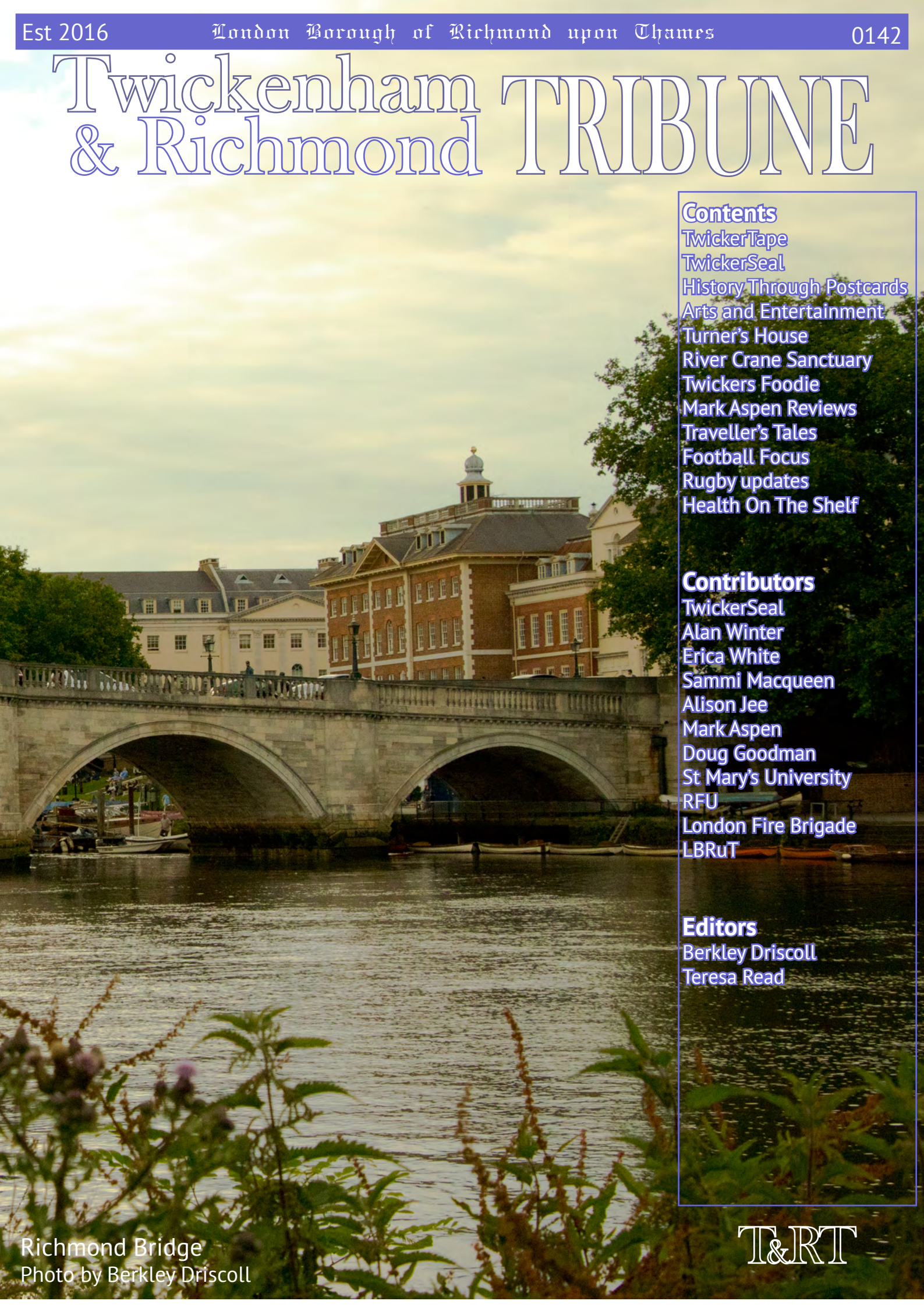


# Twickenham & Richmond TRIBUNE



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- LBRuT

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Richmond Bridge  
Photo by Berkley Driscoll

# TickerTape - News in Brief

## **Court of Appeal sets date for Councils' Heathrow appeal**

Plans for Heathrow expansion face a fresh legal challenge in the Court of Appeal in October. The Court of Appeal has allowed four days for the new hearing which will start on Monday 21 October. There will be four appeals which will be heard at the same time. The boroughs will say that the government made legal errors in the steps leading up to the Airports National Policy Statement (ANPS) and therefore it should be quashed. The Court of Appeal will hear how the Secretary of State failed to consult properly on noise – excluding people who may be significantly affected. It was not possible to assess the noise impact for communities based on actual flight paths as these were not known. The councils will also show how the Secretary of State failed to consider the effect of expansion on local plans. They will also argue that the Secretary of State did not properly consider the significant adverse impact of Heathrow expansion on protected habitats.

## **Freebike Ltd to deliver new dockless e-bikeshare scheme**

Freebike Ltd will deliver a dockless e-bikeshare scheme in Richmond upon Thames following support from the Council's Transport and Air Quality Committee. E-bikes, which are limited to speeds of 15mph, enable people to travel longer distances and tackle steeper hills more easily. The reduced effort required of the cyclist can be useful for people who need to arrive at a destination with particular dress standards and for people who are not confident in their fitness levels for riding a standard bike. The motors are powered by battery and the batteries require charging every few days. The scheme operators swap the used batteries for fully charged ones. The Council previously ran a dockless bike trial with ofo before the company withdrew its bikes from the UK market in January 2019. Results from that pilot showed more than 6,000 trips a month were taken on the 200 ofo bikes deployed in the borough. This new service will add to the ongoing work being done to make cycling more accessible in the borough including removing charges for cycle training, investing in more cycle storage infrastructure and developing cycle routes.



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TwickerSeal was happy to be back in Twickenham, although he had thoroughly enjoyed his time in Gibraltar. It was particularly good to return to the hot weather and similar temperatures.

Naturally the hot weather led to the usual pressures on our Lidos at Hampton and Richmond, which were quick to warn that they had reached capacity and advised people to stay away.

Thinking of the two wonderful Lidos he had visited in Gibraltar, TwickerSeal couldn't help but wish that Twickenham could have a new Lido on the riverside again. If only the council had applied some imagination it could have been possible. Perhaps at least the architects

in the ongoing RIBA competition will consider how much support there is for a new Lido and how it could help regenerate Twickenham Riverside.



## PART 137 – MARIST CONVENT – QUEENS RD, RICHMOND

I often get shown postcards of “The Marist Convent” in Richmond. This is normally accompanied by the question “Where is it?”

Today’s answer is that it was in Queens Road but no longer exists. Let’s look at the story and the history.

The Society of Mary (Marists), commonly known as the Marist Fathers, is an international Roman Catholic religious congregation, founded in Lyon, France, in 1816. It remains a Roman Catholic missionary and teaching order today with its international headquarters in Rome. Today Marist schools are spread across every continent.

