

Twickenham & Richmond TRIBUNE

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Editors

Berkley Driscoll
Teresa Read



29th July 2022

T&RT

Robin cools off

Photo by Berkley Driscoll

TickerTape - News in Brief

National rail strikes - TfL

National rail strikes are taking place on Saturday 30 July.

The majority of TfL's services will run, but **no service is expected on the London Overground, including Night Overground services on Saturday.**

Most services will run as normal on Sunday 31 July, with London Overground services returning to a good service by 09:00.

For more information, visit the TfL [strike page](#) which will be updated regularly as more service plans are confirmed.

Join Richmond Aid for a charity cycle to Brighton

Sign up for one of the few remaining places on Richmond Aid's 55 mile cycle to help raise funds for the charity.

The London to Brighton cycle ride will see five RAID riders take on the epic cycle with cyclists of all levels welcome to register.

The big cycle takes place on Sunday 11 September 2022. By registering you will receive support with setting up a JustGiving fundraising page, a bespoke RAID riders cycling top and a finishers medal.

Cyclists will need to pay a £55 registration fee and fundraise £250 for Richmond Aid's gardening service for disabled people.

To book your place and for more information email Lucy on L.byrne@richmondaid.org.uk.

Healthy Living in Richmond: Last chance to make thoughts known

Healthwatch Richmond is asking Richmond residents to share their experiences through a survey. This is a great opportunity for people to voice their lifestyle needs and have a say in upcoming changes to Council services in Richmond. Richmond residents have until the end of July to complete the survey.

Respond to the survey [HERE](#)

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COVID-19

Teresa Read

World Health Organization

Weekly Epidemiological Update - Global Overview

Published 27 July 2022; Data as at 24 July

Globally, the number of weekly cases reported during the week of 18 to 24 July 2022 was similar to the number reported last week, with over 6.6 million new cases. Likewise, the number of new weekly deaths was similar to the number reported during the previous week, with over 12,600 fatalities.

At the regional level, the number of new weekly cases increased in the Western Pacific Region (+52%), the Eastern Mediterranean Region (+45%) and the South-East Asia Region (+13%), while it decreased in the African Region (-44%), the European Region (-24%) and the Region of the Americas (-12%).

The number of new weekly deaths increased in the Eastern Mediterranean Region (+88%), the Western Pacific Region (+19%) and the South-East Asia Region (+8%), while it decreased in the African Region (-47%) and the European Region (-6%). The number of new weekly deaths in the Region of the Americas was similar to the figure reported during the previous week.

As of 24 July 2022, over 567 million confirmed cases and over 6.3 million deaths have been reported globally.

At the country level, the highest numbers of new weekly cases were reported from Japan (969,068 new cases; +73%), the United States of America (860,097 new cases; -3%), Germany (565,518 new cases; -16%), Italy (531,327 new cases; -26%), and France (508,620 new cases; -27%).

The highest numbers of new weekly deaths were reported from the United States of America (2,637 new deaths; +3%), Brazil (1,396 new deaths; -20%), Italy (952 new deaths; +21%), Spain (810 new deaths; +33%), and France (737 new deaths; +34%).

European Region

The highest numbers of new cases were reported from Germany (565,518 new cases; 680.0 new cases per 100,000; -16%), Italy (531 327 new cases; 890.9 new cases per 100,000; -26%), and France (508,620 new cases; 782.0 new cases per 100,000; -27%). Over 4200 new weekly deaths were reported in the Region, a 6% decrease as compared to the previous week.

The highest numbers of new deaths were reported from Italy (952 new deaths; 1.6 new deaths per 100,000; +21%), Spain (810 new deaths; 1.7 new deaths per 100,000; +33%), and France (737 new deaths; 1.1 new deaths per 100,000; +34%).

In The News

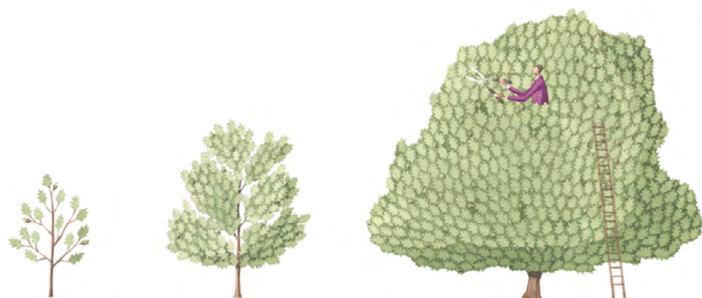
Independent, 29 July 2022: UK Covid hotspots in your area as infections appear to peak

Reuters, 29 July 2022: If you're high risk, do not wait for updated COVID, vaccines experts say

The Guardian, 29 July 2022: Could Long-Covid lead to the rise of the four-day working week?

Reuters, 29 July 2022: Japan urges regions to mount COVID fight as variant spread

NDTV, 29 July 2022: Coronavirus Live: India Reports 20,409 New Covid Cases, 47 Deaths In 24 Hours



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The Tree Agency



The wedding of the year

By Simon Fowler

In her diary, the socialite Louisa Bowater (Lady Knightley of Fawsley) wrote about the excitement of the marriage of her oldest friend Bella Mainwaring

March 28, 1866.

We had scarcely returned from church, when Bella drove up, escorted by a gentleman whom, on my running down to the gate, she introduced as General Milman. Suspecting nothing, I took her into the drawing-room, when she began excusing herself for not having written in so confused a way, that I at once exclaimed, 'You are not going to be married?' 'Yes,' she replied, 'to General Milman'; and the next instant she informed me that the wedding is to be in May, that I am to be her bridesmaid, and that in July she goes to Mauritius for five years. I did not know whether I stood on my head or heels!

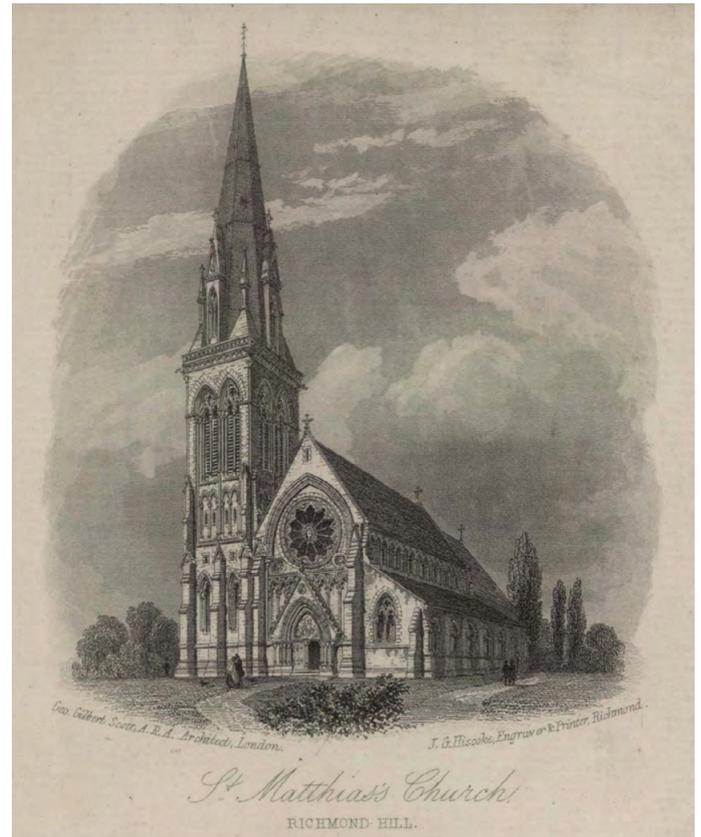
However, in five minutes I was dressed and driving back to spend my afternoon with them at the Old Palace. He is twenty-four years older than she is, but very gentleman-like and pleasing, and desperately in love. She is very happy and very much in love. It has just given her the ballast she wanted, and I never saw her appear to greater advantage.

May 8, 1866

Dear Bella's wedding-day. I can hardly realise that it is all over and that Bella Mainwaring exists no more! The day was cloudless, and by eleven we were all assembled at St. Matthias, the new church at Richmond. We bridesmaids wore white muslin trimmed with blue sashes and Cluny lace, wreaths of white daisies and lovely bouquets of stephanotis, pink geraniums, and fern. Bella looked extremely handsome in her white satin and veil, and behaved so exactly like the ordinary, everyday Bella, walking about showing her presents and introducing people, that you could hardly believe she was the bride. One o'clock brought the breakfast, with shoals of men, and I was soon floated off on a tide of fun and chaff.

