

Twickenham & Richmond TRIBUNE

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9th July 2021

TickerTape - News in Brief

Zipcar Flex launches in Richmond upon Thames

Zipcar, the car-sharing company, has expanded its car rental club to several new areas in the north of the borough. Zipcar Flex gives residents easy access to a car when they need one without having to own a vehicle.

From Thursday 8th July designated Zipcars will be available for one-way hires within the Flex operating area which will include Richmond, Kew, East Sheen, Mortlake and Barnes. See further information on [Zipcar Flex](#).

Richmond upon Thames to welcome back Parkrun

The Leader of Richmond Council has welcomed productive discussions with the organisers of Parkrun, in anticipation of three local events returning to Richmond upon Thames if England moves to Step 4 of the Government's roadmap on 19 July.

Step 4 of the roadmap is expected to mean there will be no limit on numbers, no requirement for social distancing and no legal requirement for face coverings to be worn at public sporting events. A move to Step 4 on 19 July is subject to the Government's announcement on 12 July.

Grab your vaccine jab in Richmond Town Centre this Saturday

Residents in Richmond are invited to get their COVID-19 vaccine this Saturday, at a walk-in clinic in the Town Centre, with no appointments or NHS numbers required.

As the nation gears up for the removal of Covid restrictions later this month, it is more important than ever that people get both doses of their vaccine, to protect themselves and those around them.

The clinic will be at [Richmond Adult Community College](#), from 10am to 6pm on Saturday 10 July.

No appointments will be needed and both Pfizer and AstraZeneca vaccines will be available. The walk-in clinic will allow people to attend at a time that is convenient for them and means groups of friends can attend together to have their first doses.



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TwickerSeal

TwickerSeal and his chums were rather taken by something sent in by a Tribune reader.

It was about the jingoistic 1878 song by G. H. MacDermott (singer) and George William Hunt (songwriter).

The song seemed an apt reflection of the words spoken at the Finance, Policy and Resources Committee meeting on Monday 28th June. The council's Director of the Environment said "we have the power to do it" and the leader of the council said "It is right that we have this [the CPO] up our sleeve should we need to do so".

They were both of course referring to the Compulsory Purchase Orders the council awarded itself, enabling it to annexe the Diamond Jubilee Gardens (DJG).

TwickerSeal decided it was fitting that he and his friends visit the DJG and give a rousing rendition of the song, on the site soon to be lost to a large block of luxury private flats.



COVID-19

Teresa Read

World Health Organization (WHO) Overview 6 July 2021:

“Last week, the number of new cases increased slightly, while the number of new deaths continued to decrease, with over 2.6 million new cases and just under 54 000 new deaths reported globally. This is the lowest weekly mortality figure since early October 2020. The cumulative number of cases reported globally now exceeds 183 million and the number of deaths is almost 4 million. Last week, all Regions reported an increase in new cases except for the Americas. The European Region reported a sharp increase in incidence (30%) whereas African region reported a sharp increase in mortality (23%) when compared to the previous week. All Regions, with the exception of the Americas and South-East Asia, reported an increase in the number of deaths last week.”

No-one is safe until everyone is safe – a global response to COVID-19

Africa's COVID-19 surge tops second wave peak, 8 July 2021

Africa marked its worst pandemic week ever, surpassing the second wave peak during the seven days ending on 4 July 2021. Yet, as the COVID-19 cases climb sharply, there are signs of progress on vaccine deliveries to the continent.

“Africa has just marked the continent’s most dire pandemic week ever. But the worst is yet to come as the fast-moving third wave continues to gain speed and new ground,” said Dr Matshidiso Moeti, World Health Organization (WHO) Regional Director for Africa. “

Sixteen African countries are now in resurgence, with Malawi and Senegal added this week. The Delta variant has been detected in 10 of these countries.

News:

Independent, 9 July 2021: Coronavirus news – live: England’s infection rate highest in five months as Delta variant cases rise by 34%

Reuters, 9 July 2021: Sydney faces COVID-19 lockdown extension amid record 2021 cases

CNN, 8 July 2021: Tokyo venues for Olympics will have no spectators; Games will be held under a state of emergency

France 24, 8 July 2021: France tells citizens to avoid Spain, Portugal over spike in Covid-19s Delta variant

The Guardian, 8 July 2021: WHO warns of ‘epidemiological stupidity’ of early Covid reopening.

Reuters, 7 July 2021: Greece reports jump in COVID-19 cases after 2 weeks of decline.

Total cases to 9 July 2021:

12,260 Richmond upon Thames

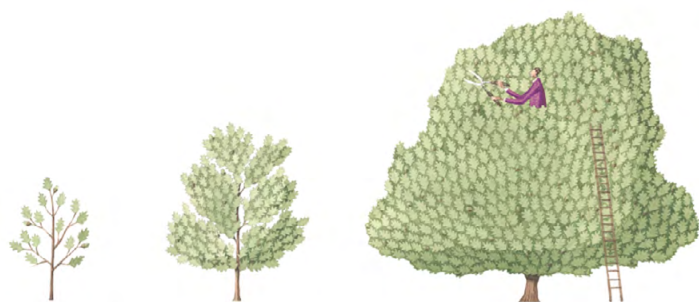
13,573 Kingston upon Thames

27,022 Hounslow

Countries with High Numbers of Deaths Recorded by the World Health Organization

Deaths Worldwide 4,006,882

USA	601,231	Romania	34,168
Brazil	528,540	Chile	33,514
India	405,028	Czechia	30,331
Mexico	234,192	Hungary	30,004
Peru	193,743	Canada	26,387
Russian Federation	140,775	Philippines	25,650
The United Kingdom	128,301	Belgium	25,196
Italy	127,718	Pakistan	22,493
Colombia	110,578	Ecuador	21,768
France	110,318	Bulgaria	18,129
Argentina	97,439	Netherlands	17,760
Germany	91,141	Iraq	17,444
Iran	85,397	Portugal	17,126
Spain	80,969	Bolivia	17,067
Poland	75,135	Egypt	16,332
Indonesia	63,760	Bangladesh	15,792
South Africa	63,039	Tunisia	15,735
Ukraine	52,560	Japan	14,917
Turkey	50,048	Sweden	14,639



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darryl parkin

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The Tree Agency

The Great Twickenham Robbery

By Simon Fowler

On the night of 31 March 1973, a well-organized gang of criminals broke into Twickenham's Crown Post Office in London Road. They made away with £430,000 worth of cash postal orders and national insurance stamps (well over £1m into today's money). The haul was third biggest involving the mail following the Great Train Robbery of 1963 and a raid on a post office in Mayfair which netted £511,000 for the burglars.

The raid was organized with military precision and according to press and police reports had more than a touch of a Hollywood heist about it. The gang had approached the building from the rear, crossing a playing field and using a footbridge over the River Crane.

After making the alarm system inoperable they blasted a hole into one of the two strong rooms creating a hole big enough for one of the raiders to crawl through. He then passed back £80,000 in cash and the other items back to his comrades. Fortunately for the Post Office, the gang did not have time to blast open the other strong room, which held cash that newspapers speculated came to the value £1.5m. The money and stock was due to be sent out to post offices across West London.



The raid was only discovered when sorting office staff arrived the next morning.

It was one of a series of robberies, nicknamed by the police the 'barbed wire burglaries', because the villains used to cover their escape route by laying barbed wire to hinder anybody chasing them.

A special squad of Police and Post Office Investigation Department officers investigated this and nearly fifty other burglaries of post offices. Staff at Twickenham were believed to have aided the raiders, because the gang clearly had inside knowledge about the layout of the building and what was being stored there.

All in all, £1.25m was stolen in a series of raids on post offices across South London and disposed through a network of receivers of stolen property known to the police as the 'Marketing Ring'. They were a loose knit group of fences who only handled post office stock. It was easy to sell stamps at less than face value in the pubs of South East London, where they mainly operated, but it took skill and contacts to sell postal orders and the national insurance stamps.

Few of the stolen items were recovered. Just £54,000 in national insurance stamps were eventually traced. The gang members were never caught, although the police had their suspicions. Over seventy people, including a number of post office workers, however, were arrested and charged with various charges relating to defraud the Post Office and dishonest conduct.

Saving Twickenham Riverside - By Jingo

Teresa Read

The article "[Saving Twickenham Riverside](#)" is an attempt to put the history of Twickenham Riverside on one page, although the page is long!

I have had some comments from readers including those in Teddington who are only all too aware of how housing development connected to Twickenham Riverside - now Public Open Space - has impinged on their lives. The "Linked Sites Strategy" - mentioned in Edition 243 - affected many residents in Teddington and Twickenham and has not been forgotten.

There have also been other comments including those on the possible Compulsory Purchase Order on Twickenham Riverside Public Open Space (including Diamond Jubilee Gardens) in relation to a recent Council webcast meeting:

... the LBRUT Director of the Environment said "we have the power to do it". Gareth Roberts the Leader of the London Borough of Richmond upon Thames Council is recorded as saying "It is right that we have this [the CPO] up our sleeve should we need to do so".