By 1900 the Marists were established in the London area and had 4 convents in Spitalfields, Tottenham, Peckham and Richmond. The Richmond site was built in 1870 and also housed the Marist school. It was located approximately behind the Old Black Horse pub where Marshgate Primary School and Floyer Close are today.

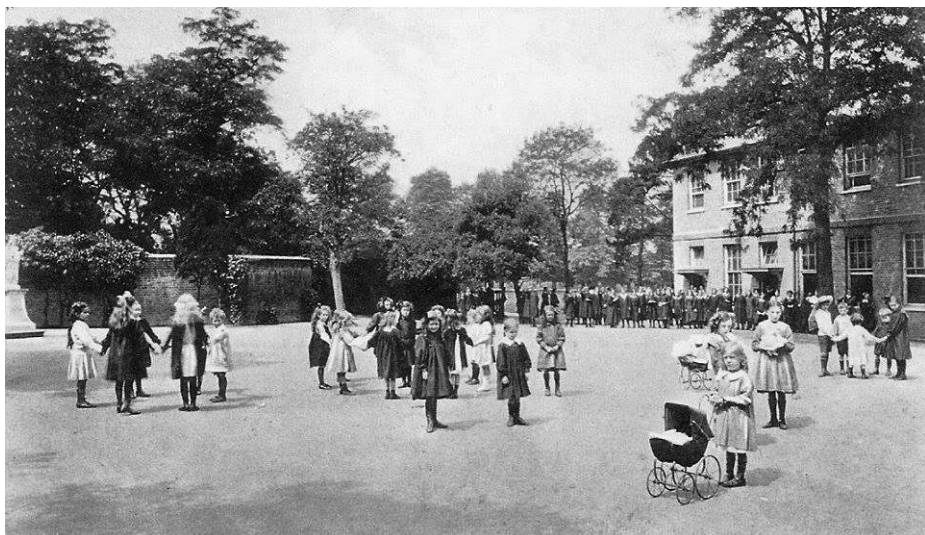


Then came the war years and the German air offensive against London in the early 1940’s. On the night of the 21st September 1940 a German canister-bomb, dropped in Queen’s Road, Richmond, did irreparable damage to the Marist Convent and School.

The property damage was extensive and the emotional trauma was also very real as the Sisters saw years of dedication and hard work seemingly reduced to rubble. Fortunately there were no casualties among the sisters and a group of students sheltering in the basement on that night of havoc.

A house was rented at 6 Fife Road, East Sheen, and on this site the dislodged

senior school was accommodated. Meanwhile, while the least damaged area of the Queen's Road building was repaired and used for the juniors. With



rugged tenacity the Sisters continued their apostolate on a new, if restricted site. However, their plans for an extension were shattered when Barnes County Council apparently considered the existence of a school in a residential area to be in contravention of the Town Planning Scheme.

Consequently, the Council. Withdrew permission for use of the site as a school.

Not discouraged, the Sisters then set about purchasing the Frogal Estate in the Berkshire village of Sunninghill in 1947. The estate of 55 acres had been used by Eisenhower and the American High Command during WWII. Forty eight girls transferred from Richmond and became weekly boarders and eight girls remained as day students. Here they established a boarding and day school, where it remains to this day.

Our postcard images this week are dated from the period before the First World War and were probably taken around 1910. They show the convent frontage and the school playground.

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 [alanwinter192@hotmail.com](mailto:alanwinter192@hotmail.com) I would like to see them and I pay cash!

## SUP-YOGA & SUP-PILATES CLASSES IN TWICKENHAM

SUP-Yoga & SUP-Pilates classes offer a unique, dynamic and fun way to challenge your fitness on water! The sessions are taken on anchored paddleboards floating on water. The buoyancy of the water adds intensity to every movement and makes a refreshing change from usual mat classes. The classes suit all levels and abilities. EPIC SUP are running SUPyoga and SUP-Pilates classes from Twickenham Rowing Club, this summer.

To book or for enquiries contact: [coach@epicsup.org](mailto:coach@epicsup.org)





\* = New to list

Planning ahead: dates for your diaries with forthcoming drama productions:

\*Saturday, 14-Saturday, 21 September: 7.45 (Sunday, 15: 3.00) The Mary Wallace Theatre, TW1 3DU. Richmond Shakespeare's production of THE FATHER by Florian Zeller, translated by Christopher Hampton.

\*Sunday, 15-Saturday, 21 September: 7.45 (Sunday, 15: 4.00) Hampton Hill Theatre, in the Studio. TW12 1 NZ. Teddington Theatre Club's production of MARVIN'S ROOM by Scott McPherson.

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

\*Saturday, 28 September-Friday, 4 October: 7.45 (Sunday, 29: 6.00)  
At Hampton Hill Theatre, Main Auditorium: DAILY PULLS IT OFF by Denise Deegan.  
Info: as above

\*Saturday 3 August. 10-12.00. Hampton Hill Theatre, TW12 1NZ.  
Another opportunity to visit and have a tour around the jewel of Hampton Hill. All welcome. No charge. Free coffee and biscuits.  
Info: as above

\*Sunday, 4 August. 8.00. Hampton Hill Theatre. Outside The Box Comedy Club presents LEE HURST, with MAFF BROWN, BARRY CASTAGNOLA & ISZI LAWRENCE.  
Info: [www.outsidetheboxcomedy.co.uk](http://www.outsidetheboxcomedy.co.uk)

Ongoing. Orleans House Gallery: SUMMER EXHIBITION. Other exhibitions also continue.  
Info: [www.orleanshousegallery.org](http://www.orleanshousegallery.org)

Ongoing. Wednesdays-Sundays, 12 noon-4.00. Turners House. Exhibitions: MINIATURE LANDS OF MYTH AND MEMORY. Don't miss. Wander around the garden now in full bloom.  
Info: [www.turnershouse.org](http://www.turnershouse.org)

Ongoing- 24 August. 9.30-6.00, (Mon-Fri, Sat.-4.00)  
Riverside Gallery, TW9 1TP. Richmond Printmakers exhibit TRANSFORMATION. Works of art from plain, unblemished wood, metal, stone, lino or silk.  
Info: [www.richmond.gov.uk/arts](http://www.richmond.gov.uk/arts)

Until 16 August: The Exchange, TW1 1BE Exhibition documenting THE BEATLES IN TWICKENHAM, including the making A Hard Day's Night filmed at the Turks Head, and Hel! Made in Ailsa Avenue, St Margaret's.

Info: [www.exchangetwickenham.co.uk](http://www.exchangetwickenham.co.uk)

Jazz, rock, and blues music enthusiasts who head to the bars at The Cabbage Patch Pub in London Road are advised to visit Twickfolk, Twickenham Jazz Club and Eel Pie Club websites to check what's on.

Sunday 28 July, Twickfolk invite you to another of its popular SINGAROUND when you can join in with your own song or not, or just sit and listen

Info: [www.twickfolk.co.uk](http://www.twickfolk.co.uk)

Tuesday, 2 SEPTTEMBR. Twickenham Jazz Club Summer break through August.

