

Twickenham & Richmond TRIBUNE

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14th January 2022

T&RT

A dog with fluorescent collar crosses Eel Pie Bridge

Photo by Berkley Driscoll

TickerTape - News in Brief

Timetable update from South Western Railway

Like all businesses, South Western Railway has been significantly affected by the spread of the Omicron variant, with staff shortages unfortunately leading to some short notice train cancellations.

The impact of Omicron has necessitated the introduction of a new temporary South Western Railway timetable, which will **come into effect from Monday 17 January** and remain under review.

This new timetable – which caters to key workers, school pupils and those who cannot work from home - will ensure reliability for our customers by reducing the need for short notice changes.

With Covid restrictions meaning more people are working from home, this temporary timetable will allow us to match capacity and demand effectively.

Going forward, journey planners will be updated on a week-by-week basis, with updates taking place towards the end of each week.

In the meantime, you can find the timetables [HERE](#) and these can be used to help plan your journey. You should, however, note that engineering work may impact your journey on weekends and some weekdays.

As a result, please make sure you check your journey [HERE](#) as close to your time of travel as possible.



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TwickerSeal and some friends wandered up to the Diamond Jubilee Gardens to watch the sun go down on a winter's evening.

When they got to the popular pétanque area, TwickerDuck remarked that it looked like Baobab trees had been planted. Don't be silly said TwickerMole, those are London Plane trees which have been pollarded!

Don't talk to me about pollarding huffed TwickerDuck, the council has a reputation for not caring about trees! I saw a real hack job when I waddled through Strawberry Hill the other day!

Oh, look at this discarded pamphlet littering the gardens said TwickerSeal. It's from the Lib Dems about Twickenham Riverside. What an utter load of tosh it is, said TwickerDuck, who couldn't quite remember where she'd heard that said before.

Just goes to remind us, said TwickerMole, that it's all about the politics for this council and not about the residents.

Well, its been that way for the last four years exclaimed TwickerDuck!



COVID 19

Teresa Read

World Health Organization

Weekly Epidemiological Update

Globally, during the week 3 – 9 January 2022, the new weekly COVID-19 cases increased markedly by 55%, while the new weekly deaths remained similar to those reported during the previous week. This corresponds to over 15 million new cases and over 43,000 new deaths. As of 9 January, over 304 million confirmed cases and over 5.4 million deaths have been reported

All regions reported an increase in the incidence of weekly cases except for the Africa Region, which reported an 11% decrease. The South-East Asia region reported the largest increase in new cases last week (418%), followed by the Western Pacific Region (122%), the Eastern Mediterranean Region (86%), the Region of the Americas (78%) and the European Region (31%). New weekly deaths increased in the African Region (84%) and Region of the Americas (26%) while it remained similar to the previous week in the Western Pacific Region. A decrease in new weekly deaths was reported in the Eastern Mediterranean Region (11%), the European Region (10%) and in the South-East Asia Region (6%)

World Health Organization: Emergency Committee

“More than 9.4 billion vaccine doses have now been administered globally. But 90 countries did not reach the target of vaccinating 40% of their populations by the end of last year, and 36 of those countries have not yet vaccinated 10% of their populations. More than 85% of the population of Africa – about one billion people - is yet to receive a single dose of vaccine. We cannot end the acute phase of the pandemic unless we work together to close these gaps. Last week, more than 15 million new cases of COVID-19 were reported to WHO from around the world – by far the most cases reported in a single week – and we know this is an underestimate.”

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Local Covid total cases to Friday 14 January 2022

Richmond upon Thames	43,298 (40,967 previous week)
Kingston upon Thames	39,866 (37,774 previous week)
Hounslow	67,445 (62,937 previous week)
Wandsworth	81,111 (76,687 previous week)

COVID IN THE NEWS

BBC, 14 January, 2022: UK economy above pre-Covid levels in November

Al Jazeera, 14 January 2022: Hong Kong suspends transit flights to most of world over Omicron

CTV News, 13 January 2022: Polish scientists find gene that doubles risk of serious COVID-19

Reuters, 13 January 2022: Australia COVID-19 infections hit record amid runaway Omicron outbreak

Expat.de, 12 January 2022: Germany surpasses 80,000 daily COVID infections for first time

Reuters, 11 January 2022: WHO says Covid-19 vaccines may need to be updated for Omicron

Independent, 11 January 2022: Fauci warns of “urgent need” for super vaccine as other variants emerge

Guardian, 11 January 2022: Record numbers admitted to US hospitals with coronavirus

Covid 19 and Future Pandemics

Teresa Read

On Christmas Eve 2021 YouGov published information from a survey which found that a third of Britons think the Covid-19 pandemic will never be effectively over.

The World Health Organization describes pandemics as large-scale outbreaks that can claim millions of lives, disrupt societies and devastate economies.

The Center for Global Development states that “Pandemic risk is largely underestimated and actions to prepare for outbreaks are grossly underinvested. The spread and severity of COVID-19 felt like a surprise to many policymakers – a clear case in point. But careful analyses are suggesting that future pandemic risks are significant.”

One of the creators of the Oxford-AstraZeneca vaccine has warned “future pandemics could be more lethal than the current Covid crisis”.

Gavi, the Vaccine Alliance, reminds us that the COVID-19 pandemic wasn't the first to devastate the world and it won't be the last.

Today, human infections with avian influenza viruses represent a public health threat, particularly in countries which have live food markets; one of the possible sources of the current pandemic.

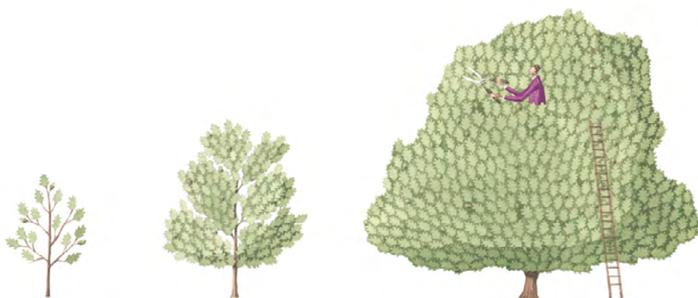
“Today, sixty percent of emerging infectious diseases in humans are zoonotic. Animal pathogens can infect humans directly through contact with wild or domestic animals or indirectly by transmission through intermediate hosts. These intermediate hosts act as “mixing vessels” that can lead to the genetic variation of diseases, enabling them to infect humans.” (World Health Organization).

In March 2021 Gavi, the Vaccine Alliance, warned that due to climate change the tiger mosquito that transmits viruses such as the chikungunya virus is moving into Europe and America.

The Gavi Alliance has also warned about Ebola and Marburg viruses saying that Marburg has been transmitted by international travel twice in the last forty years.

On an international scale the World Health Organization's Health Emergencies Programme is working to help countries prepare for large-scale outbreaks and pandemics.

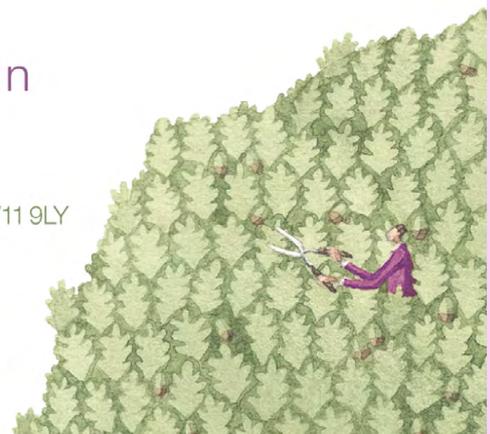
The experience of Covid-19 should be foremost in the minds of those who govern, not only on the national scale, but in our local governments. Some of the lessons of Covid-19 should remain with all of us; viruses travel and viruses mutate.



The Tree Agency

darryl parkin

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The Tree Agency

Decency and the Angel of Death

By Simon Fowler

East Sheen Cemetery's most famous memorial holds a secret that would have scandalised local society had it been revealed.

The dramatic Lancaster Memorial is hard to miss as pollution has turned the sculpture vibrant turquoise. It consists of a bronze sculpture of an angel, often called the Angel of Death mourning over a rectangular sarcophagus, which rests on a coved base and a rectangular plinth of Portland stone. The fluidity of the figure and the drooping of the angel's wings over the sarcophagus are singled out by Historic England as particularly memorable features. The memorial is described by historian Hugh Meller as 'arguably the most dramatic sculpture in any of London's cemeteries.' It is designated a grade II* listed building.

The memorial was for George William Lancaster and his wife Louisa Mary who lived in East Sheen. He died in January 1920 with her death two years later. George was a mining engineer who made his fortune in South Wales. At his death he left just over £500,000, worth perhaps £26m today.

