Riverside Development - An updated report on the Twickenham Riverside Development is being presented to the Finance, Policy and Resources Committee on 16th November. The report includes putting in place provisions for the council to use Compulsory Purchase Order powers. The Tribune understands that the CPO powers may be used to acquire the Diamond Jubilee Gardens if the Twickenham Riverside Trust does not toe the council's line and resists the council's development plans for Twickenham Riverside. (Twickenham & Richmond Tribune [Edition 209](#))

This report offers the Committee an update on the project's progress and next steps. It also gives details and seeks approval, in principle, for the use of the Council's compulsory purchase powers to facilitate the delivery of the scheme.

In February 2020, the Finance, Policy and Resources Committee of the London Borough of Richmond upon Thames (LBRUT) ratified the decision to appoint Hopkins Architects and their sub-consultants to take forward their plan for Twickenham Riverside ... but Hopkins may come to rue the day - like well-known architects before them - that they had taken part in the [RIBA] design competition for Twickenham Riverside.



Cllr Gareth Roberts, the leader of the Liberal Democrat administration of LBRuT and would-be member of the London Assembly, is not steeped in Twickenham's history. So, Roberts is determined to be the one to tame Twickenham Riverside with its saga of failed proposals (see [Edition 155](#) Pp 11 to 13). However, the Twickenham Riverside "development area" includes the much-loved Diamond Jubilee Gardens, a public park, which is leased to the Twickenham Riverside Trust; a lease for 125 years granted to the Trust in 2014.

Now the gloves are off.

This started with the LBRuT administration's refusal to take on board the views of a Local Stakeholders Reference Group (SRG) which they, themselves, appointed and it now seems that all members of this Council appointed group are unanimously opposed to the latest Hopkins' plans for Twickenham Riverside.

The report to the Finance, Policy and Resources Committee is thinly disguised as a method of breaking the charitable Trust tasked to look after the Diamond Jubilee Gardens, a public park - one of the "parcels of land" which also includes properties that have leases expiring within the next eighteen months.

Compulsory powers require justification of the public interest to be considered by the Secretary of State. The Council must demonstrate a "compelling case in the public interest". The report states that to prepare the Order will cost £35,000 and if the Council goes ahead with a Compulsory Purchase Order the cost will be £250,000. The Director of Resources stated that there is a budgetary provision of £4.46 million in the Council's capital programme for the design and delivery of Twickenham Riverside which does not include the potential full costs of a Compulsory Purchase Order.

View the full report [HERE](#)

COVID-19

Teresa Read

Cases of COVID-19

Totals to 13 November 2020

2,655 Richmond-upon-Thames 2,570 Kingston-upon Thames 4,342 Hounslow

Countries with High Numbers of Deaths Recorded by the World Health Organization

Deaths Worldwide 1,290,653

USA 240,044

Brazil 163,373

India 128,668

Mexico 96,430

The United Kingdom 50,928

Italy 43,589

France 42,628

Spain 40,461

Iran 40,121

Peru 35,301

Argentina 34,531

Colombia 33,312

Russian Federation 32,443

South Africa 20,076

This week from Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization:

“Almost 50 million cases of COVID-19 have now been reported to WHO, and more than 1.2 million people have lost their lives.

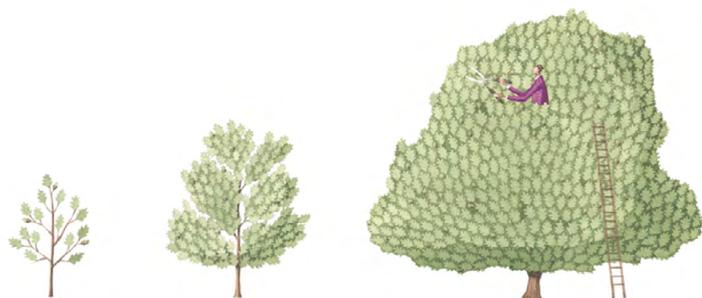
Millions more have died due to disruption of essential health services.”

“No one knows the long-term effects of this virus on the human body, or on the type of world our children and grandchildren will inherit.”

“This pandemic is unprecedented, and it has taken the whole world hostage. The only option we have is cooperation and solidarity. It is a must. The world is seeing it that way.”

Melinda Gates, co-chair of The Bill & Melinda Gates Foundation, said: “COVID-19 has made distinction completely irrelevant. In this pandemic, there’s no difference between helping yourself and helping others. The self-interested thing and the selfless thing are one and the same.”

Avoid places where the three C’s come together: Crowds, Closed spaces, Close contact; follow strict personal hygiene advice, wear a mask and DO IT ALL.



The Tree Agency

darryl parkin

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Fax 020 8274 0119
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The Tree Agency

The Old Crane

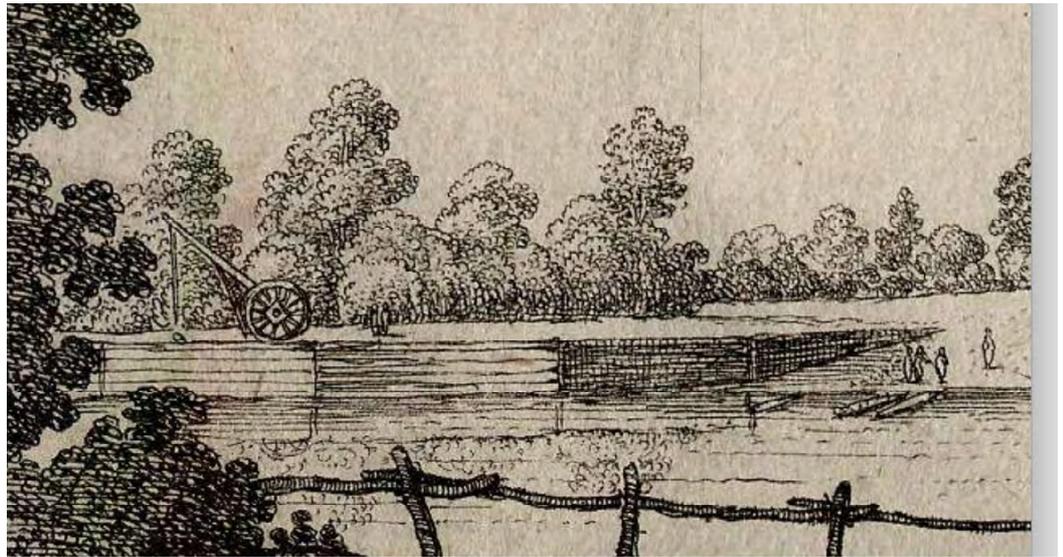
By Simon Fowler

If you go down to the Thames over the next few weeks you may find that the river has all but vanished. This is because of the annual draw-off by the Port of London Authority. The weir at Richmond Lock opened last Monday and will remain open to the 27th to allow the lock, weirs and sluices to be inspected and repaired.

Brave walkers can walk along the river bed, that are normally several feet under water. And even people sauntering along the towpath will spot some interesting sites.

Chief among them is the medieval crane at the bottom of Old Palace Lane in Richmond. Frankly, there's not much to see, just a few blackened stumps.

An archaeological survey in 1995 found the remains of 131 wooden posts which appear to represent a retaining wall, steps and a jetty. Only two posts (both from the jetty) were found suitable for tree ring dating. The presence of bark on the outer edge of one of the posts shows the tree was felled in the winter or early spring of 1585, presumably to help repair the wharf.



An extract from Wenceslas Hollar's print of Richmond Palace of 1638 showing the crane on the extreme left of the print.

Credit British Museum

Old Palace Lane was

originally an access route to Richmond Palace for goods shipped up the Thames from London and offloaded by crane. The first royal palace was built between 1363 and 1368.

A crane was first constructed between 1358 and 1361, in anticipation of Edward III's conversion of the existing manor house into a royal palace. The Lane was originally called Crane Piece, and subsequently 'the road to the Crane', a name it retained until well into the 18th century.

Further works were undertaken by Richard II between 1383-9 when a summer pavilion called la Nayght was built on a nearby eyot on the Thames – as a romantic retreat for Richard and his Queen, Anne of Bohemia. And a new jetty was built for loading and offloading goods.

