

Twickenham & Richmond TRIBUNE

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Editors

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Teresa Read



10th February 2023

T&RT

TickerTape - News in Brief

Richmond Park bans cross country racing

There has been dismay at a decision by the Royal Parks to limit cross country events in Richmond Park. Royal Parks was quoted as saying *“Unfortunately, we are no longer accepting cross country events in Richmond Park as we feel these are not suitable for the park being a SSSI [site of special scientific interest] and NNR [Natural nature reserve].”*

However, Royal Parks has since stated *“We welcome all runners to Richmond Park. We host numerous running clubs, such as parkrun, and we consider all event applications.”*

“We will work with large-event applicants to discuss attendance numbers and to co-design a running route across paths and less sensitive areas of the park.”

Council urges drivers to beware of parking meter scams

Drivers are being warned of a latest parking meter scam, which could result in loss of money from their accounts.

Richmond Council’s Parking and Community Safety teams have received new reports of parking meter bank card fraud in the borough, often targeting older residents.

The scam involves fraudsters distracting victims and stealing their bank cards by pretending that the parking machine has swallowed their card. They then pretend to ring the number on the parking machines to report the card being swallowed. Another fraudster is on the phone and claims an operative will come out to investigate the issue in 30 – 45 minutes. Meanwhile the criminals use the victim’s bank card to withdraw money.



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Covid-19

Teresa Read

IN THE NEWS

Evening Standard: Covid-19 infections in England rise for first time in five weeks suggesting the virus is once again becoming more prevalent

Imperial College London: Delaying second doses of vaccine reduced COVID-19 hospitalisations and deaths

MedPage Today: Is Orthrus the Next Top-Dog COVID Variant?
– CH.1.1 now accounts for about a quarter of cases in the U.K.

Japan Times: Tokyo logs 1,922 new cases: On Thursday, 32,797 new COVID-19 cases were logged across the country, down by about 12,600 from a week earlier.

World Health Organization

WHO Director-General: M Pox: More than 85,000 cases of mpox have now been reported to WHO, with 92 deaths. Since November, 90 percent of cases have been reported from the Region of the Americas.

World Health Organization: Weekly epidemiological update on COVID-19

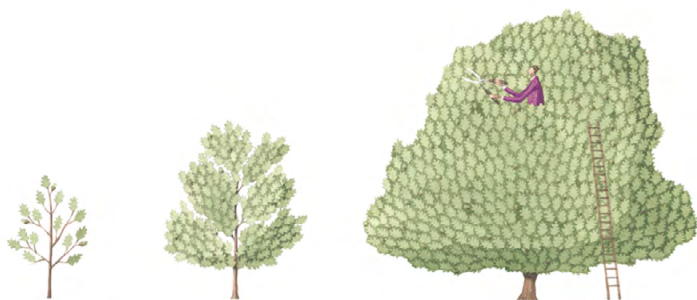
Data as of 5 February 2023

Globally, nearly 10.5 million new cases and over 90,000 deaths were reported in the last 28 days (9 January to 5 February 2023), a decrease of 89% and 8%, respectively, compared to the previous 28 days. Epidemiologic trends in the previous 28 days have been dominated by a large wave of cases and deaths in the Western Pacific Region, notably in China.

EUROPEAN REGION

The European Region reported over 1.2 million new cases, a 62% decrease as compared to the previous 28-day period. Three (5%) 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 (273 vs 118 new cases; +131%), Georgia (4,957 vs 3012 new cases; +65%), and Montenegro (1,404 vs 1,021 new cases; +38%). The highest numbers of new cases were reported from Germany (300,876 new cases; 361.8 new cases per 100,000; -59%), Italy (187,023 new cases; 313.6 new cases per 100 000; -66%), and the Russian Federation (169,762 new cases; 116.3 new cases per 100,000; +5%).

The number of new 28-day deaths in the region decreased by 38% as compared to the previous 28-day period, with 13,652 new deaths reported. The highest numbers of new deaths were reported from the United Kingdom (2,671 new deaths; 3.9 new deaths per 100,000; -32%), Italy (1,740 new deaths; 2.9 new deaths per 100,000; -40%), and France (1,522 new deaths; 2.3 new deaths per 100,000; -51%).



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The Tree Agency

The Tale of a Tub William Cobbett at Kew

By Simon Fowler

As a boy the great English radical journalist and curmudgeon William Cobbett worked for a time as a gardener. In his autobiography he recalled:

I had always been fond of beautiful gardens; and a gardener who had just come from the King's Gardens at Kew, gave such a description of them as made me instantly resolve to work in these gardens. The next morning, without saying a word to any one, off I set from Farnham with no clothes, except those upon my; back, and with thirteen halfpence in my pocket.

I found that I must go to Richmond; and I accordingly went on, from place to place in- quiring my way thither. A long day (it was in June) brought me to Richmond; in the afternoon. Two-penny worth of bread and cheese and a penny worth of small beer, which I had on the road, and one halfpenny that I had lost somehow or other, left three-pence in my pocket, with this for my whole fortune. I was trudging through Richmond, in my blue smock frock and my red garters



tied under my knees, when staring about me, my eyes fell upon a little book in a bookseller's window, on the out- side of which was written, 'Tale of a Tub; price three-pence.' The title was so off, that my curiosity was excited. I had three pence, but then I could have no supper.

In I went, and got the little book, which I was so impatient to read, that I got over into a field at the upper corner of Kew gardens, where there stood a hay-stack. On the shady side of this I sat down to read; the book was so different from anything that I had ever read before: it was something so new to my mind, that though I could not at all understand some of it, it delighted me beyond description and it produced what I have considered a sort of birth of intellect.

I read on till it was dark without any thought about supper or bed. When I could see no longer, I put my little book in my pocket, and tumbled down by the side of the stack, where I slept till the birds awaked me in the morning; when off I started to Kew, reading my little book. The singularity of my dress, the simplicity of my manners, my confident and lively air, and, doubtless, his own compassion besides, induced the gardener, who was a Scotsman, I remember, to give me victuals, find me lodging, and set me to work. And it was during the period that I was at Kew, that the present King (William IV) and two of his brothers laughed at the oddness of my dress, while I was sweeping the grass-plot round the front of the pagoda.

How to support survivors of the Turkey-Syria earthquake

The UK's Disasters Emergency Committee (DEC) have launched an appeal to help hundreds of thousands of people affected by earthquakes that hit Turkey and Syria.

The series of devastating earthquakes have killed over 19,000 people and left thousands without shelter in freezing winter conditions.

To meet the growing humanitarian needs in the coming days, UK aid agencies are joining together to raise money with funds going towards medical aid, emergency shelter, food and clean water.

DEC charities and their local partners are among the first responders, working with locally-led relief efforts in the area.

The priorities are search and rescue, medical care, providing shelter, heaters for spaces and winter kits with blankets, and warm clothes, and ensuring people have food and clean water.

You can help people affected by the crisis by donating and helping to raise money for the DEC appeal. This allows for the DEC charities to scale up their response and reach more people.

[Donate to the Turkey-Syria Earthquake Appeal](#)

The UK Government has agreed to match up to £5 million donated by the public to this appeal.



Dear Tribune,

Looking at the stars!

I always enjoy Deep Patel's articles but I was surprised to see in last week's Tribune that he quoted George Orwell as saying: 'All of us are in the gutter, but some of us are looking up at the stars' [sic].

I'm sure that George would have been very pleased to be thought the originator of this wonderful phrase but it was actually Oscar Wilde who said, rather differently: '*We are all in the gutter, but some of us are looking at the stars.*'

It is a quote from his 1892 play *Lady Windermere's Fan*.

We may all be in the gutter but that shouldn't stop us from getting things right!

Michael Jay
Hampton
(Sent from a Richmond gutter full of potholes)

Dear Tribune

Rainbow Telepathy!

Following Michael Jay's excellent letter and photo of Richmond's crumbling 'Rainbow Crossing' in last week's Tribune came Sarah Vine's comment on the same subject:

● **MY LOCAL (Labour) council has painted various rainbow crossings on the high street, trumpeting its commitment to LGBTQ etc values. Forget the potholes in the surrounding roads, or the rampant tree roots that turn pavements into death traps, or the constant fly-tippers whose detritus attracts vermin. Or, indeed, that other kind of vermin, who roam around at night robbing residents at knifepoint. None of that matters because, you know, rainbows. What unutterable tripe.**

Labour/LibDem? - No difference, same profligate idiocy.

Yours faithfully,

Sue Weaver
London SW14

Hampton pub reaches finals of Community Pub Hero Awards

The Jolly Coopers on Hampton High Street is one of just 15 pubs from across the country to reach the finals of the Community Pub Hero Awards, organised by PubAid and the All-Party Parliamentary Beer Group and sponsored by Matthew Clark.

Nationwide, 200 pubs entered the Community Pub Hero Awards, including 70 nominated by their local MP. Entries were judged by a panel of industry experts and the overall winners will be announced in March, with all finalists invited to a presentation at the House of Commons.

The competition first ran in 2018 and has been expanded this year to offer two categories for pubs: Community Support Hero or Charity Fundraising Hero, and a new Community Regular Hero where pubs nominated a supportive customer.

The Jolly Coopers, a family business, has been a focal point of the local community for 36 years. Licensees Nick & Jane Witham have been running the pub football team with some players being part of the squad for over 25 years. The sporting ventures don't end there as they also have a golf society and a netball team. The pub provided much needed support during lockdown, running a food bank, collecting for and delivering "Christmas in a Box" parcels, supplying food and other essentials to schools and helping elderly residents get to their covid vaccinations or emergency appointments.

PubAid co-founder Des O'Flanagan said: "Our heartfelt congratulations go to The Jolly Coopers. Choosing the finalists from a very strong set of entries was a real challenge and those pubs who have reached the shortlist should be very proud of their achievement."

"Judges were hugely impressed by the stories from so many pubs, who have raised astonishing sums for charities, or provided incredible support for local people. The awards demonstrate, once again, that pubs are a force for good in their communities."

John Steele, Trade Marketing Director, Matthew Clark added: "We were delighted to support this competition again and pleased to see an increase in the number of entries over last year. It is wonderful to hear about the great work done by licensees and their teams and we're happy to be giving them well-deserved recognition."

The pub was nominated by Munira Wilson MP who said: "I'm thrilled that The Jolly Coopers is a finalist for this award. Thanks to Nick and Jane, this wonderful pub has been part of the Hampton community for almost four decades, supporting local charities and others in the community."



Nominate your local Community Heroes before the deadline!

