

Twickenham & Richmond TRIBUNE



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Editors

Berkley Driscoll
Teresa Read



Spring at Strawberry Hill House
Photo by Berkley Driscoll

21st April 2023



TickerTape - News in Brief

Twickenham Stadium - BIG SUMMER KICK OFF

Harlequins v Bath

Saturday 22nd April, KO 15:00

Attendance 50,000

Whitton, Rugby & London Roads will close 13:00-15:00 and 16:30-19:00 (although will open earlier if safe to do so).

CPZ in force 11:00-23:00.

The Kaiser Chiefs will be performing on the pitch before the match, from 14:20.

Deadline for Great Big Green Week microgrants extended to Tuesday 9 May

LBRuT are offering local groups, individuals, schools or businesses microgrants to run events or activities during the week, which takes place on Saturday 10 to Sunday 18 June 2023.

The microgrants will be between £100 and £250 and managed by the Climate Change and Sustainability Partnerships and Engagement Team. LBRuT will accept applications from any Richmond upon Thames resident or group, or from those whose primary workplace or residence is within the borough.

LBRuT welcome applications from both existing groups and those looking to use this as an opportunity to kickstart a new sustainability initiative in their community.

Example activities might include a project to plant or re-wild a community space, a repair or re-use initiative, a nature trail walk, a sustainable street feast, or a discussion on climate action.

Applications must be submitted by Tuesday 9 May 2023. Read the full criteria and apply on the Great Big Green Week microgrant page [HERE](#).

If you have any questions, get in touch at climatechange@richmond.gov.uk.

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COVID-19

Teresa Read

IN THE NEWS

World Health Organization: The WHO European Region celebrates **European Immunization Week** (23-29 April) to raise awareness of the importance of immunization in preventing diseases and protecting life. This year's campaign will work to improve vaccine uptake in the context of European Immunization Agenda 2030 and a global backslide in vaccination rates due to the COVID-19 pandemic.

The Times of India: "Pandemic still not over": Centre writes to 8 states over "consistent rise" in Covid cases

Mirage News: Covid cases in South Australia. There have been 2,509 new cases of COVID reported in South Australia in the past week.

The New York Times: U.S Authorizes a New Round of Covid Boosters

Kyoto Times: Japan should brace for "ninth wave" of the coronavirus pandemic in the future, a group of experts warned on 19th April.

World Health Organization

Weekly Epidemiological Update, Data as of 16 April 2023

At the country level, the highest numbers of new 28-day cases were reported from the United States of America (432,798), the Republic of Korea (286,182), the Russian Federation (259,138), France (219,428), and Brazil (212,578).

The highest numbers of new 28-day deaths were reported from the United States of America (5,559), Brazil (1,177), the Russian Federation (994), Germany (813) and the Islamic Republic of Iran (754).

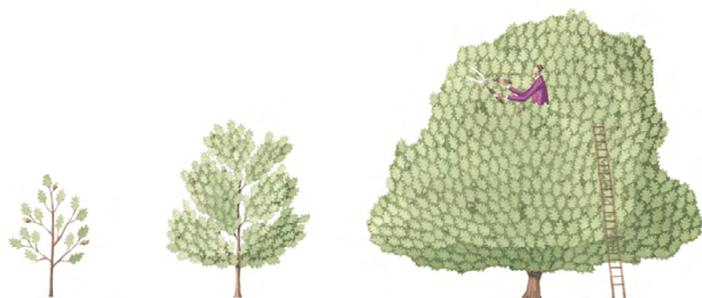
The European Region

The European Region reported over one million new cases, a 29% decrease as compared to the previous 28-day period. Eleven of the 61 countries for which data are available reported increases in new cases of 20% or greater, with the highest proportional increases observed in Gibraltar (88), Azerbaijan (1,563), and Bulgaria (3,769).

The highest numbers of new cases were reported from the Russian Federation (259,138), France (219,428), and Germany (82,957).

The number of new 28-day deaths in the Region decreased by 30% as compared to the previous 28-day period, with 6,927 new deaths reported.

The highest numbers of new deaths were reported from the Russian Federation (994), Germany (813), and Spain (713).



The Tree Agency

darryl parkin

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The Tree Agency

Dear Sir,

ULEZ

The Mayor of London’s proposal to impose ULEZ on our Borough will hit hardest our less well-off residents and those who heeded the advice of a previous Government to buy diesel cars. Several outer London Boroughs are taking the Mayor to Court.

Our Council should - as my colleagues and I would wish - be there in court supporting them.

Yours faithfully

Councillor Geoffrey Samuel, Hampton North Ward

Dear Editors,

Twickenham Riverside

London has got buildings affectionately named as “The Shard”, “The Gherkin” and “The Cheesegrater”.

And what is Richmond Council hoping to give Twickenham Riverside? “The Blot”?

Kind regards,

A Resident of Twickenham, Name and address supplied.



Dear Twickenham and Richmond Tribune

Strawberry Vale roadworks

Once a month I drive to Kingston from Twickenham and for the last few months I have seen a huge amount of building infrastructure and parked vehicles, apparently needed to instal a cycle lane in Strawberry Vale, the width of the road is reduced and there are sometimes diversions. Often only one man is seen guarding the area. How many months will this take? One resident commented that as only one person seems to be on site it would no doubt take another three years.

Presumably, members of the Council came across a similar problem at primary school:

It takes one man one day to dig a hole. How long does it take three men working at the same rate to dig a hole?

Another simple question. What is the cost we are paying for all this equipment seemingly standing idle for months on end and what would be the cost if they got on with the job pronto!

Twickenham Resident, Name and address supplied

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Fifteen School Streets soon to be live in Richmond

Richmond upon Thames will soon have fifteen school streets enabling even more children to travel safely to school every day.

Two new locations, St Mary Magdalen Catholic School on Worples Road and Thomson House School, Mortlake, have recently been approved by the Council's Transport and Air Quality Committee.

Following a successful trial period in 2022, the School Street at [St Mary Magdalen Catholic School](#) will now be made permanent on 8 May 2023. The hours of operation will be Monday to Friday from 8.15 to 9.15am and 2.45 to 3.45pm, term time only.

In addition to this, the Committee also approved a new trial at [Thomson House School](#), using an experimental traffic order, which will launch Monday 24 April 2023. The School Street will operate on weekdays from 8am to 8.45am and 3.30pm to 4.15pm during term time only.

A School Street is where a road(s) around a school temporarily closes to all motor vehicles except those of the immediate road residents; thereby becoming a pedestrian and cycle zone during the school's opening and closing times. They ensure a safer and more accessible space for children around their school. They contribute to reduced local pollution by encouraging parents and children to opt for more sustainable travel methods, like walking and cycling, without having to manoeuvre around traffic.

As with the first thirteen [School Streets](#), the first six months of implementation will be a consultative period, where residents, parents and the school community can feedback their impressions. Should the trials be successful, the traffic order will be made permanent.

[Share your feedback](#)

School Streets have already been installed at:

- Orleans Primary School
- St Stephen's Primary School
- (GEMS) Twickenham Primary Academy
- St Richard Reynold Catholic College
- Stanley Primary School
- Hampton Infants and Nursery School
- Holy Trinity CoE Primary School
- The Richmond upon Thames School
- Jack and Jill Prep school
- St John the Baptist CE Junior School
- St Mary's CE Primary School
- The Russell Primary
- Trafalgar Infant and Junior Schools



For more information or if you are a school that is interested in having a School Street, email: schoolstreets@richmond.gov.uk

Hampton Choral Society

Fauré Requiem

Poulenc Gloria

Fauré Cantique de Jean

Racine

Franck Paris Angelicus

**Saturday 22nd April 2023 at
7.30pm**

**St James's Church, St James's Road,
HAMPTON HILL, TW12 1DQ**

**With professional soloists and organist.
Musical Director Richard Harker**

**Tickets: £15 adults; £7 - under 16's
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Charity Number 261788

Richmond Park Trees

Royal Parks Police

We have had reports of fencing which is protecting vulnerable trees being broken and cut through.

This has occurred in various locations across Richmond Park. The fencing is not only in place to protect the trees, but also park users from falling branches.



A riverside pathway in Twickenham, River Crane

Friends of the River Crane Environment

This video showcases a new pathway along the River Crane, linking Twickenham Station with Moormead Park. The 400 metre route, and associated wooded corridor, has been provided as part of the Twickenham Station re-development scheme, and further extends the walking network along the Crane Valley.

The pathway was included as a planning condition when the station re-development was approved, and implementation has been supported by the developer and LB Richmond upon Thames through a Development Monitoring Group.

The new pathway is available for the public to use from dawn until dusk and offers some new River Crane vistas. Ownership of the pathway will be retained by the developer. It is hoped that this new pathway will prove as popular as Twickenham Junction Rough (opposite the station) which was delivered through a similar process and is now used by around 1000 people on summer Sundays according to survey work undertaken by the Friends Of the River Crane Environment (FORCE). *Click image to view video*



St George's Day Parade

Sunday 23rd April, 11:00 – 18:00, Whitton High Street

Don't miss out on the annual St George's Day celebration happening on Sunday, April 23rd! This year's event promises to be a fantastic day out for all ages, filled with an array of exciting activities and attractions.

Be sure to catch the Parade, it's the perfect way to kick off the day's festivities and get everyone in the spirit of celebration.

If you're a fan of live music, you're in for a treat as a range of talented performers take to the stage throughout the day. From rock to pop, jazz to blues, there will be something for everyone to enjoy.

And let's not forget about the food! Delicious street food will be available for you to indulge in, with a variety of options to suit every taste bud. You can sample traditional dishes or try something new and exotic.

Love Whitton Huge Parade Live Music
ST. GEORGES DAY
Street Market Family Fun Day

SUNDAY 23RD APRIL
11.00AM WHITTON HIGH STREET 6.00PM

River Thames Boat Project looking for volunteers!

River Thames Boat Project are looking for volunteer boat crew and teaching assistants to join their crew.

A recruitment open day will take place on Saturday 13 May between 11am and 3pm at The Barge Dock, Canbury Gardens, Kingston KP1 1PS.

The open day will share information about the work RTBP do and the difference it makes to thousands each year in the community. There will also be an opportunity to hear about what type of training is delivered and the skills developed through volunteering.