A reader from Twickenham sent this interesting information on the Leader's comment:
This is a classic example of jingoism. The 1878 song referring to a possible war with Russia

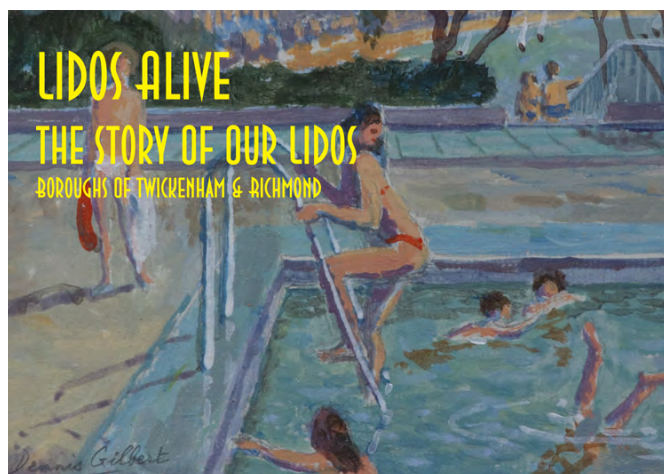
***"We don't want to fight but by Jingo if we do,
We've got the ships, we've got the men, we've got the money too,"***

i. e. waving the big stick, threatening. Way down at the bottom of Arnstein's Ladder [of Citizen Participation]! (See [Edition 214](#), page 9)

... And finally, it is understood from the website of the Twickenham Riverside Trust that they will be carrying out a public consultation soon as well as consulting with members of the RIBA Competition Stakeholder's Group.

An Ideal Present for just £6

Lidos Alive – the Story of Our Lidos - is a 63-page A5 book with colour photos and illustrations full of interesting information about the history of outdoor swimming in the Borough and the rise of the lido. Contents include Mereway Bathing Place, pools in Bushy Park, Hampton Pool, Teddington Pool, Hampton Wick, Tagg's Island, Marble Hill, Twickenham Baths, Pools on the Park and other interesting stories.



Books can be purchased at Crusader Travel in Church Street, Twickenham.

"Lidos Alive" - a Heritage Lottery Fund project www.lidosalive.com

Dear Sir,

Twickenham Riverside

I have tried to follow all the torrid ins and outs of the disgraceful and sordid attempt to 'transform' the Riverside.

So many decent people have expended inordinate amounts of their energy and lives to achieve a just community solution.

Now comes the realisation of what everyone feared, and everyone kind of know was inevitable. These honest people have wasted hours and days of their valuable time expressing the views of those who will actually be affected - the community charge paying constituents. And the upshot is? You guessed it. We have all been trampled on by the greed of those 'who do, just because they can'!

I have lived in Twickenham all my life – 66 years. I'm just going to tell it like it is.

Fact:

We used to have an open-air pool – a community leisure facility and benefit for all ages - at an affordable price

They took that.

They were going to replace it.

They are going to replace it – with unaffordable housing.

We used to have a world-famous ice rink – a community leisure facility and benefit for all ages – at an affordable price

They took that.

They were going to replace it.

They did replace it – with unaffordable housing.

Council: You wonder why there is frustration, aggression anti-social behaviour and crime?

Well there's your answer.

Nowhere to go.

Nothing to do.

No relaxation and no social interactions.

I hope you can live with your communal conscience.

Yours sincerely,

Carolyn Barry

Twickenham Riverside

Dear Tribune,

E-scooters

Mr. Tim Lennon's E-scooter letter last week made my day and even gave me a smile. Not because the subject is humorous but because it confirmed the blind fanaticism of the two-wheel lobby.

I repeat that I have no objections to anything operated legally and safely.

When I was a police officer I could advise the public but, as a private citizen, I refrain from doing so because, unlike the dogmatism forced on us all by so many two-wheeled zealots and dictatorial local authorities, I do not impose my views on the public. I do not, as he says: 'Wring my hands because it is not for me as a private citizen to advise the public'. Nor do I indulge in 'Breathless scare-mongering (sic)'!

And, unlike the scooter companies, their investors, and customers, I have no financial interest. MY only interest is public safety.

Mr. Lennon says: 'Any journey made by e-scooter which was previously made by a car is likely to be a positive thing'. Perhaps he should tell that to the six people who have died in the UK using these machines and the others seriously injured by them – such as 3-year-old Milosz Gleba whose collar-bones were broken after being smashed into from behind by a hit-and-run E-scooter on the pavement in Feltham. There's not much positive about that.

My neighbours are now afraid to take their children for a walk for fear of being hit by bicycles and E-scooters on the footways. Another positive thing, Mr. Lennon?

Rental or private matters not when you are crashed into because it's the combination of rider and ANY machine that does the damage. And, yes, I know some car drivers do stupid things – I've arrested plenty of them.

The seizure of 500 E-scooters by the police does not imply, as he says, 'Many thousands more on London's roads'. In fact, it implies nothing – it is just a number.

As I explained, we who spend our lives in aviation with millions of people's lives in our hands have a system called CHIRP by which we learn from the mistakes of others. Not to do so would be criminally negligent. Who in their right mind would travel on an aeroplane flown by a pilot who had not learnt from the mistakes of others? If they did, they would soon be dead – much like the six people above.

That is why accident data from cities like Berlin is so important (but pooh-poohed by Mr. Lennon).

There is no need for me to 'Have to use data from Berlin and from the US in an attempt to prove how much carnage they're causing' because the accident figures speak for themselves. Actually, Tier's head office is in Berlin so one would expect a massive PR effort there to ensure there are no accidents. But there are. Maybe Berlin's doctors are lying?

Having reported several rental scooter incidents to all three hire companies, I can now say that their replies have been totally inadequate both in courtesy and substance. One even stated that: 'A small minority will abuse these scooters'. Try telling that to little Milosz.

Speaking of facts, Mr. Lennon might also like to ignore page 32 of last week's Tribune where he will see that Admiral insurance has revealed a rise in E-scooter accident claims this year and predicts that accidents involving them will increase. Maybe Admiral is lying, too?

Unlike Mr. Lennon, insurance companies' actuaries deal in hard facts. So do the Metropolitan Police, hospitals, and similar authorities in cities around the world where these machines are causing havoc.

Perhaps they are all engaging in 'Breathless scaremongering'?

Yours sincerely,

Michael Jay, Hampton.

PS: www.dailymail.co.uk/debate/article-9752927/PETER-HITCHENS-near-miss-idiot-e-scooter-not-lucky.html

St Swithin's Day

By Jeremy Hamilton-Miller

Most people know the weather lore about St Swithin's day (15 July). But who was the saint, and how did the legend arise?

Swithin (properly "Swithun") was born around 800 AD, was tutor to Aethelbert, the son of King Egbert, and afterwards Bishop of Winchester. He died in 863, and was buried in the cathedral grounds; in keeping with his extremely humble nature, he had no wish for an extravagant memorial and wanted people to be able to walk over his grave and raindrops fall on it.

In 971, however, his body was transferred to an indoor shrine; this went specifically against his wishes. The legend has it that on the day of the exhumation (July 15), a violent storm arose, and it subsequently rained for the next 40 days. Hence the traditional belief, expressed in this old verse:

*St Swithun's day if thou dost rain
For forty days it will remain
St Swithun's day if thou be fair
For forty days 'twill rain nae mare*

His shrine was eventually destroyed, on the orders of Henry VIII, in 1538.

Canonization requires miracles: apparently these were numerous. The most famous concerns The Winchester Egg Lady; an old woman crossing a bridge upset the basket of eggs she was carrying, and these broke; Swithun took pity on her and miraculously mended the eggs. This explains the iconography in the statue of St Swithun in Stavanger Cathedral, Norway: the saint holds an image of the bridge, and at his feet are eggs.



Clearly, much of the information available from medieval sources about St Swithun, although making a "good story", is unreliable, as are any predictions of summer weather based on his legend. British weather is largely dependent upon the position of the jet stream, rather than the influence of saints; nevertheless, St Swithun is still one of the saints to pray to in the event of drought.

Update on Townmead Road closure

Richmond Council will be closing bookings for Townmead Road Household Waste and Recycling Centre until further notice while a plan for partial reopening is finalised. All current bookings will be cancelled and residents will be notified via email. The extended closure is required following a major fire in one of the site's sheds on Sunday 20 June.

Further to safety inspections completed at the end of last week, the Council is now clear on the full extent of the works needed to make the shed safe and compliant for re-opening. Unfortunately that means that part of the site must remain closed for longer than anticipated. The Council is now drawing up plans to partially re-open the site, with a reduced capacity, in a way that is safe for both the public and site staff.

Cllr Julia Neden-Watts, Chair of the Environment, Sustainability, Culture and Sports Committee said:

"I know it is frustrating for residents that Townmead Road has been closed for this long, and that people have had multiple bookings cancelled, but safety has always been our priority. I am pleased we now have a clear view of what needs to be done and plan to get the site operational as soon as possible.

"Unfortunately capacity will be reduced for a time, therefore there will be fewer slots available once the

booking site reopens, so I would still encourage people to think of alternative options in the interim such as using the bulky waste collection service or visiting one of the other West London sites. I would also ask that people think about [how they can reduce their or store their recycling and waste](#) until they are able to visit Townmead Road again.

"Please also keep an eye on the [Townmead Road section](#) of the Council website for updates on the reopening."



Booking at an alternative site

Whilst the centre is closed, waste can be taken to other [West London recycling sites](#) in Hounslow, Ealing and Brent. **You must book** to visit one of these sites - a prior booking for Townmead Road does not guarantee you entry.

Different sites have different terms and conditions and there may be charges for certain types of waste. Check details thoroughly before booking your visit.

You can book at:

[Brent](#)

[Ealing – Greenford and Acton](#)

[Hounslow](#)

Please note: Richmond residents are unable to use the Wandsworth and Kingston tips as they are in a different greater London waste authority area.

You can also [book a bulky waste collection](#) for some items. Do not leave items on the street - this is fly-tipping, which is a serious crime and could lead to large fines.

Spot The Fake (3)

by Mac McNerny, Heatham Alliance community group
and Neighbourhood Watch



Telephone call on landline or mobile phone:

Recorded message saying this is from the 'National Crime Agency' or 'National Office for Serious Crimes' to advise that your National Insurance number has been compromised and used in illegal activity. Your NI number has been suspended. "Please press 1 to speak to an officer or get more information" or "Press 1 to be connected to the caller".