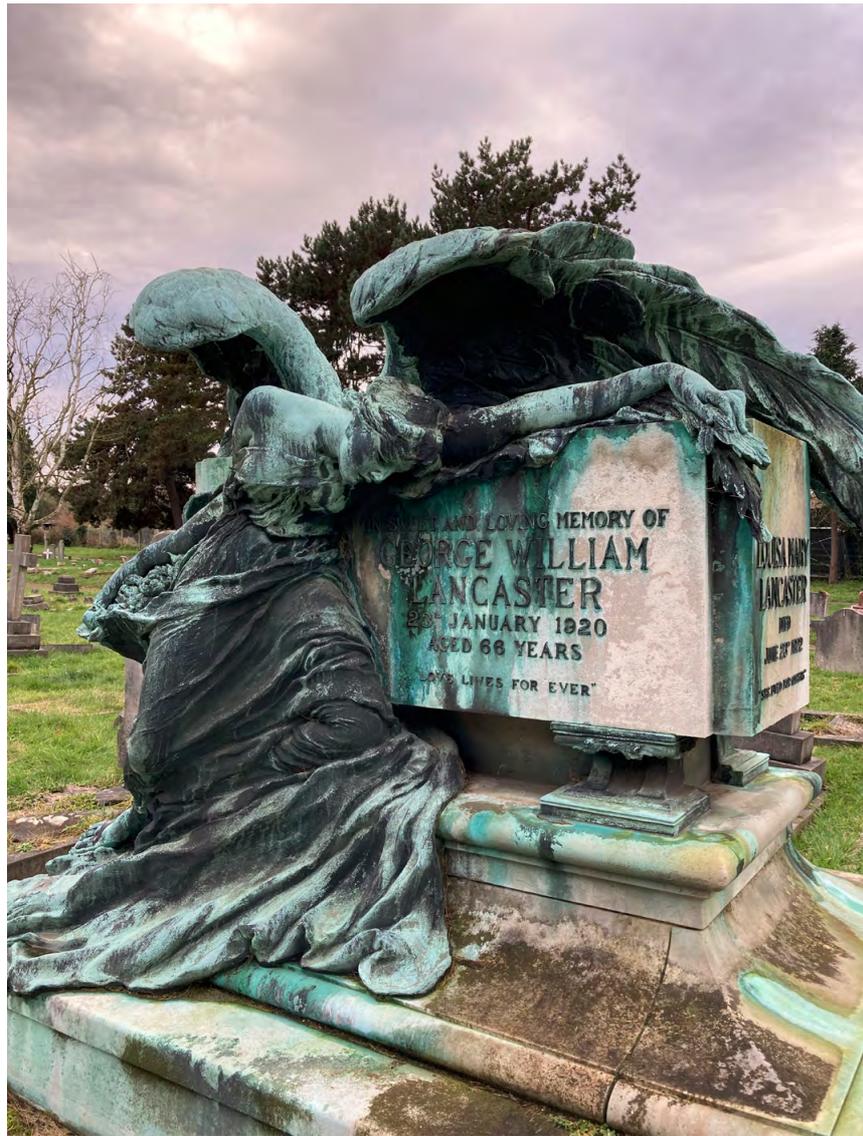
Except Louisa Mary was not his lawful wedded wife. George William was actually married to another woman, Emily Cursham, although the relationship had ended many years previously. She lived with their children in Surbiton where she called herself a widow.

This was revealed at a court case at Mortlake Police Court in December 1922, soon after Louisa Mary's death. George William's son, Captain Claude Lancaster, was summoned for having submitted false details on his mother's death certificate stating that she was the widow of George William.

In court the real Mrs Lancaster stated that she 'had lived apart from him for twenty years and did know of his death until after the funeral.' She further said that newspaper stories that George William's death had been 'registered by his widow Louisa Mary' had 'caused her and her children much annoyance and in consequence she had lost the society of practically everybody at Surbiton.'

The court was told that Louisa Mary was married to a Mr Jones, but had had an affair with Mr Lancaster. They had divorced because Louisa Mary was carrying George William's child, and thereafter she had passed as Mrs Lancaster. Captain Lancaster said that it was only after his parents' death that he had discovered that they were not married. He had submitted the death certificate in good faith. He denied the story that his parents had had to move to East Sheen because people at St Mary Cray, where they had long lived, 'objected to them attending church and taking communion as a married couple.'

Sensibly the chairman dismissed the case saying that after thirty years of living together the woman was entitled to use her husband's name.



Richmond Council's response to potential loss of trees near to Twickenham Green

Richmond upon Thames Councillors will write to the Department for Levelling Up, Housing and Communities to request a review of Tree Preservation Regulations following concerns raised by residents and local environmental groups on the potential loss of trees near to Twickenham Green.

In November 2021 notice was served upon the Council, outlining the intention to fell trees on land to the rear of properties in Hampton Road, which is in a Conservation Area. There is a tree on the site, a Eucalyptus tree, which is already protected by a Tree Preservation Order (TPO) and works to the protected tree have been refused permission by the Council. However, under national planning laws, there is not sufficient reason for the Council to be able to make preservation orders for the other trees. This means the developer can fell the trees.



The issue will be discussed at the next Council meeting.

CLlr Gareth Roberts, Leader of Richmond Council, said:

“We, along with many residents and environmental groups, are extremely concerned that these trees are important to protecting wildlife in the area, including protected species such as bats, but it is not within the Council’s powers to protect them on those grounds. National TPO legislation and guidance gives limited weight to the importance of trees to nature conservation or mitigating climate change, rather the focus is on the ‘amenity value’ of trees, for example how visible trees are to the public and whether trees are rare or of historic value.

“As such, we will call for the Government to review as a matter of urgency the current TPO legislation to give greater weight to the value of trees for wider purposes other than visual amenity. Government policy should reflect the benefits of the tree canopy in relation to mitigating climate change and improving biodiversity, therefore giving local authorities the power to make decisions based on these priorities.

“There is of course national legislation to protect wildlife, such as bats, and we have reminded the owner that they will need to abide by these laws whilst carrying out works to the trees.”

Protecting wildlife species are a matter for the UK National Wildlife Crime Unit.

Pollarding or a Hack Job?

It seems that the Trees and Parks Department at the London Borough of Richmond upon Thames (LBRUT) assessed a landmark tree in their Family Contact Centre, run by Achieving for Children, for “required work”.

Unfortunately, no one at the Council thought to tell local residents, including those living at the Gifford Lodge retirement home, that work would be carried out and that residents would be woken early on Tuesday morning to the sound of chain saws.

Notifications were not delivered to immediate neighbours and no notices of intended work erected in the area. Even the Family Contact Centre was unaware that work would take place in its garden on Tuesday. In fact, the supervisor of the LBRUT Centre sent an email to “Trees and Parks” at the Council to ask what was happening with regard to tree maintenance in the Family Centre garden.

The tree, now looking very desolate and forlorn, can be viewed from Twickenham Green and is next to the Conservation Area.



The tree before the hack



The Tribune was told by an independent expert that in theory a “frame-work” pollard had been attempted. However, local residents have said that it is a “hack job”.

If local residents had been consulted the Council could have been informed that the tree was visited nightly by a bat regularly seen flying between the now hacked tree and a neighbouring tree within the immediate area.

As well as ignoring the local bat and its nightly flights the tree surgeons deliberately cut down two squirrel dreys, one which had been prepared for winter by an industrious family of squirrels. It was quite sad to see, later in the day, small squirrels climbing the bare tree looking for their home; an unnecessary act of destruction.

Is it too much to ask the Council to let residents and others know when work will take place; perhaps we could have told them about the bat and the dreys? But would they have cared?

Practical Actions to Reduce Your House's Emissions

Richmond and Twickenham Friends of the Earth

Dr Michael de Podesta will be giving a talk to Richmond and Twickenham Friends of the Earth's monthly meeting about his work to improve the energy efficiency of his house.

He says: *"Back in 2018, just living in my home in Teddington gave rise to 3.7 tonnes of carbon dioxide emissions each year. Three tonnes (Yes, tonnes!) of those emissions came out the flue of the gas boiler. Until I did the calculation, I had no consciousness of this effluent at all - despite the fact that it weighed more than all the rubbish we sent for recycling or disposal.*



In 2022, the house is warmer in winter and cooler in summer; bills are dramatically lower; and the house will give rise to just 0.7 tonnes of carbon dioxide emissions each year.

In this talk I will relate how I did this by spending my pension 'lump sum' on triple-glazing, external wall insulation, solar panels and a domestic battery, and a heat pump. It will include actual costs of the installations and photographs together with measurements of what each step achieved.

You may not be as financially fortunate as me, but it may be that one or more of these installations is of interest to you. Please come along with questions!"

7.30 on Wednesday 2nd February upstairs at the The Cavalier Room, The Royal Oak, 13 Richmond Rd, Twickenham TW1 3AB. All welcome but please indicate your interest to info@rtfoe.org.uk as space is limited.

Richmond Rugby take on London Scottish in a local derby this weekend

Richmond Rugby are back in action this weekend as they host London Scottish at the Athletic Ground in Richmond on Saturday 15 January.

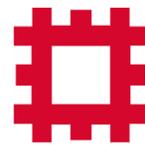
The team will take to the pitch for their first league fixture of 2022 with the side currently sat ninth in the league table. Show your support for your local team this Saturday as Richmond Rugby take on London Scottish in the RFU Championship. Kick-off is at 3pm.

Tickets can be bought online. They will also be available on the day at the gate but only card payments will be accepted.

Buy tickets [HERE](#)



Volunteering at Marble Hill

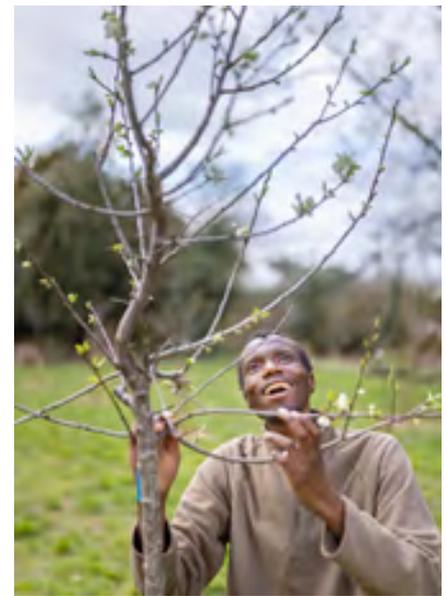


ENGLISH
HERITAGE

Marble Hill is being revived and we really couldn't do all that we are doing without amazing volunteers who have helped us with research, the gardens, events, admin and conservation. We are indebted to the 72 local people who come and support us and make the space as beautiful as it can be.



We are looking to increase our volunteer family as we open up Marble Hill House for free this spring. Marble Hill has undergone a lot of very mundane but essential work like repairing the roofs, sorting out the damp problem, ridding the place of asbestos and putting in a new building management system to help preserve the collection. This has ensured we have safeguarded our local heritage for generations to come. We have also reinterpreted the house as Henrietta Howard was more than just a mistress. A woman of disability, a patron of the Arts and a very clever woman who finally found love and died within Marble Hill Houses' walls. With a soundscape created in conjunction with the community, a smell scape and a lift making the space more accessible to first floor we are looking for volunteers to help us share the stories of the house



If you would like to learn more about the conservation effort at Marble Hill and other places please join us for a free zoom on 24th January at 6pm <https://www.english-heritage.org.uk/visit/whats-on/marble-hill-safeguarding-marble-hills-history-through-conservation-24-jan-2022/>

If you would like to learn more about volunteering with us and be a part of the volunteer family, please register your interest here:
<https://www.english-heritage.org.uk/support-us/Volunteer/marble-hill-explainer-volunteer/>

or contact Rachel Morrison for more information on marblehillrevived@english-heritage.org.uk

What a difference a sunny day makes

By Doug Goodman

Two pictures of Twickenham riverside: one taken on Thursday and the other taken Friday.



