

# Twickenham & Richmond TRIBUNE

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- Metropolitan Police
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- Deep Patel
- Richmond CVS
- St Mary's University
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- RFU
- Brentford FC
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## Editors

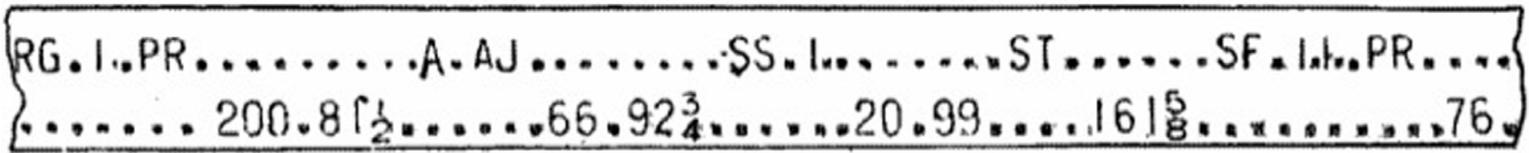
Berkley Driscoll  
Teresa Read



22<sup>nd</sup> September 2023

T&RT

Squirrel snack time  
Photo by Berkley Driscoll



# TickerTape - News in Brief

## South Western Railways - Disruption

### Friday 29 September:

Overtime ban - a reduced service will operate across our mainland network. An hourly service will operate on the Island Line.

### Saturday 30 September:

Strike action - an extremely limited service will operate on a small number of lines and the majority of our mainland network will be closed.

### Sunday 1 October

The lines in the Barnes area will be closed all day due to maintenance work.

- London Waterloo to Reading services will be revised and will be diverted between Clapham Junction and Twickenham calling additionally at Wimbledon, Kingston and Strawberry Hill.
- London Waterloo to Windsor services will be revised.
- An hourly service will be diverted between Clapham Junction and Twickenham via Kingston calling at all stations.
- An hourly service will start from Richmond.
- London Waterloo to London Waterloo via Wimbledon and Kingston services will be revised and will run between Kingston and Richmond only.
- Buses will run between Clapham Junction and Twickenham via Richmond calling at all stations except St Margarets.

### Monday 2 and Tuesday 3 October:

Overtime ban - a reduced service will operate across our mainland network.

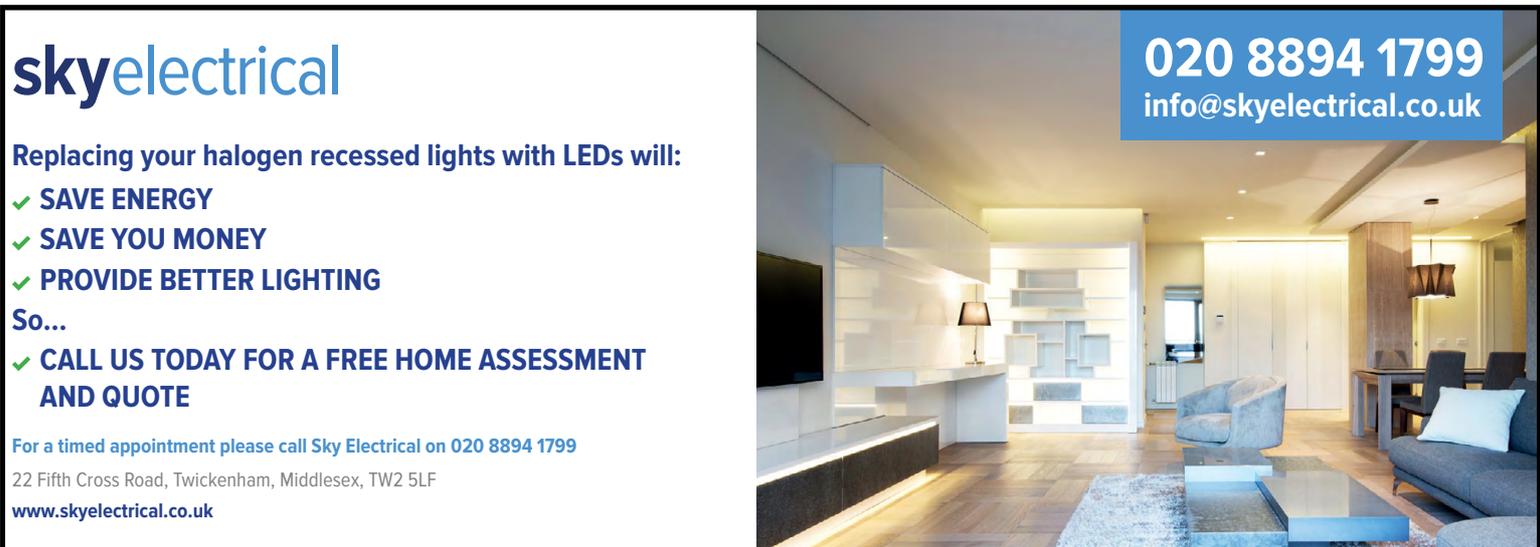
### Wednesday 4 October:

Strike action - an extremely limited service will operate on a small number of lines and the majority of our mainland network will be closed.

### Thursday 5 and Friday 6 October:

Overtime ban - a reduced service will operate across our mainland network.

We are sorry for the disruption. For more information please visit [southwesternrailway.com/strike](https://southwesternrailway.com/strike)



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# COVID-19

Teresa Read

## IN THE NEWS

**The Independent:** Updated Covid vaccines from Pfizer and Moderna rolled out nationwide.

**Huffington Post:** Masks remain one of the most effective first barriers to combat the spread of COVID-19. Experts said they are wearing masks more in crowded spaces.

**World Health Organization:** WHO welcomes historic commitment by world leaders for greater collaboration, governance and investment to prevent, prepare for and respond to future pandemics.

### **NHS: Who is eligible for a seasonal COVID-19 booster vaccine?**

You can find out more information about eligibility [HERE](#)

- 65 years old or over (you need to be 65 years old by 31 March 2024)
- aged 6 months to 64 years old and are at increased risk
- living in a care home for older adults
- a frontline health or social care worker
- aged 16 to 64 years old and are a carer
- aged 12 to 64 years old and live with someone with a weakened immune system
- People at increased risk from COVID-19 aged under 16 years old
- People at increased risk from COVID-19 aged 16 years old and over

You can book online [HERE](#)

- **Click on the “Start Now” button** and you will be taken through an easy **Click button** procedure to book your appointment at a suitable venue.
- Vaccination appointments can be booked on the NHS website or the NHS App.

### **If you do not have access to the internet telephone 119 for an appointment**

You can also use textphone 18001

The Maple Leaf Pharmacy on Twickenham Green will give both COVID and flu vaccines. If you have problems booking with the NHS you can also phone the Maple Leaf for advice and possibly an appointment.



**The Tree Agency**

darryl parkin

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# The Local Picture Postcard Column Part 215

By Alan Winter

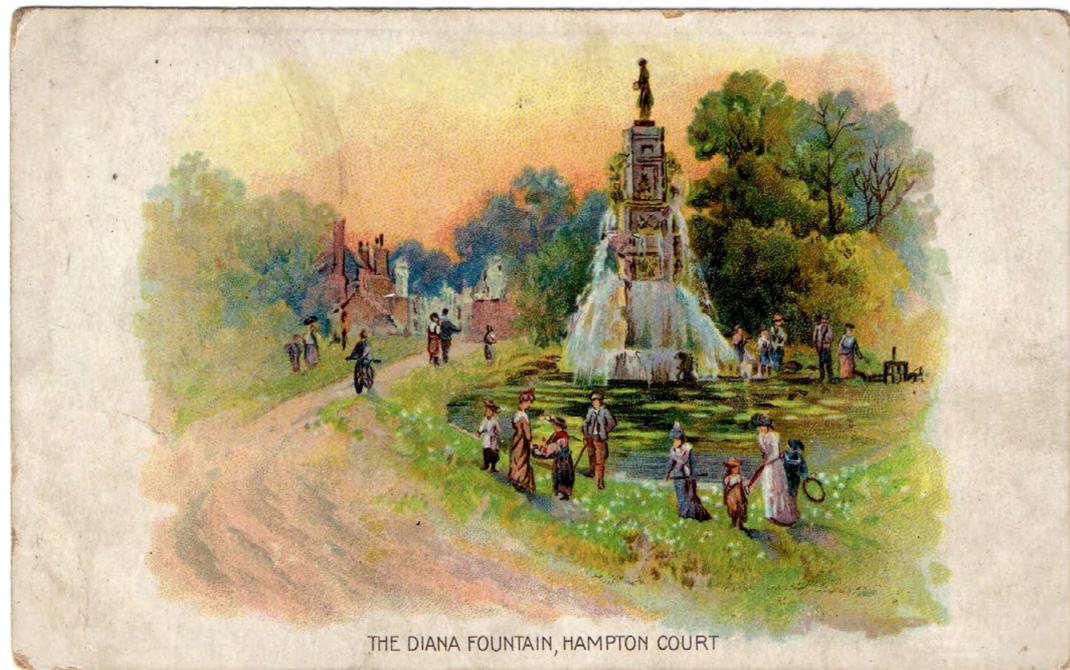
## The Diana Fountain – Bushy Park

The Diana Fountain is a bronze statue of a goddess on a marble and stone fountain surrounded by bronzes of four boys, water nymphs and four shells. It is located at the centre of a round pond at the junction of chestnut and lime avenues in Bushy Park.