There are only a few weeks left to fill out our quick and easy nomination form for the Community Heroes Awards, letting us know all about the inspirational people, groups and businesses helping to make Richmond upon Thames a better place to be.

We are all likely to know of at least one such person or organisation in our local area - someone/people who go above and beyond to do good in the community, without expecting anything in return.



We want to thank and recognise them for their contributions to our borough, and we need your help. Submitting a nomination only takes a few minutes, and there are multiple ways to do so:

- You can [submit your nomination online](#) via our easy-to-fill-in form
- You can fill out a physical nomination form and mail it back to us (call 020 8891 7662 to find out where you can pick one up)
- You can [submit a short video](#) telling us all about your hero and send it in to events@richmond.gov.uk, if you are feeling creative

There are ten categories you can nominate within:

- Young person achievement
- Trustee of the year
- Business contribution to the community
- Community group of the year
- Community project of the year
- Lifetime achievement
- Outstanding volunteer
- Environmental
- Helping hands
- Communities together

Read the [criteria for each category](#).

Submit your nominations by 11.59pm on 1 March 2023. The shortlisted nominees from each category will be invited to attend a celebratory event on 25 April 2023.

Cobalt Red: How the Blood of the Congo Powers Our Lives

by Siddharth Kara (Author)

Cobalt Red is the searing, first-ever exposé of the immense toll taken on the people and environment of the Democratic Republic of the Congo by cobalt mining, as told through the testimonies of the Congolese people themselves.

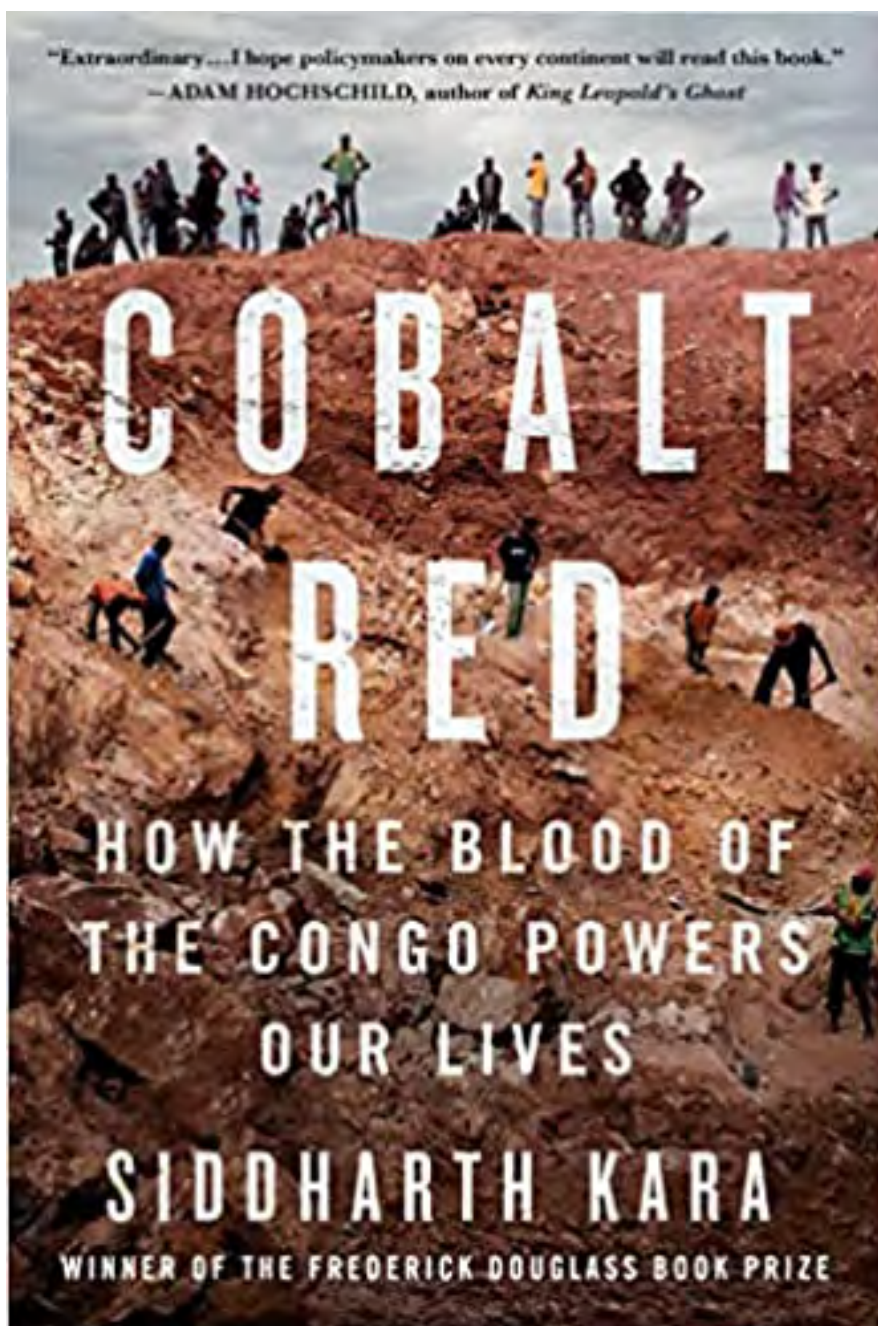
Activist and researcher Siddharth Kara has travelled deep into cobalt territory to document the testimonies of the people living, working, and dying for cobalt.

To uncover the truth about brutal mining practices, Kara investigated militia-controlled mining areas, traced the supply chain of child-mined cobalt from toxic pit to consumer-facing tech giants, and gathered shocking testimonies of people who endure immense suffering and even die mining cobalt.

Cobalt is an essential component to every lithium-ion rechargeable battery made today, the batteries that power our smartphones, tablets, laptops, and electric vehicles. More than 70 percent of the world's supply of cobalt is mined in the Congo, often by peasants and children in sub-human conditions.

Billions of people in the world cannot conduct their daily lives without participating in a human rights and environmental catastrophe in the Congo.

In this stark and crucial book, Kara argues that we must all care about what is happening in the Congo-because we are all implicated.



<https://www.amazon.co.uk/Cobalt-Red-Blood-Congo-Powers/dp/1250284309>

Start your dream job with an apprenticeship at The Royal Parks

The Royal Parks charity is looking for eight horticultural apprentices to help them care for some of the most historic and well-loved parks in the UK.

Coinciding with the start of [National Apprentice Week](#) (6-12 February 2023), aspiring gardeners can now apply to work in iconic locations such as Hyde Park and Greenwich Park.

The successful applicants will be based in one of London's eight Royal Parks for four days a week, and study at [Capel Manor College](#) in [The Regent's Park](#) on the remaining day.

The scheme typically lasts three years, and apprentices study for the Horticulture Landscape Operative Standard, which includes modules such as plant identification and soil science. In their final year, they can study for the Royal Horticultural Society (RHS) Level 2 Certificates. They will have the opportunity to learn about and work on a huge range of habitats that help nature thrive, including wildflower meadows, woodlands and wetlands.



As part of their studies, apprentices will also have access to the state-of-the-art Hyde Park Nursery, which grows over 450,000 plants for all eight Royal Parks. Here they will learn about propagation and have a hand in growing the parks' eye-catching flowerbed displays.

In 2022, apprentice Jay Rathod who is based in Bushy Park, left his job as Store Manager on Oxford Street, to follow his dream of working in the horticultural industry. He says: *"My first brush with horticulture came after volunteering for local organisations. I then knew I wanted to work outdoors and that horticulture was the right career path for me.*

"Following this, I was thankfully accepted onto The Royal Parks Apprenticeship Scheme. They believed in my passion and potential to be a gardener in one of the most famous parks in the world. I am learning through a mixture of theoretical and practical work, including cultivation, design and landscape management, and everyone here is really supportive"

The highly successful scheme dates from the 1960s with many of its apprentices going on to secure employment within The Royal Parks, or other prestigious locations such as Kew Gardens and Buckingham Palace.

Michael Rowland, Head of Park Operations at The Royal Parks, said: *"Our apprenticeships are open to all - school leavers, people who want a career change and even those already working in the horticultural industry. Applications are welcome from all backgrounds and age groups; we just require that candidates have a passion for horticulture and a hunger to learn.*

"In return, we are offering the opportunity to work in world class parks, have access to horticultural experts, and have the chance to study for recognised qualifications, making this the perfect springboard for a successful career in the horticulture industry."

Deadline for applications is 12 March 2023. For more information on the apprenticeship and how to apply, visit: [The Royal Parks Horticultural Apprenticeship Scheme - The Royal Parks](#)



Richmond upon Thames is the borough with the highest WFH population, data finds

The latest data from the 2021 census collected by [Reboot Online](#) found that the London borough with the highest percentage of population working from home is **Richmond upon Thames**, with a whopping **58.75% of people doing their job remotely**. Further data provides us with the information that there has been a 49.81 percentage point increase in people working from home in Richmond upon Thames, from 2011 (when only 8.94% were WFH), until 2021 (when 58.75% were WFH). In this southwest London borough there are also approximately 249 remote jobs within a 5 mile radius.

In second place is **Kensington and Chelsea** with **57.62% of people working from home**. There has also been a 46.79 percentage point increase in WFH population in 10 years, from 2011 and until 2021. But how many remote jobs within a 5 mile radius are there? The number is 662 for Kensington and Chelsea.

Camden comes in third place with **56.69% of people working from home**. In this lively borough there are approximately 3,209 remote jobs within a 5 mile radius. Camden is followed by **Wandsworth** in fourth place with **56.52% of people working from home** and 507 remote jobs within a 5 mile radius.

In fifth place we have the borough of **Islington**, with **56.13% of its population working from home**. **Islington** also sees a massive percentage point increase over 10 years in people working from home - 50.59% from 2011 until 2021. In fact, today there are approximately **3,220 remote jobs** within a 5 mile radius of this borough.

