

Twickenham & Richmond TRIBUNE

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Editors

Berkley Driscoll
Teresa Read



25th August 2023

T&RT

TickerTape - News in Brief

Appeal for witnesses following rape in Twickenham

Officers are appealing for information following a rape in Twickenham.

The incident happened at around 08:00hrs on Monday, 21 August in Marble Hill Park, TW1. A woman, aged in her mid-40s, reported she had been raped by a stranger. The victim is being supported by specially trained officers. Following enquiries, a 28-year-old man was arrested on suspicion of rape, later that same day, at an address in Lambeth. He was subsequently charged on Wednesday, 23 August.

Detective Inspector Simon Sherlock from the South West Command Unit said: *“Protecting woman and girls is an absolute priority for the Met and the woman who was attacked is being fully supported by specialist officers.*

“We are conducting a thorough investigation, but we are also asking for the public’s help. We know there were people in the park at the time of the assault, but even if you did not witness the incident, you could still have vital information.

“I am asking anyone who was in and around Marble Hill Park at about 8am on Monday, 21 August to come forward. You can always call Crimestoppers if you do not want to give your name, but however you decide, please do make contact and tell us what you know.”

Any witnesses or anyone with any information is asked to call police on 101 or contact via Twitter @MetCC. Please quote CAD 2537/21AUG. To give information anonymously contact Crimestoppers on 0800 555 111 or online at crimestoppers-uk.org.

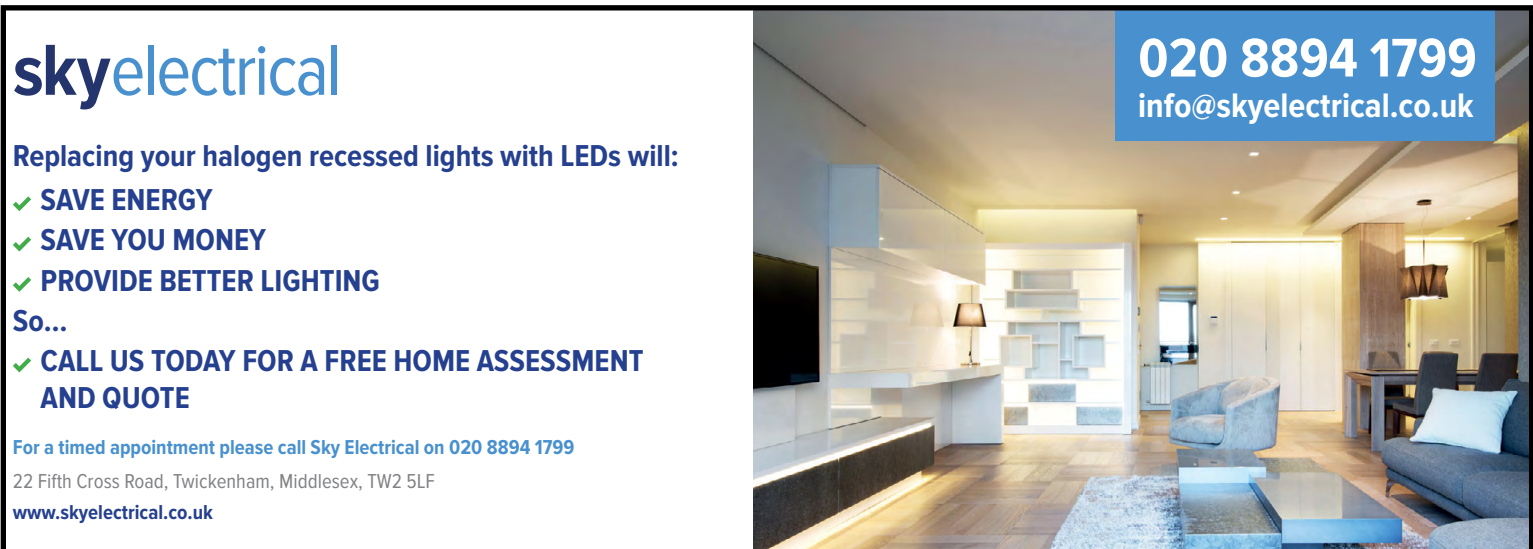
Rugby at Twickenham Stadium

Saturday 26th August: ENGLAND v FIJI

KO 15:15, Attendance 60,000.

Whitton, Rugby & London Rds close 13:15-15:15 & 16:45-19:15.

CPZ in force both days 11:00-23:00



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Weekend travel information

August Bank Holiday weekend, 26 - 28 August

Over the August Bank Holiday weekend, from Saturday 26 until Monday 28 August, there will be several major events taking place in London, including the annual Notting Hill Carnival. Our transport networks will be running, but we expect our services to be busy. [Plan ahead, check before you travel](#) and allow more time for your journey.

Twickenham Stadium

A rugby match between England and Fiji will be taking place at Twickenham Stadium from 10:30 until 20:00. Kick-off is at 15:15. Gates open at 11:45 and road closures will be in place from approximately 13:15 until 19:30. Increased traffic and large crowds are expected.

On Sunday 27 August, several events in and around London will be ending at a similar time with people interchanging between tube lines and National Rail services. Certain stations and tube lines are expected to be busy, and you may not be able to get on the first train. For detailed travel advice and help planning your journey visit our [August Bank Holiday page](#).

Notting Hill Carnival

The route of Notting Hill Carnival runs close to many London Underground stations and is easily walkable. [Plan ahead](#) and consider larger, better connected stations nearby such as Paddington or Shepherd's Bush. These stations are expected to be less crowded with plenty of service options so you may find it an easier and more comfortable journey.

Some stations are expected to be very busy, including Oxford Circus, Notting Hill Gate, Westbourne Park and Holland Park. Please listen out for announcements and speak to our staff who are there to help you.

National rail strikes

On Saturday 26 August, several National Rail train operating companies will be affected by strike action, with further strikes taking place next week on Friday 1 and Saturday 2 September. Although TfL staff are not taking strike action, there may be some minor impacts to TfL services. For more information on the strikes, visit the [National Rail website](#).

Monday 28 August until Summer 2024

Kingston Cromwell Road bus station

From Monday 28 August until Summer 2024, **Kingston Cromwell Road bus station will close temporarily**. During the works, buses will not stop at the bus station. Some buses which normally stop in the bus station or on Cromwell Road will serve temporary stops, be diverted or stop short of their normal destinations.

Stops A1 to A16 and Z1 will be closed for the duration of the works. Stop R on Wood Street will also be closed. Two new temporary bus stops with shelters will be located a short walk away, to the east of the bus station, on Cromwell Road and the bus lane will be extended. During the works, allow extra time for your journey and use nearby alternative bus stops. For detailed travel advice, including a map and more information on the improvement works, visit our [website](#).



Covid-19

By Teresa Read

World Health Organization, COVID-19 Weekly Epidemiological Update

In the last 28-day period (24 July to 20 August 2023), nearly 1.5 million new COVID-19 cases and over 2,000 deaths were reported from WHO's six regions, an increase of 63% and a decrease of 48%, respectively, compared to the previous 28 days.

Currently, reported cases do not accurately represent infection rates due to the reduction in testing and reporting globally.

At the country level, the highest numbers of new cases reported within the 28-day period were from the Republic of Korea (1,286,028), Australia (22,836), the United Kingdom (21,866), Italy (19,777) and Singapore (18,125). The highest numbers of new 28-day deaths were reported from the Republic of Korea (398), the Russian Federation (166), Italy (165), Australia (148) and the Philippines (136).

The European Region reported over 85,000 new cases, an 11% increase as compared to the previous 28-day period. Fifteen of the 61 countries for which data are available reported increases in new cases of 20% or greater, with the highest proportional increases observed in Belgium (+175%), Ireland (+174%), and Czechia (+146%).

The highest numbers of new cases were reported from the United Kingdom (21,866), Italy (19,777) and the Russian Federation (12,043).

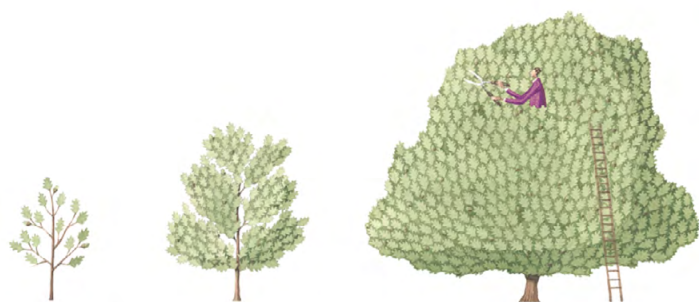
The number of new 28-day deaths in the Region decreased by 49% as compared to the previous 28-day period, with 699 new deaths reported. The highest numbers of new deaths were reported from the Russian Federation (166), Italy (165), and Portugal (81).

IN THE NEWS

The Guardian: Lockdowns and face masks 'unequivocally' cut spread of covid.
Measures taken during the Covid pandemic such as social distancing and wearing face masks "unequivocally" reduced the spread of infections.

BMJ: Covid-19: Lockdowns and masks helped reduce transmission, expert group finds.

BMJ: Covid-19: Scientists sound alarm over new BA.2.86 "Pirola" variant.



The Tree Agency

darryl parkin

The Treehouse
25 King Edwards Grove
Teddington, Middlesex TW11 9LY
Telephone 020 8274 0107
Mobile 07960 123580
Fax 020 8274 0119
info@thetreeagency.co.uk
www.thetreeagency.co.uk

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The Local Picture Postcard Column Part 211

By Alan Winter

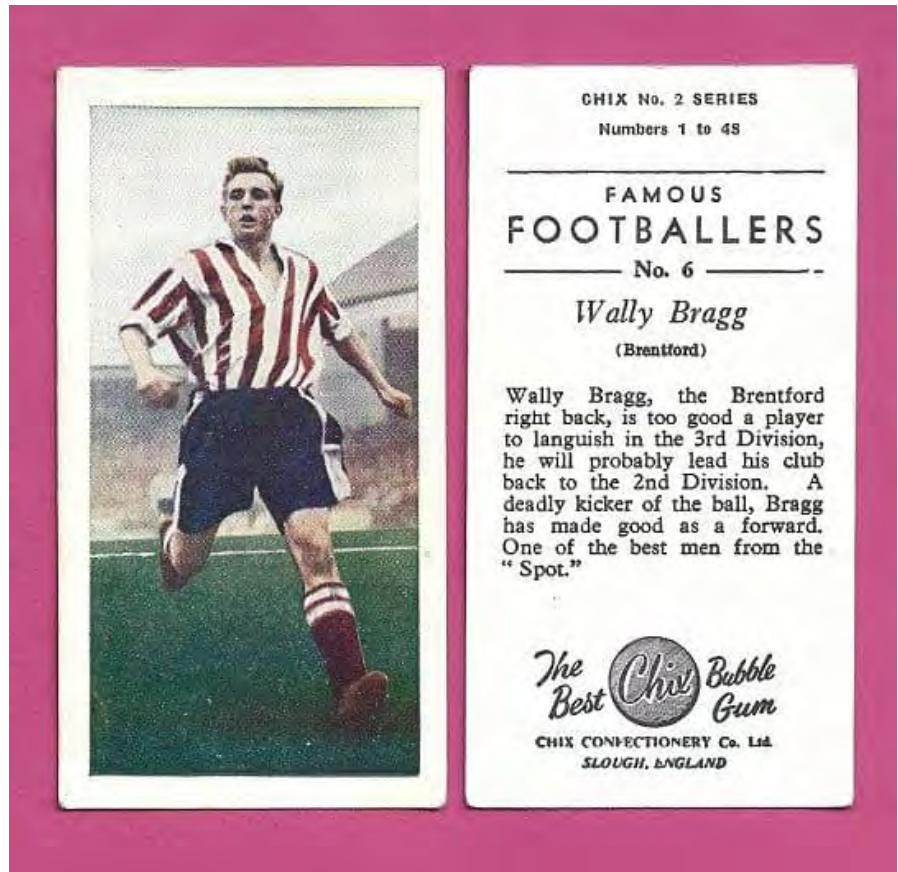
WALLY BRAGG – A BRENTFORD FC LEGEND

In the main, this column has concentrated upon places and events that have been captured by photography and ended up published as postcards over the last 125 years or so. Having found a 1950's sweet cigarette card featuring a Twickenham man who became very well known, I thought we could remember him in this column.

