

Twickenham & Richmond TRIBUNE

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Editors

Berkley Driscoll
Teresa Read



3rd February 2023

T&RT

TickerTape - News in Brief

Rugby – Twickenham Stadium

ENGLAND v SCOTLAND

Saturday 4th February

KO 16:45.

Expected attendance 82,000.

Whitton, Rugby & London Roads closed 14:45 to 16:45 and 18:15 to around 20:45.

CPZ in operation 11:00-23:00.

RNLI Teddington Lifeboat

Volunteer crew paged today at 2.04pm to assist LFB Richmond with submerged car near Richmond Bridge. Once established no one was inside the vehicle crew were stood down & returned to the lifeboat station. Congratulations to newly qualified crew Chris Labrey on his first shout!

Twickenham Banks closing down

Lloyds Bank, Heath Road will close on 11th May 2023

HSBC, London Road will close on 20th June 2023

Barclays Bank, York St closed on 14th December 2022

Richmond Borough Mind to host free technology workshop

Residents are invited to join Richmond Borough Mind for a free Tech Check workshop for parents and carers on **22 February, 7 to 8.30pm** (Online, via zoom)

As part of the Connect to Tech project, the online workshop will discuss the impact of technology use on the mental health and wellbeing of children, young and vulnerable people.

The dangers of the internet and other technology use for young and vulnerable people will also be covered, so you can feel confident having conversations with them about the possible dangers. For more information email training@rbmind.org or call 020 8948 7652

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Covid 19

By Teresa Read

IN THE NEWS THIS WEEK

BBC: It is essential we remain vigilant on Covid-19

WHO: Highest number of new deaths in the European Region reported from the United Kingdom

University of Birmingham: Immunocompromised patients remain at higher risk of COVID-19 death in hospital

BMJ: Covid-19: Reduction in payments for NHS staff with long term symptoms is “short sighted”

WHO Director-General: The committee has advised that in its view, COVID-19 remains a global health emergency, and I agree. In the past eight weeks, more than 170,000 people have lost their lives to COVID-19. And that’s just the reported deaths; we know the actual number is much higher.

Weekly epidemiological update on COVID-19 - 1 February 2023

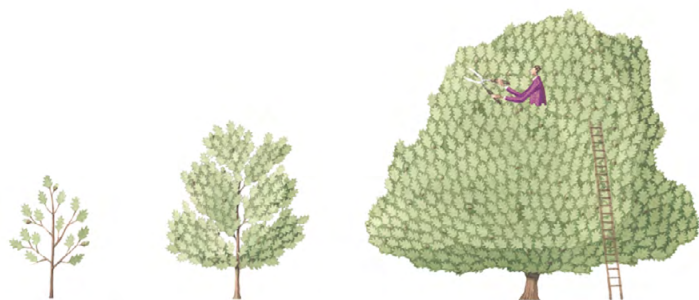
Data as of 29 January 2023

European Region

The European Region reported 1,478,735 new cases in the last 28 days, a 63% decrease as compared to the previous 28-day period. Four (7%) 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 Kosovo (251 vs 70 new cases; +259%), Georgia (4,310 vs 2,591 new cases; +66%), and Montenegro (1,475 vs 959 new cases; +54%).

The highest numbers of new cases were reported from Germany (348,443 new cases; 419 new cases per 100,000; -57%), Italy (260,958 new cases; 437.5 new cases per 100,000; -59%), and France (184,864 new cases; 284.2 new cases per 100,000; -85%).

The number of new 28-day deaths in the Region decreased by 25% as compared to the previous 28-day period, with 15,643 new deaths reported. The highest numbers of new deaths were reported from the United Kingdom (3,137 new deaths; 4.6 new deaths per 100,000; -3%), France (2,042 new deaths; 3.1 new deaths per 100,000; -28%), and Italy (1,915 new deaths; 3.2 new deaths per 100,000; -36%).



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A busy day at Hampton Court

By Simon Fowler

In January 1666, Samuel Pepys has a memorable day at the Palace...

Up again about six (Lord's day), and being dressed in my velvett coate and plain cravatte...so to my Lord Bruncker's with all my papers, and there took his coach with four horses and away toward Hampton Court, having a great deale of good discourse with him...

At Brainford [Brentford] I'ligh, having need to shit, and went into an Inne doore that stood open, found the house of office [toilet] and used it, but saw no people, only after I was in the house, heard a great dogg barke, and so was afeard how I should get safe back again, and therefore drew my sword and scabbard out of my belt to have ready in my hand, but did not need to use it, but got safe into the coach again, but lost my belt by the shift, not missing it till I come to Hampton Court...

The Council being up, out comes the King, and I kissed his hand, and he grasped me very kindly by the hand. The Duke also, I kissed his, and he mighty kind. I found my Lord Sandwich there, poor man! I see with a melancholy face, and suffers his beard to grow on his upper lip more than usual. I took him a little aside to know when I should wait on him, and where: he told me, and that it would be best to meet at his lodgings...



I went down into one of the Courts, and there met the King and Duke; and the Duke called me to him. And the King come to me of himself, and told me, "Mr. Pepys," says he, "I do give you thanks for your good service all this year, and I assure you I am very sensible of it." And the Duke of Yorke did tell me with pleasure, that he had read over my discourse about pursers, and would have it ordered in my way, and so fell from one discourse to another. I walked with them quite out of the Court into the fields, and then back to my Lord Sandwich's chamber, where I find him very melancholy and not well satisfied... He and I staying till late...

We took boat, and by water to Kingston, and so to our lodgings, where a good supper and merry, only I sleepy, and therefore after supper I slunk away from the rest to bed, and lay very well and slept soundly, my mind being in a great delirium between joy for what the King and Duke have said to me and trouble for my Lord Sandwich's concernments, and how hard it will be for me to preserve myself from feeling thereof.

This is an edited entry for 28 January 1665/6 taken from www.pepysdiary.com/diary/1666/01/28/

Dear Sir,

Proposed expansion of ULEZ to outer London boroughs

I wanted to share my fears and anxieties about the planned expansion of ULEZ on 29th August to include the borough of Richmond.

I understand the need to limit emissions of harmful gases into the atmosphere and endorse the policy of taking meaningful steps to reduce them in cities, but it is not fair that the poor and old who should have to pay the bill. I also understand that urgent measures were necessary to cut emissions in the crowded streets of the centre of the capital. The acute effect on public health is undeniable in areas of high population density.

Greater London is however not uniform. What's true for Tower Hamlets is not true for the borough of Richmond. The population structure and density is completely different and the proximity of major roads to housing and schools differ widely.

The cost of ULEZ expansion is to be born by those least able to pay an extra £12.50 a day.

London's outer suburbs have **over double the number of older people** than inner London boroughs. It is the old, struggling small businesses and working people on low wages who will pay. **People with little income don't choose to drive older vehicles, they have no choice.**

Walking, cycling and using public transport are often not viable alternatives either. Outer London boroughs don't enjoy the high connectivity of either the tube or a bus network that basically radiates out from the centre.

The timing for the expansion of ULEZ couldn't be worse. In the middle of the deepest cost of living crisis in years and falling real incomes. And at a time when motor vehicle emissions are falling as the number of BEVs and PHEVs on London's roads are increasing exponentially. The carrot always better than the stick.

I worked for many years as a teacher in ILEA comprehensive schools and now retired, so rely on government pensions *and* a petrol-engined Volvo. It was bought new in 1998 to get me to Wandsworth from Hampton daily, with my marking, lesson preparation, etc. I've looked after it and now rely on it to get to the supermarket, the recycling centre, etc. Though being driven most days, it covers less than 1500 miles a year, thus emitting a small fraction of the harmful gases of larger engined *compliant* vehicles, doing the average annual 10,000 miles. S/he will pay nothing, I will pay over £4500 a year!

I am already becoming stressed about 29th August 2023 and feel the detrimental effects on my well being and mental health. In itself, this is another negative effect of ULEZ expansion, with its own personal and potential financial costs to the public purse.

Not all science is on the side of imposing more ULEZ restrictions either. A recent Japanese study, widely reported, confirmed earlier assertions that **keeping older vehicles on the road longer, is better for the environment** overall than replacing them. The environmental impact of mining, transporting materials and manufacturing 'cleaner' vehicle has a negative impact on the environment that **outweighs the potential positives** for many years. The environmental costs of scrappage schemes only adds to this deficit.

I am convinced that extending ULEZ into the leafy suburbs of London isn't the right thing to do now and may not be necessary in the future either. The infrastructure and implementation costs, however you choose to measure them, outweigh the benefits.

(Cont. next page)

(Cont. Proposed expansion of ULEZ to outer London boroughs)

I suggest:

- 1.Halt work on the infrastructure for ULEZ expansion immediately.
- 2.Delay the introduction of the scheme that will put an unfair extra financial burden on many of London's poorest, at a time of financial crisis.
- 3.Review the implementation of ULEZ beyond its present boundary after consultations and consider the following:

Who should bear the cost of ULEZ? Is extending ULEZ the right thing to do at the moment? Do people in outer London boroughs want it?

... if so: **extend exemptions** to include, not just the disabled but those **aged over 60**, many of whom have impaired mobility, like myself and who drive under 1500 miles a year.

... extend the ULEZ historic cars exemption to include modern classics over 20 years old, that cover less than 1500 miles a year.

Yours faithfully,

Robin Hunter

Dear Sir

Burtons Road Scheme

I was interested to read Councillor Samuel's comments in the Twickenham Tribune of 27 January, particularly in relation to the demand for payment for inadvertent infringements of the Burtons Road scheme.

This raises the related question of why the Council charges two penalties for driving through Burtons Road during the excluded times. Surely it's a single zone - if you drive through Burtons Road how can that represent two offences?

I imagine that a single penalty charge is quite enough of a deterrent for most people – it was for me. So what does a second penalty issued at the same time achieve apart from raising extra revenue?

I have no quarrel with the scheme but wonder whether the Council's heavy handed enforcement does more harm than good.

This issue should have been reviewed prior to making the scheme permanent and all these duplicate charges refunded.

Yours faithfully,

Teddington Resident, (Name and address supplied)

Dear Tribune,

The Best Borough in London...

Yesterday, when I came out of Richmond station with some visitors from abroad, we were confronted with the appalling sight shown in this photograph.