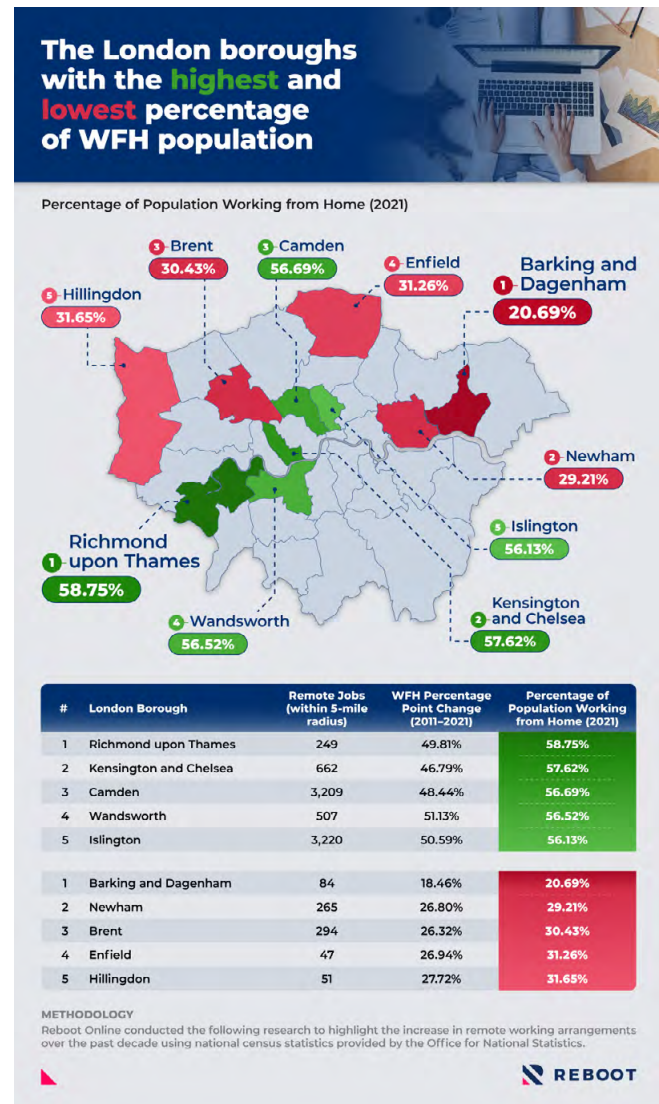
Top 5 London boroughs with the lowest WFH population

So, what are the London boroughs with the highest percentage of mobile workforce? **Barking and Dagenham** takes the crown for that with **only 20.69% of the population working from home**, which means **79.31% of people commute to work**. There are only 84 remote jobs within a 5 mile radius and the borough has a percentage point increase of only 18.46% in WFH jobs in 10 years from 2011 until 2021.

In second place is **Newham**, with **29.21% of people working from home** and **70.79% of people commuting for work**. Furthermore, the borough of Newham has seen a percentage point increase of only 26.80% in people WFH from 2011 until 2021 and there are currently 265 remote jobs within a 5 mile radius.

Brent comes in third place for the London boroughs with the highest mobile workforce, **with 30.43% of people working from home** and **69.57% of commuters**. There are also 294 remote jobs within a 5 mile radius. Following Brent in fourth place is **Enfield** with **31.26% of WFH people** and **68.74% of commuters**. In Enfield there are only 42 remote jobs with a 5 mile radius.

Hillingdon comes in fifth place for the London boroughs with the highest mobile workforce, with **31.65% of people working from home** and **68.35% of people commuting to work**. There are only 51 remote jobs within a 5 mile radius in Hillingdon and the borough has only seen a percentage point increase of 27.72% in WFH jobs from 2011 to 2021.



CHEESEWICK - CHISWICK CHEESE MARKET

Did you know that Chiswick was originally known as 'Cheesewick' - it's Old English for cheese farm. I've also discovered that on the third Sunday of each month, there is a fabulous street market with over **150 DIFFERENT CHEESES**, plus chutney, crackers and many more cheese related goodies. It's the **ONLY** dedicated cheese market in London. You can see the list of exhibitors for the next market on the link [here](#).



Where? It takes place on **Old Market Place** - outside [Planet Organic](#) - on Chiswick High Road, London W4. Nearest tube is Turnham Green and there are many buses from Hammersmith or walk from Chiswick or Gunnersbury Station. From Twickenham you can hop on the 267. There are loads of **great places** for **brunch** or **lunch** locally, and some will also have Cheesewick market specials - check out [Instagram](#) or [Twitter](#) for the latest info. The market on **19 March** will be hosting a lunchtime masterclass and lunch at George IV pub with a cheese expert and a wine expert. More info is on the link [here](#)

Local foodie celebrity and cookbook writer Jo Pratt has kindly provided us with a delicious recipe to tempt you to visit the market.

BLUE CHEESE AND SWEET ONION SWIRLS

“Not quite a bread or a pastry, these light and fluffy cheesy twirls are very hard to resist and a joy to make. We like to serve them with a bowl of soup or tomato-based stew but they are just as good served with a crisp salad or on their own as a snack or sharing starter.”

At the Chiswick Cheese Market, we have a fabulous Gorgonzola Dolce (soft, unctuous and full of flavour) every month which works a treat in the recipe, however why not try the recipe with award winning British Pevensey Blue from Faye at Big Wheel Cheese or you could try it using Beauvale from Cropwell Bishop - a fabulous gorgonzola style cheese made by one of the UK's top Stilton producers, available from Heritage Cheese.”

Prep 40 minutes / Cooking 20 minutes / Makes 8

- 2 tbsp olive oil
- 1 large onion, finely sliced
- 1 tbsp balsamic vinegar
- 1 tbsp caster sugar
- 325g self-raising flour, plus extra for dusting
- 250ml buttermilk or natural yoghurt
- 2 tbsp olive oil, plus extra for drizzling
- 1 tbsp sage leaves, finely chopped
- 1 tsp flaked sea salt
- 100g creamy blue cheese such as gorgonzola, cut into pieces
- freshly ground black pepper

Heat the oil in a saucepan over a low heat and add the onion. Cook gently for around 15 minutes until soft and starting to become golden. Add the balsamic vinegar, sugar and season with salt and pepper. Cook for a further couple of minutes before removing from the heat and leaving to cool.



Heat the oven to 200°C/180°C fan/400°F/gas 6. Line a baking tray with baking parchment.

Put the flour, buttermilk or yoghurt, oil, sage and salt in a large bowl. Using a round-ended knife, mix until you have a soft dough. Turn out onto a worktop dusted with flour and gently and briefly knead until you have a smooth dough.

Dust a rolling pin with flour, and making sure the worktop is also well floured, roll out the dough to a 20 x 30cm rectangle and scatter over the caramelised onions and blue cheese. Roll up from the long side of the dough to create a long sausage shape.

Using a sharp knife, cut into 8 even pieces. Sit, cut side up, on the baking tray in a ring shape so they are almost touching one another and drizzle the top with olive oil.

Bake for 20 minutes until golden brown and serve warm.

Recipe: courtesy of Jo Pratt (The Flexible Baker, White Lion Publishing) for The Chiswick Cheese Market

www.chiswickcheesemarket.uk

Image: Malou Burger

FEAR OF FRYING? THE AIR FRYER AND THIS COOKBOOK WILL HELP!

I love our air fryer! I haven't actually needed to use our main oven since Christmas Day! After a bit of experimenting, I can honestly say it's one of our most used kitchen gadgets. So I was delighted to find that a great new cookbook specifically for those of us using air fryers has just, this week, been published. In case you were wondering what all the fuss is about, this nifty, countertop appliance is similar to an oven, as it bakes and roasts, but the key difference is its heating elements are located at the top and are enhanced by a large, powerful fan. The result is food that's crisp and delicious in no time and, most notably, it makes the perfect alternative to a deep-fat fryer for anyone adopting a healthier lifestyle. Add to that the considerable energy savings, and it's a no-brainer!



For ***The Air Fryer Cookbook***, (£16.99 hardback) nutritionist Jenny Tschiesche has developed 101 tried-and-tested recipes to help you get the very best out of your air-fryer. Her appealing ideas take their inspiration from all styles of world cuisine, and there is something to suit every dietary need and occasion, from snacks and sides to complete meals and sweet treats.

Jenny Tschiesche is one of the UK's leading nutrition experts. She has worked with leading brands and health campaigns, including BBC Sport, Sport England and Cancer Research UK. She contributes to TV programmes, radio shows, online blogs, newspapers and magazines and is the founder of lunchboxdoctor.com, delivering workshops to workplaces, sports teams and families. Jenny is the author of five

books, including the bestselling *Modern Instant Pot® Cookbook: 101 Recipes for Your Multi-cooker*, *Modern Vegetarian Instant Pot® Cookbook* and *Sheet Pan Cooking*, all published by Ryland Peters & Small.

Here are some recipes from Jenny's book to inspire you: to buy the book as well as an air fryer if you don't already have one!

CRISPY CHICKPEAS (SERVES 4 AS A SALAD TOPPER OR SNACK)

Ideal as a snack on their own, as a salad topper or serve in a wrap with some hummus and salad.

- 400-g can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon unrefined sugar
- ½ teaspoon smoked paprika
- ¼ teaspoon cayenne pepper
- 1 teaspoon salt

Preheat the air-fryer to 200°C/400°F.

Toss the chickpeas in the oil, sugar, spices and seasoning, ensuring they are evenly coated. Add the chickpeas to the preheated air-fryer and air-fry for 8–10 minutes, shaking the drawer a couple of times during cooking.



SATAY CHICKEN SKEWERS SERVES 4

Rich and peanutty in flavour, this satay marinade is a perfect match for succulent chicken breast pieces.

- 3 chicken breasts, chopped into 3 x 3-cm/1 1/4 x 1 1/4-in. Cubes
- MARINADE
- 200 ml canned coconut milk (including the thick part from the can)
- 1 plump garlic clove, finely chopped
- 2 teaspoons freshly grated ginger
- 2 tablespoons soy sauce
- 1 heaped tablespoon peanut butter
- 1 tablespoon maple syrup
- 1 tablespoon mild curry powder
- 1 tablespoon fish sauce



Mix the marinade ingredients thoroughly in a bowl, then toss in the chopped chicken and stir to coat thoroughly. Leave in the fridge to marinate for at least 4 hours.

Preheat the air-fryer to 190°C/375°F.

Thread the chicken onto 8 metal skewers. Add to the preheated air-fryer (you may need to cook these in two batches, depending on the size of your air-fryer). Air-fry for 10 minutes. Check the internal temperature of the chicken has reached at least 74°C/165°F using a meat thermometer – if not, cook for another few minutes and then serve.

BAKED NECTARINES (SERVES 4)

Air-frying nectarines brings out their natural sweetness and the addition of maple syrup, vanilla and cinnamon mellows the taste even further.

- 2 teaspoons maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 4 nectarines, halved and stones, removed
- chopped nuts, yogurt and runny
- honey, to serve (optional)

Preheat the air-fryer to 180°C/350°F.