For more information, [visit the website](https://www.thamesboatproject.org) or email info@thamesboatproject.org.



Local heritage railway wins award

Hampton Kempton Waterworks Railway (HKWR) recently won the prestigious Heritage Railway Association Award for Infrastructure at a dazzling ceremony in Birmingham.

David Lewis, HKWR volunteer, proudly received the award for the project on the basis that it will give support for the long-term viability for the development of the railway.

HKWR volunteers are dedicated to restoring the railway to its former glory. The award represents a huge thank you to all of them for their amazing work which took over two years to complete, and who still managed and operated the railway throughout.



Spring COVID-19 booster pop up clinics coming to borough

On **Thursday 27 and Friday 28 April**, eligible residents will be able to access their spring booster without an appointment at two community pop-up clinics. The clinics will take place at Richmond and Hillcroft Adult Community College in Richmond, and York House in Twickenham.

The [spring booster](#) will be offered to:

- Adults aged 75 years and older
- Individuals aged 5 years and over with a weakened immune system

Locations

The pop-up clinics will be held at the following locations.

Richmond and Hillcroft Adult Community College

- **Date:** Thursday 27 April
- **Time:** 10.30am to 2.30pm
- **Location:** Parkshot, Richmond TW9 2RE

In addition to the spring booster for those eligible, this clinic will also be offering a walk-in services for primary and secondary doses of the COVID-19 jab.

York House

- **Date:** Friday 28 April
- **Time:** 10.30am to 2.30pm
- **Location:** Richmond Road, Twickenham, TW1 3AA

As part of World Immunisations Week, a local nurse will be present at York House to provide information about [routine childhood immunisations](#), such as the polio and MMR vaccines, to help increase understanding and importance of these immunisations, and answer any questions parents or residents might have about these vaccines.

Find out more information on [childhood immunisations and vaccinations](#).



Age Concern Richmond members 'Try the Train' with South Western Railway

- South Western Railway offers free 'Try the Train' days to community groups to increase confidence and accessibility of rail travel
- Each day, groups are shown around a station, walked through the process of purchasing a ticket and finding the right platform before taking a train trip
- Age Concern Richmond are the most recent group to book a 'Try the Train' event, travelling from Whitton to Richmond and back.

SOUTH Western Railway (SWR) recently hosted members of Age Concern Richmond on a 'Try the Train' Day.

Age Concern Richmond are the latest community group to experience the event which is designed to reassure and educate those who have not travelled by train before, or those who have limited experience on the railway, to ensure it is an accessible mode of transport that everyone feels comfortable using.

Ten members of Age Concern Richmond, some of whom hadn't been on a train for some considerable time, were greeted at Whitton station by the station staff and Lucy Lomax, the Community Rail Officer, who explained the whole travel experience to them, from purchasing a ticket and finding the right platform, to boarding a train and knowing when they've reached their destination.

The group were also shown how they could find help at the station, including through help points, information screens, and the Assisted Boarding Point where anyone who needs assistance boarding the train can request help with as little as 10 minutes notice.

The group was impressed by the guidance offered through the help button on the platform and the support of the guard and station staff. They also learned that the flashing orange light on the side of the train indicates where the guard is located.

The group then boarded a train to Richmond, accompanied by the Community Ambassador, who told the travellers more about the support SWR can offer on the train. On arrival they were impressed at the ease of using the information Totem for their onward journey and finding out more about the local area.

While in Richmond they were treated to a visit to The Poppy Factory before returning to Whitton, making for an interesting and informative day out for the group of travellers.

Members of the party were impressed by the facilities and help offered by SWR, commenting that it had boosted their confidence for trying trips of their own.

Paula Aldridge, Community Rail Manager at South Western Railway, said:

"We are always looking for ways to improve access to railway travel and hope more community groups on our network see the benefits of a 'Try the Train' event. It is a perfect opportunity for people to familiarise themselves with the experience of rail travel, knowing that we are with them every step of the way."

SWR is always ready to hear from community groups who think a 'Try the Train' day could benefit them. For more information including a video on the Try the Train days, please visit our dedicated [Try the Train page](#).



Visit East Sheen's spring market on Saturday 29 April

Come along and enjoy live music, a variety of independent artisan food and drink stalls at the East Sheen spring market.

The market will take place outside East Sheen Library, 74 Sheen Ln, London SW14 8LP on Saturday 29 April between 11am to 5pm.

The all-day market will feature a wide variety of artisan food stalls from local producers and delicious street food and drink throughout the day. Guests can enjoy the live music entertainment and a number of children activities will be available.

Attendees will also get to experience a range of musical entertainment, [Jenny and David](#) duo from Paris will open the show, following by variety of London's popular Jazz groups.



Take part in Whitton Adult Community Singing group

Whether you have never sung before, would like to improve existing skills, or you just love to sing for fun, join the group at Whitton Adult Community Singing during half term.

Everybody is welcome to join in and there are no auditions. The songs are selected from a wide variety of genres including gospel, pop, classical, folk and more.

Group details:

- **Dates:** Every Saturday during half term from 22 April to 22 July
- **Time:** 11.15am to 12.30pm
- **Location:** Whitton community centre, Percy Road, TW2 6JL

There is a free trial session on any term time Saturday.

We are currently preparing for an informal open session at the community centre on Saturday 22 July at 11.30 to 1pm. There is no charge for this performance, participation or for the refreshments afterwards.



Please contact Loulla Gorman for further details:

- **Email:** loulla82gorman@gmail.com
- **Phone:** 07788664957

Time set for UK Emergency Alerts test

National test of Emergency Alerts will take place at 3pm on Sunday 23 April.

A UK-wide of the life-saving public Emergency Alerts system will take place at 3pm on Sunday 23 April.

Following successful pilots in East Suffolk and Reading, the test of the new Emergency Alerts system will see people receive a message on the home screen of their mobile phone, along with a sound and vibration for up to ten seconds.

For the test, the public does not need to take any action - the sound and vibration will stop automatically after ten seconds. All people need to do is swipe away the message or click 'OK' on their phone's home screen - just like for a 'low battery' warning or notification - and continue to use their phone as normal.

Emergency Alerts have already been used successfully in a number of other countries, including the US, Canada, the Netherlands and Japan, where it has been widely credited with saving lives, for example, during severe weather events. In the UK, alerts could be used to tell residents of villages being encroached by wildfires, or of severe flooding.

The Government has worked together with the emergency services and partners, including the Football Association and London Marathon, to make sure the national test has minimum impact on major events taking place on the day.

Chancellor of the Duchy of Lancaster, Oliver Dowden MP, said:

Put the date in your diaries - at 3pm on 23 April, we'll be testing our new national Emergency Alerts system.

Getting this system operational with the national test means we have another tool in our toolkit to keep the public safe in life-threatening emergencies. It could be the sound that saves your life.

Chair of The National Fire Chiefs Council, Mark Hardingham, said:

We must use every tool at our disposal to keep people safe, and we need everyone to play their part - and the new Emergency Alerts system is one way we can do this. For 10 seconds, the national test may be inconvenient for some, but please forgive us for the intrusion, because the next time you hear it - your life, and the life-saving actions of our emergency services, could depend on it.

National Police Chiefs' Council Lead for Civil Contingencies, Assistant Chief Constable Owen Weatherill said:

Warning and informing the public at speed during times of crises can be vital. We look forward to further developing the use of the Emergency Alerts capability and how it can have real benefits for the public to protect and preserve life, as well as supporting policing's wider response to critical incidents with partner agencies. Alongside partners, we will continue to listen carefully to public feedback and ensure the use of Emergency Alerts has a positive impact.

Emergency Alerts will transform the UK's warning and informing capability; by working with mobile broadcasting technology it will provide a means to get urgent messages quickly to nearly 90 percent of mobile phones in a defined area when there is a risk to life, and provide clear instructions about how best to respond.

Best practice of Emergency Alerts in other countries have shown that they work more effectively in a real emergency if people have previously received a test, so they know what an alert looks and sounds like.

The system will be used very rarely - only being sent where there is an immediate risk to people's lives - so people may not receive an alert for months or years.

You can find out further information on Emergency Alerts, including what they look and sound like at [gov.uk/alerts](https://www.gov.uk/alerts)



SEEING THE LIGHT

Turner's discovery of Italy in 1819; an exhibition at Turner's House in Twickenham

In the summer of 1819, the landscape artist J.M.W. Turner set off on a journey to Italy that would have a profound impact on his life and work. Visitors to Turner's House this summer will be able to enjoy an exhibition of evocative watercolours capturing some of Turner's first impressions of the place he was to later call the 'land of all bliss', and which provided inspiration for the rest of his career.

The French Revolutionary (1792-99) and Napoleonic Wars (1800-15) had thwarted Turner's youthful ambitions to study the classical sites and old masters of Italy, and it was not until he was an established and experienced artist of 44 years of age that he embarked on a six month tour of Italy.

This enlightening exhibition at the house Turner designed for himself in Twickenham will chart some of his

extensive preparations for what was still a potentially dangerous journey.

"I like to imagine Turner here at his country home in Twickenham excitedly pouring over guides, consulting friends and gathering together sketchbooks to document his feverishly anticipated journey", says Dr Carly Collier, curator of "Seeing the Light".

Once he reached Italy Turner was indefatigable, sketching morning, noon and night in his eagerness to record all of the new and stimulating sights, sounds and experiences he encountered as he travelled.

Seeing the Light represents an exciting opportunity for the public to see some of Italy's most well known and loved sites – Venice, Rome, Naples - through Turner's eyes, in the unique setting of his then rural retreat in Twickenham. Visitors to this tightly-focussed exhibition will also be able to appreciate Turner's evolving use of colour and light before and after 1819, thanks to generous loans from Tate, the Guildhall Art Gallery and Turner's family.

The house and exhibition will be open to the public from Friday 7th July until Sunday 29th October 2023. Wednesday to Sunday 10am to 4pm. Prebooking via turnershouse.org.

Turner's House, Sandycombe Lodge, 40 Sandycombe Road, St Margarets, Twickenham TW1 2LR.