This much vaunted 'Rainbow' crossing, initially meant to promote the LGBTIQ+ community, is now a disgusting eyesore. Et al!

Coincidentally, these crossings were discussed on this morning's Channel 5 'Jeremy Vine' program during which a viewer who was a post-operative transsexual said that these crossings are a waste of money and completely unnecessary.

Before anyone writes in with the usual libellous accusations of being homophobic and anti-LGBTIQ+, I should explain that I was a special constable for 17 years during which I protected a number of LGBTIQ+ people who were being harassed and many of my work colleagues were of this group.

Not only is the Richmond station crossing an ugly mess but it is accompanied by numerous serious potholes in the road and a number of derelict, boarded-up shops.



One community leader was reported as saying: "They're a beautiful, bright public statement ..."

That is hardly what we residents want to see, let alone foreign visitors who come to visit.

In spite of so-called consultations and 'Improve the High Street' meetings, I don't know of anyone who has been consulted about these.

All this virtue signalling is a complete waste of money when the NHS is in such dire need and our roads and other infrastructure are in such an embarrassing condition.

Richmond Council leaders have been eager to be pictured gleefully promoting these woke projects when they were installed but I wonder whether they would like to be pictured now in front of this disgusting mess outside Richmond station in what the Council calls '*The best borough in London*'.

Michael Jay
Hampton.

Dear Sir,

Street signs

Lambeth Council has refunded £106,000 in fines to 1000+drivers owing to “a confusing road sign” The sign was difficult to read safely while driving.

I hope you (LBRUT) are conducting an urgent review of all road signs. For example a careful driver with eyes on the [crowded] road ahead who approaches First Cross road may not see the sign of prohibited hours until virtually completing the turn.

I am sure there are very many such confusing signs in the Borough. I will draw Lambeth’s action to readers of my Newsletter and Twickenham Tribune and advise any driver who claims a similar experience to appeal against any PCN.

It is clear that Lambeth has refunded PCNs issued years ago

Yours faithfully,

Councillor Geoffrey Samuel

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www.richmondmusictrust.org.uk/site/ensembles-and-courses/richmond-youth-screen-orchestra-ryso/

The Cost of Electric Vehicles

Teresa Read

Politicians keen to jump on the ULEZ bandwagon are moving faster than car users can keep up. The imminent timing of the ULEZ plan locally highlights the failure of politicians to prepare for adequate infrastructure for charging points, highly critical for the use of electric cars.

It is reported that hundreds of thousand of drivers will soon have to pay £12.50 a day to use a vehicle passing through the ULEZ zone if it does not meet the ULEZ emissions standards, causing unaffordable costs for small businesses and working parents taking children to school. Journeys that make up everyday life will be difficult for some who have particular needs vital to well-being; thus life as we know it today will not be possible for many of us.

And this is a time when we have an economic crisis and businesses and families are finding it difficult from day to day.

Not only are there problems with ULEZ at home, perhaps we should ask politicians if they are heeding international headlines as China increases its grip on the global supply chain of lithium batteries?

Last week a leading newspaper suggested that the increased use of electric cars would empower China with its investment in the supply chain for lithium batteries estimated to keep the country at the top spot until at least 2027. China's Ganfeng Lithium Group is not only a leading producer of lithium but covers comprehensive aspects of its entire battery supply chain. Certainly food for thought.

However, although China is a world leader in the supply of batteries for electric cars it is reported that it has its own problems with charging batteries, a crucial issue that our country has yet to address.

There has also been concern reported, particularly in the US, in relation to the use of forced labour from various groups of people by the companies in China supplying the lithium.

Towards the end of December 2022, the US Congress Uyghur Forced Labor Prevention Act was passed "ensuring that goods made with forced labor in the Xinjiang Uyghur Autonomous Region of the People's Republic of China do not enter the United States market, and for other purposes".

In Edition 235 of the Tribune I highlighted the plight of young children in the Democratic Republic of the Congo who mine for cobalt used in lithium batteries.

Another important question to ask "What do our politicians say about promoting the use of vehicles that depend on modern slavery?"

Schedule of COVID-19 and flu vaccine pop-up clinics through February and March

Starting on Wednesday 8 February, eligible residents who would like to get a COVID-19 or flu jab can do so at a series of regular pop-up clinics being held at Richmond and Hillcroft Adult Community College (RHACC) and York House in Twickenham.

Having a flu and/or COVID-19 jab can help make sure you and those you care for are well protected during the winter months and beyond. This new schedule of community pop-ups aims to provide a regularity to this service that allows for greater availability and opportunity to plan ahead.

In **February**, these pop-up clinics will be available at York House (a short walk from Twickenham Station, next to the Civic Centre, TW1 3AA) on Wednesdays and at RHACC (opposite Richmond Station, TW9 2RE) on Thursdays from 11am to 5pm.

In **March**, they will be available at York House on Thursdays and at RHACC on Tuesdays from 11am to 5pm.

Who is eligible for a free jab?

Anyone aged 12+ who is due their first, second, or booster vaccinations will be able to have their COVID-19 jab. The seasonal (winter) booster is only available for those aged 50+ or those considered clinically vulnerable. Flu jabs are available for those aged 50+ or anyone typically eligible for a free flu jab. Doses of the COVID-19 jab for children aged 5-11 will be available at all pop-ups.

Find out [who is eligible for the COVID-19 vaccine](#) and the [flu jab](#). All other services are open for all ages.

No appointments are required, and people can just walk in. If you have recently tested positive for COVID-19, you need to wait before getting any dose of the vaccine and the number of weeks depends on how old you are. Find out more about

If anyone is hesitant about the vaccine or has any questions, the pop-up clinics are an opportunity to speak to experts from the NHS in a private and confidential environment.

Pop-up clinic schedule

York House:

- Wednesday 8 February 2022 - From 11am to 5pm
- Wednesday 15 February - From 11am to 5pm
- Wednesday 22 February - From 11am to 5pm
- Thursday 2 March - From 11am to 5pm
- Thursday 9 March - From 11am to 5pm
- Thursday 16 March - From 11am to 5pm
- Thursday 23 March - From 11am to 5pm
- Thursday 30 March - From 11am to 5pm

RHACC:

- Thursday 9 February - From 11am to 5pm
- Thursday 16 February - From 11am to 5pm
- Thursday 23 February - From 11am to 5pm
- Tuesday 7 March - From 11am to 5pm
- Tuesday 14 March - From 11am to 5pm
- Tuesday 21 March - From 11am to 5pm
- Tuesday 28 March - From 11am to 5pm



Richmond Council announce bikehanger installations at 29 locations across the borough

Following on from the bikehanger consultation in November 2022, the Council have listened to the feedback and will proceed with installing the secure bike storage units in 29 locations. Bikehangers are designed to provide a secure and convenient on-street cycle parking solution, that can only be accessed by a member using a key. They encourage more active travel by providing a solution to those who would otherwise be unable to securely store a bicycle. 8 units have been installed so far, with a further 10 units to be installed the week commencing 13 February. More will be installed across the borough throughout March and April. We aim to double the number of bikehanger spaces in the borough. The spaces are managed by [CycleHoop](#) and can be rented on their website.

Bikehanger locations

Bikehangers have already been installed in:

- Taylor Close Car Park Hampton Hill (2 units)
- Holly Road Car Park Twickenham
- St Margaret's Road
- Cave Road Ham
- Haggard Road Twickenham
- Albert Road Richmond
- Twickenham Green

Bikehangers will be installed in:

- Church Street Car Park Twickenham
- North Road Kew
- Fitzgerald Avenue Mortlake
- Haliburton Road St Margarets
- Second Avenue Mortlake
- Marsh Farm Road Twickenham
- Radnor Road Twickenham
- Kingston Lane Teddington
- St Margarets Grove St Margarets
- Mount Ararat Road Richmond
- Onslow Road Richmond
- Sheen Roach Richmond
- Prospect Crescent Whitton
- Station Road Hampton
- Stanborough Close Hampton North

Bikehangers will be installed with minor amendments to location in:

- Church Road Richmond
- Lancaster Park Richmond
- Grosvenor Road Twickenham
- Redfern Avenue Heathfield
- Lawn Crescent Kew

Bikehangers will not be installed in:

- Alder Road Mortlake
- Alexandra Road East Twickenham
- Kew Road North Richmond

Find out more about [bikehangers](#).



Community Planting day at the Queen's Green Canopy Woodland, Richmond Park

Monday 13th Feb will see the Help Nature Thrive team, Friends of Richmond Park, The Holly Lodge Centre and the Royal Parks' volunteer rangers lead tree planting activities and guided wildlife walks in Richmond Park.

Our meeting point will be at the newly-planted [Queen's Green Canopy Woodland](#), where walks will leave every 30 minutes between 11am and 2pm. Our expert guides will lead you through some of the park's many habitats, where you can discover some of the wildlife that lives and forages there.



Visitors can also take the opportunity to make their mark on the history of the Richmond Park, by planting a sapling in the new woodland (available on a drop-in basis, and subject to availability).

Connor Butler, Help Nature Thrive Engagement Officer said:

"We are inviting everyone to come and see the incredible conservation work that is going on across the Royal Parks. It's not every day that you get the opportunity to be a part of planting a brand new woodland, especially in a place as historic as Richmond Park."

For more information, please contact Connor at CButler@royalparks.org.uk or visit [The Queen's Green Canopy Planting Day - Richmond Park - The Royal Parks](#).

Please note that this event is drop-in only and there is no option to reserve a space.

This event is supported by players of People's Postcode Lottery, The Friends of Richmond Park and The Holly Lodge Centre.

The Queen's Green Canopy Woodland is found at the intersection of Queen's Road and Ham Gate Avenue - a 7 minute walk from Richmond Park's Ham Gate. The closest station is Norbiton, and the closest bus stop is 'Ham Gate Avenue' on bus route 65. The woodland is also a 10 minute walk from Pembroke Lodge Car Park, or a 7 minute walk from Pen Ponds Disabled Car Park.



GIFTS AND TREATS FOR LOVERS

It's Valentine's Day soon, (February 14 of course, as if you didn't know) and a little forethought can enable you to share the love this year in a more imaginative way. I've been researching a few potential gifts for you...