Nominate your Community Hero now!

Do you know an inspirational person, group, or business who has helped to make Richmond upon Thames and their local community a better place? Nominate them for the 2021 Community Heroes Awards.

The awards programme is an opportunity to recognise and celebrate the people in Richmond upon Thames who go above and beyond to make a difference. There are various award categories to nominate individuals or groups, including outstanding achievement by a young person, community group of the year and an award to recognise those making great strides toward tackling climate change.

If you know someone who you consider to be a hero, [submit your nomination](#) by Thursday 3 February 2022. Video nominations are also accepted this year, and more information about how to submit can be found on our website. An awards ceremony will be held on 23 March 2022. Nominees should be nominated for their work in a voluntary capacity only.

A full list of the award categories and examples of past winners can be found on the [Community Heroes page](#).

Cllr Michael Wilson, Vice Chair of Richmond Council's Finance, Policy and Resource Committee and Spokesperson for Communities, Equalities & the Voluntary Sector said:

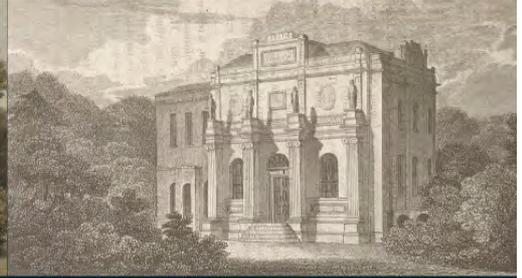
“We are lucky to live in a borough with so many people who commit themselves to helping others and improving their local communities. These people deserve recognition and celebration for going the extra mile without expecting anything in return.

“It might be a young person who has led their peers through being a good example, someone who supports the elderly in their community, or a group who helps look after a local park.

Whatever the good deed is, the selfless individuals or groups behind them need thanking and celebrating, so please get in touch and nominate them for a Community Hero Award!”

For further information about Community Heroes, please email events@richmond.gov.uk or phone 020 8891 7662.





LONDON LUMINARIES

WINTER VIRTUAL LECTURE SERIES

Twelve historic places, linked by the Thames, celebrate their landscape, history and luminaries via zoom at 7pm hosted by broadcaster and literary critic Prof. Judith Hawley.

- 19TH JAN** **Orleans House Gallery: The People's Collection**
- 20TH JAN** **Marble Hill House: Paintings and People**
- 26TH JAN** **Strawberry Hill: Patron and Painter: Horace Walpole and John Giles Eccardt**
- 27TH JAN** **Hogarth's House: Hogarth vs Everyone**
- 2ND FEB** **Turner's House: J.M.W Turner and the 'sister arts': poetry and painting**
- 3RD FEB** **Boston Manor House: The benefits of befriending a Prince**

SUGGESTED DONATION £5 PER TALK, TO BE SPLIT BETWEEN THE ORGANISATIONS

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Marble Hill



Enter the Diana Armfield Prize for Drawing from Observation

In collaboration with Arts Richmond, distinguished and highly respected artist Diana Armfield is sponsoring a competition to encourage artists aged 16 years and over to draw from observation.

The competition is being run in memory of Diana's husband, Bernard Dunstan, another eminent artist, who sadly died recently at the age of 97. Both Diana and Bernard were well-known Royal Academicians for many years and were members of prestigious art societies.

Arts Richmond is offering a prize of £250 to the winner, who will also be allowed to keep one of her beautiful framed drawings for a year.



Diana wishes to encourage artists to draw directly from life, not from photographs or by using devices or other means.

The deadline for entries is 12.30pm on Saturday 26 February. Full details of the competition and entry requirements are available on the Arts Richmond website [HERE](#).

Help others get moving and be healthier through the Active Richmond Fund

The Active Richmond Fund gives money to local groups and organisations so that they can provide an extended range of activities that promote an active lifestyle for Richmond upon Thames residents.

The fund exists to respond to both current and emerging needs, gaps and opportunities by offering social, cultural and physical activities (including sports, fitness, arts and social groups). The Fund awards grants for activities which improve people's physical and mental health and wellbeing.

The Active Richmond fund offers two grant schemes to apply to:

- Micro Grants – up to £1,000 - Micro Grants provide funding to enable groups to respond quickly to gaps and needs in the existing provision. For example, this could be funding for additional equipment or Social Prescribing places where there is high demand for an activity. The Micro Grants application process is light touch, with a quicker turnaround on grant award decisions.
- Main Grants – up to £5,000 - The Main Grants provide more project focused funding, supporting groups and organisations to deliver activities in a more substantial way and/or over a longer period of time (up to 12 months). For example, this could be developing new opportunities or expanding existing activities in other parts of the borough.



For an example of a successful Active Richmond Fund application, watch how the Activate Project (Church of St Peter and St Paul, Teddington) used its funding to establish a Sport and Wellbeing Hub to deliver activities to improve its members physical and mental health and wellbeing.

Council wins appeal on injunctions against unlawful traveller camps

Richmond Council is one step closer to being legally allowed to move on unlawful traveller camps immediately, following a successful hearing at the Court of Appeal.

In 2019, the Council was given an injunction against 'Persons Unknown', which means Council officers and ParkGuard were able to ask Enforcement Officers to move on unlawful traveller camps without having to go to Court in each instance.

In 2020, a High Court judge ordered a review of 38 injunction cases and in 2021 a ruling was made to prevent the Council moving on any unknown travellers without Court approval. In 2021 this meant that it often took the Council days to get permission to ask traveller groups to move on, sometimes putting local residents at risk from unlawful or criminal behaviour.



A group of 14 councils appealed the decision and yesterday (13 January) the Court of Appeal found in favour, recognising and confirming the benefits of preventative injunctions. The Council will now be seeking to reinstate its Injunction to protect public spaces at high risk of encampments.

Councillor Julia Neden-Watts, Chair of Richmond Council's Environment, Sustainability, Sports and Culture Committee, said:

“This is a welcome result for the Council and for our residents. Often traveller groups who come to our borough are co-operative with our officers and move on quickly. Occasionally this is not the case and we need to have powers to quickly move them on to prevent health and safety risks to our local communities. This injunction gives us those powers.”

View a copy of the judgement [HERE](#)

DRY JANUARY - OR MAYBE NOT SO DRY

Here we go again folks! Another year, another January, and the pressure to give up alcohol for a month. Apparently over 6 million UK adults are planning to do Dry January this year. Well, I don't know about you, but after the year we've just had, I think I might just do a 'Dry-ish January'; cutting back during the week and enjoying a few at the weekend. Whatever you decide, there are some interesting no or low alcohol drinks that I've discovered for you:

One of the leading CBD companies, **OTO**, has a whole range of products enhanced with CBD and one of my favourites is the OTO CBD Bitters. Just a few good dashes will amplify water, tonic, and cocktails – as well as giving you the benefits of helping with stress and anxiety, and promoting calmness. It's herbaceous, citrus and has just a gentle floral hint. Granted, it is some £70 a bottle, but after all, you're worth it! Available from Selfridges, or otocbd.com



Still on CBD, **Spirited Euphoria** is a 100% natural endorphin-releasing alternative to alcohol. This non-alcoholic CBD hemp spirit triggers noticeable feelings of pleasure and relaxation. It's made from real hemp (THC free, and so not psychoactive), CBD, natural cognitive-enhancing nootropics and relaxing adaptogens for a new kind of alcohol-free enjoyment. It's aromatic, complex with citrus green, herbaceous hemp and peppery spice flavours, followed by a smooth, woody finish. It contains just two calories per serve, is THC-free, alcohol-free, vegan, sugar-free, carb-free, gluten-free and 100 percent natural. It mixes well with either plain soda or flavoured tonics. Available today from www.edispirits.com at £39.99 (70cl)

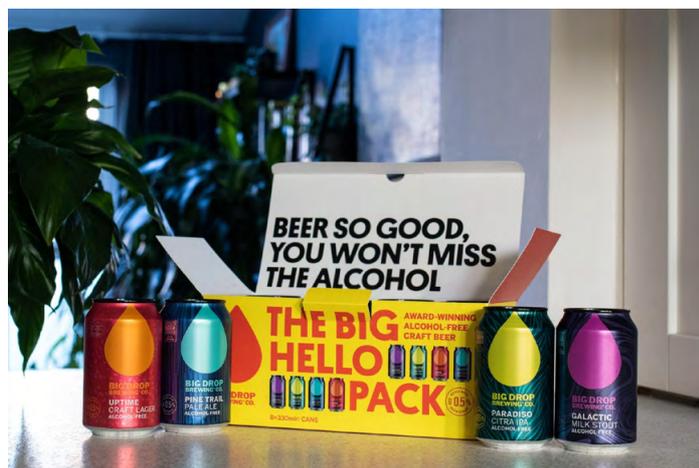
I'm so glad I discovered **Botivo!** Botivo is an 'oxymel' (an ancient herbal tonic made from vinegar and honey) and has the addition of herbs to make a delicious, slightly bitter, and very unusual herbal drink. You can add soda or tonic and it makes an interesting, and very tasty, alcohol free cocktail. Available from **Real Drinks in East Twickenham**, or online from botivodrinks.com at £26.95 for a bottle that will make 20 drinks.