Info: [www.twickenhamjazzclub.co.uk](http://www.twickenhamjazzclub.co.uk)

Thursday, Sunday, 28 July:2.00-4.00. Barmy Arms, Twickenham Embankment TWICKENHAM 60s DAY. 60s dress optional.

Info: [www.eelpieclub.com](http://www.eelpieclub.com)

\*Friday, 2 August. 6.30-8.30pm. And now for something completely different: at The ETNA Centre, East Twickenham, ENVIRONMENT TRUST CLOTHES SWAP: to encourage the clothing industry be more sustainable you are invited to take 4-10 items of clothing to swap providing the opportunity take home a whole new wardrobe. £10 fundraising contribution.

Children's events take place throughout the August holiday period at Orleans House Gallery, the Landmark Arts Centre and at the Langdon Down Centre. Please check their websites.

\*Tuesday, 6 July – September. THE PUPPET BARGE returns to the Riverside at Richmond, opposite the Terrace Gardens, TW10 6UT. Three programmes on different dates through 3 months.

Info: [www.puppetbarge.com](http://www.puppetbarge.com)



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darryl parkin

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*The Tree Agency*

# Two stunning new sculptures unveiled at Turner's House

Two new sculptures by Turner's House artist in residence Nicky Carvell were unveiled today, Sunday 21st July, inspired by the great 19th century artist and the house he designed in Twickenham.

Both works are the result of a six-month residency, culminating in a contemporary response to Turner's work in modern materials and continues the house's artistic heritage.

Carvell's own artistic practice had been inspired by J.M.W Turner's painting of light and appreciation of nature and she has followed in the great landscape artists' footsteps studying at the Royal Academy Schools until 2009, where he became Professor of Perspective in 1807.

Eliza Bonham Carter, Head of Schools at the Royal Academy unveiled the Moon Dial and congratulated Nicky saying; "We are incredibly thankful to the National Heritage Lottery Fund and to the trustees and staff at Turner's House to reconnect us and the Royal Academy school and contemporary artists with Turner's House through Nicky. It has also allowed Nicky to rethink things that were already important to her work like colour, astronomy and light and review Turner's work with contemporary materials and with a contemporary eye. This is her immediate response but thanks to the support she has had here, this experience will continue to influence her future work."



"I have focused on the house's original name 'Solus Lodge' which references the power of the sun and Turner's reported final words "The Sun is God" as this chimes with my own fascination with light and its astronomical sources from the heavens." Carvell explains, "My work investigates the colour spectrum, it is this aspect of his work which I have explored during the Turner's House residency. During a wonderful tour of the house I was very engaged by the way the outside light flows into and through the space, particularly in the beautiful lay light above the upper stairs. This filtering of light through glass provides a feeling of solace and inner warmth."



The pieces play with the notion of light passing through coloured surfaces in two translucent sculptures; one is installed in the house and the other placed in the garden in which Turner's father worked. The pieces are designed to cast ever-changing coloured patterns and shadows onto the ground much like a sun dial does. The curved panels have been made from thick acrylic with painted and vinyl wrapped elements and an implied 'sun' and 'moon' at the pinnacle of both works made from metal.

The sculptures also reflect Turner's early designs of the house as a tower on a hill, his own sanctuary from the speed of London life. The pieces also give a visual nod to the replicated boat models in the house and the outlines of ships that Turner painted such as Admiral Van Tromp's Barge.

"I love the curves in forms as these big ships confront the winds, holding strong in the storm. And as the house is near the river, I wanted to keep this nautical theme and for this interaction with nature to be apparent in an abstract manner", says Carvell.

The sculptures have been decorated with textures from both the house, garden and river (such as the penny line pointing between the brickwork and the Turquerie rugs) bringing the inside outside and vice-versa. Semi-circular forms echo both the shape of the windows throughout the house and rainbows in his paintings such as Arundel Castle on the River Arun, with a Rainbow.

[www.turnershouse.org](http://www.turnershouse.org)

Photos by Lucinda MacPherson



# Planning Application Variation For Twickenham Station

A Variation of Condition application has been submitted for the Solum development at Twickenham Station. The application says "Variation of condition U46857 NS01 - Approved Drawings of planning permission 11/1443/FUL for the partial internal reconfiguration of Block C to enable the subdivision of six oversized units."

The developers want to subdivide six 'oversized' apartments in Block C as follows: "Hence 4 x 3 bed units (Units 1,2,3,4) and 2 x 2 Bed Units (Units 20, 22) become 6 x 1 Bed Units (Units 1A,2A,3B,4B,20A,22B) and 6x 2 Bed Units (Units 1B,2B,3A,4A,20B,22A)."

Essentially, 6 become 12; a variation on the Spice Girls' theme?

Full details can be found at the Planning website [HERE](#) under application **19/2054/VRC**. Neighbour notification has just started and a Decision is due: 15/10/2019.

## Stop Junk Mail

It is the time of year when many of us go on holiday and do not want to return to piles of unwanted advertisements and advertising magazines - which probably all end up in the recycling bin.

Take steps outlined on the Council website to prevent unwanted paper and do your bit for the environment. [https://www.richmond.gov.uk/junk\\_mail](https://www.richmond.gov.uk/junk_mail)

The Council can send you a free 'No commercial leaflets' sticker to place above or on your letterbox. I hope this works with the delivery of a large glossy magazine which I do not want!

You can order your free sticker [HERE](#)

The Council website also provides a link to MPS Mailing which enables you to remove your name from mailing lists. MPS is supported by the Royal Mail and the Information Commissioners Office.

Royal Mail's runs a [door to door opt out scheme](#), to avoid receiving unaddressed mail. A link to the [Telephone Preference Service](#) gives you the opportunity to opt out of receiving unsolicited calls.

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## Have your say on community involvement in planning consultations

Residents are being invited to have their say on how Richmond Council intends to engage with our communities when carrying out consultations on planning policy documents and planning applications.

The Statement of Community Involvement (SCI) is a statutory document which sets out how the Council will engage with the community and other stakeholders around planning policies and planning applications.

Richmond Council's SCI was first adopted in 2006 and has so far been amended twice – in 2009 and 2015. The latest draft takes account of recent legislation changes to reflect modern plan making processes.

Cllr Martin Elengorn, Chair of Richmond Council's Environment, Sustainability, Culture and Sport Committee said:

*"The latest draft SCI, which will inform our approach to consultations, is being revised to bring it in line with updated national planning legislation and with the Local Plan and other supplementary planning guidance.*

*"It reflects our commitment to involve our local residents in a meaningful way on developments which will impact their local communities. If you would like to have your say on the draft SCI I encourage you to do so before the deadline."*

Have your say by visiting [www.haveyoursay.citizenspace.com/richmondccs/consultation-on-statement-of-community-involvement/consult\\_view/](http://www.haveyoursay.citizenspace.com/richmondccs/consultation-on-statement-of-community-involvement/consult_view/) before the 2nd September deadline.

