Est 2016

Edition 419

Twickenham Tribune & Richmond

Autumn, Radnor Gardens Photo by Berkley Driscoll

Contents

TwickerSeal - Happy 8th Anniversary to the Twickenham & Richmond Tribune	Anniversary
TickerTape: Rugby at Twickenham Stadium South Western Railway	
The Tree Agency	
Local Picture Postcard Column - War Memorial Mortlake & East Sheen	Alan Winter
Crusader Travel	
The £3bn Budget Blow to Britain's Housing Ambitions	By Jonathan Hulley
We Remember	Doug Goodman
Hampton Residents Voice Concerns Over Convenience Store License Application	
Kettner Concerts in Twickenham	
The Green Pop Up Café	Holy Trinity Twickenham
Next week at Richmond Council	
Have your say on possible change to our Council Tax Reduction Scheme	Richmond Council
Waitrose confirms opening date for new Hampton Hill store	
Hampton Court Palace Gardens Open Days	
Caught red-handed! New CCTV plans to nab lawbreakers in Richmond	Richmond Council
Council Reports: Heathrow Standing Committee	James Knight
Twickers Foodie - Poppy Cooks: The Actually Delicious Slow Cooker Cookbook	Alison Jee
Twickers Foodie - Advent Calendars (With The Foodie Foremost In Mind)	Alison Jee
Sunborn, Gibraltar - Glamour Package	
Let There Be Light	Doug Goodman
A Day in the Life of your local Travel Agent	Bruce Lyons
Budapest	Shona Lyons
COP29 Baku, Azerbaijan	Teresa Read
Life before death	Deep Patel
Mark Aspen Review: 1984	Mark Aspen
Mark Aspen Review: Shakespeare in Love	Polly Davies
A Christmas Fantasy	Hampton Choral Society
Concordia Voices: A Concert To Music	Richmond Shakespeare Society
ASB Awareness Week	Metropolitan Police
St Mary's Students Take Part in Community Frame Running Event	St Mary's University
Politics Students Visit the Houses of Parliament	Richmond College
Surbiton veterans mark Remembrance with service at Royal Star & Garter	Royal Star & Garter
Nursing staff at the frontline of the climate crisis, as RCN Library & Heritage Centre launch nexhibition	Royal College of Nursing
Waitrose makes major surplus food donation	Waitrose
England Team To Play South Africa	RFU
England Men A Confirm Matchday Squad To Face Australia A	RFU
Brentford unveils plaque honouring 31 players who died in world wars	Brentford Football Club

Editors: Berkley Driscoll, Teresa Read





Happy 8th Anniversary to the Twickenham & Richmond Tribune

www.TwickenhamTribune.com

15th November 2024 - Page 3 A newspaper for Richmond upon Thames

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RG.I.PR.....ST.....SF.I.H.PR....

TickerTape - News in Brief

Rugby at Twickenham Stadium

ENGLAND v SOUTH AFRICA

Sat 16th November, KO 17:40. Attendance: 82,000. Whitton, Rugby & London Roads close 15:40 -17:40 and again from 19:10 – 21:40. The CPZ will be in force from 11:00 – 23:00. Shuttle buses run to the stadium from Richmond and Hounslow East.

South Western Railway

Altered train services due to Rugby at Twickenham Saturday 16 November

London Waterloo - Shepperton

- Between 1141 and end of service, all Shepperton to London Waterloo services are diverted via Twickenham.
- Between 1242 and 2342*, all London Waterloo to Shepperton services are diverted via Twickenham. *Between 1342 and 1612, services depart at xx:15/xx:45.

London Waterloo - Reading

- Services will depart earlier from Reading through most of the day (at xx:05 and xx:35).
- Trains departing Reading between 1830 and 2330 will call additionally at Putney and Vauxhall.
- Services will also run later from Richmond to Reading before the match.



The Tree Agency

darryl parkin

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A newspaper for Richmond upon Thames

Local Picture Postcard Column - Part 275 War Memorial Mortlake & East Sheen

By Alan Winter

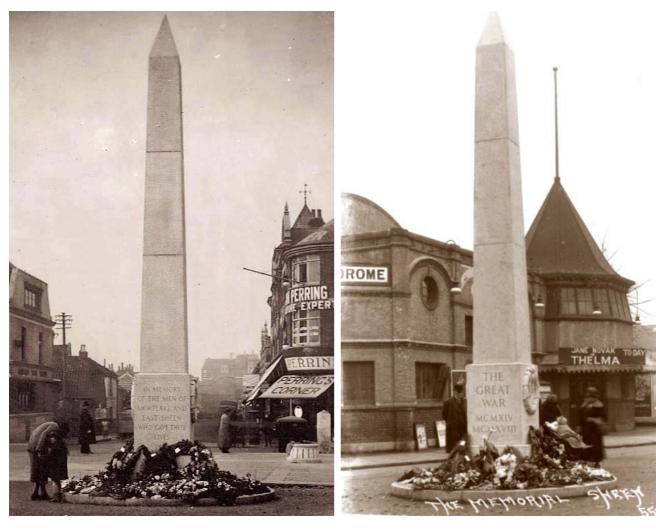
The aftermath of the First World War saw the biggest single wave of public commemoration ever with tens of thousands of memorials erected across the country. This was the result of both the huge impact on communities of the loss of three quarters of a million British lives, and also the official policy of not repatriating the dead, which meant that the memorials provided the main focus of the grief felt at this great loss.

One such memorial was raised in Mortlake and East Sheen as a permanent testament to the sacrifices made by the members of the local community. It was made by Albert Myers and unveiled in 1925, at the instigation of the Mortlake War Memorial Committee.

The War Memorial to those brave local souls who died as a result of the two World Wars in the 20th century is at the junction of Sheen Lane & Upper Richmond Road West.



Our first postcard shows the crowds at the unveiling in 1925. This is followed by two more cards from the 1920's and the final postcard is from c1953 after the second world war dates had been added. Interesting to note that throughout that period the "Triangle" shared the War Memorial with underground toilets which were a very common feature of London suburb shopping centres in the first half of the 20th Century. These are shown in two of the postcards if you look carefully.



memorial is a stone obelisk with a sword engraved in the pavement to the south. It stands on a paved triangular traffic island which is known locally as 'The Triangle' or 'Milestone Green' (there is also an older milestone by the obelisk). The north

The

face originally read 'The Great War MCMXIV MCMXVIII' but was altered to 'Wars 1914-18 1939-45'. There are no names engraved, but a roll of honour is buried beneath the sword.



Mortlake and East Sheen War Memorial is listed at Grade II for the following principal reasons: Historic interest: as an eloquent witness to the tragic impact of world events on the local community, and the sacrifices it made in the conflicts.

My search for old postcards continues. I am always looking for old postcards

and old photograph albums etc. The postcards can be British or Foreign, black and white or coloured and of places or subjects. If you have any that are sitting unwanted in a drawer, in a box in the loft or in the garage or under a bed, please contact me on 07875 578398 or <u>alanwinter192@hotmail.com</u> I would like to see them and I pay cash!



Your friendly local Travel Agency established in Twickenham since 1966

With over 50 years experience we pride ourselves on being able to offer an unrivalled service with attention to detail. Come and have a chat with us in our cosy office off the Church Street Square, we are open 6 days a week from 11am until 6pm (Closed Sunday)



The £3bn Budget Blow to Britain's Housing Ambitions

By Jonathan Hulley, Conservative parliamentary spokesperson, Twickenham, and a leading social housing lawyer

In her Autumn Budget, Chancellor Rachel Reeves landed a heavy blow on the construction and house building industries, with her National Insurance hike set to increase costs on an already strained housing sector.

Every construction project needs people. They lay the foundations, build and plaster the walls, fit the kitchens and plumb in the bathrooms and with 2.1m people employed in the industry, just lowering the starting point for NI will cost £1.3bn. Increasing the rate of Employer NI will then add almost £900 per employee - making the total hit not far short of £3bn.

Employment costs are the most significant component in house building costs, and this level of increased cost will have direct implications for a sector already struggling to deliver the homes Britain needs.



This move threatens to push homeownership in Twickenham constituency further out of reach, especially for younger generations facing significant hurdles in the property market. For the first time in sixty years, the government has presented no new schemes to support first-time buyers—an omission that feels like an oversight, if not an outright dismissal of Britain's housing crisis.

And the government's target of building 1.5 million new homes over five years now looks even less attainable. On top of Reeves' increase to National Insurance, the above inflation increase to the National Minimum Wage, paired with increased apprentice wages, will drive even more cost into an industry which has a high proportion of minimum wage employees and where planning permissions routinely require support for those learning a trade.

Leaders across the construction industry, including affordable and social housing advocates, warn that these changes could squeeze the construction and housebuilding sectors to the point of stalling. That will only bring lower housing output and fewer affordable options, deepening scarcity and pushing prices and rents higher still.

The National Federation of Builders (NFB) has sounded the alarm, noting that these rising expenses will likely deter construction firms from hiring the workers they need.

Small contractors—operating on narrow margins compared to major players—will bear the brunt of this, particularly in high-demand areas like southwest London. The result? Reduced building capacity in areas where the need is greatest, like in Twickenham constituency.

The sensitivity of building economics to this is illustrated by the latest statistics on new build starts. A surge in starts in Q2 2024 has been followed with a huge drop in Q3 as contractors and developers raced to beat the increased costs these changes brought.

The pain extends further. Little noticed in the small print of the Budget is a tightening of tax relief on leased equipment. Potentially, this reduces the incentive to invest in machinery that could drive productivity gains. The lack of provisions for full expensing on leased equipment was a missed opportunity for Reeves to incentivise growth and efficiency. Without this support, many contractors operating on already-thin profit margins will likely struggle, which could further deepen Britain's housing woes.

At a moment when Britain needs more hands to meet housing targets, the increased NICs, higher NMW and Apprentice Wage uplifts, make hiring prohibitively expensive. The Chancellor's decisions effectively shrink the construction and housebuilding industry's ability to deliver on crucial targets.

Organisations like the Royal Institute of Chartered Surveyors and the Home Builders Federation have voiced their concerns over the absence of incentives for first-time buyers and the constraints on affordable home development.

Mortgage accessibility remains a barrier for would-be homeowners, especially with high borrowing costs for first-time buyers who have higher loan-to-value ratios, further dampening the prospects for a recovery in home ownership. For a sector that needs both clarity and support, the Budget has delivered neither.

Whilst Reeves did add £500m to the current Affordable Homes Programme, this is significantly less than the increased costs driven by the other measures in her Budget.