After going to feed, I was sitting under the portico, engaged in a lively discussion with Mr. Bowles (an 'Owl') and two or three other men on the respective merits of music and poetry, when suddenly they melted away and left me alone with Captain C, who, to my utter amazement, took the opportunity of proposing. I was never so much astonished in all my life! For though other men and girls have often chaffed me about him, I never thought for a moment he was in earnest, and even now I can't believe it. The form was much as usual. I answered him quite firmly, but was not the least discomposed, and we were interrupted by the departure of the happy pair, which was an orthodox scene. Then came croquet and dancing, when he renewed the subject, and I flatter myself that I closed it for ever. No! Captain C does not care – nobody ever will care – for me half as much as Captain B!

The marriage was tragically cut short by the death of the General at the Old Palace in 1869, leaving Bella with a baby daughter – Alice. Bella remarried in 1872. In turn Louisa married Rainald Knightley, an MP, in 1869.



The newly built St Matthias church
Credit: Paton Collection Orleans House Gallery
LDORL : 02241

Forty Years of Neglect??

What Do They Know?

By Teresa Read

Residents who know Twickenham Riverside may have been surprised to receive emails and view advertisements on Facebook, and other online information, stating that Twickenham Riverside has been neglected for 40 years.

Those who are long-term residents of Twickenham will know that since 2005 there have been a number of improvements on the disputed Twickenham Riverside area, the site of Twickenham [Outdoor] Baths - which is believed by some to still exist and will need to be dug up if the Council's plan for flats overlooking the Thames goes ahead.

Improvements began in 2005 with a children's playground, the Jubilee Gardens, a retaining wall and award-winning planting. Then during the Queen's Diamond Jubilee, the Diamond Jubilee Gardens were opened - winning the Sustainable Landscaping Award by London in Bloom - and further improvements on The Embankment followed. And, of course, two spacious public toilets adjoined the cafe.

In January 2014 the Council administration of the time designated the land Public Open Space.

Obviously, those in the Council may not have been in Twickenham for many years as surely they would not disseminate the slogan of "40 years of neglect"?

The problem caused by this erroneous information is that it was widely circulated, and directly emailed to people, during the time when the Hopkin's Architects' planning application was available for Comment on the LBRUT Planning local government website, and some people may have been misled. Additionally, a photograph of the disused "Santander" car park that had been bought by the Council in 2014 accompanied the "40 years of neglect" slogan and those of us who live in the area know that it is at the far end of the area to be developed and has been left unused since it was purchased by the Council.

To make it clear how much investment has been made on Twickenham Riverside, to query the "40 years of neglect" mantra I have attempted to find out information via the Freedom of Information website WhatDoTheyKnow. However, it seems that the Council could not come up with a figure for the main investments, but they did seem to know about costs such as watering trees.

I have in my possession two emails, one sent to my personal email by the Liberal Democrats - using my Christian name - with the statement "After forty years of neglect" and one sent to me at the Tribune by a reader starting with the words "After 40 years of dereliction and decay" signed in the name of the present "Leader of the Council London Borough of Richmond Upon Thames" - and with a direct link to the Planning Case Number.

What Do They Know?

Council responses to the abovementioned Freedom of Information requests can be found at this link: https://www.whatdotheyknow.com/request/give_details_of_all_works_carrie?nocache=incoming-2089285#incoming-2089285

Barnes Bridge could be transformed into River Thames Walkway

Moxon Architects has revealed plans to transform the abandoned Barnes Bridge. The Grade II listed bridge has not been used for more than 125 years. The bridge was completed in 1849 but was taken out of service in 1895 when a new bridge was built next to it.

The project team is negotiating a formal agreement with Network Rail, Richmond Council and Hounslow Council for the £3M project, with a provisional opening date of 2026.

A Network Rail spokesman said: “We’re working closely with the Barnes Community Association and Richmond Borough Council to help them bring the disused side of Barnes Bridge back to life.”



Moxon Architects state “Conceived by local residents united with a passion to see this historic structure restored to community use, ‘The View’ will transform the disused rail bridge into a public amenity. The scheme will give visitors and locals a chance to enjoy a unique communal space over the River Thames. The existing structure will be carefully restored and supplemented with sympathetic landscaping and street furniture. The new linear park will extend in both directions to complete a green corridor over the river. It will connect with existing and proposed routes including the soon to be completed Dukes Meadow Footbridge to the north.

The southern approach path will serve the dual function of step free access to the existing station platform. This functional aspect of the scheme will be integrated within the existing woodland setting, opening up both the station and new park to all users.”



Images by Moxon Architects

Have your say on protecting the borough's special views

Share your thoughts on the local views that form an intrinsic part of the borough's landscape, from the well-known views from Richmond Hill to those around our rivers and local landmarks.

As part of the development of the new Local Plan, Richmond Council is inviting individuals and businesses to share their feedback on a new Supplementary Planning Document (SPD), relating to the borough's iconic views. The draft Local Views Supplementary Planning Document (Local Views SPD) sets out all the important views across the borough that the Council is seeking to protect, in relation to the impact of development and planning applications.

Some of the borough's unique and distinctive views are already protected, including the view across the land on and below Richmond Hill, which is protected by Act of Parliament. In addition to detailing views which already have protection, the Local Views SPD will outline new important views that the Council would like to define to ensure they are not adversely affected by any new development.

An Urban Design Study helped recommend whether existing views should be amended, and whether there are any new views that merit protection.

The draft Local Views SPD identifies each view with a photo and map locating the view, as well as a detailed description. It is intended to be used by applicants when preparing planning applications to ensure the relevant view is protected.

You are invited to have your say on the views presented in the document. Your feedback will be used to assess whether any additional local views need to be included in the document. You have until 5 September 2022 to read the document and to share your views.

The [draft Local Views SPD](#) is available to view online. It is a long document and so is supported by an index that lists all the views and a boroughwide map of all the views.

You can [complete your response online](#), or by downloading the form to return via email to localplan@richmond.gov.uk or by post to Spatial Planning and Design, London Borough of Richmond upon Thames, Civic Centre, 44 York Street, Twickenham, TW1 3BZ.

Cllr Julia Neden-Watts, Chair of the Environment and Sustainability Committee, said: "We are lucky to live in a borough with many wonderful views. We want to ensure these views are protected as we move forwards with the new Local Plan, which when finalised, will outline how areas of the borough can change whilst maintaining their special character. The draft Local Views SPD will be used by planning applicants and officers to guide development proposals. Please take the time to read the document and ensure your voice is heard in the future development of Richmond upon Thames."



Dear Editor,

Public toilets - again

I write many letters to yourselves and my councillors on this subject. All to no avail.

I make the point that almost all of the places I visit in in the UK assume that it is their duty to provide adequate, and usually first class, public toilets as a matter of course.

I mention that the Community Toilets Scheme is a fantasy. And that there are no commercial premises in the main shopping streets that are signed up to it.

Am I the only one that thinks it is a disgrace to live in a borough that cannot even be bothered to provide this most basic of services for its citizens?

Oh, and one where the Council thinks it's a good idea to squander the most important riverside development site in a generation to give us much needed luxury flats and no planning benefit apart from a privately operated pub/restaurant.

Am giving up and moving out.

Yours sincerely,
W Stewart, Teddington

Dear Sir,

Protecting the borough's special views

I wonder how many residents are aware of the London Borough of Richmond Upon Thames (LBRUT) Supplementary Planning Guidance when considering planning applications. There is published LBRUT guidance for all areas of the Borough that may prove useful, such as the Views and Vistas planning guidance.

For example, as a former Committee Member of the Strawberry Hill Residents Association (SHRA) I highlighted to the Chair and the Committee Planning Policy LPS Views and Vistas for Strawberry Hill in consideration of the proposed Twickenham Riverside development. https://www.richmond.gov.uk/media/15400/strawberry_hill_village_planning_guidance_supplementary_planning_document.pdf

I suggested that SHRA should consider a paragraph or two from Horace Walpole's musings but unfortunately it was not of interest; surprising that as residents of Strawberry Hill we should not consider the thoughts of our most famous resident, the creator of Strawberry Hill House:

"The enclosed enchanted little landscape, then, is Strawberry Hill This view of the castle is what I have just finished [it was a view of the south side, towards the north-east], and is the only side that will be at all regular. Directly before it is an open grove, through which you see a field, which is bounded by a serpentine wood of all kind of trees, and flowering shrubs, and flowers.

The lawn before the house is situated on the top of a small hill, from whence to the left you see the town and church of Twickenham encircling a turn of the river, that looks exactly like a sea-port in miniature."