A crane is depicted, at the foot of the Lane, in both Moses Glover's map of 1635 and Hollar's engraving of 1638. This was almost certainly on the site of the medieval crane. Whether there was a crane there throughout the years since the 14th century is unknown, but seems highly probable.

It is not known when the crane was dismantled; but a parliamentary survey of 1653 suggests it may have still then been in use. But it would have fallen into disrepair along with the Palace it had been built to serve.

Remembrance 2020

By Jeremy and Sue Hamilton-Miller

We have experienced rather muted remembrance ceremonies this year, due to compulsorily reduced attendance at the 75th anniversaries of VE and VJ and the centenaries of Lutyens' Cenotaph and the dedication of the Tomb of the Unknown Warrior. This was a result of the Covid restrictions.

One activity however, has not had to be curtailed – the wearing of the poppy. This has an interesting history, starting with the publication in 1915 of MacCrae's poignant poem that starts "In Flanders fields the poppies grow" (his original, handwritten, version had "blow" as the final word). An American academic, Moina Michael, was much moved by this, and resolved to wear a scarlet poppy in memory of the war dead. She made silk poppies for sale, starting with 25 for her colleagues at the YMCA with whom she worked. The money made went towards relief for the wounded and their families. Another pioneer with similar ambition was a French humanitarian, Anna Guérin.

Earl Haig, former Commander in Chief of British Forces and at that time founder of the British Legion, was persuaded by their examples to take up this practice in England. Thus, "Earl Haig Day" began; in its first year, 1921, the artificial poppies were from areas of France that had been devastated in the War. Demand vastly exceeded supply. To increase numbers for subsequent years, a dedicated factory was set up in the Old Kent Road in 1922; five disabled ex-servicemen were employed. In 1926 the factory moved to Richmond, where today



disabled veterans and relatives turn out about 11 million poppies and other remembrance items. In Scotland, poppies are made in the Lady Haig Poppy Factory, started in 1926 by Lord Haig's wife (the Scottish poppy is of a slightly different design).

The secular pacifist organisation, the Peace Pledge Union, produce white poppies. About 120,000 were manufactured in 2018. The wearing of these has caused controversy in some circles.

Traditions change as generations pass: Jeremy's father used to take off his hat each time he passed the Cenotaph; during the two minute silence on November 11 all traffic used to stop and the occupants got out. Such does not happen now, but poppy wearing continues.

"O valiant hearts who to your glory came"

Image © Daniel Williams



*“Keep a Poem in your Pocket and a Picture in your Head and you’ll never feel lonely at night when you’re in Bed.
The little Poem will sing to you the little Picture bring to you a dozen dreams to dance to you at night when you’re in Bed.
So ----- Keep a Picture in your Pocket and a Poem in your Head and you’ll never feel lonely at night when you’re in Bed.”*
c. Beatrice Schenk de Regniers



Autumn is delivering amazing ‘pictures’ in our green spaces to entrance us and remain as memories when we cannot get out for whatever reasons. Artists have given us so many inspirational works, often drawn from nature, and with an inner eye and perspective maybe we have not seen for ourselves but can appreciate once shown. Meditating on a Poem or Picture has a deep ability to relax the mind and body and refresh the spirit as so many have found in the current climate of rapid change and unrest.



Our gratitude goes out to the many Artists, from all genres, who give so much often for so little and who make life beautiful.

This Video was made seven years ago and shows local scenes from our lovely Green Borough. Enjoy!

Reassurance after reported incident in Ham

Residents are encouraged to be calm and not worry, following an alleged report of a child abduction in Ham earlier this week.

On Monday afternoon, there was a report that a child had been approached by an adult in Ham.

Police officers have spoken with the child and a family member and are conducting a thorough investigation to establish the full circumstances of what happened. No injuries were reported, and officers do not believe at this stage this was an attempted abduction.

There have been no arrests at this time and enquiries are ongoing.

This week the local Police have conducted reassurance patrols in the local area, and have been liaising with local schools.

Cllr Gareth Roberts, Leader of Richmond Council, said:

“We know that when there are incidents, rumours spread on social media and Whats App groups like wildfire. Sometimes this is helpful and other times - not so.

“I have spoken to the Police and they currently believe that this was NOT an abduction. However, that is not to say that families should not be vigilant. Our children and young people’s safety is everyone’s responsibility. It is prudent to remind your children about being safe during their journeys to and from school such as travelling with other

people where possible, ignoring any requests to get into vehicles with persons that they do not know, keeping to public areas where possible and drawing attention to themselves or going into a public place such as a shop to ask for assistance if they feel threatened.”

Inspector Rebecca Robinson, from Richmond Police, added:

“We have spoken to the child and the family and conducted a full investigation. We do not believe there was an attempted abduction at this time.

“Anyone who may have information about this incident is encouraged to call police on 101 and quote CAD 4863/09NOV20.”



Marble Hill orchard

by Kas Rasenberg

Some of you might remember the meadow of wildflowers at Marble Hill Park. There is little I find more joyous than the sight of wild mallow or little poppies. Time, however, has passed and the meadow, inevitably, has changed. Those who wander through the woodland might be surprised on their late autumnal walk. As part of the Marble Hill revived project the volunteers and gardeners have planted a stone fruit orchard, three neat rows of which have been planted near the entrance of the house.



The newly planted orchard by Marble Hill House.



Planting of the orchard on a misty autumnal morning.

Most of the trees are classified as the *prunus domestica* – or the European plum – and belong to the Rosacea family, to which we also owe the apricot and quince tree. Amongst them stands a *prunus cerasus* – or the Morello cherry - which might have found its origin near to the Black Sea or in the Iranian Plateau. The tree bears fruits that ripen late and seldom crack.

The natural history of the Shropshire prune might be of particular interest to an English reader. The prune tree – whose fruits have been described as resembling frost at midnight (or simply to be blue) – has been cultivated in many British orchards to provide a natural dye for cotton. It is said that the harvest of the Shropshire prune used to be sent to the mills of Lancashire, where naval uniforms were coloured with the fruit, and Kidderminster, for the manufacturing of carpets. The pulp has been used in the industrial production of jam.

The Reine Claude de Bavay variety – which might derive from a wild plum of Armenian origin – has a pale skin that is slightly mottled. The tree was most likely brought to Europe along the ancient Silk Road, after which journey its stone might have been planted by a patient gardener. Plums – dried by the sun – have provided many an ancient traveller with nourishment during long voyages at sea. The fruits of the Old Green Gage variety – procured from the monks of Chartreuse in Paris – are more sensitive than the Japanese variants. The little orbs crack and rot as soon as it rains.

April to come will be of particular beauty in Marble Hill Park, as the fruit-trees shed their carpet of blossom. The first fall has long been assumed to be a token for the planting of pumpkins, legumes or grains. Italian farmers had a particular ritual at the time of the plum's harvest. Three fruits would remain on the branches as a token of their gratitude: one for the earth, one for the sun, and one for the tree.

NO MORE FUNDING FOR MENTAL HEALTH

By Councillor Geoffrey Samuel

Last evening the Council's Adult Services & health Committee refused a proposal to devote £100,000 of its current underspend of £986,000 to Mental Health.

Councillor Geoffrey Samuel said:

"The Service has an underspend of almost £1m – money that is available for services to our residents. I have argued consistently that Mental Health is underfunded in our Borough – and proposed additional funding in the last Budget debate. We are in a Mental Health crisis. London Ambulances report a 68% increase in calls about suicide: one in five of those who have suffered from Covid-19 will have mental health problems: young people are particularly at risk. The Government has made a contribution of £400,000 – but that does not address the fundamental under-resourcing of Mental Health in our Borough. Our Suicide Prevention programme needs better resourcing: we do not have the expertise to deal with 'hidden disabilities' now recognised as a specific concern: counselling services need to be increased: our budget is inadequate. Is it unreasonable to ask for a mere 10% of the underspend for Mental Health? Yet every LibDem Councillor and the Green Councillor voted against. A terrible night for Mental Health in our Borough"

Find a local public body's audit report

The National Audit Office (NAO) has today published an [interactive tool](#) that shows the results of auditor reports on local bodies in England in 2017-18 and 2018-19. The tool brings together reports on both local government and the NHS, performed under the Code of Audit Practice.2

Each year, auditors report on whether local public bodies - such as local authorities, local police and fire bodies, and NHS bodies - produce financial statements that comply with reporting requirements and if they have arrangements to properly manage their business and finances. Auditors can draw attention to weaknesses by issuing a 'non-standard' report.