You're 'the One' What could be more romantic than giving a vodka aficionado a bottle of locally-produced - and appropriately named - vodka from **The Spirit of One**. This is an unforgettably smooth, aromatic vodka, bursting with citrus zest and fresh herbal notes. It features the company's signature botanical of fresh sage, with the addition of zesty citrus notes and just a subtle hint of vanilla. From £34 (with the option of a personal message on a gift tag too) plus the added bonus that the bottle can be used afterwards as a water carafe. And each sale helps to fund the provision of clean water in the world's poorest communities. One vodka is available directly from thespiritofone.com



Hot Stuff Spice up your evening with a gift of a heart shaped jar of chilli jam from Tracklements. Incredibly versatile, and rather addictive, this gift of cleverly curated fresh chilli jam doesn't stop giving with the last spoonful - the glass jar can even be recycled into a cute little vase. **Tracklements Heart-Shaped Jar of Fresh Chilli Jam**, RRP £6.55 for 350g, is available from fine food delis and farm shops nationwide and [online](#) from Tracklements.

Give them a Kiss! Soko Patisserie offers a limited edition selection of chocolate lips, in three flavours and colours, including: Pink - chocolate orange centre in milk chocolate; Red - salted caramel in white chocolate and Black with pink flashes - pistachio centre in white chocolate. As gifts, they can also be sent directly to the recipient along with a personal message. £15 for a box of 15 chocolate lips in three flavours and shipped nationwide in time for Valentine's Day from [Soko Patisserie](#)



Or Have a Heart? There are already chocolate and cake hearts galore in the shops, which is really convenient if you are seeing your Valentine on February 14. But if you are wanting to be anonymous or if you are geographically separated, Farhi has a range of wonderful luxury heart-shaped chocolate gifts ranging from just £6! A 770g jar of chocolate hearts for £17.50 (in dark or milk) or perhaps a whole kilo of foil wrapped hearts for £20? Available online from [Farhi](#) and also stocked by John Lewis

Start your evening with a Negroni. I'd definitely recommend buying a bottle of **Black Cow Vodka Negroni**. Featuring vodka (made from milk from cows in Dorset) coupled with vermouth, Campari and a blend of bitters, this ready to serve Negroni just needs some ice and a garnish of orange slice or zest. A really well balanced Negroni, it's bold and enjoyably bitter, with a generous orange note to back up the herbals. £28 for 50cl [online](#)



Romeo & Juliet are the ultimate lovers, so what could be more appropriate than a bottle of Veronese-based winery **Pasqua's Romeo and Juliet wine range**? This famous love story is the inspiration behind the 'PassioneSentimento' range. Comprising four wines 'to fall in love with', the range boasts eye-catching label designs featuring a contemporary interpretation of the messages left by modern-day lovers in the famous courtyard of Juliet's house, Verona. ['Romeo & Juliet' Prosecco Rosé NV](#) has the addition of Pinot Noir grapes creating a rosé version of this popular prosecco, fresh and fruity with lifted notes of fresh raspberries. Pleasantly dry, and at £12.99 a bottle it's very reasonably priced. You could move on to the [Pasqua 'PassioneSentimento' Passimento Rosso 2020](#) at £11.99. A blend of Corvina, Croatina and Merlot grapes, the 'appassimento' style of winemaking, when grapes are picked at peak ripeness and left to dry in special crates, concentrates all the sugars and flavours. The result is a seriously rich and silky texture, with intense sweet black and red berry fruits and hints of spice. Both wines - and the other two in the range - are available online and instore from [Majestic](#).



Happy Together? And with that lovely red wine, you might be eating some cheese? Here's a fun gift! **Happy Together Cheese Knives**, £13 from [Kikkerland](#) - Set of 2 knives: one for hard cheese and one for soft cheese and they snap together for storage!



Amazing value: If, like most of us, you're having to watch costs very carefully at the moment, you might like to know that **Asda** has announced its 3-course Valentine's Day Meal Deal for just £15 for two including wine. Highlights include a Truffle Mac 'n' Cheese with Slow Cooked British Beef and Vegan Mushroom Arancini Hearts with Truffle Dips for starters, 30-Day Dry Aged Sirloin with Smoked Garlic Butter and Wild & Roast Garlic Stuffed Yorkshire Bred Pork Kiev Cutlets for the main affair and Italian Espresso Tiramisu Cups for dessert. The deal also comes with 2 slides and either a bottle of wine or a box of chocolates for the perfect evening in! Marks & Spencer and Waitrose are also both offering a similar Valentine's menu for £20



Spice it up! And finally, for a bit of fun, apparently **Spicy Rosé** is set to be a big drink trend for this year. First surfacing on TikTok, it's even been cited as a top tittle on ITV's This Morning. **Think Wine** has collaborated with **Cooks&Co** to create a cocktail recipe that's really easy to make. There is a school of thought that says the endorphins in hot sauce and chilli peppers can increase your libido! Take a bottle of **Think Wine's Sparkling Rosé** and a jar of **Cooks&Co Tri-Colour Jalapenos** pour over ice and float some jalapeno's on top. A weird one, I confess! **Think Wine Sparkling Rosé** is available [direct](#) £20.99 (75cl), **Cooks&Co Tri-Colour Jalapenos** are available direct at £2.69 from [Cooks&Co](#) and Ocado at £3.40.



REVOLUTIONISE YOUR COOKING WITH DOCTOR RUPY

If, like me, you are one of the 306,000 folk who follow Dr Rupy Aujla on instagram (@doctors_kitchen) you'll be pleased to know that he has just published another cookbook. This London-based doctor, specialising in General Practice and Emergency Medicine is also on a mission to reverse the tidal wave of preventable lifestyle disease one plate of delicious food at a time. He is completing a Masters in Nutritional Medicine and is the Founder of Europe's first Culinary Medicine programme for medical schools and doctors. **COOKS by Dr Rupy** is a collection of over 100 indulgent, delicious and easy recipes that put flavour and nutrition first. Each recipe is researched and developed to give maximum health benefits while being super simple and - take it from me - really enticing! Drawing on his Indian heritage, he blends the joy of cooking with the science of food as medicine.

Published by Ebury Press at £22, COOKS includes recipes for brunches, soups & broths, and delicious dinners from curries, traybakes and casseroles to healthy feasts and desserts. There are plenty of vegetarian and vegan dishes as well as gluten and nut-free options. Recipes you will want to cook on repeat include Lebanese-style Chicken Tacos, Miso Mushroom Donburi, Aubergine, Pea and Tamarind Curry and Spicy Halloumi Bake. What's more, these recipes have been tested in over 1000 different home kitchens from across the world by his extensive global community assessing simplicity, flavour, timing, and accuracy.



Dr Rupy says: *“I want food to be flavourful, every single day. It’s that intersection of flavour and functional benefits that I want to infuse into any recipe I create. When I speak to patients, I work hard to get them excited about food, and I apply that to the recipes you find in this book; I want that marriage of flavour and functionality. If food doesn’t taste good and it’s not easy to prepare, no matter how strong your willpower, you won’t keep eating it. And the aim of the game is to get people eating well every day, for life.”*

To whet your appetite, here are a couple of recipes from COOKS

SPICY HALLOUMI BAKE (V, GT)

Serves 4 **Prep time:** 15 minutes **Cook time:** 40 minutes

- 1/2 butternut squash (300g), scrubbed and unpeeled, deseeded and cut into 2cm cubes
- 1 courgette (250g), cut into 2cm cubes
- 1 red pepper (200g), deseeded and roughly chopped
- 2 tsp cumin seeds
- 3 tsp ras el hanout or baharat spice mix
- 1 tsp chilli powder
- 3 tbsp olive oil, plus an extra 1 tbsp to drizzle
- 150g spinach, finely chopped
- 350ml passata
- 1 x 400g can kidney beans, drained and rinsed
- 200g halloumi, sliced 1cm thick

Substitutions: Kale: spinach, Swiss chard or spring greens

Kidney beans: borlotti or cannellini beans



“This is spicy, wholesome, warm and inviting, all in a dish. The beautiful spices of ras el hanout work super-well in this simple traybake and you can easily substitute different vegetables for the squash and greens. A moreish dish packed with flavour that everyone will enjoy.”

Preheat the oven to 200oC fan. Put the squash, courgette, red pepper and the spices into a large roasting tin. Pour over the 3 tablespoons oil and season, then toss well to coat. Roast for 25 minutes, turning the vegetables halfway through the cooking time.

Remove the roasting tin from the oven and increase the temperature to 220oC fan. Scrape up any crusty bits from the bottom of the roasting tin for extra flavour, then fold in the spinach. Tip in the passata and kidney beans and combine with the rest of the ingredients. Layer the halloumi on top, drizzle with the extra tablespoon oil and return to the oven for a further 15 minutes until the halloumi is melted and charred in areas.

STICKY TANGY GREEN BEANS (V VG GF DF)

Serves 4 as a side **Prep time:** 15 minutes **Cook time:** 10 minutes

- 300g sugar snap peas, finely sliced
- 300g green beans, roughly chopped into 3cm pieces
- 300g cooked brown lentils 1 small red pepper (120g), deseeded and finely chopped
- 10g coriander, leaves and stalks finely chopped
- 10g mint, leaves only, finely chopped
- 2 tsp tamarind paste
- 4 tbsp date molasses or coconut sugar
- 4 tbsp black vinegar or sherry vinegar
- 4 tbsp tamari or soy sauce
- 1 garlic clove, grated
- Juice of 1 lime



“This sticky dressing is divine. I’m sure you will find many uses for it in your kitchen, but my favourite way is to simply drizzle it over crisp sugar snap peas and delicious green beans blanched in hot water.”

Mix the dressing ingredients in a pan over a medium heat and bring to a gentle simmer. Cook for 8 minutes or until reduced to a thick, sticky mixture that thickly coats the back of a spoon.

Meanwhile, blanch the sugar snaps and green beans in a large pan of boiling water for 3 minutes, then drain thoroughly.

Toss onto a large platter with the lentils and red pepper, drizzle the sticky dressing over the top and carefully toss through with tongs. Scatter over the herbs and serve.