Designed in 1637 at the request of King Charles I for his wife Henrietta Maria, it originally stood at Somerset House. In 1656 the fountain was moved to Hampton Court on the orders of Oliver Cromwell and in 1713 moved to its current position in the middle of the Christopher Wren designed Chestnut Avenue in Bushy Park.

The site now forms a large traffic island which is circular and contains a

400-foot (120m) diameter pool surrounded by lawns, with the Diana statue on a tall base in the middle of the pool.



THE DIANA FOUNTAIN, HAMPTON COURT

SCHOOL BOARD FOR LONDON.

REWARD CARD.

THE GROUNDS, HAMPTON COURT PALACE.

TO many people, perhaps, the greatest attraction of Hampton Court Palace will be found in its beautiful gardens, which are thrown open without reserve to the public. The grounds are beautifully laid out, and the lawns and flower-beds are kept in the most perfect order. Then there is the wonderful grape vine to be inspected, and the mysteries of the Maze to be unravelled. The picture here given is that of the fountain in the centre of the oval pond, near the Hampton Court entrance; it is surmounted by a beautiful bronze statue of Diana. The famous avenue of chestnuts in Bushey Park leads from the Lion Gates of Hampton Court Palace to Teddington, and is one of the chief sights of the spring season when its trees are in blossom.

The female figure on top of the fountain has over her long life been known as Diana, Arethusa, Venus and even Prosperina. Recently some younger visitors take her for Diana, Princess of Wales. The official view is now firmly that she represents Arethusa, although the fountain continues to be known as the "Diana Fountain". In 2009 the fountain was restored as part of the Bushy Park Restoration Project and the main statue re-gilded. The fountain was listed as Grade II in 1952, and in February 2011 reclassified as Grade I.

Our first two pictures are in fact the front and back of a postcard sized Reward Card which dates from somewhere around 1900 – 1910 I would think. These were given out by school boards, in this case the London school board, to pupils with excellent attendance records or for exceptional work.

The Reward Card painting shows a much smaller pond

and a quite basic pathway around it. Unfortunately the artist and date of the painting are unknown (unless you know better of course) so there may have been a bit of artistic licence on this one. Tarmac was yet to be invented as we moved into the 20<sup>th</sup> century and it is interesting to see that the card is captioned as Hampton Court rather than Bushy Park. I suspect the painting is a bit older than the card itself.



Our third image shows a delightful group of Edwardian children playing by the pond and I thought we would close this piece with a fairly modern postcard showing the Diana Fountain frozen one winter in the 1970's (probably).



Photograph by John Hawkes

Any questions on this subject, or ideas for future articles, please drop me a line.

I am always looking for old postcards or old local photographs, so if you have any that are sitting unwanted in a drawer, in a box in the loft, or the garage or under a bed, do contact me on 07875 578398 or by email to [alanwinter192@hotmail.com](mailto:alanwinter192@hotmail.com) I would like to see them and I pay cash!

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# Transport petition backed by over 1,400 residents closes as traffic chaos continues in the East of the Borough

From Cllr Niki Crookdake  
Green Party Councillor for Mortlake & Barnes Common

A petition signed by more than Richmond 1,400 residents, brought by Green Cllr Niki Crookdake in June on behalf of community groups Mortlake and East Sheen Society, Mortlake Community Association and Barnes Community Association, closed last week.

This coincided with continued transport chaos in the East of the Borough caused by planned works at Manor Circus, the Lower Mortlake Road and Mortlake High Street.

The petition asked the Mayor of London and Richmond Council to appoint an independent transport consultant to advise on the transport infrastructure enhancements and management measures we need in the area.

How can we accommodate unprecedented levels of development, when the existing transport infrastructure falls apart when planned pavement widening and gas works takes place? This should act as a wake-up call to the council that the transport infrastructure in the East of the Borough is at breaking point.

One of the main reasons for poor planning is an out-of-date Transport Strategy which is not fit for purpose. The data which informs the Transport Strategy is from 2018. This is before covid changed travel patterns, before Hammersmith bridge and park gate closures, before a reduction in railway services at Mortlake Station and before an enhanced focus on active travel. It should be updated as soon as possible, to provide the foresight required to ensure adequate transport infrastructure exists in our area and any changes to it are planned and resourced properly.

Cllr Crookdake said:

‘To say the current transport chaos is TFL’s responsibility, misses the point that infrastructure changes require improvements to be negotiated with the strategic road network, Transport for London, Southwest Railway, Network Rail, Port of London Authority and others.

The Council needs to co-ordinate this properly and gather up to date evidence to support the timely planning of any changes.

This is the Council’s responsibility, no one else can do this effectively. Why is Richmond council refusing to update the Transport Strategy which would provide the foresight and planning to avoid transport chaos for Richmond residents?’

# Au revoir to rental E-Scooters in Paris

Teresa Read

Paris has fallen out of love with Electric Scooters. In June 2018 headlines welcomed e-scooters to Paris – “*Lime Rolls into the World’s Tourism Capital*” – but by the end of last month Paris became the first European capital to ban the use of rental electric scooters in its streets.

Following reports of more than 450 accidents and three deaths involving e-scooters in Paris in 2022, Parisians voted to ban rental scooters from the French capital: trop c’est trop.

## And the Lime bikes in the London Borough of Richmond upon Thames?

Most of us will have come across a Lime bike or two causing obstructions in the street.

Lime bikes do not need docking stations **BUT** LBRUT users are permitted to park Lime bikes outside the designated locations and must ensure that the bike does not cause a nuisance or obstruction.

The Tribune has published reports of abandoned Lime bikes causing a nuisance, so how does our Council deal with this issue?

Wandsworth Council has a policy of seizing Lime Bikes causing obstructions; as the London Borough of Richmond upon Thames has a shared staffing structure with Wandsworth Council, perhaps they could share action on seizing Lime bikes causing an obstruction.

“Wandsworth council has begun seizing Lime e-bikes, after warning the operator to take “urgent action” over bikes blocking routes in the borough. Council leader Simon Hogg said some parts of Wandsworth town were “impassable” due to discarded e-bikes. 18 Nov 2022”

The London Borough of Richmond upon Thames has a page on its [website](#) to report a Lime bike causing a nuisance. Abandoned bikes will be inspected within 2 working days and a notice attached to the bike.



# Turk's Head wins Best City/Urban Pub at The Great British Pub Awards 2023

The Turk's Head in St Margarets this week won the prestigious Best City/Urban Pub at The Great British Pub Awards.

They were one of 17 winners (out of 97 finalists), across various categories, at the awards ceremony held in Manchester on Tuesday night.

The Turk's Head posted this on their Facebook page:

*We are absolutely bursting with pride to announce that we have brought home an incredible award last night! A massive thank you goes out to The Morning Advertiser, the judges, organisers, and our amazing fellow finalists.*

*The Turk's has been crowned the Best City/Urban Pub at The Great British Pub Awards 2023!*

*This award is not just a win for us, but for all of you who have supported us throughout this journey.*

*To our loyal customers, thank you for your unwavering support and for making The Turk's your go-to spot. Without you, none of this would be possible.*

*Let's raise a glass and celebrate this together! Here's to many more memorable moments at The Turk's! Cheers!*

You can view details of all the winners [HERE](#)



# Public Meeting: TfL's A316 roadworks

Join your councillors and TfL to discuss the impact of the A316 works at Manor Circus

Date and time: Thu, 28 Sep 2023 19:15 - 20:45

Location: Online

The Council will be hosting an online public meeting on Thursday 28 September on the subject of the ongoing Transport for London roadworks on the A316 at Manor Circus roundabout and associated traffic and other issues. The meeting will be an opportunity for you to hear from representatives at Transport for London and from the Council. Come share your issues and hear from Transport for London on possible solutions.

The event will be hosted on ZOOM. You will be sent a joining link around 24 hours in advance of the event and again around 30 minutes before and will be able to log in and take part in the conversation.

If you have a question or comment you will be asked to raise a hand or leave your question in the chat. If you are invited to ask your question, you will be unmuted.

Reserve a spot [HERE](#)

By registering to the event, participants are agreeing to the event etiquette, [available here](#).



# Zippo's Circus welcomes MP, Mayor, Family Centre members

Zippo's Circus on its annual visit to Twickenham Green has been visited by a number of very special guests.

These included the Mayor of Richmond Upon Thames, Cllr Suzette Nicholson with her husband John; Twickenham MP Munira Wilson; and Natalie O'Rourke MBE from Teddington's Park Lane Stables, the area's Riding for the Disabled centre.

Also welcomed through the circus's own Community Action Scheme were a number of families connected with Twickenham Family Contact Centre. Zippo's operates the Scheme to 'give something back' to local people as thanks for their loyal support. The Centre is just over the road from Twickenham Green, and the manager says children have seen the Big Top in the past and asked how they could go to the show, so she was delighted to take up this opportunity.



Mayor and consort with Zippo's team workers



Natalie O'Rourke, Chris Bartrop and Munira Wilson MP

Circus Director Beau Denning said: 'It's a huge honour to be asked to receive the **Mayor of Richmond** and **Twickenham's MP** on their official visits. Zippo's Circus has visited Twickenham Green annually for many years now, and we always look forward to welcoming old friends and making new ones!'