Similar messages arrives by email:

We would like to notify you that your National Insurance Number has been disabled due to fraudulent activity.

You are now required to reactivate your NIN by proving your identity and updating your records.

Reactivate your National Insurance Number

ALL FAKES - Don't press 1 or click on anything. Just hang up or delete the email.

These scams are straightforward ways for criminals to harvest personal information from the unsuspecting recipients of these messages, for use in fraudulent transactions that can cause victims large financial losses. They will ask you to prove who you are by telling them your NI number!

Contact your bank if you are worried that you may have given away your bank account or payment details.

STAY SAFE FROM FRAUD

Download the OWL app to receive notifications to help tackle crime

Richmond Council and the Met Police Safer Neighbourhood Teams are encouraging residents to download the new OWL (Online Watch Link) mobile application to start receiving instant notifications by the police to help residents keep themselves and their homes safe.

OWL is an award-winning crime fighting platform used by the Metropolitan Police and Councils in several London boroughs to send messages, advice and updates directly to the public by email and SMS. It has been up and running for 15 years and has now launched its free mobile app to improve accessibility and to provide instant notifications.

Notifications will include information on burglaries, car crimes, robberies, missing person appeals, and more. Anything urgent will arrive as an instant notification and anything less urgent will land inside the app to be read at leisure.

You can download the app by searing for 'owl crime alerts' or by using the [Google Play](#) link or [App Store](#) link.



Notice of application for a Premises Licence

Notice is hereby given that English Heritage has applied to Richmond Council for a new premises licence at Coach House Cafe (Marble Hill House, Marble Hill Park, Richmond Road, Twickenham TW1 2NL) for Sale of alcohol (on and off the premises)

Monday to Sunday 10:00 to 18:00

With a later terminal hour of 23:00 for special events on any given Thursday/Friday/Saturday/Sunday

Films (only to be shown as part of special events)

14:00 to 23:00 on which ever day the special event may fall

Any person who wishes to make a representation in relation to this application must give notice in writing by 21st July 2021 stating the grounds for making said representation to: Richmond Licensing Authority, Regulatory Services Partnership (Serving Merton, Richmond and Wandsworth Councils) Merton Civic Centre, London Road, Morden, Surrey, SM4 5DX or by email: licensing@merton.gov.uk

The record of this application may be inspected Monday to Friday (except Bank Holidays) by prior appointment at the offices of Richmond Licensing Authority, Regulatory Services Partnership (Serving Merton, Richmond and Wandsworth Councils) Merton Civic Centre, London Road, Morden, Surrey, SM4 5DX between the hours of 10.00 a.m. and 4.00 p.m. Information on all new and variation applications received by the Licensing Authority can be viewed on the Council's website www.richmond.gov.uk

It is an offence, under section 158 of the Licensing Act 2003, to knowingly or recklessly make a false statement in or in connection with an application, punishable upon conviction by an unlimited fine.

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EASY BY ROAD - From M3/A316

Enquiries: ALAN WINTER

07875 578398 / alanwinter192@hotmail.com

Book your place for Afternoon Tea with the Mayor at Kew Gardens

Join the Mayor for an afternoon tea party in the beautiful Nash Conservatory at the Royal Botanical Gardens in Kew.

This fantastic day out will take place on Thursday 5 August 2021 from 3 to 5pm.

Tickets are available to book now for £40 which will include entry to Kew Gardens on the day and a delicious afternoon tea.

Ticket includes entry to Kew Gardens and a delicious afternoon tea. All funds raised will go to the Mayor's charities.



Book your place [HERE](#)

Richmond Borough's Verges

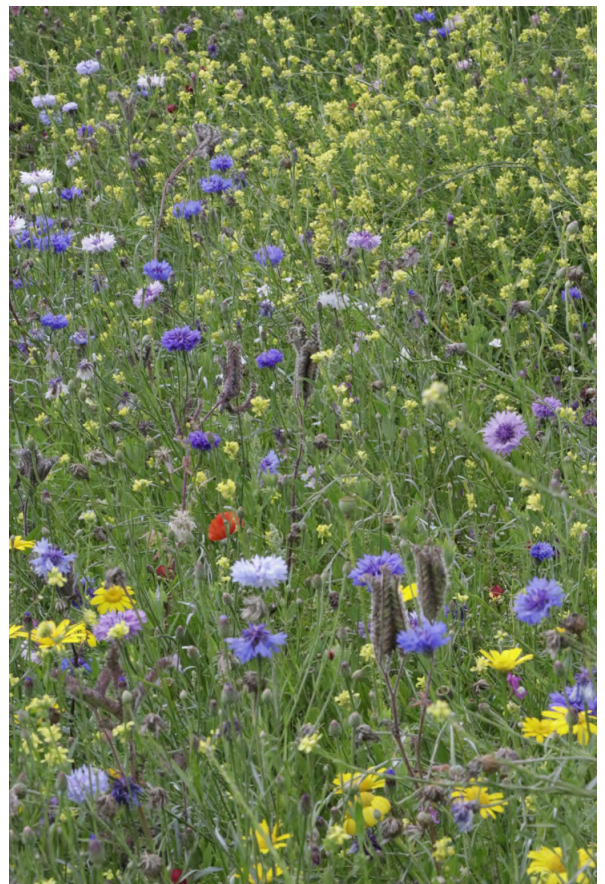
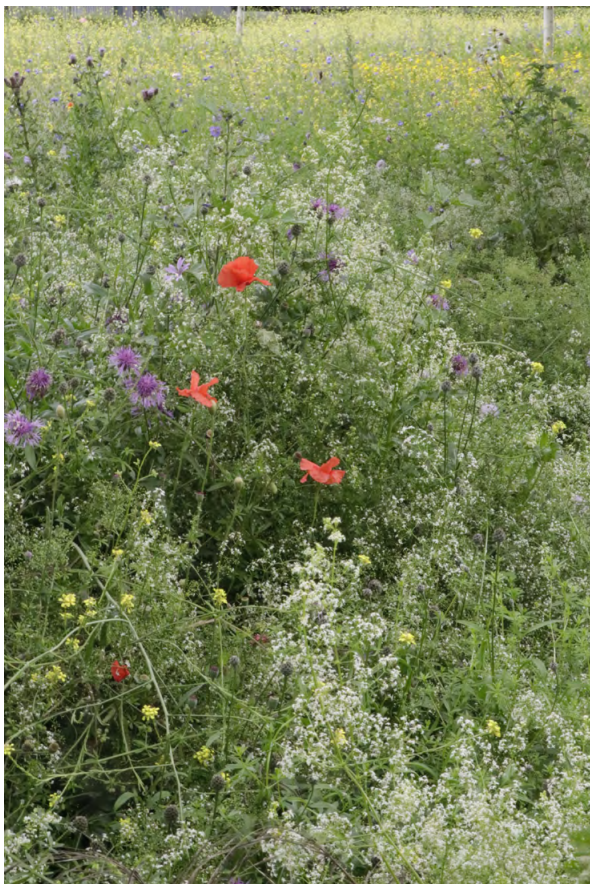
In April the council announced that it was “trailing a new approach to managing its highway grass verges, by significantly reducing how often they are cut”. The council stated “By leaving grass verges to grow, biodiversity will increase, habitats will improve for native flora and fauna”.

This all sounds wonderful, but the Tribune has heard from many readers who are less than impressed with the reality.

The idea conjures up visions of wildflowers and buzzing bees, but the result seems a bit more, er, shabby.



Above, the messy verges
Below, how we imagined them!



Long COVID: Share your experiences

Have you experienced long-term effects of coronavirus? Have they lasted weeks or even months? If so, HealthWatch Richmond and the NHS want to hear from you.

Long COVID is defined as signs and symptoms that develop following an infection consistent with COVID-19, which continue for more than 12 weeks. You may experience long COVID even if you were not acutely ill in the first place. Common symptoms include breathlessness, brain fog and fatigue. Not everyone with long COVID, particularly those who were ill early in the pandemic, will have been tested for COVID-19.

Your feedback will help HealthWatch Richmond and the NHS to understand what support is needed for people living with long COVID and will be used to produce a report to inform the relevant organisations of what you have been experiencing, and recommend how they can design services and support to better meet your needs.

By sharing your experience of living with long COVID, getting diagnosed or accessing care, you will help inform the development of support for people with long COVID and meaningful improvements care that matters to you.

Complete the survey [HERE](#)



Strawberry Hill

Yesterday the Tribune visited Antipodea, which opened in Radnor Gardens this week, and despite being almost closing time we were provided with great coffee and Red Velvet cake (delicious but not too sweet).

The refurbishment of the cafe is stylish as well as functional, with seating inside as well as outside, overlooking the children's playground - just right for parents who want to enjoy the gardens and refreshments.

Antipodea provides a variety of food throughout the day from breakfast to late tea-time, with interesting lunch options.

It looks as though this cafe in Radnor Gardens will be a huge success and certainly welcome in Strawberry Hill.



Teddington

Teddington Theatre Club wins £25,000 jackpot in Get Lucky Local community lottery

Teddington Theatre Club have been celebrating in style after a massive win of the £25,000 jackpot in Richmond's community lottery, Get Lucky Local.

The 96-year old Teddington Theatre Club, based at the Hampton Hill Theatre, became the the first ever jackpot winner in the local lottery.

Earlier this week members of the theatre toasted their success in a special champagne cheque handover at Teddington's riverside restaurant, The Wharf.