If gin's your chosen tippie, but you want to cut down on the alcohol, try **Temperance**. Created for those who want to experience the true flavour of gin, but drink less alcohol... it's great! It was created by **Portobello Road Gin** and the word temperance means moderation. Distilled using the same botanicals that comprise the company's signature London Dry, mixed with tonic and served with a wedge of pink grapefruit, it offers the full G&T experience. but with a moderate amount of alcohol. (A serve made with 50ml of Temperance mixed with 200ml tonic water holds just 0.8% ABV). And unlike so many alcohol-free or low alcohol 'spirits' Temperance is moderately

priced too: rrp £23 for 70cl (but currently on offer till 25 Jan for £19 at Ocado)

Perhaps beer's your chosen tippable? If so, you'll be interested to learn that alcohol-free only brewer, **Big Drop**, has a new 8-pack variety box. The **Big Hello** pack contains Big Drop's most popular 0.5% ABV beers - Paradiso Citra IPA, Pine Trail Pale Ale, Galactic Milk Stout and Uptime Craft Lager, two of each in 330ml cans. They offer the perfect alternative for craft beer lovers wanting to cut back on the alcohol, but not on flavour. These four signature beers have won over 70 international beer awards between them! Big Drop is available in around 2,000 venues in the UK including Waitrose and Sainsbury's – or online with Ocado, Amazon and specialist retailers. But the Big Hello Box is available exclusively from the online shop, £14, from shop.bigdropbrew.com



Even if you're doing Dry January, there will, hopefully, be occasions for a celebration and you'll want to enjoy a bottle of fizz. **Lyres**, the world's most highly awarded non-alcoholic spirits brand, and maker of (in my opinion) the best range of 'de-alcoholised spirits', has just launched non-alcoholic **Classico Grande** - a non-alcoholic homage to prosecco. This sophisticated bubbly is deliciously crisp, and perfect for any occasion when a glass or two of fizz might be in order. A classic, dry finish, with aromas of fresh peach and granny smith, it's best served chilled, of course, in a flute or coupe. Lyre's Classico 750ml bottle is available from Lyres.co at £9.99. While you're on the website, do try some of the Lyre's other drinks; the Italian inspired ones are fabulous, and the production process used manages to retain that viscosity and mouth feel of an alcoholic drink - very clever indeed.

SodaStream is one of those iconic brands that's recently enjoyed a much-deserved revival. And now it's launched some new concentrates so that you can make **Pepsi MAX, Pepsi, 7UP Free and 7UP flavours** at home...simply add a dash to

your sparkling water, The new PepsiCo flavours are available at £4.99 from Sainsbury's, Asda and John Lewis as well as directly online from SodaStream.co.uk And once you've bubbled away to your heart's content, you can replace your empty gas cylinder online or exchange for a full one at loads of stores nationwide, including those above, plus Lakeland and Robert Dyas.



But irrespective of all the fab products on the market, I also find that a drop of two of Angostura Bitters added to tonic water often does the trick for me. Well, during the week anyway!



Matilda the Musical Jr.

by Denis Kelly based on Roald Dahl, music and lyrics by Tim Minchin
Dramacube at Hampton Hill Theatre

When Roald Dahl's quirky tale of a precociously intelligent little girl was adapted for the Royal Shakespeare Company as *Matilda the Musical*, it was immediately lauded for its complex staging and high-energy performances. Hence the magnitude of Dramacube's enormous challenge, with no fewer than five different casts performing over four days, deserves Respect with a capital R.

The story revolves around Matilda Wormwood, who has the gift of telekinesis. She surmounts impediments at home and at school, and goes on to prove the true values of both herself and of a sympathetic teacher.



The Purple Cast, comprising younger teenagers, [was described by our critic as having "many feats of acting"](#), so let us now take a look at the four younger casts. With some members being only 7 years old, *Matilda the Musical Jr* was impressive and lived up to Dramacube's high standard.

The set and costumes by Hannah Calarco were amazing. A backdrop of book cases and flying books was wonderfully designed with large alphabet blocks used as desks and podia, and atmospherically lit by Gary Stevenson and Lizzie Lattimore. The skill with which the animated section of the Acrobats was handled was both impressive and quite magical.

The choreography by Abbey Mordue and James Markham was delightful to watch and, under the musical direction of Artemis Reed, the energetic and enthusiastic delivery of musical numbers conveyed the emotions brilliantly.

The lead role of Matilda Wormwood was played beautifully by the talented [Tabitha Gooding](#), a perfect blend of innocence, grit and steely resolve. [Mimi Worsley](#) portrayed a laid back, but wise child. [Alexa Solhekol](#) presented a very confident Matilda, and [Elsie Ellis](#) was outstanding in the role, her voice lifting each musical number.



Joseph Kirwan and Daisy Allen made a very entertaining double act as Mr and Mrs Wormwood. Impressively, the calm acting of Isabel Baker improvised Mrs Wormwood out of an unforeseen hitch.

As the severe disciplinarian Agatha Trunchball, Daisy Langrish was clearly a headmistress ready to make every child's life a living nightmare. Rosie Samuel was exceptionally convincing as Miss Trunchball, and Leila Simpson truly terrifying.

Anya Malinowska, as Matilda's sympathetic teacher Miss Honey, provided a warm, uplifting contrast to Miss Trunchball, and the character's gentleness aptly portrayed by Matilda Cox and Laila Hart.



Ayush Jethwa's, Rudolfo, needs a special mention for his comic dance moves, as does the enormous energy and enthusiasm was Lili Ram, in her role of the hapless Bruce Bogrotter, forced by Trunchball to eat a giant chocolate cake.

The success of the production, however, cannot be solely attributed to one or two stand-out performances but to the strength of the ensemble cast, all of whom were exceptional in their energetic and enthusiastic delivery of lines, songs and choreography.

Director Matthew Bunn's *Matilda the Musical Jr.* mustered Dramacube's sense of fun, youth and heart-warming joy to create a hugely enjoyable evening and a perfect antidote to winter.

Read David Stephens' review of the [Twickenham Green Cast](http://www.markaspen.com/2021/12/20/matilda-tw-green) at www.markaspen.com/2021/12/20/matilda-tw-green,

Eleanor Lewis' review of the [Twickenham Blue Cast](http://www.markaspen.com/2021/12/20/matilda-tw-blue) at www.markaspen.com/2021/12/20/matilda-tw-blue,

and Mille Stephens' review of the [Hampton Hill Yellow Cast](http://www.markaspen.com/2021/12/21/matilda-hh-yellow) at www.markaspen.com/2021/12/21/matilda-hh-yellow

Evie Schaapveld's review of the older [Twickenham Purple Cast](http://www.markaspen.com/2021/12/17/matilda-tw-purple) is at www.markaspen.com/2021/12/17/matilda-tw-purple



Photography by Bomi Cooper



The Lion, the Witch and the Wardrobe

music and lyrics by Irita Kutchmy, based on the novel by C.S. Lewis
Step on Stage Productions, Hampton Hill Theatre until 15th January

The Lion, The Witch and the Wardrobe is a great choice for Step on Stage's Youth Theatre. Aside its [enduring popularity](#), CS Lewis's original novel emphasises the characterisation of the four Pevensie children, and many of the supporting cast are talking animals or mythical creatures.

Director Emma Louise McCauley-Tinniswood never lets the pace and energy drop. The opening ensemble number of this musical version sees most of the numerous young cast on stage as wartime evacuees being waved off by parents, before the action switches to the Professor's house, with its staircase, landing, and mysterious wardrobe.

The Professor, played by Nils Collin, looks marvellously comfortable in his country house, pipe in his hand, relaxed and thoughtful. The siblings are swiftly introduced, an instantly likeable bunch. There is a distinct pecking order, with Julia Crisostomi's stoic Peter projecting natural authority to the chagrin of Masha Kondratyeva's sulky Edmund. Zoe Chaytow's compassionate Susan is the surrogate for the siblings' absent mother. Lucy is the youngest child and the group's innocent. She's played with great gusto and charm by Meg Chaytow, and as such she carries the scenes that introduce us to Narnia, the fantasy land of talking animals and endless winter that lies through the wardrobe in an otherwise empty spare room.

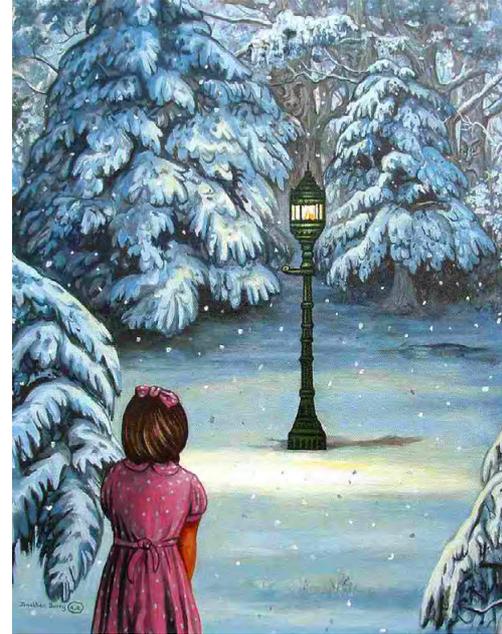
Aslan is brought to life wonderfully as one of Zoe Jones' puppets, an exceptionally well-conceived and executed aspect of the production. The multi-level set design is deceptively simple, and the revolving wardrobe is a practical solution to the characters relocation into Narnia.

The large cast delivers the wordy script and the many songs with assurance. The band, including Sarah Jones on flute and clarinet, and Byron Cox on percussion, fills the auditorium with the sound of a much larger ensemble.

The Lion, The Witch and the Wardrobe is an ambitious but confident production led by a young cast who have clearly put their hearts and souls into the show.

Read Andrew Lawston's review at www.markaspen.com/2022/01/14/lion-witch-wardrobe-sos

Photography by Jonathan Berry



EPIC BIBLICAL EXTRAVANZA at the MARY WALLACE THEATRE!

The novel *Ben Hur, a Tale of Christ* by General Lew Wallis first appeared on film in a short feature as early as 1906..... the 1926 silent masterpiece, starring heartthrob Ramon Navarro, boasted “a cast of thousands” and was the most expensive silent ever produced.... an extravagant widescreen, Technicolor, 16-million-dollar epic by Metro-Goldwyn-Mayer in 1956 starred Charlton Heston, a cast of tens of thousands and employed over 200 camels and 2,500 horses. It won eleven Academy Awards and was the second highest grossing movie after *Gone With the Wind*.... the MGM 2016 “re-imagining” cost 100 million dollars, included Morgan Freeman in the cast and offered three-dimensional sequences....



NOW, BEHOLD! a doughty cast of just four actors on a 19-foot stage (and on a severely reduced Camels and Horses budget) will attempt to recreate this epic - including, of course, The Entire Roman Army, The Battle at Sea and The Chariot Race - for your wonder and entertainment. Join us and discover how these dazzling feats of imagination are achieved by our dauntless quartet, live onstage, every evening. BEN HUR by Patrick Barlow plays at your own riverside venue, the Mary Wallace Theatre on Twickenham’s Embankment, from 22nd-29th of January at 7.45pm with a 3pm matinee on Sunday 23rd.