The tool displays on a map of England where auditors have issued standard and non-standard auditor reports, and links to the websites of local bodies for users to find further information. The NAO expects to update the tool in 2021 to include 2019-20 data and any outstanding reports from 2018-19 that are subsequently issued.

The tool builds on the NAO's 2019 report into [local auditor reporting in England](#), which describes the roles and responsibilities of local auditors and relevant national bodies in relation to the local audit framework and summarises the main findings reported by local auditors in 2017-18.



National Audit Office

The Demolition of Mereway Training Centre

A Report to the Tribune by a Local Resident

Mereway Training Centre is said to have been an ideal site for local people with additional needs; a wide variety of training was undertaken that included woodwork as well as many other skills.

The Training Centre has been closed for over ten years and there was an expectation that the facilities at the Twickenham Training Centre in Grimwood Road would take many of the clients.

Residents have been awaiting a Council report (originally due this August) in relation to the refurbishment of the horticultural area and greenhouse.

The photographs were taken on Friday 6th November 2020 and show the demolition of the buildings with the Special Educational Needs workshop on the left, yet to be demolished.



Rapid COVID testing to come to Richmond for vulnerable residents

Richmond upon Thames is to increase COVID-19 testing of residents in a bid to identify more cases, reduce the spread of infection and protect lives and livelihoods.

The borough is one of a number of local authorities who have signed up for the roll out of the rapid turnaround lateral flow tests – which can give results in under an hour, without the need for laboratory processing

The Government says councils could receive up to 10,000 tests per week (up to 10% of their population), to allow them to test those who are asymptomatic (i.e: a person who is infected but does not display symptoms). In Richmond, these tests will be used to target vulnerable communities.

The Council is now in discussion with the Department of Health to understand how these tests will be rolled out and which vulnerable groups will be targeted. When the Council has clarity on the programme, it will work with local groups and organisations to ensure that the tests reach the right groups of residents, in the right way.

Cllr Gareth Roberts, Leader of Richmond Council, said:

“We now have three sites in Richmond upon Thames where local people, who are displaying symptoms, can easily access COVID-19 tests.

“We asked the Department of Health to include Richmond in this roll-out of rapid testing kits for asymptomatic residents, as we believe that these kits will help us protect our most vulnerable communities, and the people who work with them, by identifying cases quickly and allowing us to reduce the risk of transmission.

“We will now work with health officials, our partners and local organisations to confirm how the testing will be rolled out and we will provide a further update.”



What to do if you are displaying symptoms

Currently anyone who has one of the main symptoms of a high temperature, new cough or loss of taste or smell must self-isolate immediately and book a test.

The new rapid testing is part of the Government’s overall testing strategy. Testing for people who are experiencing symptoms of COVID will continue to be provided in the usual way. There is a testing centre at Twickenham Stadium, regular testing available at [Old Deer Park in Richmond](#) and an additional walk-in testing site at the [St Mary’s University Broom Road sports campus in Teddington](#). When you book a test you will be given the option of a test centre based on nearest location to you and availability. The testing sites are currently showing good availability.

If you are displaying symptoms, apply for a test [online](#).

St Mary's University Update

St Mary's Alumni on TV This Autumn

For TV viewers, there is an added treat this autumn with two of St Mary's University, Twickenham's most famous alumni taking part in some of the country's most popular shows.

host of the Radio 1 Official Chart Show and Live Lounge, where she has hosted fellow St Mary's Graduate Tom Grennan a number of times.



Elsewhere, St Mary's alumnus Sir Mo Farah will soon be heading to Gwrych Castle, in Abergele, for this year's edition of I'm a Celebrity Get Me Out of Here. Although cooler than the usual Australian setting, Sir Mo won't have to face the usual Bushtucker Trials.

Media Arts graduate and BBC Radio 1 DJ Clara Amfo is taking part in the hit series Strictly Come Dancing. Partnered with professional dancer Aljaž Skorjanec, Clara is already in to the fourth week of the competition, with the pair having put in impressive performances with their Tango, Viennese Waltz and Cha Cha carrying them through to the next week.

After graduating from St Mary's, Clara went to work for Heart Radio before joining Radio 1 Xtra as a weekend host and MTV as their Official Chart Show host in 2013. In 2015 she became the

Sir Mo, who will be joined in the camp by a host of celebrities including Victoria Derbyshire, Vernon Kaye and Shane Richie, studied, trained and lived at St Mary's from 2001-2011. He is the World's most successful distance athlete, winning a Double-Double of Olympic titles in 2012 and 2016, and five World Championship titles. Make sure to tune in to ITV from Sunday 15th November to support Sir Mo.



St Mary's
University
Twickenham
London

Petitions

Stop the introduction of parking charges in Richmond Park and Bushy Park

The Royal Parks intend to introduce car parking charges in Richmond Park and Bushy Park. This is an indefensible proposal, particularly at a time when the link between poverty, obesity and poor health has been so clearly highlighted by the impact of Covid 19.

Spending time in the park is one of the very few free and healthy options for families and individuals. It is essential for people's mental and physical well being that access to the parks is encouraged rather than restricted. If, as a society, we really want to fight obesity we must continue to provide spaces for free and healthy exercise.

During lockdown, a much more diverse and geographically widespread group of people discovered the joys of Bushy and Richmond Park; this is a cause for celebration and should be viewed as a positive and healthy development and encouraged as much as possible.

The petition can be viewed [HERE](#)

Accept the proposal to reinstate a Lido on Twickenham Riverside

During consultations with local stakeholders it has become clear that there is a wish to bring back a Lido on Twickenham Riverside.

A Lido on Twickenham Riverside would provide a leisure and sport facility for the people of Twickenham and surrounding areas.

More importantly though, it provides the local people with an everyday escape from modern life, an accessible urban retreat.

Such a facility on Twickenham Riverside would act as a Magnet and contribute to the rejuvenation of the town. The petition can be viewed [HERE](#)

Petition for Richmond and Twickenham

Provision of Public Toilets and Hand Washing facilities in Richmond & Twickenham and enforcement of Anti-Social behaviour PSPO's

A petition has been launched seeking action from the council regarding anti-social behaviour, including public urination and defecation, in Twickenham and Richmond (particularly the greens).

On 23th August a call was made to hold an emergency meeting of the Council to discuss the growing problem; however, this was refused by the council delaying any discussion until late September.

Residents can't help but feel that the administration is kicking the can down the road.

The petition can be viewed [HERE](#)

Return the borough to 30mph

Petition the Council to restore the 30mph speed limit

There has been an increase in dangerous and aggressive driving since the introduction of the 20mph speed limit.

The petition can be viewed [HERE](#)

Warning over thieves targeting people at parking machines

Motorists are being warned of new reports of thieves targeting people at pay and display parking machines.

The Council's parking and community safety teams have received reports of criminals distracting people using the machines and stealing their bank cards.

Sometimes the thieves pretend to be confused by parking signs and approach their victims to ask for advice. Having watched and waited until the victim has entered their PIN number, they distract them and retrieve their bank card from the machine.

And in a more sophisticated and brazen version of this scam, there have also been reports of thieves masquerading as parking attendants, complete with fake ID cards, who tell their victims their vehicle has been photographed and they will be fined if they don't quickly visit a machine to buy a parking voucher. Again, they steal the card while the victim is confused or distracted.

In both cases the victim is told the machine has swallowed their card and that someone from the Council will arrive shortly to retrieve it for them.

Meanwhile the scammers head for the nearest cashpoint to steal their money.

Cllr Alexander Ehmann, Chair of the Transport and Air Quality Committee for Richmond Council, said:

"Our Civil Enforcement officers will be keeping a close eye out for these con artists and will be working closely with local police Safer Neighbourhoods Teams to track them down.

"Until they are caught, I would urge people to be on their guard against this kind of scam.