Before the show, the Civic couple met some of the performers, including clown Whimmy Walker, whose great-great-grandfather was Queen Victoria's favourite clown, and Paulo Dos Santos, international aerialist and comedian from Brazil. Other members of the company originate from across the globe, representing Ukraine, Mongolia, Morocco, the Czech Republic, Colombia, Spain and Kenya, giving Richmond and Twickenham an 'official' opportunity to celebrate international friendship and cooperation.



Mayor of Richmond upon Thames plus consort, with Ukrainian dancers Diana and Sophia and circus artistes Whimmy Walker and Paulo Dos Santos



Rotary Club of Twickenham upon Thames

All photos by Cathy Cooper

# Discover the dung beetles of Bushy Park

## Identify dung beetles

Thanks to the players of [People's Postcode Lottery](#), we are launching a new citizen science project in Bushy Park. Throughout 2023, The Royal Parks is conducting research on the park's dung beetles and we are inviting you to get stuck in with us!

Join expert-led walks and surveys to learn how to identify and find dung beetles. No experience is required, just an enthusiasm to get your hands dirty (though gloves are provided).

## How to get involved

Become a volunteer citizen scientist and join us on a dung beetle survey. To get involved, you will need to [register as a Royal Parks volunteer](#) and sign up to the opportunity here.

No experience is required, all equipment and gloves are provided. You'll learn all about dung beetles, how to find them, and help The Royal Parks collect important data. There are a range of tasks to suit everyone's capabilities, such as dung searching, digging holes, writing down data, and labelling sample pots.



## The next survey opportunities

Thursday 12 October	10:30am - 12:30pm	1pm - 3pm
Thursday 19 October	10:30am - 12:30pm	1pm - 3pm

## Why are dung beetles important?

Dung beetles are an important provider of ecosystem services in the parks. Through burying, moving and eating dung produced by rabbits, deer and horses, they carry out ecological functions such as soil fertilisation, nutrient recycling, bioturbation and seed dispersal. Their clean-up operation also helps to reduce populations of biting flies and deer parasites. With over 300 deer present in the Bushy Park, a substantial amount of dung is produced each day, making Bushy Park a haven for dung beetles.

Across the country, populations of dung beetles are at risk of extinction from the loss of grazing animals and the use of anti-parasite medication in dung. Historically, dung availability in London was not an issue as parks, commons and pasture were regularly grazed by livestock, but in recent years many of these areas have been lost and as a result, dung beetle populations are declining.



# ULEZ and Elections

Spelthorne Borough Council, just over eight miles from the Chertsey Road, announced by-election results for Ashford Town earlier this month with a win by the Conservative candidate, now “Councillor” Paul Woodward. The Independent candidate came second with considerably lower votes for the other candidates; the Green Party that had won the seat in 2022 came in third place.

Like the London Borough of Richmond upon Thames, Spelthorne is affected by ULEZ.

A Twickenham resident commented “a builder to visit from Molesey for a really simple job said it is going to cost £12.50 extra per day because of ULEZ”.

Is the Spelthorne election result a sign of how the mayoral election in 2024 and elections to the London Assembly in May of the same year will fare as a result of the ULEZ scheme?

## Cycle Safety and Bike Marking

Metropolitan Police

On Saturday 23rd September we will have the Met Cycle Safety Team coming to Bushy Park to talk about bike safety. They will be in the overflow car park on Upper Lodge Road between 10am and 1pm.

We will also have bike marking between 2pm & 5pm at Sheen Gate in Richmond Park.

### **Saturday 23rd September**

#### Cycle Safety Event

10am to 1pm, Upper Lodge Road  
Bushy Park

#### Bike Marking

2pm to 5pm, Sheen Gate, Richmond  
Park



# Strawberry Hill House Flower Festival 2023

The Strawberry Hill House Flower Festival will be taking place across the House from Friday 22 – Sunday 24 September. Advanced booking recommended.

The Strawberry Hill House Flower Festival, curated by Leigh Chappell & Janne Ford, returns for a fifth successive year this September with a spectacular showcase of the very best of British-grown flowers, foam-free sustainable floristry, and the design creativity of the UK's leading floral designers.

The Flower Festival gives free creative rein to the invited florists to share their artistry, expertise, and passion for sustainable floral design, shining a spotlight on the beauty, variety and versatility of the fresh and dried flowers and foliage cultivated by British flower farmers.

## Festival Tickets

Standard Adult Ticket: £19

Members & Patrons and Students: £14

Under 14's Free

Book [HERE](#)



**STRAWBERRY HILL**  
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## SEPTEMBER FOOD AND DRINK NEWS

Are we having an Indian summer or is autumn well on its way? The weather seems so changeable at the moment. With this in mind, I have a mix of products to recommend to you this month.



If you're watching your health, 100% natural and no added sugar ketchup brand, **Real Good** is perfect. It's just relaunched its award-winning ketchup, and the new recipe contains 80% less salt compared to other popular brands. With only 0.32g salt per 100g, in comparison, Heinz Ketchup has a whopping 1.8g salt per 100g. It's a really tasty ketchup and alongside the tomato, Real Good also has two reduced salt barbecue sauces, (70% less salt Spicy BBQ sauce and 60% less salt Smoked BBQ sauce). Real Good Ketchup is made with Mediterranean tomatoes for an authentic taste, and all ingredients are 100% natural and plant based. It's also vegan of course, and 14 allergen free. Available in 310g recyclable squeeze bottles (RRP £2.40) from Ocado, Amazon and Whole Foods Market.

As the mornings are becoming cooler, you'll be pleased to hear that **Quaker** has launched a delicious new Caramelised Biscuit flavour to its **Oat So Simple** porridge range. Inspired by the flavour of traditional Belgium speculoos biscuits, the new porridge pairs the warmth of sweet cinnamon and caramelised brown sugar with butter biscuit flavour. Available in sachets and individual pots, folk can have a tasty and nutritious breakfast at home, or enjoy 'al-desko', in just two minutes. Made with 100% whole grain oats for natural energy release, the new Caramelised Biscuit porridge is widely available at major supermarkets at around £3.50 for ten sachets, and £1.30 for an individual pot.



Apparently 98% of us admit to throwing away bagged salads when they go all slimy... I know I often have to. Well, here's a clever new range of bagged salads available in Tesco stores from **Unbeleafable**. It's the first range of ready-to-eat salads grown by a vertical farm in the UK and it stays fresher for longer than other bagged salads. Crops are grown without pesticides, aren't washed in chlorine and the process uses 94% less water than conventional bagged salad production methods. The range comprises: Crisp green leaves (mild salad containing a mix of green baby lettuce and frilly green baby lettuce); mixed baby leaves (mild salad containing a mix of green baby lettuce and red baby lettuce) and rocket & baby Leaves (stronger flavour, a mix of green baby lettuce, red baby lettuce and rocket). Around £1.50 for a 90g bag.

Fancy a new type of cocktail? **Sake Sling** uses the flavour of iconic Japanese sake, with natural flavourings including Yuzu & Melon and Mandarin & Cherry. They're inspired by the classic, historic Singapore Sling cocktail, created at Raffles Hotel, Singapore in 1915. If unfamiliar with sake, Sake Sling provides a good entry point to its unique flavour, while existing fans can discover this rice wine reinvented in contemporary cocktails. It's made with craft sake from the celebrated Daimon brewery in Japan, with no artificial flavours or sweeteners. Drink as a cocktail, or as a natural pairing for Asian dishes. These award-winning pre-mixed canned cocktails are 5.5%abv and available from [Amazon](https://www.amazon.com) at £14 for a pack of 4 x 250ml cans)





Love white wine? Try this new, refreshing yet intense, **2022 Graffigna Pinot Grigio** from Argentina – it's the perfect white wine for late summer. It's floral and crisp, and made from the Pinot Grigio grape. It's also great value, normally priced at just £9 per bottle from Sainsbury's. Made from grapes grown in multi-altitude vineyards located in San Juan and Mendoza, Argentina, these regions have a wide thermal amplitude (up to 20°C) boasting more than 300 days of sun per year allowing them to produce top quality grapes. The Graffigna Pinot Grigio has deep aromas, flavours and great concentration. What's more, it's worth stocking up, as 2022 Graffigna Pinot Grigio is on offer at **Sainsbury's at £7.50** per bottle, on promotion until 26 September 2023.

One of my favourite English sparkling wines - **Langham** - has just released its latest cuvée, **Langham's Culver Classic Cuvée NV** and it's wonderful. Culver is a pinot-dominant Classic Cuvée, more rich and broad in character than Corallian, Langham's chardonnay-dominant counterpart. This difference is highlighted in the warm 2020 vintage base wines, with bright red cherry, cranberry and apple blossom on the nose, and black pepper

and cola on the palate. Grapes are harvested into small crates, then gently pressed in a three tonne pneumatic press. The press fractions are separated then allowed to settle overnight, before racking into used oak barrels and stainless steel tanks where spontaneous, wild yeast fermentation commences. Malolactic fermentation follows, during an eight to nine month long élevage. The base wines are tasted and blended in the summer, then bottled. Culver has a minimum 15 months ageing on lees and three months ageing under cork after disgorgement. Langham's Culver Classic Cuvée NV is now available at £30.95 per bottle from [www.langhamwine.co.uk](http://www.langhamwine.co.uk) and Lea & Sandeman.