Sporting Legends Come Together To Celebrate Reopening of Gaucho Richmond

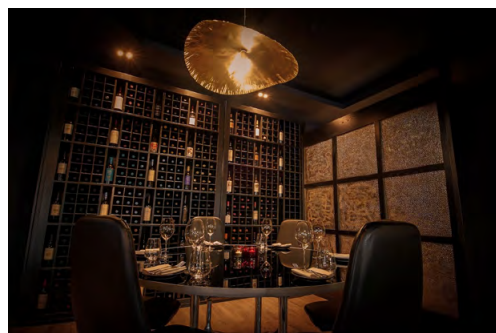
On Wednesday a raft of high profile guests attended the reopening party for Gaucho Richmond, just in time for the Six Nations kicking off this weekend. Former England football manager Roy Hodgson, along with Scottish former rugby union player Rory Lawson, former Fulham FC player Leslie Strong, and presenter Nick Knowles, joined rugby legend Simon Shaw MBE and Gaucho CEO Martin Williams for a sparkling night of celebrations. Throughout the evening, funds were also raised for the 'Love of the Game' charity, of which Shaw is president and campaigns to promote anti-concussion sports policies to protect elite athletes.



Pictured from left to right: Rory Lawson, Nick Knowles, Katie Dadzie, Simon Shaw, Leslie Strong, Roy Hodgson, Martin Williams

In terms of the refurbishment of Gaucho Richmond, this will reflect the new design direction of Gaucho, drawing inspiration from modern Argentina – a contemporary South American melting pot with urban reference points, a hint of faded 'deco' glamour and a reflection of the colourful natural surroundings, rich with pampa lands, minerals and metals.

Features of the new design include the introduction of a new colour palette inspired by the landscape and natural tones of Argentina – ochre mountains and deep blue skies mixed with greys, blacks and whites. Layered fabrics and dark leather furnishings feature throughout the space, nodding to the historical Gaucho images, ponchos and saddles, whilst rusted look metalwork, dark wood flooring and textured tiles provide additional earthy textures that link back to nature. Artwork scattered throughout the space will tell the story of the modern Gaucho, whilst feature statement lighting referencing signs and symbols of lasso and horsemanship.



KEW VILLAGE MARKET



This Sunday February 5th, 10am - 2pm

Happy return

After its new year break Kew Village Market will be back in fine form on **Sunday 5th February** with over [40 stalls](#) selling all the quality foodstuffs and handmade crafts you could wish for. Buying direct from the experts, our friendly stallholders who all grow or make what they sell, always makes shopping a sociable treat – [here](#) you'll find a list of this month's stalls.

With **Valentine's Day** on its way you've the perfect chance to pick up something special for someone special, whether a superb leather belt from **Sam Brown London**, designer jewellery by **Gabrielle Sellers** and **Handmade Tales** or a beautiful bowlful of bulbs from **Meadowsweet Flowers**... Or how about high-end Mothers' Ruin – the finest artisan gin from **Distillers of Surrey** or simply an exquisite iced biscuit from **GingerQ**?

At the KVM free charity pitch there'll be **LiveWell at Kew** to give you the gen on all the offerings – from fitness classes to community clubs – in their airy centre (handily alongside with the medical practice). And in our sunshine-yellow music marquee there will of course be two great acts – **Laura Masterson** with acoustic pop/rock classics followed by singer-songwriter **Callum Granger** – to make sure 2023's first Kew Village Market goes with a swing.

Looking forward to seeing you on Sunday 5th February, from 10am to 2pm

STOP PRESS! Kew institution and purveyors of damn fine coffee Café Torelli have kindly agreed to sponsor the provision of music at Kew Village Market. Huge thanks to them.



TRAVELLER'S TALES 140

NIGHT TRAIN

Doug Goodman takes the night trains



A jazz band welcomed travellers as they boarded the train at Victoria Station bound for Istanbul. Many passengers wore 1920s style outfits and all looked forward to the four day journey on The Orient Express. This was the return, some 30 years ago, of the famous London to Istanbul train. Four days on the train, first by Pullman to Folkestone and then in the rebuilt carriages of The Orient Express from Calais through France, Switzerland, Austria, Hungary, Bulgaria and Turkey awaited us. Steam locomotives hauled the train on many sections of the route and tours of Vienna, Budapest and Istanbul were arranged. The return from Turkey was on Concorde. While this wasn't my first overnight travel by train it was certainly the most exciting.



From Victoria to Istanbul



Steaming through Bulgaria



Gare du Nord

My first long train trip was from London to Tournon in the Rhone Valley for a month's school exchange at the age of 14. The only things I recall were a seedy-looking Gare du Nord in Paris and being threatened with dire punishment by a prefect for smoking in the train's corridor.

SOVIET STYLE

I visited Russia twice in the mid-sixties when studying in Leningrad and Moscow. Each time a two and a half day journey in fairly primitive rolling stock was involved. A trip with travel writers from Moscow to St. Petersburg on the Red Arrow became an all-night vodka-fuelled party. Straying into an adjacent carriage was a bad idea as the connecting doors were later locked resulting in a big row with the conductor.



Soviet Express



Vodka Fuelled Trip

Indian trains provided a wonderful opportunity to meet local people and to watch the vast country passing by. Goa to Kochin in Karnataka was my first experience of Indian night trains. The station's information boards were a little confusing but once you found your compartment and met fellow travellers, with whom you would share the four berth sleeper, the journey was a great experience. In the early 1980s China was starting to build high-speed trains on a new rail network. The Beijing to Suzhou train was very crowded. The food and continuous supply of tea was much appreciated and, as a Western tourist, I was an object of curiosity with people determined to try out their English on me.

Night Train from Goa



Long Train for Long Indian Journey



Night Train from Beijing



All Aboard at Nanjing

UK RAIL

Overnight rail travel in the UK is limited to two routes. You can take a GWR train from Paddington and wake up to Cornish scenery or travel from Euston to Scotland. The Highlander takes you to the North of Scotland and The Lowlander to Edinburgh and Glasgow. These trains operate six times a week and accommodate two people in each sleeping compartment but lack showers. The Flying Scotsman was once the fastest train to Scotland but now the locomotive is used to haul special excursions.

CHANGE AT LILLE

Once across the Channel on Eurostar, Lille in Northern France is where you can change for destinations throughout Europe. High-speed trains run to Spain, Italy and Germany as well as to all the major French cities. A report in The Times of December 1922 announced the new 'Blue Train' service to the Riviera. "The French railway companies have been showing their colleagues on British railways how comfortable the journey to The Cote D'Azur on the new 'Blue Trains' is. On Saturday a party of English railway officials left Victoria at 11.00 am as guests of the French railway companies. Arriving in Nice on Sunday shortly before midday they were welcomed by the Duke of Connaught, The Crown Prince of Sweden and other officials. On Monday the visitors were taken to St.Raphael by motor car where the special trains were waiting for the return journey. They reached London punctually on Tuesday evening having travelled over 2,000 miles in maximum convenience". And that was 101 years ago. The 'Blue Train' service continued for many years, was discontinued and then resurrected last year. My honeymoon began on this train from Paris to Menton. The six berth compartment was shared with four strangers so a hoped-for romantic journey was a little disappointing. The first view of the blue Mediterranean and bright sun of the French Riviera made up for this.



The Flying Scotsman

Night trains are experiencing a revival in Europe as we become more conscious of the need to travel in an environmentally-friendly way. So expect more routes to open up. Planned for 2024 is the 'Palombe Bleu' linking Paris with south-western cities. So let the train take the strain and travel over night in comfort.

In edition 323 of the Tribune the government's fight against criminal gangs was highlighted in El Salvador. This example in Central America has been followed by President Xiomara Castro in Honduras; starting in December 2022 the measures have been extended considerably into 2023 targeting gangs like Barrio 18 and Mara Salvatrucha.

The Republic of Honduras is bordered by Nicaragua, the Gulf of Fonseca (North Pacific Ocean), El Salvador, Guatemala and the Caribbean Sea. The Bay Islands in the Caribbean belong to Honduras.

Perhaps the most famous structures in Honduras are those in Copan, a World Heritage site, and one of the most important sites of the Mayan civilization.



Duyure



Rural Choloteca



A Mayan stela, an emblematic symbol, Copan



Highway in Honduras

Honduras: more information and photographs <https://worldinfozone.com/gallery.php?country=Honduras>

The World InfoZone project was compiled, with the assistance of [organizations throughout the world](#), in the London Borough of Richmond upon Thames from 1997.

Is there any time like the present?

By Deep Patel

How many times have you told yourself “I’ll do that tomorrow” or “I will keep that for a good day”? If you are like me, maybe this is a daily practice in your life too? Why exactly do we do this though?

Well, being in that group myself for so many years... I think I have finally worked it out...many of us tend to think our circumstances are never good enough at any given point in time, because our expectations are too high... and so we end up chasing what often becomes in many cases an unachievable goal existing not in the reality of life, but more so in our own imaginations. We build up tasks to being so huge and complex in our own minds that they become subconsciously uncomfortable to fathom, or even consider...it’s a process that happens over time, often so incredibly slowly and gently that we don’t even realize it is happening, yet we are the ones doing it to ourselves...sound familiar?



We like to do things “properly”, so the perfectionist within us sometimes makes us believe that today is not the best time to complete a task as things are not as perfect as we imagined them to be for when we wanted to make these changes (whatever they may be)...but will things ever be as perfect as we imagine, or are we again chasing an unachievable imaginary fantasy?

Don’t get me wrong, sometimes it’s good to wait for “the right moment”...perhaps if you are purchasing an expensive item, it is best to wait for the sales, or if you are planning a picnic, it’s best to wait for the warmer weather, or if you are thinking of proposing...are you out of your mind?...look around at your married friends and that will be more than enough to make you wait...or put you off altogether in some cases...but I am digressing, I was highlighting that in certain situations, we are better off waiting, but in many others...are we just causing ourselves to miss out on opportunities and life in general through either our need for perfectionism or our fear of failure?

Maybe we need to do the things we want to do more often and not keep that perfume for special days only, wear it any day...every day is a special day right? Why keep that special cutlery for guests when you may only have guests once a year...use it and enjoy it daily! Why wait to start that new course you have always wanted to start...the sooner you do it...the more people you will be able to help with your newly acquired skills perhaps? Sometimes opportunity only knocks on your door once...don’t let your fear or need for everything around you to be perfect be the reason you miss out on that opportunity...