Mix the maple syrup, vanilla extract and cinnamon in a ramekin or shake in a jar to combine. Lay the nectarine halves on an air-fryer liner or piece of pierced parchment paper. Drizzle over the maple syrup mix.



Place in the preheated air-fryer and air-fry for 9–11 minutes, until soft when pricked with a fork. Serve scattered with chopped nuts and with a generous dollop of yogurt. Drizzle over some honey if you wish.

DRINK UP

By Doug Goodman

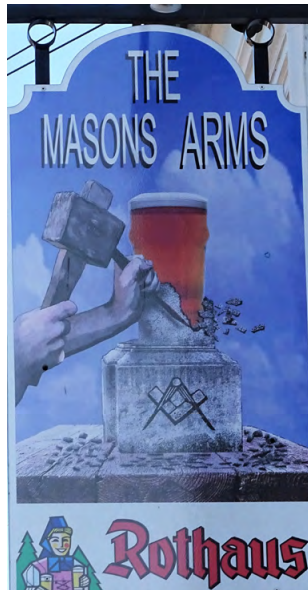
In last month's Traveller's Tales we featured local pubs in Twickenham, St. Margaret's and Teddington. Thirty eight pubs were covered but two in Teddington were omitted: The Abercorn Arms and The Masons Arms bring the total within easy reach of central Twickenham to 40.

Brouge, opposite Lidl and the garden centre, was visited by Doug Goodman who reports on an excellent meal. Three choices of moules as well as a good selection of Belgian main dishes and delicious puddings was the verdict. Best of all was the huge selection of draft and bottled Belgian beers. Some extremely strong varieties were available including a hard-to-find Kwak.

This is mid-range at 7.4 percent brew with other flavours around 10 percent.



Abercorn Arms



Masons Arms



A Strong Brew

On the subject of drink, if your Christmas supplies are now exhausted, why not take up a great offer of a day trip to Calais where wine and beer is very much cheaper than in the UK. Calais Vins is offering a free return crossing on P&O from Dover to Calais to help you restock. By pre-ordering €300 worth of wine, beer or spirits from the specialist, the first 100 bookings qualify for the offer available until the end of March. With savings of up to 50 percent over UK prices there's a huge choice of fine wines and a 15 percent VAT refund is available. Duty-free allowances per person are: 42 litres of beer and 18 litres of wine or a mix of fortified and sparkling wine and spirits.

With early morning sailings from Dover and late evening return crossing you can find plenty to do in and around Calais. A drive south offers spectacular scenery on the way to Le Touquet or Boulogne and the fascinating 39-45 Museum. WW1 battlefields in Northern France and Belgium, The Louvre at Lens, St. Omer and many more sites can be easily reached. In Calais there's the mechanical dragon to ride, the museum of lace and fashion, cheese shops and plenty of fine restaurants.

Calais Vins is on Rue Gutenberg 62100. It's close to the port just off the A16 at junction 44.

www.wine-calais.co.uk



Calais Vins

WIZ Tales: Turkey-Syria Earthquakes

Teresa Read



On 6th February a series of earthquakes and hundreds of aftershocks hit Turkey and Syria; the first was magnitude 7.8 followed by a quake of 7.6.

The World Health Organization Director-General released the follow briefing on the situation in Türkiye and the Syrian Arab Republic:

“It’s now a race against time. Every minute, every hour that passes, the chances of finding survivors alive diminishes.

Continued aftershocks, severe winter conditions, damage to roads, power supplies, communications and other infrastructure continue to hamper access and other search and rescue efforts.

We are mobilizing emergency supplies, and we have activated WHO’s network of emergency medical teams to provide essential health care for the injured and most vulnerable.

We will work closely with all partners to support authorities in both countries, in the critical hours and days ahead, and in the months and years to come as both countries recover and rebuild.”

Almost £33m to help survivors was raised in the UK on the first day of the news of the disaster.

On Friday morning, on the fifth day of the disaster, Aljazeera reported that the death toll was 21,500 so far with little hope of finding many more survivors.



Turkey



Turkey



Turkey



Turkey



Turkey



Syria



Syria



Syria



Syria



Syria

Information about Turkey <https://worldinfozone.com/country.php?country=Turkey>

Information about Syria <https://worldinfozone.com/country.php?country=Syria>

HAPPY VALENTINE'S DAY TO...ME

By Deep Patel

~ Life through the eyes of a Twickenham Shopkeeper ~

My name is Deep Patel and I am a shop keeper running Meet & Deep Newsagents with my family in Twickenham.

Being in a shop is really a wonderful thing, you meet so many people from all different backgrounds. Friends who visit always remark on how interesting they feel it is simply standing and watching the goings on in our shop, so I decided that I would share with the readers of The Twickenham and Richmond Tribune some of the inspiration I draw from the goings on in our shop in an article here each week...life through the eyes of a Twickenham shopkeeper... This week, it's all the talk about Valentine's day.



To start with, I just want to apologise in advance to the folk of Twickenham if my shop opens a little later than usual on Valentine's morning this year. This will most likely be because it may take me a little longer than usual to wade through the mounds of Valentine's cards posted through my shutter grill from my many admiring customers all wanting a piece of me (listen, everyone is allowed to dream).

Customers have been talking about Valentine's day this week...you know...the usual talk... "I love my girlfriend so much, she's the best thing that has ever happened to me"...or "my boyfriend is my life, he phones me on every lunchbreak to tell me he misses me"...or "me and my partner love each other so much that we hate being apart"...and all the usual crap...it's enough to make you sick isn't it?! Someone pass the sick bucket will you? Yuk (I'm not jealous, honestly, not at all...well maybe a tad...ok...ok I'm jealous). There I admit it, but why? I had to ask myself this and do some soul searching this past week...I wanted to know...so I could change myself...and this is what I found...

Well, I finally realised what it was...we tend to be quite content as humans, but the world around us often makes us feel somewhat lacking, or inadequate...not necessarily intentionally... it just does. For example, when others say they have something, be it a relationship, a house, a car or great job, it can sometimes make us feel lacking or inadequate ourselves...like we are not enough somehow...like others have more than us...like our lives are inferior to their way of life...does this ever happen to you? (no? Just me then...). However, the truth is that we create all these beliefs in our minds...and that's the only real place they exist...not in reality, but in our perceptions...so we cannot blame others for making us feel inadequate or lacking in some way...they are just living and being happy...if we really want to blame someone...blame ourselves for imprisoning ourselves in such off-key perceptions that give us some degree of an inferiority complex, our own insecurities and nothing more. Through realising that everyone's path in this life is different, and where others may be blessed in one way, you are blessed in another (blessed none the less) we can still be happy. So this week in the shop with all the Valentine's chat between customers, I realised that happiness isn't in having someone, finding

someone or even loving someone...happiness is in finding yourself, your true passions in life, loving yourself and celebrating the things you already have rather than lamenting over the things you don't.

In a word, happiness is contentment...because in the end what matters most is not what other people have or even what they think of you, but what you think of yourself and the gratitude you show for the blessings you already have...so this weeks lesson is to love yourself and remember...you are enough.

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 these little good-karma gems to celebrate kindness in all its forms, helping each other and all the life forms on this beautiful planet we call home...

As I always say, 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). As I always say, the true key to our own happiness lies in the happiness of other life forms...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...

"You are enough"...

Thrill Me

by Stephen Dolginoff

Teddington Theatre Club at the Coward Studio, Hampton Hill

The choice of the off-beat *Thrill Me* shows remarkably brave programming. As a piece of provocative drama, it is perfect in such an intimate setting where you can almost feel the pulse of the actors.

The play is based on the 1924 true story of Nathan Leopold and Richard Loeb, students who kidnapped and murdered a schoolboy in Chicago. The interest of the drama though is in the exploration of their motives. They consider themselves *Übermenschen*, Nietzsche's «supermen», those of superior intellect who can disregard to the conventional rules of society. They coldly test this concept with a bold plan to carry out a “perfect” murder.



The play unfolds in flashbacks from the gaol where Leopold was subsequently imprisoned. It is a taut, dark piece of theatre, with the actors constantly on stage, which they navigate like a pair of vultures hovering over their potential prey, as they explore their characters burgeoning relationship. Wesley Henderson Roe's skilful direction critically balances pace, timing and movement.



Jacob Taylor plays the hedonistic Leopold, giving an intense yet sensitive performance which captures the tormented soul of this narcissistic and flawed intellect. With his continually twitching hands and nervous glances we are slowly drawn into his world and into his obsession with Loeb, his partner in crime. This was a masterly interpretation of the intensity of Leopold's fanatical pursuit of pleasure and self-indulgence.

Jacob Elsey plays the equally disturbed Loeb, giving a strong yet sensual performance which is both perceptive and believable. The relationship between the two is critical, and especially in the later portrayal of Loeb's increasing subservience to Leopold.

The mood of this dark and steamy play is enhanced by the evocative music score. The plot is told through song to the piano accompaniment of Nicola Luker. The emotive bitter-sweet lyrics underline the poignancy of the drama, but the title song *Thrill Me*, tingled the spine with its sexual intensity and references to the thrill of the kill.

This is an exquisite and haunting production which delivers a profound impact and is a gem not to be missed.

Read Steve Mackrell's review at www.markaspen.com/2023/02/01/thrill-me

Photography by Kim Harding

A Society (For the Cutting up of Men)

by Daniel Carter

Network Theatre, Waterloo

Boom! The London Vault Festival has opened, and we are straight in with *A Society (For the Cutting up of Men)*, a lively take on early feminist issues.

With Virginia Woolf's wry observations, an adaption of Valarie Solanas' manifesto SCUM (the Society of Cutting up Men) is an unconventional concept that verges on the absurd. The SCUM manifesto, which Solanas self-published in 1967, advocates destroying the male sex. Valerie Solanas was an American radical feminist, perhaps best known for her attempted murder of artist Andy Warhol in 1968.



A colourful bonhomie of eight women, eccentrically dressed in of Victorian skirts and hobnailed boots, sets this weighty piece flowing, in which young Victorian women question the role of men and a non-patriarchal society, and assert their determination to infiltrate the male world.



Carter's play transforms Woolf to the sixties, where Solanas shoots Andy Warhol ... and effectively. But once that significant figure reveals herself, then the pace begins to limp. However, that doesn't mean there aren't strong performances, with wit and genuine bonding within the eight women. Terrific performances particularly include Clorinda, played by Linseigh Green, and Cassandra by Wendy Fisher. However, one felt the journey through all ten of the women's stories loses the focus.

Intelligently written and directed by Dan Carter, *A Society's* thoughtful designs, the lighting by Alex Farrell and Bram Mulders sound, and especially Vasiliki Versousi's idiosyncratic costumes, all comment wryly on the action.