Rum seems destined to be 'the' drink this winter, and **Vapoura**, a new English rum, has just launched in the UK. Apparently the overall rum market is up by a staggering 83.5% so far this year. Vapoura's first expression, **Spiced**, is very elegant indeed. It's crafted through ground-breaking distillation techniques in the heart of England. Released during the height of the rum renaissance, this 'traditionally untraditional' rum showcases the versatility of the sugar-cane spirit. Vapoura takes its name from the Vapourer moth, 'an ode to beauty emerging from darkness.' It's a complex drink, with colliding flavours and spices - citrus notes of blood orange, complemented with fresh turmeric and cracked black cardamom. It's lovely sipped neat, but it is also a fabulous cocktail ingredient. Vapoura Spiced Rum (70cl), 42% is available now from [vapourarum.com](http://vapourarum.com) at £50 for a 70cl bottle.

And finally, one of the best popcorn companies - **Joe & Seph's** - has launched a new cake lover's collection, featuring not one, but four limited-edition popcorn flavours inspired by our favourite bakes. There's

**Chocolate Fudge Cake** – air-popped popcorn coated in chocolate caramel, with cream cheese and vanilla; **Millionaire's Shortbread** – air-popped popcorn coated in smooth caramel, with shortbread and dark chocolate; **Peanut Butter Blondie** – air-popped popcorn coating in our white chocolate caramel sauce, with crunchy peanut butter (1-star Great taste award 2022) and **Birthday Cake** – air-popped popcorn coated in smooth caramel, with raspberry and cream cheese frosting. They are rather scrumptious! These flavours are now available at £4 a pack, directly from Joe & Seph's, [here](#)





# Old Town Hall

**Building closed from 2 to 7 October 2023**

The much awaited project to replace the Old Town Hall main lift will commence soon. Due to initial preparations, the Richmond Reference Library and Local Studies Library & Archives will be **closed to the public all week from Monday 2 October to Saturday 7 October**.

The building will re-open as usual on Monday 9 October, however, there will be no lift access from the ground to 2<sup>nd</sup> floor until the works end by 9 December.

We apologise for any inconvenience this may cause library users.



LIBRARY SERVICES COMMUNITY

To find out more about Richmond upon Thames Library Services visit:  
[www.richmond.gov.uk/libraries](http://www.richmond.gov.uk/libraries)



# A DATE FOR YOUR DIARY

## SATURDAY 21ST SEPTEMBER 2024

By Bruce Lyons

As I look back thru the rain to that glorious Saturday last week, I think how lucky we are. A Beautiful sunny day on the Thames.

Shona and I were up @ 05.00 hrs and set off @ 06.00 from our little bolt hole on Eel Pie Island to Marshall our 13 coaches – carrying 660 rowers from Teddington/Twickenham/Richmond and Ham (Thames Young Mariners) onwards towards Millwall Slipway (opposite Greenwich) for the start of THE GREAT RIVER RACE. As, every year, we had our fingers crossed – despite checking and double checking and cross referencing with our hotel bookings it can sometimes go terribly wrong!

The campers at the campsite – suddenly change to the Travelodge @ Teddington and forget there is a river in between – as of now they don't manage to walk on water! I had factored in some 12 seats either side to cope with last minute hitches and I had worked on all these and the Spectator Boat for the last 5 months. But it never surprises me to have little hitches on the day – so it was wonderful that all happened almost seamlessly- yes, we did have a take up on the “Spare “on the Teddington side – but no drama.

By 07.30 they,660 + Rowers were on their way, the double drops in Richmond worked a dream. There were 229 Boats this year and nearly 2,500 rowers. We had a celebratory & complimentary breakfast at the Lensbury and heaved a sigh of relief.

At 11.00 The Big Dutch Band, Tartouffe, that supports the Dutch rowing teams stopped by Crusader in the Square and serenaded us and shoppers to their music and at the same time the most handicapped of the Rowing teams set off from Millwall to Richmond.

229 Boats, that's nearly 2,500 Rowers, my grandson who is visiting us just now from overseas went for a run and came and said what were all those boats in the river? It is a magical sight, all the teams coming in at Ham on the High Tide. And the weather. Fantastic and then there the post-race party

on the towpath. Tartuffe again regaling the weary rowers.



Few know that this Race, started in 1988 is the biggest race for fixed seat rowing boats in Europe and Rowers come from far and wide to compete. Bermuda, Sardinia, United States of America, Ireland, France, Spain even Australia - who know who will come in 2024.

Most teams row in aid of a charity and lots of funds are raised this way. As the boats are handicapped there is an eclectic mix of competitors as everyone has a chance of earning a trophy – be they Sea Scouts or hardened sea rowers in the Gig clubs around the Coastal towns. If you missed the fun, make a note in your diary for next year **21st September 2024**.

# WIZ Around the World

Extracts from the 25th anniversary book of an internationally acclaimed internet project from Twickenham

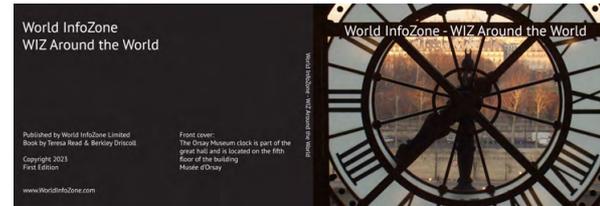
By Teresa Read

## EUROPE

*"Your work demonstrates the power of the internet to bring a global perspective to teaching and learning throughout the curriculum"* - **Teacher Training Agency, UK**

*"Excellent news portal"* - **National Grid for Learning, UK**

*"the content of your site is vast" ... "impressed with the level of interactivity"* - **BECTA (British Educational Communications and Technology Agency)**



At home in London there was quite a lot of interest in the project. Initially I spent time promoting the idea at exhibitions in Olympia and Alexandra Palace and there was some interest from telecommunication companies.

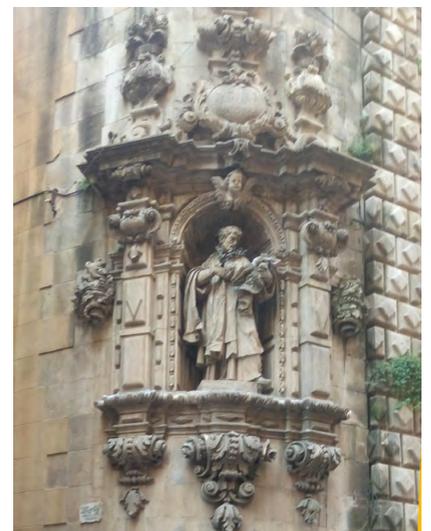
Once we had something to show, the initial website, there were interviews with journalists, a BBC television feature and an encouraging letter from the UK Secretary of State for Education and Skills. Local governments and the local newspapers made positive comments with one Twickenham journalist attending a Stockholm Challenge ceremony.

During the exhibitions in Sweden and Rome I made new contacts with educators from Belgium and North Macedonia who continued to stay in touch by email.

Sally Craig, a teacher who came to the first Rome Challenge, provided the information about Ireland for World InfoZone. Additionally, people from various countries sent photographs for the Galleries and information about their countries including Belarus, Bosnia, Romania, Slovenia and Ukraine, to mention a few.

As well as the usual format for the World InfoZone country studies there are various smaller projects linked to some countries. For example, Gibraltar; the Gorham's Cave complex was designated a UNESCO World Heritage site in July 2016.

*"four caves with archaeological and paleontological deposits that provide evidence of Neanderthal occupation over a span of more than 100,000 years"*

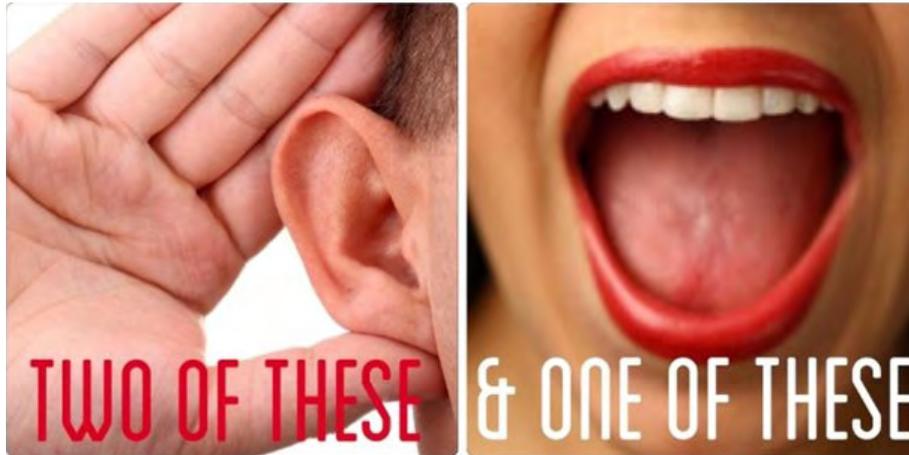


**European countries on the worldinfozone website:** Albania, Austria, Belarus, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Gibraltar, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, North Macedonia, Malta, Moldova, Montenegro, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, Ukraine, United Kingdom.