## Bird box project takes flight with help from Civic Pride Fund

West London River Group has been awarded £5,000 to improve the habitat on the Leg of Mutton Reservoir.

The unlit Barnes towpath is an important part of the River Thames Site of Metropolitan Importance for Nature Conservation and provides nesting, roosting and feeding opportunities as well as connectivity to the wider landscape.

The West London River Group and Thames Strategy Kew to Chelsea, working in partnership with the Parks team at the Council, will be installing a wildfowl nesting platform on the Reservoir, installing nesting boxes for birds, particularly owls, and planting new trees to replace those that have fallen or been felled due to decay.

Cllr Julia Neden-Watts, Vice Chair of Richmond Council's Environment, Sustainability, Culture and Sport Committee said: *"I am delighted that the Council's Civic Pride grant has been able to support this project. The installation of bird-boxes in larger trees along the towpath will encourage more birds to nest and roost in the area."*

# River Crane Sanctuary



## ***Gate Keeper Butterfly***

***The Big Butterfly Count runs from the 19th July to 11 August and there is a chart to download to help us identify and record what we see.***

Visit our [Ecology page](#) and click the Butterfly link to get the chart and more information. We need to register what is in our vicinity to help with conservation efforts with declining species and we can make a real difference with these simple and enjoyable activities.

**Operation Centaur** were helping The Conservation Volunteers (TCV) in Crane Park by Mill Road entrance last week. Photos below are of Alyster holding Nobby and Heath and Tom putting them through their paces! They arrived early to escape the heat and will be working again along the River Crane by Hospital Bridge Road next Tuesday 30th July at 10.30 a.m. if you want to see them in action. Do check with TCV to confirm times/dates.

The trees along the River Walk are full of fruit and blooms and alive with wildlife. There is something new to see whenever we go and so many friendly people to have a chat and exchange information about this amazing area right on our doorstep.



The River Crane Sanctuary website <http://e-voice.org.uk/rcs/>

## A COOL DINNER ON A HOT NIGHT



Trust us to choose one of the hottest July nights ever recorded here to review the Bingham Riverhouse! Well, despite it being desperately sultry to start, we really enjoyed our cool evening with delicious food and fab views of the river in Richmond. We sat on the balcony and enjoyed a cocktail (mine a Botanist – gin, orange vermouth infusion served in the old-fashioned style with stacks of ice as it was so sweltering)- and ice-cold beer, while perusing the menu and enjoying the views of the river and the boats drifting past.



The a la carte dinner offers good value (£37 for two courses or £45 for three) and we were spoilt for choice, despite it looking - at first glance - to be quite a short menu. It was a well-composed one, with something to suit all tastes. I chose a salad of beetroot, feta, avocado cream, wild rocket, quinoa, and caramelized walnuts while my husband opted for salmon with crispy oyster, oyster mayo, pickled cucumber. My salad was a perfectly balanced light



melange of flavours and textures, and the caramelised walnuts were an unusual but great addition of a touch of sweetness. Now, my better half has always eschewed oysters, but he declared his dish to be ‘The way to eat oysters – no slimy texture, just lovely flavours’, so gastronomic history was made in our household! We accompanied our dishes with wine by the glass from an excellent selection of some 20 options ranging in price from £7 a glass. My Picpoul rosé was a revelation; I will try to find some to buy locally.

For my main course I chose the lamb loin, with crispy sweetbread, black olive caramel, sugar snap peas, broad beans, baby plum tomatoes, goat’s curd mash.



My husband had the sea bream, clams, romesco, jersey royals, spring onion, tomato, buttermilk sauce. My lamb was beautiful; not a massive portion of meat, but an adequate one, and cooked to perfection. The sweetbreads and other garnish complemented it perfectly, as

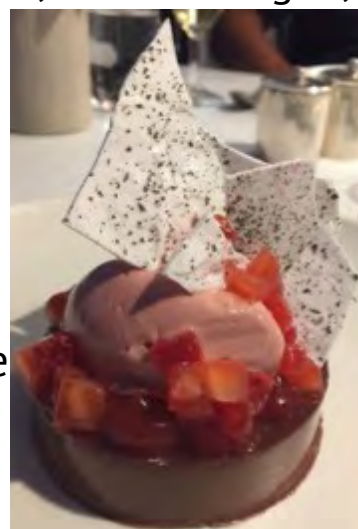


did the green beans with preserved lemon that was suggested as an extra accompaniment. The sea bream was declared 'delish' and I didn't manage to steal a taste of it before the plate was wiped clean with the last of the lovely home made bread we were served at the start of the meal.

To finish, I chose bitter chocolate, white balsamic strawberries, mint meringue,



wild strawberry sorbet. It was really lovely, with the wild strawberries coming through beautifully. To be honest, I felt the chocolate element of this dish was an unnecessary addition (maybe the balance was too heavily in favour of chocolate?) but I suppose one needs a chocolate element in dessert menus. My husband had a gooseberry



tart with vanilla ice cream that was hoovered up pretty quickly – too fast for me to have much of a taste. It was prettily presented and declared to be a very competent dessert (and he finished off my dessert as it was just too rich for me to finish!)

Bingham Riverhouse has had a radical makeover this year and its more relaxed vibe certainly seems to have hit the right note with the Richmond set. The place was very comfortably busy with a mix of family dinners and couples. The lovely serving team clearly enjoy working there. Head chef, Andrew Cole, has worked at The Bingham for a few years now, rising up through the ranks of the kitchen brigade. His loyalty has paid off; he has definitely put his mark on the stove at Bingham Riverhouse and his food is clearly appreciated by the locals.

Andrew Cole is doing a cookery demonstration at the [Middlesex Food Festival](#) in Sunbury next Sunday (August 4) – check out the website and do go along to meet the jewel in the Bingham's crown.



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## Much Ado About Nothing

by William Shakespeare

Richmond Shakespeare Society, The Fountain Gardens, Twickenham until 20<sup>th</sup> July

A review by Viola Selby

2019; the 100<sup>th</sup> anniversary of the first female MP in the House of Commons and so far a year with a lovely sunny summer! What better way to spend it then with a picnic watching Fiona Poole's female focused rendition of Shakespeare's *Much Ado About Nothing*. But how, you may ask, can one celebrate such a political anniversary through such a light-hearted comedy, written in a time where women had little if any political power? Well, Poole has managed to cleverly set her play a century ago, during the suffrage movement,



with characters dressed in period-perfect attire on a minimalistic set in the "Naked Ladies" garden!



Poole has chosen a powerful cast, each with a clear understanding of their character. For example, when Leonato's daughter is shamed in front of everyone at her wedding, having been accused of sleeping around with another man who is not her betrothed, Vaughan Pierce, who plays Leonato, does not just fly off the handle at his daughter, but instead portrays a man who is a mixture of emotion. He is both shocked at this claim, furious by the shame it has brought his family and also upset due to the effect it has had on the

daughter he loves so dearly.