The Roman Campagna from Monte Testaccio, Sunset. Credit Tate



TURNER'S HOUSE
TWICKENHAM

A DRUM ROLL FOR THE DRUMMOND!

Fancy a short break in gorgeous countryside, enjoying fabulous food and drink in a warm and friendly atmosphere? Then I have the answer for you: **The Drummond** in Albury.

We arrived late afternoon, on a windy and rather wet day. We crossed a little wooden bridge to access the car park, and made our way inside via the bar, which was surprisingly busy for a weekday evening. There was a log fire and various groups of locals, plus various cute dogs, and a great atmosphere. We had a quick drink and were shown



to our room. It was beautiful: whoever did the interior design for The Drummond has a keen eye on style, coordination and quality. I loved the headboard and the mirror that echoed the curves and clouds on the beautiful hand-printed wallpaper. The ensuite bathroom was spotlessly clean, and we were pleased to see that **Peach Pubs**, the parent group, has strong ethics and keenly supports sustainability and local sourcing. Little plastic bottles were definitely not in evidence, instead there were refillable aluminium containers with soaps and lotions. The quality of everything - from the bedlinen to the towelling robes, was comparable to that of a five star hotel. Being an old building, formerly a brewery for the Duke of Northumberland's estate, the room had been sympathetically updated, but retaining original features like the fireplace.



We strolled down for dinner - our table was in the main dining room. This was a lovely room, again stylishly but sympathetically updated. The peach and bright green colour scheme was lovely, and the tables well spaced. My husband was tempted by the locally brewed Shere Drop from the Surrey Hills Brewery, located at Denbies Vineyard in Dorking, while I couldn't resist a Negroni. The cocktails are very well priced: most of the cocktails are under £10 and a glass of Piper Heidsieck £10 and Nyetimber at £10.50. My Negroni was perfect - not too sweet, and one of the best I've ever had.



I chose a light starter: Hand picked Devonshire crab with cured salmon, apple and cucumber (£12.50). It was delicious, the apple cut through the richness perfectly and there was a gentle hint of dill in the sauce. My husband chose a twice baked Cheddar & Comté soufflé (£9.25) served with a rocket and walnut salad, and he loved it.

Being a pie fan, the temptation of the 14 hour braised beef and ale pie, (£16.50 and served with buttered mash, greens and gravy) was too strong for my better half. He absolutely raved about it - the pie (a 'proper' one with a full pastry case) was absolutely packed with meltingly tender meat. I couldn't resist a cap rump steak, especially as I noticed the Drummond buys its steak from Aubrey Allen. My

steak (£22.50) was cooked to perfection with superb flavour, and served with the best, crispiest chips ever. A side of purple sprouting broccoli with miso hollandaise was an intriguingly good match - the buttery hollandaise was given another dimension by the miso, and it would also make a fabulous starter.

Washed down with a bottle of well-priced organic Chilean Merlot (£26.50), this was an exceptionally good meal. The staff at The Drummond Arms, despite many of them telling us that they were new to the pub or to Peach Pubs, were, without exception, charming, highly professional and clearly enjoyed working for Peach.



Never one to be able to resist a panna cotta, the Buttermilk one with poached English Rhubarb and Amaretti (£8.25) was too good to refuse...and boy, am I glad I succumbed! The rhubarb cut perfectly through the richness, and the addition of crumbled amaretti was a triumph (and one I've noted for the rare occasions I do make a dessert). Sticky Toffee Pudding (£7.75) has the same temptation for my husband, and he declared it superb.



After an extremely comfortable night in our lovely bedroom, we ventured downstairs, to find the bar pleasantly full of folk enjoying their breakfasts. Some were clearly locals who knew a good breakfast venue, and others were overnighters, like us. An excellent serving of Eggs Benedict was ample for me, but my husband was tempted by the full English. Wow! It was an amazing array, and I'm just surprised that he had the appetite for it after putting away so much delicious food the evening before! If I had a niggle - and it really was just the one - it was that they had no orange juice left at breakfast, but apple or cranberry were offered in its place.



We really enjoyed our stay at The Drummond. I'm very impressed with Peach Pubs and the company's philosophy. As it says on the website: "Our pubs are lovely, but it's our people that make them stand out. Each one is a well-loved "local" to its regulars (hosting a wealth of fun events and special occasions and supporting good causes), as well as offering a warm welcome to every new face. Peach started in 2002, with a devotion to Make Life Peachy. We believe in only serving the good stuff - honest plates of food cooked well by our team

of proper chefs. We have been awarded as a top employer in The Best Companies to Work for and continue to strive to be the employer of choice."

Having witnessed this first hand, I would certainly agree!

www.thedrummondatalbury.co.uk

CORONATION SOUVENIRS

It's not long now until the Coronation - an experience that most of us have never witnessed before - and you might well be planning to invest in a souvenir. Perhaps one that's likely to become a collectible, or just something to enter into the spirit of the whole occasion? There are lots of different items to choose from, but here are a few foodie suggestions, in a range of prices, but none of them too eye-wateringly expensive, thank heavens!

Many companies are producing limited edition Coronation themed drinks, cakes, and recipes (including the recently announced 'Coronation Quiche', that's certainly dividing opinions!) and it's hard to decide what to buy. I'm pleased that lots of English sparkling wine producers are releasing special commemorative labels, and I do think that we should be patriotic and raise a glass or two of home-produced bubbly to toast King Charles III.

Starting at the higher end of the scale, **Fortnum & Mason**, a store that has served 13 of our British monarchs since 1707 no less, has produced a lovely selection of celebratory things to eat, drink and keep. Using British designers and sourcing mainly from around the UK, the range looks stunning and it's worth a trip to see it and choose something.



There's a gorgeous tin of organic Darjeeling tea at £19.95 for 200g, something you will want to keep. Similarly, the tin of special blend Coronation Coffee at £18.95 for 250g is a colourful commemoration.

There are so many lovely items, including a box of chocolate crowns at £15.95 and a wonderful set of honeys from around our Kingdom (a tad more pricey at £59.95 for six) but the star of the show, in my opinion, and the one I'm hoping to buy, is the gloriously regal jar of Coronation Organic Stilton (£25 for 250g). Known as the 'King of Cheeses', the Nottinghamshire Stilton is in a limited edition of 2,500 keepsake jars – and replicates a design produced for Her Late Majesty Queen Elizabeth II's Coronation in 1953.

Another of our much-loved British retail institutions that's producing a great range of products is **Marks & Spencer**. The commemorative biscuit tins filled with all-butter shortbread, baked in Edinburgh, are great value at £6 for 450g and available in two colourways. And to match your choice of biscuit tin, you could add a tin of English Breakfast Tea Bags (Fairtrade) at £5 for 200g.



A 'giant' chocolate Coronation gold coin (£2.50 for 90g) won't keep that long, of course, but makes a great street party prize, as do the King of Everything Chocolates (five £3 for 53g) and fabulous for decorating a Coronation cake too.

But talking of Coronation Cakes, you don't even need to bake one, as M&S has a lovely one already adorned with edible crown decorations. And at £10, it's hardly worth the electricity and effort to bake your own!

And that street party will also benefit from M&S's **Coronation Chicken Crisps** (£1.50 for 150g bag) - they sound much nicer than Coronation Quiche flavour (not that it exists...yet)

A nice idea from Hayman's. London's original family gin distiller, is a limited-edition London-inspired hand gift wrap for its London Dry Gin. Crisp and complex, with refreshing notes of juniper, subtle exotic spice and a lively citrus finish, **Hayman's London Dry Gin** is distilled today using the original family recipe from 1863. On sale exclusively in Waitrose, £28 for a 70cl bottle or online from Hayman's [here](#), this wrap is by up-and-coming London artist Rose England. It features iconic London landmarks such as Big Ben, black taxis, phone boxes etc and is a great gift to take if you are staying with friends or family for the Coronation weekend.



And while this isn't specifically a Coronation souvenir, as it'll be a standard line, rather than limited-edition, rule-breaking and distinctly chunky dark chocolate brand, **FATSO**, has cleverly timed the launch of its 4th flavour. With minty-fresh notes, whole pistachios and crunchy cocoa nibs, set in dark chocolate (60% cacao) it creates a 'right, royal rhapsody' of a chocolate bar. Appropriately named, '**Kings Ransom**' is pretty regal, and made with true single-origin, Fino de Aroma certified cacao from family-owned Luker's Farm in Columbia. It's vegan-friendly and joins FATSO's



three other flavours, each with its own personality: Morn'n Glory; Home Run and Nan's Stash. Kings Ransom is available nationwide or visit www.sofatso.com to buy online (RRP £6.50 per 150g bar).

Diary Date: May 12-14 Hampton Court Palace Artisan Fayre

Following its success over the last two summers, this event kick starts the season next month. You'll find boutique shopping, crafts, creative workshops and interesting food and drink stalls. There'll also be live music, traditional fête games and the opportunity for a carriage ride from the last herd of working Shire Horses in London.



Weather permitting, of course, it's a fun day out for the whole family. Apparently the food and drink offering this year is better than ever, with something for every palate, including local produce and international cuisine from Turkey, Scandinavia, Peru and beyond.

Further information, tickets etc can be found [here](#)



-PLANT SALE-

and

MARKETPLACE

Come and enjoy browsing the locally sourced plants and market stalls whilst enjoying delicious home baked treats and drinks.

We will have a superb selection of good quality plants at great prices!
Perennials, shrubs, bedding and patio plants, herbs, fruit and vegetable plants all available.

TEDDINGTON SCHOOL, BROOM ROAD, TW11

FROM: 10AM | UNTIL: 12PM

SATURDAY 29TH APRIL



Teddington
School

WIZ Tales: Sudan

Teresa Read



WHO Director- General, Dr Tedros Adhanom Ghebreyesus, on the increasingly concerning situation in Sudan: Sudan's Ministry of Health Emergency Operations Center reports 270 people have been killed and more than 2,600 people have been injured. Tragically, three workers from WFP have also been killed.

The heaviest fighting is currently in Khartoum. Movement has been restricted due to insecurity, creating challenges for health workers and ambulances, to reach health facilities, and putting further lives at risk.