# Why were we given TWO ears but only ONE mouth...?

By Deep Patel

~ Through the Eyes of a Twickenham Shopkeeper ~



It's not often that human anatomy becomes a talking point with customers in my shop, but anything goes at Meet & Deep Newsagents, especially when I am behind the counter (as those of you who know me well will jolly well know). So, what exactly was this all about? Well, it came about after a customer was telling me that he was fed up...I asked why...he said his wife is always talking AT him rather than TO him...he was telling me that he wished she would realise that a conversation is a two-way dialogue, not a one-way lecture...he bought a packet of mint humbugs and left. Moments later, a young mother came in and was trying to buy a treat for her son... he was refusing the options she was giving and she was feeling frustrated... he just wasn't listening but kept talking. She kept saying repeatedly "will you just LISTEN please?" and he just carried on saying what he wanted, but was not listening to anything that she had to say to him. An elderly lady was standing in line waiting to be served behind the mother and child. She smiled softly and said "don't worry, I have all the time in the world and no where to go, I am retired".

After the lady and her son left my shop, the elderly lady was next in line to be served. What she said next really inspired me and quite honestly blew my mind, so this week I wanted to share it here with you all...She said "do you know why God gave us 2 ears but only one mouth?" to which I said "no idea?"...she said "so that we can LISTEN twice as much as we TALK"...I said "oh... interesting...but why does that matter?"...she again replied..."because when we TALK we are repeating things we ALREADY know...but when we LISTEN...we may learn something NEW"... how profound and how true...so next time your partner is talking AT you...remind them softly that there is a reason God gave us 2 ears...but only 1 mouth...!

**Remember...**

***"We have two ears and one mouth so we can listen twice as much as we speak..."***

## MY CREATURE-KINDNESS TIP OF THE WEEK...

**STOP ANY INSECT KINDLY (GOOD KARMA):** Sprinkle pure essential peppermint oil, Olbas oil, fine black pepper or white vinegar around places where you don't want them to come (but NOT directly on them)...they will go without you having to harm them. For ANY specific tip to stop any "pest" or insect KINDLY (for good karma/blessings), email me: [thedeepatel@gmail.com](mailto:thedeepatel@gmail.com) or join my Facebook page: "KIND WORLD"



Everyone is welcome to a  
**SERVICE of  
CELEBRATION**

on **SUNDAY 1st OCTOBER**  
**4pm**

at **St. Mary's Church,**  
**Church Rd, Barnes SW13 9HL**



to celebrate sixty years of FiSH work in the  
community since 1963, with readings,  
music & reminiscences

**The Rt. Revd. Richard Harries, Lord  
Harries of Pentregarth, will give the address**

*Refreshments at the back of church afterwards*

## Swan Awards, 2022-23

Arts Richmond at the Landmark Arts Centre, Teddington

Eat your heart out, Oscars, for the Swans have come to roost.

The Swan Awards for excellence in local theatre were first conferred in September 1986, celebrating the best of non-commercial theatre in Richmond upon Thames. A grand dinner dance was held in the Richmond Hill Hotel to announce the winners, who were each presented with a wooden Swan crafted by sculptor Lesley Beaumont. The event has taken place every year since. This year's awards ceremony, at Teddington's Landmark Centre on 17<sup>th</sup> September, was followed by a series of entertainments and a disco. Winners are now presented with an elegant glass Swan.

Unusually, there are two joint winners for Best Production of a Play, Teddington Theatre Club's *Incident at Vichy* and Richmond Shakespeare Society's production of *Henry V*.

Mark Aspen's drama critic, David Marks, described Arthur Miller's *Incident at Vichy* as "a warning from history" and TTC's production as "a tribute to the ingenuity of the director Clare Cooper and her team" and its top-notch actors. These included Luke Daxon as Professor Hoffman, who wins the Best Supporting Male Performer in a Play and Jack Dwyer as Boy, who is a joint winner of the Best Young Performer award. Marks thought that Daxon's portrayal was "cold and clinical and yet perfectly reasonable. He is the embodiment of how atrocities can be normalised". Dwyer was "impressive and truly moving". David Mark's full review can be read at [www.markaspen.com/2022/11/17/vichy](http://www.markaspen.com/2022/11/17/vichy).



Brent Muirhouse, reviewing RSS's *Henry V* for Mark Aspen Reviews, "couldn't help be drawn into" director Francesca Ellis' "multi-layered ... king's ransom of a performance". The eponymous King Henry V was played by Luciano Dodero, who takes away the top individual award as joint winner of the Best Male Performer in a Play. Muirhouse wrote, "Henry's authority and indeed charm was conveyed by Luciano Dodero in a performance of stature ...". The full review is at [www.markaspen.com/2023/04/25/henry-v-rss](http://www.markaspen.com/2023/04/25/henry-v-rss). Also for *Henry V* Scott Tilley won the Wild Swan Award for his fight direction.



This is just a brief toe-the-Swan-lake of the twenty-awards made to this year's high flyers, which include quite a number of joint winners.

Read more details at [www.markaspen.com/2023/09/23/swans-23](http://www.markaspen.com/2023/09/23/swans-23).

Photography by Kim Harding and Simone Best



## Persuasion

By Dawn Bush, adapted from the novel by Jane Austen

DOT Productions, Theatre at the Tabard, Chiswick until 7<sup>th</sup> October

Jane Austen's final novel *Persuasion* is said to be her most mature, and Anne Elliot one of her most reflective heroines. The plot is instantly Austen, the trials and triumphs of romantic love, where nothing is simple in a world where women have very little control over their lives without a dashing young man at their side, and the expression of their passions is shrouded in all-pervading etiquette.

Austen had ideas and opinions way before her time and this production makes one want to reread the original; but here is an adaptation to be applauded, it having enough of the original book for aficionados to be satisfied, but easily followed for others.



It is a slick and fast-paced production and the physical theatre that is incorporated really adds to the sense of place, giving the piece dimension. Examples are the ship describing life in the navy; and the accident that Louisa Musgrove has in Lyme Regis. Much of the physicality and the movement is semi-stylised, fitting for both Austen's life and times, and the script.

Anne Elliot's story is retrospectively narrated and Susie Garvey Williams' sensitive portrayal finds a fine balance between her accepting her place in the pecking order, but never self-pitying, and staying her own woman to the end. Dom Thomson, as the suitable eligible bachelor Captain Wentworth, complements the action. Holly Baynes, Matthew Burcombe and Sophie Todd work hard at costume changes and delicately drawn characterisation to play all the other characters, from meddling Mrs Russell to the various suitors and sisters.

A bit misjudged is the odd introduction of humour by actors' asides, which doesn't happen often enough to be a running gag. The writing doesn't need it, for the play and adaptation takes on a life of its own.

Now in its final few weeks, *Persuasion* has appealed hugely to audiences during its summer tour, an accolade to director Pete Gallagher and the company for an accessible and really well executed adaptation.



Read Claire Alexander's review at [www.markaspen.com/2023/09/16/persuasion-dot](http://www.markaspen.com/2023/09/16/persuasion-dot)

Photography courtesy of DOT Productions



## The Mikado

by Arthur Sullivan, libretto by W.S Gilbert, adapted by John Savournin  
Charles Court Opera at the Arcola Theatre until 23<sup>rd</sup> September

This is the simply the best *Mikado* ever, surpassing even Jonathan Miller's ENO version at the Coliseum. G&S is a delicate plant that is easily killed if the performers betray the slightest awareness that they are funny or think that they can get away with bad singing. Sullivan's music deserves - and rewards - the very best a singer can give, and gets it here in an excellent production that ensures that both the comedy and the music make the maximum possible impact.



Paradoxically, one of the things that makes this production so successful is its reduced scale.

There is a piano instead of an orchestra and no chorus other than the cast singing together. In the intimate Arcola, with no orchestra in the way, we are able to relish every look, gesture



and raised eyebrow: this becomes a comedy of character interaction rather than a succession of numbers. In John Savournin's skilled production, the opera takes place in a British Consulate that looks like a 1940's gentlemen's club with a chesterfield, drinks trolley, and deep crimson carpet. Only a Japanese screen at the back indicates that we are not in St James's, but the Japanese Province of Totori. Maids are fresh from finishing school in lovely frocks, and buttoned-up civil servants and diplomats in posh suits, who would give Sir Humphrey Appleby a run for his money and Dominic Cummins nightmares.

As it is British behaviour that is being sent up under the Japoniserie, the changes of characters' names are less damaging than they might be. Nanki Poo is now Charles Chauncey Drew, Yum Yum has become Victoria Plum, and Pooh Bah becomes Hugh Barr. The Mikado and Katisha retain their names and are in British Army dress. Ko-Ko, now Colin Cole, is a hyperactive wide-boy, but with a cockney gift of the gab that ensures his survival.

This production is one of Charles Court Opera's finest achievements, and shows why they are in demand at venues everywhere.

Read Patrick Shorrocks' review at [www.markaspen.com/2023/09/20/mikado-cco](http://www.markaspen.com/2023/09/20/mikado-cco)

Photography by Bill Knight

# Treasure Island

By R L Stevenson

**Set sail for silliness!**

Wed 25 Oct - Sun 29 Oct 2023

Production Company: Teddington Theatre Club

Ahoy there Mateys! Don't miss the swashbuckling production of Treasure Island this October half term by Teddington Theatre Club!