Touching on science, hashtag girl boss, sexy dancing among other topics, each one a significant issue, the themes are covered in sharp detail. Genuine comic moments about dramatic music in books, and a backlash against chastity, work beautifully, but the tableau at the end, recreating the Victorian beginning, could be sharper. However, I'm rooting for it to shine at the Vault Festival as it is a sincere and gritty piece overall, with strong performances and moments of insight.

Read Heather Moulson's review at www.markaspen.com/2023/02/02/society-scum

Photography by Dom Thomson



Noughts & Crosses

by Malorie Blackman, adapted by Sabrina Mahfouz

Pilot Theatre at The Rose Theatre, Kingston until 11th February, then on tour until 1st April

As soon as the first seconds of light slowly pulsates on the boards, accompanied by a disconcerting mechanical hum, it became clear that the intention of this stage version of *Noughts & Crosses*, as in Blackman's 2006 novel, is to create an unsettling experience for those watching.



Society is segregated between the Crosses, a dominant elite class, and the Noughts, at the poor end of society, with access to something seemingly as simple as orange juice far beyond their economic means and status. This vitamin C-laden nectar is a kind of leitmotif in the play, present in moments of comedy and tragedy, and in the initial scenes between Sephy Hadley a Cross, and Callum McGregor, a Nought, whose secret friendship transcends the barriers the system places upon them.



The early scenes set the undertone of the increasing tensions in society, as a battle between those with power and opportunity and those without grows. This dark and challenging premise is driven by a committed cast and some skill in Effie Ansah and James Arden's debut lead performances, as their characters tread between a multitude of escalating emotions.

Use of video and high volume audio loops throughout creates a continuum of Orwellian unease, highlighting the difference in size of the individual against the combined weight of society and its pressures.

Director Esther Richardson recalls a conversation with Malorie Blackman, where the author stated that her greatest wish was for *Noughts & Crosses* to become less and not more relevant. Countless events, even as I write, prove it is sadly still far from becoming no longer reflective of society today. This hard-hitting production of *Noughts & Crosses* serves as a powerful educator that a world of equal opportunities must be at the forefront of any meaningful government agenda, as one of the foundations of a just human society.



Read Brent Muirhouse's review at www.markaspen.com/2023/02/03/noughts-crosses-rose

Photography by Robert Day



Much Ado About Nothing

by William Shakespeare, remixed by Debris Stevenson

National Youth Theatre Rep Company at the Duke of York's Theatre

The concept of *Much Ado About Nothing* being updated to the world of reality TV may well spark scepticism at first glance, but Shakespeare's comic tale of young people manipulated into coupling up - and breaking up - for the amusement of others, is a natural fit for the domain of dating programmes like *Love Island*. And rather than being mere set dressing, the reality TV theme pervades Debris Stevenson's new adaptation (or "remix" according to the programme) of the play for the National Youth Theatre, providing a timely and caustic commentary on disturbing trends in reality TV and social media.



It must be stressed first that the text is almost entirely Shakespeare's, and the necessary alterations to fit the reality TV theme are far fewer than one might expect. Beyond the trappings of this contemporary setting, however, the plays' big moments are present and correct, and extremely well-performed, from the broad physical comedy of the scenes where Beatrice and Benedick are manipulated into falling in love, to the sudden chaos of the ruined wedding, and the subsequent pathos of Beatrice's "that I were a man" speech.

Director Josie Dexter keeps up a brief pace which enables the production to cram a vast proportion of Shakespeare's text into a tight ninety minutes, with scene changes facilitated by Zoë Hurwitz's revolving set. In an ingenious masterstroke, even the back of the set is used to represent the "backstage area" of the reality show.

During the performance, video screens frequently flash up social media commentary from the viewers of "Nothing Island", and it is telling how quickly the messages become unpleasant and judgemental. The dark side of social media is revealed towards the end.

This ambitious production showcases a large and impressive cast, and succeeds as a satisfying interpretation of *Much Ado About Nothing*, a joyful evening's entertainment, and as an unflinching look at the more unpleasant aspects of reality television and social media.



Read Andrew Lawston's review at www.markaspen.com/2023/02/09/much-ado-0-nyt

Photography by Helen Murray

When Darkness Falls

by James Milton and Paul Morrissey

PM Productions at Richmond Theatre and on tour until 29th April

When Darkness Falls is set in Guernsey, surprisingly for horror, although in fact the island is a hotbed of many occult legends and superstitions. The play depicts a meeting between the curator of the historical society and a visitor researching paranormal activities. They have arranged to record podcasts about local folklore and tales of ghostly apparitions.

It is an exercise in gruesome storytelling with the researcher describing a series of events, real or imagined, that have occurred on the island over previous centuries. Four separate stories tell of witchcraft and crimes of passion from the seventeenth and eighteenth centuries; of atrocities in occupied Guernsey during the Second World War; and culminate in tales of sinister events during the 1987 great storm.



The atmosphere is set even as the audience files into the auditorium, with audio tales of ghosts and witchcraft. The setting is the historian's gritty office, cluttered with technology, old filing cabinets, storage boxes and some wonderfully grimy radiators.

The acting is first rate. Tony Timberlake's sceptical historian captures the no-nonsense reaction to his visitor's tales of the paranormal – then revealing glimpses of his willingness to believe. The researcher and storyteller, played by Thomas Dennis, enthusiastically stokes the intensity of his tales, feeding them into our own fears and insecurities.

As well as the stories, the script contains thought-provoking discussions between the historian and the researcher, but there are also moments of humour to bring light relief.

The pace is brisk, with clever stage trickery to add to the atmosphere, objects falling or moving by themselves, lights switching on and off and evocative sound effects like the crackling of fire and the cry of a new born baby.

So, scary stuff indeed, but by the time we get to the fourth story, supernatural fatigue begins to set in ... after all, the evil that lies within man is probably the cause of these events, not the paranormal doings of ghosties and ghoulies. On the other hand, I could be wrong.

Read Steve Mackrell's review at www.markaspen.com/2023/02/10/dark-falls

Photography by Pamela Raith

Discover The Real Junk Food Project Café in East Twickenham

The Real Junk Food Project Café serves delicious homemade soups, main meals, and smoothies as well as snacks, pastries, tea or coffee in a warm and welcoming atmosphere. Take a break in your day and try somewhere different for lunch.



On Mondays, Wednesdays, and Fridays from 11.30am to 1.30pm, The Real Junk Food Project Café operates in the ETNA Centre in Rosslyn Road, East Twickenham.

Payment is in the form of a voluntary

contribution and many of the ingredients we use are donated by local supermarkets so we are helping to save the planet from food that would normally go to waste.

They aim to provide a warm, non-judgemental space in which people in the neighbourhood are made to feel welcome and able to pay their way (pay as you feel).

In good weather you can sit outside in the sunshine on our large terrace or in the lovely garden in front of the ETNA Centre. Take-away lunches and a food hub are also available.

Come and discover the Real Junk Food Café and its inclusive community vibe!

<https://www.trjftwickenham.com/>



Landmark Arts Centre host a week of fun and creative activities

Starting this weekend on 12 February, the centre is hosting a range of workshops for young people and families.

All activities will take place at The Landmark Arts Centre, Ferry Road, Teddington TW11 9NN.

Mother's Day and Valentine's wet felt making workshops

Join this workshop for a creative morning with the family. Guests will have a choice of making either a heart or a flower for Valentine's or Mother's Day, which can be used to design a card, or stitched together to make a 3D item.

- **Date:** Sunday 12 February
- **Time:** 10am to 12pm and 1 to 4pm
- **Age rating:** Morning session for adult and child (8+) - afternoon session for adults only

[Book your place](#)

Sound art and CGI acting lab

The Landmark's unique lab returns for a two day workshop where they will be mixing CGI and sound effects with their own playfulness and inquisitiveness. Join in to socialise, learn new skills and create.

- **Date:** Tuesday 14 and Wednesday 15 February
- **Time:** 10am to 4pm
- **Age rating:** 12+

[Book your place](#)

Spring time wreath lab

You will create handmade papers, use paint effects, assemble paper flowers and more. You will get to make a fabulous spring themed wreath with knotted fabric strips and handmade paper flowers.

- **Date:** Friday 17 February
- **Time:** 10am and 2pm
- **Age rating:** 6 to 12 years

[Book your place](#)



St Mary's University

Sir Mo Farah Becomes Patron of Leading Modern Slavery Research Centre at St Mary's

Britain's greatest ever distance runner, and campaigner against modern slavery and human trafficking, Sir Mo Farah has become a Patron of the Bakhita Centre for Research on Slavery, Exploitation and Abuse at St Mary's University, Twickenham.



Sir Mo has a long relationship with St Mary's and trained, studied, and lived at the University from 2001-2011. He began campaigning against human trafficking and modern slavery following his decision in 2022 to reveal he himself was a victim of these crimes. Sir Mo was trafficked to the UK from Djibouti at the age of eight and forced to work in domestic servitude until he was ultimately able to escape when he confided in his teacher.

The announcement comes on the feast day of St Josephine Bakhita, patron saint of victims of human trafficking. The Centre is named in honour of St Josephine, who herself was a victim of human trafficking in Sudan and Italy, becoming the first black female saint in 1992.

Speaking of his appointment as Patron, Sir Mo Farah said, "I am honoured to have the opportunity to support the work of the Bakhita Centre as its first Patron. Fighting the crimes of human exploitation is a cause close to my heart and I hope I can support the

Centre in their work."

The Bakhita Centre was founded in 2015 to conduct research on modern slavery and human trafficking, to influence practice and policy, and to raise awareness across the university, in local communities and further afield. The Centre aims to broaden the University's research on global issues that intersect with modern slavery, including gender-based violence, sexual and other forms of exploitation, abuse and discrimination based on structural inequalities, race, ethnicity, asylum seeking/refugee and migrant status.

St Mary's Vice-Chancellor Anthony McClaran said, "We are delighted Sir Mo has agreed to become a Patron of the Bakhita Centre. On the athletics track, he is our most famous and successful alumnus, and it is a great honour that he will continue his relationship with the University on this topic that is both close to Sir Mo's personal experience, and our mission as a University."

Director of the Bakhita Centre Dr Carole Murphy added, "Sir Mo's presence as our patron will help us raise the profile of the work of the Centre and our commitment to expose the structural factors that underpin the crimes of human exploitation and in turn provide more support to more survivors and anti-exploitation practitioners."