Walter Leonard Bragg (8 July 1929 – 6 March 2016)

Our first image is of a Football card issued by Chix under the Famous Footballers series in 1956-57 series 2. Depicting the Brentford footballer Wally Bragg.

Prior to becoming a professional footballer, Twickenham's Wally Bragg worked as a linotype operator for a printing firm in Richmond. He served his national service in the RAF. After retiring from football, he worked as an advertising manager for local newspapers in Twickenham. He was married with a son and two daughters and five grandchildren at the time of his death in March 2016.



Wally started his football career as a young player with Twickenham Celtic. The team was managed by his father and played their home fixtures in Marble Hill Park.



The team photo shows Wally on the extreme left in the front row with his Dad, Walter Bragg (senior) on the extreme left in the back row. The badge is a Twickenham Celtic FC blazer badge from the 1940's I think. The dog is called Queenie but that's another story for another day!

An amateur centre half, Bragg joined First Division club Brentford in early 1946 from his local team Twickenham Celtic. After a spell out on loan at Corinthian League club Hounslow Town, he turned professional in January 1947. He made his debut at Griffin Park at outside right, in place of Idris Hopkins for the visit of Grimsby Town on 29 March 1947 and his appearance in the 1–0 defeat made him Brentford's youngest debutant at that time. A call-up for national service saw him fail to appear again until the second half of the 1951–52 Second Division season, when he enjoyed a run of 10 appearances. He then went on to become a regular fixture in the team through the mid-1950s forming a half back line with such players as Jimmy Hill and Ron Greenwood. Hill moved on to Fulham and after retirement became a successful manager with Coventry City while Greenwood managed West Ham United and went on to manage England taking them to the 1982 World Cup Finals.



Wally made a career-high 44 appearances during a disastrous 1953–54 season, in which the Bees were relegated to the Third Division South.

Wally Bragg played on until the end of the 1956–57 season, when he retired from football after a succession of injuries. He was posthumously inducted into the club's Hall of Fame in May 2018 following a 10 year career with Brentford where he played 168 first team games, scoring 6 goals.

Anecdote from Brentford supporter Ray Robinson.

“A schoolboy, standing at the bus stop outside Woolworths in Twickenham in the early 1950's. There in front of me was the great Wally Bragg. He signed his autograph for me and the hairs stood out on the back of my head”

And an anecdote from me. “In the early 1960's I was a newspaper delivery boy at Cyril Duffell's newsagents shop opposite the Crown pub. Wally Bragg was often popping in for his paper and told us tales of battles he had on the pitch. After his retirement I understand he was involved with St Stephens Church and coached their football team on occasion”

I am always looking for old postcards, so if you have any that are sitting unwanted in a drawer, in a box in the loft or the garage or under a bed, do contact me on 07875 578398 or by email to alanwinter192@hotmail.com

I would like to see them and I pay cash!

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The Twickenham Club

By Alan Winter

This club that started life as “The Twickenham Working Men’s Club and Institute” has now clocked up over 150 years of activities and has been at No.7 Church Street, Twickenham since 1897.

The committee has recently decided to have a book published containing everything about the club throughout its long history.

A project like this requires much research and I would like to ask anyone out there who can help, to submit any documentation, letterheads, members lists, committee lists, activities, memories of characters who were members, When did the Snooker tables become a fixture? How long has the golf society been going? Tell me how the jazz sessions started and who has played there? What other local societies have regularly used the club as a base for talks and meetings?



Who were the stewards and when? Any photographs taken in the club, on club outings or activities?

Photos of committee members and other members, celebrity members? Branded items like beer mats etc. newspaper and magazine cuttings, medals, trophies etc, in fact anything at all that will add to the rich history and day to day running of the club.

Anyone who contributes will be given an acknowledgement in the book of course. it is currently scheduled to be published next year 2024 as long as there is enough material to make it work. Let’s work together to ensure that we produce a real history of the club.

So, anything and everything to me please. All items will be returned upon request.

Start off by sending info and any attachments to :
Alan Winter, on email: alanwinter192@hotmail.com



HAMPTON NORTH WARD

Councillor Geoffrey Samuel

BOOTS – BRANCH CLOSURES

Residents are understandably concerned to learn that Boots proposes to close its shop on Hampton Square. The elderly, the disabled and the vulnerable need good access to a local pharmacy: they will be hit hard by this closure. The situation is made worse by their decision also to close the shop in Priory Road. Although this is not in the Ward most residents are accustomed to travel to Priory Road as that is where the local Doctors have their Surgery. I have immediately written to the Chief Executive of Boots at their Head Office in Nottingham but cannot be optimistic about the outcome. I will publish the reply if and when I receive it. In the meantime I should like to hear of any resident who will be particularly at risk because of the double-closure.

THE WHITE HOUSE

Residents have raised with me a number of questions and concerns about the future of our Community Centre which I raised personally with the Chief Executive of AfC [Achieving for Children] which will take over the Management. I set out an abbreviated version of his response:

- AfC will take over in April 2024 although if the Nursery continues there until the end of the Summer Term 2024 AfC will not have full use until then
- In the meantime YMCA will continue, working closely with AfC
- AfC hopes to be able to continue to provide a café
- Ideally AfC would like to bring the MUGA [multi-use games area] back into use and is currently exploring issues concerning the foundations and surface
- Although AfC wishes to maximise community use it cannot promise the same provision as that originally provided by the YMCA. Initially it will focus on transferring children's and youth services into the building. AfC will consult children, young people, families and the wider community in the Autumn.

This makes it clear that the future White House will be a “family hub” and not a community centre as exists in other parts of the Borough. I will, of course, support local residents in any representations which you wish to make.

VERGES... and the consequences.

Residents have sent me some hard-hitting replies on this issue although I do acknowledge a well-argued e-mail in support of the present position and the promotion of biodiversity and pointing out that Alan Titchmarsh is not opposed to leaving verges uncut. Many complain that the new policy was neither mentioned in the last Election nor were residents consulted. They point out that at present uncut verges give the impression of an uncared-for environment which has resulted in increased litter, and fly-tipping and a general look of shabbiness and decline.

DIGITAL EXCLUSION

I have received a good response on this item eg “Car Parks are becoming cashless, which discriminates against mostly elderly people.....I’m one of them”. Please continue to send me examples as I am pursuing this as very much a personal campaign.

HAMPTON HEATH FRIENDS GROUP

Hampton Heath is the name residents have given to the area of Metropolitan Open Land adjoining the David Lloyd Golf Club. This site is entirely within the lease of the Golf Club but the original planning consent required open access to this part of the site. It includes wonderful veteran oak trees and an outstanding pond. My last dealings with this area concerned the part along Uxbridge road. There are regular problems of litter and fly-tipping. Just over two years ago a number of local residents set up a Friends Group and in the two years since have cleared well over 300 sacks of rubbish. Volunteers from the Group work two hour sessions most week-ends and deal with both litter and fly-tipping. The Group’s weekly Newsletter has almost 100 subscribers. Residents interested in supporting or joining the Group can contact them on HamptonHeathFriends@outlook.com

SHORTER ITEMS

- I am dealing with planning applications in **Hanworth Road and Uxbridge Road**: always let me know if I can help on Planning matters
- I have written to the CEO of Thames Water for a resident of **Hawley Close** threatened with an unreasonable surcharge.
- The Recycling Centre on **Hampton Square** is still a problem but officers acted swiftly when I sent them photographs of the litter and fly-tipping.
- Following a complaint from a resident of **Uxbridge Road** about the state of the Garden Close bus stop shelter I asked Nick Rogers, our GLA member to act and he has now secured a promise to rebuild in the near future.
- Unfortunately a path from the Nature Reserve in **Oak Avenue** (actually sited in Hounslow) is not a public right of way throughout its length.
- I am having to press **RHP** very strongly over several matters where they are failing tenants. I will always act when told of landlords [including Housing Associations] when they let tenants down.
- Residents of **Wordsworth Road** can breathe a sigh of relief after my many months of pressing Inquilab have resulted in a clearance of debris.
- I supported residents of **Nightingale Road** who were unhappy that the Council was pressing them over a slightly overgrown hedge whilst at the same time allowing Lime Bicycles to obstruct pavements in the Borough.
- Please report any annoying graffiti to the Borough and let me know if it is not removed.

As always I will follow up every matter reported to me on gjshn@btinternet.com and may forward your letter/e-mail to officers unless you instruct me not to. Please use this e-mail address only

Jonathan tells SWR its proposed changes must not go-ahead

Jonathan Hulley - Conservative Parliamentary Spokesperson, Twickenham Constituency

I would like to thank the local residents who wrote to me or expressed their views on the doorstep as part of my **Tell Jonathan** campaign in response to the controversial proposals to close some ticket offices in Twickenham constituency. I have now submitted a response to the consultation.

The plan to close some ticket offices in Twickenham constituency, including Teddington station is premature and must not go ahead as proposed.

Staff should only be moved out of ticket offices when they are able to carry out all their current duties either on the public ticket machines or on handheld devices.

It should also be remembered that the ticket machines were provided to supplement the booking office, but now they are to be the main focus so there will be a need to provide more of them.

Ticket machines will also need to be upgraded to accept foreign bank cards, and operate in foreign languages as most of the current machines on the South Western Railways network do not have these capabilities despite the very high number of foreign visitors to London.

In Twickenham constituency, many stations will see their staffing numbers significantly reduced at the same time, and this is the part that is unacceptable to most people.

Teddington is the third most used stations in the Twickenham constituency but will be staffed for a fifth of their current hours: reduced from 90 to 20 hours per week. Rather than leaving station staffing decisions to franchise holders, the government should be looking to set national standards across England that maximise the number of hours customer-facing staff are available at stations.

Having a staffed ticket office, particularly at recognised peak times, provides benefits to many vulnerable or disadvantaged customers.

I am particularly concerned about blind or partially sighted users, wheelchair users and elderly customers who cannot operate a ticket vending machine or buy a ticket online or need mobility support. They are likely to either not travel at all or turn to other passengers for help and there is a risk that some will be ignored or taken advantage of by criminals. The overall effect of these changes will be to marginalise these groups further which is unacceptable, in my opinion.

The current complexity of rail fares with a wide variety of ticket types means, in my opinion, that users must continue to have access to trained ticket staff able to provide the full range of services at most stations.

The absence of this service will mean that some users will overpay significantly. Not all ticket fares can be purchased via a ticket vending machine. Some such as the 50% Wheelchair User Discount can only be purchased at a ticket office and the current proposal that users should buy a standard ticket and then exchange a ticket either at their destination or apply for a refund online shows a lack of understanding of the challenges marginalised groups face.

Refunds cannot be obtained from a ticket vending machine, only online or at a staffed ticket office. However, we need to remember that many people do not have the means to wait for a refund, particularly children or those living on benefits.