As Benedick and Beatrice, Francis Abbott and Dorothy Duffy make a sublime double act, whom one may think are an old bickering married couple, when in fact the pair cannot stand one another yet later end up marrying one another! Whilst Ben Collingwood Best and Deborah Tinsdale will have you in stitches as they create an almost Laurel and Hardy – esque portrayal of constable Dogberry and Verges ... ..



Read Viola Selby's review at [www.markaspen.com/2019/07/17/much-ado-rss](http://www.markaspen.com/2019/07/17/much-ado-rss)

Photography by Simone Best and Sally Turnstill

# TRAVELLER'S TALES 40

## HEAVEN'S GATEWAY

Doug Goodman sees a rarely visited part of Northern Greece.



Ouranoupolis on the Athos Peninsula of Greece's Halkidiki region in the north of the Aegean is known as Heaven's Gateway. From the little fishing port two types of boat trips depart daily: one for tourists which cruises down the 40 mile-long coastline offering spectacular views of the monasteries; the other for males with a visa allowing entry to the Monastic Republic. Women are forbidden from stepping ashore so the closest view of the ancient buildings for both male and female tourists is at 500 yards from their boat's deck.

### ORTHODOX CHRISTIAN WORLD'S CAPITAL

To receive permission to enter Athos, visitors who are Greek Orthodox, historians, researchers or icon specialists must submit a request to the Pilgrims' Bureau of the Ministry of Macedonia in Thessaloniki. A Diamonitirion – Holy visa may be granted for a three night supervised stay in one of the 20 monasteries with available guest accommodation. Each day 100 Orthodox males can enter Athos but only 10 visas are issued for non-Orthodox men. At Ouranoupolis, after an inspection of documents, we joined a group of monks bound for Daphne, the only entry point for Mt. Athos. I was leading a group of five travel writers – the first group allowed to visit the region I later discovered.

Mt. Athos or Agion Oros, the spiritual capital of Orthodox Christianity, is inhabited by just over 2,000 monks who normally spend their entire lives there. Scattered around the peninsula are 20 monasteries, 12 skites or smaller houses and about 700 hermitages or cells for those who desire to live alone. Although Athos is part of the Greek State it is self-governing with



Port of Ouranoupolis

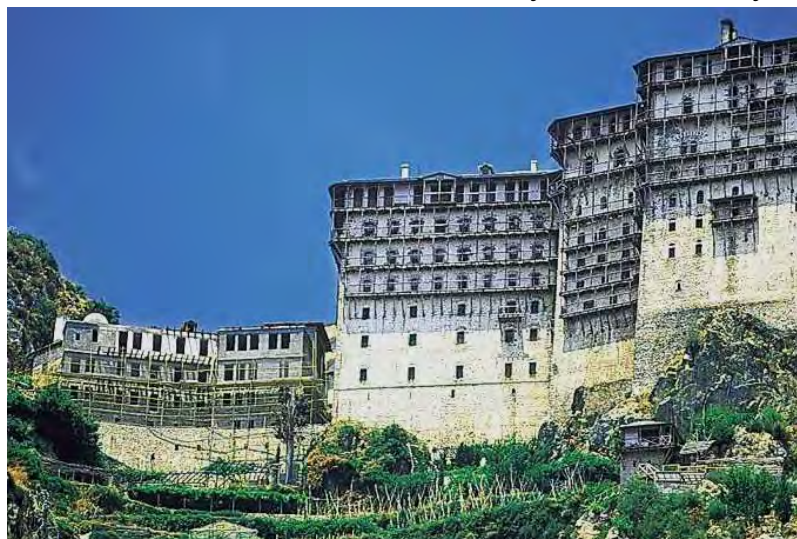
its own rules and customs. The region of 130 square miles is the largest place in the world where women and female animals are banned. Women are forbidden – the ruling is known as Avaton in Greek and has applied for over 1000 years. Mt. Athos is dedicated to one woman the Blessed Mary to whom all the monks pray. The first pilgrims arrived in the 5th century during a search for a secluded and secure place to worship and find peace.



Outwardly most monasteries resemble fortresses, and many were fortified to guard against raiders. Their appearance hasn't changed much for centuries and within it was easy to imagine being in a mediaeval castle. Some buildings didn't have electricity while others had computers. Setting up a meeting seemed difficult as some monasteries set their clocks at midnight when dusk arrived and others choose dawn for midday. We had to go back 13 days in time, which would have been a great bonus for anyone missing a deadline, as Athos was still using the Julian calendar whilst almost everyone else operates on the Gregorian calendar.

### **SIMONAS PETRAS MONASTERY.**

We were welcomed to the Holy Mountain by Father Makarios, dressed like all monks



First Sight of Simonas Petras

from head to foot in black with a long beard. This made it hard to guess the age of anybody. He spoke eloquent English and would be our guide and mentor for four days. Very few stretches of surfaced roads existed and our transport was a four-wheel drive truck called a Unimog. A rough ride to our first monastery – Simonas Petras, was not helped by what was under the cushion on my seat; a shotgun for use against marauding wolves I was told. The countryside was filled with wild

flowers and the only human activity was the occasional monk tending a vegetable patch. Hand drawn road signs and wooden crosses were evident and I remember most the solitude and beauty of the landscape. The first sight of Simonas Petras, a centuries old building built high over the sea was stunning. Father Makarios pointed out blackened timber around the entrance archway and said that a huge forest fire, which was threatening to destroy the monastery, had been halted by the combined prayers of the monks. Sadly the monastery has been ravaged by fires on many occasions and the original construction dating from 1362 was rebuilt at the end of the 19th century. We ascended wooden stairs to the top floor of the 7 storey building and shown our shared rooms. The Aegean hundreds of feet below was spectacular. A rendez-vous with our guide was arranged for later that afternoon to look around the monastery and discuss the rules and protocol during our visit.



Simonas Petras from the Sea

Next week we see some of the treasures of the monasteries and learn about the monks' way of life.

# St Mary's University Update

## Irish Nun Awarded Prestigious Medal for a Lifetime of Teaching in Pakistan

**St Mary's University, London awarded Sr Berchmans the Benedict Medal in recognition of a lifetime of teaching and promoting interfaith relations in Pakistan at a ceremony in Westminster Cathedral today.**

The medal, which is the University's highest honour, was presented to Sr Berchmans by the Archbishop of Westminster and Chancellor of St Mary's University, Cardinal Vincent Nichols, during a St Mary's Summer Graduation Ceremony. Sr Berchmans was brought forward to receive the Medal by High Commissioner of the Islamic Republic of Pakistan to the United Kingdom HE Muhammad Nafees Zakaria and Irish Ambassador to the United Kingdom HE Adrian O'Neill. Sr Berchmans was born in County Clare, Ireland, in 1930 and joined the Convent of Jesus and Mary in 1951 in Willesden, London. The award is in recognition of almost 70 years of teaching, most of which was spent in Pakistan, where she taught Muslim, Christian, Parsi and Hindu children at the Convents of Jesus and Mary in Lahore, Murree and Karachi.