However, a discussion did not take place.

Yours sincerely,
Teresa Read, former Committee Member of the Strawberry Hill Residents Association (2007-2021)

Dear Sir,

Elleray Hall Reprovision is Becoming a White Elephant as Costs Spiral out of Control

What was envisaged as a cost neutral project for the council is now looking like a £4m hall build that does not even deliver a leading-edge net-zero energy associated housing development for the long term. Given our climate crisis, one would expect the council to be at the forefront of providing sustainable infrastructure. Despite the Elleray Hall Redevelopment project's significant shortcomings, as admitted by the planning authority, the council is still continuing to push this misguided and expensive project, having used the "community benefit" rhetoric to get planning permission. The question now that the true costs are available, is: does this project provide good value for the community, or are there better options?

At conception, the plans were meant to be cost-neutral – but costs are now double the original estimate. Costs were meant to be offset against the sum received from the eventual sale of the Elleray Hall site to a social housing provider, but the sum that the council will receive is now questionable. The council has so far agreed to subsidise half of the £660k increased build cost to the social housing provider. As the current plan is to construct the new community centre before the sale of the Elleray Hall site is agreed, this potentially exposes the council to the real risk of the social housing provider requiring an increased subsidy as costs rise further in the current economic circumstances. Otherwise, the social housing provider will not be able to proceed with the project, potentially leaving the existing Elleray Hall abandoned, unsold and derelict.

There is currently no legally binding commitment on the part of the social housing provider to buy the Elleray Hall site. The construction of the new community centre before these matters are resolved could create an enormously expensive white elephant.

The need for a much wider scope for the proposed new community centre has been exaggerated and is not based on any robust evidence. The talk of the new hall being able to offer, amongst other services, the University of the Third Age, is fanciful at a time when children's services provision, in particular special needs, and youth mental health services (the University of the First Age!) are experiencing damaging underinvestment.

Overspending on this project and the subsequent diversion of resources from other pressing needs does not represent good value for money and will generate net community harm as funds are diverted from other projects.

We question the council's priorities and demand a closer assessment of the balance of services provided to all members of our community. A rethink of the proposed plans is urgently required to consider a smaller more inviting hall aimed at our elderly users and to ensure that developments are socially, financially, ecologically and architecturally sustainable.

These developments are not a 'done deal' yet, and should be stopped. Our community, present and future, deserves better!

As well as questioning our councillors about the project, one practical step interested readers may wish to take to influence change, is to object to the closure of the community asset, the North Lane East car park, once the consultation period is announced by the council.

Yours sincerely,

Ewa Shah,
Teddington Residents Association

Does this Photograph of the Cricket Pavilion on Twickenham Green Look Like a Welcoming Member of the Community Toilet Scheme (CTS)?

Twickenham Cricket Club is a member of the London Borough of Richmond upon Thames Community Toilet Scheme but there are concerns about this “toilet provision” by local people who suffer from this Council scheme on Twickenham Green.

Residents have complained for years – four years – that the Cricket Pavilion does not adequately advertise its facilities; and the grouping of members sitting in front makes it unwelcoming and inaccessible.

After years of emails to the Parks Department, local Councillors and amenity societies, including an Official



Complaint, paper A4 notices have appeared in the notice boards on the Green, but is this obvious to those who use the Green for alfresco eating and drinking? Are they going to read the notice board after hours of drinking or just use the nearest doorway or garden? Residents know the answer.

Requests have asked for easily visible permanent signs on the Green stating that the Cricket Pavilion is a member of the CTS. However, the Council has taken no action. And, of course, the cricket club is not always open, certainly not later in the evening when groups congregate drinking.

The Council’s answer is Public Urination, in roads and private property, where people pay a high Council Tax and do not expect to clean up after drinkers have gone home.

Public toilets were introduced in London in 1851 – the London Borough of Richmond upon Thames could learn a thing or two from the Victorians about Public Hygiene.

Community Toilet Scheme (CTS) Twickenham Green

Twickenham Cricket Club
The Cricket Pavilion, The Green, Twickenham, TW2 5TU
020 8894 3110

Opening hours:

Monday/Wednesday/Friday - 10am to 5pm

Saturday 11am to 10pm

Sunday when cricket is being played

(Also open when there is a cricket match and the pavilion is in use)

The Cricket Pavilion does not seem to display the obligatory CTS LBRUT sign. A permanent, visible TOILET notice is needed in the central area of Twickenham Green.

Hampton North Ward News

Councillor Geoffrey Samuel

FRIENDS OF NURSERY GREEN

The meeting convened on 5th July to consider the formation of a Friends Group was well attended which is very encouraging. There were plenty of good ideas and suggestions and some ten residents agreed to form a Group. The organisers of the meeting seemed very keen that the Group had aims, a constitution and officers although I am anxious that it does not become bureaucratic but open to anyone to join, contribute and feel at home without too much formality. The group will have my full and active support.

R70 and 111

I was concerned to hear from residents that there had been a number of problems. One resident reported that passengers were being turned off buses before the journey was complete and that the service had declined in recent weeks. Journeys to and from Kingston [vital for those with appointments at Kingston Hospital] could now take up to two hours instead of the scheduled 40 minutes. I raised this at once with Nick Rogers, our GLA member, as the service is the responsibility of the Mayor of London. He and I visited one complainant and Nick Rogers has promised to raise this with Transport for London and with The Mayor personally if necessary. Let me know if you have problems with these buses. **STOP PRESS**-Nick Rogers has just contacted me: the 111 is in marked decline since the new contractor took over a few weeks ago. We will both be pursuing this further. More news next month.

E-SCOOTERS

I have received a larger response than usual on this item. Two respondents support the proposal for e-scooters to be located in Tangle Park as a new and valuable form of modern transport. But they are heavily outweighed by opponents who complain that they are inherently unsafe: have been involved in too many near-misses: carry no insurance: ride on the pavements: should not be in the suggested location as it would be a hazard for the disabled and bring more e-scooters to the ward.

COUNCIL QUESTIONS

My 'oral' question was concerned with the proposal of the Mayor of London to extend ULEZ [covered in the last Newsletter]. The Council is not opposing the proposal but I am not sure that they were aware that there would be no concessions for blue badges. My concern remains that this extension would penalise the less well-off at a time of 'cost of living crisis'. My question for written answer [still to follow] asked for Burtons Road concessions for the residents of the roads nearest to the large Sainsburys as they are doubly inconvenienced by vehicles who now use 'their' slip road as a rat run

WHERE IS OUR CARNIVAL?

For many years this was a regular feature of Summer in the ward. Most recently the YMCA ran it when it managed The White House. Life is now returning to normal: residents are asking: where is our Carnival?

TREES

I am now supporting residents with tree 'problems' in **Grenville Mews, Oak Avenue Rectory Grove and South Road**. Residents complain that the Council gives priority to the need of the trees over the wishes of people. In response to a question from a resident the Head of Parks has replied that he welcomes, where it is needed, tree-watering by residents.

REFUSE AND RECYCLING

Even more complaints about missed collections! Let me know when this is your experience as I follow up every complaint. Residents are particularly annoyed when the promised 'catch-up' fails to occur and when the paid-for Green collection is missed. The state of the recycling centre is still unacceptable: Sadly, this is not one of the six sites where the Council has installed CCTV.

SHORTER ITEMS

- There was a grass fire at the **David Lloyd** course on one of the hottest days which resulted in the temporary evacuation of some residents in Staines Road. I visited next day to check that all was well – as it was by then!
- Residents in **Hanworth Road** are still experiencing a number of problems including excessive speed at the top end of the road – an issue which I am pursuing
- A registered-blind resident in **Albury Close** has experienced falls on uneven pavements: I am pressing for repairs
- A mystery! A person or persons has carried out unauthorised work on the flower beds on **Hampton Square**.
- The Council is now carrying out- as we have long requested –some road works in **Acacia Road and Bishops Grove**.

About this Newsletter...

I hold all your e-mail addresses on my personal computer which is password-protected. No other person has access to this information. The items in the newsletter come from two sources: matters raised by residents and my own work as a Councillor. I aim to take up every matter raised with me and therefore often forward an e-mail to a Council officer or senior Councillor. It is helpful if they see the actual issue raised by a resident. Please always let me know if you do NOT want your e-mail to be forwarded in this way. Now that I am 'on my own' as a councillor I am supported by former councillor Kate Howard, Nupur Majumdar and others

DEPRESSING IMAGES SHOW LONG-TERM IMPACTS OF VISITORS FEEDING DEER

Visitors advised to be cautious when bringing picnics to Bushy and Richmond Parks

The Royal Parks has released images of deer swooping on picnics in Bushy Park, devouring the contents that include large amounts of plastic.