Access to toilets will also be significantly reduced because at most stations they are only available when the station is staffed and again this will affect the vulnerable and disadvantaged customers the most.

Station staff also have a wider role concerning security and welfare; helping to prevent suicides, dealing with the terrorism risk, reducing fare evasion, preventing anti-social behaviour, and providing reassurance to passengers who otherwise would not travel due to fears about personal safety.

Rather than reducing staffing further there should be a real push to provide more staffing/security during operational hours for stations, particularly in the evening and nighttime.



Twickenham Conservatives

Twickenham Fire station open day

This Sunday 27th August Open Day at Twickenham Fire station, South Road, 12:00 until 16:00



The Real Junk Food Project – Twickenham

We are on the hunt for some volunteers!

Please get in touch by contacting trjfp.twickenham@gmail.com to find out more information on how you can help us with collections from local supermarkets to bring the produce to our cafes (both drivers and cyclists needed!!)

Find more information [HERE](#)



An evening with parkrun's founder, Paul Sinton-Hewitt CBE, at The Turk's Head in St Margarets

[The Turk's Head in St Margarets](#) is building on last year's successful evening with Hugh Brasher, event director of the [TCS London Marathon](#), with another first-class speaker from the running fraternity. This year, the pub will play host to Paul Sinton-Hewitt CBE – [founder of parkrun](#), the hugely popular free weekly running events that take place right across the globe. The event takes place on Wednesday 13 September and includes a buffet supper. Tickets are [available online](#) and cost just £12.



With nearly 1200 events taking place every week in the UK alone, parkrun has been a phenomenal success. Paul was born in Zimbabwe, grew up in South Africa, and is a big believer in the power of sport and exercise in personal wellbeing. He started the Bushy Park Timetrial in 2004 and that was the spark that ignited the parkrun phenomenon. By 2018, over a quarter of a million people were taking part globally each week.

Ollie Coulombeau, General Manager at The Turk's Head, said: "Running is very much part of The Turk's Head psyche, thanks to our relationship with The Bearcat Running Club, which has been ongoing for over a decade now. Last year's event was a great success and I know Paul is going to be an equally popular guest speaker.

"There are a lot of similarities between pubs and parkrun. It's about bringing people together to do something they enjoy, building friendships and being there to support one other – parkrun and pubs are both at the hearts of their communities and I can't wait to hear Paul's amazing story."

The event starts at 6pm with drinks in the garden, followed by Paul's talk and Q&A, and a light buffet supper.

E-Scooter Rental Trial and E-Bike Hire Scheme

Overview

Richmond is participating in Transport for London's (TfL) multi-borough e-scooter rental trial, which began on 7 June 2021.

The scheme is made possible by legislation enabling local authorities to host public hire schemes subject to Department for Transport approval. The trial aims to test the viability and safety of e-scooters as part of a long-term solution to air quality and congestion issues across London. An overview of the e-scooter rental trial is available [here](#).

We are also working with companies to provide e-bike public hire schemes in the borough. An overview of the current arrangements is available [here](#)

Designated parking locations

For the e-scooter rental trial, trips can only be finished in a designated bay. For the e-bike rental schemes, parking in a designated bay is currently encouraged but not mandatory.

In the first phase of the trial, parking bays were provided at 29 locations. We are now expanding the scope of the e-scooter rental trial by providing additional bays in 36 locations across the borough. These bays are designated for use by e-scooters and e-bikes.

The additional bays have been introduced as a trial. This means that we will take into account any feedback as well as our own monitoring of the operation of the scheme before deciding whether to keep, withdraw or amend the new bays.

Your feedback

The online form below has 3 sections:

- Feedback on the e-scooter rental trial (in general)
- Feedback on the e-bike hire scheme (in general)
- Comments relating to the specific locations of the additional parking bays designated for e-scooters and e-bikes

You can skip any sections that you do not wish to complete.

Note that rental e-scooters are the only legal way to ride an e-scooter. Illegal use of privately owned e-scooters is a matter for the police (and is not covered in this consultation). It can incur penalties including a fine of:

- Up to £300
- Up to 6 penalty points on a driving licence
- Confiscation of the e-scooter

Have your say

Please give us your views by clicking on the Online Survey link below. If you require a paper copy of the survey or a different language/format, please contact transportation@richmond.gov.uk or call us on (020)8 871 6293.

What happens next

Comments will be taken into account in the Council's evaluation of the schemes and when considering whether to keep, amend or withdraw each bay once the initial 6 month period of the trial has expired.

Give Us Your Views: [Online Survey](#) (Closes 19 Nov 2023)



Join the Mayor's Twickenham Tour and Tea

On Sunday 10 September, The Mayor of Richmond, Councillor Suzette Nicholson will be hosting a fun guided tour of the Twickenham trail.

The trail begins at 1pm, meeting at the 'Restless Kingdom' Sculpture outside Twickenham Station. The group will also receive a unique Twickenham souvenir booklet.

After the walk, guests will arrive at York House for a Tea with the Mayor, which will be served at 3pm.

Tickets are £15 and can be [purchased online](#).



Come along to the Kew Horticultural Society summer show!

The 78th Kew Horticultural Society summer show is taking place on Saturday 26 August on Kew Green. It is one of the few remaining traditional produce fairs in London, and if you haven't been before, then a treat awaits you!

From 12 to 5pm, come along and enjoy all that this fabulous community event has to offer: There will be a glorious 'exhibit marquee' bursting with vegetables, fruit, flowers, baking, and crafts.

Guests can also browse the local and horticultural-based stalls, a tea tent and the food court including a barbecue.

The entertainment will include a jazz band, Punch and Judy Show plus traditional family fun.

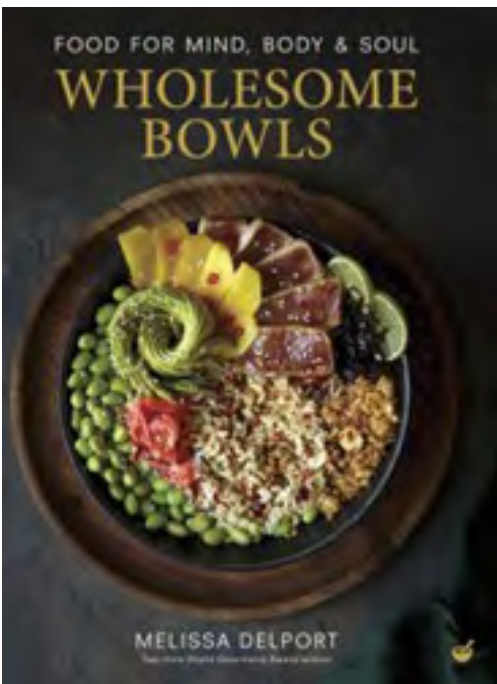
You can join in the fun by entering your produce, flowers, cakes or crafts into one of over 100 categories, with specific classes for children, and experience the excitement of participating in this joyful community event.

Find out more information about the [Kew Horticultural Society summer show](#).



WHOLESOME BOWLS

Bowl food? Wholesome bowls? The very description doesn't really do justice to the simple concept and convenience of putting a fabulous selection of one dish recipes into a cookbook. It will inspire you: It's packed with one dish recipes that use only fresh, whole foods to build a bowl of flavour, comfort and nourishment. The recipes are designed to fit your lifestyle and allow you to fall in love again with cooking.



Wholesome Bowls is written by Melissa Delport, an international award-winning author, integrative holistic health coach, private chef and wellness retreat facilitator. She found fame after entering MasterChef in South Africa. After years of being a fad dieter, Melissa discovered the path to health and wellbeing. Learning to release fear around mealtimes, coupled with her knowledge of food, mindfulness practice and a desire to share this way of eating, the concept of Wholesome Bowls was born.

It's a great book and has recipes such as Turkish Eggs with Spicy Sesame Drizzle for brunch, a gooey Balsamic Fig and Goats Cheese Bowl for lunch, a warming Pearl Barley Mushroom Risotto or a vibrant Chicken Fajita Bowl for dinner. For something sweet there's Vegan Sweet Potato and Chilli Brownie Bowl or Spiced Hummingbird Cake with Cashew Cream Cheese Frosting.

Wholesome Bowls is published by Nourish Books at £20, hardback

Here are a couple of recipes to inspire you:

THE FIG AND GOAT fig and goat's cheese salad (vegetarian) - serves 4

"The fig really shines as the hero of this dish and is a prime example of how fruit can fit perfectly into a savoury dish."

- 2 red onions, quartered
- 2–3 teaspoons fresh thyme leaves 2 teaspoons coconut oil
- salt and pepper
- 3 tablespoons olive oil 2 tablespoons balsamic vinegar
- 1 teaspoon ground cinnamon
- 10 ripe fresh figs, washed and quartered
- 2 handfuls rocket
- 50g (13/4oz) goat's cheese, crumbled
- 80g (23/4oz) hazelnuts, crushed

Preheat the oven to 180°C/350°F/Gas 4.

Mix the onions, thyme, coconut oil, salt and pepper together in a roasting pan until the onions are well coated. Roast for 25 minutes or until soft and some of the edges have started to char.

In a mixing bowl, mix the olive oil, balsamic vinegar



and cinnamon together well. Add the figs to the bowl and coat with the mixture. Use a large bowl to assemble the salad. Layer the salad, starting with the rocket, then the red onions, figs and finally the goat's cheese. Top with crushed hazelnuts and serve.

HEALTH FACT

Figs are nature's detoxifier and goat's cheese is a great alternative to cow's milk cheese. See how you feel after you eat a certain type of food and pay attention to what works best for your body.

FRILLS NO FUSS kale and grape quinoa salad (vegan) serves 6

"I love this recipe because there is such a contrast of flavours, from the bitterness of the kale to the sweetness of the grapes. If you couple kale with the right flavours then you will discover just how great its taste and texture is."

SALAD

- 250g (9oz) chickpeas/ garbanzo beans, cooked
- 2 teaspoons coconut oil salt 1/2 teaspoon cayenne pepper
- 1/2 bunch kale, stalks removed and leaves torn
- 2 tablespoons olive oil
- 400g (14oz) seedless red grapes, washed and halved
- 1/2 small red onion, finely chopped
- 45g (1 3/4oz/1/2 cup) finely chopped red cabbage
- 65g (2 1/4oz/1/2 cup) walnuts
- 2 tablespoons sunflower seeds
- 185g (6 1/4oz/1 cup) quinoa, cooked as per the packet instructions



DRESSING

- juice of 1 lemon
- 2 tablespoons olive oil
- 2 teaspoons dijon mustard
- 1 tablespoon honey
- 2 cloves garlic, minced
- salt and pepper

Preheat the oven to 180°C/350°F/Gas 4.

Arrange the chickpeas/garbanzo beans on a baking sheet, add the coconut oil, a good pinch of salt and a light dusting of cayenne pepper. Roast for 25–30 minutes, giving them a toss at the halfway point. You want the chickpeas to be crunchy but not little rocks.

Put the kale into a large salad bowl. Drizzle with olive oil and gently massage the leaves until they wilt. Add the grapes, onion, cabbage, walnuts and sunflower seeds and toss together.

Mix all the dressing ingredients together in a small bowl and add to the salad bowl, along with the quinoa. Toss together.

Top with the roasted chickpeas just before serving. If you add them to the salad too soon they'll lose their crunch.

HEALTH FACT

Kale is very high in vitamins C and A, and iron, which gives your immune system the ammo it needs to keep you healthy.

IT'S BARBIE TIME - IN MORE WAYS THAN ONE!