If Britain is to meet its housing goals, the government must rethink policies affecting the housebuilding industry, balancing the need for fiscal discipline with the nation's housing priorities. Cost pressures are mounting, and without a recalibration of economic policies, the ambition to build 1.5 million homes will remain aspirational, at best.

But what can be done now?

The government will consult on a 5-year rent settlement, with the intention to increase rents in line with the consumer price index measure of inflation plus 1%. While this will provide longer-term certainty on funding for housing associations and local authorities, and allow them to invest in new homes, what is needed is at least a 10-year rent settlement, which has been called for by industry bodies, including Housing Associations in Twickenham constituency.

The construction and housebuilder industry needs access to long term and affordable government loans, such as from the PWLB lending facility, which currently only provides loans to local authorities for capital projects.

Tying lending to the guaranteed rental uplift for affordable homes over an extended period creates a stable platform for both building and repayment of the debt. Were this lending facility extended to Housing Associations as well as councils, like Richmond Council, they could provide guaranteed sales of the affordable elements of market house-builders' projects, unlocking the private homes as well as affordable homes.

This is how we could get Britain building again

We Remember

By Doug Goodman

The War Memorial in Radnor Gardens in Twickenham was the location for last Sunday's Remembrance Service. A large crowd attended the commemoration conducted by The Revd. Jeff Hopkin Williams. Civic dignitaries, representatives from the armed forces, emergency services, RAF cadets and many others assembled by the riverside for prayers, music and the placing of wreaths on the magnificent memorial. Many visitors placed their own personal poppy cross by the memorial to remember relatives who died in The First and Second World Wars and subsequent conflicts.



Westminster Poppy Field. Commemorating Civil Service Rifles.

Twickenham resident Doug Goodman placed a cross in The Field of Remembrance at Westminster Abbey on the spot dedicated to soldiers of The Prince of Wales Own Civil Service Rifles who died in WW1. His uncle Alec Reader was killed on The Somme on 15th September 1916 during the attack on High Wood. He was 18 and had enlisted underage. Where once many crosses dedicated to the CSR were displayed, only six families now commemorate their relatives who fought and died over 100 years ago.

Hampton Residents Voice Concerns Over Convenience Store License Application

The licensing subcommittee met on Monday to discuss Sabra Convenience Store Limited's application to sell alcohol at 117 Station Road. Local voices, council representatives, and the applicant's legal agent discussed the potential implications of this new business for Hampton's quiet residential landscape. The community has shown significant concern regarding this application, especially since the previous tenant removed the shop front without planning permission (as it is located in a Conservation Area) and replaced it with a conspicuous one advertising vapes, which raised questions about its targeted clientele.

Nick Semper, a seasoned licensing consultant, represented the Applicant, Komal Sabra. He emphasised that this new venture aims to serve the local community responsibly, adhering to strict conditions and practices to promote the four licensing objectives: preventing crime, protecting public safety, and safeguarding children.

A crucial part of his argument was the store's commitment to a limited alcohol display area, capped at 10% of the store space, to reassure residents worried about the shop becoming a dominant off-license. Additionally, he reassured the panel that CCTV surveillance would be comprehensive, with up to 16 high-resolution cameras planned to ensure security. He also reminded the committee that a large Waitrose supermarket was located around 100 yards away.

Despite the applicant's assurances, the proposal met with notable resistance from residents and council members, particularly concerning public safety and community well-being. Local resident Martin Riddell, a vocal opponent of the license, expressed concern over the store potentially encouraging antisocial behavior. "The current low crime rates are precisely because we don't have such stores operating late hours," he argued, reflecting a broader anxiety among residents about the possible shift in Hampton's tranquil environment.

Council leader Gareth Roberts, who is also a ward councillor for Hampton attending virtually, echoed these sentiments, advocating for a cautious approach. "While we don't wish for a vacant property, it's crucial we prioritise protecting residents. The 7 a.m. to 11 p.m. hours are excessive for this area," he stated, suggesting that more restricted hours would be a more prudent initial step. He also highlighted that existing alcohol vendors in Hampton generally close by 9 or 10 p.m., reinforcing his point about maintaining community norms.

He also mentioned that he was concerned about the possible negative impacts on Hampton Green, which will raise eyebrows among residents who live around Twickenham Green, Richmond Green, and other parks and open spaces that suffer from chronic alcohol-related ASB. Councillor Roberts has stated at several council meetings that restricting alcohol consumption at parks through a public place protection order would be "illiberal," as someone having a picnic could be fined. However, things seem different when it concerns one's own backyard.

Sandra Harvey, another local resident who works in a licensed supermarket, raised questions about the applicant's qualifications and the shop's fit within the local landscape. "Hampton already has enough outlets selling alcohol. Adding another, especially with extended hours, risks exacerbating issues tied to public nuisance and youth," she noted.

The subcommittee's role in evaluating the application was not just to assess community sentiment but to weigh evidence against the potential impact on licensing objectives. It was notable that the police had not objected, and many of the arguments made against the application were not ones the licencing committee could consider. While the applicant offered reassurances and conditions, such as limiting single-can alcohol sales to deter street drinking, the discourse underscored the fragile balance between encouraging local business growth and safeguarding public interests.

In concluding remarks, the subcommittee chair noted the evidence-based nature of the decision-making process and the possibility of future reviews should issues arise.

You can see the papers for the subcommittee HERE

Kettner Concerts in Twickenham **Unheard Harmonies**



a piano and cello recital LYDIA HILLERUDH (cello), CRISTIAN SANDRIN (piano) Saturday, November 16, 2024 6pm

Tonight our outstanding young artists have joined forces to perform sonatas by two unjustly neglected Edwardian women composers alongside lesser-known works by Beethoven and Vaughan Williams, the Seven Variations on Mozart's Marriage of Figaro, and Six Studies in English Folk Song respectively. All the compositions are hidden gems of the cello and piano repertoire that deserve a wider audience. Join us to celebrate a programme of musical revelations.

Rebecca Clarke • Vaughan Williams • Beethoven • Dora Pejačević



ON TOUR

ttnei

The Green Pop Up Café at Holy Trinity Twickenham



This is a warm community space open between 10.30 am and 12 noon on a Thursday for refreshment and chat.

https://httchurch.org/



Next week at Richmond Council

On Thursday, the **Schools Forum** will meet to discuss (1) The high needs block and how spending can be reduced, (2) the finance update, (3) the falling school rolls update, and (4) the 2025/26 budget. The meeting will commence at 1.30 pm at York House.

For full details, please follow the link HERE

How to **participate**: We encourage all members of the public who live or work in the borough to participate. You can submit questions or speak on an item on the agenda. To ask a question, simply submit it by 12 noon two working days in advance. To speak, you must register by noon the working day before the meeting.

For further details on how to participate, please follow the link <u>HERE</u>

Have your say on possible change to our Council Tax Reduction Scheme

From Richmond Council

We are asking residents to let us know their views on a proposed change to our Council Tax Reduction scheme, which will make support for low income households more stable and predictable.

The current scheme is means tested, which frequently adjusts as incomes change, meaning it can be difficult for households to plan and budget. The proposed new 'banded' model will allow for some income variation without impacting support levels, simplifying the process and providing steady relief for those with low or fluctuating incomes.

While many households will benefit from changes, some households will be negatively impacted so we encourage everyone currently eligible for the existing scheme to give their views.



The consultation closes on Friday 13 December 2024. Complete the consultation

Waitrose confirms opening date for new Hampton Hill store

Waitrose has confirmed that its new store in Hampton Hill will open at 8am on Thursday 28 November.

The formerly vacant 179-181 Hampton Hill building is currently being transformed into a 'little Waitrose' convenience shop ready to welcome its new customers at the end of the month.

The shop has created more than 30 new jobs with all new employees becoming Partners in the John Lewis Partnership, the UK's largest employed owned company which Waitrose is part of, along with John Lewis department stores.

It will become the first shop Waitrose has opened in the UK in six years and will help shape the blueprint for future Waitrose convenience stores with the opening set to trigger one of its biggest periods of expansion as it plans to open up to 100 new convenience stores in the next five years.

After the store opens at 8am on its first day, trading hours for the shop will be 7am-11pm from Monday to Sunday. More details on what the store will offer its new customers will be shared soon.

Newly appointed shop manager, Chris Kern, said:

"Hampton Hill is somewhere we have wanted to be for a very long time and we cannot wait to give our new customers the opportunity to enjoy the quality of service and products our brand is synonymous with, especially as we enter the excitement of the festive season."

Hampton Court Palace Gardens Open Days

The gardens will be open free of charge next weekend, **23-24 November**, between 10 am and 4 pm; the last admission is at 3 pm. Dogs are only permitted if they are trained assistance dogs.



Since the pandemic, the only way to visit the gardens is by purchasing admission to the palace, which costs up to £30 for adults. This has caused controversy, as the gardens have been free for residents for generations since Queen Victoria opened the gates to the public. Due to the uproar, Historic Royal Parks introduced a limited number of Garden open days to appease local residents.

You can find further information HERE

Photo ©Twickenham & Richmond Tribune

Caught red-handed! New CCTV plans to nab lawbreakers in Richmond

From Richmond Council

With the introduction of cutting-edge technology, we are stepping up efforts to protect residents and tackle crime head-on with the approval of new CCTV plans.

Councillor Gareth Roberts, Leader of Richmond Council, said: "CCTV is critical in our mission

to keep Richmond the safest borough in London. It allows us to work rapidly with the police to prevent crime and track down perpetrators which was recently proven when a CCTV operator helped the police catch three suspects who robbed and set a fire at a café in Twickenham, showing how vital real-time monitoring can be in solving crimes quickly. Residents can be reassured that CCTV is something we continue to invest in so they can feel safe in their communities."



One of the features of the new CCTV Strategy for 2024 to 2029 is the use of Rapid Deployment Cameras. These cameras can be easily set up in new locations in response to specific, time-limited issues. This flexibility allows us to address residents' concerns more effectively by focusing surveillance on trouble spots as they arise.



At the heart of our CCTV network is the Joint Control Centre (JCC), where a dedicated team monitors high-definition cameras placed throughout the borough. The team works closely with the Metropolitan Police to respond to incidents in real-time and are crucial to identifying and apprehending criminals, from petty theft to more serious offences.

The JCC's efforts extend beyond just serious crime prevention. They also tackle antisocial behaviour, fly-tipping, and graffiti, with cameras located across hotspots to catch those responsible for the behaviour that ruins the look, feel and safety of the borough's streets.

The new CCTV Strategy is a proactive step towards creating a safer community. We are committed to delivering on our vision for Richmond upon Thames, working tirelessly to keep streets safe and residents protected.