Booking now at www.richmondshakespeare.org.uk

Teddington Theatre Club January production

Teachers by John Godber

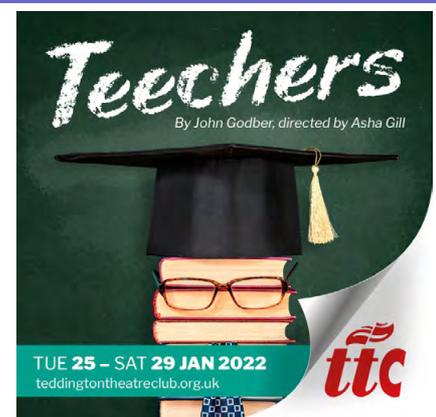
Tuesday 25th – Saturday 29th January 2022

at Hampton Hill Theatre – in the round

A frantic play within a play sees students Gail, Hobby and Salty pay homage to their idealistic drama teacher Mr Nixon in an end-of-term play.

Teachers depicts life in a modern school with all its social politics for both teachers and students alike. Far too many characters played by far too few actors, in this fast-moving and highly entertaining play.

Tickets available <https://www.hamptonhilltheatre.org.uk/production/teachers>



THE WORLD IS YOUR OYSTER

Travel News by Bruce Lyons

Well, you can travel now and whilst it is “not all over yet” in our new normal world and the World is not the same as it was a couple of years back – nevertheless people are travelling.

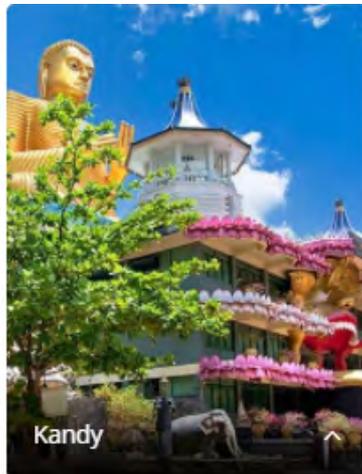
Just this week we had someone go to Melbourne – not to compete in the Australian Open Tennis Tournament! and next week we have another traveller off to Perth.

But, these two adventures apart we have quite a few families “in the Sun” In Mauritius, Sri Lanka and Dominican Republic and all without last minute dramas.

The rules are easing up a bit though it is true that the protocols and disciplines keep changing, almost every day – so you have to keep a watchful eye out for minor changes.

One of the new worries is the requirements of PCR’s to fly as different countries require them to be done different days before travel from 96hrs – 72 hrs, 48hrs and even one or two 24hrs. This is tiresome to watch out for, but manageable.

The big news this week was France, which has now relaxed the no entry rule and many February School Break holidays are saved – I’m sure a lot of families are heaving a sigh of relief.



But with all these twists and turns it means there are Ski Breaks to be found –

More good news this week is that Middle East triangle Jordan – Egypt & Israel are now all good to go. This is especially heartening as there is no better time to visit the Nile than in the Spring with the climate so much more amenable. Jordan and Israel are also great for travelling to see the sites – Wadi Rum, Petra, Jerusalem and the Galilee – a great time for a fly drive holiday in the Holy Land, avoiding the crowds of yesteryear.

Here a couple of “offers” that just arrived today “Hot of the Press” so to speak.

Wendy Wu has a two-week escorted trip to Sri Lanka on the 4th of March Reduced to £3095, and partner gets free flights!

Luxury Maldives @ OBLU by Atmosphere @ Helengeli (All Inc)
7th November – 7 nts £2500, 9 nts £3100, 14 nts £4300

Summer 2022 is still just sort of waking up – BUT the school breaks are in BIG Demand – February, May and October and now Xmas and New Year 2022 are just coming into range and it is the best time to get a good price.

All in all, there’s quite a choice with good value. So, banish your blues, check your passports and get booking whilst The sales are still on – with low deposits.

Hot Tips for Bird Watchers. This is the ideal time to visit Egypt/Jordan and Egypt as the Bird Migration is just starting on the “Super Highway” from down Africa up to the Steppes of Eastern Europe thru the Great Rift Valley and the Gulf of Aqaba. Go now with the Birds! If you would like some help exploring the world, come and see us in our small but friendly office, at 58 Church Street.



WIZ TALES - Ukraine

Teresa Read



Ukraine is in Eastern Europe, the largest country in Europe, apart from the European part of Russia, a transcontinental country.

The capital, Kyiv, has been inhabited since the Stone Age. The Stone Grave is an important archaeological site; mammoth bones have also been found which are said to have been used to make some of the oldest known dwellings in the world.

Kyivan Rus, a Slavic state of the tenth and eleventh centuries, centred in Ukraine was at one time the most powerful state in Europe.

The Zaporozhian Sich, founded in 1553, was a stronghold of Ukrainian Cossacks. The Cossacks were an important military force for the defence of the borders.

Ukraine has had various ties with Russia and was a member of the Union of Soviet Socialist Republics until independence in 1991.

Tension between Russia and Ukraine is currently caused by Russia's insistence on a firm guarantee that Ukraine cannot be allowed to join the North Atlantic Treaty Organization (NATO).



Благовіщенський собор.
Blahovishchens'kiy sobor.
(Cathedral of the Gospel)



Фонтан Дзеркальний струмінь.
Fontan Dzerkal'niy strumin'.
(The Mirror Stream Fountain)



Палац одруження. Palats
odruzhennia.
(Palace of Marriage)



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More information and photographs of Ukraine:
<https://worldinfozone.com/gallery.php?country=Ukraine>

TRAVELLER'S TALES 114

STATIONS

Doug Goodman visits some fascinating stations

Judging from the volume of TV programmes devoted to railways – seven on one evening alone last week – the interest in locomotives, train journeys and railway architecture is growing. From Michael Portillo's 'Bradshaw Guided' trips to 'The Architecture the Railways Brought Us' there's something catering for every rail enthusiast's taste. In my youth, I have to admit, I was a train spotter happily noting down numbers in my log book as noisy, smokey engines roared through stations. But today it's stations themselves with their history and atmosphere that attract me: it's the people rushing to catch a train, the noise and smells, the destination boards and the announcements that fascinate me. I enjoy rail travel and take a train to France in preference to a flight whenever feasible to start a European holiday. Local trains then present great opportunities.



Twickenham Station
in Huntsville Alabama



Northern France



Steam Trains at
Budapest



Amsterdam Central

TWICKENHAM

Let's begin and end our tour of stations at Twickenham. The first will be unfamiliar as it's located in Huntsville Alabama. The region was originally known as Twickenham, named by LeRoy Pope a distant cousin of Alexander Pope, but the name was changed in 1811 to Huntsville. The town is famous for its antebellum architecture and its space museum; fortunately the station is preserved and has a railroad museum but no passenger services. Abbeville in Northern France holds happy memories as it was the place where the steam train en-route to Istanbul ran out of water. The local fire brigade was needed to refill the tanks.

The dark, cavernous station in Budapest was another stop on my London to Istanbul Orient Express trip lasting four days. Amsterdam Central is the hub for long-distance European travel along with Brussels and Paris. The Gare Du Nord needs a little upgrading especially when you compare the Eurostar terminal in London with the Paris equivalent. Arriving there from St. Pancras bound for Reims I always stop for a glass of over-priced red wine before a ten minute walk to the Gare De L'Est for a fast local train to champagne country. Still in France the narrow-gauge Mt. Blanc line has some interesting stations comprising wooden huts and timetables. It's a slow journey up the mountain but that's certainly better than walking.



Paris Gare Du Nord



Mt. Blanc Station



Palma Mallorca



Somewhere in Poland

Palma, Mallorca's capital has two stations - one for the old electric train that passes through spectacular scenery on the way to Soller and the other a modern, local metro and island service. On my last visit to Palma I saw an old steam engine in the station. Mallorca is doing much to extend its abandoned lines and building new, basic halts. As a student I travelled to Russia by train twice on a two and a half day journey. Arriving at East Berlin station the border guards searched everything and were very menacing. Somewhere in the depths of Poland at a tiny station farmers offered us a friendly welcome on the platform and sold snacks and fiery home-made vodka. Moscow's Trans-Siberian station is amazing as you watch people boarding for the seven day adventure but it's the famed Metro that attracts visitors. The older pre-war stations are full of marble statues, chandeliers and beautiful tiles. The stops on the circle line are the ones worth visiting for their Soviet style.

A holiday in Northern Romania to see the painted monasteries involved a six hour trip from Bucharest Central to Suceava near Ukraine. The names of destinations from the capital to distant Transylvania and the Black Sea sounded quite exotic.



Moscow Metro

SOSIRI-ARRIVALS						
TRN	NR	DESTETE DE LA	SA	ORA	NR	ORA
JC	473	BUDAPEST K	Cluj Napoca	12:10	40	
R	7036	URZICENI	Mogosanona	12:51	5	
IF	1784	PITESTI	Titu	12:54	5	
IF	1662	IASI	Bucura	13:10	10	
JR	1672	GALATI	Urcuzeni	13:12	5	
R	9112	TARGOVISTE	Titu	13:36	5	
IF	1692	TIMISOARA N	Oradea	14:28		
R	1786	PITESTI	Titu	15:00		
R	1652	SUCEAVA NORD	Bucura	15:40		
R	1924	BEVA	Cracova	15:43		

Bucharest Romania



Cambodia Battambang



India Konkan Railway

INDIAN STATIONS

India has over 42,000 miles of track and 108,000 daily services to 7,300 stations. Mumbai, often featured for its crowded stations with passengers jam-packed into carriages and hanging onto the sides, is a great place to start a long journey. I travelled on the Konkan railway from Goa overnight to Cochin in Kerala on a very new route. Constructed some 25 years ago to open up travel on India's west coast it was a good way to meet locals, sample railway cuisine and watch the tropical landscape slip past. Tea served from a large urn came with ready-added condensed milk and a thick skin! But it was the vast numbers of people with huge piles of luggage being transported from little stations in apparent chaos which was so interesting. Trains are extremely cheap and the stations very well run by a hard-working staff of over one million. Working for the railways can be a job for life and the role of a station master carries great benefits and prestige. Once, when we looked in vain for a train on the giant information

boards, we were guided to an air-conditioned carriage and saw our names printed on the side. ‘Our excellent organisation is a legacy from the time the British gave us railways,’ we were informed.