Their winning ticket was amongst a batch of 1,700 bought by The Wharf as part of a unique initiative between Get Lucky Local and the restaurant, which saw diners donating £1 to their bill during the month of June with the restaurant matching all donations.

As well as the £25,000, the club received another £850 from its share of revenue of the tickets and another £25 cash prize from another winning ticket, which resulted in a making a grand total of £25,883.



Share your thoughts on contraflow cycling routes in Richmond upon Thames

Have your say on a new scheme of contraflow cycling routes to support a convenient, accessible and safe cycling network in Richmond upon Thames.

Have your say on a new scheme of contraflow cycling routes to support a convenient, accessible and safe cycling network in Richmond upon Thames.

Contraflow cycling is when cyclists are allowed to ride against the traffic flow on a one-way street, and will encourage more people to use bicycles when making local journeys.

The proposed areas for contraflow cycling schemes are:

- St Margarets and North Twickenham: Sidney Road, Kenley Road, Broadway Avenue, Hill View Road, Bridge Road
- North Richmond: Kingsway East, Kingsway West, Shalstone Road
- Hampton Wick: Park Road

The [consultation page](#), where you can share your comments, has detailed drawings of each area and an overall plan of the routes. The consultation closes on 26 July 2021.



Richmond Council is continuously working to improve the borough's cycling provision to support its [Active Travel Strategy](#). Last year, it installed the borough's first protected cycle lane on Kew Road and in the last six months, the route has seen an increase in usage of 82% based on the weekly average of cycle users.

Cllr Alexander Ehmann, Chair of the Transport and Air Quality Committee for Richmond Council, said:

“We declared a climate emergency in July 2019 with one of our key commitments being to change how people travel within the borough. Cycling trips should be convenient, accessible and safe so that more people adopt cycling as a clean and sustainable mode of transport.

“Contraflow cycling routes will help us achieve this by opening up the street network and providing safe short-cuts for cyclists. It gives cycling an advantage over driving, encouraging people to jump on their bikes when making short local journeys. It will also mean less cyclists are tempted to take to the pavements to avoid having to go down busy and longer alternative routes, making cycling safer for everyone.

“The Kew Road statistics prove investing in improving cycling infrastructure results in more people making journeys by bike and we hope installing contraflow cycling routes does the same, so please take the time to share your views by filling in the consultation.”

[View the contraflow cycling routes consultation](#)

FOOD & DRINK NEWS SNIPPETS FOR JULY

It was **English Wine Week** last month, and while I have discovered many delicious English wines, they tend to command a premium price, thus not contenders for everyday drinking. **Tesco Finest** changed all that when I tasted two stonkingly good English wines recently. Both are from Kent's Hush Heath vineyard, are vegan and top notch. The English White is £11 a bottle and the Sparkling Rose £20. The white is aromatic, crisp, zesty and refreshing and the sparkling rosé, well, let's just say that it's made from the same grapes as champagne and it's a steal!



Marks & Spencer is doing its bit to alleviate food waste – and at the same time letting shoppers bag a bargain. Each cleverly designed '**Go Bananas**' bag contains a minimum of three ready to eat bananas for just 25p, along with two delicious recipes for families to bake at home, including vegan banana muffins and that lockdown treat, banana bread.

If, like me, you're a fan of Middle Eastern food, you should try **Tracklements'** latest **Special Edition Lively Lemon Pickle**. Those clever people have come up with another cracking product! Packed with lemons, sultanas, ginger, garlic, mustard seeds and chillies, it's vegan and gluten free. This pickle adds a pop of flavour to all sorts of savoury classics and it's so very tasty! £3.35 for 220g, available from fine food delis and farm shops nationwide and online at tracklements.co.uk.



This lovely coffee liqueur from **Conker** is a stonker! No flavourings or imitation – just Grade 1 forest-grown, speciality, Ethiopian and Brazilian coffees, a touch of demerara sugar and distilled British wheat spirit from an award-winning Dorset company. Roasted to deliver a bold coffee with liquorice and cocoa, you taste vanillas and hints of stone fruits and caramel. ABV: 25% I love it with a few ice cubes – and it's great for cocktails too, especially those Espresso Martinis. Around £30 a bottle from Waitrose (Decaf option also available)

Two new limited edition flavours have been added to the Nairns oat biscuit range: Salted Caramel, and also Chocolate & Mint. Both are seriously delicious and offer a healthier tea time treat as they're high in fibre with wholegrain oats, and have 40 per cent less sugar than the average sweet biscuit. Grab them while you can! Initially just available in Lidl - for £1.40 a box.



Not anything like as healthy perhaps, but equally moreish, are the new Brownie Bites from Cadbury. More than just brownies, each fudgy bite is layered and evenly filled with good old Cadbury's Dairy Milk. What's better than biting into a sweet, gooey brownie to be instantly met with a mouthful of chocolatey goodness? Having a second one of course! A box of 15 of these indulgent little bites is available in Asda and Tesco for £1.80.

Regular readers will know that I am a fan of gin, but to be honest, I've rarely been impressed with many of the plethora of new, flavoured, gins on the market. Until I discovered Tarquin's Cornish Gin. Established in 2012 by founder and self-taught master distiller Tarquin Leadbetter, on a hilltop overlooking the wild Cornish coast, this young man has created a range of delicious, award-winning gins. I recently tasted Tarquin's Cornish Sunshine Blood Orange Gin and it's fabulous. Blood orange, pink grapefruit, rhubarb, raspberry and gentian root have been infused into this, giving a carefully balanced bitterness to offset the fruit. It makes a fantastic summer spritz with a touch of fizz and some sparkling elderflower, but it makes a great gin and tonic, of course, too! And I love the added intrigue that it goes cloudy when the tonic is added. This touch of much-needed summer, in a glass is available at £36 a bottle from tarquinsgin.com and other good online spirits retailers.



A PUB ON THE RIGHT TRACK!



Being situated right next to the railway station must have been quite a bonus for **The Railway Pub and Dining Rooms** in Victoria Road, Teddington...until the dreaded Covid put paid to its regular flow of commuters, of course! This independently run pub had been a well-kept secret, but now is one that really ought to be shared. Jenni and Gary O'Connell, who also run The Greyhound in Kew, and Greedies Deli in Isleworth, run the place, so they know their onions, and what the local clientele want.

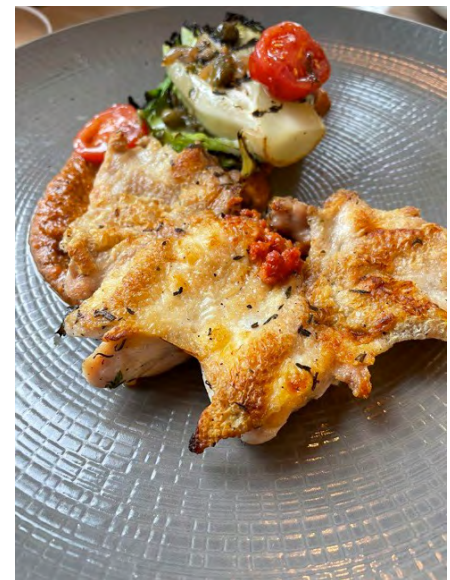
I ventured over there recently with a friend, as well as Crystal Poodle, (who was made very welcome) and on arrival we were impressed with the stylish, cool, airy atmosphere and the warm welcome. The main menu is impressive (and they offer a great value weekday set lunch: £7 for one, £10 for two or £12.50 for three courses!). They offer renowned Sunday roasts, too.



Portions are very generous, and we shared a bar snack of padron peppers (£4) and a starter of the crispy squid and prawns (£8.50). Both were excellent and piping hot. My friend chose a salmon main course from the daily specials, which she thoroughly enjoyed. I opted for the spatchcock baby chicken, with Romesco sauce, chorizo butter and charred gem lettuce, served with skin on chips (£18). My chicken was delicious, the sauce really tasty and I loved the charred lettuce. It's something I hadn't actually tasted before, but it elevates those leaves to another dimension. The chips were really good too, but to be honest I was so replete that I couldn't really do them justice. We were tempted by the dessert menu (£6)

but decided our figures should be spared, but Jonno, our lovely server, persuaded me to try a great espresso martini instead.

We're already planning our next trip to The Railway; probably by train, though, so better to enjoy the range of gins, beers and wines on offer.





Summerland

by Arlitia Jones

Richmond Shakespeare Society, Mary Wallace Theatre

Review by Eleanor Marsh

When I discovered the subject matter of this play was spiritualism and photography in 1869 I was surprised, for every reference I had found to *Summerland* was of the film, which is set in the Second World War. I fear that director Harry Medawar might have felt the same so painstaking was the attempt to set the audience in the correct time and place, during the American Civil War.

Having done a little research on the real William and Hannah Mumler and their nemesis, Joseph Tooker and discovering that P.T. Barnum testified at their trial – for the prosecution – I was surprised that the play was not much more colourful.

Where more interesting material that is on public record could have been used, the playwright has employed predictable fictitious devices (Mumler’s son, for example) and the dialogue is repetitive. At one point I wanted to shout “I know - you’ve already told me!”



The production, however rose above this mainly because of the excellent performances of the three actors who worked their socks off. Francis Abbott as Mumler was the perfect mix of “humbug” and sophisticated man about town and his playing of the final scene that mentioned his deceased son was very moving. Peter Easterbrook, another excellent actor, was gifted with a role that was underwritten to such an extent that he really had his work cut out. In Easterbrook’s hands Joseph Tooker took

on all the gravitas of truth, justice and the law with repressed emotions that became apparent only when he was pushed to the limit. Amanda Adams as Mrs Mumler was alternately waspish, seductive and spiteful and came across as by far the most manipulative - and intelligent - of the three characters. In real life there appears to be no reference to her being a spy and double agent during the Civil War, whereas in the play

Read Eleanor Marsh’s review at www.markaspen.com/2021/07/03/summerland

Photography by Simone Sutton



Annie Jr.

music by Charles Strouse, lyrics by Martin Charnin

Dramacube, Twickenham Blue and Hampton Hill Green Casts at Hampton Hill Theatre

Two of our younger critics were out and about reviewing *Annie Jr.* Here is a flavour or their reviews.