This learned behaviour has occurred because of visitors feeding the free roaming wild deer in Bushy and Richmond Parks, despite it being illegal, unnecessary, and dangerous.

The problem is not confined to London deer parks, with worldwide coverage appearing of deer ingesting plastic in [Japan](#), India and [Ireland](#), tragically resulting in some of these animals' deaths. One deer in [Thailand](#) was discovered with 7kg of rubbish in its stomach, including instant coffee sachets, clothing and plastic rope.



Deer eating food from a picnic including plastic



Deer munching on picnics



Deer raiding a picnic

“Human interaction with deer is causing all sorts of problems. As a result of persistent feeding by visitors, the deer in Richmond and Bushy Parks are now beginning to associate humans with food, which is not normal behaviour”, explains Bill Swan, Assistant Park Manager of Bushy Park.

“We want to [keep wildlife wild](#) in the parks so please follow The Royal Parks’ advice and don’t touch or feed these majestic animals,” adds Swan. *“Feeding deer is both unnecessary and dangerous. The parks provide an abundance of natural food.”*

“Many deer will eat the plastic bags containing food, unaware that they can’t digest it. If it doesn’t suffocate them first, it can get lodged in their stomach and block it, which can cause death from malnutrition.”

To avoid becoming the focus of unwanted attention, visitors wanting to picnic in Bushy and Richmond Parks should remain alert to the presence of deer and avoid eating in the following hotspot areas:

- The lawns between the Model Boat Pond and Playground in Bushy Park
- The areas between Richmond Gate and Hornbeam Avenue in Richmond Park
- By Pen Ponds in Richmond Park

If visitors are approached by deer when picnicking, they should observe the following advice:

- cover their food and close any bags
- leave the food behind and move back to a safe distance
- wait for the deer to move on before returning to their picnic spot

Jo Haywood, who runs the Volunteer Ranger Service in Bushy and Richmond Parks said: *“We’ve had a few incidents this summer of visitors being surprised by deer raiding their picnics, and it can be a frightening experience, so we are advising that visitors be cautious. Visitors should always keep a minimum of 50 metres away from deer wherever possible.”*

Together, Richmond and Bushy Parks are home to almost 1,000 wild free roaming deer. The deer have been a feature of the parks for centuries and the special grassland habitat in the parks, that is protected by law depends on deer grazing. Deer grazing also prevents tree seedlings from growing, keeping the grassland open.



Staying safe in open water

Monday 25 July was World Drowning Prevention Day. The Council joined forces with the London Fire Brigade, the RNLI, Met Police and Achieving for Children's Project X at a water safety event at Teddington Lock.

Local parents and children came down to learn more about the risks of swimming in the Thames and what to do when someone gets into difficulties.

The Thames is a dangerous river. It has a strong current, with houseboats in many areas, as well as moving river traffic, that pose dangers to anyone swimming in the river. It is full of debris including sharp metal, shopping trolleys and other items that can cause serious risk to life if hit when jumping from bridges. There is also a risk of cold-water shock, as parts of the Thames remain very cool even in this hot weather.

Float to Live

The RNLI has five simple steps that could save your life if you get into difficulties in the water:

- If you're struggling in the water fight the urge to thrash around
- Lean back - extend your arms and legs
- Gently move them around to help you float if you need to
- Float until you can control your breathing
- Only then, call 999 or 112 for help or swim to safety

Cold water shock

When in cold water (anything below 15°C), your body can go into cold water shock. If this happens, you lose control of your breathing and movement. Cold water shock also causes your heart rate and blood pressure to quickly increase, which can lead to cardiac arrest.

The average sea temperature around the UK and Ireland is just 12°C. Inland waters like lakes, rivers, lochs and reservoirs can be colder - even in the summer.

Remember, if you find yourself in difficulty in the water, Float to Live.

[Find out more from the RNLI](#)



Call to stop the use of disposable barbecues

The Leader of Richmond Council, Cllr Gareth Roberts, is calling on local shops and residents to help prevent fires in the borough by immediately stopping the sale and use of disposable barbecues.

Cllr Gareth Roberts said:

“Disposable barbecues are dangerous and unnecessary. They are one of the most common causes of grass and open land fires, which puts strain on our emergency services and can devastate green spaces. During the recent heatwave, the London Fire Brigade’s Fire Commissioner called for an urgent temporary ban of disposable barbecues in all public parks and open spaces because of the risk to lives and the environment.

“Alongside the risk of fire, disposable barbecues in public places create nuisance for other people. They produce smoke, which has an adverse impact on air quality and can be annoying for anyone else using the park or open space, and they also often get left behind as litter. Additionally, you cannot recycle them, making them very environmentally unfriendly.



“Disposable barbecues are not allowed in Council parks and open spaces and are in breach of our anti-social behaviour Public Spaces Protection Order. Anyone using a disposable barbecue in these spaces could be issued with a fine.

“However, despite this, more still needs to be done by all of us to ensure we stop the unnecessary risk to the environment and to our health. Therefore, we are urging local shops to follow in the footsteps of supermarkets like Waitrose and Aldi by no longer selling disposable barbecues. And we should all always opt for a picnic in our local parks and open spaces.

“Hopefully, the Department for Environment, Food & Rural Affairs considers a full ban on sales of disposable barbecues soon. But in the meantime, we should all play our part by stopping selling and buying them to respect our environment and the people around us.”

GRATE EXPECTATIONS...

I don't know about you, but I find that I need different graters for a variety of foods. (And then your favourite one either disappears somewhere in one of those kitchen drawers that holds a plethora of culinary 'odds n sods' - just when you need to lay your hands on it in a hurry!) So, in the interests of helping you choose the best selection - and be a 'grate' (sic) help, I've done some research on your behalf:

German company **ZWILLING** is, I think, probably the 'Porsche' of graters. Its newly launched range of Z-Cut graters is superb. The **Tower grater**, for example, is sturdy, easy to clean and well designed - it even has an integral box for collecting what you've grated, and an anti-slip base. Add to this a protective cover for when you're storing it, four sides for fine, medium and coarse grating as well as a slicing blade, Zwilling has every option covered for you. The rrp for the Zwilling Z-Cut Tower Grater is £40 but it's quality and will last.



Another natty little grater from **ZWILLING** is the **Z-Cut Fine Grater**, ideal for grating and zesting lemons and limes to add extra zing to any meal. It has a holder for smaller food items to keep fingers safe, a collection tray, unique blade design for precision two-way grating and is priced at £19.95.

And last but not least from **ZWILLING** is the **Z-Cut Mini Grater**. This Mini Grater is ideal for small nubs of ingredients such as nutmeg, wasabi, garlic and chocolate. The grater's unique blade design offers precision grating while the

two-way effect saves time. Made from high-quality stainless steel, it's dishwasher safe and priced at £7.95.



Every curry enthusiast likes to prepare their own pastes, and this **Etched Ginger and Garlic Grater** from **OXO** is a speedy little gadget that makes short work of troublesome, fibrous ingredients like ginger and turmeric. Again with a non-slip foot, and a snap-on cover that also acts as a scraper to help gather your paste and keep your hands free from strong food scents and staining. Around £12.50 from John Lewis and Amazon

Another well-known name in graters is, of course, **Microplane**. The newly launched Bowl Grater is a clever design as it fits across the top easily and efficiently grates vegetables, fruit and hard cheeses directly into a container. It sits comfortably across a bowl (up to 16cm in diameter). It can be placed horizontally across the surface or inside / at an angle in the food bowl, allowing for secure, comfortable and quick grating thanks to two rounded and non-slip handles on both sides perfectly moulded to the contours of the container, preventing slippage. The extra coarse blade creates a larger texture, so is ideal for raw vegetable salads and coleslaws as well as dishes such as frittatas and vegetable gratins. It's also perfect for helping make flaky pastry, just remember to chill the butter before grating! Dishwasher safe, the Bowl Grater can also be cleaned quickly by simply rinsing under the tap. RRR £19.95 from John Lewis.