I haven't been tempted - yet - to view the new Barbie film, despite lots of friends (male, surprisingly, and female) saying how good it is. Also, with the weather finally having given us a brief summer, and not too bakingly hot, it's the perfect time to light that barbie - the one in the garden of course!

Interestingly, research from Tesco Whoosh reveals that a barbeque is our top summer mealtime moment, yet 24% often feel unprepared when hosting friends and family. This research was commissioned by Tesco alongside news that its delivery service [Whoosh](#) can now deliver from door to door from as little as 20 minutes, making it a helpful option to bring last minute essentials for barbeques or supply extra drinks and nibbles for those impromptu get-togethers that hopefully will continue into the warm late summer evenings.

If you haven't invested in one yet, it's also a good time to buy one, as many garden centres will be discounting them. We bought a new one this year from Aldi, and it seems to be great, and was amazingly good value.

So, in the spirit of Barbie, I thought it a good time to give you some recommendations:

The range of ready-to-cook barbecue food keeps expanding. To be honest, unless you are a serious BBQ aficionado wanting to prepare everything yourself, I really recommend trying the ranges from the major supermarkets.

Ever reliable, **Marks and Spencer** has an excellent range and there are some great in-store offers, like the amazing-value grill deal. For just £12 you can pick up three products such as Asian-style chicken wing kebabs, smoky cheese and onion beef burger, hog roast doughnut burgers and lots more. Add to this the fact that they also stock a wide range of extras, like sauces, cheese slices, crinkle-cut gherkins and you're sorted in one trip. I recently tried some of the kebabs: Turkish style beef and Greek style pork. Both were delicious and so easy to cook. The other product I really enjoyed from M&S was a halloumi quarter pounder (£5.25 for two) that held together beautifully, and made a refreshing change from meat. I still have to try the chilli and halloumi kebabs (£5.25 for four) ...maybe this weekend!



Finding the best BBQ sauce can be time consuming, but the new range from Tracklements has something for every taste and spice tolerance. **Tracklements Rocket Hot Sauce (v hot)**, **Tracklements Sriracha Chilli Sauce (less hot)** and **Tracklements Smokin' Chipotle Sauce (much milder)** are available individually, at £3.50 for 150ml bottles, from fine food delis and farm shops or online [here](#) but I'd recommend buying all three - as you'll be sure to find a myriad of other recipe uses for them.

While the barbecue is heating up, I do enjoy a glass of sparkling wine, and **Codorníu** cava is one of my favourites, so the Codorníu rosé is the ideal bottle to have on hand.

The grapes to produce their cavas are selected from centuries-old vineyards, following guidelines of sustainable viticulture. By following the traditional method of double fermentation, Codorníu combines innovation and tradition and produces a deliciously fruity cava. It's also very reasonably priced for the quality and widely available from supermarkets, or fine wine shops from around £6.25 a bottle (Sainsburys and currently if you buy six or more there's a 25% discount, so worth stocking up)



Have fun getting fired up this bank holiday weekend!

IT ONLY TOOK US 28 YEARS! CHESS IN THE SQUARE

By Bruce Lyons

Way back in 1995, when we created what was the Twickenham Festival we borrowed a Giant Chess set from Hampton Junior School and held Chess Matches between the local Fire Service and the local Police, as well as many locals schools and residents. The next year by public request we bought our own set and boards.

Since that day till now, weather permitting, there is Chess in the Square for all – free. We even got local students to run classes for youngsters and would again.

Now it seems that Rishi and co have listened – here is a quote from the Chess Media:

The government has set out plans to encourage more primary school children, particularly girls, to learn to play chess.

The Department for Education will award grants of up to £2,000 to at least 100 schools in disadvantaged areas across England, subject to interest.

Schools with higher proportions of pupils on free school meals will be eligible for the funding, which will enable them to purchase chess sets, provide access to weekly online chess tutorials and set up online learning platforms and curriculum planning materials for teachers.

A headteachers' leader has said that, although the initiative was "well meaning", it will only help a tiny number of schools that will have to "jump through hoops" to get a grant.

In addition, 100 new chess tables will also be installed in public spaces as part of culture secretary Lucy Frazer's stated intention to give young people "someone to talk to, something to do and somewhere to go" outside of school.

The Chess is gaining in use every day – Dads and Mums bring their families down all the time – it is a great easy-going environment to learn in which youngsters find far less intimidating than at home or in class. Every time there is Rugby the young crowd know it is here and mob the board.

It isn't rocket science – just a good use of space, better than concrete slabs -don't you think?



The Stags Head Barnes is back in action following a significant investment!

[The Stags Head](#) in Barnes reopened its doors recently following a six-figure investment bringing a new lease of life to the pub and a new offering for the whole community to enjoy.

Licensee Trent Harrison is now at the helm of the pub and has worked to enhance the popular local whilst also keeping its well-loved character and charm.

Inside, the Stags Head has been refreshed throughout with new furniture, fixtures, and fittings. New HD TV screens, all with Sky and BT Sports have also been installed so you don't have to miss any of the sporting action.

It's not just the interior that's been transformed, but the pub's food menu has also had a refresh, and now consists of delicious pizzas made with fresh ingredients and available in a range of toppings, as well as mouth-watering burgers and hearty pies. Trent is also looking to add more dishes to the menu soon, so there will be plenty of great quality food to choose from.

To pair perfectly with the new food menu, is the Stags Head's extensive drinks range, which features lager, draught beer, premium wines and a selection of refreshing cocktails. Also, be sure to keep an eye out as there are daily drink specials featuring popular beers as well as pizza and beer specials during the Rugby World Cup and Premier League.

You can also enjoy soaking up the sun in the courtyard area, which has been decked with cosy string lights and beer barrel inspired seating, the perfect setting for drinks with friends and family.

Trent commented: "I am extremely excited to be running The Stags Head and to put it back at the heart of the local community. Myself and the team have worked tirelessly to update the pub and want to continue to make it a community spot, which is why we are dog friendly and welcome everyone from Barnes and the surrounding area. The support that we have received since reopening has been amazing and I am eager to see customers becoming regulars."

The Stags Head's entertainment schedule has also been ramped and now features regular live music nights from Indie Rock bands and the screening of all your favourite sports including the Rugby World Cup and a host of football matches.

To keep up to date with all the latest drink offers and upcoming events, check out their [Website](#) and [Instagram](#). The Stags Head, 24 Priests Bridge, London, SW14 8TA



WIZ TALES: CLIMATE CHANGE - TUVALU

Teresa Read



The International Monetary Fund has recently highlighted the plight of Tuvalu regarding the effects of climate change and rising sea levels.

Tuvalu consists of a group of small islands in the South Pacific with a population of 11,000 spread across nine islands less than five meters above sea level.

The IMF has reported that following the Covid-19 pandemic Tuvalu's economic performance has been below pre-pandemic levels.

Tuvalu's existence is dependent on international measures to reduce global warming as in the present circumstances the country will probably become uninhabitable by the end of the century.



Manu Folau off Vaitupu atoll



Beach of Nanumea atoll



Canoe carving on Nanumea



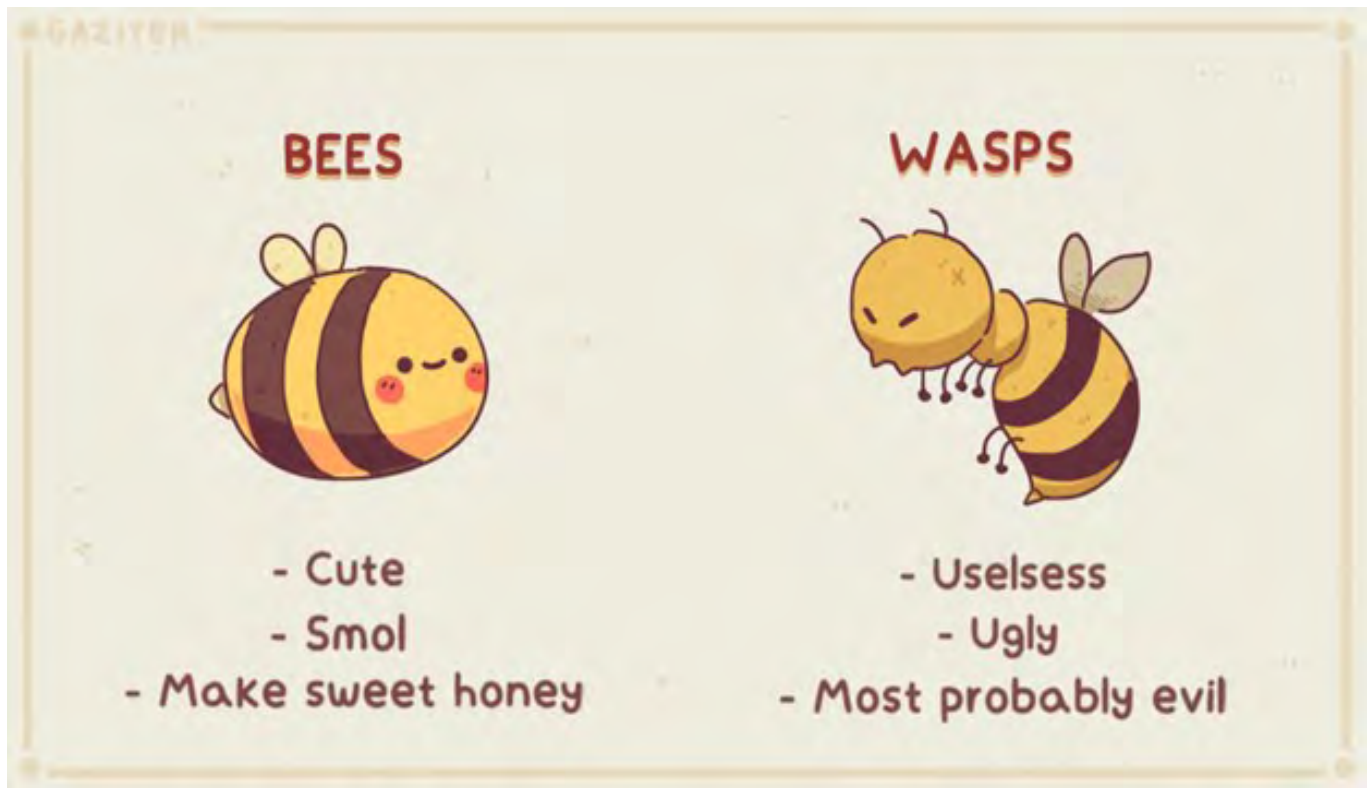
Main street of Funafuti

More information about Tuvalu: <https://worldinfozone.com/country.php?country=Tuvalu>

Love bees... hate wasps?

By Deep Patel

~ Through the Eyes of a Twickenham Shopkeeper ~



As we enter into the final phase of summer, be prepared to see an increase in the number of wasps buzzing around your garden and face if you let them get close enough...but why are there so many more wasps towards the end of summer? This has been a talking point in my shop this past week with customers pondering about all sorts of wasp related issues... from what they eat, to what their purpose is...those who know me will know my passion for promoting compassion and kindness towards all life forms, big...or small...all in the interest of co-existence and of course...good karma...so this week I will answer your most asked wasp questions...Firstly why do people hate wasps but love bees?

Well, we are all very aware that bees are absolutely vital to the existence of mankind due to the fact that they pollinate so heavily, however did you know that *Vespula Vulgaris* (the fancy name for wasps) also contribute to pollination? An estimated 14% pollination is down to them! Don't hate them so much now do you...!

We all have some very irrational prejudices regarding certain sections of the natural world... rabbits are seen as cuddly, whilst rats are seen as vermin, butterflies are seen as good whilst moths are seen as bad, frogs are seen as nice but toads...not so much, bees are seen as wonderful whereas wasps are seen as one of the most hated insects of all time!