There are disturbing reports of some health facilities being looted and others being used for military purposes. It is also reported that some hospitals are already closed, or on the brink of closure, due to attacks, and a lack of medical personnel and medical supplies. ... WHO calls on all parties to comply with their obligations under international law.

Aljazeera: "Why the conflict in Sudan is worrying its neighbours. Concerns range from water supplies and oil pipelines to a new humanitarian crisis in the making."

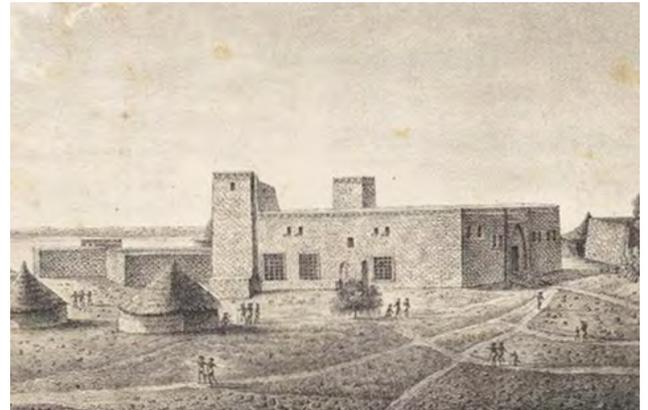
The ancient Kingdom of Kush in the north-east of Sudan was a kingdom of Nubia which ruled large parts of the middle Nile Valley, the early Nubian pyramids were built around 700 BC.



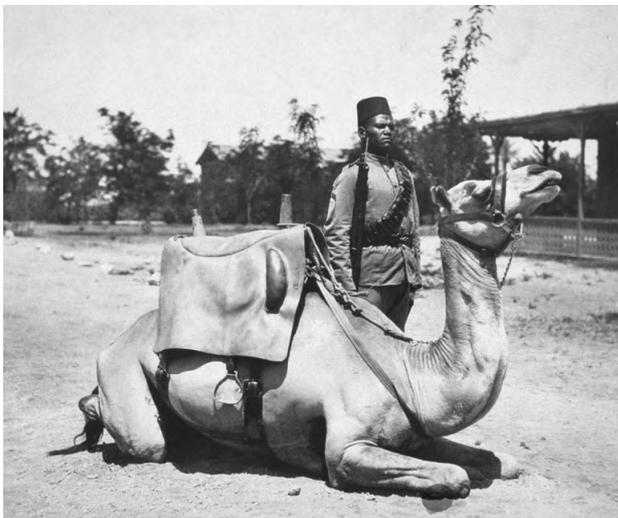
Sudanese protestors celebrate the 17 August 2019 signing of the Draft Constitutional Declaration between military and civilian representatives



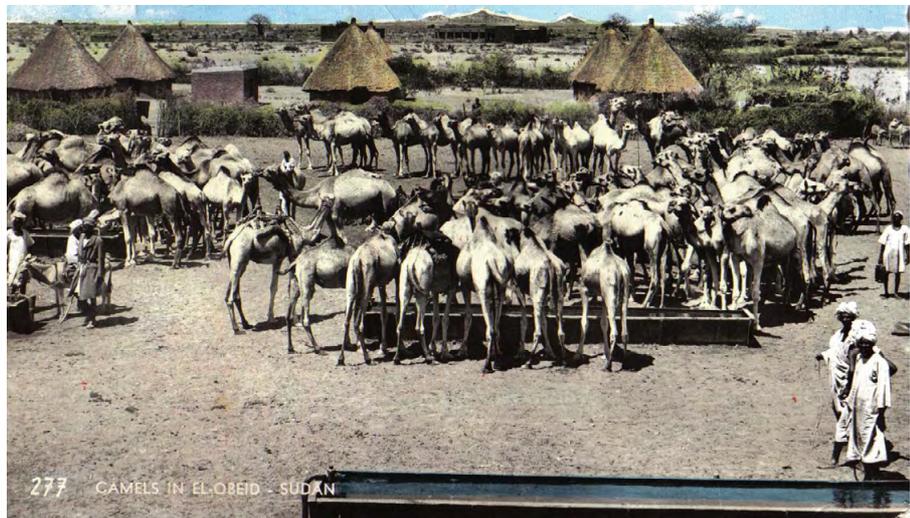
Wide view of Nubian pyramids, Meroë



The great mosque of Sennar, built in the 17th century



A camel soldier of the native forces of the British army, early 20th century



Camels in El-Obeid (early 1960s)

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

Are you waiting for the sun?

By Deep Patel

~ Through the Eyes of a Twickenham Shopkeeper ~

It's getting to that time of year...the daffodils have started to fade (no I am not being depressing) BUT the new leaves of summer have started to show all the trees...birds are chirping a lot more as they seek their mates, and people are starting to show more skin and wear less...all of these are a sign...a sign that the sun is coming...but what is it about the sun that we are all so obsessed about? I mean sure, yes, I get it...feels good on the skin, nice flowers and a holiday-like feel, not having to wear so many clothes, being outdoors more in general, days out at the seaside, ice cream and cold refreshing drinks...all valid reasons to love the sun...but are we missing out on something else?



You see, in the absence of light...there is darkness...and darkness need not be a negative thing? Why do so many of us consider darkness to be negative? Why do so many see rain, wind or cold as being “bad”, or a time that is “rubbish”, something that they cannot enjoy? We need all of those conditions for nature to thrive, and the seasons are never to blame...it is only us that we can blame...for conditioning ourselves to be one-way only...

We all have experienced some very changeable weather recently, Easter was hot and now it's wet, windy and cold, I have spoken to customers who have said “what a crap day, can't do anything at all”, or they will come in to my shop and say “rubbish weather today” with a disappointing sigh...but it made me think...if we spend all our time waiting for the sun in order to enjoy our lives in a country that only has sun for around 40% of the year, we will be wasting a massive 60% of our year (and indeed lives) simply “waiting”...

They say in order to change your life, you need to change your way of thinking...so why not start NOW...as you are reading my article, make a promise to yourself that you will never look upon a rainy, wet or windy dark day as being “bad” ever again...instead you will see them as GOOD rather...an opportunity to play board games or cards, read a book, cook a hearty warm meal with an old friend and eat together to talk about old times, watch a good film with snacks and a blanket on the sofa, meditate, draw...the opportunities are endless...all of which DON'T require the sun to shine...and all of which are low cost...and all of which will add enjoyment to your life instantly too...you see, what I realized this week from talking to customers in my shop was that there is no “bad weather” when it comes to enjoying our lives... and the enjoyment that we experience is not truly dependent on the weather...it is dependent on us, and our way of thinking...

Those who follow my articles will know what I am about to say about kindness towards little lives (another of my passions)... but just in case you are a first-time reader; I always like to share these little good-karma gems. We are not the only inhabitants of this beautiful planet and there is a kind way for everything...If you see a bird or any wildlife suffering at a roadside, don't leave it there for someone else to help...slowly edge closer to it and throw over a towel, hoody or jacket when close enough to trap under it, wrap it up with the head out so it can breathe and take to a local wildlife centre (pigeons are best reported to London Wildlife Protection as other places will put them to sleep without giving them a chance, same with squirrels and parakeets, even mice injured by cats can be helped...). If you have rodent issues, consider live capture traps where you can catch the rodents alive and release them in woodland or parkland areas far from homes. Try electronic high-frequency sound deterrents (check online for ones with good reviews and ones that are safe for your pets if you have any). Put empty jam jar lids filled with white vinegar all around areas where you don't want them to stop them without harming them (they HATE the smell of white vinegar). This also works for foxes, squirrels, mice and rabbits. Just picking up a slug off a pavement with a leaf and moving it over a wall counts as a good deed... choosing a kind way to stop ants (like talcum powder around where they come but not on them) counts as a good deed. Avoid sweeping/washing the garden patio too often to help save countless tiny almost invisible little lives that live there (particularly under large pots in the garden, hence I say gently lift the pots if you need to move them rather than dragging them to avoid crushing little lives).

As I always say, the true key to our own happiness lies in the happiness of others...be they big or small life forms...until the next time...have a lovely week ahead and look after the smaller life forms and the universe will look after you. For further tips, check out my Facebook page “Kind World”. As always...Peace, love and good karma to all xx

Remember

“To change our lives...we need to simply change our way of thinking”



Machinal

by Sophie Treadwell

YAT at Hampton Hill Theatre

Garrotting your husband is sure to create a sensation. In New York the trial of Ruth Snyder and her execution in January 1928 by electric chair for murdering her husband did just that. Loosely based on the case, the expressionist play *Machinal*, which opened later that year, was a runaway success.



Director Alex Farley's production opens in an office where the staff, like a Greek chorus, talk in refrain as they bully the secretary. Young Woman, on the verge of nervous collapse, accepts the company vice president proposal of marriage, despite his leaving her cold.



Young Woman confronts her Mother (a convincing Olivia Meades), for whom the marriage to the boss is the only way, with the turmoil of the proposal. Ben Buckley's honest acting quality smoothly carries this boorish yet ultimately sincere man.

The honeymoon is strained. The delivery room shouts out post-natal depression. A strong scene, with the Nurse and Husband spinning the bed as Young Woman voices her confusion, is one of many highlights.

The speakeasy club's tables poignantly tell of anxieties and sordid tales. The moody lighting and music emphasises the dark subtext underneath. Here Young Woman meets her lover, slickly played by Daniel Siner, and she discovers the joy of love.

The dynamic comes into its own as a plot to kill Jones moves ultimately to a strong and passionate court drama. The grisly ordeal of the electric chair is disturbing and highly effective.

Young Woman is covered by Meaghan Baxter, Grace Allen, Stella Oliver, Issy Ali, and Leah Dawson, all of whom were convincing and each unique in their interpretation.

The bold set (Tom Wright and Priya Virdee) is all of cogs and doors, symbolising Young Woman's turmoil. A powerful lighting design (Jack Tidball) and sound (Tom Allen) captures just the right mood of the piece. In a dimly lit doorway are vignettes of little dramas.



Machinal is a grim tale taken on boldly by YAT, in a successful, remarkably strong production.