"Never enter your PIN number into any cash or payment machine in view of anyone else and please be aware that our parking machines cannot and will not 'swallow' bank cards. All our parking machines accept contactless payment and we would encourage people to pay that way.

"If you have any concerns at all that you might have been conned, contact your bank immediately so your card can be cancelled."



Twickers Foodie – By Alison Jee

ADVENT CALENDARS – 24 DAYS OF TREATS

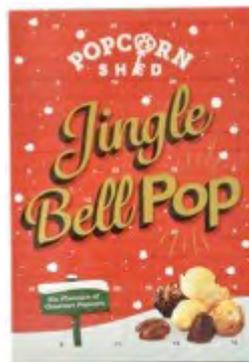
Advent calendars have become more and more of an indulgence. As a child, I was happy enough to see the little image behind the paper doors, with a chocolate for Christmas Eve. Then, of course, we had a chocolate every day and now...well, you name it: beer; gin; preserves; whisky; beauty products – even pork scratchings and dog treats! But most of these have nothing whatsoever to do with Advent, and at least this year, some companies have had the good grace to call them a Christmas, a CANvent calendar or a Christmas countdown.

That said, it's all about the anticipation of festive things ahead, so now, more than ever, we need something positive in our lives and to look forward to. I've done some research on the more sensibly priced options, and here is my round up of some of the more interesting Advent calendars.

I'll start with the **Divine Chocolate** one. It is, I think, just about the only one that actually shows an actual **Advent** scene. The chocolate is fabulously good, Fairtrade, excellent value and ethical. In milk or dark chocolate it's just £5, from [Divine](#), Ocado, Amazon and Oxfam. Another excellent calendar is from German company Niederegger – that produces the ultimate marzipan. This calendar an indulgence at £35 (from John Lewis and online retailers) but it weighs 500g and is packed with interesting and tasty treats. Marks and Spencer always has a range of great value options, though what Percy Pig has to do with Christmas is rather lost on me.



Advent calendars are available in all manner of other food and drink varieties: Pukka Teas herbal calendar at around £10 is great for anyone being ultra healthy before the Christmas onslaught. If Popcorn's your treat, then check out [Joe & Steph's](#) Advent Calendar (Gourmet, Vegan and Topsy versions) at around £25 with 24 individual bags of assorted popcorn, or [Popcorn Shed's](#) Jingle Bell Pop calendar at £17 from John Lewis, or Amazon. And last but my no means least in my round up is one for Craft beer aficionados from [Flavourly](#) the online craft beer specialist. With 24 330ml cans, the CANvent Calendar is available to pre-order now at £39.95 inc delivery in time for December. Happy opening!





Benedictus

by Karl Jenkins

St Mary's Hampton, 8th November, then on YouTube

The two overarching emotions from the mixed bag of feelings that Remembrance Sunday evokes are sadness and pride. Although particularly associated with the Armistice of the Great War, Remembrance Sunday honours those lost in fighting all wars. Sadness is of course inevitable when one contemplates the millions of deaths in the World Wars. However, without a sense of pride in the fighters for our freedom and way of life, we dishonour those who made the ultimate sacrifice on our behalf.



For St Mary's, the parish church of Hampton, Remembrance Sunday 2020 was tinged with irony. Its reopening to public worship the previous Sunday had been delayed due to restoration works, then one Sunday of glory before Lockdown 2.0. Nevertheless, a special commemoration took place behind closed doors, with a musical tribute to the fallen, Karl Jenkins's *Benedictus* from *The Armed Man*.

[David Pimm and Amy Gould's version of *Benedictus*](#) adaption is for organ and cello solo, as an embodiment of the blessing of peace. Its clarity and sense of direction makes the piece soul piercing and almost unbearably moving. The cello is set high in the instrument's register giving it an ethereal spirit that is so deeply touching. Gould plays with a gravitas that paradoxically lightens the piece and makes it float on the uplifting organ bedrock. Pimm really does know how to make the venerable Bishop organ sing. This magnificent instrument was a gift from King William IV on his coronation in 1831.

This video also reveals the beautifully restored Georgian church, which features its resplendent blue nave ceiling, and the gilded angel mural above the chancel, long lost under numerous decades of grime. The feature most pertinent to remembrance is the memorial screen erected a century ago to the men of Hampton lost in the Great War, their names carved in the oak.



If their stories were brought together, what a fascinating tome that would be. For these brave men the two minutes silence was kept, parenthesised by bugle calls, the *Last Post* signifying the sadness and fear of death and *Reveille* signifying that of death does not have the final word.

Read Mark Aspen's review at www.markaspen.com/2020/11/11/benedictus

Photography by Neville-Woodroffe, Sofia Rizzi and St Mary's Hampton

13 Frights of Hallowe'en

Audiotorium! Teddington Theatre Club as Podcast

The afternoon light gave way to the dim, grey evening as the shadow of a tall figure fell across the glass panel in the front door, snuffing out the remaining sunlight in the small hallway It was in fact the delivery man with my online lockdown Christmas shopping, but following a couple of hours spent listening to TTC's latest podcast (branded under its *Audiotorium!* soubriquet), it could as easily have been some vague but frightful presence from beyond the grave.



What else does anyone want to do at this dark foggy time of year, but equip themselves with a suitable beverage, occupy the entire sofa (whilst keeping another human being close by for reassurance) and drift off into the world of old, rambling manor houses, parsonages and mysterious locked rooms into which you must not go? All of these and more can be found in *13 Frights of Hallowe'en*.

Being quite an intimate experience, a podcast is an ideal, erm, medium for ghost stories and there are, unsurprisingly, thirteen of them. The pieces vary in tone from the fabulously classic *The Old Nurse's Story* by Elizabeth Gaskell, which involves phantom organ playing and an intermittent spectral-child, to the gently comic *The Open Window* by H H Munro and the quite disturbing *The Crossroads*, in response to which you wonder amongst other things quite what state poet Amy Lowell was in when she wrote it.

M R James' *Lost Hearts* about a young orphan, taken in by his apparently kindly, elderly cousin and given a home in his imposing, dark and isolated house where a satisfying quota of unsettling events take place. You may think you can predict the rest ... you can't. The story features the aforementioned locked room. It's a bathroom for reasons which become appallingly clear only at the end. Make the mundane and familiar unnerving and you're onto a winner. I mean, who didn't think twice before stepping into the shower having seen Hitchcock's *Psycho*? However, Victorian bathrooms are always creepy. (They're generally freezing cold which is natural territory for any supernatural presence if you ask me.)



Read Eleanor Lewis' review at www.markaspen.com/2020/11/13/13-frights

Photography by Dorothy Hildegard, Caitlin Duffy and Christopher Kaisehrap

MESSAGE in a (WHISKY) BOTTLE from the MARY WALLACE THEATRE

When the initial Covid-19 lockdown was imposed in the Spring, we at the Mary Wallace Theatre had two productions in preparation and our Summer/Autumn season planned. Sadly THE DUCHESS of MALFI, already in full rehearsal, had to be withdrawn, swiftly followed by the demise of SUMMERLAND which had only recently been cast. A number of subsequent productions fell like dominoes. Our annual outdoor Summer Show in the Fountain Gardens, planned to be THE IMPORTANCE of BEING EARNEST, had to be cancelled and DINNER WITH THE FAMILY, BE MY BABY, ONE MAN TWO GOV'NORS and ARDEN of FAVERSHAM followed suit. Our proposed ambitious staging of both parts of HENRY IV for Spring 2021 was tentatively postponed until 2022. Nothing daunted and full of optimism we continued to plan live theatre productions at the Mary Wallace and, prior to the classification of Twickenham as Tier Two, had auditioned and cast WHISKY GALORE which went into virtual rehearsal in the hope that it could be staged under strict Covid regulations prior to Christmas. At that time further auditions were held and the next play, CONSENT, successfully cast.... Sadly, with the imposition of this latest lockdown, we had no choice but to withdraw WHISKY GALORE* and the viability of CONSENT, due to open in January, is uncertain. "A sad tale, sadly told..." But...