Chinese stations are spotless and every consideration is given to foreign travellers. English-speaking staff in military-style uniforms are on hand to help while you buy food and a ready-filled mug with tea. On the train attendants bring boiling water to refill your mug. In the past 14 years China has expanded its system with 25,000 miles of high-speed lines. On a visit to Laos in 2013 I was told that no railways existed in The People’s Democratic Republic: now China has built a line from Kunming in Yunnan province to Laos’ capital Vientiane around 600 miles long.

In Cambodia I visited a very strange site. Battambang’s regional station was sadly derelict with the clock stuck at 8.02 since the French departed from Indo-China and the Khmer Rouge took over nearly 60 years ago. Abandoned rolling stock littered the yard and rusty railway lines led away to nowhere. Nearby was an even stranger station – the start of the Bamboo Railway. A box to assist passengers to climb onto the wooden planks on wheels driven by a motor cycle engine was the entire station apart from the man who collected \$10 for the fare. The ‘train’, built originally to carry goods, runs at up to 25 mph along a single track that was totally out of alignment. When two ‘trains’ needed to pass the driver simply heaved the whole contraption off the rails while the other passed. Rumour has it that the Bamboo Train has been condemned and closed but is being rebuilt. I hope this is so because it’s one of Cambodia’s great attractions.



Nanjing China



Welsh Steam



Twickenham

Back in the UK in Wales the station at Tanybwllch is full of Victorian charm. The narrow-gauge steam railway was built in 1836 to carry slate from Blaenau Ffestiniog to Porthmadog for overseas export. Another narrow-gauge railway I enjoy seeing is the 15 inch Romney, Hythe and Dymchurch line which takes you the 15 miles from Dymchurch to Dungeness. The diminutive stations match the size of the rolling stock and the classic steam engines. Finally back to our own Twickenham which most of us hardly notice as we rush to and from work. The modernisation was completed two years ago and is certainly a great improvement on what existed on the spot since 1954. Twickenham’s first station, opened in 1848, was situated on the land by the Albany. Cobblestones to stop horses’ hooves slipping were in place until the car park was dug up recently.

Stations have history and character and often it’s worthwhile to pause on a platform and look around and imagine what it must have been like when steam trains hurtled through.

RuTC art students exhibit work at 'Collect and Create' exhibition

The exhibition's theme, Collect and Create, offered students the opportunity to explore agendas and issues important to them.

The exhibition allowed students to develop their skills and exploring their specialist art and design area, while reflecting on their personal diversity and range of outlooks.

Melissa Nesbitt, whose work was on display at the exhibition explained what she enjoyed the most about the project: "One of my favourite parts of the project was trying to find the right words for my poetry - it can be really difficult to sum up what you mean, but it felt great when I finally found the right words - it's really fun when it all comes together."

Alumni Art and Design students, Sivney Reynos, Amber Gordon and Tenzin Sherap came back to visit the exhibition, showing support for current students and staff.



Richmond upon
Thames College

Urgent appeal for blood donations

With fewer people donating blood last year, the Twickenham blood donor centre is experiencing a shortfall. They are asking people to start this year by doing something amazing and giving blood.

One blood donation can save up to three lives, and it only takes around one hour of your time. There are currently 136 weekly blood donating slots available at the Twickenham centre that need filling. The NHS needs nearly 400 new donors a day to meet demand and is particularly looking for people who are male (men can donate more often than women), Black (Ro blood is needed and is a common type for Black donors), or who are O negative (hospitals need this blood type most regularly). Most people can give blood as long as you are fit and healthy.



For more information visit www.blood.co.uk. You can register and book your appointment online, alternatively you can download the 'Give Blood' app or book via the Call Centre on 0300 123 23 23. The Twickenham centre is located in Regal House, 70 London Road, TQ1 3QS, a one minute walk from Twickenham station.

St Mary's University

St Mary's Alumnus Matches British 10K Record

Alumnus of the Endurance Performance Centre (EPC) at St Mary's University, Twickenham, Emile Caires has matched the British 10km Men's record in a race in Spain last weekend.

Speaking of his performance, EPC Performance Coach Craig Winrow said, "It is great to see Emile continue his success as a senior athlete and run such a quick time. St

Mary's EPC are delighted to have been part of his running career and his continued success is a great motivation all our current EPC students. We wish him all best for the coming year with three major championships to qualify for in the World Athletics Championships, the home Commonwealth Games and the European Athletics Championships."



Emile completed the 10km Valencia Ibercaja race in 27:44, finishing the race as the first-place European runner and fifth overall. His performance took half a minute off his previous personal best time of 28:14 to make him the co-holder of the British record alongside fellow St Mary's alumnus Sir Mo Farah. The previous record was set in London in 2010 by Sir Mo, two years before he going on to win his first two Olympic Gold medals at London 2012.

During his time at St Mary's, Emile competed regularly on the track, road, and cross country. He won the Men's race in the British Universities and Colleges Sports (BUCS) Cross Country in 2019 and came third in the 10km race in European U23 Championships in the same year.

Since launching in 2001, the EPC has helped develop some of the world's best distance runners, including Sir Mo Farah, Steph Twell, Charlotte Purdue, Adelle Tracy, Charlie Grice, Beth Potter, and Andy Vernon, amongst many others.

From competing at BUCS events to the Olympics, St Mary's EPC provides the perfect environment for all standards of runner. Athletes have access to dedicated on-site accommodation, the Sir Mo Farah Athletics Track, a modern strength and conditioning facility and extensive running in nearby Bushy and Richmond Parks. Alongside this, runners can access world-class coaching and support services; expertise that has been developed since the programme started in 2001.



**St Mary's
University
Twickenham
London**

Chief Nurse for England presents silver awards to Hospice nurses

Princess Alice Hospice Clinical Leads on the In-Patient Unit (IPU), Jo Reynolds and Julia Lucioni, have been presented with the Silver Award for Nursing Excellence by Ruth May, the Chief Nursing Officer for England.

Ruth May and her team - Duncan Burton, Deputy CNO, and Professor Deborah Sturdy OBE, Chief Social Worker - visited the Hospice on 28 October 2021 to meet with the Chief Executive, Nicki Shaw, the Chair of Trustees, Professor Sean Hilton, and the Director of Patient Care, Lesley Munro, who then conducted a tour of the Hospice. Ruth described the Hospice as “incredibly impressive and wonderfully warm”.

As Ruth was meeting staff before she left the building, she said: *“I want to say a huge thank you for everything you do. It is a real privilege to say thank you and to recognise people’s contribution. I especially want to congratulate Jo Reynolds - it is a huge privilege to say a personal thank you from me to you. Thank you for the leadership you have shown.”*



On the day of Ruth’s visit, she had in fact two awards to present, however, the second recipient, Julia Lucioni, was on annual leave, and due to the emergence of the Omicron variant, it was only in mid-December 2021 that a surprise attendee appeared on the Zoom screen during a routine team catch-up.

Ruth said: *“I am delighted to be here today, again! This time virtually to present Julia Lucioni with my Silver award for Nursing Excellence.*

“Thank you for all you have done over many years and for how you have done it.

“As Chief Nursing Officer for England, I am delighted for you. You have battled this storm while having your own struggles with hearing. I have huge respect for you, and I wanted to take time out to present you with my Silver nursing award.”

Julia said: *“I’m bowled over. It’s such a privilege to receive this esteemed award. I have been able to show that it can work - you can work with a disability. It can take a little time to overcome hurdles, but you somehow find the strength and a way to get through.”*

Brief details of the nominations:

Jo Reynolds

Jo is an outstanding specialist palliative care nurse who is known by all who work with her for her expertise, high standards and compassion. Her specialist areas are head and neck,

palliative fungal wound management and developing multi-professional teams' clinical practice. Training specialist and general community teams in the management of altered airways is essential to ensure patients have a real choice around their advance care planning. The reality is that most patients who cannot care for their own airways at end of life get caught up in acute beds in the hospitals as most hospices and nursing homes can support this need. Princess Alice Hospice now has a reputation for supporting patients with altered airways and referrals, from within and out of the area, come through regularly. Jo has created, implemented and evaluated a training programme for Hospice staff caring for patients with altered airways at end of life. Jo is passionate about teaching clinical staff about the management and lived experience of fungal wounds. Many nurses, healthcare assistants, doctors, GPs and District Nurses have benefitted from her teaching and expertise.



Julia Lucioni



Julia has and will always advocate for staff with hidden and visible disabilities. She is a remarkable nurse leader and despite her conductive deafness she has shown immense courage and resilience throughout her career and the pandemic. Julia has had to endure casual and passive discrimination throughout her career so when COVID arrived at the Hospice in March 2020, it was clear she was not going to allow it to defeated her. Julia could not wear any PPE with ear loops, and thus could not wear FFP3 masks or even use

the FP3 hoods due to her hearing aids. Her resilience showed through in her response to these challenges; rather than focusing on herself, she rallied around all the staff with disabilities on the IPU - she raised awareness during team meetings giving the team helpful advice about what small things could help staff with impairments feel less isolated in and more included. In recent years, Julia has supported staff to continue nursing with early stage dementia, mental ill-health, Tourette's Syndrome, anxiety, hearing and sight impairments. She knows that being open about her own disability helps build a diverse team where differences are celebrated and supported.

Lesley Munro, the Hospice's Director of Patient Care, Community Engagement & Support said: "Both Jo and Julia have given their lives to the service of patients and nurses. I am so very proud of them both."





BRENTFORD FC



Bees progress through in cup

Port Vale 1 – 4 Brentford

A hatrick from substitute Bryan Mbeumo guided Brentford through to the Fourth Round Proper of the FA Cup. Marcus Forss has given the Premier League side the lead midway through the first half and Mbeumo came off the bench in the second half to make it two. Kian Harrat then reduced the deficit with just over twenty minutes remaining but it proved to be a great task for the League Two side and Mbeumo completed his hatrick late on with a curling strike and a penalty.