However, most queen wasps will emerge in spring when their only source of food is the nectar from plants, so to start with, wasps are indeed pollinators, just like bees and other insects! The queen makes her initial nest from chewed up pieces of wood and saliva (I think I'll stick

to cement and bricks thank you very much). The worker wasps then feed the larva and are rewarded with a sweet liquid secreted from the larva that keep the worker wasps happy (you scratch my back and I'll scratch yours).

So, what is the reason we are seeing so many more wasps in late August? Well, once a lifecycle is complete, the queen leaves the nest she created leaving behind the drones and workers who no longer have the luxury of feasting on the sweet secretions of the larva (this sounds completely disgusting right? Like us living off the sweet sweat of our children...this is disgusting...yuk...but clearly no so if you are a wasp). So, no more access to these sweet secretions means they have to find alternative sources to get their sweet fix through late August, so they come to find us whilst we are trying to enjoy the last of the summer BBQs and picnics in the parks...attracted by our sweet fizzy drinks, cakes and jam sandwiches (you know you love them). To try and avoid this, I tell customers in my shop to wear white when they are going on picnics or red...wasps cannot see these 2 colours so they stay away...wearing citrus-based fragrances, perfumes and aftershaves not only makes you smell fresh, but keeps bees, wasps and mosquitoes away too...they cannot stand it! Try to keep sweet foods and drinks covered up also. Planting things like mint plants also keeps them away as they hate mint!

All this aside, I was telling my customers not to hate wasps this week. I was reminding customers, wasps are important insects to, they should be treasured and their late summer transgressions tolerated really. They hardly sting, only in self-defense, when provoked, generally they couldn't care less about humans, they are just after us for a sugar fix (sounds like what some of my customers said about their ex-wives). Please don't kill wasps, it is a senseless reaction that could make things a lot worse because an injured wasp emits pheromones that alert other wasps to danger which in turn could trigger an aggressive response...as with so many of our interactions with nature, leave it alone...and it will leave you in peace (and obviously you will maintain good karma).

So, remember...always BEE kind to the wasps instead of telling them to BUZZ off... celebrate their existence and life in general...we are on this planet together...to love each other.

Remember...

“Bees or wasps...live and let live”

MY CREATURE-KINDNESS TIP OF THE WEEK...

STOP FOXES, RATS, MICE & SQUIRRELS KINDLY (GOOD KARMA):

Place empty bowls filled with white vinegar around places where you don't want them to come...they will go without you having to harm them...use humane mouse & rat traps and release them back out in parkland areas. Use electronic plug in deterrents with good reviews around your house to stop them coming (the smell of white vinegar also stops ants kindly).

For ANY specific tip to stop any “pest” or insect KINDLY (for good karma/blessings), email me: thedeepatel@gmail.com or join my Facebook page: “KIND WORLD”

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Sin, the Musical

by John-Michael Mahoney

Dmii Productions at The Other Palace Theatre, Victoria

Sin, the Musical, which [premiered last year](#) at the Grimeborn Festival at the Arcola Theatre in Dalston, explores what happens when a large sum of money is unexpectedly injected in to a small, close-knit group of petty criminals in the New York of the 1920s. In so doing, it uses the key characters to provide manifestations of the seven deadly sins.



The score is largely contemporary stage musical in style with some jazz influences, and also John-Michael Mahoney's skill as a lyricist are to be enjoyed. Some of the best examples are to be found in the smaller ensembles, for example the quartet of Sarah (Taylor Quinell), Grace (Camile Reid), Sam (Houston McDowall) and Jack (Charlie Toland) in *Love is Love* in Act One, which skilfully weaves in strands of conversation. Otto's (Renan Teodore) lament catches the audience's sympathy, as does Sarah's confessional in Act Two, whilst the show-down duet between Michael (Harry Osborne) and Jack in Act Two is almost operatic in its intensity.

Musical Director Angelo Deller-Tsocos benefits from having the cast both in sight and earshot and thus is able to keep the band at sympathetic levels to both cast and action.

It is clear that the company have taken time to delve into their characters and the various relationships, which brings the bonus of more three-dimensional and inter-connected portrayal. There is a real "team" feel about it, which supports and reinforces the exchanges, particularly where the script requires some tough, aggressive, or vulnerable expositions. Ross's slide into psychosis, which evolves subtly throughout the piece, totally engages.



Dynamics, vision, substance and clarity have gained in strength since the show's first outing, and *Sin, the Musical* is well worth looking out for. The seven deadly sins have just got deadlier.

Read Vince Francis' review at www.markaspen.com/2023/08/06/sin-op

Photography courtesy of Dmii



La Cenerentola

by Gioachino Rossini, libretto by Jacopo Ferretti

Opera Kipling at Upstairs at the Gatehouse, Highgate until 6th August

The story of *Cinderella* is no stranger to anyone, yet in Rossini's operatic version *La Cenerentola*, performed by Opera Kipling (in the wonderful setting Upstairs at the Gatehouse, Highgate), it transforms into something even more enchanting. A gloriously fun and very welcome fusion with 1980s pop culture weaves it further into a vibrant tapestry of references, resembling a much-loved, well-worn vinyl record from the 'Now! That's What I Call Music!' series. As every scene becomes a figurative



dance-off between the familiar fairytale and the decade nostalgia that peppers the narrative with an incredibly pleasing attention to detail. *Cinderella* in this rendition, directed by Guido Martin-Brandis, is an harmonious hybrid that enchants and engages, a fluorescent-hued love letter both to opera and a much-loved era.

In the words of Rick Astley, surprisingly referenced on one of the t-shirts modelled by Cinderella's garishly dressed step-sisters – clad in the neon and legwarmers of the era – this rendition of *La Cenerentola* promises from the outset that it's "never gonna let you down" – and a barnstorming opera delivers exactly that promise.

Whilst the staging is simple, the cast's collectively impressive operatic vocals bedazzle it with glitz, befitting for both the prince's ball that Cinderella attends and the era that brought us parachute pants and Culture Club. Speaking of tapes, the recorded subtitles (the opera, as you might expect, is sung in Italian) cleverly integrate eighties lyrics, consistently creating humour to the story to complement the operatic moments, and giving the audience a stroll down memory lane. A particular highlight of this tongue-in-cheek approach was the incorporation of the hieroglyphic symbol that represented the Artist Formerly Known As Prince into an otherwise normal sentence about Cinderella's future betrothed. Although there were moments when the subtitles disappeared seemingly unexpectedly, leaving the audience to test their Italian skills, the action on stage was so captivating that it more than kept all those present entranced.

The calibre of the singing was more than worthy of the royalty in the cast. A special mention must go to Karima El Demerdasch as Cinderella herself, whose central performance was compelling, and enabled both the opera's storyline and the more comedic elements of the 1980s romp to work superbly.

Grace Lovelace and Laura Curry as the stepsisters Tisbe and Clorinda steal moments with their snarky and full attitude turns; Thomas Litchev excels as Dandini, and Alexander Jones as the force of nature Don Magnifico delivers low, booming undertones with by far the most joyously comic role of the piece. Note must be given to Robert Tilson as Don Ramiro, who persevered to walk his part despite suffering from losing his voice ahead of the show, a selfless move which enabled the performance to continue to flow seamlessly.



And, deserving of a standing ovation, was Giannis Giannopoulos, the musical director and pianist whose fingers never stopped hammering the ebonies, providing a musical foundation which propelled the narrative forward, a DeLorean crescendo accelerating through time. The end result is that Rossini's musical score is a symphony of excellence and often poignant beauty, and against this reimagined *Cinderella*, much like once upon a time a mixtape could capture the essence of the MTV generation, Giannopoulos' performance certainly captures the essence of this opera.



This synergy between Rossini's timeless composition and the playful details creates a means to be transported to a world where opera and 80s pop culture harmoniously waltz together.

Opera Kipling's *Cinderella/La Cenerentola* woos us with its glitter, attention to nostalgic minutiae, and a stunning score. The programme notes tell us that Opera Kipling was formed by a group of singers with a shared love of opera whilst watching

reality TV and socialising in the pub, and the performance feels like we've been warmly welcomed to join in their circle.

Indeed, this reviewer felt delightfully cosy watching the performance – despite forgetting to wear his own neon legwarmers – and this feeling stayed with me, along with a satiated smile, as I left the theatre to the comparably quiet and monochrome world outside, lit only by the streetlights of suburbia.

Read Brent Muirhouse's review at <https://markaspen.com/2023/08/05/cenerentola-ok/>

Photography by Christal Vermaut



Loyola

by Domenico Zipoli

El Parnaso Hispano at the Grimeborn Festival at the Arcola Theatre

Zipoli's *Loyola* is contemplative rather than dramatic, and staging it doesn't add much to what is a long cantata or a short oratorio. But one can focus on celebrating Zipoli's marvellous score, a glorious piece of musical fusion combining Baroque oratorio with South American influences from the people who were intended to perform it.

Zipoli (1688-1726) was an Italian Baroque composer, who became a Jesuit and went with 53 missionaries to Argentina, where he taught music. Originally written around 1720 for performance by indigenous musicians on the Jesuit missions in Latin America, the score was recently discovered in Bolivia.



With lots of short arias and barely any recitative, the score has a freshness and directness that is delightful. The superb performance by El Parnaso Hispano - an ensemble led by Inca tenor Rafael Montero, dedicated to authentic performances of the Latin American baroque - undeniably helped here. This is a tradition that needs further exploration and more performances. El Parnaso Hispano are certainly the group to do it, and on this evidence deserve a residency at Wigmore Hall.

As *Loyola*, Montero has a timbre that is not like that of a conventional operatic tenor and in Michael Walling's contemporary production he is weakened by sickness on a hospital bed linked to a drip and monitors. But he is increasingly convincing and is well supported by other singers including Kate Smith's gorgeously ethereal pure tones as St Francis and Birak Barkakaty's fine countertenor. The Arcola is an ideal place for hearing a theorbo and the instrumentalists also included two violins, guitar, cello-gamba and percussion with a thrilling baroque trumpet from Tom Watts to finish.

The production began with a short film about Zipoli with lots of talking heads - but even so the piece was less than an hour long. Setting it in a modern hospital provided an effective setting although I'm not really sure that it belongs on that stage. *Loyola* may be obscure but is certainly worth doing.