Evie Schaapveld writes.

The Twickenham Blue Cast gave a great performance of *Annie Jr.* I was going to see this play last year. Because of coronavirus this is the first play that I've seen for ages, so it felt very exciting to go into the theatre again. The songs that played before the show began and when it ended were very well chosen. When the curtain opened, there was astounding scenery and I really liked the New York backdrop.

The play starts with Annie (Mimi Worsley) and the unhappy orphans singing *Maybe*, which was well sung by all the girls. After that Annie attempts to escape but is foiled by Miss Hannigan (Mia Cousins), and all the girls are then put to work, which leads them to sing *It's a Hard Knock Life*, which had great choreography. The props in this scene were very good and I really liked the oversized bed and the laundry basket that Annie escapes in. I also enjoyed Mia Cousins singing *Little Girls* which she performed really well.



Evie Schaapveld is eleven years old and [acts with a number of local stage companies.](#)

Read Evie's review at www.markaspen.com/2021/06/23/annie-jr-21-twk-bl

Millie Stephens writes:

Annie Jr was performed by the outstanding Hampton Hill Green Cast with musical director Abbey Mordue lifting the vibrant singing off the stage and into the audience's heart. There was a wonderful range of slower, emotional songs such as Annie's *Maybe*, in comparison with *Little Girls*, Miss Hannigan's energetic, powerful song. Ensemble numbers like *N.Y.C* and *Hard-Knock-Life* created an atmosphere where you could feel the energy and excitement radiating through the theatre.

The entire cast was astounding in all three components of Drama – acting, singing and dancing. Keiva Mcnelis as Annie conveyed a wide range of emotions, making the audience sympathise for her. I enjoyed seeing her relationship with Mr Warbucks (Finbar Power) evolve throughout the production. As Miss Hannigan, Charlotte Taylor brought a sense of fun and comedy to the production. This was empowered by Michael Wells and Elsie Ellisher as crime partners Rooster and Lily St. Regis, the perfect balance of cheeky and smart, creating a comedic depth in the well-rounded production.



[Millie Stephens](#) trained with the Rose Theatre and is now fifteen years old.

Read Mille's review at www.markaspen.com/2021/06/28/annie-jr-hh-grn

Photography by Bomi Cooper



Zoo and Seven Monologues

by Lily Bevan

Teddington Theatre Club at Hampton Hill Theatre until 10th July

After sixteen months, it's the first night back in the theatre for TTC and the sense of relief, excitement and goodwill is palpable. So, we're smartly off for our half-dozen monologues.

These brisk and well-observed pieces are performed on a plain set, with effective costumes (the sheep in a plaster cast for *Nativity* was fun) and props: a wheelbarrow for Helen Geldert's enthusiastic gardener



in *Allotment*, or a glass of

red wine for Rebecca Tarry in *Bridesmaid*, sipping laconically as she deconstructs the often agonising tradition of wedding speeches. The clear winner in the props department, however, is Heather Stockwell's food cart in *Tudor Feast*, featuring a dusty pigeon pie topped by a surprised-looking peacock. Stockwell's cheery sales pitch, in the face of a litany of increasingly blunt customer feedback, is a joy to behold.



The seven monologues are performed with breezy aplomb, and the text is delivered impeccably and with wonderful comic timing. The brisk pace raises monologues on an empty stage to truly dynamic theatre, through plenty of movement and great performances.

The second half of the show, *Zoo* is directed with pace and flair.

Hurricane Jonas is bearing down on Cherokee Valley Zoo, and zookeeper Bonnie rushes to secure the animals. Meanwhile in Yorkshire, Carol attempts to introduce schoolchildren to the joy of bats! *Zoo* hinges on the friendship between Carol and Bonnie and on the contrast between them. Bonnie (an indefatigably chirpy Lara Parker) is full of warmth and passion for her job. Carol (an acerbic Caroline Ross) is more prickly, despite her wonderful hat with a fluffy bat perched on top.

The two women bond over their love of the natural world (and laugh over their experience of a male colleague). Their friendship is convincing and real, but it takes a dramatic event point to really tie their two stories together



Read Andrew Lawston's review at www.markaspen.com/2021/07/07/zoo-7

Photography by Joe Stockwell



Macbeth

by William Shakespeare

The Lord Chamberlain's Men at Chiswick House, now on tour until September

This *Macbeth* moves along at the pace of Raheem Sterling up the left of the field, and one suspects that the lads have half an eye on finishing the get-out in time to catch the end of the match. Why, their set of Gothic, rusty-looking battlements is even designed to come apart during the action, cunningly plucked into the bark of Birnam Wood by the advancing English army.

The driving rhythm of the piece is underpinned by the drumming of the weird sisters, presaging the haunting folk melody that accompanies them. But it also signifies the martial march of the action and the pulse of blood through the play. It's a production that hits all the expected beats.



As such Ronnie Yorke's solid and dependable performance in the title role is emblematic. The dour Thane comes to life once the deed is done and Duncan is dead. Until the murder, he is the dreich shadow of Laurie Scott, a king played bluffer than the "meek" monarch remembered by his killer.

The immovable object of Macbeth meets his irresistible force in the shape of Lady M: as the queen, Rhys Warrington gives a sparky performance, showing her descent from flinty ambition into madness in almost exact contrast to her husband's ascent into his. It takes some cheek for her to tell him "Screw your courage" and then pause, teasingly.

Doubling of the cast is effectively managed, with some lightning-quick changes of costume. As an ensemble, they work to good effect at the feast, their awkwardness while Macbeth raves being a well-observed study of mannered embarrassment.

With an all-male cast, Banquo's barbs about the witches' beards offer a touch of humour. There's another fine moment in Malcolm's testing of Macduff: Maximillian Marston boggles entertainingly as the general.

But while a good-sized crowd have chosen to watch the Scottish play rather than the English play tonight, they are clearly here for similar reasons – to see something stirring and uncomplicated plus, to savour Shakespeare's poetry well spoken.



Read Matthew Grierson's review at www.markaspen.com/2021/07/09/macbeth

Photography by Jack Offord

My week in Church Street

By Shona Lyons

This week saw a few changes in the street. Corto got a lot of new furniture and gave me what they had no need for anymore. It is all really lovely, their old things as well as their new things. If I don't sell the tables and all the chairs I am going to keep the collapsible ones.



They might come into use for any events that we organise in the street if that's going to happen again which in the new normal can't be for sure, as the street is so full of hospitality businesses with all fresco trading it would be hard to have stalls and also those

that aren't hospitality have never wanted to have stalls in front of them anyway, so we will just have to see if that is something that can be worked out in spite of these obstacles. But they are really good, great quality, stylish and light and stack together really well. 3 small 50cm by 50 cm white metal tables and 6 chairs that go with them and then 8 wooden chairs that are also really nice. Would be great for a café. I am selling them for £20 each if anyone is interested.

Riccardo from Riccardo's Cellar wants to get the word out that he sells champagne and prosecco by the glass, which he says is quite a rare thing. He says he has a really good range but has not got round to taking any pictures. It a shame because his place is also very picturesque and some pictures of him, his charming wine bar & glasses full of wine would make a great looking promo. I will have to creep up on him when he isn't looking & just get the pictures taken. I don't think he will ever get round to it.



The wet weather for the last few weeks was great for us as it gave Bruce and me a break from the watering but it is getting warmer again (which I guess is a lot better for the hospitality in the street) & I will just have to start getting up earlier and get the watering done. I did however catch a sighting of the masked Michael from Miss Pretty with watering can in hand. Their little pots are starting to look lovely too.

We have still quite a few half mangers left over from when Bruce used to plant them himself years ago for the whole street and then water them with Peter Pearce from Wild Goose with some kind of cart until Peter got a hernia and new suppliers & methods were found. But the half mangers are really great. Just a little rusty. Have been trying to sell them too (For just £5.00),

to no avail. I guess I am not a very good sales woman really. (Although I do seem to succeed with travel thank god!) But I really don't understand why as we used them just a few years ago and they are made of really sturdy stuff. We fixed them around the office and also up high on Pincho's walls (now it is Tsaretta Spice) and grew a big edible garden with loads of tumbling tomato plants that I harvested by climbing up a ladder. We had kilos and kilos of tomatoes from them so I can vouch that they are really great for growing things like that.

Bruce has entered the street, and a few other places in Twickenham in the urban floral competition "London in Bloom". We have entered as lower Twickenham Village so we are planting up some more pots around the street that urgently need some TLC! as the judges are coming next week. The hanging baskets are coming along really well too so it will all be looking very good.

It looks like everyone in the street is doing pretty well. Vera at Snax is happy because she says she now has a really great team that she can really rely on and is going to try to take a well-earned break in August. Pierre is happy because his shop is doing very well and he says he has never been busier and with the hospitality like Masaniello and Corto investing in new furniture things must be ok for them too.