Hectic adventure, crazy costumes & terrible puns, what more could you want?

Book tickets today... to avoid walking the plank

Adapted for the stage by Jago Hazzard

Auditorium, Hampton Hill Theatre

Our children's show returns to October Half Term this year. You may think you know the story of Treasure Island, but you've never seen it like this! Jago Hazzard plays fast and loose with his creative licence in his silly retelling of the Robert Louis Stevenson classic.

Jim Hawkins negotiates sailing the high seas with Squire Trelawney, Long John Silver and his parrot, and plenty of other mad characters he meets along the way... hectic adventure, swashbuckling pirates, and terrible puns, what more could you want for the school holidays?

Book [HERE](#)



**ttc**

**WED 25 OCT – SUN 29 OCT 2023**

[teddingtontheatreclub.org.uk](http://teddingtontheatreclub.org.uk)

**ttc**

# Richmond Trustee Network Event - 26 Sep 2023

Join our online Trustee Network with guest speaker D'Arcy Myers who will talk about the importance of having a financial strategy.

Tuesday 26 Sep 2023, 12pm – 1.30pm (online)

The Richmond Trustee Network provides trustees and committee members with support and opportunities to meet with peers to share knowledge and experience. We want you to feel inspired, well-informed and supported in your roles.

Being a trustee is about asking constructive questions. There are so many aspects of being a trustee from being a legally responsible person, providing ideas, experience and insight and becoming that supportive and trusted friend for the management. In essence, a really good trustee is someone who is curious and is able to ask questions constructively and helpfully.

Sometimes just the act of posing pertinent queries will actually cause people to think and, in turn, question the way they are doing things. On other occasions questions are needed (especially with finance) to safeguard the charity.

In this online session, we will:

- Explore the seven questions about finance a trustee should be asking,
- Look at some key financial ratios that help highlight trends, and
- How financial planning should align with strategy

## Guest Speaker: D'Arcy Myers

From a commercial marketing background, D'Arcy Myers has been working in the Charity Sector for 30 years, initially focused on income generation and self-reliance around the world. He has been the CEO for three charities and for the past decade has been a consultant helping charities and boards with governance, leadership, strategy, financial probity and communication. D'Arcy is an active Trustee. He was one of the founding Trustees for The Small Charities Coalition and has been Chairperson for The Parity Trust and The Charterhouse Group of Therapeutic Communities. He currently Chairs The Smallwood Trust.

## Who should attend?

The network is for trustees, directors and management committee members of not-for-profit organisations based in Richmond upon Thames or neighbouring boroughs.

## Cost:

Trustees, directors and management committee members of not-for-profit organisations based in Richmond upon Thames- free

Trustees, directors and management committee members of not-for-profit organisations based outside Richmond upon Thames- £10+ booking fee

Get tickets [HERE](#)

If booking for this session has closed, the correct ticket type is not available or you have another training-related query, please contact Richmond CVS on 020 8843 7945 or [training@richmond cvs.org.uk](mailto:training@richmond cvs.org.uk)





TEDDINGTON SOCIETY HORTICULTURAL GROUP TALK

# ENCOURAGING WILDLIFE IN YOUR GARDEN\*

BY ANDREW HALSTEAD  
RETIRED RHS PRINCIPAL ENTOMOLOGIST

*\*without it becoming a weed-filled  
wilderness*

**8PM, TUESDAY 3 OCTOBER**

**TEDDINGTON CONSTITUTIONAL CLUB, STANLEY ROAD**

**ENTRANCE FEE: £5 PER ADULT**



# St Mary's University

## St Mary's Academic Speaks at FIFA Event

Associate Professor of Skill Acquisition at St Mary's University, Twickenham (SMU) Dr Andre Roca was recently invited by the football's world governing body FIFA to collaborate with them in developing engaging content for their new FIFA Training Centre.



Andre gave a talk on *Creativity in Football* to an audience of coaches and football practitioners as part of FIFA's *Science Explained* series. Through the presentation, he identified the hallmarks of a creative player, considered how coaches might be able to develop this quality in their players, and explained how creative players find the gaps their

team-mates miss.

Speaking of the experience, Andre said, "I was delighted to be invited to collaborate with FIFA and to be recognised as one of the world's leading experts in the field. I hope that coaches who view the new content will be able to nurture creativity in their players by modifying their approach to training and developing sessions that encourage players to step out of their comfort zones."

A recording of his talk and interview is available to view on the new [FIFA Training Centre](#) platform, which aims to inspire, support, and educate coaches and players worldwide by providing cutting-edge content from renowned experts.

Andre has published widely on performance in elite sport, skill acquisition, creative decision-making, and coaching practice. Andre has worked extensively in high-performance sport and has coached in professional football academies for nearly two decades.



St Mary's  
University  
Twickenham  
London



# RuTC Celebrates Success at Student Awards Ceremony

On Thursday 14th September, Richmond upon Thames College (RuTC) celebrated the exceptional achievements and successes of twenty-two of its students at a Student Awards ceremony, which was held at the college campus in Twickenham, for the first time ever.

Over 100 guests attended including the Mayor of Richmond upon Thames, Councillor Suzette Nicholson, CEO of Harrow, Uxbridge and Richmond Colleges merger, Keith Smith as well as students, parents, staff and other members of the local community.

RuTC was delighted to welcome special guest speaker, Mark Foster, Olympic and World Champion swimmer who inspired the audience as he spoke about his journey and success in his chosen career. He left the students with encouraging words for the future, "Aim for the moon, even if you miss, you'll land amongst the stars."

The award ceremony began with RuTC alumnus, Michael Howell, performing his own composition 'Rise Again'. Michael has been studying Music at Royal Holloway University since leaving the college last year and has enjoyed great solo success so far in his young career. Current RuTC performing arts students also provided entertainment throughout the evening.



Award winners included BTEC Science Level 3 student, Helen Yousef who received triple D\* in her recent examinations and will be progressing on to study Biomedical Science at The University of Westminster. Helen's sister, Sophia, was also an award winner, winning the Supported Learning award and returning to college this year.

The Apprenticeship award was won by Tyler Smith, who is completing his Level 3 IT Solutions Technician apprenticeship at the National Physical Laboratory (NPL).

Art & Design student, Libby Benjamin, won the Greatest Contribution to College Life award.

She reflected:

*"It was a truly magical night. Winning the award meant a lot to me because it reminded me how far I have come in life and how much further I'll go in the future. It also meant a lot having my friends and family there to witness it."*

Principal and host of the event, Gavin Hughes selected Sophie Millbank as the Student of the Year, praising her progression, commitment and positivity during her time studying at RuTC.

Gavin commented on the evening:

*"This year we gathered in a truly inspiring celebration of achievement at our annual Student Awards Ceremony. It was a remarkable evening, filled with pride, joy, and a profound sense of community as we honoured the outstanding accomplishments of our students. Our students have shown unwavering dedication and resilience, especially considering the disruption to their education caused by Covid-19. The awards presented were not just accolades; they were a recognition of the hard work, passion, and determination that our students have poured into their endeavours. I extend my heartfelt congratulations to all the award recipients."*



**Richmond upon  
Thames College**

# Car Boot Sale

Trafalgar Schools PTA

Have a pre-Christmas clear out and make some extra cash whilst also raising money for the school.

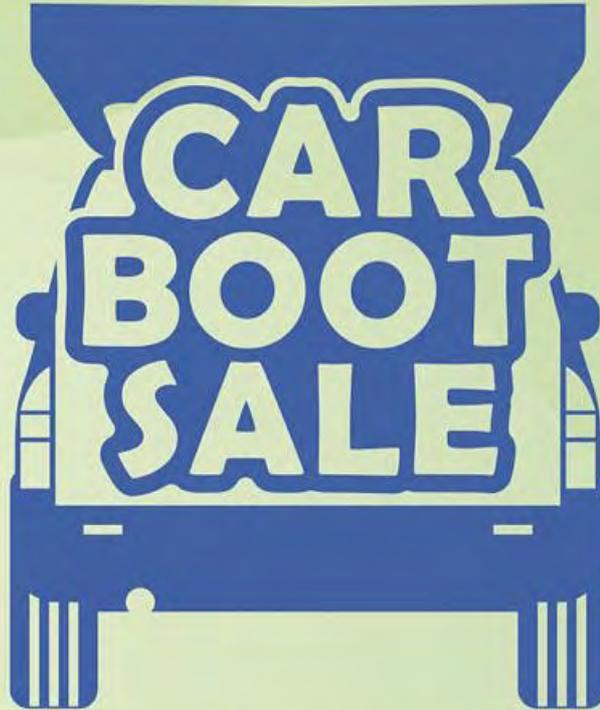
Help save the planet by giving your things a new home, rather than sending them to landfill!

- Car and space for a table £15 (bring your own table)
- Table space (bring your own table) £7
- Table hire £5 (limited availability /car or table space need to be booked as well)

**Advance booking only – no spaces will be sold on the day**

Get more information and stallholder tickets [HERE](#)

**Trafalgar  
School's**



**SUNDAY 24th SEPTEMBER  
at MEADWAY 9.30–1pm**

**CAR SPACE – £10**

**CAR & TABLE SPACE – £15**

**TABLE ONLY SPACE – £7**

**FREE ENTRY**

**Limited tables available to hire  
Book your pitch at [www.trafalgarpta.org.uk](http://www.trafalgarpta.org.uk)**

# Red Roses name matchday 23 for first Test against Canada

Lark Atkin-Davies will earn her 50th cap when the Red Roses play Canada at Sandy Park, Exeter on Saturday.