Read Heather Moulson's review at www.markaspen.com/2023/04/14/machinal

Photography by Jonathan Constant Photography



Venus and Adonis

by John Blow, libretto by Anne Kingsmill

Richmond Opera at the Normansfield Theatre, Teddington

The astonishing Victorian jewel that is Normansfield Theatre is an ideal setting for a gem of the late 17th century, *Venus and Adonis*, which is considered to be the first opera in English. It is a masque written to celebrate Charles II's relationship with his mistresses.



As a chamber piece it has uneasy lurches in tone from the comic, when Cupid teaches little cupids how to spell "m-e-r-c-e-n-a-r-y", to full-on tragic as Adonis, gored by a wild boar, dies in the arms of Venus. This inconsistency of tone is not dissimilar to its immediate successor, Purcell's *Dido and Aeneas*, although there are no arias or duets. It moves seamlessly from recitative to arioso more in the way of Rameau – there are also dance interludes – which seems to be something that opera historians like rather more than audiences.



It was a real pleasure to see Victorian scenery in use. Very sensibly, Richmond Opera did not go in Jacobean or Baroque designs or costumes, but went for a rather later approach more contemporary with the theatre, with some of the dancers even looking like refugees from *Giselle*. Rather impressively the orchestra under musical director Lindsay Bramley played period instruments, where there is nowhere to hide if you get a note wrong. Tony Moss's stage direction is generally fluent and effective, although the chaise longue gets moved around an awful lot and Adonis has to spend rather a lot of time before the show starts having his portrait painted. Claire Doran features as Venus to Oliver Bowes' effective well-used baritone as Adonis, while Erin Holmes is an attractive Cupid.

A lively rendition of Henry Purcell's *Ode on St Cecilia's Day* forms a sweet course to follow the opera and completes the evening. The increased range of instruments and greater rhythmic incisiveness shows what is missing in the Blow. It feels like a collection of delightful morsels rather than a completely satisfying meal, but then Purcell is something of a miniaturist at the best of times.



Read Patrick Shorrock's review at www.markaspen.com/2023/04/16/venus-adonis

Photography by Jon Lo



Constellations

by Nick Payne

OHADS at the Hampton Hill Theatre until 22nd April

Is our future pre-determined? Or, being mere mortals, can we make our own free choices in life? This is the conundrum explored in *Constellations*, a tragic-comic love story, which uses the dramatic device of parallel universes.

Ostensibly a simple love story between Marianne, a quantum physicist, and Roland a beekeeper, it follows their evolving romantic journey from beginning to end – except that this journey explores different timelines.



Constellations is delivered with style and impact by director Wesley Henderson Roe, who has a firm grip on proceedings. Throughout a multitude of beautifully executed scenes the pace is kept brisk as the action switches effortlessly, with different layers of intensity, and emotions laid increasingly bare. What begins as variations of a couple's new, sparkling, exciting and witty relationship slowly morphs into variations of the couple's darker, richer and ultimately sadder moments.

The intensity is maintained throughout a nigh-on flawless hour. An apron stage brings us near enough to the actors to appreciate the nuances in their acting. Brendan Leddy's beekeeper and Heather Stockwell's physicist bounce off each other with sensitive and sensual chemistry, as they move between variations on their developing relationship, alternately the protagonist, the counterfoil or the stooge.

An explanation of the life cycle of the bee in four or five different parallel universes is devastatingly funny. They conjure up sexual tension in discussing the theory of relativity and wallowing in thoughts about radiation left over from the big bang!

Given the episodic nature of *Constellations*, the punctuation between the scenes is critical. A huge illuminated hexagonal outline dominates the set. It is replicated in patterns on the flooring: the universes. Jacob Taylor's soundtrack, full of mechanical throbbing and pounding heartbeats, and Ed Pagett's lighting design add to the intensity.

Intellectually erotic and with good comic timing, *Constellations* is an intelligent and engrossing play from the opening's playful repartee (on the difficulty in licking your elbow), via musing on whether everything we've ever done still exists, to an end that pulls at the heart-strings.



Read Steve Mackrell's review at www.markaspen.com/2023/04/20/constellations

Photography by Sarah J Carter

Lord of the Flies

by William Golding, adapted by Nigel Williams

Leeds Playhouse at The Rose Theatre, Kingston until 22nd April, then on tour until 6th May

Lord of the Flies is a well-known work of fiction, but such is the brutality in this modern portrayal of Golding's novel that nobody could feel truly at ease. It reimagines the story of a group of British schoolboys stranded on a deserted island following war-time evacuation, exploring themes of power, violence, and the darker impulses within the human psyche.



Max Johns' set design is brilliantly executed, with towering palm trees and a mountain in the centre, evoking vertigo. It balances the setting of an idyllic island paradise and the growing sense of anarchy as the schoolchildren form their tribe. The lighting (Chris Davey) and soundscapes (John Biddle) add to the overall sense of unease. Even the initial costume choice of red, white and black school uniforms is vivid, foreshadowing of the shades of gore that follow.



The ensemble cast is energetic, frantic and chaotic with each member bringing a unique perspective to their role. The casting adds a fresh perspective, as the characters are reshaped in new and interesting ways. The chief of the tribe Ralph (Angela Jones) takes a more measured approach than her rival Jack (Patrick Dineen), who in turn becomes increasingly fixated on hunting both the wild pig of the island and bullying Piggy (Jason Connor). The pair ably steer the play, but it is Adam Fenton's turn as the outcast Simon that is a standout performance, reaching an apex (literally and figuratively) when delivering the hallucinatory monologue, from which the play takes its name, with an unerring emotive quality.

communication.

One of the more engaging elements of the production is the use of signing, adding an extra layer of depth in illustrating the group's changing dynamic and its breakdown in

Frantically spiralling through Golding's dystopia, *Lord of the Flies* is a powerful and thought-provoking exploration of the complex dynamics of group behaviour and the depths of the human psyche.

Read Brent Muirhouse's review at www.markaspen.com/2023/04/19/lord-flies-rtk

Photography by Anthony Robling





Wish You Were Dead

by Peter James, adapted by Shaun McKenna

Joshua Andrews at Richmond Theatre until 22nd April, then on tour until 29th July

When Detective Superintendent Roy Grace and Cleo his wife take a trip to rural France it turns into a holiday in hell.

Chateau sur L'Évêque in *Wish You Were Dead* is a neo-Gothic pile, all foreboding Jacobethan panelling, so dark, damp and dismal it screams stay away. But when they arrive with baby and their American nanny Kaitlynn, Mr and Mrs Grace are tired and hungry, and need shower, sleep and sustenance. None is forthcoming. Moreover, Kaitlynn's finance has not arrived.



Everyone is quite edgy especially when a suit of armour falls and nearly does them mischief. Soon they are cut off from the outside world, no telephone, no mobile signal, and car broken down. We are in true Agatha Christie land here.

Suspense is compounded by the *patronne*, the fierce, humourless and unwelcoming Madame L'Évêque. Rebecca McKinnis is brilliant as the shrugging Gallic gorgon, alive with nervous energy.



What sounds is she hiding when playing Berlioz's *Dies Irae*, fortissimo? Questions begin to be answered when the blind wheelchair-bound Vicomte L'Évêque (an anagrammatical Vince Mallet) appears and warns of danger.

Suddenly the atmosphere of the play lurches from *Cluedo* to *Psycho*.

The second half is permeated with menace as the chateau has been taken over by Curtis Esmond, who, with sawn-off shotgun, makes the Krays look like kittens. The award-winning actor Clive Mantle is a towering, terrifying presence in this role.

George Rainsford plays DSI Grace with consummate understated ease, the steadfast man of honour whose gimlet intelligence wins the day, though a bit more heft might give Grace more sleuthing virtuosity.

The flip of mood takes the formulaic whodunit of the first half to a gut-wrenching nail-biting thriller that has us sitting on the edge of our seats.

Wish You Were Dead delivers a lot in one holiday trip. The parlour predicable whodunit skids around at the interval and the return trip is a sardonic psychodrama. It's quite a journey to the Chateau sur L'Évêque and back to Brighton's cop-shop.

Mark Aspen's review at www.markaspen.com/2023/04/20/wish-dead

Photography by Alastair Muir

The RSS stage Shakespeare's HENRY V at the MARY WALLACE THEATRE

April 22nd - 29th

"O, for a muse of fire that would ascend the brightest heavens of invention!" Chorus in the Prologue of Shakespeare's best-known History Play invites the cooperation of his audience in re-imagining the king's court, the taverns, the sounds and sights of the bloody battlefields of Harfleur and Agincourt as King Henry, no longer the dissolute Prince Hal, asserts his claim to vast territories in France.

We at the Mary Wallace ask you to join us and lend your imaginations to our vivid and spectacular staging of the most thrilling and patriotic *"Cronicle History of Henry the Fift."*

Saturday, April 22nd - Saturday 29th at 7.45 - and with a Matinee on Shakespeare's birthday, April 23rd at 3pm!

Booking available now at www.richmondshakespeare.org.uk

Find us on Twickenham's Embankment, between St Mary's Church and the Barmy Arms



Richmond Shakespeare Society
RSS
at the Mary Wallace Theatre

THE UNEXPECTED PICNIC GUEST

By GILLIAN WRIGHT

A local resident of St Margaret's, Middlesex has recently published their first book!

Gillian Wright is a newly retired teaching assistant and spent a lot of recent time writing! Their children's fiction book follows a family on their trip to the beach and their heroic dog that chases off the pesky seagulls while they eat their picnic.

The Unexpected Picnic Guest is a lovely tale of a friendly family dog which the whole family will enjoy reading.

When a cheeky guest interrupts Sophie and Charlie's picnic at the beach, mayhem breaks out. Thank goodness Louie is on hand, but will he manage to save the day?



Gillian Wright lives in west London and has worked in a primary school for the last twelve years. She has always had a love of books and spent many hours reading to her children when they were growing up. The inspiration to write 'The Uninvited Picnic Guest' came whilst enjoying a day at the beach with her grandchildren. This is her first story for young children.

<https://olympiapublishers.com/book/the-unexpected-picnic-guest>

Artist call out to create designs for Hampton Hill

Hampton Hill Improvement Group are working with Richmond Borough Council to enhance the streetscape of Templeton Place, Hampton Hill (Between Clarence House School and Tescos).