In 2012, whilst she was Principal of the Convent of Jesus and Mary in Karachi, Sr Berchmans was awarded the Sitara-i-Quaid-i-Azam, one of the highest civil awards given by the President of the Islamic Republic of Pakistan. The award citation celebrated her "constant adherence to the call of duty over a span of 59 years, which has made Sister Berchmans a living example to emulate."



During her teaching career, Sr Berchmans taught and inspired thousands of students, amongst whom are the late Prime Minister of the Islamic Republic of Pakistan, Benazir Bhutto, and renowned MIT Astrophysicist Nergis Mavalvala who made significant contributions to research which resulted in the first observation of gravitational waves and which was awarded the 2017 Nobel Prize for Physics.

Sr Berchmans will be the fifth recipient, and the first woman, to be presented with the Benedict

Medal, joining previous recipients Bartholomew I, the Ecumenical Patriarch and Archbishop of Constantinople, Dr Richard Clarke, Archbishop of Armagh and Primate of all-Ireland, Former Archbishop of Canterbury Baron Williams of Oystermouth, and Sir Michael Wilshaw, the former Chief Executive of Ofsted and alumnus of St Mary's.

Speaking of the award, Cardinal Vincent Nichols, said, "Sr Berchmans' dedication and commitment to the thousands of students she has taught is an inspiration to anyone committed to the vocation of teaching. We are honoured that we will be able to present her with the Benedict Medal during our Graduation Ceremony. Her examples of inclusivity and respect will guide our graduates as they embark on their own teaching journeys and continue to inspire future generations."

Uachtarán na hÉireann (President of Ireland) Michael D. Higgins sent his congratulations noting, "Through her words and actions, Sr Berchmans has not only inspired her students but also encouraged those she met to make positive and lasting contributions to society. Through her work and her dedication to teaching she has become a powerful illustration of the beauty and potential of teaching, and she has been an outstanding example of the power of inclusivity and inter-personal empowerment. May I congratulate her on her award and thank her for work, and for the legacy she has created"

Irish Ambassador to the United Kingdom HE Adrian O'Neill said, "I am honoured to represent the Irish Government at the presentation of the Benedict Medal to Sr Berchmans. The Government is acutely conscious of the record of service and achievement overseas of many Irish citizens across our diaspora. Sr Berchmans is an outstanding exemplar of such service; her generous, sustained and distinguished contribution to education and mutual understanding has made a lasting impact, over several generations, in Pakistan. She is a very worthy recipient of the Benedict Medal, of whom her fellow Irish citizens are very proud."

Former student of Sr Berchmans and MIT Astrophysicist Nergis Mavalvala said, "My warmest congratulations to Sr Berchmans on being honoured for her lifelong devotion to one of the most important of human traditions – educating the next generation."

Baroness Warsi, former Senior British Foreign Minister and a visiting professor at St Mary's University, added, "Sr Berchmans has given her whole hearted commitment to teaching. She has inspired generations of students, who have gone on to make significant contributions to society across a wide range of sectors.

"I had the privilege of visiting Sr Berchmans in Karachi and I saw at first-hand how her work and presence has created a lifetime of inter faith understanding.

"Like her students, colleagues and peers I am delighted that Sr Berchmans is receiving the Benedict Medal from St Mary's University as part of their summer graduation ceremony at Westminster Cathedral.

"It will be a fitting occasion for someone, who has given their life to education and to helping young people achieve their dreams."



St Mary's  
University  
Twickenham  
London

## Richmond gets slice of £4.3m for school-based mental health services

The NHS in South West London has come together with local schools and Councils to successfully bid for an additional £4.3m of national funding to improve mental health services for children and young people – including funding for Richmond schools.

The local programme, which began in January 2018 and is led by the South West London Health and Care Partnership, is delivering mental health support and training for children and young people, their families and teachers.

The funding, in addition to £1.85m received last year, will support the rollout of more mental health support teams over the next two years – increasing the number of young people who will have access to the support they provide from 25,000 to 81,000, around half of all pupils in south west London.

Cllr Piers Allen, Richmond Council Chair of the Adult Social Services, Health and Housing Committee, said: *“Children today experience pressures that we as adults often find hard to appreciate, or possibly even understand. We are much more aware of mental health in the education sector now than in decades gone by and rightly so, and teachers are often able to recognise the early warning signs of changes in their pupils’ behaviour or mood, but they are not mental health professionals. This additional funding will ensure that all are more equipped to deal with the challenges our young people face in a school-based setting.”*

Part of the money will be used to expand existing mental health support teams in clusters of primary and secondary schools in Croydon, Kingston and Richmond which are focusing on building emotional resilience of children and young people through early intervention. Teams will also begin working in further education colleges across all south west London boroughs.

The ‘support workers’ offer both one-to-one support and group-work sessions for pupils and parents. Where needed, they will also signpost or refer to specialist child and adolescent mental health services (CAMHS). The sessions focus on practical skills for managing a range of feelings and offer parents an opportunity to practice conversations that encourage better mental health and wellbeing. The ambition of the programme is that teams will eventually be in place in all schools in south west London.

The funding will also mean new mental health support teams can be created in additional schools with new areas of focus around reducing inequalities in health:

- Pilot projects being delivered in schools in Richmond, including:

Christ’s School	Sheen Mount Primary School
Richmond Park Academy	The Russell School
Hampton High	East Sheen Primary School
Grey Court School	Darrell Primary and Nursery School
Orleans Park	Lowther Primary School
Strathmore School	Hampton Hill Junior School
Meadlands Primary School	Holy Trinity Primary School

- Reducing serious youth violence in schools in Croydon
- Mental health early intervention for special educational needs and disabilities (SEND) in selected special schools in Merton and Sutton
- Supporting young people from a BAME background who have suffered trauma in Wandsworth

# FOOTBALL FOCUS

By Alan Winter

## BRENTFORD FC



As I write this on Friday morning, there are all sorts of rumours and counter rumours going around concerning three of the Bees first team squad. I am hearing that club captain Romaine Sawyers has signed for West Bromwich Albion for £3 million. At the same time apparently Celtic, Stoke City and Leeds United are all trying to sign him as well.

Sawyers made 46 appearances for Brentford last season, notching seven assists. He's totalled 19 goals from 161 appearances since joining in 2016. The club will make a statement as and when Romaine leaves the club but it hasn't happened as I write this.

We then hear that Aston Villa have had a £14 million bid for Bees winger Said Benrahma turned down by Brentford and striker Neal Maupay may yet sign for Sheffield United for £20 million before the season starts. West Ham United are apparently still sniffing around too. A week to go before transfer deadline day so let's look at some actual facts. Bees have released the squad numbers for this coming season and all three of the above players had been allocated numbers. What might we read into that?

A very good 3-1 win in a friendly behind closed doors at premier division Norwich City on Wednesday afternoon did not include any of the above three players in the squad which was: - Brentford: Raya (sub Daniels h/t); Jeanvier, Jansson (sub Pinnock 60 mins), Racic; Clarke, Jensen (sub Oksanen 77 mins), J. Dasilva (sub Nørgaard 60 mins), Henry (sub Žamburek 36 mins); Canós (sub Hammar h/t), Watkins, Marcondes (sub Forss 60 mins)

Bees goals were scored by Watkins, Marcondes and Pinnock.