It’s true what they say...”yesterday is history...tomorrow is a mystery...the present is a GIFT... that’s why they call it “the present”...so this week, have a think about any changes that you have

wanted to make to your life, your circumstances or just to yourself in general...and make them! There is a reason why things come to us at the time they do...if it feels right...ask your inner self...In the words of Michel Jackson, “make that change” because there is never a bad time to make a good change...

Those who follow my articles know, what I am about to say about kindness to the little lives...but just in case you are a first time reader, I always like to share little kindness to little creatures gems to celebrate all the life forms on this beautiful planet we call home...

I am a firm believer that we are not the only inhabitants of this beautiful planet and there is a kind way for everything...If you have rodent issues, consider live capture traps where you can catch the rodents alive and release them in woodland or parkland areas far from homes. Try electronic high-frequency sound deterrents (check online for ones with good reviews and ones that are safe for your pets if you have any). Put empty jam jar lids filled with white vinegar all around areas where you don't want them to stop them without harming them (they HATE the smell of white vinegar). This also works for foxes, squirrels, mice and rabbits. Just picking up a slug off a pavement with a leaf and moving it over a wall counts as a good deed... choosing a kind way to stop ants (like talcum powder around where they come but not on them) counts as a good deed. Avoid sweeping/washing the garden patio too often to help save countless tiny almost invisible little lives that live there (particularly under large pots in the garden, hence I say gently lift the pots if you need to move them rather than dragging them to avoid crushing little lives).

The key to our own happiness lies in the happiness of others...big and small...until the next time...have a lovely week ahead and look after the smaller life forms and the universe will look after you. For further tips, check out my Facebook page “Kind World”. As always...Peace, love and good karma to all Xx

Remember...

***“There is never a bad time
to start a good thing”..***

Two Billion Beats

by Sonali Bhattacharyya

Orange Tree Theatre, Richmond until 4th February

When a theatre is full of young people you know that the artistic director – and the cast and playwright – are doing something right, especially as some West End theatres and amateur groups are still struggling to recover their audience to pre-Covid levels. Great things are expected from Tom Littler, formerly at Jermyn St Theatre, and now the new artistic director of The Orange Tree. He is off to a good start with *Two Billion Beats*, an engaging and realistic two-hander, directed in this revival by Nimmo Ismail and Tian Brown-Sampson.



The play premiered at the Orange Tree in 2002 and, if anything, it is even better second time around. As sisters Asha and Bettina, played by Shala Nyx and Tanvi Virmani, are simply superb. Like most teenagers, seventeen-year-old Asha wants to put the world right and end injustice. She is inspired by Mahatma Gandhi, the Pankhursts and the less well-known Dr BR Ambedkar, an Indian politician who championed the so-called “untouchables”. Asha is impassioned and when her beloved younger sister Bettina is bullied, she is initially supportive. However, when



Bettina overplays her tactical response to the bully, Asha takes steps that make no sense at all unless you're a teenager. Ahead of the Leavers' Assembly at the end of the summer term, the two girls need to decide for themselves what really matters and what they should do about it

.....

Bhattacharyya's script is a little overstuffed with ideas, some of which do not come off, but there is no denying its ability to pull the audience in to the lives of young people, seen through the lens of two Asian girls, but relatable for teenagers of all ages and ethnicities. *Two Billion Beats* is highly recommended to all.

Read Louis Mazzini's review at www.markaspen.com/2023/01/27/2-billion-beats

Photography courtesy of OTT

Steel Magnolias

by Robert Harling

Trafalgar Theatre Productions at Richmond Theatre and on tour until 22nd July

Steel Magnolias challenges the view that the only certainties in life are death and taxes by adding a third: the importance of getting your hair done. Truvi and the patrons of her salon see their efforts to keep beautiful as battle armour against the disappointments of life. They achieve a degree of female solidarity amidst the bickering, as their hair and nails are turned into something very different from what nature intended



We see that there is a lot of evasion of real life going on underneath the folksy self-conscious charm as they stoically struggle with mortality and men who disappoint, but the performances somehow don't convey personalities that are as strong as their lines or their outrageous costumes (Susan Kulkari). Having to do people's hair while delivering your lines seems to be quite a multi-tasking challenge (and may explain how a curler fell with a clatter into the auditorium).



Laura Main doesn't have what it takes for M'Lynn's monster emotional collapse. (The stage directions might as well say, *chews scenery here as though it were a juicy steak*.) Lucy Speed's Truvi comes across as more of a Dolly Parton impersonator than a character. Diana Vickers has charm, as well as a tough inner core, as diabetes-troubled Shelby, while Elizabeth Ayodele is a winning Annelle (at least until she is laid low by a bout of sanctimoniousness).

Although Laura Hopkins' set is effective, particularly at marking the transitions between periods in time, director Antony Banks's bland production feels underpowered. The dialogue is delivered with fluctuating accents and less than the appropriate languor. The cast would have been much more at home in an alternative version transferred to somewhere not far from Coronation St, where women with northern accents and big hair keep adversity at bay with sharp humour. But the Louisiana drawl and the gunshots are needed for it to be *Steel Magnolias* rather than *Brass Daffodils*.

Read Patrick Shorrock's review at www.markaspen.com/2023/01/26/steel-magnolias

Photography by Pamela Raith



Escaped Alone and What If, If Only

by Caryl Churchill

The Questors Theatre at Questors Studio, Ealing until 4th February

The short plays in Questors' double bill set the bar at Questors abuzz with chatter, for they walk a fine line between bleak and comic.

Escaped Alone brings four ladies together in a garden to drink tea and gossip. Their witty, but meandering, conversation is punctuated by monologues. As the summer's sky darkens, Mrs Jarrett foretells impending visions of apocalypse. 400,000 tonnes of rock crush a town, and a health crisis results after food is redirected to TV cookery shows. Her prognostications of desolation sit uneasily beside the chat. Then troubling undercurrents surface. One has a conviction that cats will invade her home, another cannot remember if she killed her husband in self-defence or murdered him.



The women locked in discussion, Karla Ptacek, Alexandra McDevitt, Christine Fox and Helen Walker excel. The conversation flows naturalistically, keeping up the pace as apocalyptic visions and murderous revelations pile up.

The detailed back garden set, complete with its garden shed, pot plants and wide skyscape, is transformed for *What If, If Only* into a simple room; table and two chairs set against grey flats.

Tim Pemberton sits at the table as Someone, a bereaved man toasting his lost beloved and imploring her to give him a sign from beyond. Pemberton's bereft performance grounds this fantastical play, before Karen Singer twirls on as Future. In his confusion and desperation to recover his beloved, he unwittingly unleashes all the other potential Futures. Russell Fleet's sound design comes into its own as a cacophony of Future voices erupts all around the auditorium, tantalising snippets of potential timelines.

Rejecting them all, Someone's stalemate is resolved by Child Future literally cartwheeling onto the stage, declaring triumphantly, "I'm going to happen!" This winsome performance from Sophie Chen comes close to stealing the show. Pemberton gives a great performance as an uncertain and desperate man, and the contrast with Singer's mercurial Future is striking.

Where *Escaped Alone* allows its stories to emerge through meandering conversation, *What If, If Only* sparkles with pace and abstraction. These one-act plays make challenging but enjoyable theatre that will stay long after their ninety minute running time.

Read Andrew Lawston's review at www.markaspen.com/2023/01/28/churchill-dbl-bill

Photography by Jane Arnold-Forster



Othello

by William Shakespeare

Frantic Assembly at the Lyric, Hammersmith until 11th February

This fresh take on one of Shakespeare's most durable plays is very much alive theatrically. The text is brutally pruned. Instead, there are interludes with no dialogue where we get to observe these characters through their body language over a radiophonic soundtrack. The movement is heightened and dramatically expressive, engrossing to watch.

It's not a pretty sight. The main setting (inventively designed by Laura Hopkins) is a pub with a snooker table and a fruit machine. But it's not the sort of pub where you kind readers are likely to stay and have a drink. The ladies' where Desdemona and Emilia take refuge is in a horrific state of disrepair and uncleanliness. Toxic masculinity is the default setting and there is a lot of peacocking and willy-waving with outsize snooker cues and baseball bats. But it feels scary rather than ridiculous. The sour menace before even a word of dialogue is spoken is clear. This is perfect territory for the operations of this nasty Iago (Joe Layton in a 'Just Do It' T-shirt).



Between these set pieces are fragments of Shakespeare's play, which come across as fresh and strange in their new context. Othello and Desdemona use the terms *My Lord* and *My Lady* ironically and flirtatiously. Chanel Waddock's Desdemona isn't some idealised version of womanhood, but a ladette in sports kit with a Croydon facelift and plenty of attitude.

Michael Akinsulire's Othello has impressive presence as well as muscles that demonstrate why he is top dog in this dysfunctional pack. This is not an Othello as a racist victim or in need of sympathy. Felipe Pacheco's Roderigo and Tom Gill's Cassio are immature gamma males who don't stand a chance.



Shakespearean tragic finales with their escalating body count can sometimes seem embarrassingly implausible. Not here: there is that sense of shock where everything happens extremely slowly, but with an awful sense of inevitability. This is an *Othello* that satisfies and disturbs in equal measures.

Read Patrick Shorrock's review at www.markaspen.com/2023/01/22/othello

Photography by Tristram Kenton



The Shawshank Redemption

by Stephen King, adapted by Owen O'Neil and Dave Johns

Bill Kenwright at Richmond Theatre until 4th February, then on tour until 5th May

The Shawshank Redemption is a very uncomfortable play to watch, as it is meant to be. Grit your teeth, though, through the harrowing and raw early scenes, and you are rewarded with a thoughtful study of its powerful themes, the integrity of Andy, unjustly sentenced to two life sentences, and the hope of Red, the long-term prison "fixer", who bond as friends.



The grimness of the foreboding set underlines the predicament of the prisoners. It is all grey concrete stanchions and peeling hard walls with caged bulkhead lights. Armed guards patrol the surrounding galleries. This is the Shawshank State Penitentiary. This hell-hole is where Andy Dufresne finds himself after being convicted of killing his wife and her lover. He is a man who knows his own self-worth, who will not be compromised on the truth of his innocence, and who has an unbending sense of honour. In contrast Ellis Redding, "Red", is totally pragmatic, laid back yet alive in animal cunning which helps him survive.