Office space in Design Studio in Twickenham, Church Street, TW1, Richmond upon Thames



After 3 years being occupied, our fantastic top floor shared office space has become available once again:

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- Ideal for creatives or those in the tech, digital professions

For enquiries please phone 0208 248 2502
Or email info@twickenhamtribune.com (please be aware in office Tuesday to Thursday)

We were also told about some office space that has become available at 20 Church Street. It is one floor with room I think for about 4 people. It has a kitchen, wi fi, a cleaner, the bills are all included, shower, and bathroom. It is a good price at just £900 per month so would make a good place for a young start-up perhaps especially as Church Street has now so much to offer and I see many of the office workers able to relax and have a drink together after work, or even just for lunch you don't have to go far to take a break and sit somewhere nice to have a drink and a sandwich, or you can even stroll to the river or the beautiful riverside park at York House to get a little exercise and relax, within just a few minutes' walk from the street & also the accessibility of public transport too.

We put flags up for UEFA Euro2020, just St Georges and only when England looked like they were on a winning streak. So we then kept them up for their match against Denmark and will put Italian flags up with St Georges on Sunday which should make our quite sizable Italian Community in the street happy! It should be a great atmosphere on Sunday and of course hopefully England is going to win! I was even told by a lovely Norwegian client of mine (Thank you Emer Millar!) that the flags in the street had got as far as the National news in Norway on their twitter account!

You Retweeted

Tonje Iversen @TonjeSalt · 7 Jul

Denne lille gata i Twickenham varmer opp til kamp i kveld. Metro skriver at 30 millioner halvlitere vil drikkes i dag når millioner av fans skal se semifinalen 🇬🇧

6 5 28

Grant Shapps - The Messenger!

Travel News by Bruce Lyons



Are you reeling from the news? Does anyone really, totally understand where we are in all this? So many people are calling - finding it a minefield to and seeking help and advice.

So where is the new problem - it seems that Amber has become sort of misty - the only clarity in new status is that you need not quarantine on your return - but there are still rules to be followed- as there for incoming Green arrivals. As today is the 9th of July and most, nearly all in fact, new travel is taking place after the 19th of July my advice - as there will be more news about the Traffic Lights we are told on the 15th of July (hopefully another clutch of new Greens?) I would make my booking and watch and follow the evolving developments- there will be changes and you should have time to get what you need in place to make easy going journeys!

It is quite likely that the 15th and the days before will bring clarity to what is a confusing picture.

What I would say is we have more than a few travelling and had conversations with many visiting our Eurofins drop box and whilst they were confused all seem to have managed their travels without mishap.

What is taking time to unravel is the different protocols to follow of your destination - something that will be cleared up in the coming days- some of these countries seem threatened by the EU club- not to break ranks, so to speak, but they want the British Holidaymaker! Tricky one! Anyway Dear Reader don't forget Brexit - Passports need 6 months validity from your return date - rules on Cars and Driving Licences are now different - so please check in good time And finally keep an eye out for different protocols applying to children and the ages in respect of your destination, again something that will become clearer in the coming days. Grant Shapps also keeps saying things can change at short notice- I am a Leo, the eternal optimist- fingers crossed it will only get better.

So what's booking? Top demand is still for UK Holidays as they say "Everyman and his Dog" & there are an awful lots of Dogs taking their families on holiday these days!

Next on the list is the new Green Balearic Islands - Mallorca, Ibiza and Menorca and then a lot of Amber - especially the Greek Islands and let's hope they at least will go Green next week. We also see a lot of new interest in Madeira (Green-- again!) Malta too is getting good enquiries but they need to clear up their protocols (hopefully next week) In the meantime don't despair - it can only get better. And despite all the muddle we have had many conversations with our clients travelling as well as with many using the Eurofins drop box outside our office and whilst sometimes a bit confused - all have travelled OK so I am sure you will all too.

Happy Days- see you soon.

WIZ TALES - Grenada

Teresa Read

Grenada is a Caribbean Island to the north of Trinidad and Tobago, and currently on the UK's green travel list.

Christopher Columbus, in the service of Spain, was the first European to sight the islands of Grenada. Grenada was named after the Spanish city of Grenada



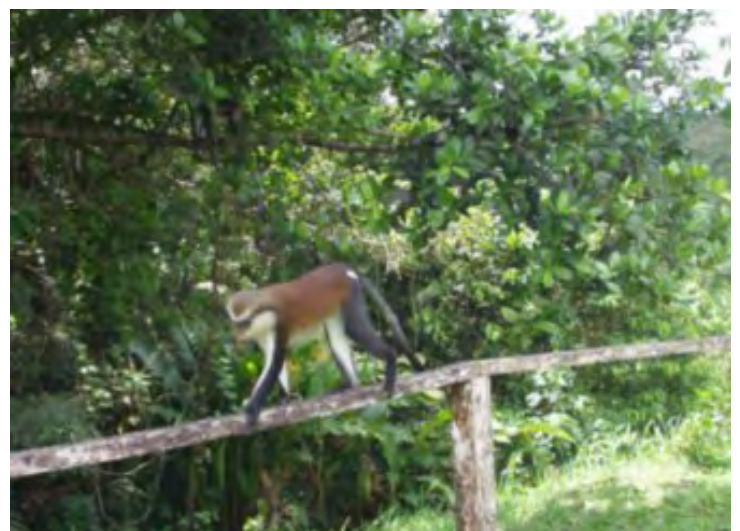
Grenada's capital was founded by the French in the early eighteenth century and became British in 1783.

Petroglyphs, along the riverbank in the village of Mount Rich, were carved by Amerindians, who were early migrants to Grenada.

Protected areas in Grenada include the Grand Etang National Park and Forest Reserve, Levera National Park, La Sagesse Nature Centre and Lake Antoine National Landmark.

Levera National Park is an important area for Grenada's water birds which live around its mangrove swamps and lagoon. La Sagesse Nature Centre and Lake Antoine National Landmark also attract many species of birds.

Grenada is also known as the Spice Island as it is an important world supplier of nutmeg, mace and other spices.



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



In the Heights

Warner Bros (PG) at Curzon Cinema Mayfair, then Odeon Richmond and Kingston until 15th July, then nationwide.

On my way to West End and the historic Curzon cinema, I had mixed feelings about *In the Heights*. This musical film has a lot to live up to. Its setting is the Latino neighbourhood of Washington Heights in Manhattan, a seemingly blissful area with synchronised fire hydrants, impromptu barbecues and celebrations on the street. Against a New York heatwave on the cusp of a 4th July blackout, all kinds of goings-on are featured in this small community. However exhausting this all is, scenes are fresh and dynamic: not to mention colourful.



Anthony Ramos takes the lead role of Usnavi, who runs his own shop. Usnavi, is close to his cousin Sonny (Gregory Diaz IV), but he dreams of returning to the Dominican Republic. Meanwhile his paramour, Vanessa (Melissa Barrera), dreams of becoming a fashion designer and leaving her job at the hair salon that is being priced out of the neighbourhood (the most detailed musical sequence). She yearns to leave The Heights and her frustration is palpable. However, this area is presented so idyllically, it takes away the impetus of the story.

Meanwhile, Nina (Leslie Grace) drops out of Stanford University, despite getting a scholarship. Jimmy Smits, *West Wing* favourite, as her sacrificing father, gives a credible performance emphasising that there are real human stories against this dazzling backdrop.



Intricately choreographed, the many numbers are enriched and colourful. The stunning scene in which Benny (Corey Hawkins) and Nina dance up the side of the building is not only reminiscent of *Batman and Robin*, but of *La La Land*.

Furiously paced and exuberant film, but one does leave the auditorium drained!

Read Heather Moulson's review at www.markaspen.com/2021/07/01/heights

Photography by JM and courtesy of © Warner Bros. Entertainment Inc.

Get kids starry eyed about space

It's over half a century since Apollo 11 landed on the moon, ancient history to today's youngsters. But as Laura Steele of education resource experts [PlanBee](#) shows, the historic mission can't fail to enthral them

In 1962, President Kennedy told Americans: 'We choose to go to the Moon'.

The US and the Soviet Union had been competing in the 'space race' since the 1950s. For the next seven years, the US space agency, NASA, employed 400,000 people and spent \$25 billion (£20 billion) on working to achieve a mission to the moon. On 16 July, 1969, after years of planning and preparation, the Apollo 11 mission was ready to begin.

Neil Armstrong and two other astronauts, "Buzz" Aldrin and Michael Collins, woke up to a beautiful sunny day at Cape Kennedy in Florida. They had a breakfast of steak, scrambled eggs, toast, coffee and orange juice before travelling to the launchpad.

They climbed into the spacecraft at 6:45am, and after numerous checks, launched just under three hours later, at 9:32 am. They entered an elliptical Earth orbit just 12 minutes later.

The rest of the day went smoothly. They went to bed two hours earlier than planned, at 8:52pm. The spacecraft continued its programmed journey to the Sea of Tranquility, their destination on the Moon. (The Sea of Tranquility is not actually a sea - there is no water on the Moon's surface. Early astronomers mistook the dark patches for large areas of water.)

Apollo 11 travelled around 240,000 miles in 76 hours before it entered a lunar orbit on 19 July. Armstrong and Aldrin prepared to travel to the surface of the Moon in the lunar module, Eagle while Collins remained behind in the command module, circling the Moon.

They landed on the Moon on 20 July at 8:18pm. A five-hour rest period had been scheduled after the landing, but neither astronaut thought that they would be able to sleep, so they began preparations for leaving Eagle. After six hours, Armstrong finally left the lunar module and stepped on to the Moon's surface, making history as the first human being to walk on the Moon. As he stepped from Eagle, he uttered the following now famous words: 'That's one small step for man, one giant leap for mankind.'



Copy of a photo which was on the front cover of Life Magazine

Aldrin joined Armstrong on the surface some 20 minutes later.