...we have not been idle during these difficult times, harnessing the black arts of ZOOM - more powerful than Prospero's staff, more far-reaching than Oberon's spells - to broadcast more than eighteen RSS events during the Summer and Autumn, including a variety of poetry and play readings (UNDER MILK WOOD, PRIDE and PREDUJICE) and, for Halloween, a deeply scary STAGE FRIGHT. We also brought Shakespeare to the lawns of Marble Hill House in a well-attended and socially distanced performance of excerpts in September. So you see, the Richmond Shakespeare Society is alive and kicking and, as always, welcomes all who are interested in being involved in producing or presenting drama. While we cannot in all conscience welcome you physically to our theatre for the time being, the RSS is still keen to embrace new members and, if that might be you, please investigate our website at - www.richmondshakespeare.org.uk - for further information, or contact our membership secretary on membership@rss-mwt.org.uk



There's life in the old Bard yet.

STOP PRESS We are pleased to announce that **The All-Female Pallas Players Present WHISKY GALORE**, despite being withdrawn from live performance, will be presented as an RSS ZOOM Production over two evenings in December! Our website will carry further details.



XMAS IS COMING & GRANT SANTA SHAPPS IS LISTENING!

By Bruce Lyons

Yesterday Grant opened up his box of goodies and dangled some dazzling trinkets to tempt us. New Corridors for Winter Sun; Bahrain, Chile, Cambodia, Laos , UAE (that includes Dubai and the Maldives), Qatar and Turks and Caicos as well as reinstating last week's withdrawal; Iceland – best for Northern Lights of course along with the other corridors already agreed there are some T & C's that have to be observed. But these are becoming by the day easier to comply with.

So Dear Reader it is time to make plans & get the suitcase down! You have an eclectic choice Before you – I know it is not THE WORLD but you should be able to settle for something fun From the list. Yes this is the first time in my working life that I can remember that in the middle of November there would be Xmas offers that might even tempt the poorest Church Mouse (I could be forgiven for a bit of exaggeration)



The best Caribbean has to be Islands that have direct-nonstop flights as that fits the protocol best and even this now is a good list; Grenada (this island has had no Covid Fatalities and just 30 odd infections, Antigua, St Lucia and Barbados. But if the Caribbean is a bit beyond your budget then the Canary Islands and Madeira are all in the “Corridors”.

Something more exotic perhaps to suit your taste – then any of the Laos, Cambodia or Chile would fit and all have excellent “Adventure “ trips small group with local guides. You could say you are spoilt for choice – not exactly the Whole Wide World but plenty to be going on with.



Last week we participated in “Holidays to Help Out “week and we had some amazing response! several unexpected bookings, true all for 2021 and beyond, but they were excellent “value“ offers to Greece and Turkey and some operators have extended their book by date for the same offers, the one I like most is the Greece 2 weeks for the price

of one- Corfu, Paxos , Sivota or Kefalonia and Rhodes.

If you call with family details and dates you could travel we will take a look and see if there is a “match” that we can tempt you with. A curious note.

I spotted two “Unique” sailings of Star Clippers one in Autumn 2021 and the other in April 2022 and on enquiring I found one cruise to be completely full bar 1 inside cabin and the other had only a handful of cabins left. True these are sail boats with excellent ventilation and lots of “outdoors” – but I was surprised to find them so well booked.



So, there are green shoots and we will be delighted to hear from you.

The Trials and Tribulations of WIZing Round the World



Looking at Saturday's front page of a popular tabloid newspaper I am reminded, once again, that I have something in common with members of our royal family; I have also taken legal action against this newspaper.



Hong Kong

This came about in the early days of World InfoZone when articles about the website were appearing in newspapers such as The Guardian (and an early Click programme on the BBC).

I was contacted by friend who had seen a competition appearing in the tabloid based on World InfoZone. This was news to me so I contacted the person running the competition. Unfortunately, the conversation became a little heated as I was told that anything on the internet was free to use and my permission was not needed.

A little incensed, I made contact with a high-profile Intellectual Property lawyer who was interested in the case. Needless to say, he won but the compensation received did little more than cover the legal fees. However, money was not the issue as I believed it was necessary to protect my intellectual property rights and my

lawyer provided me with a copyright notice which I still use today.

Not long after this, a small website by the name of Wikipedia appeared, in fact I met members of this organization, a few months after they started up, at one of the conferences organized by the City of Stockholm. At this stage, they also thought they could incorporate information from the World InfoZone website into their early website without contacting me so I sent them a copy of my Website Disclaimer & Legal Conditions. Nowadays organizations are aware of copyright and it is polite to ask if information from a website can be used in a publication unless permission is given on the website.



Cambodia



Estonia



Hungary



France



Serbia



South Korea

All countries: www.worldinfozone.com



RFS The Best of our Recent Historic Screenings

Issue 34, 13th November 2020

THE PATIENCE STONE

A new series for those of you who are missing Richmond Film Society's screenings or, indeed, trips to the cinema generally as a result of the COVID-19 crisis. Their committee is producing a number of weekly recommendations of films screened during the last 20 years that were extremely well received by their audiences. Should the notes reproduced below entice you to try and catch-up with this recommendation, then you should be able to do so, as it is available on streaming services and for purchase as DVD/Blu-Ray discs from the online retailers as indicated below.

RFS Context: TEHRAN TAXI was 756th film screened by RFS on 4th October 2016. **Tehran Taxi** was the top ranked film of Season 54, it got an approval mark of 92% from those attending.

RFS Context: THE PATIENCE STONE was 735th film screened by RFS on 24th February 2015. **The Patience Stone** was the second ranked film of Season 52, it got an approval mark of 92% from those attending; from season 52 we have also already featured its first, third and fourth ranked films **Wadjda**, and **The Hunt** and **Good Vibrations**, as Issues 4, 7 & 11 respectively). The Patience Stone does not appear to be available to be streamed but the DVD is available from Amazon and others.

THE PATIENCE STONE

Country: Afghanistan/Fr/Ger/UK, 2012
Director: Atiq Rahimi
Editing: Hervé de Luze
Cinematography: Thierry Arbogast
Running Time: 102 min., colour
Language: Farsi
Screenplay: Jean-Claude Carrière & Atiq Rahimi

Leading Players:

Golshifteh Farahani	(The woman)
Hamid Djavadan	(The man)
Hassina Burgan	(The aunt)
Massi Mrowat	(The young soldier)
Mohamed Al Maghraoui (The mullah)
Malak Djaham Khazal	(The neighbour)



That remarkable 82-year-old veteran of the cinema Jean-Claude Carrière has written a trenchant and vivid screenplay for an absorbing drama set ambiguously in Afghanistan, or in some other country in the endgame of a grim and soul-destroying war. Carrière has collaborated with the director, Atiq Rahimi, who wrote the original novel; their movie is by turns mysterious, moving, shocking and explicit – and very different from the kind of opaque and quietist cinema we might expect.

Golshifteh Farahani plays a beautiful but careworn woman in a ruined warzone, obediently tending to her wounded husband, who is in a persistent vegetative state after being shot in the neck. In life, he was a cruel and tyrannical husband, and his wife is now sensing that despite the crushing burden of caring for him, she has a euphoric kind of freedom in speaking her mind to his mute, unblinking quasi-corpse. The man has become what ancient tradition called a “patience stone”, a mystical jewel to which all cares and worries can be cathartically confided. Her candid story is gripping: her sensuality and sexuality, together with defiant self-respect., powerfully uncoil. This is a film to be compared with Almodóvar’s **Talk to Her** or maybe Dennis Potter’s **Brimstone and Treacle**. Its final moments have overwhelming force.

Peter Bradshaw, The Guardian

The official entry of Afghanistan to the Best Foreign Language Film of the 85th Academy Awards 2013.

Little helpers sought to help design Mayor’s and Council Leader’s Christmas card

The Mayor of Richmond, Cllr Geoff Acton, and Leader of the Council, Cllr Gareth Roberts, are looking for two budding young artists to be their little helpers this festive season by designing their annual Christmas cards.

The Christmas cards will be sent to many organisations, businesses and charities that the Council and Mayor has worked with throughout the year.

There will be three winners and runners up selected for each. The winning entry will have their design featured on the cards, with the runners up printed on the back. Winners will receive an artistic prize.