Council Reports: Heathrow Standing Committee By James Knight

The standing committee convened to discuss updates on Heathrow Airport's development plans. Councillor Neden-Watts chaired the meeting, and John Evans and Jamie Fisher presented the primary report. Key items included airspace modernisation, easterly alternation plans, the third runway project, and night flights.

Airspace Modernisation. From 2027 to 2030, the plan aims to reshape flight paths, moving towards performance-based navigation (PBN) for narrower, more consistent routes. Concerns were raised about increased noise pollution in previously unaffected areas, the concentration of noise, and the effectiveness of public consultations, which some residents found confusing and inadequate.

Easterly Alternation. The proposal allows for runway alternation during easterly operations, removing restrictions from the Cranford Agreement. This may distribute noise more broadly and provide predictable relief to some residents. Implementing such plans would require infrastructure updates, with planning permissions in progress as the previous permission had lapsed.

Third Runway. The council acknowledged the absence of definitive plans from Heathrow to resume the third runway project. The Labour government's stance on expansion was debated, with opposition emphasised due to environmental and local community impacts.

Night Flights. The current regime runs until October 2025, with studies underway to influence future policy. Early results from a noise study are anticipated in 2025. The council and resident groups advocated for a reduction or ban on night flights, citing significant community disruption and health implications.

Jeremy Rodell (**East Twickenham Heathrow Campaign**) and other representatives highlighted community concerns, especially around increased noise from new flight paths and potential rises in flight numbers. Ron Crompton (**Friends of Richmond Park**) emphasised the detrimental effects on Richmond Park's tranquillity and biodiversity. Legal and health points were brought up by Neil Spurrier (**Teddington Action Group**), discussing particulate emissions and adherence to the Gunning Principles for consultation. Stephen Clarke (Teddington Action Group) warned of the risks of "noise sewers" from concentrated flight paths, referencing similar issues in North America. Emphasis was placed on the "do minimum" approach, preserving current routes with minimal adjustments.

One topic the meeting did not cover was Heathrow's focus on expanding cargo until the third runway is built. This puts pressure on green belt land around Heathrow for additional logistics centres to handle increased volumes. Recently, Munira Wilson MP (Twickenham) has been lobbying for a local cargo company that wants to expand, which cuts across council policy to restrict expansion at the airport. Extra cargo means more aircraft movements and noise, as aircraft loaded with heavy freight produce significantly more noise.

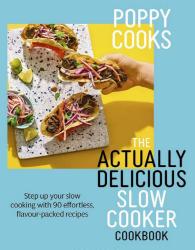
Officers promised continued participation in oversight groups and emphasised the council's established position against Heathrow expansion due to environmental and noise concerns. The committee chair is committed to aligning communication to ensure residents remain informed and engaged during consultations. She stated that the council would adopt a position advocating minimal changes to Heathrow's flight operations, eliminating night flights, and opposing any runway expansion. The council aims to hold Heathrow accountable for transparent, resident-focused policies. Ongoing assessments and community engagement are expected to guide future discussions.

To view the committee papers, click HERE

Twickers Foodie - By Alison Jee

Poppy Cooks: The Actually Delicious Slow Cooker Cookbook

My slow cooker is soon going to be working in overdrive - it's such a godsend when making winter stews and casseroles. Some of you may have seen professional chef, TikTok star, and Sunday Times bestselling author Poppy O'Toole on TV and her newly published book shows you how to get the most out of your slow cooker.



Featuring 90 mouth-watering recipes that focus on ease and convenience without breaking the bank or sacrificing flavour, this is the book you need to get great food on the table at the end of a busy day. It has recipes for the ultimate slow cooker chilli con carne, as well as family favourite takeaways,

soups, curries, pasta dishes, hot chocolate and much more (including a chapter on potatoes). Poppy elevates each recipe with hacks, tips and flavour ideas, so it becomes something actually delicious. With more of us relying on quick, affordable, low-energy cooking than ever before, Poppy Cooks is the only companion you need for mastering your slow cooker and keeping everyone at your table happy. Poppy rose to TikTok fame in the 2020 lockdown, quickly becoming known



for her love of potatoes. Now, with more than 4 and a half million followers, she is a highly in-demand food influencer and the co-host of BBC Three's Young MasterChef.

Published by Bloomsbury at £20 for a hardback, it's a must-have for any slow cooker fan. Here is a recipe for Beef Bourguignon that demonstrates how easy Poppy's recipes are:

BEEF BOURGUIGNON

"Now we're getting fancy! Picture it now ... a beef bourguignon on the slow cooker. Red wine in the glass. Barry White on the Alexa. A rose between your teeth. Okay maybe a bit too far. And if I'm being honest, there's probably better food to get you in the mood than this hearty beef and moist carrot stew, because

after a bowl or two of this you'll be needing at least a three-hour nap. But whatever floats your boat."

Serves 4 - 5 hours on high

- 800g beef shin, diced
- 200g pancetta
- 250g shallots, finely diced
- 2 celery sticks, finely diced
- 300g chestnut mushrooms, halved
- 2 carrots, thickly sliced small handful of thyme, leaves picked
- 2 rosemary sprigs, leaves picked
- 2 bay leaves 250ml red wine (I like Malbec)
- 250ml beef stock
- 30g butter, cubed (optional)
- splash of olive oil
- 1 tablespoon cornflour, slackened with water
- salt and black pepper
- flat-leaf parsley leaves, to serve (optional)



- 1. Season the beef generously with salt and let it come up to room temperature. Then, tip it into the bowl of your slow cooker.
- 2. Add all the remaining ingredients, with the exception of the cornflour, along with 1 teaspoon of salt and lots of black pepper. Put the lid on and cook on high for 5 hours, until the beef is completely tender and shreds easily with a fork. Stir through the cornflour slurry, and scatter with a few flat-leaf parsley leaves to serve, if you like.
- 3.

MY SUGGESTIONS: If you like mustard, whack a good spoonful of Dijon into the mixture before you start the cooking, just to give the stew a bit of extra oomph.

Classically, this would be served with mashed potatoes), but if you want just a bowl of beefy goodness then make sure you have plenty of crusty bread on the side to swipe round the bowl.

S'MORES DIPPING BOWL

"S'mores are a US import that I can very much get on board with. They were never really a thing here in the UK until recently, but I have it on good authority from my younger (and cooler) brother and sister that s'mores are all the rage now. This is the perfect, fun recipe to try with the kids to keep them distracted and also get them introduced to how to work the slow cooker. S'mores today and who knows? They could be whipping up a chicken chasseur before you know it."

Serves 4. 30 minutes on low / + 5-10 minutes under the grill or 10-15 minutes on low, to finish

- 100g 54% dark chocolate, roughly chopped
- 100g milk chocolate, roughly chopped
- 1 tablespoon golden syrup
- 200ml double cream
- 1-2 tablespoons crunchy peanut butter (optional)
- big pinch of sea-salt flakes
- 200-400g
- marshmallows (depending how many you want)
- 180g digestive biscuits (about ½ a standard packet)
- 1. Add the dark chocolate, milk chocolate, golden syrup, cream, peanut butter (if using) and salt to the bowl of your slow cooker. Stir,



then put the lid on and cook on low for 30 minutes, until melted, then stir together so that you have a glossy sauce.

- 2. While the chocolate sauce is cooking, preheat the grill to high (if you have an oven safe slow cooker bowl).
- 3. Scatter the marshmallows over the chocolate sauce, then (if you have an oven safe slow cooker) transfer the slow-cooker bowl to the grill and cook for 5−10 minutes, until golden and bubbling. If your slow cooker isn't suitable to go under the grill, simply put the lid back on adding a tea towel under the lid to absorb the steam and cook for another 10−15 minutes, until the marshmallows are soft but still slightly holding their shape. Grab the biscuits and dive in!

MY SUGGESTIONS: This is a great recipe for a sleepover – kids will go feral for it and it works for the adults, too, with a glass of Baileys on the side. Add in some peanut butter or orange zest for a kid-friendly twist, or some chilli flakes or espresso powder if the grown-ups are round.

Twickers Foodie - By Alison Jee

Advent Calendars (With The Foodie Foremost In Mind)

Where has this year flown to? The TV is already packed with Christmas ads (a tad early in my opinion) and Advent (or Countdown to Christmas) calendars are in abundance and at all sorts of prices. To be honest there seems to be a calendar for almost anything you care to choose, but I've made the job a little easier for you by selecting some of my favourites:

Of course, **Marks & Spencer** has come up trumps again, especially in terms of value for money. They have a great selection to suit all ages. The range includes The M&S Chocolate Shop Advent Calendar, filled with 25 days of individual treats, including festive blond fudge bites, mini whips and giant caramel buttons. The Christmas Day treat's a bag of gigantic chocolate buttons for an extra serving of festive cheer. £12 from M&S and Ocado. There's also



a Doggies & Moggies one (£10) which is rather cute, as well, of course, as the ubiquitous Colin the Caterpillar and Percy Pig (£7).

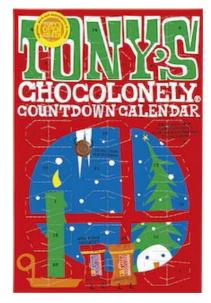


If chocolate isn't your 'thing' I'd suggest a tea calendar. **Bird & Blend Tea** <u>www.birdandblendtea.com</u> has a great range. Bird & Blend created the very first tea advent in 2016, and since then it's achieved cult status, selling out every year. Every day, open one of the 24 little cubes containing x2 tea bags and a range of flavours including a mix of Christmas teas and regular

favourites. It's 100% plastic free, and earthfriendly (one tree planted for each calendar sold). Regular and decaf versions available at £38 as well as a **Matcha** calendar for £52 (but with £80 worth of teas inside).

Back onto chocolate options: **Tony's Chocolonely** is always a popular one and showcasing how things really work in the chocolate industry. New this year is T**ony's Small Countdown Calendar** – a smaller Tony's countdown calendar featuring 24

chocolates: 12 of caramel sea salt Tinys and 12 of the creamy milk Tinys. £12 from Sainsbury's.