The group are looking for a local artist to create designs for four existing park benches and a series of flags to animate the space.

Whether you are a print maker, graphic designer or an abstract artists, the project are looking for simple, bold designs in a limited palette of four colours.

For the full brief and more information on how to get involved, please email artprojects.ali@gmail.com



Travel and Tourism students have fun in the Barcelona sun!

From 21-24th of March, 19 Travel and Tourism students along with teachers, Hannah Talabany and Pauls Matuta and, Joanne Little, headed to Barcelona for a weekend of sightseeing and exploring the city.

The students arrived in Barcelona midday on the 21st, allowing them plenty of time to spend the first afternoon getting to know the local area and exploring some of the main tourist attractions of Las Ramblas, El Born and the Sagrada Familia.

The following day started with a hop on, hop off bus tour of Barcelona, during which they visited a few must see spots around the city, including exploring the Park de la Ciutadella, La Barceloneta, finishing the day appreciating the magnificent view from Turo de la Rovira.



On the final day of the trip, the group visited Park Guell and after this, took a cable car to Montjuic and afterwards had spare time to explore Barcelona for themselves.

Assistant Head of Business and Services Industries, Joanne Little, has fond memories of the trip, explaining, “This trip was a fun and relaxing time for all involved, it was amazing to spend a weekend showing the sights of Barcelona to our students and seeing them learn in real time the importance the tourism industry is to a capital city.

“Our learners thoroughly enjoyed their trip and were a joy to take away.”

Learn about studying Travel and Tourism at RuTC [here](#).

FIT FOR A KING (ON A BUDGET)

Former chef to The Royal Family creates Coronation recipes for less than £3.30 a head – cheaper than a takeaway coffee

To help Brits across the country celebrate the King's Coronation in regal fashion, Asda has partnered with former royal chef, Darren McGrady, to create a banquet of three luxurious recipes, with each dish costing less than £3.30 per person.

Fit for a king, the recipes include a starter, main and dessert, with each dish working out at under £3.30 a head – less than the average takeaway coffee. As a chef to the Royal Family for over 15 years, McGrady has used his unique personal insight and experience of the King's personal tastes to curate the Banquet on a Budget, using ingredients from Asda.

As the cost-of-living crisis prevails, the recipes have been developed to help customers cook their own royal banquet at home, without the royal price tag. The menu includes Coronation Crown Smoked Salmon Custards with Rocket & Horseradish Cream as a starter, Earthy Mushroom Risotto with Poached Eggs & Cheddar as a main course and a Lemon and Blackcurrant Trifle with a Honey Custard for dessert.

A nod to King Charles III's love of eggs and inspired by a memory of a young Prince Charles catching a salmon in the River Dee, Chef McGrady's starter makes use of the impressive range of fresh produce from Asda. Designed to impress, the Coronation Crown Smoked Salmon Custards with Rocket and Horseradish Cream



stand as the perfect recipe to cook royal-standard food quickly and easily without breaking the bank.

For mains, Chef McGrady suggests a vegetarian option with the Royal seal of approval - an Earthy Mushroom Risotto with Poached Eggs and Cheddar. "Mushrooms and Cheese have always been firm favourites of King Charles III, comments Chef McGrady. "I remember going foraging for mushrooms with him and preparing a delicious risotto with grated Cheddar and topped with a soft poached egg." Delicious!

Following the decadent main course is a show-stopping royal dessert. "It's no secret King Charles III has a passion for honey," says Chef McGrady. "Taking inspiration from the official trifle recipe released by Buckingham Palace, this Lemon and Blackcurrant Trifle with a Honey Custard is a yummy combination of some of King Charles' favourite ingredients."

Combining citrusy sponge cake, homemade honey custard and a delicious glaze made from Asda's Extra Special Blackcurrant Conserve, the Lemon and Blackcurrant Trifle with a Honey Custard stands as the perfect way to finish the banquet.

Speaking of the Banquet on a Budget recipes, Chef Darren McGrady said: "Given King Charles III's passion for tradition and his taste for classic British ingredients prepared with simple flair, these recipes would definitely get the royal seal of approval. Having worked for the Royal Family for 15 years, I'm passionate about helping people to make royal quality food at home, whatever their budget."

An Asda spokesperson said: "We believe everyone should have the chance to eat like a king or queen on Coronation Day, and every day - even if they don't live in a palace. Chef McGrady's recipes give customers the chance to create their own royal banquet at home. We believe the quality of our ingredients means that each dish will truly be up to royal standards, as well as being easy to follow from our dedicated online recipe page."

The recipes are available at <https://www.asda.com/good-living/article/banquet-on-a-budget> and shoppers can purchase the ingredients required for each dish online at the dedicated page [HERE](#).

To celebrate the King's Coronation, Asda will also reveal 22 brand-new products online and in-store, spanning bakery, family favourites and coronation party foods.

RUN FASTA FOR PASTA! DELIVEROO IS GIVING AWAY FREE PASTA THIS WEEKEND TO FUEL LONDON RUNNERS

Deliveroo has joined forces with one of London's favourite pasta restaurants to give away **4,000 vouchers worth £10** (from 21.04.23 to 22.04.23) to claim free pasta ahead of the UK's biggest running event, fuelling runners taking part and go the extra mile.

Runners making their final preparations for the big day after months of training can claim a free portion of pasta this Saturday, 22nd April, on Deliveroo from one of the best local restaurants in London, Pasta Evangelists, based across the city, with 27 restaurants participating in the offer*.

This comes as data commissioned by Deliveroo reveals pasta tops the list of most popular dishes to eat before a long run. In a survey of London runners, 32% said pasta would be their meal of choice ahead of a long-distance race, followed by protein meat and rice.



Spencer Walker, Regional Director of London for Deliveroo, said: “We’re excited to see thousands of runners back on the streets of London this Spring weekend. We’ll be cheering them on and setting them up for success with the help of a free carb-loading dish from our partner, Pasta Evangelists, available to order on Deliveroo ahead of the big run. Spaghetti, set, go!”

The vouchers are redeemable against Pasta Evangelists restaurants based in multiple locations across the whole of London, including Clapham, Dulwich, Camden, Hampstead, Croydon and Walthamstow (see notes to editors for the complete list of locations).

Redeem the voucher against any delicious pasta dishes on the menu, including The ‘Carbonara of Dreams,’ Chicken Cacciatore, Lamb Shoulder Ragù from Sardinia, Sundried Tomato & Almond Pesto (vegan) and many more!

London Nutritionist, Lily Soutter, explains why eating a meal with high-energy properties ahead of a running race is a popular ritual for many runners:

“Carbohydrate-rich foods such as pasta are a primary source of fuel for runners. When carbohydrates are digested, they’re broken down to glucose and stored as an energy bank called glycogen in our liver and muscle cells. The average person can store around 600g of glycogen in their body which provides enough energy to fuel 90 minutes of running. When glycogen stores are low, early fatigue can kick in.

However, we can maximise glycogen stores in the days leading up to a race by carbohydrate loading along with tapering our training. This method is like charging up our batteries prior to a run and is essential for optimal endurance and performance.

Pasta is an excellent meal for runners to order via Deliveroo; not only is it a rich source of those essential carbohydrates, but it’s a quick and easy dish to whip up! With endless flavour combos, there’s a pasta dish to please everyone. For example, Pasta Evangelist’s Chicken Cacciatore provides high-quality protein along with carbohydrates, a perfect combination to boost glycogen stores. Whilst their Sundried Tomato and Almond Pesto dish is a great plant-based alternative.“

The voucher code **RUNPASTA10** will go live on **Friday, 21st April, at 12:00am (Midnight, UK time) until Saturday, 22nd April, at 11.59pm (evening, UK time)** 4,000 vouchers max - one redemption per Deliveroo account. **Vouchers can ONLY be redeemed at Pasta Evangelists restaurants based in London.** Geographical restrictions and delivery fees apply. Spaghetti, set, go!

Match Preview: Brentford v Aston Villa

Analysis, team news, match officials and more. Here's everything you need to know ahead of Brentford's Premier League game against Aston Villa

Written by Brentford Football Club

In-form Aston Villa are the visitors to the Gtech Community Stadium this Saturday, with both sides looking for three points to cement their place in the Premier League's top half.

Victory over Newcastle United last time out was Aston Villa's fifth in row, a run which leaves them just six points off the Champions League places with seven to play.

Thomas Frank's Bees are still well inside the top 10, despite defeat at Wolverhampton Wanderers last weekend making it five games without a win.

The opposition

Villa eyeing Europe after seven wins from eight

Aston Villa spent more than £100 million in the summer 2021 transfer window in an attempt to secure a first top-half finish since 2010/11, but things started to go awry before the November international break, leading to Dean Smith's sacking after five straight defeats.

The Midlands club paid Rangers in excess of £3m compensation to install Steven Gerrard as his successor but, while results improved on the whole and the Liverpool legend made some shrewd acquisitions, they finished in a relatively disappointing 14th place.

Gerrard's first pre-season at Villa Park went smoothly and passed without incident, with the only downside being the £20m sale of starlet Carney Chukwuemeka to Chelsea.

There was a wake-up call in their first competitive fixture of the new campaign, though, as newly promoted Bournemouth battled to a 2-0 win at the Vitality Stadium. Gerrard blamed the defeat on "a lack of quality".



Things did not get any better under the former England international. The day after a 3-0 defeat at Fulham on 20 October - Villa's sixth defeat in just 11 league games - he was sacked after a few weeks shy of one year in charge. His assistant Aaron Danks was appointed as caretaker and was the mastermind behind the 4-0 win over Brentford - a victory 69 years in the making.

Three days after Danks was installed, ex-Arsenal boss Unai Emery was appointed as Gerrard's successor, but owing to work permit delays, it was to be another week until the Spaniard was able to take charge in his own right. When he did, he oversaw wins over Manchester United and Brighton and Hove Albion, which sent the club into the World Cup break on a real high.

Fortunes were mixed when domestic football returned. Emery's men stayed in mid-table with three wins, one draw and four defeats from their first eight. But after a third-straight loss - 4-2 at Arsenal on 18 February - he recognised there were issues that needed to be worked on urgently.