With Brentford making a number of changes to their regular starting XI for the cup tie the game had a disjointed feel about it in the opening stages with few chances of note early on.

The Bees could have taken the lead when Forss had a shot from distance that was initially parried by home goalkeeper Aiden Stone but Yoane Wissa wasn't alive enough to the danger and Stone regathered at the second time of asking.

Brentford then opened the scoring soon after through Forss. The goal owed much to the driving run of Mads Bidstrup who dribbled through the midfield and then fed the Finn who applied the finish to put the Bees a goal to the goal at the break.

Mbeumo came on with just over an hour played and the Frenchman changed the course and direction of the cup tie. Just three minutes after coming on he latched onto the end of a pass from Vitaly Janelt and one on one with Stone, slotted the ball past the Vale goalkeeper.

Port Vale weren't out of it yet through and they reduced the deficit with an excellent header. A cross from out wide was headed past Jonas Lössl by Harrat to give them hope of setting up and grandstand finish.

But their hopes were dashed late on by two Mbeumo goals as he ensured he would be taking the match ball home with him. The first came after a spectacular solo run in which he dribbled the ball forward into the final third and then curled a peach off a shot in off the post.

With the clock approaching 90 minutes Mat Benning fouled Ivan Toney inside the box and there was only ever going to be one make to take it. Of course, it was Mbeumo and the Frenchman stepped up to calmly send Stone the wrong way and send the Bees through to the next round.

Bees suffer heaviest defeat of the season

Southampton 4 – 1 Brentford

Brentford suffered their heaviest defeat of their maiden Premier League season so far as they were defeat 4-1 by Southampton at St Marys. The Bees never really got going on the night and found themselves behind early on after a Jan Bednarek header. A brilliant goal from Vitaly Janelt then levelled up the game midway through the first half but it proved to be the highlight

on a disappointing night for Bees as further goals from the home side from Armando Broja, Ché Adams and an own goal from Álvaro Fernández gave them a convincing win.

Brentford made a nightmare start and found themselves a goal behind with just five minutes played. A corner from James Ward-Prowse was whipped in at pace to the near post and Bednarek headed home past Fernández top open scoring.

Their lead didn't last long though as Janelt soon equalised for the away side. The goal came after Bryan Mbeumo escaped down the right wing and delivered a teasing cross into the box that sumptuously volleyed with the outside of his foot into the bottom corner.

Brentford though couldn't see it through to half time and once again went behind, this time through an unfortunate own goal from Fernández. Southampton's Ibrahima Diallo had a shot from range that rebounded back off the post and off the Spanish goalkeeper into the back of the net.

In the second half the Saints then made it three through Broja. The forward showed a clean pair of heels to race clear of the Bees defence and then apply the finish into the bottom corner.

The game was then finished when substitute Adams came off the bench to make it four. The striker latched onto a ball over the top and chipped Fernández to further compile Brentford's misery on a tricky evening for the Bees.

Jansson agrees contract extension

Swedish defender and club captain Pontus Jansson has completed a one year contract extension that will see him remain with Brentford until the end of the 2022/23 season.

Speaking to club media about the news Head Coach Thomas Frank said, "I am very pleased that Pontus has signed a new contract. He has been a big part of the success we have had over the last three years. He has been important to our defensive improvement in the last three seasons.

"Pontus has done well for us in the Premier League, and we are all pleased that he will be with us next season. His leadership and communication in defensive situations and his positioning are very important for us."

UP NEXT FOR BRENTFORD

Game 1

Opponent: Liverpool (A) Sunday 16th January 14:00 Anfield

Nickname: The Reds

Competition: Premier League – Matchday 21

Opponent record: P20 W12 D6 L2 GF52 GA18 (3rd in Premier League)

Manager: Jurgen Klopp

Game 2

Opponent: Manchester United (H) Wednesday 19th January 20:00 Brentford Community Stadium

Nickname: The Red Devils

Competition: Premier League – Matchday 21

Opponent record: P19 W9 D4 L6 GF30 GA27 (7th in Premier League)

Manager: Ralf Rangnick (interim)



Beavers bounce back to winning ways

Hampton & Richmond Borough 2 – 1 Concord Rangers

Hampton & Richmond Borough won for the first time in six league games as a last minute own goal them a moral boosting 2-1 win. A goal from Tyrel Miller-Rodney set the Beavers on their way after an assist from new signing Zach Robinson. An agonizingly late goal from Jake Peck from distance for the away side looked to have then further stretched their winless run but the Beavers dug deep to force a last minute own goal.

In a first half devoid of chances David Fisher had a penalty shout turned down before Alan Julian was forced into making a good save to keep own Ben Allen.

A free kick from Jak Gray was then delivered into the box and fumbled by Myles Roberts but racing in on the rebound Ruaridh Donaldson flashed a shot wide.

The Beavers then took the lead through Miller-Rodney. A cross from Robinson came back after deflecting off Roberts and the Hampton & Richmond midfielder was in the right place at the right time to apply the finish.

After the half time Robinson thought he had scored on his debut but his celebrations were cut short by the linesman's flag. Dean Inman then up from the back had a shot that flew over the crossbar.

With the clock approaching 90 minutes Peck scored a sublime goal from distance that swerved out of the reach of Julian as Concord looked like they rescued a point late on.

But there was to be late drama in store at the Beveree when Jake Gray whipped in a dangerous cross from out wide that Jayden Randall could only divert into the back of his net under press from Hampton & Richmond players at the back post, to give the Beavers a well deserved three points.

Hampton squad update

Hampton & Richmond Borough have had a busy period with a number of incomings and outgoing for the squad over the past week.

Zach Robinson has signed from AFC Wimbledon, as well as Leo Hamblin and Shane Dunne coming in from Woking FC.

Meanwhile Ronan Hutchins has joined Tring Athletic on a three month loan deal.

Finally, Charlie Wassmer has had his contract suspended following a club investigation after an incident in the away fixtures against Slough Town.

UP NEXT FOR HAMPTON

Opponent: Dorking Wanderers (H) Saturday 15th January 15:00 Beveree Stadium

Nickname: Wanderers

Competition: National League South – Matchday 19

Opponent record: P19 W11 D3 L5 GF46 GA30 (3rd in National League South)

Manager: Marc White

England Men's U20 team to face Oxford University named

England Men's U20 head coach, Alan Dickens, has named his team to play Oxford University on Saturday 15 September (KO 14:00) at Oxford University Sports Ground.

To give the all the players an opportunity on the field, different sets of players will play for the first and second halves of the match. Fin Baxter, who has been capped twice with England, is captain for the first half with centre, Seb Atkinson, taking over the role for the second half.

Alan Dickens commenting ahead of the game said: "We've had two camps, this week and last, which helped bring the group together and kick start our Six Nations preparation. The training has gone really well and the commitment from the players has been fantastic.

"The game against Oxford University will be an excellent opportunity for us to put in to practice all our work in training and assess how well the lads are working as a group. It's a great way for us to prepare for our opening game in the Six Nations away to Scotland."

England U20 Team v Oxford University

First half

15. George Hendy
14. Deago Bailey
13. Jacob Cusick
12. Ethan Grayson
11. Cassius Cleaves
10. Louie Johnson
9. Tom Carr-Smith
1. Fin Baxter (c)
2. Jasper Spandler
3. Mikey Summerfield
4. Tom Lockett
5. Alex Wardell
6. Macenzzie Duncan
7. Kofi Cripps
8. Geordie Irvine

Second half

15. Henry Arundell
14. Francis Moore
13. Seb Atkinson (c)
12. Bryn Bradley
11. Ollie Dawkins
10. Jamie Benson
9. Matty Jones
1. Mark Dormer
2. Tom Cotton
3. Will Hobson / Robin Hardwick
4. Alfie Bell
5. Charlie Rice
6. Geordie Irvine / Macenzzie Duncan
7. Kofi Cripps
8. Greg Fisilau

Venue: Oxford University Sports Ground, Iffley Road, OX4 1SR

England U20s 2022 Six Nations fixtures

Friday 4 February - Scotland v England - KO 8pm - DAM Health Stadium, Edinburgh

Friday 11 February - Italy v England - KO 7pm - Stadio Comunale di Monigo, Treviso

Friday 25 February - England v Wales - KO 7pm - Castle Park, Doncaster

Saturday 12 March - England v Ireland - KO 7.15pm - StoneX Stadium, London

Sunday 20 March - France v England - KO 8pm - Stade Aime Giral, Perpignan



Charlie Hayter appointed Women's and Sevens Performance Manager and Emma Mitchell joins as Performance Consultant for the women's game

The RFU is pleased to confirm the appointment of Charlie Hayter as Women's and Sevens Performance Manager.

Hayter will oversee the management of the women's XV's game at international and domestic level as well as the returning men's and women's England Sevens programmes.

He will work closely with the Red Roses, England women's pathway set-up, Allianz Premier 15s clubs as well as the men's and women's England Sevens programme all from a management and strategic perspective.

Hayter was named England Women's sevens head coach in 2019 before taking on the GB Sevens team leader role ahead of and for the Tokyo Olympic Games.

Hayter previously represented the sevens programme as a player, making his debut at the Commonwealth Games in Glasgow in 2014, going on to play 30 HSBC World Rugby Sevens Series rounds over five years.

Hayter's role forms part of a broader team leading on the women's game and implementing an 'Every Rose Action Plan' which includes Alex Teasdale (Head of Women's and Girls' Game), Amy Walmsley (Allianz Premier 15s Strategic and Operations Manager, maternity cover for Amy Kimber-Roberts) and Don Barrell (Head of Performance Pathways and Programmes).

The RFU is also delighted to confirm the arrival of former England captain Emma Mitchell who joins as Performance Consultant for the women's game.

A founding member of Saracens Women in 1989, Mitchell helped her club side to a league, cup and sevens treble a total of three times, thoroughly enjoying a 15-year playing career at Bramley Road.

From 1987-2002, while working full-time in academic publishing, Emma was awarded 52 England caps and five caps for Great Britain. Following her club retirement in 2004 and while living in the San Francisco area, she began coaching at club, regional and international level in the USA, Canada and the UK.