Serious chocolate aficionados will really appreciate the new **Milk Chocolate Advent Shapes Tube from Chococo.** 24 little festive shapes handcrafted from 47% Colombia origin milk chocolate (Great Taste Award winning too) and packaged in a reusable plastic-free tube. It's higher in cocoa and lower in sugar, and if you want to send one as a gift you can include a personal message for free. It's £12 and just one of a great range of ethically produced chocolate from chococo.co.uk. Also available is **The Christmas Countdown Selection box**, a highly sophisticated choice, at £29 for a gorgeous box containing 25 of the company's delicious chocolates. Any regular reader will know that I love liquorice, and the **LAKRIDS BY BÜLOW** range in particular. And this year the company has produced a lovely calendar for its 10 year anniversary. There is a selection of all-time favourites, including chocolate, liquorice and fruity flavours along with some new tastes, all in a beautifully packaged and fully recyclable box. Serves two, but one is rarely enough. £60 <u>Sous Chef</u>



Talking of **Sous Chef**, I've been astounded by the superb range of products on this uber-foodie website. It also has the most amazing selection of calendars, starting at £16 and going up to £220! I thought this **Babbi Wafer Advent Calendar** at £35 was really rather gorgeous. The

calendar contains Babbi's famous Viennesi in three delicious flavours. Each bite-sized Viennesi has layers of thin, crisp wafer sandwiched with cream. There's classic vanilla, earthy pistachio and rich dark chocolate, plus Babbi's CuBon pralines and Babbini in flavours like coffee and coconut. Babbi is a family-owned business based in the Emilia-Romagna region of northern Italy. Established in 1952, Babbi is one of Italy's top confectionery producers. They are best known for their Viennesi, chocolate-covered wafers in various flavours. www.souschef.co.uk

Another company that has a superb selection is **Fortnum & Mason**, and here's a lovely one for children that's surprisingly reasonably priced at £26. Made for young ones on St. Nick's nice list, this calendar contains 25 organic milk chocolates in a host of festive shapes, from perfectly wrapped presents and festive fir trees, to an edible version of the man himself. Available online <u>here</u>





And of course there

are cheese Advent Calendars from companies like Ilchester at just £9 from Ocado and Asda. There are beer calendars, and rum and whisky too, but the **Craft Gin Club** calendar has got to take the non chocolate prize for me. A different gin to unwrap every day in Advent sounds heaven. You can spend 25 nights trying

a taster of some of the world's best craft gins and each 50ml gin will give any gin fan the ultimate adventure this December. Check out the website club.craftginclub.co.uk and you'll find the company also has a rum version as well as a gin and tonic one.

And on a different note from food, but equally good, is the Beauty Advent Calendar from M&S. I was lucky enough to be given one last year and it made every day of December a real treat. Every morning I found myself excitedly opening each numbered box to discover what lovely beauty gift it contained. Spend £35 in Marks on beauty home or clothing and you can buy this for £50 (an enormous saving as the contents are worth £300 plus). It's sold out online now, sadly, but you might be lucky enough to get your hands on one in store.



And to think that when I was a child I was perfectly happy just to open a door to find a different Christmas image behind it!



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www.TwickenhamTribune.com

15th November 2024 - Page 22 A newspaper for Richmond upon Thames

Let There Be Light Doug Goodman sees the light in Kew Gardens

"I've seen a few light shows but the one in Kew, which opened on Tuesday, puts all the others in the shade", he reported after an evening exploring the famous gardens. For the amazing 3 km walk through the illuminations allow two hours – more if you stop to eat at one of the many 'food villages' and enjoy mulled wine or beer from one of the bars.





Since 2013 Kew has staged a Christmas light festival but this year's event is the most ambitious and spectacular yet. The festive trail uses thousands of lights – mainly sustainable LEDs. Installations create sound and light pictures with varied atmospheres and stories. Thousands of lights sparkle in the pea lit trees emphasizing their nobility and structure. The changing colours on the Temperate House are crowd stopping but the very best comes at the end of your walk when the Palm House lights up with dancing Christmas trees and the fountains play. For children and adults there's a welcome from Father Christmas, a funfair, carousel, helter-skelter and illuminated woodlands with deer. Mist arches, a light tunnel, jumping fish and a light curtain add up to a very beautiful and sophisticated display. The 33 stewards are helpful and speaking with two of them I was told that about 6,500 visitors are expected each evening.



The light trail brings Kew's natural architecture to life and it's a great Christmas outing for everyone.



The show runs until January 5^{th} from 16.20 until 22.00 on most days. You select your day and entry time when booking on <u>www.kew.org</u>. admission is £25 for adults, £77 for a family with under fours free.





A Day in the Life of your local Travel Agent By Bruce Lyons



Shona and I are always saying that no day is the same and the enquiries vary so much – which is what makes our work very satisfying and fun as well.

Many times, people come in, with a myriad of questions, some often requiring a magician. "where can we go to get some sun, we want to go at Christmas, it needs to be no more than a few hours flight" "We want a summer Vacation, just the two of us & the kids" then later, tell us "maybe my sister and her family will join us" "We have no idea of the budget" and they will also forget to tell us that their sister and family, with an unquantified number of children will have to fly from the Outer Hebrides, that comes later, once the quotes have been researched, sent and when we also find their budget is unrealistic \bigcirc

All too often Villa enquiries want midweek or 10 nights rather than 1 or 2 weeks – these restrict the variations you can offer as almost all reputable villa owners and suppliers like to work to weekend changeovers and 1- or 2-week lettings.

Budgets are also one of the big hitches, with some not really wanting to tell you what they may spend, but when you send what you think is a modest quote, they quickly tell you that it is above budget, so it really is so helpful to be told on the outset what the maximum spend could be, as all these kind of specific details are so crucial to us, in order to save time and be able to find something suitable and what you really do want and can afford.

The last week has been very quiet – the new Government, the Budget, anxiety of increased taxes, the shocking floods in Spain...

However, just around the corner is Black Friday in the worldly marketing world and what we have in the travel trade called the "PEAKS" – the two weeks of sales following Christmas Day, where many excellent deals can be found, and what maybe originally did exceed your budget, now becomes affordable.

What many don't realize is that both these dates are "offer" dates, and they are quite different. Good Friday (Black Friday) is really American and the international travel operators, including many cruise companies have really amazing offers for a limited booking period- the whole idea is to incentivize you in what would otherwise be a low sales period before Christmas.

Strangely the other week, "Out of the Blue" as they say, old clients asked about a trip to Galapagos – somewhere we know a lot about, but that is another long story, anyway I knew they had researched a bit but I also knew the Hurtigruten Expeditions (partnered with old Ecuadorian friends Metropolitan) had some excellent prices and as they were not exactly Spring Chickens, I thought if I could get a good offer at a high standard which would fit the bill perfectly – and it did and we finished off with 25% off – a whopping amount – so it pays to ask

The Peaks, on the hand, lasts a little longer and is largely focused on the British public – again to wake up the market. Whilst we still have all those travel documentaries in our mind, they need something to get us off the settee and grab a bargain, some of the UK Adventure Companies really have some great deals to entice you to have the kind of family adventure you have all be longing for.

Last year, when the Great River Race (Sept 21st, 2024) took place we saw a surge in overseas contestants and a huge increase in the local hotel bookings. The Race has grown exponentially in popularity overseas and already (the date in 2025 is September 20th) we have 60 people from the USA.

We are hoping that, as with this year, we will have enquirers from overseas (and also hopefully in the UK too) to make the visit more of a short vacation than just the Friday & Saturday nights – we have so much to offer on the Arcadian Thames with our eclectic mix of attractions and just 30 minutes from Central London, where hotel prices are double the cost!

Luckily, for us, the Race weekend is the weekend before the final in the Women's World Rugby Cup (Alliance stadium on the 27th September 2025 – note the date if you prefer to be away on Rugby days – pop down to Crusader and book the holiday now 😂

The Americans are going to stay at our heritage Hotel, The Petersham, with its iconic view of the river and the Belted Galloways on Petersham Meadows, lucky people.

Budapest

by Shona Lyons of Crusader Travel.

In 2018 I took my parents on a short trip to see the City of Budapest. Short city breaks are ideal for busy independent travel agents such as we are, as we could never leave the office for two long, with clients often abroad, and with a need to be contactable 24 / 7 for anyone in trouble or with any queries. At that time it was pre-pandemic and we had not evolved a remote office (which we have now) as well as a physical office but we had more staff who could cover for us, so August we ventured off from Heathrow for our Budapest Adventure.

It was our first time in Budapest, in those years I was always eager to find a city none of us had been to before, and I made some research and found that Hungary, famous for its spas sits on a network of underground thermal streams.

"Hungary may lack ocean access, but it has its own brand of water wealth. The landlocked nation is teeming with thermal water springs—more than 1,300, with 123 in Budapest alone—which bring infinite opportunities for year-round bathing in spas all over the country. These water sources are rich in dissolved minerals, with the exact mineral content varying depending on the location. They are curative as well as luxuriously calming. Some are sulphurous-smelling, some are salty, and some have other special properties; they are each specifically recommended for healing certain health conditions. Wellness and spa culture have been a part of the Hungarian lifestyle for hundreds of years. Soaking in the warm mineral waters may feel decadent, but these spas aren't seen as indulgences. In Hungary they are just part of a balanced life. You can't really say you've experienced the country properly until you've suited up, braved biting cold winter air against your bare skin, and slowly descended into the steaming hot water in an outdoor thermal pool" *National Geographic*.

I chose the 5* Corinthia Hotel which in its heyday was the grandest hotel in Budapest, I choose it for its spa, and large swimming pool as I know my dad really loves to swim and I thought my mum might really enjoy the spa as well and surely enough my dad was in the pool at the crack of dawn from day one, with my mum happily joining him the other 2 mornings we were there.

The Corinthia was perfect for us, well located, and had been recently refurbished and we stayed in the new wing, where they had 2-bedroom apartments, which were great, with a little

lounge and kitchen even, though we didn't use it ourselves apart



from the coffee machine and making tea, it was modern and fully equipped. We did relax in the evenings and watched TV in the lounge and my dad could read his books in the mornings on the terrace as well. It really was very comfortable and really well priced for what it offered. Breakfasts were great too, lots of choice, with hot and cold buffets.

We found it a great base, my mum wasn't brilliantly well but really enjoyed the comfortable space and there were bus stops just outside, we were even told that seniors travelled free. We did get a few taxis but you need to beware because they really were rascals and would fix the meters and the meters would merrily whirl away, adding euros left right and centre as we travelled around much to my alarm!!

Day two we booked an excursion on Viator, a global excursion company that we work with a lot, and have a contract with, that enables us to offer excursions that are sold to us at parity with what our client could book direct. We get a small commission but the main aspect for us is that we can offer our clients a large variety of excursions that really can make a holiday an adventure and a good glimpse into a different culture. We work with quite a few excursion companies, so can usually find anything really, our clients are looking for, from very small budget group tours to more tailor-made ones and personalized trips.