Art submissions can be by children aged 5 to 11 years, who live or go to school in the borough. Entries must be an original image in A5 format (just fold an A4 sheet in half), and should be created using colours, with no glitter or stuck on materials.

Cllr Geoff Acton said:

“This winning design will bring lots of Christmas cheer to the many dedicated people across the borough who have worked so hard throughout the pandemic.

“We have plenty of talented young people across the borough and I look forward to seeing what designs you all come up with!”



Designs should be submitted to: Mayor’s Christmas Card Competition, Mayor’s Office, York House, Richmond Road, Twickenham, TW1 3AA. Or email to mayors.office@richmond.gov.uk by **5pm Friday 20 November 2020**.

Entries must include the entrants name, age, phone number, address and school on the reverse of the design.



BRENTFORD FC

Bees held at home by Middlesbrough

Brentford 0 – 0 Middlesbrough

Brentford were held to a third consecutive home draw after they played out a goalless drawn against an in-form Middlesbrough side in a game marked by a scarcity of chances.

Middlesbrough came into the game with one of the tightest defences in the league and were defensively solid throughout.

A throw in from Henrik Dalsgaard however caught the visitors slightly unaware and found Mathias Jensen peeling off the defence and into some space inside the Middlesbrough area. The ball was cut out but only by Bryan Mbeumo who recycled possession to Dalsgaard. The Dane in turn played a one two with his fellow countryman Jensen and after some great pressure managed to cross on the stretch. Waiting in the box was Sergi Canos but a heavy touch let down the forward and Marcus Bettinelli gathered.



The Bees had an even more promising chance after a powerful run through the centre of midfield from Josh Dasilva. Picking the ball up some 40 yards from goal, the Brentford man drove into space and with few incoming challenges, advanced on goal. His shot from inside the box however flashed just wide of the post.

Mads Bech Sørensen later advanced out of defence unchallenged and into the final third and slipped the ball onto Ivan Toney. With the ball driven in at pace, the in-form striker flicked the ball over Paddy McNair but under pressure from Anfernee Dijksteel on the cover he failed to get the purchase on the shot.

The visitors took until the second half to fashion a chance of note and it came when Jonny Howson combined with Marcus Tavernier. Tavernier headed down into the ground and with the pace taken out of the attempt, David Raya caught easily.

Middlesbrough's best chance of the game came with Howson once again as the creator. Dribbling at the Bees' defence he rolled the ball along the edge of the box and into the path of the onrushing Chuba Akpom. With Ethan Pinnock closing him down Akpom cleverly dropped his shoulder and on the turn fired a powerful shot just over.

At the other end of the pitch a long throw from Sørensen caused danger at the back for Middlesbrough following Pinnock's flick on to Dalsgaard. On the stretch Dalsgaard himself turned the ball inside but Marc Bola was in the right position at the right time to make a goal line clearance.

The Bees then had a glorious chance to take all three points when Toney dropped in shot to receive a pass from Mbeumo, before cleverly flicking the ball round the corner to the overlapping Dalsgaard. Dalsgaard crossed first time and after a slight deflection the ball arrived to Vitaly Janelt but as the ball sat up the German could only fire over from six yards out.

Late on Bola struck a volley sweetly from the edge of the box after a clearance from a corner kick but with Raya committed, it went wide as both sides couldn't be separated.

Toney wins player of the month

Ivan Toney capped of a very successful start to his Brentford career by winning the Sky Bet Championship player of the month award for October.

The forward who has made a prolific start scored a total of eight goal in six matches and is the Championship's second highest scorer overall. The forward scored twice against Preston North End, Coventry City and Sheffield Wednesday combined with strikes against Norwich City and Luton following his move to the Bees in the summer.

Speaking to club media about the award Toney said, "It is my job to score goals. I've come to a club where the striker gets a lot of chances. I am thankful to the players around me because they are putting it on a plate for me and it is just my job to finish those chances."

Head Coach Thomas Frank also added his praise for the striker, "Ivan is growing and his goals are of course the talking point, but for me goals are one thing. They are hugely important and it's massive that he has already got into double figures. However, in terms of his link-up play and his work rate and the pressure, he is getting better and better on that and getting fitter and fitter so I'm really pleased with him for that as well."

UP NEXT FOR BRENTFORD

This week there is no fixture for Brentford due to the international break. The next game for the Bees will be the week after (Saturday 21st November) away to Wycombe Wanderers.

The Bees record in the Championship is as follows: P11 W4 D4 L3 GF17 GA12 (11th in the Championship)

Come on you Bees!

Hampton & Richmond Borough

Heartbreak for the Beavers in the Cup

Hampton & Richmond 2 – 3 Oldham Athletic

Hampton & Richmond Borough were knocked out in the FA Cup First Round for the second time in three seasons by League Two side Oldham Athletic despite a valiant performances against the professional side. The Beavers fell behind early on to a goal from Ben Garrity but drew level courtesy of a penalty from Sam Deadfield. However, two goals either side of half-time from Bobby Grant and Danny Rowe gave the Beavers a mountain to climb and despite Deadfield scoring a second with 15 minutes to go, Hampton just couldn't find an equalising goal that there play merited.

With the BBC cameras in town Hampton made the worst possible start and found themselves a goal down inside six minutes. A free-kick from Bobby Grant on the left hand touchline was headed out by Dean Inman back to the Latics' player. Grant picked up the clearance and broke down the wing where he crossed the ball low to Ben Garrity who turned the ball in from close range

The visitors nearly went two goals in front went a free-kick from Danny Rowe was flicked on by Grant at the near post but the ball came to Wilson Carvalho and Hampton were able to clear their lines.

The Beavers spirit was not diminished by finding themselves a goal down and fashioned chances of their own. A long ball up field was headed on by Niko Muir to the breaking Ruaridh Donaldson who showed great acceleration to advance toward the Oldham box. The Scotsman then cut back inside as Cameron Borthwick-Jackson went to challenge but he still managed to bend a shot towards the bottom corner that goalkeeper Ian Lawlor had to save.



Donaldson was causing Oldham problems and his pacy attacking play was rewarded when Lawlor fouled him inside the box to give Hampton a penalty. Just like two years ago a Hampton player stepped up to convert from the spot in front of the Alan Simpson stand, with Deadfield's left footed shot going straight down the middle of the goal and into the back of the net.

With five minutes to go until half-time the visitors retook the lead. Oldham counterattacked at pace with Alfie McCalmont flicking the ball first time into the unmarked Dylan Fage. Fage dribbled up the right wing and slid the ball across the face of goal as Grant found space behind Hampton's backline for a simple finish.

After the break, the Latics further extended their lead through Rowe. Dylan Bahamboula picked the ball up and appeared to be box in by the left hand corner flag with both Kyron Farrell and Tyrell Miller-Rodney in close proximity. Bahamboula however weaved his way through and managed to pick out cross. Christian Smith managed to head the ball for Hampton but only into the path of Rowe who dummied shooting to put two Beavers defenders on the floor and with just Alan Julian to beat, smashed the ball into the roof of the net.

The referee then waived away a very strong claim for a Hampton penalty. Jake Gray passed the ball to Muir who used his strength to hold the ball up and return the ball to his teammate. As Gray went for the return he was clumsily challenged by Brice Ntambwe, who appeared to make contact, although the referee remained unmoved.

Hampton grabbed a lifeline with 15 minutes to go to give them hope with Deadfield scoring once again. The goal owed much to the ingenious flick by Muir over his shoulder to the Donaldson. With time and space, the winger fired the ball low into Deadfield, who had continued his run after initially starting the move by combining with Muir, and Deadfield finished from inside the six yard area.

Both sides had further chances with Rowe curling an effort against the post and Hampton continuing to press for an equalising goal. Their task was made harder in injury time when Miller-Rodney was sent off for a second yellow card after retaliating and pushing Grant as the Beavers just missed out on making club history.

Beavers bounced back with impressive league victory Hungerford Town 0 – 1 Hampton & Richmond

Hampton came into the game off the back of defeat in the FA Cup with than 48 hours between kick offs and against an inform Hungerford side but they rose to the task and made it back to back victories in the league with a winning goal courtesy of Niko Muir.