They took photos of the Moon's surface, as well as collecting soil and rock samples to take back to Earth. The astronauts planted a specially designed American flag on the surface of the Moon. A plaque was placed on the surface which said: 'Here men from the planet Earth first set foot upon the Moon, July 1969 A.D. We came in peace for mankind.' It also had two drawings of Earth, and included the signatures of the three astronauts and America's President Nixon.



After being on the surface of the Moon for over 22 hours, the astronauts returned to Eagle for seven hours rest, before re-joining Collins on board the command module. They re-entered the Earth's atmosphere on 24 July, and deployed the command module's parachute, landing safely in the Pacific Ocean. From launch to the splash down in the ocean, the Apollo 11 mission to the Moon lasted exactly eight days, three hours, 18 minutes and 35 seconds.

10 Fascinating Facts about the Moon Landing

The Moon is an average of 238,855 miles away from Earth (that's the equivalent of travelling from Land's End to John o' Groats 273 times!).

The Apollo 11 spacecraft was over 110 metres tall.

Today, most mobile phones are more powerful than the Apollo 11's computers.

The lunar module, Eagle, was so small that there was no room for seats - Armstrong and Aldrin had to stand.

Three new minerals were discovered on the Moon, one of which was called Armalcolite - named after Armstrong, Aldrin and Collins.

On the Moon, gravity is only one sixth as strong as it is on Earth: this means you can jump six times higher on the Moon than you can here!

Armstrong said that the Moon smelled like 'wet ashes in a fireplace'.

Black and white footage of the Moon landing was transmitted to Earth and watched by 600 million people (a fifth of the world's population.)

After returning to Earth, the astronauts had to spend 21 days in quarantine.

Katherine Johnson, an African American mathematician, made the calculations that ensured the mission to the moon was possible. Her achievement paved the way for more women and ethnic minorities to make progress in this field, too.

Re-establishing Barnes Football Club

Barnes Football Club was founded in 1862 and had great importance in the development of football in 19th century. The club took part in first ever FA Cup in 1871-72 with 15 consecutive editions of the competition.

The club was re-established as a company limited by guarantee and owned by its members. It is now run by a volunteer management committee made of people with league and non-league football experience and professionals with different backgrounds.



Their initiative is to re-establish Barnes FC and to involve local passionate football fans and community to support this project. The club's mission is to develop and promote community participation in healthy recreation by providing affordable activities that improve health and social welfare and to provide more social inclusive community that will engage all members regardless of ability or disability, race, religion, gender, age or sexual orientation.

The club is currently seeking for fundraising through crowdfunding campaign and local sponsors and businesses in order to finance their first season in grassroots adult football. The funds will also be used for development of the youth teams in cooperation with local schools. The club will play their games at their historical home ground, Barn Elms Park.

Find out more or donate [HERE](#)

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92 pages of full colour photos of Gibraltar. See the Rock as you've never seen it before! Only £10

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Gibraltar Alive
A scenic view of the Rock

England team announcement: England v Canada

Eddie Jones has named his side for England's match against Canada at Twickenham Stadium on Saturday [10 July, 3pm KO].



Four players will make their England debuts, after 12 received their first cap in Sunday's win against USA.

Backs Dan Kelly (inside centre) and Adam Radwan (left wing), join lock Harry Wells and Alex Dombrandt at No. 8 for their first England appearances.

Lewis Ludlow will again captain the side at blind-side flanker, with Sam Underhill at open-side flanker.

Jamie Blamire (hooker) makes his first England start, with props Joe Heyes and Ellis Genge, who is vice-captain, and Charlie Ewels (lock) completing the tight five.

In attack, Marcus Smith stays at fly half and Harry Randall at scrum half. Henry Slade continues at outside centre, Freddie Steward is full back and Joe Cokanasiga is on the right wing.

Curtis Langdon, Beno Obano, Paul Hill, Callum Chick, Lewis Ludlam, Dan Robson, George Furbank and Joe Marchant make up the finishers.

Jones said: *"Our focus this camp is being as strong a 36-player squad as we can be and there has been a lot of hard work and intense competition.*

"There is a responsibility on the 23 players selected to perform to their personal best.

"We want to go out there and put smiles on the faces of all the supporters watching at Twickenham and at home on Channel 4."

England v Canada is live on Channel 4, with coverage starting from 2.30pm.

England XV Starters

- | | |
|---|---|
| 15. Freddie Steward (Leicester Tigers, 1 cap) | 1. Ellis Genge (Leicester Tigers, 29 caps) |
| 14. Joe Cokanasiga (Bath Rugby, 10 caps) | 2. Jamie Blamire (Newcastle Falcons, 1 cap) |
| 13. Henry Slade (Exeter Chiefs, 39 caps) | 3. Joe Heyes (Leicester Tigers, 1 cap) |
| 12. Dan Kelly (Leicester Tigers, uncapped) | 4. Harry Wells (Leicester Tigers, uncapped) |
| 11. Adam Radwan (Newcastle Falcons, uncapped) | 5. Charlie Ewels (Bath Rugby, 22 caps) |
| 10. Marcus Smith (Harlequins, 1 cap) | 6. Lewis Ludlow (C) (Gloucester Rugby, 1 cap) |
| 9. Harry Randall (Bristol Bears, 1 cap) | 7. Sam Underhill (Bath Rugby, 23 caps) |
| | 8. Alex Dombrandt (Harlequins, uncapped) |

Finishers

- | | |
|---|---|
| 16. Curtis Langdon (Sale Sharks, 1 cap) | 20. Lewis Ludlam (Northampton Saints, 9 caps) |
| 17. Beno Obano (Bath Rugby, 2 caps) | 21. Dan Robson (Wasps, 13 caps) |
| 18. Paul Hill (Northampton Saints, 5 caps) | 22. George Furbank (Northampton Saints, 3 caps) |
| 19. Callum Chick (Newcastle Falcons, 1 cap) | 23. Joe Marchant (Harlequins, 5 caps) |

RCEM: “We have a serious problem in Urgent & Emergency Care”

Emergency Department performance figures published by NHS England for June 2021 show the highest number of Type 1 attendances ever recorded, the worst four-hour performance for the month of June, and the highest ever number of total emergency admissions for the month of June.

The data show that in June 2021 1,436,613 patients attended Type 1 Emergency Departments, the highest ever figure since records began.

A total of 400,826 patients were admitted via Type 1 Emergency Departments, the highest ever recorded figure for the month of June.

Four-hour performance in Type 1 departments was 73.2% which is by far the lowest June percentage on record.

1,289 patients were delayed by 12-hours or more in an Emergency Department – almost double the figure of the previous month. It is also the highest ever recorded figure for the month of June, and almost triple the previous highest figure for June recorded in 2019.

Dr Katherine Henderson, President of the Royal College of Emergency Medicine, said:

“We have a serious problem in urgent and emergency care. We are deeply concerned. We are facing record breaking figures in the high summer. We can only begin to imagine what this winter may bring.

“We are facing record breaking attendances with a tired workforce and fewer beds; it is seriously challenging. Busy departments are a threat to patient safety, it increases the chance of crowding and corridor care, this risk is significantly increased if covid and non-covid patients are sharing the space for long periods of time.

“We ask that there is a transparent discussion about how the whole of the health service deals with the current levels of demand. Emergency care does not happen in a vacuum but is often the canary of the system. Managing demand in Primary care, the elective backlog and what is happening at the front doors of hospitals is all connected and there is urgent need for a plan that balances these needs in a way everyone can understand.

“The data show what is happening on the ground, and it is likely that things will worsen in the coming months, especially as we enter the winter. The government must realize there is a looming crisis and take swift and urgent action – this is critical ahead of Winter.

“Hospitals can only do all they can to boost capacity, in the face of serious resourcing constraints. And we would ask patients to only attend Emergency Department if they need urgent and emergency care, and seek alternative care, like from their GP or NHS 111, if they have a minor injury or mild condition.

“Despite now being in the middle of summer, our [Summer to Recover: Winter-Proofing Urgent and Emergency Care for 2021](#) contains the necessary actions the government and the NHS can take ahead of Winter.

“If no action is taken, we may soon be in the middle of a crisis worse than any previous winter.”



**The Royal College of
Emergency Medicine**

Annual statistics for 'Medicines used in Mental Health – England' have been released by NHS Business Services Authority

Quarterly Summary Statistics are also now available, covering January to March 2021.



Business Services Authority

Five groups of drugs are analysed in the report including antidepressants; hypnotics and anxiolytics; antipsychotics; central nervous system (CNS) stimulants and ADHD drugs; and drugs for dementia.

In the period since the implementation of lockdown measures during the COVID-19 pandemic, between March 2020 and March 2021:

- There were 803,000 more antidepressant prescription items issued than expected based on historical trends. However, this was not a statistically significant increase for the period; (meaning although usage increased, it was already on an upwards trend before the pandemic)
- There were 363,000 fewer drugs for dementia prescription items issued than expected based on historical trends. This was a statistically significant decrease for the period; (meaning usage decreased more than expected based on pre-pandemic trends).



Key findings:

- There were 79.4 million antidepressant drug items prescribed to 7.87 million identified patients in 2020/21. The number of antidepressant items issued and the number of patients receiving antidepressant drugs increased for the fifth consecutive year. However, the rates of increase between 2019/20 and 2020/21 were less than in previous years.
- In 2020/21, over 4 million drugs for dementia items were prescribed to 275,000 patients. This was a decrease from 2019/20 following 4 consecutive years of increases in the number of items prescribed and the number of identified patients.
- Of the 5 drug groups analysed, 4 had a larger number of identified patients that were female. The exception was central nervous system (CNS) stimulants and drugs used for ADHD, which had almost three times as many men receiving prescriptions than women.
- All 5 drug groups were prescribed more often to patients living in more deprived areas of England. The largest difference was for drugs used in psychoses and related disorders, which saw 163% more patients receiving prescribing from practices in the most deprived areas of the country compared to the least deprived.
- In 2020/21, the most common age group to receive prescribing for 3 of the 5 drug groups was 50 to 54. The exceptions to this were central nervous system (CNS) stimulants and drugs used for ADHD and drugs for dementia. The most popular age group for CNS stimulants and drugs used for ADHD was 10 to 14, while the most popular age group for drugs for dementia was 80 to 84.