Microplane is, of course, a brand often used by professional chefs, and when you use one, you realise why! You can easily grate hard cheeses into fine wisps with Microplane's iconic Zester/Grater. Perfect for a number of fine Italian dishes from Caesar salad to pasta, it's also ideal for zesting citrus to add a natural kick to desserts. This zester is designed to remove zest but leave behind the bitter-tasting pith. It also has a non-slip foot and a plastic cover to protect it in the drawer. Around £24 from [Harts of Stur](#)



And finally, the **Microplane 2 in 1 Spice Mill** is another neat little gadget, with razor-sharp stainless steel blades that effortlessly grates those hard spices such as Indian Long Pepper, nutmeg and cinnamon. It also stores gratings in a small, airtight compartment for future use. Around £24 from [Harts of Stur](#)



I used to have a selection of cheap and cheerful graters that I'd acquired over the years, but I've now got rid of them. This is because I've realised that if you spend wisely, and buy top quality, it is worth it, as the quality ones will last for years.

I hope these have given you some 'grate' food for thought when it comes to investing in any of these all-important kitchen tools.



Homage to George Grossmith

by Tim Shaw and JJ.Leppink

Blue Fire Theatre Company at the Mary Wallace Theatre, Twickenham, then at the Edinburgh Fringe until 27th August

George Grossmith was a principal performer in the D'Oyly Carte Opera Company, originating many of the baritone G&S roles. He also co-authored the 1892 best seller, *Diary of a Nobody* with his brother. *Homage to George Grossmith* is pre EdFringe double bill by Teddington based theatre company Blue Fire. Both are essentially one-man shows featuring tour-de-force performances.



Evelyn Waugh said that *The Diary of a Nobody* was the “funniest book in the world”. This compact adaptation is a sedate, witty affair. In contrast, *Gilbert and Sullivan's Nightmare* is a wild, brisk, vaudeville piece, like a one-man *Waiting for Godot*.

Sitting in a comfortable armchair with a glass within easy reach, diary in hand, is Charles Pooter, a city clerk who has recently moved house. He has resolved to keep said diary, and while the first few entries consist of berating himself about his boot-scraper, events soon escalate. The overall impression is of a lower middle class man anxious to preserve the status that a lifetime of hard work has brought him, but keenly aware of its fragility. This gentle tale is capably and calmly portrayed by Andy Smith, reading from Pooter's diary, whilst slipping effortlessly between characters as Pooter's various acquaintances.



Alan Bennett has an anecdote about an actor who once played a postman. “Only I haven't done any since,” he says, “I don't think they're getting much mail.” Ed Barrett takes this archetype and runs with it, as Old Adam in *Gilbert and Sullivan's Nightmare*. Lurching on the stage in an ancient tailcoat, the aged wild-haired stagehand and occasional walk-on performer reminisces about his time in the D'Oyly Carte Opera, working with, and even occasionally talking to, Gilbert and Sullivan. Barrett's committed physical performance as the hunched, gangly

Old Adam gets as many laughs from his singing voice as from his bittersweet anecdotes.

James Hall gives a wonderfully deadpan turn as the Pianist in the two productions, both ably directed by Steve Taylor. They will undoubtedly find the enthusiastic audience they deserve at the Edinburgh Fringe.

Read Andrew Lawston's review at www.markaspen.com/2022/07/24/homage-grossmith

Photography courtesy of Blue Fire

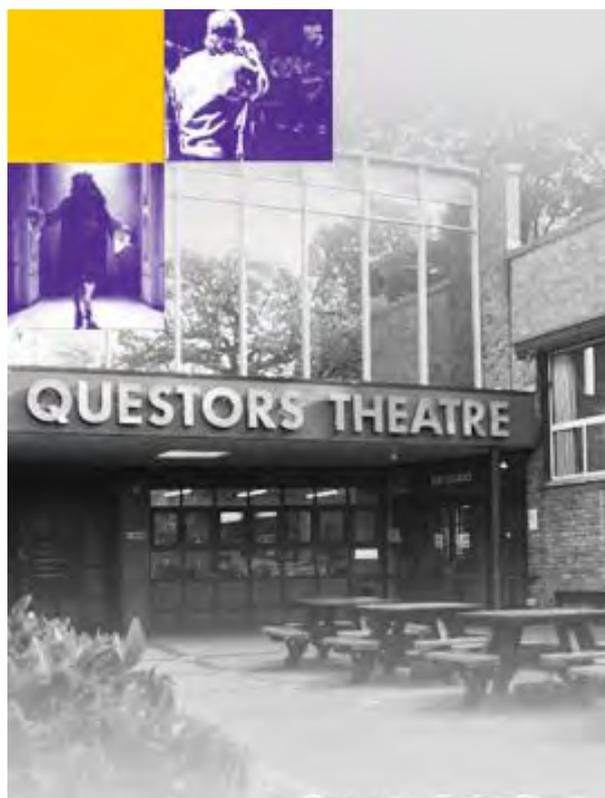
Two Cleaners

by Chiara Arrigoni

Festival of New Theatre, at Questors Studio, Ealing

Concluding the innovative *Festival of New Theatre* at the wonderful Questors, we saw a fitting and strong production. After an impressive week of plays and workshops, *Two Cleaners* was an apt climax. The starkness of the studio in which the barren setting of this two-hander took place was an appropriate one. The writer Chiara Arrigoni was said to be inspired by Pinter's *The Dumb Waiter*, and had paid a justifiable homage to that iconic play. The layers were stripped away at a slick pace.

Within the darkness of the piece, the dialogue and convincing and performances were strong enough to carry us for the forty-five minute duration. Cleaner One, played by Lucy Aley-Parker, was earthy, cynical and world weary. An impressive performance, matched by Anne Marie Ryan, as Cleaner Two, the younger and more challenging woman. Ryan had the right amount of energy, played nicely against the reticence of her resigned colleague. The American accents were also of a high standard.



As the text descended into a deeper darkness, and the sinister unravelling of their employer, the tension built up and we felt the claustrophobia of their grim situation. The ending on a high note, though, could have only gone one way.

Sharply directed by David Hovatter, the intelligent writing was brought to life. Against the atmospheric lighting by Andrew Whadcoat, the simplicity of the setting really worked. Emerson Bramwell's sound design was effective whilst being non-intrusive.

Chiara Arrigoni is a writer to look out for and a worthy contributor to the *Festival of New Theatre*. We hope to see *Two Cleaners* staged again elsewhere in the near future.

Read Heather Moulson's review at www.markaspen.com/2022/07/24/two-clean

Photography by Evelina Plonyte



The Four Seasons

by Jenna Lee, music by Max Richter adapted from Antonio Vivaldi
with

Don Quixote

Grand Pas de Deux by Marius Petitpa, music by Ludwig Minkus

New English Ballet Theatre at The Grange Festival,
Northington



The Grange, in its idyllic setting in a pastoral bowl in the Hampshire

countryside, is a reflective place to be during the hottest summer ever. On press night, black ties are being shed for silk cravats, and we give thanks for the seasons.

In 1717 Antonio Vivaldi, looking out on the countryside in Lombardy, equally thanked God for the four seasons, inspiration to write the violin concerti *Le quattro stagioni*. These have spawned many derivative works over the centuries, including the recomposition by Max Richter, the score for Jenna Lee's choreography. Richter's post-minimalist recomposition is a highly textured homage to Vivaldi and the moods of *The Four Seasons*, patterned on the three movements of each concerti.

Undulating ensemble movements are mesmerising. Dancers move in waves, as if blown by the wind; or run under imagined clouds to escape the sun; or crystallise like ice from the snow.

Summer starts sultrily, but by the presto third movement of *L'estate* things are really zinging. Danced by guests from the Royal Ballet, Sophie Allnatt and Luca Acri, it is a highlight. In a passage of great bravura, the pair fill the stage with a display of vitality and elegance. All the vigour and fire of summer are there.

A delightful classical ballet excerpt precedes *The Four Seasons*, the *Grand Pas de Deux* from Marius Petitpa's *Don Quixote*, based on a sub-plot from [Cervantes'](#) famous novel. The lovers Kitri and Basillo have overcome many difficulties, and are now to be married. Royal Ballet First Soloist Luca Acri is joined by Harhui Otani, Soloist at the English National Ballet in the *Grand Pas de Deux*. It is an expression of soaring joy. The two Japanese dancers are a delight to watch, their performance a dazzling display of virtuosity.



Read Mark Aspen's review at www.markaspen.com/2022/07/14/four-seasons

Photography by Deborah Jaffe



Acis and Galatea – The Sixteen in Concert

by George Frideric Handel, libretto by John Gay

West Green Opera at the Theatre on the Lake, Hartley Wintney

“Lovers and madmen have such seething brains ... that apprehend more than cool reason ever comprehends”. Shakespeare’s epigram could refer to the love-besotted shepherd, Acis, and the raging cyclops Polyphemus, whose brains seethe in their rival pursuits of a beautiful Nereid, the divine river nymph, Galatea.