“Very disappointed. Very frustrated. And embarrassing to lose as much as 4-2 at home in front of our supporters,” he said. “The performance collectively overall was poor. [Conceding] eight goals at home in two matches is not normal. And the performance can't continue like that away or home.”

The frank analysis seems to have worked wonders. Since that day, Villa have won seven of the last eight, scored 16, conceded only two and climbed from the confines of mid-table to sixth. They are very much into contention for European football for the first time since 2010/11.

The gameplan

With *The Athletic's* Gregg Evans

Gregg Evans, sports reporter for *The Athletic*, discusses Villa's five-game winning streak in the Premier League, Unai Emery's impact since his appointment in October, and the players that Brentford must nullify on Saturday afternoon in [Hot off the Press](#).

“Villa have been playing the same formation for the last three or four months now. It is a 4-2-2-2 or a 4-4-2, whichever way you want to look at it.

“Emi Martinez will be in goal, Ashley Young at right-back, Mings and Konsa the centre-backs, Moreno left-back. The two sitting midfielders will be John McGinn and Douglas Luiz and the two slightly in front of those two will be Emi Buendia and Jacob Ramsey. Then it will be Traore to come in for the injured Leon Bailey, alongside Watkins in the two forward positions.

“It has been working quite well. Villa play out from the back and are very controlled in possession; they take their time and try to build through the goalkeeper and the two centre-backs. They can mix it up, too, and occasionally Martinez will kick it long and look for that ball down the channel, but it is very rare.

“They typically have two or three patterns of play that they work on, and they have scored a lot of goals from that.”

Team news

Ajer closing in on return

Thomas Frank has no new injury concerns ahead of Villa's visit to the Gtech Community Stadium.

Pontus Jansson (hamstring) and Keane Lewis-Potter (knee) are both likely to miss the rest of the season.

In more positive news, Kristoffer Ajer (hamstring) is closing in on a return to full training, while Frank Onyeka and Vitaly Janelt played an hour for Brentford B in their 2-2 draw with Huddersfield Town B on Tuesday afternoon.

Aston Villa won't be able to welcome back Boubacar Kamara (ankle), Philippe Coutinho (hamstring) and Matty Cash (calf) from injury just yet.

That trio join Jed Steer (achilles) and Leon Bailey (hamstring) on Villa's absentee list.

Last time at the Gtech

Brentford 2 Aston Villa 1 (2 January 2022)

Brentford came from a goal down to start 2022 with a memorable win over Aston Villa.

The Bees trailed after a difficult opening to the contest but battled back. Yoane Wissa struck a superb equaliser before Mads Roerslev scored the winner late on.



ENGLAND MEN'S U19 TEAM ANNOUNCEMENT:

ENGLAND v WALES

England men's U20 head coach, Alan Dickens has named his U19 team, which includes eight players involved with the 2023 England men's U20 squad, to face Wales U19 tomorrow afternoon (KO 15:00) at Dings RFC in Bristol.



After playing in the Under-20 Six Nations campaign, Leicester's Finn Carnduff will captain the side from blind-side flanker.

To provide each individual in the 29-player squad equal opportunity to play, a first-half XV will play the opening 40 minutes, followed by the remaining players in the second half.

Entry into the game at Dings Crusaders RFC will be free for spectators.

The fixture against Wales is the first of a two-match series which provides an avenue for players to continue their international development through the England Rugby pathways programme.

The second match of the series sees England U19 take on Italy U19 next Friday, 28 April (KO 19:45), hosted by Bedford Blues at Goldington Road with tickets available online from £10 for adults and £1 for children.

Dickens said: *"While this weekend isn't a capped match, some of the players selected have never worn an England shirt before, so it's a special moment for them to wear the rose for the first time. "The fixture will allow the coaching staff to guide players into the England Rugby pathways programme and see them play in an international environment. It could also be a chance for some to put their hands up ahead of the Under-20 World Championships in South Africa in July, as Charlie Bracken and Sam Harris did ahead of last year's Summer Series."*

First half XV

- | | |
|------------------------------------|-----------------------------------|
| 1. Asher Opoku-Fordjour (Sale) | 9. Ben Douglas (Newcastle) |
| 2. Craig Wright (Northampton) | 10. Josh Bellamy (Harlequins) |
| 3. Afolabi Fasogbon (London Irish) | 11. Alex Wills (Sale) |
| 4. Harvey Cuckson (Bath) | 12. Sean Kerr (Harlequins) |
| 5. Joe Bailey (Exeter) | 13. Toby Thame (Northampton) |
| 6. Finn Carnduff (Leicester) | 14. Thomas Humphreys (Harlequins) |
| 7. Tristan Woodman (Sale) | 15. Ioan Jones (Gloucester) |
| 8. Josh Manz (Leicester) | |

Replacements

- | | |
|---------------------------------|--|
| Ethan Clarke (Harlequins) | Nathan Michelow (Saracens) |
| James Isaacs (Saracens) | Zach Carr (Harlequins) |
| Caleb Ashworth (Harlequins) | Ieuan Davies (Bath) |
| James Halliwell (Bristol Bears) | Ludo Kolade (Harlequins) |
| Harry Browne (Harlequins) | Isaac Campbell-Wu (Bristol Bears) |
| Patrick Pearce (Bristol Bears) | George Makepeace-Cubitt (London Irish) |
| Aaron Tull (Bristol Bears) | Connor Cross (London Irish) |

LGA: No abuse at local elections

The Local Government Association (LGA) has joined forces with the Jo Cox Foundation to call for people to show respect and civility towards candidates standing in and officers running the local elections in much of England on 4 May.

The LGA is calling for no abuse or intimidation towards those standing in the upcoming local elections.

As over 70 per cent of the country go to the polls in two weeks' time both organisations are encouraging everyone to treat all those involved in the elections with respect and dignity.

The calls come as the LGA's 2022 Councillor Survey previously found that:

- 7 in 10 councillors faced abuse or intimidation between 2021-22.
- Just over a quarter (28 per cent) of councillors in England and Wales felt personally at risk in their role.

A large number of respondents also felt that the line between political competition and personal attacks had been crossed during local election campaigns.

Last year the LGA set up its [Debate Not Hate campaign](#), to raise awareness and to help tackle this problem.

This set of local elections sees the introduction of the requirement for voters to produce ID in order to vote. Councils are urging people to check if they have a photo ID well ahead of time so they don't miss out on their chance to participate in important local elections.

The LGA is also reminding voters to be patient with hardworking local polling station staff as they implement the new changes.

CLlr Izzi Seccombe, Vice-Chair of the Local Government Association said:

"These upcoming elections are incredibly important in setting the future direction of our local communities.

"The tens of thousands of people who are standing as candidates in them are doing a great public service.

"Candidates and councillors want to engage with as many voters as possible during this election campaign.

"However, they should not have to experience abuse, threats or any kind of harmful behaviour simply because of who they are, what they look like or their background. We want all voters to treat candidates with respect and to engage in positive, constructive conversations and debates and make local democracy a welcoming environment for all."

Su Moore, Chief Executive Officer of the Jo Cox Foundation said:

"Campaigning for respectful politics is a key part of our work to make change on the issues that Jo Cox was passionate about. Jo was renowned for her ability to forge cross-party relationships and to work collaboratively with those of opposing political views. Robust debate and scrutiny are essential aspects of our democratic process; abuse and intimidation shouldn't have to be. At the Jo Cox Foundation, we seek to end the abuse and intimidation that discourages so many from entering political life and particularly impacts diverse representation.

As part of this work, we're encouraging those standing in next month's elections to share our Civility Pledge. We believe that change must begin at the highest levels, and by sharing the Pledge, candidates can set an example by committing to uphold the dignity of all candidates. Our research shows that this has an impact on the general public, and voters are more likely to support candidates who conduct respectful campaigns."



‘Leave your phone alone’ to stay safe on the road during the Government’s Emergency Alert Testing

Ahead of the Government’s testing of its Emergency Alerts System at 3pm on 23 April, The Royal Society for the Prevention of Accidents (RoSPA) is urging road users to leave their phone alone if the alarm sounds while they are in control of a moving vehicle.

The Government set up the Emergency Alert scheme to alert people when there’s a danger to life, health, or property in the area they are located. When the alert runs, people will hear a loud siren-like sound for up to 10 seconds and a message will appear on the screen until the alert is acknowledged.

Rebecca Guy, Road Safety Manager at RoSPA, said:

“If the Emergency Alert System sounds when you are in control of a moving vehicle, resist the urge to look at or pick up your phone and continue driving as normal. If you do feel the need to look at your phone, find a safe and legal place to pull over first.

“While technology is an enabling and helpful tool for road users, we do need to be aware of the distraction risks it can pose. We know that in 2021, around 600 people in the UK were injured in road traffic collisions where the driver was using a mobile phone, with the potential for many more being unreported.

The message here is simple – be aware the alert is coming, and if you are in control of a vehicle when it does, do not pick up your phone.”

The public has also been advised to keep the alert in mind when doing potentially risky activities around the home.

Ashley Martin, Public Health Advisor at RoSPA, said:

“The Emergency Alert System’s principle aim is to test the effectiveness of their warning procedure via devices such as smartphones or tablets. Of course, the Government’s intention isn’t to cause harm or accidents as it would defeat its purpose, but It may be a good idea to avoid certain activities around the time it is scheduled to go off.”

“For instance, people may wish to avoid any household DIY tasks involving power tools, climbing a ladder or anything that requires uninterrupted concentration and could lead to injury if startled.”

“Just in case people haven’t heard about the emergency alert system, it would also be advisable to remind vulnerable loved ones, or those who have a limited grasp of technology, of the alert, so that it doesn’t come as a shock this Sunday at 3pm.”



accidents don't have to happen

SOARING HEATING AND INTEREST RATES LEADING HOMEOWNERS TO DOWNSIZE

THE soaring cost of heating is leading to a surge in the number of homeowners looking to downsize, a property expert has said.

Jonathan Rolande also pinpointed interest rates as another reason why people were looking at buying smaller properties and putting larger homes up for sale.

But [Mr Rolande](#), from the National Association of Property Buyers, said a nationwide shortage of homes means many will likely be left disappointed.