The hosts, who hadn't conceded a league goal at home, created the first chances underneath the floodlights and Alan Julian had to be alert to tip over John Wilmoth's powerful drive from outside the area.

Hampton fought back though and spurned a glorious chance to take the lead on twenty five minutes. New signing Ryan Gondoh picked the ball up inside his own half and showed a good turn of pace to sprint up field and chip the ball over the top for the onrushing Muir. Muir was goal side on his defender and as Crusaders' keeper Luke Cairney came rushing out he passed the ball across to Sam Deadfield, who proceeded to blaze the ball over the bar.

After the half-time break Donaldson had an excellent chance for Hampton to open the scoring when intricate linkup play between Deadfield and Jake Gray led to a dangerous cross towards the back post from the former. Arriving in space was Donaldson but the forward's header went wide.

The Beavers did take the lead eight minutes after the break when Muir turned in a cross from Imran Uche from right underneath Cairney for a deserved lead.

Alan Julian had to be alert to save from Mike Jones, getting down low with his feet to deny the Crusaders but it was Hampton who looked the more likely of scoring next. Tyrell Miller-Rodney teed up Gondoh who greatly impressed on his debut and his shot had to be well saved by Cairney low down to the ground.

With Cairney committed to a challenge Hampton substitute Danny Bassett lofted the ball over the keeper but was forced wide on the angle and his attempted shot blocked in the area. In the end Hampton were good value for their win which sees them move to 11th in the league.

Hampton sign Gondoh

Hampton & Richmond Borough have announced the signing of Ryan Gondoh on a dual registration. With the football season suspended from step 3 downwards in light of government restrictions, Gondoh signs from Isthmian League South East side Whyteleafe FC.

Speaking to club media manager Gary McCann welcomed the addition, "He's a player I've worked with before and has created a lot of interest in the past 12 months. Quick, direct and very good in 1v1 situations, he scores goals wherever he's been. It can be assured he'll add pace in transition which is important with how we set our teams up."

The forward played under McCann at Hendon in 2015-16 and has played for a number of clubs including professionally at Barnet, Colchester United and FC Halifax Town.

Speaking to club media Gondoh said, "I'm very excited to be playing for Gary again, I say again because he took me on my first loan when I was 17 at Barnet. I enjoy being with him and the staff. Describing myself, I'd say I'm a creative attacker that can play through the middle or out wide. Fast runner and skilled dribbler."

UP NEXT FOR HAMPTON

Game 1

Opponent: Chelmsford City (A) Saturday 14th November 15:00 Melbourne Stadium

Nickname: The Clarets

Competition: National League South – Matchday 6

Manager: Robbie Simpson

Opponent record: P7 W2 D3 L2 GF7 GA5 (8th in National League South)

Interesting fact: In 1977 Chelmsford City were one of six clubs to represent England in the Anglo-Italian cup. Former England international Jimmy Greaves played for the Clarets that season as they face the likes of Cremonese, Lecco, Bari and Turrís.

Game 2

Opponent: Hemel Hempstead Town (H) Tuesday 17th November 19:45 Beveree Stadium

Nickname: The Tudors

Competition: National League South – Matchday 7

Manager: Lee Bircham

Opponent record: P7 W2 D0 L5 GF10 GA20 (15th in National League South)

Interesting fact: The Tudors won the Southern League Premier division title in 2013-14 to reach the National League South for the first time in the club's history.

Come on you Beavers!

England team announcement

Quilter International (England v Georgia)

Eddie Jones has named his team for England's Quilter International against Georgia this weekend.

England will open their Autumn Nations Cup campaign at Twickenham Stadium on Saturday 14 November (3pm KO) and will be looking to build on a successful return to international rugby after winning the Guinness Six Nations last month.

Jack Willis will make his England debut at open-side flanker. Owen Farrell will captain the side at fly half. After becoming only the second men's player to reach 100 caps for England, against Italy, Ben Youngs will play at scrum half.

In the front row, Ellis Genge will play loosehead and Will Stuart makes his first start for England at tighthead, with Jamie George, who reached his 50th cap in Rome, at hooker. Charlie Ewels and Joe Launchbury complete the tight five.

Billy Vunipola will continue at No. 8, while Maro Itoje will play at blind-side flanker. Henry Slade starts at inside centre with Ollie Lawrence, who made his England debut in Rome, at outside centre.

Jonathan Joseph moves to the wing, along with Jonny May, with Elliot Daly returning to the side after injury completing the line-up at full back. Max Malins could make his first England appearance after being named as finisher, along with Tom Curry, Tom Dunn, Ben Earl, Joe Marchant, Dan Robson, Kyle Sinckler and Mako Vunipola.

Jones said: *"We've had a really good week of training. We know there are a lot of expectations on us and we've applied ourselves hard and put a lot of pressure on ourselves in the early part of this week.*

"Georgia will be a tough opponent, so we have a team with some real power in midfield. We have a good mix of youth and experience across the squad and they are completely focused on putting in an excellent performance on Saturday.

"We're looking forward to being back at our home at Twickenham, we are humbled by the opportunity and want to give people a reason to smile during such a tough time for the country."

England will play their second Quilter International, as part of the Autumn Nations Cup, against Ireland at Twickenham on Saturday 21 November (3pm KO).

They will then travel to Llanelli to play Wales at Parc y Scarlets in their last group game on Saturday 28 November (4pm KO) before returning to Twickenham for their final Quilter International, a tournament placing match, on Sunday 6 December (2pm KO).



England v Georgia is live on Amazon Prime and BBC Radio 5 Live.

ENGLAND XV STARTERS

15. Elliot Daly (Saracens, 43 caps)
14. Jonathan Joseph (Bath Rugby, 51 caps)
13. Ollie Lawrence (Worcester Warriors, 1 cap)
12. Henry Slade (Exeter Chiefs, 30 caps)
11. Jonny May (Gloucester Rugby, 57 caps)
10. Owen Farrell (c) (Saracens, 83 caps)
9. Ben Youngs (Leicester Tigers, 100 caps)

FINISHERS

16. Tom Dunn, (Bath Rugby, 1 cap)
17. Mako Vunipola (Saracens, 60 caps)
18. Kyle Sinckler (Bristol Bears, 36 caps)
19. Ben Earl (Bristol Bears, 4 caps)

1. Ellis Genge (Leicester Tigers, 19 caps)
2. Jamie George (Saracens, 50 caps)
3. Will Stuart (Bath Rugby, 4 caps)
4. Charlie Ewels (Bath Rugby, 16 caps)
5. Joe Launchbury (Wasps, 65 caps)
6. Maro Itoje (Saracens, 39 caps)
7. Jack Willis (Wasps, uncapped)
8. Billy Vunipola (Saracens, 52 caps)

20. Tom Curry (Sale Sharks, 24 caps)
21. Dan Robson (Wasps, 3 caps)
22. Max Malins (Bristol Bears, uncapped)
23. Joe Marchant (Harlequins, 3 caps)

Red Roses name team to play France

Head coach Simon Middleton has named his England Women team to take on France this weekend.

The Red Roses face Les Bleues at Stade des Alpes, Grenoble on Saturday 14 November [KO 1.15pm GMT, live on BBC Two and BBC iPlayer].

Helena Rowland and Zoe Harrison form the 10-12 axis while Worcester Warriors prop Laura Keates is among the finishers and set to earn her first cap since March 2017.

Harlequins trio Vickii Cornborough, Amy Cokayne and Shaunagh Brown make up the front row while Alex Matthews starts at blindside flanker.

Megan Jones and Morwenna Talling are among the replacements.

The game comes too soon for Sarah Hunter who continues her return from injury so Emily Scarratt will once again captain the side with lock Abbie Ward vice-captain.

Amber Reed will miss the trip after an assessment on an injury sustained last weekend.

Middleton said: "We're really looking forward to heading out to France for what will be another competitive game.

"We see this fixture as a big opportunity for some of our younger players to play away in France, which is always one of our toughest games. Given our two 2021 Six Nations games against France and Italy are both at home, this is a big opportunity to compete against top quality opposition away from home ahead of next year's World Cup.

"Helena Rowland has really impressed since her return to XVs with Loughborough and deserves her chance. We're really looking forward to seeing her link up with Zoe Harrison.