The Bakhita Centre is highly active in the public square, producing regular reports and hosting conferences to share best practise with practitioners, legislators, and journalists to support victims and help agencies identify victims of human exploitation.



St Mary's
University
Twickenham
London

Richmond upon Thames College students win Supported Learning Football League

On Friday 3 February, RuTC's (Richmond upon Thames College) Supported Learning students won the Supported Learning Football League.

The Supported Learning Football League is hosted by Brentford Community Sports Trust.

However, this year the finale tournament took place at West Thames College, where RuTC's team played 4 group stage games against West Thames College and Burlington House.

The team finished second in the table, which saw them progress to the final of the tournament against West Thames.

The RuTC team worked hard for their win, training each Friday and working hard to make sure they were at the top of their game.

The team won the final with an excellent 2-0 win and deservedly lifted the trophy after playing fantastic football throughout the tournament.

Following their win, the team have been invited to play a match for the Brentford Community Sports Trust team as they face off against the Leicester City Community Sports Trust team on 18th March, after playing this match, the team will be watching the Brentford vs Leicester premier league fixture at the Brentford Community stadium.

Supported Learning teacher, Ryan Beard is thrilled at how well the team performed on the day, explaining 'I am very proud of the team and the way they carried themselves throughout the tournament. They have been working very hard in training and all their hard work has paid off'.

Learn more about our Supported Learning Programme here - [Richmond upon Thames College | Top Academic and Vocational London College | Supported Learning \(rutc.ac.uk\)](#)



England v Italy, Guinness Six Nations

Steve Borthwick has named his England team to face Italy this weekend in the Guinness Six Nations. England take on the Azzurri at Twickenham Stadium on Sunday 12 February (3pm KO).



Henry Slade returns to the side, following injury, at outside centre and Ollie Lawrence starts at inside centre. Captain Owen Farrell moves to fly half and Jack van Poortvliet remains at scrum half. Last week's debutant Ollie Hassell-Collins is on the left wing, Max Malins is on the right and Freddie Steward is full back.

In the only change to the forward pack, Jack Willis comes in at openside flanker. Lewis Ludlam is blindside flanker and Alex Dombrandt is No. 8. Vice-captain Ellis Genge and Kyle Sinckler are named as props, alongside Jamie George at hooker. Maro Itoje and Ollie Chessum start at lock.

Jack Walker could get the chance to make his England debut after being named as a replacement. There are also returns for Henry Arundell, following injury, and Alex Mitchell. They are joined by Mako Vunipola, Dan Cole, Nick Isiekwe, Ben Earl and Marcus Smith.

Borthwick said: *"We welcome an exciting and in form Italy team to Twickenham on Sunday. We recognise and respect the very real threat they pose in this Six Nations Championship and we are preparing accordingly.*

"Notwithstanding the disappointment of last weekend's Calcutta Cup result, we know that in a very short space of time positive steps have been taken towards the manner and style in which we want to play our rugby.

"We are at the start of what is a completely new cycle of England Rugby. The implementation of new systems does take time and the squad is showing themselves to be hungry to deliver the sort of performance that we know they are capable of.

"From the squad, I have selected a team for Sunday's fixture that I believe is best placed to meet the specific challenges that Italy will bring.

"It is a selection of players whose form, individual strengths and combined qualities suit the way we want to play against Italy, in what we anticipate will be another hard-fought and entertaining spectacle."

England v Italy is live on ITV and BBC Radio 5 Live Sports Extra.

ENGLAND XV

15. Freddie Steward (Leicester Tigers, 18 caps)
14. Max Malins (Saracens, 15 caps)
13. Henry Slade (Exeter Chiefs, 52 caps)
12. Ollie Lawrence (Bath Rugby, 8 caps)
11. Ollie Hassell-Collins (London Irish, 1 cap)
10. Owen Farrell (Saracens, 102 caps) (C)
9. Jack van Poortvliet (Leicester Tigers, 8 caps)

1. Ellis Genge (Bristol Bears, 44 caps) (VC)
2. Jamie George (Saracens, 73 caps)
3. Kyle Sinckler (Bristol Bears, 57 caps)
4. Maro Itoje (Saracens, 63 caps)
5. Ollie Chessum (Leicester Tigers, 6 caps)
6. Lewis Ludlam (Northampton Saints, 15 caps)
7. Jack Willis (Toulouse, 6 caps)
8. Alex Dombrandt (Harlequins, 10 caps)

REPLACEMENTS

16. Jack Walker (Harlequins, uncapped)
17. Mako Vunipola (Saracens, 75 caps)
18. Dan Cole (Leicester Tigers, 96 caps)
19. Nick Isiekwe (Saracens, 9 caps)

20. Ben Earl (Saracens, 14 caps)
21. Alex Mitchell (Northampton Saints, 1 cap)
22. Marcus Smith (Harlequins, 18 caps)
23. Henry Arundell (London Irish, 3 caps)

ENGLAND MEN'S U20 TEAM ANNOUNCEMENT: ENGLAND U20 v ITALY U20

Following their 41-36 win over Scotland last week, England men's U20 head coach, Alan Dickens has named the same starting XV to take on Italy this Friday (KO 19:00) at Gloucester's Kingsholm Stadium. The match will be broadcast on BBC iPlayer.

Lewis Chessum skippers the side from lock in the second round of the 2023 Under-20 Six Nations, partnered by Danny Eite in the second row. They pack behind a front row of Archie McArthur, Tim Hoyt and hooker Finn Theobald-Thomas.

Last week's Player of the Match, Greg Fisilau, starts in the number seven shirt, alongside Chandler Cunningham-South and Finn Carnduff in the backrow. Charlie Bracken will again partner Monty Bradbury in the halves, with Joseph Woodward and Rekeiti Ma'asi-White in the centres.

Following a three-try effort against Scotland, Josh Hathaway retains his spot on one wing, with Tobias Elliott on the other. Sam Harris will again line up at fullback. Benjamin Waghorn comes onto on otherwise unchanged bench in place of Toby Cousins. Calum Scott, Asher Opoku-Fordjour, Afolabi Fasogbon, Robert Carmichael, Tristan Woodman, Nye Thomas and Louie Johnson are the other replacements.

Dickens said: *"We can take many positives away from our match against Scotland, particularly from the first 25 minutes and in the final 10 when the team played with speed and intensity. While we lost the momentum early in the second half, I was really pleased with how the players wrestled back control to close out the match.*

"The players are back in camp and have had a good few days of preparation. We're now looking forward to our match against Italy at Kingsholm Stadium and will take a settled side into the fixture. All teams in this year's Six Nations are quality sides. We saw Italy push France until the final whistle last week, so a full 80-minute performance will be needed against them on Friday."

England men's U20 team v Italy

- | | |
|---|--|
| 1. Archie McArthur (Gloucester) | 9. Charlie Bracken (Saracens) |
| 2. Finn Theobald-Thomas (Gloucester) | 10. Monty Bradbury (London Irish) |
| 3. Tim Hoyt (Leicester Tigers) | 11. Josh Hathaway (Gloucester) |
| 4. Danny Eite (Gloucester) | 12. Joseph Woodward (Leicester Tigers) |
| 5. Lewis Chessum (Leicester Tigers) | 13. Rekeiti Ma'asi-White (Sale Sharks) |
| 6. Finn Carnduff (Leicester Tigers) | 14. Tobias Elliott (Saracens) |
| 7. Greg Fisilau (Exeter Chiefs) | 15. Sam Harris (Bath Rugby) |
| 8. Chandler Cunningham-South (London Irish) | |

Replacements

- | | |
|--|---------------------------------------|
| 16. Calum Scott (London Irish) | 20. Tristan Woodman (Sale Sharks) |
| 17. Asher Opoku-Fordjour (Sale Sharks) | 21. Nye Thomas (Sale Sharks) |
| 18. Afolabi Fasogbon (London Irish) | 22. Louie Johnson (Newcastle Falcons) |
| 19. Robert Carmichael (Leicester Tigers) | 23. Benjamin Waghorn (Harlequins) |

U20 Six Nations home fixtures

Friday 24 February – Wales v England – KO 19:15 GMT
Friday 10 March – England v France – KO 20:00 GMT
Sunday 19 March – Ireland v England – KO 17:00 GMT



England Women head coach Simon Middleton to step down following 2023 TikTok Women's Six Nations

The Rugby Football Union (RFU) can confirm England Women head coach Simon Middleton has decided he will step down from his role after the conclusion of the 2023 TikTok Women's Six Nations.

The 57-year-old guided England to their record-breaking 30 match-winning run and two Rugby World Cup finals in 2017 and 2022. Middleton joined the RFU in 2014 and led the England Women Sevens on the World Series, as well as taking a role as assistant coach for the 2014 Rugby World Cup in France where England were crowned champions.

In 2015, he became Red Roses head coach initially in a joint role with sevens. Middleton led Team GB Women Sevens where the team finished fourth at the Rio 2016 Summer Olympics, the sport's Olympic debut, before focusing fully on XV's on his return.

During his tenure to date, he has guided England to five Six Nations titles and four Grand Slams. Middleton was awarded an MBE for services to rugby football in June 2021 and was the first women's coach to be named World Rugby Coach of the Year in the same year.

He will lead the team for this year's Six Nations, which kicks off next month. Forwards coach Louis Deacon and backs coach Scott Bemand will also remain in their roles for the Six Nations.

Middleton said: *"Representing England in a coaching or playing capacity must be the pinnacle of any sporting career, and I can't put into words how proud and fortunate I've been to be able to do this for the last nine years.*

"Outside of my family, rugby has been my life, giving me purpose, direction, great memories, and even greater friends. Growing up as a lad from Knottingley in Yorkshire I was inspired by the likes of Sir Bill Beaumont, Will Carling and the great England sides of the 70s, 80s and 90s, so to find myself so heavily involved with England in the game I love was a dream come true.

"This job has created a life I'd only ever dreamt of. Hopefully, what we have managed to achieve reflects well. It means the world to me to represent my country and the RFU. With whatever I do, I always work as hard as I can and I can honestly say I've never done anything without giving my best, it's not always been good enough but I have always given my all.

"During this tenure, I have worked with incredible players and staff and I will miss the daily interactions. I would like to say a huge thank you for their efforts and everything they have done to support the programme and contribute to our success.

"I've seen a lot change over the nine years I've been involved and the development of the women's game has been remarkable.

"I am privileged to have been able to influence the English game which even now seems surreal.