He said: “We are definitely seeing a move towards people being more open-minded to downsizing now than they were five or ten years ago.

“The main thing driving this is heating costs. It isn’t just the size of a property but also its age and construction that can lead to sky-high energy costs. That’s why many older owners are considering selling up to avoid expensive work to make their home cheaper to run.”

Mr Rolande said estimates suggest over £10,000 needs to be spent to move an average Band F or G home to a C on the EPC scale.

On the impact interest rates are having, he continued: *“With recent hikes, owners of larger, underused homes see sense in selling up to move down and pay off the outstanding mortgage rather than having to find monthly payments. Rates for equity release have also climbed, making this a less attractive prospect than it once was.”*

Mr Rolande said a third reason behind the downsizing surge could be linked to repairs and maintenance.

He added: *“We’ve seen labour and material costs rocket too, which means carrying out day to day repairs, maintenance and renewals is more expensive than ever. This is tempting some to look at smaller properties and gardens.”*

His comments come as new research shows there has been a notable rise in the number of people looking to downsize to smaller properties since last September.

Savills surveyed agents representing its 130 UK offices and found more than half – 53% – had seen an increase in the number of downsizers on their books.

Finding the right next home seems to be the biggest barrier to those who have made the decision to downsize, according to 79% of Savills’ agents.

The majority of agents – 61% – said that their downsizers are planning to remain locally based. Popular criteria for downsizers looking to move included homes being in good condition, cheaper to run and lower maintenance overall, the findings found.



Financing the transition: the costs of avoiding deforestation

New report from ETC highlights financial challenges and the need to address fundamental drivers of deforestation

The global Energy Transitions Commission (ETC) has published a new report, *Financing the Transition: the costs of avoiding deforestation*, which presents new analysis of how much it could cost to overcome the economic incentive to cut down trees. The report explores the role that concessional/grant payments can play in avoiding tropical deforestation by 2030.

This is a supplementary report to [Financing the Transition: How to make the money flow for a net-zero economy](#), published in March 2023. That report highlights the scale of finance required to build a net-zero global economy and to limit global warming to 1.5°C. It makes a distinction between two conceptually different categories of financial flow:

- **Capital investment in the technologies and assets** required to create a zero-carbon economy by mid-century. In some cases, these investments will not occur without changes in policy which reduce risks and the cost of capital, but in principle, these investments deliver a positive return to investors and lenders. \$3.5trn/year is likely to be required on average between now and 2050.
- **Concessional/grant payments to pay for decarbonisation actions** which are critical to limiting warming to 1.5°C, but which will not occur fast enough without payments to economic actors to compensate them for lost profit opportunities. These are needed to phase down coal generation earlier than is economic, limit deforestation, and pay for removing carbon dioxide from the atmosphere. Around \$300bn/year is likely to be required in middle and low-income countries this decade.



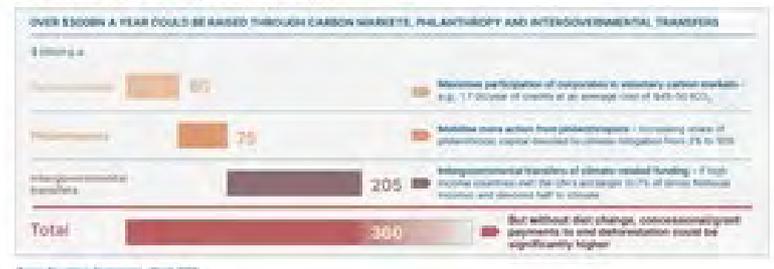
Concessional/grant payments: >\$300bn for 3 critical purposes



The costs of avoiding deforestation

Man-made deforestation is responsible for nearly 15% of total CO₂ emissions but despite numerous pledges to halt it, it shows little sign of slowing. Many reports have estimated the cost per tonne of CO₂ saved from avoiding deforestation but few have attempted to estimate what it would cost to put a total end to deforestation. The ETC's new report, *Financing the transition: the costs of avoiding deforestation*, estimates the

Where will the finance come from?



order of magnitude of concessional/grant payments required to compensate landowners for not cutting down tropical forests for profit (e.g., to raise cattle or grow commodities).

The report concludes that the cost of protecting all forests at high risk of deforestation by 2030 would be so large – in excess of \$130bn/year - that it is not credible to assume that concessional/grant payments on this scale (paid for by corporates via voluntary carbon markets, philanthropy, and high-income countries) would ever be forthcoming. Currently, domestic and international finance to protect forests is just \$2-3bn a year.

Non-financial actions will also be required to halt deforestation, via some combination of:

- A reduction in consumer demand for the main products that make deforestation profitable (in particular, animal meat and palm oil).
- The development of alternative businesses which can profit from standing forests (e.g., eco-tourism and various forms of sustainable agroforestry).
- Government actions to make deforestation illegal, if combined with effective enforcement.

But implementing these actions will take time and their impact will likely be inadequate for many years. Some level of concessional/grant payments to offset the incentive to deforest will therefore be essential over the next decade to limit deforestation, buying time before more fundamental policy changes can be put in place.

The ETC concludes this new analysis by therefore recommending that at least \$130bn a year of finance could make an important contribution to avoiding deforestation if targeted at some of the most at-risk areas of tropical forest – a 50-fold increase on today's forest financing.

“Without a significant flow of concessional/grant payments, any reduction in deforestation will come too late to make it possible to limit global warming to well below 2°C, let alone to 1.5°C. But finance alone cannot deliver an end to deforestation. Action to reduce the fundamental consumer demands which are driving deforestation are also essential – and must be a priority for governments, business and consumers,” – Adair Turner, Chair, Energy Transitions Commission.

The question of who might pay for this required financing flow is addressed in the [main finance report](#) (Chapter 5, pages 65-72), where we present an ambitious but feasible financing strategy from high income country governments, corporates via voluntary carbon markets, and philanthropists. The issue of how to ensure that avoided deforestation projects and related carbon credits truly deliver reduced emissions is addressed in our [Mind the Gap](#) report (Chapter 5, pages 70-83), where we discuss the core principles required for integrity in carbon markets.

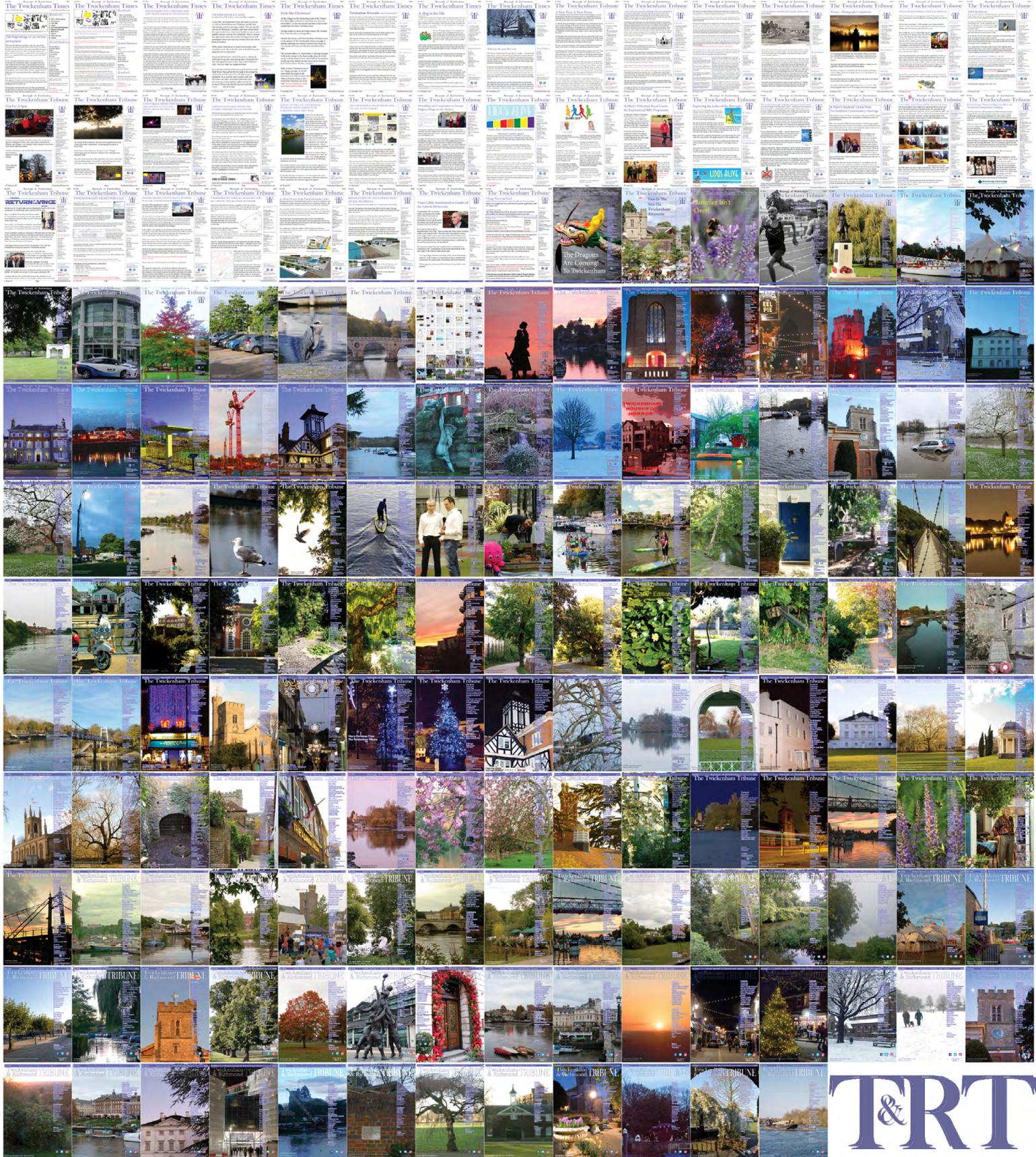
To read the supplementary report, visit: <https://www.energy-transitions.org/publications/financing-the-transition-etc-avoiding-deforestation/> [The supplementary report will be live from 00:01BST 19 April]

To read *Financing the Transition: How to make the money flow for a net-zero economy*, visit: <https://www.energy-transitions.org/publications/financing-the-transition-etc/>



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