These two actors have an interaction that is convincingly real. Their characters have much to contend with. On one side, the law has placed them in the hands of the prison staff, who are sadistic, self-serving and unscrupulous. Corruption runs through from top to bottom. On the other side, there is the dangerous feral pack of The Sisters, a psychopathic pair with nothing to lose, whose soubriquet ironically belies their hardness.

Of the dozen-strong all-male cast, each plays his character as a clearly defined individual, finely delineated. The portraits are true to a life we hope we never have to lead; some are shudder-inducing real.

The motivation of the characters we meet, of status, violence and power, perhaps sums up the locus of *The Shawshank Redemption*. Their pursuit is inimical to freedom and it is the priceless value of freedom that is the message of this powerful, but compelling play.



Read Mark Aspen's review at www.markaspen.com/2023/01/31/shawshank

Photography by Jack Merriman

The Mayor of London launches grant for community-led activities

The National Lottery Community Fund and the Mayor of London are inviting groups to apply for funding to bring communities together for London's first ever Mayor's Community Weekend.

The Mayor's Community Weekend takes place from Friday 23 June to Sunday 25 June 2023 and aims to celebrate London's resilience and diversity by uniting people through community-led activities such as volunteering, litter picking, street parties, sports festivals, or holding a picnic in the park.

The National Lottery has made available £250,000 of funding for events and activities that bring different groups together, strengthen existing connections, and make new ones.

Grants ranging from £500 to £1,500 will be available to community groups and organisations across all 32 London boroughs and the City of London.

Applications to hold an event during the Mayor's Community Weekend open Wednesday 1 February. The deadline to submit your application closes at 12pm Wednesday 1 March 2023.

Find out more about the [Mayor's Community Weekend](#).



Join author Ben Aaronovitch at Twickenham Library event

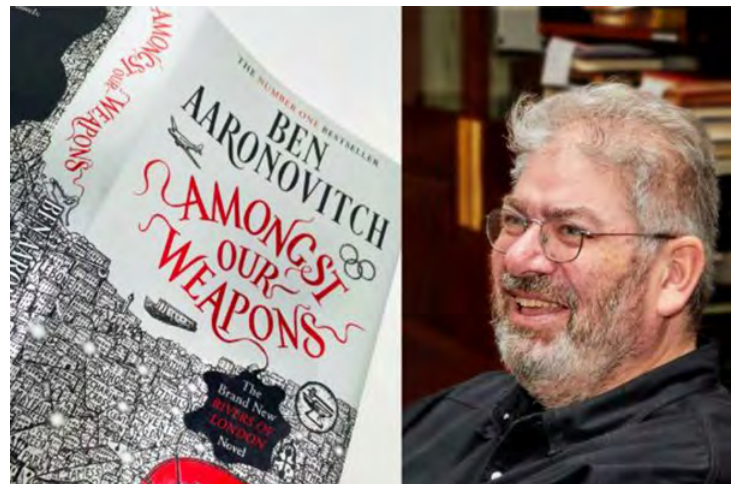
Sunday Times bestselling author Ben Aaronovitch will celebrate the paperback release of 'Amongst Our Weapons' with a talk and book signing.

The Rivers of London series has sold more than five million copies worldwide and are set to be adapted for the screen.

Join us as we celebrate the ninth book in the popular book collection and hear from the author.

Event details:

- **Date:** Saturday 4 March
- **Time:** 2.30 to 4pm
- **Location:** Twickenham Library, Garfield Rd, Twickenham TW1 3JT
- **Price:** £3



There will be books available to buy on the day supplied by The Open Book.

[Book your tickets](#)

BARNES SAFER NEIGHBOURHOOD TEAM

Crime Update February 2023

For the past four weeks, where has it happened?

Burglary X12

- Business/commercial, 14/01/23-15/01/23, 17:30-08:17 hours, Charity Shop, Barnes High Street, SW13.
- Business/commercial, 16/01/23, 04:00-04:05 hours, Forward Pharmacy, Church Road, SW13.
- Attempted burglary/business, 16/01/23, 04:00-09:00 hours, Round the Clock, Pharmacy, Church Road, SW13.
- Attempted residential burglary, 16/1/23, 16:00-18:00 hours, Castelnau, SW13.
- Burglary business/commercial, 19/1/23-20/1/23, 15:00-06:00, The Real Cheese Shop, Barnes High Street, SW13.
- Attempted residential burglary, 23/1/23, 04:00-04:10 hours, Kitson Road, SW13.
- Burglary, business/commercial, 25/1/23, 01:24 hours, Barnes News, Castelnau, SW13.
- Burglary business/commercial, 25/1/23-25/1/23, 23:0)-08:00 hours, St Mary's Parish Church, SW13.
- Burglary business/commercial, 28/1/23-29/1/23, 16:45-10:30 hours, Princess Alice Hospice, Church Road, SW13.
- Burglary business/commercial, 29/1/23-30/1/23, 18:00-08:00 hours, Marys living & Giving, Church Road, SW13.
- Attempted burglary/business, 31/1/23, 04:17, Barnes Pantry, Church Road, SW13.
- Burglary business/commercial, 31/1/23-1/2/23, 16:00-11:25 hours, Marys living & Giving, Church Road, SW13.

Vehicle Crime X12

- Theft of Motor Vehicle, 24/12/22-3/1/23, 14:00-07:45 hours, Castelnau, SW13.
- Theft from Motor Vehicle, 3/1/23, 04:00-04:25, Lyric Road, SW13.
- Theft from Motor Vehicle, 5/1/23, 19:10-19:15, Ferry Road, SW13.
- Theft from Motor Vehicle, 14/1/23, 17:30-19:00, Church Road, SW13.
- Theft from Motor Vehicle, 14/1/23, 19:00-23:00, Melrose Road, SW13.
- Theft from Motor Vehicle, 16/1/23, 19:00-20:00, Melville Road, SW13.
- Theft from Motor vehicle, 20/1/23, 12:00-20:00, Clavering Avenue, SW13.
- Theft from Motor Vehicle, 21/1/23, 10:00-11:00, Bracken Gardens, SW13.
- Theft from Motor Vehicle, 24/1/23, 09:00-09:05 hours, Ranelagh Avenue, SW13.
- Theft of Motor Vehicle, 27/1/23, 03:30-03:59 hours, Elm Grove, SW13.
- Vehicle Interference, 26/1-27/1/23, 18:00-06:00 hours, Baronsmead, Road, SW13.
- Vehicle Interference, 26/1-27/1/23, 20:00-16:00, Byfield Gardens, SW13.

Criminal Damage X4

- Criminal damage Vehicle over £499, 31/12-1/1, 16:00-09:00 hours, Riverview Gardens, SW13.
- Criminal damage vehicle, under £500, 6/1-7/1/23, 22:00-14:55 hours, Caldwell House, SW13.
- Criminal damage over £499, Round the Clock Pharmacy, Church Road, SW13.

Robbery X2

- Robbery commercial, 10/1/23, 13:20-13:40 hours, Sainsbury's Supermarket, Barnes High Street, SW13.
- Robbery Persons, 30/1/23, 22:20-22:30 hours, Rocks Lane, SW13.

Violent Offences X3

- Common Assault, 11/1/23, 15:30 hours, Stillingfleet Road, SW13.
- ABH, 13/1/23, 17:00 hours, Walnut Tree Close, SW13.
- ABH, 23/1/23, 11:20, Boileau Road, SW13.

Drugs X1

- Importation of drugs, 12/1/23, 00:01, Castelnau, SW13.

Officers covering Mortlake

PS Kate Whitaker

PC Darren Meakins

PC Mohammed

PCSO Matthew Morbey

Barnes@met.police.uk / 07843291089



**METROPOLITAN
POLICE**

Twickenham Repair Cafe

our first year in numbers

500

Repairs

2.5

**Tonnes
saved from
landfill**

31

Repairers

17

**Support
Volunteers**

1,700

**Hours of
volunteer
time**

£1,000

**Raised for
charities**

6

**Repair Cafes
we helped
get started**

90

**Different
types of items
repaired**

£20,000

**Saved in
replacing
products**

**Third Saturday of each month.
St Margaret's Church Hall, TW1 1RL
Twickenhamrepaircafe.org**

Join Shooting Star Children's Hospices on their moon-vellous missions this spring!

Local children's hospice charity, Shooting Star Children's Hospices are getting ready for launch, as their out of this world space adventure continues in 2023.

Now in its 3rd year, the Shooting Star Space Race sees budding space cadets help the charity power their virtual rocket through space, whilst raising money to help support children with life-limiting conditions, and their families, living across Surrey and west London.

This year, the challenge is to get their rocket home! Whether you choose to join one of their special events taking place this February and March or you take on your own supersonic challenge, by signing up and fundraising you can create truly cosmic moments for children and families facing the toughest of times.

The first event of this year's mission is a fully accessible 2.5km (or 5km) walk around the beautiful gardens of Painshill, which will be transformed into an intergalactic planet trail. With space themed fancy dress fully encouraged, the event, taking place on Sunday 26 February, will have sensory activities and games throughout the route and with more than 20% off standard ticket prices it's a perfect opportunity for the whole family to come together and have a supersonic experience. Four-legged friends are welcome, and prizes will be available for the best dressed alien, planet, family and of course dog!



In March, you can truly reach for the stars with a challenge that is the closest thing to walking on the moon. On Saturday 11 March, take on twilight walk over the O2 Arena. This unique 90-minute O2 roof walk experience will see you make an unforgettable journey across the iconic roof, with stars twinkling above, the capital's lights shining around you and a spectacular multi-coloured light experience showing you the way! Spaces are very limited so make sure you don't miss out on this lunar event.

Or you could run, walk or cycle star-shaped Strava routes, star jump your way through March or take on a star themed bake to earn your superstar status with an at-home challenge.

Whatever you choose, by joining the Shooting Star Space Race team, you'll be helping to ensure Shooting Star Children's Hospices can continue to provide a lifeline to local families. Find out more and sign up to these stellar challenges at www.shootingstar.org.uk/shooting-star-space-race/



THE ROYAL PARKS INSOURCES HEAD GARDENER ROLES TO BUILD RESILIENCE AND RETAIN SKILLS IN-HOUSE

The Royal Parks charity has appointed five Head Gardeners to lead and inspire the horticultural teams across 5,000 acres of historic parkland in London.