The hooker debuted for her country in 2015 and lines up in a front row containing props Mackenzie Carson and Sarah Bern. Marlie Packer captains the side from openside flanker with Rosie Galligan, Cath O'Donnell, Morwenna Talling and Zoe Aldcroft confirming the pack.

The backline sees one change from the XV that started the Grand Slam-winning encounter with France at Twickenham Stadium in April, as Jess Breach comes in on the wing. It means scrum-half Lucy Packer and fly-half Holly Aitchison continue as the half-back pairing, and Tatyana Heard and Helena Rowland partner in the centres. Abby Dow and Ellie Kildunne are named at wing and full-back respectively.

Among the replacements, back row Maisy Allen is in line for her first senior cap while Megan Jones returns to a matchday squad for the first time since 2021.

The Red Roses' matches with Canada this September will be streamed live on the England Rugby YouTube and Facebook channels.

Interim Head Coach Louis Deacon on Lark Atkin-Davies' milestone appearance: *"Lark's milestone appearance is a huge credit to her hard work, dedication, and desire to be the best version of herself every time she pulls on an England shirt. She brings great energy to the group and we are really pleased she gets the opportunity to run out for her 50th appearance."*

On the first matchday squad of 2023/24, Deacon added: *"We have had a very positive pre-season and we are pleased with the progress we have made as a Red Roses group, on and off the field. This match is the beginning of a new journey together as a squad, against a Canada side with a lot of world-class attributes. Sandy Park is always a great venue to play at and the fans have been incredible every time we have been down there. Everyone is relishing the opportunity that awaits and can't wait to take to the field on Saturday."*

## Team to play Canada

### Starting

- |  |   |
|--|---|
| 15. Ellie Kildunne (Harlequins, 34 caps)             | 1. Mackenzie Carson (Gloucester-Hartpury, 5 caps)   |
| 14. Jess Breach (Saracens, 28 caps)                  | 2. Lark Atkin-Davies (Bristol Bears, 49 caps)       |
| 13. Helena Rowland (Loughborough Lightning, 24 caps) | 3. Sarah Bern (Bristol Bears, 57 caps)              |
| 12. Tatyana Heard (Gloucester-Hartpury, 14 caps)     | 4. Rosie Galligan (Saracens, 9 caps)                |
| 11. Abby Dow (Trailfinders Women, 35 caps)           | 5. Cath O'Donnell (Loughborough Lightning, 27 caps) |
| 10. Holly Aitchison (Bristol Bears, 20 caps)         | 6. Morwenna Talling (Sale Sharks, 7 caps)           |
| 9. Lucy Packer (Harlequins, 14 caps)                 | 7. Marlie Packer – captain (Saracens, 94 caps)      |
|  | 8. Zoe Aldcroft (Gloucester-Hartpury, 43 caps)      |

### Replacements

16. Connie Powell (Harlequins, 9 caps)
17. Hannah Botterman (Bristol Bears, 37 caps)
18. Maud Muir (Gloucester-Hartpury, 20 caps)
19. Sarah Beckett (Gloucester-Hartpury, 30 caps)
20. Maisy Allen (Exeter Chiefs, uncapped)
21. Natasha Hunt (Gloucester-Hartpury, 62 caps)
22. Megan Jones (Leicester Tigers, 12 caps)
23. Claudia MacDonald (Exeter Chiefs, 28 caps)



# Match Preview: Brentford v Everton

Analysis, tactics, match officials and more. Here's everything you need to know ahead of Brentford's Premier League game against Everton

Written by Brentford Football Club

**Brentford welcome Everton to Gtech Community Stadium on Saturday (5.30pm kick-off). The game will be televised live on Sky Sports.**

Thomas Frank's side have taken six points from five Premier League games this season, while the Toffees' single point came courtesy of a 2-2 draw at Sheffield United.

Everton won the last meeting in May - Dwight McNeil's first-minute goal the difference between the two sides at Goodison Park - while this fixture last season ended in a 1-1 draw thanks to Vitaly Janelt's late equaliser.

## Pre-match Analysis

Alex Lawes, Playmaker Stats: Everton performing better than the Premier League table suggests

**Brentford, [who suffered their first defeat of the season last weekend](#),**

**take on winless Everton at Gtech Community Stadium this Saturday, but a result may not be quite as straightforward as form and the league table might suggest.**

Across a variety of expected goals models, Everton have actually been performing well this season with the Toffees' current xG (7.5) suggesting they should have scored far more than their two solitary strikes this season.

[Brentford themselves have underperformed by around two goals against their xG during the campaign so far](#), but Everton falling 5.5 goals short of their expected goals this season is the largest shortfall in the entire Premier League.

Both of Everton's goals this season have come on the road, however, as has their single point courtesy of a 2-2 draw at Sheffield United.

Toffees manager Sean Dyche has a reputation for direct football that seeks to test the opposition's physicality and aerial prowess, and while the former Burnley man's approach is more layered than many suggest, his Everton side do frequently go long.

In fact, only Sheffield United (303) have played more long balls than the Toffees (287) so far this season - although Brentford (152) have sprayed more accurate long passes than their visitors (119) thus far this term.



If Everton opt to go long, they will need to do so with quality given Brentford's aerial statistics. The Bees topped the pile for aerial duels won in the 2022/23 Premier League campaign and this season only Nottingham Forest (102) have won more aerial battles than Thomas Frank's side (90).

One area Everton may try to exploit is Brentford's confidence in dealing with crosses. The Bees are often happy to allow crosses to come into their box, as they are assured of being able to clear away. For example, the Bees have blocked just 0.5 crosses per game so far this season with only Newcastle and Bournemouth blocking fewer.

Letting too many balls come into the box against Everton may be a dangerous tactic, however, given that Dyche's side pose a considerable threat inside their opponent's six-yard box - the Toffees (1.8 shots per game) ranking joint third in the Premier League for close-range shots this season behind Man City (2.4) and Brentford (2.2).

When it comes to quality deliveries into the box this season, however, Brentford themselves have set the benchmark this season - the west Londoners whipping in 6.4 accurate crosses per game, the most in the division.

Can Brentford impose themselves and worsen the Toffees' sticky start?

## **Scout Report**

Toffees fans braced for another tough season

The Premier League lost some big names to relegation last season when Leeds United, Leicester City and Southampton all dropped away from the top table and back into the Sky Bet Championship.

For a long time, though, Everton - who were last relegated from the top flight in 1951 - looked nailed on to take one of the bottom three places.

It was the second season in a row that the Toffees had flirted with the bottom three. In 2021/22, they had a torrid time under ex-Liverpool boss Rafael Benitez, who lasted only until mid-January, before being replaced by Frank Lampard, who brought some semblance of order to Goodison Park and helped them keep their heads above water by a worryingly narrow margin of four points.

At the start of last term, his methods failed to produce the same effect. By New Year's Eve 2022, Everton had won three of their 18 league games and sat 17th going into this year as a result. They soon dropped into the bottom three and eight days before he would have celebrated a year in the job, Lampard was sacked.

"Frank and his team's commitment and dedication have been exemplary throughout their time at the club, but recent results and the current league position meant this difficult decision had to be taken," a statement on the club's website read, just days after owner Farhad Moshiri had publicly backed Lampard.

Sean Dyche - revered for his efforts with Burnley with limited resources - was brought in to steer the ship for the second half of the season.

In his 18 Premier League games in charge, Everton won five, drew six and lost seven games. It was a mixed bag; not enough to mount a bid for the top half, but sufficient to inspire hope of survival, which was secured by a two-point margin, with a 1-0 win at home to Bournemouth on a dramatic final day.

“It means a lot,” Dyche said afterwards. “I took over what they called a broken club. It’s not broken. It’s had its cracks, but it’s not broken. We’ve shown the fighting spirit that you need. But equally... we’ve got to learn from that, and next season is going to be big.”

The struggles of the previous two seasons meant the Toffees were always likely to be among the clutch of teams fancied for relegation at the end of this season - and the first month or so has done little to suggest doubters were incorrect.

Following their trip to the Gtech, Everton face home games against Luton Town and Bournemouth, both of whom are also searching for that maiden win all teams hope will kickstart their season.

Everton did not win their first league match until October last year, so there will be thousands of pairs of fingers crossed that history does not repeat itself this term.

## **In the Dugout**

Sean Dyche

After a 17-year playing career ended at Northampton Town in 2007, Sean Dyche immediately stepped into the world of coaching by working as Under-18s coach at former club Watford, who he had played for between 2002 and 2005.

Two years later, Malky Mackay - who, incidentally, joined the Hornets as a player the summer Dyche left - was appointed manager, with Dyche promoted to become his assistant.

Over the next two seasons, the pair guided Watford to 16th and 14th-place finishes in the Championship and, in the summer of 2011, Mackay left to take over at Cardiff, which led to Dyche stepping up to take on the role on a permanent basis in his place.

He led the club to 11th in 2011/12 - their highest finish in four seasons - but the Pozzo family took over and, in a statement said they “recognised Sean’s impeccable conduct, representing the Hornets with honour and dignity at all time,” before they quickly ousted him in favour of Gianfranco Zola.