We will know more tomorrow (Saturday 27th) when the Bees play premier league Bournemouth at Griffin Park in a pre-season friendly. My feeling is that the front three will be Watkins, Marcondes and Canos who will all start the season up front. I also think Brentford will win 2-0 but then what do I know! Last ever season after 115 years at Griffin Park coming up with a move to their new stadium the following year. The target this season is clearly promotion to the premier league. It's going to be a great season so make sure you get your tickets early!

**Come on you Bees!**

## HAMPTON & RICHMOND BOROUGH

Nearly at the start point for season 2019/20 and Hampton host AFC Wimbledon tomorrow (Saturday 27th July) in a friendly which kicks off at 3.00.

Three new signings in the last week as Gary McCann brings in left back Ruardi Donaldson while popular ex Beaver centre-back Dean Inman has also returned to the club. Up front arrives striker Danilo Orsi- Dadona from Hungerford Town.



National League South matches commence next Saturday August 3rd away at Chelmsford City.

# England men U18s squad for 2019 International Series in South Africa

England men U18s head coach Jim Mallinder has named his 26-player squad for the U18 International Series in South Africa. Mallinder's side will play fixtures against Argentina (9 August), France (13 August) and South Africa Schools (17 August) during the series.

Based at Stellenbosch Academy of Sport, the squad will fly to South Africa on 4 August for the annual development tour which marks the start of the U18 international season and for many players the start of their England journey.

Of the 26 players, seven have been capped at U18s level already with Orlando Bailey (Bath Rugby), Fin Baxter (Harlequins), Phil Brantingham (Newcastle Falcons), Louis Hillman-Cooper (Gloucester Rugby), Ewan Richards (Bath Rugby), John Stewart (Bath Rugby) and Will Trenholm (Harlequins) all previously winning representative honours.

England U18s are led by Mallinder, who is assisted by consultant coaches Jonathan Fisher (London Irish), Mark Luffman (Darlington Mowden Park) and James Lightfoot-Brown (London Irish).

Jim Mallinder said: "The U18 South Africa tour gives our players a unique experience of playing an international tournament, away from home, at the start of their pathway journey. To play two fixtures against southern hemisphere opposition, as well as a game against France, will be valuable for them as they look to transition through the pathway and I want them to make the most of the experience.

"I want them to understand what it takes to be part of an England team, but to feel comfortable exploring their game and developing their skills in this environment. The games come thick and fast so they will also get an insight into the importance of their behaviour off the pitch, focusing on recovery and analysis as well preparation for the next match. The tour is about more than just the matches though and I hope they also get to experience the unique culture in South Africa, form friendships with players they will progress through the pathway with and make some memories along the way."

## England men U18 squad for summer development tour:



### Forwards

Fin Baxter - Harlequins (Wellington College)  
Phil Brantingham - Newcastle Falcons (RGS Newcastle)  
Daniel Eckersley - Wasps (Bloxham School)  
Jack Forsythe - Worcester Warriors (Warwick School)  
Tarek Haffar - London Irish (St Pauls College)  
Emeka Ilione - Leicester Tigers (Rugby School)  
Joe Keohane - London Irish (St Pauls College)  
Ewan Richards - Bath Rugby (Millfield School)  
Kit Smith - Leicester Tigers (Oakham School)  
Ethan Staddon - Bath Rugby (Beechen Cliff School)  
John Stewart - Bath Rugby (Beechen Cliff School)  
Freddie Thomas - Gloucester Rugby (Dean Close School)  
Will Trenholm - Harlequins (Cranleigh School)  
Archie Vanes - Leicester Tigers (Brooksby Melton College)

### Backs

Charlie Atkinson - Wasps (Abingdon School)  
Orlando Bailey - Bath Rugby (Beechen Cliff School)  
Oscar Beard - Harlequins (Cranleigh School)  
Sam Bryan - Saracens (Felsted School)  
Michael Dykes - London Irish (St Pauls College)  
Sam Edwards - Leicester Tigers (Brooksby Melton College)  
Ethan Grayson - Northampton Saints (Northampton School for Boys)  
Alex Harmes - London Irish (St Pauls College)  
Louis Hillman-Cooper - Gloucester Rugby (Cheltenham College)  
Will Joseph - London Irish (Millfield School)  
Oliver Melville - Sale Sharks (Sedbergh School)  
Matthew Ward - Newcastle Falcons (Gosforth Academy)

# Celebration held for Team Richmond's young sports stars

One hundred and twenty young athletes from Team Richmond attended a special celebration evening at the Stoop to mark their 4th place in the final Jubilee Trophy standings at the London Youth Games.

The athletes were joined by parents, team managers and volunteers for the presentation of medals and trophies won throughout this year's competition.

There were a number of outstanding gold medal winning performances including Boccia, Girls ParaGames Swimming, IZB and girls Basketball, with the Boys Basketball and Girls Hockey taking home silver medals. Bronze medals were secured by the Boys Athletics, Boys Judo, Diving, and Boys Cricket squads.



Alan Edgington won the 'Volunteer of the Year' award for his outstanding contribution to the Cycling team, with Isaac Omirin securing the trophy for 'Games Team Manager of the Year' for his hard work and achievement of winning gold with the girls basketball squad. Schools participation was recognised with Orleans Park winning the boy's trophy, with Waldegrave School winning the girl's trophy for the third year running. The 'Overall Contribution' trophy was taken home by Richmond Knights Basketball Club for their fantastic campaign and continued improvements.

ClIrr JF Burford, Richmond Council's spokesperson for sport said:

*"A massive congratulations to all our athletes on another successful London Youth Games. I hope all the athletes enjoyed the celebration event with family and friends after so many months of dedication, training and achievement! I would also like to thank everyone involved with Team Richmond for their continued support and hard work behind the scenes to help our young people achieve success."*

The event was hosted by the Council's Sport Development department along with the Harlequins Foundation and Twickenham Stoop. The 2020 season will begin in November of this year with the Cross Country events.

# Ham and Petersham bowled over with civic pride

Cricket players in Ham and Petersham are to be bowled over with civic pride this summer thanks to a grant from Richmond Council.

Ham and Petersham Cricket Club have been awarded £2,652 from the Council's Civic Pride Fund for the refurbishment of their pitch and new practice equipment.

The grant comes just in time for the summer's cricket season and will allow more people of all ages to get involved in cricket.

Cllr JF Burford, Richmond Council's spokesperson for Sport said:

*"It is fantastic we have been able to support the upgrade of cricket facilities in Ham and Petersham. I am particularly encouraged to hear the club's membership is diverse, with players of all ages and both boys and girls getting involved! I hope, on the back of England's victory in the Cricket World Cup, this will drive more people in the area to get involved in cricket this summer."*



Geoff Bond, Grounds Manager at Ham and Petersham Cricket Club said:

*"Ham and Petersham cricket club on Ham Common is absolutely thriving. The grant to renew our practice pitch will help the next team of young cricketers to become world beaters. We run junior sessions every Friday evening at 6pm and senior matches every weekend so everyone can join in. Thank you"*

## Newly refurbished Richmond bus station first step in town centre regeneration project

A newly improved bus station is open for use in Wakefield Road, Richmond following a joint project between Richmond Council and Transport for London.