The Head Gardeners for each of London's eight Royal Parks will directly oversee the work of horticultural teams in each park. They will also expand the horticultural volunteer programme, mentor The Royal Parks apprentices and work closely with the Assistant Park Managers to design, lay out and care for the permanent and seasonal planting across the parks.

The Head Gardeners are:

- Beth Handley - Hyde Park
- Russell Stevens - Kensington Gardens
- Verity Joyner - St James's Park & Green Park
- Tom Brown - Greenwich Park
- Karl Terry - Richmond Park

A Head Gardener will also be appointed for Brompton Cemetery, for Bushy Park and for the Isabella Plantation in Richmond Park.

Tom Jarvis, Director of Parks at the Royal Parks said: *"We are delighted to bring the Head Gardener roles in-house."*

"The passion and drive that these Head Gardeners bring to the role are an asset to the parks and to the horticultural teams that they manage."

"Seeing many of them start as The Royal Parks apprentices and work their way up to the role of Head Gardener is incredibly rewarding. It also demonstrates how worthwhile our apprenticeship programme is."

Tom Brown, Head Gardener for Greenwich Park said: *"I was a Royal Parks horticultural apprentice from the 2017 intake and I'm so proud to now be the Head Gardener for Greenwich Park and be leading a team of 10 gardeners. I've worked on so many amazing initiatives during my time here, but the standout for me was the renovation of the Queen's Orchard."*

"What I love about working for The Royal Parks charity is that it's like a big family. We are all here to look after and care for these iconic spaces, for the public to enjoy but also to help nature thrive."

The charity has also announced that Richmond Park will be fully insourcing its landscape maintenance operations when the contract expires later this year.

This move follows the charity insourcing a number of services that operate across London's eight Royal Parks, from boating and swimming to the Hyde Park nursery which supplies over 95% of all the parks' floral bedding requirements. The charity says this will help them further their charitable objectives as custodians of these spaces by protecting and conserving the parks and building a secure future.





CRAFT FAIR

Whitton Library

Saturday 11th February 11 - 3

Free entry

Come on in to Whittons cosy library, to see our fabulous selection of bespoke gifts and treats from your local independent artisans and craftspeople

We have 15 stalls packed full of handmade gorgeous goodies for your delectation, perfect for special occasions or beautiful gifts for those special people in your life, and you are guaranteed to receive a warm welcome

Cakes and bakes * Plants * Paintings * Jewellery

Handmade knitted and sewn treats * Soft toys * Cards * Quilts

Ornaments * Macrame * Soaps * Mend, make & craft * Ceramics

Aromatherapy * Bath & hand lotions and potions * Decoupage

Childrens face painting and much more.....

WORKSHOPS *£5 and under all materials provided*

Childrens Cup Cake decorating

Childrens Cross stitch sampler

Make your own flavoured lip balms

Make and take Sashiko taster sampler

Make and take hand felted mushrooms

Limited workshop spaces, please book early to avoid disappointment

Contact: mendmakeandcraft@outlook.com for availability

Investigation into pre-payment meters should be 'a wake up call' to energy companies: says former Energy UK CEO

FORCE-FITTING payment meters in the home of vulnerable people is "shocking" and unnecessary, according to a leading energy expert.

Energy UK's former CEO Angela Knight was commenting on the results of an investigation by the Times newspaper which found that British Gas was forcing people to have pre-payment meters.

It found that debt collectors working for the firm were breaking into people's homes to fit the meters.

Ms Knight told [GB News](#): "I do think it's a shocking story and I think it's a wake up call not just to [British Gas owner] Centrica, but to all the energy companies.

"Firstly, there are people who say, I'm not going to pay, they can afford to pay, but they won't pay...

"That's what this process is supposed to be for, the process being that the energy company applies to the court for a court order in order to put in a pre-paid meter.

"So the individuals who say they won't pay, but as I say, they can afford to, they are getting a pre-paid meter, so they're not cut off."

In a discussion with Bev Turner, she said: "But then, you've got a lot of people who fit into that vulnerable category and that's people like the elderly, or people who are disabled, it's those with very young children.

"And if they have hit a difficulty with being able to pay for their energy, and a lot of people are finding it difficult at the moment, then a pre-paid meter is not the answer.

"They need to have an arrangement with their energy company and importantly, the energy company has a responsibility to find out first if somebody who isn't paying falls into one of those special categories, and vulnerable categories.

"And if they do, then they shouldn't be applying to the courts, what they should be doing is making another arrangement."

Ms Knight added: "Now what Centrica said is they've stopped all of their applications right now and good on them.

"Clearly, they're going to have to sort out the vulnerable from the not vulnerable, but they have not got a few months to do it, and then they can refresh how they approach this problem.

"And I think that what The Times' sting has done, and what the Centrica announcement means, is that all other energy companies pay exactly the same amount of attention first, before applying for that court order."



England v Scotland, Guinness Six Nations

Steve Borthwick has named the England side who will take on Scotland this weekend in their Guinness Six Nations opener.



England will host Scotland at Twickenham Stadium on Saturday 4 February (4.45pm KO).

Ollie Hassell-Collins will make his England debut at left wing. Max Malins returns to the side at right wing and Freddie Steward is full back. Owen Farrell will captain the side at inside centre and Joe Marchant comes in at outside centre. Marcus Smith is at fly-half with Jack van Poortvliet at scrum half. In the front row vice-captain Ellis Genge joins Kyle Sinckler at prop and hooker Jamie George.

Maro Itoje and Ollie Chessum start at lock. Ben Curry will make his second appearance for England at open-side flanker, alongside Lewis Ludlam. Alex Dombrandt completes the XV at No. 8. Jack Walker is in line to make his England debut after being named as substitute. Anthony Watson could also make his first England appearance following injury since March 2021. Dan Cole is also named as substitute and could earn his 96th Test cap. They are joined by Mako Vunipola, Nick Isiekwe, Ben Earl, Ben Youngs and Ollie Lawrence.

Borthwick said: *“There are few fixtures in the rugby calendar that excite both players and supporters alike more than the annual Six Nations meeting of the Auld Enemy as they battle for the honour of lifting the Calcutta Cup.*

“Another packed Twickenham will witness the start of the next chapter of English rugby in one of the most keenly contested tournaments in the world.

“There is no doubt that this England team shares the supporters’ sense of eager anticipation.

“To a man, the players are determined to play with the commitment, fight and desire that is at the very heart of representing England, the sort of passion that our tremendous supporters rightly expect.”

England v Scotland is live on ITV and BBC Radio 5 Live.

ENGLAND XV

15. Freddie Steward (Leicester Tigers, 17 caps)
14. Max Malins (Saracens, 14 caps)
13. Joe Marchant (Harlequins, 13 caps)
12. Owen Farrell (Saracens, 101 caps) (C)
11. Ollie Hassell-Collins (London Irish, uncapped)
10. Marcus Smith (Harlequins, 17 caps)
9. Jack van Poortvliet (Leicester Tigers, 7 caps)

1. Ellis Genge (Bristol Bears, 43 caps) (VC)
2. Jamie George (Saracens, 72 caps)
3. Kyle Sinckler (Bristol Bears, 56 caps)
4. Maro Itoje (Saracens, 62 caps)
5. Ollie Chessum (Leicester Tigers, 5 caps)
6. Lewis Ludlam (Northampton Saints, 14 caps)
7. Ben Curry (Sale Sharks, 1 cap)
8. Alex Dombrandt (Harlequins, 9 caps)

REPLACEMENTS

16. Jack Walker (Harlequins, uncapped)
17. Mako Vunipola (Saracens, 74 caps)
18. Dan Cole (Leicester Tigers, 95 caps)
19. Nick Isiekwe (Saracens, 8 caps)

20. Ben Earl (Saracens, 13 caps)
21. Ben Youngs (Leicester Tigers, 121 caps)
22. Ollie Lawrence (Bath Rugby, 7 caps)
23. Anthony Watson (Leicester Tigers, 51 caps)

RFU Statement

Wasps and Worcester Warriors

The RFU has informed the new owners of Wasps RFC, and the administrators of WRFC Trading Limited (the main operating entity of Worcester Warriors RFC) that they have until 14 February to conclude their negotiations and provide evidence that they have met the relevant conditions set.

This is a significant extension to the original mid-December timeline to provide the clubs with the best possible chance of being in the Championship next year.

However, a final deadline must be set to provide certainty to the Championship and National League clubs, players and other rugby stakeholders over the format of next season.

In the case of Wasps, the RFU Board conditionally approved the takeover, but not all the conditions set have yet been met, including the lodging of a bond and the signing of an agreement which commits the new club to the relevant conditions. Both would need to be done by the deadline for the approval to remain in place.

The proposed buyers of Worcester Warriors had informed the RFU that they were not prepared to meet the conditions set, which included commitments not to dispose of land around Sixways Stadium without approval and were unable to satisfy the RFU of the sources and sufficiency of funding.

The RFU was not able to confirm the suitability of the prospective owners. Therefore, the RFU Board was unable to approve their application.

If that position changes within the deadline, the RFU will be able to reconsider whether the application can be approved, but if not, then unfortunately the RFU decision will remain the same.

Background:

Depending on the sale of the club, the Worcester Warriors Women's team may operate with the men's club, however, the women's team has recently secured funding to enable them to continue to operate independently.

Therefore, they have been offered a conditional place in the Allianz Premier 15s league for the 2023-24 season, subject to providing the required information requested by the RFU.



RFU Annual Report 2021-22

The Rugby Football Union (RFU) Annual Report has been published today.

The report shows significantly higher reported revenues for the year at £189.1m (£97m in prior year). An operating profit of £15m (loss of £7.9m in prior year) and profit to reserves £95.0m (£20.5 in prior year).

The profit to reserves for the year ending 30 June 2022 is significantly impacted by to the sale in the current year of a 14.3% stake in the future broadcast rights of the Six Nations to CVC, which will see the RFU receive £90.8m in net proceeds from the transaction in five tranches over four years. Other one-off items include the half year impact of a debenture donation campaign to the Rugby Football Foundation and business rates relief. When adjusting for these unusual items, the underlying profit for the year is £1.5m.