Dyche was only out of work for a matter of months though. Eddie Howe left Burnley to return to Bournemouth in October 2012 and he was installed as Howe’s successor on a two-and-a-half-year contract.

He ended up remaining at Turf Moor for seven years more than his initial contract length, guiding the Clarets to promotion to the Premier League as runners-up in 2013/14 and as Championship winners in 2015/16.

His side finished seventh in 2017/18, which saw them qualify for European football for the first time in over half a century.

He was appointed Everton boss in January and saved the Toffees from relegation last season.



# First WHO report details devastating impact of hypertension and ways to stop it

The World Health Organization (WHO) released its first-ever report on the devastating global impact of high blood pressure, along with recommendations on the ways to win the race against this silent killer. The report shows approximately 4 out of every 5 people with hypertension are not adequately treated, but if countries can scale up coverage, 76 million deaths could be averted between 2023 and 2050.

Hypertension affects 1 in 3 adults worldwide. This common, deadly condition leads to stroke, heart attack, heart failure, kidney damage and many other health problems.

The number of people living with hypertension (blood pressure of 140/90 mmHg or higher or taking medication for hypertension) doubled between 1990 and 2019, from 650 million to 1.3 billion. Nearly half of people with hypertension globally are currently unaware of their condition. More than three-quarters of adults with hypertension live in low- and middle-income countries.

Older age and genetics can increase the risk of having high blood pressure, but modifiable risk factors such as eating high-salt diet, not being physically active and drinking too much alcohol can also increase the risk of hypertension.

Lifestyle changes like eating a healthier diet, quitting tobacco and being more active can help lower blood pressure. Some people may need medicines that can control hypertension effectively and prevent related complications.

The prevention, early detection and effective management of hypertension are among the most cost-effective interventions in health care and should be prioritized by countries as part of their national health benefit package offered at a primary care level. The economic benefits of improved hypertension treatment programmes outweigh the costs by about 18 to 1.

“Hypertension can be controlled effectively with simple, low-cost medication regimens, and yet only about one in five people with hypertension have controlled it.” Said Dr. Tedros Adhanom Ghebreyesus, WHO Director-General. “Hypertension control programmes remain neglected, under-prioritized and vastly underfunded. Strengthening hypertension control must be part of every country’s journey towards universal health coverage, based on well-functioning, equitable and resilient health systems, built on a foundation of primary health care.”

The report is being launched during the 78<sup>th</sup> Session of the United Nations General Assembly which addresses progress for the Sustainable Development Goals including health goals on pandemic preparedness and response, ending tuberculosis and attaining Universal Health Coverage. Better prevention and control of hypertension will be essential to progress in all of these.

An increase in the number of patients effectively treated for hypertension to levels observed in high-performing countries could prevent 76 million deaths, 120 million strokes, 79 million heart attacks, and 17 million cases of heart failure between now and 2050.

“Most heart attacks and strokes in the world today can be prevented with affordable, safe, accessible medicines and other interventions, such as sodium reduction,” said Michael R. Bloomberg, WHO Global

Ambassador for Noncommunicable Diseases and Injuries. “Treating hypertension through primary health care will save lives, while also saving billions of dollars a year.”

Hypertension can easily be treated with safe, widely available, low-cost generic medications using programmes such as [HEARTS](#). WHO’s HEARTS technical package for cardiovascular disease management in primary health care and the [Guideline for the pharmacological treatment of hypertension in adults](#) provide proven and practical steps to deliver effective hypertension care in primary health care settings.

Effective community- and country-wide blood pressure management can be achieved in countries of all income levels. More than 40 low- and middle-income countries, including Bangladesh, Cuba, India and Sri Lanka, have strengthened their hypertension care with the HEARTS package, enrolling more than 17 million people into treatment programmes. Countries such as Canada and South Korea delivered comprehensive national hypertension treatment programmes, and both countries surpassed the 50% mark for blood pressure control in adults living with hypertension. Sustained, systematic national hypertension control programmes can succeed—and a high level of blood pressure control translates into fewer strokes and heart attacks, and longer, healthier lives.

The report underscores the importance of implementing WHO-recommended effective hypertension care to save lives, which include the following five components:

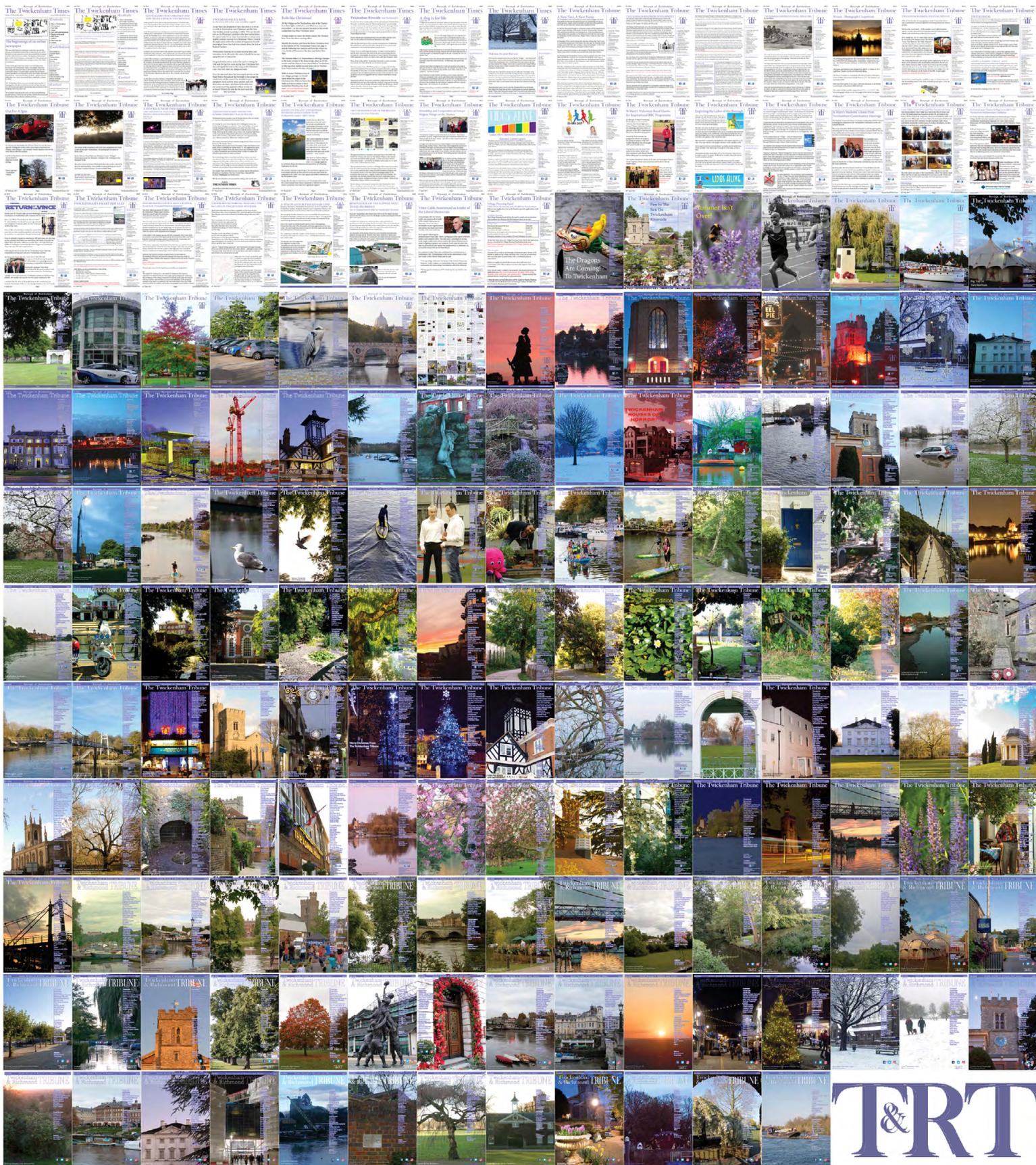
- **Protocol:** practical dose- and drug-specific treatment protocols with specific action steps for managing uncontrolled blood pressure can streamline care and improve adherence.
- **Medication and equipment supply:** regular, uninterrupted access to affordable medication is necessary for effective hypertension treatment; currently, prices for essential anti-hypertensive medicines vary by more than ten-fold between countries.
- **Team-based care:** patient outcomes improve when a team collaborates to adjust and intensify blood pressure medication regimens per doctor orders and protocols.
- **Patient-centred services:** to reduce barriers to care by providing easy-to-take medication regimens, free medications and close-to-home follow-up visits, and making blood pressure monitoring readily available.
- **Information systems:** user-centred, simple information systems facilitate rapid recording of essential patient-level data, reduce health care worker data entry burden, and support rapid scale-up while maintaining or improving the quality of care.

“Every hour, more than 1 000 people die from strokes and heart attacks. Most of these deaths are caused by high blood pressure, and most could have been prevented,” said Dr Tom Frieden, President & CEO, Resolve to Save Lives. “Good hypertension care is affordable, within reach, and strengthens primary health care. The challenge now is to go from “within reach” to “reached.” This will require commitment of governments around the world.”

Learn more about the global impact of high blood pressure and the HEARTS package to control it [here](#). Read the full report [here](#).



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