"We know what Katy Daley-Mclean can do on the big stage and the presence she brings and see this game as an opportunity for others.

"It's been great to have Sarah Hunter back training with us this week. We're managing her return carefully and won't take any risks.

"Last but certainly not least, we are really pleased our two autumn games against France will be shown on BBC Two and our aim is to put on a show for everyone supporting from home."



England team to play France

15. Ellie Kildunne (Wasps FC Ladies, 9 caps)
14. Jess Breach (Harlequins Women, 14 caps)
13. Emily Scarratt (C; Loughborough Lightning, 90 caps)
12. Zoe Harrison (Saracens Women, 25 caps)
11. Abby Dow (Wasps FC Ladies, 13 caps)
10. Helena Rowland (Loughborough Lightning, 1 cap)
9. Leanne Riley (Harlequins Women, 38 caps)

Finishers

16. Lark Davies (Loughborough Lightning, 26 caps)
17. Detysha Harper (Loughborough Lightning, 2 caps)
18. Laura Keates (Worcester Warriors, 60 caps)
19. Morwenna Talling (Loughborough Lightning, 1 cap)

1. Vickii Cornborough (Harlequins Women, 54 caps)
2. Amy Cokayne (Harlequins Women, 51 caps)
3. Shaunagh Brown (Harlequins Women, 18 caps)
4. Abbie Ward (VC; Harlequins Women, 43 caps)
5. Poppy Cleall (Saracens Women, 41 caps)
6. Alex Matthews (Worcester Warriors, 38 caps)
7. Marlie Packer (Saracens Women, 72 caps)
8. Sarah Beckett (Harlequins Women, 18 caps)

20. Harriet Millar-Mills (Wasps FC Ladies, 56 caps)
21. Claudia MacDonald (Wasps FC Ladies, 10 caps)
22. Kelly Smith (Gloucester-Hartpur, 13 caps)
23. Megan Jones (Wasps FC Ladies, 9 caps)

World Diabetes Day: Saturday 14 November

Saturday 14 November is World Diabetes Day, putting a spotlight on the condition which affects 4.8 million people in the UK, including almost a million people living with undiagnosed type 2 diabetes.

In recent months, people living with diabetes have been disproportionately affected by Covid-19. Around a third of those dying in England from Covid-19 had diabetes, and the relentlessness of managing diabetes has only been exacerbated by pandemic.

This World Diabetes Day, it's vital that people know their risk of type 2 diabetes, and are aware of the signs and symptoms to look out for that may indicate they might have diabetes.

Know Your Risk

A quick and easy way to find out your risk of developing type 2 diabetes is to use Diabetes UK's free, online Know Your Risk tool. Developed by Leicester University NHS Trust, the tool asks simple questions about your health, age, gender and ethnicity to determine your risk of type 2 diabetes and provides information that could help you reduce your risk.

If you find you have a moderate or high risk level, you should contact your GP practice, and if you live in England, you may be able to self-refer onto the [Healthier You NHS Diabetes Prevention Programme](#).

Since its launch in 2012, almost 2 million people have completed the tool, which means around 2 million people in the UK are aware of their risk, and are equipped to make healthier lifestyle choices that could minimise their risk.

Find out your risk [HERE](#).

The 4Ts

Too many people aren't diagnosed with type 1 diabetes until their symptoms become severe and need hospital treatment. There are four key signs of diabetes to look out for: the 4Ts. It is important that if you are experiencing any of the 4Ts that you contact your GP practice immediately.

The 4Ts are:

- Toilet – Going to the toilet a lot, bed-wetting by a previously dry child or heavier nappies in babies
- Thirsty – Being really thirsty and not being able to quench the thirst
- Tired – Feeling more tired than usual
- Thinner – Unexplained weight loss or looking thinner than usual

Roz Rosenblatt, London Head at Diabetes UK, said; "In a year that's been tough for all of us, this World Diabetes Day we're encouraging our community to show the big difference we can make when we come together.

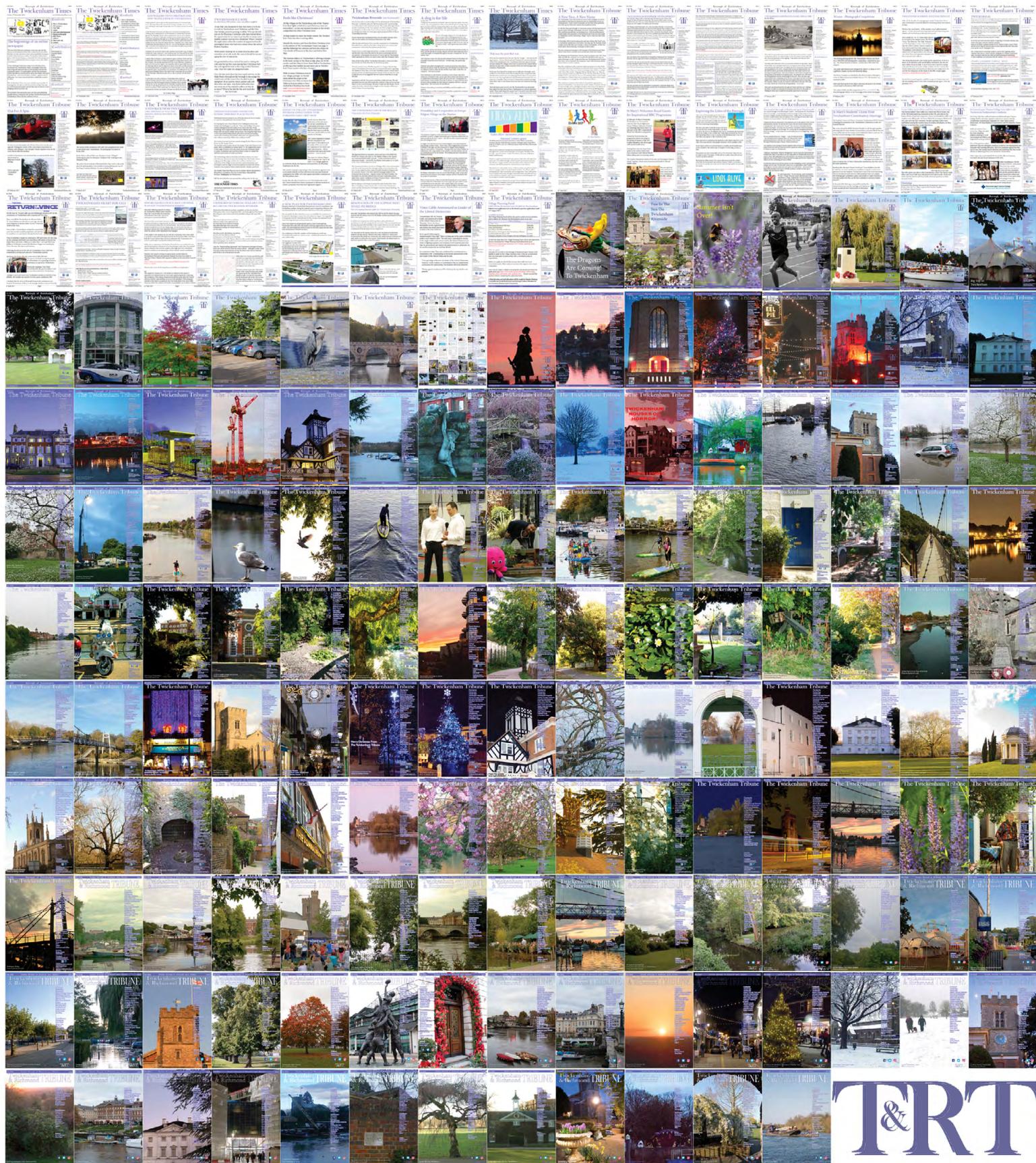
"By taking small steps, like visiting our Know Your Risk tool and encouraging others to do the same, or familiarising yourself with the 4Ts – maybe even adding it as a question to your family zoom quiz – we can contribute to ending the harm of diabetes.

"Diabetes can feel overwhelming sometimes, but we're in this together – and together we'll make a difference."

For more information, visit [diabetes.org.uk](https://www.diabetes.org.uk)

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