Users of the bus station will find it more accessible with widened footways at the bus stops giving more space to waiting passengers. Kerb heights have also been raised to improve accessibility, particularly passengers with mobility problems, heavy bags and with young children.

Meanwhile, three full width bus shelters have been installed to provide better protection from adverse weather – previously there was only one full size and one narrow shelter.

Real-time bus countdowns have been retained and new, improved LED lighting installed to provide a better environment to waiting passengers.

The project, which was funded by a Local Implementation Plan grant and through the Community Fund, is the first step of a larger regeneration project around Richmond Town Centre to encourage more use of public and sustainable transport.

Cllr Alexander Ehmann, Chair of Richmond Council's Transport and Air Quality Commission said: *"Encouraging more of our residents and visitors to choose sustainable modes of transport is a priority for the Council and part of that is making sure public transport is accessible, high quality and meet the needs of those who use them."*

*"I am therefore glad that this project has been completed and look forward to further regeneration work around Richmond Town Centre which will make it fit for the residents and visitors."*



# New enforcement officers to tackle idling and parking rule breakers

Additional civil enforcement officers are to be recruited to help administer the borough's parking and anti-idling rules.

Last night, Monday 22 July 2019, the Transport and Air Quality Committee approved the plan, which will see up to 18 extra officers deployed around the borough's growing number of Controlled Parking Zones (CPZs), as well as at our six level crossings and outside schools.

The new CEOs will ensure that the borough's parking and idling rules are upheld. It underlines the commitment of this council to improving road safety and air quality for Richmond residents. Where possible we will target areas of most concern, particularly around schools and other hotspots, where residents have told us they are most needed.



CPZs have benefits in reducing the amount of commuter traffic, prioritising resident parking and encouraging the use of vehicles that produce low CO2 emissions. Meanwhile, research also suggests one minute of engine idling emits the equivalent of 150 balloons of toxic fumes into the air.

Cllr Alexander Ehmann, Chair of Richmond Council's Transport and Air Quality Committee said:

“We are serious about making this borough a cleaner, healthier place to live by improving air quality. Our new CEOs will be focusing their efforts around areas of the borough we believe can benefit most from their efforts.”

“Residents support this commitment, they want to live in a borough which prioritises healthy air. That is why we have a suite of initiatives from investing in cycle infrastructure and electric vehicles, to combatting harm caused by engine idle, and trying to reduce the reliance on cars and encourage more sustainable modes of transport. And this new investment will be an important part of that commitment.”

Read the Committee report [HERE](#)

## Improving building safety must be a top priority for new Government

People are at risk from slow action to improve building safety, with developers and those responsible not doing enough. The fire service is wrongly being seen as the safety net for the shortfalls in building safety warns London Fire Commissioner Dany Cotton.

After sharing concerns with the Ministry of Housing, Communities and Local Government (MHCLG) and the Home Office, the Commissioner is warning that there is a “very real risk” of another incident like Grenfell happening where there could be a similarly large loss of life. The call to prioritise urgent action and for the Government to work with London Fire Brigade comes as new Ministers take up office.

London Fire Commissioner Dany Cotton said: *“Now more than two years after the Grenfell Tower fire, thousands of people are still living in buildings fitted with flammable cladding. Excuses and a lack of urgency demonstrated by those responsible for these buildings are placing people across the country at risk. I’m keen to work with Ministers to finally end this lack of action by developers and people responsible for maintaining buildings.”*

The Commissioner explains that measures such as waking watches, which were put in place in buildings identified with flammable cladding, are necessary but an imperfect short term solution. She is concerned they are being seen and used as a long-term alternative to remediation work. A total of 317 buildings with Aluminium Composite Material (ACM) cladding were identified in London, ranging from small decorative areas to the full outside of buildings. Of these buildings, 158 buildings were deemed as high risk to warrant interim measures and only 42 have now been remediated, more than two years since the fire at Grenfell Tower.

The Commissioner welcomes the ministerial statement last week (18 July) which set out clear expectations on building owners for when combustible cladding should be removed from buildings, but urge that this work needs to be done as soon as possible. It is essential that the new Prime Minister makes fire safety of these buildings a top priority and puts more pressure on those responsible to act.

The fire safety of buildings is the most fundamental element in ensuring the safety of residents and those responsible for residential buildings need to meet their responsibilities and not assume that fire and rescue services will provide a safety net for the shortfalls in building safety. Other measures also need to be given full consideration to ensure the safety of residents. London Fire Brigade has called for sprinklers to be installed in a number of buildings including all purpose built blocks of flats, or all blocks over six storeys at the very least; all homes where vulnerable people live and all care homes and sheltered accommodation blocks.

The Commissioner added: *“Despite evidence that sprinklers are a ‘no-brainer’ in detecting and suppressing fires, developers are consistently ignoring the advice of fire and rescue services and choosing not to install them in new build developments.”*

The Brigade calls on the new Government to work with them and make urgent changes to the building regulations to require the use of sprinklers and other automatic fire suppression systems (AFSS) in buildings where risk is great.

The Brigade is also calling for Ministers to give urgent consideration to where vulnerable residents are housed and to ensure proper evacuation plans are in place to help them to safety should there be a fire in a building they reside in.



LONDON FIRE BRIGADE

# RSPH and Slimming World call for supermarkets to do more to tackle obesity

A new report, Health on the Shelf published by RSPH and Slimming World, exposes the marketing tactics used to drive sales of unhealthy products and reveals that supermarket layout, pricing strategies and shopping environment is fuelling the obesity epidemic. The report is published in advance of the Government's expected response to the consultation on layout and price promotions.

RSPH and Slimming World are together calling on retailers to adopt a set of key principles to apply to all supermarkets regardless of size or location, and on the Government to implement policy and incentives for industry to take the nation's health seriously.

The report also reveals that over one third (36%) of shoppers reported that they impulse purchase unhealthy products because they are on special offer, and one in five say supermarkets cause them to go off track when attempting to lose weight.



*Click image above to read the report*

[www.rsph.org.uk](http://www.rsph.org.uk)

An audit of small, 'local' style supermarkets found that many unhealthy products such as confectionary and crisps are located in multiple prominent areas around the store, including at the end of aisles and around the checkout. RSPH and Slimming World are now calling for government and industry to do more to support supermarkets in encouraging healthier choices to consumers.

**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

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Example advert sizes shown above

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**Published by:**

Twickenham Alive Limited (in association with World InfoZone Limited)

Registered in England & Wales

Reg No 10549345

The Twickenham Tribune is registered with the ICO under the Data  
Protection Act, Reg No ZA224725

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