We had a personalized tour to see the highlights of Buda and Pest, it was not really expensive at all, very affordable. We travelled around the whole city in the guide's little car & it was perfect for my parents as they both had slight mobility issues at the time, and they just really loved seeing the sights and personal nature of the trip and found it all really insightful and not really too much of a challenge mobility wise.



Day three we had a tour of Jewish Budapest, it had the largest Jewish Community in Europe pre-World War 2, about 800,000, many living in Budapest itself, but after the 2nd world war, just over 200,000 were still alive. They would be rounded up by the Nazi's in the middle of the night and taken to the Danube. They were then made to strip (because their shoes and their clothes were of value) and tied together, one would then be shot and drag the others under and they would all drown tied together That way they saved on bullets. The sadism of all of this, in particular, I think appealed to the Nazi mind. There is a sculpture depicting this. It is very moving.



The Jewish community was also rounded up on mass and taken in groups, one after another, to the main synagogue where they were shot. The terror they experienced is unspeakable and impossible to convey in words. After the Soviet Army liberated Budapest in 1945, the corpses were identified and given proper burials, in the same ground.



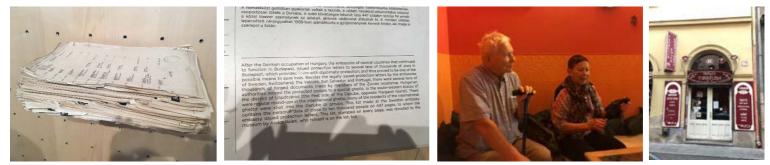


Synagogues were looted and destroyed, those who went to shelter, knew no mercy. Some have been beautifully restored. One has a clock that was shattered when the Nazis came to ransack, loot and destroy it. It keeps the time of that moment.

Many buildings in this area still remain hauntingly vacant, a ghost town, because their inhabitants were dragged away and murdered in the holocaust camps, no one remains from the families at all, to claim ownership.

We had an absolutely brilliant guide; she was not Jewish, but it was clear that she felt this part of Budapest's history deeply and recounted the details with a great deal of sensitivity. She must have told the history so many times, but the enormity of the horror never paled in her recounts, she relived it every time.

The tour also included a tour of the Jewish Museum and we could read and see and were told by the guide there, how the embassies, particularly the Swiss one, issued consular protection letters to save Jewish lives and those whose nationalities were of neutral countries. Many were also forged by the Resistance fighters. Many thousands were saved. You can actually see the lists of those who were saved that way. We then went to see the community that still survives in this area and had coffee in a kosher bakery.



We felt privileged to have had such a good guide and were able to really understand what had happened and the horrors the Jewish community of Hungary and Budapest went through. It was painful but also we were given a positive feeling that even in Victor Orban's Hungary, the Jewish Community lives in peace here, free from persecution, many synagogues have been restored but the haunting history will remain, as the ghost houses remain, you can never completely erase the past, and the atrocities that were committed in this city, but humanity needs to move on and as in Hungary, and the status quo that exists there now, we all need to strive to understand how important tolerance and acceptance of everyone's differences are.

In the evening, I wanted to take my parents to one of the coffee houses that were very famous in Budapest, were writers, journalists and politicians used to gather. In fact the New York Café was not too far from our hotel so we walked there. It was a really magnificent place, very ornate and glamorous. My mum always absolutely loved places like this, she was in her element and loved every minute.

"At the turn of the 20th century the New York Café (New York Kávéház) was the most beautiful and the most beloved coffee house in Budapest. It was a popular place among writers and editors, in fact, the most influential newspapers were edited here, upstairs in the gallery. After World War II, the once famous café fell into disrepair and it served as a sporting goods shop. Although the café reopened in 1954, under the name of Hungária, it wasn't until 2006 that the New York Café was restored to its original splendour."

It was a lovely end to the day, my parents shared ice-cream and we had some refreshing drinks. You can go to Budapest for its bar culture, which is alive and well but as you can see, there is also so much more to see and do.



Please call into Crusader for a chat if this kind of itinerary looks interesting to you. I personally love short city breaks, as with a busy office to run, this is the kind of journeys most suitable for our lifestyle. So if you too have a busy lifestyle or can't travel for long but like to pack a lot into a short time to really

experience the culture and history of a city, you know where to go! We are located at 58 Church Street, off the Square, by St Mary's Church and the Giant Chess Board and look forward to seeing you.

COP29 Baku, Azerbaijan

Plant Based Treaty, Plantbasedtreaty.org Teresa Read

Crowds gathered inside the main entrance at COP29 as a lively protest erupted in Zone B, calling for countries to negotiate a global Plant Based Treaty as an add on to the Paris Agreement. The proposed treaty has been endorsed by 33 cities, including Los Angeles, Amsterdam and Edinburgh.

Plant Based Treaty scientific advisor Kimmy Cushman addressed the crowd.

"It's time to go plant-based for the planet. Western diets could save 75% of food emissions with a transition to plant-based food systems. We are in a climate crisis, and we are in a biodiversity crisis. Animal agriculture is the number one force destroying the planet. If we transition to a global plant-based food system, we could reforest and rewild 75% of agricultural land. We need a just transition now. 33 cities, 200k individuals and 3,500 groups and businesses have called on nations to negotiate a global Plant Based Treaty so we can say yes to lower emissions, yes to rewilding and yes to improved health, yes to feeding humans instead of farmed animals."

Protesters chanted loudly, with slogans like *"Diet change, not climate change! Menu change, not climate change!"*

Plant Based Treaty draws inspiration from landmark treaties addressing threats like ozone layer depletion and nuclear weapons. It advocates for a global agreement to align the food system with the Paris Agreement and implement best practices in plant-based food policy at city and institutional levels. The proposed treaty has been endorsed by 30 cities, including Edinburgh, Belfast, Los Angeles, and Amsterdam. It has received support from 220,000 individual endorsers, 5 Nobel laureates, 1,000+ elected officials, IPCC scientists, and 3,500 groups and

businesses, including the UK Health Alliance on Climate Change and the Green Party of England and Wales. High-profile celebrity endorsements include Joaquin Phoenix, Alicia Silverstone, and Paul, Mary, and Stella McCartney, who said: *"We believe in justice for animals, the environment and people. That's why we support the Plant Based Treaty and urge individuals and governments to sign it."*



Murovdag is the highest mountain range in the Lesser Caucasus

COP29 held in Baku, Azerbaijan November 224

Life before death...

By Deep Patel ~Life through the eyes of a Twickenham shopkeeper~

It may seem boring to some, but let me tell you, spend a few hours in my shop in Twickenham, and you are guaranteed to get a better insight into the world from behind my shop counter than you would from anywhere else...I would go as far as describing my shop as a microcosm of the world...I am not even being dramatic, it really is...and this is why I enjoy sharing insights from my shop with the lovely readers of the Twickenham and Richmond Tribune right here.

As a shopkeeper, I have the pleasure of serving people from every walk of life, from the school lollypop man to the local vicar, everyone is welcome at Meet & Deep Newsagents. Last week I had the pleasure of serving a gentleman who did something for a living that I had always been curious about, he ran a funeral business. I know it's not the most enjoyable subject to talk about, but I was curious to find out more about his daily routine and ask him some questions too...

After talking about the increase in price of chocolate bars whilst the companies that produced them had made them smaller at the same time, I mustered up the courage to finally ask him...I said "what on earth made you want to spend your life...well...dealing with death on a daily basis?" and he answered back saying "what on earth made you want to spend your life...well...selling sweets on a daily basis?"... ok...I answered back "I decided to spend my life selling sweets so that I could provide a service that makes others' lives better"...he then replied to me "and I decided to spend my life dealing with death so that I could provide a service that makes others ends better"...he had a point...we were not really that different to each other...but it was what he said next that really made me think...

When I asked the funeral director how his day went, he replied it had been disappointing. I sympathised with him and said "I understand, it must be disappointing talking to people about death every day" ... he answered back "not at all, death is a natural part of life and the only thing that is promised to us all the moment we are born", so I asked him why he was so disappointed that day. He said that he was not so disappointed about the fact that he had to deal with death daily, but more so at the behaviour of the families and friends of those who had passed away. I was intrigued yet wary that the after-school rush was about to start and I didn't want to hold up the funeral director either... but I had to ask what he meant about the "disappointing behaviour of the families and friends of those who had passed away" ... I wondered if he meant things like family arguments over inheritance and similar, so I asked him. The funeral director told me that when he sees the families of those that have passed away (to set the funeral arrangements) he very often notices the amount of money that the friends and families of the deceased are willing to spend on lavish floral arrangements, glossy funeral programs, luxury canvas portraits and solid mahogany polished wood coffins all because they "loved" the person who had passed away so much...he went on to further say that he was also disappointed at the praise and kind words that so many of the family and friends of the person who had passed away spoke of...that bit left me confused...why would he be disappointed about the kind words and praise given by the family and friends of the person who had passed away? Noticing that the funeral director was not in a rush and that I had ten more minutes until the after schoolchildren crowded up my shop, I took advantage of this "spare time" and asked the funeral director to explain further to me why he felt that way. He made an excellent and very much valid point...he said "when the person dies, so many people rush to pay for the most expensive and elaborate floral reefs, yet when the person who passed away was alive, none of those giving flowers for the coffin even called the person to say "hello" or check up on them. The funeral director continued to say how the person who passed away would have been so much happier if in place of the posh floral coffin-topper arrangements, they instead received a nice bunch of flowers to place in a vase on their coffee table once a month whilst they were alive...

how much more happier they would been...he also remarked on the choice of spending an extra few thousand pounds on a solid mahogany wood coffin and how much more happier the person who had passed away would have been if their family instead took them out for diner or on holiday more often when they were alive, rather than wasting money on a solid mahogany wood coffin when the person had already passed away...finally the funeral director commented on the amount of time that family of the person who had passed away spent looking through posts on social media to source photos to use to produce a multi-page, glossy funeral program and order of events booklet whilst when the person who passed away was alive, no one bothered to visit them and take a photograph or "selfie" with them, how much more that would have made the person who passed away happy, much more so than a glossy multi-page leaflet printed after they had passed away.

All this got me thinking that maybe it's about time that we changed this process a little bit and instead of spending so much money and time to celebrate a person after they have passed away, we could use that money and time to celebrate them whilst they are still alive and with us?...instead of buying thousands of pounds of flowers to adorn a coffin when a person has passed away, to buy a little bunch of flowers every few weeks for the person to brighten their day and bring them joy whilst they are alive. Instead of a glossy, posh multi-page booklet for the funeral program, to take some nice photos with that person to print, frame and gift them to look at each day and make them smile whilst they are still alive...for as always...it is what we do today...what we do now that matters the most...you are the author of your future story...so make it a good one.