Read Patrick Shorrocks' review at www.markaspen.com/2023/08/12/loyola

Photography courtesy of El Parnaso Hispano

ENRON

by Lucy Prebble

Directed by: Maxina Cornwell

Saturday 21 to Saturday 28 October 2023

Mary Wallace Theatre

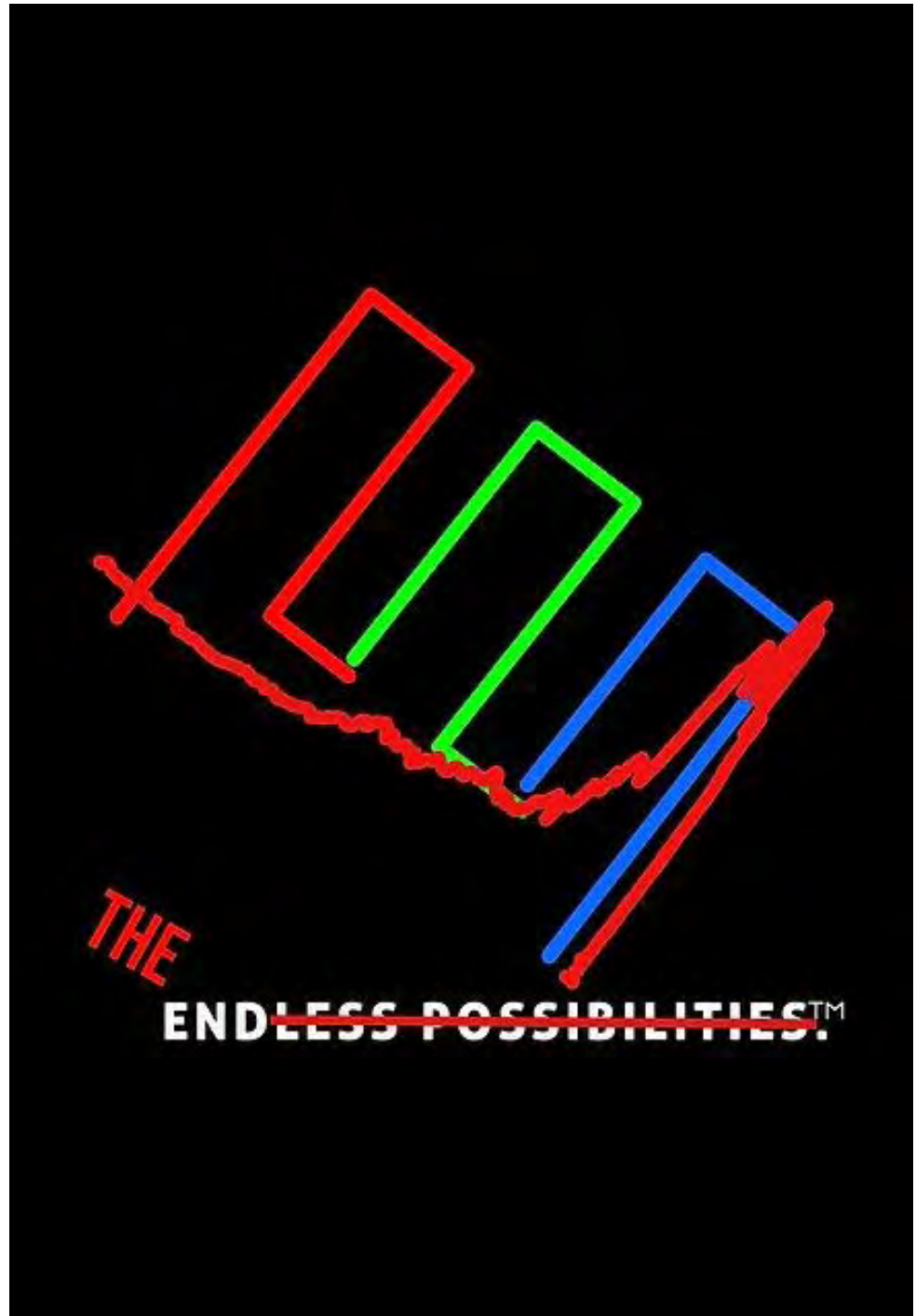
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Based on true events, Lucy Prebble combines classical tragedy with sharp comedy to reveal the lies, crime and greed in this powerful political satire. RSS is excited to present this modern, high-energy production which exposes one of the biggest corporate scandals at the start of the 21st century.

Booking opens 25 September.

This amateur production is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd.
www.concordtheatricals.co.uk

Box Office: 07484 927662
Performances are at 7:45pm from Saturday 21 October to Saturday 28 October (excluding Sunday and Wednesday), and at 3pm on Sunday 22 October.



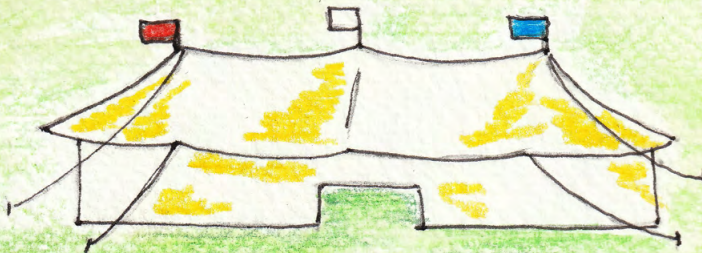
<https://www.richmondshakespeare.org.uk/>

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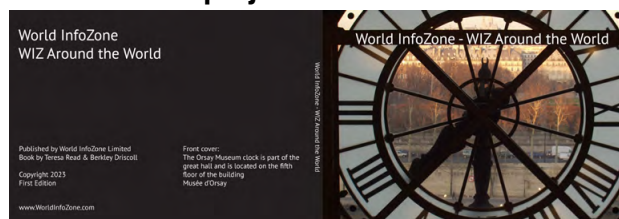
WIZ Around the World

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

By Teresa Read

AFRICA

“The site looks excellent, and the information on Ghana will be particularly useful for ourselves and the UK schools linked with Ghanaian schools” - Link Africa



As well as collecting information from partner organizations and individuals around the world for the website, World InfoZone was active in donating computer equipment to African countries.

One of the students in our original team spent four months in Ghana teaching English and introducing computer skills in a small village near Accra. When he arrived, the village did not have a computer, so we prepared one of our computers and shipped it to Accra. Later we sent printers and a supply of cartridges for use in the newly opened village library.

I was also in touch with St Theresa's High School in Swaziland (now eSwatini); my daughter who was studying in central London delivered a computer, other hardware and software to the collection point for Computer Aid.

USAID and the Peace Corps Water in Africa project were invaluable, providing photographs of a number of African countries for the World InfoZone project. Embassies in London were also helpful. I remember a visit to the Embassy of Zimbabwe in The Strand and a very informative and interesting meeting; and the Libyan Interests Section of the Saudi Arabian Embassy in Harley Street sent three beautifully illustrated books with background information for the project. Other organizations and friends visiting Africa were also kind enough to provide photographs for the country galleries (15 are in the book).



African countries on the World InfoZone website North: Algeria, Egypt, Libya, Morocco, Sudan, Tunisia. West: Benin, Burkina Faso, Cameroon, Republic of the Congo, Cote d'Ivoire, Equatorial Guinea, Gabon, The Gambia, Ghana, Guinea, Guinea-Bissau, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, Togo. Atlantic Ocean: Cape Verde, Sao Tome and Principe. Central: Burundi, Central African Republic, Chad, Democratic Republic of the Congo, Rwanda. East: Djibouti, Eritrea, Ethiopia, Kenya, Somalia, Tanzania, Uganda. South: Angola, Botswana, Lesotho, Malawi, Mozambique, Namibia, South Africa, eSwatini, Zambia, Zimbabwe. Indian Ocean: Comoros, Madagascar, Mauritius, Seychelles. *15 photographs in full colour.*

NEXT WEEK: THE AMERICAS

Bank holiday waste and recycling collections

There will be no changes to the schedule of waste and recycling collections following the summer bank holiday on Monday 28 August.

We will continue to collect residential waste and recycling on households' usual collection dates of service. Find out your [collection day](#).

[Townmead Road Reuse and Recycling centre](#) will remain open, and residents will need to book a slot in advance. Please note that slots will be limited over the bank holiday weekend, so it is advised to book early.



Recycling cycles for charity

Bikes are sought for this year's Barnes Charity Bike Sale at St Mary's Church. People can donate a bike or let the team sell it in return for a share of the proceeds.

All bikes donated are given a once over and a little attention, before they are all offered for sale on 16 September. The sale is open from 9.30am to 12pm at St Mary's Church, Barnes SW13 9HL.

Since the annual bike sale started, Barnes Charity Bike Sale are proud to have sold over 1930 bikes and raised over £120,000 for charities. This year, they are supporting FiSH Neighbourhood Care, Glass Door winter night shelter for the homeless, Under Tree Schools, Age UK Barnes Green Centre and Castelnau Community Centre, as well as St Mary's Church.



For more details and the dates to bring in donated bikes, visit the [Barnes Charity Bike Sale website](#)

Richmond upon Thames students celebrate GCSE results

Richmond Council has shared its congratulations to students in Richmond upon Thames who received their GCSE results. Following the return to pre-pandemic grade boundaries, this year's local GCSE results have improved on those of 2019.

Whilst there has been a national decline in results, students in the borough have outperformed their counterparts with grades remaining above the national average across a majority of subjects.

Cllr Penny Frost, Chair of the Education and Children's Services Committee, said:

“Well done to all the students in Richmond upon Thames who picked up their GCSE results. The past few years have been challenging for young people with the significant disruptions to schooling and the high standard of the results achieved speaks to the incredible drive of pupils, teachers and other school staff as well as the tremendous ongoing support offered by parents and carers. I hope that students will be celebrating today, and planning what their next steps are – congratulations to everyone.”



Provisional figures show that 84% of pupils achieved a grade four or above in English and maths, which compares favourably to the 2019 national average of 65%.

66% of students in Richmond upon Thames also secured a grade five or above, which is deemed 'strong' pass in both subjects.

The proportion of pupils who achieved the English Baccalaureate, which considers performance across a range of subjects including humanities, languages and science, also remains well above national results.

Waiting for exam results can be a stressful time for students. To support the mental health of young people in Richmond upon Thames young people can access www.kooth.com Kooth is a free, safe and anonymous place for young people to find online support and counselling.

St Mary's University

Dr Jeremy Pilch Named Head of School of Theology at St Mary's

St Mary's University, Twickenham (SMU) has announced Jeremy Pilch will become the University's Head of School, Theology, within the Faculty of Education, Theology and the Arts.



The news was welcomed by the Dean of the Faculty of Education, Theology and the Arts, Prof **Jacob Phillips**, who commented, "St Mary's is well established with specialist expertise and resources in theology, which has risen to the top

5 theology departments in the UK in recent years. Theology is central to the University's Catholic mission – displayed by our hosting of Mater Ecclesiae College (MEC), the only ecclesiastical faculty in the UK which means St Mary's has responsibility for training seminarians for the Catholic priesthood.

"The appointment of Jeremy to this pivotal role is a demonstration of our commitment to offering programmes of study which meet the highest academic standards whilst maintaining a focus on student support, world-leading research, and Catholic mission."

Jeremy has been the Course Lead of the BA in Theology, Religion, and Ethics for some years, and the head of collaborative partnerships within IoTLA, with a particular focus on Mater Ecclesiae College.

Dr Jeremy Pilch commented, "I'm delighted to be taking on this new challenge at St Mary's, providing academic leadership and innovation for the School. I look forward to ensuring that our theological programmes continue to grow and develop so as to offer our students the

very best experience at St Mary's.

"It is a privilege to be working with a team who are so committed to our students and I'm excited about the prospects for the School of Theology in the years ahead."



In addition to his leadership roles, Jeremy teaches across a range of topics, including modules on Systematic Theology and Mariology at MA and BA levels; Orthodox mystical theology for the MA in Christian Spirituality; Theological Anthropology, Christian Ethics, Ecclesiology, Eastern Christianity, for the BA programme.

Following undergraduate studies at Oriel College, Oxford, and an MA at the School of Slavonic and East European Studies (UCL), Jeremy worked in secondary education before being awarded an AHRC scholarship for a doctorate at the University of Bristol, focusing on the doctrine of deification in the Russian tradition. This doctoral work forms the basis of his 2018 monograph on Vladimir Solov'ev. Prior to coming to St Mary's he held a research fellowship in the Centre for Eastern Christianity at Heythrop College.



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Grassroots Football Defibrillator Scheme Massively Oversubscribed After Fabrice Muamba Support

A national defibrillator and CPR training scheme for grassroots football clubs has opened to new applications this week, after Fabrice Muamba's 'thank you' video to a small heart charity sent applications soaring to almost 4,000 for just 100 life-saving defibrillators.