"There have been great memories built around success and great memories built around defeat. Do I regret not signing off winning the World Cup as a head coach? Yes for sure, but I know we can all live with that because we could not have worked harder or given more, sometimes that's just not quite enough and it wasn't on the day. I know last year's World Cup campaign was and continues to be celebrated and quite rightly so - the bravery and commitment of the players in that game was exceptional and is to be admired. They are an excellent group of players, but more importantly amazing people and I know they will continue to be successful.

"I know there is a robust process to get the right person to take over and I am naturally 100% committed until we get to that point. This is definitely the right time for someone to take over at the helm with new ideas, and a different voice for players to get inspired by.

"Now our attentions turn to being able to perform as well as we can with the goal of winning the Six Nations. It's a really exciting tournament, culminating in a match against France at Twickenham in front of a huge crowd which will be an inspiring and incredible occasion for everyone. It's a crucial tournament in the build-up to 2025 and I cannot wait to be back with the group."

RFU Performance Director **Conor O'Shea** added: *"Simon and I have been discussing his future plans for a period of time since the World Cup in New Zealand and I completely understand and support his decision.*

"I know how motivated Simon is to finish his time with the Red Roses on a high with a successful TikTok Women's Six Nations campaign. He has achieved more than most coaches ever do but for me, it's the manner he has conducted himself as a person and his commitment to making the Red Roses the best they can be that stands out above the wins and the awards.

"When the time comes, we will give him the send-off he deserves but until then his focus will be on preparing the team for that first game of the Six Nations against Scotland at Kingston Park.

"Simon will be a massive influence and addition to whatever environment he goes to next and we will wish him well when the time comes for him to move on.

"In terms of a successor, we have been working on our coach succession planning processes over the past 18 months and we will initiate that process immediately with a view to announcing Simon's replacement after this year's Six Nations.

"The next few years are unbelievably exciting for the women's game in England leading to a home Rugby World Cup in 2025."



Match Preview: Arsenal

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

Written by Brentford Football Club

Up next for Brentford is a trip to Premier League pacesetters Arsenal.

Despite defeat to his former side Everton last time out, Mikel Arteta's Gunners retain a healthy advantage at the top of the table as they chase a first league title in 19 years.

Read all the build-up to the weekend's London derby below.

The opposition

Arsenal maintain five-point gap to second despite defeat at Goodison Park

The Gunners suffered a setback last time out, losing 1-0 at Everton, but remain in pole position to pick up their first Premier League title since the Invincibles season of 2003/04.

Arsenal head into Saturday's game five points clear of Manchester City and with a game in hand.

Arteta's side have led the Premier League from the flag drop this season. They won nine of their first 10 top-flight fixtures, including the [3-0 victory at the Gtech Community Stadium in September](#) which remains Brentford's only home league defeat of the campaign.

They extended that run to 16 wins in 19 to reach the halfway point of the Premier League season on 50 points, the competition's fifth-highest tally at that stage of the season.

In Europe, Arsenal sailed through top of their group in the Europa League, winning five of their six group games.

The Gunners' domestic cup interest is at an end following an EFL Cup exit to Brighton and Hove Albion and last month's FA Cup fourth-round defeat to Manchester City.

The exciting thing for Arsenal fans is that this side is only going to get better. The Gunners have the youngest squad in the Premier League and have named nine of the 20 youngest starting XIs this season.

Home-grown attacking talents Bukayo Saka, Eddie Nketiah and Gabriel Martinelli have 18 league goals between them – Nketiah in particular playing a key role, filling the shoes of injured summer signing Gabriel Jesus.

In midfield, captain Martin Odegaard has been at the heart of everything positive about the Gunners. Playing alongside a rejuvenated Granit Xhaka, the young Norwegian leads Arsenal's scoring charts with eight.

At the back, 21-year-old William Saliba has begun to fulfil the promise that was evident from a young age.

As you would expect with a side riding high at the top of the table, Arteta has been consistent in his team selections this season. Seven players have started all 20 of Arsenal's Premier League games while Odegaard and Thomas Partey have started 19 and 17 respectively.

It has only really been at left-back - where Oleksandr Zinchenko, Kieran Tierney and Takehiro Tomiyasu have split starting roles - and the injury to Jesus that have seen any personnel changes this season in Arteta's trusted 4-3-3.

Arteta does have more options to change things up, should he wish, following the addition of Leandro Trossard, Jakub Kiwior and Jorginho during the January window.

Team news

Strakosha, Jansson and Onyeka unavailable for Arsenal test

Thomas Strakosha (ankle) joins Pontus Jansson and Frank Onyeka (both hamstring) in missing tomorrow's trip to Arsenal.

Thomas Frank doesn't believe the goalkeeper's issue will keep him out for too long while, of the other

absentees, Onyeka is back in full training, but not ready for selection, and Jansson has also been training with the group this week.

For Arsenal, Reiss Nelson (hamstring) and Emile Smith-Rowe (thigh) are not far away from fitness but will not be involved on Saturday.

Mohamed Elneny and Gabriel Jesus (both knee) are the Gunners' longer-term absentees.

Thomas Partey was withdrawn on the hour at Everton last weekend but has been back in full training this week.

The Gameplan

With Kaya Kaynak, chief Arsenal writer for football.london

"It's been 4-3-3 this whole season, so I don't see Arteta changing that.

"Even though Arsenal lost last week, I think he'll stick by the system that has got him five points clear at the top of the league.

"The inverted full-backs are going to be big; Oleksandr Zinchenko and White will tuck in and try and overload Brentford in the midfield.

"The movement of Saka, Martinelli and Nketiah, with Xhaka supporting the attack and Odegaard picking the locks is going to be massive."

[Read the full interview with Kaya Kaynak](#)

The manager

Mikel Arteta

As a player, Mikel Arteta began his youth career at Barcelona before spells at Paris Saint-Germain, Rangers and Real Sociedad.

His introduction to English football came during a loan spell at Everton in January 2005. He made a permanent move to Goodison Park six months later.

He joined Arsenal in August 2011, where he was named club captain ahead of the 2014/15 season.

The Spaniard won two FA Cups during his time with the Gunners, before retiring in 2016.

Arteta was appointed assistant coach at Manchester City in July of that year, working under manager Pep Guardiola, and was part of the coaching team that won the Premier League in 2017/18 with a record 100 points.

The following year, City became the first club in a decade to retain the Premier League, while they also won two EFL Cups and one FA Cup during Arteta's time at the Etihad Stadium.

Arteta took over at Arsenal in December 2019, taking the Gunners to eighth and winning the FA Cup at the end of the campaign. His first full season also resulted in an eighth-place finish.

The Spaniard will be hoping to take Arsenal forward again this season, having finished fifth in 2021/22, narrowly missing out on a place in the UEFA Champions League.

Classic clash

Brentford 2 Arsenal 0 (Premier League, 13 August 2021)

Brentford announced their arrival in the Premier League by kicking off the 2021/22 season with a 2-0 win over Arsenal.

The Bees' first top-flight game since 1947 finished with a well-earned victory thanks to goals from Sergi Canos and Christian Norgaard.



Premier League show support following earthquakes in Turkey and Syria

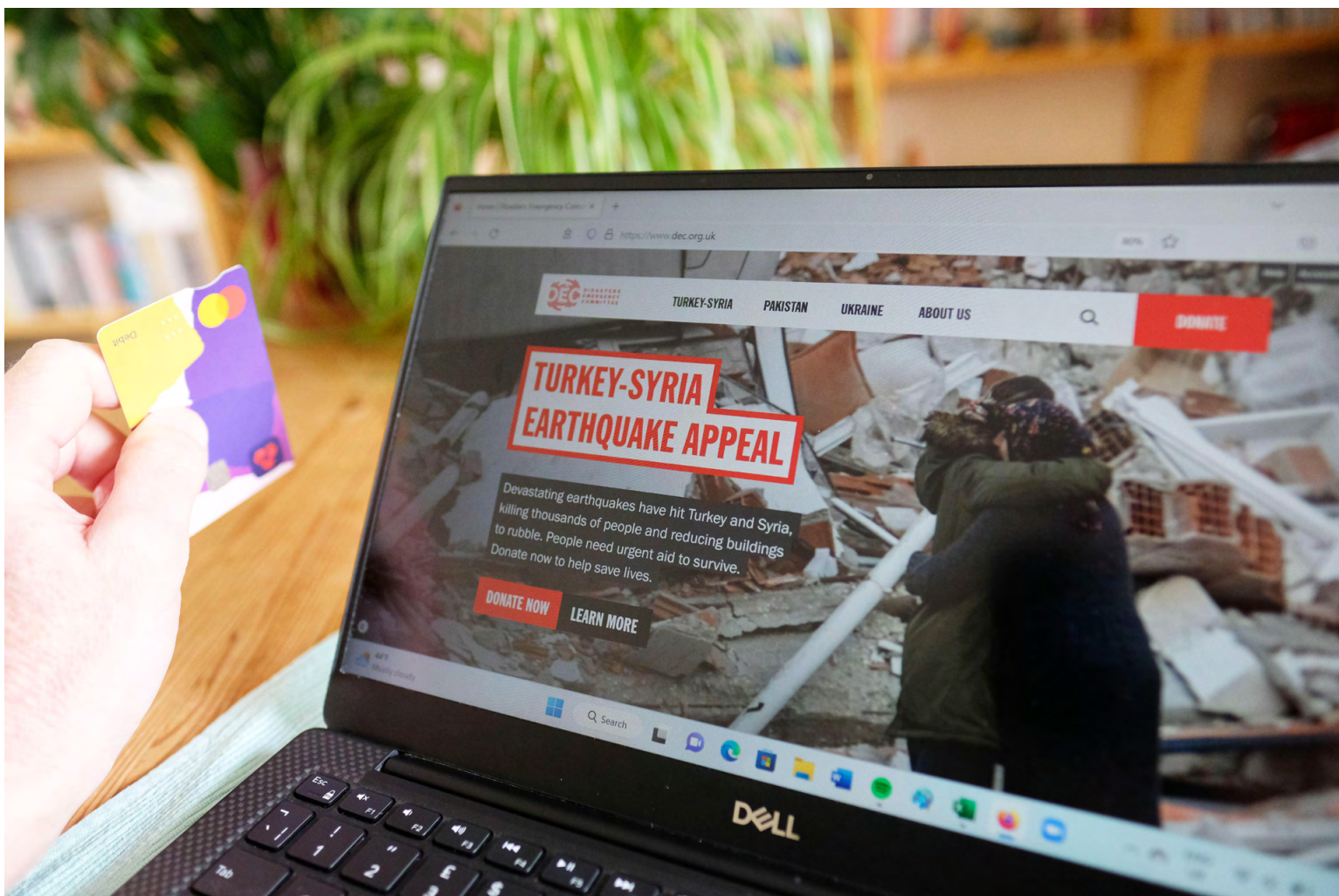
League to make £1 million donation to Disasters Emergency Committee Appeal to deliver humanitarian aid to those in need

Written by Brentford Football Club

The league will make a £1 million donation to the Disasters Emergency Committee (DEC) Appeal to deliver humanitarian aid directly to those in need.