The perilous love-triangle described in Ovid’s *Metamorphoses* is the root source of Handel’s *Acis and Galatea*. It is a tale of two halves: a carefree idyll of joy and happiness; which, with the intervention of Polyphemus, takes a threatening, and ultimately (or rather penultimately) tragic, turn.

In the idyllic West Green House Gardens, the Theatre on the Lake shimmers above the water’s edge. Willow seeds gently fall in their fluffy coats, symbolically like confetti, as the ebullient Handelian overture presages the chorus’ opening, extolling the “pleasure of the plains!” where “happy nymphs and happy swains ... dance and sport the hours away”. Yes, it is all too good to be true, as we later find out.

Galatea is trying to cool her ardour for Acis and pleads with the birds to hush, because “your thrilling strains ... kindle fierce desire”. Soprano Grace Davidson sings Galatea with bright pure expressive articulation. Acis is earnest to find Galatea and asks the mountains, “Where shall I seek the charming fair?” Acis is sung by Jeremy Budd with assurance and clarity, but with a slight edginess to his tenor voice, which befits the character. When they do find each other, the sensuality explodes in an expression of ecstatic elation, “Happy we! What joys I feel! What charms I see!” The fully staged [previous performance](#) of *Acis and Galatea* had, for this duet, the two lovers undressing each other in a bubble bath!



As it begins to become dark, the mood has changed with the anticipation of Polyphemus. The impressive bass voice of Stuart Young presents the incandescent Polyphemus. “I rage, I melt, I burn!” he simmers, while the lakeside is lit red. The carp in the lake break the surface to gobble-up flies, serendipitous symbolism, for Polyphemus is the son of the sea-god Poseidon. Whom will Polyphemus gobble-up?

Read Mark Aspen’s review at www.markaspen.com/2022/07/24/acis-galatea-16

Photography by Elizabeth Wait

TRAVELLER'S TALES 128

CAPTURING CASTLES



Doug Goodman recalls visiting some memorable castles

I was about six when I first saw a castle, which I believe was Warwick. I remember the excitement when a sword, shield and helmet were bought for me from the gift shop. Since then exploring castles has given me great pleasure and discovering their history, owners and strategic importance has fascinated me. I can happily spend a holiday in the UK, or for that matter abroad, seeking out these historic places. It's estimated that in this country there are over 1500 sites where castles or their remains can be seen, according to 'Castellarium Anglicanum' – a list published in 1983. A castle is defined as a medieval fortified residence. Many are cared for by the National Trust or English Heritage and others are privately owned. However, a significant number are open to visitors.

DEFENDING EAST SUSSEX

My favourite castle is Bodiam in East Sussex. With its iconic moat, glorious ramparts set in green surroundings it's rightly nominated as one of our most beautiful and romantic buildings. Designed and built in 1385 by Sir Edward Dalyngrigge as a manor house for his family it was quickly re-designed as a fortress to protect the region from invasion by the French during the 100 years' war. During the English Civil War of 1641 its owner, The Royalist Lord Thanet, was forced to sell by Parliament to pay fines. Partly dismantled it was left in ruins until 1829 when it was purchased by John Fuller. He and subsequent owners carried out restoration work until 1925 when it was acquired by the National Trust and designated a Grade 1 Listed Building. Approaching the castle on foot you'll see WW2 fortifications built to tackle an expected German invasion on the South Coast.



Beautiful Bodiam



London's Greatest Landmark



Windsor



Edinburgh Castle

In the Capital, The Tower of London is one of the oldest and most visited landmarks. With its crown jewels, Beefeaters and White Tower it's a top tourist attraction. Built from 1078 following the Norman Conquest of 1066 it is today Her Majesty's Royal Palace. Prominent throughout English history The Tower has been a prison, armoury, royal zoo, royal mint and public records office. During both World Wars spies were held and executed there. The Tower of London is under the care of Historic and Royal Palaces and is a World Heritage Site.

Windsor Castle was built to the west of London to enforce Norman domination and to protect an important part of The Thames. Windsor has been the main residence of Queen Elizabeth 11 since 2011 and is the longest occupied castle by a reigning monarch in Europe. Henry 1, (1100-1135), designated it as a royal palace and Henry 111 turned it into a luxury palace. As a noisy aircraft passed overhead an American was heard to ask a guide why they had built the place under a flightpath. Edinburgh's castle stands guard over the city on a rocky hill. It claims to be the most besieged castle in the UK experiencing 26 sieges in its 1100 year history. Famous for its military tattoo during the annual Edinburgh Festival it is the second most –visited, paid- for attraction in

the UK. Scotland along with Wales has a vast number of castles to explore.

CONWY AND HEVER

Two more of my favourite castles are in Wales and Kent. The River Conwy is guarded by Conwy Castle which overlooks the town. UNESCO considers it to be one of the finest examples of 13th Century military design. It was built by Edward 1 during his conquest of Wales. Left in ruins after the English Civil War, it was restored in the late 19th Century and became a major attraction for painters and tourists. Hever Castle near Edenbridge in Kent was the country home of the Boleyn family from 1462 to 1539 where Anne Boleyn Henry V111's Queen Consort, spent her early years. The castle later came into the possession of Anne of Cleves, Henry V111's fourth wife. I once stayed in Anne Boleyn's bedroom with magnificent views over the Kent countryside but with a floor that sloped alarmingly.



Conwy Castle



Hever Castle

FAIRYTALE CASTLES

It really resembled a film set and in fact it had been the location for a Robin Hood film. Carcassonne is a magnificent fortified city in France's South-West region of Occitane. Its citadel dates from the Gallo-Roman period and was built to guard the trade routes between The Mediterranean and the Atlantic. The walls were restored in 1853 but the steep, narrow, cobbled streets remain: nowadays full of tourist shops.

Two places created a lasting impression: both in Romania. Bran Castle in Transylvania is allegedly the fictitious home of Count Dracula in Bram Stoker's famous book. From a distance the castle, built to guard a mountain pass, looks forbidding. A steep path takes you through an ancient wooden door from where countless rooms furnished in medieval style are there to explore. The Dracula legend has been 'camped up' to cater for the tourists' tastes. But ruler Vlad Dracul, who freed his country from Turkish domination and upon whom the story of Dracula is loosely based, remains a national hero in Romania. Dragomirne in Northern Romania near the border with Ukraine is really a fortified monastery but resembles a castle. Here some 70 nuns live and observe their Orthodox religion. I enjoyed a brief stay in Dragomirna with the worst food and the most uncomfortable bed I had ever experienced. But the calm, peaceful atmosphere and ancient surroundings compensated for any discomfort.



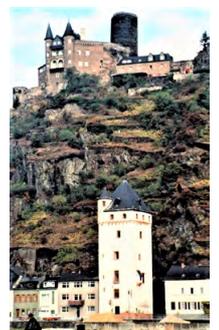
Forbidding Bran Castle



Carcassonne Film Set



Dragomirna in Romania



Castles on the Rhine

Castles proliferate throughout Europe particularly in Germany. One of the best ways of seeing lots without too much effort is to take a Rhine passenger boat. Castles at water level or high above the gorges can be seen close-up as you cruise past or you can hop on and off the boats to explore on foot. Keep an eye on timetables to avoid being stranded.

WIZ Tales: Guatemala and Ukraine Visit

Teresa Read

The Republic of Guatemala is in Central America. It is bordered by Mexico, Belize, the Gulf of Honduras (Caribbean Sea), Honduras, El Salvador and the North Pacific Ocean.

Guatemala's history is reflected in the languages spoken: a large proportion of the population speak Spanish and forty percent speak Amerindian languages. The main Mayan languages are Quiche, Cakchiquel, Mam and Kekchi.

Tikal National Park, a World Heritage site, situated in the Guatemalan jungle, is a combination of a major Mayan archaeological site and the natural environment.

The quetzal is the symbol of Guatemala; the Mario Dary Quetzal Reserve was established to preserve the national bird.



This week the President of the Republic of Guatemala, Alejandro Giammattei, became the first Latin American leader to visit Kyiv to support President Zelensky and the Ukrainian people in the fight against the Russian invasion of Ukraine. Guatemala has had its own upheavals due to war; a thirty-six-year civil war ended in 1996.

President Giammattei was reported in the Buenos Aires Times as warning that millions could die as a result of the food crisis caused by the Russian invasion of Ukraine. Guatemala has also experienced a rise in fuel prices.