England's 1994 World Cup winning scrum-half is a qualified executive coach and mentor who has spent the last 15 years working as a Performance Lifestyle Adviser for the English Institute of Sport, supporting the men's and women's Great Britain Hockey athletes, coaches and staff to fulfil their aspirations both on and off the pitch. Great Britain Hockey has enjoyed podium success at three consecutive Olympic Games from London to Rio and, most recently, Tokyo.

Hayter said: “This is a hugely exciting time to be involved in women’s and sevens rugby. This year provides some of the biggest events for both forms of the game, with two World Cups on the horizon and a home Commonwealth Games for the sevens as well.

“The work that has gone into the growth of the women’s game has been incredible to date, and there is a real buzz about the potential future. It is important that we aim to build on the work that has already been done and keep improving. We want to increase the quantity and quality of emerging players in England, as well as further develop a world class domestic offering, whilst continuing to create winning England teams.

“The sevens programme reforming gives an opportunity for a restart which will see a core group of contracted men’s and women’s players, supported by supplementary players invited to camps and competitions. We are all proud to be back representing on the HSBC World Sevens Series, as well as building up to two major summer events with a home Commonwealth Games in Birmingham and the Sevens World Cup in Cape Town.”

Mitchell said: “These are incredibly exciting times for the women’s game, from young girls and the grassroots community game all the way up to the Red Roses, who were so impressive during the recent autumn series. It feels as though the domestic and international game is at something of a tipping point with increased sponsorship and wider broadcasting interest and the prospect of a home World Cup in 2025 all offering huge opportunities as well as challenges.

“On a personal level, I am delighted to be returning to the game that captured my heart some 35 years ago. As an early Red Rose who appreciates the wonderful legacy we have built over almost four decades, I hope to bring this historical and cultural perspective, along with my experiences within a successful Olympic team environment, to support an incredibly talented group of staff and players as they look to realise their dreams.”

RFU Director of Performance Rugby, Conor O’Shea added: “We have an incredibly strong team in place to continue to support the growth of the women’s game and the repositioning of the sevens programme within the pathway.

“Charlie has impressed everyone with how he operated within the Team GB programme, dealing with all the challenges thrown at him and this is a natural progression for him. He will be able to draw on the support of Emma Mitchell who is joining us as a performance consultant for the women’s game as well as working with Alex Teasdale and the rest of the team at the union.

“There are huge challenges ahead for both the women’s and sevens game and we have put in place the best team of people to manage that next phase of development.”



National Pothole Day on Saturday January 15th

Ahead of National Pothole Day on Saturday January 15th, Admiral Motor Insurance releases data which reveals claims for pothole damage has increased by 39% since 2016.

Lorna Connelly, Head of Claims at Admiral, said: “January 15th marks National Pothole Day and anyone who drives will be familiar with that sudden ‘clunk’ from roads that are plagued with potholes. But potholes are more than just an inconvenience, they can also cause costly damage to your vehicle.

“Our data shows that the number of claims for damage caused by potholes has increased by 39% since 2016 – and the cost will probably only go up as our vehicles become more advanced and costly to repair.

“January, February and March is the worst time of year for pothole claims, with over **57% more claims** made over this period than any other season, as road surfaces become unsettled by cooler temperatures.

“Pothole pockets can quickly open up, especially if the weather has been bad, which means they might not have been there the last time you took that route. Keep a sharp eye and slow down – swerving can be more dangerous! If you think you’ve hit a hum-dinger, get out and check for damage at the safest opportunity. Take photos of the pothole and the damage to your car and consider taking your vehicle to a mechanic to check for damage.



“If you have Comprehensive cover, claiming for pothole damage through your insurer should be a straightforward process, but it can affect your no claims bonus and you may need to pay an excess.

“You can always try to claim compensation for any damage caused to your car, through whoever is responsible for the road you were driving on, although there is no guarantee you will be successful. To help, we’ve created a [step-by-step guide](#) explaining how to claim compensation for pothole damage.

“It’s great that there is funding committed to fixing Britain’s potholes – we know what a huge nuisance they are for our customers. However, keeping on top of them is a challenge for local authorities so it’s always best stay alert and keep a lookout for any potholes that might have popped up.”

WHO recommends two new drugs to treat COVID-19

WHO has recommended two new drugs for COVID-19, providing yet more options for treating the disease. The extent to which these medicines will save lives depends on how widely available and affordable they will be.

The first drug, baricitinib, is strongly recommended for patients with severe or critical COVID-19. It is part of a class of drugs called Janus kinase (JAK) inhibitors that suppress the overstimulation of the immune system. WHO recommends that it is given with corticosteroids.

Baricitinib is an oral drug, used in the treatment of rheumatoid arthritis. It provides an alternative to other arthritis drugs called Interleukin-6 receptor blockers, [recommended](#) by WHO in July 2021.

WHO has also conditionally recommended the use of a monoclonal antibody drug, sotrovimab, for treating mild or moderate COVID-19 in patients who are at high risk of hospitalization. This includes patients who are older, immunocompromised, having underlying conditions like diabetes, hypertension, and obesity, and those unvaccinated.

Sotrovimab is an alternative to casirivimab-imdevimab, a monoclonal antibody cocktail [recommended](#) by WHO in September 2021. Studies are ongoing on the effectiveness of monoclonal antibodies against Omicron but early laboratory studies show that sotrovimab retains its activity.

The panel of experts developing the guidelines also looked at two other drugs for severe and critical COVID-19: ruxolitinib and tofacitinib. Given their uncertain effects, WHO made a conditional recommendation against their use.

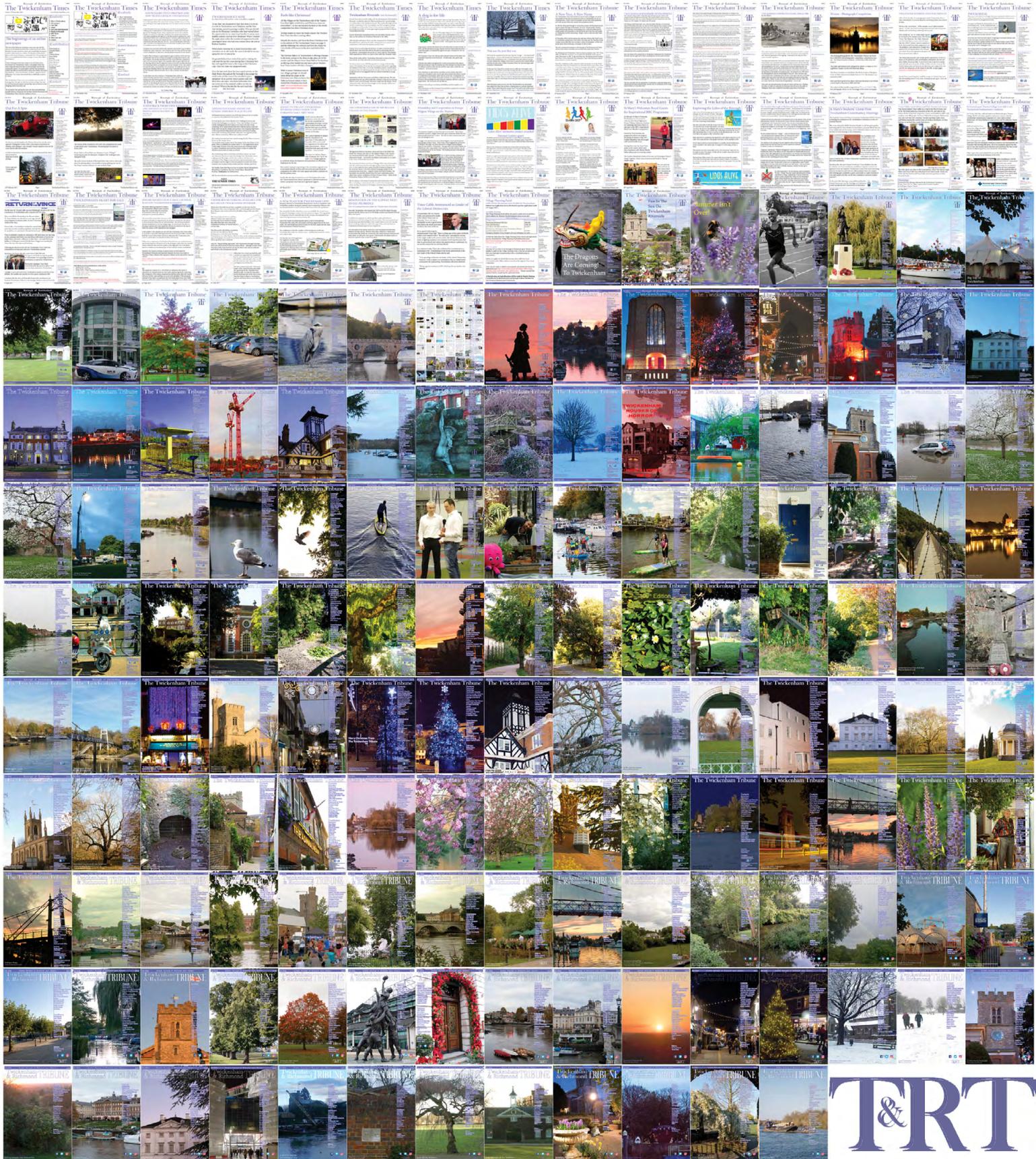
Today's recommendations, forming the eighth update of WHO's living guidelines on [therapeutics and COVID-19](#), are based on evidence from seven trials involving over 4,000 patients with non-severe, severe, and critical COVID-19.

WHO is in discussions with manufacturers to secure global supply capacity and equitable and sustainable access to the newly recommended therapeutics. The Access to COVID-19 Tools Accelerator (ACT-A) Therapeutics pillar has been engaging with pharmaceutical companies to seek comprehensive access plans for low- and middle-income countries, so that these treatments can be rapidly deployed everywhere, not just in rich countries. The ACT-A is also looking to expand licensing scope to make the products more affordable.

The two newly recommended drugs - baricitinib and sotrovimab - have been invited for [WHO Prequalification](#), which assesses the quality, efficacy and safety of priority health products to increase access in lower income countries.



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