Also, as a mark of respect to those who lost their lives, or are affected by these tragic events, Premier League players and PGMOL officials will wear black armbands at matches this weekend.

Fans can also donate to the [DEC's Turkey-Syria earthquake appeal](https://www.dec.org.uk).



THE forensic underwater search team hunting for Nicola Bulley has suggested it is unlikely that she will be found in the river

“For Nicola to get out to the sea would be impossible, literally, it is such a long way.”

Peter Faulding of specialist search firm SGI, which has been called in by Nicola’s friends and family, exclusively told GB News: “I think we will probably be here for the next couple of days just to iron everything out.

“I want to be sure to put my name to the search that we’ve checked everything.

“I’m very thorough, and I want to make sure we’ve done the most thorough job and try to bring some form of closure or confirm or deny the river to the family and the police.”

Speaking to Patrick Christys, he said: “On the day the police divers were deployed into the river here to search what normally happens if somebody drowns, is they go straight to the bottom, and that’s in my 20 odd years of experience of dealing with drowning victims, I’ve done hundreds of cases.

“They go to the bottom, the river’s slow moving, they won’t go far, but the police divers are very professional. They did not find her and that’s the weird thing.”

He said: “We’ve been using the high frequency side scan sonar in this stretch today and it’s so detailed I can even see every stone of it. She’s not in this stretch.

“We also sonar-ed on the other side down yesterday in the tidal river. Now if you take a football on a tidal river...when the tide goes out the the ball will go down the stream and then as soon as the tide turns it will come back in again. It’ll end up back at the same place.

“For Nicola to get out to the sea would be impossible, literally, it is such a long way.”

Asked about a comment from Lancashire Police superintendent Sally Riley that he was not in possession of the full facts, Mr Faulding said: “Well, if there’s any more facts that we don’t know about - normally we work along the side of the police and if you haven’t got the facts then you can’t conduct a proper search, it is very difficult without that information. Normally, I’m privy to that information.

“On a lot of these searches I’ve done a lot of classified work. And obviously I don’t ever speak about that. But is if there’s more information, I certainly don’t know about it, it would be useful to know

“You’ve got to keep an open mind on this type of inquiry. But obviously if the police have got more information than I know about, then, you know, that will be useful.

“A lot of the time on extra information helps you with the search, but that might not be important information.”

www.gbnews.uk



Earthquake survivors in Turkey and Syria will receive emergency aid of £60,000 from Freemasons

Survivors of the devastating earthquake in Turkey and Syria will be receiving vital emergency supplies thanks to a £60,000 grant from the Freemasons to the British Red Cross, UK for UNHCR and UNICEF who are leading the relief effort on the ground.

More than 16,000 people are reported to have died in the two quakes which have devastated large areas of south west Turkey and across the border in Syria. The death toll is certain to rise significantly as more bodies are found.

Tens of thousands of survivors are sleeping in the open in temperatures which have fallen well below zero. Snow is falling in some parts as the region experiences colder than average winter weather that is also hampering rescue efforts.



Damage from the quake has affected at least seven provinces in Turkey as well as areas across northwest Syria. Thousands of homes have been destroyed, displacing families, and schools, hospitals, and other medical and educational facilities will have been damaged or destroyed by the quakes. Potential damage to roads and critical infrastructure will also complicate search and rescue efforts and the wider humanitarian response.

The grant comes through the Masonic Charitable Foundation, which is funded by Freemasons, their families and friends, from across England and Wales.

Luke Tredget, Head of Emergencies from the British Red Cross, said:

“We’re very grateful for this generous grant which will allow us to provide immediate emergency relief to people who are in desperate need. This disaster has devastated vast areas of both countries and left millions of people in urgent need of help.”

Les Hutchinson, Chief Executive of the Masonic Charitable Foundation, said:

“I’m very pleased we’ve been able to help the Red Cross, UNICEF and the UNHCR with their relief effort following this terrible earthquake. Many thousands of people are in very urgent need of assistance and I’m proud that Freemasons are providing essential support to charities on the ground working with survivors.”



Masonic
Charitable Foundation

WHO sends health supplies to reach 400,000 people impacted by the earthquakes in Türkiye and the Syrian Arab Republic

In response to the devastating earthquakes impacting Türkiye and the Syrian Arab Republic, the World Health Organization delivered 72 metric tons of trauma and emergency surgery supplies, including treatments, to both countries to support ongoing response efforts.

A first charter flight departed to Türkiye on 9 February carrying 37 metric tons of life-saving supplies, and a second flight is scheduled to deliver 35 metric tons of supplies to the Syrian Arab Republic today.

In total, these life-saving supplies from both flights will be used to treat and care for 100 000 people as well as for 120 000 urgent surgical interventions in both countries.

A third flight is scheduled to reach the Syrian Arab Republic on 12 February and expected to carry 37 metric tons of emergency health supplies to reach an additional 300 000 people.

The trauma and emergency surgery supplies are designed to treat those injuries sustained during an earthquake as well as to treat illnesses such as pneumonia that are expected to rise over the next days and weeks as people are exposed to cold temperatures and many are sheltering outside or in temporary shelters. The supplies also follow WHO's immediate release, on Monday 6 February, of prepositioned medical and surgical supplies in Syria to 16 hospitals treating survivors of the earthquake in the northwest of the country.

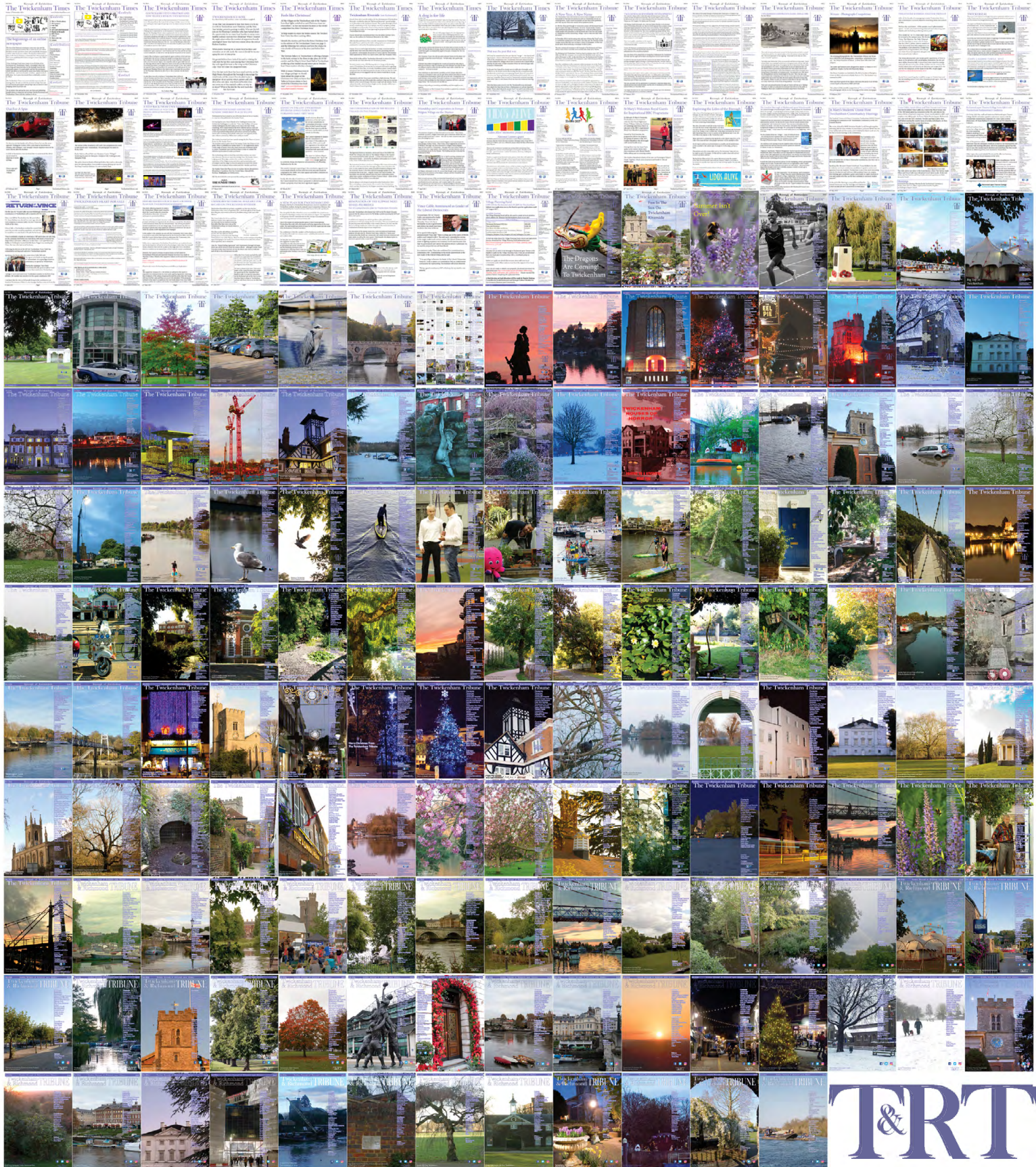
WHO has released US\$ 3 million from the Contingency Fund for Emergencies for the response in both countries, including for these chartered flights. These 110 metric tons of supplies, valued at USD 826 000 in total, are being sent from the WHO Global Logistics Hub located within the International Humanitarian City (IHC) in Dubai, United Arab Emirates. The flights, donated by the International Humanitarian City, are providing a vital link to those impacted by this devastating event.

“These life-saving health supplies are critical for treating the wounded and providing urgent care to all those affected by this tragedy in both countries,” said WHO Director-General, Dr Tedros Adhanom Ghebreyesus. “Survivors are facing freezing conditions, continuing aftershocks and very limited access to shelter, food, water, heat and medical care. We’re in a race against time to save lives.”

Working around the clock, the Global Logistics Hub immediately mobilized the dispatch of 110 metric tons to answer the call to a major public health disaster. WHO is grateful for the support and partnership with the IHC, the Dubai Government, and the Government of the United Arab Emirates to transport these supplies quickly to those in greatest need.



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