While revenues are higher than the prior year, that is because capacities in the prior year were either zero or just a few thousand, leading to very low ticket and hospitality revenues. Revenues remain lower than pre-pandemic forecasts and, across the four-year cycle from July 2020 to June 2024, overall revenues are expected to be circa £150m (19%) lower than forecasted before the pandemic.

The Covid impact on revenues in the last year is around £15m compared with £130m in the 2020-21 financial year. £15m is a significant ongoing impact and means £15m less to invest into the game at a time of high cost inflation.

The start of a recession combined with the highest inflation rates in 40 years will inevitably result in operational costs rising significantly; particularly in areas such as insurance, utilities and event staffing (for example utilities have gone up by 100% per annum, even with strong usage management and government support). The RFU is therefore anticipating less underlying profit next year and significantly less the year after.

As a result of the monies received from CVC for selling a share of future broadcast revenues, revenues from broadcast rights and some sponsorship will be reduced in the short term. The RFU objective and commitment is to use these proceeds to invest in revenue generating projects to support the growth of the game. Areas targeted for this investment include stadium master-planning, digital transformation, the women's game and development of revenue generating projects (including assets) for the community game. The investment in revenue-generating projects and assets in the community game is likely to be around £20m.

Because of reduced revenues over several years, the RFU will need to maintain tight control on costs and with so much of its cost base being fixed costs, rugby investment will remain impacted. However, this investment is coming off the back of a very high base and current forecasts show that it will still be a substantial investment in excess of £300m across this four-year cycle.

Chief Executive Officer, Bill Sweeney, said: "The RFU is financially stable despite a very challenging economic environment.

"We have a clearly defined strategy that guides the work and investments we undertake to promote and support rugby in England.

"I would like to thank all of our clubs and volunteers for their hard work and resilience during Covid as well as government for their generous support. There is no doubt the pandemic affected not only rugby but sport in general."

Chief Operating Officer and Chief Finance Officer, Sue Day, said: "Twickenham Stadium remains the main driver of RFU revenues, so the return to full capacity crowds meant a return to significantly higher revenues than the prior year. We are extremely thankful that the rugby community turned out in their droves to cheer on our teams and help us generate much needed revenues to support our investment back into the game of rugby.

"While we celebrate the removal of restrictions and spectators returning to the stadium, it is also important to sound a note of caution for the future. Although revenues are much higher than last year, they remain lower than our pre-pandemic forecasts, this combined with significant cost inflation means it will be critical that we continue to keep a tight control on our cost base and spend money wisely, investing where it will make the greatest difference to our game."

The full 2021-22 annual report can be read [here](#).



Brentford v Southampton matchday guide

Joining us for our Premier League game against Southampton? Here's what you need to know

Written by Brentford Football Club

Southampton are the visitors to the Gtech Community Stadium on Saturday.

Kick-off is at 3pm and the game will not be televised in the UK.

Travel – plan ahead

Public transport

Fans should [plan their journey](#) to the Gtech Community Stadium ahead of time and arrive early to avoid delays.

Parking

If you are unable to use public transport and are driving, please be aware that parking is unavailable in Chiswick Park due to an ongoing security operation.

We advise you to take public transport or pre-book parking through our [website](#).

Get involved in Heart of West London

Brentford has teamed up with Royal Brompton and Harefield Hospitals Charity to raise £200,000 for ground-breaking sports cardiology research.

[The world-first research study](#) will be led by Dr Sabiha Gati, consultant cardiologist at Royal Brompton Hospital. It is aiming to help identify young people aged 14-35 who may be vulnerable to sudden cardiac death.

Brentford will be contributing up to £100,000 in match-funding to the project and is now calling on fans to get involved.

Fans are being offered 12 places in the London Landmarks Half Marathon and Ride London which takes place on 2 April 2023 and six places in Ride London on 28 May.

We have the t-shirts in the Fan Hive and people can add the CPQR patches to their shirt too in store via the heat press or they can buy iron on ones and do it at home/add it to their own football team's kit.

Fans can register their interest by completing [this form](#).

Scarf giveaway

[We are giving away 3,000 limited-edition scarves before kick-off.](#)

Arrive early to pick up your free scarf available at the Fan Hive, located next to the Bees Superstore from 1pm.

Help create an unforgettable atmosphere with a sea of red and white scarves before kick-off.

Countdown to kick-off - the timings you need to know

9am: Bees Superstore opens

12.30pm: Box Office opens (closes at half-time)

12.30pm: Hospitality opens

1.30pm: Turnstiles open

3pm: Kick-off



Frank on Canos legacy

Brentford head coach Thomas Frank admits it was 'emotional' seeing Sergi Canos leave Brentford for Olympiacos during the January transfer window

Written by Brentford Football Club

Brentford head coach Thomas Frank admitted Sergi Canos' move away from the club in January was 'emotional', before discussing the Spaniard's legacy in west London.

[Canos will spend the rest of the season on loan at Olympiacos](#) after completing a deadline-day move to the Greek Super League side.

Only 12 players in Brentford history have played more games and scored more goals for the club than Canos, who first joined the Bees on loan from Liverpool in August 2015.

And Frank was keen to pay homage to the versatile Spaniard, who has been in TW8 for a total of eight seasons.

"He's left a big, big legacy," Frank said in his [pre-Southampton press conference](#).

"I know it's a loan and we have an extra year and all that, but you never know what's going to happen. Right now, he is at Olympiacos, so, of course, I had a few words for him on the last day he was here. For me, it was very emotional. He's been here for more than six years - he's been here as long as me - so I know him very well."



Frank on Sergi Canos' Brentford career

"I love Sergi, his personality, and what he brings to the club, it's impressive. His journey with his big injury, with a lost Play-Off final, he then won a Play-Off final."

"After his big injury, he came back and had a very impressive season when we got promoted, with goals and assists. And then in the first season in the Premier League, he scored the first goal against Arsenal, played as a wing-back, which was a bit of an unusual position, and he was open-minded."

"The way he is among the group is fantastic, so it was very emotional for me because I said a few words in front of the players and there was a huge applause."

"That was a nice moment and I really hope that his journey continues in the best possible way."

When asked about letting Canos leave, Frank added:

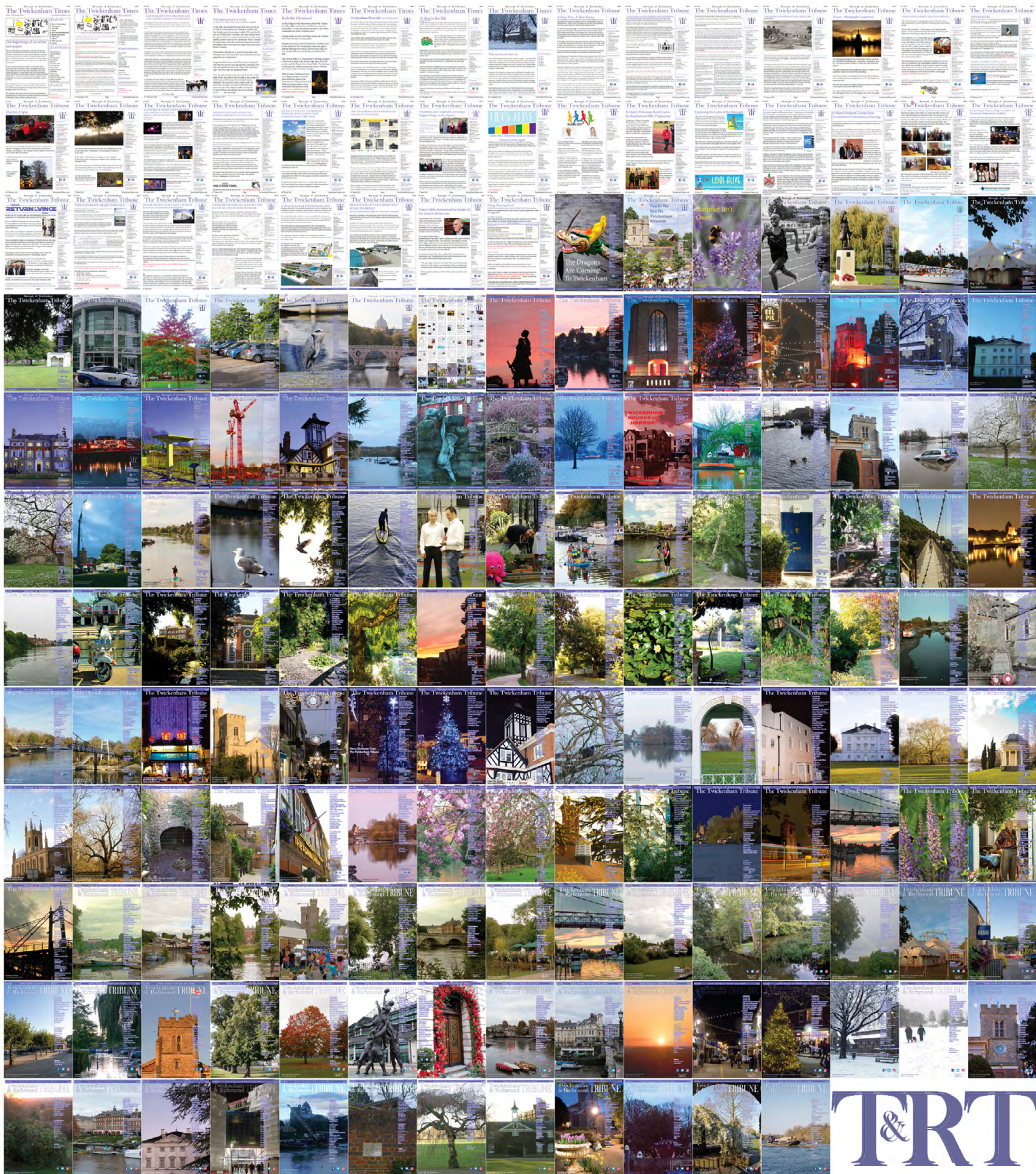
"That's the most difficult thing in football: when either a player needs to go because they want to try something else, or they want to go to an even higher level, or maybe they are not in the team - there can be 1,000 reasons and then they maybe need to move onto another club."

"It's tough when you have been close with them for maybe six years and you need to take decisions or they take decisions."

"In this case, it's not that we wanted to push him out, we wanted to keep him, but he wanted to try and get more regular minutes. That's always sad, but that's life."



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Eighth Page

Eighth Page
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