Dmytro Kuleba, a Ukraine government official, posted on Twitter that Ukraine and Guatemala had signed various agreements during the visit and enjoy excellent relations.



Copyright details of photographs and more information about Guatemala at this link:

<https://worldinfozone.com/gallery.php?country=Guatemala>



Information event for Ukrainian sponsors and guests

Ukrainian guests and their sponsors are invited to attend an information drop-in event on Monday 1 August from 6.30pm in Twickenham.

The drop-in session will allow you to have 1-to-1 conversations with representatives from a range of council services and partners to answer any questions you have about the visa schemes and local support available.

If you are part of the Homes for Ukraine scheme, you will have received an email with details about the event and how to register. If you are under the Ukraine Family Visa Scheme, please email homesforukraine@richmond.gov.uk for more information.

Services attending include:

- Children and Adult Social Care
- Education
- Housing services
- The payments team responsible for the £200 welcome payment and £350 monthly payment for hosts
- The Welcome Visits team and DBS
- Citizens Advice Richmond
- Employment services
- The local NHS who can help with any health/GP related queries
- Local voluntary groups who can offer support

We will also have Ukrainian translators available.

Councillor Gareth Roberts, Leader of Richmond Council, said:

“We now have over 400 Ukrainians living in Richmond upon Thames. It is important that our guests feel welcome, are able to settle quickly and start their lives in the UK, so we can make sure they thrive for however long they stay with us. We know that it can be overwhelming for both sponsors and guests to find out how to access the right information and support. That is why we have put on this event, so you can have face to face conversations with the right people to help. Please make sure you check your emails and register to come along if you have any questions at all.”



Richmond students launch innovative sustainability projects in Twickenham

For the end of the summer term, Richmond upon Thames College (RuTC) HNC and HND Graphic Design students, were instructed to use the theme 'sustainability' to create their respective final major projects.

The students were given free rein with this project and turned this globally crucial theme into two exciting website projects.

In total, nine students took part in the two group projects, six for HNC and three for HND. The HNC students titled their project 'Green Ldn' and the HND students, named their project 'Evergreen trail.'



The students are passionate about educating and encouraging others about the beauty and feasibility of sustainable living and banded together to use their graphic design and craft skills.

Green LDN was designed with pastel and ice cream colours to bring a sense of fun and show that sustainable living can be an enjoyable way of living. Each student created their own page on the website 'Green Ldn' named after their specific project and offering the option to either buy or make sustainable items listed on their webpage.

The EverGreen Trail project is on display in Orleans House Gallery in Twickenham and is a walkable adventure around the gallery's courtyard displaying hand-made ceramic animals – each with a QR code linking back to the EverGreen website with information on where the animal can be found, what they eat and other information. Again, each student had their own dedicated page on the site which illustrated their specialist topic.

Tim Pond, Architecture and Graphic Design teacher at RuTC explains, "Living sustainably enhances our standard of living, safeguards our ecology, and protects natural resources for future generations. Living sustainably means we can live and flourish without depleting more natural resources. Particularly in the case of the HNC project by reusing and reimagining the things we have already made."

"By increasing awareness, art and design practices can significantly contribute to sustainability. It is also important for us as practitioners to think about how sustainability concerns affect our own practice.

"Our choices regarding the tools and techniques we employ in our work can help to create a more sustainable future."



Richmond upon
Thames College

The Mulberry Centre: Cancer support and information for Richmond residents

The Mulberry Centre is a cancer information and support centre with a welcoming and non-clinical environment based within the grounds of West Middlesex Hospital in Isleworth.

The Mulberry Centre are a registered charity, and the majority of funding comes from charitable donations. They deliver a range of information and support services to anyone affected by a diagnosis of cancer whether the cancer patient, their main carer/supporter or those bereaved by cancer. They provide support to all people affected by a diagnosis of cancer, regardless of postcode or hospital of diagnosis.

They are committed to providing individual, tailor-made support to all our clients, enabling people to seek emotional and practical support in the way that works best for them. They offer in the moment emotional support, counselling, a number of support groups, as well as complementary therapies, workshops on relevant subjects, social activities and wellbeing classes. All of their services are free, and anyone registered with them can access services regardless of where they live or are being treated.

The Mulberry Centre are keen to share with Richmond residents how they can support them when faced with the challenges a cancer diagnosis can bring, as well as raise awareness of the signs and symptoms of cancer, and the preventative measures people can take. If you are a group that would like more information on these topics shared with your community let them know and they can organise talks, workshops or information stalls to suit.

Additionally, if you would like to know more or know someone who would benefit from this support please do get in touch.

More details including contact information can be found on [the Mulberry Centre website](#).



Report: Arsenal 1 Brentford 2

The Gunners defeated in pre-season friendly behind closed doors

By [Brentford FC](#)

We secured a 2-1 victory over Arsenal in a pre-season friendly this afternoon at The Gunners' training ground.

Bryan Mbeumo scored the first goal before Eddie Nketiah got one back for the home side. Ryan Trevitt then secured the win with a goal just before half-time.

Thomas Frank rotated his squad following on from yesterday's 1-0 win over Brighton on the south coast. Goalkeeper Thomas Strakosha made his first appearance since joining on a free transfer over the summer.



It took just 10 minutes for The Bees to open the scoring and the keeper was involved from the start. His ball forward was flicked on by Fin Stevens, into the path of Trevitt. The midfielder whipped a cross into the middle and Mbeumo was there to control it before clipping the ball into the bottom left corner.

Ainsley Maitland-Niles was the first to try and get a response from his team. He cut inside from the left and smashed the ball towards the goal. Saman Ghoddos, wearing the captain's armband, threw himself in the way to deny him.

With quarter of an hour gone, Brentford could have been two up. Rico Henry showed his pace by bursting into the left side of the box and drilling a cross into the middle. It took several deflections on its way through but no one in a Brentford jersey could turn it home.

The Bees kicked on and Henry was released again after 23 minutes. Mads Bech chipped the ball through to his fullback, who unselfishly decided to square the ball towards Mbeumo instead of going for goal. That allowed Rob Holding the chance to intercept the pass and clear his lines.

At the other end, Arsenal were back in the game. Collecting the ball on the wing, Nketiah cut inside from the left and dribbled past several defenders. He faked to go one side, before blasting a shot into the bottom left corner.

After half an hour, the away side really should have gone ahead again. Keane Lewis-Potter played a near pass beyond him to the overlapping Henry, who managed to swing a cross

towards the far post. Mbeumo was ready and waiting to pounce but Ruell Walters stole in to flick the ball away from the Frenchman at the last second.

Just on the stroke of half-time, Trevitt got what would prove to be the winner. Lewis-Potter played the ball behind the Arsenal defence, Trevitt took one touch on his right foot before sweeping it home with his left.



After the break, Myles Peart-Harris might have doubled that advantage. He saw a shot deflected narrowly over the bar by Mohamed Elneny.

The home side pushed for a goal back but couldn't break through the back line, instead opting for long-range efforts. On the hour, Matthew Cox replaced Strakosha in goal and immediately had to withstand this pressure.

Reiss Nelson got the first effort in, curling a shot in from the left wing that had Cox scrambling across his line to palm the ball wide.

Cedric had a good go himself with just 10 minutes left. The ball came to him on the edge of the box and he took it in his stride before blasting it against the post through a crowd of red and blue shirts. It took several deflections as Cox dived after it, watching it cannon off the post and away.

Arsenal might have snatched an equaliser just before the end. A ball across the box from Charlie Patino just escaped the run of Nketiah in the centre of the box and then bounced away from Marquinhos at the far post. Both players were left in a heap on the floor, unable to work out how neither of them could come up with a leveller.

Arsenal: Turner; Cedric, Walters (Awe h/t), Holding, Tavares (Souza 78); Lokonga, Elneny, Maitland-Niles (Patino 85); Marquinhos, Nketiah, Nelson (Saego 89)

Brentford: Strakosha (Cox 62); Stevens, Crama, Bech, Henry (Racic 62); Onyeka, Ghoddos (Yarmoliuk 76), Trevitt; Mbeumo (Gilbert 76), Peart-Harris, Lewis-Potter

RFU Council votes in favour of change to gender participation policy

- The RFU Council has approved a new gender participation policy following extensive stakeholder consultation and thorough review of all available scientific evidence
- New policy takes a precautionary approach by prioritising safety of players
- RFU promoting opportunities for everyone to participate in rugby offering a range of formats and ways to get involved along with a confidential helpline
- RFU committed to working with World Rugby and UK Sports Councils to ensure further research is conducted and to reviewing the policy on a regular basis

Following an extensive RFU consultation, the RFU Council has voted in favour of updating its gender participation policy for rugby in England from the start of the 2022/23 season with 33 in favour, 26 against and 2 abstaining.