The popular life-saving campaign is funded and delivered by family-run heart charity Red Sky Foundation and rolled-out by Team Grassroots - the UK's largest independent grassroots football organisation. Successful applicants receive a free defibrillator and online CPR training for unlimited members of their club and community. The mobile defibrillators can be taken to every location where the team plays or trains, improving access for all.



The Grassroots Defibrillator Programme, which is now in its third year, has funded over 300 defibrillators to date and has trained thousands of members across more than 100 grassroots clubs. This follows the Premier League's national campaign which gave 2,000 grassroots sites access to a defibrillator back in 2021, amongst other campaigns.

Paul Kirton, Founder of Team Grassroots, the organisation helping to deliver the campaign comments:

"The demand for defibrillators at a grassroots level is testament to the awareness raised by the household names who have been affected, such as Fabrice Muamba and Christian Eriksen. The few clubs that could afford to buy one now have, and the various schemes have made many more available, but the fact that demand is still so high confirms the need for additional funding to get one in reach of every football player in the UK, at every level."

"In the meantime, the Red Sky Foundation's incredibly generous donation will help 100 more clubs play with confidence and give them the peace of mind knowing that life-saving equipment can be made available and used correctly, should it be required."

Sergio Petrucci, Co-founder of Red Sky Foundation comments:

"Our daughter, Luna, was given a second chance receiving specialist cardiac care when she needed it most and this is our way of helping others. Sudden cardiac arrest can happen to anyone of any age and grassroots clubs' budgets often don't allow for this type of apparatus, so we are doing what we can to help clubs access one."

"Using early CPR and defibrillation on a person in sudden cardiac arrest can increase their chances of survival from seven percent to over 75 percent so it's vital that every club possible in the UK has access to a defibrillator via the Grassroots Defibrillator Programme."

All defibrillators allocated to clubs via the Grassroots Defibrillator Programme are delivered alongside a free life-saving CPR and defibrillator training sessions for as many people who wish to attend, courtesy of Red Sky Foundation.

About Red Sky Foundation

Red Sky Foundation was awarded full charitable status in 2020 after being created by Sunderland couple Sergio and Emma Petrucci to give something back after their daughter Luna received life saving open heart surgery at the Children's Heart Unit in Newcastle's Freeman Hospital. They have raised over £600,000 funding incredible state of the art cardiac machinery and equipment as well as funding a public access defibrillator project installing over 100 units and educating thousands of people of all ages in the benefits of CPR and early defibrillation.

All grassroots clubs can apply online for a defibrillator at www.teamgrassroots.co.uk.



TEAM GRASSROOTS



Lawes to bring up Century against Fiji at Twickenham

Courtney Lawes (Northampton Saints) will win his 100th cap as England captain on Saturday as Steve Borthwick's men take on Fiji at Twickenham Stadium (kick-off 3.15pm) in the last of England's Summer Nations Series games before the start of the 2023 Rugby World Cup in France.

Lawes brings up his century of England appearances having made his debut as a 20-year-old against Australia in 2009. In all there are nine changes to the starting XV who took the field in Dublin last Saturday. In the front row, Theo Dan (Saracens) gets his first England start at hooker, where he is joined by loosehead prop Ellis Genge (Bristol Bears) – who is named as one of two vice-captains – and Dan Cole (Leicester Tigers) at tighthead.

Having featured off the bench against Ireland, Ollie Chessum (Leicester Tigers) comes into the side to partner Maro Itoje (Saracens) in the second row. Jack Willis (Toulouse) makes his first start of the Summer Nations Series at openside flanker, with captain Lawes on the blindside and Ben Earl (Saracens) at No.8 to round off the back row. Scrum-half Alex Mitchell (Northampton Saints) partners vice-captain George Ford (Sale Sharks) in the half back berths. In the centres, Manu Tuilagi (Sale Sharks) and Ollie Lawrence (Bath Rugby) combine to make a powerful midfield pairing. In the back three, Jonny May (Gloucester Rugby) features on the left wing for the first time this summer, with Max Malins (Bristol Bears) on the right and Freddie Steward (Leicester Tigers) again taking his place at fullback.

Hooker Jack Walker (Harlequins) is named amongst the replacements alongside Joe Marler (Harlequins), Will Stuart (Bath Rugby), David Ribbans (Toulon), Lewis Ludlam (Northampton Saints), Danny Care (Harlequins) Marcus Smith (Harlequins) and Joe Marchant (Stade Francais).

"After another eventful and dramatic encounter against the number one team in the world in Dublin last weekend, we are delighted to be back at Twickenham with our home supporters to welcome an in-form Fiji team," said Borthwick. *All of the Summer Nations Series Test matches have provided us with an opportunity to continue our preparations for the Rugby World Cup in France. Fiji have proven themselves to be a strong opposition and we look forward to what we expect to be an exciting and challenging game. Rest assured that we will be looking to convert the opportunities we have recently been creating week-on-week into points on the scoreboard. At this our last Test before heading to France, I want to thank our fans for all the support you continue to give us, and it means a lot to us that you will be behind us all the way on our World Cup journey."*

On Courtney Lawes, Borthwick commented: *"We couldn't be prouder of Courtney on achieving his incredible milestone after 14 years of excellent performances for his country. It has been a privilege to watch his journey and witness him develop into a truly outstanding rugby player. Not only is Courtney an exceptional talent and an excellent professional, he is also a brilliant role model for young players every time he steps onto the field."*

Saturday's Summer Nations Series clash against Fiji will be shown live and exclusively on Amazon Prime Video.

ENGLAND v FIJI: Saturday 26 August 2023, Twickenham Stadium. Kick-off: 3.15pm

- | | |
|---|---|
| 15. Freddie Steward (Leicester Tigers, 25 caps) | 1. Ellis Genge – vice-captain (Bristol Bears, 51 caps) |
| 14. Max Malins (Bristol Bears, 20 caps) | 2. Theo Dan (Saracens, 2 caps) |
| 13. Ollie Lawrence (Bath Rugby, 13 caps) | 3. Dan Cole (Leicester Tigers, 101 caps) |
| 12. Manu Tuilagi (Sale Sharks, 52 caps) | 4. Maro Itoje (Saracens, 69 caps) |
| 11. Jonny May (Gloucester Rugby, 72 caps) | 5. Ollie Chessum (Leicester Tigers, 10 caps) |
| 10. George Ford – vice-captain (Sale Sharks, 84 caps) | 6. Courtney Lawes – captain (Northampton Saints, 99 caps) |
| 9. Alex Mitchell (Northampton Saints, 5 caps) | 7. Jack Willis (Toulouse, 12 caps) |
| | 8. Ben Earl (Saracens, 17 caps) |

Replacements:

- | | |
|---------------------------------------|--|
| 16. Jack Walker (Harlequins, 3 caps) | 20. Lewis Ludlam (Northampton Saints, 20 caps) |
| 17. Joe Marler (Harlequins, 81 caps) | 21. Danny Care (Harlequins, 89 caps) |
| 18. Will Stuart (Bath Rugby, 28 caps) | 22. Marcus Smith (Harlequins, 23 caps) |
| 19. David Ribbans (Toulon, 7 caps) | 23. Joe Marchant (Stade Francais, 18 caps) |



Match Preview: Brentford v Crystal Palace

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

Written by Brentford Football Club

Following a 3-0 victory over Fulham last weekend, Brentford return to action against Crystal Palace at Gtech Community Stadium on Saturday.

The two sides have shared the points on each of their last four Premier League meetings, with Vitaly Janelt heading home a last-minute equaliser during the most recent encounter in March.

Pre-match Analysis

Richard Cole, Playmaker Stats: Brentford and Crystal Palace – two teams with differing ideas of how to progress the ball

All four Premier League games between Brentford and Crystal Palace to date have ended in deadlock in a fixture that features two very different attacking styles.

Both top-flight meetings in the 2021/22 season finished goalless, but at least there were goals last year with both games ending 1-1.

A quartet of draws perhaps isn't too surprising, given that Palace tend to top the Premier League stalemate stats.

No team in the division shared the spoils on more occasions (15) than the south Londoners in 2021/22, and the Eagles racked up another dozen league draws last season – though this time they finished two behind Brentford (Newcastle the only team other than the Bees to record 14 draws).

That's where the similarities end, however, with both teams having differing ideas of how best to get the ball forward.

Generally speaking, Palace have relied far more on dribbling and taking on players to get into the final third.

In fact, the Eagles ranked eighth in the Premier League last season for carries into the penalty area (206) while in comparison Brentford (102) did this the least of any team.

This method has its advantages. A successful dribble can put a player in a fantastic position to pass or shoot - and it also draws fouls. Lots of them, in Palace's case!

Of the 12 most-fouled players in the top flight last season, four were from Palace: Jordan Ayew (first, 90 fouls drawn), the now departed Wilfried Zaha (fifth, 77), Michael Olise (eighth, 69), and Eberechi Eze



(12th, 57).

After just two games this season Eze (seven drawn) and Ayew (six) are already two of the most hacked players in the top flight.

To put those numbers in context, only one Brentford player even featured in the top 40 most fouled players last season, with Ivan Toney really taking one for the team (sixth, 74 fouls drawn).

While Palace benefit in some respects, dribbling is risky and relying on it may explain why the Eagles ranked first in the league last season for miscontrols (643) and lost possession (they were dispossessed on 457 occasions).

Brentford's pragmatic style accounted for far fewer miscontrols last year (only four teams ranked better) and the Bees were dispossessed far less as well.

The Bees are of course blessed with players, like Mathias Jensen, who let the ball do the work. Indeed, when it came to crosses into the box last year Brentford swung in the third-highest total, while Palace in comparison put in the second fewest.

Brentford's more direct approach poses a greater threat in terms of running off the ball - and it perhaps explains why the Bees were far more likely to be caught offside in the top flight last season: Thomas Frank's side flagged 72 times (the fifth-highest total) compared to Palace's 58 (the fifth-lowest).

Saturday's clash at Gtech Community Stadium seems fascinatingly poised... will it yield a winner this time?

The Opposition

Olise's new contract a welcome boost as Palace begin life without Zaha

Crystal Palace got off to their usual solid, if unspectacular, start last season and were comfortably sat in mid-table by the time the World Cup got underway in November. But, after the break, they essentially ground to a halt.

The Eagles returned with one league win in 13 games, scoring just six goals along the way, and were on a hiding to nothing by the time Patrick Vieira was sacked in mid-March.

Roy Hodgson - who started his playing career at the club in the 1960s - was then brought back two years after the end of a four-year spell at the helm to lead the firefighting effort.

Hodgson - the Premier League's oldest-ever manager, having turned 76 just over a fortnight ago - did such a sensational job that it was mutually agreed he would return on a permanent basis.

"Appointing Roy for another season will enable him and the squad to hit the ground running for a full pre-season and continue the magnificent momentum that has built up since his return," said chair Steve Parish after the news was announced in July.

This season, for the first time in the best part of a decade, Palace didn't have talisman Wilfried Zaha to lead them into the new campaign.

The 30-year-old sits third on the list of all-time appearance makers for the club, but his departure to

Galatasaray on a free transfer, after a protracted will-he-won't-he contract saga, has left a significant hole in the squad.

Brazil Under-20 starlet Matheus Franca - signed from Flamengo for a reported initial fee of €20 million - has been earmarked as his long-term replacement, though it is a big ask for the 19-year-old to fill such esteemed boots.

Arguably their biggest boost of the summer, however, came a matter of weeks ago. Free-spending Chelsea activated the £35m release clause in Michael Olise's contract and it seemed as though the draw of making the move from south to west London would be one too difficult for the France U21 international to turn down.