Remember...

"Dance before the music is over...live before your life is over..."



Thank you for reading my article, if you would like to contact me do email <u>thedeepatel@gmail.com</u> or pop into Meet & Deep Newsagents on Hampton Road in Twickenham and say hello.

MY CREATURE-KINDNESS TIP OF THE WEEK ...

STOP ANY INSECT KINDLY without killing (FOR 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: InsectLoversUnite@gmail.com_or join my Facebook page: "INSECT LOVERS UNITE"

Mu Tauth



Mark Aspen

www.markaspen.wordpress.com

Expressing the art of the theatre critic

1984

by George Orwell, adapted by Ryan Craig Theatre Royal Bath at Richmond Theatre and on tour until 23rd November

1984 is far from a comfortable night at the theatre. It is often difficult to watch, but watch it you must. It is totally engrossing, and powerfully presented with unadorned directness.

An uneasy atmosphere is created as the malignant, glassy gazes of video-cams scan the audience, watching and ensnaring, while that all-seeing eye buzzes with soon-to-be "unpersons", paraded to give false confessions of disloyalty, coerced from them by force. Then come collective rants against an image of archnemesis Goldstein (a gaunt and flinty Finbar Lynch), the counter-revolutionary figurehead,







All stops for Big Brother, the all-powerful dictator, whose apparently genial speech ends with veiled blanket threats. Moustachioed Nicholas Woodeson's Big Brother is clearly based on Stalin, history's most prolific killer.

The anti-hero Winston Smith secretly loathes the repressive regime. However, he keeps a diary, and nothing escapes the surveillance of the Party. Mark Quartley plays Winston as earnest and phlegmatic, and never strays into overacting, even when a victim of torture.

Torture is enacted explicitly with harrowing realism. However, in a *coup de théâtre*, director Lindsay Posner enacts the infamous Room 101 scene with rats in darkness. The juxtaposition of the explicit and the implied has huge impact.

The enigmatic O'Brien, who entraps Winston, is played with precise emotional balance by <u>Keith Allen</u>, who creates an unpredictable character, urbane yet insouciant. His is the torturer who knows his etiquette, and more terrifying for being so.

As well as his thought-crimes and disloyalty, Winston is also punished for being human, for under Big Brother romance and love are repressed, emotions not easily guashed.

Julia, ostensibly a staunchly vocal Party member, supports its Anti-Sex League. However, she secretly rebels, and she proposes a secret liaison. Eleanor Wyld portrays a very sensual Julia, whose erotic passions can nevertheless be credibly hidden under a false fanaticism, in an accomplished performance, more so when seen against her deflated final appearance, eviscerated of all feelings.

David Birrell plays the suggestible Parsons, who encourages his children to join the Party's youth movement. His seven-year old daughter denounces him. Birrell excels as the gauche and naïve Parsons, whose quivering fear is palpable, as he is dragged into Room 101.



Today's world has mass surveillance; has doublethink where senior politicians dare not distinguish a man from a woman; and thought crime, where praying silently can land you in goal. History is rewritten. So, this sharp-edged disturbing production of *1984* could not be timelier. It is the most important play you can currently see.

Read Mark Aspen's review at www.markaspen.com/2024/11/14/1984-trb

Mark Aspen

www.markaspen.wordpress.com

Expressing the art of the theatre critic

BUBD MIBE

Shakespeare in Love by Marc Norman and Tom Stoppard

by Marc Norman and Tom Stoppard PTC at the Putney Arts Theatre until 16th November

Shakespeare in Love is a rollicking comedy, beautifully played and very entertaining. It easily fulfils directors' Jodi Rilot and Barney Hart Dyke's intention to provide a fun evening away from the onset of winter.

As the play opens, helped by his friend Christopher

Marlow, Shakespeare is developing the plot for "*Romeo and Ethel*". The theatrical promoters Henslowe and Burbage are vying for the script, but in the process Shakespeare falls for the beautiful Viola de Lesseps, who is defying acting convention by entering hallowed ground disguising as a man.

The wooden set, evoking the Globe, proves the perfect vehicle for all the "scenes off", including a romp in the bedroom and a delightful shadow puppet theatre. The stage was often packed full of actors, all beautifully costumed. With the accompanying Elizabethan music it was easy to be transported back to the period.

Callum Locker's funny, poetic, and unashamedly adulterous Shakespeare dictated the fast pace of the play, ably supported by Dylan Nosworthy's droll Kit Marlow, and Lucy Oglesby's enraptured Shakespeare groupie Viola (and Cait Hart Dyke's vicariously implicated Nurse).

Then as now, theatre was a struggle between commercial success and artistry. Roger Blitz's impecunious Henslowe's desire for a popular comedy contrasted with David

Miller's swaggering Burbage, who just wanted something finished as they both sought to own the play and improve their fortunes. The many pitfalls to an opening haven't changed. Will the script be finished, are the actors cast right, will the audience turn up? Ian Wainwright's commanding Ned Alleyn will bring up memories of many a film star strutting the stage. Unsuccessful TV talent show contestants will emphasise with Ellen O'Farrell's portrayal of the bloodthirsty but thwarted would-be actor John Webster. Matt Rimmington will bring a tear to the eye of ex-childhood actors as Sam realises that his breaking voice means his career as the female lead is over.

It is Penny Weatherall's totally convincing all-powerful Queen Elizabeth, whose approval to the marriage between Viola and Lord Wessex was essential to resolve the plot. And the Queen's desire that "any play must include a dog" gives us a utterly believable dog. It and its handler, puppeteer Katrina Spreyer, could easily have stolen the show.

Read Polly Davies' review at www.markaspen.com/2024/11/13/shake-love-ptc

Photography by Steve Lippitt







I TAMPERON GHORAL SOCIETY A Christmas Fantas

Wenceslas - Bob Chilcott Fantasia on Christmas Carols - Ralph V Williams The Feast of Stephen - George W Parris (new commission for Hampton Choral Society) Carols for audience and choir

Musical Director - Emma Warren with professional soloists Saturday 7 December 2024 - 6.30pm

All Saints Church, Market Place, Kingston Upon Thames, KT1 1JP

Tickets: £15 (Adults), £7 (Under 16's) Box Office: 020 8941 5394 on the door: contactless, card, cheque, cash www.hamptonchoral.org.uk

Charity Number 261788

Concordia Voices: A Concert To Music

To Music A concert for St Cecilia's Day (22Ssnd November) celebrating the joy of music making in song and the spoken word, with readings by actors from Richmond Shakespeare Society.

19:30 - 21:30 St James's Church, Hampton Hill, St James's Rd, Hampton Hill, Hampton TW12 1DQ, UK



Words and music to mark St Cecilia's Day

Saturday 23rd November 2024 7.30pm St James's Church, Hampton Hill, TW12 1DQ

Including music by Howells, Ayres, MacMillan, Vaughan Williams, Farrington, Finzi and Britten, and contributions by members of Richmond Shakespeare Society

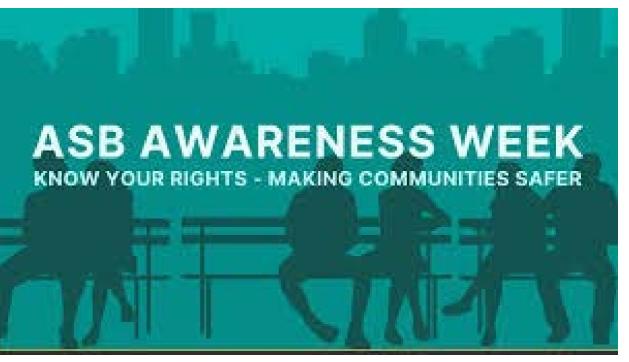
> Conductor: Jack Apperley Accompanist: Paul Avres

ASB Awareness Week

From Metropolitan Police

It is ASB Awareness Week next week and our friends at Neighbourhood Watch have some free webinars for anyone to join.

We are delighted to invite you to our upcoming webinar series, exploring a range of crime prevention and safety topics, with guest speakers. Use the links below to register your attendance at one - or more! - of our online webinars.



sessions which are recorded will be made available in the following weeks after they are held.

Date - Monday 18th November at 1pm

Topic - Community Safety: integrating an enforcement approach, and how partnerships can be maximised

Guest Speaker - Sean McDermid, Director of Community Safety, London Borough of Newham Registration link <u>HERE</u>

Date - Wednesday 20th at 12pm

Topic - "Let's Talk ASB" Day: Co-hosted by Resolve and Neighbourhood Watch to mark 'Let's Talk ASB Day' (as part of the national ASB Awareness Week), this session aims to bring together frontline practitioners, Neighbourhood Watch coordinators and the general public. Guest Speakers - Rebecca Bryant, Resolve, and John Hayward-Cripps, CEO of Neighbourhood Watch

Registration Link HERE

Date - Thursday 21st at 4pm

Stand up against harassment The Suzy Lamplugh Trust Registration Link <u>HERE</u>





15th November 2024 - Page 37 A i

A newspaper for Richmond upon Thames

METROPOLITAN

POLICE

St Mary's University St Mary's Students Take Part in Community Frame Running Event

St Mary's University, Twickenham (SMU) recently hosted a community Frame Running event on campus, in collaboration with Anne McNee, Advanced Physiotherapy Practitioner at Chelsea and Westminster NHS Foundation Trust, and Kirby Brown from Momentum Mobility & Rehab.



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Students from the <u>Physiotherapy</u> and <u>Sport</u>. <u>Rehabilitation</u> undergraduate programmes at St Mary's had the opportunity to be part of the event gaining valuable hands-on experience in the field.

The event, which saw children and students try frame running for the first time, was organised by Jo Moody, Senior Lecturer in Physiotherapy at SMU.

Frame Running is an adapted sport for children, young people, and adults who use mobility aids. Athletes use a three-wheeled frame, propelled by their own movement, with support from a saddle and body plate, while steering with handlebars. Speaking about the event, Physiotherapy student Flo Driver said, "During my time at St Mary's, I've had the opportunity to engage in additional learning experiences such as the Frame Running event today. It was great to help people learn to use accessible frames on the track at St Mary's, and we had a lot of fun."

Grace Davies, another Physiotherapy student, added, "I really enjoyed helping at the Frame Running session today, it was amazing to see the children smiling, enjoying it, and it was a pleasure to be a part of that." Sport Rehabilitation student Lucy Howard said, "The Frame Running event was a great opportunity for us to not only be able to learn a new sport but also pick up new skills related to our course."