The RFU began a detailed review of its policy in Autumn 2020, this included a game wide survey receiving over 11,000 responses, extensive consultation with and listening to a wide range of independent experts as well as considering all available scientific evidence along with liaising with other sporting bodies.

The review and consultation concluded that detailed peer reviewed research provides evidence that there are physical differences between those people whose sex originally recorded as male and those as female at birth, and advantages in strength, stamina and physique brought about by testosterone and male puberty are significant and retained even after testosterone suppression.

This science provides the basis of the new gender participation policy that concludes the inclusion of trans people originally recorded male at birth in female contact rugby cannot be balanced against considerations of safety and fairness.

The RFU Council has determined that until such time as new further peer-reviewed science is available, a precautionary approach is appropriate to ensure fair competition and safety of all competitors. Therefore, the RFU Council approved a policy change to only permit players in the female category if the sex originally recorded at birth is female.

The RFU recognises this was a complex and difficult decision and the policy change was not taken lightly or without thorough and full research and consultation. Speaking about the decision, RFU President, His Honour Jeff Blackett said: "I would like to thank everyone for the passion, time and effort that has been put in to consulting with us and informing this policy review. Inclusion is at the heart of rugby values and we will continue to work with everyone to keep listening, learning and finding ways to demonstrate there is a place for everyone in our game. We know that many will be disappointed by this decision however, it has been based on all the scientific evidence available. Our game can be strengthened by everyone who is involved; be it in coaching, refereeing, administration or supporting and playing non-contact forms of the game."

The RFU also considered the merits of a case-by-case assessment process, but in light of the research findings and work of World Rugby and the UK Sports Councils, and given the difficulties in identifying a credible test to assess physiological variables, this is no longer a viable option at this time and does not necessarily ensure inclusion. World Rugby has a dedicated funding stream for research in this area and the RFU will continue to work with World Rugby and other stakeholders in promoting research to continue.

In the male category, players whose sex recorded at birth is female may play if they provide their written consent and a risk assessment is carried out.

The RFU is committed to supporting and encouraging opportunities for everyone to participate in rugby including non-contact formats of the game and through coaching, refereeing or volunteering roles. If anyone would like to find out more about how rugby can be inclusive to them and would like to get involved they can contact the RFU via genderparticipation@rfu.com. For anyone who wants advice on mental-wellbeing please see [this link](#).

The RFU has contacted the registered trans women players, who the revised policy has a direct impact on, to offer its support in continuing to encourage them to participate in the sport. The RFU will continue to listen and review its policy on a regular basis and welcomes all new research on this subject to inform these reviews.

For further information on the review please click here:

[RFU Gender Participation Policy - frequently asked questions](#)

[RFU Gender Participation video](#)



BT strike action

The BT strikes taking place on 29th July and 1st August have the potential to cause significant issues for households across the UK and those working from home.

The strike action is also likely to affect the roll-out of ultra-fast broadband, further delaying Government's progress in providing all UK properties with access to fast and reliable broadband. David Hennell, Business Development Director at alternative broadband specialists [National Broadband](#), offers the following comment on the BT strike action:

"The strike action planned by BT workers has the potential to cause a significant impact on people's daily lives. Over the past year, [11 million people experienced broadband outages](#) and without technical support available, those who are unfortunate enough to experience issues will be left stranded.

Such a scenario is no longer just a slight inconvenience but a major disruption to people's lives. Broadband has become part of the fabric of our daily lives; we use it for work, to complete household tasks such as paying bills or accessing banking services and to stay in touch with friends and family.

As [90% of people view access to broadband as an essential utility alongside gas, water and electricity](#), the prospect of not being able to get back online if an issue arises will worry households up and down the country.

"This strike action will also bring to a halt the ongoing roll-out of ultrafast broadband as part of the Government's 'Levelling Up' agenda - and that's something where the Government cannot afford any further delays.

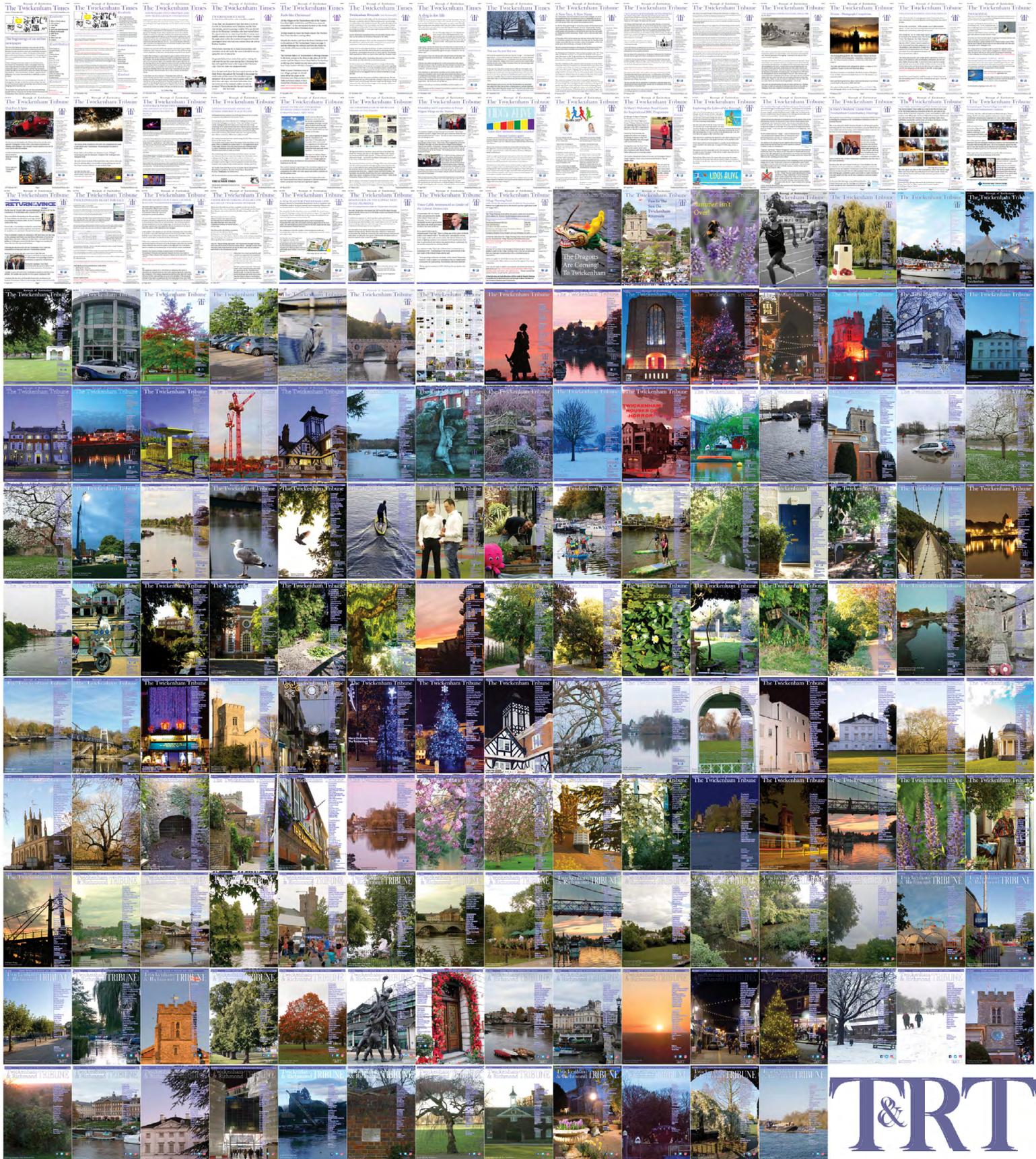
Households and businesses in more remote and rural areas have for far too long been left on the wrong side of the digital divide with no access to decent broadband speeds. The Government has already regressed on its original 2019 pledge to provide ultrafast broadband to all premises in the UK by 2025, reducing its target to 85% of properties.

However, those will inevitably be easier properties to connect to, so those most in need will still be left behind, forced to continue to struggle with broadband that simply cannot meet people's modern day needs.

It's vital that, as our reliance on broadband continues to grow, people are able to access fast and reliable broadband, no matter where they are."



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