But that proved not to be the case - instead, Olise signed a new four-year deal, which will keep him at Selhurst Park until the summer of 2027. Hodgson was, understandably, delighted by the unexpected development.

"It's the best possible news we could have," he said. "The decision has been his. I always hoped... Michael would realise that, at such a young age, his future here is very bright. We can help him move very quickly to another level."

The Eagles made a winning start to the new campaign, with Odsonne Edouard's second half strike earning them a 1-0 win over Sheffield United at Bramall Lane on the opening day of 2023/24, before a narrow defeat to Arsenal on Monday night.

Perhaps this time around, with positivity flowing both on and off the pitch, they could make the kind of start that keeps hopes of a first top-half finish since 2014/15 flickering for several months to come.

In the Dugout Roy Hodgson

Roy Hodgson is set to prolong his managerial career into a 48th year. He has managed 22 different teams in eight countries, beginning in Sweden with Halmstads BK in 1976.

At international level, he guided Switzerland to the last 16 of the 1994 World Cup and qualification for Euro 1996. From 2006 to 2007, he managed the Finland national team, guiding them to their highest-ever FIFA world ranking of 33rd.

He then managed the England national team from May 2012 to June 2016, which ended after the Three Lions were knocked out of Euro 2016 by Iceland in the round of 16.

At club level, he has managed Inter Milan, Blackburn Rovers, Malmo FF, Grasshoppers, FC Copenhagen, Udinese, Fulham, Liverpool and West Bromwich Albion.

He has been a UEFA Cup and Europa League runner-up at Inter Milan and Fulham, respectively, as well as winning domestic trophies in Sweden, Switzerland and Denmark.

In May 2022, after a four-month spell at Watford that ended in relegation, Hodgson said he would not be seeking another Premier League job. However, by March 2023, he had returned to Selhurst Park for a second spell, signing a one-year deal.



Take part in the 'Love Me' wellbeing programme

Love Me is a unique wellbeing programme designed to create space in your mind and moments of stillness, to help you feel energised, refreshed, and restored.

The six week programme will begin on Friday 8 September at LiveWell Kew, TW9 4F.

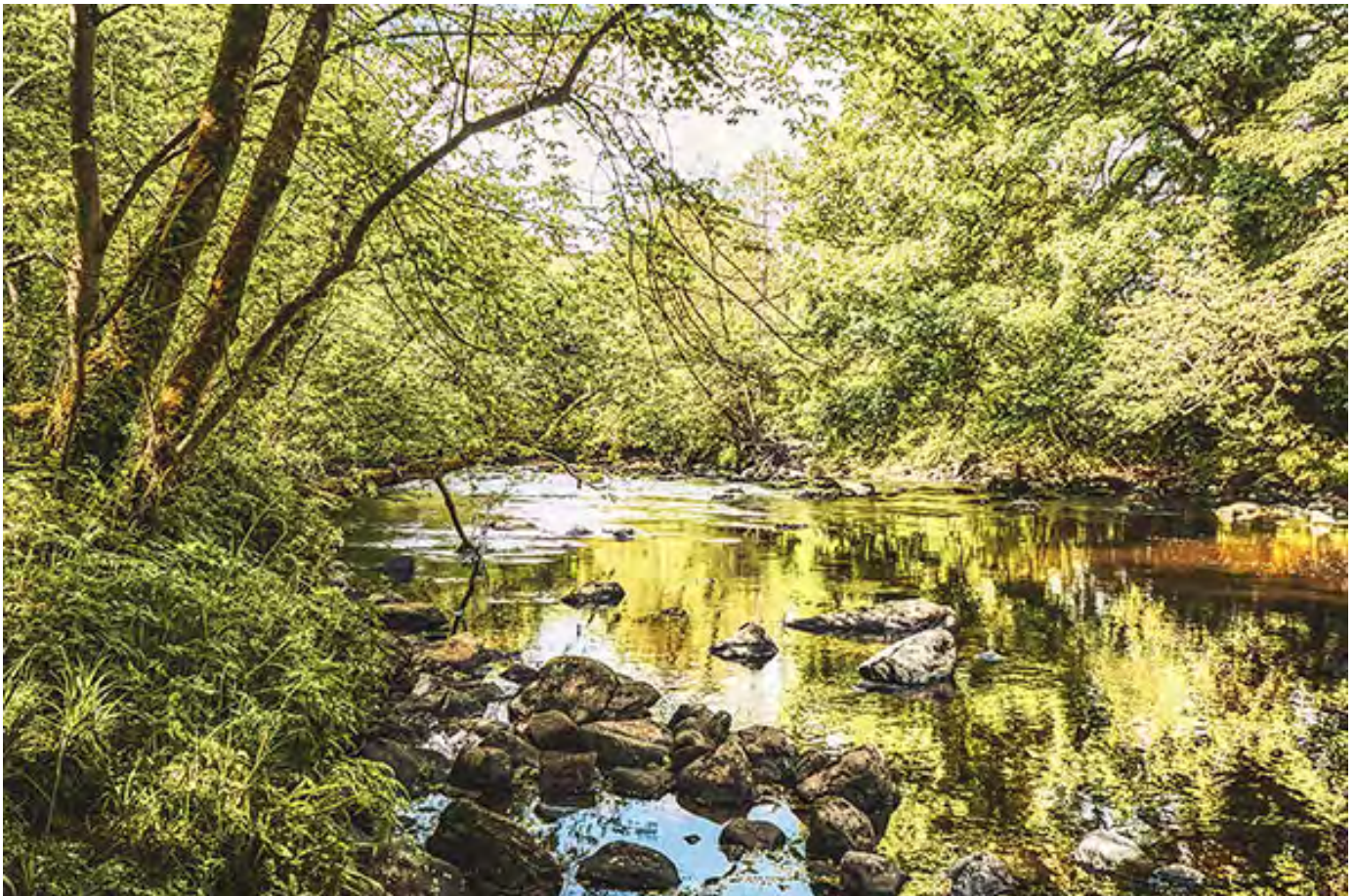
The programme is run by a group of women with a variety of inspiring expertise and credentials including, Yoga Facilitator Frankie Arpino, West Dancer and Choreographer Emma Chrispin, Fine Artist Red Gibbons, Women's Health Specialist Lydia Campbell, and Former International Athlete Susie Bush-Ramsey.

It incorporates a wide variety of rejuvenating activities, spanning six weeks, including: calming breathe and stretch, restorative TP pilates, inspiring sustainable crafts (such as origami, block-printing, marbling), simple, uplifting dance, motivational life coaching and refreshing styling.

There are free social prescribing places available and generous discounts for those who may be struggling financially.

LiveWell Kew provides a bright beautiful studio space and friendly environment, including an onsite cafe. It is adjacent to Kew Retail Park.

Find out more about the [Love Me programme](#).



Surbiton community joins Royal Star & Garter's Caribbean-themed Carnival Open Day

Caribbean calypso came to Surbiton when a care home hosted a Carnival Open Day.

A steel pan drum band, Jamaican food and carnival procession and Carnival Queen were all part of Royal Star & Garter's Caribbean-themed Carnival Open Day, on Tuesday 22 August.

The event was part of the Surbiton Home's 10th anniversary celebrations, and also tied-in with the 75th anniversary of HMT Empire Windrush docking in England in 1948.



Royal Star & Garter provides loving, compassionate care to veterans and their partners living with disability or dementia. The charity also has Homes in Solihull and High Wycombe.



The event was open to members of the public and those who wished to tour the award-winning care home. Among guests attending were Cllr Richard Thorpe the Deputy Mayor of Kingston, local Police and the Fire Brigade service. Children from nearby Child's Play Nursery also attended and dressed for the carnival celebration.

The Caribbean-themed Open Day took place days before the Notting Hill Carnival. It was organised after veterans at the Home told staff of their wish to attend the famous West London street-party. This is not possible as the Home's residents live with complex care needs, so staff brought the festivities to them.



Army veteran Bob said: "It was the perfect afternoon. I really enjoyed all of it, especially dancing to the steel pan drum band, who I thought were fantastic."

Karen spent the day with her father Arthur, an Army veteran. She said: "I thought it was a marvellous event. It was very colourful, with wonderful music and a lovely atmosphere. I thought everyone enjoyed themselves and credit must go to the staff for arranging such a great day."

Home Manager Helena Maher said: "This was a really memorable way for us to celebrate our 10th birthday together with residents, their relatives and guests from the wider Surbiton community, which we love being part of. I'm grateful we were also able to use the day to celebrate the Windrush generation and the contribution they've made to this country, and show visitors around our beautiful Home." Royal Star & Garter in Surbiton is welcoming new residents. For more information on this, or to work for the charity, go to

www.starandgarter.org/surbiton



**Royal Star
& Garter**

Care with courage

NPL partners with prestigious Royal Institution to launch new lecture series

Lectures include: the fragility of time; the future of Quantum; measuring the sun's energy and why a career in science is exciting

NPL is pleased to announce the launch of a series of new lectures for the general public in partnership with the prestigious Royal Institution of Great Britain (Ri.)

“This is an exciting new partnership with a prestigious institution enabling the general public in the UK and internationally to hear from our experts about the everyday impact from our world-leading science and engineering,” said Penny Owen, ESG Director at NPL.

The lecture series will kick off in October **with Fragile Times: Why accurate and resilient timekeeping is critical to the way we live**. The lecture will delve into the fascinating and delicate realm of timekeeping. Discover how atomic clocks have replaced the Earth as our time reference, and how the present and future challenges in measuring and delivering time are met head on from NPL, the home of UK time.

This is followed in November by a lecture for young people aged 13+ who are considering a career in science, **For Your Inspiration: measure up!** At this interactive event, they will hear from scientists working in a range of different areas, how their jobs are helping to improve our understanding of how things work, and how they became scientists. They can then try out a range of activities and demonstrations at a fun, interactive exhibition.

The third lecture explores **A future with quantum sensors**, a fascinating lecture on NPL's exploration of quantum sensors to enable precision measurements of gravity, inertial forces, and magnetic fields. Discover how atomic magnetometry is used to monitor the spin of atoms in external magnetic fields and how NPL is supporting the development of portable magnetometers for instance for non-destructive imaging of structural defects, and much more.

The final lecture, in January 2024, is titled **Unleashing the power of satellites for climate action**. Attendees will learn about TRUTHS, a climate-focused mission led by the UK Space Agency with international partners and delivered by the European Space Agency. TRUTHS will make a ten-fold improvement in how we can observe and quantify climate change through its own direct measurements of the sun's energy and how that is scattered, reflected and absorbed by the Earth.

An unrivalled number of Nobel Prize winners and eminent scientists speak at the Ri each year, whose purpose is to connect as many people as possible with science. For over 200 years the Ri has provided the general public in the UK and around the world with the opportunity to hear from leading scientists and cultural commentators explore the latest amazing science and the way in which it shapes our lives. Their events encapsulate the very best of today's most influential and stimulating conversations, with over 24,000 people annually attending over 90 science talks at the Ri each year, over 41,000 people viewing our livestream talks, and hundreds of thousands more watching the talks on the Ri YouTube Channel.

To book or get more info:

- [Fragile times: Why accurate and resilient timekeeping is critical | Royal Institution \(rigb.org\)](https://www.rigb.org)
- [For your inspiration: measure up | Royal Institution \(rigb.org\)](https://www.rigb.org)
- <https://www.rigb.org/whats-on/future-quantum-sensors>
- [Unleashing the power of satellites for climate action | Royal Institution \(rigb.org\)](https://www.rigb.org)



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