Event organiser and Senior Lecturer Jo Moody commented, *"Seeing physiotherapy and sports rehabilitation students working so closely together was inspiring. Witnessing the frame runners' sense of freedom and the joy on*

their faces as they tried something new was very special."



St Mary's University Twickenham London

A newspaper for Richmond upon Thames

Politics Students Visit the Houses of Parliament

Richmond upon Thames College A-Level Politics students recently visited the Houses of Parliament in Westminster. The trip started with a tour of Parliament where students were able to visit both houses and had the opportunity to watch a live parliamentary session from the public gallery.



This was followed by a workshop where students were split into three groups and asked to produce a manifesto for an election. This was a particularly engaging activity for our learners as they were focusing on contemporary issues and thinking about how they would tackle them in the real world.



During the visit, the local MP for Twickenham, Munira Wilson, kindly agreed to meet the class to discuss the role of an MP, sharing her own experiences and expertise. A question-and-answer session then took place, where students had the opportunity to enhance their learning.

The outing was a very informative, stimulating and enjoyable experience for all involved.

Munira commented on the day, "One of the best parts of my job is welcoming

young people into parliament, showing them around and answering (often tricky) questions."

Learn more about studying at RuTC and the courses on offer here.



A newspaper for Richmond upon Thames

Surbiton veterans mark Remembrance with service at Royal Star & Garter

Remembrance has been marked by veterans at Royal Star & Garter in Surbiton.

A service was held at the Home on Armistice Day (11 November), attended by guests including the Mayor of Kingston, and featured the Last Post, a two-minute silence and laying of poppy wreaths.

Some residents and staff from the Home had also attended the National Service of Remembrance at the Cenotaph on Whitehall on Remembrance Sunday (10 November).

Royal Star & Garter is a charity which provides loving, compassionate care to veterans and their partners living with disability or dementia. It also has Homes in High Wycombe and Solihull, and has launched new services reaching out into the community.

Joining residents at the Home, which includes some WWII veterans, was Kingston Mayor Cllr Liz Green. RAF Air Cadets from 1034 (Surbiton & Esher) Squadron also took part in



the service. It was led by Rev Kate Daymond, St Peter's Church in Petersham, and included poetry and hymns. The Last Post was played by trumpeter Vic Gilder, and Royal Star & Garter residents laid down poppy wreaths and raised the Union Flag outside the Home, after observing the two minutes' silence. Afterwards, there was tea, cakes and live music entertainment, while the Mayor and cadets spent time chatting to veterans.



Residents from Royal Star & Garter in Surbiton and High Wycombe had already taken part in the national parade at the Cenotaph with thousands of other veterans and service personnel on Remembrance Sunday. Among the Surbiton residents who attended were Women's Royal Naval Service and WWII veteran Connie, Army chef Bob, and Lily, who spent four years in the Women's Royal Air Force.

Kingston Mayor Cllr Liz Green said afterwards: "It was

lovely to spend Armistice Day at this wonderful Home, and with those who are part of the Armed Forces community."

Home Manager Helena Maher said: "With their strong links to the Armed Forces, it is important to our residents that we mark Remembrance in this way, and that they are part of the service. It was beautiful, and it was a pleasure to be joined by relatives, the Mayor of Kingston and cadets."

In the run-up to Remembrance, residents took part in various poppy-based arts and crafts, which were later used to decorate the Home.

Royal Star & Garter in Surbiton is welcoming new residents. For more information on this, the new services it has launched, or to work for the charity, go to <u>www.starandgarter.org/surbiton</u>





Nursing staff at the frontline of the climate crisis, as RCN Library & Heritage Centre launch new exhibition

On Thursday 14 November, the Royal College of Nursing's (RCN) Library & Heritage Centre opens a new exhibition exploring how nursing staff are at the forefront of the climate crisis.

The exhibition titled '*You Mean the World: Nursing in a Climate Crisis*' explores the history of air pollution and of recycling and re-use in nursing and shows how talented nursing teams are taking climate action today – from green social prescribing to developing sustainable nursing tools.

The exhibition will include a digital installation by Louise Ward Morris, designs from 'PPE Refashioned' (a project to create sustainable gowns for health care staff led by Professor Katherine Townsend, at Nottingham School of Art and Design, Nottingham Trent University) and interactive drop-in arts activities



on health and climate change with Lisa Gornick.

Other objects on display include items from the Thackray Museum of Medicine and the Hunterian Museum at the Royal College of Surgeons in England, as well as highlights from the RCN Museum and Archive collections.

The launch will take place on Thursday 14th November, with doors open from 5pm and talks from experts in health and climate change starting from 6pm.

Professor Rupert Read, the co-director for the Climate Majority Project, will open the event. He is joined by Richard Smith (UK Health Alliance on Climate Change), Clare Nash (senior nurse leader and sustainability procurement lead) and Rose Gallagher (RCN Professional Lead for Sustainability) as speakers for the launch. The talks will be BSL interpreted.

The exhibition will run at the RCN Library & Museum until 13th April 2025.

RCN Joint Head of Library & Archive Services, Anna Semmens, said:

"Nursing staff are always at the heart of our society's biggest challenges. Whether fighting diseases linked to air pollution or the damaging effects of extreme heat, the climate crisis is going to affect our patients and the services they work in.

"This exhibition is an important opportunity for nursing staff and the public to engage with the need for better sustainability within health care and the role that nursing teams will need to take for coming decades in tackling the climate crisis."

More info HERE

Waitrose makes major surplus food donation

Waitrose has announced a significant contribution to help combat food poverty in the UK by providing surplus pasta to FareShare as part of the <u>Coronation Food Project</u>.

Working with its own-brand pasta supplier, Daybreak, Waitrose will divert approximately 130 tonnes of surplus pasta per year - the equivalent of 350,000 meals - to FareShare, the UK's national network of charitable food redistributors and partner of the Coronation Food Project.



Addressing a critical need highlighted by FareShare, this will provide a steady supply of pasta – a high priority and versatile staple – to catering settings and people facing food insecurity. The surplus pasta, a byproduct of the manufacturing process when machines switch between cutting different pasta shapes, is perfectly good to eat but has historically been used for animal feed or similar purposes.

James Bailey, Executive Director of Waitrose, comments: *"We have been inspired by the ambition of the Coronation Food Project to reduce food waste while tackling food insecurity. Working with our supplier*

Daybreak and FareShare, we will divert 130 tonnes of perfectly edible pasta previously being fed to animals or going to anaerobic digestion to charities UK-wide. We are delighted to find this opportunity in our supply chain to get good, nutritious surplus food distributed to people in need."

To maximise efficiency and minimise environmental impact, the pasta will be transported using existing logistics and packaged in plain bags of varying sizes to cater to a range of needs, from large-scale catering operations to family meals.

The first shipment of 34 tonnes, enough to provide the equivalent of 90,000 meals, has already arrived in the UK from Italy and is ready for FareShare to distribute through its network of charities and community groups nationwide.

Waitrose has also secured a one-off donation of 25 tonnes of its No.1 range pasta from Daybreak in 2024. This donation arose from planned changes in No.1 packaging specifications, resulting in surplus stock that will now be diverted to FareShare and redistributed.

Dame Martina Milburn DCVO CBE, Executive Chair of the Coronation Food Project, comments: "As we head towards a winter that's bound to be a tough time for so many people, it's inspiring to hear about Waitrose's innovative plans to rescue more surplus food and donate it through the Coronation Food Project to people in need."

Kris Gibbon-Walsh, CEO at FareShare, commented, "We are immensely grateful to Waitrose and Daybreak for this extraordinary contribution. Pasta is a nutritional and versatile staple, and will be a vital addition to the food we provide to our network of 8,000 charities and community groups.

"This additional support from Waitrose will help us not only prevent good food from going to waste but also make a meaningful impact in supporting families and strengthening communities across the UK."

This initiative reflects Waitrose's ongoing dedication to reducing food waste and strengthening community support, embodying the spirit of the Coronation Food Project. It also directly supports the supermarket's commitment to halving food waste in its own operations and supply chains by 2030, and helping customers do the same; through the redistribution of surplus food to FareShare, supporting Trussell via customer donation points in Waitrose shops, and working with local charities through Community Matters.

England Team To Play South Africa

England men's head coach Steve Borthwick has named his team to play South Africa at Allianz Stadium, Twickenham on Saturday 16 November (kick-off 5.40pm, live on TNT Sports).



There are four changes to the starting XV that was narrowly beaten by Australia last weekend, with Ollie Sleightholme, Jack van Poortvliet, Freddie Steward, and Sam Underhill all coming into the team.

Jamie George will captain England, once again supported by four vice-captains: Maro Itoje, Ben Earl, Ellis Genge, and George Ford.

In the front row, George starts at hooker, with Genge at loosehead prop and Will Stuart at tighthead. In the second row, Itoje is paired with George Martin. The back row features Chandler Cunningham-South on the blindside, Underhill at openside, and Earl at No. 8.

In the half-back positions, scrum-half van Poortvliet partners Marcus Smith at 10. The midfield sees Henry Slade named at inside centre with Ollie Lawrence at 13 for the second consecutive game.

In the back three, Tommy Freeman shifts to the right wing, Sleightholme takes the left and Steward selected at full-back to round off the starting lineup.

Wing Tom Roebuck is included among the replacements for the first time this autumn, alongside Luke Cowan-Dickie, Fin Baxter, Dan Cole, Nick Isiekwe, Alex Dombrandt, Harry Randall, and George Ford.

"We're excited to challenge ourselves against the world's top-ranked team and back-to-back Rugby World Cup champions," said Borthwick. "Test matches against South Africa are always thrilling contests, and I'm sure Saturday will be no exception."