Key findings from the quarterly summary (between January to March 2021):

- There were 20.2 million antidepressant drugs prescribed, a 1% decrease from 20.5 million items in the previous quarter, and a 3% increase from 19.6 million items for same quarter in 2019/20
- Drugs for dementia continued to show a downward trend with 982,000 items prescribed, a 4% decrease from 1.02 million items in the previous quarter, and a 6% decrease from 1.05 million items in the same quarter in 2019/20.

To see the statistical reports in full follow the links below:

Annual: <https://www.nhsbsa.nhs.uk/statistical-collections/medicines-used-mental-health-england/medicines-used-mental-health-england-201516-202021>

Quarterly: <https://www.nhsbsa.nhs.uk/statistical-collections/medicines-used-mental-health-england/medicines-used-mental-health-england-quarterly-summary-statistics-january-march-2021>

Crossrail - a progress update

Click here for the [full report](#) and here for the [PAC Chair's statement](#).

A report from the National Audit Office (NAO) finds that the revised schedule and budget agreed for Crossrail in April 2019 was unachievable because the programme was further from being complete than Crossrail Ltd and the programme's sponsors understood. Although cost increases and schedule delays are in line with Crossrail Ltd's 2020 estimates, they exceed the available budget and there are still significant issues that could arise as the railway is brought into service.

The joint sponsors (the sponsors) for Crossrail are the Department for Transport and Transport for London (TfL), while Crossrail Ltd, a subsidiary of TfL, is responsible for delivering the programme. In 2018, the sponsors strengthened their oversight of the programme and brought in a new management team for Crossrail Ltd when it became clear that Crossrail central section would not be opened on time, or within the available funding. When the NAO last reported in May 2019, the funding package for Crossrail stood at £17.6 billion, the forecast cost was £17 billion, and the central section of the Elizabeth line was due to open by March 2021 at the latest.



The new management team hired in November 2018 had to start largely from scratch when setting a revised plan to complete the programme. Milestones were repeatedly missed in 2019 and into 2020 due to Crossrail Ltd continually uncovering problems or identifying requirements for new work. Despite contractors meeting only 30% of milestones on average throughout 2019 and early 2020, Crossrail Ltd continued to base its plans on more optimistic levels of productivity.

The COVID-19 pandemic added further cost and delay to the programme, but Crossrail Ltd took the opportunity to improve its planning of remaining work. Crossrail Ltd estimates that £228 million of the increase in cost since April 2019 is a direct result of factors relating to COVID-19. In response to the delays and the need to make workspaces safe, it worked closely with contractors to plan and re-sequence remaining work. Between August 2020 and April 2021, contractors met around 90% of milestones.

As at May 2021, most major construction work is complete, and Crossrail Ltd is in the process of transferring assets, such as stations, to Rail for London Infrastructure (RfLi) and London Underground, who will maintain and operate different parts of the Elizabeth line. In March 2021, Crossrail Ltd achieved a key milestone to allow it to begin operational testing of the railway, known as trial running.

The cost estimate for Crossrail exceeds the funding package. In August 2020, Crossrail Ltd confirmed it would need between £800 million and £1.1 billion more funding to complete the programme. In December 2020, the Department agreed £825 million of additional funding. The latest cost estimate of £18.9 billion at May 2021 exceeds the available funding package by £120 million, but it is within the upper limit of Crossrail Ltd's August 2020 cost estimate.

There are still significant issues that could affect cost and schedule. Cost control depends on Crossrail Ltd completing its main contracts, which represent a significant proportion of spend, and work progressing to time. So far, the first stage of operational testing, known as trial running, is six weeks behind the 'best case' target date, but still within the range of dates as set out in the revised August 2020 schedule. The software update needed for the next stage of testing is also delayed by three-to-eight weeks.

Several organisations are now responsible for bringing the Elizabeth line into service, which adds complexity. As the central section approaches the start of passenger services, responsibility for completing, maintaining and operating the Elizabeth line is shared between London Underground, RfLi, Network Rail and Mass Transit Railway Elizabeth line (MTREL). The NAO often finds that programmes have problems when roles and responsibilities change, and when they are shared between different bodies.

More needs to be done to plan for and deliver the wider benefits of the Elizabeth line. The initial business case (2011) set out the benefits of building an accessible railway that achieved wider economic and environmental aims. However, the context within which the Elizabeth line will open is different from 2011, particularly given the increase in flexible and remote working. Achieving the wider economic benefits of the original business case will require sustained vision over a long period. Although TfL has a plan for integrating the Elizabeth line into its transport network, it does not yet have a plan for maximising the benefits set out in the business case.

The NAO recommends that Crossrail Ltd and RfLi should work together to set out a clear plan for handing the Elizabeth line over to RfLi in preparation for the start of passenger services. TfL and government should also set out a strategy to maximise the potential benefits of the Elizabeth line.

Gareth Davies, the head of the NAO, said:

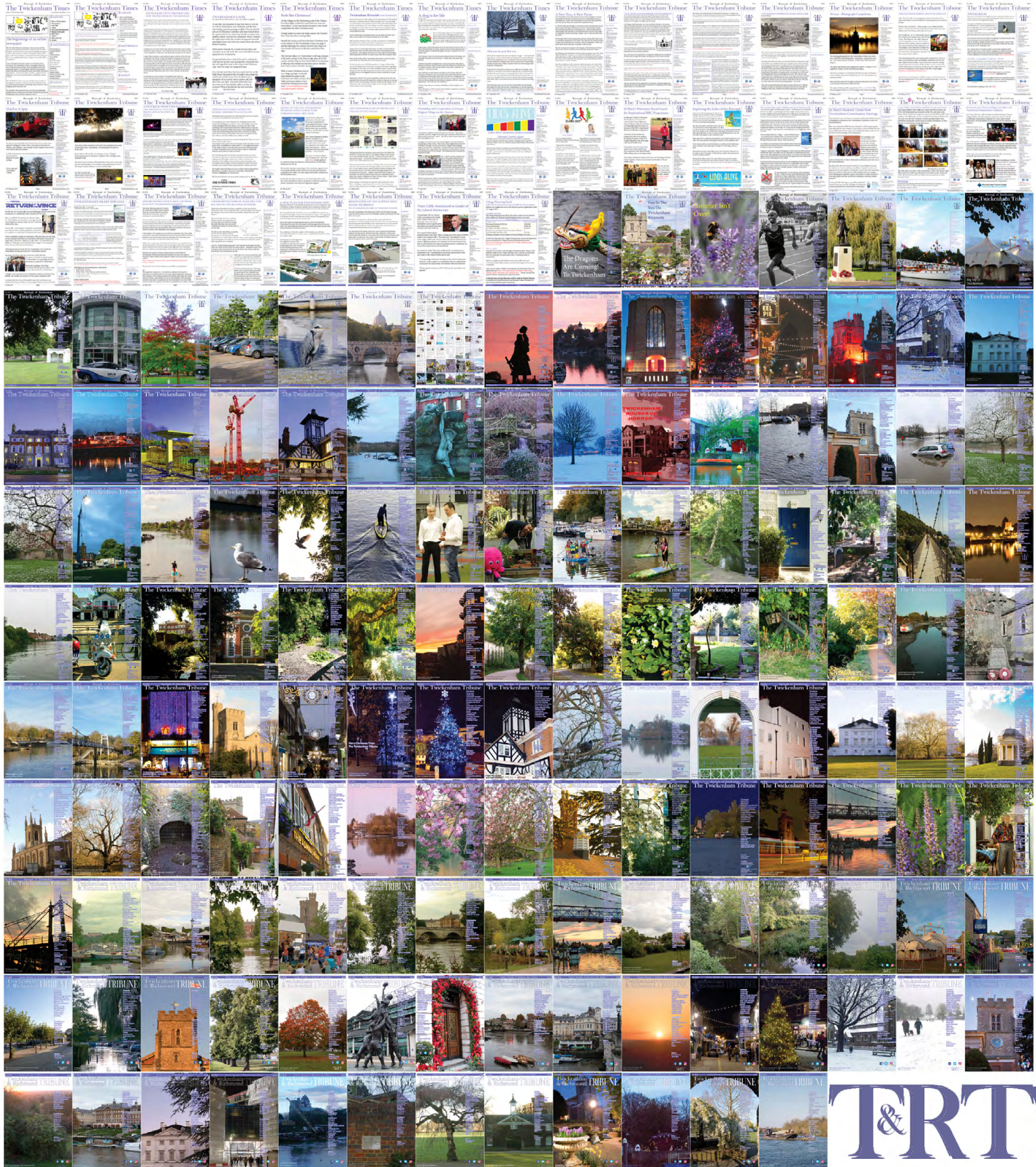
“Crossrail was further from completion than anyone understood when the Department, TfL and Crossrail Ltd reset the programme in 2019. The problems we identified in our previous report have been difficult to address and have continued to affect the programme.

“There are now encouraging signs that Crossrail is in a more stable position. However, it will require further funding to complete, and there are still significant risks that must be managed as the Elizabeth line undergoes operational testing. As the Elizabeth line nears the start of services in 2022, TfL and government must think through how to realise the benefits of the railway in order to maximise the return on almost £19 billion of investment.”



National Audit Office

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