ENGLAND v SOUTH AFRICA Saturday 16 November 2024: Allianz Stadium, Twickenham, Kick-off: 5.40pm (GMT)

- 15. Freddie Steward (Leicester Tigers, 34 caps)
- 14. Tommy Freeman (Northampton Saints, 13 caps)
- 13. Ollie Lawrence (Bath Rugby, 29 caps)
- 12. Henry Slade (Exeter Chiefs, 67 caps)
- 11. Ollie Sleightholme (Northampton Saints, 3 caps)
- 10. Marcus Smith (Harlequins, 37 caps)
- 9. Jack van Poortvliet (Leicester Tigers, 14 caps)

Replacements:

- 16. Luke Cowan-Dickie (Sale Sharks, 42 caps)
- 17. Fin Baxter (Harlequins, 4 caps)
- 18. Dan Cole (Leicester Tigers, 117 caps)
- 19. Nick Isiekwe (Saracens, 13 caps)

- 1. Ellis Genge (Bristol Bears, 64 caps) vice-captain
- 2. Jamie George (Saracens, 95 caps) captain
- 3. Will Stuart (Bath Rugby, 43 caps)
- 4. Maro Itoje (Saracens, 86 caps) vice-captain
- 5. George Martin (Leicester Tigers, 17 caps)
- 6. Chandler Cunningham-South (Harlequins, 9 caps)
- 7. Sam Underhill (Bath Rugby, 38 caps)
- 8. Ben Earl (Saracens, 35 caps) vice-captain
- 20. Alex Dombrandt (Harlequins, 19 caps)
- 21. Harry Randall (Bristol Bears, 9 caps)
- 22. George Ford (Sale Sharks, 98 caps) vice captain
- 23. Tom Roebuck (Sale Sharks, 1 cap)

England Men A Confirm Matchday Squad To Face Australia A

Head coach Mark Mapletoft has confirmed the England Men A side to take on Australia A this Sunday at the Twickenham Stoop (14:00 kick-off).

Northampton Saints' Fraser Dingwall captains the team from inside centre and is partnered by Oscar Beard of Harlequins in midfield. Dingwall is one of four previously capped senior men's players in the starting XV and five in total in the matchday 23.

2024 World Rugby U20 Championship winners Asher Opoku-Fordjour and Henry Pollock are awarded their first Men A starts, with the Sale Sharks prop recently joining the squad after training with Steve Borthwick's senior men.

Beard and Harlequins teammate Cadan Murley are two of nine players in the matchday squad that took to the field in February when England A returned to face Portugal, winning 91-5.

Mark Mapletoft said: "I'd like to thank Conor [O'Shea], Steve [Borthwick] and all the support staff for their incredible effort in the buildup to what promises to be a fantastic occasion at The Stoop. Collaboration across the pathway, senior men's and women's teams has been vital in our processes so far. We want the players to seize the opportunity this Sunday, their cohesion and unity in such a short period has been pleasing. We have a mix of younger talent, Premiership-quality players and those capped at Test level too – it's a unique blend that ultimately creates a driven environment, and we're confident that will show this Sunday."

Tickets start from only £25 for adults & £15 for kids (U16)* for England Men A's meeting against Australia A. Click <u>here</u> to secure your place at the Twickenham Stoop. *(*booking fees apply)*

England Men A side to face Australia A (includes current club and senior caps)

- 15 Joe Carpenter (Sale Sharks)
- 14 Cadan Murley (Harlequins)
- 13 Oscar Beard (Harlequins)
- 12 Fraser Dingwall (c) (Northampton Saints, 2 caps)
- 11 Gabriel Ibitoye (Bristol Bears)
- 10 Charlie Atkinson (Gloucester Rugby)
- 9 Will Porter (Harlequins)

Replacements

- 16 Curtis Langdon (Northampton Saints, 2 caps)
- 17 Emmanuel Iyogun (Northampton Saints)
- 18 Afolabi Fasogbon (Gloucester Rugby)
- 19 Rusi Tuima (Exeter Chiefs)

- 1 Asher Opoku-Fordjour (Sale Sharks)
- 2 Gabriel Oghre (Bristol Bears)
- 3 Joe Heyes (Leicester Tigers, 7 caps)
- 4 Hugh Tizard (Saracens)
- 5 Arthur Clark (Gloucester Rugby)
- 6 Tom Pearson (Northampton Saints, 1 cap)
- 7 Henry Pollock (Northampton Saints)
- 8 Tom Willis (Saracens, 1 cap)

20 Greg Fisilau (Exeter Chiefs)

- 21 Archie McParland (Northampton Saints)
- 22 Jamie Shillcock (Leicester Tigers)
- 23 Will Muir (Bath Rugby)



Brentford unveils plaque honouring 31 players who died in world wars

Ahead of kick-off against Bournemouth, Brentford and Bees United unveiled a plaque remembering 31 former players who lost their lives during the First and Second World Wars

Written by Brentford Football Club

Ahead of the club's fixture against Bournemouth at Gtech Community Stadium on Saturday, Bees United and Brentford unveiled a plaque in remembrance of former players lost their lives during the First and Second World War.

The plaque revealed at a special event, located on the corner of the west and north stands of the stadium, was created by Bees United and honours 31 former Brentford players.

Brentford fans gathered at the event which was opened by Bees United chair and club board member Stuart Hatcher, followed by club chair Cliff Crown who gave a speech.

He said:

"We are reminded that these players show that community was as important back then as it is now. And it is because of people like these brave men that we keep our community in mind in everything we do."



www.TwickenhamTribune.com

After the plaque was unveiled, wreaths were laid by Brentford's general counsel Nity Raj and Bees midfielder Josh Dasilva, as well as Paul Briers for Bees United and Dave Minckley of BIAS, and by Lee Doyle, chief executive of Brentford FC Community Sports Trust.

Club chaplain Sarah Guinness read a prayer, followed by readings of the Epitaph and The Exhortation by club ambassadors Marcus Gayle and Peter Gilham BEM, respectively.

At the event, the Last Post was played by Ben Wong from the Royal British Legion who was accompanied by servicemen from the 7th Battalion and The Rifles.

The remembrance event came to a close after a two-minute silence was held.

The club also honoured those who have lost their lives in conflict ahead of kick-off on the pitch when wreaths were laid by servicemen from the 7th Battalion and the Rifles. A moment of silence was held at the stadium before both sides kicked off.

Commenting on the unveiling, Bees United secretary, Don Tanswell, said: "Bees United has made it their mission to focus on the heritage of the club and to share this with as many fans as possible.

"Brentford historian, Paul Briers, recently updated the club's knowledge about Brentford players who lost their lives when serving our country and Bees United wanted to share these names at our Remembrance game.

"We were proud to unveil a new plaque at the club that provides fans with the opportunity to take a moment of reflection and give thanks for the part our lost players played in the growth of our club and for their sacrifices.

"The plaque provides a special place, near our community and remembrance garden, where fans can reflect and pay their respects."

Tanswell added:

"Cliff Crown and Stuart Hatcher, chairs of the club and Bees United, set the scene at the event, reflecting on the sacrifices of those players so long ago.

"The large crowd of fans gathered then fell silent for the eerie mournful sound of the Last Post

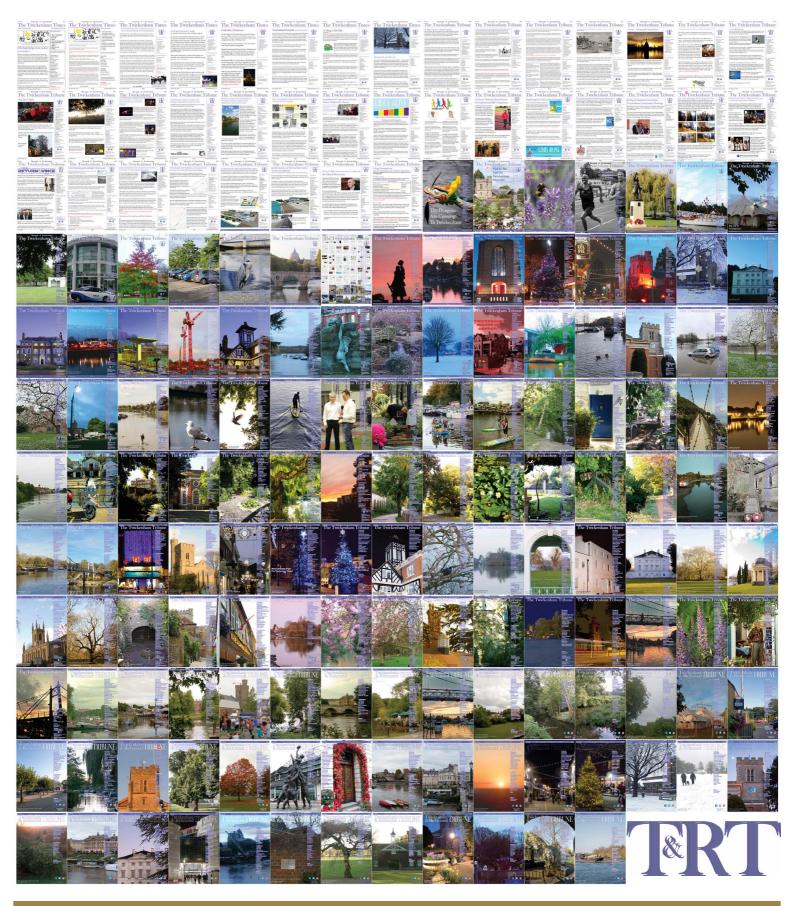
which symbolised the end of a soldier's service to their country and the time when those players would no longer play for Brentford.

"We are grateful for the opportunity to host this event at the stadium and to have a suitable mark of respect that will have a permanence at our club, as indeed it should."

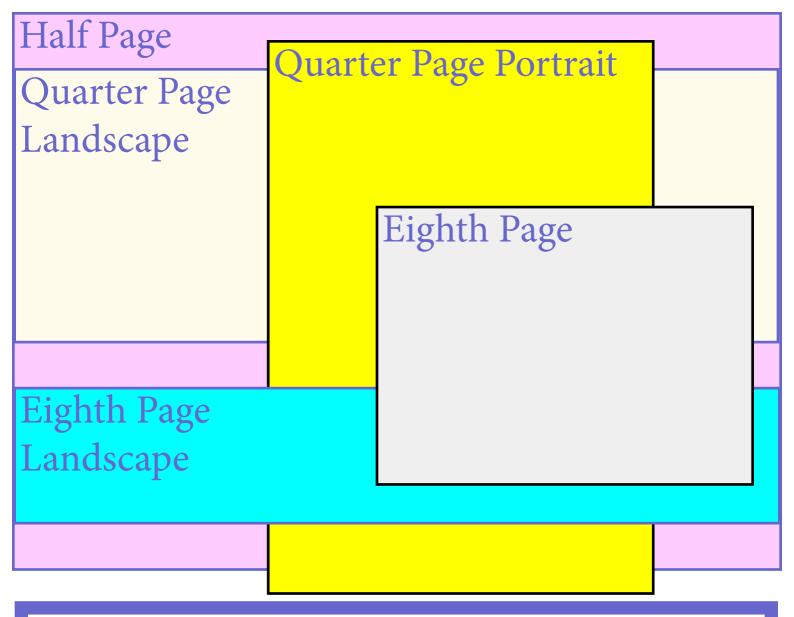


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Published by:

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